

Atlantic College 10k 2009

| Pos | Time | Name | Gender | Cat | Club | Race# |
|-----|-------|------------------------|--------|------------|-------------------------|-------|
| 1 | 30:24 | Jon WILLS | M | Msenior/1 | Bristol & West | 61 |
| 2 | 30:26 | Simon JONES | m | Msenior/2 | Belgrave Harriers | 206 |
| 3 | 30:48 | Michael Edward JOHNSON | m | Msenior/3 | Cardiff AC | 231 |
| 4 | 30:54 | Craig HOPKINS | M | Msenior/4 | Swansea Harriers | 284 |
| 5 | 31:46 | Rob SAMUEL | m | Msenior/5 | North Wales | 162 |
| 6 | 32:29 | Matt COLLINS | M | Msenior/6 | Cardiff AC | 381 |
| 7 | 32:42 | Julian BAKER | M | MV40/1 | Les Croupiers | 269 |
| 8 | 32:50 | Chris DISCABR | M | Msenior/7 | Les Croupiers | 355 |
| 9 | 33:03 | Lee AHERNE | m | MV40/2 | Les Croupiers | 107 |
| 10 | 33:05 | Jimmy GOULIS | M | MV35/1 | Stragglers | 299 |
| 11 | 33:21 | Pete GRIST | M | Msenior/8 | Cardiff AC | 365 |
| 12 | 33:24 | David MOUNTFORD | m | Msenior/9 | Deeside Athletic | 164 |
| 13 | 33:26 | Brendan ROTHERY | m | Msenior/10 | Eryri | 177 |
| 14 | 33:30 | Gareth EVANS | M | Msenior/11 | Larkfield AC | 262 |
| 15 | 33:35 | Peter COLES | m | MV40/3 | Pontypridd Roadents | 199 |
| 16 | 33:41 | Phil EDGE | m | Msenior/12 | Deeside Athletic | 168 |
| 17 | 33:47 | Phil COOK | m | MV35/2 | Les Croupiers | 81 |
| 18 | 33:54 | Matthew GURMIN | M | MV35/3 | Abertillery Achilles AC | 335 |
| 19 | 34:06 | Stuart CREES | M | Msenior/13 | Les Croupiers | 309 |
| 20 | 34:17 | Paul TALBOT | m | MV40/4 | Neath Harriers | 121 |
| 21 | 34:25 | Afan HUMPHRIES | m | Msenior/14 | Cwmbran Harriers | 196 |
| 22 | 34:32 | Nick FROST | m | MV40/5 | Pontypridd Roadents | 130 |
| 23 | 34:45 | Phillip GEORGE | M | MV35/4 | Les Croupiers | 259 |
| 24 | 34:50 | Richard WILDER | m | MV35/5 | Les Croupiers | 135 |
| 25 | 35:05 | James RAVEN | m | Msenior/15 | Chester-le-Street AC | 183 |
| 26 | 35:05 | Paul WATHAN | m | Msenior/16 | Eryri | 119 |
| 27 | 35:11 | Laurence HUMPHREYS | M | Msenior/17 | Fairwater Runners | 276 |
| 28 | 35:18 | Simon WILSON | M | MV40/6 | Unattached | 363 |
| 29 | 35:22 | Calum CHESHIRE | m | Msenior/18 | Les Croupiers | 213 |
| 30 | 35:25 | Darren BLAZIER | m | MV35/6 | Abergele Harriers | 174 |
| 31 | 35:28 | Stacey MORGAN | m | MV35/7 | CROFT Ambrey | 123 |
| 32 | 35:30 | Mark HARVEY | m | Msenior/19 | Chepstow Harriers | 211 |
| 33 | 35:32 | Jez BROWN | M | MV35/8 | Buckley Runners | 240 |
| 34 | 35:37 | Sean MCCORMACK | m | MV40/7 | Abergele Harriers | 175 |
| 35 | 35:47 | Ivan TEED | M | Msenior/20 | Chepstow Harriers | 300 |
| 36 | 36:03 | Caryl JONES | f | Fsenior/1 | TROTS | 94 |
| 37 | 36:06 | Michael DURY | M | Msenior/21 | Islayn RC | 281 |
| 38 | 36:07 | John FOSTER | m | MV50/1 | Llisbury Runners | 180 |
| 39 | 36:14 | Emma WATERHOUSE | f | Fsenior/2 | Chester-le-Street AC | 182 |
| 40 | 36:21 | Chris WILLIAMS | M | MV35/9 | Neath Harriers | 364 |

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|----|-------|------------------------|---|------------|------------------------|-----|
| 41 | 36:28 | Natasha COCKRAM | f | Fsenior/3 | Cwmbran Harriers | 104 |
| 42 | 36:29 | Richard SELF | m | MV40/8 | Les Croupiers | 41 |
| 43 | 36:31 | Emrys PENNY | m | Msenior/22 | Newport Harriers | 91 |
| 44 | 36:32 | Martin WILLIAMS | m | MV40/9 | Les Croupiers | 190 |
| 45 | 36:39 | Gareth LYNCH | m | Msenior/23 | Les Croupiers | 7 |
| 46 | 36:44 | Martin WEBBORN | m | MV40/10 | Swansea Harriers | 145 |
| 47 | 36:50 | Andrea WHITCOMBE | F | FV35/1 | Swansea Harriers | 367 |
| 48 | 36:52 | Mick MCGEOCH | m | MV50/2 | Les Croupiers | 153 |
| 49 | 36:56 | Scott HOWELL | m | MV40/11 | Les Croupiers | 216 |
| 50 | 37:04 | Stuart PENNY | M | MV40/12 | Chepstow Harriers | 315 |
| 51 | 37:07 | Owen FLAGE | M | MV35/10 | Oldham & Royton Harrie | 351 |
| 52 | 37:10 | Peter MORTON | M | Msenior/24 | Unattached | 261 |
| 53 | 37:15 | Anthony POWELL | M | MV40/13 | Neath Harriers | 263 |
