

Full Race Results

Position	Race No	Firstname	Lastname	Club	Club Pos	Category	Cat Pos	Team	Team Pos	Time	Chip Time	Status
1	7	josh	griffiths	Swansea Harriers	1	Senior Male	1	run for kev	1	00:30:10	00:30:08	RES
2	6	Jonathan	Hopkins	Swansea Harriers	2	Senior Male	2			00:30:24	00:30:22	RES
3	1330	Steve	Mitchell	Bristol & West AC	1	Senior Male	3			00:31:42	00:31:40	RES
4	2	marc	hobbs	Swansea Harriers	3	Senior Male	4	team kev	2	00:31:48	00:31:45	RES
5	1143	Michael	Kershaw	Cardiff AAC	1	Senior Male	5			00:33:04	00:33:02	RES
6	1982	Ian	Harris			Senior Male	6			00:33:45	00:33:42	RES
7	1892	Craig	Williams	Micky Morris racing team	1	Senior Male	7			00:33:58	00:33:55	RES
8	561	Richard	Dare	CHELTENHAM & COUNTY HARRIERS	1	Senior Male	8			00:34:03	00:34:00	RES
9	54	richard	baker	Les Croupiers Running Club	1	Male 40+	1			00:34:07	00:34:03	RES
10	983	Tim	Iveson	Builth and District RC	1	Senior Male	9			00:34:16	00:34:13	RES
11	716	Matthew	Evans	Aberdare Valley AAC	1	Senior Male	10			00:34:31	00:34:28	RES
12	19	lee	aherne	Parc Bryn Bach Running Club	1	Male 50+	1	run for kev	3	00:34:34	00:34:32	RES
13	1542	Joseph	Reardon	Aberdare Valley AAC	2	Senior Male	11			00:35:05	00:35:02	RES
14	14	Alaw	Beynon-Thomas	Swansea Harriers	4	Senior Female	1	Swansea Harriers	4	00:35:33	00:35:30	RES
15	1210	Simon	Lewis	Pontypridd Roadents AC	1	Male 40+ Senior	2	Pontypridd	5	00:35:36	00:35:33	RES

16	1137	David	keenan	Llanelli AC	1	Male	12			00:35:39	00:35:36	RES
17	1885	Ben	Williams	Port Talbot Harriers	1	Senior Male	13			00:35:49	00:35:45	RES
18	46	Gareth	Ayres	Port Talbot Harriers	2	Senior Male	14			00:36:00	00:35:57	RES
19	1412	Matt	O'Keefe			Senior Male	15			00:36:13	00:36:07	RES
20	1723	Charlotte	Taylor-Green	Bristol & West AC	2	Senior Female	2			00:36:30	00:36:27	RES
21	542	Ben	Cummings			Senior Male	16			00:36:34	00:36:31	RES
22	12	Andrea	Whitcombe	Swansea Harriers	5	Female 40+	1			00:36:57	00:36:53	RES
23	1494	Gareth	Poston	Port Talbot Harriers	3	Senior Male	17			00:37:14	00:37:10	RES
24	621	Rob	Davies	Amman Valley Harriers	1	Senior Male	18	Amman Valley Harriers	6	00:37:19	00:37:16	RES
25	1368	Phil	Morris	Brecon AC	1	Senior Male	19			00:37:25	00:37:21	RES
26	935	Rowan	Hobbs	Brackla Harriers	1	Senior Male	20			00:37:28	00:37:23	RES
27	83	Jon	Belcher	Lliswerry Runners	1	Male 40+	3			00:37:29	00:37:24	RES
28	149	Jake	BrookeSmith	Pontypridd Roadents AC	2	Senior Male	21			00:37:35	00:37:31	RES
29	1340	John	Moran	Swansea Harriers	6	Senior Male	22			00:37:51	00:37:47	RES
30	1117	Ross	Jones	Ebbw Vale Running Club	1	Senior Male	23			00:37:58	00:37:53	RES
31	566	Daryn	David	Port Talbot Harriers	4	Senior Male	24			00:38:04	00:38:00	RES
32	1565	Matthew	Reynolds	Port Talbot Harriers	5	Senior Male	25	Port Talbot Harriers	7	00:38:05	00:38:01	RES
33	1316	Greg	Millard			Male 40+	4			00:38:07	00:38:04	RES
34	1989	Steven	Williams			Male 40+	5			00:38:21	00:38:16	RES
35	707	Ian	Evans			Senior Male	26			00:38:32	00:38:28	RES
36	573	Alan	Davies	Llanelli ac	1	Male 60+	1	llanelli ac	8	00:38:34	00:38:30	RES
37	986	Vicky	Jackson	Swansea Harriers	7	Senior Female	3			00:38:35	00:38:31	RES
38	1208	Sean	Lewis	Brackla Harriers	2	Senior Male	27			00:38:36	00:38:32	RES
39	598	Lloyd	Davies	Brit pub	1	Senior Male	28	Brit pub	9	00:38:37	00:38:33	RES
40	1923	Martin	Williams	Les Croupiers Running Club	2	Male 50+	2			00:38:41	00:38:36	RES
41	755	Christopher	Francis	3M Gorseinon Road Runners	1	Senior Male	29			00:38:41	00:38:38	RES
42	115	Andrew	Blair	Les Croupiers Running Club	3	Male 50+	3			00:38:43	00:38:36	RES
43	929	Finley	Hines	Neath Harriers	1	Senior Male	30	AEUA FITNESS	10	00:38:43	00:38:38	RES
44	1966	Matt	Yelland	Amman Valley Harriers	2	Senior Male	31	Amman Valley Harriers	11	00:38:45	00:38:41	RES
46	532	JEFFREY	COX	Les Croupiers Running Club	4	Male 50+	4	Les CROUPIERS RUNNING CLUB	12	00:38:50	00:38:43	RES
45	153	Adam	Brown			Senior	32			00:38:50	00:38:41	RES

						Male						
47	617	Rachel	Davies	Amman Valley Harriers	3	Senior Female	4	Amman Valley Harriers	13	00:38:52	00:38:49	RES
48	1493	Andrew	Poston	Port Talbot Harriers	6	Senior Male	33			00:38:58	00:38:54	RES
49	1976	Wayne	Lewis			Male 40+	6			00:39:13	00:39:09	RES
50	1474	Ben	Phillips	Port Talbot Harriers	7	Senior Male	34	Port Talbot Harriers	14	00:39:18	00:39:14	RES
51	510	Martin	Cole	Run4All	1	Male 50+	5	Run4All	15	00:39:23	00:39:18	RES
52	159	JAMES	BRUCE	Les Croupiers Running Club	5	Male 40+	7			00:39:30	00:39:24	RES
53	109	Ian	Bird	Port Talbot Harriers	8	Senior Male	35	Port Talbot Harriers	16	00:39:32	00:39:26	RES
54	1093	Llinos	Jones	Amman Valley Harriers	4	Senior Female	5	Amman valley harriers	17	00:39:33	00:39:29	RES
55	1604	Geoff	Robinson	Swansea Harriers	8	Male 50+	6			00:39:37	00:39:33	RES
56	1579	Samuel	Richards	Pontypridd Roadents AC	3	Senior Male	36			00:39:40	00:39:35	RES
57	809	Geraint	Goodridge			Senior Male	37	Nathan davies trust fund	18	00:39:48	00:39:43	RES
58	692	Arwel	Evans	Rhedwyr Hebog	1	Senior Male	38			00:39:54	00:39:50	RES
59	1526	Ross	Purchase	Cornelly Striders AC	1	Senior Male	39			00:39:58	00:39:27	RES
60	779	Nino	gatti	Port Talbot Harriers	9	Senior Male	40	Port talbot harriers	19	00:40:01	00:39:57	RES
61	38	Jonathon	Astley	Parc Bryn Bach Running Club	2	Senior Male	41			00:40:03	00:39:57	RES
62	1488	Laurence	Pole	Pontypridd Roadents AC	4	Male 40+	8			00:40:04	00:39:46	RES
63	531	Jon	Cousins			Male 40+	9			00:40:08	00:40:01	RES
64	1052	Ashley	Jones			Senior Male	42	Run for Kev	20	00:40:09	00:40:03	RES
65	1994	Geraint	Lewis			Female 40+	2			00:40:09	00:40:04	RES
66	820	Richard	Green			Senior Male	43			00:40:11	00:39:56	RES
67	1904	geraint	williams			Senior Male	44			00:40:12	00:40:07	RES
68	1420	Liam	Osborne	Bridgend AC	1	Senior Male	45			00:40:17	00:40:14	RES
69	754	Richard	Fowler			Male 40+	10			00:40:18	00:40:14	RES
70	1816	Joshua	Wallace	Neath Harriers	2	Senior Male	46			00:40:21	00:39:36	RES
71	1962	Laura	Wright	Cardiff AAC	2	Senior Female	6			00:40:22	00:40:17	RES
72	1784	Daniel	Totterdale	Llanelli AC	2	Senior Male	47			00:40:28	00:40:10	RES
73	610	Mikey	Davies			Senior Male	48			00:40:32	00:40:23	RES
74	1992	Howell	Longman			Senior Male	49			00:40:36	00:40:16	RES
75	814	Ryan	Govier	Swansea Harriers	9	Senior Male	50			00:40:37	00:40:27	RES
76	86	David	Bennett	Porthcawl Runners	1	Male 40+	11			00:40:42	00:40:39	RES
77	1819	Lee	Walters			Male 40+	12			00:40:42	00:40:34	RES
78	1586	Caroline	Rimmer			Senior Female	7			00:40:55	00:40:49	RES
79	1251	Daniel	Madge			Senior	51			00:40:56	00:40:24	RES

						Male						
80	655	Nick	Dukes	Les Croupiers Running Club	6	Male 40+	13					00:40:58 00:40:52 RES
81	1808	NICK	VENABLES	Llanelli AC	3	Senior Male	52					00:41:02 00:40:52 RES
82	1517	David	Proud	Les Croupiers Running Club	7	Male 50+	7					00:41:04 00:40:56 RES
83	164	Claire	Bunce	Swansea Harriers	10	Senior Female	8					00:41:05 00:41:02 RES
84	672	Gethin	Edwards	Pontyclun Road Runners	1	Male 40+	14					00:41:10 00:40:50 RES
85	1069	Gareth	Jones			Male 40+	15					00:41:10 00:40:56 RES
86	1155	David	Kingsland	Port Talbot Harriers	10	Senior Male	53					00:41:20 00:41:14 RES
87	1449	Adam	Payne			Senior Male	54					00:41:21 00:41:02 RES
88	1383	Rob	Murray	Port Talbot Harriers	11	Male 40+	16					00:41:21 00:41:16 RES
89	1550	Edward	Rees	Bridgend AC	2	Senior Male	55					00:41:24 00:41:18 RES
90	1806	Simon	Vaughan	3M Gorseinon Road Runners	2	Male 40+	17					00:41:29 00:41:24 RES
91	126	Andrew	Bowen			Male 40+	18					00:41:33 00:41:15 RES
92	753	Mathew	Fowler			Senior Male	56					00:41:34 00:41:29 RES
93	1025	Alex	John	Aim2Tri	1	Senior Male	57					00:41:34 00:41:17 RES
94	1361	Darren	Morris			Male 40+	19					00:41:35 00:41:29 RES
95	829	Charlie	Nouthey	Brecon AC	2	Male 60+	2					00:41:36 00:41:21 RES
96	53	Richard	Baker	Clwb Rhedeg Pontardawe RC	1	Senior Male	58	Clwb Rhedeg Pontardawe Running Club	21			00:41:37 00:41:30 RES
97	1195	jamie	lewis	Port Talbot Harriers	12	Senior Male	59					00:41:39 00:41:33 RES
98	141	Andrew	Brasington	Ebbw Vale Running Club	2	Male 50+	8					00:41:40 00:41:31 RES
99	728	Sarah	Everitt	Bristol & West AC	3	Female 50+	1	Team Taylor	22			00:41:42 00:41:21 RES
100	1446	ashley	pascoe	3M Gorseinon Road Runners	3	Male 40+	20					00:41:45 00:41:32 RES
101	919	James	Henwood			Senior Male	60					00:41:47 00:41:27 RES
102	556	william	daniels			Male 60+	3					00:41:48 00:41:44 RES
103	1985	Hugo	Thompson			Male 50+	9					00:41:49 00:41:27 RES
104	1411	kristie	o'Connell	Pontypridd Roadents AC	5	Senior Female	9					00:41:51 00:41:45 RES
105	1722	Mark	Taylor	Port Talbot Harriers	13	Male	1	Tata Steel Hotmill	23			00:41:53 00:41:44 RES
106	1283	Stephen	May			Male 40+	21					00:41:56 00:41:52 RES
107	1101	Martin	Jones	Cardiff Triathlon Club	1	Male 40+	22					00:41:58 00:41:42 RES
108	1747	James	Thomas	Parc Bryn Bach Running Club	3	Senior Male	61					00:42:07 00:42:01 RES
109	853	jordon	groves			Senior Male	62					00:42:08 00:41:34 RES
110	1186	Chris	Lewis	Port Talbot Harriers	14	Male 40+	23	Port Talbot Harriers	24			00:42:08 00:42:04 RES
111	196	David	Carrington	Bridgend AC	3	Male 50+	10					00:42:10 00:42:07 RES
112	1695	Darren	Stevens			Male 40+	24					00:42:11 00:42:04 RES
113	34	Stephen	Arnold	Paul Popham Running Club	1	Male 40+	25	PPRC	25			00:42:12 00:41:58 RES
114	681	James	Edy	Run4All Neath	1	Senior Male	63					00:42:12 00:41:45 RES
115	1414	Ian	Ogilvie	Brackla Harriers	3	Male 50+	11	Brackla Harriers	26			00:42:16 00:41:44 RES
116	17	Joseph	Tobin	Swansea Harriers	11	Senior	64	run for kev	27			00:42:34 00:42:31 RES

117	1922 Mark	Williams			Male						
					Male 50+	12				00:42:36	00:42:25 RES
119	1736 Darren	Thomas			Senior Male	65				00:42:39	00:42:33 RES
118	1255 Angharad	Mair	Les Croupiers Running Club	8	Female 50+	2				00:42:39	00:42:35 RES
120	199 David	Cascarina	Cornelly Striders AC	2	Male 50+	13				00:42:45	00:42:13 RES
121	1409 Terry	O'Brien			Male 60+	4	n/a	28		00:42:46	00:42:20 RES
122	1978 Donna	Morris			Senior Female	10				00:42:46	00:42:43 RES
123	1485 Sean	Piles	Port Talbot Harriers	15	Senior Male	66				00:42:47	00:42:29 RES
124	1260 Emily	Marchant	Swansea Harriers	12	Senior Female	11				00:42:47	00:42:34 RES
125	1849 gary	webber	Rhondda Valley Runners	1	Male 50+	14				00:42:47	00:42:28 RES
126	198 David	Carter			Senior Male	67				00:42:48	00:42:25 RES
127	1652 Christopher	Simons	3M Gorseinon Road Runners	4	Senior Male	68	Team Beut!!	29		00:42:52	00:42:48 RES
128	65 keith	powell	Cornelly Striders AC	3	Male 60+	5	run for kev	30		00:42:54	00:42:45 RES
129	1013 Paul	Jelley	Port Talbot Harriers	16	Male 50+	15				00:42:54	00:42:50 RES
130	1051 Aron	Jones	3M Gorseinon Road Runners	5	Senior Male	69				00:42:54	00:42:50 RES
131	1991 Nathan	Dare			Senior Male	70				00:42:55	00:42:52 RES
132	22 Rachel	Allcock	Amman Valley Harriers	5	Female 40+	3				00:42:58	00:42:53 RES
133	620 richard	davies	Les Croupiers Running Club	9	Male 50+	16	run for kev	31		00:42:58	00:42:47 RES
134	1306 Bryan	Meredith	Rhondda Valley Runners	2	Male 50+	17	Rhondda Valley Runners	32		00:43:00	00:42:38 RES
135	1225 john	lloyd	Brackla Harriers	4	Male 50+	18				00:43:03	00:42:29 RES
136	1299 colin	mcqueen	Brackla Harriers	5	Male 50+	19				00:43:04	00:42:57 RES
137	1602 Alfie	Robinson			Senior Male	71				00:43:05	00:43:01 RES
138	1324 Ryan	Minard	Aberdare Valley AAC	3	Senior Male	72				00:43:06	00:42:31 RES
139	760 Robert	Francis	Piranhas triatlon	1	Male 40+	26				00:43:07	00:42:12 RES
140	1138 Paul	Kehl	Pontyclun Road Runners	2	Male 50+	20				00:43:10	00:42:53 RES
141	1142 Ian	Kent	Parc bryn bach running club	4	Senior Male	73				00:43:12	00:42:35 RES
142	1820 Thomas	Walters			Senior Male	74				00:43:12	00:42:20 RES
143	1375 paul	morton	Penarth and Dinas Runners	1	Senior Male	75	run for kev	33		00:43:14	00:43:00 RES
144	719 Mike	Evans			Male 50+	21	TRC	34		00:43:15	00:42:48 RES
145	1751 Jeff	Thomas	Bridgend AC	4	Male 50+	22				00:43:16	00:43:07 RES
146	1183 Bill	Leslie	Amman Valley Harriers	6	Senior Male	76				00:43:18	00:43:06 RES
147	963 Aled	Hughes	Ogmore Pheonix Runners	1	Male 40+	27				00:43:19	00:42:58 RES
148	1215 John	Light			Senior Male	77				00:43:20	00:43:07 RES
149	1845 Gavin	Weaver			Male 40+	28	Team Hollie	35		00:43:23	00:42:55 RES
150	1948 Craig	Wilyeo	Port Talbot Harriers	17	Senior Male	78	Port talbot harriers	36		00:43:25	00:43:22 RES
151	1428 Tim	Owen	Bridgend AC	5	Male 50+	23				00:43:39	00:43:35 RES
152	1253 Joe	Mainwaring			Senior	79				00:43:42	00:43:24 RES

