

Overall Pos	Overall Time	Bib	Name	Surname	Gender	Category	Club	Gender Pos	Category Pos	Avg Speed	Net Time
1	00:39:46	53	Ben	Miles	Male	Male Senior	Micky Morris Racing Team	1	1	3'05"/km	00:38:18
2	00:40:20	26	Jonathan	Butler	Male	Male Vet 35	Swansea Harriers	2	1	3'08"/km	00:40:20
3	00:40:30	30	Michael	Ward	Male	Male Senior	Cardiff Amateur AC	3	2	3'08"/km	00:40:30
4	00:40:36	44	Jamie	Williamson	Male	Male Senior	Springburn Harriers	4	3	3'09"/km	00:40:36
5	00:40:49	29	Daniel	Hamilton	Male	Male Senior	Pontypridd Roadents AC	5	4	3'10"/km	00:40:47
6	00:41:45	37	Daniel	Smith	Male	Male Senior	Pontypridd Roadents AC	6	5	3'14"/km	00:41:42
7	00:41:52	38	Adam	Whittaker	Male	Male Senior	CDF Runners	7	6	3'15"/km	00:41:50
8	00:41:55	28	Adam	Bull	Male	Male Senior	Pontypridd Roadents AC	8	7	3'15"/km	00:41:55
9	00:41:59	66	Michael	Lewis	Male	Male Senior	Parc Bryn Bach RC	9	8	3'15"/km	00:41:55
10	00:42:55	77	James	Hansell	Male	Male Vet 35	San Domenico RC	10	2	3'20"/km	00:42:52
11	00:43:34	5	Lloyd	Cottrell	Male	Male Senior	Lliswerry Runners	11	9	3'23"/km	00:43:30
12	00:43:39	40	George	Collinson	Male	Male Senior	Les Croupiers RC	12	10	3'23"/km	00:43:35
13	00:43:43	7	Lee	Drew	Male	Male Vet 35	Lliswerry Runners	13	3	3'23"/km	00:43:39
14	00:43:57	33	Ben	Kennedy	Male	Male Senior	Les Croupiers RC	14	11	3'24"/km	00:43:52
15	00:44:03	70	Olivia	Tsim	Female	Female Senior	Pontypridd Roadents AC	1	1	3'25"/km	00:44:00
16	00:44:27	58	James	Salter	Male	Male Senior		15	12	3'27"/km	00:44:25
17	00:44:29	60	Oliver	Webb	Male	Male Senior	Cardiff Triathletes	16	13	3'27"/km	00:44:24
18	00:44:32	1	Jon	Belcher	Male	Male Vet 45	Lliswerry Runners	17	1	3'27"/km	00:44:27
19	00:44:35	36	David	Jones	Male	Male Vet 40	Pontypridd Roadents AC	18	1	3'27"/km	00:44:32
20	00:44:46	61	Dane	Williams	Male	Male Senior	Parc Bryn Bach RC	19	14	3'28"/km	00:44:42
21	00:44:49	143	Ross	Purchase	Male	Male Vet 40	Porthcawl Runners	20	2	3'28"/km	00:44:40
22	00:44:51	14	Richard	Jones	Male	Male Vet 50	Lliswerry Runners	21	1	3'29"/km	00:44:46
23	00:44:58	17	Thomas	Henry	Male	Male Vet 40	Lliswerry Runners	22	3	3'29"/km	00:44:51
24	00:45:13	34	Cory	Sherwin	Male	Male Senior	Forest of Dean AC	23	15	3'30"/km	00:45:10
25	00:45:15	35	James	Thie	Male	Male Vet 45	Pontypridd Roadents AC	24	2	3'30"/km	00:45:12
26	00:45:18	46	Ben	Butler-madden	Male	Male Vet 40	Pontypridd Roadents AC	25	4	3'31"/km	00:45:14
27	00:45:19	69	Jack	Reddy	Male	Male Senior	Pontypridd Roadents AC	26	16	3'31"/km	00:45:15
28	00:45:22	76	Darragh	Hanley-crofts	Male	Male Vet 35	Les Croupiers RC	27	4	3'31"/km	00:45:17
29	00:45:27	93	Andrew	How	Male	Male Vet 45	Pontypridd Roadents AC	28	3	3'31"/km	00:45:23
30	00:45:31	52	Lee	Jones	Male	Male Vet 40	Micky Morris Racing Team	29	5	3'32"/km	00:45:23
31	00:45:33	48	Matthew	Davies	Male	Male Senior	Les Croupiers RC	30	17	3'32"/km	00:45:26
32	00:45:37	43	Symon	Murphy	Male	Male Vet 40	Pontypridd Roadents AC	31	6	3'32"/km	00:45:33
33	00:45:47	74	Jonathan	Bonville-ginn	Male	Male Senior	CDF Runners	32	18	3'33"/km	00:45:41
34	00:45:50	108	Paul	Josua	Male	Male Vet 35	San Domenico RC	33	5	3'33"/km	00:45:46
35	00:45:50	101	Tom	Wade	Male	Male Senior	Parc Bryn Bach RC	34	19	3'33"/km	00:45:45
36	00:45:53	45	Craig	Blake	Male	Male Vet 35	Les Croupiers RC	35	6	3'33"/km	00:45:46
37	00:46:10	79	Huw	Hudson	Male	Male Senior	Penarth and Dinas Runners	36	20	3'35"/km	00:46:04
38	00:46:21	19	Jack	Rowland	Male	Male Vet 35	Lliswerry Runners	37	7	3'36"/km	00:46:14
39	00:46:23	57	Andrew	Reynolds	Male	Male Vet 40	Pontypridd Roadents AC	38	7	3'36"/km	00:46:17
40	00:46:27	41	Steven	Davies	Male	Male Vet 50	Parc Bryn Bach RC	39	2	3'36"/km	00:46:22
41	00:46:41	83	Ryan	Pugsley	Male	Male Senior	Les Croupiers RC	40	21	3'37"/km	00:46:35
42	00:46:41	31	Tomos	Whitmarsh-knight	Male	Male Senior	Les Croupiers RC	41	22	3'37"/km	00:46:34
43	00:46:41	140	Matthew	Payn	Male	Male Senior	CDF Runners	42	23	3'37"/km	00:46:31
44	00:46:42	8	Joshua	Fitton	Male	Male Senior	Lliswerry Runners	43	24	3'37"/km	00:46:37
45	00:46:51	103	Joe	Woodley	Male	Male Senior	Southville Running Club	44	25	3'38"/km	00:46:51
46	00:46:53	11	Martin	Johns	Male	Male Vet 35	Lliswerry Runners	45	8	3'38"/km	00:46:50
47	00:46:56	105	Arwel	Evans	Male	Male Vet 35	Les Croupiers RC	46	9	3'38"/km	00:46:50
48	00:47:00	54	Peter	Morton	Male	Male Vet 35	Weston AC	47	10	3'39"/km	00:46:52
49	00:47:05	63	James	Bull	Male	Male Senior	CDF Runners	48	26	3'39"/km	00:47:00
50	00:47:06	49	Paul	Francis	Male	Male Vet 50	Les Croupiers RC	49	3	3'39"/km	00:46:59
51	00:47:13	80	Harry	Lewis	Male	Male Senior	Cardiff Triathletes	50	27	3'40"/km	00:47:08
52	00:47:17	64	Mark	Hobbs	Male	Male Vet 35	Micky Morris Racing Team	51	11	3'40"/km	00:47:09
53	00:47:18	95	Nicholas	Liu	Male	Male Senior	Pontypridd Roadents AC	52	28	3'40"/km	00:47:13
54	00:47:18	84	Charlie	Bleasdale	Male	Male Senior	Pontypridd Roadents AC	53	29	3'40"/km	00:47:13
55	00:47:36	98	Dan	Nurse	Male	Male Vet 45	Savern AC	54	4	3'41"/km	00:47:32
56	00:47:39	129	Neil	Jones	Male	Male Vet 45	Pontyclun Road Runners	55	5	3'42"/km	00:47:33
57	00:47:43	211	Leo	Holmes	Male	Male Senior	Les Croupiers RC	56	30	3'42"/km	00:47:36
58	00:47:46	196	Alex	Line	Male	Male Senior	Islwyn RC	57	31	3'42"/km	00:47:37
59	00:47:46	81	Lewis	Munro	Male	Male Senior	Islwyn RC	58	32	3'42"/km	00:47:41
60	00:47:48	99	Steve	Payne	Male	Male Vet 45	Pontypridd Roadents AC	59	6	3'42"/km	00:47:42
61	00:48:03	88	Michael	Darke	Male	Male Vet 40	CDF Runners	60	8	3'43"/km	00:47:53
62	00:48:12	116	Dave	Cleere	Male	Male Vet 35	Risca Tri	61	12	3'44"/km	00:47:56
63	00:48:19	97	Tom	Newman	Male	Male Vet 45	Caerleon RC	62	7	3'45"/km	00:48:08
64	00:48:22	67	Ian	Owen	Male	Male Vet 45	San Domenico RC	63	8	3'45"/km	00:48:11
65	00:48:24	328	Ryan	Bunce	Male	Male Senior	Brackla Harriers	64	33	3'45"/km	00:48:14
66	00:48:28	115	Stephen	Campbell	Male	Male Senior	Les Croupiers RC	65	34	3'45"/km	00:48:21
67	00:48:29	68	Tomos	Phillips	Male	Male Vet 35	CDF Runners	66	13	3'45"/km	00:48:19
68	00:48:34	100	Duncan	Sheldon	Male	Male Vet 50	Penarth and Dinas Runners	67	4	3'46"/km	00:48:26
69	00:48:47	138	Ceri	Merwood	Female	Female Senior	CDF Runners	2	2	3'47"/km	00:48:37
70	00:48:48	149	Roddy	Stark	Male	Male Senior	CDF Runners	68	35	3'47"/km	00:48:39
71	00:48:50	107	Ryan	Hartley	Male	Male Vet 45	Pontypridd Roadents AC	69	9	3'47"/km	00:48:43
72	00:48:50	251	Kristie	O'connell-james	Female	Female Senior	Pontypridd Roadents AC	3	3	3'47"/km	00:48:42
73	00:48:54	25	Henry	Wright	Male	Male Vet 45	White Rock Runners	70	10	3'47"/km	00:48:51
74	00:48:55	91	John	Fitzpatrick	Male	Male Vet 45	Penarth and Dinas Runners	71	11	3'47"/km	00:48:33
75	00:48:56	150	Ewan	Stenhouse	Male	Male Senior	CDF Runners	72	36	3'48"/km	00:48:45

76	00:48:59	163	Rosie	Fenton	Female	Female Senior	CDF Runners	4	4	3'48"/km	00:48:49
77	00:49:01	167	Taliesin	Coombes	Male	Male Senior	Cardiff Triathletes	73	37	3'48"/km	00:48:47
78	00:49:02	157	Charlie	Bendall	Male	Male Vet 40	Chepstow Harriers	74	9	3'48"/km	00:48:51
79	00:49:19	153	Matt	Turner	Male	Male Vet 50	Caerleon RC	75	5	3'49"/km	00:49:08
80	00:49:22	72	Harry	Woodward	Male	Male Senior	Caldicot Running Club	76	38	3'50"/km	00:49:11
81	00:49:22	78	Kieran	Harries	Male	Male Senior	CDF Runners	77	39	3'50"/km	00:49:12
82	00:49:24	268	Gabriella	Booth	Female	Female Vet 35	Porthcawl Runners	5	1	3'50"/km	00:49:15
83	00:49:25	385	Lauren	Stockley	Female	Female Senior	Parc Bryn Bach RC	6	5	3'50"/km	00:49:12
84	00:49:28	113	Philip	Williams	Male	Male Vet 45	Pontypridd Roadents AC	78	12	3'50"/km	00:49:20
85	00:49:30	18	Antoinette	Rose	Female	Female Senior	Lliswerry Runners	7	6	3'50"/km	00:49:23
86	00:49:44	356	Owen	Hacker	Male	Male Senior	Islwyn RC	79	40	3'51"/km	00:49:33
87	00:49:45	71	Jamie	Wood	Male	Male Senior	San Domenico RC	80	41	3'51"/km	00:49:43
88	00:49:45	154	Marc	Wachter	Male	Male Vet 45	Caldicot Running Club	81	13	3'51"/km	00:49:34
89	00:49:49	161	Clare	Patterson	Female	Female Vet 45	Parc Bryn Bach RC	8	1	3'52"/km	00:49:43
90	00:49:52	109	Paul	Mason	Male	Male Vet 40	Griffithstown Harriers	82	10	3'52"/km	00:49:44
91	00:49:55	151	Shaun	Styles	Male	Male Senior	Griffithstown Harriers	83	42	3'52"/km	00:49:47
92	00:49:56	256	Ben	Vaughan	Male	Male Senior	Caldicot Running Club	84	43	3'52"/km	00:49:38
93	00:49:57	12	Gemma	Jones	Female	Female Vet 40	Lliswerry Runners	9	1	3'52"/km	00:49:46
94	00:50:01	112	Neil	Williams	Male	Male Vet 35	San Domenico RC	85	14	3'53"/km	00:49:56
95	00:50:01	179	John	Williams	Male	Male Vet 45	Griffithstown Harriers	86	14	3'53"/km	00:49:53
96	00:50:03	172	David	Lee	Male	Male Vet 40	Pontyclun Road Runners	87	11	3'53"/km	00:49:46
97	00:50:04	50	Mark	Furnish	Male	Male Vet 35	San Domenico RC	88	15	3'53"/km	00:49:50
98	00:50:05	86	Jonathan	Carter	Male	Male Vet 55	Chepstow Harriers	89	1	3'53"/km	00:49:55
99	00:50:12	73	Jonathan	Anstee	Male	Male Senior	CDF Runners	90	44	3'53"/km	00:50:02
100	00:50:14	130	Joel	Knott	Male	Male Senior		91	45	3'54"/km	00:49:57