| 54 | 37:45 | Stuart MC ILROY | M | MV35/11 | Les Croupiers | 380 |
| 55 | 37:51 | Mark REYNOLDS | M | MV35/12 | Neath Harriers | 243 |
| 56 | 38:10 | Melanie ELLIS | f | FV40/1 | Shaftesbury Barnet | 24 |
| 57 | 38:12 | Richard JOHNSON | M | MV35/13 | Islwyn | 371 |
| 58 | 38:21 | Stuart PIERCE | m | Msenior/25 | Newport Harriers | 221 |
| 59 | 38:23 | Richard JONES | M | MV50/3 | Unattached | 302 |
| 60 | 38:25 | Dave HUGES | M | MV40/14 | Bridgend AC | 246 |
| 61 | 38:25 | Nick REES | m | MV50/4 | Les Croupiers | 114 |
| 62 | 38:26 | Michael CHAIUDLER | M | MV50/5 | Unattached | 247 |
| 63 | 38:27 | Paul JENKINS | m | MV40/15 | | 63 |
| 64 | 38:32 | Andrew PALMER (T44) | m | MV40/16 | Penarth & Dinas Runner | 109 |
| 65 | 38:34 | David FROST | M | MV40/17 | Parc Bryn Bach RC | 279 |
| 66 | 38:36 | Darryn MCATEE | m | MV40/18 | Newport Harriers | 198 |
| 67 | 38:40 | Steve DAVIES | M | MV50/6 | Griffithstown Harriers | 326 |
| 68 | 38:45 | Sandy JOHNSTON | m | MV50/7 | Les Croupiers | 88 |
| 69 | 38:46 | Matt HOPKINS | m | Msenior/26 | Les Croupiers | 108 |
| 70 | 38:51 | Matt HURFORD | M | Msenior/27 | Unattached | 387 |
| 71 | 38:52 | Paul PRICC | M | MV40/19 | Unattached | 312 |
| 72 | 38:57 | Gerard CRISPIE | M | MV40/20 | Les Croupiers | 330 |
| 73 | 38:58 | Shan ROBERTS | f | FV40/2 | Ingli Runners | 156 |
| 74 | 39:04 | Brian RICHARDSON | M | FV50/1 | Les Croupiers | 329 |
| 75 | 39:06 | Dimitri VORRES | M | MV40/21 | Unattached | 323 |
| 76 | 39:10 | Robert BAMSON | M | MV50/8 | Neath Harriers | 244 |
| 77 | 39:11 | Adam REES | m | MV40/22 | Bridgend AC | 8 |
| 78 | 39:12 | Donna WELSH | f | Fsenior/4 | Deeside Athletic | 179 |
| 79 | 39:17 | Rhydian RESTON | m | Msenior/28 | | 49 |
| 80 | 39:19 | Alexia HAMILTON-MORRIS | f | FV40/3 | Wrescam Tri Club | 161 |
| 81 | 39:22 | Alun EVANS | M | MV40/23 | Unattached | 374 |
| 82 | 39:25 | Colin REES | M | MV40/24 | Parc Bryn Bach RC | 313 |
| 83 | 39:26 | Stuart REEVES | m | MV40/25 | Les Croupiers | 248 |
| 84 | 39:27 | Darren JONES | m | Msenior/29 | CAAC | 27 |

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|-----|-------|----------------------------|---|------------|------------------------|-----|
| 85 | 39:27 | Kate ROBERTS | F | Fsenior/5 | Unattached | 258 |
| 86 | 39:28 | Keith POWELL | M | MV50/9 | Cornelly Striders | 257 |
| 87 | 39:32 | Mitch TABOR | m | MV50/10 | | 30 |
| 88 | 39:35 | Rob WILCOX | M | MV40/26 | Penarth & Dinas Runner | 301 |
| 89 | 39:41 | Steven OUSELEY | M | MV35/14 | Ingli Runners | 239 |
| 90 | 39:42 | Anne Marrie HUTCHISON | F | Fsenior/6 | Neath Harriers | 242 |
| 91 | 39:49 | Joshua CUTLER | m | AC-M/1 | AC | 551 |
| 92 | 39:49 | Rob SCOTT | m | Msenior/30 | Les Croupiers | 6 |
| 93 | 39:50 | Mike MURPHY | m | MV50/11 | Les Croupiers | 102 |
| 94 | 40:08 | Andrew DAVIES | M | MV40/27 | Pontypridd Roadents | 251 |
| 95 | 40:16 | Gareth HARDMAN | m | MV40/28 | Bridgend AC | 51 |
| 96 | 40:18 | Sharon LEECH | f | FV35/2 | Amman Valley Harriers | 19 |
| 97 | 40:23 | Scott HEMMENS | m | Msenior/31 | Les Croupiers | 223 |
| 98 | 40:29 | Steffan SIMMS | M | MV40/29 | Unattached | 325 |
| 99 | 40:32 | Erika SCHMID | f | Fsenior/7 | Buckley Runners | 173 |
| 100 | 40:36 | David DAVIES | m | MV60/1 | Neath Harriers | 233 |
| 101 | 40:39 | Howard CARPENTER | m | MV50/12 | Neath Harriers | 195 |
| 102 | 40:47 | Maurus WUTRICH | m | AC-M/2 | AC | 595 |
| 103 | 40:49 | Kay NELLINS | f | FV50/2 | Women's Running Netw | 34 |
| 104 | 40:52 | Benjamin PERKINS | m | Msenior/32 | TROTS | 214 |
| 105 | 41:02 | Paul BELCHER | m | AC-M/3 | AC | 93 |
| 106 | 41:03 | Bethan WOODS | F | Fsenior/8 | UWIC | 352 |
| 107 | 41:07 | Peter RODGER | M | MV50/13 | Griffithstown Harriers | 277 |
| 108 | 41:10 | Jenny BRIERLEY | f | Fsenior/9 | Bangor Uni | 166 |
| 109 | 41:11 | Russel HOLMAN | m | Msenior/33 | | 129 |
| 110 | 41:13 | Clive OSMOND | m | MV40/30 | Les Croupiers | 44 |
| 111 | 41:19 | Dylan (did she?) HITCHCOCK | m | AC-M/4 | AC | 520 |
