

Overall Pos	Gun Time	Bib	Name	Surname	Gender	Category	Status	Club	Gender	Pos	Category	Pos	Avg Speed	Net Time
1	00:39:34	26	Jonathan	Butler	Male	Male Senior	Finished	Swansea Harriers AC	1	1	3'04"/km	00:39:34		
2	00:39:41	29	Ciaran	Lewis	Male	Male Senior	Finished	Les Croupiers RC	2	2	3'04"/km	00:39:41		
3	00:40:52	28	Adam	Bull	Male	Male Senior	Finished	Pontypridd Roadents AC	3	3	3'10"/km	00:40:52		
4	00:41:14	27	Daniel	Hamilton	Male	Male Senior	Finished	Pontypridd Roadents AC	4	4	3'12"/km	00:41:14		
5	00:42:48	49	Michael	Lewis	Male	Male Senior	Finished	Parc Bryn Bach RC	5	5	3'19"/km	00:42:48		
6	00:43:04	30	Samuel	Richards	Male	Male Senior	Finished	Pontypridd Roadents AC	6	6	3'20"/km	00:43:04		
7	00:43:06	72	Matthew	Verran	Male	Male Senior	Finished	Swansea Harriers AC	7	7	3'20"/km	00:43:06		
8	00:43:08	40	David	Jones	Male	Male Vet 40	Finished	Pontypridd Roadents AC	8	1	3'21"/km	00:43:08		
9	00:43:15	32	Andy	Raynor	Male	Male Senior	Finished	Forest of Dean AC	9	8	3'21"/km	00:43:15		
10	00:43:33	33	Joe	Thomas	Male	Male Vet 45	Finished	Pontypridd Roadents AC	10	1	3'23"/km	00:43:33		
11	00:43:47	45	Ben	Butler-madden	Male	Male Vet 40	Finished	Pontypridd Roadents AC	11	2	3'24"/km	00:43:47		
12	00:44:06	71	Daniel	Smith	Male	Male Senior	Finished	Pontypridd Roadents AC	12	9	3'25"/km	00:44:06		
13	00:44:16	46	George	Collinson	Male	Male Senior	Finished	Les Croupiers RC	13	10	3'26"/km	00:44:16		
14	00:44:22	31	Nicky	Bennett	Male	Male Senior	Finished	Ogmore Phoenix Runners	14	11	3'26"/km	00:44:22		
15	00:44:30	48	Mark	Jennings	Male	Male Vet 50	Finished	Micky Morris Racing Team	15	1	3'27"/km	00:44:30		
16	00:44:38	38	Andy	Gardiner	Male	Male Senior	Finished	San Domenico Road RC	16	12	3'28"/km	00:44:38		
17	00:45:04	9	Richard	Jones	Male	Male Vet 50	Finished	Lliswerry Runners	17	2	3'30"/km	00:45:04		
18	00:45:08	44	Jarrad	Rowlands	Male	Male Senior	Finished	Pontypridd Roadents AC	18	13	3'30"/km	00:45:07		
19	00:45:12	14	Lloyd	Cottrel	Male	Male Senior	Finished	Lliswerry Runners	19	14	3'30"/km	00:45:12		
20	00:45:15	13	Jeff	Wherlock	Male	Male Vet 55	Finished	Lliswerry Runners	20	1	3'30"/km	00:45:15		
21	00:45:15	39	Billy	Hayton	Male	Male Senior	Finished	Pontypridd Roadents AC	21	15	3'30"/km	00:45:15		
22	00:45:18	54	Daniel	Thrift	Male	Male Senior	Finished	Pontypridd Roadents AC	22	16	3'31"/km	00:45:18		
23	00:45:18	64	Adam	Payne	Male	Male Vet 40	Finished	Pontypridd Roadents AC	23	3	3'31"/km	00:45:18		
24	00:45:23	43	Ian	Owen	Male	Male Vet 40	Finished	San Domenico Road RC	24	4	3'31"/km	00:45:22		
25	00:45:26	60	William	Carter	Male	Male Senior	Finished	Chepstow Harriers	25	17	3'31"/km	00:45:26		
26	00:45:28	85	Dane	Williams	Male	Male Senior	Finished	Parc Bryn Bach RC	26	18	3'31"/km	00:45:28		
27	00:45:31	11	Martin	Norton	Male	Male Senior	Finished	Lliswerry Runners	27	19	3'32"/km	00:45:31		
28	00:45:34	52	Andrew	Reynolds	Male	Male Vet 40	Finished	Pontypridd Roadents AC	28	5	3'32"/km	00:45:33		
29	00:45:37	51	Peter	Morton	Male	Male Senior	Finished	Weston AC	29	20	3'32"/km	00:45:37		
30	00:45:41	10	Martin	Johns	Male	Male Senior	Finished	Lliswerry Runners	30	21	3'32"/km	00:45:41		
31	00:45:48	74	Alaw	Evans	Female	Female Senior	Finished	Les Croupiers RC	1	1	3'33"/km	00:45:46		
32	00:45:56	15	Jon	Belcher	Male	Male Vet 45	Finished	Lliswerry Runners	31	2	3'34"/km	00:45:56		
33	00:46:25	950	Matthew	Davies	Male	Male Senior	Finished		32	22	3'36"/km	00:46:25		
34	00:46:47	80	Gareth	Medd	Male	Male Senior	Finished	Pontypridd Roadents AC	33	23	3'38"/km	00:46:47		
35	00:46:48	12	Jack	Rowland	Male	Male Senior	Finished	Lliswerry Runners	34	24	3'38"/km	00:46:48		
36	00:46:50	106	Steve	Holloway	Male	Male Senior	Finished	Ogmore Phoenix Runners	35	25	3'38"/km	00:46:49		
37	00:46:53	103	Darragh	Hanley-crofts	Male	Male Senior	Finished	Les Croupiers RC	36	26	3'38"/km	00:46:52		
38	00:46:55	63	Doug	Nicholls	Male	Male Vet 40	Finished	Pontypridd Roadents AC	37	6	3'38"/km	00:46:55		
39	00:47:02	65	James	Bull	Male	Male Senior	Finished	CDF Runners	38	27	3'39"/km	00:47:00		
40	00:47:03	75	Arwel	Evans	Male	Male Senior	Finished	Les Croupiers RC	39	28	3'39"/km	00:47:03		
41	00:47:12	59	Kyle	Blackmore	Male	Male Senior	Finished	Ogmore Phoenix	40	29	3'40"/km	00:47:11		
42	00:47:14	115	Gavin	Patterson	Male	Male Vet 40	Finished	Parc Bryn Bach RC	41	7	3'40"/km	00:47:14		
43	00:47:17	98	Michael	Darke	Male	Male Vet 40	Finished	CDF Runners	42	8	3'40"/km	00:47:14		
44	00:47:28	58	Megan	Williams	Female	Female Senior	Finished	Aberdare Valley AAC	2	2	3'41"/km	00:47:27		
45	00:47:40	16	Toby	Jones	Male	Male Vet 40	Finished	Lliswerry Runners	43	9	3'42"/km	00:47:40		
46	00:47:50	37	Jonathan	Bonville-ginn	Male	Male Senior	Finished	CDF Runners	44	30	3'42"/km	00:47:48		
47	00:47:54	73	Charlie	Bleasdale	Male	Male Senior	Finished	Pontypridd Roadents AC	45	31	3'43"/km	00:47:52		
48	00:47:59	25	Symon	Murphy	Male	Male Vet 40	Finished	Pontypridd Roadents AC	46	10	3'43"/km	00:47:54		
49	00:48:04	61	Nathan	Christoforato	Male	Male Vet 40	Finished	Les Croupiers RC	47	11	3'44"/km	00:48:01		
50	00:48:05	62	Paul	Francis	Male	Male Vet 50	Finished	Les Croupiers RC	48	3	3'44"/km	00:48:02		
51	00:48:07	190	Tom	Wade	Male	Male Senior	Finished	Parc Bryn Bach RC	49	32	3'44"/km	00:48:00		
52	00:48:17	186	Gabrielius	Stukous	Male	Male Senior	Finished	Swansea Harriers AC	50	33	3'45"/km	00:48:17		
53	00:48:19	55	Olivia	Tsim	Female	Female Senior	Finished	Pontypridd Roadents AC	3	3	3'45"/km	00:48:08		
54	00:48:24	76	Mark	Furnish	Male	Male Senior	Finished	San Domenico Road RC	51	34	3'45"/km	00:48:19		
55	00:48:28	67	Gethin	Edwards	Male	Male Vet 45	Finished	Pontypridd Roadents AC	52	3	3'45"/km	00:48:26		
56	00:48:30	57	Ricci	Watts	Male	Male Senior	Finished	Pontypool	53	35	3'46"/km	00:48:19		
57	00:48:31	100	Emily	Fell	Female	Female Senior	Finished	CDF Runners	4	4	3'46"/km	00:48:29		
58	00:48:34	121	Ryan	Worlock-morgan	Male	Male Senior	Finished	Parc Bryn Bach RC	54	36	3'46"/km	00:48:28		
59	00:48:36	176	Matthew	Marshall	Male	Male Vet 40	Finished	Southville RC	55	12	3'46"/km	00:48:35		
60	00:48:37	87	Daniel	Evans	Male	Male Vet 40	Finished	Parc Bryn Bach RC	56	13	3'46"/km	00:48:32		
61	00:48:42	78	Jamie	Lewis	Male	Male Senior	Finished	Port Talbot Harriers	57	37	3'47"/km	00:48:40		
62	00:48:47	69	Craig	Hopkins	Male	Male Vet 45	Finished		58	4	3'47"/km	00:48:36		
63	00:48:58	114	Tom	Newman	Male	Male Vet 45	Finished	Caerleon Running Club	59	5	3'48"/km	00:48:48		
64	00:49:14	81	Ryan	Pugsley	Male	Male Senior	Finished	Les Croupiers RC	60	38	3'49"/km	00:49:10		
65	00:49:17	682	Huw	Hudson	Male	Male Senior	Finished		61	39	3'49"/km	00:47:58		
66	00:49:22	104	Ryan	Hartley	Male	Male Vet 45	Finished	Penarth and Dinas Runners	62	6	3'50"/km	00:49:19		
67	00:49:24	19	Antoinette	Rose	Female	Female Senior	Finished	Lliswerry Runners	5	5	3'50"/km	00:49:24		
68	00:49:30	42	Dan	Nurse	Male	Male Vet 40	Finished	Severn AC	63	14	3'50"/km	00:49:21		
69	00:49:30	126	Philip	Williams	Male	Male Vet 45	Finished	Pontypridd Roadents AC	64	7	3'50"/km	00:49:23		
70	00:49:39	84	Scott	Wheeler	Male	Male Vet 50	Finished	Pontypridd Roadents AC	65	4	3'51"/km	00:49:34		
71	00:49:44	120	Harry	Woodward	Male	Male Senior	Finished	Caldicot Running Club	66	40	3'51"/km	00:49:39		
72	00:49:46	139	David	Thorpe	Male	Male Vet 40	Finished	Southville RC	67	15	3'51"/km	00:49:44		
73	00:49:50	129	Liam	Coleman	Male	Male Senior	Finished	Southville RC	68	41	3'52"/km	00:49:49		
74	00:49:53	86	Chris	Cogan-howe	Male	Male Senior	Finished	Albany Road Run Club	69	42	3'52"/km	00:49:49		
75	00:49:54	97	Jonathan	Carter	Male	Male Vet 55	Finished	Chepstow Harriers	70	2	3'52"/km	00:49:54		
76	00:49:56	108	Nynke	Kuiper	Female	Female Senior	Finished		6	6	3'52"/km	00:49:53		
77	00:50:19	70	Niki	Puleio	Male	Male Vet 45	Finished	CDF Runners	71	8	3'54"/km	00:50:17		
78	00:50:25	123	Clare	Patterson	Female	Female Vet 40	Finished	Ogmore Phoenix	72	1	3'55"/km	00:50:25		
79	00:50:28	243	Andy	Pearce	Male	Male Vet 55	Finished	Parc Bryn Bach RC	73	3	3'55"/km	00:50:26		
80	00:50:32	183	Bobby	Ruffles	Male	Male Senior	Finished	Penarth and Dinas Runners	74	43	3'55"/km	00:50:20		
81	00:50:36	107	Dean	Johnson	Male	Male Senior	Finished	Griffithstown Harriers	75	44	3'55"/km	00:50:33		
82	00:50:41	18	Emma	Wookey	Female	Female Senior	Finished	Newport Harriers	76	8	3'56"/km	00:50:41		
83	00:50:47	17	Gemma	Jones	Female	Female Vet 35	Finished	Lliswerry Runners	77	7	3'56"/km	00:50:47		
84	00:50:53	96	Allen	Cameron	Male	Male Vet 45	Finished	Lliswerry Runners	78	9	3'57"/km	00:50:49		
85	00:50:55	94	Jonathan	Anstee	Male	Male Senior	Finished	CDF Runners	79	45	3'57"/km	00:50:51		
86	00:51:01	88	Laurence	Pole	Male	Male Vet 45	Finished	Pontypridd Roadents AC	80	10	3'57"/km	00:50:56		
87	00:51:03	119	Roddy	Stark	Male	Male Senior	Finished	CDF Runners	81	46	3'57"/km	00:51:00		
88	00:51:03	128	Charlie	Bendall	Male	Male Senior	Finished	Chepstow Harriers	79	47	3'57"/km	00:51:01		
89	00:51:09	154	Jim	Murray	Male	Male Vet 50	Finished	Pontypridd Roadents AC	80	5	3'58"/km	00:51:03		
90	00:51:10	41	Lee	Jones	Male	Male Vet 40	Finished	Micky Morris Racing Team	81	16	3'58"/km			

91	00:51:20	285	Ryan	Bunce	Male	Male Senior	Finished	Brackla Harriers	82	48	3'59"/km	00:51:04
92	00:51:29	95	Robert	Borley	Male	Male Vet 40	Finished	San Domenico Road RC	83	17	3'59"/km	00:51:24
93	00:51:36	79	Michael	Marsh	Male	Male Senior	Finished	Micky Morris Racing Team	84	49	4'00"/km	00:51:28
94	00:51:37	117	Shane	Roberts	Male	Male Vet 45	Finished	Griffithstown Harriers	85	11	4'00"/km	00:51:25
95	00:52:01	23	Laura	Davies	Female	Female Vet 35	Finished	Lliswerry Runners	10	2	4'02"/km	00:52:00
96	00:52:10	171	Wayne	Humphreys	Male	Male Vet 45	Finished	Les Croupiers RC	86	12	4'03"/km	00:52:03
97	00:52:13	177	Paul	Mason	Male	Male Vet 40	Finished	Griffithstown Harriers	87	18	4'03"/km	00:52:01
98	00:52:14	181	Matt	Regan	Male	Male Vet 40	Finished	Pontypridd Roadents AC	88	19	4'03"/km	00:52:07
99	00:52:16	109	Mike	Mansfield	Male	Male Vet 50	Finished	Gloucester AC	89	6	4'03"/km	00:52:07
100	00:52:18	141	George	Walker	Male	Male Vet 60	Finished	CDF Runners	90	1	4'03"/km	00:52:09
101	00:52:18	206	Kristie	O'Connell James	Female	Female Senior	Finished	Pontypridd Roadents AC	11	8	4'03"/km	00:52:11
102	00:52:24	162	Paul	Dodd	Male	Male Vet 65	Finished	Chepstow Harriers	91	1	4'04"/km	00:52:22
103	00:52:31	142	Matthew	Colley	Male	Male Senior	Finished	Cardiff triathletes	92	50	4'04"/km	00:52:20
104	00:52:35	184	Luc	Shide	Male	Male Senior	Finished	Caerphilly Runners	93	51	4'05"/km	00:52:31
