Overall Pos	Overall Time	Bib	Name	Surname	Gender	Category	Event	Status	Club	Gender Pos	Category Pos	Overall Avg	Net Time
1	00:15:54	125	Michael	Roderick	Male	Senior Male	Race 1	Finished	Tri Hard Harriers	1	1	3'10"/km	00:15:54
2	00:16:08	130	Craig	Seaman	Male	Senior Male	Race 1	Finished	Swansea Harriers	2	2	3'13"/km	00:16:08
3	00:16:30	90	Sam	Joseph	Male	Senior Male	Race 1	Finished	Swansea Harriers	3	3	3'18"/km	00:16:30
4	00:16:57	183	Gareth	Thomas	Male	Senior Male	Race 1	Finished	Tri Hard Harriers	4	4	3'23"/km	00:16:57
5	00:16:59	179	Matt	Yelland	Male	Veteran Male	Race 1	Finished	Clwb Run Wales	5	1	3'23"/km	00:16:59
6	00:17:01	44	Iestyn	Evans	Male	Senior Male	Race 1	Finished	Neath Harriers	6	5	3'24"/km	00:17:01
7	00:17:23	140	Gabrielius	Stuokus	Male	Senior Male	Race 1	Finished	Neath Harriers	7	6	3'28"/km	00:17:23
8	00:17:27	112	Matthew	Phillips	Male	Senior Male	Race 1	Finished	Llanelli AC	8	7	3'29"/km	00:17:27
9	00:17:33	30	Gareth	Davey	Male	Veteran Male	Race 1	Finished	Neath Harriers	9	2	3'30"/km	00:17:33
10	00:17:35	87	Anthony	Jones	Male	Senior Male	Race 1	Finished	Swansea Harriers	10	8	3'31"/km	00:17:35
11	00:17:48	29	James	Curtis	Male	Junior Male	Race 1	Finished		11	1	3'33"/km	00:17:48
12	00:17:49	141	Jack	Sullivan	Male	Junior Male	Race 1	Finished	Swansea Harriers	12	2	3'33"/km	00:17:49
13	00:17:58	177	Josh	Grove	Male	Senior Male	Race 1	Finished	Tri Hard Harriers	13	9	3'35"/km	00:17:58
14	00:17:59	35	Alan	Davies	Male	Veteran Male	Race 1	Finished	Swansea Harriers	14	3	3'35"/km	00:17:59
15	00:18:06	45	Paul	Flynn	Male	Senior Male	Race 1	Finished	Swansea Harriers	15	4	3'37"/km	00:18:04
16	00:18:13	133	Ben	Skinner	Male	Senior Male	Race 1	Finished	Hereford Couriers	16	10	3'38"/km	00:18:11
17	00:18:24	120	Gareth	Richards	Male	Veteran Male	Race 1	Finished	Ogmore Phoenix Runners	17	5	3'40"/km	00:18:24
18	00:18:35	104	Thomas	Morris	Male	Senior Male	Race 1	Finished	Swansea Harriers	18	11	3'43"/km	00:18:33
19	00:18:38	97	Wayne	Lewis	Male	Veteran Male	Race 1	Finished	Amman Valley Harriers	19	6	3'43"/km	00:18:38
20	00:18:39	23	David	Clarke	Male	Veteran Male	Race 1	Finished	Llanelli AC	20	7	3'43"/km	00:18:37
21	00:18:52	61	Craig	Harris	Male	Senior Male	Race 1	Finished	Tri Hard Harriers	21	12	3'46"/km	00:18:51
22	00:18:54	63	Chloe	Hartley-green	Female	Junior Female	Race 1	Finished	Swansea Harriers	1	1	3'46"/km	00:18:54
23	00:18:57	65	Wayne	Hayhurst	Male	Veteran Male	Race 1	Finished	Ogmore Phoenix Runners	22	8	3'47"/km	00:18:57
24	00:18:58	100	Isaac	Mcadie	Male	Junior Male	Race 1	Finished	Swansea Harriers	23	3	3'47"/km	00:18:58
25	00:18:58	146	Rhodri	Thomas	Male	Senior Male	Race 1	Finished	Ogmore Phoenix Runners	24	13	3'47"/km	00:18:57
