

Overall Pos	Overall Time	Bib	Name	Surname	Gender	Category	Event	Club	Gender Pos	Category Pos	Avg Speed	Net Time
1	00:15:09	155	Elliot	Richards	Male	MS	Race 1	Les Croupiers Running Club	1	1	3'01"/km	00:15:08
2	00:15:17	204	Ben	Hughes	Male	U20M	Race 1	Pontypridd RODents	2	1	3'03"/km	00:15:16
3	00:15:20	184	Matthew	Verran	Male	MS	Race 1	Cardiff AAC	3	2	3'04"/km	00:15:20
4	00:15:30	58	Will	Gadd	Male	MS	Race 1	Pontypridd roadents ac	4	3	3'06"/km	00:15:28
5	00:15:40	167	Daniel	Smith	Male	MS	Race 1	Pontypridd Roadents AC	5	4	3'08"/km	00:15:38
6	00:15:46	5	Jack	Blackburn	Male	MS	Race 1	Pontypridd Roadents	6	5	3'09"/km	00:15:44
7	00:15:48	212	Simon	Lewis	Male	M45	Race 1		7	1	3'09"/km	00:15:46
8	00:15:50	209	Matthew	Harvey	Male	M35	Race 1	Swansea Harriers	8	1	3'10"/km	00:15:49
9	00:15:54	24	George	Collinson	Male	MS	Race 1	Les Croupiers	9	6	3'10"/km	00:15:52
10	00:15:55	164	Craig	Seaman	Male	MS	Race 1	Swansea Harriers	10	7	3'11"/km	00:15:53
11	00:16:02	25	James	Cowan	Male	MS	Race 1	Cardiff AAC	11	8	3'12"/km	00:16:01
12	00:16:04	59	Andy	Gardiner	Male	M35	Race 1	San Domenico	12	2	3'12"/km	00:16:02
13	00:16:06	56	Edward	Foster	Male	MS	Race 1	Les Croupiers Running Club	13	9	3'13"/km	00:16:05
14	00:16:06	189	Adam	Whittaker	Male	MS	Race 1	CDF Runners	14	10	3'13"/km	00:16:05
15	00:16:09	96	Sam	Jones	Male	M35	Race 1		15	3	3'13"/km	00:16:09
16	00:16:11	111	Edward	Matthews	Male	M35	Race 1	Pontypridd roadents	16	4	3'14"/km	00:16:09
17	00:16:14	195	Geraint	Williams	Male	M35	Race 1	Swansea Harriers	17	5	3'14"/km	00:16:12
18	00:16:15	229	Ben	Demellweek	Male		Race 1	Caerphilly Runners	18		3'15"/km	00:16:12
19	00:16:20	135	Adam	Payne	Male	M35	Race 1	Pontypridd Roadents AC	19	6	3'16"/km	00:16:18
20	00:16:21	221	Oliver	Price	Male	U20M	Race 1	Cardiff Athletics	20	2	3'16"/km	00:16:19
21	00:16:22	51	Huw	Evans	Male	M45	Race 1	Parc Bryn Bach Running Club	21	2	3'16"/km	00:16:21
22	00:16:23	68	Leroy	Griffiths	Male	U20M	Race 1	Rhondda Ac	22	3	3'16"/km	00:16:20
23	00:16:25	113	Patrick	Mcdowell	Male	MS	Race 1	Les Croupiers Running Club	23	11	3'17"/km	00:16:22
24	00:16:25	191	Ben	Williams	Male	M35	Race 1	Swansea harriers	24	7	3'17"/km	00:16:24
25	00:16:28	206	Georgia	Palmer	Female	FS	Race 1	Cheltenham Harriers	1	1	3'17"/km	00:16:27
26	00:16:29	220	Darren	Bishop	Male	M35	Race 1	Pontypridd RODents	25	8	3'17"/km	00:16:28
27	00:16:31	182	Jamie	Vanstone	Male	M35	Race 1	Pontypridd Roadents AC	26	9	3'18"/km	00:16:29
28	00:16:33	108	Ben	Kennedy	Male	MS	Race 1	Les Croupiers	27	12	3'18"/km	00:16:31
29	00:16:33	151	William James	Ralston	Male	MS	Race 1	Vale of Aylesbury	28	13	3'18"/km	00:16:32