105	00:52:38	124	Matthew	Pryor	Male	Male Vet 45	Finished	Les Croupiers RC	94	13	4'05"/km	00:52:31
106	00:52:44	116	Gareth	Richards	Male	Male Vet 50	Finished	Ogmore Phoenix Runners	95	7	4'05"/km	00:52:34
107	00:52:46	153	Nicola	Jukes	Female	Female Vet 50	Finished	Parc Bryn Bach RC	12	1	4'05"/km	00:52:45
108	00:52:54	136	Gethin	Powell	Male	Male Vet 40	Finished	Pontypridd Roadents AC	96	20	4'06"/km	00:52:51
109	00:52:55	148	Rachel	Brenton	Female	Female Senior	Finished	Caerleon Running Club	13	9	4'06"/km	00:52:45
110	00:52:56	187	Shaun	Styles	Male	Male Senior	Finished	Griffithstown Harriers	97	52	4'06"/km	00:52:44
111	00:52:59	145	Richard	Pegler	Male	Male Vet 50	Finished	Merthyr Running Club	98	8	4'06"/km	00:52:55
112	00:53:02	137	Sean	Sanders	Male	Male Vet 55	Finished	Penarath and Dinas Runners	99	4	4'07"/km	00:52:53
113	00:53:04	175	Kit	Lambert	Male	Male Vet 40	Finished	Penarath and Dinas Runners	100	21	4'07"/km	00:52:58
114	00:53:12	131	Ross	Flanigan	Male	Male Vet 55	Finished	Griffithstown Harriers	101	5	4'07"/km	00:53:07
115	00:53:14	409	Brian	Jones	Male	Male Vet 45	Finished	Pontypridd Roadents AC	102	14	4'08"/km	00:53:00
116	00:53:14	83	Josie	Wheeler	Female	Female Senior	Finished	Parc Bryn Bach RC	14	10	4'08"/km	00:53:10
117	00:53:16	151	Steven	Duggan	Male	Male Vet 40	Finished	Caldicot Running Club	103	22	4'08"/km	00:53:09
118	00:53:24	239	Alex	Lyne	Male	Male Vet 40	Finished	Pontypridd Roadents AC	104	23	4'08"/km	00:53:05
119	00:53:29	205	Liz	May	Female	Female Vet 45	Finished	Les Croupiers RC	15	1	4'09"/km	00:53:25
120	00:53:36	356	Laura	Jones	Female	Female Vet 40	Finished	Merthyr Running Club	16	2	4'09"/km	00:53:29
121	00:53:40	22	Sally	Hall	Female	Female Vet 35	Finished	Chepstow Harriers	17	3	4'10"/km	00:53:38
122	00:53:41	144	Niki	Morgan	Female	Female Vet 55	Finished	Pontypridd Roadents AC	18	1	4'10"/km	00:53:38
123	00:53:44	165	David	Ferns	Male	Male Senior	Finished	Great Western Runners	105	53	4'10"/km	00:53:36
124	00:53:45	346	Alice	Doggrell	Female	Female Vet 40	Finished	Pontypridd Roadents AC	19	3	4'10"/km	00:53:31
125	00:53:50	92	Piks	Anderson	Male	Male Senior	Finished	Les Croupiers RC	106	54	4'10"/km	00:53:47
126	00:53:53	110	Sean	Martin	Male	Male Senior	Finished	Pontypridd Roadents AC	107	55	4'11"/km	00:53:42
127	00:53:53	592	Simon	Hegarty	Male	Male Vet 45	Finished	Pontypridd Roadents AC	108	15	4'11"/km	00:53:12
128	00:53:57	66	Ryan	Cullen	Male	Male Senior	Finished	Penarath and Dinas Runners	109	56	4'11"/km	00:53:46
129	00:54:13	178	Bryan	Meredith	Male	Male Vet 60	Finished	Rhondda Valley Runners	110	2	4'12"/km	00:54:01
130	00:54:17	203	Matthew	Gwenter	Male	Male Vet 40	Finished	Penarath and Dinas Runners	111	24	4'13"/km	00:54:12
131	00:54:23	223	Alexander	Price	Male	Male Vet 40	Finished	Sarn Helen	112	25	4'13"/km	00:54:10
132	00:54:24	161	Stephanie	Davies	Female	Female Senior	Finished	Pontypridd Roadents AC	20	11	4'13"/km	00:54:16
133	00:54:27	292	Matthew	Chard	Male	Male Vet 40	Finished	113	26	4'13"/km	00:54:08	
134	00:54:38	146	Anthony	Waddington	Male	Male Vet 50	Finished	Northern Endurnace	114	9	4'14"/km	00:54:30
135	00:54:43	143	Emma	Edwards	Female	Female Vet 40	Finished	Caerphilly Runners	21	4	4'15"/km	00:54:39
136	00:54:46	164	Mike	Evans	Male	Male Vet 55	Finished	Les Croupiers RC	115	6	4'15"/km	00:54:39
137	00:54:52	93	Ben	Andrews	Male	Male Vet 45	Finished	Caerleon Running Club	116	16	4'15"/km	00:54:43
138	00:54:55	215	Lowenna	Taylor	Female	Female Vet 35	Finished	117	57	4'16"/km	00:54:46	
139	00:54:58	168	Marc	Gunter	Male	Male Senior	Finished	CDF Runners	118	27	4'16"/km	00:54:48
140	00:55:00	279	Jesse	Andrews	Male	Male Vet 40	Finished	119	28	4'16"/km	00:54:46	
141	00:55:02	323	Matthew	Pearce	Male	Male Vet 40	Finished	Pontypridd Roadents AC	120	31	4'17"/km	00:54:45
142	00:55:11	232	Justine	Dawkins	Female	Female Vet 50	Finished	Cornelny Striders	23	2	4'17"/km	00:54:51
143	00:55:12	140	Marc	Wachter	Male	Male Vet 40	Finished	Caldicot Running Club	120	29	4'17"/km	00:55:06
144	00:55:12	217	James	White	Male	Male Vet 50	Finished	San Domenico Road RC	121	10	4'17"/km	00:55:03
145	00:55:17	156	Will	Barrett	Male	Male Vet 40	Finished	122	30	4'17"/km	00:55:13	
146	00:55:17	118	Andrew	Smith	Male	Male Vet 40	Finished	Pont-y-pwl & District Runners	123	31	4'17"/km	00:55:04
147	00:55:24	122	Jeff	Cox	Male	Male Vet 60	Finished	Les Croupiers RC	124	3	4'18"/km	00:55:21
148	00:55:28	134	John	Light	Male	Male Vet 45	Finished	San Domenico Road RC	125	17	4'18"/km	00:55:20
149	00:55:32	227	Catherine	Barker	Female	Female Vet 45	Finished	Penarath and Dinas Runners	24	2	4'18"/km	00:55:25
150	00:55:39	24	Rachel	Bowen	Female	Female Vet 45	Finished	Lliswerry Runners	25	3	4'19"/km	00:55:30
151	00:55:46	219	Daniel	Davies	Male	Male Senior	Finished	Caerphilly Runners	126	58	4'19"/km	00:55:43
152	00:55:48	211	Neil	Profit	Male	Male Vet 40	Finished	Islwyn RC	127	32	4'20"/km	00:55:40
153	00:55:49	268	Sean	Parry	Male	Male Vet 40	Finished	Cornelny Striders	128	33	4'20"/km	00:55:29
154	00:55:50	210	Catherine	Powell	Female	Female Vet 45	Finished	Pontypridd Roadents AC	26	4	4'20"/km	00:55:39
155	00:55:52	150	Lee	Davies	Male	Male Senior	Finished	129	59	4'20"/km	00:55:42	
156	00:56:05	326	Vicky	Roberts	Female	Female Vet 35	Finished	Spirit of Monmouth	27	5	4'21"/km	00:55:52
157	00:56:06	216	Gary	Webber	Male	Male Vet 55	Finished	Rhondda Valley Runners	130	7	4'21"/km	00:55:55
158	00:56:07	244	Kim	Price	Female	Female Vet 40	Finished	Parc Bryn Bach RC	28	5	4'21"/km	00:55:33
159	00:56:08	174	Andrew	Kielthy	Male	Male Vet 45	Finished	131	18	4'21"/km	00:56:02	
160	00:56:08	170	Philip	Hodge	Male	Male Vet 55	Finished	Les Croupiers RC	132	8	4'21"/km	00:56:03
161	00:56:09	194	Hannah	Wright	Female	Female Vet 35	Finished	Reading AC	29	6	4'21"/km	00:56:00
162	00:56:10	138	John	Seaward	Male	Male Senior	Finished	Caerphilly Runners	133	60	4'21"/km	00:56:07
163	00:56:10	468	Tomas	Cox	Male	Male Senior	Finished	CDF Runners	134	61	4'21"/km	00:55:32
164	00:56:13	246	Emily	Sams	Female	Female Senior	Finished	Caerphilly Runners	30	12	4'22"/km	00:56:10
165	00:56:13	304	Jamie	Goddard	Male	Male Vet 50	Finished	Chepstow Harriers	135	11	4'22"/km	00:55:59
166	00:56:16	192	Delyth	Williams	Female	Female Vet 35	Finished	San Domenico Road RC	31	7	4'22"/km	00:56:11
167	00:56:21	169	Wayne	Hayhurst	Male	Male Vet 45	Finished	Ogmore Phoenix Runners	136	19	4'22"/km	00:56:11
168	00:56:30	172	Rhyddian	John	Male	Male Vet 45	Finished	Pontyclun Road Runners	137	20	4'23"/km	00:56:27
169	00:56:38	91	Matthew	Aherne	Male	Male Vet 45	Finished	Pontyclun Roadrunners	138	21	4'23"/km	00:56:34
170	00:56:40	180	Vincent	Nazareth	Male	Male Vet 60	Finished	Les Croupiers RC	139	4	4'24"/km	00:56:34
171	00:56:41	21	Angela	Potter	Female	Female Vet 55	Finished	Lliswerry Runners	32	2	4'24"/km	00:56:34
172	00:56:49	102	Craig	Fowler	Male	Male Vet 55	Finished	Pontypridd Roadents AC	140	9	4'24"/km	00:56:41
173	00:56:53	213	Kaarina	Ruta	Female	Female Vet 35	Finished	Penarath and Dinas Runners	33	8	4'25"/km	00:56:44
174	00:57:03	275	Anna	Williams	Female	Female Vet 35	Finished	Caerphilly Runners	34	9	4'25"/km	00:56:47
175	00:57:08	82	Andrew	Stamp	Male	Male Vet 50	Finished	Griffithstown Harriers	141	12	4'26"/km	00:56:54
176	00:57:20	228	David	Brown	Male	Male Vet 50	Finished	142	13	4'27"/km	00:57:18	
177	00:57:24	149	Bethan	Butler-madden	Female	Female Vet 35	Finished	Pontypridd Roadents AC	35	10	4'27"/km	00:57:13
178	00:57:27	193	Ian	Williams	Male	Male Vet 45	Finished	Pontypridd Roadents AC	143	22	4'27"/km	00:57:21
179	00:57:36	388	David	Casado	Male	Male Vet 40	Finished	Pegasus RC	144	34	4'28"/km	00:57:20
180	00:57:38	269	Jon	Portelli	Male	Male Senior	Finished	White Rock Runners	145	62	4'28"/km	00:57:16
181	00:57:41	526	Scott	Place	Male	Male Senior	Finished	CDF Runners	146	63	4'28"/km	00:57:05

182	00:57:47	152	Ben	Gooding	Male	Male Vet 40	Finished	Pegasus RC	147	35	4'29"/km	00:57:35
183	00:57:50	166	Anna	Gilfedder	Female	Female Senior	Finished		36	13	4'29"/km	00:57:43
184	00:57:51	167	Carole	Goddard	Female	Female Vet 50	Finished	Les Croupiers RC	37	3	4'29"/km	00:57:44
185	00:57:52	391	Kate	Cleary	Female	Female Vet 35	Finished	Southville RC	38	11	4'29"/km	00:57:35
186	00:57:54	20	Tracey	Arthur	Female	Female Vet 40	Finished	Lliswerry Runners	39	6	4'29"/km	00:57:51
187	00:58:04	238	Leon	Jim	Male	Male Senior	Finished	Pontypridd Roadents AC	148	64	4'30"/km	00:57:44
188	00:58:09	265	Adam	Johnson	Male	Male Senior	Finished	CDF Runners	149	65	4'31"/km	00:57:54
189	00:58:14	259	Kevin	Dupe	Male	Male Vet 55	Finished	Vegan Runners UK	150	10	4'31"/km	00:57:56
190	00:58:17	316	Elinor	Keetch	Female	Female Vet 40	Finished	Pontypridd Roadents AC	40	7	4'31"/km	00:58:05
191	00:58:26	286	Martin	Bussell	Male	Male Vet 55	Finished		151	11	4'32"/km	00:58:04
192	00:58:27	179	Louise	Mordue	Female	Female Vet 45	Finished	Porthcawl Runners	41	5	4'32"/km	00:58:19
193	00:58:28	159	Michael	Clayden	Male	Male Senior	Finished		152	66	4'32"/km	00:58:19
194	00:58:28	784	David	Bowers	Male	Male Vet 50	Finished		153	14	4'32"/km	00:58:02
195	00:58:30	247	Pablo	Sanz Garcia	Male	Male Vet 40	Finished	Penarth and Dinas Runners	154	36	4'32"/km	00:58:10
196	00:58:33	157	Mike	Bessel	Male	Male Vet 40	Finished	White Rock Runners	155	37	4'32"/km	00:58:21
197	00:58:37	311	Jack	Hocking	Male	Male Senior	Finished	CDF Runners	156	67	4'33"/km	00:58:22
198	00:58:37	224	Leonie	Roberts	Female	Female Vet 45	Finished	Fairwater Runners Cwmbran	42	6	4'33"/km	00:58:31
199	00:58:43	202	Mark	Griffiths	Male	Male Vet 50	Finished	Rhondda Valley Runners	157	15	4'33"/km	00:58:30
200	00:58:45	218	Neil	Williams	Male	Male Vet 45	Finished	Caerphilly Runners	158	23	4'33"/km	00:58:30
201	00:58:46	420	Hannah	Pain	Female	Female Senior	Finished		43	14	4'33"/km	00:58:31
202	00:58:47	424	Laura	Watkins	Female	Female Vet 35	Finished	Pontyclun Road Runners	44	12	4'33"/km	00:58:24
203	00:58:47	294	Huw	Davies	Male	Male Senior	Finished	Pontypridd Roadents AC	159	68	4'34"/km	00:58:27
204	00:58:49	195	Ian	Bell	Male	Male Vet 60	Finished	San Domenico Road RC	160	5	4'34"/km	00:58:40
205	00:58:50	807	Dylan	Jones	Male	Male Vet 45	Finished	Aberdare Valley AAC	161	24	4'34"/km	00:57:28
206	00:58:52	330	Stephen	Smith	Male	Male Vet 45	Finished	Fairwater Runners Cwmbran	162	25	4'34"/km	00:58:20
207	00:58:53	209	Megan	Poulson	Female	Female Senior	Finished	San Domenico Road RC	45	15	4'34"/km	00:58:44
208	00:59:08	222	Nicholas	Morgan	Male	Male Vet 40	Finished	Penarth and Dinas Runners	163	38	4'35"/km	00:59:02
209	00:59:09	242	Melissa	Morgan	Female	Female Vet 40	Finished	Islwyn RC	46	8	4'35"/km	00:58:49