26	00:19:00	74	Martyn	Hughes-dowdle	Male	Veteran Male	Race 1	Finished	Swansea Harriers	25	9	3'48"/km	00:19:00
27	00:19:09	164	Steve	Williams	Male	Veteran Male	Race 1	Finished	Pembrokeshire Harriers	26	10	3'49"/km	00:19:09
28	00:19:26	178	Lee	Morris	Male	Veteran Male	Race 1	Finished	3M Gorseinon Road Runners	27	11	3'53"/km	00:19:25
29	00:19:33	64	Sophie	Hartley-green	Female	Junior Female	Race 1	Finished	Swansea Harriers	2	2	3'54"/km	00:19:33
30	00:19:33	11	Darren	Beynon	Male	Veteran Male	Race 1	Finished	Llanelli AC	28	12	3'54"/km	00:19:31
31	00:19:34	49	David	Gibson	Male	Veteran Male	Race 1	Finished	Tri Hard Harriers	29	13	3'54"/km	00:19:34
32	00:19:37	147	Gav	Thomas	Male	Veteran Male	Race 1	Finished	Celtic Tri	30	14	3'55"/km	00:19:35
33	00:19:42	77	Owain	James	Male	Junior Male	Race 1	Finished	Celtic Tri	31	4	3'56"/km	00:19:42
34	00:19:42	184	Llinos	Jones	Female	Veteran Female	Race 1	Finished	Swansea Harriers	3	1	3'56"/km	00:19:42
35	00:19:50	137	Charllie	Stephens	Male	Junior Male	Race 1	Finished	Celtic Tri	32	5	3'58"/km	00:19:49
36	00:19:51	108	Peter	Osborne	Male	Veteran Male	Race 1	Finished	Llanelli AC	33	15	3'58"/km	00:19:51
37	00:19:52	51	Owain	Gravell	Male	Junior Male	Race 1	Finished		34	6	3'58"/km	00:19:52
38	00:19:52	159	Katie	Williams	Female	Veteran Female	Race 1	Finished	3M Gorseinon Road Runners	4	2	3'58"/km	00:19:52
39	00:19:54	155	Nick	Venables	Male	Veteran Male	Race 1	Finished	Amman Valley Harriers	35	16	3'58"/km	00:19:52
40	00:19:58	43	Annie	Evans	Female	Junior Female	Race 1	Finished	Celtic Tri	5	3	3'59"/km	00:19:58
41	00:20:11	28	Matthew	Cox	Male	Junior Male	Race 1	Finished	Celtic Tri	36	7	4'02"/km	00:20:11
42	00:20:11	89	Lyla	Jonsson	Female	Junior Female	Race 1	Finished	Swansea Harriers	6	4	4'02"/km	00:20:11
43	00:20:16	50	Andrew	Golley	Male	Veteran Male	Race 1	Finished	Paul Popham Running Club	37	17	4'03"/km	00:20:15
44	00:20:21	37	Catrin	Davies	Female	Senior Female	Race 1	Finished	Llanelli AC	7	1	4'04"/km	00:20:20
45	00:20:21	10	Helen	Beynon	Female	Senior Female	Race 1	Finished	Llanelli AC	8	2	4'04"/km	00:20:20
46	00:20:22	134	Kristy	Smith	Female	Senior Female	Race 1	Finished	Swansea Harriers	9	3	4'04"/km	00:20:19
47	00:20:23	107	Adrian	Novis	Male	Veteran Male	Race 1	Finished	3M Gorseinon Road Runners	38	18	4'04"/km	00:20:23
48	00:20:32	185	Luticia	Thomas	Female	Senior Female	Race 1	Finished	Swansea Harriers	10	4	4'06"/km	00:20:30
49	00:20:36	66	Anthony	Heald	Male	Veteran Male	Race 1	Finished	Llanelli AC	39	19	4'07"/km	00:20:34
50	00:20:40	151	Millie	Thorne	Female	Senior Female	Race 1	Finished	Swansea Harriers	11	5	4'08"/km	00:20:38
51	00:20:47	174	Rhiannon	Heredia-rowe	Female	Junior Female	Race 1	Finished	Celtic Tri	12	5	4'09"/km	00:20:45
