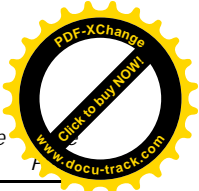
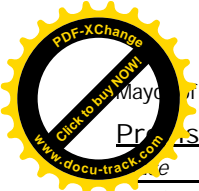


Provisional Results for All Competitors in finish order.

Place	Time	Name	Team	Race Age Category	Pace min/mile	Race No	Race Place
1	1:38:05	GARDINER, Richard	South Wales Police	Senior Men	06:07.7	159	1
2	1:42:05	CREES, Stuart	Les Croupiers R.C.	Senior Men	06:22.7	158	2
3	1:46:46	BODMAN, Daniel	Pontypridd Roadents	Senior Men	06:40.2	195	3
4	1:48:01	SCANLON, Jason	Pontypridd Roadents	Senior Men	06:44.9	68	4
5	1:49:25	WELLS, Matthew	Brackla Harriers	Senior Men	06:50.2	42	5
6	1:50:00	PARKER, Chris	Port Talbot Harriers	Male Vet 40	06:52.4	62	6
7	1:50:43	PASCOE, Hugh	Unaffiliated	Senior Men	06:55.0	201	7
8	1:52:18	JACKSON, John	Unaffiliated	Senior Men	07:01.0	196	8
9	1:52:26	REYNOLDS, Andrew	Neath Harriers	Senior Men	07:01.5	154	9
10	1:53:19	GRIFFITHS, Paul	Neath Harriers	Male Vet 40	07:04.8	114	10
11	1:53:51	LEWIS, Richard	Celtic Tri	Senior Men	07:06.8	199	11
12	1:54:12	DAVISON, Andy	Unaffiliated	Male Vet 40	07:08.1	171	12
13	1:54:23	FULCHER, Chris	Port Talbot Harriers	Male Vet 40	07:08.8	60	13
14	1:54:40	PASCOE, Dominic	Unaffiliated	Senior Men	07:09.9	57	14
15	1:55:00	GREEN, Gareth	San Domenico R.R.C.	Senior Men	07:11.1	92	15
16	1:55:35	LITTLEWOOD, John	Celtic Tri	Senior Men	07:13.3	200	16
17	1:55:55	AYRES, Gareth	Port Talbot Harriers	Senior Men	07:14.5	65	17
18	1:56:02	WILLIAMS, Martin	Les Croupiers R.C.	Male Vet 40	07:15.0	35	18
19	1:56:38	TAYLOR, Andy	Unaffiliated	Senior Men	07:17.2	128	19
20	1:56:52	OWEN, Ashley	Ebbw Vale R.C.	Male Vet 40	07:18.1	101	20
21	1:58:00	HODGSON, Andrew	Brackla Harriers	Senior Men	07:22.4	135	21
22	1:59:03	PHILLIPS, Claire	Port Talbot Harriers	Female Vet 35	07:26.3	63	22
23	1:59:35	VORRES, Dimitri	Griffithstown Harriers	Male Vet 40	07:28.3	202	23
24	1:59:57	ADAMS, Phil	Neath Harriers	Male Vet 40	07:29.7	139	24
25	2:00:15	SPEYER, Paul	Brackla Harriers	Senior Men	07:30.8	44	25
26	2:00:22	BRUCE, James	Les Croupiers R.C.	Senior Men	07:31.2	67	26
27	2:00:31	SELF, Richard	Les Croupiers R.C.	Male Vet 40	07:31.8	38	27
28	2:00:42	CONWAY, Claire	Wye Valley Runners	Senior Ladies	07:32.5	178	28
29	2:00:58	SAUNDERS, Alun	Unaffiliated	Senior Men	07:33.5	141	29