210	00:59:11	254	Simon	Cartlidge	Male	Male Vet 50	Finished	San Domenico Road RC	164	16	4'35"/km	00:59:02
211	00:59:13	290	Kay	Chapman	Female	Female Vet 55	Finished	Les Croupiers RC	47	3	4'36"/km	00:58:56
212	00:59:16	724	Avisa	Talemi	Female	Female Vet 40	Finished	Caerleon Running Club	48	9	4'36"/km	00:58:40
213	00:59:20	621	Nathan	Potter	Male	Male Senior	Finished		165	69	4'36"/km	00:58:54
214	00:59:22	204	Charlotte	Healy	Female	Female Vet 35	Finished	Griffithstown Harriers	49	13	4'36"/km	00:59:13
215	00:59:23	462	Natalie	Burchell	Female	Female Vet 35	Finished	Griffithstown Harriers	50	14	4'36"/km	00:59:13
216	00:59:25	614	Andrew	Oliver	Male	Male Vet 55	Finished	Chepstow Harriers	166	12	4'36"/km	00:58:45
217	00:59:33	289	Paul	Chamberlain	Male	Male Vet 45	Finished	Pontyclun Road Runners	167	26	4'37"/km	00:59:11
218	00:59:37	230	John	Carroll	Male	Male Vet 55	Finished	Pontypridd Roadents AC	168	13	4'37"/km	00:59:28
219	00:59:46	248	Alex	Tovey	Male	Male Vet 50	Finished	Run4All Neath	169	17	4'38"/km	00:59:22
220	00:59:48	365	Ben	Chard	Male	Male Senior	Finished	Griffithstown Harriers	170	70	4'38"/km	00:59:32
221	00:59:50	263	Steve	Jackson	Male	Male Vet 55	Finished		171	14	4'38"/km	00:59:22
222	00:59:50	373	Jan	Morris	Female	Female Vet 55	Finished	Chepstow Harriers	51	4	4'38"/km	00:59:35
223	00:59:52	357	Neil	Pearson	Male	Male Vet 55	Finished	Caldicot Running Club	172	15	4'39"/km	00:59:24
224	00:59:56	264	Richard	Jenkins	Male	Male Vet 50	Finished		173	18	4'39"/km	00:59:20
225	00:59:57	379	Steven	Barker	Male	Male Vet 50	Finished	Penarth and Dinas Runners	174	19	4'39"/km	00:59:39
226	00:59:57	363	Matthew	Bunce	Male	Male Vet 50	Finished	Brackla Harriers	175	20	4'39"/km	00:59:34
227	00:59:58	220	Naomi	Davies	Female	Female Senior	Finished	Caerphilly runners	52	16	4'39"/km	00:59:42
228	00:59:59	277	Sara	Williams	Female	Female Vet 45	Finished	Caerphilly runners	53	7	4'39"/km	00:59:43
229	01:00:01	648	Frank	Atherton	Male	Male Vet 60	Finished	Penarth and Dinas Runners	176	6	4'39"/km	00:59:43
230	01:00:01	189	Michelle	Taylor	Female	Female Vet 35	Finished	Les Croupiers RC	54	15	4'39"/km	00:59:55
231	01:00:04	291	Paul	Chapman	Male	Male Vet 55	Finished	Les Croupiers RC	177	16	4'40"/km	00:59:46
232	01:00:17	251	Julia	Bajada	Female	Female Vet 50	Finished	Chepstow Harriers	55	4	4'40"/km	01:00:03
233	01:00:17	225	Jane	Sheldon	Female	Female Vet 50	Finished	Penarth and Dinas Runners	56	5	4'41"/km	01:00:08
234	01:00:19	273	Katy	Thomas	Female	Female Vet 40	Finished	Pontyclun Road Runners	57	10	4'41"/km	01:00:02
235	01:00:25	306	Christopher	Grant	Male	Male Vet 65	Finished	Caerphilly Runners	178	2	4'41"/km	01:00:08
236	01:00:30	491	Lucy	Green	Female	Female Senior	Finished	San Domenico Road RC	58	17	4'41"/km	00:59:54
237	01:00:30	389	Darren	Chapple	Male	Male Vet 45	Finished	Run4All Neath	179	27	4'42"/km	01:00:07
238	01:00:36	276	Paul	Williams	Male	Male Vet 45	Finished	She Runs Cardiff	180	28	4'42"/km	01:00:07
239	01:00:36	321	Hugh	Mackenzie	Male	Male Senior	Finished	Pontyclun Road Runners	181	71	4'42"/km	01:00:14
240	01:00:38	200	Michael	Ewins	Male	Male Vet 40	Finished	Caldicot Running Club	182	39	4'42"/km	01:00:10
241	01:00:39	241	Owen	Monk	Male	Male Senior	Finished	Caldicot Running Club	183	72	4'42"/km	01:00:12
242	01:00:41	320	Emily	Laing	Female	Female Senior	Finished	Caerleon Running Club	59	18	4'42"/km	01:00:19
243	01:00:42	319	Christian	Laing	Male	Male Senior	Finished		184	73	4'42"/km	01:00:21
244	01:00:44	287	Gideon	Calder	Male	Male Vet 50	Finished	Penarth and Dinas Runners	185	21	4'43"/km	01:00:25
245	01:00:46	255	Sam	Clarkstone	Female	Female Vet 35	Finished	Pontypridd Roadents AC	60	16	4'43"/km	01:00:26
246	01:00:48	295	Kris	Denholm	Male	Male Vet 55	Finished	Ogmore Phoenix Runners	186	17	4'43"/km	01:00:25
247	01:00:52	536	Gareth	Thomas	Male	Male Senior	Finished	Merthyr Triathlon Club	187	74	4'43"/km	00:59:57
248	01:00:52	256	Penny	Coyle	Female	Female Vet 45	Finished	Les Croupiers RC	61	8	4'43"/km	01:00:31
249	01:00:56	711	Steven	Perks	Male	Male Vet 60	Finished	Run4All Neath	188	7	4'43"/km	01:00:21
250	01:01:04	250	James	Ashley	Male	Male Vet 45	Finished	Parc Bryn Bach RC	189	29	4'44"/km	01:00:33
251	01:01:06	260	Brian	Francis	Male	Male Vet 60	Finished	Forest of Dean AC	190	8	4'44"/km	01:00:36
252	01:01:06	258	John	Dunne	Male	Male Senior	Finished	Pontypridd Roadents AC	191	75	4'44"/km	01:00:46
253	01:01:07	376	Rowena	White	Female	Female Vet 50	Finished	San Domenico Road RC	62	6	4'44"/km	01:00:47
254	01:01:07	240	Peter	Mcdonald	Male	Male Senior	Finished	Penarth and Dinas Runners	192	76	4'44"/km	01:00:46
255	01:01:08	163	Hywel	Edwards	Male	Male Vet 50	Finished	San Domenico Road RC	193	22	4'44"/km	01:01:00
256	01:01:11	201	Michelle	Gooch	Female	Female Vet 55	Finished	Pont-y-pwl & District Runners	63	5	4'45"/km	01:01:07
257	01:01:16	385	Carly	Bunston	Female	Female Senior	Finished	Islwyn RC	64	19	4'45"/km	01:00:54
258	01:01:26	408	Ben	James	Male	Male Vet 40	Finished	CDF Runners	194	40	4'46"/km	01:01:11
259	01:01:33	342	Christopher	Seal	Male	Male Senior	Finished	Penarth and Dinas Runners	195	77	4'46"/km	01:01:15
260	01:01:37	552	Andrew	Milne	Male	Male Vet 60	Finished		196	9	4'47"/km	01:00:55
261	01:01:44	288	Steve	Chadwell	Male	Male Vet 50	Finished	Les Croupiers RC	197	23	4'47"/km	01:01:26
262	01:01:52	348	Jonathan	Gough	Male	Male Vet 45	Finished	Clwb Run Wales	198	30	4'48"/km	01:01:18
263	01:01:57	261	Chris	Gough	Male	Male Vet 40	Finished	Clwb Run Wales	199	41	4'48"/km	01:01:23
264	01:02:00	353	Ahmed	Sida	Male	Male Senior	Finished	CDF Runners	200	78	4'48"/km	01:01:43
265	01:02:01	404	Charlotte	Holland Wright	Female	Female Vet 35	Finished	Griffithstown Harriers	65	17	4'49"/km	01:01:44
266	01:02:04	334	Robert	Type	Male	Male Vet 50	Finished		201	24	4'49"/km	01:01:43
267	01:02:08	333	Paul	Timms	Male	Male Vet 60	Finished	Cirencester AC	202	10	4'49"/km	01:01:36
268	01:02:18	198	Keith	Coleman	Male	Male Vet 55	Finished	Ogmore Phoenix Runners	203	18	4'50"/km	01:02:06
269	01:02:19	335	Tom	Verheyden	Male	Male Senior	Finished		204	79	4'50"/km	01:01:46
270	01:02:31	313	Anna	Hurley	Female	Female Vet 45	Finished	Cornelly Striders	66	9	4'51"/km	01:02:12
271	01:02:34	185	Andrew	Spencer	Male	Male Vet 60	Finished	Griffithstown Harriers	205	11	4'51"/km	01:02:34
272	01:02:38	252	Stuart	Ball	Male	Male Senior	Finished	Fairwater Runners Cwmbran	206	80	4'51"/km	01:02:07

273	01:02:42	199	Amy	Edwards	Female	Female Vet 40	Finished	Rhondda Valley Runners	67	11	4'52"/km	01:02:29
274	01:02:46	386	Michael	Bunston	Male	Male Vet 55	Finished	Islwyn RC	207	19	4'52"/km	01:02:25
275	01:02:47	343	Paula	Allen	Female	Female Vet 45	Finished	Les Croupiers RC	68	10	4'52"/km	01:02:30
276	01:02:50	282	Catharine	Bleasdale	Female	Female Vet 55	Finished	Amman Valley Harriers	69	6	4'52"/km	01:02:18
277	01:03:00	366	Fiona	Davies	Female	Female Vet 65	Finished	Pontypridd Roadents AC	70	1	4'53"/km	01:02:40
278	01:03:03	403	Rhys	Heal	Male	Male Senior	Finished	Fat Baby Run Club	208	81	4'53"/km	01:02:43
279	01:03:04	618	Jack	Phillips	Male	Male Senior	Finished	Southville RC	209	82	4'53"/km	01:02:01
280	01:03:04	666	Rachel	Dicker	Female	Female Vet 35	Finished	Pontypridd Roadents AC	71	18	4'54"/km	01:02:04
281	01:03:22	359	Hywel	Williams	Male	Male Vet 40	Finished	Caerphilly Runners	210	42	4'55"/km	01:02:54
282	01:03:26	530	Freya	Shearman	Female	Female Senior	Finished	Southville RC	72	20	4'55"/km	01:02:40
283	01:03:37	498	Kevin	Howells	Male	Male Vet 40	Finished	Caerleon Running Club	211	43	4'56"/km	01:02:43
284	01:03:41	245	Maria	Richards	Female	Female Vet 50	Finished	Pont-y-pwl & District Runners	73	7	4'56"/km	01:03:30
285	01:03:57	513	Kayleigh	Michael	Female	Female Senior	Finished	Pontyclun Road Runners	74	21	4'58"/km	01:02:57
286	01:03:58	296	Clive	Denton	Male	Male Vet 55	Finished	Rhondda Valley Runners	212	20	4'58"/km	01:03:45
287	01:04:00	377	Kate	Aitchison	Female	Female Vet 35	Finished	Keep er lit	75	19	4'58"/km	01:03:33
288	01:04:05	844	Cheryl	Cardwell	Female	Female Vet 50	Finished	Caerphilly Runners	215	25	4'59"/km	01:03:49
289	01:04:08	426	Marc	Williams	Male	Male Senior	Finished	Pontypridd Roadents AC	216	12	5'00"/km	01:04:02
290	01:04:13	262	Geraint	Heath	Male	Male Vet 45	Finished	White Rock Runners	217	32	5'00"/km	01:03:51
291	01:04:17	307	Richard	Haggerty	Male	Male Vet 50	Finished	Pegasus RC	77	11	5'00"/km	01:03:58
292	01:04:23	257	Andrew	Davies	Male	Male Vet 60	Finished	Aberdare Valley AAC	218	33	5'00"/km	01:03:57
293	01:04:26	339	Andrew	Williamson	Male	Male Vet 45	Finished	BRF Running Club	78	7	5'00"/km	01:03:54
294	01:04:26	362	Emma	Bissex	Female	Female Vet 45	Finished	Chepstow Harriers	219	1	5'00"/km	01:04:23
295	01:04:27	423	Kenneth	Speirs	Male	Male Vet 45	Finished	Pontyclun Road Runners	79	34	5'01"/km	01:04:07
296	01:04:27	274	Debbie	Warburton	Female	Female Vet 55	Finished	Caerphilly Runners	220	44	5'01"/km	01:04:13
297	01:04:34	207	Stephen	Owen	Male	Male Vet 70	Finished	FERC	221	13	5'01"/km	01:03:45
298	01:04:35	393	Ben	Cottam	Male	Male Vet 45	Finished	Pontyclun Road Runners	80	12	5'02"/km	01:04:30
299	01:04:35	417	Hayley	Morgan	Female	Female Vet 55	Finished	Pontypridd Roadents AC	81	12	5'02"/km	01:04:27
300	01:04:36	336	Tim	Washbrook	Male	Male Vet 40	Finished	Pontypridd Roadents AC	223	84	5'03"/km	01:04:37
301	01:04:46	539	Keith	Verheyden	Male	Male Vet 60	Finished	Pontypridd Roadents AC	82	9	5'03"/km	01:04:30
302	01:04:50	270	Sarah	Roberts	Female	Female Vet 40	Finished	Caerphilly Runners	83	20	5'03"/km	01:04:27
303	01:04:51	394	Andrea	Davies	Female	Female Vet 45	Finished	Pontyclun Road Runners	84	13	5'04"/km	01:04:49
304	01:05:03	155	Matthew	Parry	Male	Male Senior	Finished	Pontyclun Road Runners	224	26	5'04"/km	01:04:18
305	01:05:10	383	Emma	Blow	Female	Female Vet 50	Finished	Agile Therapy Run	85	14	5'04"/km	01:04:46
306	01:05:10	466	Laura	Clarke	Female	Female Vet 35	Finished	Caerphilly Runners	225	45	5'04"/km	01:05:07
307	01:05:15	360	Jen	Williams	Female	Female Vet 40	Finished	Islwyn RC	86	10	5'04"/km	01:04:44
308	01:05:16	578	Tony	Ellis	Male	Male Vet 50	Finished	Caldicot Running Club	87	11	5'05"/km	01:04:50
309	01:05:18	374	Rebecca	Read	Female	Female Vet 40	Finished	Griffithstown Harriers	226	14	5'05"/km	01:05:03
310	01:05:24	387	Lee	Canning	Male	Male Vet 40	Finished	Undy & Redwick Roadrunners	88	21	5'05"/km	01:05:05
311	01:05:25	475	Sarah	Davies	Female	Female Vet 50	Finished	Southville RC	89	1	5'05"/km	01:04:32
312	01:05:26	390	Swann	Claire	Female	Female Vet 50	Finished	Islwyn RC	90	12	5'06"/km	01:05:00
