

Half Marathon (Approx. 12 Mile) Results

POS	Time	BIB	Athlete	Club	Gender	Age Group	Age rank
1	1:13:36	2	Daniel BODMAN	Aberdare VAAC	M	SENM	1-SENM
2	1:17:15	3	Matthew EVANS	Aberdare VAAC	M	SENM	2-SENM
3	1:17:42	24	Sion PRICE	Sarn Helen	M	SENM	3-SENM
4	1:17:51	4	Peter RYDER	Aberdare VAAC	M	SENM	4-SENM
5	1:18:07	27	Dylan LEWIS	Sarn Helen	M	SENM	5-SENM
6	1:18:11	25	Stephen CURBISHLEY	Rossendale Harriers	M	SENM	6-SENM
7	1:18:17	13	Sam GREGORY	MDC	M	SENM	7-SENM
8	1:18:55	74	Timothy IVESON	Builth & District RC	M	SENM	8-SENM
9	1:20:40	126	Jack TURNER	Stroud and District AC	M	U20M	1-U20M
10	1:21:27	140	Gareth PAYNE	Sarn Helen	M	MM40	1-MM40
11	1:21:37	14	Paul MURRIN	Chepstow Harriers	M	MM40	2-MM40
12	1:22:20	106	Toby PEARSON	Thames Hare & Hounds	M	SENM	9-SENM
13	1:22:47	136	Ifan LLOYD	Swansea Harriers	M	MM55	1-MM55
14	1:23:22	1	Paul GRAHAM	Pontypridd Roadents	M	SENM	10-SENM
15	1:23:25	110	Gethin POWELL	Pontypridd Roadents	M	SENM	11-SENM
16	1:23:40	86	Ben JOZEFIAK		M	SENM	12-SENM
17	1:23:45	139	Natasha COCKRAM	Mickey Morris Racing Team	F	SENW	1-SENW
18	1:24:41	90	Nick LEWIS	White Rock Runners	M	SENM	13-SENM
19	1:25:34	15	Karie ATKINS	Chepstow Harriers	M	MM40	3-MM40
20	1:25:47	9	Lauren COOPER	Parc Bryn Bach RC	F	SENW	2-SENW
21	1:27:19	105	Sion PARRY	Builth & District RC	M	SENM	14-SENM
22	1:27:20	54	Des DEVLIN		M	SENM	15-SENM
23	1:27:26	5	Emily LAGOMARSINO	San Domenico RC	F	SENW	3-SENW
24	1:28:57	12	Sam JONES	Parc Bryn Bach RC	M	SENM	16-SENM
25	1:29:05	96	Ray MORGAN	Pont-y-Pwl & District Runner	M	SENM	17-SENM
26	1:29:08	55	Josh DIXON	Les Croupiers RC	M	SENM	18-SENM
27	1:29:40	70	Mark HORSMAN	Cardigan Running Club	M	SENM	19-SENM
28	1:29:51	314	Anthony POWELL	Maldwyn Harriers	M	MM40	4-MM40
29	1:31:52	10	Faye JOHNSON	Pontypool & District RC	F	SENW	4-SENW
30	1:32:00	34	Tom ASHFORD		M	SENM	20-SENM

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31	1:33:15	146	Adrian WOODS	Pontypool & District RC	M	MM50	1-MM50
32	1:33:53	141	Mike JONES		M	MM50	2-MM50
33	1:34:18	118	Hefin ROWLANDS	Maldwyn Harriers	M	SENM	21-SENM
34	1:34:19	189	Jamie CLODE	Bridgend AC	M	SENM	22-SENM
35	1:34:20	402	Jed MURPHY		M	SENM	23-SENM
36	1:34:21	28	Nerys JONES	TROTS	F	SENW	5-SENW
37	1:34:27	11	Niki MORGAN	Chepstow Harriers	F	MW45	1-MW45
38	1:34:58	97	John MULLANEY	Aberdare VAAC	M	SENM	24-SENM