30	2:02:31	WILLIAMS, Alex	Port Talbot Harriers	Male Vet 40	07:39.3	64	30
31	2:02:50	STEVENS, Darren	Unaffiliated	Senior Men	07:40.5	161	31
32	2:03:30	JACKSON, Robert	Unaffiliated	Senior Men	07:43.0	197	32
33	2:03:45	DAVIES, Anthony	Brackla Harriers	Senior Men	07:43.9	43	33
34	2:03:51	WALSH, Steve	Port Talbot Harriers	Male Vet 40	07:44.3	61	34
35	2:03:55	WELLS, Charlotte	Brackla Harriers	Senior Ladies	07:44.5	41	35
36	2:05:40	HOOPER, Steve	Pontypridd Roadents	Male Vet 40	07:51.1	26	36
37	2:05:45	EVANS, Rhodri	Pontypridd Roadents	Senior Men	07:51.4	194	37
38	2:06:17	KENNEDY, Scott	Wye Valley Runners	Senior Men	07:53.4	177	38
39	2:06:22	FARAG, Ben	Les Croupiers R.C.	Male Vet 40	07:53.7	36	39
40	2:06:55	TUFNALL, Raoul	Tewkesbury Ticklers	Senior Men	07:55.8	163	40
41	2:07:42	NICHOLLS, Doug	Unaffiliated	Senior Men	07:58.7	181	41
42	2:07:45	DICKINSON, Jason	TROT.S.	Male Vet 40	07:58.9	84	42
43	2:08:08	DIFFEY, John	South Wales Police	Male Vet 40	08:00.3	96	43
44	2:08:15	DAVIES, Julie	Griffithstown Harriers	Female Vet 35	08:00.8	56	44
45	2:08:28	JONES, Lisa	Aberdare Valley A.A.C.	Female Vet 35	08:01.6	162	45
46	2:09:09	MORATH, Stephen	Penarth and Dinas Runners	Senior Men	08:04.2	146	46
47	2:09:45	MORGAN, Kelly	South Wales Police	Senior Ladies	08:06.4	176	47
48	2:10:06	MORGAN, John	Brackla Harriers	Male Vet 40	08:07.7	39	48
49	2:10:44	O'DUFFY, Libby	Les Croupiers R.C.	Female Vet 35	08:10.1	34	49
50	2:10:44	ZUBIZARETTA, Maria	Les Croupiers R.C.	Female Vet 35	08:10.1	106	50
51	2:10:44	HOWE, Gary	3M Road Runners	Male Vet 40	08:10.1	89	51
52	2:11:18	DOBBS, Russell	Islwyn Running Club	Senior Men	08:12.2	156	52
53	2:11:55	SANSOM, Glyn	San Domenico R.R.C.	Male Vet 40	08:14.5	115	53
54	2:11:56	OWEN, Ian	Unaffiliated	Senior Men	08:14.6	50	54
55	2:12:08	CAVENEY, Terry	Les Croupiers R.C.	Male Vet 40	08:15.3	150	55
56	2:12:14	OGILVIE, Ian	Brackla Harriers	Male Vet 40	08:15.7	40	56
57	2:12:22	SUMMERS, Lou	Chepstow Harriers	Female Vet 35	08:16.2	175	57
58	2:13:00	RICHARDS, Lyn	Unaffiliated	Male Vet 40	08:18.6	90	58

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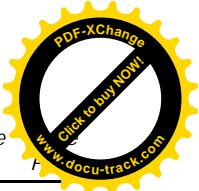
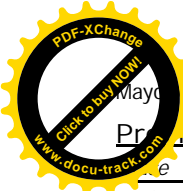


Professional Results for All Competitors in finish order.