101	00:50:20	134	Gemma	Luckett	Female	Female Senior	CDF Runners	10	7	3'54"/km	00:50:12
102	00:50:26	42	Laura	Jones	Female	Female Vet 40	Les Croupiers RC	11	2	3'55"/km	00:50:17
103	00:50:31	59	Gethin	Thomas	Male	Male Senior	Islwyn RC	92	46	3'55"/km	00:50:20
104	00:50:31	125	David	Hawkins	Male	Male Vet 45	Cardiff Triathletes	93	15	3'55"/km	00:50:18
105	00:50:32	92	Craig	Hopkins	Male	Male Vet 45		94	16	3'55"/km	00:50:20
106	00:50:35	104	Kevin	Chalke	Male	Male Vet 60	Penarth and Dinas Runners	95	1	3'55"/km	00:50:27
107	00:50:36	145	Haaziq	Reza	Male	Male Senior	CDF Runners	96	47	3'55"/km	00:50:29
108	00:50:38	102	Kristian	Walters	Male	Male Vet 45	ATG triathlon club	97	17	3'56"/km	00:50:20
109	00:50:42	82	Andy	Pearce	Male	Male Vet 55	Penarth and Dinas Runners	98	2	3'56"/km	00:50:37
110	00:50:47	370	Ffion	Morgan	Female	Female Vet 40	CDF Runners	12	3	3'56"/km	00:50:31
111	00:50:49	162	John	Light	Male	Male Vet 45	San Domenico RC	99	18	3'56"/km	00:50:42
112	00:50:51	171	Alexander	James	Male	Male Senior	CDF Runners	100	48	3'57"/km	00:50:42
113	00:50:54	347	Hywel	Edwards	Male	Male Vet 50	San Domenico RC	101	6	3'57"/km	00:50:40
114	00:51:02	152	David	Thorpe	Male	Male Vet 40	Southville Running Club	102	12	3'57"/km	00:50:48
115	00:51:04	121	Victor	Garrick	Male	Male Vet 35	Cornelly Striders	103	16	3'57"/km	00:50:52
116	00:51:05	185	Amy	Griffiths	Female	Female Senior	Les Croupiers RC	13	8	3'58"/km	00:50:55
117	00:51:11	135	Matthew	Marshall	Male	Male Vet 45	Southville Running Club	104	19	3'58"/km	00:51:03
118	00:51:14	201	Anthony	Bannon	Male	Male Vet 35	Penarth and Dinas Runners	105	17	3'58"/km	00:51:03
119	00:51:16	119	Steve	Drewitt	Male	Male Vet 40	Fairwater Runners	106	13	3'58"/km	00:51:00
120	00:51:26	24	Emma	Wookey	Female	Female Senior	Lliswerry Runners	14	9	3'59"/km	00:51:14
121	00:51:35	205	Tom	Edwards	Male	Male Senior	Parc Bryn Bach RC	107	49	4'00"/km	00:51:21
122	00:51:37	218	Alex	Lyne	Male	Male Vet 40	Caldicot Running Club	108	14	4'00"/km	00:51:19
123	00:51:41	139	Jason	Nash	Male	Male Vet 50	Parc Bryn Bach RC	109	7	4'00"/km	00:51:27
124	00:51:43	248	Kath	Matthews	Female	Female Vet 45	Chepstow Harriers	15	2	4'01"/km	00:51:32
125	00:51:45	175	Kevin	Plank	Male	Male Vet 50	San Domenico RC	110	8	4'01"/km	00:51:38
126	00:51:50	22	Sean	Taylor	Male	Male Vet 45	Lliswerry Runners	111	20	4'01"/km	00:51:40
127	00:51:50	21	Carly	Stone	Female	Female Vet 35	Lliswerry Runners	16	2	4'01"/km	00:51:36
128	00:51:54	51	David	Humphreys	Male	Male Senior	Southville Running Club	112	50	4'01"/km	00:51:35
129	00:51:56	216	Kit	Lambert	Male	Male Vet 40	Penarth and Dinas Runners	113	15	4'02"/km	00:51:47
130	00:52:03	204	Andrew	Deans	Male	Male Senior	Cardiff Triathletes	114	51	4'02"/km	00:51:47
131	00:52:08	123	Marc	Gunter	Male	Male Vet 35		115	18	4'03"/km	00:51:52
132	00:52:09	166	George	Walker	Male	Male Vet 60	CDF Runners	116	2	4'03"/km	00:51:57
133	00:52:09	270	Gareth	Davies	Male	Male Vet 40	Pontypool	117	16	4'03"/km	00:51:54
134	00:52:12	197	Niki	Morgan	Female	Female Vet 55	Chepstow Harriers	17	1	4'03"/km	00:52:02
135	00:52:12	168	Ross	Flanigan	Male	Male Vet 55	Penarth and Dinas Runners	118	3	4'03"/km	00:52:04
136	00:52:16	159	Jeff	Cox	Male	Male Vet 60	Les Croupiers RC	119	3	4'03"/km	00:52:08
137	00:52:17	156	Stuart	Allen	Male	Male Vet 50	Penarth and Dinas Runners	120	9	4'03"/km	00:52:06
138	00:52:19	228	Richard	Pegler	Male	Male Vet 50	Forest of Dean AC	121	10	4'03"/km	00:52:13
139	00:52:26	203	Matthew	Chard	Male	Male Vet 40		122	17	4'04"/km	00:52:12
140	00:52:30	148	Luc	Shide	Male	Male Senior	Islwyn RC	123	52	4'04"/km	00:52:18
141	00:52:33	131	Steven	Lane	Male	Male Vet 50	Islwyn RC	124	11	4'04"/km	00:52:17
142	00:52:33	170	Dave	Grimes	Male	Male Vet 45	Griffithstown Harriers	125	21	4'04"/km	00:52:25
143	00:52:35	169	Leyton	Fleet	Male	Male Vet 50		126	12	4'05"/km	00:52:31
144	00:52:37	366	Florence	King	Female	Female Senior	CDF Runners	18	10	4'05"/km	00:52:22
145	00:52:42	177	Gareth	Richards	Male	Male Vet 50	Ogmore Phoenix Runners	127	13	4'05"/km	00:52:26
146	00:52:43	75	Owen	Davies	Male	Male Vet 40	Les Croupiers RC	128	18	4'05"/km	00:52:30
147	00:53:01	184	Michael	Ewins	Male	Male Vet 40	Caldicot Running Club	129	19	4'07"/km	00:52:49
148	00:53:11	158	Chris	Cogan-howe	Male	Male Senior	San Domenico RC	130	53	4'07"/km	00:52:56
149	00:53:18	518	Shawn	Davies	Male	Male Vet 45	Rhondda Valley Runners	131	22	4'08"/km	00:53:01
150	00:53:24	223	Daniel	O'keefe	Male	Male Vet 40	Cardiff Triathletes	132	20	4'08"/km	00:53:09
151	00:53:24	231	Steven	Prince	Male	Male Vet 35	San Domenico RC	133	19	4'08"/km	00:53:08

152	00:53:25	146	Shane	Roberts	Male	Male Vet 50	Griffithstown Harriers	134	14	4'08"/km	00:53:16
153	00:53:26	191	Matthew	Cook	Male	Male Vet 50		135	15	4'09"/km	00:53:11
154	00:53:26	387	Emma	Suttie	Female	Female Senior	CDF Runners	19	11	4'09"/km	00:53:11
155	00:53:27	597	Richard	Phillips	Male	Male Vet 45	Trots Running Club	136	23	4'09"/km	00:52:45
156	00:53:29	178	Gary	Webber	Male	Male Vet 55	Rhondda Valley Runners	137	4	4'09"/km	00:53:14
157	00:53:30	208	Clive	Granger	Male	Male Vet 55		138	5	4'09"/km	00:53:16
158	00:53:31	229	Matthew	Phillips	Male	Male Vet 40	Caerphilly Runners	139	21	4'09"/km	00:53:11
159	00:53:34	415	Stephanie	Davies	Female	Female Senior	Pontypridd Roadents AC	20	12	4'09"/km	00:53:22
160	00:53:34	136	Sean	Martin	Male	Male Vet 35	Pontypridd Roadents AC	140	20	4'09"/km	00:53:21
161	00:53:42	193	Gavin	Ellis	Male	Male Vet 35		141	21	4'10"/km	00:53:30
162	00:53:48	174	Jim	Murray	Male	Male Vet 50	Pontypridd Roadents AC	142	16	4'10"/km	00:53:36
163	00:53:51	390	Anh Quan	Tran	Male	Male Vet 35	CDF Runners	143	22	4'11"/km	00:53:39
164	00:53:55	212	Owain	Hughes	Male	Male Vet 35	Pontypridd Roadents AC	144	23	4'11"/km	00:53:43
165	00:53:56	114	Sebastian	Brooks	Male	Male Senior	White Rock Runners	145	54	4'11"/km	00:53:43
166	00:53:58	106	Stephen	George	Male	Male Vet 40	Parc Bryn Bach RC	146	22	4'11"/km	00:53:41
167	00:54:01	189	Catherine	Barker	Female	Female Vet 45	Penarth and Dinas Runners	21	3	4'11"/km	00:53:47
168	00:54:01	183	Paul	Deaton	Male	Male Vet 55	Penarth and Dinas Runners	147	6	4'11"/km	00:53:51
169	00:54:01	249	Jonathan	Monk	Male	Male Vet 40	Pontypridd Roadents AC	148	23	4'11"/km	00:53:48
170	00:54:08	354	Ryan	Lambeth	Male	Male Senior	Islwyn RC	149	55	4'12"/km	00:53:50
171	00:54:10	173	Bryan	Meredith	Male	Male Vet 60	Rhondda Valley Runners	150	4	4'12"/km	00:53:58
172	00:54:13	719	Daniel	Lewis	Male	Male Vet 45	San Domenico RC	151	24	4'12"/km	00:52:54
173	00:54:24	257	Jade	Wakley	Female	Female Vet 35	Caerleon RC	22	3	4'13"/km	00:53:54
174	00:54:29	384	Leah	Stephens	Female	Female Vet 40	Les Croupiers RC	23	4	4'13"/km	00:54:16
175	00:54:36	217	May	Liz	Female	Female Vet 45	Pontypridd Roadents AC	24	4	4'14"/km	00:54:25
176	00:54:38	118	Alistair	Downes	Male	Male Vet 35	San Domenico RC	152	24	4'14"/km	00:54:24
177	00:54:40	181	Mark	Carter	Male	Male Vet 50	Penarth and Dinas Runners	153	17	4'14"/km	00:54:17
178	00:54:42	255	Dan	Rees	Male	Male Senior	Islwyn RC	154	56	4'14"/km	00:54:23
179	00:54:47	192	Justine	Dawkins	Female	Female Vet 50	Cornelly Striders	25	1	4'15"/km	00:54:35
180	00:54:56	209	Alexander	Hayman	Male	Male Senior	CDF Runners	155	57	4'16"/km	00:54:40
181	00:54:58	369	Jonathan	Matthews	Male	Male Vet 35	Ogmore Phoenix Runners	156	25	4'16"/km	00:54:29
182	00:55:01	9	Bethan	Griffiths	Female	Female Vet 35	Lliswerry Runners	26	4	4'16"/km	00:54:47
183	00:55:05	182	Lee	Davies	Male	Male Vet 35		157	26	4'16"/km	00:54:48
184	00:55:05	258	Hannah	Wright	Female	Female Vet 40	Griffithstown Harriers	27	5	4'16"/km	00:54:32
185	00:55:06	147	Sean	Sanders	Male	Male Vet 55	Merthyr running club	158	7	4'16"/km	00:54:47
186	00:55:09	195	Matthew	Gwenter	Male	Male Vet 40	Penarth and Dinas Runners	159	24	4'17"/km	00:55:00
187	00:55:14	244	Jon	Hares	Male	Male Vet 45	Les Croupiers RC	160	25	4'17"/km	00:54:43
188	00:55:18	233	Vicky	Roberts	Female	Female Vet 35	Spirit of Monmouth	28	5	4'17"/km	00:54:52
189	00:55:24	314	Craig	Andrews	Male	Male Vet 40	Risca Tri	161	25	4'18"/km	00:54:53
190	00:55:26	200	Kimberley	Price	Female	Female Vet 40	Parc Bryn Bach RC	29	6	4'18"/km	00:55:17
191	00:55:26	235	James	White	Male	Male Vet 50	San Domenico RC	162	18	4'18"/km	00:54:57
192	00:55:31	94	Matthew	Jones	Male	Male Vet 35	Les Croupiers RC	163	27	4'18"/km	00:55:07
193	00:55:43	380	John	Seaward	Male	Male Vet 35	Caerphilly Runners	164	28	4'19"/km	00:55:28
194	00:55:52	190	Bethan	Butler-madden	Female	Female Vet 35	Pontypridd Roadents AC	30	6	4'20"/km	00:55:40
195	00:55:57	360	Phillip	Hyatt	Male	Male Vet 60	Caerleon RC	165	5	4'20"/km	00:55:25
196	00:56:00	250	Nicholas	Morgan	Male	Male Vet 45	Penarth and Dinas Runners	166	26	4'20"/km	00:55:34
197	00:56:07	239	David	Casado	Male	Male Vet 45	Pegasus RC	167	27	4'21"/km	00:55:40
198	00:56:09	245	Steve	Holderness	Male	Male Vet 50	Rhondda Valley Runners	168	19	4'21"/km	00:55:51