30	00:16:39	126	Doug	Nicholls	Male	M35	Race 1	Pontypridd	29	10	3'19"/km	00:16:37
31	00:16:46	216	Daniel	May	Male	U20M	Race 1	Cardiff Athletics	30	4	3'21"/km	00:16:43
32	00:16:48	172	Jacob	Tasker	Male	MS	Race 1	Ogmore Phoenix	31	14	3'21"/km	00:16:45
33	00:16:51	231	Darragh	Hanley-crofts	Male		Race 1	Les Croupiers	32		3'22"/km	00:16:47
34	00:16:51	180	Matthew	Turner	Male	M45	Race 1	San Domenico RC	33	3	3'22"/km	00:16:48
35	00:16:53	101	Paul	Josua	Male	M35	Race 1	San Domenico RC	34	11	3'22"/km	00:16:50
36	00:16:54	158	Tomos	Roberts	Male	MS	Race 1	Cardiff AC	35	15	3'22"/km	00:16:53
37	00:16:55	142	Dominik	Plesiewicz	Male	U20M	Race 1	Aberdare Valley AAC	36	5	3'23"/km	00:16:52
38	00:16:55	190	Dane	Williams	Male	MS	Race 1	Parc bryn Bach	37	16	3'23"/km	00:16:53
39	00:16:55	146	Evan	Price	Male	U20M	Race 1	Cardiff Archers	38	6	3'23"/km	00:16:52
40	00:16:55	37	Edward	Davies	Male	MS	Race 1	Les Croupiers Running Club	39	17	3'23"/km	00:16:52
41	00:16:56	78	Ryan	Holt	Male	MS	Race 1	Les Croupiers RC	40	18	3'23"/km	00:16:53
42	00:17:02	61	Millie	Gold	Female	U20F	Race 1	Swansea Harriers	2	1	3'24"/km	00:16:59
43	00:17:06	48	Gethin	Edwards	Male	M45	Race 1	Pontypridd Roadents AC	41	4	3'25"/km	00:17:04
44	00:17:07	89	Aaron	Jeffer	Male	MS	Race 1	Aberdare Valley AAC	42	19	3'25"/km	00:17:01
45	00:17:07	137	Sean	Petty	Male	U20M	Race 1	Bridgend AC	43	7	3'25"/km	00:17:04
46	00:17:08	86	Daniel	Irvine	Male	MS	Race 1	Forres Harriers	44	20	3'25"/km	00:17:06
47	00:17:08	169	Olivia	Stillman	Female	FS	Race 1	Herne Hill Harriers	3	2	3'25"/km	00:17:06
48	00:17:10	153	Lewis	Richards	Male	M35	Race 1	Aberdare Valley AAC	45	12	3'26"/km	00:17:04
49	00:17:18	66	Matthew	Green	Male	MS	Race 1	Les Croupiers	46	21	3'27"/km	00:17:13
50	00:17:20	98	Neil	Jones	Male	M45	Race 1	Pontyclun roadrunners	47	5	3'28"/km	00:17:18
51	00:17:23	174	Sean	Taylor	Male	M45	Race 1	Mickey Morris Racing Team	48	6	3'28"/km	00:17:20
52	00:17:26	18	Nathan	Christoforato	Male	M35	Race 1	Les Croupiers Running Club	49	13	3'29"/km	00:17:23
53	00:17:29	57	Mark	Furnish	Male	M35	Race 1	San Domenico	50	14	3'29"/km	00:17:24
54	00:17:31	173	Steven	Taylor	Male	M35	Race 1	Swansea harriers	51	15	3'30"/km	00:17:28
55	00:17:34	82	Huw	Hudson	Male	MS	Race 1	Penarth and Dinas	52	22	3'30"/km	00:17:27
56	00:17:34	27	James	Craddock	Male	MS	Race 1	Les Croupiers	53	23	3'30"/km	00:17:30
57	00:17:37	31	Jake	Crock	Male	U20M	Race 1	Cardiff AAC	54	8	3'31"/km	00:17:34
58	00:17:37	196	David	Williams	Male	M35	Race 1	Cardiff AAC	55	16	3'31"/km	00:17:34
59	00:17:41	45	James	Dodd	Male	MS	Race 1	San Domenico	56	24	3'32"/km	00:17:34
60	00:17:41	181	Gemma	Tutton	Female	FS	Race 1	Swansea Harriers	4	3	3'32"/km	00:17:38