52	00:20:49	145	Kevin	Thomas	Male	Veteran Male	Race 1	Finished	Neath Harriers	40	20	4'09"/km	00:20:48
53	00:20:50	9	Leigh	Besley	Male	Veteran Male	Race 1	Finished	Paul Popham Running Club	41	21	4'10"/km	00:20:49
54	00:20:59	153	Joseph	Treviso	Male	Senior Male	Race 1	Finished		42	14	4'11"/km	00:20:56
55	00:21:01	39	Jason	Dickinson	Male	Veteran Male	Race 1	Finished	Vegan Runners UK	43	22	4'12"/km	00:20:59
56	00:21:02	36	Jessie	Davies	Female	Junior Female	Race 1	Finished	Celtic Tri	13	6	4'12"/km	00:21:02
57	00:21:06	58	Milly	Harris	Female	Junior Female	Race 1	Finished	Swansea Harriers	14	7	4'13"/km	00:21:06
58	00:21:14	161	Lily	Williams	Female	Junior Female	Race 1	Finished	Neath Harriers	15	8	4'14"/km	00:21:14
59	00:21:15	52	Steffan	Gravell	Male	Veteran Male	Race 1	Finished		44	23	4'15"/km	00:21:12
60	00:21:16	131	Andrew	Silk	Male	Senior Male	Race 1	Finished	Tri Hard Harriers	45	15	4'15"/km	00:21:11
61	00:21:18	119	David	Rees	Male	Veteran Male	Race 1	Finished	Swansea Harriers	46	24	4'15"/km	00:21:16
62	00:21:20	3	Jonathon	Atter	Male	Veteran Male	Race 1	Finished	Paul Popham Running Club	47	25	4'16"/km	00:21:17
63	00:21:21	88	Aled	Jones-davies	Male	Veteran Male	Race 1	Finished	TROT	48	26	4'16"/km	00:21:20
64	00:21:21	46	Maisie	Foster	Female	Junior Female	Race 1	Finished	TROT	16	9	4'16"/km	00:21:21
65	00:21:26	171	Mary	Anthony	Female	Veteran Female	Race 1	Finished	Trots	17	3	4'17"/km	00:21:24
66	00:21:26	38	Edward Mark	Davies	Male	Veteran Male	Race 1	Finished		49	27	4'17"/km	00:21:24
67	00:21:31	79	Gareth	Jenkins	Male	Veteran Male	Race 1	Finished	Ogmore Phoenix Runners	50	28	4'18"/km	00:21:27
68	00:21:31	142	Hannah	Sullivan	Female	Junior Female	Race 1	Finished	Swansea Harriers	18	10	4'18"/km	00:21:31
69	00:21:35	16	Heath	Brett	Male	Veteran Male	Race 1	Finished	Swansea Harriers	51	29	4'19"/km	00:21:32
70	00:21:37	166	Lois	Woodward	Female	Veteran Female	Race 1	Finished	Swansea Harriers	19	4	4'19"/km	00:21:33
71	00:21:40	76	Laura	Hughes-dowdle	Female	Senior Female	Race 1	Finished	3M Gorseinon Road Runners	20	6	4'20"/km	00:21:39
72	00:22:15	170	Bella	Phillips	Female	Junior Female	Race 1	Finished	Llanelli AC	21	11	4'27"/km	00:22:15
73	00:22:25	27	Chris	Collin	Male	Veteran Male	Race 1	Finished	Ogmore Phoenix Runners	52	30	4'29"/km	00:22:17
74	00:22:27	83	Karl	Johns	Male	Veteran Male	Race 1	Finished		53	31	4'29"/km	00:22:24
75	00:22:30	7	James	Bennett	Male	Senior Male	Race 1	Finished	3M Gorseinon Road Runners	54	16	4'30"/km	00:22:25
76	00:22:35	99	Imogen	Mcadie	Female	Junior Female	Race 1	Finished	Swansea Harriers	22	12	4'31"/km	00:22:34
77	00:22:35	132	Catherine	Singleton	Female	Veteran Female	Race 1	Finished		23	5	4'31"/km	00:22:33