Place	Time	Name	Team	Race Age Category	Pace min/mile	Race No	Pos
59	2:13:11	THOMAS, P	Brackla Harriers	Male Vet 40	08:19.3	164	59
60	2:13:55	DELANEY, James	San Domenico R.R.C.	Male Vet 40	08:22.0	73	60
61	2:14:20	BRISTOW, Richard	South Wales Police	Male Vet 40	08:23.6	100	61
62	2:14:26	HUDGELL, Cheryl	Les Croupiers R.C.	Senior Ladies	08:24.0	157	62
63	2:14:48	WOODALL, Darren	Hereford Triathlon	Senior Men	08:25.3	189	63
64	2:14:55	MURPHY, Andrew	Unaffiliated	Senior Men	08:25.8	180	64
65	2:16:03	MCCARTHY, Kevin	Road Runners Club	Male Vet 40	08:30.0	179	65
66	2:16:15	WILLIAMS, Anthony	Unaffiliated	Male Vet 40	08:30.8	122	66
67	2:16:35	TAYLOR, Adrian	Unaffiliated	Male Vet 40	08:32.0	151	67
68	2:17:14	CALLY, Mark	Unaffiliated	Senior Men	08:34.5	192	68
69	2:18:05	JOYCE, Kev	Pembrokeshire Harriers	Male Vet 40	08:37.6	138	69
70	2:18:23	CASWELL, Damian	Ebbw Vale R.C.	Senior Men	08:38.8	127	70
71	2:18:24	EVANS, Robert	Ebbw Vale R.C.	Male Vet 40	08:38.8	76	71
72	2:18:40	LEWIS, Chris	Port Talbot Harriers	Senior Men	08:39.8	103	72
73	2:19:33	NASH, Mike	3M Road Runners	Male Vet 40	08:43.1	53	73
74	2:19:42	RANDALL, Michael	Unaffiliated	Male Vet 40	08:43.7	116	74
75	2:20:08	POLLASTRONE, Nic	Chippenham Harriers	Male Vet 40	08:45.3	102	75
76	2:20:22	WILSON, Robert	Penarth and Dinas Runners	Male Vet 40	08:46.2	17	76
77	2:20:33	CABLE, Paul	Taff Ely Tri	Male Vet 40	08:46.9	140	77
78	2:20:33	DUFFIELD, Helen	Chepstow Harriers	Female Vet 35	08:46.9	148	78
79	2:20:54	EVANS, Daniel	Rhondda Valley Runners	Senior Men	08:48.2	133	79
80	2:21:47	ASTLEY, Jonathan	Unaffiliated	Senior Men	08:51.5	184	80
81	2:21:48	LEWIS, Terry	Islwyn Running Club	Male Vet 40	08:51.6	119	81
82	2:21:54	JONES, Allan	Brackla Harriers	Male Vet 40	08:52.0	12	82
83	2:22:12	BOWIE, Richard	Fairwater Runners	Male Vet 40	08:53.1	29	83
84	2:22:38	PERKINS, Alan	Port Talbot Harriers	Male Vet 40	08:54.7	183	84
85	2:22:48	PARRY, John	Builth & District A.C.	Male Vet 40	08:55.3	108	85
86	2:22:51	SPEAKE, Celia	Builth & District A.C.	Female Vet 35	08:55.5	31	86
87	2:23:46	CLEARY, Lisa	Penarth and Dinas Runners	Female Vet 35	08:59.0	72	87
88	2:24:14	MAL, Firouz	Les Croupiers R.C.	Male Vet 40	09:00.7	81	88
89	2:24:14	RUSSELL, Kevin	South Wales Police	Male Vet 40	09:00.7	126	89
90	2:24:28	DAVIES, Jeff	Unaffiliated	Male Vet 40	09:01.6	30	90
91	2:24:54	MURPHY, Denis	Les Croupiers R.C.	Male Vet 40	09:03.2	21	91
92	2:24:55	WRIGHT, Tricia	Hereford Triathlon	Female Vet 35	09:03.3	66	92
93	2:25:01	QUINN, Nicola	Emlyn Runners	Female Vet 35	09:03.6	93	93
94	2:25:55	JONES, Ian	HM Forces	Male Vet 40	09:07.0	15	94
95	2:26:46	TRUSSLER, Ian	Chippenham Harriers	Male Vet 40	09:10.2	25	95
96	2:27:00	JONES, Mandy	Islwyn Running Club	Female Vet 35	09:11.1	24	96
97	2:27:24	THOMAS, Phillip	Royal Army Medical Corps	Male Vet 40	09:12.6	11	97
98	2:27:39	GWILLIAM, Adrian	Fairwater Runners	Male Vet 40	09:13.5	109	98
