

10KM Results

POS	Time	BIB	Athlete	Club	Gender	Age Group	Age Group Rank
1	0:39:43	1051	Thomas JONES	Carmarthen Harriers	M	SENM	1-SENM
2	0:41:46	533	David RICHARDSON	Pont-y-Pwl & District Runners	M	SENM	2-SENM
3	0:43:05	508	Roger FARRINGTON	Maldwyn Harriers	M	MM50	1-MM50
4	0:43:22	548	Will HUNT		M	SENM	3-SENM
5	0:43:27	511	Andrew HOW	Hendre Lake RC	M	SENM	4-SENM
6	0:44:03	525	philip MORRIS	Brecon AC	M	SENM	5-SENM
7	0:44:08	536	Ben SINCLAIR	Pont-y-pwl & District Runners	M	SENM	6-SENM
8	0:44:12	542	Dale WILLIAMS	Brecon AC	M	MM40	1-MM40
9	0:44:18	518	Edward LAND		M	SENM	7-SENM
10	0:45:35	519	Todd LANGLEY-TANNER	Maldwyn Harriers	M	U20M	1-U20M
11	0:45:44	537	Ceri TAPPER		M	MM40	2-MM40
12	0:45:47	502	Ashley COX		M	SENM	8-SENM
13	0:45:48	1074			M		
14	0:46:06	529	Carl PHILLIPS		M	SENM	9-SENM
15	0:46:16	649	Huw LEWIS		M	MM40	3-MM40
16	0:46:34	532	Phil READ		M	MM40	4-MM40
17	0:47:29	724	Ricci WATTS	Pont-y-pwl & District Runners	M	SENM	10-SENM
18	0:47:36	535	Lee SHACKLETON	Maldwyn Harriers	M	MM50	3-MM50
19	0:47:47	958	Andrew COLEMAN		M	SENM	10-SENM
20	0:48:15	527	Lee ORRELLS	Maldwyn Harriers	M	SENM	11-SENM
21	0:48:24	504	Steve DAVIES	Pontypool & District RC	M	MM50	4-MM50
22	0:48:26	1067	Daryl NICHOLS		M	SENM	12-SENM
23	0:48:40	697	Sam ROBERTS		M	U20M	2-U20M
24	0:48:50	1065	Liz TREMLETT		F	MW35	1-MW35
25	0:49:43	516	Andrew JONES	Parc Bryn Bach RC	M	MM40	5-MM40
26	0:50:03	526	Chris O'BRIEN	Pontypool & District RC	M	MM40	6-MM40
27	0:50:27	501	Justin BAIRD-MURRAY	Rhayader RC	M	MM50	5-MM50
28	0:50:34	539	Samantha TOOP	Pont-y-pwl & District Runners	F	MW35	2-MW35
29	0:50:35	948	Sam BELCHER		M	U20M	3-U20M
30	0:50:47	521	Chris LLOYD	Run4All Neath	M	SENM	13-SENM

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31	0:51:00	541	Dimitri VORRÉS	Pont-y-Pwl & District Runners	M	MM50	6-MM50
32	0:51:15	544	Laura WRIGHT	Cardiff AAC	F	U20W	1-U20W
33	0:51:18	585	Mark COOK		M	SENM	14-SENM
34	0:51:24	1020	Sam PURNELL	Cardigan RC	M	SENM	15-SENM
35	0:51:26	595	Timothy DAVIES		M	SENM	16-SENM
36	0:51:36	597	Roger DAVIS		M	MM60	1-MM60
37	0:51:46	653	Jon LIKE	Pontypool & District RC	M	SENM	17-SENM
38	0:51:57	693	Paul ROBBINS	Llanelli AC	M	MM40	7-MM40
39	0:52:00	606	Mike EVANS		M	MM50	7-MM50
40	0:52:14	1081	Emily MARCHANT		F	SENW	1-SENW
41	0:52:27	538	Gareth THOMPSON		M	SENM	18-SENM
42	0:52:42	517	Ieuan KINGSTON	Pont-y-Pwl & District Runners	M	SENM	19-SENM
43	0:52:48	981	Geraint HAMPTON		M	SENM	20-SENM
44	0:53:01	604	Richard EDWARDS		M	SENM	21-SENM
45	0:53:06	1066	Mike CHRISTIE		M	MM40	8-MM40
46	0:53:20	550	Simon EVANS		M	SENM	22-SENM
47	0:53:23	590	Sue DAVIES	Brecon AC	F	MW55	1-MW55
48	0:53:34	132	Simon WILKINS		M	MM40	9-MM40
49	0:53:39	509	Richard GAYLE	The East Bristol Athletic Club	M	SENM	23-SENM
50	0:53:44	570	Jamie ADDISON		M	SENM	24-SENM
51	0:53:45	610	David FRANCIS		M	MM40	10-MM40
52	0:53:51	505	George EADON	Sarn Helen	M	SENM	25-SENM
53	0:54:42	510	Ian HOSKINS	3M Gorseinon RR	M	MM40	11-MM40
54	0:54:45	292	Sion MORGAN JONES		M	SENM	26-SENM
55	0:54:45	1068	Matt SCRASE		M	MM50	8-MM50
56	0:54:48	876	Charlotte PRINCE		F	SENW	2-SENW
57	0:54:53	686	Gary PROVEN		M	MM50	8-MM50
58	0:55:05	626	Alexander HUTTON-LEWIS		M	SENM	27-SENM
59	0:55:22	522	David MANUEL		M	MM40	12-MM40
60	0:55:28	1082	Craig WALASS		M		
61	0:55:29	523	Emma MATTHEWS	Builth & District RC	F	SENW	3-SENW