78	00:22:36	101	Gair	Mcadie	Female	Veteran Female	Race 1	Finished	Swansea Harriers	24	6	4'31"/km	00:22:34
79	00:22:41	135	Alastair	Smith	Male	Veteran Male	Race 1	Finished		55	32	4'32"/km	00:22:33
80	00:22:48	86	Adam	Jones	Male	Senior Male	Race 1	Finished		56	17	4'33"/km	00:22:40
81	00:22:51	15	Rhys	Bradley	Male	Senior Male	Race 1	Finished	Ogmore Phoenix Runners	57	18	4'34"/km	00:22:49
82	00:23:02	169	Shaun	Thomas	Male	Veteran Male	Race 1	Finished		58	19	4'36"/km	00:23:00
83	00:23:16	143	Alex	Sutherland	Male	Veteran Male	Race 1	Finished	Swansea Harriers	59	33	4'39"/km	00:23:16
84	00:23:29	129	Martina	Ruzzier	Female	Senior Female	Race 1	Finished	Paul Popham Running Club	25	7	4'41"/km	00:23:23
85	00:23:43	1	David	Alford	Male	Veteran Male	Race 1	Finished		60	34	4'44"/km	00:23:38
86	00:23:50	118	Kevin	Raymond	Male	Veteran Male	Race 1	Finished	Ogmore Phoenix Runners	61	35	4'46"/km	00:23:41
87	00:23:57	98	John	Marson	Male	Veteran Male	Race 1	Finished	Llanelli AC	62	36	4'47"/km	00:23:53
88	00:24:03	181	Paul	Williams	Male	Veteran Male	Race 1	Finished		63	37	4'48"/km	00:23:58
89	00:24:10	156	Tabitha	Ventress-brett	Female	Junior Female	Race 1	Finished	Swansea Harriers	26	13	4'50"/km	00:24:07
90	00:24:11	20	Adrian	Bytheway	Male	Veteran Male	Race 1	Finished	3M Gorseinon Road Runners	64	38	4'50"/km	00:24:07
91	00:24:13	41	Colin	Edwards	Male	Veteran Male	Race 1	Finished	Llanelli AC	65	39	4'50"/km	00:24:10
92	00:24:16	123	Zac	Roberts	Male	Junior Male	Race 1	Finished	Celtic Tri	66	8	4'51"/km	00:24:16
93	00:24:18	128	Nic	Rowe	Female	Veteran Female	Race 1	Finished	3M Gorseinon Road Runners	27	7	4'51"/km	00:24:15
94	00:24:27	148	Violet	Thomas	Female	Junior Female	Race 1	Finished	Celtic Tri	28	14	4'53"/km	00:24:24
95	00:24:34	4	Robert	Bamsey	Male	Veteran Male	Race 1	Finished	Neath Harriers	67	40	4'54"/km	00:24:33
96	00:24:44	73	Niall	Hughes	Male	Veteran Male	Race 1	Finished	San Domenico Running Club	68	41	4'56"/km	00:24:39
97	00:24:47	17	Heidi	Brown	Female	Veteran Female	Race 1	Finished	Paul Popham Running Club	29	8	4'57"/km	00:24:39
98	00:25:02	173	Alan	Bere	Male	Veteran Male	Race 1	Finished		69	42	5'00"/km	00:24:51
99	00:25:05	6	Ben	Batchelor	Male	Senior Male	Race 1	Finished	Ogmore Phoenix Runners	70	20	5'01"/km	00:24:58
100	00:25:23	136	Jennifer	Stanford	Female	Veteran Female	Race 1	Finished		30	9	5'04"/km	00:25:17
101	00:25:29	187	Joan	Tamlyn	Female	Veteran Female	Race 1	Finished	RUN4ALL Neath	31	10	5'05"/km	00:25:24
102	00:25:45	72	Morgan	Hughes	Male	Junior Male	Race 1	Finished	Celtic Tri	71	9	5'09"/km	00:25:41
103	00:25:46	71	Simon	Hughes	Male	Veteran Male	Race 1	Finished	Celtic Tri	72	43	5'09"/km	00:25:41
104	00:25:58	81	Cathryn	Jenkins	Female	Veteran Female	Race 1	Finished	Celtic Tri	32	11	5'11"/km	00:25:51