199	00:56:15	236	Delyth	Williams	Female	Female Vet 35	San Domenico RC	31	7	4'22"/km	00:56:01
200	00:56:16	227	Neil	Pearson	Male	Male Vet 55	Caldicot Running Club	169	8	4'22"/km	00:55:57
201	00:56:18	186	Kaarina	Ruta	Female	Female Vet 35	Penarth and Dinas Runners	32	8	4'22"/km	00:55:55
202	00:56:19	4	Simon	Cawthorn	Male	Male Vet 55	Lliswerry Runners	170	9	4'22"/km	00:56:06
203	00:56:19	10	Victoria	Hobbs	Female	Female Vet 40	Lliswerry Runners	33	7	4'22"/km	00:56:05
204	00:56:30	264	Melissa	Morgan	Female	Female Vet 40	Islwyn RC	34	8	4'23"/km	00:56:13
205	00:56:31	198	Elizabeth	Neville	Female	Female Vet 40	Les Croupiers RC	35	9	4'23"/km	00:56:12
206	00:56:34	325	Zoe	Bluck	Female	Female Senior	Porthcawl Runners	36	13	4'23"/km	00:56:18
207	00:56:38	293	Catherine	Whittle	Female	Female Senior	San Domenico RC	37	14	4'23"/km	00:56:14
208	00:56:39	214	Rhyddian	John	Male	Male Vet 45	Pontyclun Road Runners	171	28	4'24"/km	00:56:21
209	00:56:40	137	Stephen	May	Male	Male Vet 50	Pontypridd Roadents AC	172	20	4'24"/km	00:56:28
210	00:56:43	16	Ben	Moss	Male	Male Vet 35	Lliswerry Runners	173	29	4'24"/km	00:56:24
211	00:56:45	2	Rachel	Bowen	Female	Female Vet 45	Lliswerry Runners	38	5	4'24"/km	00:56:29
212	00:56:48	225	Sean	Parry	Male	Male Vet 45	Cornelly Striders	174	29	4'24"/km	00:56:35
213	00:56:48	349	Abigail	Fellows	Female	Female Senior	Parc Bryn Bach RC	39	15	4'24"/km	00:56:32
214	00:56:57	246	Liam	Kelly	Male	Male Vet 45	Penarth and Dinas Runners	175	30	4'25"/km	00:56:31
215	00:57:04	263	James	Harvey	Male	Male Vet 45		176	31	4'25"/km	00:56:40
216	00:57:08	215	Martin	Jones	Male	Male Vet 45	Islwyn RC	177	32	4'26"/km	00:56:47
217	00:57:10	242	Keith	Coleman	Male	Male Vet 55	Ogmore Phoenix Runners	178	10	4'26"/km	00:56:45
218	00:57:11	262	Carole	Goddard	Female	Female Vet 50	Les Croupiers RC	40	2	4'26"/km	00:56:44
219	00:57:15	451	John	Lee	Male	Male Vet 45	Islwyn RC	179	33	4'26"/km	00:56:25
220	00:57:17	372	Enlli	Parri	Female	Female Senior	CDF Runners	41	16	4'26"/km	00:56:51
221	00:57:18	323	Robin	Bell	Male	Male Vet 45	Caldicot Running Club	180	34	4'27"/km	00:56:47
222	00:57:20	234	Laura	Watkins	Female	Female Vet 40	Pontyclun Road Runners	42	10	4'27"/km	00:56:54
223	00:57:21	484	Rebecca	Thomas	Female	Female Vet 35		43	9	4'27"/km	00:56:31
224	00:57:29	827	Luke	Kendal	Male	Male Senior	Merthyr Running Club	181	58	4'27"/km	00:56:19
225	00:57:32	426	Erin	James	Female	Female Senior		44	17	4'28"/km	00:56:53
226	00:57:35	187	Rachael	Baralos	Female	Female Vet 40	Caerphilly Runners	45	11	4'28"/km	00:57:14
227	00:57:37	373	Sophie	Patten	Female	Female Senior	Southville Running Club	46	18	4'28"/km	00:57:05

228	00:57:40	120	Lubica	Ford	Female	Female Vet 35	Pont-y-pwl & District Runners	47	10	4'28"/km	00:57:29
229	00:57:42	267	Emily	Adams	Female	Female Senior	Pontypridd Roadents AC	48	19	4'28"/km	00:57:23
230	00:57:46	383	Stephen	Smith	Male	Male Vet 45	Fairwater Runners	182	35	4'29"/km	00:57:24
231	00:57:54	382	Karen	Silver	Female	Female Vet 45	Griffithstown Harriers	49	6	4'29"/km	00:57:31
232	00:58:10	285	Stephen	Owen	Male	Male Vet 70	Chepstow Harriers	183	1	4'31"/km	00:57:54
233	00:58:14	361	Richard	Jenkins	Male	Male Vet 55		184	11	4'31"/km	00:57:41
234	00:58:19	220	Sarah	Mancuso	Female	Female Vet 40		50	12	4'31"/km	00:58:01
235	00:58:20	335	Siobhan	Cotty	Female	Female Senior	CDF Runners	51	20	4'31"/km	00:57:42
236	00:58:23	359	Laura	Hunt	Female	Female Senior	Caldicot Running Club	52	21	4'32"/km	00:58:02
237	00:58:25	275	Malc	Gonnella	Male	Male Vet 70	Builth & District RC	185	2	4'32"/km	00:58:03
238	00:58:36	188	Simon	Baralos	Male	Male Vet 40	Caerphilly Runners	186	26	4'33"/km	00:58:15
239	00:58:43	377	Llyr	Roberts	Male	Male Vet 60	Albany Road Run Club	187	6	4'33"/km	00:58:16
240	00:58:45	381	John	Shewring	Male	Male Vet 55	Penarth and Dinas Runners	188	12	4'33"/km	00:58:29
241	00:58:46	406	Ceri	Davies	Male	Male Vet 45	San Domenico RC	189	36	4'33"/km	00:58:17
242	00:58:49	306	Olivia	Overton	Female	Female Senior	Les Croupiers RC	53	22	4'34"/km	00:58:14
243	00:58:50	261	Nathan	Dee	Male	Male Vet 40	Vale Runners	190	27	4'34"/km	00:58:20
244	00:58:50	311	Rachel	Walsh	Female	Female Vet 45	Les Croupiers RC	54	7	4'34"/km	00:58:22
245	00:58:53	544	Elizabeth	Joslin	Female	Female Senior	Caldicot Running Club	55	23	4'34"/km	00:58:07
246	00:58:57	443	Ellie	Clemence	Female	Female Senior	CDF Runners	56	24	4'34"/km	00:58:16
247	00:58:59	240	Carly	Cole	Female	Female Vet 45	Parc Bryn Bach RC	57	8	4'34"/km	00:58:42
248	00:59:01	298	Paul	Chamberlain	Male	Male Vet 45	Pontyclun Road Runners	191	37	4'35"/km	00:58:20
249	00:59:08	176	Neil	Profit	Male	Male Vet 40	Islwyn RC	192	28	4'35"/km	00:58:44
250	00:59:09	210	Jack	Hocking	Male	Male Senior	CDF Runners	193	59	4'35"/km	00:58:48
251	00:59:11	265	Jon	Portelli	Male	Male Vet 35	White Rock Runners	194	30	4'35"/km	00:58:46
252	00:59:14	414	Sara	Williams	Female	Female Vet 45	Caerphilly Runners	58	9	4'36"/km	00:58:50
253	00:59:14	300	Sam	Clarkstone	Female	Female Vet 35	Pontypridd Roadents AC	59	11	4'36"/km	00:58:51
254	00:59:20	269	David	Brown	Male	Male Vet 50	Penarth and Dinas Runners	195	21	4'36"/km	00:58:49
255	00:59:20	310	Ahmed	Sida	Male	Male Vet 40	CDF Runners	196	29	4'36"/km	00:58:53
256	00:59:22	23	Damian	Waite	Male	Male Vet 45	Lliswerry Runners	197	38	4'36"/km	00:59:03
257	00:59:24	226	Thea	Payne	Female	Female Vet 35	Southville Running Club	60	12	4'36"/km	00:59:08
258	00:59:25	199	Gethin	Parker	Male	Male Vet 45	Les Croupiers RC	198	39	4'36"/km	00:59:05
259	00:59:27	259	Ian	Bell	Male	Male Vet 60	San Domenico RC	199	7	4'37"/km	00:58:59
260	00:59:27	343	Rachel	Dicker	Female	Female Vet 35	Pontypridd Roadents AC	61	13	4'37"/km	00:58:52
261	00:59:27	252	Matt	Parry	Male	Male Senior	San Domenico RC	200	60	4'37"/km	00:59:02
262	00:59:28	303	Matthew	Haines	Male	Male Vet 55		201	13	4'37"/km	00:58:49
263	00:59:28	243	Richard	Costello	Male	Male Vet 55	Pontypridd Roadents AC	202	14	4'37"/km	00:58:52
264	00:59:35	320	Jamie	Barber	Male	Male Vet 35	Southville Running Club	203	31	4'37"/km	00:59:03
265	00:59:37	352	Tammy	Fry	Female	Female Vet 35	Caerleon RC	62	14	4'37"/km	00:59:09
266	00:59:39	290	David	Shewring	Male	Male Vet 40	Pontyclun Road Runners	204	30	4'37"/km	00:59:20
267	00:59:43	357	Dai	Hamm	Male	Male Vet 55	Islwyn RC	205	15	4'38"/km	00:59:20
268	00:59:50	410	Charlotte	Holland Wright	Female	Female Vet 40	Griffithstown Harriers	63	13	4'38"/km	00:59:18
269	00:59:53	289	Joseph	Scutt	Male	Male Vet 35	San Domenico RC	206	32	4'39"/km	00:59:28
270	00:59:58	207	Michelle	Gooch	Female	Female Vet 55	Pont-y-pwl & District Runners	64	2	4'39"/km	00:59:47
271	01:00:00	569	Ian	Weavers	Male	Male Vet 40		207	31	4'39"/km	00:59:13
272	01:00:00	329	Carly	Bunston	Female	Female Senior	Islwyn RC	65	25	4'39"/km	00:59:42
273	01:00:01	379	Matthew	Scanlon	Male	Male Vet 45	Pegasus RC	208	40	4'39"/km	00:59:34
274	01:00:02	260	Penny	Coyle	Female	Female Vet 45	Les Croupiers RC	66	10	4'39"/km	00:59:35
275	01:00:03	404	Jonathan	Gough	Male	Male Vet 45	Clwb Run Wales	209	41	4'39"/km	00:59:24
276	01:00:05	266	Jane	Sheldon	Female	Female Vet 50	Penarth and Dinas Runners	67	3	4'40"/km	00:59:38
277	01:00:09	322	Sarah	Beeching	Female	Female Vet 40	Les Croupiers RC	68	14	4'40"/km	00:59:42
278	01:00:10	326	Lee	Bodenham	Female	Female Vet 40	Porthcawl Runners	69	15	4'40"/km	00:59:41
279	01:00:13	287	Jason	Pritchard	Male	Male Vet 50	Caerleon RC	210	22	4'40"/km	00:59:41
280	01:00:16	409	Stuart	Felix	Male	Male Vet 50	Pontypridd Roadents AC	211	23	4'40"/km	00:59:52
281	01:00:27	254	Megan	Poulson	Female	Female Senior	San Domenico RC	70	26	4'41"/km	01:00:02
282	01:00:28	194	Ben	Gooding	Male	Male Vet 45	San Domenico RC	212	42	4'41"/km	01:00:04
283	01:00:30	279	Kate	Jones	Female	Female Vet 40	Pontypridd Roadents AC	71	16	4'41"/km	00:59:56
284	01:00:34	365	Joanne	Kilby	Female	Female Vet 50	Parc Bryn Bach RC	72	4	4'42"/km	00:59:59
285	01:00:34	333	Cheryl	Cardwell	Female	Female Vet 50		73	5	4'42"/km	01:00:07
286	01:00:41	308	Mark	Prosser	Male	Male Vet 50	Fairwater Runners	213	24	4'42"/km	01:00:19
287	01:00:46	408	Neil	Ellis	Male	Male Vet 45	Pontypridd Roadents AC	214	43	4'43"/km	01:00:16
288	01:00:54	126	Tina	Hill	Female	Female Vet 55	Stroud'	74	3	4'43"/km	01:00:30
289	01:00:58	278	Daniel Jones	Jones	Male	Male Senior	Caerleon RC	215	61	4'44"/km	01:00:16
290	01:00:59	533	Samuel	Harmer	Male	Male Vet 40	Islwyn RC	216	32	4'44"/km	01:00:01
291	01:01:02	358	Tom	Harding	Male	Male Vet 35	Pontyclun Road Runners	217	33	4'44"/km	01:00:22
292	01:01:04	219	Graham	Mack	Male	Male Vet 65	Merthyr Running Club	218	1	4'44"/km	01:00:58
293	01:01:05	394	David William	Walker	Male	Male Vet 65	Les Croupiers RC	219	2	4'44"/km	01:00:41
294	01:01:07	413	Robert	Type	Male	Male Vet 50		220	25	4'44"/km	01:00:29
295	01:01:07	213	Steve	Jackson	Male	Male Vet 55		221	16	4'44"/km	01:00:29
296	01:01:20	296	Julia	Bajjada	Female	Female Vet 55	Chepstow Harriers	75	4	4'45"/km	01:01:05