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62	0:55:31	628	Steven JARVIS		M	SENM	28-SENM
63	0:55:31	512	Joanne HUDSON		F	MW45	1-MW45
64	0:55:32	520	Dylan LLEWELYN		M	SENM	29-SENM
65	0:55:33	528	Warren PATTON		M	SENM	30-SENM
66	0:55:35	685	Carwyn PRICE	Rhayader RC	M	SENM	31-SENM
67	0:55:39	945	Scott ADDISON-EVANS		M	SENM	32-SENM
68	0:55:41	617	Tim HELM		M	SENM	33-SENM
69	0:55:45	530	Brendan PRICE	Dragons RC	M	MM40	13-MM40
70	0:55:49	728	Phil WELLS	Run4all Neath	M	SENM	34-SENM
71	0:56:06	642	robert KESTIN		M	SENM	35-SENM
72	0:56:11	1017	David PRICE		M	SENM	36-SENM
73	0:56:13	1085	Mark CLINCH		M	MM50	9-MM50
74	0:56:42	638	Sian JONES	Parc Bryn Bach RC	F	SENW	4-SENW
75	0:56:56	1071	Catrin GASKELL		f	SENW	5-SENW
76	0:56:58	988	Jaime HINDLE		M	MM40	14-MM40
77	0:57:01	603	Simon EDWARDS		M	MM40	15-MM40
78	0:57:02	810	Ceri HOWELL		M	MM40	16-MM40
79	0:57:16	977	Michael GORMLEY		M	MM40	17-MM40
80	0:57:19	623	Sam HOWELL-JONES	Pontypridd Roadents	M	SENM	37-SENM
81	0:57:36	320	Ian PROBERT		M	SENM	38-SENM
82	0:57:46	577	Alex BEARD		M	MM50	10-MM50
83	0:58:03	1088	Gwyn LLOYD		M	MM60	2-MM60
84	0:58:17	531	Nick PRICE		M	MM50	11-MM50
85	0:58:23	582	Paul BUFTON	Brecon AC	M	MM40	18-MM40
86	0:58:30	618	Torsten HILDEBRANDT		M	MM50	12-MM50
87	0:58:33	745	Matthew BOWLES		M	SENM	39-SENM
88	0:58:34	647	Keith LANGLEY	Pontypool & District RC	M	MM60	3-MM60
89	0:58:37	999	Ffion LEWIS		F	SENW	6-SENW
90	0:58:40	683	Lloyd POWER		M	MM50	13-MM50
91	0:58:44	916	Damon TARBATH		M	MM40	19-MM40
92	0:58:49	779	matthew EDWARDS		M	SENM	40-SENM

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93	0:58:52	656	Steph MAIN	Croft Ambrey RC	F	MW45	2-MW45
94	0:59:00	695	Mark ROBERTS		M	MM50	14-MM50
95	0:59:13	1026	Robert ROPER	Y Fenni Tri	M	MM60	4-MM60
96	0:59:16	974	Aimee FERGUSON	Brecon AC	F	SEW	7-SEW
97	0:59:17	691	Sarah REES		F	MW45	3-MW45
98	0:59:19	777	Michael EARLEY		M	MM60	5-MM60
99	0:59:24	725	Kevin WATTS		M	SEW	41-SEW
100	0:59:57	671	Catherine OLIVANT		F	MW35	3-MW35
101	1:00:01	768	Owen DAVIES		M	MM40	20-MM40
102	1:00:05	1063	Martin RICHARDS		M	MM50	15-MM50
103	1:00:19	650	Anthony LEWIS	Parc Bryn Bach RC	M	MM40	21-MM40
104	1:00:20	147	Sharon WOODS	Pontypool & District RC	F	MW55	2-MW55
105	1:00:23	723	Jen WATKINS	Pont-y-Pwl & District Runners	F	SEW	8-SEW
106	1:00:25	652	Harri LIKE	Pontypool & District RC	F	SEW	9-SEW
107	1:00:52	515	Gwenno JONES		F	SEW	10-SEW
108	1:01:03	547	Gunvor TROELSEN	Builth & District RC	F	MW45	4-MW45
109	1:01:07	831	Tim KNOTT		M	SEW	42-SEW
110	1:01:13	721	Philip VINES		M	MM40	22-MM40
111	1:01:17	952	Mathew BURNELL		M	SEW	43-SEW
112	1:01:18	1075	Eva MARSHALL		F	SEW	11-SEW
113	1:01:23	667	Andrew MUIRHEAD		M	MM50	16-MM50
114	1:01:24	1029	Katy SMITH	Rhayader RC	F	MW35	4-MW35
115	1:01:26	612	Melanie GIBSON		F	MW35	5-MW35
116	1:01:30	1013	Sam OSBORNE		M	SEW	44-SEW
117	1:01:31	369	Yvonne WILLIAMS		F	MW45	5-MW45
118	1:01:42	602	sian EBDEN		F	SEW	12-SEW
119	1:01:42	632	Paul JONES	Pont-y-Pwl & District Runners	M	MM40	23-MM40
120	1:01:47	978	Daniela GORMLEY	Griffithstown Harriers	F	MW45	6-MW45
121	1:01:55	586	Judit Katalin CSONTOS		F	SEW	13-SEW
122	1:01:58	837	Paul LEWIS		M	SEW	45-SEW
123	1:02:04	574	Jacqueline BARNHOUSE		F	MW35	6-MW35