61	00:17:44	161	Peter	Ryder	Male	M35	Race 1		57	17	3'32"/km	00:17:39
62	00:17:45	14	Stephen	Campbell	Male	MS	Race 1	Les Croupiers RC	58	25	3'33"/km	00:17:41
63	00:17:48	188	Ben	White	Male	M35	Race 1	Parc bryn bach running club	59	18	3'33"/km	00:17:44
64	00:17:49	87	Keith	James	Male	M45	Race 1	Pontypridd roadents	60	7	3'33"/km	00:17:47
65	00:17:52	148	Robert	Pritchard	Male	M35	Race 1	Lliswerry Runners	61	19	3'34"/km	00:17:49
66	00:17:52	138	Osian	Phillips	Male	U20M	Race 1	Cardiff AAC	62	9	3'34"/km	00:17:48
67	00:17:55	201	Jack	Woodhouse	Male	U20M	Race 1	Neath Harriers	63	10	3'35"/km	00:17:53
68	00:17:55	53	Emily	Fell	Female	FS	Race 1	CDF Runners	5	4	3'35"/km	00:17:50
69	00:17:55	235	Andrew	Blair	Male	M55+	Race 1	Les Croupiers	64	1	3'35"/km	00:17:51
70	00:17:57	205	Terrence	Fairbank	Male	MS	Race 1	Aberdare	65	26	3'35"/km	00:17:47
71	00:17:58	207	Maddie	Elliott	Female	FS	Race 1	Blackburn Harriers	6	5	3'35"/km	00:17:53
72	00:17:59	94	Sioned	John	Female	U20F	Race 1	Cardiff AAC	7	2	3'35"/km	00:17:55
73	00:18:02	255	Paul	Morton	Male	M35	Race 1	Les Croupiers	66	20	3'36"/km	00:17:56
74	00:18:04	81	James	Horner	Male	M45	Race 1	Les Croupiers Running Club	67	8	3'36"/km	00:18:00

75	00:18:08	72	Ryan	Hartley	Male	M45	Race 1	Pontypridd Roadents AC	68	9	3'37"/km	00:18:04
76	00:18:08	157	Michael	Riley	Male	M45	Race 1	Les Croupiers Running Club	69	10	3'37"/km	00:18:05
77	00:18:13	225	Tom	Oliver	Male	M35	Race 1	Bridgend Athletics	70	21	3'38"/km	00:18:07
78	00:18:15	210	Matthew	Evans	Male	M35	Race 1		71	22	3'39"/km	00:18:15
79	00:18:17	194	Henry	Williams	Male	MS	Race 1	Lliswerry Runners	72	27	3'39"/km	00:18:13
80	00:18:22	179	Harri	Tudor-asveld	Male	U20M	Race 1	Cardiff AAC	73	11	3'40"/km	00:18:17
81	00:18:23	1	Charlie	Abel	Male	U20M	Race 1		74	12	3'40"/km	00:18:19
82	00:18:24	125	Carl	Nealon	Male	MS	Race 1	Les Croupiers Running Club	75	28	3'40"/km	00:18:20
83	00:18:25	183	Jamie	Verran	Male	MS	Race 1	Ogmore Phoenix Runners	76	29	3'41"/km	00:18:21
84	00:18:33	162	Rob	Sage	Male	M45	Race 1	Les Croupiers Running Club	77	11	3'42"/km	00:18:27
85	00:18:38	122	Will	Morris	Male	MS	Race 1	Porthcawl Triathlon Club	78	30	3'43"/km	00:18:33
86	00:18:40	154	Gareth	Richards	Male	M45	Race 1	Ogmore phoenix runners	79	12	3'44"/km	00:18:34
87	00:18:42	41	Craig	Davies	Male	MS	Race 1		80	31	3'44"/km	00:18:36
88	00:18:45	62	Scott	Gray	Male	MS	Race 1	Ogmore Phoenix Runners	81	32	3'45"/km	00:18:41
89	00:18:45	136	Owen	Peters	Male	M35	Race 1	None	82	23	3'45"/km	00:18:39
90	00:18:45	20	Ewelina	Ciesielska	Female	F35	Race 1	Park Bryn Bach running club	8	1	3'45"/km	00:18:43
91	00:18:47	198	Jamie	Wood	Male	MS	Race 1	San Domenico RC	83	33	3'45"/km	00:18:41