313	01:05:34	328	Neil	Rowlands	Male	Male Vet 60	Finished	Merthyr Triathlon Club	227	21	5'06"/km	01:05:06
314	01:05:35	407	Emma	Horton	Female	Female Vet 35	Finished	Pontypridd Roadents AC	91	22	5'06"/km	01:05:19
315	01:05:35	613	Teresa	Oakes	Female	Female Vet 60	Finished	Penarth and Dinas Runners	228	85	5'06"/km	01:05:27
316	01:05:41	489	Julie	Gould	Female	Female Vet 50	Finished	Pontypridd Roadents AC	229	27	5'07"/km	01:05:41
317	01:05:43	322	Chris	Panels	Male	Male Vet 55	Finished	Pontypridd Roadents AC	230	35	5'07"/km	01:05:30
318	01:05:46	380	Lucie	Bebbington-lewis	Female	Female Vet 35	Finished	Lonely Goat	92	9	5'07"/km	01:04:58
319	01:05:50	399	Simon	Grant	Male	Male Senior	Finished	Griffithstown Harriers	231	28	5'08"/km	01:05:36
320	01:05:52	112	Stephen	May	Male	Male Vet 50	Finished	Caldicot Running Club	232	86	5'08"/km	01:05:35
321	01:05:53	271	David	Sansom	Male	Male Vet 45	Finished	White Rock Runners	93	15	5'08"/km	01:05:37
322	01:05:54	507	Karen	Long	Female	Female Vet 55	Finished	White Rock runners	233	22	5'08"/km	01:05:37
323	01:06:07	284	David	Brown	Male	Male Vet 50	Finished	Les Croupiers RC	94	16	5'08"/km	01:05:34
324	01:06:08	421	Ben	Roberts	Male	Male Senior	Finished	Pontyclun Road Runners	95	17	5'09"/km	01:06:13
325	01:06:12	368	Leanne	Hockey	Female	Female Vet 40	Finished	Southville RC	234	36	5'09"/km	01:04:15
326	01:06:12	416	Phillip	Mears	Male	Male Vet 55	Finished	Griffithstown Harriers	96	23	5'09"/km	01:05:32
327	01:06:17	445	Rebekah	Miles	Female	Female Vet 40	Finished	Pegasus RC	97	18	5'09"/km	01:06:06
328	01:06:21	158	Kasia	Cadar	Female	Female Vet 40	Finished	Pontypridd Roadents AC	98	22	5'09"/km	01:05:35
329	01:06:22	766	James	Prestidge	Male	Male Vet 45	Finished	Southville RC	235	87	5'09"/km	01:04:58
330	01:06:24	735	Kevin	Williams	Male	Male Senior	Finished	Griffithstown Harriers	99	24	5'10"/km	01:04:52
331	01:06:24	556	Carly	Stone	Female	Female Vet 35	Finished	Penarth and Dinas Runners	100	13	5'11"/km	01:06:11
332	01:06:27	361	Caroline	Bassett	Female	Female Vet 40	Finished	Pontypridd Roadents AC	237	46	5'11"/km	01:06:19
333	01:06:30	535	Emma	Thomas	Female	Female Senior	Finished	Fairwater Runners Cwmbran	101	10	5'11"/km	01:06:07
334	01:06:33	396	Gareth	Evans	Male	Male Senior	Finished	Undy	238	29	5'11"/km	01:05:55
335	01:06:40	777	Tara	Paisey	Female	Female Vet 35	Finished	Parc Bryn Bach RC	239	23	5'11"/km	01:06:08
336	01:06:43	378	Cathy	Bailey	Female	Female Vet 45	Finished	Newent Runners	240	37	5'11"/km	01:06:20
337	01:06:50	371	Jamie	Jenkins	Male	Male Vet 40	Finished	Les Croupiers RC	102	14	5'12"/km	01:06:00
338	01:06:50	444	Jane	Lewis	Female	Female Vet 55	Finished	Pontypridd Roadents AC	103	13	5'12"/km	01:06:26
339	01:06:52	431	Neil	Rushton	Male	Male Vet 50	Finished	Caldicot Running Club	241	89	5'12"/km	01:06:29
340	01:06:54	440	Kevin	Bradfield	Male	Male Vet 55	Finished	Penarth and Dinas Runners	242	15	5'13"/km	01:06:21
341	01:06:55	301	Adrian	Fishpool	Male	Male Vet 45	Finished	Merthyr Running Club	105	19	5'13"/km	01:06:41
342	01:07:03	496	Gillian	Hopkins	Female	Female Vet 45	Finished	Crickhowell Running Club	106	20	5'14"/km	01:06:08
343	01:07:04	312	Jennet	Holmes	Female	Female Vet 50	Finished	Southville RC	107	26	5'14"/km	01:06:21
344	01:07:06	221	Dave	Holloway	Male	Male Senior	Finished	Southville RC	108	27	5'14"/km	01:06:24
345	01:07:06	405	Alex	Holloway	Female	Female Vet 35	Finished	Women running penarth	109	28	5'14"/km	01:06:25
346	01:07:10	434	James	Buckingham	Male	Male Vet 60	Finished	Pontypridd Roadents AC	110	29	5'14"/km	01:06:30
347	01:07:21	432	Natalie	Williams	Female	Female Vet 40	Finished	Lliswerry Runners	243	16	5'15"/km	01:07:18
348	01:07:22	720	Rhiannon	Sevenoaks	Female	Female Vet 40	Finished	Caldicot Running Club	244	90	5'15"/km	01:06:16
349	01:07:23	487	Hayley	Fox	Female	Female Vet 35	Finished	San Domenico Road RC	245	47	5'15"/km	01:06:46
350	01:07:28	553	Laura	Pease	Female	Female Vet 35	Finished	Penarth and Dinas Runners	111	30	5'15"/km	01:06:34
351	01:07:30	517	Rachel	O'keefe	Female	Female Vet 35	Finished	Parc Bryn Bach RC	246	2	5'15"/km	01:06:57
352	01:07:31	486	Abby	Forster	Female	Female Vet 35	Finished	Parc Bryn Bach RC	247	17	5'15"/km	01:07:09
353	01:07:35	7	Kevin	Russell	Male	Male Vet 60	Finished	Forest of Dean AC	112	31	5'16"/km	01:07:11
354	01:07:36	456	Tom	Beale	Male	Male Senior	Finished	Lliswerry Runners	113	11	5'16"/km	01:07:11
355	01:07:36	532	Craig	Skidmore	Male	Male Vet 40	Finished	Caldicot Running Club	248	18	5'16"/km	01:07:38
356	01:07:42	593	Kirsty	Hett	Female	Female Vet 35	Finished	San Domenico Road RC	249	48	5'16"/km	01:07:28
357	01:07:45	515	Chris	Nellins	Male	Male Vet 70	Finished	Penarth and Dinas Runners	114	21	5'16"/km	01:07:22
358	01:07:46	338	Gareth	Williams	Male	Male Vet 60	Finished	Parc Bryn Bach RC	247	17	5'15"/km	01:07:09
359	01:07:48	948	Samantha	Bills	Female	Female Vet 35	Finished	Forest of Dean AC	112	31	5'16"/km	01:07:11
360	01:07:53	575	Fiona	Creasey	Female	Female Vet 55	Finished	Caldicot Running Club	248	18	5'16"/km	01:07:38
361	01:07:54	392	Adrian	Corbett	Male	Male Vet 60	Finished	Penarth and Dinas Runners	249	48	5'16"/km	01:07:28
362	01:07:57	413	Russell	Love	Male	Male Vet 40	Finished	Parc Bryn Bach RC	114	21	5'16"/km	01:07:22
363	01:07:59	439	Emma	Spuffard	Female	Female Vet 40	Finished	Parc Bryn Bach RC	246	2	5'15"/km	01:06:57

364	01:08:01	612	Gareth	Norton	Male	Male Vet 55	Finished	Les Croupiers RC	250	24	5'17"/km	01:06:57
365	01:08:03	364	Chris	Chambost	Male	Male Vet 40	Finished	Penarth and Dinas Runners	251	49	5'17"/km	01:07:38
366	01:08:08	525	Nathan	Piddock	Male	Male Senior	Finished	CDF Runners	252	91	5'17"/km	01:07:19
367	01:08:24	449	Matt	Caffyn	Male	Male Vet 45	Finished	Lliswerry Runners	253	38	5'18"/km	01:07:46
368	01:08:30	5	Cheryl	Jones	Female	Female Vet 40	Finished	Aberdare Valley AAC	115	22	5'19"/km	01:08:28
369	01:08:34	427	Nathan	Williams	Male	Male Vet 40	Finished	Caldicot Running Club	254	50	5'19"/km	01:07:12
370	01:08:35	512	Peter	Merrick	Male	Male Vet 60	Finished	Parc Bryn Bach RC	255	19	5'19"/km	01:07:44
371	01:08:36	337	Steve	Wiles	Male	Male Vet 45	Finished		256	39	5'19"/km	01:07:58
372	01:08:36	566	Christopher	Bluett	Male	Male Senior	Finished		257	92	5'19"/km	01:07:20
373	01:08:37	511	Maria	Meredith	Female	Female Vet 45	Finished	Parc Bryn Bach RC	116	15	5'19"/km	01:07:53
374	01:08:38	538	Gabrielle	Tooze	Female	Female Senior	Finished	Southville RC	117	23	5'19"/km	01:07:35
375	01:08:40	604	Sarah	Lyle	Female	Female Vet 50	Finished	Pegasus RC	118	14	5'20"/km	01:07:32
376	01:08:41	341	Steve	Burrell	Male	Male Vet 55	Finished	Pontyclun Road Runners	258	25	5'20"/km	01:08:17
377	01:08:44	533	Elizabeth	Stokes	Female	Female Vet 50	Finished	Griffithstown Harriers	119	15	5'20"/km	01:07:52
378	01:08:52	435	Robert	Flanagan	Male	Male Vet 55	Finished	Pontypridd Roadents AC	259	26	5'21"/km	01:07:52
379	01:08:54	411	Jessica	Lee	Female	Female Vet 40	Finished	Caldicot Running Club	120	23	5'21"/km	01:07:34
380	01:09:02	397	Ange	Fitzgerald	Female	Female Vet 45	Finished		121	16	5'21"/km	01:08:36
381	01:09:04	412	David	Lloyd	Male	Male Vet 45	Finished		260	40	5'21"/km	01:08:39
382	01:09:08	500	Rebecca	James	Female	Female Vet 40	Finished	Vale runners	122	24	5'22"/km	01:08:18
383	01:09:09	125	Paul	Seed	Male	Male Vet 65	Finished	Parc Bryn Bach RC	261	3	5'22"/km	01:08:24
384	01:09:11	293	Marc	Cross	Male	Male Senior	Finished	Griffithstown Harriers	262	93	5'22"/km	01:08:40
385	01:09:14	381	Marisa	Benjamin	Female	Female Vet 40	Finished	Pont-y-pwl & District Runners	123	25	5'22"/km	01:08:44
386	01:09:24	628	Darren	Thomas	Male	Male Vet 45	Finished	Easy Pacers	263	41	5'23"/km	01:08:32
387	01:09:25	315	Peter	Jones	Male	Male Vet 45	Finished	Fairwater Runners Cwmbran	264	42	5'23"/km	01:08:10
388	01:09:33	689	Gareth	Keetch	Male	Male Vet 40	Finished		265	51	5'24"/km	01:07:55
389	01:09:36	510	Drew	Mclellan	Male	Male Vet 40	Finished	Southville RC	266	52	5'24"/km	01:08:33
390	01:09:39	796	Abby	Groves	Female	Female Senior	Finished	Pegasus RC	124	24	5'24"/km	01:08:13
391	01:09:45	410	David	Kembry	Male	Male Vet 50	Finished	Ogmore Phoenix Runners	267	30	5'25"/km	01:09:20
392	01:09:59	375	Jen	Watkins	Female	Female Senior	Finished	Pont-y-pwl & District Runners	125	25	5'26"/km	01:09:41
393	01:10:06	622	Susan	Preston	Female	Female Vet 45	Finished	Women Running Penarth	126	17	5'26"/km	01:09:00
394	01:10:14	477	Alex	Davis	Male	Male Senior	Finished		268	94	5'27"/km	01:09:16
395	01:10:19	808	Joanne	Kilby	Female	Female Vet 50	Finished	Parc Bryn Bach RC	127	16	5'27"/km	01:08:03
396	01:10:24	272	Darpan	Singh	Male	Male Vet 45	Finished	Pontyclun Road Runners	269	43	5'28"/km	01:09:58
397	01:10:25	567	Jude	Bown	Female	Female Vet 45	Finished	Women Running Penarth	128	18	5'28"/km	01:09:21
398	01:10:33	748	Bron	Calnan	Female	Female Senior	Finished	Penarth and Dinas Runners	129	26	5'28"/km	01:09:45
399	01:10:33	626	Kyra	Symonds-best	Female	Female Senior	Finished	Griffithstown Harriers	130	27	5'28"/km	01:09:39
400	01:10:35	616	Andy	Phillips	Male	Male Vet 55	Finished	Albany Road Run Club	270	27	5'28"/km	01:09:55
401	01:10:37	701	Darren	Morgan	Male	Male Vet 55	Finished	Penarth and Dinas Runners	271	28	5'29"/km	01:09:51
402	01:10:39	438	Lauren	Old	Female	Female Vet 35	Finished	Pegasus RC	131	32	5'29"/km	01:09:33
403	01:10:41	545	Shaun	Cotter	Male	Male Vet 55	Finished		272	29	5'29"/km	01:09:52
404	01:10:42	781	Andrew	Blacker	Male	Male Vet 55	Finished	Bitton Road Runners	273	30	5'29"/km	01:09:02
405	01:10:47	558	Rodney	Berman	Male	Male Vet 50	Finished	Albany Road Run Club	274	31	5'29"/km	01:10:06
406	01:10:54	448	Joanna	Valentine	Female	Female Vet 40	Finished	Pegasus RC	132	26	5'30"/km	01:09:45
407	01:10:54	231	Neil	Davies	Male	Male Vet 65	Finished	Pegasus RC	275	4	5'30"/km	01:09:42
408	01:10:54	418	Paul	Morris	Male	Male Vet 55	Finished	Pont-y-pwl & District Runners	276	31	5'30"/km	01:10:24
409	01:11:07	481	Claudia	Dupe	Female	Female Senior	Finished	Newport Female Runners Network	133	28	5'31"/km	01:10:25
410	01:11:11	437	Jon	Hughes	Male	Male Vet 55	Finished		277	32	5'31"/km	01:10:17
411	01:11:11	636	Craig	Williams	Male	Male Senior	Finished	Merthyr Triathlon Club	278	95	5'31"/km	01:09:17
412	01:11:11	382	Charlotte	Bethell	Female	Female Senior	Finished	Pegasus RC	134	29	5'31"/km	01:10:41
413	01:11:11	794	Stuart	Fowler	Male	Male Vet 40	Finished	Fairwater Runners Cwmbran	279	53	5'31"/km	01:09:55
414	01:11:14	457	Thomas	Beard	Male	Male Senior	Finished	Caerleon Running Club	135	96	5'32"/km	01:10:20
