

POSITION	RACE NUMBER	TIME	CATEGORY	NAME	CLUB
1	9	37:37	Senior Male (Under 40)	JAMES THLE	CARDIFF AAC
2	22	38:07	Senior Male (Under 40)	GERAINT LEWIS	PORTHCAWL RUNNERS LIFE
3	14	38:56	Senior Male (Under 40)	GARETH AYRES	PORT TALBOT HARRIERS
4	37	39:15	Senior Male (Under 40)	DEAN JOHNSON	NEATH HARRIERS AC
5	52	39:33	Veteran Male (40 - 44)	ANDREW HODGSON	BRIDGEND AC
6	97	40:21	Veteran Male (55 - 59)	ALAN DAVIES	
7	39	41:36	Senior Male (Under 40)	PAUL SPEYER	BRACKLA HARRIERS
8	67	42:03	Veteran Male (45 - 49)	HUNT ROBERT	BRIDGEND AC
9	66	42:14	Veteran Male (45 - 49)	DIMITRI VORRES	
10	28	42:17	Senior Male (Under 40)	HYWEL DINNICK	
11	25	42:18	Senior Male (Under 40)	RHODRI EVANS	PONTYPRIDD ROADENTS
12	49	42:34	Veteran Male (40 - 44)	JASON BREWER	
13	31	42:45	Senior Male (Under 40)	LEE DAVIES	NEATH HARRIERS AC
14	129	43:08	Senior Female (Under 35)	VICTORIA RAWES	PENCOED TRI
15	157	44:30	Veteran Female (40 - 44)	SHARON LEECH	CARMARTHEN HARRIERS
16	42	45:08	Veteran Male (40 - 44)	JASON MORRIS	
17	23	45:33	Senior Male (Under 40)	GARETH DAVEY	LLANELLI AAC
18	16	45:33	Senior Male (Under 40)	GAVIN BRACE	
19	8	45:34	Senior Male (Under 40)	LEIGH WILLIAMS	
20	98	45:35	Veteran Male (55 - 59)	KEITH POWELL	CORNELLY STRIDERS
21	18	46:07	Senior Male (Under 40)	STEPHEN MORATH	PENARTH & DINAS RUNNERS
22	30	46:10	Senior Male (Under 40)	RYAN BELCHER	
23	41	46:11	Veteran Male (40 - 44)	BARRI EDWARDS	
24	13	46:12	Senior Male (Under 40)	THOMAS PARTRIDGE	
25	132	46:13	Senior Female (Under 35)	EMMA BAYLISS	MYNYDD DU LADIES
26	13	46:17	Senior Male (Under 40)	THOMAS PARTRIDGE	
27	34	46:18	Senior Male (Under 40)	JEREMY JAMES	
28	180	46:20	Veteran Female (45 - 49)	LOU SUMMERS	
29	102	46:56	Veteran Male 60+	PETER TURNER	CORNELLY STRIDERS
30	62	47:17	Veteran Male (45 - 49)	ROBERT DRAKE	
31	25	47:33	Senior Male (Under 40)	DAVID MOORE	
32	59	47:45	Veteran Male (45 - 49)	PETER JOHNS	
33	29	47:48	Senior Male (Under 40)	ANDREW CRADDOCK	
34	179	47:54	Veteran Female (45 - 49)	SANDRA PINKHAM	PORT TALBOT HARRIERS
35	89	47:57	Veteran Male (50 - 54)	ROBERT WILSON	PENARTH & DINAS RUNNERS
36	128	48:03	Senior Female (Under 35)	MICHELLE GREY	PORT TALBOT HARRIERS & AC
37	173	48:07	Veteran Female (45 - 49)	LISA CLEARY	PENARTH & DINAS RUNNERS
38	56	48:13	Veteran Male (45 - 49)	ROBERT WILCOX	
39	20	48:21	Senior Male (Under 40)	RICHARD BAKER	
40	53	48:48	Veteran Male (40 - 44)	MARK DAVIES	PORT TALBOT HARRIERS
41	40	48:52	Veteran Male (40 - 44)	MARCUS SHERREARD	
42	45	49:11	Veteran Male (40 - 44)	GRANT BURROWS	
43	95	49:13	Veteran Male (55 - 59)	SIMON PARTRIDGE	NEATH HARRIERS AC
44	85	49:15	Veteran Male (50 - 54)	STEPHEN OWEN	LES CROUPIERS