92	00:18:50	29	Stuart	Crees	Male	M45	Race 1	Les Croupiers RC	84	13	3'46"/km	00:18:46
93	00:18:51	230	Daniel	Jones	Male	U20M	Race 1	Sarn Helen	85	13	3'46"/km	00:18:48
94	00:18:52	79	Matt	Hopkins	Male	M35	Race 1	Les Croupiers RC	86	24	3'46"/km	00:18:46
95	00:18:53	257	David	James	Male	M55+	Race 1	Les Croupiers	87	2	3'46"/km	00:18:51
96	00:18:54	133	Clare	Patterson	Female	F45	Race 1	Parc bryn bach	9	1	3'46"/km	00:18:50
97	00:18:54	227	David	Barker	Male	U20M	Race 1	Cardiff Athletics	88	14	3'46"/km	00:18:50
98	00:18:56	99	Gareth	Jones	Male	M45	Race 1	Pontypridd Roadents	89	14	3'47"/km	00:18:53
99	00:18:56	192	Neil	Williams	Male	M35	Race 1	San Domenico RC	90	25	3'47"/km	00:18:49
100	00:18:56	131	Tomos	Parry	Male	MS	Race 1		91	34	3'47"/km	00:18:50
101	00:19:03	149	Niki	Puleio	Male	M45	Race 1	Ogmore Phoenix Runners	92	15	3'48"/km	00:19:00
102	00:19:05	150	Harvey	Puleio	Male	U20M	Race 1	ogmore phoenix runners	93	15	3'49"/km	00:19:02
103	00:19:12	49	Hywel	Edwards	Male	M45	Race 1	San domenico	94	16	3'50"/km	00:19:06
104	00:19:17	156	David	Richardson	Male	M35	Race 1	Pont-y-pwl & District Runners	95	26	3'51"/km	00:19:09
105	00:19:18	208	Leigh	James	Female	F35	Race 1	Les Croupiers	10	2	3'51"/km	00:19:14
106	00:19:19	26	Dean	Cox	Male	M35	Race 1	Clwb Run Wales	96	27	3'51"/km	00:19:13
107	00:19:20	141	Kevin	Plank	Male	M45	Race 1	San Domenico	97	17	3'52"/km	00:19:15
108	00:19:21	132	Owen	Patten	Male	MS	Race 1	Les Croupiers Running Club	98	35	3'52"/km	00:19:15
109	00:19:23	85	Tim	Hughes	Male	MS	Race 1	Bridgend AC	99	36	3'52"/km	00:19:18
110	00:19:28	71	Ieuan	Hancock	Male	MS	Race 1	Torfaen triathlon club	100	37	3'53"/km	00:19:22
111	00:19:30	168	Ewan	Stenhouse	Male	MS	Race 1	CDF Runners	101	38	3'54"/km	00:19:22
112	00:19:35	112	Rachel	Mcdowell	Female	FS	Race 1	Les Croupiers Running Club	11	6	3'55"/km	00:19:29
113	00:19:37	69	Maeve	Haigney	Female	U20F	Race 1	Beechmount harriers	12	3	3'55"/km	00:19:34
114	00:19:37	116	Irfan	Mohamed	Male	MS	Race 1		102	39	3'55"/km	00:19:26
115	00:19:38	233	Jack	Ford	Male		Race 1		103		3'55"/km	00:19:33
116	00:19:41	226	Catherine	Barker	Female	F45	Race 1	Penarth and Dinas	13	2	3'56"/km	00:19:35
117	00:19:42	35	Dylan	Davies	Male	MS	Race 1	CDF Runners	104	40	3'56"/km	00:19:33
118	00:19:44	7	Jonathan	Bonville-ginn	Male	MS	Race 1	CDF Runners	105	41	3'56"/km	00:19:36
119	00:19:44	10	James	Bruce	Male	M45	Race 1	Les Croupiers	106	18	3'56"/km	00:19:38
120	00:19:45	11	Susannah	Bulpin	Female	F45	Race 1	San Domenico	14	3	3'57"/km	00:19:39
121	00:19:50	120	Tom	Morgan	Male	M35	Race 1	CDF Runners	107	28	3'58"/km	00:19:42
122	00:19:51	84	Owain	Hughes	Male	M35	Race 1	Pontypridd Roadents	108	29	3'58"/km	00:19:44