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124	1:02:10	679	Rhys PICTON		M	SENM	46-SENM
125	1:02:17	1002	Jonathan MARSHALL	Y Fenni Tri	M	MM40	24-MM40
126	1:02:26	911	Harri SUMNER		M	U20M	4-U20M
127	1:02:27	744	Phil BOSMAN		M	SENM	47-SENM
128	1:02:30	673	Kona OZDEMIR		M	SENM	48-SENM
129	1:02:36	1061	Paul CHAPMAN	Les Croupiers RC	M	MM45	1-MM45
130	1:02:48	503	Peter CURRAN		M	MM50	17-MM50
131	1:02:53	946	Dean ARNOLD	Pont-y-Pwl & District Runners	M	MM40	25-MM40
132	1:02:54	726	Gary WATTS		M	MM50	18-MM50
133	1:02:59	969	james DELANEY	San Domenico RC	M	MM60	6-MM60
134	1:03:04	627	Holly JANES-THOMAS	Pont-y-Pwl & District Runners	F	SENW	14-SENW
135	1:03:06	599	Conor DOWNES		M	SENM	49-SENM
136	1:03:07	572	Paul BAILEY		M	SENM	50-SENM
137	1:03:10	575	Steve BARTLEY		M	MM50	19-MM50
138	1:03:16	939	Shaun WILLIAMS		M	SENM	51-SENM
139	1:03:17	1030	Liam STOCKDEN		M	U20M	5-U20M
140	1:03:19	659	Alistair MCINTOSH		M	SENM	52-SENM
141	1:03:19	687	Natasha PRYCE		F	SENW	15-SENW
142	1:03:25	514	Hannah JONES	Betsi Runaways	F	SENW	16-SENW
143	1:03:28	633	ANDREW JONES		M	MM50	20-MM50
144	1:03:33	836	Gareth LAWRENCE		M	MM40	26-MM40
145	1:03:34	1056	Steven SMITH		M	SENM	53-SENM
146	1:03:42	982	Cecilia HARMAN	Rhayader RC	F	MW35	7-MW35
147	1:03:58	605	Gareth EVANS		M	SENM	54-SENM
148	1:04:01	534	Tomos ROBERTS		M	SENM	55-SENM
149	1:04:01	666	owen MORRIS		M	SENM	56-SENM
150	1:04:02	1047	Rob SAUNDERS		M	SENM	57-SENM
151	1:04:04	1022	Phil REARDON SMITH		M	MM40	27-MM40
152	1:04:06	696	Joanna ROBERTS		F	MW45	7-MW45
153	1:04:07	1084	Neil MARTIN		M	MM40	28-MM40
154	1:04:08	682	Bethan POWELL	Pont-y-Pwl & District Runners	F	SENW	17-SENW

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155	1:04:19	1083	Samantha CAHILL		F	SENW	18-SENW
156	1:04:21	588	Stephen DALLOW		M	MM60	7-MM60
157	1:04:21	613	Izzy GOODRIDGE	Brecon AC	F	U20W	2-U20W
158	1:04:24	684	Karla PRICE	Rhayader RC	F	MW45	8-MW45
159	1:04:26	709	Carl STOCKDEN		M	MM40	29-MM40
160	1:04:37	293	Jayne MUMFORD		F	MW45	9-MW45
161	1:04:55	910	David SUMNER		M	MM40	30-MM40
162	1:04:56	1003	Alison MARSHALL		F	MW35	8-MW35
163	1:04:59	1028	Chris SMITH		M	MM40	31-MM40
164	1:05:05	915	Cheryl TANNER		F	MW35	9-MW35
165	1:05:06	702	Gavin SHIVERS		M	SENM	58-SENM
166	1:05:08	589	David DAVIES		M	SENM	59-SENM
167	1:05:09	1059	Steven DAVIES		M	MW40	1-MW40
168	1:05:13	895	Alan RYLAND	Builth & District RC	M	MM60	8-MM60
169	1:05:20	634	Delphine JONES	Parc Bryn Bach RC	F	MW35	10-MW35
170	1:05:20	674	Gwyn PALFREY		M	MM50	21-MM50
171	1:05:21	629	Stuart JENKINS		M	MM40	32-MM40
172	1:05:25	793	Rachel GREEN		F	SENW	19-SENW
173	1:05:28	867	Rebecca POOLE		F	SENW	20-SENW
174	1:05:28	584	Paul COLLIER		M	SENM	60-SENM
175	1:05:44	737	Dean BARTLETT		M	MM50	22-MM50
176	1:05:45	1049	Aled JONES		M	SENM	61-SENM
177	1:05:52	714	Paul THOMAS		M	MM40	33-MM40
178	1:05:53	964	Rachel DAVIES		F	SENW	21-SENW
179	1:05:55	658	Judy MCCOSH	Rhayader RC	F	MW45	10-MW45
180	1:05:58	732	christopher ANTHONY		M	MM60	9-MM60
181	1:06:08	738	Phillip BATES		M	MM50	23-MM50
182	1:06:13	621	Jennet HOLMES	Pontypridd Roadents	F	MW35	11-MW35
183	1:06:13	506	Barri EDWARDS		M	MM40	34-MM40
184	1:06:16	932	Margot WENZEL		F	SENW	22-SENW
185	1:06:17	769	Gareth DAVIES		M	SENM	62-SENM