415	01:11:18	588	Haley	Harris	Female	Female Senior	Finished		136	30	5'32"/km	01:10:14
416	01:11:19	419	Rhys	Mumford	Male	Male Senior	Finished	Porthcawl Runners	281	97	5'32"/km	01:10:51
417	01:11:19	763	Timothy	Murphy	Male	Male Vet 65	Finished		282	5	5'32"/km	01:09:28
418	01:11:22	451	Gwyn	Jones	Male	Male Vet 55	Finished	Les Croupiers RC	283	33	5'32"/km	01:10:17
419	01:11:23	540	Grahame	Viner	Male	Male Vet 60	Finished	Caerleon Running Club	284	20	5'32"/km	01:10:38
420	01:11:24	541	Rachel	West	Female	Female Vet 35	Finished		136	33	5'32"/km	01:10:39
421	01:11:24	458	Darryl	Beaver	Male	Male Senior	Finished	Caerleon Running Club	285	98	5'32"/km	01:10:28
422	01:11:27	309	Paul	Hancox	Male	Male Vet 60	Finished	Griffithstown Harriers	286	21	5'33"/km	01:10:33
423	01:11:28	384	Susan	Boyle	Female	Female Vet 45	Finished		137	19	5'33"/km	01:10:24
424	01:11:32	484	George	Firth	Male	Male Vet 60	Finished	Fairwater Runners Cwmbran	287	22	5'33"/km	01:10:15
425	01:11:33	699	Grant	McMellin	Male	Male Vet 50	Finished	Pegasus RC	288	32	5'33"/km	01:10:07
426	01:11:37	733	Craig	Ward	Male	Male Vet 40	Finished	Islwyn RC	289	54	5'33"/km	01:09:25
427	01:11:39	549	Cath	James	Female	Female Vet 45	Finished	Caerphilly Runners	138	20	5'33"/km	01:11:13
428	01:11:45	841	Samantha	Walker	Female	Female Senior	Finished	Griffithstown Harriers	139	31	5'34"/km	01:10:53
429	01:11:45	509	Shane	Matthews	Male	Male Vet 50	Finished		290	33	5'34"/km	01:10:51
430	01:11:51	713	Sue	Potter	Female	Female Vet 55	Finished	Pegasus RC	140	12	5'34"/km	01:10:25
431	01:11:51	703	David	Mort	Male	Male Senior	Finished	Cardiff Triathletes	291	99	5'34"/km	01:10:13
432	01:11:52	113	Dean	Mcminn	Male	Male Vet 45	Finished	Outdoor Fitness	292	44	5'34"/km	01:10:13
433	01:11:57	642	Michael	Workman	Male	Male Vet 45	Finished	Caerphilly Runners	293	45	5'35"/km	01:11:32
434	01:12:03	585	Melanie	Hall	Female	Female Vet 35	Finished	Brackla Harriers	141	34	5'35"/km	01:11:20
435	01:12:06	528	Juliana	Reinberg	Female	Female Senior	Finished	CDF Runners	142	32	5'36"/km	01:11:28
436	01:12:08	478	Charlotte	Davis	Female	Female Vet 40	Finished	Islwyn RC	143	27	5'36"/km	01:11:26
437	01:12:10	318	Erica	Kohler	Female	Female Senior	Finished		144	33	5'36"/km	01:11:34
438	01:12:10	508	Laura	Mason	Female	Female Vet 35	Finished	Pontyclun Road Runners	145	35	5'36"/km	01:10:52
439	01:12:11	267	Katy	Lovell	Female	Female Vet 45	Finished		146	21	5'36"/km	01:11:34
440	01:12:17	502	Rob	Jones	Male	Male Vet 50	Finished	Pegasus RC	294	34	5'36"/km	01:11:09
441	01:12:18	443	Katie	Kenward Gibbs	Female	Female Senior	Finished	Caerleon Running Club	147	34	5'37"/km	01:11:13
442	01:12:22	738	Rachael	Woodroffe	Female	Female Senior	Finished	Southville RC	148	35	5'37"/km	01:10:14
443	01:12:23	472	Steve	Dance	Male	Male Vet 55	Finished	Caerleon Running Club	295	34	5'37"/km	01:11:26
444	01:12:27	658	Laura	Chapple	Female	Female Vet 40	Finished	Run4All Neath	149	28	5'37"/km	01:10:54
445	01:12:27	447	Kathryn	Petersen	Female	Female Vet 50	Finished	Penarth and Dinas Runners	150	17	5'37"/km	01:11:38
446	01:12:35	340	Marina	Wright	Female	Female Vet 45	Finished	Spirit of Monmouth	151	22	5'38"/km	01:12:04
447	01:12:40	697	Lisa	Mansfield	Female	Female Vet 45	Finished	Newent Runners	152	23	5'38"/km	01:11:30
448	01:12:42	465	Belinda	Channing	Female	Female Vet 60	Finished		153	2	5'38"/km	01:11:40
449	01:12:42	6	Gavin	Lucas	Male	Male Senior	Finished	Lliswerry Runners	296	100	5'38"/km	01:12:31
450	01:12:45	331	Jayne	Stephens	Female	Female Vet 45	Finished	Caerphilly Runners	154	24	5'39"/km	01:12:27
451	01:12:46	632	Liz	Thomson	Female	Female Senior	Finished	Southville RC	155	36	5'39"/km	01:10:37
452	01:12:53	551	John	Johnston	Male	Male Vet 55	Finished	Ebbw Vale RC	297	35	5'39"/km	01:11:39
453	01:12:55	634	Rebecca	White	Female	Female Vet 40	Finished	Pontyclun Road Runners	156	29	5'39"/km	01:11:35
454	01:12:55	582	Tony	Grandon	Male	Male Vet 70	Finished	AT	298	3	5'39"/km	01:12:07

455	01:13:20	599	Adrian	Jenkins	Male	Male Vet 60	Finished	Easy Pacers	299	23	5'41"/km	01:12:27
456	01:13:28	600	Ceri	Jenkins	Female	Female Vet 45	Finished	Fairwater Runners Cwmbran	157	25	5'42"/km	01:12:36
457	01:13:31	454	Brenda	Avery	Female	Female Vet 70	Finished	Chepstow Harriers	158	1	5'42"/km	01:12:46
458	01:13:35	673	Jan	Frost	Female	Female Vet 55	Finished	Penarth and Dinas Runners	159	13	5'42"/km	01:11:38
459	01:13:38	656	Alysha	Bunston	Female	Female Senior	Finished	Islwyn RC	160	37	5'43"/km	01:11:26
460	01:13:38	691	Anne	Kirk	Female	Female Vet 55	Finished		161	14	5'43"/km	01:12:04
461	01:13:43	579	Stephanie	Ferry	Female	Female Vet 35	Finished	CDF Runners	162	36	5'43"/km	01:13:04
462	01:13:43	625	Nick	Speed	Male	Male Vet 50	Finished	Albany Road Run Club	300	35	5'43"/km	01:13:01
463	01:13:46	550	Gary	John	Male	Male Vet 65	Finished	Les Croupiers RC	301	6	5'43"/km	01:13:03
464	01:13:49	372	Jenny	Martin	Female	Female Vet 50	Finished	Les Croupiers RC	163	18	5'44"/km	01:13:06
465	01:13:50	452	Lindsey	Allan	Female	Female Vet 50	Finished	Les Croupiers RC	164	19	5'44"/km	01:12:59
466	01:13:52	557	Beverley	Warburton	Female	Female Vet 60	Finished	Penarth and Dinas Runners	165	3	5'44"/km	01:13:06
467	01:14:01	442	Abi	Ghuman	Female	Female Senior	Finished	Pontypridd Roadents AC	166	38	5'44"/km	01:12:58
468	01:14:04	635	Anthony	Wiggin	Male	Male Vet 55	Finished	Pontypridd Roadents AC	302	36	5'45"/km	01:13:01
469	01:14:04	429	Emma	Wootton	Female	Female Vet 40	Finished	RunNewport	167	30	5'45"/km	01:12:29
470	01:14:04	332	Elliott	Thomas	Male	Male Vet 50	Finished	Vale Runners	303	36	5'45"/km	01:13:32
471	01:14:06	514	Dan	Monk	Male	Male Senior	Finished		304	101	5'45"/km	01:12:59
472	01:14:06	518	Lucy	Panes	Female	Female Senior	Finished	Sole Sisters (North Bristol)	168	39	5'45"/km	01:13:01
473	01:14:07	485	Michael	Fletcher	Male	Male Senior	Finished	Pontypridd Roadents AC	305	102	5'45"/km	01:13:05
474	01:14:13	522	Diane	Pease	Female	Female Vet 65	Finished	Southville RC	169	2	5'45"/km	01:13:09
475	01:14:13	577	Rhian	Durham	Female	Female Vet 40	Finished	Pontypridd Roadents AC	170	31	5'45"/km	01:13:13
476	01:14:14	559	Bethan	Ford	Female	Female Vet 40	Finished	Pontypridd Roadents AC	171	32	5'45"/km	01:13:13
477	01:14:20	351	Russ	Pearce	Male	Male Vet 55	Finished	Hengoed Harriers	306	37	5'46"/km	01:13:55
478	01:14:21	728	Samantha	Thomas	Female	Female Vet 50	Finished	Caerphilly Runners	172	20	5'46"/km	01:12:45
479	01:14:22	727	Richard	Thomas	Male	Male Vet 55	Finished	Caerphilly Runners	307	38	5'46"/km	01:12:45
480	01:14:35	531	Helen	Sheppard	Female	Female Vet 45	Finished	BBRC	173	26	5'47"/km	01:13:53
481	01:14:37	707	Robert	Ollerton	Male	Male Vet 70	Finished	Clwb Run Wales	308	4	5'47"/km	01:12:52
482	01:14:42	692	James	Kirk	Male	Male Vet 55	Finished		309	39	5'48"/km	01:13:07
483	01:14:44	714	Matthew	Poulton	Male	Male Vet 40	Finished	Run4All Neath	310	55	5'48"/km	01:13:11
484	01:14:53	655	Andrew	Buchanan	Male	Male Vet 40	Finished	Run4All	311	56	5'49"/km	01:13:20
485	01:14:57	563	Phil	Allen	Male	Male Vet 60	Finished	Pegasus RC	312	24	5'49"/km	01:13:45
486	01:15:02	631	Jenny	Thomson	Female	Female Vet 35	Finished	Southville RC	174	37	5'49"/km	01:12:53
487	01:15:06	483	Rachael	Finlayson	Female	Female Vet 45	Finished	Agile Therapy Run	175	27	5'50"/km	01:14:33
488	01:15:07	586	Dai	Hamm	Male	Male Vet 55	Finished	Islwyn RC	313	40	5'50"/km	01:13:43
489	01:15:08	544	Michael	Coakley	Male	Male Vet 60	Finished	West Waterford Athletic Club	314	25	5'50"/km	01:15:00
490	01:15:08	641	Karen	Woodsford	Female	Female Vet 50	Finished	Islwyn RC	176	21	5'50"/km	01:12:56
491	01:15:08	297	John	Doolan	Male	Male Vet 55	Finished	Griffithstown Harriers	315	41	5'50"/km	01:14:37
492	01:15:08	298	Lewis	Doolan	Male	Male Senior	Finished	Griffithstown Harriers	316	103	5'50"/km	01:14:36
493	01:15:08	681	Mandy	Horton	Female	Female Vet 55	Finished		177	15	5'50"/km	01:13:45
494	01:15:11	400	Sally	Groves	Female	Female Vet 60	Finished	Pegasus RC	178	4	5'50"/km	01:14:02
495	01:15:11	560	Michelle	Thomas	Female	Female Vet 50	Finished	Pegasus RC	179	22	5'50"/km	01:14:02
496	01:15:16	548	Paul	Iddon	Male	Male Vet 45	Finished	Pontypridd Roadents AC	317	46	5'50"/km	01:14:15
497	01:15:18	742	Elliot	Allan	Male	Male Senior	Finished		318	104	5'50"/km	01:13:47
498	01:15:18	775	Donna	Thompson	Female	Female Vet 40	Finished	Monmouth Rock up and Run	180	33	5'51"/km	01:13:44
499	01:15:21	494	Owen	Higgs	Male	Male Senior	Finished	Caerphilly runners	319	105	5'51"/km	01:14:15
500	01:15:23	761	Roger	Morgan	Male	Male Vet 65	Finished		320	7	5'51"/km	01:13:09
501	01:15:26	495	Andrew John	Hollins	Male	Male Vet 45	Finished	Pegasus RC	321	47	5'51"/km	01:14:16
502	01:15:30	453	Kat	Anderson	Female	Female Vet 35	Finished	WRR	181	38	5'51"/km	01:14:20
503	01:15:31	596	Huw	James	Male	Male Vet 45	Finished	Pontypool Phoenix	322	48	5'52"/km	01:14:47
504	01:15:34	520	Nilima	Parry-jones	Female	Female Vet 55	Finished	Pont-y-pwl & District Runners	182	16	5'52"/km	01:14:28
505	01:15:40	488	Alex	Glew	Male	Male Senior	Finished	Pontyclun Road Runners	323	106	5'52"/km	01:14:16
506	01:15:40	583	Penny	Greenwood	Female	Female Vet 60	Finished	Sole Sisters (North Bristol)	183	5	5'52"/km	01:14:33
507	01:15:42	527	Debbie	Rees	Female	Female Vet 55	Finished	Penarth and Dinas Runners	184	17	5'52"/km	01:14:54
508	01:15:47	504	Mandy	Knott	Female	Female Vet 50	Finished	Forest of Dean AC	185	23	5'53"/km	01:14:32
509	01:15:49	677	Nigel	Hammersley	Male	Male Vet 40	Finished	Pegasus RC	324	57	5'53"/km	01:14:22
510	01:15:53	561	Phill	Whaley	Male	Male Vet 50	Finished		325	37	5'53"/km	01:14:37
511	01:15:59	3	Stuart	Salvage	Male	Male Vet 50	Finished	Lliswerry Runners	326	38	5'54"/km	01:15:54
512	01:16:00	664	Brian	Desmond	Male	Male Vet 60	Finished	Pontypool Phoenix	327	26	5'54"/km	01:15:15
513	01:16:06	774	Sian	Taylor-jones	Female	Female Vet 35	Finished	Les Croupiers RC	186	39	5'54"/km	01:14:15
514	01:16:06	749	Colin	Crooks	Male	Male Vet 65	Finished	Pegasus RC	328	8	5'54"/km	01:14:39
515	01:16:07	615	Sarah	Patnett	Female	Female Vet 45	Finished	Penarth and Dinas Runners	187	28	5'54"/km	01:15:22
516	01:16:10	765	Dan	Powell	Male	Male Vet 40	Finished	Vale runners	329	58	5'54"/km	01:15:19
517	01:16:15	601	Sarah	Kielthy	Female	Female Vet 45	Finished	Undy & Redwick Roadrunners	188	29	5'55"/km	01:14:26
518	01:16:20	690	Joanna	Kenifick	Female	Female Vet 45	Finished	Porthcawl Runners	189	30	5'55"/km	01:14:43
519	01:16:21	685	Andrew	James	Male	Male Vet 40	Finished	RUUNewport	330	59	5'55"/km	01:14:47