39	1:35:02	345	Jonathan SIMS		M	SENM	25-SENM
40	1:35:23	103	Helen OLIVER	Les Croupiers RC	F	SENW	6-SENW
41	1:35:47	82	Llinos JONES	Amman Valley Harriers	F	MW35	1-MW35
42	1:36:24	205	Paul DONOVAN	Pont-y-Pwl & District Runner	M	MM50	3-MM50
43	1:36:26	67	Gerwyn HARRIS		M	SENM	26-SENM
44	1:36:30	112	George RAINSFORD		M	SENM	27-SENM
45	1:37:10	143	Martin DAVIES		M	SENM	28-SENM
46	1:37:13	176	Gareth BLATCHFORD		M	SENM	29-SENM
47	1:37:19	363	Ian WANG		M	MM40	5-MM40
48	1:37:42	332	Lauren ROE	Serpentine	F	SENW	7-SENW
49	1:38:08	225	Chris GREEN	Cheadle Running Club	M	MM50	4-MM50
50	1:38:37	273	Wolfgang LUECKE		M	SENM	30-SENM
51	1:39:04	92	Robert LEWIS	Builth & District RC	M	MM40	6-MM40
52	1:39:55	316	richard PRICE		M	MM50	5-MM50
53	1:40:53	276	Mark MAGUIRE		M	MM40	7-MM40
54	1:40:57	43	John CAMANI	TROTS	M	SENM	31-SENM
55	1:41:07	377	Huw THOMAS		M	SENM	32-SENM
56	1:41:08	76	Lisa JEFFREY	Chepstow Harriers	F	MW45	2-MW45
57	1:41:09	64	Stephen HAMBRIDGE		M	SENM	33-SENM
58	1:41:11	104	Robert PARKER	Pontypridd Roadents	M	SENM	34-SENM
59	1:41:14	107	Richard PHILLIPS	TROTS	M	MM40	8-MM40
60	1:41:38	63	RHIAN GRIFFITHS-JONES	Denbigh Harriers	F	MW35	2-MW35
61	1:41:56	317	Wendy PRICE		F	MW35	3-MW35

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62	1:42:37	37	Cosmo BORN		M	SENM	35-SENM
63	1:42:47	270	Paul LIPPETT		M	SENM	36-SENM
64	1:42:50	94	Daniel MALEY		M	MM40	9-MM40
65	1:43:00	346	Mellanie SIMS		F	MW35	4-MW35
66	1:43:29	135	A N Other		M		1-0
67	1:43:47	365	Paul WIGGINS		M	SENM	37-SENM
68	1:43:50	210	Andrew ELLIS	Meirionydd RC	M	MM40	10-MM40
69	1:44:06	47	Martin CORTVRIEND	Denbigh Harriers	M	MM60	1-MM60
70	1:44:06	236	Robert HOPKINS		M	SENM	38-SENM
71	1:44:25	202	Sarah DERRICK		F	SENW	8-SENW
72	1:44:34	323	Andrew REES	Amman Valley Harriers	M	MM40	11-MM40
73	1:44:44	267	Will LEWIS		M	MM40	12-MM40
74	1:45:50	101	christopher NELLINS	Penarth and Dinas Runners	M	MM60	2-MM60
75	1:45:04	228	Rhys GUARD		M	SENM	39-SENM
76	1:45:07	309	Ben PHILLIPS		M	SENM	40-SENM
77	1:45:12	223	Daniel GILBERT	3M Gorseinon RR	M	SENM	41-SENM
78	1:45:14	326	Gareth RICHARDS		M	SENM	42-SENM
79	1:45:17	172	Mark BEARD		M	MM50	6-MM50
80	1:45:33	232	Simon HARRISON	Cwm Ogwr RC	M	MM50	7-MM50
81	1:45:58	295	jim MURRAY	Pontypridd Roadents	M	MM40	13-MM40
82	1:46:05	182	Simon CARTLIDGE	Legal & General	M	MM40	14-MM40