| 112 | 41:21 | Howard KENT | m | MV50/14 | Les Croupiers | 159 |
| 113 | 41:24 | Marcus COLES | m | MV35/15 | Les Croupiers | 117 |
| 114 | 41:29 | Jen SALTER | F | Fsenior/10 | Les Croupiers | 346 |
| 115 | 41:39 | Richard WEBSTER | m | MV50/15 | 3M Gorseinon Road Run | 232 |
| 116 | 41:45 | Shaun BROOME | M | MV35/16 | Neath Harriers | 295 |
| 117 | 41:45 | Alan COX | m | MV50/16 | | 12 |
| 118 | 41:49 | Debbie COOKE | f | FV40/4 | Bridgend AC | 23 |
| 119 | 41:56 | David PROUD | M | MV40/31 | Les Croupiers | 268 |
| 120 | 42:00 | David PROFFITT | m | MV50/17 | Newport Harriers | 71 |
| 121 | 42:04 | Nicky EVANS | f | FV40/5 | Penarth & Dinas Runner | 188 |
| 122 | 42:10 | Carys DAVIES | f | Fsenior/11 | Sarn Helen | 217 |
| 123 | 42:10 | Malcom MEDHURST | M | MV40/32 | Newport Harriers | 317 |
| 124 | 42:11 | William DAVIES | m | MV50/18 | | 128 |
| 125 | 42:11 | Abby MORGAN | f | AC-F/1 | AC | 586 |
| 126 | 42:14 | Cyril WALTERS | m | MV60/2 | TROTS | 134 |
| 127 | 42:15 | Graeme DONNAN | m | MV50/19 | Les Croupiers | 143 |
| 128 | 42:17 | Jenny PHILLIPS | f | FV40/6 | Llanelli AAC | 141 |

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|-----|-------|-------------------|---|------------|----------------------|-----|
| 129 | 42:17 | David REID | m | AC-M/5 | AC | 207 |
| 130 | 42:19 | Derek RAINBIRD | M | MV50/20 | Parc Bryn Bach RC | 341 |
| 131 | 42:24 | Stephen ALEXANDER | m | MV40/33 | Les Croupiers | 98 |
| 132 | 42:26 | Steve PICKERING | m | MV40/34 | | 139 |
| 133 | 42:30 | Lisa MORLEY | f | FV35/3 | Wrexham AC | 172 |
| 134 | 42:30 | Simon GIBSON | m | Msenior/34 | | 137 |
| 135 | 42:31 | David MEDHURST | M | Msenior/35 | Unattached | 344 |
| 136 | 42:43 | Davis SMOUT | M | MV50/21 | Parc Bryn Bach RC | 375 |
| 137 | 42:43 | Gina HARDMAN | f | FV35/4 | Bridgend AC | 52 |
| 138 | 42:49 | Brett HANNER | M | MV35/17 | Wimbledon Windmilers | 293 |
| 139 | 42:52 | Jon CIRL | M | Msenior/36 | Unattached | 304 |
| 140 | 42:52 | Thomas ANDERSEN | m | AC-M/6 | AC | 651 |
| 141 | 42:56 | Katie BEECHER | F | Fsenior/12 | Les Croupiers | 298 |
| 142 | 43:03 | Jeanne MCDONOUGH | f | Fsenior/13 | Prestatyn RC | 197 |
| 143 | 43:06 | Stephen OWEN | M | MV50/22 | Les Croupiers | 264 |
| 144 | 43:09 | Peter BURNE | M | MV35/18 | Unattached | 328 |
| 145 | 43:17 | Alan MANN | M | MV50/23 | Les Croupiers | 265 |
| 146 | 43:18 | Scott WHEATLEY | M | Msenior/37 | Unattached | 254 |
| 147 | 43:22 | Jane LINDLEY | f | FV40/7 | Buckley Runners | 163 |
| 148 | 43:25 | John SHANAHAN | M | MV50/24 | Unattached | 331 |
| 149 | 43:37 | Maria ZUBIZARRETA | f | FV35/5 | Les Croupiers | 82 |
| 150 | 43:44 | Jeff ASTON | m | MV60/3 | Les Croupiers | 115 |
| 151 | 43:45 | Bob WOLTERTON | m | MV60/4 | Bridgend AC | 68 |
| 152 | 43:47 | Alice JOHNSTON | f | Fsenior/14 | Cardiff AC | 89 |
| 153 | 43:49 | Gemma MORGANS | f | Fsenior/15 | Eryri | 171 |
| 154 | 44:04 | Ray MAJER | M | MV50/25 | Sospan Road Runners | 358 |
| 155 | 44:06 | Tom HOWLES | m | Msenior/38 | Cardiff AC | 22 |
| 156 | 44:09 | Loretta DALEY | F | FV40/8 | Les Croupiers | 266 |
| 157 | 44:12 | Paul REES | M | MV40/35 | Unattached | 350 |
| 158 | 44:23 | Gary WATERS | M | MV50/26 | Swansea Harriers | 338 |
| 159 | 44:26 | Dean BRIT | M | MV35/19 | Pontypridd Roadents | 377 |
| 160 | 44:28 | Steven JONES | M | MV35/20 | Unattached | 306 |
| 161 | 44:29 | John NERETSE | m | AC-M/7 | AC | 587 |
| 162 | 44:30 | Yvonne BULLEN | f | FV40/9 | Les Croupiers | 39 |
| 163 | 44:33 | Andrew BEATON | M | MV35/21 | Unattached | 256 |
| 164 | 44:35 | Rhodri EVANS | M | Msenior/39 | Unattached | 347 |
| 165 | 44:42 | Wrenford THAFFE | m | AC-M/8 | AC | 564 |
| 166 | 44:46 | Stephen BARTLETT | m | MV40/36 | Road Runners | 42 |
| 167 | 44:51 | Nikhil BOOLELL | m | AC-M/9 | AC | 535 |
| 168 | 44:54 | James TAYLOR | M | Msenior/40 | Unattached | 287 |
| 169 | 44:55 | Stuart DAVIDSON | M | MV50/27 | Bridgend AC | 292 |
| 170 | 44:57 | Nick PARKER | m | MV35/22 | | 160 |