520	01:16:26	679	Helen	Higgs	Female	Female Vet 50	Finished	Caerphilly runners	190	24	5'56"/km	01:14:42
521	01:16:28	678	Rachel	Higginson	Female	Female Vet 40	Finished	Les Croupiers RC	191	34	5'56"/km	01:14:36
522	01:16:35	789	Kelly	Crofts	Female	Female Senior	Finished	CDF Runners	192	40	5'56"/km	01:14:44
523	01:16:41	617	Huw	Phillips	Male	Male Vet 50	Finished		193	39	5'57"/km	01:16:00
524	01:17:02	788	Clare	Critchley	Female	Female Vet 45	Finished	Chepstow Harriers	194	31	5'59"/km	01:14:38
525	01:17:03	645	Lowri	Duffield	Female	Female Vet 45	Finished	Caerphilly Runners	195	32	5'59"/km	01:15:34
526	01:17:06	665	Cath	Dickenson	Female	Female Vet 60	Finished	Penarth and Dinas Runners	196	6	5'59"/km	01:15:30
527	01:17:09	463	Arabella	Calder	Female	Female Vet 50	Finished		197	25	5'59"/km	01:16:21
528	01:17:13	584	Helen	Griffiths	Female	Female Vet 50	Finished	Merthyr Triathlon Club	198	26	5'59"/km	01:16:00
529	01:17:19	785	Joanne	Bowers	Female	Female Vet 50	Finished		199	27	6'00"/km	01:15:32
530	01:17:28	422	Julie	Smith	Female	Female Vet 50	Finished	Merthyr Triathlon Club	200	28	6'01"/km	01:16:14
531	01:17:30	716	Susan	Ramsden	Female	Female Vet 60	Finished		201	7	6'01"/km	01:15:52
532	01:17:38	576	Alison	Davis	Female	Female Vet 55	Finished	Fairwater Runners Cwmbran	202	18	6'01"/km	01:16:38
533	01:17:38	580	Tanya	Forehead	Female	Female Vet 50	Finished	Chepstow Harriers	203	29	6'01"/km	01:16:43
534	01:17:41	821	Hilary	Preece	Female	Female Vet 50	Finished	Islwyn RC	204	30	6'02"/km	01:16:18
535	01:17:41	1	Vicky	Fear	Female	Female Vet 40	Finished	Lliswerry Runners	205	35	6'02"/km	01:17:33
536	01:17:48	824	Nick	Morgan	Male	Male Vet 50	Finished	Bryn Bach	206	40	6'02"/km	01:16:23
537	01:17:49	718	Sian	Roche	Female	Female Vet 35	Finished	Undy & Redwick Roadrunners	207	40	6'02"/km	01:15:28
538	01:17:54	352	Sam	Powell	Female	Female Vet 50	Finished	Spirit of Monmouth	208	31	6'03"/km	01:16:36
539	01:17:58	640	Richard	Wonson	Male	Male Vet 40	Finished	Reading Roadrunners	209	60	6'03"/km	01:16:25
540	01:18:02	568	Ellis	Breese	Female	Female Senior	Finished	Easy Pacers	210	41	6'03"/km	01:16:51
541	01:18:07	627	Angela	Thomas	Female	Female Vet 45	Finished		211	33	6'04"/km	01:17:16
542	01:18:10	659	Bernie	Colote	Female	Female Vet 50	Finished	Monmouth Rock up and Run	212	40	6'04"/km	01:16:36
543	01:18:12	606	Tara	M Gawthorn	Female	Female Vet 50	Finished		213	33	6'04"/km	01:16:27
544	01:18:19	683	Georgie	Hughes	Female	Female Senior	Finished		214	42	6'05"/km	01:16:46
545	01:18:22	773	Megan	Smith	Female	Female Senior	Finished		215	43	6'05"/km	01:16:55

546	01:18:31	542	Sarah	Wilson	Female	Female Vet 45	Finished	Caldicot Running Club	213	34	6'05"/km	01:17:05
547	01:18:37	490	Sian	Graves	Female	Female Senior	Finished	Caldicot Running Club	214	44	6'06"/km	01:17:14
548	01:18:38	695	Ian	Mackenzie	Male	Male Vet 60	Finished	Les Croupiers RC	334	27	6'06"/km	01:16:33
549	01:18:39	594	Jarrod	Higgs	Male	Male Vet 50	Finished	Caerphilly runners	335	41	6'06"/km	01:16:54
550	01:18:39	602	Caroline	Lewis	Female	Female Vet 50	Finished	Merthyr Triathlon Club	215	34	6'06"/km	01:17:25
551	01:18:42	740	Karen	Chadwell	Female	Female Vet 50	Finished	Les Croupiers RC	216	35	6'06"/km	01:16:48
552	01:18:42	662	Tim	Dark	Male	Male Vet 60	Finished	Undy & Redwick Roadrunners	336	28	6'06"/km	01:16:57
553	01:18:43	814	Delyth	Murray-Lines	Female	Female Vet 45	Finished	CDF Runners	217	35	6'06"/km	01:17:07
554	01:18:49	723	Jennifer	Stone	Female	Female Vet 55	Finished	CDF Runners	218	19	6'07"/km	01:17:12
555	01:18:51	503	Jolene	Kerby	Female	Female Vet 40	Finished	N.E.W.T - Newport and East Wales Triathlon			6'07"/km	01:17:27
556	01:18:53	790	Eleri	Davies	Female	Female Vet 55	Finished	Aberdare Valley AAC			6'07"/km	01:17:26
557	01:18:57	734	Kathryn	Williams	Female	Female Vet 40	Finished	Pontypool Phoenix			6'07"/km	01:17:35
558	01:18:58	619	Helen	Pithouse	Female	Female Vet 45	Finished	Penarth and Dinas Runners			6'08"/km	01:17:46
559	01:19:09	401	Jill	Hancock	Female	Female Vet 60	Finished	White Rock Runners			6'08"/km	01:17:57
560	01:19:11	768	Stephen	Robins	Male	Male Vet 50	Finished	Penarth and Dinas Runners			6'09"/km	01:17:21
561	01:19:12	767	Kelly	Robins	Female	Female Vet 45	Finished	Pontypool Phoenix			6'09"/km	01:17:22
562	01:19:17	597	Karen	James	Female	Female Vet 45	Finished	Penarth and Dinas Runners			6'09"/km	01:18:30
563	01:19:18	493	Emma	Healy	Female	Female Vet 50	Finished	Penarth and Dinas Runners			6'09"/km	01:18:22
564	01:19:18	460	Julie	Broughton	Female	Female Vet 55	Finished	Penarth and Dinas Runners			6'09"/km	01:18:24
565	01:19:20	461	Mark	Broughton	Male	Male Vet 55	Finished	Caldicot Running Club			6'09"/km	01:18:22
566	01:19:20	623	Elinor	Rossiter	Female	Female Senior	Finished	BRF Running Club			6'09"/km	01:18:24
567	01:19:20	196	Sam	Broughton	Male	Male Senior	Finished	Caldicot Running Club			6'09"/km	01:18:00
568	01:19:21	523	Alex	Phillips	Male	Male Vet 40	Finished	Pegasus RC			6'10"/km	01:19:06
569	01:19:35	425	Katie	Webb	Female	Female Vet 45	Finished	Pontyclun Road Runners			6'11"/km	01:18:07
570	01:19:38	722	Stephen	Shepherd	Male	Male Vet 65	Finished	Pontyclun Road Runners			6'11"/km	01:18:07
571	01:19:46	831	Natalie	Vicary	Female	Female Vet 45	Finished	Risca Tri			6'11"/km	01:17:45
572	01:19:48	804	Joanna	Hopkins	Female	Female Vet 35	Finished	Caerphilly Runners			6'11"/km	01:18:24
573	01:19:52	823	Stephen	Rees	Male	Male Senior	Finished	Caerphilly Runners			6'12"/km	01:18:11
574	01:19:53	829	Andrew	Todd	Male	Male Senior	Finished	Caerphilly Runners			6'12"/km	01:18:13
575	01:19:56	705	Joanne	Norton	Female	Female Vet 45	Finished	Monmouth Rock up and Run			6'12"/km	01:17:48
576	01:19:57	647	Ceriann	Robbins	Female	Female Vet 45	Finished	Chepstow Harriers			6'13"/km	01:19:03
577	01:19:57	643	Hannah	Wyatt	Female	Female Senior	Finished	Westbury Harriers			6'13"/km	01:18:23
578	01:19:59	646	Ruth	Hazell	Female	Female Vet 40	Finished	Undy & Redwick Roadrunners			6'13"/km	01:18:15
579	01:20:01	925	Briony	Waycott	Female	Female Senior	Finished	Merthyr Running Club			6'13"/km	01:19:27
580	01:20:02	663	Kathryn	Davis	Female	Female Senior	Finished	Forest of dean runners			6'13"/km	01:18:39
581	01:20:05	543	Danella	Wrend	Female	Female Vet 45	Finished	Forest of dean runners			6'14"/km	01:18:40
582	01:20:05	756	Mike	Lewin	Male	Male Vet 60	Finished	Rhondda Valley Runners			6'14"/km	01:18:01
583	01:20:05	529	Felicity	Russell	Female	Female Vet 65	Finished	Southville RC			6'14"/km	01:18:05
584	01:20:06	350	Mark	Lewis	Male	Male Vet 50	Finished	Parc Bryn Bach RC			6'14"/km	01:19:18
585	01:20:14	603	Catherine	Llewellyn	Female	Female Vet 60	Finished	Islwyn RC			6'14"/km	01:18:47
586	01:20:14	650	Rachel	Beard	Female	Female Vet 50	Finished	Undy & Redwick Roadrunners			6'15"/km	01:18:58
587	01:20:14	708	Miriam	Paris	Female	Female Vet 55	Finished	CDF Runners			6'16"/km	01:19:01
588	01:20:19	809	Lisa	Kyte	Female	Female Vet 50	Finished	Penarth and Dinas Runners			6'16"/km	01:19:05
589	01:20:20	909	Lisa	Jones	Female	Female Vet 50	Finished	She Runs Cardiff			6'16"/km	01:20:23
590	01:20:23	480	Jane	Duffus	Female	Female Vet 45	Finished	Pontyclun Road Runners			6'16"/km	01:20:23
591	01:20:26	688	Soraya	Jones	Female	Female Vet 35	Finished	She Runs Cardiff			6'16"/km	01:20:26
592	01:20:37	729	Helen	Tilston	Female	Female Vet 40	Finished	Penarth and Dinas Runners			6'16"/km	01:20:24
593	01:20:41	661	Hannah	Darby	Female	Female Senior	Finished	Lliswerry Runners			6'16"/km	01:21:20
594	01:20:45	555	Jodi	Pontin	Female	Female Vet 40	Finished	Penarth and Dinas Runners			6'16"/km	01:21:05
595	01:20:46	208	Steven	Phillips	Male	Male Vet 45	Finished	Parc Bryn Bach RC			6'16"/km	01:19:05
596	01:20:53	668	Siân	Edwards	Female	Female Vet 45	Finished	Islwyn RC			6'16"/km	01:18:41
597	01:20:58	696	Anna	Maguire	Female	Female Vet 40	Finished	Undy & Redwick Roadrunners			6'17"/km	01:19:09
598	01:21:00	281	Katherine	Axtен	Female	Female Senior	Finished	CDF Runners			6'17"/km	01:20:21
599	01:21:20	581	Michael	Goode	Male	Male Vet 55	Finished	Penarth and Dinas Runners			6'19"/km	01:20:32
600	01:21:22	610	Ceri	Moore	Female	Female Vet 40	Finished	She Runs Cardiff			6'19"/km	01:20:23
601	01:21:22	686	Bethan	Jones	Female	Female Vet 40	Finished	She Runs Cardiff			6'19"/km	01:20:24
602	01:21:22	428	Nia	Williams	Female	Female Vet 45	Finished	Penarth and Dinas Runners			6'19"/km	01:20:23
603	01:21:23	620	Sarah	Pope	Female	Female Vet 60	Finished	Lliswerry Runners			6'19"/km	01:19:24
604	01:21:25	2	Jon	Stones	Male	Male Vet 45	Finished	Penarth and Dinas Runners			6'19"/km	01:21:20
605	01:21:29	848	Margaret	Ogden	Female	Female Vet 50	Finished	Penarth and Dinas Runners			6'19"/km	01:19:06
606	01:21:31	598	Kevin	James	Male	Male Vet 45	Finished	Penarth and Dinas Runners			6'19"/km	01:20:05
607	01:21:34	675	David	Gates	Male	Male Vet 60	Finished	Pontyclun Road Runners			6'20"/km	01:19:17
608	01:21:34	674	Cara	Gates	Female	Female Vet 50	Finished	Pontyclun Road Runners			6'20"/km	01:19:17
609	01:21:39	607	Jean	Marchant	Female	Female Vet 60	Finished	Pontypridd Roadents AC			6'20"/km	01:20:36
610	01:21:41	904	Donna	Abbott	Female	Female Vet 45	Finished	Sole Sisters (North Bristol)			6'20"/km	01:19:41
611	01:21:43	492	Eigen	Halpin	Female	Female Vet 45	Finished	Pont-y-pwl & District Runners			6'20"/km	01:20:54
612	01:21:45	644	Emma	Cook	Female	Female Vet 45	Finished	Caerphilly Runners			6'21"/km	01:20:00
613	01:21:45	736	Natalie	Williams	Female	Female Vet 50	Finished	Pontyclun Road Runners			6'21"/km	01:20:06
614	01:21:46	467	Paul	Coombes	Male	Male Vet 45	Finished	Newent Runners			6'21"/km	01:20:26
615	01:21:46	459	Jamie	Bell	Male	Male Vet 40	Finished	Pontyclun Road Runners			6'21"/km	01:20:26
616	01:21:52	825	Tracy	Rowe	Female	Female Vet 55	Finished	Caldicot Running Club			6'21"/km	01:20:31
617	01:21:52	654	Carolyn	Brown	Female	Female Vet 35	Finished	Caldicot Running Club			6'21"/km	01:20:32
618	01:21:55	521	Joanna	Pearson	Female	Female Vet 55	Finished	Newent Runners			6'21"/km	01:20:30
619	01:21:55	637	Hayley	Williams	Female	Female Vet 45	Finished	Caldicot Running Club			6'21"/km	01:20:32
620	01:22:03	305	Clive	Granger	Male	Male Vet 55	Finished	Pontyclun Road Runners			6'22"/km	01:20:37
621	01:22:03	324	Paul	Pinches	Male	Male Vet 50	Finished	Pontyclun Road Runners			6'22"/km	01:20:36
622	01:22:03	698	Markus	Matthews	Male	Male Vet 60	Finished	Women Running Penarth			6'22"/km	01:20:36
623	01:22:05	669	Lynne	Ellis	Female	Female Vet 60	Finished	Parc Bryn Bach RC			6'22"/km	01:20:05