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186	1:06:29	924	Paul VINCENT		M	MM50	24-MM50
187	1:06:30	596	Richard DAVIES MBE		M	MM40	35-MM40
188	1:06:38	701	Laura SHARPE	3M Gorseinon RR	F	SEnw	23-SEnw
189	1:06:52	142	A N Other		M		3-0
190	1:06:59	746	Antonia BRADLEY		F	MW35	12-MW35
191	1:07:00	1052	Jo EDWARDS		F	SEnw	24-SEnw
192	1:07:02	772	Nicola DAVIES		F	MW45	11-MW45
193	1:07:03	665	Nicki MORRIS	Rhayader RC	F	SEnw	25-SEnw
194	1:07:09	748	Harry BROWN		M	SEnM	63-SEnM
195	1:07:16	966	Isobel DAWSON		F	MW35	13-MW35
196	1:07:17	942	Ruth WRIGHT		F	MW45	12-MW45
197	1:07:19	1070	Ioan OWEN		M	MM35	1-MM35
198	1:07:21	1007	Jonathan MILNE		M	SEnM	64-SEnM
199	1:07:32	1045	Sally WILLIAMS		F	SEnw	26-SEnw
200	1:07:34	700	Debbie SATCHELL	Pont-y-Pwl & District Runners	F	MW45	13-MW45
201	1:07:36	1076	Alex POWELL		M	U20M	6-U20M
202	1:07:41	985	Elin HENDERSON		F	MW35	14-MW35
203	1:07:42	592	Gavin DAVIES		M	SEnM	65-SEnM
204	1:07:47	1069	Peter GRAVES		M	SEnM	66-SEnM
205	1:07:54	1087	Luthur RAHMAN		M	SEnM	66-SEnM
206	1:08:03	872	Jo POWELL		F	MW35	15-MW35
207	1:08:18	1086	Tamara LICI		F	SEnw	27-SEnw
208	1:08:19	593	Liz DAVIES		F	MW35	16-MW35
209	1:08:21	630	David JOHN		M	MM60	10-MM60
210	1:08:22	187	Emily CHRISTLEY	Builth & District RC	F	SEnw	28-SEnw
211	1:08:24	68	Calum HIGGINS		M	SEnM	67-SEnM
212	1:08:30	1039	Robert WALKER		M	SEnM	68-SEnM
213	1:08:31	764	Ben CROMWELL		M	SEnM	69-SEnM
214	1:08:32	902	Beverley SMITH		F	MW45	14-MW45
215	1:08:37	1032	Nia SUTTON		F	SEnw	29-SEnw
216	1:08:43	811	Sarah HUGHES		F	MW35	17-MW35

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217	1:09:01	624	Marie HURFORD	Pontypool & District RC	M	SENM	70-SENM
218	1:09:02	775	Angela DAVIES	Rhayader RC	F	MW45	15-MW45
219	1:09:03	786	Rio GILL		F	SENW	30-SENW
220	1:09:05	631	Darren JONES		M	MM50	25-MM50
221	1:09:10	868	Nicholas PORRETTA		M	SENM	71-SENM
222	1:09:21	747	Cora BROWN		F	MW45	16-MW45
223	1:09:25	619	Helen HODGES		F	MW45	17-MW45
224	1:09:32	598	Raiff DEVLIN		M	U20M	7-U20M
225	1:09:32	668	Jonathan NETTLETON		M	MM40	36-MM40
226	1:09:33	890	Paul ROSIN		M	MM50	26-MM50
227	1:09:33	891	Carmel ROSIN		F	SENW	31-SENW
228	1:09:36	217	Georgina FLETCHER	Maldwyn Harriers	F	MW55	3-MW55
229	1:09:54	762	Peter COLLISHAW		M	MM50	27-MM50
230	1:09:55	75	Hayley JACKSON		F	MW35	18-MW35
231	1:09:56	1050	Steve HUGHSON		M	MM50	28-MM50
232	1:10:05	681	Kathryn POOLE	Pontypridd Roadents	F	SENW	32-SENW
233	1:10:13	818	Sarah JAQUES		F	SENW	33-SENW
234	1:10:21	758	TRACEY COAKLEY		F	MW35	19-MW35
235	1:10:22	663	Connor MORGAN		M	SENM	72-SENM
236	1:10:27	883	Gareth REES		M	MM50	29-MM50
237	1:10:28	648	Alan LEEN	Islwyn RC	M	SENM	73-SENM
238	1:10:29	913	Bobbie SWIFT	Parc Bryn Bach RC	F	MW35	20-MW35
239	1:10:29	935	Vicki WHEELER		F	MW35	21-MW35
240	1:10:33	834	Tina LAVELLE	Hay Hotfooters	F	MW55	4-MW55
241	1:10:34	827	Psula KENNEDY		F	MW45	18-MW45
242	1:10:34	841	Adrian MATHIAS		M	MM50	30-MM50
243	1:10:38	573	David BAILYES		M	MM50	31-MM50
244	1:10:43	819	Lee JARVIS		M	SENM	74-SENM
245	1:10:48	543	Wilf WILLIAMS	Freedom Leisure Brecon Lifeguards	M	U20M	8-U20M
246	1:10:51	614	Steffan GWYNNE	Hendre Lake RC	M	SENM	75-SENM
247	1:10:58	923	Kathryn VAUGHAN		F	MW35	22-MW35