						Male				
153	1727	Andrew	Thomas			Male 50+	24			00:43:48 00:43:11 RES
154	1187	Christopher	Lewis	Run4All Neath	2	Senior Male	80			00:43:48 00:43:01 RES
155	1510	Neil	Price	Ogmore Phoenix Runners	1	Senior Male	81			00:43:52 00:43:19 RES
156	1718	Gareth	Taylor	Brackla Harriers	6	Senior Male	82	Brackla Harriers	37	00:43:55 00:42:47 RES
157	132	Gerald	Brace	Brace Fitness	1	Male 40+	29			00:43:59 00:43:51 RES
158	1630	Dorian	Russell			Male 40+	30			00:43:59 00:43:53 RES
159	683	Craig	Ellery			Senior Male	83	Craig'Ellery	38	00:44:02 00:43:31 RES
160	1347	Daniel	Morgan	Bridgend AC	6	Male 40+	31			00:44:02 00:43:57 RES
161	836	Jacob	Griffiths	Brackla Harriers	7	Senior Male	84			00:44:03 00:42:55 RES
162	900	Simon	Harrison	Cwm Ogwr Running Club	1	Male 50+	25	Cwm Ogwr RC	39	00:44:05 00:43:42 RES
163	1614	Michael	Roderick	Paul Popham Running Club	2	Senior Male	85	PPRC	40	00:44:08 00:43:53 RES
164	1157	Marcus	Knee	Les Croupiers Running Club	10	Male 40+	32			00:44:10 00:43:17 RES
165	1968	John	Young	Port Talbot Harriers	18	Senior Male	86			00:44:11 00:44:05 RES
166	1216	Steven	Liles	Amman Valley Kenyans	1	Male 40+	33			00:44:14 00:44:04 RES
167	204	Damian	Caswell			Male 40+	34			00:44:18 00:43:41 RES
168	1881	Andrew	Williams			Senior Male	87			00:44:24 00:44:09 RES
169	1680	Tony	Spiller	PPRC	1	Male 40+	35	Paul Popham running club	41	00:44:27 00:43:47 RES
170	790	Mathew	Giles	Run4All Neath	3	Senior Male	88			00:44:28 00:44:12 RES
171	172	Leon	Burns	Cardiff Triathlon Club	2	Senior Male	89			00:44:31 00:43:07 RES
172	884	Craig	Harper			Senior Male	90			00:44:34 00:43:59 RES
173	85	Danothy	Bennett	Team AM	1	Senior Male	91			00:44:35 00:44:21 RES
174	970	Oliver	Hughes	Lliswerry Runners	2	Senior Male	92			00:44:36 00:44:06 RES
175	1228	Mark	Lloyd			Male 40+	36			00:44:38 00:44:03 RES
176	654	LEE	DUKE	SWP	1	Senior Male	93			00:44:38 00:44:03 RES
177	943	calvin	hold	Swansea Harriers	13	Male 40+	37			00:44:39 00:43:20 RES
178	916	Bernard	Henderson	Port Talbot Harriers	19	Male 60+	6			00:44:39 00:44:35 RES
179	1312	Cassandra	Miles	Run4All Neath	4	Senior Female	12			00:44:41 00:44:37 RES
180	1329	Peter	Miskell	Reading Roadrunners	1	Male 40+	38			00:44:42 00:43:58 RES
181	105	Martyn	Bidwell	Lliswerry Runners	3	Male 50+	26			00:44:43 00:44:13 RES
182	1838	Susan	Watson	Les Croupiers Running Club	11	Female 50+	3			00:44:44 00:44:32 RES
183	813	Deborah	Goule	Porthcawl Runners	2	Female 40+	4			00:44:45 00:44:38 RES
184	1826	michael	warner	Run4All Neath	5	Male 50+	27			00:44:50 00:44:37 RES
185	1292	Daniel	McKay Smith			Senior Male	94			00:44:56 00:44:31 RES
186	821	Ray	GREENHOUSE	Ebbw Vale	1	Male 50+	28			00:44:58 00:44:43 RES
187	1980	David	Evans			Male 50+	29			00:45:02 00:44:51 RES
188	632	Stephanie	Davies	Pontypridd Roadents AC	6	Senior	13	Pontypridd	42	00:45:02 00:44:47 RES

						Female	Roadents AC		
189	1023	stevie	jenkins	Cardiff university	1	Senior Male	95		00:45:08 00:45:03 RES
190	651	Andrew	Driscoll	Aberdare Valley AAC	4	Senior Male	96		00:45:12 00:44:39 RES
191	1791	Andrew	Trotman			Male 40+	39		00:45:13 00:44:57 RES
192	558	Gareth	DanterHill	Cornelly Striders AC	4	Senior Male	97	team hollie	43 00:45:17 00:44:44 RES
193	1608	patricia	robson	westbury harriers	1	Female 50+	4	run for kev	44 00:45:20 00:43:59 RES
194	708	James	Evans			Senior Male	98		00:45:20 00:44:07 RES
196	891	Gareth	Harris			Male 40+	41		00:45:22 00:44:49 RES
195	71	Gary	Bartram	Parc Bryn Bach Running Club	5	Male 40+	40		00:45:22 00:44:51 RES
197	201	Julie	Cashell	Parc Bryn Bach Running Club	6	Female 40+	5		00:45:26 00:45:21 RES
198	1628	Adam	Runacres			Senior Male	99		00:45:28 00:45:03 RES
199	744	Steven	Fleet			Senior Male	100		00:45:33 00:44:33 RES
200	1366	Mandy	Morris	Port Talbot Harriers	20	Female 40+	6	Port Talbot Harriers	45 00:45:39 00:45:35 RES
201	1327	David	Miskell			Senior Male	101		00:45:40 00:44:56 RES
202	1384	Daniel	Murtagh	Port Talbot Harriers	21	Senior Male	102		00:45:41 00:44:30 RES
203	535	Nigel	Crawford			Male 50+	30		00:45:41 00:45:36 RES
204	1381	Michael	Murphy	Les Croupiers Running Club	12	Male 60+	7		00:45:44 00:45:29 RES
205	1073	Geoff	Jones	Pontypridd Roadents AC	7	Male 40+	42		00:45:48 00:45:32 RES
206	1981	Ben	Williams			Senior Male	103		00:45:51 00:45:30 RES
207	1282	Liz	May	Pontypridd Roadents AC	8	Senior Female	14		00:45:53 00:45:38 RES
208	980	Ben	Hutchison			Senior Male	104		00:45:55 00:44:03 RES
209	1445	Simon	Partridge	Neath Harriers AC	1	Male 60+	8		00:46:00 00:45:55 RES
210	1912	Iwan	Williams			Senior Male	105		00:46:01 00:45:31 RES
211	1954	Linda Alexandra	Woodland	Port Talbot Harriers	22	Female 50+	5		00:46:01 00:45:56 RES
212	1942	Thomas	Williams			Senior Male	106		00:46:02 00:45:24 RES
213	592	Ian	Davies	Parc Bryn Bach Running Club	7	Male 50+	31		00:46:03 00:45:40 RES
214	1689	Mark	Steedman	Cardiff Triathlon Club	3	Male 40+	43		00:46:07 00:44:48 RES
215	1322	Connor	Mills			Senior Male	107		00:46:09 00:45:46 RES
216	952	Aled	Hopton			Senior Male	108		00:46:11 00:45:51 RES
217	1468	Martyn	Perry			Senior Male	109		00:46:11 00:45:49 RES
218	161	William	Bryson	Caerphilly Runners	1	Male 40+	44		00:46:12 00:45:44 RES
219	1382	jim	murray	Pontypridd Roadents AC	9	Male 40+	45		00:46:13 00:45:53 RES
220	1580	Rhys	Richards Evans			Senior Male	110		00:46:14 00:46:04 RES
221	1836	Matthew	Watkins	Porthcawl Runners	3	Senior Male	111		00:46:16 00:45:59 RES

222	1504	Steven	Preddy	Les Croupiers Running Club	13	Male 40+	46			00:46:17	00:45:38	RES
223	824	Ross	Gribble	3M Gorseinon Road Runners	6	Senior Male	112			00:46:18	00:45:12	RES
224	1654	Kevin	Skinner			Senior Male	113			00:46:19	00:46:02	RES
225	1700	Liam	Stockden	Robbetsown Roadrunners	1	Senior Male	114			00:46:21	00:45:46	RES
226	1624	Gary	Rossiter	Port Talbot Harriers	23	Senior Male	115			00:46:22	00:46:18	RES
227	147	nina	brocklebank	Swansea Harriers	14	Female 40+	7			00:46:22	00:46:06	RES
228	1040	Charlotte	Johns	Brackla Harriers	8	Female 50+	6			00:46:23	00:45:36	RES
229	673	Huw	Edwards	Run4All	2	Male 40+	47	RUN FOR KEV	46	00:46:24	00:45:05	RES
230	955	Sarah	Howard	Port Talbot Harriers	24	Senior Female	15			00:46:24	00:46:13	RES
231	1470	Thomas	Perry			Senior Male	116			00:46:28	00:46:09	RES
232	1734	Christopher	Thomas			Senior Male	117			00:46:33	00:46:25	RES
233	1540	Tyson	Raymond			Male 40+	48	Run for kev	47	00:46:34	00:46:16	RES
234	545	Callum	Curtis	Run4All Neath	6	Senior Male	118			00:46:34	00:45:36	RES
235	1378	Andrew	Mundy	Brackla Harriers	9	Male 40+	49			00:46:36	00:46:16	RES
236	612	neil	davies			Male 60+	9			00:46:39	00:46:22	RES
237	962	Ross	Hudson			Senior Male	119			00:46:40	00:45:08	RES
238	924	Martin	Hignell	Major Milers Running Club	1	Male 40+	50			00:46:40	00:46:26	RES
239	1561	Gareth	Rees-Jones			Senior Male	120			00:46:41	00:46:23	RES
240	128	Rachel	Bowen	Lliswerry Runners	4	Female 40+	8			00:46:43	00:46:23	RES
241	1532	Stephanie	Radford	Coastal	1	Senior Female	16			00:46:44	00:45:39	RES
242	206	Terry	Caveney	Les Croupiers Running Club	14	Male 50+	32			00:46:45	00:46:21	RES
243	951	john	hopkins	Port Talbot Harriers	25	Male 50+	33			00:46:49	00:45:11	RES
244	1422	Clive	Osmond	Les Croupiers Running Club	15	Male 50+	34			00:46:49	00:46:11	RES
245	1778	Andrew	Tidy	Run4All Neath	7	Senior Male	121			00:46:54	00:46:20	RES
246	1447	STEPHEN	PASKELL	PONTYCLUN ROAD RUNNERS	3	Male 40+	51	PONTYCLUN ROAD RUNNERS	48	00:46:55	00:46:03	RES
247	123	Lucy	Boucher			Senior Female	17	Boucher	49	00:46:59	00:45:29	RES
248	1979	Lloyd	Davies			Senior Male	122			00:47:05	00:44:57	RES
249	1308	Philip	Meyler	Pontypridd Roadents AC	10	Male 60+	10			00:47:07	00:46:53	RES
250	668	Amy	Edwards	Rhondda Valley Runners	3	Senior Female	18			00:47:09	00:46:48	RES
251	714	Mark	Evans	Brackla Harriers	10	Male 50+	35			00:47:11	00:46:54	RES
252	39	Frank	Atherton	Penarth and Dinas Runners	2	Male 50+	36			00:47:14	00:45:47	RES
253	1531	James	Radford			Senior Male	123			00:47:16	00:45:30	RES
254	27	Rob	Appleby			Male 40+	52			00:47:17	00:46:53	RES
255	1020	Mark	Jenkins			Male 40+	53			00:47:20	00:46:43	RES
256	1523	Niki	Puleio	Ogmore Pheonix Runners	2	Male 40+	54			00:47:22	00:46:46	RES
257	1682	David	Spry	Pencoed Try Club	1	Male 50+	37			00:47:22	00:46:20	RES

258	1002	Mike	James	Port Talbot Harriers	26	Male 40+	55			00:47:23	00:47:19	RES
259	178	Adrian	Bytheway			Male 40+	56			00:47:28	00:47:19	RES
260	1572	jacqueline	richards			Female 50+	7			00:47:28	00:47:03	RES
262	1620	Michael	Roosmalen			Senior Male	124			00:47:29	00:46:57	RES
261	695	Daniel	Evans	Celtic Tri	1	Senior Male	125			00:47:29	00:45:30	RES
263	195	Graham	Carrick	Pegasus Running Club	1	Male 50+	38			00:47:31	00:46:05	RES
264	1367	Paul	Morris	Les Croupiers Running Club	16	Male 50+	39			00:47:32	00:47:23	RES
265	1233	Joseph	Lloyd-West	Neath Harriers	3	Senior Male	126			00:47:32	00:46:54	RES
266	956	steve	howard			Male 50+	40			00:47:32	00:45:07	RES
267	143	natasha	breen	town and country harriers	1					00:47:34	00:46:13	RES
268	1496	Catherine	Powell	Pontyclun Road Runners	4	Senior Female	19			00:47:35	00:46:44	RES
269	186	Ruth	Cann	Penarth And Dinas Runners	3	Senior Female	20			00:47:36	00:46:13	RES
270	1659	Andy	Smith			Male 40+	57			00:47:37	00:46:19	RES
271	1559	Steve	Rees			Male 40+	58			00:47:39	00:46:56	RES
272	1036	Gary	John	Les Croupiers Running Club	17	Male 60+	11			00:47:41	00:47:31	RES
273	1873	Anthony	Wilkinson	Cornelly Striders AC	5	Male 40+	59			00:47:41	00:47:05	RES
274	964	Ceri	Hughes			Male 40+	61			00:47:44	00:47:24	RES
275	1059	Christopher	Jones	3M Gorseinon Road Runners	7	Male 40+	60	Team Beut	50	00:47:44	00:47:37	RES
276	158	Steven	Browning			Senior Male	127	Mathew Mizen foundation	51	00:47:45	00:47:35	RES
277	1192	Franklin	Lewis	Tata	1	Senior Male	128			00:47:46	00:47:39	RES
278	1821	tom	walters			Senior Male	129			00:47:47	00:47:01	RES
279	690	Andrew	Evans	Run4All Neath	8	Senior Male	130			00:47:48	00:47:27	RES
280	968	Matthew	Hughes			Senior Male	131			00:47:49	00:47:34	RES
281	1640	Julie	scholey	Les Croupiers Running Club	18	Female 50+	8			00:47:49	00:47:41	RES
282	720	Rachel	Evans	Run4All Neath	9	Female 40+	9	Run4All	52	00:47:53	00:47:31	RES
283	1104	Matthew	Jones			Senior Male	132			00:47:54	00:47:49	RES
284	1591	Jason	Roberts	Bynea CC	1	Male 40+	62			00:47:54	00:47:30	RES
285	932	Anthony	Hobbs	Run4All Neath	10	Male 40+	63			00:47:57	00:47:31	RES
286	1030	CRAIG	JOHN			Senior Male	133			00:47:58	00:47:20	RES
287	176	Simon	Butler			Male 40+	64			00:47:59	00:46:13	RES
288	1274	Alan	Mason	Les Croupiers Running Club	19	Male 50+	41			00:48:01	00:47:45	RES
289	1668	paul	smith			Senior Male	134			00:48:01	00:47:20	RES
291	1126	Vivienne	Jones	Sospan Road Runners	1	Female 40+	10	Sospan Road Runners	53	00:48:02	00:47:24	RES
290	725	Sion	Evans	K2	1	Male 40+	65			00:48:02	00:47:27	RES
292	1479	Matthew	Phillips	Towy Racing Cycling Club	1	Senior Male	135			00:48:04	00:47:25	RES
293	1547	Carol	Rees	Les Croupiers Running Club	20	Female 40+	11			00:48:07	00:47:38	RES
294	1077	Gwyn	Jones	Les Croupiers Running Club	21	Male 50+	42			00:48:10	00:47:15	RES