624	01:22:05	837	Angharad	Fortey	Female	Female Vet 40	Finished	Cirencester AC			6'22"/km	01:20:04
625	01:22:20	591	Brigitte	Heasley	Female	Female Vet 65	Finished	Griffithstown Harriers			6'24"/km	01:20:50
626	01:22:27	730	Samantha	Timms	Female	Female Vet 55	Finished	Griffithstown Harriers			6'24"/km	01:21:39
627	01:22:34	501	Rachel	Jones	Female	Female Vet 50	Finished	Pont-y-pwl & District Runners			6'24"/km	01:21:26
628	01:22:34	589	Jane	Hawkins	Female	Female Vet 55	Finished	Caldicot Running Club			6'24"/km	01:21:26
629	01:22:52	605	Bethan	Lyne	Female	Female Vet 45	Finished	Pont-y-pwl & District Runners			6'26"/km	01:21:01
630	01:23:55	787	Lisa	Carey	Female	Female Vet 40	Finished	Pontyclun Road Runners			6'31"/km	01:22:17
631	01:24:01											

637	01:24:30	653	Eden	Brookes	Female	Female Senior	Finished	Islwyn RC	281	51	6'33"/km	01:22:14
638	01:24:31	652	Paul	Brookes	Male	Male Vet 50	Finished	Islwyn RC	357	45	6'33"/km	01:22:15
639	01:24:38	743	Jonathan	Allan	Male	Male Vet 50	Finished		358	46	6'34"/km	01:23:07
640	01:24:49	565	Claire	Bell	Female	Female Vet 60	Finished	Les Croupiers RC	282	13	6'35"/km	01:22:55
641	01:25:38	731	Caren	Todd	Female	Female Vet 40	Finished		283	46	6'39"/km	01:23:35
642	01:25:46	693	Rachel	Lee	Female	Female Vet 50	Finished	Pegasus RC	284	45	6'39"/km	01:23:48
643	01:25:48	849	Debbie	Paris	Female	Female Vet 50	Finished	Pegasus RC	285	46	6'39"/km	01:23:49
644	01:25:54	519	Aimee	Panes	Female	Female Senior	Finished	Pontypridd Roadents AC	286	52	6'40"/km	01:24:45
645	01:25:54	470	David	Croft	Male	Male Vet 50	Finished	Andy & Redwick Roadrunners	359	47	6'40"/km	01:24:36
646	01:25:56	471	Mike	Croft	Male	Male Vet 50	Finished	Andy & Redwick Roadrunners	360	48	6'40"/km	01:24:38
647	01:25:59	833	Gudrun	Waters	Female	Female Vet 50	Finished		287	47	6'40"/km	01:24:21
648	01:25:59	847	Claire	Morgan	Female	Female Vet 60	Finished	Pegasus RC	288	14	6'40"/km	01:23:45
649	01:26:01	715	Alison	Pritchard	Female	Female Vet 35	Finished	Rhondda Valley Runners	289	44	6'40"/km	01:24:04
650	01:26:06	741	Lesley	Matthews	Female	Female Vet 60	Finished		290	15	6'41"/km	01:23:47
651	01:26:06	672	Sarah	Evans	Female	Female Vet 50	Finished		291	48	6'41"/km	01:24:07
652	01:26:06	717	Debbie	Richards	Female	Female Vet 50	Finished	Women Running Penarth	292	49	6'41"/km	01:23:43
653	01:26:08	704	Claire	Mott	Female	Female Vet 45	Finished	Women Running Penarth	293	53	6'41"/km	01:23:45
654	01:26:18	776	Katie	Thornton	Female	Female Vet 35	Finished	Pontyclun Road Runners	294	45	6'42"/km	01:24:49
655	01:26:34	750	Cathryn	Ferris	Female	Female Vet 55	Finished	SMR	295	30	6'43"/km	01:24:33
656	01:26:46	799	Katrina	Guzzetta	Female	Female Vet 50	Finished	Sole Sisters (North Bristol)	296	50	6'44"/km	01:24:44
657	01:26:53	745	Mark	Bennett	Male	Male Vet 50	Finished		361	49	6'44"/km	01:24:36
658	01:26:53	676	Andrew	Gould	Male	Male Vet 55	Finished		362	45	6'44"/km	01:24:58
659	01:26:53	546	Carwyn	Evans	Male	Male Vet 55	Finished	Dragons Running Club / Aberdare	363	46	6'44"/km	01:24:58
660	01:27:00	910	Emma	Larson	Female	Female Vet 45	Finished	Islwyn RC	297	54	6'45"/km	01:24:45
661	01:27:09	721	Sarah	Shepherd	Female	Female Vet 40	Finished	Pontyclun Road Runners	298	47	6'46"/km	01:25:41
662	01:27:15	732	Sonia	Unsted	Female	Female Vet 55	Finished	Chepstow Harriers	299	31	6'46"/km	01:25:28
663	01:27:15	280	Tom	Annett	Male	Male Vet 45	Finished	Chepstow Harriers	364	53	6'46"/km	01:25:28
664	01:27:17	816	Ruth	Northway	Female	Female Vet 60	Finished	Pontyclun Road Runners	300	16	6'46"/km	01:25:49
665	01:27:22	838	Brubeck	Freeman	Male	Male Senior	Finished		365	110	6'47"/km	01:25:30
666	01:27:28	760	Diane	Morgan	Female	Female Vet 55	Finished	Parc Bryn Bach RC	301	32	6'47"/km	01:26:03
667	01:27:32	818	Rachel	Owen	Female	Female Vet 45	Finished		302	55	6'48"/km	01:25:56
668	01:27:33	406	Shane	Hopkins	Male	Male Vet 40	Finished	Ogmore Phoenix Runners	366	63	6'48"/km	01:27:12
669	01:27:59	537	Melinda	Thomas	Female	Female Vet 45	Finished	Ogmore Phoenix Runners	303	56	6'50"/km	01:26:18
670	01:28:00	564	Paul	Barrett	Male	Male Vet 45	Finished	Merthyr Running Club	367	54	6'50"/km	01:26:20
671	01:28:00	795	Lowri	Glassey	Female	Female Senior	Finished	Vegan Runners UK	304	53	6'50"/km	01:25:46
672	01:28:12	800	Tony	Hardy	Male	Male Vet 60	Finished	Caldicot Running Club	368	32	6'51"/km	01:26:37
673	01:28:23	253	Mark	Batten	Male	Male Vet 50	Finished		369	50	6'51"/km	01:26:50
674	01:28:23	725	Tamara	Tamas	Female	Female Vet 50	Finished		305	51	6'51"/km	01:26:51
675	01:28:24	726	Nyree	Temby	Female	Female Vet 50	Finished	Fairwater Runners Cwmbran	306	52	6'52"/km	01:27:07
676	01:28:28	308	Nikki	Hancox	Female	Female Vet 50	Finished	Griffithstown Harriers	307	53	6'52"/km	01:27:35
677	01:28:28	803	Hayley	Hellerman	Female	Female Vet 35	Finished		308	46	6'52"/km	01:26:31
678	01:28:42	755	Bev	Johnson	Female	Female Vet 55	Finished	Rhondda Valley Runners	309	33	6'53"/km	01:26:24
679	01:28:46	710	Kaye	Pedler	Female	Female Vet 45	Finished	Ogmore Phoenix Runners	310	57	6'53"/km	01:27:07
680	01:28:46	779	Alexis	Barrett	Female	Female Vet 45	Finished	Ogmore Phoenix Runners	311	58	6'53"/km	01:27:06
681	01:28:53	687	Brydie	Jones	Female	Female Senior	Finished	Women running penarth	312	54	6'54"/km	01:26:28
682	01:28:53	571	Rachel	Chalke	Female	Female Senior	Finished	Penarth womens running	313	55	6'54"/km	01:26:29
683	01:28:53	680	Helen	Hodgson	Female	Female Vet 50	Finished	Women Running Penarth	314	54	6'54"/km	01:26:30
684	01:28:55	769	Kay	Rogers	Female	Female Vet 55	Finished	BRF Running Club	315	34	6'54"/km	01:26:52
685	01:29:04	782	Stephen	Blake	Male	Male Vet 55	Finished	Pegasus RC	370	47	6'55"/km	01:27:12
686	01:29:10	902	Lucy	Thomas	Female	Female Senior	Finished	Caerphilly Runners	316	56	6'55"/km	01:27:29
687	01:29:24	826	Mark	Smith	Male	Male Vet 55	Finished	Albany Road Run Club	371	48	6'56"/km	01:27:47
688	01:29:34	834	Jessica	Watts	Female	Female Senior	Finished		317	57	6'57"/km	01:27:40
689	01:29:34	633	Katie	Watts	Female	Female Senior	Finished		318	58	6'57"/km	01:27:37
690	01:29:44	783	Chris	Bovington	Female	Female Vet 55	Finished	Caerphilly Runners	319	35	6'58"/km	01:27:54
691	01:29:44	806	Sharon	Johns	Female	Female Vet 50	Finished	Caerphilly Runners	320	55	6'58"/km	01:27:55
692	01:30:27	835	Maria	Williams	Female	Female Vet 55	Finished	RHONDDA VALLEY RUNNERS	321	36	7'01"/km	01:28:10
693	01:30:29	753	Melissa	Houston	Female	Female Vet 40	Finished		322	48	7'01"/km	01:28:58
694	01:30:32	4	Gary	Brewster	Male	Male Senior	Finished	Lliswerry Runners	372	111	7'01"/km	01:28:12
695	01:30:34	843	Mandy	Adams	Female	Female Vet 50	Finished		323	56	7'02"/km	01:28:31
696	01:30:46	757	Wendy	Mctavish	Female	Female Vet 55	Finished	BRF Running Club	324	37	7'03"/km	01:28:44
697	01:31:05	751	Lisa	Hayward	Female	Female Vet 50	Finished	Newport Female Runners Network	325	57	7'04"/km	01:28:40
698	01:31:11	842	Marina	Singh-tovey	Female	Female Senior	Finished		326	59	7'05"/km	01:29:21
699	01:31:11	506	Daniel	Lewis	Male	Male Vet 45	Finished	San Domenico Road RC	373	55	7'05"/km	01:29:21
700	01:31:17	754	Nathan	Hubbard	Male	Male Senior	Finished	Caldicot Running Club	374	112	7'05"/km	01:29:11
701	01:31:25	798	Fiona	Guy	Female	Female Vet 40	Finished		327	49	7'06"/km	01:29:04
702	01:31:47	569	Helen	Brown	Female	Female Vet 65	Finished	Fairwater Runners Cwmbran	328	5	7'07"/km	01:30:48
703	01:32:00	759	Tracey	Moreton	Female	Female Vet 60	Finished	BRF Running Club	329	17	7'08"/km	01:29:58
704	01:32:02	916	Geoff	Wright	Male	Male Vet 70	Finished	Les Croupiers RC	375	5	7'08"/km	01:30:06
705	01:32:27	780	Clare	Barrett	Female	Female Vet 45	Finished	Islwyn RC	330	59	7'10"/km	01:30:12
706	01:32:41	709	Angharad	Parry-jones	Female	Female Vet 45	Finished	Les Croupiers RC	331	60	7'12"/km	01:30:46
707	01:33:30	822	Sharon	Punter	Female	Female Vet 50	Finished	Brecon AC	332	58	7'15"/km	01:31:15
708	01:34:11	819	Ellen	Perry	Female	Female Vet 55	Finished		333	38	7'19"/km	01:31:50
709	01:34:30	415	Chelle	Mahoney	Female	Female Vet 40	Finished		334	50	7'20"/km	01:33:56
710	01:34:37	786	Jackie	Bradshaw	Female	Female Vet 55	Finished	Women Running Penarth	335	39	7'21"/km	01:32:15
711	01:34:43	670	Joanna	England	Female	Female Vet 45	Finished	Merthyr running club	336	61	7'21"/km	01:32:29
712	01:35:12	906	Tracy	Cooper	Female	Female Vet 45	Finished	Caerleon Running Club	337	62	7'23"/km	01:32:50
713	01:35:19	846	Sian	Jenkins	Female	Female Vet 50	Finished	Ogmore Phoenix Runners	338	59	7'24"/km	01:33:38
714	01:35:30	476	Wayne	Davies	Male	Male Vet 50	Finished		376	51	7'25"/km	01:34:19
715	01:35:33	473	Jess	Davies	Female	Female Senior	Finished		339	60	7'25"/km	01:34:23
716	01:36:14	554	Katie	Phillips	Female	Female Vet 40	Finished	Merthyr running club	340	51	7'28"/km	01:34:01
717	01:36:19	684	Michael	Hurst	Male	Male Senior	Finished	Pontyclun Road Runners	377	113	7'28"/km	01:34:51
718	01:36:35	913	Kimberley	Sams	Female	Female Senior	Finished	Caerphilly Runners	341	61	7'30"/km	01:34:52
719	01:36:35	791	Nick	Davies	Male	Male Vet 60	Finished	Caerphilly Runners	378	33	7'30"/km	01:34:24
720	01:36:41	912	Rachel	Martin	Female	Female Vet 50	Finished		342	60	7'30"/km	01:34:47
721	01:36:42	802	Caroline	Hellard	Female	Female Vet 40	Finished		343	52	7'30"/km	01:34:48
722	01:37:30	903	Louise	Walker	Female	Female Vet 50	Finished	Caerphilly Runners	344	61	7'34"/km	01:35:42
723	01:37:31	830	Sarah	Tucker	Female	Female Vet 50	Finished	Islwyn RC	345	62	7'34"/km	01:35:18
724	01:37:32	828	Caroline	Tinsley	Female	Female Vet 40	Finished		346	53	7'34"/km	01:35:55
725	01:37:45	778	Lisa	Thomas	Female	Female Vet 40	Finished	Islwyn RC	347	54	7'35"/km	01:35:30
726	01:38:26	817	Jayne	Owen	Female	Female Vet 50	Finished	Caerphilly Runners	348	63	7'38"/km	01:36:37
727	01:38:26	702	Paula	Morgan	Female	Female Vet 50	Finished	Merthyr Triathlon Club	349	64	7'38"/km	01:36:32

728	01:39:23	845	Lisa	Davies	Female	Female Vet 45	Finished	Clwb Run Wales	350	63	7'43"/km	01:37:25
729	01:39:28	915	Gemma	Lewis	Female	Female Vet 35	Finished	Pontypridd Roadents AC	351	47	7'43"/km	01:37:29
730	01:40:04	914	Amy	Williams	Female	Female Senior	Finished		352	62	7'46"/km	01:38:22
731	01:40:38	746	Joanne	Biddiscombe	Female	Female Vet 50	Finished		353	65	7'49"/km	01:38:17
732	01:40:38	793	Stephen	Ford	Male	Male Vet 45	Finished	Easy Pacers	379	56	7'49"/km	01:38:16
733	01:41:36	812	Helen	Mccarthy	Female	Female Vet 45	Finished	Albany Road Run Club	354	64	7'53"/km	01:39:33
734	01:41:36	770	Joanne	Rowling	Female	Female Vet 50	Finished	Ogmore Phoenix Runners	355	66	7'53"/km	01:39:55