105	00:26:07	182	Gabriel	Davies	Male	Senior Male	Race 1	Finished		73	21	5'13"/km	00:26:01
106	00:26:08	70	Rachel	Huggins	Female	Senior Female	Race 1	Finished	Llanelli AC	33	8	5'13"/km	00:26:02
107	00:26:13	22	James	Chambers	Male	Veteran Male	Race 1	Finished	Swansea Harriers	74	44	5'14"/km	00:26:06
108	00:26:15	69	Victoria	Holmes	Female	Senior Female	Race 1	Finished	3M Gorseinon Road Runners	34	9	5'15"/km	00:26:11
109	00:26:21	56	Tom	Hames	Male	Senior Male	Race 1	Finished		75	22	5'16"/km	00:26:16
110	00:26:27	157	Jeannie	Watkins	Female	Veteran Female	Race 1	Finished	Paul Popham Running Club	35	12	5'17"/km	00:26:17

111	00:26:27	109	Jos	O'sullivan	Male	Veteran Male	Race 1	Finished		76	45	5'17"/km	00:26:22
112	00:26:35	114	Nikki	Powell	Female	Veteran Female	Race 1	Finished	Celtic Tri	36	13	5'19"/km	00:26:27
113	00:26:37	55	Steve	Hames	Male	Veteran Male	Race 1	Finished	Neath Harriers	77	46	5'19"/km	00:26:31
114	00:26:44	138	Peter	Stock	Male	Veteran Male	Race 1	Finished	RUN4ALL Neath	78	47	5'20"/km	00:26:39
115	00:26:47	26	Anthony	Coker	Male	Veteran Male	Race 1	Finished	Paul Popham Running Club	79	48	5'21"/km	00:26:37
116	00:26:49	42	Gloria	Edwards	Female	Veteran Female	Race 1	Finished	Llanelli AC	37	14	5'21"/km	00:26:43
117	00:26:58	121	Manisha	Rickards	Female	Veteran Female	Race 1	Finished	3M Gorseinon Road Runners	38	15	5'23"/km	00:26:54
118	00:27:16	176	Lewys	Richards	Male	Senior Male	Race 1	Finished	Paul Popham Running Club	80	23	5'27"/km	00:27:12
119	00:27:28	18	Megan	Buckle	Female	Senior Female	Race 1	Finished	Ogmore Phoenix Runners	39	10	5'29"/km	00:27:20
120	00:27:29	14	Denise	Bradley	Female	Veteran Female	Race 1	Finished	Ogmore Phoenix Runners	40	16	5'29"/km	00:27:22
121	00:27:43	54	Bob	Gwynnett-davies	Male	Veteran Male	Race 1	Finished		81	49	5'32"/km	00:27:37
122	00:27:54	80	Jo	Jenkins	Female	Veteran Female	Race 1	Finished	Ogmore Phoenix Runners	41	17	5'34"/km	00:27:47
123	00:28:01	5	John	Batchelor	Male	Senior Male	Race 1	Finished	Ogmore Phoenix Runners	82	24	5'36"/km	00:27:54
124	00:28:05	92	Claire	Kearney	Female	Veteran Female	Race 1	Finished	Llanelli AC	42	18	5'37"/km	00:27:59
125	00:28:06	172	Laura	Griffiths	Female	Veteran Female	Race 1	Finished		43	19	5'37"/km	00:27:57
126	00:28:07	124	Teri-leigh	Roche	Female	Senior Female	Race 1	Finished	Ogmore Phoenix Runners	44	11	5'37"/km	00:28:00
127	00:28:08	144	Brendan	Sweeney	Male	Veteran Male	Race 1	Finished		83	50	5'37"/km	00:27:58
128	00:28:09	60	Nick	Harris	Male	Senior Male	Race 1	Finished	Ogmore Phoenix Runners	84	25	5'37"/km	00:28:02
129	00:28:26	19	Connor	Buckle	Male	Senior Male	Race 1	Finished		85	26	5'41"/km	00:28:18
130	00:28:36	168	Mark	Worrall	Male	Veteran Male	Race 1	Finished	Ogmore Phoenix Runners	86	51	5'43"/km	00:28:29