123	00:19:51	117	Jonathan	Monk	Male	M35	Race 1	Pontypridd Roadents	109	30	3'58"/km	00:19:45
124	00:19:52	177	Daniel	Thomas	Male	MS	Race 1	Swansea Harriers	110	42	3'58"/km	00:19:45
125	00:19:54	76	Jack	Hocking	Male	MS	Race 1	CDF Runners	111	43	3'58"/km	00:19:46
126	00:19:57	119	Daniel	Morgan	Male	M45	Race 1	Bridgend AC	112	19	3'59"/km	00:19:48
127	00:19:57	238	Jen	Coleman	Female	F45	Race 1	Les Croupiers	15	4	3'59"/km	00:19:54
128	00:20:01	15	Julie	Chamberlain	Female	F35	Race 1	Cardiff AAC	16	3	4'00"/km	00:19:55
129	00:20:02	4	Richard	Baker	Male	M45	Race 1		113	20	4'00"/km	00:19:53
130	00:20:10	12	Neil	Calucag	Male	M45	Race 1	CDF runners	114	21	4'02"/km	00:20:05
131	00:20:12	40	Helen-marie	Davies	Female	F45	Race 1	Swansea Harriers	17	5	4'02"/km	00:20:05
132	00:20:13	170	Nick	Stocker	Male	M45	Race 1	Bridgend AC	115	22	4'02"/km	00:20:08
133	00:20:13	102	Nicola	Jukes	Female	F45	Race 1	Parc Bryn Bach RC	18	6	4'02"/km	00:20:08
134	00:20:15	109	Florence	King	Female	FS	Race 1	CDF Runners	19	7	4'03"/km	00:20:08
135	00:20:17	46	Steven	Duval	Male	MS	Race 1	Aberdare Valley AAC	116	44	4'03"/km	00:20:12
136	00:20:25	105	Rhys	Kelland	Male	M35	Race 1		117	31	4'05"/km	00:20:21
137	00:20:26	160	Katy	Roy	Female	F35	Race 1	Bristol & West AC	20	4	4'05"/km	00:20:23
138	00:20:27	258	Delyth	Williams	Female	F35	Race 1	San Domenico	21	5	4'05"/km	00:20:21
139	00:20:33	176	Jeremy	Thomas	Male	M55+	Race 1	Les croupiers	118	3	4'06"/km	00:20:27
140	00:20:39	127	Aidan	Ocallaghan	Male	M45	Race 1	Unattached	119	23	4'07"/km	00:20:30
141	00:20:44	2	Allie	Adams	Female	U20F	Race 1	Rhondda AC	22	4	4'08"/km	00:20:40
142	00:20:46	218	Lily	Jacklin	Female	U20F	Race 1	Aberdare	23	5	4'09"/km	00:20:40
143	00:20:46	219	Matthew	Jacklin	Male	M45	Race 1	Aberdare	120	24	4'09"/km	00:20:39
144	00:20:50	215	Paul	May	Male	M55+	Race 1	Cornelly Striders	121	4	4'10"/km	00:20:41
145	00:20:54	159	Alice	Rothwell	Female	F35	Race 1	Les Croupiers Running Club	24	6	4'10"/km	00:20:46
146	00:20:55	187	James	White	Male	M45	Race 1	San Domenico	122	25	4'11"/km	00:20:46
147	00:20:57	115	Andrew	Millin	Male	M35	Race 1		123	32	4'11"/km	00:20:49
148	00:21:01	121	Tom	Morris	Male	M35	Race 1		124	33	4'12"/km	00:20:54
149	00:21:08	114	Marcus	Meyrick	Male	M45	Race 1	Les Croupiers Running Club	125	26	4'13"/km	00:20:58

150	00:21:10	47	Bryony	Eames	Female	FS	Race 1	Les Croupiers Running Club	25	8	4'14"/km	00:21:02
151	00:21:11	38	Sara	Davies	Female	FS	Race 1		26	9	4'14"/km	00:21:00
152	00:21:12	211	Megan	Poulson	Female	FS	Race 1	San Domenico	27	10	4'14"/km	00:21:06
153	00:21:14	63	Lauren	Green	Female	F35	Race 1		28	7	4'14"/km	00:21:03