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248	1:10:58	937	Nazia WHITE		F	MW35	23-MW35
249	1:11:06	763	Matthew COPPIN		M	SENM	76-SENM
250	1:11:08	703	Tara SIMONE		F	SENW	34-SENW
251	1:11:18	576	Ian BATES	Dromore AC	M	MM50	32-MM50
252	1:11:25	720	Adam TYLER		M	SENM	77-SENM
253	1:11:27	899	Richard SHEPHERD		M	MM40	37-MM40
254	1:11:27	199	Tracy DAVIES	Celtic CrossFit Trail Runners	F	SENW	35-SENW
255	1:11:37	507	Jack EVANS	Freedom Leisure Brecon Lifeguards	M	U20M	9-U20M
256	1:11:39	545	Kate HOVERS	Brecon Triathlon Club	F	MW55	5-MW55
257	1:11:51	780	Phillip ELLIS		M	SENM	78-SENM
258	1:11:57	965	Vanessa DAVIES		F	MW35	24-MW35
259	1:11:58	885	Sian REILLY		F	MW35	25-MW35
260	1:12:01	591	Dewi DAVIES		M	SENM	79-SENM
261	1:12:02	989	Rhian HOWELLS		F	SENW	36-SENW
262	1:12:05	947	David BARHAM	3M Gorseinon RR	M	MM50	33-MM50
263	1:12:09	984	Myfanwy HEALY		F	SENW	37-SENW
264	1:12:10	1053	Christian PRYNNE		M	MM45	2-MM45
265	1:12:17	864	Helen PHILLIPS		F	SENW	38-SENW
266	1:12:17	739	ANNE BEARD		F	MW45	19-MW45
267	1:12:20	847	Alistair MILLER		M	MM50	34-MM50
268	1:12:20	892	Chantille ROUCH		F	SENW	39-SENW
269	1:12:21	387	Michael JAMES		M		5-0
270	1:12:23	713	Caroline THOMAS		F	MW35	26-MW35
271	1:12:23	609	Tassie FIELD-WILLIAMS		F	SENW	40-SENW
272	1:12:23	757	Hayley CLAYTON		F	MW35	27-MW35
273	1:12:24	734	Nondus BANNING-BODDY	Rhayader RC	F	MW55	6-MW55
274	1:12:25	930	Charlotte WATSON		F	SENW	41-SENW
275	1:12:26	766	Rebecca DABILL		F	SENW	42-SENW
276	1:12:26	802	Malou HASCOET		F	SENW	43-SENW
277	1:12:27	711	Luke SURREY		M	MM40	38-MM40
278	1:12:30	904	Jen SMITHSON		F	SENW	44-SENW

10KM Results

279	1:12:32	934	Paul WESSON	Les Croupiers RC	M	MM40	39-MM40
280	1:12:33	849	Louise MORDUE		F	MW35	28-MW35
281	1:12:36	727	Danielle WAY		F	MW35	29-MW35
282	1:12:53	654	Ellie LING		F	MW35	30-MW35
283	1:12:57	706	Neil SMITH		M	MM50	35-MM50
284	1:12:59	880	Andrew REES		M	SENM	80-SENM
285	1:13:01	611	David FRASER		M	MM40	40-MM40
286	1:13:10	960	Rhidian DANIELS		M	SENM	81-SENM
287	1:13:11	549	Glyn HICKS		M	SENM	82-SENM
288	1:13:12	620	Susan HOLLIDAY		F	MW55	7-MW55
289	1:13:13	297	Sian O'CALLAGHAN		F	MW35	31-MW35
290	1:13:14	640	Robin KENNEA		M	SENM	83-SENM
291	1:13:14	828	Maggie KEVILLE	Builth & District RC	F	MW45	20-MW45
292	1:13:20	840	Alan MARCH		M	MM50	36-MM50
293	1:13:28	616	PHILLIP HEELEY		M	MM50	37-MM50
294	1:13:29	710	Lynne SULLIVAN	Women Running Penarth	F	MW45	21-MW45
295	1:13:36	861	Kath PARKINSON		F	MW35	32-MW35
296	1:13:37	212	Lynne EVANS	Women Running Penarth	F	MW45	22-MW45
297	1:13:40	676	Nilima PARRY-JONES	Cwmbran Harriers	F	MW45	23-MW45
298	1:13:43	1055	Eryl SMEETHE		M	SENM	84-SENM
299	1:13:49	1054	Sarah POWELL		F	MW40	2-MW40
300	1:13:49	546	Jo VAN MOOK		F		6-0
301	1:13:49	809	Laura HOUSDEN		F	SENW	45-SENW
302	1:13:50	740	Charlotte BETHELL		F	SENW	46-SENW
303	1:13:51	852	Sian MORGAN		F	SENW	47-SENW
304	1:13:54	580	Lucie BROMFIELD		F	MW35	33-MW35
305	1:14:11	722	Gary WALDEN		M	MM40	41-MM40
306	1:14:12	778	wendy EDWARDS		F	MW45	24-MW45
307	1:14:20	897	Jan SHANAHAN	Maldwyn Harriers	F	MW45	25-MW45
308	1:14:21	348	Marcus SMITH	Parc Bryn Bach RC	M	MM40	42-MM40
309	1:14:41	980	Amanda HAM	Islwyn RC	F	SENW	48-SENW