297	01:01:23	391	Ben	Trotman	Male	Male Vet 40	Pontyclun Road Runners	222	33	4'46"/km	01:00:43
298	01:01:24	397	Rowena	White	Female	Female Vet 50	San Domenico RC	76	6	4'46"/km	01:00:54
299	01:01:28	276	Barry	Griffiths	Male	Male Vet 60	Brecon AC	223	8	4'46"/km	01:00:43
300	01:01:33	407	Ceri-anne	Davies	Female	Female Vet 55	Pontypridd Roadents AC	77	5	4'46"/km	01:01:13
301	01:01:36	237	Ian	Williams	Male	Male Vet 45	Pontypridd Roadents AC	224	44	4'47"/km	01:01:14
302	01:01:40	609	Charlotte	Cartlidge	Female	Female Senior	Sole sisters	78	27	4'47"/km	01:00:32
303	01:01:42	15	Richard	Jones	Male	Male Senior	Lliswerry Runners	225	62	4'47"/km	01:01:27

304	01:01:45	482	Paulina	Karkocha	Female	Female Vet 35	San Domenico RC	79	15	4'47"/km	01:01:01
305	01:01:50	3	Tracey	Arthur	Female	Female Vet 40	Lliswery Runners	80	17	4'48"/km	01:01:30
306	01:01:53	511	Robert	Cawley	Male	Male Vet 55		226	17	4'48"/km	01:00:51
307	01:01:55	402	Paula	Allen	Female	Female Vet 45	Les Croupiers RC	81	11	4'48"/km	01:01:28
308	01:01:58	286	Jack	Phillips	Male	Male Vet 35	Southville Running Club	227	34	4'48"/km	01:01:25
309	01:02:00	449	Rhys	Heal	Male	Male Vet 35	Fat Baby Run Club	228	35	4'48"/km	01:00:56
310	01:02:07	425	David	Goodall	Male	Male Vet 70	White Rock Runners	229	3	4'49"/km	01:01:37
311	01:02:22	318	Tom	Baker	Male	Male Vet 40	San Domenico RC	230	34	4'50"/km	01:01:58
312	01:02:29	342	Kris	Denholm	Male	Male Vet 55	Ogmore Phoenix Runners	231	18	4'51"/km	01:01:59
313	01:02:31	324	Catharine	Bleasdale	Female	Female Vet 55	Amman Valley Harriers	82	6	4'51"/km	01:02:02
314	01:02:32	238	Steven	Barker	Male	Male Vet 50	Penarth and Dinas Runners	232	26	4'51"/km	01:02:10
315	01:02:33	165	Andrew	Spencer	Male	Male Vet 60	Griffithstown Harriers	233	9	4'51"/km	01:02:29
316	01:02:40	457	Hayley	Morgan	Female	Female Vet 55	Pontyclun Road Runners	83	7	4'52"/km	01:02:00
317	01:02:41	436	Zakary	Barwick	Male	Male Senior		234	63	4'52"/km	01:01:54
318	01:02:44	6	Rachel	Dorel	Female	Female Vet 40	Lliswery Runners	84	18	4'52"/km	01:02:24
319	01:02:47	403	Chris	Gough	Male	Male Vet 40	Clwb Run Wales	235	35	4'52"/km	01:02:04
320	01:02:51	321	Joel	Barwick	Male	Male Vet 40		236	36	4'52"/km	01:02:05
321	01:02:52	441	Andrew	Cadmores	Male	Male Vet 55	Brecon AC	237	19	4'52"/km	01:02:06
322	01:02:52	411	Anna	Hurley	Female	Female Vet 45	Cornelly Striders	85	12	4'52"/km	01:02:19
323	01:02:56	628	Jennifer	Hall	Female	Female Vet 35	She Runs Cardiff	86	16	4'53"/km	01:02:06
324	01:02:57	624	Michael	Goode	Male	Male Vet 55	Penarth and Dinas Runners	238	20	4'53"/km	01:01:44
325	01:02:59	336	Andrew	Davies	Male	Male Vet 60	Pontypridd Roadents AC	239	10	4'53"/km	01:02:36
326	01:03:01	578	Stephanie	Ferry	Female	Female Vet 35	CDF Runners	87	17	4'53"/km	01:02:18
327	01:03:03	363	Brian	Jones	Male	Male Vet 50	Les Croupiers RC	240	27	4'53"/km	01:02:31
328	01:03:07	315	Joseph	Andrews	Male	Male Senior	Fareham Running Club	241	64	4'54"/km	01:02:30
329	01:03:09	452	Lyn	Mac	Male	Male Vet 50	Caerleon RC	242	28	4'54"/km	01:02:28
330	01:03:09	519	Kathryn	Denny	Female	Female Vet 35	Pontypridd Roadents AC	88	18	4'54"/km	01:02:34
331	01:03:15	281	Lukasz	Kolada	Male	Male Vet 35	Southville Running Club	243	36	4'54"/km	01:02:46
332	01:03:16	542	Jeff	John	Male	Male Vet 40	Pontypridd Roadents AC	244	37	4'54"/km	01:02:20
333	01:03:17	337	Christopher	Davies	Male	Male Vet 35	CDF Runners	245	37	4'54"/km	01:02:33
334	01:03:22	420	Ian	Driver	Male	Male Vet 40	San Domenico RC	246	38	4'55"/km	01:02:53
335	01:03:33	444	Andrea	Davies	Female	Female Vet 45	Pontyclun Road Runners	89	13	4'56"/km	01:02:39
336	01:03:33	547	Fay	Lawrence	Female	Female Vet 35	Pontyclun Road Runners	90	19	4'56"/km	01:02:40
337	01:03:39	348	James	Exton	Male	Male Vet 50	Spirit of Monmouth	247	29	4'56"/km	01:03:00
338	01:03:42	122	Kevin	Grimley	Male	Male Vet 55	Southville Running Club	248	21	4'56"/km	01:03:27
339	01:03:44	89	Nikki	Dowie	Female	Female Vet 55	Cornelly Striders	91	8	4'57"/km	01:03:11
340	01:03:44	330	Michael	Bunston	Male	Male Vet 55	Islwyn RC	249	22	4'57"/km	01:03:25
341	01:03:47	422	Mark	Evans	Male	Male Vet 60	Brackla Harriers	250	11	4'57"/km	01:03:14
342	01:03:50	313	Isabel	Young	Female	Female Senior	Caerleon RC	92	28	4'57"/km	01:03:08
343	01:03:51	549	John	Lewsey	Male	Male Vet 55	Caldicot Running Club	251	23	4'57"/km	01:03:05
344	01:03:53	399	Simon	Williamson	Male	Male Vet 65	Penarth and Dinas Runners	252	3	4'57"/km	01:03:21
345	01:03:59	396	Tim	Washbrook	Male	Male Vet 45		253	45	4'58"/km	01:03:27
346	01:04:03	520	Hannah	Donnelly	Female	Female Vet 40		93	19	4'58"/km	01:03:10
347	01:04:04	332	Gideon	Calder	Male	Male Vet 50	Penarth and Dinas Runners	254	30	4'58"/km	01:03:42
348	01:04:12	362	Adam	Johnson	Male	Male Vet 35	CDF Runners	255	38	4'59"/km	01:03:46
349	01:04:12	430	Sarah	Roberts	Female	Female Vet 45	Griffithstown Harriers	94	14	4'59"/km	01:03:49
350	01:04:13	424	Robert	Flanagan	Male	Male Vet 55	Pontypridd Roadents AC	256	24	4'59"/km	01:03:35
351	01:04:19	859	Laurie	Klimowich	Female	Female Senior		95	29	4'59"/km	01:03:40
352	01:04:22	412	Stephen	Locke	Male	Male Vet 50	Pontypridd Roadents AC	257	31	4'59"/km	01:03:44
353	01:04:26	539	Cheryl	Hudgell	Female	Female Vet 45		96	15	5'00"/km	01:03:17
354	01:04:27	575	Darren	Woods	Male	Male Vet 40	Pontyclun Road Runners	258	39	5'00"/km	01:03:33
355	01:04:29	698	Sarah	Davies	Female	Female Vet 50	Islwyn RC	97	7	5'00"/km	01:03:39
356	01:04:30	705	Brubeck	Freeman	Male	Male Senior		259	65	5'00"/km	01:02:35
357	01:04:32	297	Stephen	Burrell	Male	Male Vet 55	Pontyclun Road Runners	260	25	5'00"/km	01:03:55
358	01:04:35	435	Richard	Ashton	Male	Male Vet 40		261	40	5'00"/km	01:03:38
359	01:04:40	392	Geoff	Twigg	Male	Male Vet 70	Penarth and Dinas Runners	262	4	5'01"/km	01:04:09
360	01:04:42	355	Scott	Greaves	Male	Male Senior	Parc Bryn Bach RC	263	66	5'01"/km	01:04:06
361	01:04:48	232	Sally	Pugsley	Female	Female Senior	Porthcawl Runners	98	30	5'01"/km	01:04:15
362	01:04:51	474	Kevin	Williams	Male	Male Vet 40		264	41	5'02"/km	01:04:07
363	01:04:53	418	Emma	Bissex	Female	Female Vet 45	Pegasus RC	99	16	5'02"/km	01:04:19
364	01:04:57	649	Richard	Parnell	Male	Male Vet 45	Islwyn RC	265	46	5'02"/km	01:03:15
365	01:05:05	319	Stuart	Ball	Male	Male Vet 35	Fairwater Runners	266	39	5'03"/km	01:03:59
366	01:05:05	568	Alan	Vaughan	Male	Male Vet 45	White Rock Runners	267	47	5'03"/km	01:03:53
367	01:05:06	437	Marisa	Benjamin	Female	Female Vet 40	Pont-y-pwl & District Runners	100	20	5'03"/km	01:04:29
368	01:05:08	556	Laura	Pease	Female	Female Vet 35	Southville Running Club	101	20	5'03"/km	01:04:04
369	01:05:08	368	Mark	Lewis	Male	Male Vet 50	URRR	268	32	5'03"/km	01:04:27
370	01:05:18	427	Alexander	Orford	Male	Male Senior	Pontypridd Roadents AC	269	67	5'04"/km	01:04:41
371	01:05:21	466	Judi	Rhys	Female	Female Vet 60	Les Croupiers RC	102	1	5'04"/km	01:04:38
372	01:05:23	560	Caroline	Privett	Female	Female Vet 45	She Runs Cardiff	103	17	5'04"/km	01:04:37
373	01:05:24	485	Alysha	Bunston	Female	Female Senior	Islwyn RC	104	31	5'04"/km	01:04:34
374	01:05:26	341	Charllotte	Davis	Female	Female Vet 40	Islwyn RC	105	21	5'04"/km	01:05:05
375	01:05:26	665	Michelle	Wachter	Female	Female Vet 45	Caldicot Running Club	106	18	5'04"/km	01:04:07
376	01:05:31	117	Naomi	Davies	Female	Female Senior	Caerphilly Runners	107	32	5'05"/km	01:04:42
377	01:05:31	807	Christine	Bovington	Female	Female Vet 55	Caerphilly Runners	108	9	5'05"/km	01:04:41
378	01:05:36	554	Teresa	Oakes	Female	Female Vet 60	Southville Running Club	109	2	5'05"/km	01:04:34
379	01:05:37	434	Kate	Aitchison	Female	Female Vet 35		110	21	5'05"/km	01:04:35

380	01:05:41	535	Kirsty	Hett	Female	Female Vet 35		111	22	5'06"/km	01:04:49
381	01:05:43	364	Soraya	Jones	Female	Female Vet 35		112	23	5'06"/km	01:04:13
382	01:05:48	507	Emma	Blow	Female	Female Vet 50	Pontypridd Roadents AC	113	8	5'06"/km	01:05:11
383	01:05:59	541	Andrew	Jackson	Male	Male Vet 50	Spirit of Monmouth	270	33	5'07"/km	01:04:40
384	01:06:02	496	Felicity	Russell	Female	Female Vet 65	Westbury Harriers	114	1	5'07"/km	01:05:18
385	01:06:15	455	Rebekah	Miles	Female	Female Vet 40	Les Croupiers RC	115	22	5'08"/km	01:05:10
386	01:06:16	127	Rebecca	James	Female	Female Vet 40	Vale runners	116	23	5'08"/km	01:05:13
387	01:06:18	478	Rachel	Bovington	Female	Female Senior	San Domenico RC	117	33	5'08"/km	01:05:19
388	01:06:19	749	Abbie	Thomas	Female	Female Vet 35	Caerleon RC	118	24	5'09"/km	01:04:49
389	01:06:20	472	Luke	Watson	Male	Male Senior	Pontypridd Roadents AC	271	68	5'09"/km	01:05:24
390	01:06:27	634	Gillian	Hopkins	Female	Female Vet 45	Les Croupiers RC	119	19	5'09"/km	01:05:03
391	01:06:29	487	Kyra	Chard	Female	Female Senior	Griffithstown Harriers	120	34	5'09"/km	01:05:37
392	01:06:29	563	Liz	Sims	Female	Female Vet 60	Caerleon RC	121	3	5'09"/km	01:05:27
393	01:06:34	479	Lisa	Cleary	Female	Female Vet 60	Penarth and Dinas Runners	122	4	5'10"/km	01:05:36