| 171 | 45:12 | Roy RICHARDS | M | MV60/5 | Unattached | 285 |
| 172 | 45:15 | Bridget PARKINSON | F | Fsenior/16 | Aberystwyth AC | 235 |

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|-----|-------|-----------------------|---|------------|------------------------|-----|
| 173 | 45:25 | Stuart KEEPING | M | MV40/37 | Unattached | 360 |
| 174 | 45:26 | Debbie COCKRAM | f | FV40/10 | Fairwater Runners | 105 |
| 175 | 45:27 | Mark DORREL | m | Msenior/41 | | 138 |
| 176 | 45:31 | Peter WELBIRG | m | MV50/28 | Griffithstown Harriers | 200 |
| 177 | 45:34 | Julia CLARKE | f | Fsenior/17 | San Domenico | 100 |
| 178 | 45:42 | James TAYLOR | M | MV60/6 | Unattached | 286 |
| 179 | 45:46 | Andrew SEDGMOND | m | MV50/29 | Les Croupiers | 77 |
| 180 | 45:54 | Robert DAVIES | M | MV35/23 | Unattached | 357 |
| 181 | 46:00 | Liam J. DAVIES | m | MV50/30 | | 202 |
| 182 | 46:09 | Angela FELANEY | F | FV40/11 | Swansea Harriers | 238 |
| 183 | 46:10 | Ceri STEPHENS | F | Fsenior/18 | Unattached | 333 |
| 184 | 46:21 | Helen JONES | F | FV35/6 | Unattached | 305 |
| 185 | 46:24 | Ray WALL | m | MV40/38 | | 90 |
| 186 | 46:33 | Andy REES | M | MV50/31 | Unattached | 343 |
| 187 | 46:36 | Dave BREEN | M | MV50/32 | Unattached | 373 |
| 188 | 46:37 | Paul BIGMORE | M | MV50/33 | Unattached | 319 |
| 189 | 46:40 | Phillip HOSKINS | M | MV40/39 | Unattached | 289 |
| 190 | 46:43 | Michael DIX | M | MV50/34 | Les Croupiers | 267 |
| 191 | 46:53 | Cecilia DIEMONT | f | AC-F/2 | AC | 508 |
| 192 | 46:55 | John DAVIES | m | MV60/7 | Port Talbot Harriers | 194 |
| 193 | 47:02 | Julie SCHOLEY | F | FV40/12 | Les Croupiers | 370 |
| 194 | 47:03 | Brian Phillip WALTERS | m | MV40/40 | | 15 |
| 195 | 47:06 | Peter SUEREF | m | Msenior/42 | | 40 |
| 196 | 47:06 | Sian GRIFFITH | F | Fsenior/19 | Chepstow Harriers | 307 |
| 197 | 47:07 | Jason BEAUMONT | m | MV35/24 | | 59 |
| 198 | 47:14 | Peter CUTLER | m | AC-M/10 | AC | 615 |
| 199 | 47:16 | Andrea ROTHWELL | m | MV50/35 | | 58 |
| 200 | 47:17 | Christine AJINJERU | f | AC-F/3 | AC | 658 |
| 201 | 47:20 | Allan JONES | M | MV50/36 | Brackla Harriers | 282 |
| 202 | 47:26 | Clive JAMES | M | MV60/8 | Midland Masters AC | 278 |
| 203 | 47:29 | Ben COLES | M | Msenior/43 | Unattached | 417 |
| 204 | 47:30 | Lisa CLEARY | f | FV40/13 | Penarth & Dinas Runner | 13 |
| 205 | 47:30 | Rhys STEPHENS | M | Msenior/44 | Unattached | 366 |
| 206 | 47:37 | Thom STEPHANAKIS | m | Msenior/45 | Penarth & Dinas Runner | 142 |
| 207 | 47:38 | Carl SOLBERG | m | AC-M/11 | AC | 504 |
| 208 | 47:40 | Arianna SULLIVAN | f | AC-F/4 | AC | 575 |
| 209 | 47:43 | John MARTIN | M | MV50/37 | Unattached | 389 |
| 210 | 47:44 | Jon Morten STEINVEG | m | AC-M/12 | AC | 187 |
| 211 | 47:45 | Ehsan HAQ | m | AC-M/13 | AC | 555 |
| 212 | 47:51 | April HAVARD | f | FV35/7 | | 189 |
| 213 | 47:58 | Andy MORTON | M | MV40/41 | Unattached | 260 |
| 214 | 48:01 | Rhian WILLIAMS | f | Fsenior/20 | Brackla Harriers | 111 |
| 215 | 48:11 | Chris BOWEN | m | MV40/42 | | 209 |
| 216 | 48:22 | Idris THOMAS | f | FV35/8 | | 192 |

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|-----|-------|---------------------|---|------------|-------------------------|-----|
| 217 | 48:29 | Jonathon PEARSON | M | Msenior/46 | Unattached | 340 |
| 218 | 48:34 | Andrew FORD | m | MV50/38 | Ledbury Harriers | 14 |
| 219 | 48:38 | Robert WILSON | M | MV50/39 | Penarth & Dinas Runner | 332 |
| 220 | 48:40 | Jasmeet JERNAILL | m | AC-M/14 | AC | 638 |
| 221 | 48:41 | Andreas GABRIELSEN | m | AC-M/15 | AC | 553 |
| 222 | 48:46 | David BOUCHER | m | MV50/40 | | 158 |
| 223 | 48:52 | Patrick BRUNELL | m | AC-M/16 | AC | 652 |
| 224 | 48:54 | Miguel ESTEBAN | m | AC-M/17 | AC | 634 |
| 225 | 48:59 | Kevin MOORE | m | MV35/25 | | 126 |
| 226 | 49:01 | Robert PHILLIPS | M | MV40/43 | Pontypridd Roadents | 316 |
| 227 | 49:01 | Jessamyn MCARDLE | f | AC-F/5 | AC | 572 |
| 228 | 49:07 | Francesca CAPEL | f | Fsenior/21 | Cardiff AC | 201 |