735	01:42:03	949	Hanna	Coveney	Female	Female Vet 35	Finished		356	48	7'55"/km	01:39:52
736	01:42:27	700	Emma	Mitchell-williams	Female	Female Vet 45	Finished		357	65	7'57"/km	01:40:50
737	01:42:27	840	Zoe	Morgan	Female	Female Senior	Finished	Clwb Run Wales	358	63	7'57"/km	01:40:08
738	01:42:28	836	Gemma	Brimble	Female	Female Senior	Finished	Clwb Run Wales	359	64	7'57"/km	01:40:08
739	01:43:36	771	Jo	Sanderson	Female	Female Vet 50	Finished	Sole Sisters (North Bristol)	360	67	8'02"/km	01:41:34
740	01:44:46	923	Carolyn	Snell	Female	Female Vet 60	Finished	Pontyclun Road Runners	361	18	8'08"/km	01:42:35
741	01:46:30	921	Helen	Kirk	Female	Female Vet 45	Finished		362	66	8'16"/km	01:44:05
742	01:46:30	920	Michelle	Hodge	Female	Female Vet 40	Finished		363	55	8'16"/km	01:44:04
743	01:47:56	905	Rhiannon	Buckley	Female	Female Vet 35	Finished	Porthcawl Triathlon Club	364	49	8'23"/km	01:45:37
744	01:47:57	911	Sian	Llewellyn	Female	Female Vet 40	Finished	Porthcawl Triathlon Club	365	56	8'23"/km	01:45:37
745	01:49:17	901	Sam	Taylor	Female	Female Vet 45	Finished	Pontyclun Road Runners	366	67	8'29"/km	01:46:56
746	01:49:59	907	Jenny	Dalby	Female	Female Vet 55	Finished	Sole Sisters (North Bristol)	367	40	8'32"/km	01:47:58
747	01:49:59	850	Michelle	Rice	Female	Female Vet 60	Finished	Sole Sisters (North Bristol)	368	19	8'32"/km	01:47:58
748	01:51:13	805	Helen	John	Female	Female Vet 55	Finished		369	41	8'38"/km	01:48:49
749	01:51:14	608	David	Mather	Male	Male Vet 60	Finished	Pontypridd Roadents AC	380	34	8'38"/km	01:48:50
750	01:55:15	922	Beth	May	Female	Female Vet 55	Finished	Clwb Run Wales	370	42	8'57"/km	01:52:55
751	01:59:24	919	Angela	Foster-swailes	Female	Female Vet 40	Finished	Albany Road Run Club	371	57	9'16"/km	01:57:04
752	02:09:54	918	Rebekah	Daniel	Female	Female Vet 45	Finished	Pontyclun Road Runners	372	68	10'05"/km	02:07:43
753	02:09:55	917	Kerrie	Aldridge	Female	Female Vet 40	Finished		373	58	10'05"/km	02:07:45
	649	Karen	Barnett		Female	Female Vet 55	Not started					
	744	Nicola	Allan		Female	Female Vet 55	Not started					
	810	Matt	Lewis		Male	Male Vet 55	Not started	Yate & District				
	317	Lee	Kibble		Male	Male Senior	Not started	Forest of Dean AC				
	752	Jess	Hegarty		Female	Female Senior	Not started					
	839	Jessica	Le Huray		Female	Female Vet 50	Not started					
	570	Berna	Cantwell		Female	Female Vet 60	Not started	Chepstow Harriers				
	314	Keith	Jones		Male	Male Vet 45	Not started	Albany ROad Run Club				
	234	Ceri	Denning		Female	Female Senior	Not started	Micky Morris Racing Team				
	212	Richard	Roberts		Male	Male Senior	Not started	Griffithstown Harriers				
	133	Nick	Holliday		Male	Male Vet 65	Not started	Cheltenham and County Harriers				
	47	David	Craig		Male	Male Vet 45	Not started	Les Croupiers RC				
	801	Peter	Heath		Male	Male Vet 40	Not started	Les Croupiers RC				
	327	Jane	Roscoe		Female	Female Vet 55	Not started	Chepstow Harriers				
	237	Aled	Hughes		Male	Male Vet 45	Not started	Ogmore Phoenix Runners				
	639	Nicola	Williams		Female	Female Vet 35	Not started	Caldicot Running Club				
	706	Samya	Obaji		Female	Female Vet 40	Not started	Women running Penarth				
	182	Matthew	Reynolds		Male	Male Vet 40	Not started	Port Talbot Harriers				
	430	Bretti	Paxton		Female	Female Senior	Not started	Pontypridd Roadents AC				
	638	Michael	Williams		Male	Male Vet 55	Not started	Caerphilly Runners				
	516	Rob	Norman		Male	Male Vet 50	Not started	Udny & Redwick Roadrunners				
	310	Emily	Harrison		Female	Female Vet 40	Not started	Monross Trailblazers				
	497	Jonathan	Howell		Male	Male Vet 40	Not started					
	499	Elizabeth	Hughes		Female	Female Vet 40	Not started	Pontyclun Road Runners				
	173	Amy	Kelleher		Female	Female Vet 40	Not started					
	758	Lynn	Moore		Female	Female Vet 55	Not started	Forest of Dean AC				
	36	Marcus	Bennetto		Male	Male Senior	Not started	Forest of Dean AC				
	739	Sue	Wright		Female	Female Vet 45	Not started					
	53	Darren	Stevens		Male	Male Vet 50	Not started	Merthyr Running Club				
	8	Rob	Davies		Male	Male Vet 50	Not started	Lliswerry Runners				
	188	Polly	Summers		Female	Female Senior	Not started	Sarn Helen				
	436	Tina	Gabb		Female	Female Vet 45	Not started	Swansea Harriers AC				
	367	Gareth	Davies		Male	Male Vet 45	Not started	Penarth and Dinas Runners				
	479	Esther	Denness		Female	Female Vet 35	Not started					
	441	Mark	Evans		Male	Male Vet 60	Not started	Brackla Harriers				
	792	Nicholas	Drage		Male	Male Vet 55	Not started	White Rock Runners				
	229	Susannah	Bulpin		Female	Female Vet 50	Not started	San Domenico Road RC				
	226	Emily	Adams		Female	Female Senior	Not started	Pontypridd Roadents AC				
	832	Lynsie	Walstow		Female	Female Vet 40	Not started	Merthyr Running Club				
	764	Cerys	Parker-williams		Female	Female Vet 40	Not started					
	90	Marc	Williams		Male	Male Vet 40	Not started	Les Croupiers RC				
	572	Nick	Clarke		Male	Male Vet 55	Not started	Griffithstown Harriers				
	395	Stuart	Duncan		Male	Male Vet 60	Not started	Chepstow Harriers				
	132	Scott	Gray		Male	Male Senior	Not started	Ogmore Phoenix Runners				
	35	Geraint	Williams		Male	Male Senior	Not started	Cornelly Striders				
	370	Matthew	Jacklin		Male	Male Vet 45	Not started	Aberdare Valley AAC				
	524	David	Phillips		Male	Male Vet 40	Not started	Les Croupiers RC				
	573	Jane	Collins		Female	Female Vet 40	Not started	Caldicot Running Club				
	482	Peggy	Edwards		Female	Female Vet 55	Not started	Pontypridd Roadents AC				
	278	James	Young		Male	Male Vet 40	Not started	Griffithstown Harriers				
	99	Andrew	Dickens		Male	Male Vet 50	Not started	Fairwater Runners Cwmbran				
	233	Nathan	Dee		Male	Male Senior	Not started	Vale Runners				
	402	Neil	Harris		Male	Male Vet 45	Not started					
	464	Kim	Carwardine		Female	Female Vet 40	Not started	Chepstow Harriers				
	197	Carly	Cole		Female	Female Vet 45	Not started	Parc Bryn Bach RC				
	797	Phil	Groves		Male	Male Vet 60	Not started	Pegasus RC				
	236	Brian	Hall		Male	Male Vet 55	Not started					
	105	David	Hawkins		Male	Male Vet 40	Not started	Cardiff Triathletes				
	762	Nigel	Moseley		Male	Male Vet 55	Not started					
	694	Debra	Lewis		Female	Female Vet 50	Not started	Rhondda valley runners				
	815	Steve	New		Male	Male Vet 55	Not started	Penarth and Dinas Runners				
	160	Matthew	Cook		Male	Male Vet 50	Not started					
	747	Daniel	Binks		Male	Male Vet 40	Not started					
	34	Luke	Williams		Male	Male Senior	Not started	Micky Morris Racing Team				
	908	Caveney	Hannah		Female	Female Vet 35	Not started					

354	Michelle	Wachter	Female	Female	Vet 45	Not started	Caldicot Running Club
660	Simon	Collier	Male	Male	Vet 50	Not started	
68	David	Hazell	Male	Male	Vet 40	Not started	Caerphilly Runners
355	Andrew	Hughes	Male	Male	Vet 50	Not started	Malvern buzzards
214	Lou	Summers	Female	Female	Vet 55	Not started	Sarn Helen
813	Aisling	Morgan	Female	Female	Vet 35	Not started	Caerleon Running Club
671	Paul	Evans	Male	Male	Vet 45	Not started	Brecon AC
302	Glen	Francis	Male	Male	Vet 45	Not started	
629	Kathryn	Thomas	Female	Female	Vet 55	Not started	Chepstow Harriers
737	Rebecca	Williams	Female	Female	Senior	Not started	Crickhowell running club
130	Rhos	Davies	Male	Male	Vet 40	Not started	White rock Runners
611	Louise	Munkley	Female	Female	Vet 45	Not started	Merthyr Running Club
369	Laura	Hunt	Female	Female	Senior	Not started	Caldicot Running Club
50	Lucy	Marland	Female	Female	Vet 35	Not started	Les Croupiers RC
820	Danielle	Phillips	Female	Female	Vet 35	Not started	Les Croupiers RC
609	Anne-marie	Montoto	Female	Female	Vet 55	Not started	Merthyr Running Club
433	Edward	Brown	Male	Male	Vet 45	Not started	White Rock Runners
924	David	Stallard	Male	Male	Vet 45	Not started	Merthyr running club
505	Gareth	Lee	Male	Male	Vet 40	Not started	Caldicot Running Club
191	Cathryn	Williams	Female	Female	Senior	Not started	Port Talbot Harriers
56	Harry	Waring	Male	Male	Senior	Not started	San Domenico Road RC
534	Stefanie	Taylor	Female	Female	Senior	Not started	CDF Runners
300	Philip	Evans	Male	Male	Senior	Not started	Pontypridd Roadents AC
345	Paul	Davies	Male	Male	Senior	Not started	Port Talbot Harriers
127	Dale	Appleby	Male	Male	Senior	Not started	
574	Stephen	Comins	Male	Male	Vet 50	Not started	Caldicot Running Club
712	Nicola	Phillips	Female	Female	Vet 55	Not started	Sole Sisters (North Bristol)
325	Keira	Pratt	Female	Female	Vet 35	Not started	Penarth and Dinas Runners
347	David	Goodall	Male	Male	Vet 70	Not started	White Rock Runners
811	Angela	Maynard	Female	Female	Vet 40	Not started	Lonely Goat
469	Tracey	Creedon	Female	Female	Vet 45	Not started	Les Croupiers RC
450	Joanne	Dunscombe	Female	Female	Vet 45	Not started	Pegasus RC
249	Gary	Willcox	Male	Male	Vet 60	Not started	Pont-y-pwl & District Runners
349	Chris	John	Male	Male	Senior	Not started	Port Talbot Harriers
344	Christopher	Davies	Male	Male	Senior	Not started	CDF Runners
474	Joanne	Davies	Female	Female	Vet 35	Not started	
547	Sarah	Hall	Female	Female	Vet 45	Not started	Pontyclun Road Runners
587	Claire	Harding	Female	Female	Senior	Not started	Caerphilly Runners
147	Rachael	Baralos	Female	Female	Vet 35	Not started	San Domenico Road RC
135	Kevin	Plank	Male	Male	Vet 50	Not started	
101	Christopher	Fernandez-howells	Male	Male	Senior	Not started	Caldicot Running Club
562	Matthew	Alderson	Male	Male	Senior	Not started	Micky Morris Racing Team
89	Sean	Taylor	Male	Male	Vet 45	Not started	San Domenico Road RC
283	Phil	Bristow	Male	Male	Vet 60	Not started	Pegasus RC
414	Tony	Mackay	Male	Male	Vet 55	Not started	Fairwater Runners Cwmbran
235	Peter	Edwards	Male	Male	Senior	Not started	
111	Davies	Matthew	Male	Male	Senior	Not started	Ogmore Phoenix Runners
446	Vanessa	Pegler	Female	Female	Vet 50	Not started	Parc Bryn Bach RC
827	Kierran	Spiers	Male	Male	Senior	Not started	
455	Sarah	Barker	Female	Female	Vet 40	Not started	Pontypridd Roadents AC
624	Bills	Samantha	Female	Female	Vet 35	Not started	Penarth and Dinas Runners
772	Rob	Sims	Male	Male	Vet 50	Not started	Merthyr Triathlon Club
329	Caitlin	Sheppard	Female	Female	Senior	Not started	Micky Morris Racing Team
299	Gareth	Evans	Male	Male	Senior	Not started	Penarth and Dinas Runners
398	Andrew	Gardner	Male	Male	Vet 50	Not started	Brackla Harriers
630	Miles	Thomas	Male	Male	Vet 45	Not started	Vegan Runners UK
77	Mark	Hobbs	Male	Male	Senior	Not started	
303	James	George	Male	Male	Vet 50	Not started	
266	Howard	Jones	Male	Male	Vet 40	Not started	
358	Coral	Putman	Female	Female	Vet 50	Not started	