295	1877	steven	Wilkinson	Celtic Tri	2	Male 50+	43	the brit pub	54	00:48:11	00:47:21	RES
296	1587	Michael	Rimmer			Male 60+	12			00:48:13	00:47:43	RES
297	1413	matthew	o'keefe			Senior Male	136			00:48:16	00:46:53	RES
298	1797	Jason	Turner	Swansea harriers	15	Male 40+	66			00:48:20	00:47:57	RES
299	1973	Joseph	Lane			Senior Male	137			00:48:21	00:48:02	RES
300	1616	Eleri	Rogers	CDF Runners	1	Senior Female	21			00:48:25	00:47:55	RES
301	763	Michael	Freeman	Port Talbot Harriers	27	Male 40+	67			00:48:25	00:48:14	RES
303	1095	Lucy	Jones	PPRC	2	Senior Female	22	PPRC	55	00:48:26	00:47:59	RES
302	669	callum	edwards					run for kev	56	00:48:26	00:47:54	RES
304	1902	Ffion	Williams			Senior Female	23			00:48:28	00:48:06	RES
305	1933	Rich	Williams			Male 40+	68			00:48:29	00:46:40	RES
306	1473	Antony	Phillips	Bridgend AC	7	Male 50+	44			00:48:33	00:48:26	RES
307	903	James	Hart			Senior Male	138			00:48:33	00:46:29	RES
308	1625	Christopher	Rothwell	Pontypridd Roadents AC	11	Male 40+	69			00:48:34	00:48:08	RES
309	1211	Steve B	LEWIS	Les Croupiers Running Club	22	Male 60+	13			00:48:40	00:48:11	RES
310	1041	Adam	Johnson	CDF Runners	2	Senior Male	139			00:48:44	00:47:33	RES
311	78	Steven	Bedford	Les Croupiers Running Club	23	Male 40+	70			00:48:48	00:48:08	RES
312	930	maddie	hines	Neath Harriers	4	Senior Female	24	run for kev	57	00:48:48	00:48:36	RES
313	1442	Anna	Parsons	Port Talbot Harriers	28	Female 40+	12			00:48:50	00:48:30	RES
314	605	Martin	Davies	CSCGwendraeth	1	Male 40+	71			00:48:51	00:47:38	RES
315	743	Neil	Fitzgerald	Pontypridd Roadents AC	12	Male 40+	72			00:48:51	00:48:25	RES
316	1189	Delyth	Lewis	Les Croupiers Running Club	24	Senior Female	25			00:48:51	00:48:20	RES
317	135	Malcolm	Bradley	Penarth & Dinas Runners	1	Male 60+	14			00:48:55	00:48:16	RES
318	567	Dean	David	Bynea CC	2	Senior Male	140			00:48:57	00:48:33	RES
319	1328	Louise	Miskell	3M Gorseinon Road Runners	8	Female 40+	13			00:48:59	00:48:18	RES
320	609	Michael H	Davies	Les Croupiers Running Club	25	Male 60+	15			00:49:02	00:48:23	RES
321	856	Hefin	Gruffydd	Pontypridd Roadents AC	13	Male 50+	45			00:49:03	00:48:34	RES
322	604	Mark	Davies			Male 40+	73			00:49:03	00:48:44	RES
323	163	Gayle	Budden			Senior Female	26			00:49:07	00:48:30	RES
324	1096	Mark	Jones			Male 40+	74			00:49:08	00:48:30	RES
325	843	Mark	Griffiths	Rhondda Valley Runners	4	Male 40+	75	Rhondda Valley Runners	58	00:49:12	00:48:52	RES
326	1699	Carl	Stockden	Robberttown Roadrunners	1	Male 40+	76			00:49:17	00:48:40	RES
327	520	Ryan	Cooke	Guinness Gut 1977	1	Male 40+	77	Ry	59	00:49:18	00:47:12	RES
328	688	Tony	Eustace			Male 40+	78			00:49:20	00:47:26	RES
329	165	Natalie	Bunston			Senior Female	27			00:49:21	00:49:17	RES
330	679	Stephen	Edwards			Male 40+	79			00:49:21	00:48:59	RES
331	670	carl	edwards			Male 40+	80	run for kev	60	00:49:23	00:48:51	RES
332	1639	Aled	Schiavone			Senior Male	141			00:49:27	00:47:30	RES
333	1242	Richard	Lowndes			Senior Male	142			00:49:28	00:49:16	RES

334	1570	Gareth	Richards	Blaenau gwent	1	Senior Male	143			00:49:30	00:49:19	RES
335	748	Bethan	Ford	Pontypridd Roadents AC	14	Senior Female	28			00:49:30	00:48:58	RES
336	893	Gregg	Harris			Male 40+	81			00:49:31	00:49:06	RES
337	1296	Elinor	McNamara	CDF Runners	3	Female 40+	14			00:49:31	00:49:02	RES
338	1482	Stuart	Phillips			Senior Male	144			00:49:32	00:48:01	RES
339	905	Jane	Harwood	Port Talbot Harriers	29	Senior Female	29			00:49:32	00:49:24	RES
340	1694	Tomas	Stephens			Senior Male	145			00:49:33	00:48:53	RES
341	835	Ioan	Griffiths			Senior Male	146			00:49:34	00:47:57	RES
342	70	Jamie	Barton			Senior Male	147			00:49:35	00:49:01	RES
343	1385	Michael	Needs	Pontrhydyfen RFC	1	Senior Male	148			00:49:36	00:49:12	RES
344	1574	Lee	Richards	Islwyn Running Club	1	Male 40+	82			00:49:36	00:48:02	RES
345	1341	louise	mordue	Porthcawl Runners	4	Senior Female	30			00:49:37	00:49:25	RES
346	90	Nicky	Bennett			Senior Male	149			00:49:37	00:49:06	RES
347	909	Lloyd	Hayden			Senior Male	150			00:49:38	00:49:15	RES
348	1114	Richard	Jones	Cornelly Striders AC	6	Male 40+	83			00:49:39	00:49:22	RES
349	759	Mark	Francis			Male 50+	46			00:49:39	00:48:06	RES
350	5	jason	hurley			Male 40+	84	run for kev	61	00:49:41	00:49:10	RES
351	921	Paul	Heskins	Run4all	3	Senior Male	151			00:49:45	00:49:18	RES
352	657	Grant	Duncan	Clwb Rhedeg Pontardawe RC	2	Male 50+	47			00:49:46	00:48:38	RES
353	1480	Sian	Phillips	Swansea Harriers	16	Female 50+	9	Swansea Harriers	62	00:49:47	00:49:32	RES
354	1569	Darren	Richards	Port Talbot Harriers	30	Senior Male	152			00:49:47	00:49:41	RES
355	740	Andrew	Fisher	Brackla Harriers	11	Male 50+	48			00:49:48	00:48:50	RES
356	1185	brian	lewis	Port Talbot Harriers	31	Male 50+	49			00:49:54	00:49:44	RES
357	1112	Rhodri	Jones	Amman Valley Harriers	7	Senior Male	153			00:49:56	00:48:56	RES
358	187	Andrew	Caple	CDF Runners	4	Male 50+	50			00:49:59	00:49:29	RES
359	775	Jason	Garrahan	Caerphilly Runners	2	Male 40+	85			00:50:00	00:49:32	RES
360	1809	Laura	Vickery			Senior Female	31			00:50:01	00:49:08	RES
361	590	gareth	davies	Penarth And Dinas Runners	4	Senior Male	154			00:50:01	00:48:36	RES
362	1934	Richard	Williams			Male 40+	86			00:50:03	00:49:19	RES
363	1910	Ian	Williams			Senior Male	155			00:50:05	00:49:21	RES
364	840	Lisa	Griffiths	Les Croupiers Running Club	26	Senior Female	32			00:50:09	00:49:37	RES
365	209	Allin	Chapman			Male 40+	87			00:50:15	00:47:53	RES
366	745	Anthony	Fletcher			Senior Male	156			00:50:16	00:48:05	RES
367	1074	Geraint	Jones			Senior Male	157			00:50:17	00:49:40	RES
368	526	david	cornish	Port Talbot Harriers	32	Male 50+ Senior	51			00:50:18	00:50:07	RES

369	807	ben	gooding	Pegasus Running Club	2	Male	158		00:50:20	00:48:53	RES	
370	1529	Andrew	Radford			Male 50+	52		00:50:21	00:48:34	RES	
371	1633	Joanne	Ryan	Rhondda valley Runners	5	Female 40+	15		00:50:22	00:48:37	RES	
372	1818	Carl	Walsh	Rhondda Valley Runners	6	Male 40+	88		00:50:22	00:48:37	RES	
374	1350	Gerard	Morgan			Senior Male	159		00:50:26	00:49:24	RES	
373	1346	Connor	Morgan			Senior Male	160		00:50:26	00:49:24	RES	
375	1271	Jenny	Martin	Les Croupiers Running Club	27	Senior Female	33		00:50:29	00:50:02	RES	
376	1589	Chris	Roberts	Ogmore Phoenix Runners	2	Male 50+	53		00:50:30	00:49:33	RES	
377	704	Gerwyn	Evans			Male 60+	16		00:50:34	00:50:23	RES	
378	1530	Donna	Radford	Ogmore Pheonix Runners	3	Senior Female	34		00:50:35	00:50:18	RES	
379	960	Tim	Hubbard	Port Talbot Harriers	33	Male 40+	89		00:50:37	00:48:58	RES	
380	1241	Kristian	Lowndes			Male 40+	90	run for kev	63	00:50:39	00:50:27	RES
381	24	Michelle	Amblin	Les Croupiers Running Club	28	Female 40+	16		00:50:39	00:50:27	RES	
382	1924	Matthew	Williams			Male 40+	91		00:50:43	00:50:00	RES	
383	1325	Titou	Minster			Senior Male	161		00:50:44	00:50:23	RES	
384	1827	Charlotte	warren	Porthcawl Runners	5	Female 40+	17		00:50:45	00:50:27	RES	
385	111	Scott	Bishop			Senior Male	162		00:50:45	00:50:14	RES	
386	1895	Dave	Williams	Celtic Tri	3	Male 40+	92		00:50:46	00:48:44	RES	
387	1503	Chris	Pratt	Ogmore Phoenix Runners	3	Male 40+	93		00:50:47	00:49:16	RES	
388	1846	Chris	Webb	Swansea Harriers	17	Female 40+	18		00:50:50	00:48:32	RES	
389	914	Neil	Helling	Bryncoch Bombers	1	Male 40+	94		00:50:56	00:50:11	RES	
390	766	Mark	Gabb	Ogmore Pheonix Runners	4	Senior Male	163		00:50:57	00:50:42	RES	
391	618	Ray	Davies	Aberdare Valley AAC	5	Male 50+	54		00:50:58	00:50:11	RES	
392	501	Carl	Clement			Senior Male	164		00:51:00	00:49:10	RES	
393	1545	Calvin	Rees			Senior Male	165		00:51:00	00:50:37	RES	
394	1702	Julian	Straker Jones	Porthcawl Runners	6	Male 50+	55		00:51:02	00:50:45	RES	
395	1279	Tom	matthews			Senior Male	166		00:51:07	00:50:43	RES	
396	1564	andrew	reynolds	Pontypridd Roadents Ac	15	Male 40+	95		00:51:11	00:50:41	RES	
397	1839	gary	Watts			Male 50+	56		00:51:11	00:50:58	RES	
398	1603	Emily	Robinson	London City Runners	1	Senior Female	35		00:51:14	00:50:49	RES	
399	1098	Mark	Jones			Male 40+	96		00:51:17	00:51:05	RES	
400	1415	Jane	Ogilvie	Brackla Harriers	12	Female 50+	10		00:51:18	00:50:33	RES	
401	1421	Thomas Joseph	OShea			Senior Male	167		00:51:18	00:50:35	RES	
402	849	Toby	Griffiths	Hendre Lake RC	1	Male 40+	97		00:51:19	00:50:51	RES	
403	89	Matthew	Bennett			Male 40+	98		00:51:19	00:50:27	RES	
404	1765	Nicola	Thomas	Porthcawl Runners	7	Female 50+	11		00:51:20	00:51:08	RES	
405	1326	Reza	Mirehsan			Senior Male	168		00:51:23	00:50:54	RES	
406	140	Michael	Brain	yr hen blwyf	1	Male 40+	99		00:51:23		RES	

407	4	Carl	Jeremiah			Male 50+	57	Alli	64	00:51:26	00:50:43	RES
408	706	Huw	Evans	Lliswerry Runners	5	Male 40+	100			00:51:27	00:50:51	RES
409	1525	Darren	Purcell			Male 50+	58			00:51:28	00:50:40	RES
410	1234	Stephen	Locke	Newport Harriers AC	1	Male 40+	101	Newport Harriers AC	65	00:51:30	00:51:02	RES
411	897	Paul	Harris	3M Gorseinon Road Runners	9	Male 40+	102			00:51:32	00:51:19	RES
412	1401	Joanne	Noble	Run4all	4	Senior Female	36			00:51:32	00:51:16	RES
413	1655	Rich	Skyrme	CDF Runners	5	Male 40+	103			00:51:33	00:50:34	RES
415	1123	Simon	Jones	Major Milers	1	Male 40+	104	Major Milers	66	00:51:36	00:51:22	RES
414	761	stuart	fraser	RUN4ALL	5	Male 40+	105			00:51:36	00:51:04	RES
416	858	tanya	guest	Port Talbot Harriers	34	Female 40+	19			00:51:38	00:51:30	RES
417	1441	David	Parry	Parc Bryn Bach Running Club	8	Male 40+	106			00:51:40	00:51:17	RES
418	864	Gareth	Gwynn			Senior Male	169			00:51:43	00:49:47	RES
419	174	Laura	Butcher	Porthcawl Runners	8	Senior Female	37			00:51:44	00:51:32	RES
420	1931	Paul	Williams			Senior Male	170			00:51:45	00:50:00	RES
421	1715	Cheryl	tanner	Run4all	6	Senior Female	38			00:51:47	00:50:35	RES
422	1512	Stephen	price	Couch to 5k	1	Female 40+	20			00:51:48	00:51:26	RES
423	1416	Terence	OKeefe			Male 60+	17			00:51:48	00:51:11	RES
424	538	Steve	Crowther	Lliswerry Runners	6	Male 50+	59			00:51:49	00:51:16	RES
425	872	Lee	Hamer			Senior Male	171			00:51:50	00:50:36	RES
426	1453	Dave	Peck			Male 40+	107			00:51:51	00:50:31	RES
427	1622	Gethin	Rose			Male 40+	108			00:51:52	00:50:55	RES
428	100	Caroline	Best	Pontypridd Roadents AC	16	Senior Female	39			00:51:53	00:51:16	RES
429	1466	Thomas Charles	Perrett			Senior Male	172			00:51:54	00:51:31	RES
430	1621	Danielle	Roper	Port Talbot Harriers	35	Senior Female	40			00:51:56	00:51:48	RES
431	769	Neal	Galsworthy	British Airways AC	1	Senior Male	173			00:51:56	00:51:39	RES
432	1487	Mike	Pobjoy	Lliswerry Runners	7	Male 50+	60			00:51:57	00:50:20	RES
433	1199	Keri	Lewis			Male 40+	109	Run for kev	67	00:51:57	00:51:37	RES
434	948	Martin	Hooper	Sospan Road Runners	2	Male 50+	61			00:51:58	00:49:54	RES
435	767	Mark	Gabb	Run4All Neath	11	Male 40+	110			00:52:04	00:50:10	RES
436	1082	jason	jones	Port Talbot Harriers	36	Male 50+	62			00:52:05	00:51:54	RES
437	1665	Marella	Smith			Senior Female	41	Team Hollie	68	00:52:06	00:51:24	RES
438	1893	Craig	Williams			Male 40+	111			00:52:07	00:51:54	RES
439	1080	James	Jones			Senior Male	174			00:52:08	00:51:48	RES
440	1834	Steven	Waters			Male 50+	63	team hollie	69	00:52:08	00:51:52	RES
441	114	Colin	Blackwell			Male 50+	64			00:52:09	00:51:43	RES
442	572	Christopher	Davie			Male 40+	112			00:52:17	00:51:36	RES
443	1356	Nick	Morgan	Edds eagles	1	Male 40+	113			00:52:21	00:51:24	RES
444	1754	Kevin	Thomas	Port Talbot Harriers	37	Male 50+	65			00:52:23	00:52:15	RES
445	817	Dave	Gray	Cwmavon RFC	1	Male 40+	114	The Slow Flying Scotsman	70	00:52:25	00:51:20	RES