83	1:46:06	266	Rhodri LEWIS		M	MM40	15-MM40
84	1:46:29	38	Kelly BOWEN	Croft Ambrey	F	SENW	9-SENW
85	1:46:36	275	Timothey LYNCH		M	SENM	43-SENM
86	1:46:48	362	Carl WALSH	Rhondda Valley Runners	M	MM40	16-MM40
87	1:46:59	61	Marc EVANS		M	MM40	17-MM40
88	1:47:18	181	John CARROLL		M	MM50	8-MM50
89	1:47:38	249	Tomos JONES		M	SENM	44-SENM
90	1:48:16	123	Mark STEVENS	Darth Coastal Runners	M	SENM	45-SENM
91	1:48:18	31	Angharad STARR	Caerphilly Runners	F	MW35	5-MW35
92	1:48:20	339	David SHAKESPEARE	Olney Runners	M	MM50	9-MM50

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93	1:48:45	53	Tao DEARDS		F	SENW	10-SENW
94	1:48:47	330	Ken ROBERTS		M	MM40	18-MM40
95	1:49:10	254	Julian JONES		M	SENM	46-SENM
96	1:49:28	49	Fiona DAVIES	Pontypridd Roadents	F	MW55	1-MW55
97	1:49:41	364	Paul WATTS		M	MM40	19-MM40
98	1:49:45	40	Sam BROOKES		M	SENM	47-SENM
99	1:49:51	226	Barry GRIFFITHS	Brecon AC	M	MM50	10-MM50
100	1:50:06	206	Ceri DURKE		M	SENM	48-SENM
101	1:50:13	29	Judith OAKLEY	Neath Harriers	F	MW45	3-MW45
102	1:50:18	130	Ron WATT	Rhayader RC	M	MM50	11-MM50
103	1:50:19	321	Andrew PROBERT	Dursley Running Club	M	MM50	12-MM50
104	1:50:41	289	Anne-Marie MOON		F	MW35	6-MW35
105	1:51:55	282	Paul MASON	Tewkesbury RC	M	MM50	13-MM50
106	1:51:35	93	Rachel LEWIS	Parc Bryn Bach RC	F	MW35	7-MW35
107	1:51:43	36	Susannah BOLT		F	SENW	11-SENW
108	1:51:43	58	Gavin EVANS		M	SENM	49-SENM
109	1:51:55	251	Becca JONES	Brecon ac	F	MW35	8-MW35
110	1:52:05	20	Elliw HAF	Eryri Harriers	F	U20W	1-U20W
111	1:52:10	286	Katie MEANWELL		F	SENW	12-SENW
112	1:52:14	79	Helen JONES		F	MW35	9-MW35
113	1:52:18	185	Tony CHAMPKEN	Wye Valley Runners	M	MM60	3-MM60
114	1:52:56	169	Caroline BASSETT	Pegasus RC	F	MW35	10-MW35
115	1:52:56	214	Laura EVANS		F	SENW	13-SENW
116	1:53:07	62	Amy GREAVES	Rhayader RC	F	SENW	14-SENW
117	1:53:08	336	Joanne RYAN		F	MW35	11-MW35
118	1:53:16	299	Daniel OLD		M	SENM	50-SENM
119	1:53:24	359	Andrew UNDERHILL	San Domenico RC	M	SENM	51-SENM
120	1:53:32	242	Alun JENKINS	Rhayader RC	M	MM50	14-MM50
121	1:53:35	300	Meurig OWEN		M	MM40	20-MM40
122	1:53:35	325	Shaine REGAN		M	MM40	21-MM40
123	1:53:35	247	Mark JONES		M	MM50	15-MM50

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124	1:53:48	388	Dan THOMAS		M		2-0
125	1:54:27	116	Carl ROGERS		M	SENM	52-SENM
126	1:54:38	45	Lottie CHANT		F	MW35	12-MW35