154	00:21:17	256	Carole	Goddard	Male	M45	Race 1	Les Croupiers	126	27	4'15"/km	00:21:09
155	00:21:22	22	Dexter	Clement	Male	U20M	Race 1	Rhondda AC	127	16	4'16"/km	00:21:18
156	00:21:22	224	Jamie	Bishop	Male	M35	Race 1	Pontpridd Rodents	128	34	4'16"/km	00:21:18
157	00:21:23	166	Marcus	Smith	Male	M45	Race 1	Parc Bryn Bach Running Club	129	28	4'16"/km	00:21:11
158	00:21:24	175	Suzanne	Tew	Female	F45	Race 1	Parc Bryn Bach	29	7	4'16"/km	00:21:12
159	00:21:26	171	Emma	Suttie	Female	FS	Race 1	CDF Runners	30	11	4'17"/km	00:21:18
160	00:21:28	144	Katie	Plimmer	Female	FS	Race 1	Ogmore Phoenix	31	12	4'17"/km	00:21:19
161	00:21:32	106	Isabelle	Kelland	Female	U20F	Race 1	Rhondda AAC	32	6	4'18"/km	00:21:29
162	00:21:34	90	Holli	Jehu	Female	FS	Race 1	Aberdare Valley	33	13	4'18"/km	00:21:28
163	00:21:35	100	Siāçñ	Jones	Female	FS	Race 1	Parc Bryn Bach Running Club	34	14	4'19"/km	00:21:24
164	00:21:45	147	Thomas	Price	Male	M35	Race 1	San domenico	130	35	4'21"/km	00:21:38
165	00:21:59	93	Gareth	Jenkins	Male	M35	Race 1	Ogmore Phoenix Runners	131	36	4'23"/km	00:21:51
166	00:22:04	217	Gareth	Hardman	Male	M55+	Race 1	Bridgend Athletics	132	5	4'24"/km	00:21:56
167	00:22:08	107	Jack	Kelland	Male	U20M	Race 1	Rhondda AAC	133	17	4'25"/km	00:22:04
168	00:22:11	50	Gareth	Evans	Male	MS	Race 1	Pontypridd Roadents AC	134	45	4'26"/km	00:22:05
169	00:22:13	129	Aaron	Owen	Male	MS	Race 1		135	46	4'26"/km	00:22:03
170	00:22:17	228	Steven	Barker	Male	M45	Race 1	Penarth and Dinas	136	29	4'27"/km	00:22:07
171	00:22:19	241	Marc	Adams	Male	M35	Race 1		137	37	4'27"/km	00:22:11
172	00:22:20	193	David.e	Williams	Male	M55+	Race 1	Les Croupiers Running Club	138	6	4'28"/km	00:22:12
173	00:22:25	186	Rowena	White	Female	F45	Race 1	San domenico	35	8	4'29"/km	00:22:15
174	00:22:36	74	Max	Hewitt	Male	MS	Race 1		139	47	4'31"/km	00:22:28
175	00:22:39	36	Dakota	Davies	Female	U20F	Race 1	Rhondda athletics	36	7	4'31"/km	00:22:36
176	00:22:41	237	Mark	Hebert	Male	M35	Race 1	Les Croupiers	140	38	4'32"/km	00:22:30
177	00:22:43	234	Stephen	Noyvirt	Male	MS	Race 1		141	48	4'32"/km	00:22:34
178	00:22:45	202	Alex	Woods	Male	MS	Race 1		142	49	4'33"/km	00:22:33
179	00:22:46	8	Gareth	Booker	Male	M35	Race 1	Royal Navy Triathlon Association	143	39	4'33"/km	00:22:37
180	00:23:00	13	Harly	Calucag	Male	U20M	Race 1		144	18	4'36"/km	00:22:53
181	00:23:00	33	Sarah	Cross	Female	F35	Race 1		37	8	4'36"/km	00:22:50
182	00:23:03	39	Sarah	Davies	Female	F45	Race 1	Ogmore Phoenix runners	38	9	4'36"/km	00:22:54
183	00:23:07	140	Nathan	Piddock	Male	MS	Race 1	Penarth and Dinas Runners	145	50	4'37"/km	00:22:58
184	00:23:12	9	Shelley	Brace	Female	FS	Race 1	Les Croupiers	39	15	4'38"/km	00:23:04