447	1464	Louise	Penny			Senior Female	43			00:52:26	00:50:57	RES
446	1239	Eleri	Lougher	Bournville Harriers Running Club	1	Senior Female	42			00:52:26	00:50:29	RES
448	1793	Jamie	Ttophi			Senior Male	175			00:52:26	00:51:20	RES
449	1207	Richard	Lewis			Senior Male	176			00:52:27	00:51:40	RES
450	96	Daniel	Berni			Senior Male	177			00:52:28	00:51:02	RES
451	1434	Graeme	Palmer	Tata	2	Senior Male	178			00:52:33	00:52:09	RES
452	1969	mark	young	Port Talbot Harriers	38	Male 50+	66	run for kev	71	00:52:34	00:52:24	RES
453	1127	Mark	Jordan	Celtic Tri	4	Male 40+	115			00:52:35	00:51:10	RES
454	80	Mary	Beech	Brackla Harriers	13	Female 50+	12			00:52:41	00:51:44	RES
455	1245	Claire	Ludlow	Run4All	7	Female 40+	21			00:52:41	00:51:31	RES
456	778	David	Gates			Male 50+	67			00:52:41	00:51:38	RES
457	58	Gina	Bannister	Team Bodyfit	1	Senior Female	44	Team Bodyfit	72	00:52:43	00:52:28	RES
458	112	em	bissex	Pegasus Running Club	3	Female 40+	22			00:52:45	00:51:16	RES
459	1152	Ryan	King	Sospan Road Runners	3	Male 40+	116			00:52:48	00:50:55	RES
460	1461	Tim	Pengilley			Senior Male	179			00:52:49	00:50:41	RES
461	1731	Benjamin	Thomas			Senior Male	180			00:52:50	00:52:41	RES
462	1757	luke	thomas			Senior Male	181			00:52:51	00:52:31	RES
463	1293	Rebekah	McKay Smith			Senior Female	45			00:52:52	00:52:27	RES
464	1645	Richard	Shepherd			Senior Male	182			00:52:52	00:52:07	RES
465	1249	Joanna	Maal			Female 40+	23	the brit pub	73	00:52:52	00:51:05	RES
466	1918	Kristopher	Williams	Sospan Road Runners	4	Senior Male	183			00:52:54	00:50:35	RES
467	1398	maria	nicholas	Port Talbot harriers	39	Senior Female	46			00:52:55	00:51:46	RES
468	156	kate	brown			Senior Female	47			00:52:57	00:51:36	RES
469	606	Martin	Davies			Male 40+	117			00:52:59	00:51:51	RES
470	1719	Jason	Taylor	RunBont	1	Male 40+	118	We Are PTHRP	74	00:53:02	00:52:50	RES
471	152	Julie	Broughton	Les Croupiers Running Club	29	Female 50+	13			00:53:04	00:52:04	RES
472	722	Rhys	Evans			Senior Male	184			00:53:06	00:52:00	RES
473	1364	Leanne	Morris	Port Talbot Harriers	40	Female 40+	24			00:53:07	00:52:59	RES
474	1593	paul	roberts	Port Talbot Harriers	41	Male 40+	119			00:53:07	00:52:59	RES
475	1575	Martin	Richards			Male 40+	120			00:53:08	00:52:41	RES
476	1755	Laura	Thomas	Sospan road runners	5	Senior Female	48			00:53:09	00:51:05	RES
477	23	Tim	Allen	Port Talbot Harriers	42	Male 40+	121			00:53:12	00:53:01	RES
478	1906	Glenn	Williams	Sospan Road Runners	6	Male 40+	122	Sospan Road Runners	75	00:53:13	00:51:21	RES

479	1266	Dennis	Marsh			Male 40+	123			00:53:17	00:51:23	RES
480	108	Eve	Bird			Senior Female	49			00:53:18	00:51:18	RES
481	1111	Randal	Jones	Lliswerry Runners	8	Male 50+	68			00:53:18	00:51:41	RES
482	1294	Steven	Mckibbin			Senior Male	185			00:53:18	00:52:38	RES
483	1669	Rhiannon	Smith			Senior Female	50			00:53:19	00:52:02	RES
484	736	Cliff	Filer			Male 50+	69			00:53:21	00:52:13	RES
485	1964	Alun	Wylde	Ogmore Phoenix Runners	4	Male 40+	124			00:53:23	00:53:05	RES
486	1651	Elizabeth	Sim	Cwm Ogwr Running Club	2	Female 40+	25			00:53:25	00:53:09	RES
487	1571	Gareth	Richards	Ogmore pheonix Runners	5	Male 40+	125			00:53:26	00:53:10	RES
488	218	Rhuanydd	Clarke	Porthcawl Runners	9	Senior Female	51			00:53:29	00:53:14	RES
489	1920	lesley	williams			Senior Female	52			00:53:29	00:53:19	RES
490	1930	Paul	Williams			Senior Male	186			00:53:29	00:53:21	RES
491	550	Liam	Daly	Builth and District RC	2	Male 50+	70			00:53:33	00:51:35	RES
492	1549	David	Rees			Senior Male	187			00:53:33	00:52:34	RES
493	1554	jonathann	rees	Neath Run4All	1	Male 40+	126			00:53:37	00:51:50	RES
494	523	Rhys	Cooper			Senior Male	188	Rhys	76	00:53:38	00:53:23	RES
495	1693	Sian	Stephens			Female 40+	26			00:53:38	00:52:53	RES
496	1802	Louise	Udiawar	Clwb Rhedeg Pontardawe RC	3	Female 40+	27			00:53:51	00:51:58	RES
497	1581	m.j.	richards-williams	Sospan Road Runners	7	Female 40+	28			00:53:52	00:51:39	RES
498	1583	sian	ridd	Port Talbot Harriers	43	Senior Female	53			00:53:59	00:53:18	RES
499	1829	Paul	Warren			Male 40+	127			00:54:00	00:53:01	RES
500	644	Graeme	Donnan	Les Croupiers Running Club	30	Male 60+	18			00:54:00	00:53:47	RES
501	1576	Matthew	Richards			Senior Male	189			00:54:01	00:52:50	RES
502	1438	Michael	Parfitt			Male 40+	128	Team Isha	77	00:54:02	00:53:55	RES
503	1003	Raymond	James	Port Talbot Harriers	44	Male 50+	71			00:54:02	00:53:44	RES
504	787	Antony	Gibbons			Senior Male	190			00:54:04	00:53:18	RES
505	1437	Ian	parfitt			Male 40+	129			00:54:05	00:53:51	RES
506	1116	Robert	Jones			Male 40+	130			00:54:05	00:52:29	RES
507	574	Alun	Davies			Male 40+	131			00:54:08	00:53:27	RES
508	81	Beth	Beemer	Refail Runners	1	Female 40+	29			00:54:08	00:53:27	RES
509	1789	Kriss	Trolley			Senior Male	191			00:54:10	00:53:34	RES
510	1179	jonathan	lee	penarth and dinas powys	1	Male 50+	72			00:54:12	00:53:30	RES
511	896	noel	harris	Caerphilly Canaries	1	Male 50+	73			00:54:13	00:51:54	RES
512	179	Lisa	Cadwallader	Ebbw Vale Running Club	3	Senior Female	54			00:54:14	00:53:28	RES
513	1862	Geoff	White	Run4All Neath	12	Male 40+	132			00:54:16	00:53:50	RES
514	1707	Phil	Sumbler			Male 40+	133			00:54:18	00:53:08	RES
515	1348	gareth	morgan			Male 50+	74	garethmorgan	78	00:54:21	00:54:12	RES
516	118	christopher	bloodworth	Whiterock triathletes	1	Male 50+	75			00:54:24	00:53:32	RES
517	35	neil	samuel							00:54:26	00:54:06	RES

518	1507 Dean	Price			Male 40+	134			00:54:26	00:53:09	RES
519	1508 Jaye	Price	Islwyn Running Club	2	Senior Female	55			00:54:27	00:53:11	RES
520	875 david	hammond			Male 50+	76			00:54:30	00:52:09	RES
521	1958 Andrew	Worthington			Male 60+	19			00:54:34	00:53:26	RES
522	1289 Ellie	Mcdyer			Senior Female	56			00:54:35	00:53:14	RES
523	1770 Ryan	Thomas	Run4All Neath	13	Senior Male	192	Team Hollie	79	00:54:35	00:52:56	RES
524	122 David	Boucher			Male 60+	20	Boucher	80	00:54:35	00:53:04	RES
525	768 Eve	Gallop-Evans	Les Croupiers Running Club	31	Female 50+	14			00:54:35	00:53:51	RES
526	1440 Jeff	Parker			Senior Male	193			00:54:38	00:54:20	RES
527	953 David Sean	Hosking			Male 40+	135			00:54:39	00:53:25	RES
528	10 Stephen	Kinnock	Port Talbot Harriers	45	Male 40+	136			00:54:44	00:53:14	RES
529	1728 Angharad	Thomas	Sospan Road Runners	8	Senior Female	57	Sospan Road Runners	81	00:54:47	00:52:33	RES
530	1223 Alison	Lloyd	Yr hen blwyf	2	Female 40+	30			00:54:50	00:53:40	RES
531	615 Peter	Davies	Run4all Neath	14	Male 50+	77			00:54:52	00:53:29	RES
532	110 Jasmin	Bischoff	Porthcawl Runners	10	Senior Female	58			00:54:52	00:54:14	RES
533	1500 Sarah	Powell			Female 40+	31			00:54:54	00:53:44	RES
534	1615 Darren	Rogers			Male 40+	137			00:54:55	00:53:26	RES
535	990 Angela	James	Port Talbot Harriers	46	Female 40+	32			00:54:55	00:53:27	RES
536	925 Chris	Hill			Senior Male	194			00:54:56	00:52:58	RES
537	1099 Martin	Jones	The Old Parish Running Club	1	Male 50+	78			00:54:56	00:53:54	RES
539	1959 Mark	Wotton	Teignbridge Trotters	1	Male 50+	79			00:54:59	00:54:14	RES
538	815 Melanie	Graham			Female 50+	15			00:54:59	00:53:50	RES
540	188 Frances	Carey			Senior Female	59			00:54:59	00:54:20	RES
541	665 John	Easterbrook			Male 50+	80			00:54:59	00:52:54	RES
542	991 Charlie	James	3M Gorseinon Road Runners	10	Senior Female	60			00:55:00	00:53:53	RES
543	1641 Adrian	Scourfield	Team CFPT	1	Senior Male	195	Team CFPT	82	00:55:00	00:54:12	RES
544	1320 Andrew	Millin	Maindy Harriers	1	Senior Male	196			00:55:01	00:54:14	RES
545	1835 Chris	Watkins	Lliswerry Runners	9	Male 40+	138			00:55:01	00:53:20	RES
546	1555 Joseff	Rees			Senior Male	197			00:55:05	00:53:40	RES
547	1807 Lisa	Veale			Senior Female	61			00:55:05	00:53:59	RES
548	1869 Paula	Wilfort	Cornelly Striders AC	7	Female 40+	33	team hollie	83	00:55:08	00:53:17	RES
549	1527 LEANNE	PURNELL	OLD PARISH	1	Female 40+	34			00:55:09	00:54:43	RES
550	1345 Claire	Morgan	Sospan Road Runners	9	Female 40+	35			00:55:11	00:53:06	RES
551	1102 Martyn	Jones	Lliswerry Runners	10	Male 50+	81			00:55:11	00:53:26	RES
552	1889 Chris	Williams			Senior Male	198			00:55:11	00:54:00	RES

553	1977	Jordan	Lane			Female	62			00:55:12	00:53:49	RES
554	678	Rhianydd	Edwards			Female 40+	36			00:55:13	00:54:07	RES
555	1858	Sarah	West			Senior Female	63			00:55:14	00:54:56	RES
556	1332	Jonathan	Mizen	Cwmavon RFC	2	Senior Male	199			00:55:15	00:53:25	RES
557	1048	Abigail	Jones			Senior Female	64			00:55:16	00:54:18	RES
558	1607	Nicola	Robson			Senior Female	65	The Brit	84	00:55:16	00:55:12	RES
559	1182	Charlotte	Leigh	Caerleon Running Club	1	Senior Female	66			00:55:16	00:54:56	RES
560	1108	Paul	Jones	Aberdare Valley AAC	6	Senior Male	200			00:55:17	00:54:28	RES
561	603	Mark	Davies	Paul Popham Running Club	3	Male 50+	82	PPRC	85	00:55:18	00:53:43	RES
562	782	Maria	George	Ogmore phoenix runners	5	Female 50+	16	Ogmore phoenix runners	86	00:55:21	00:55:08	RES
563	1634	Nicholas	Ryder			Male 40+	139			00:55:23	00:54:53	RES
564	1408	Dean	O'Brien			Male 40+	140	team isha	87	00:55:24	00:55:19	RES
565	1307	Gemma	Mewse			Senior Female	67	Blister sisters	88	00:55:25	00:55:13	RES
566	1663	Kirsty	Smith			Senior Female	68			00:55:26	00:54:55	RES
567	1491	lisa	poole			Female 40+	37			00:55:26	00:53:04	RES
568	1374	Chris	Morton			Male 50+	83	Team Geordie	89	00:55:28	00:53:07	RES
569	1044	Collette	Johnson	Caerphilly RC	1	Senior Female	69			00:55:29	00:54:17	RES
570	1214	rhys	liddiard			Senior Male	201			00:55:31	00:54:17	RES
571	1295	Sophie	McLain			Senior Female	70			00:55:31	00:53:10	RES
572	1472	Kim	Phelps			Senior Female	71			00:55:33	00:53:20	RES
573	992	Chris	James			Male 50+	84			00:55:34	00:54:15	RES
574	1594	Peter	Roberts	#Teambeut	1	Male 40+	141			00:55:36	00:55:26	RES
575	906	Eleanor	Hathaway	Paul Popham Running Club	4	Senior Female	72			00:55:37	00:54:53	RES
576	1462	Sharon	Penhale	Port Talbot Harriers	47	Female 40+	38			00:55:39	00:55:21	RES
577	977	Ann	Hurley	Rhondda Valley Runners	7	Female 40+	39			00:55:40	00:54:09	RES
578	927	Steve	Hill			Male 50+	85			00:55:40	00:54:12	RES
580	1703	Richard	Street	Pegasus Running Club	4	Male 60+	21			00:55:43	00:54:13	RES
579	974	Julian	Hunt	Sospan Road Runners	10	Male 40+	142			00:55:43	00:53:30	RES
581	739	MARK	FINN	Port Talbot Harriers	48	Male 50+	86			00:55:46	00:55:11	RES
582	1360	Andrew	Morris			Male 50+	87			00:55:46	00:54:21	RES
583	1484	Louise	Pierpoint			Female 40+	40			00:55:47	00:54:45	RES
584	508	Lee	Cole	Run4All Neath	15	Male 50+	88			00:55:48	00:55:16	RES
585	1785	Julie	Toy	Merthyr Running Club	1	Female 50+	17			00:55:48	00:53:31	RES
586	634	Teresa	Davies	Parc Bryn Bach Running Club	9	Female 40+	41			00:55:49	00:55:25	RES
587	1159	Levi	Knight			Senior	202			00:55:49	00:55:01	RES