127	1:54:47	177	Gareth BOWEN		M	SENM	53-SENM
128	1:55:10	42	Rachel BUTLER	Maldwyn Harriers	F	MW45	4-MW45
129	1:55:04	347	Martin SLEVIN		M	MM50	16-MM50
130	1:55:05	342	Dmitri SHASTIN		M	SENM	54-SENM
131	1:55:45	386	Huw DAVIES		M		3-0
132	1:55:49	306	Kathryn PEALL		F	MW35	13-MW35
133	1:55:57	244	Cat JOHNSON		F	MW35	14-MW35
134	1:56:04	7	Hollie RYDER	St.Albans Striders	F	SENW	15-SENW
135	1:56:15	88	Simon LAMB	San Domenico RC	M	MM40	22-MM40
136	1:56:16	127	Keith VERHEYDEN		M	MM50	17-MM50
137	1:56:15	338	Joanne SHAH	Women Running Penarth	F	MW45	5-MW45
138	1:56:39	46	Lizzie COCKLE	Maldwyn Harriers	F	SENW	16-SENW
139	1:57:05	77	Holly JENKINS	Celtic CrossFit Trail Runners	F	SENW	17-SENW
140	1:57:54	117	Gethin ROSE		M	MM40	23-MM40
141	1:57:56	198	Tony DAVIES	Rhayader RC	M	MM50	18-MM50
142	1:58:07	245	Sam JONES		M	SENM	55-SENM
143	1:58:43	255	Byron JONES	Dragons RC	M	MM40	24-MM40
144	1:58:43	372	Lee WILLIAMS		M	MM40	25-MM40
145	1:58:46	219	Colin FORD		M	MM40	26-MM40
146	1:58:49	378	Jonathan EVANS		M		4-0
147	1:58:50	380	Sioned Eleri JONES		F	MW35	15-MW35
148	1:58:50	394	Liz MERRIFIELD		F		5-0
149	1:58:50	72	Gareth HOWELLS	Caerleon RC	M	SENM	56-SENM
150	1:59:01	382	Grace NEWBOULD		M		6-0
151	1:59:08	367	Kevin WILLIAMS		M	SENM	57-SENM
152	1:59:11	398	Carys MALARCZYK		F	SENW	18-SENW
153	1:59:22	361	Grant WAKEMAN	Islwyn RC	M	MM40	27-MM40
154	1:59:38	401	A N Other		M		7-0

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155	1:59:58	368	Ceris WILLIAMS	Aberystwyth AC	F	MW45	6-MW45
156	2:00:10	197	Neil DAVIES		M	SENM	58-SENM
157	2:00:26	360	David VIGAR		M	SENM	59-SENM
158	2:00:32	243	Karl JOHNSON	Cwm Ogwr RC	M	SENM	60-SENM
159	2:00:37	287	Phillip MEARS	White Rock Runners	M	MM40	28-MM40
160	2:00:53	52	Mark DAVIES	Pembrokeshire Harriers	M	MM40	29-MM40
161	2:01:13	234	Kelvin HENLEY	Pont-y-Pwl & District Runner	M	MM50	19-MM50
162	2:01:17	174	Naomi BENSON		F	SENW	19-SENW
163	2:01:20	218	William FORD	Hay Hotfooters	M	SENM	61-SENM
164	2:01:25	379	Steven HOARE		M		8-0
165	2:01:25	357	Paul TREE	Hay Hotfooters	M	MM50	20-MM50
166	2:01:58	303	Chris PANES		M	MM50	21-MM50
167	2:02:12	334	Simon ROLLASON		M	MM40	30-MM40
168	2:02:12	385	Daniel GRAHAM		M		9-0
169	2:02:16	381	Hugh MORGAN-JONES		M		10-0
170	2:02:26	84	Ifan JONES	Maldwyn Harriers	M	MM50	22-MM50
171	2:02:29	186	Robert CHAPMAN	Les Croupiers RC	M	MM50	23-MM50