| 229 | 49:13 | Hazel GAMBLING | f | Fsenior/22 | | 146 |
| 230 | 49:31 | Adeyemi ADETUNJI | f | AC-F/6 | AC | 514 |
| 231 | 49:32 | Steve OSBORNE | M | Msenior/47 | Les Croupiers | 291 |
| 232 | 49:35 | James HOBBS | m | MV40/44 | | 95 |
| 233 | 49:36 | Adam SZAKAL | m | AC-M/18 | AC | 529 |
| 234 | 49:48 | Michael DAVIES | M | MV50/41 | Unattached | 376 |
| 235 | 49:55 | Daniel UNSWORTH | m | Msenior/48 | TROTS | 215 |
| 236 | 49:57 | Simon FRANKS | m | MV40/45 | Swansea Harriers | 205 |
| 237 | 49:59 | Allan Spencer SMITH | m | MV60/9 | 3M Gorseinon Road Run | 210 |
| 238 | 50:03 | Jose PAEZ | m | AC-M/19 | AC | 543 |
| 239 | 50:03 | Justin MULCAHY | M | Msenior/49 | Unattached | 368 |
| 240 | 50:15 | Anne Marie EVANS | F | FV35/9 | Parc Bryn Bach RC | 294 |
| 241 | 50:17 | Sian EVANS | f | FV40/14 | Les Croupiers | 124 |
| 242 | 50:23 | Oliver LEWIS | M | Msenior/50 | Vale Harriers | 382 |
| 243 | 50:24 | Catherine HAYES | f | FV40/15 | Barry and Vale Harriers | 80 |
| 244 | 50:33 | Geoffrey BAYLISS | m | MV60/10 | Chepstow Harriers | 69 |
| 245 | 50:36 | John LEWIS | M | MV40/46 | Vale Harriers | 383 |
| 246 | 50:37 | Dawne HOWLES | f | FV40/16 | Barry AC | 21 |
| 247 | 50:43 | Ann ROWELL | f | FV50/3 | TROTS | 155 |
| 248 | 50:49 | Martyn YATES | M | MV40/47 | Unattached | 369 |
| 249 | 50:56 | Ben HANKS | M | Msenior/51 | Unattached | 362 |
| 250 | 50:56 | Jonathan ROWLATT | m | MV40/48 | | 73 |
| 251 | 50:57 | Malin FALCK | f | FV35/10 | | 65 |
| 252 | 51:09 | Jane ASH | F | FV35/11 | Les Croupiers | 311 |
| 253 | 51:13 | Mark HALLIWELL | M | MV50/42 | Brackla Harriers | 249 |
| 254 | 51:21 | Xurxo GARCIA | M | Msenior/52 | Unattached | 310 |
| 255 | 51:36 | Madani SY | m | AC-M/20 | AC | 621 |
| 256 | 51:38 | Beverley WARBURTON | f | FV40/17 | | 144 |
| 257 | 51:39 | Laura DOHENY | F | FV50/4 | Unattached | 280 |
| 258 | 51:40 | Gareth JOHN | M | MV50/43 | Les Croupiers | 245 |
| 259 | 51:41 | Coleen BIRCH | f | FV35/12 | | 62 |
| 260 | 51:44 | Martin KITCHENER | m | MV40/49 | | 106 |

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|-----|-------|--------------------|---|------------|------------------------|-----|
| 261 | 51:49 | Sian MORGAN | f | FV35/13 | | 54 |
| 262 | 51:52 | A DAVIES | f | FV40/18 | | 203 |
| 263 | 51:53 | Arwyn JONES | M | MV50/44 | Unattached | 272 |
| 264 | 51:57 | Pauline REES | F | FV50/5 | Unattached | 342 |
| 265 | 52:00 | Richard PARRY | m | MV50/45 | | 219 |
| 266 | 52:01 | Gwyneth PARRY | f | FV50/6 | | 218 |
| 267 | 52:03 | Lindy BEATON | F | FV40/19 | Unattached | 255 |
| 268 | 52:06 | John EDWARDS | M | MV35/26 | Pontypridd Roadents | 318 |
| 269 | 52:11 | Charlie YOUNG | m | AC-M/21 | AC | 649 |
| 270 | 52:19 | Ray JAMES | M | MV40/50 | Port Talbot Harriers | 308 |
| 271 | 52:22 | Janice CLEMENT | f | FV50/7 | Penarth & Dinas Runner | 84 |
| 272 | 52:26 | Hamza EL-RUFAI | m | AC-M/22 | AC | 503 |
| 273 | 52:34 | Joanna ROTHWELL | f | Fsenior/23 | | 415 |
| 274 | 52:35 | Pat JONOR | M | MV50/46 | Brackla Harriers | 283 |
| 275 | 52:43 | Catherine HEERY | f | Fsenior/24 | | 97 |
| 276 | 53:00 | Syd WHEELER | m | MV60/11 | Chepstow Harriers | 212 |
| 277 | 53:01 | Chris DAVIES | M | MV40/51 | Ogmore Valley | 297 |
| 278 | 53:06 | Graeme SMITH | M | MV40/52 | Unattached | 252 |
| 279 | 53:10 | Kim SAM | m | AC-M/23 | AC | 650 |
| 280 | 53:27 | Stephen HARRET | m | MV40/53 | The Eddy Wang Runnin | 17 |
| 281 | 53:30 | Ian LEWIS | M | MV35/27 | Unattached | 356 |
| 282 | 53:33 | Ian John WARNER | m | MV50/47 | | 16 |
| 283 | 53:40 | Choepel URQUHART | m | AC-M/24 | AC | 512 |
| 284 | 53:43 | Emma RIDGILL | f | Fsenior/25 | Penarth & Dinas Runner | 149 |
| 285 | 53:45 | Dieteke TAMMINGA | f | AC-F/7 | AC | 591 |
| 286 | 53:48 | Rina KUUSUPALO | f | AC-F/8 | AC | 640 |
| 287 | 53:52 | Edmund HEERY | m | MV50/48 | | 96 |
| 288 | 53:57 | Charlotte HAYHURST | F | Fsenior/26 | | 418 |
| 289 | 53:57 | Hugh PRICE | m | MV50/49 | | 32 |