394	01:06:36	508	Kevin	Booth	Male	Male Vet 60		272	12	5'10"/km	01:05:38
395	01:06:38	459	Tara	Paisey	Female	Female Vet 35	Griffithstown Harriers	123	25	5'10"/km	01:05:46
396	01:06:39	272	Amy	Edwards	Female	Female Vet 40	Rhondda Valley Runners	124	24	5'10"/km	01:06:01
397	01:06:41	777	Maad	Khalil	Male	Male Vet 65	Pontypridd Roadents AC	273	4	5'10"/km	01:05:05
398	01:06:44	538	Jonathan	Howell	Male	Male Vet 40		274	42	5'10"/km	01:05:51
399	01:06:45	463	Chris	Preston	Male	Male Vet 45		275	48	5'11"/km	01:05:45
400	01:06:46	345	Lewis	Doolan	Male	Male Senior	Griffithstown Harriers	276	69	5'11"/km	01:06:19
401	01:06:46	344	John	Doolan	Male	Male Vet 55	Griffithstown Harriers	277	26	5'11"/km	01:06:21
402	01:06:49	448	Catherine	Gilbert	Female	Female Vet 50	Brecon AC	125	9	5'11"/km	01:06:03
403	01:06:50	647	Gareth	Norton	Male	Male Vet 55	Les Croupiers RC	278	27	5'11"/km	01:05:26
404	01:06:54	811	Gareth	Denton	Male	Male Vet 50	Rhondda Valley Runners	279	34	5'11"/km	01:05:31
405	01:06:57	868	Helen	Tamburello	Female	Female Vet 35	Running hub	126	26	5'12"/km	01:05:21
406	01:06:58	632	Iestyn	Henson	Male	Male Vet 55	Pontypridd Roadents AC	280	28	5'12"/km	01:06:03
407	01:07:03	493	Jane	Lewis	Female	Female Vet 55	Fairwater Runners	127	10	5'12"/km	01:05:57
408	01:07:03	454	Phillip	Mears	Male	Male Vet 55	White Rock Runners	281	29	5'12"/km	01:05:52
409	01:07:04	331	Martin	Bussell	Male	Male Vet 55	Islwyn RC	282	30	5'12"/km	01:06:28
410	01:07:15	340	Ryan	Davies	Male	Male Vet 50	Caerleon RC	283	35	5'13"/km	01:06:33
411	01:07:15	586	Phil	Cummings	Male	Male Vet 45	Caerleon RC	284	49	5'13"/km	01:06:16
412	01:07:19	672	Cory	Baker	Male	Male Senior		285	70	5'13"/km	01:05:29
413	01:07:21	564	Craig	Skidmore	Male	Male Vet 40	San Domenico RC	286	43	5'13"/km	01:06:17
414	01:07:26	423	Simon	Fish	Male	Male Vet 45	Pont-y-pwl & District Runners	287	50	5'14"/km	01:06:46
415	01:07:29	567	Emma	Thomas	Female	Female Senior		128	35	5'14"/km	01:06:36
416	01:07:33	400	Steve	Witcombe	Male	Male Vet 50		288	36	5'14"/km	01:06:13
417	01:07:43	295	Frank	Atherton	Male	Male Vet 65	Penarth and Dinas Runners	289	5	5'15"/km	01:07:17
418	01:07:44	304	Ann	Johnston	Female	Female Vet 45	Penarth and Dinas Runners	129	20	5'15"/km	01:07:17
419	01:07:49	351	Stuart	Fowler	Male	Male Vet 40	Fairwater Runners	290	44	5'16"/km	01:07:14
420	01:07:49	510	Jane	Carpanini	Female	Female Vet 55		130	11	5'16"/km	01:06:34
421	01:07:51	393	Yangi	Vundamina	Female	Female Vet 45	Caerleon RC	131	21	5'16"/km	01:07:09
422	01:07:55	516	Joanne	Davies	Female	Female Vet 35	Pegasus RC	132	27	5'16"/km	01:06:58
423	01:07:55	489	Neil	Davies	Male	Male Vet 65	Pegasus RC	291	6	5'16"/km	01:06:57
424	01:07:59	653	Carys	Pryor	Female	Female Senior	Cardiff Junior Triathlon Club	133	36	5'16"/km	01:07:26
425	01:08:00	606	Christopher	Bluett	Male	Male Vet 35		292	40	5'16"/km	01:06:56
426	01:08:06	657	Rhiannon	Sevenoaks	Female	Female Vet 40	Crickhowell Running Club	134	25	5'17"/km	01:06:48
427	01:08:09	405	Jennet	Holmes	Female	Female Vet 50	Pontypridd Roadents AC	135	10	5'17"/km	01:07:32
428	01:08:11	312	Paul	Williams	Male	Male Vet 50	She Runs Cardiff	293	37	5'17"/km	01:07:33
429	01:08:11	445	Fiona	Davies	Female	Female Vet 65	Pontypridd Roadents AC	136	2	5'17"/km	01:07:33
430	01:08:19	388	Elliott	Thomas	Male	Male Vet 50	Vale Runners	294	38	5'18"/km	01:07:49
431	01:08:21	566	Owen	Stokes	Male	Male Vet 35		295	41	5'18"/km	01:07:23
432	01:08:24	253	Steven	Phillips	Male	Male Vet 45	Parc Bryn Bach RC	296	51	5'18"/km	01:07:48
433	01:08:29	440	James	Buckingham	Male	Male Vet 60	Penarth and Dinas Runners	297	13	5'19"/km	01:07:52
434	01:08:29	447	Paul	Evans	Male	Male Vet 45	Brecon AC	298	52	5'19"/km	01:07:10
435	01:08:31	562	Joanne	Ryan	Female	Female Vet 50	Rhondda Valley Runners	137	11	5'19"/km	01:07:43
436	01:08:34	274	Alex	Glew	Male	Male Vet 35	Pontyclun Road Runners	299	42	5'19"/km	01:07:53
437	01:08:38	495	Olivia	Roberts	Female	Female Senior	Albany Road Run Club	138	37	5'19"/km	01:07:46
438	01:08:40	271	Andrew	Dickens	Male	Male Vet 50	Fairwater Runners	300	39	5'20"/km	01:08:01
439	01:08:43	141	Scott	Place	Male	Male Senior	CDF Runners	301	71	5'20"/km	01:08:22
440	01:08:44	571	Rebecca	White	Female	Female Vet 40	Pontyclun Road Runners	139	26	5'20"/km	01:07:51
441	01:08:47	640	Steven	Leach	Male	Male Vet 40	Rhondda Valley Runners	302	45	5'20"/km	01:07:59
442	01:08:49	577	Marina	Wright	Female	Female Vet 45		140	22	5'20"/km	01:08:03
443	01:08:51	433	James	Young	Male	Male Vet 40	Griffithstown Harriers	303	46	5'20"/km	01:07:59
444	01:08:54	693	Marc	Cross	Male	Male Vet 40	Griffithstown Harriers	304	47	5'21"/km	01:08:02
445	01:08:58	580	Elizabeth	Hughes	Female	Female Vet 40	Pontyclun Road Runners	141	27	5'21"/km	01:08:05
446	01:09:03	739	Sadequr	Rahman	Male	Male Vet 50	White Rock Runners	305	40	5'21"/km	01:07:51
447	01:09:04	481	Aisling	Pigott	Female	Female Vet 35	San Domenico RC	142	28	5'21"/km	01:07:57
448	01:09:07	453	Adrian	Mathias	Male	Male Vet 60		306	14	5'22"/km	01:08:00
449	01:09:07	429	Rebecca	Read	Female	Female Vet 40	San Domenico RC	143	28	5'22"/km	01:08:00
450	01:09:08	47	Claire	Date	Female	Female Vet 45		144	23	5'22"/km	01:09:08
451	01:09:08	579	Rachael	Finlayson	Female	Female Vet 50	San Domenico RC	145	12	5'22"/km	01:09:08
452	01:09:09	585	Shaun	Cotter	Male	Male Vet 55		307	31	5'22"/km	01:08:25
453	01:09:11	468	Lucie	Saleh	Female	Female Vet 40		146	29	5'22"/km	01:08:05
454	01:09:12	491	Eleanor	Hetenyi	Female	Female Senior	CDF Runners	147	38	5'22"/km	01:08:27
455	01:09:12	302	Owain	Davies	Male	Male Vet 35	CDF Runners	308	43	5'22"/km	01:08:28

456	01:09:12	305	Peri	Jones	Female	Female Senior	CDF Runners	148	39	5'22"/km	01:08:28
457	01:09:13	514	Tzevai	Chong	Male	Male Vet 40	CDF Runners	309	48	5'22"/km	01:08:28
458	01:09:17	683	Harry	Blacker	Male	Male Senior		310	72	5'22"/km	01:07:20
459	01:09:17	438	Samantha	Bills	Female	Female Vet 35	Parc Bryn Bach RC	149	29	5'22"/km	01:08:28
460	01:09:17	473	Gareth	Williams	Male	Male Vet 60	Parc Bryn Bach RC	311	15	5'22"/km	01:08:28
461	01:09:19	553	Sian	Morgan	Female	Female Vet 35	She Runs Cardiff	150	30	5'23"/km	01:08:08
462	01:09:28	509	Fay	Bowen	Female	Female Vet 40	Albany Road Run Club	151	30	5'23"/km	01:08:19
463	01:09:31	492	Lorraine	Kelsey	Female	Female Vet 35	Islwyn RC	152	31	5'24"/km	01:08:39
464	01:09:33	431	William	Snowdon	Male	Male Vet 70	Les Croupiers RC	312	5	5'24"/km	01:08:37
465	01:09:37	621	Mark	Fermandel	Male	Male Vet 55	Southville Running Club	313	32	5'24"/km	01:08:35
466	01:09:40	787	David	Pitman	Male	Male Vet 55		314	33	5'24"/km	01:08:04
467	01:09:44	462	Bretti	Paxton	Female	Female Vet 35	Pontypridd Roadents AC	153	32	5'25"/km	01:08:50
468	01:09:50	398	Andrew	Williamson	Male	Male Vet 50	White Rock Runners	315	41	5'25"/km	01:08:37
469	01:09:50	477	Hiedi	Blackmore	Female	Female Vet 45	White Rock Runners	154	24	5'25"/km	01:08:39
470	01:09:55	722	Angela	Maynard	Female	Female Vet 45		155	25	5'25"/km	01:08:00
471	01:09:57	592	Sarah	Lyle	Female	Female Vet 55	Pegasus RC	156	12	5'26"/km	01:09:05
472	01:10:01	603	Julia	Evans	Female	Female Vet 60	Pegasus RC	157	5	5'26"/km	01:09:09
473	01:10:05	499	Natalie	Williams	Female	Female Vet 45	Merthyr Running Club	158	26	5'26"/km	01:08:49
474	01:10:24	870	Nick	Sloper	Male	Male Vet 50	Spirit of Monmouth	316	42	5'28"/km	01:09:04
475	01:10:24	617	Kate	Davey	Female	Female Vet 35	Rhondda valley runners	159	33	5'28"/km	01:09:36
476	01:10:32	613	Jon	Coombs	Male	Male Vet 40		317	49	5'28"/km	01:09:32
477	01:10:37	654	James	Roberts	Male	Male Senior	Albany Road Run Club	318	73	5'29"/km	01:08:49
478	01:10:39	546	Joanna	Kenifick	Female	Female Vet 50	Porthcawl Runners	160	13	5'29"/km	01:09:41
479	01:10:39	682	Andrew	Blacker	Male	Male Vet 55	Bitton Road Runners	319	34	5'29"/km	01:08:43
480	01:10:40	334	Spencer	Cleese	Male	Male Vet 50	Parc Bryn Bach RC	320	43	5'29"/km	01:10:04
481	01:10:40	656	Laura	Scale	Female	Female Vet 45		161	27	5'29"/km	01:09:33
482	01:10:41	808	Joanne	Chapman	Female	Female Vet 35	Albany Road Run Club	162	34	5'29"/km	01:08:52
483	01:10:41	619	Martin	Dean	Male	Male Vet 45		321	53	5'29"/km	01:09:38
484	01:10:41	497	Georgina	Seed	Female	Female Vet 60	Parc Bryn Bach RC	163	6	5'29"/km	01:09:51
485	01:10:43	288	Ffion	Roberts	Female	Female Senior	CDF Runners	164	40	5'29"/km	01:10:06
486	01:10:43	593	Grant	Mcmellin	Male	Male Vet 50	Pegasus RC	322	44	5'29"/km	01:09:42
487	01:10:46	574	Hannah	Withers	Female	Female Vet 50	San Domenico RC	165	14	5'29"/km	01:10:01
488	01:10:52	596	Neill	Parker	Male	Male Vet 55	Islwyn RC	323	35	5'30"/km	01:10:02
489	01:10:54	480	Niall	Hughes	Male	Male Vet 45	San Domenico RC	324	54	5'30"/km	01:09:50
490	01:10:58	862	Megan	Smith	Female	Female Senior	CDF Runners	166	41	5'30"/km	01:09:39
491	01:10:58	273	Antony	Ellis	Male	Male Vet 50	Pontyclun Road Runners	325	45	5'30"/km	01:10:19
492	01:11:05	450	Georgia	Laflain	Female	Female Senior	CDF Runners	167	42	5'31"/km	01:10:26