10KM Results

310	1:14:44	1035	Karen THOMAS		F	MW45	26-MW45
311	1:14:47	578	Jo BRACE		F	MW45	27-MW45
312	1:14:48	660	Ceire MERRISON	Tenby Aces	F	MW35	34-MW35
313	1:14:48	1024	Deisy RIVERA		F	SEW	49-SEW
314	1:14:59	808	john HORSMAN	Cardigan RC	M	MM60	11-MM60
315	1:15:01	712	Emma THOMAS		F	MW35	35-MW35
316	1:15:08	936	Jo WHITE	Newent Runners	F	MW35	36-MW35
317	1:15:09	851	Sara MORGAN		F	MW35	37-MW35
318	1:15:10	677	Scott PHILLIPS		M	MM40	43-MM40
319	1:15:14	797	Peter HA		M	SEW	85-SEW
320	1:15:20	853	Cheryl MORRIS	Maldwyn Harriers	F	MW45	28-MW45
321	1:15:23	608	Anna FIELD		F	SEW	50-SEW
322	1:15:26	1057	Anthony HUNT		M	SEW	86-SEW
323	1:15:43	1073	Owen PUGSLEY		M	SEW	87-SEW
324	1:15:47	651	Kerry-Anne LEWTON		F	MW35	38-MW35
325	1:15:49	858	Sian OWEN		F	MW45	29-MW45
326	1:15:53	814	Matt ILES		M	SEW	88-SEW
327	1:15:55	1019	Holly PROSSER		F	SEW	51-SEW
328	1:16:02	622	Kate HORLICK		F	SEW	52-SEW
329	1:16:10	953	Matt CANN		M	SEW	89-SEW
330	1:16:12	743	Katarzyna BOJANOWSKA		F	SEW	53-SEW
331	1:16:15	929	Shanna WATERLANDER		F	SEW	54-SEW
332	1:16:17	1000	Bernadette LEWIS		F	MW55	8-MW55
333	1:16:23	313	Sarah POPE	Women Running Penarth	F	MW45	30-MW45
334	1:16:27	773	chrisitne DAVIES		F	MW55	9-MW55
335	1:16:30	753	Adrian CHAMPION		M	MM50	38-MM50
336	1:16:37	938	Gwyndaf WILLIAMS		M	SEW	90-SEW
337	1:16:38	815	Lisa INNES		F	MW35	39-MW35
338	1:16:39	926	Linda WALLER	3M Gorseinon RR	F	MW55	10-MW55
339	1:16:48	933	Anne WESSON		F	MW45	31-MW45
340	1:16:52	356	christopher TODD JONES		M	MM60	12-MM60

10KM Results

341	1:16:58	655	avinash MADHAV		M	MM40	44-MM40
342	1:17:04	636	DE JONES		M	MM40	45-MM40
343	1:17:12	846	Andrew MILLER	Clwb Rhedeg Pontardawe RC	M	MM40	46-MM40
344	1:17:13	838	Hazel LEWIS		F	MW35	40-MW35
345	1:17:15	803	Emma HAYHURST		F	MW35	41-MW35
346	1:17:21	878	Juno RANDALL		F	U20W	3-U20W
347	1:17:25	644	Les LACEY		M	MM40	47-MM40
348	1:17:27	857	Rhian OSBORNE		F	MW35	42-MW35
349	1:17:27	854	Kirsty MYERS		F	SEW	55-SEW
350	1:17:30	1042	Steve WHYTE		M	MM50	39-MM50
351	1:17:31	889	Jacqui ROOME		F	MW45	32-MW45
352	1:17:33	1040	Sara-Wyn WATKINS		F	SEW	56-SEW
353	1:17:35	765	Amy CULLEN		F	SEW	57-SEW
354	1:17:39	822	Meinir JONES	3M Gorseinon RR	F	MW55	11-MW55
355	1:17:40	816	Wayne ISAAC		M	SENM	91-SENM
356	1:17:51	601	Helen DUDLEY		F	MW45	33-MW45
357	1:17:59	749	Tori BRUNT	Women Running Penarth	F	MW35	43-MW35
358	1:18:03	755	Georgia CLARK		F	SEW	58-SEW
359	1:18:04	615	Hayley HEARD		F	MW45	34-MW45
360	1:18:14	1058	Jo BABIJ		F	SENF	1-SENF
361	1:18:24	742	Michelle BLACKWELL		F	MW35	44-MW35
362	1:18:42	862	Rob PARRY		M	SENM	92-SENM
363	1:18:26	820	Dean JENNINGS		M	SENM	93-SENM
364	1:18:35	784	Katie FISZMAN		F	MW35	45-MW35
365	1:18:39	719	Natasha TYLER		F	SEW	59-SEW
366	1:18:39	718	Rob TYLER		M	U20M	10-U20M
367	1:18:40	922	Genevieve TYLER		F	MW45	35-MW45
368	1:18:43	774	Michelle DAVIES		F	SEW	60-SEW
369	1:18:47	928	LIANG WANG		M	SENM	94-SENM
370	1:18:51	1023	Rhys RICHARDS		M	SENM	95-SENM
371	1:18:52	662	Jolanta MIGDALSKA		F	SEW	61-SEW