588	1684	David	Stallard	Merthyr Harriers RRC	1	Male	143			00:55:50	00:53:33	RES
589	529	David	Cottrell	pencoed panthers	1	Senior Male	203			00:55:52	00:53:31	RES
590	518	Tracy	Conway	Port Talbot Harriers	49	Female 50+	18			00:55:53	00:55:27	RES
591	1290	Tamara	McFarlane			Senior Female	73			00:55:57	00:55:00	RES
592	1735	Danielle	Thomas			Senior Female	74			00:55:57	00:55:20	RES
593	1796	Thomas	Tudor			Senior Male	204	Mathew Mizen Foundation	90	00:55:58	00:55:48	RES
594	1141	Laura	Kennedy	Port Talbot Harriers	50	Senior Female	75	Port Talbot Harriers	91	00:56:01	00:55:51	RES
595	47	John	Ayres	Port Talbot Harriers	51	Male 60+	22			00:56:04	00:55:53	RES
596	66	Mandy	Barrington	Penarth And Dinas Runners	5	Female 50+	19			00:56:08	00:54:41	RES
597	650	Andrew	Doyle			Senior Male	205			00:56:10	00:55:23	RES
598	1252	Dennie	Mainwaring	Porthcawl Runners	11	Senior Female	76	The Lost Sheep	92	00:56:11	00:55:45	RES
599	614	peter	Davies			Senior Male	206			00:56:11	00:55:02	RES
600	1750	Jayne	Thomas			Senior Female	77			00:56:13	00:55:51	RES
601	1643	Amy	Seppman	Port Talbot Harriers	52	Senior Female	78			00:56:15	00:56:03	RES
602	1333	Gareth	Mole	Porthcawl Runners	12	Male 40+	144			00:56:15	00:55:49	RES
603	1387	STEVE	NELSON			Male 40+	145			00:56:16	00:55:10	RES
604	1800	roxanne	turner	Sospan Road Runners	11	Senior Female	79			00:56:16	00:55:14	RES
605	957	Jeff	Howell			Male 40+	146			00:56:16	00:55:47	RES
606	689	Alun	Evans	PPRC	3	Senior Male	207	PPRC	93	00:56:17	00:54:26	RES
607	772	Debbie	garner	Sospan Road Runners	12	Female 40+	42	Sospans Road Runners	94	00:56:20	00:55:43	RES
608	1617	Janine	Rogers	Sospan Road Runners	13	Female 40+	43	Sosbans road runners	95	00:56:20	00:54:14	RES
609	1429	Aoife	Owens			Senior Female	80			00:56:20	00:54:21	RES
610	685	mark	emms			Male 40+	147			00:56:21	00:54:11	RES
611	1232	Bevis	Lloyd-West			Male 40+	148			00:56:21	00:55:42	RES
612	939	Michelle	Hoey	Penarth & Dinas Runners	2	Senior Female	81			00:56:28	00:55:03	RES
613	1478	Mark	Phillips	Tri amigos	1	Senior Male	208			00:56:29	00:55:52	RES
614	1335	Rachel	Monks	Port Talbot Harriers	53	Senior Female	82			00:56:30	00:55:35	RES
615	1710	David	Sutton			Male 50+	89			00:56:32	00:56:17	RES
616	788	Jonathan	Gibbs	The Brit	1	Male 40+	149	The Brit	96	00:56:33	00:55:30	RES
617	1291	Sian	McGoldrick	Parc Bryn Bach Running Club	10	Female 50+	20			00:56:34	00:56:07	RES
618	892	Gemma	Harris	Run4All Neath	16	Senior Female	83			00:56:35	00:55:26	RES
619	1852	Gavin	Wellington	Cwmavon RFC	3	Senior Male	209			00:56:36	00:54:45	RES
620	699	Deborah	Evans	Dragons Running Club	1	Female	21			00:56:38	00:55:46	RES

621	1012	Teresa	Jeffries Callaghan	Dragons Running Club	2	50+ Female	22			00:56:38	00:55:47	RES
622	1548	Christian	Rees			Male 40+	150			00:56:41	00:55:00	RES
623	1716	Dave	Tasker	Sospan Road Runners	14	Male 50+	90	Sospan road runners	97	00:56:42	00:54:37	RES
624	1337	Anne-Marie	Montoto	Merthyr Running Club	2	Female 50+	23			00:56:44	00:54:27	RES
625	1380	Gillian	Murphy	Les Croupiers Running Club	32	Female 60+	1			00:56:46	00:56:31	RES
626	1857	Iloyd	west	Ogmore Phoenix Runners	6	Male 50+	91			00:56:46	00:55:39	RES
627	134	Denise	bradley	Ogmore Phoenix Runners	7	Female 50+	24			00:56:47	00:55:07	RES
628	1071	Gavin	Jones			Senior Male	210			00:56:48	00:54:57	RES
629	1768	Rachel	Thomas			Senior Female	84	team hollie	98	00:56:48	00:55:53	RES
630	1817	Dean	Wallbank	Caerphilly Runners	3	Male 40+	151	Caerphilly Runners	99	00:56:49	00:54:30	RES
631	1079	Howard	Jones	Brackla Harriers	14	Male 60+	23			00:56:49	00:55:48	RES
632	541	Leon	Culverhouse			Senior Male	211			00:56:49	00:54:59	RES
633	638	Sophie	Deere	Brackla Harriers	15	Senior Female	85			00:56:49	00:54:58	RES
634	1998	Carolyn	Williams			Female 50+	25			00:56:49	00:55:50	RES
635	1039	Richard	John			Senior Male	212			00:56:51	00:55:29	RES
636	130	Bronwen	Boyce	Maindy Harriers	2	Female 40+	44			00:56:52	00:54:47	RES
637	1310	Richard	Michael			Male 40+	152			00:56:53	00:55:33	RES
638	1027	Andrew	John	Paul Popham Running Club	5	Male 50+	92	PPRC	100	00:56:54	00:55:32	RES
639	73	Tom	Bateman			Senior Male	213			00:56:55	00:55:06	RES
640	855	Sally	Groves	Pegasus Running Club	5	Female 50+	26			00:56:55	00:55:26	RES
641	982	Claire	Ingarfield			Senior Female	86	Team Hollie	101	00:56:56	00:56:01	RES
642	595	Karl	Davies			Male 40+	153			00:56:56	00:55:01	RES
643	1037	Macaulay	John			Senior Male	214			00:56:57	00:54:32	RES
644	908	Gemma	Haworth	Porthcawl Runners	13	Senior Female	87			00:57:03	00:56:37	RES
645	1100	Martin	Jones	Triathlon Coaching Wales	1	Male 50+	93			00:57:03	00:56:35	RES
646	1677	Neal	Spencer			Male 40+	154			00:57:03	00:54:49	RES
647	1830	Tracy	Warrington			Female 50+	27	TW	102	00:57:06	00:56:57	RES
648	1448	bretti	paxton	Pontypridd Roadents AC	17	Senior Female	88			00:57:13	00:56:37	RES
649	36	julie	samuel							00:57:15	00:56:55	RES
650	701	Fiona	Evans	Ogmore Phoenix Runners	8	Female 40+	45			00:57:15	00:56:11	RES
651	1993	Eve	Hondford			Senior Female	89			00:57:15	00:55:59	RES
652	1148	JOHN	KIERNAN	BROOKS BEAST	1	Male 40+	155			00:57:19	00:55:55	RES
653	1352	kevin	morgan			Male 40+	156			00:57:19	00:56:18	RES
654	1801	Amanda	Tyre			Female 40+	46			00:57:20	00:55:15	RES

655	881	Ian	Harcombe			Male 50+	94				00:57:20	00:56:16	RES
656	1790	Helen	Trollope	Mudstacle	1	Senior Female	90				00:57:21	00:55:34	RES
657	113	sally	bissex	Pegasus Running Club	6	Senior Female	91				00:57:22	00:55:53	RES
658	1541	Matthew	Ready			Senior Male	215				00:57:22	00:55:07	RES
659	504	Tracey	Coakley			Female 40+	47	Team TRC	103		00:57:26	00:56:06	RES
660	1999	Stephen	Thomas			Senior Male	216				00:57:29	00:56:19	RES
661	1618	Kevin	Rogers			Senior Male	217				00:57:29	00:56:20	RES
662	1406	Richard	Nugent	3M Gorseinon Road Runners	11	Male 50+	95	Team Beut	104		00:57:31	00:57:21	RES
663	1365	Lee	Morris	3M Gorseinon Road Runners	12	Senior Male	218				00:57:31	00:55:11	RES
664	928	amy	hines	port talbot harriers	54	Female 40+	48	run for kev	105		00:57:32	00:56:58	RES
665	792	Debbie	Gill	Sospan Road Runners	15	Female 40+	49				00:57:34	00:55:30	RES
666	879	Natalie	Hancock			Senior Female	92				00:57:34	00:57:20	RES
667	888	Angela	Harris	Paul Popham Running Club	6	Female 40+	50				00:57:35	00:56:02	RES
668	1070	Gareth	Jones			Male 50+	96				00:57:37	00:57:05	RES
669	219	Megan	ClarkReid	Port Talbot Harriers	55	Senior Female	93				00:57:39	00:55:34	RES
670	1284	Cat	Mayes			Senior Female	94				00:57:41	00:55:27	RES
671	1739	Emma	Thomas			Female 40+	51				00:57:41	00:55:21	RES
672	1636	Stephen	Sargeant			Senior Male	219				00:57:42	00:55:28	RES
673	1471	Gail	Petrides			Senior Female	95				00:57:43	00:56:52	RES
674	1425	HHHHH	Owen	Atlantic Watersports	1	Male 60+	24				00:57:43	00:56:52	RES
675	15	Nigel	Adams	Penarth and Dinas Runners	6	Male 50+	97				00:57:44	00:56:16	RES
676	1105	Natalie	Jones			Senior Female	96				00:57:44	00:56:43	RES
677	181	Adele	Callaghan	TEAM HOLLIE	1	Senior Female	97	TEAM HOLLIE	106		00:57:45	00:55:53	RES
678	1418	Kenneth	Oliver	Islwyn Running Club	3	Male 50+	98				00:57:45	00:57:12	RES
679	193	Christopher	Carpenter			Senior Male	220				00:57:46	00:55:27	RES
680	1065	Eryl	Jones	Run4All Neath	17	Male 40+	157	Tash's Trotters	107		00:57:46	00:55:49	RES
681	920	Rohan	Herbert			Senior Male	221	team hollie	108		00:57:47	00:55:55	RES
682	796	Alun	Gillard			Male 40+	158				00:57:48	00:55:44	RES
683	1803	Joanna	Valentine	Pegasus Running Clun	1	Senior Female	98				00:57:48	00:56:00	RES
684	1596	Sion	Roberts	Piranha Tri Club	1	Senior Male	222				00:57:49	00:57:07	RES
685	511	christie	coleman	Cwm Ogwr Running Club	3	Male 50+	99				00:57:49	00:57:12	RES
686	619	Rebecca	Davies			Senior Female	99				00:57:50	00:57:03	RES
687	1281	Jamie	Maunder			Senior Male	223				00:57:50	00:57:02	RES
688	845	Nicola	Griffiths	Sospan Road Runners	16	Female	28	Sospan Road	109		00:57:52	00:55:48	RES

						50+	runners				
689	1944	Yvonne	Williams	Penarth and Dinas Runners	7	Female 60+	2				00:57:54 00:56:00 RES
690	1267	Joanne	Marshall	Pontyclun Road Runners	5	Senior Female	100				00:57:55 00:57:01 RES
691	976	Andrew	HURLEY			Male 50+	100				00:57:56 00:56:29 RES
692	691	Andy	Evans			Male 50+	101				00:57:57 00:56:25 RES
693	808	Elle	Goodridge			Senior Female	101				00:57:57 00:57:14 RES
694	79	liz	beech			Female 50+	29				00:57:58 00:56:30 RES
695	76	Richard	bBech	Brackla Harriers	16	Male 50+	102				00:57:58 00:56:30 RES
696	985	Laura	Jackson	K2 Running Club	1	Senior Female	102				00:58:00 00:57:28 RES
697	570	Sharon	David	Port Talbot Harriers	56	Female 50+	30	the brit pub	110		00:58:02 00:55:43 RES
698	56	mark	bankhead	Cornelly Striders AC	8	Senior Male	224				00:58:03 00:56:52 RES
700	1696	Peter	Stevens			Male 40+	159				00:58:04 00:55:42 RES
699	160	Trudy	Bryant			Senior Female	103				00:58:04 00:57:48 RES
701	1115	Richard	Jones	Cwmavon RFC	4	Male 40+	160				00:58:06 00:56:44 RES
702	1825	Karen	Warlow	Women Running Penarth	1	Female 40+	52				00:58:07 00:57:16 RES
703	1535	Susan	Ramsden	Sospan Road Runners	17	Senior Female	104				00:58:09 00:56:11 RES
704	852	Jenna	Groves	Pegasus Running Club	7	Senior Female	105				00:58:10 00:56:43 RES
705	713	Lyn	Evans	Penarth and Dinas Runners	8	Male 50+	103				00:58:10 00:56:40 RES
706	774	Ian	Garnham			Male 40+	161				00:58:11 00:55:44 RES
707	120	Janet	Bolton	Maindy Harriers	3	Female 40+	53				00:58:13 00:56:07 RES
709	1711	Bethun	Swankie			Senior Female	106				00:58:15 00:56:55 RES
708	1149	Alan	Kinevane			Senior Male	225				00:58:15 00:56:56 RES
710	613	Nicola	Davies	Paul Popham Running Club	7	Female 40+	54	PPRC	111		00:58:15 00:56:41 RES
711	21	Abigail	Allan	Yr Hen Blwf	1	Senior Female	107				00:58:16 00:57:27 RES
712	945	Mark	Holloway			Male 40+	162				00:58:16 00:57:25 RES
713	1119	Sandra	Jones	Celtic Tri	5	Female 40+	55				00:58:16 00:56:12 RES
714	1203	Mark	Lewis			Senior Male	226				00:58:17 00:57:31 RES
715	547	Alex	Cuthbertson			Senior Male	228				00:58:17 00:56:55 RES
716	1937	Ryan	Williams			Senior Male	227				00:58:17 00:57:58 RES
717	886	Charlotte	Harries	Cornelly Striders AC	9	Senior Female	108				00:58:18 00:57:07 RES
718	936	chris	hockley			Male 40+	163				00:58:19 00:56:53 RES
719	904	Briony	Hartwell			Senior Female	109				00:58:23 00:57:27 RES
720	1782	Claire	Topper			Female 40+	56				00:58:24 00:57:28 RES
721	1509	kathryn	Price	Parc Bryn Bach Running Club	11	Female 40+	57				00:58:25 00:56:01 RES

722	180	Nick	Cahill			Senior Male	229			00:58:25	00:56:09	RES
723	28	giovanni carlo	aprea			Senior Male	230			00:58:26	00:57:11	RES
724	1318	Andrew	Miller	Clwb Rhedeg Pontardawe RC	4	Male 40+	164			00:58:29	00:57:13	RES
725	43	Christopher	Austin	Yr Hen Blwf	2	Senior Male	231			00:58:30	00:57:40	RES
726	205	Dennis	Cattell			Male 50+	104			00:58:31	00:57:58	RES
727	1929	Owain	Williams	Run4All Neath	18	Senior Male	232			00:58:31	00:56:47	RES
728	890	Edward	Harris			Male 40+	165			00:58:33	00:57:48	RES
729	1459	Richard	Pellow			Senior Male	233			00:58:34	00:56:19	RES
730	169	Helena	Burke			Female 40+	58			00:58:35	00:56:32	RES
731	1204	Michael	Lewis	Parc Bryn Bach Running Club	12	Male 60+	25			00:58:36	00:57:53	RES
732	765	Michelle	Furlong			Male 40+	166	ED Runners	112	00:58:37	00:58:20	RES
733	810	Hannah	Gore			Senior Female	110			00:58:38	00:56:14	RES
734	1492	Martin	Poole			Male 50+	105			00:58:38	00:56:16	RES
735	1557	Marie	Rees			Senior Female	111			00:58:41	00:58:18	RES
736	762	Joanne	Freeguard			Senior Female	112	team hollie	113	00:58:41	00:57:35	RES
737	1844	Emma	Weaver	Port Talbot Harriers	57	Female 40+	59	team hollie	114	00:58:42	00:58:13	RES
739	1725	Alex	Theophilus			Senior Male	234			00:58:43	00:56:33	RES
738	631	Spencer	Davies			Male 40+	167			00:58:43	00:57:20	RES
740	575	Amy	Davies	Builth and District RC	3	Senior Female	113			00:58:43	00:56:45	RES
741	994	Dean	James			Male 50+	106			00:58:43	00:57:20	RES
742	1903	Gareth	Williams	Paul Popham Running Club	8	Senior Male	235	PPRC	115	00:58:44	00:57:10	RES
743	29	Janine	Aprea			Senior Female	114			00:58:44	00:57:30	RES
744	979	Julian	Hussell	Cwmavon RFC	5	Male 40+	168			00:58:45	00:57:26	RES
745	1390	Jenny Ann	Newman	Paul Popham Running Club	9	Senior Female	115	PPRC	116	00:58:45	00:57:12	RES
746	584	David	Davies			Male 50+	107			00:58:47	00:57:49	RES
747	106	Graham	Bingham	Pontypridd Roadents AC	18	Male 50+	108			00:58:51	00:57:57	RES
748	1823	Leigh	Wanklyn			Senior Female	116	Team Hollie	117	00:58:53	00:57:47	RES
749	1742	Gareth	Thomas			Senior Male	236			00:58:54	00:58:36	RES
750	557	Kim	Danter Hill	Cornelly Striders AC	10	Senior Female	117	Team Hollie	118	00:58:56	00:57:00	RES
751	1173	Cameron	Large	Penarth And Dinas Runners	9	Male 40+	169			00:58:56	00:57:29	RES
752	1220	Julie	Llewellyn	Run4All	8	Senior Female	118			00:58:56	00:57:27	RES
753	216	Gareth	Clark			Male 40+	170			00:58:57	00:57:26	RES
754	1983	Mark	Jones			Male 40+	171			00:58:57	00:57:02	RES
755	785	Cheryl	Gibbins	Cornelly Striders AC	11	Female 50+	31			00:59:00	00:57:09	RES
756	786	Stephen	Gibbins	Cornelly Striders	1	Male 60+	26			00:59:00	00:57:10	RES
757	1660	Anthony	Smith	RUN FOR KEV	1	Senior Male	237	RUN FOR KEV	119	00:59:00	00:57:40	RES