185	00:23:16	123	Emily	Morton	Female	F35	Race 1	Pontypridd Roadents AC	40	9	4'39"/km	00:23:10
186	00:23:24	103	Andrew	Kaye	Male	M55+	Race 1	Vegan Running Club	146	7	4'40"/km	00:23:12
187	00:23:31	203	Charlotte	Yewman	Female	F35	Race 1		41	10	4'42"/km	00:23:20
188	00:23:39	213	Jacqueline	Brace	Female	F55	Race 1	Bridgend Athletics	42	1	4'43"/km	00:23:33
189	00:23:42	95	Gary	John	Male	M55+	Race 1	Les Croupiers RC	147	8	4'44"/km	00:23:34
190	00:23:56	178	Sioned	Thomas	Female	FS	Race 1	CDF Runners	43	16	4'47"/km	00:23:45
191	00:24:14	16	John	Chandler	Male	M55+	Race 1	San Domenico RC	148	9	4'50"/km	00:24:04
192	00:24:24	223	George	Jones	Male	U20M	Race 1		149	19	4'52"/km	00:24:19
193	00:24:33	64	Martin	Green	Male	M45	Race 1	Pontypridd Roadents AC	150	30	4'54"/km	00:24:24
194	00:24:46	21	Lisa	Cleary	Female	F55	Race 1	Penarth and Dinas Runners	44	2	4'57"/km	00:24:35
195	00:24:50	30	Libby	Crees	Female	F55	Race 1	Les Croupiers RC	45	3	4'58"/km	00:24:39
196	00:25:15	42	Tim	Davies	Male	M35	Race 1	Pontypridd Roadents AC	151	40	5'03"/km	00:25:03
197	00:25:20	197	Hannah	Withers	Female	F45	Race 1	San Domenico RC	46	10	5'04"/km	00:25:10
198	00:25:21	83	Niall	Hughes	Male	M45	Race 1	San Domenico	152	31	5'04"/km	00:25:12
199	00:25:43	128	Tim	O'sullivan	Male	M55+	Race 1	LES CROUPIERS RC	153	10	5'08"/km	00:25:30
200	00:25:53	118	Leanne	Moore	Female	F45	Race 1	TRG runners	47	11	5'10"/km	00:25:41
201	00:26:18	240	Amelia	Douglas	Female	U20F	Race 1		48	8	5'15"/km	00:26:06
202	00:26:20	232	Eve	Gallop-evans	Female	F55	Race 1	Les Croupiers	49	4	5'16"/km	00:26:08
203	00:26:21	52	Louisa	Fairbank	Female	FS	Race 1	Aberdare Valley AAC	50	17	5'16"/km	00:26:11
204	00:26:29	6	Lianne	Blakey	Female	F45	Race 1	Team Rees Runners	51	12	5'17"/km	00:26:17
205	00:26:40	239	Kayley	Griffiths	Female	F35	Race 1		52	11	5'20"/km	00:26:27
206	00:27:17	23	Dennis	Collins	Male	M55+	Race 1	rhondda valley runners	154	11	5'27"/km	00:27:07
207	00:27:32	236	Julie	Scholey	Female	F55	Race 1	Les Croupiers	53	5	5'30"/km	00:27:20
208	00:28:04	80	Dawn	Hopkins	Female	F45	Race 1	Ogmore Phoenix Runners	54	13	5'36"/km	00:27:54
209	00:28:12	152	Debbie	Rees	Female	F55	Race 1	Penarth and Dinas	55	6	5'38"/km	00:28:02
210	00:28:37	214	Karen	Chadwell	Female	F45	Race 1	Les Croupiers	56	14	5'43"/km	00:28:24
211	00:28:49	77	Andrew	Hollins	Male	M45	Race 1	Pegasus Running Club	155	32	5'45"/km	00:28:36
212	00:28:52	222	Nick	Harris	Male	M35	Race 1	Ogmore Phoenix	156	41	5'46"/km	00:28:43
213	00:29:20	34	John	Cunnane	Male	M55+	Race 1	Pontyclun Road Runners	157	12	5'52"/km	00:29:06
214	00:36:20	165	Kacey	Smith	Female	FS	Race 1		57	18	7'16"/km	00:36:10