493	01:11:10	530	Khalid	Hamandi	Male	Male Vet 55	Pegasus RC	326	36	5'31"/km	01:09:31
494	01:11:14	730	Sarah	Patnett	Female	Female Vet 45	Penarth and Dinas Runners	168	28	5'31"/km	01:09:46
495	01:11:17	686	Paul	Brookes	Male	Male Vet 55	Islwyn RC	327	37	5'32"/km	01:09:33
496	01:11:17	685	Eden	Brookes	Female	Female Senior	Islwyn RC	169	43	5'32"/km	01:09:34
497	01:11:19	555	Diane	Pease	Female	Female Vet 65	Southville Running Club	170	3	5'32"/km	01:10:17
498	01:11:21	558	Laura	Pinney	Female	Female Senior	Parc Bryn Bach RC	171	44	5'32"/km	01:10:31
499	01:11:28	521	Joanne	Dunscombe	Female	Female Vet 50	Pegasus RC	172	15	5'33"/km	01:10:26
500	01:11:35	417	Coral	Putman	Female	Female Vet 50	Islwyn RC	173	16	5'33"/km	01:10:57
501	01:11:40	483	Kathryn	Petersen	Female	Female Vet 55	Penarth and Dinas Runners	174	13	5'34"/km	01:10:38
502	01:11:42	695	Emma	Daniel	Female	Female Senior	Vegan Runners UK	175	45	5'34"/km	01:10:20
503	01:11:49	524	George	Firth	Male	Male Vet 60	Fairwater Runners	328	16	5'34"/km	01:10:30
504	01:11:54	458	Rachel	O'keefe	Female	Female Vet 35	Women Running Penarth	176	35	5'35"/km	01:10:54
505	01:12:06	421	Michael	Eustace	Male	Male Senior		329	74	5'36"/km	01:11:01
506	01:12:17	572	Anthony	Wiggin	Male	Male Vet 55	Pontypridd Roadents AC	330	38	5'36"/km	01:11:41
507	01:12:19	726	Sara	Morgan	Female	Female Vet 45		177	29	5'37"/km	01:10:48
508	01:12:19	20	Dan	Southgate	Male	Male Senior	Lliswerry Runners	331	75	5'37"/km	01:11:06
509	01:12:22	471	Karen	Southgate	Female	Female Vet 55	Pont-y-pwl & District Runners	178	14	5'37"/km	01:11:09
510	01:12:24	635	Meryl	James	Female	Female Vet 50	Women Running Penarth	179	17	5'37"/km	01:11:00
511	01:12:24	526	Iona	Graham	Female	Female Vet 35	Women Running Penarth	180	36	5'37"/km	01:11:12
512	01:12:26	710	Hollie	Harmer	Female	Female Vet 35	Islwyn RC	181	37	5'37"/km	01:10:45
513	01:12:32	639	Tristan	Lang	Male	Male Vet 50	Truro Running Club	332	46	5'38"/km	01:10:32
514	01:12:33	778	Sian	Khalil	Female	Female Vet 55	Pontypridd Roadents AC	182	15	5'38"/km	01:10:58
515	01:12:38	500	Claire	Costello	Female	Female Vet 50	Pontypridd Roadents AC	183	18	5'38"/km	01:11:43
516	01:12:38	490	Abby	Forster	Female	Female Vet 35	Pontypridd Roadents AC	184	38	5'38"/km	01:11:43
517	01:12:42	534	Ian	Haynes	Male	Male Vet 45	Great Western Runners	333	55	5'38"/km	01:11:41
518	01:12:43	375	Sam	Powell	Female	Female Vet 50	URRR	185	19	5'38"/km	01:11:31
519	01:12:44	513	Nic	Chappell	Female	Female Vet 45	Southville Running Club	186	30	5'38"/km	01:11:44
520	01:12:46	565	Melinda	Smith	Female	Female Vet 50	Forest of Dean AC	187	20	5'39"/km	01:11:30
521	01:13:00	309	Sarah	Rixon	Female	Female Vet 35	CDF Runners	188	39	5'40"/km	01:12:34
522	01:13:06	622	Tanya	Forehead	Female	Female Vet 50		189	21	5'40"/km	01:11:48
523	01:13:07	224	Andrew	Oliver	Male	Male Vet 55	Chepstow Harriers	334	39	5'40"/km	01:12:12
524	01:13:08	598	Amanda	Ramshaw	Female	Female Vet 50	Chepstow Harriers	190	22	5'40"/km	01:12:13
525	01:13:09	536	Lee	Holland	Male	Male Vet 40	Caerleon RC	335	50	5'40"/km	01:12:03
526	01:13:11	374	Dan	Powell	Male	Male Vet 40	Vale runners	336	51	5'41"/km	01:12:06
527	01:13:11	456	Dan	Monk	Male	Male Senior		337	76	5'41"/km	01:12:05
528	01:13:13	460	Lucy	Panes	Female	Female Senior	Sole Sisters (North Bristol)	191	46	5'41"/km	01:12:02
529	01:13:16	834	Di	Mogg	Female	Female Vet 55		192	16	5'41"/km	01:11:57
530	01:13:18	395	Kate	Warlow	Female	Female Vet 50		193	23	5'41"/km	01:11:06
531	01:13:31	638	Kathryn	Thomas	Female	Female Vet 55		194	17	5'42"/km	01:12:11

532	01:13:40	587	Stuart	George	Male	Male Vet 35		338	44	5'43"/km	01:12:27
533	01:13:45	669	Mary	Murray	Female	Female Vet 65	Easy Pacers	195	4	5'43"/km	01:12:22
534	01:13:45	576	Emma	Wootten	Female	Female Vet 40	RUNNEWPORT	196	31	5'43"/km	01:12:36
535	01:13:48	608	Edward	Brown	Male	Male Vet 50	White Rock Runners	339	47	5'43"/km	01:12:38
536	01:13:50	486	Arabella	Calder	Female	Female Vet 50	Penarth and Dinas Runners	197	24	5'44"/km	01:12:40
537	01:13:54	528	Amy	Guest	Female	Female Senior	White Rock Runners	198	47	5'44"/km	01:12:44
538	01:13:57	428	Sarah	Pryor	Female	Female Vet 50	Les Croupiers RC	199	25	5'44"/km	01:13:22
539	01:14:14	740	Kathy	Ratcliffe	Female	Female Vet 65		200	5	5'45"/km	01:12:16
540	01:14:41	674	Jessica	James	Female	Female Senior		201	48	5'48"/km	01:13:19
541	01:14:45	627	Lisa	Haines	Female	Female Vet 50	Merthyr Running Club	202	26	5'48"/km	01:13:28
542	01:14:49	775	Jessica	Henry	Female	Female Vet 35	Easy Pacers	203	40	5'48"/km	01:13:26
543	01:14:53	782	Lynn	Moore	Female	Female Vet 55	Forest of Dean AC	204	18	5'48"/km	01:13:36
544	01:15:00	771	Robert	Cox	Male	Male Vet 60	Pegasus RC	340	17	5'49"/km	01:13:22
545	01:15:00	475	Rebecca	Williams	Female	Female Senior	Crickhowell Running Club	205	49	5'49"/km	01:13:42
546	01:15:07	735	Sarah	Phillips	Female	Female Vet 50		206	27	5'50"/km	01:13:45
547	01:15:17	611	Belinda	Channing	Female	Female Vet 60		207	7	5'50"/km	01:13:48
548	01:15:23	506	Robson	Blake	Male	Male Senior	Merthyr Running Club	341	77	5'51"/km	01:14:05
549	01:15:30	505	Rebecca	Blake	Female	Female Vet 40	Merthyr Running Club	208	32	5'51"/km	01:14:14
550	01:15:35	644	Jean	Marchant	Female	Female Vet 60	Pontypridd Roadents AC	209	8	5'52"/km	01:13:57
551	01:15:37	822	Rachel	Hooper	Female	Female Vet 55	Les Croupiers RC	210	19	5'52"/km	01:14:08
552	01:15:41	733	Bethan	Phillips	Female	Female Vet 45	She runs cardiff	211	31	5'52"/km	01:14:32
553	01:15:44	660	Sian	Taylor-jones	Female	Female Vet 35	Les Croupiers RC	212	41	5'52"/km	01:14:17
554	01:15:45	701	Clare	Elliott	Female	Female Vet 55	Caerphilly Runners	213	20	5'53"/km	01:13:38
555	01:15:48	386	Renee	Sumner	Female	Female Vet 35	San Domenico RC	214	42	5'53"/km	01:15:20
556	01:15:53	747	Jennifer	Stone	Female	Female Vet 55	Albany Road Run Club	215	21	5'53"/km	01:14:11
557	01:16:05	602	Lyndsay	Crompton	Female	Female Vet 45		216	32	5'54"/km	01:14:54
558	01:16:17	292	Karen	Whiles	Female	Female Vet 50	Les Croupiers RC	217	28	5'55"/km	01:15:35
559	01:16:23	678	Leanne	Baylis	Female	Female Vet 45	Merthyr Running club	218	33	5'56"/km	01:14:38
560	01:16:33	697	Eleri	Davies	Female	Female Vet 55		219	22	5'56"/km	01:15:11
561	01:16:39	583	Meurig	Chapple	Male	Male Vet 60	Penarth and Dinas Runners	342	18	5'57"/km	01:15:29
562	01:16:41	666	Phill	Whaley	Male	Male Vet 50		343	48	5'57"/km	01:15:06
563	01:16:42	704	Jane	Fouweather	Female	Female Vet 50		220	29	5'57"/km	01:15:12
564	01:16:48	663	Katie	Thornton	Female	Female Vet 35	Pontyclun Road Runners	221	43	5'57"/km	01:15:54
565	01:16:50	442	Sheryl	Clark	Female	Female Vet 50	Islwyn RC	222	30	5'58"/km	01:15:59
566	01:16:58	432	Keith	Verheyden	Male	Male Vet 65	Fetch Everyone	344	7	5'58"/km	01:14:48
567	01:16:58	715	Bethan	Jenkins	Female	Female Vet 40	Pontypridd Roadents AC	223	33	5'58"/km	01:14:48
568	01:17:08	537	Mandy	Horton	Female	Female Vet 55	Islwyn RC	224	23	5'59"/km	01:16:17
569	01:17:14	581	Ellis	Breese	Female	Female Senior	Reading Roadrunners	225	50	5'59"/km	01:15:57
570	01:17:16	755	Anna	Wilkinson	Female	Female Vet 50	Griffithstown Harriers	226	31	6'00"/km	01:15:09
571	01:17:19	522	Sian	Edwards	Female	Female Vet 45	Islwyn RC	227	34	6'00"/km	01:16:29
572	01:17:21	758	Moir	Wooles	Female	Female Vet 40		228	34	6'00"/km	01:15:55
573	01:17:26	794	Kim	Yates	Female	Female Vet 35		229	44	6'00"/km	01:16:05
574	01:17:27	840	Kirat	Sidhu	Female	Female Vet 35		230	45	6'00"/km	01:15:17
575	01:17:28	631	Emma	Healy	Female	Female Vet 50	Penarth and Dinas Runners	231	32	6'01"/km	01:16:00
576	01:17:29	465	Gareth	Quinlan	Male	Male Vet 40	Merthyr Running Club	345	52	6'01"/km	01:16:11
577	01:17:33	282	Michelle	Lee	Female	Female Vet 55	Les Croupiers RC	232	24	6'01"/km	01:16:51
578	01:17:35	590	Rob	Jones	Male	Male Vet 50	Pegasus RC	346	49	6'01"/km	01:15:55
579	01:17:38	504	Charlotte	Bethell	Female	Female Vet 35	Pegasus RC	233	46	6'01"/km	01:16:37
580	01:17:38	570	Katie	Webb	Female	Female Vet 50	Pegasus RC	234	33	6'01"/km	01:16:37
581	01:17:39	591	Sarah	Kielthy	Female	Female Vet 50	URRR	235	34	6'01"/km	01:16:28
582	01:17:53	470	Rob	Southgate	Male	Male Vet 60	Pont-y-pwl & District Runners	347	19	6'03"/km	01:16:39
583	01:18:03	759	Paul	Worthington	Male	Male Vet 60		348	20	6'03"/km	01:15:55
584	01:18:17	709	Nigel	Hammersley	Male	Male Vet 40	Pegasus RC	349	53	6'04"/km	01:16:38
585	01:18:21	601	Julie	Broughton	Female	Female Vet 55	Penarth and Dinas Runners	236	25	6'05"/km	01:17:23
586	01:18:25	708	Cherie	Gurner	Female	Female Vet 35	Pontypridd Roadents AC	237	47	6'05"/km	01:16:15
587	01:18:35	604	Phil	Allen	Male	Male Vet 60	Pegasus RC	350	21	6'06"/km	01:17:35
588	01:18:38	728	Maja	Nowak	Female	Female Vet 45	Caerleon RC	238	35	6'06"/km	01:16:51
589	01:18:40	694	Lynda	Dacruz	Female	Female Vet 40	Pegasus RC	239	35	6'06"/km	01:17:01
590	01:18:42	792	Bridgette	Wilcox	Female	Female Vet 55	Women Running Penarth	240	26	6'06"/km	01:17:21