758	742	Kev	Fitzgerald			Male 60+	27				00:59:01	00:57:16	RES
759	586	Edward	Davies	Celtic Tri	6	Male 40+	172				00:59:05	00:57:01	RES
760	637	Jayne	Dawson			Female 40+	60				00:59:05	00:58:18	RES
761	1134	Joanne	Juliff	Port Talbot Harriers	58	Female 40+	61				00:59:06	00:58:58	RES
762	940	Louise	HOGAN	Cornelly Striders AC	12	Senior Female	119				00:59:09	00:57:14	RES
763	75	rachel	bayona	Cornelly Striders AC	13	Senior Female	120	team hollie	120		00:59:14	00:57:10	RES
764	74	paul	bayona	Cornelly Striders AC	14	Senior Male	238	team hollie	121		00:59:14	00:57:11	RES
765	9	Ian	Adams	Port Talbot Harriers	59	Male 40+	173				00:59:16	00:57:40	RES
766	711	Kath	Evans			Female 40+	62				00:59:17	00:58:11	RES
767	52	David	Bailyes	Caerphilly Runners	4	Male 50+	109				00:59:18	00:56:59	RES
768	1678	Norman	Spencer			Male 60+	28				00:59:19	00:58:33	RES
769	1029	Chris	John	Port Talbot Harriers	61	Senior Male	239				00:59:19	00:56:53	RES
770	1764	Nick	Thomas	Port Talbot Harriers	60	Senior Male	240				00:59:19		RES
771	865	Dennis	Haines	Port Talbot Harriers	62	Senior Male	241				00:59:24	00:58:40	RES
772	37	Kate	Ashton	Cornelly Striders AC	15	Female 40+	63	team hollie	122		00:59:28	00:57:39	RES
773	591	garry	davies			Male 40+	174				00:59:29	00:58:30	RES
774	1522	Lisa	Pughsley	Port Talbot Harriers	64	Female 40+	64				00:59:31	00:59:22	RES
775	1732	Bethan	Thomas	Port Talbot Harriers	63	Female 40+	65				00:59:31	00:59:18	RES
776	947	kim	holohan	3M Gorseinon Road Runners	13	Female 60+	3				00:59:38	00:57:59	RES
777	68	andrew	bartle	Ogmore Phoenix runners	9	Male 50+	110				00:59:39	00:58:16	RES
778	1311	Natalie	Milburn	Old parish running club	1	Senior Female	121				00:59:39	00:58:52	RES
779	1314	Jamie	Miles			Senior Male	242				00:59:40	00:59:18	RES
780	1563	Atlanta	Repetti			Senior Female	122	Kate's Angels	123		00:59:42	00:58:21	RES
781	1477	Jackie	Phillips			Female 40+	66				00:59:43	00:58:25	RES
782	1648	Melanie	Shipton	Lliswerry Runners	11	Female 40+	67				00:59:45	00:58:05	RES
783	1261	Roni	margerison	Lliswerry Runners	12	Female 40+	68				00:59:45	00:58:06	RES
784	107	Carole	Bird			Female 50+	32				00:59:45	00:57:47	RES
785	1662	Julie	Smith	Merthyr Running Club	3	Female 40+	69				00:59:45	00:57:29	RES
786	624	Ryan	Davies			Male 50+	111				00:59:46	00:58:46	RES
787	850	Julia	Groom	Paul Popham Running Club	10	Senior Female	123				00:59:46	00:58:12	RES
788	203	Ceri	Caswell	Parc Bryn Bach Running Club	13	Female 40+	70				00:59:46	00:57:23	RES
789	752	Richard	Fortt	Cornelly Striders AC	16	Male 60+	29				00:59:47		RES
790	1896	David	Williams			Male 50+	112				00:59:49	00:58:40	RES
791	878	Marie	Hancock	Paul Popham Running Club	11	Female 40+	71				00:59:50	00:58:14	RES

792	1349	Gemma	Morgan	Run4All Neath	19	Senior Female	124			00:59:50	00:58:41	RES
793	67	Helen	Barry			Female 40+	72			00:59:51	00:58:16	RES
795	1679	Deborah	Spiers	Run4All Neath	20	Female 40+	73			00:59:52	00:58:37	RES
794	1288	Christopher	McDermid			Senior Male	243	The Brit	124	00:59:52	00:57:32	RES
796	1843	Martyn	Waygood	Trail Runners Association	1	Male 50+	113			00:59:53	00:58:47	RES
797	1090	Leah	Jones			Senior Female	125	The Brit	125	00:59:53	00:57:34	RES
798	1109	Peter	Jones			Male 50+	114	The Brit	126	00:59:54	00:57:34	RES
799	1397	Jean-Paul	Nicholas			Senior Male	244			00:59:57	00:58:28	RES
800	1626	Sophie	Rouys			Female 40+	74			00:59:58	00:58:30	RES
801	1811	Sara	Vowles	Ogmore Phoenix Runners	10	Senior Female	126			00:59:59	00:58:05	RES
802	59	Stephen	Barclay	Darth Costal Runners	1	Male 40+	175	Waiting for the Service Bus	127	00:59:59	00:57:35	RES
803	1714	Karen	Tandy			Senior Female	127			01:00:01	00:59:13	RES
804	1224	Angharad	Lloyd			Senior Female	128			01:00:01	00:59:14	RES
806	1650	Clare	Sim	Port Talbot Harriers	65	Senior Female	129			01:00:01	00:59:53	RES
805	1342	Abigail	Morgan	Bridgend AC	8	Senior Female	130			01:00:01	00:59:40	RES
807	1083	Jo	Jones			Senior Female	131			01:00:02	00:59:15	RES
808	1061	Dylan	Jones			Male 50+	115			01:00:03	00:57:54	RES
809	946	john	holohan	3M Gorseinon Road Runners	14	Male 60+	30			01:00:05	00:58:26	RES
810	593	Iwan	Davies	Carmarthen harriers	1	Male 40+	176			01:00:06	00:58:14	RES
811	507	Ellie	Codd			Senior Female	132	Ellie	128	01:00:10	00:59:57	RES
812	1900	Emma	Williams	Sospan Road Runners	18	Senior Female	133	Sospan Road Runners	129	01:00:11	00:58:55	RES
813	1856	JONATHAN	WEST			Senior Male	245			01:00:11	00:59:21	RES
814	931	Kate	Hoad			Female 40+	75			01:00:12	00:58:55	RES
815	1921	lisa	williams			Female 40+	76			01:00:12	00:58:23	RES
816	715	Mark	Evans			Male 40+	177			01:00:14	00:59:09	RES
817	784	Claire	Ghuman	Rhondda Rodents	1	Senior Female	134			01:00:15	00:57:52	RES
818	1553	John	Rees			Male 60+	31			01:00:15	00:59:25	RES
819	1369	Steve	Morris			Male 50+	116			01:00:17	00:59:25	RES
820	1562	Thomas	ReesGralton			Senior Male	246			01:00:17	00:59:04	RES
821	1974	Elaine	Morris			Female 40+	77			01:00:19	00:59:27	RES
822	1582	Jonathan	Ridd			Male 40+	178			01:00:20	00:59:40	RES
823	1313	Hannah	Miles	Les Croupiers Running Club	33	Senior Female	135			01:00:22	00:58:01	RES
824	770	ceri	gammond			Female 40+	78			01:00:25	00:59:44	RES

825	31	Colin	Armstrong			Male 50+	117				01:00:28	00:59:24	RES
826	727	nick	Everitt			Senior Male	247				01:00:29	00:58:33	RES
827	1853	Sarah	Wells	Cornelly Striders AC	17	Female 40+	79	team hollie	130		01:00:32	00:58:23	RES
828	1984	Sarah	Thompson			Female 40+	80				01:00:35	01:00:15	RES
829	645	Richard	Donne	3M Gorseinon Road Runners	15	Male 50+	118				01:00:35	01:00:24	RES
830	1766	Owain	Thomas			Senior Male	248	Thomas	131		01:00:36	00:59:39	RES
831	1957	Mark	Worrall	Ogmore Pheonix Runners	6	Male 50+	119				01:00:39	00:59:35	RES
832	859	Megan	Gullam			Senior Female	136				01:00:39	00:59:57	RES
833	559	Nathan	Dare			Senior Male	249				01:00:42	01:00:01	RES
834	1894	Daryl	Williams			Senior Male	250				01:00:43	01:00:02	RES
835	639	Liz	Denton	Les Croupiers Running Club	34	Female 50+	33				01:00:43	00:58:59	RES
836	999	Louise	James	Porthcawl Runners	14	Female 50+	34				01:00:45	01:00:11	RES
837	1008	Carly	JamesGill			Senior Female	137				01:00:48	01:00:17	RES
838	1870	Andrew	Wilkins	Brackla Harriers	17	Male 60+	32				01:00:49	00:59:44	RES
839	660	Gemma	Dyer	Clwb Rhedeg Pontardawe RC	5	Senior Female	138				01:00:49	00:59:32	RES
840	214	Sean	Clancy	Chepstow Harriers	1	Male 50+	120				01:00:51	00:58:32	RES
842	1578	peter	Richards			Male 50+	121				01:00:52	01:00:28	RES
841	167	Janina	Burczyk			Senior Female	139				01:00:52	00:59:59	RES
843	830	Elise	Griffiths			Senior Female	140				01:00:53	01:00:00	RES
844	213	Helen	clancy	Chepstow Harriers	2	Female 50+	35				01:00:54	00:58:36	RES
845	971	Tamryn	Hughes			Senior Female	141				01:00:54	00:59:13	RES
846	1395	Rebecca	Newton	Ogmore Phoenix Runners	11	Senior Female	142				01:00:56	00:59:48	RES
847	1909	Huw	Williams	Rhondda Valley Runners	8	Senior Male	251				01:00:59	00:59:23	RES
848	867	Jonathan	Hall			Senior Male	252				01:01:00	00:59:03	RES
849	1943	Tracey	Williams	Celtic Tri	7	Female 50+	36				01:01:00	00:58:45	RES
850	1814	Carolyn	Waites	Run4All Neath	21	Female 40+	81				01:01:01	00:59:23	RES
851	866	Alan	Hall			Male 50+	122				01:01:01	00:59:08	RES
852	1259	Alan	March			Male 50+	123				01:01:02	00:58:41	RES
853	1949	Carolyn	Windos	Cornelly Striders AC	18	Female 50+	37	team hollie	132		01:01:02	00:59:13	RES
854	1795	Dianna	Tudor	Neath Harriers	5	Female 40+	82				01:01:02	00:59:13	RES
856	1701	Jennifer	Stone	Cardiff AAC	3	Female 50+	38				01:01:05	00:59:37	RES
855	781	David	George	Les Croupiers Running Club	35	Male 40+	179				01:01:05	00:59:18	RES
857	1913	jan	Williams	Run4All Neath	22	Female 60+	4				01:01:05	00:59:24	RES
858	726	Teresa	Evans	Islwyn Running Club	4	Female	83				01:01:09	00:59:30	RES

859	1899 emma	williams			40+	Senior Female	143			01:01:11 01:00:22 RES
860	1081 Janet	Jones				Senior Female	144			01:01:12 00:59:00 RES
861	1832 David	Waters			Male 60+	33 team hollie	133			01:01:13 01:00:56 RES
862	1351 Katie	Morgan				Senior Female	145			01:01:15 00:59:28 RES
863	1154 Laura	Kingdom	Run4all	9		Senior Female	146 Team Hollie	134		01:01:17 00:59:40 RES
865	841 Louise	Griffiths	The old parish	1		Female 40+	84			01:01:21 01:00:26 RES
864	641 Stephanie	Dixon				Senior Female	147			01:01:21 01:00:27 RES
866	1373 Heidi	Morris-Barber				Female 40+	85			01:01:21 00:59:18 RES
867	1181 peter	lee				Male 40+	180			01:01:21 01:00:56 RES
868	548 Alison	Dacey	Women Running Penarth	2		Female 50+	39			01:01:23 01:00:34 RES
869	1773 Stephen	Thomas				Senior Male	253			01:01:24 01:00:24 RES
870	1772 Stacy	Thomas				Senior Female	148			01:01:25 01:00:24 RES
871	1914 Jackie	Lewis				Female 60+	5			01:01:25 01:00:25 RES
872	1690 Alun	Stephens				Male 40+	181			01:01:26 00:59:42 RES
873	1431 Suzanne	Owens	Llanelli AC	4		Senior Female	149			01:01:27 00:59:56 RES
874	1246 Andrew	Lustig				Male 40+	182			01:01:29 00:59:14 RES
875	502 Peter	Clement	#TeamBeut	2		Male 50+	124 #TeamBeut	135		01:01:31 00:59:12 RES
876	215 Charlotte	Clark	Seriously Mad Runners (Barry)	1		Senior Female	150			01:01:33 01:00:04 RES
877	1151 Nathan	King	Seriously Mad Runners (Barry)	2		Senior Male	254			01:01:34 01:00:05 RES
878	40 Kate	Attwood				Senior Female	151			01:01:34 00:59:46 RES
879	648 Mark	Douglas	Pontypridd Roadents AC	19		Senior Male	255			01:01:41 01:01:18 RES
880	521 Cindy	COOMBES				Female 50+	40			01:01:45 01:00:31 RES
881	1086 Julia	Jones	Port Talbot Harriers	66		Female 50+	41			01:01:47 01:01:23 RES
882	764 Paul	French				Male 40+	183			01:01:48 00:59:29 RES
883	1867 nichola	wilcox				Female 40+	86 team hollie	136		01:01:48 01:00:12 RES
884	1423 gary	owen	Port Talbot Harriers	67		Male 50+	125			01:01:50 01:00:50 RES
885	1015 Andrew	Jenkins				Senior Male	256 team isha	137		01:01:53 01:01:46 RES
886	876 Rhianydd	Hampton				Senior Female	152			01:01:54 00:59:50 RES
887	2000 Tracey	Warrington				Female 50+	42			01:01:55 00:59:59 RES
888	918 Victoria	Henry	Paul Popham Running Club	12		Senior Female	153			01:01:57 01:00:11 RES
889	1200 Kirsty	Lewis	Triathlon Coaching Wales	2		Senior Female	154			01:02:02 01:00:56 RES
890	1089 Leah	Jones				Senior Female	155			01:02:03 01:01:36 RES