131	00:28:48	149	Melinda	Thomas	Female	Veteran Female	Race 1	Finished	Ogmore Phoenix Runners	45	20	5'45"/km	00:28:39
132	00:29:27	91	Craig	Kearney	Male	Veteran Male	Race 1	Finished	Llanelli AC	87	52	5'53"/km	00:29:19
133	00:29:34	12	Jayne	Bissmire	Female	Senior Female	Race 1	Finished	Ogmore Phoenix Runners	46	12	5'54"/km	00:29:28
134	00:29:45	68	Lynn	Holmes	Female	Veteran Female	Race 1	Finished	3M Gorseinon Road Runners	47	21	5'57"/km	00:29:40
135	00:29:47	25	Michael	Coffey	Male	Veteran Male	Race 1	Finished		88	53	5'57"/km	00:29:38
136	00:29:48	150	Melissa	Thomas	Female	Veteran Female	Race 1	Finished		48	22	5'57"/km	00:29:39
137	00:30:06	32	Nicola	Davies	Female	Veteran Female	Race 1	Finished		49	23	6'01"/km	00:29:56
138	00:30:07	13	Nicola	Bowen	Female	Veteran Female	Race 1	Finished	RUN4ALL Neath	50	24	6'01"/km	00:29:58
139	00:30:15	75	Johanne	Hughes-dowdle	Female	Veteran Female	Race 1	Finished	3M Gorseinon Road Runners	51	25	6'03"/km	00:30:11
140	00:30:15	24	Peter	Clement	Male	Veteran Male	Race 1	Finished	3M Gorseinon Road Runners	89	54	6'03"/km	00:30:12
141	00:30:44	34	Gareth	Davies	Male	Senior Male	Race 1	Finished	Clwb Rhedeg Pontardawe Running Club	90	27	6'08"/km	00:30:35
142	00:31:38	163	Daniel	Williams	Male	Junior Male	Race 1	Finished		91	10	6'19"/km	00:31:28
143	00:31:39	162	Michael	Williams	Male	Veteran Male	Race 1	Finished		92	55	6'19"/km	00:31:28
144	00:32:00	186	Kim	Phelps	Female	Veteran Female	Race 1	Finished		52	26	6'24"/km	00:31:51
145	00:32:06	8	Debbie	Bennion	Female	Veteran Female	Race 1	Finished	Ogmore Phoenix Runners	53	27	6'25"/km	00:32:00
146	00:32:17	102	Bruce	Morgan	Male	Veteran Male	Race 1	Finished	Llanelli AC	93	56	6'27"/km	00:32:08
147	00:32:36	47	Nicola	Garnon	Female	Veteran Female	Race 1	Finished	Tri Hard Harriers	54	28	6'31"/km	00:32:26
148	00:32:38	82	Sian	Jenkins	Female	Veteran Female	Race 1	Finished	Ogmore Phoenix Runners	55	29	6'31"/km	00:32:29
149	00:33:08	95	Debbie	Lewis	Female	Veteran Female	Race 1	Finished		56	30	6'37"/km	00:32:58
150	00:33:47	62	Paul	Harris	Male	Veteran Male	Race 1	Finished	Ogmore Phoenix Runners	94	57	6'45"/km	00:33:38
151	00:33:47	2	Jordan	Ashman	Female	Senior Female	Race 1	Finished		57	13	6'45"/km	00:33:38
152	00:34:14	67	Caryn	Hicks	Female	Senior Female	Race 1	Finished	Ogmore Phoenix Runners	58	14	6'50"/km	00:34:05
153	00:34:27	180	Estalla	Chambers	Female	Senior Female	Race 1	Finished		59	15	6'53"/km	00:34:16
154	00:34:49	127	Sharon	Rosser	Female	Veteran Female	Race 1	Finished	Port Talbot Harriers	60	31	6'57"/km	00:34:37
155	00:35:01	165	Irene	Wittich	Female	Veteran Female	Race 1	Finished	Llanelli AC	61	32	7'00"/km	00:34:53