10KM Results

372	1:18:54	905	Marianne SPRATT		F	SENW	62-SENW
373	1:18:57	646	Siân LAMPITT		F	SENW	63-SENW
374	1:18:58	637	Natalie JONES		F	MW35	46-MW35
375	1:18:59	839	Sian LLEWELLYN	Village Vipers	F	SENW	64-SENW
376	1:19:09	754	Darren CHANT		M	MM40	48-MM40
377	1:19:23	805	Victoria HOLMES	3M Gorseinon RR	F	SENW	65-SENW
378	1:19:27	877	Helen PUGSLEY		F	MW45	36-MW45
379	1:19:37	341	Fay SHARPE	3M Gorseinon RR	F	MW55	12-MW55
380	1:19:38	855	Diane NETTLETON		F	MW35	47-MW35
381	1:19:44	799	Lauren Jayne HARRIS		F	SENW	66-SENW
382	1:19:44	759	Paula COLE		F	MW45	37-MW45
383	1:19:53	581	Mike BRUNNOCK	Pont-y-Pwl & District Runners	M	MM50	40-MM50
384	1:20:10	688	Sally PURCHASE		F	SENW	67-SENW
385	1:20:31	893	Amber RUSSELL		F	MW35	48-MW35
386	1:20:50	909	Victoria STUART		F	MW35	49-MW35
387	1:20:51	993	christine HURDIDGE	3M Gorseinon RR	F	MW55	13-MW55
388	1:21:00	886	Nicola ROBERTS		F	MW45	38-MW45
389	1:21:29	794	Katherine GUY		F	MW35	50-MW35
390	1:21:30	821	Jamie JEWELL		M	MM40	49-MM40
391	1:21:42	903	Katy SMITH		F	MW35	51-MW35
392	1:21:44	1062	Rob NOYCE		M		7-0
393	1:21:46	843	Fiona MCCCELLAN		F	MW35	52-MW35
394	1:21:46	863	Jill PEACOCK		F	MW45	39-MW45
395	1:21:47	770	Nicola DAVIES		F	MW35	53-MW35
396	1:21:47	767	Wendy DAVIES		F	MW45	40-MW45
397	1:21:54	229	Laura HALL	3M Gorseinon RR	F	MW45	41-MW45
398	1:22:02	641	Beth KENNEA		F	MW35	54-MW35
399	1:22:12	951	Nicola BROADBRIDGE		F	MW35	55-MW35
400	1:22:24	1079	Tracey WILLIAMS		F	MW45	42-MW45
401	1:22:25	1080	Colin WILLIAMS		M	MM50	41-MM50
402	1:22:25	908	Caryl STOKES		F	MW35	56-MW35