891	1165	Anne	Lalic	Cwm Ogwr Running Club	4	Female 50+	43			01:02:08	01:00:24	RES
892	1463	Graham	Penn	Sarn Helen	1	Male 60+	34			01:02:10	01:01:27	RES
893	57	captain	beany					team hollie	138	01:02:11	01:00:35	RES
894	1584	Diane	Ridgeway			Female 50+	44			01:02:14	01:00:17	RES
895	1673	Tash	Smith	Run4All Neath	23	Senior Female	156			01:02:14	01:00:15	RES
896	828	David	Griffiths	Team Rees	1	Male 40+	184	Team Rees	139	01:02:16	01:01:47	RES
897	1076	Gwyn	Jones	Vegan Runners	1	Senior Male	257			01:02:16	01:00:22	RES
898	1257	Julia	Mann			Senior Female	157			01:02:19	01:00:30	RES
899	981	Paul	Iddon			Male 40+	185			01:02:21	01:02:16	RES
900	185	Sarah	Campion			Senior Female	158			01:02:24	01:01:18	RES
901	1068	Gareth	Jones			Senior Male	258			01:02:25	01:00:41	RES
902	1597	Steve	Roberts			Male 50+	126			01:02:26	01:01:18	RES
903	967	Margaret	Hughes			Female 50+	45			01:02:26	01:01:52	RES
904	1544	Sara	Reed	Run 4 all neath	1	Senior Female	159			01:02:28	01:01:53	RES
905	101	christopher	bevan			Male 40+	186			01:02:32	01:00:45	RES
906	973	Terry	Humphreys	Clwb Cherry Pontardawe RC	1	Male 60+	35	Pontardawe Running ClubNo	140	01:02:33	01:01:15	RES
907	1323	kirsty	mills	Old parish maesteg	1	Senior Female	160			01:02:35	01:01:42	RES
908	554	Melanine	Daniels			Female 40+	87			01:02:36	01:01:09	RES
909	1084	Joanne	Jones	Cornelly Striders AC	19	Female 40+	88	team hollie	141	01:02:36	01:00:43	RES
910	1911	Ieuan	Williams			Senior Male	259			01:02:37	01:02:27	RES
911	663	Martin	Eames			Male 40+	187			01:02:37	01:00:23	RES
912	1490	Sian	Pondevie	Pencoed Panthers	2	Female 40+	89			01:02:37	01:01:35	RES
913	1704	Michael	Sturgess	Port Talbot Harriers	68	Senior Male	260			01:02:38	01:02:22	RES
914	145	Stephen	Brisley			Male 40+	188			01:02:38	01:01:35	RES
915	698	Debbie	Evans			Female 40+	90			01:02:38	01:01:48	RES
916	1864	Rhian	White	Parc Bryn Bach Running Club	14	Senior Female	161			01:02:38	01:00:14	RES
917	1331	Daniel	Mizen	Cwmafan	1	Senior Male	261	The Mathew Mizen Foundation	142	01:02:39	01:02:30	RES
918	1960	Geoff	Wright	Les Croupiers Running Club	36	Male 60+	36			01:02:40	01:02:18	RES
919	1653	Graham	Singer			Male 60+	37			01:02:43	01:01:47	RES
920	1537	Elizabeth	Randall	Les Croupiers Running Club	37	Senior Female	162	Les Croupiers Running Club	143	01:02:48	01:01:03	RES
921	640	Luke	Dixon			Male 60+	38			01:02:50	01:00:36	RES
922	1629	Kathryn	Ruse	Paul Popham Running Club	13	Female 50+	46	PPRC	144	01:02:51	01:01:23	RES
923	1202	Lloyd	Lewis			Senior Male	262			01:02:51	01:01:54	RES
924	1336	Georgie	Monro			Senior	163			01:02:51	01:00:37	RES

						Female					
925	806	steve	Goodfellow	Penarth and Dinas Runners	10	Male 50+	127			01:02:53	01:01:18 RES
926	1067	Fiona	Jones	Paul Popham Running Club	14	Senior Female	164			01:02:53	01:01:17 RES
927	1907	Hannah	Williams			Senior Female	165			01:02:53	01:02:40 RES
928	1197	Jon	Lewis	Penarth and Dinas Runners	11	Male 40+	189			01:02:53	01:01:18 RES
929	732	stephen	farmer	Penarth & Dinas Runners	3	Male 50+	128			01:02:54	01:01:20 RES
930	48	Jo	Baglow			Senior Female	166			01:02:54	01:00:59 RES
931	1740	eric	thomas	kingdickesq	1	Male 50+	129			01:02:56	01:01:18 RES
933	1319	Gareth	Miller			Male 50+	130			01:02:56	01:01:45 RES
932	585	Desmond	Davies	Les Croupiers Running Club	38	Male 60+	39			01:02:56	01:02:37 RES
934	750	Tanya	Forehead	Caldicot running club	1	Female 40+	91			01:02:57	01:01:41 RES
935	587	Elizabeth	Davies			Female 40+	92			01:02:58	01:02:19 RES
936	1940	Sue	Williams	Les Croupiers Running Club	39	Female 50+	47			01:02:59	01:02:00 RES
937	954	jennifer	hoskins	Run4All Neath	24	Female 40+	93			01:03:02	01:01:53 RES
938	515	Creisna	Comerford Davies			Female 40+	94			01:03:03	01:01:19 RES
939	1552	JANETTE	REES	Port Talbot Harriers	69	Female 40+	95			01:03:04	01:02:55 RES
940	8	Naomi	Prady			Senior Female	167			01:03:06	01:02:11 RES
941	155	Emma	Brown			Senior Female	168			01:03:08	01:01:15 RES
942	1458	Hayley	Peek	Caerphilly RC	2	Senior Female	169			01:03:08	01:01:54 RES
943	157	Vincent	Brown	Cornelly Striders AC	20	Male 40+	190			01:03:08	01:01:15 RES
944	1986	Andrew	Trotman			Male 40+	191			01:03:09	01:02:44 RES
945	1217	CATHERINE	LLEWELLYN	Merthyr Running Club	4	Female 50+	48			01:03:12	01:01:03 RES
946	1971	Caroline	Davies			Female 40+	96			01:03:16	01:02:02 RES
947	616	Rachel	Davies	Women Running Penarth	3	Female 50+	49			01:03:16	01:02:27 RES
948	1780	Paula	Tilley	Puranas Tri	1	Female 40+	97			01:03:20	01:00:57 RES
949	1753	Kerry	Thomas	Yr hen blwyf	3	Female 40+	98	Yr hen blwyf	145	01:03:21	01:02:29 RES
951	1762	Michelle	Thomas	The old parish	2	Female 40+	99	Gelly	146	01:03:26	01:01:15 RES
950	1145	Roger	Key	Cwmafan	2	Male 50+	131			01:03:26	01:01:15 RES
952	1760	Maxine	Thomas	Maesteg old parish	1	Female 40+	100	Maesteg old parish	147	01:03:27	01:02:35 RES
953	55	Stuart	Ball	Les Croupiers Running Club	40	Senior Male	263			01:03:28	01:01:16 RES
954	207	Karen	Chadwell	Les Croupiers Running Club	41	Female 40+	101			01:03:29	01:01:17 RES
955	1106	Nigel leighton	Jones	LLANELLI STROLLERS	1	Male 60+	40			01:03:29	01:02:28 RES
956	1072	Gemma	Jones	Clwb Rhedeg Pontardawe RC	6	Senior Female	170			01:03:34	01:02:24 RES
957	168	Elizabeth	Burke	Port Talbot Harriers	70	Senior Female	171			01:03:34	01:03:07 RES

958	1024	Anne	Jenner	Chepstow Harriers	3	Female 50+	50			01:03:35	01:01:17	RES
959	1343	Alison	Morgan			Female 50+	51			01:03:39	01:02:14	RES
960	1781	christopher	todd jones	robertown roadrunners	1	Male 60+	41			01:03:39	01:02:44	RES
961	1888	Cathie	Williams	Sospan Road Runners	19	Female 50+	52			01:03:40	01:02:38	RES
962	1667	Matthew	Smith			Senior Male	264			01:03:42	01:01:56	RES
963	42	Penny	Aubrey			Senior Female	172			01:03:44	01:01:58	RES
964	1133	Claire	Joseph Morris			Female 40+	102			01:03:44	01:02:25	RES
965	1988	Sara	Thomas			Senior Female	173			01:03:44	01:02:22	RES
966	1661	Gail	Smith			Female 40+	103			01:03:47	01:02:34	RES
967	949	Bethan	Hopkins	Sospan Road Runners	20	Female 50+	53			01:03:50	01:01:30	RES
968	116	Gerry	Blake	Brecon AC	3	Female 40+	104			01:03:51	01:02:44	RES
969	1007	Tania	James Price	Pontypool and District	1	Female 40+	105			01:03:51	01:02:22	RES
970	1627	Katie	Rowland	Run 4 All Neath	2	Senior Female	174			01:03:52	01:02:10	RES
971	175	Nia	Butler	Pegasus Running Club	8	Female 40+	106			01:03:54	01:02:06	RES
972	1107	Paige	Jones			Senior Female	175			01:03:54	01:02:40	RES
973	1091	Leanne	Jones			Female 40+	107			01:03:55	01:02:41	RES
974	33	Olivia	Arnold	Paul Popham Running Club	15	Senior Female	176	PPRC	148	01:03:56	01:02:29	RES
975	1247	Catherine	Luszczki	Paul Popham Running Club	16	Senior Female	177			01:03:56	01:02:28	RES
976	1972	Ria	Appleby			Female 60+	6			01:03:56	01:03:01	RES
977	1599	Helen	Robertson	Les Croupiers Running Club	42	Female 40+	108			01:03:57	01:01:35	RES
978	988	Sian	Jakeman	Pencoed Tri Club	1	Senior Female	178			01:03:59	01:02:32	RES
979	1936	Robyn	Williams	Run4All Neath	25	Senior Female	179			01:03:59	01:02:27	RES
981	1891	Christine	Williams	Celtic Tri	8	Female 50+	54			01:04:00	01:02:27	RES
980	1598	Sue	Roberts	Run4all	10	Female 50+	55			01:04:00	01:02:28	RES
982	1129	Julie	Joseph	Run4All Neath	26	Female 50+	56			01:04:00	01:02:21	RES
983	749	Lindsay	Ford	Porthcawl Runners	15	Senior Female	180			01:04:01	01:03:30	RES
984	871	Katie	Hamer	Parc Bryn Bach Running Club	15	Female 40+	109			01:04:01	01:02:47	RES
985	899	chrissy	harrison	Run4All	11	Female 40+	110			01:04:09	01:01:44	RES
986	45	Charlotte	AVERY			Female 40+	111			01:04:10	01:02:56	RES
987	1713	Lucy	Swithenbank			Senior Female	181			01:04:11	01:02:49	RES

988	797	Katy	Girdler	Celtic Tri	9	Female 40+	112			01:04:11	01:01:48	RES
989	117	Julia	Bleaney	Run4All Neath	27	Female 40+	113	Team Hollie	149	01:04:14	01:02:51	RES
990	627	Shannon	Davies			Senior Female	182			01:04:14	01:01:54	RES
991	98	Tammy	Beshella			Senior Female	183			01:04:16	01:03:21	RES
992	154	Deborah	Brown			Female 40+	114			01:04:18	01:02:34	RES
993	1786	Alison	Tredwell			Female 50+	57			01:04:18	01:03:41	RES
994	734	Stephanie	Ferry	CDF Runners	6	Senior Female	184			01:04:21	01:03:45	RES
995	1898	Ella	Williams	CDF Runners	7	Senior Female	185			01:04:21	01:03:46	RES
996	805	Andrea	Goodfellow	Penarth and Dinas Runners	12	Senior Female	186			01:04:24	01:02:51	RES
997	1237	JOANNE	LOMBARDI			Female 40+	115			01:04:25	01:02:38	RES
998	1664	Lee	Smith			Male 40+	192			01:04:25	01:02:39	RES
999	1338	Amanda	Moore	Bra	1	Senior Female	187			01:04:26	01:02:04	RES
1000	136	Neil	Bradley	Run for all neath	1	Male 50+	132			01:04:30	01:02:46	RES
1001	938	Helen	Hodgson	women running penarth	4	Female 40+	116			01:04:30	01:03:41	RES
1002	1467	Julia	Perry	Run4All Neath	28	Senior Female	188			01:04:31	01:02:54	RES
1003	1178	Susan	Lazarus	Women Running Penarth	5	Female 50+	58			01:04:31	01:03:39	RES
1004	1009	Maxine	January			Female 50+	59			01:04:35	01:03:42	RES
1005	1752	Kathryn	Thomas			Female 50+	60			01:04:36	01:03:21	RES
1006	837	Jenna	Griffiths			Senior Female	189			01:04:40	01:03:20	RES
1008	1309	Dawne	Meynell-Western	Rhondda Valley Runners	10	Female 40+	117			01:04:40	01:03:05	RES
1007	868	Russell	Hall	Rhondda Valley Runners	9	Male 50+	133	Rhondda Valley Runners	150	01:04:40	01:03:04	RES
1010	1092	Leisa	Jones			Female 50+	61			01:04:41	01:02:54	RES
1009	1017	david	jenkins			Male 40+	193			01:04:41	01:03:24	RES
1011	1656	Anthony	Slater			Male 40+	194			01:04:43	01:03:27	RES
1012	1878	Alison	Williams	Run 4 All	1	Female 50+	62	Ally	151	01:04:44	01:03:21	RES
1013	97	Georgina	Berry			Senior Female	190			01:04:49	01:02:33	RES
1014	99	Leigh	Besley	RunBont	2	Senior Male	265	RunBont	152	01:04:51	01:04:37	RES
1015	1303	Liz	Melding	Run4all	12	Female 40+	118			01:04:52	01:02:35	RES
1016	527	Nicola	Cornock	Ogmore Phoenix Runners	12	Female 40+	119			01:04:54	01:03:29	RES
1017	1788	Aaron	Trolley			Senior Male	266			01:04:55	01:04:23	RES
1018	1566	Joanna	Rhydderch	Run4All Neath	29	Senior Female	191			01:04:58	01:03:19	RES

1019	1213	William bsrrie	Lewis	Islwyn Running Club	5	Male 60+	42			01:05:00	01:03:17	RES
1020	1430	Megan	Owens			Senior Female	192			01:05:07	01:04:03	RES
1021	1167	Jackie	Lambeth	Islwyn Running Club	6	Female 40+	120			01:05:12	01:03:34	RES
1022	1712	ian	swanson	Port Talbot Harriers	71	Male 60+	43			01:05:15	01:04:38	RES
1023	860	Olivia	Gullam	Port talbot harriers	72	Senior Female	193			01:05:16	01:03:02	RES
1024	1953	Ruth	Wood	Ruth Eleri Wood	1	Senior Female	194			01:05:17	01:03:28	RES
1025	1874	CARYS	WILKINSON			Senior Female	195	the brit pub	153	01:05:18	01:04:28	RES
1026	1248	Gary	Maal			Male 50+	134			01:05:22	01:04:39	RES
1027	1275	paul	Mason			Male 50+	135			01:05:23	01:04:39	RES
1028	1505	Kelly	Preece	Pontyclun road runners	6	Senior Female	196			01:05:24	01:04:25	RES
1029	1961	Hilary	Wright	Pontyclun road runners	7	Female 60+	7	Pontyclun road runners	154	01:05:25	01:04:28	RES
1030	950	Dawn	Hopkins	Cwm Ogwr Running Club	5	Senior Female	197			01:05:27	01:04:28	RES
1031	1932	Philip	Williams			Male 40+	195			01:05:27	01:04:01	RES
1032	63	Alexis	Barrett			Female 40+	121			01:05:28	01:04:29	RES
1033	1028	Andrew	John			Male 40+	196			01:05:28	01:04:13	RES
1034	1619	Sarah	Rogers			Senior Female	198			01:05:28	01:03:58	RES
1035	1908	Helen	Williams	Islwyn Running Club	7	Senior Female	199	Helen Williams	155	01:05:30	01:03:52	RES
1036	1804	Jo	Van Mook			Senior Female	200			01:05:32	01:04:22	RES
1037	1006	sarah	james	Pegasus Running Club	9	Female 40+	122			01:05:32	01:04:02	RES
1038	862	Susie	Gurner	Caerphilly Runners	5	Senior Female	201			01:05:35	01:04:21	RES
1039	537	Bryan	Crosland			Senior Male	267			01:05:37	01:04:47	RES
1040	1272	Jon	Martin	Les Croupiers Running Club	43	Male 40+	197			01:05:40	01:03:55	RES
1041	1433	Natalie	Paget	Ogmore Pheonix Runners	7	Senior Female	202			01:05:44	01:04:27	RES
1042	1642	Andrea	Self	Ogmore Pheonix Runners	8	Senior Female	203	team hollie	156	01:05:45	01:04:25	RES
1043	1031	Dai	John	Celtic Tri	10	Senior Male	268			01:05:47	01:05:26	RES
1044	912	David	Heffron	Cornelly Striders AC	21	Male 40+	198	team hollie	157	01:05:49	01:03:41	RES
1045	1872	Susan	Wilkins	Brackla Harriers	18	Female 60+	8			01:05:52	01:04:51	RES
1046	1481	Sian	Phillips			Senior Female	204			01:05:52	01:04:27	RES
1047	1697	sandra	stevens	Merthyr Running Club	5	Female 60+	9	merthyr running club	158	01:05:53	01:03:35	RES
1048	1831	Andrew	Water	Bulldogs ABC	1	Male 40+	199			01:05:57	01:05:16	RES
1049	1399	Les	Nicolson			Female 50+	63			01:05:57	01:04:46	RES
1050	1706	Stephen	Sullivan			Male 40+	200			01:06:01	01:04:19	RES
1051	151	nicola	brooks	PPRC	4	Female 40+	123	PPRC	159	01:06:02	01:04:17	RES
1052	1001	Mark	James	Porthcawl Runners	16	Male 50+	136			01:06:02	01:05:28	RES