172	2:02:58	312	Christopher PINCH		M	MM40	31-MM40
173	2:03:24	375	Dylan HARRIES		M	SENM	62-SENM
174	2:03:24	465	Richard EVANS		M		11-0
175	2:03:24	298	Temi ODURINDE	Wye Valley Runners	M	MM50	24-MM50
176	2:03:37	190	Christie COLEMAN	Cwm Ogwr RC	M	MM50	25-MM50
177	2:03:51	405	Owen BEDDOE		M		12-0
178	2:04:01	324	Elaine REES		F	MW45	7-MW45
179	2:04:11	294	Michael MUNNELLY		M	SENM	63-SENM
180	2:04:12	259	Sara KING	Rhayader RC	F	MW35	16-MW35
181	2:04:18	191	Paul CONLON		M	SENM	64-SENM
182	2:04:27	404	Rebecca COX		F		13-0
183	2:04:41	403	Catherine GILBERT		F		14-0
184	2:04:41	391	Rob WILLIAMS		M		15-0
185	2:05:05	235	Gemma HEWITT	Forest of Dean AC	F	SENW	20-SENW

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186	2:05:26	307	Mark PHILLIPS	Celtic CrossFit Trail Runners	M	MM50	26-MM50
187	2:05:31	256	Vivienne KAVANAGH	3M Gorseinon RR	F	MW45	8-MW45
188	2:05:42	121	Gwen SMITH	Gorseinon 3 M's	F	MW45	9-MW45
189	2:07:11	213	Raymond EVANS		M	MM50	27-MM50
190	2:07:12	376	Darren HARRIES		M	MM45	1-MM45
191	2:07:23	50	Nicola DAVIES	White Rock Runners	F	MW45	10-MW45
192	2:07:45	119	Danielle SAMUEL	Builth & District RC	F	SEnw	21-SEnw
193	2:07:46	351	Ffion STORER JONES		F	SEnw	22-SEnw
194	2:07:55	355	Rose THOMAS	Rhayader RC	F	MW55	2-MW55
195	2:08:25	160	Yvette ADAMSON	Hunts AC	F	MW35	17-MW35
196	2:08:25	161	Richard ADAMSON		M	SEnM	65-SEnM
197	2:08:33	211	Gary EVANS		M	SEnM	66-SEnM
198	2:08:37	166	Tim BANKS		M	SEnM	67-SEnM
199	2:08:47	60	Dic EVANS	Cardiff AAC	M	MM60	4-MM60
200	2:08:56	183	Joe CHAMPION		M	SEnM	68-SEnM
201	2:09:02	393	Daniel COOPER		M		16-0
202	2:09:02	333	Lee ROGERS		M	MM40	32-MM40
203	2:09:02	26	Gareth PAYNE		M	SEnM	69-SEnM
204	2:09:11	278	Stuart MARSH		M	MM40	33-MM40
205	2:09:15	149	John DUGGAN		M	M	1-M
206	2:09:18	257	Elizabeth KENSLER	Aberystwyth AC	F	MW45	11-MW45
207	2:09:24	277	gary MAPLETOFT		M	MM50	28-MM50
208	2:09:24	272	Richard LLEWELLYN		M	MM50	29-MM50
209	2:10:09	200	Paul DAY		M	MM60	5-MM60
210	2:10:13	301	Rhodri OWEN	Friday Club Runners	M	MM40	34-MM40
211	2:10:25	201	Ian DAY		M	SEnM	70-SEnM
212	2:10:41	274	Robert LYNCH		M	MM50	30-MM50
213	2:10:58	350	Brian STEVENDALE	Swansea Harriers	M	MM50	31-MM50
214	2:11:00	352	Stephen SUMMERS	Bridgend AC	M	MM40	35-MM40
215	2:11:17	150	Matthew FREDERICK		M	SEnM	71-SEnM
216	2:11:33	151	Josh DAVIES		M		17-0