591	01:18:44	763	Kate	Salas	Female	Female Vet 35		241	48	6'06"/km	01:17:13
592	01:18:52	673	Ruth	Hazell	Female	Female Vet 40	Caerphilly Runners	242	36	6'07"/km	01:17:15
593	01:18:52	561	Ceriann	Robbins	Female	Female Vet 50	Caerphilly Runners	243	35	6'07"/km	01:17:14
594	01:18:56	378	David	Sansom	Male	Male Vet 45	Pontyclun Road Runners	351	56	6'07"/km	01:18:02
595	01:18:59	679	Marie-ann	Beardmore	Female	Female Vet 45		244	36	6'08"/km	01:17:09
596	01:19:00	651	Jo	Powell	Female	Female Vet 50		245	36	6'08"/km	01:17:52
597	01:19:00	346	Iwan	Dowie	Male	Male Vet 50	Cornelly Striders	352	50	6'08"/km	01:17:30
598	01:19:04	729	Kay	Palmer	Female	Female Vet 45	Women Running Penarth	246	37	6'08"/km	01:17:41
599	01:19:12	732	Vanessa	Pegler	Female	Female Vet 50		247	37	6'09"/km	01:17:49
600	01:19:15	618	Alison	Davis	Female	Female Vet 55	Fairwater Runners	248	27	6'09"/km	01:18:08
601	01:19:16	620	Glenda	Edwards	Female	Female Vet 60	Les Croupiers RC	249	9	6'09"/km	01:18:28
602	01:19:22	641	Chris	Ledbury	Male	Male Vet 50		353	51	6'09"/km	01:17:47
603	01:19:23	712	Hayley	Hellerman	Female	Female Vet 35	Vale runners	250	49	6'10"/km	01:17:24
604	01:19:28	658	Barnes	Stringer	Male	Male Vet 50	Southville Running Club	354	52	6'10"/km	01:17:39
605	01:19:29	501	Mathew	Archer	Male	Male Vet 40	Easy Pacers	355	54	6'10"/km	01:18:08
606	01:19:39	350	Becky	Forster	Female	Female Vet 50	Southville Running Club	251	38	6'11"/km	01:18:39
607	01:19:43	877	John	Dally	Male	Male Vet 55	Lliswerry Runners	356	40	6'11"/km	01:17:41

608	01:19:43	713	Tracey	Hinton	Female	Female Vet 50		252	39	6'11"/km	01:17:42
609	01:19:47	831	Holly	Lloyd-roberts	Female	Female Senior	Caerleon RC	253	51	6'11"/km	01:18:12
610	01:19:47	645	Ffion	Morgan	Female	Female Vet 35	Caerleon RC	254	50	6'11"/km	01:18:13
611	01:20:04	589	Emma	Illidge	Female	Female Vet 40	Easy Pacers	255	37	6'13"/km	01:18:41
612	01:20:05	757	Craig	Woodland	Male	Male Vet 45	Easy Pacers	357	57	6'13"/km	01:18:43
613	01:20:05	661	Nyree	Temby	Female	Female Vet 50	Fairwater Runners	256	40	6'13"/km	01:18:44
614	01:20:07	222	Darren	Morgan	Male	Male Vet 55	Penarth and Dinas Runners	358	41	6'13"/km	01:19:44
615	01:20:09	791	Helen	Tilston	Female	Female Vet 40		257	38	6'13"/km	01:18:38
616	01:20:12	668	Stephen	Comins	Male	Male Vet 50	Caldicot Running Club	359	53	6'13"/km	01:18:43
617	01:20:12	557	Alex	Phillips	Male	Male Vet 40	Caldicot Running Club	360	55	6'13"/km	01:18:41
618	01:20:12	723	Keila	Mayo	Female	Female Vet 50	Caldicot Running Club	258	41	6'13"/km	01:18:42
619	01:20:12	756	Hayley	Williams	Female	Female Vet 45	Caldicot Running Club	259	38	6'13"/km	01:18:42
620	01:20:21	761	Rachel	Yeoman	Female	Female Vet 40	Caerleon RC	260	39	6'14"/km	01:18:49
621	01:20:24	512	John	Chandler	Male	Male Vet 60	San Domenico RC	361	22	6'14"/km	01:19:26
622	01:20:25	545	Robert	Joslin	Male	Male Vet 55	Rhondda Valley Runners	362	42	6'14"/km	01:19:28
623	01:20:33	616	Hannah	Darby	Female	Female Senior		261	52	6'15"/km	01:19:02
624	01:20:33	650	Jodi	Pontin	Female	Female Vet 40	Caerleon RC	262	40	6'15"/km	01:19:01
625	01:20:36	543	Bethan	Jones	Female	Female Vet 40	She Runs Cardiff	263	41	6'15"/km	01:19:47
626	01:20:37	633	Andrew	Hollins	Male	Male Vet 50	Pegasus RC	363	54	6'15"/km	01:18:58
627	01:20:40	573	Nia	Williams	Female	Female Vet 45	She Runs Cardiff	264	39	6'15"/km	01:19:50
628	01:20:41	551	Ceri	Moore	Female	Female Vet 45	She Runs Cardiff	265	40	6'16"/km	01:19:52
629	01:20:44	552	Kate	Morgan	Female	Female Vet 40		266	42	6'16"/km	01:19:33
630	01:20:50	788	Laura	Richards	Female	Female Vet 40		267	43	6'16"/km	01:18:55
631	01:20:51	707	Penny Elizabeth	Greenwood	Female	Female Vet 60	Sole Sisters (North Bristol)	268	10	6'16"/km	01:18:41
632	01:20:52	727	Lisa	Nicholls	Female	Female Vet 55	Sole Sisters (North Bristol)	269	28	6'16"/km	01:18:41
633	01:20:52	745	Mairi	Sen	Female	Female Vet 55	Pontyclun Road Runners	270	29	6'16"/km	01:19:03
634	01:20:53	13	Hywel	Jones	Male	Male Vet 50	Lliswerry Runners	364	55	6'16"/km	01:19:57
635	01:20:58	793	Colleen	Williams	Female	Female Vet 50	Southville Running Club	271	42	6'17"/km	01:19:03
636	01:21:12	221	Alison Jane	Morgan	Female	Female Vet 60	Caerphilly Runners	272	11	6'18"/km	01:19:27
637	01:21:18	671	Angela	Thomas	Female	Female Vet 45	Easy Pacers	273	41	6'18"/km	01:19:54
638	01:21:23	652	Vanessa	Pritchard	Female	Female Vet 50	Caerleon RC	274	43	6'19"/km	01:19:36
639	01:21:25	825	Allison	Hughes	Female	Female Vet 55	Griffithstown Harriers	275	30	6'19"/km	01:19:17
640	01:21:40	744	Sian	Rushforth	Female	Female Senior		276	53	6'20"/km	01:19:27
641	01:21:42	816	Lowri	Feighoney	Female	Female Vet 35	Pegasus RC	277	51	6'20"/km	01:20:02
642	01:21:44	734	Huw	Phillips	Male	Male Vet 50	Albany Road Run Club	365	56	6'20"/km	01:19:44
643	01:21:51	689	Bell	Claire	Female	Female Vet 60	Les Croupiers RC	278	12	6'21"/km	01:19:52
644	01:21:53	469	Caitlin	Sheppard	Female	Female Senior	Parc Bryn Bach RC	279	54	6'21"/km	01:20:22
645	01:21:53	841	Rob	Sims	Male	Male Vet 55		366	43	6'21"/km	01:19:57
646	01:21:53	851	Zoe	White	Female	Female Vet 40	North Bristol Running Group	280	44	6'21"/km	01:19:58
647	01:21:54	819	Arthur	Hayes	Male	Male Vet 75	San Domenico RC	367	1	6'21"/km	01:20:22
648	01:21:55	750	Amanda	Thomas	Female	Female Vet 50	Caerphilly Runners	281	44	6'21"/km	01:19:47
649	01:21:55	696	David	Davies	Male	Male Vet 55	Caerleon RC	368	44	6'21"/km	01:20:08
650	01:21:57	784	Debbie	Paris	Female	Female Vet 55	Pegasus RC	282	31	6'21"/km	01:20:18
651	01:21:59	642	Karen	Lewis	Female	Female Vet 55	Caerphilly Runners	283	32	6'22"/km	01:20:21
652	01:22:01	550	Bethan	Lyne	Female	Female Vet 45		284	42	6'22"/km	01:20:46
653	01:22:04	317	Katherine	Axten	Female	Female Senior	CDF Runners	285	55	6'22"/km	01:21:20
654	01:22:34	795	Samuel	Anstee	Male	Male Vet 50	CDF Runners	369	57	6'24"/km	01:20:54
655	01:22:39	529	Eigen	Halpin	Female	Female Vet 45	Pont-y-pwl & District Runners	286	43	6'25"/km	01:21:25
656	01:22:47	826	Alun	Jenkins	Male	Male Vet 45		370	58	6'25"/km	01:21:12
657	01:23:01	515	Steve	Dance	Male	Male Vet 55	Caerleon RC	371	45	6'26"/km	01:21:54
658	01:23:11	805	Lesley	Benbow	Female	Female Vet 65	Merthyr Running Club	287	6	6'27"/km	01:21:43
659	01:23:14	688	Rebecca	Chant	Female	Female Vet 40		288	45	6'27"/km	01:21:14
660	01:23:17	857	Mal	Firouz	Male	Male Vet 65		372	8	6'28"/km	01:21:03
661	01:23:18	614	Rachel	Cross-graham	Female	Female Senior	Sole Sisters (North Bristol)	289	56	6'28"/km	01:21:10
662	01:23:23	646	Lowri	Morgan	Female	Female Senior	Pontyclun Road Runners	290	57	6'28"/km	01:21:34
663	01:23:27	876	Helen	Sheppard	Female	Female Vet 45	Parc Bryn Bach RC	291	44	6'28"/km	01:21:56
664	01:23:28	838	Elinor	Rossiter	Female	Female Senior	Caldicot Running Club	292	58	6'29"/km	01:21:19
665	01:23:33	754	Natalie	Vicary	Female	Female Vet 45	She Runs Cardiff	293	45	6'29"/km	01:21:35
666	01:23:35	662	Michelle	Thomas	Female	Female Vet 50	Pegasus RC	294	45	6'29"/km	01:21:56
667	01:23:40	675	Donna	Abbott	Female	Female Vet 45	Sole Sisters (North Bristol)	295	46	6'29"/km	01:21:32
668	01:23:45	743	Tracy	Rowe	Female	Female Vet 55	Pontyclun Road Runners	296	33	6'30"/km	01:21:58
669	01:23:57	764	Lucy	Withers	Female	Female Senior	Women Running Penarth	297	59	6'31"/km	01:22:34
670	01:23:58	655	Emily	Roux	Female	Female Senior	Women Running Penarth	298	60	6'31"/km	01:22:38
671	01:24:23	464	Angharad	Price	Female	Female Vet 40	Les Croupiers RC	299	46	6'33"/km	01:22:55
672	01:24:28	599	Jamie	Walker	Male	Male Senior	Southville Running Club	373	78	6'33"/km	01:23:26
673	01:24:46	720	Rhianne	Mace	Female	Female Vet 35		300	52	6'35"/km	01:22:52
674	01:24:49	600	Paul	Iddon	Male	Male Vet 45	Pontypridd Roadents AC	374	59	6'35"/km	01:23:42
675	01:24:51	752	Wyn	Thomas	Male	Male Vet 45		375	60	6'35"/km	01:23:21
676	01:24:53	772	Elaine	Davies	Female	Female Vet 50	She Runs Cardiff	301	46	6'35"/km	01:22:47
677	01:24:53	753	Catherine	Thompson	Female	Female Vet 45		302	47	6'35"/km	01:22:47
678	01:24:54	731	Elizabeth	Payne	Female	Female Vet 40		303	47	6'35"/km	01:22:42
679	01:24:57	809	Colin	Crooks	Male	Male Vet 65	Pegasus RC	376	9	6'35"/km	01:23:19
680	01:24:57	676	Emma	Addis	Female	Female Vet 50		304	47	6'35"/km	01:23:29
681	01:25:02	717	Dawn	Jones	Female	Female Vet 50	Caerleon RC	305	48	6'36"/km	01:23:15
682	01:25:25	832	Lizzy	Martin	Female	Female Vet 40		306	48	6'38"/km	01:23:52
683	01:25:28	700	Claire	Drainey	Female	Female Vet 50	Builth & District RC	307	49	6'38"/km	01:23:29

684	01:25:28	241	Wendy	Cole	Female	Female Vet 55	Les Croupiers RC	308	34	6'38"/km	01:23:28
685	01:25:37	815	Brenda	Evans	Female	Female Vet 70		309	1	6'39"/km	01:24:10
686	01:25:38	711	Katie	Hawdon	Female	Female Senior	Rhondda Valley Runners	310	61	6'39"/km	01:24:11
687	01:25:43	848	Caren	Todd	Female	Female Vet 40		311	49	6'39"/km	01:23:40
688	01:25:43	801	Claire	Adams	Female	Female Vet 45		312	48	6'39"/km	01:23:40