| 290 | 54:04 | Yvonne BRINDLEY | F | FV40/20 | Cardiff Triathlon | 314 |
| 291 | 54:12 | Gareth HOLYFIELD | M | MV40/54 | Abergavenny Striders | 296 |
| 292 | 54:13 | James BARRETT | m | AC-M/25 | AC | 517 |
| 293 | 54:26 | James ARLE | M | Msenior/53 | Unattached | 393 |
| 294 | 54:33 | Jacob SILKSTONE | M | Msenior/54 | Unattached | 241 |
| 295 | 54:36 | Jane BAYLISS | f | FV50/8 | Chepstow Harriers | 70 |
| 296 | 54:40 | Ilyad MANASRA | m | AC-M/26 | AC | 571 |
| 297 | 54:41 | Naomi SILKSTONE | f | AC-F/9 | AC | 646 |
| 298 | 54:58 | Jawad AL-MASANNAT | m | AC-M/27 | AC | 630 |
| 299 | 55:09 | Felix SAINT-DENIS | m | AC-M/28 | AC | 527 |
| 300 | 55:12 | Jack LEWIS | m | AC-M/29 | AC | 653 |
| 301 | 55:14 | Linda JENSEN | f | FV40/21 | Les Croupiers | 29 |
| 302 | 55:15 | Bjorn GABRIELSEN | M | MV40/55 | Unattached | 345 |
| 303 | 55:23 | Eli CARTER | f | Fsenior/27 | | 67 |
| 304 | 55:27 | Roman BULGAKOV | m | AC-M/30 | AC | 600 |

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|-----|-------|---------------------------|---|------------|---------------------|-----|
| 305 | 55:27 | Eduardo WHAITE PAREDES | m | AC-M/31 | AC | 611 |
| 306 | 55:28 | Ravinder SINGH | m | AC-M/32 | AC | 528 |
| 307 | 55:30 | Kasope Ayodeji ALESHINLOY | m | AC-M/33 | AC | 629 |
| 308 | 55:38 | Carly REAGON | F | Fsenior/28 | Unattached | 391 |
| 309 | 55:43 | Kilian RAISER | m | AC-M/34 | AC | 525 |
| 310 | 55:50 | Daniel PRINZ | m | AC-M/35 | AC | 559 |
| 311 | 55:51 | Jigme NORBU | m | AC-M/36 | AC | 654 |
| 312 | 55:55 | John DEAKIN | m | MV60/12 | | 113 |
| 313 | 56:01 | Annie CONROY | F | FV60/1 | Les Croupiers | 384 |
| 314 | 56:10 | Sarah PEARCE | F | Fsenior/29 | Unattached | 339 |
| 315 | 56:11 | Nigel THOMAS | M | MV50/50 | Unattached | 288 |
| 316 | 56:12 | Ryan EVANS | M | Msenior/55 | Unattached | 322 |
| 317 | 56:15 | Annabel OWEN | f | FV35/14 | | 76 |
| 318 | 56:17 | Jak BAYNON | M | Msenior/56 | Unattached | 321 |
| 319 | 56:18 | Sophie DEAS | f | AC-F/10 | AC | 624 |
| 320 | 56:19 | Julie BROUGHTON | f | FV40/22 | | 222 |
| 321 | 56:22 | Bill MEIKLEJOHN | m | MV50/51 | | 152 |
| 322 | 56:41 | Alan BLADEN | m | MV60/13 | Les Croupiers | 186 |
| 323 | 56:50 | Delyth MURRAY-LINES | f | Fsenior/30 | | 204 |
| 324 | 56:53 | Lara MEPHAM | f | AC-F/11 | AC | 605 |
| 325 | 57:04 | Matt BOWRING | M | Msenior/57 | Unattached | 349 |
| 326 | 57:12 | Andreas ROIJEN | m | AC-M/37 | AC | 618 |
| 327 | 57:14 | Hannah DAVIES | f | Fsenior/31 | | 28 |
| 328 | 57:14 | Francis HEAL | F | Fsenior/32 | Unattached | 414 |
| 329 | 57:19 | Tina BYLINSKI | f | AC-F/12 | AC | 633 |
| 330 | 57:23 | John SANDERSON | m | MV50/52 | | 122 |
| 331 | 57:27 | Christine VORRES | F | FV40/23 | Unattached | 324 |
| 332 | 57:34 | mark FERRIE | M | MV40/56 | Unattached | 388 |
| 333 | 57:37 | Alan HOWELL | M | MV60/14 | Unattached | 372 |
| 334 | 57:38 | Helen HUNT | f | FV50/9 | | 191 |
| 335 | 57:39 | Keith LOWTHER | M | MV50/53 | San Domenico | 327 |
| 336 | 57:41 | Steve THOMPSON | M | MV40/57 | Unattached | 359 |
| 337 | 57:48 | Anne DONALD | F | FV60/2 | Les Croupiers | 416 |
| 338 | 57:49 | Elvira FIGUERAS GABAS | f | AC-F/13 | AC | 616 |
| 339 | 57:50 | Heather PAYTON | F | FV60/3 | Unattached | 250 |
| 340 | 57:50 | Anne ROBERTS | f | FV50/10 | | 64 |
| 341 | 57:51 | Sarah PAGE | F | Fsenior/33 | Unattached | 236 |
| 342 | 57:52 | Tom REES | M | Msenior/58 | Unattached | 237 |
| 343 | 57:58 | Sian BROWN | f | FV50/11 | | 140 |
| 344 | 58:02 | Paula JAMES | F | FV35/15 | Pontypridd Roadents | 303 |
| 345 | 58:06 | Kathy BENNETT | F | FV50/12 | Unattached | 273 |
| 346 | 58:07 | Marilyn ROWSON | f | FV50/13 | Les Croupiers | 79 |
| 347 | 58:09 | Paul MURRAY | M | MV40/58 | Unattached | 334 |
| 348 | 58:15 | Max MORBACH | m | AC-M/38 | AC | 558 |

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|-----|---------|--------------------------|---|------------|------------------------|-----|