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217	2:12:42	216	Will EVANS		M	MM40	36-MM40
218	2:12:42	335	Helen RYAN		F	MW45	12-MW45
219	2:12:43	224	Melanie GRAHAM		F	MW55	3-MW55
220	2:13:50	262	Nick LACHAPELLE HADFIELD	Dragons RC	M	MM50	32-MM50
221	2:13:41	395	Hywel DAVIES		M		18-0
222	2:13:43	400	Matthieu VARACHE		M		19-0
223	2:13:51	384	Sharon TROTMAN		F		20-0
224	2:13:59	260	Christiane KLOOS	Aberystwyth AC	F	MW35	18-MW35
225	2:13:59	383	Helen TROLLOPE		F		21-0
226	2:14:25	258	GEOFF KEY		M	MM60	6-MM60
227	2:14:43	406	Peter LEWIS		M		22-0
228	2:14:46	237	Tracey HUGHES	Maldwyn harriers	F	MW45	13-MW45
229	2:14:46	39	Rhodri BOWEN		M	MM40	37-MM40
230	2:14:48	331	Andrew ROBINSON		M	SENM	72-SENM
231	2:14:56	99	Gillian MURPHY	Les Croupiers RC	F	MW55	4-MW55
232	2:14:56	98	Mike MURPHY	Les Croupiers RC	M	MM60	7-MM60
233	2:15:12	144	Chris WARMAN		M		23-0
234	2:15:13	145	Samantha EVANS		F	MW45	14-MW45
235	2:15:12	392	Joanna RODERICK		F		24-0
236	2:15:13	238	Tracey HUGHES-JENKINS		F	MW45	15-MW45
237	2:15:50	264	Matthew LAMPITT		M	SENM	73-SENM
238	2:16:10	343	Tim SHEPPARD		M	MM40	38-MM40
239	2:16:17	95	Lon MORGAN		F	MW55	5-MW55
240	2:16:19	310	Jackie PHILLIPS		F	MW45	16-MW45
241	2:16:31	302	Ben PALMER		M	SENM	74-SENM
242	2:17:07	171	Matt BAXTER	Hucclecote Harriers	M	SENM	75-SENM
243	2:17:13	173	Anna BELLAMY		F	SENW	23-SENW
244	2:17:13	253	Huw JONES		M	MM50	33-MM50
245	2:17:15	327	Gwilym RICHARDS		M	MM50	34-MM50
246	2:17:21	263	Aiden LAMBE		M	MM40	39-MM40
247	2:18:01	239	Michelle HUMPHREY		F	MW35	19-MW35

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248	2:18:02	194	Antony DALE		M	MM50	35-MM50
249	2:19:06	184	Sian CHAMPKEN	Wye Valley Runners	F	MW45	17-MW45
250	2:19:55	304	Gavin PARSONS		M	MM40	40-MM40
251	2:19:02	399	Flore LAFOREST		F		25-0
252	2:19:04	57	Catherine EALEY-FITZGERALD	Rhayader RC	F	MW35	20-MW35
253	2:19:04	195	Liam DALY	Builth & District RC	M	MM50	36-MM50
254	2:19:53	396	Harry SMITH		M	SENM	76-SENM
255	3:47:30	370	Lowri WILLIAMS		F	SENW	24-SENW
256	2:20:02	108	Christopher PHILLIPS	Clwb Rhedeg Pontardawe R	M	MM40	41-MM40
257	2:20:14	115	Adam ROBINSON		M	SENM	77-SENM
258	2:20:26	167	Sarah BARHAM	3M Gorseinon RR	F	MW45	18-MW45
259	2:20:23	279	Faye MARTIN		F	MW35	21-MW35
260	2:20:35	354	Myfanwy THOMAS		F	MW35	22-MW35
261	2:21:46	269	Rhys LEWIS	Parc Bryn Bach RC	M	MM40	42-MM40