45	19	49:26	Senior Male (Under 40)	HUW DURHAM	PONTYPRIDD ROADENTS
46	12	49:37	Senior Male (Under 40)	DANIEL FORMAN	
47	61	49:37	Veteran Male (45 - 49)	RHODRI EVANS	PENARTH & DINAS RUNNERS
48	101	49:39	Veteran Male 60+	MALCOLM BRADLEY	PENARTH & DINAS RUNNERS
49	145	49:53	Veteran Female (35 - 39)	JULIA BECKER	LES CROUPIERS
50	69	50:12	Veteran Male (45 - 49)	RICHARD DAY	PONTYPRIDD ROADENTS
51	100	50:25	Veteran Male 60+	ERIC DAVEY	LLANELLI AAC
52	65	50:31	Veteran Male (45 - 49)	MARIO RABAIOTTI	PORT TALBOT HARRIERS
53	171	50:41	Veteran Female (45 - 49)	CHARLOTTE JOHNS	BRACKLA HARRIERS
54	10	50:56	Senior Male (Under 40)	BEN ORRELL	
55	58	51:00	Veteran Male (45 - 49)	ANDREW DUNSCOMBE	PONTYPRIDD ROADENTS RC
56	187	51:07	Veteran Female (50 - 54)	CHRISTINE VORRES	
57	35	51:12	Veteran Male (50 - 54)	PETER DEACON	SWANSEA HARRIERS
58	33	51:39	Senior Male (Under 40)	TIM WILLIAMS	
59	44	51:51	Veteran Male (40 - 44)	GREG ORRELL	
60	32	51:56	Senior Male (Under 40)	HYWEL MORGAN	
61	38	52:21	Senior Male (Under 40)	RICHARD THOMAS	FAIRWATER
62	48	52:56	Veteran Male (40 - 44)	GARETH DAVIES	
63	17	53:19	Senior Male (Under 40)	DAVE WILSON	
64	96	53:32	Veteran Male (55 - 59)	ABYD QUINN AZIZ	PENARTH & DINAS RUNNERS
65	84	53:53	Veteran Male (50 - 54)	RUSSELL BOWN	YEOVIL TOWN RRC
66	174	53:58	Veteran Female (45 - 49)	CAROLYN THOMAS	
67	8	53:59	Senior Male (Under 40)	LEIGH WILLIAMS	
68	172	54:10	Veteran Female (45 - 49)	MARIA PROUT	
69	64	54:10	Veteran Male (45 - 49)	MARK PROUT	
70	115	54:20			
71	159	54:54	Veteran Female (40 - 44)	CERI BRAMLEY-TUCKER	PORT TALBOT HARRIERS
72	51	54:59			
73	103	55:04	Veteran Male 60+	GLYN HICKS	ISLWYN
74	196	55:06	Veteran Female 55+	YVONNE WILLIAMS	PENARTH & DINAS RUNNERS
75	50	55:49	Veteran Male (50 - 54)	RAY JAMES	PORT TALBOT HARRIERS
76	144	55:55	Veteran Female (35 - 39)	MANDY MORRIS	PORT TALBOT HARRIERS
77	126	55:56	Senior Female (Under 35)	RACHEL HARRIS	PENARTH & DINAS RUNNERS
78	177	55:57	Veteran Female (45 - 49)	BEVERLEY WARBURTON	
79	60	56:04	Veteran Male (45 - 49)	GARETH REES	LES CROUPIERS
80	80	56:25	Veteran Male (50 - 54)	RAYMOND BOYCE	CORNELLY STRIDERS
81	140	56:56	Veteran Female (35 - 39)	LUCY NEVITT	SAN DOMENICO RRC
82	134	56:58	Senior Female (Under 35)	REBECCA REYNOLDS	FAIRWATER RUNNERS
83	70	58:00	Veteran Male (45 - 49)	ROBERT HART	
84	27	58:24	Senior Male (Under 40)	STEVEN THOMAS	
85	175	59:24	Veteran Female (45 - 49)	BERNADETTE WILKINSON	SAN DOMENICO
86	71	60:02	Veteran Male (45 - 49)	ALAN GIBSON	STAINLAND LIONS
87	133	60:04	Senior Female (Under 35)	MICHELLE HOEY	PENARTH & DINAS RUNNERS
88	11	60:11	Senior Male (Under 40)	PAUL WHITMARSH	PENARTH & DINAS RUNNERS
89	158	60:27	Veteran Female (40 - 44)	FIONA EVANS	
90	130	60:51	Senior Female (Under 35)	EMILY LUKE	PENARTH & DINAS RUNNERS

91	72	61:36	Veteran Male (45 - 49)	STEVE HILL	PENARTH & DINAS RUNNERS
92	186	66:21	Veteran Female (50 - 54)	AMANDA THOMPSON	LES CROUPIERS
93	189	66:47	Veteran Female (50 - 54)	CAROL LLOYD	STAINLAND LIONS
94	140	68:29	Veteran Female (35 - 39)	LUCY NEVITT	SAN DOMENICO RRC
95	141	68:29	Veteran Female (35 - 39)	COLETTE CONROY	SAN DOMENICO RRC
96	156	70:46	Veteran Female (40 - 44)	AI-LIN KEE	LES CROUPIERS RC
97	131	71:00	Senior Female (Under 35)	DELYTH MURRAY-LINES	
98	47	71:33	Veteran Male (40 - 44)	PAUL LYNCH	
99	83	71:33	Veteran Male (50 - 54)	MIKE CLINCH	
100	185	74:24	Veteran Female (50 - 54)	GAIL LUSARDI	
101	178	77:41	Veteran Female (45 - 49)	SAMANTHA THOMPSON	
102	147	77:41	Veteran Female (35 - 39)	HELENA BURKE	