| 349 | 58:15 | Sophie VAN MAKWIJK KOOY | f | AC-F/14 | AC | 655 |
| 350 | 58:29 | Thilo ROTH | m | AC-M/39 | AC | 619 |
| 351 | 58:36 | Mike WILLIAMS | m | MV50/54 | | 31 |
| 352 | 58:36 | Zoe WILLIAMS | f | AC-F/15 | AC | 592 |
| 353 | 58:38 | Christine WILSON | f | FV50/14 | | 148 |
| 354 | 58:38 | Elena KIRILLOVA | f | AC-F/16 | AC | 617 |
| 355 | 58:41 | Beatrix BOWN | f | FV50/15 | | 193 |
| 356 | 58:42 | Gill MURPHY | f | FV50/16 | Les Croupiers | 103 |
| 357 | 58:51 | Victor TANGEMANN | m | AC-M/40 | AC | 544 |
| 358 | 58:51 | Elia SOMMERLAD | f | AC-F/17 | AC | 645 |
| 359 | 58:57 | Louise COPP | f | FV40/24 | Neath Harriers | 36 |
| 360 | 59:03 | Joy DAVIES | f | FV40/25 | Les Croupiers | 147 |
| 361 | 59:11 | Helena PRYER | f | AC-F/18 | AC | 523 |
| 362 | 59:12 | Linda SMITH | f | FV40/26 | | 25 |
| 363 | 59:14 | Jacqui JENKINS | f | FV40/27 | | 53 |
| 364 | 59:25 | Hannah SMITHIES | f | AC-F/19 | AC | 620 |
| 365 | 59:31 | Mari HUGHES | f | Fsenior/34 | | 85 |
| 366 | 59:32 | Alun ROBERTSON | m | MV50/55 | | 86 |
| 367 | 59:32 | Katherine LAW WHEATLEY | F | FV40/28 | Unattached | 253 |
| 368 | 59:33 | Christopher STANTON | m | MV60/15 | | 72 |
| 369 | 59:38 | Claire JONES | f | FV40/29 | | 154 |
| 370 | 59:51 | Karen BINFIELD | f | FV40/30 | Women's Running Netw | 87 |
| 371 | 59:52 | Christopher NELLINS | m | MV50/56 | Penarth & Dinas Runner | 35 |
| 372 | 59:53 | Sophie LEWIS | f | FV35/16 | | 220 |
| 373 | 59:54 | Judith BAYDOUN | F | FV50/17 | Unattached | 385 |
| 374 | 59:55 | Sasha MACKEN | f | FV35/17 | Les Croupiers | 127 |
| 375 | 59:58 | Amanda SCHEI | f | AC-F/20 | AC | 609 |
| 376 | 1:00:01 | Alexandra CRAVEN | f | Fsenior/35 | | 48 |
| 377 | 1:00:05 | Erika FITZGIBBON | f | FV50/18 | Women's Running Netw | 43 |
| 378 | 1:00:06 | Erik VOLL | m | AC-M/41 | AC | 576 |
| 379 | 1:00:10 | Chris CHENG | m | AC-M/42 | AC | 506 |
| 380 | 1:00:16 | Catherine RICHARDS | F | AC-F/21 | AC | 274 |
| 381 | 1:00:19 | Zoe EMERY | f | Fsenior/36 | | 112 |
| 382 | 1:00:22 | Thea HILDING | f | AC-F/22 | AC | 637 |
| 383 | 1:00:24 | Dean CROY | M | Msenior/59 | Unattached | 379 |
| 384 | 1:00:26 | John BUTLER | m | MV60/16 | Stratford-upon-Avon AC | 101 |
| 385 | 1:00:32 | Steve ROWSON | m | MV50/57 | | 78 |
| 386 | 1:00:36 | Eadi BAYDOUN | M | MV35/28 | Unattached | 386 |
| 387 | 1:00:43 | Dorothy 'commando' PRICE | f | AC-F/23 | AC | 644 |
| 388 | 1:00:43 | Stephen ASHTON | m | AC-M/43 | AC | 501 |
| 389 | 1:00:50 | Carmen GOMEZ LANGLEY | f | Fsenior/37 | | 131 |
| 390 | 1:00:50 | Janet BEYNON | F | FV40/31 | Unattached | 354 |
| 391 | 1:01:51 | Chrlie OLIVER | F | Fsenior/38 | Unattached | 392 |
| 392 | 1:01:53 | Leonardo GOI | m | AC-M/44 | AC | 582 |

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|-----|---------|------------------------|---|------------|------------------|-----|
| 393 | 1:01:54 | Letizia CAPRILE ORTIZ | f | AC-F/24 | AC | 601 |
| 394 | 1:01:57 | Leyla BERIKER | f | AC-F/25 | AC | 599 |
| 395 | 1:02:11 | Huahao LUO | m | AC-M/45 | AC | 641 |
| 396 | 1:02:31 | Neil RICHARDS | M | AC-M/46 | AC | 275 |
| 397 | 1:02:33 | My DANG | f | AC-F/26 | AC | 622 |
| 398 | 1:02:34 | Jane EVANS | f | FV50/19 | | 20 |
| 399 | 1:02:43 | Sally NORRIS | f | AC-F/27 | AC | 3 |
| 400 | 1:02:44 | Hedd WOOD | f | AC-F/28 | AC | 92 |
| 401 | 1:02:50 | Jasper VAN DOESELAAR | m | AC-M/47 | AC | 647 |
| 402 | 1:03:02 | Patrcia DAVIDSON | F | FV50/20 | Brackla Harriers | 290 |
| 403 | 1:03:34 | Farah ADAMALI | f | AC-F/29 | AC | 613 |
| 404 | 1:03:35 | Aranka PRATT | f | FV60/4 | | 26 |
| 405 | 1:03:48 | Hedda ROSENBERG | f | AC-F/30 | AC | 574 |
| 406 | 1:04:00 | Grace OSBORNE | f | Fsenior/39 | Bridgend AC | 5 |
| 407 | 1:04:01 | Julie REES | f | FV40/32 | | 9 |
| 408 | 1:04:21 | Nina HANBURY | f | AC-F/31 | AC | 636 |
| 409 | 1:04:28 | Pieter HOGEWONING | m | AC-M/48 | AC | 510 |
| 410 | 1:04:31 | Facundo RIVAROLA | m | AC-M/49 | AC | 526 |
| 411 | 1:04:52 | Jordan MILLER | m | AC-M/50 | AC | 511 |