262	2:22:59	353	David SUTTON		M	MM50	37-MM50
263	2:22:49	165	Michael BAKER		M	SENM	78-SENM
264	2:22:53	69	Margaret HODGES	Rhayader RC	F	MW55	6-MW55
265	2:22:54	163	Jake ANDREWS		M	SENM	79-SENM
266	2:23:57	389	Andy PARKES		M		26-0
267	2:23:10	311	David PICKARD		M	MM40	43-MM40
268	2:23:50	374	Mark WORRALL	Cwm Ogwr RC	M	MM50	38-MM50
269	2:24:12	83	Diane JONES	Maldwyn Harriers	F	MW45	19-MW45
270	2:24:30	208	Eira EDWARDS	Rhayader RC	F	MW45	20-MW45
271	2:24:47	204	Nadine DONOVAN	Pont-y-Pwl & District Runners	F	MW35	23-MW35
272	2:25:02	148	John DARBY	Mynydd Du	M	M	2-M
273	2:25:17	241	Helen JENKINS		F	MW45	21-MW45
274	2:25:37	240	Kelly JAMES		F	SENW	25-SENW
275	2:25:37	290	Lisa MOORE		F	MW35	24-MW35
276	2:27:21	252	Karen JONES	Dragons RC	F	MW45	22-MW45
277	2:27:21	175	Michael BEVAN		M	MM40	44-MM40
278	2:27:22	371	Rebecca WILLIAMS		F	SENW	26-SENW

Half Marathon (Approx. 12 Mile) Results

279	2:27:22	308	Hannah PHILLIPS		F	SENW	27-SENW
280	2:28:14	222	Caroline GARDNER		F	MW35	25-MW35
281	2:28:14	168	Tish BARRETT		F	MW35	26-MW35
282	2:29:34	113	Danielle RAYNER	Penarth and Dinas Runners	F	SENW	28-SENW
283	2:29:46	209	Philip EGAN		M	SENM	80-SENM
284	2:30:02	192	Dawn CORAM		F	MW35	27-MW35
285	2:30:13	358	Alexandra TWIGG		F	SENW	29-SENW
286	2:30:13	318	Ryan PRICE		M	SENM	81-SENM
287	2:30:18	250	Emma JONES		F	MW35	28-MW35
288	2:30:18	349	Gina SOUTHAM	3M Gorseinon RR	F	MW35	29-MW35
289	2:30:31	261	Marie-Andree LACHAPELLE	Dragons RC	F	MW45	23-MW45
290	2:30:43	164	Gaz BAILEY		M	SENM	82-SENM
291	2:30:52	65	JADE HANLEY		F	SENW	30-SENW
292	2:31:37	337	Chai SANAPALA		M	SENM	83-SENM
293	2:33:10	291	Kay MORGAN	Pont-y-Pwl & District Runner	F	MW35	30-MW35
294	2:33:44	100	Kay NELLINS	Women Running Penarth	F	MW55	7-MW55
295	2:35:03	230	Lee HARDING	White Rock Runners	M	SENM	84-SENM
296	2:35:16	397	Stephen THOMAS		M	SENM	85-SENM
297	2:38:25	133	Rachel WILLIAMS	Maldwyn Harriers	F	SENW	31-SENW
298	2:38:46	231	Scott HARRISON		M	SENM	86-SENM
299	2:44:56	284	Gavin MCCORMICK		M	MM40	45-MM40
300	2:48:15	344	Christopher SIMMONS		M	MM40	46-MM40
301	2:48:51	51	Mair DAVIES		F	SENW	32-SENW
302	2:48:51	390	Emma AYRES		F	SENW	33-SENW
303	03:06:18	268	Nicola LEWIS	Parc Bryn Bach RC	F	MW35	31-MW35
304	03:30:17	281	Chloe MASON		F	SENW	34-SENW
305	03:30:48	280	Karen MASON	Tewkesbury RC	F	MW45	24-MW45