689	01:26:07	796	Sian	Aubrey	Female	Female Vet 35		313	53	6'41"/km	01:24:05
690	01:26:19	681	Karen	Binfield	Female	Female Vet 65	Women Running Penarth	314	7	6'42"/km	01:24:44
691	01:26:19	702	Lynne	Ellis	Female	Female Vet 60	Women Running Penarth	315	13	6'42"/km	01:24:44
692	01:26:23	741	Louisa	Rimmer	Female	Female Vet 50	Sole Sisters (North Bristol)	316	50	6'42"/km	01:24:12
693	01:26:24	706	Andrea	Gealer	Female	Female Vet 50	Sole Sisters (North Bristol)	317	51	6'42"/km	01:24:12
694	01:26:30	829	Carolyn	Lewis	Female	Female Vet 45	Pegasus RC	318	49	6'43"/km	01:24:50
695	01:26:39	476	Lisa	Wilson	Female	Female Vet 55	Sole Sisters (North Bristol)	319	35	6'43"/km	01:24:29
696	01:26:57	532	Becky	Hares	Female	Female Vet 40	Vale Runners	320	50	6'45"/km	01:25:32
697	01:27:00	594	Delyth	Murray- Lines	Female	Female Vet 45	Albany Road Run Club	321	50	6'45"/km	01:24:59
698	01:27:00	823	John	Hopkins	Male	Male Vet 70	Easy Pacers	377	6	6'45"/km	01:25:33
699	01:27:06	670	Mandy	Barrington	Female	Female Vet 55	Penarth and Dinas Runners	322	36	6'45"/km	01:25:30
700	01:27:22	699	Joanna	Dee	Female	Female Vet 45	Vale Runners	323	51	6'47"/km	01:25:57
701	01:27:22	858	Angharad	Fortey	Female	Female Vet 40		324	51	6'47"/km	01:25:46
702	01:27:29	873	Helen	Iles	Female	Female Vet 35	Southville Running Club	325	54	6'47"/km	01:25:16
703	01:27:30	736	Sarah	Pope	Female	Female Vet 60	Penarth and Dinas Runners	326	14	6'47"/km	01:25:55
704	01:27:38	790	Julie	Smith	Female	Female Vet 50	Vale Runners	327	52	6'48"/km	01:25:38
705	01:27:42	783	Ruth	Northway	Female	Female Vet 60	Pontyclun Road Runners	328	15	6'48"/km	01:25:51
706	01:27:47	853	Caroline	Cleaver	Female	Female Vet 45	Merthyr running club	329	52	6'49"/km	01:25:52
707	01:27:48	776	Elizabeth	Henson	Female	Female Vet 55	Pontypridd Roadents AC	330	37	6'49"/km	01:26:21
708	01:28:20	813	Sandra	Edwards	Female	Female Vet 55	Parc Bryn Bach RC	331	38	6'51"/km	01:26:14
709	01:28:23	768	Rebecca	Buchanan	Female	Female Vet 40	Caerleon RC	332	52	6'51"/km	01:26:48
710	01:28:26	615	Jen	Danger Harding	Female	Female Vet 35	Chepstow Harriers	333	55	6'52"/km	01:27:39
711	01:28:31	525	Clare	Foxall	Female	Female Vet 45		334	53	6'52"/km	01:26:59
712	01:29:04	789	Marina	Singh-tovey	Female	Female Senior	NFRN	335	62	6'55"/km	01:27:08
713	01:29:04	842	Samuel	Singh-tovey	Male	Male Vet 35		378	45	6'55"/km	01:27:08
714	01:29:05	780	Kathryn	Loat	Female	Female Senior	Pontyclun Road Runners	336	63	6'55"/km	01:27:13
715	01:30:01	630	Lisa	Harwood	Female	Female Vet 50		337	53	6'59"/km	01:27:54
716	01:30:10	677	Rachel	Banks	Female	Female Senior	Undy and Redwick Road Runners	338	64	7'00"/km	01:28:25
717	01:30:10	798	Sharon	Evans	Female	Female Vet 55		339	39	7'00"/km	01:28:25
718	01:30:14	760	Sian	Wright	Female	Female Vet 40	Pontypridd Roadents AC	340	53	7'00"/km	01:28:36
719	01:30:14	724	Soph	Mccarthy	Female	Female Senior	Albany Road Run Club	341	65	7'00"/km	01:28:25
720	01:30:14	703	Jonathan	Evans	Male	Male Vet 40	Albany Road Run Club	379	56	7'00"/km	01:28:14
721	01:30:27	866	Laura	Pritchard	Female	Female Vet 40	Easy Pacers	342	54	7'01"/km	01:28:54
722	01:30:28	690	Millie	Coleman	Female	Female Vet 35	Caerleon RC	343	56	7'01"/km	01:28:55
723	01:30:28	814	Susan	Evans	Female	Female Vet 50	Pencoed panthers	344	54	7'01"/km	01:28:17
724	01:30:29	804	Jayne	Baker	Female	Female Vet 45	Easy Pacers	345	54	7'01"/km	01:29:03
725	01:31:09	746	Mark	Smith	Male	Male Vet 55	Albany Road Run Club	380	46	7'04"/km	01:29:15
726	01:31:11	835	Zoe	Morgan	Female	Female Senior	Clwb Run Wales	346	66	7'05"/km	01:28:59
727	01:31:12	767	Gemma	Brimble	Female	Female Senior	Albany Road Run Club	347	67	7'05"/km	01:28:59
728	01:31:43	531	Nikki	Hancox	Female	Female Vet 50	Griffithstown Harriers	348	55	7'07"/km	01:29:34
729	01:32:21	629	Karen	Harris	Female	Female Vet 50	Chewwalley snails	349	56	7'10"/km	01:31:19
730	01:32:31	828	Emma	Larson	Female	Female Vet 45	Islwyn RC	350	55	7'11"/km	01:30:46
731	01:32:34	833	Rachel	Martin	Female	Female Vet 50		351	57	7'11"/km	01:30:32
732	01:32:39	637	Sophie	Jones	Female	Female Senior		352	68	7'11"/km	01:30:29
733	01:32:45	664	Caroline	Tinsley	Female	Female Vet 45	Albany Road Run Club	353	56	7'12"/km	01:30:36
734	01:32:46	781	Bennett	Mcveigh	Male	Male Vet 55	Rhiwbina Runners	381	47	7'12"/km	01:30:36
735	01:32:52	843	Tash	Smith	Female	Female Vet 35		354	57	7'12"/km	01:31:16
736	01:33:01	803	Martin	Ashford	Male	Male Vet 65	Pontyclun Road Runners	382	10	7'13"/km	01:31:14
737	01:33:12	800	Sarah	Tucker	Female	Female Vet 50	Islwyn RC	355	58	7'14"/km	01:31:27
738	01:33:26	785	Elizabeth	Pearson	Female	Female Senior	Caldicot Running Club	356	69	7'15"/km	01:31:23
739	01:33:33	855	Lisa	Thomas	Female	Female Vet 40	Islwyn RC	357	55	7'15"/km	01:31:44
740	01:33:34	786	Joanna	Pearson	Female	Female Vet 55	Caldicot Running Club	358	40	7'16"/km	01:31:31
741	01:35:09	872	Julie	Gee	Female	Female Vet 55	Spirit of Monmouth	359	41	7'23"/km	01:33:03
742	01:35:09	837	Claire	Prynne	Female	Female Vet 50	Vale Runners	360	59	7'23"/km	01:33:09
743	01:35:13	818	Erin	Ford	Female	Female Senior	Albany Road Run Club	361	70	7'23"/km	01:33:11
744	01:35:27	797	Angharad	Cummings	Female	Female Vet 45	Merthyr running club	362	57	7'24"/km	01:33:33
745	01:35:27	836	Katie	Phillips	Female	Female Vet 40	Merthyr running club	363	56	7'24"/km	01:33:33
746	01:36:15	850	Kate	White	Female	Female Vet 50	Paul Popham Running Club	364	60	7'28"/km	01:34:17
747	01:36:48	802	Mandy	Adams	Female	Female Vet 50	She Runs Cardiff	365	61	7'31"/km	01:34:55
748	01:37:00	849	Louise	Walker	Female	Female Vet 50	Caerphilly Runners	366	62	7'32"/km	01:35:15
749	01:37:23	839	Joanne	Sanderson	Female	Female Vet 50	Sole Sisters (North Bristol)	367	63	7'33"/km	01:35:12
750	01:37:25	812	Carys	Edwards	Female	Female Senior	Tri Hard Harriers	368	71	7'34"/km	01:35:19
751	01:37:39	854	Rachel	Owen	Female	Female Vet 45		369	58	7'35"/km	01:35:38
752	01:38:22	725	Hannah	Menard	Female	Female Vet 40		370	57	7'38"/km	01:36:41
753	01:38:23	751	Rhwena	Thomas	Female	Female Vet 40		371	58	7'38"/km	01:36:43
754	01:38:36	817	Susan	Flye	Female	Female Vet 50	Easy Pacers	372	64	7'39"/km	01:37:08
755	01:38:47	612	Jessica	Clarke	Female	Female Vet 35	Pontyclun Road Runners	373	58	7'40"/km	01:36:55
756	01:38:47	810	Cath	Day	Female	Female Vet 35	Pontyclun Road Runners	374	59	7'40"/km	01:36:55
757	01:39:23	847	Sarah	Thomas	Female	Female Vet 50	She Runs Cardiff	375	65	7'43"/km	01:37:18
758	01:39:45	716	Sharon	Johns	Female	Female Vet 50	Caerphilly Runners	376	66	7'44"/km	01:38:00
759	01:39:49	648	Jayne	Owen	Female	Female Vet 50	Caerphilly Runners	377	67	7'45"/km	01:38:06

760	01:40:23	888	Gemma	Lewis	Female	Female Vet 40		378	59	7'47"/km	01:38:18
761	01:40:36	680	Jo	Biddiscombe	Female	Female Vet 50	Griffithstown Harriers	379	68	7'48"/km	01:38:32
762	01:40:37	799	Stephen	Ford	Male	Male Vet 45	Easy Pacers	383	61	7'48"/km	01:38:32
763	01:40:46	623	Dyfan	Goode	Male	Male Senior		384	79	7'49"/km	01:39:31
764	01:40:47	299	Ania	Ciolek	Female	Female Vet 45	LAAC	380	59	7'49"/km	01:40:08
765	01:40:47	625	Nia	Goode	Female	Female Vet 50		381	69	7'49"/km	01:39:31
766	01:40:47	307	Benjamin	Podbury	Male	Male Senior		385	80	7'49"/km	01:40:09
767	01:41:49	806	Lorraine	Berry	Female	Female Vet 50		382	70	7'54"/km	01:39:38
768	01:41:58	55	Steven	O Grady	Male	Male Vet 40		386	57	7'55"/km	01:41:54
769	01:42:53	714	Stephen	Hoare	Male	Male Vet 70	Islwyn RC	387	7	7'59"/km	01:41:04
770	01:43:06	748	Sam	Taylor	Female	Female Vet 45		383	60	8'00"/km	01:41:02
771	01:44:15	867	Michelle	Rice	Female	Female Vet 60	Sole Sisters (North Bristol)	384	16	8'05"/km	01:42:04
772	01:44:15	779	Vicky	Ledbury	Female	Female Vet 45		385	61	8'05"/km	01:42:39
773	01:44:17	773	Joanna	England	Female	Female Vet 45	Merthyr running club	386	62	8'06"/km	01:42:24
774	01:44:20	863	Rhiannon	Taylor	Female	Female Vet 40	North Bristol Running Group	387	60	8'06"/km	01:42:44
775	01:46:12	684	Stephen	Blake	Male	Male Vet 55		388	48	8'14"/km	01:44:17
776	01:50:54	874	Beth	May	Female	Female Vet 55	Albany Road Run Club	388	42	8'36"/km	01:48:41
777	01:53:58	283	Chelle	Mahoney	Female	Female Vet 40		389	61	8'51"/km	01:52:54
778	01:55:51	770	Sandra	Caveney	Female	Female Vet 60	Les Croupiers RC	390	17	8'59"/km	01:53:38
779	01:55:51	769	Hannah	Caveney	Female	Female Vet 35		391	60	8'59"/km	01:53:40
780	01:55:51	882	John	Wheatherbed	Male	Male Vet 65	Lliswerry Runners	389	11	8'59"/km	01:53:36
781	01:55:52	881	Maria	Homfray	Female	Female Vet 40	Lliswerry Runners	392	62	9'00"/km	01:53:38
782	01:55:52	880	Gail	Prosser	Female	Female Vet 45	Lliswerry Runners	393	63	9'00"/km	01:53:38
783	02:11:31	875	Helen	Lloyd Jones	Female	Female Vet 75	Pegasus RC	394	1	10'12"/km	02:11:31
784	02:11:31	878	Teej	Dew	Female	Female Vet 55	Lliswerry Runners	395	43	10'12"/km	02:11:31
785	02:11:39	879	Lisa	Nichols	Female	Female Vet 55	Lliswerry Runners	396	44	10'13"/km	02:11:39