| 412 | 1:04:54 | Zeeshan WARIS | m | AC-M/51 | AC | 547 |
| 413 | 1:05:16 | Julie NITSCHMANN | f | AC-F/32 | AC | 607 |
| 414 | 1:05:28 | Colum SULLIVAN | M | MV40/59 | Unattached | 270 |
| 415 | 1:05:32 | Conner ANDERSON | m | AC-M/52 | AC | 513 |
| 416 | 1:05:49 | Ruth MARTIN | F | FV50/21 | Unattached | 390 |
| 417 | 1:05:52 | Tina LLOYD | f | FV40/33 | | 60 |
| 418 | 1:06:02 | Donna CROY | F | Fsenior/40 | Unattached | 378 |
| 419 | 1:06:42 | Kjersti LOWEHR | f | AC-F/33 | AC | 625 |
| 420 | 1:06:43 | Dongju YE | m | AC-M/53 | AC | 533 |
| 421 | 1:06:59 | Chenni ZHANG | f | AC-F/34 | AC | 570 |
| 422 | 1:07:00 | Sioned GWYN | f | AC-F/35 | AC | 541 |
| 423 | 1:07:35 | Consuelo FUENTES PEREZ | f | AC-F/36 | AC | 540 |
| 424 | 1:07:41 | Mallika LEUZINGER | f | AC-F/37 | AC | 557 |
| 425 | 1:07:41 | Quinn BLANCO | m | AC-M/54 | AC | 632 |
| 426 | 1:07:57 | Michelle ASUNCION | f | AC-F/38 | AC | 614 |
| 427 | 1:08:02 | Dave ROBERTS | M | MV40/60 | Unattached | 337 |
| 428 | 1:08:02 | Cheryl ROBERTS | F | FV40/34 | Unattached | 336 |
| 429 | 1:08:14 | Steven WENGLORZ | m | Msenior/60 | | 151 |
| 430 | 1:08:57 | Jonathan DE LEYSER | m | AC-M/55 | AC | 623 |
| 431 | 1:08:57 | Abdoulie CEESAY | m | AC-M/56 | AC | 656 |
| 432 | 1:09:03 | Gareth WILLIAMS | m | AC-M/57 | AC | 566 |
| 433 | 1:09:03 | Pranav RAMKRISHNAN | m | AC-M/58 | AC | 627 |
| 434 | 1:09:54 | Marieke WERNER | f | AC-F/39 | AC | 648 |
| 435 | 1:10:02 | Alan PETERS | m | MV50/58 | | 150 |
| 436 | 1:10:13 | Katherine CAREY | f | AC-F/40 | AC | 573 |

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|-----|---------|----------------------|---|------------|------------|-----|
| 437 | 1:10:13 | Beth GREEN | f | AC-F/41 | AC | 509 |
| 438 | 1:10:52 | Lindsay EMYR | f | FV40/35 | | 224 |
| 439 | 1:11:01 | Ben LATHAM | m | Msenior/61 | | 230 |
| 440 | 1:11:02 | Honor MISHCON | f | AC-F/42 | AC | 626 |
| 441 | 1:11:15 | Floria CHING | f | AC-F/43 | AC | 518 |
| 442 | 1:11:17 | Joame WAIN | F | MV35/29 | Unattached | 353 |
| 443 | 1:12:11 | Olivia HARDACRE | f | AC-F/44 | AC | 556 |
| 444 | 1:12:15 | Elaine ALVEY | f | AC-F/45 | AC | 598 |
| 445 | 1:12:25 | Lesley BIGMORE | F | FV50/22 | Unattached | 320 |
| 446 | 1:13:04 | Anisha WILMINK | f | AC-F/46 | AC | 593 |
| 447 | 1:13:11 | Kimberly MARTINEZ | f | AC-F/47 | AC | 642 |
| 448 | 1:14:18 | Alexandria GUNN | f | Fsenior/41 | | 74 |
| 449 | 1:14:18 | Joanne GAMBA | f | Fsenior/42 | | 66 |
| 450 | 1:14:19 | Maria CARR | f | Fsenior/43 | | 55 |
| 451 | 1:14:19 | Eshtiaque KHAN MOHD | f | AC-F/48 | AC | 603 |
| 452 | 1:15:38 | Julie OSBORNE | f | FV40/36 | | 4 |
| 453 | 1:15:38 | Vicky PHILLIPS | f | AC-F/49 | AC | 11 |
| 454 | 1:15:45 | Michael WILLMOT | m | AC-M/59 | AC | 568 |
| 455 | 1:15:45 | Eloise RAAB | f | AC-F/50 | AC | 589 |
| 456 | 1:16:08 | V. THOMPSON | m | MV60/17 | | 56 |
| 457 | 1:17:14 | Nathan WILLIAMS | m | AC-M/60 | AC | 567 |
| 458 | 1:17:28 | Katherine WORTHING | f | AC-F/51 | AC | 594 |
| 459 | 1:17:41 | Xhensila BRAHAXHIA | f | AC-F/52 | AC | 536 |
| 460 | 1:17:50 | Tenzin YEWONG | f | AC-F/53 | AC | 548 |
| 461 | 1:18:22 | Yao CHEN | m | AC-M/61 | AC | 538 |
| 462 | 1:18:24 | Gabriela JUNCOSA | f | AC-F/54 | AC | 657 |
| 463 | 1:18:56 | Monrada YAMKASIKORN | f | AC-F/55 | AC | 569 |
| 464 | 1:18:58 | Morna MANSON | F | FV35/18 | Unattached | 271 |
| 465 | 1:18:58 | Elys VALIANTE-MOGUEL | f | AC-F/56 | AC | 565 |
| 466 | 1:20:07 | Mai SHIBLIE | f | AC-F/57 | AC | 561 |
| 467 | 1:22:37 | Mohamad DAR-KHAWAJA | m | AC-M/62 | AC | 507 |
| 468 | 1:22:38 | Melissa DAVIES | f | AC-F/58 | AC | 602 |
| 469 | 1:23:48 | Barbara DIOR | f | AC-F/59 | AC | 639 |
| 470 | 1:23:48 | Leanne FUNG | f | AC-F/60 | AC | 635 |
| 471 | 1:25:57 | Anniken STABBETORP | f | AC-F/61 | AC | 562 |
| 472 | 1:26:19 | Faridah DIKKO | f | AC-F/62 | AC | 552 |
| 473 | 1:26:47 | Andrew FEGAN | m | Msenior/62 | | 226 |
| 474 | 1:27:04 | Jason HARRIS | m | Msenior/63 | | 227 |