99	2:27:40	JAMES, Stephen	Unaffiliated	NDB	09:13.6	123	99
100	2:27:40	JONES, Gareth	Unaffiliated	Senior Men	09:13.6	46	100
101	2:27:57	THOMAS, Michael	Unaffiliated	Male Vet 40	09:14.6	185	101
102	2:28:07	HARLING, John	Vegan Runners UK	Male Vet 40	09:15.3	149	102
103	2:28:15	PROBERT, Rhian	Unaffiliated	Female Vet 35	09:15.8	136	103
104	2:28:32	JAMES, Paul	Unaffiliated	Senior Men	09:16.8	49	104
105	2:28:35	HALSEY, Graham	Unaffiliated	Senior Men	09:17.0	130	105
106	2:29:12	GREEN, Edward	Unaffiliated	Senior Men	09:19.3	78	106
107	2:29:12	DOUGHTY, Stuart	Unaffiliated	Male Vet 40	09:19.3	69	107
108	2:29:40	SANDLES, Caroline	3M Road Runners	Female Vet 35	09:21.1	55	108
109	2:30:15	GREAVES, David	South Wales Police	Senior Men	09:23.3	173	109
110	2:30:20	DENTON, Clive	Rhondda Valley Runners	Male Vet 40	09:23.6	85	110
111	2:30:20	EDWARDS, Amy	Rhondda Valley Runners	Senior Ladies	09:23.6	88	111
112	2:31:12	JONES, Richard	Unaffiliated	Male Vet 40	09:26.8	167	112
113	2:31:53	MORRIS, Kevin	Unaffiliated	Male Vet 40	09:29.4	33	113
114	2:32:11	PRICE, Kevin	Unaffiliated	Senior Men	09:30.5	37	114
115	2:32:12	COOK, John	Sospan Road Runners	Male Vet 40	09:30.6	153	115
116	2:32:13	JOHNS, Charlotte	Brackla Harriers	Female Vet 35	09:30.6	168	116
117	2:32:13	STARRIT, Andrea	Brackla Harriers	Female Vet 35	09:30.6	170	117
118	2:32:38	MUDRAK, Sergio	Chippenham Harriers	Male Vet 40	09:32.2	80	118
119	2:33:01	WILLIAMS, Nigel	Unaffiliated	Male Vet 40	09:33.6	1	119
120	2:33:19	VYNER, Graham	Celtic Tri	Male Vet 40	09:34.8	124	120

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Professional Results for All Competitors in finish order.

Place	Time	Name	Team	Race Age Category	Pace min/mile	Race No	Fin
121	2:33:45	HARRIS, Rachel	Penarth and Dinas Runners	Senior Ladies	09:36.4	147	121
122	2:33:48	ALLEN, Mark	South Wales Police	Senior Men	09:36.6	104	122
123	2:34:10	LUFFRUM, Vicky	Unaffiliated	Female Vet 35	09:37.9	75	123
124	2:34:22	DAVIES, Nathan	Unaffiliated	Senior Men	09:38.7	79	124
125	2:34:58	WERTHELM, Tony	Ebbw Vale R.C.	Male Vet 40	09:40.9	172	125
126	2:35:31	BURT, Tony	Brackla Harriers	Male Vet 40	09:43.0	98	126
127	2:35:37	MISKELL, Louise	3M Road Runners	Female Vet 35	09:43.4	52	127
128	2:35:47	JONES, Terry	Celtic Tri	Male Vet 40	09:44.0	131	128
129	2:35:57	THOMAS, James	Brackla Harriers	Senior Men	09:44.6	8	129
130	2:35:57	RIDOUT, Mike	Brackla Harriers	Male Vet 40	09:44.6	2	130
131	2:37:27	WILLIAMS, Alun	Les Croupiers R.C.	Senior Men	09:50.3	188	131
132	2:37:29	O'CALLAGHAN, Steven	Unaffiliated	Senior Men	09:50.4	190	132
133	2:37:52	EDWARDS, Tracy	Rhondda Valley Runners	Female Vet 35	09:51.8	86	133
134	2:40:39	LYNCH, John	Unaffiliated	Senior Men	10:02.3	191	134
135	2:41:16	ROCHE, Julie	Fairwater Runners	Female Vet 35	10:04.6	18	135
136	2:41:55	LAVIS, Libby	Brackla Harriers	Female Vet 35	10:07.0	169	136