10KM Results

403	1:22:36	782	Andrew EVANS		M	SENM	96-SENM
404	1:22:40	912	Darren SWIFT	Parc Bryn Bach RC	M	MM50	42-MM50
405	1:23:00	888	Sarah-Jane ROLÉN		F	SENW	68-SENW
406	1:23:07	1043	Chris WILLIAMS		M	SENM	97-SENM
407	1:23:15	986	Julia HERBERT	Pontypridd Roadents	F	MW35	57-MW35
408	1:23:19	741	Graham BINGHAM	Pontypridd Roadents	M	MM50	43-MM50
409	1:23:21	771	Karen DAVIES	Wesham Road Runners	F	MW45	43-MW45
410	1:23:22	983	Tony HARRIES		M	MM40	50-MM40
411	1:23:23	824	Suzanna JONES		F	MW35	58-MW35
412	1:23:30	735	Michael BARNES		M	SENM	98-SENM
413	1:23:39	1072	Eirian DAVIES		M	MM50	44-MM50
414	1:23:40	672	Steve ORRELLS	Maldwyn Harriers	M	MM60	13-MM60
415	1:23:42	699	Clare SALISBURY		F	SENW	69-SENW
416	1:24:43	789	Phil GOODALL		M	MM40	51-MM40
417	1:24:48	1078	Andrea BRADBROOK		F	MW45	44-MW45
418	1:24:49	315	Anne Marie POWELL		F	MW35	59-MW35
419	1:24:52	625	Stuart HUTCHISON		M	MM40	52-MM40
420	1:24:53	715	Suzanne THOMAS		F	MW45	45-MW45
421	1:24:55	801	Georgina HARTNELL		F	SENW	70-SENW
422	1:24:56	874	Iona PRICE		F	MW35	60-MW35
423	1:25:23	925	Christine VORRES	Pont-y-Pwl & District Runners	F	MW55	14-MW55
424	1:25:41	921	Gary TWELL		M	SENM	99-SENM
425	1:25:48	859	Jason PADDINGTON		M	MM40	53-MM40
426	1:26:25	873	Alyson PRICE		F	MW35	61-MW35
427	1:26:53	865	Gareth PONTING	Dragons RC	M	MM40	54-MM40
428	1:26:53	866	Jade PONTING	Dragons RC	F	SENW	71-SENW
429	1:27:06	1014	Virginia PARKES		F	MW55	15-MW55
430	1:27:08	193	Hayleigh COX		F	SENW	72-SENW
431	1:27:24	825	Jasmin KEMP - JONES		F	SENW	73-SENW
432	1:27:24	1048	Lianne ROLLINSON		F	FEM	1-FEM
433	1:27:24	752	Elizabeth CARTWRIGHT		F	MW35	62-MW35

10KM Results

434	1:27:25	1077	Katie TUISLEY		F	MW35	63-MW35
435	1:27:25	664	Jessica MORGAN		F	SEW	74-SEW
436	1:27:26	785	Tammy FOLEY		F	SEW	75-SEW
437	1:27:34	750	Arry CAIN		F	MW35	64-MW35
438	1:27:35	806	Lynn HOLMES	3M Gorseinon RR	F	MW55	16-MW55
439	1:27:56	931	Izzy WATTS		F	MW35	65-MW35
440	1:28:04	987	Elaine HICKS	Islwyn RC	F	MW55	17-MW55
441	1:28:05	860	Debbie PANES		F	MW45	46-MW45
442	1:28:08	848	Zoe MITCHELL		F	MW35	66-MW35
443	1:28:12	781	Mary ESCOLME		F	MW55	18-MW55
444	1:28:28	906	Christie SQUIRES		F	MW35	67-MW35
445	1:28:29	830	Amanda KNIGHT		F	MW45	47-MW45
446	1:28:50	940	Claire WILLIAMS		F	MW35	68-MW35
447	1:28:51	1060	Jade PRICE		F	FEM	2-FEM
448	1:28:54	920	Heather THOMAS		F	MW55	19-MW55
449	1:29:02	962	Julie DAVIES	3M Gorseinon RR	F	MW55	20-MW55
450	1:29:03	997	Nicola JULIAN	3M Gorseinon RR	F	MW45	48-MW45
451	1:30:53	832	Steffi LAKES		F	SEW	76-SEW
452	1:30:58	319	Bethany PRICE	Run4All Neath	F	MW45	49-MW45
453	1:31:15	881	Matthew REES		M	MM40	55-MM40
454	1:31:17	927	Ffion WALTERS		F	SEW	77-SEW
455	1:31:27	917	Alison TAYLOR		F	MW35	69-MW35
456	1:31:49	751	Darren CARPENTER		M	MM40	56-MM40
457	1:31:57	845	Nicholas MIDDLETON		M	MM40	57-MM40
458	1:32:57	817	Minka ISAKSSON		F	MW35	70-MW35
459	1:33:26	963	Nick DAVIES		M	MM50	44-MM50
460	1:33:55	1034	Jackie THOMAS		F	MW55	21-MW55
461	1:34:29	807	Catrin HOPKINS	Aberystwyth AC	F	MW35	71-MW35
462	1:35:18	896	Kathleen SART		F	MW45	50-MW45
463	1:35:49	823	Lyndsey JONES		F	MW35	72-MW35
464	1:37:54	918	Rhian THOMAS		F	MW45	51-MW45

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465	1:39:03	796	Lan HA		F	MW45	52-MW45
466	1:44:02	1037	Viki THOMPSON		F	MW45	53-MW45
467	1:44:06	1038	Dylan THOMPSON		M	MM40	58-MM40
468	1:46:08	1015	David POLE		M	MM40	59-MM40
469	1:46:28	1016	Rhian POLE		F	MW35	73-MW35
470	1:48:16	776	Carrie-ann DRIVER		F	SENW	78-SENW
471	1:50:19	788	Alys GOLDING	Clwb Rhedeg Pontardawe RC	F	SENW	79-SENW
472	1:51:55	870	Barbara POWELL		F	MW55	22-MW55
473	1:56:15	1018	Tammy PRITCHARD		F	SENW	80-SENW
474	1:56:15	970	ALEXANDRA DENTON		F	MW45	54-MW45
475	1:57:40	800	chrissy HARRISON	Celtic Tri	F	MW35	74-MW35
476	1:57:54	787	Katy GIRDLER		F	MW45	55-MW45
477	2:01:13	1064	Edward HUGHES		M		9-0