156	00:36:19	116	Sharon	Pritchard	Female	Veteran Female	Race 1	Finished	Ogmore Phoenix Runners	62	33	7'15"/km	00:36:11
157	00:37:20	85	Melanie	Jones	Female	Veteran Female	Race 1	Finished		63	34	7'28"/km	00:37:08
158	00:37:26	126	Ria	Ross	Female	Veteran Female	Race 1	Finished	Ogmore Phoenix Runners	64	35	7'29"/km	00:37:17
159	00:38:43	167	Laura	Worrall	Female	Senior Female	Race 1	Finished	Ogmore Phoenix Runners	65	16	7'44"/km	00:38:36
160	00:38:54	33	Laura	Davies	Female	Veteran Female	Race 1	Finished	Paul Popham Running Club	66	36	7'46"/km	00:38:41
161	00:39:59	59	Linda	Harris	Female	Veteran Female	Race 1	Finished	Ogmore Phoenix Runners	67	37	7'59"/km	00:39:46
162	00:42:57	139	Paula	Stockley	Female	Veteran Female	Race 1	Finished	3M Gorseinon Road Runners	68	38	8'35"/km	00:42:49
163	00:57:19	152	Mandy	Town	Female	Veteran Female	Race 1	Finished	Port Talbot Harriers	69	39	11'27"/km	00:57:06
		175	Mike	Cox	Male	Veteran Male	Race 1	Withdrawn	Celtic Tri				
		103	Mandy	Morris	Female	Veteran Female	Race 1	Not started	Neath Harriers				
		105	Isobel	Muir	Female	Veteran Female	Race 1	Not started	Llanelli AC				
		154	Llew	Vaughan	Male		Race 1	Not started					
		113	Evan	Powell	Male	Junior Male	Race 1	Not started	Celtic Tri				
		111	Deian	Phillips	Male	Veteran Male	Race 1	Not started	TROT				
		96	Debbie	Lewis	Female	Veteran Female	Race 1	Not started					
		93	Gaynor	Kennedy	Female	Veteran Female	Race 1	Not started	Port Talbot Harriers				
		115	Chris	Pratt	Male	Veteran Male	Race 1	Not started	Ogmore Phoenix Runners				
		57	Ella	Harris	Female	Junior Female	Race 1	Not started					
		122	Michael	Rix	Male	Veteran Male	Race 1	Not started	Llanelli AC				
		40	Claire	Dunbar-bowen	Female	Veteran Female	Race 1	Not started	Ogmore Phoenix Runners				
		117	Mia	Rabaiotti	Female	Junior Female	Race 1	Not started	Swansea Harriers				
		158	Nathan	Williams	Male	Veteran Male	Race 1	Not started	3M Gorseinon Road Runners				
		31	Gavin	Davies	Male	Veteran Male	Race 1	Not started	3M Gorseinon Road Runners				
		78	Tina	James	Female	Veteran Female	Race 1	Not started					
		84	Steven	Jones	Male	Veteran Male	Race 1	Not started	Paul Popham Running Club				
		48	Oliver	George	Male	Senior Male	Race 1	Not started					
		53	Emelia-grace	Griffiths	Female	Junior Female	Race 1	Not started	Neath Harriers				
		110	Manon Fflur	Phillips	Female	Junior Female	Race 1	Not started	TROT				
		160	Paige-lily	Williams	Female	Junior Female	Race 1	Not started	Carmarthen Harriers				
		21	Theresa	Carlsen	Female	Senior Female	Race 1	Not started	Paul Popham Running Club				
		94	Adrian	Lewis	Male	Veteran Male	Race 1	Not started	Brackla Harriers				
		106	Gemma	Nesbitt	Female	Senior Female	Race 1	Not started	RUN4ALL Neath				