137	2:42:08	JAMES, Raymond	Port Talbot Harriers	Male Vet 40	10:07.8	105	137
138	2:42:40	JONES, Craig	British Airways Cymru	Senior Men	10:09.8	193	138
139	2:42:40	PAYNE, Ian	Unaffiliated	Male Vet 40	10:09.8	134	139
140	2:43:08	LEE, Sean	Unaffiliated	Male Vet 40	10:11.6	182	140
141	2:43:16	WILLIAMS, Andy	Unaffiliated	Male Vet 40	10:12.1	112	141
142	2:44:07	THOMAS, Dean	Unaffiliated	Male Vet 40	10:15.2	117	142
143	2:45:47	ROWE, Paul	Unaffiliated	Male Vet 40	10:21.5	155	143
144	2:45:58	HOPKINS, Vicki	Brackla Harriers	Female Vet 35	10:22.2	22	144
145	2:46:27	HARRETT, Stephen	Eddie Wang Runners	Male Vet 40	10:24.0	20	145
146	2:47:11	SMETHURST, Paul	Unaffiliated	Male Vet 40	10:26.7	6	146
147	2:48:29	JAMES, Gerald	Unaffiliated	Male Vet 40	10:31.6	47	147
148	2:48:52	JONES, Stephen	Islwyn Running Club	Male Vet 40	10:33.1	23	148
149	2:49:51	MCCUE, Gillian	Les Croupiers R.C.	Senior Ladies	10:36.7	4	149
150	2:50:16	VORRES, Christine	Griffithstown Harriers	Female Vet 35	10:38.3	125	150
151	2:50:50	FORD, Andrew	Ledbury and District Harriers	Male Vet 40	10:40.4	5	151
152	2:51:32	DENNIS, Heather	Penarth and Dinas Runners	Female Vet 35	10:43.1	77	152
153	2:51:33	EL-KHATIB, Sara	Penarth and Dinas Runners	Senior Ladies	10:43.1	187	153
154	2:51:43	PEARCE, Ashley	Unaffiliated	Senior Men	10:43.7	110	154
155	2:51:43	PEARCE, Craig	Unaffiliated	Senior Men	10:43.7	120	155
156	2:52:19	JONES, Julie	Team Emlyn Davies	Female Vet 35	10:46.0	165	156
157	2:52:27	FRISK-COOK, Eva	Sospan Road Runners	Female Vet 35	10:46.5	152	157
158	2:52:57	GERBER, Annelies	Womens Running Network	Female Vet 35	10:48.4	27	158
159	2:52:58	DAVIES, Matthew	Unaffiliated	Senior Men	10:48.4	83	159
160	2:52:58	WILKINS, Evan	Unaffiliated	Senior Men	10:48.4	132	160
161	2:53:49	JONES, Carol	Brecon A.C.	Female Vet 35	10:51.6	186	161
162	2:54:15	SEAMAN, Carl	Rhondda Valley Runners	Senior Men	10:53.2	137	162
163	2:54:28	DAVID, Charles	Unaffiliated	Male Vet 40	10:54.1	174	163
164	2:55:07	WIGLEY, Sian	Rhondda Valley Runners	Female Vet 35	10:56.5	94	164
165	2:55:13	LEWIS, Julie	Islwyn Running Club	Female Vet 35	10:56.9	118	165
166	2:56:14	JONES, Malcolm	Brackla Harriers	Male Vet 40	11:00.7	87	166
167	2:57:49	HOPE, Deborah	Unaffiliated	Female Vet 35	11:06.6	145	167
168	2:58:42	JONES, Craig	Unaffiliated	Senior Men	11:09.9	143	168
169	3:00:30	CHADWELL, Karen	Womens Running Network	Female Vet 35	11:16.7	28	169
170	3:01:29	OTLEY, Deborah	Pontypridd Roadents	Female Vet 35	11:20.4	99	170
171	3:01:29	JONES, Debbie	Pontypridd Roadents	Senior Ladies	11:20.4	107	171
172	3:02:54	BRABROOK, Andrea	Emlyn Runners	Female Vet 35	11:25.7	166	172
173	3:03:35	JONES, Patricia	Brackla Harriers	Female Vet 35	11:28.2	14	173
174	3:04:44	WHITING, Sam	Unaffiliated	Senior Men	11:32.5	198	174
175	3:05:05	JONES, Kate	Eddie Wang Runners	Female Vet 35	11:33.9	19	175

There were 175 finishers in the All Competitors category.