1053	1606	ian	robinson			Senior Male	269			01:06:03	01:05:34	RES
1054	1264	Severine	MARI-PINCOTT	Paul Popham Running Club	17	Female 40+	124	Paul Popham Running Club	160	01:06:03	01:04:37	RES
1055	1683	Jessica	Stacey	Rhondda Valley Runners	11	Senior Female	205			01:06:04	01:04:05	RES
1056	1945	Helen	Williams	couch		Female 40+	125			01:06:04	01:04:03	RES
1057	1103	Mat	Jones	Port Talbot Harriers	73	Male 40+	201			01:06:07	01:05:11	RES
1058	162	Rhiannon	Buckley	Cwm Ogwr Running Club	6	Senior Female	206			01:06:10	01:05:06	RES
1059	1658	Donna	Smallbones	Paul Popham Running Club	18	Female 40+	126			01:06:10	01:04:27	RES
1060	104	James	Beynon	CYM ogwr	1	Male 40+	202			01:06:11	01:05:06	RES
1061	1435	Leighanne	Palmer			Senior Female	207			01:06:14	01:04:46	RES
1062	959	Sarah	Hubbard			Senior Female	210			01:06:16	01:04:28	RES
1064	1280	Tracey	Matthews			Senior Female	209			01:06:16	01:05:04	RES
1063	978	Rebecca	Hurst	Run 4 All Neath	3	Senior Female	208			01:06:16	01:04:31	RES
1066	933	Debbie	Hobbs			Female 50+	64			01:06:17	01:05:41	RES
1065	148	Nicola	Bromham	Run 4 All Neath	4	Senior Female	211	ED Runners	161	01:06:17	01:04:32	RES
1067	1533	Sharon	Raikes			Female 60+	10			01:06:18	01:04:44	RES
1068	1605	glyn	robinson			Male 60+	44			01:06:18	01:05:49	RES
1069	934	Mathew	Hobbs			Senior Male	270			01:06:19	01:05:44	RES
1070	49	Emma	Bailey			Female 40+	127			01:06:20	01:04:42	RES
1071	1403	teresa	noble			Female 40+	128			01:06:20	01:04:38	RES
1072	1763	Neil	Thomas			Male 50+	137			01:06:21	01:04:39	RES
1073	1400	David	Noble			Male 40+	203			01:06:22	01:04:39	RES
1074	1609	Tara	Roche			Senior Female	212	Team Hollie	162	01:06:22	01:05:00	RES
1075	1737	Debbie	Thomas	Maesteg Old Parish	2	Female 40+	129	Debbie	163	01:06:22	01:04:39	RES
1076	1043	Clare	Johnson	Les Croupiers Running Club	44	Female 60+	11			01:06:23	01:05:57	RES
1077	1476	Gillian	Phillips	Sospan Road Runners	21	Female 50+	65	Sospan Road Runners	164	01:06:25	01:04:18	RES
1078	569	Melanie	David			Senior Female	213	team hollie	165	01:06:25	01:04:48	RES
1079	1928	Nathan	Williams			Male 40+	204			01:06:25	01:04:53	RES
1080	647	Emma	Doolan	3M Gorseinon Road Runners	16	Female 40+	130			01:06:26	01:04:54	RES
1081	1687	Chris	Stanlake	Ogmore Phoenix Runners	13	Senior Male	271			01:06:26	01:04:34	RES
1082	1692	Leanne	Stephens	Islwyn Running Club	8	Female 40+	131			01:06:28	01:04:49	RES
1083	1317	Victoria	Millard			Senior Female	214			01:06:29	01:05:46	RES
1084	1771	Shan	Thomas	Sospan Road Runners	22	Female 40+	132	Sospan road runners	166	01:06:29	01:04:24	RES

1085	1240	Diane	Love			Female 40+	133			01:06:30	01:05:15	RES
1086	997	Jonathan	James			Senior Male	272			01:06:32	01:04:09	RES
1087	1536	Andrea	Randall	Cwm Ogwr Running Club	7	Female 40+	134			01:06:33	01:04:36	RES
1088	1139	Joanne	Kendall	Cwm Ogwr Running Club	8	Female 40+	135			01:06:34	01:04:38	RES
1089	84	Michelle	Bendyk			Female 40+	136			01:06:37	01:04:27	RES
1090	1647	Sharon	Sherlock	Refail Runners	2	Female 40+	137			01:06:42	01:06:00	RES
1091	125	Emma	Bounds	Refail Runners	3	Female 40+	138			01:06:42	01:06:00	RES
1092	1749	Jane	Thomas			Female 40+	139			01:06:43	01:05:14	RES
1093	958	Nicola	Howells	Cornelly Striders AC	22	Female 50+	66	team hollie	167	01:06:47	01:04:58	RES
1094	1454	Nicola	Peck	Plymouth Coasters	1	Female 40+	140			01:06:52	01:05:33	RES
1095	1064	Emma	Jones	Paul Popham Running Club	19	Senior Female	215	PPRC	168	01:06:53	01:05:17	RES
1096	1298	Kelly	McNeish			Female 40+	141			01:06:55	01:04:36	RES
1097	131	Andrea	Brabrook	Carmarthen & District Harriers AC	1	Female 40+	142			01:07:00	01:04:57	RES
1098	666	Carl	Edmonds			Senior Male	273			01:07:01	01:04:41	RES
1099	636	Victoria	Davies			Female 40+	143			01:07:02	01:06:36	RES
1100	756	Janice	Francis	Brackla Harriers	19	Female 50+	67			01:07:05	01:05:35	RES
1101	1087	Julie	Jones	Port Talbot Harriers	74	Senior Female	216			01:07:06	01:06:08	RES
1102	1499	Rhian	Powell	Port Talbot Harriers	75	Female 40+	144			01:07:07	01:06:08	RES
1103	1110	Phillip	Jones	Celtic Tri	11	Male 40+	205			01:07:08	01:04:53	RES
1104	757	jody	francis	Port Talbot Harriers	76	Female 40+	145			01:07:09	01:05:57	RES
1105	758	Joel	Francis	Port Talbot Harriers	77	Senior Male	274			01:07:10	01:05:58	RES
1106	93	Debbie	Bennion	Ogmore Phoenix Runners	14	Female 50+	68	Debbie Bennion	169	01:07:11	01:06:03	RES
1107	680	Trudi	Edwards	Dragons Running Club	3	Female 40+	146			01:07:12	01:06:18	RES
1108	667	Amanda	Edwards			Female 50+	69			01:07:13	01:06:02	RES
1109	522	Laura	Coombes	Les Croupiers Running Club	45	Female 40+	147			01:07:15	01:05:27	RES
1110	1344	Anna	Morgan			Senior Female	217			01:07:17	01:05:31	RES
1111	539	Shawn	Cullen	Ogmore Phoenix Runners	15	Male 40+	206			01:07:27	01:05:32	RES
1112	95	Sophie	Beresford	Paul Popham Running Club	20	Senior Female	218			01:07:29	01:05:56	RES
1113	94	Robert	Beresford	Paul Popham Running Club	21	Male 60+	45	PPRC	170	01:07:29	01:05:58	RES
1114	1130	Lauren	Joseph			Senior Female	219			01:07:30	01:05:33	RES
1115	1927	Natalie	Williams	Merthyr Running Club	6	Senior Female	220			01:07:30	01:05:33	RES

1116	1588	Joanne	Robbins	Paul Popham Running Club	22	Senior Female	221			01:07:35	01:06:07	RES
1117	1516	Sue	Prosser	Brackla Harriers	20	Female 40+	148			01:07:36	01:06:05	RES
1118	540	Sinead	Cullen			Senior Female	222			01:07:37	01:05:19	RES
1119	1201	Lisa	Lewis	Maesteg	1	Senior Female	223			01:07:40	01:06:47	RES
1120	1004	Rhian	James	Yr Hen Blwyf - The Old Parish	1	Senior Female	224			01:07:40	01:06:47	RES
1121	1941	Teleri	Williams			Female 40+	149			01:07:41	01:05:45	RES
1122	1828	Kathryn	Warren			Senior Female	225			01:07:44	01:06:44	RES
1123	119	Rebecca	Bogue			Senior Female	226			01:07:45	01:05:56	RES
1124	1520	Rea	Pugh Davies	Port Talbot Harriers	78	Senior Female	227			01:07:48	01:07:09	RES
1125	671	darren	edwards			Senior Male	275	run for kev	171	01:07:48	01:06:25	RES
1126	1854	Hollie	Wellstead			Senior Female	228			01:07:49	01:07:11	RES
1127	737	Terry	Filer			Female 50+	70			01:07:49	01:06:40	RES
1128	191	Alex	Carmichael			Senior Female	229	Team Hollie	172	01:07:49	01:05:55	RES
1129	1046	Siân	Johnson	Islwyn Running Club	9	Senior Female	230			01:08:00	01:06:22	RES
1130	693	Carwyn	Evans	Dragons Running Club	4	Male 50+	138			01:08:01	01:07:06	RES
1131	811	Amanda	Gould			Female 40+	150			01:08:02	01:06:44	RES
1132	1543	Laura	Redmore			Senior Female	231			01:08:02	01:05:38	RES
1133	1363	Linzi-Jayne Bernadette	margetson	Port Talbot Harriers	79	Senior Female	232			01:08:03	01:07:37	RES
1134	1573	Laura	Richards			Senior Female	233			01:08:04	01:06:45	RES
1135	72	Sarah	Bartram			Senior Female	234			01:08:05	01:07:31	RES
1136	1850	James	Webber	Run for Kev	2	Senior Male	276	Run for kev	173	01:08:07	01:06:43	RES
1137	674	jade	edwards			Senior Female	235	run for kev	174	01:08:11	01:06:48	RES
1138	1741	Gareth	Thomas			Male 40+	207	RUN FOR KEV	175	01:08:12	01:06:48	RES
1139	1045	karl	johnson	Cwm Ogwr Running Club	9	Senior Male	277			01:08:13	01:07:10	RES
1140	1162	Lisa	kyte	Rhondda Valley Runners	12	Female 40+	151			01:08:16	01:06:41	RES
1141	1955	melanie	woods	Rhondda Valley Runners	1	Female 40+	152			01:08:17	01:06:42	RES
1142	1840	izzy	Watts			Senior Female	236			01:08:22	01:08:02	RES
1143	1495	Anne	Powell			Senior Female	237			01:08:22	01:08:02	RES
1144	1970	Poiny	Powell							01:08:24	01:07:02	RES
1145	516	Shannon	Conlin			Senior Female	238			01:08:25	01:07:18	RES

1146	1672 Susan	Smith			Female	239			01:08:25 01:07:45 RES
1147	1452 Jill	Peacock	Port Talbot Harriers	80	Female 50+	71			01:08:27 01:08:01 RES
1148	1256 Penny	Maisey			Female 40+	153			01:08:29 01:07:21 RES
1149	1188 Colin	Lewis			Male 50+	139			01:08:29 01:06:41 RES
1150	1226 Kimberley	Lloyd			Senior Female	240			01:08:32 01:06:11 RES
1151	1358 Philippa	Morgan			Female 40+	154			01:08:33 01:06:13 RES
1153	1947 Lisa	Wilson			Female 50+	72			01:08:34 01:07:18 RES
1152	1171 Kathryn	Lane	Port talbot harriers	81	Female 40+	155			01:08:34 01:07:53 RES
1154	1404 Rhian	Nolan	Cwm Ogwr Running Club	10	Female 40+	156			01:08:35 01:06:49 RES
1155	1265 Celia	Marsh	Lliswerry Runners	13	Female 40+	157			01:08:36 01:07:21 RES
1156	1118 Sally	Jones	Port Talbot Harriers	82	Senior Female	241			01:08:47 01:07:02 RES
1157	1671 Ruth	Smith	Caerleon Running Group	1	Female 50+	73			01:08:49 01:06:41 RES
1158	1851 Helen	Welch	Pontypridd Roadents AC	20	Female 40+	158			01:08:52 01:08:29 RES
1159	1551 Gail	Rees	Sospan Road Runners	23	Female 40+	159			01:08:55 01:06:48 RES
1160	1865 Steven	White	Dragons Running Club	5	Male 40+	208			01:08:56 01:08:01 RES
1161	1172 Shirley	Lane			Female 50+	74			01:08:56 01:08:08 RES
1162	717 Mena	Evans			Female 50+	75			01:08:58 01:07:07 RES
1163	77 Martyn	Beddoe			Male 40+	209			01:08:58 01:08:09 RES
1165	1887 Carolyn	Williams	Port Talbot Harriers	83	Female 50+	76			01:08:59 01:08:10 RES
1164	780 Claire	George	Les Croupiers Running Club	46	Female 40+	160			01:08:59 01:07:13 RES
1166	1995 Leanne	Morgan			Senior Female	242			01:09:01 01:07:50 RES
1168	1698 Victoria	Stockdale	Celtic Tri	12	Female 40+	162			01:09:03 01:06:50 RES
1167	1465 Catherine	Perkinton	Sospan Road Runners	24	Female 40+	161	Sospan road runners	176	01:09:03 01:06:42 RES
1169	996 Jennet	James	Cornelly Striders AC	23	Female 50+	77			01:09:05 01:06:56 RES
1170	1724 Rebecca	Teague	Run 4 All Neath	5	Senior Female	243			01:09:07 01:07:28 RES
1171	589 Emma	Davies	Sospan Road Runners	25	Senior Female	244	Sospan Road Runners	177	01:09:14 01:07:07 RES
1172	1497 Jannine	Powell	Run4all Neath	30	Female 40+	163			01:09:15 01:07:38 RES
1173	1866 Teresa	White			Female 50+	78			01:09:22 01:08:40 RES
1174	1595 Samantha	Roberts			Female 50+	79			01:09:22 01:08:40 RES
1175	834 Helen	Griffiths	Ogmore Phoenix Runners	16	Female 40+	164			01:09:23 01:07:51 RES
1176	1270 Jackie	Martin	sospan road Runners	26	Female 50+	80	Sospan Road Runners	178	01:09:25 01:07:20 RES

1177	1273	Mark	Martin			Male 50+	140			01:09:26	01:07:21	RES
1179	1848	Carly	Webber	RUN FOR KEV	3	Senior Female	245			01:09:30	01:08:05	RES
1178	583	Cori James	Davies			Senior Male	278	RUN FOR KEV	179	01:09:30	01:08:05	RES
1180	194	Kelly	Carpenter			Senior Female	246			01:09:33	01:07:15	RES
1181	220	Andrew	Clement			Male 50+	141			01:09:33	01:07:15	RES
1182	1515	Sharon	Pritchard	Ogmore Pheonix Runners	9	Female 40+	165			01:09:35	01:08:27	RES
1183	64	Clare	Barrett	Islwyn Running Club	10	Senior Female	247			01:09:36	01:07:46	RES
1184	1539	Julie	Ransom	Ogmore Phoenix Runners	17	Female 40+	166			01:09:38	01:07:43	RES
1185	847	Owen	Griffiths			Male 40+	210			01:09:39	01:08:00	RES
1186	848	Sharon	Griffiths	Sospan Road Runners	27	Female 40+	167			01:09:42	01:07:36	RES
1187	1568	Anne	Richards			Senior Female	248			01:09:42	01:08:31	RES
1188	1592	Natalie	Roberts			Senior Female	249			01:09:44	01:07:54	RES
1189	1688	Gwyneth	Steddy	Ogwr Phoenix Runners	1	Female 50+	81			01:09:45	01:08:02	RES
1190	1879	Alison	Williams			Senior Female	250			01:09:46	01:07:56	RES
1191	777	Cara	Gates			Female 40+	168			01:09:52	01:08:48	RES
1192	611	Naomi	Davies			Female 40+	169			01:09:52	01:09:22	RES
1193	1402	Nikki	Noble			Senior Female	251			01:10:00	01:08:09	RES
1194	170	Paul	Burke			Male 40+	211			01:10:02	01:08:10	RES
1195	1777	Samantha	Thompson			Female 50+	82			01:10:02	01:08:08	RES
1196	594	John	Davies	Run 4All	1	Male 60+	46			01:10:02	01:07:54	RES
1197	1776	Holly	Thompson			Senior Female	252			01:10:02	01:08:08	RES
1198	171	Tracey	Burley	Refail Runners	4	Female 40+	170			01:10:03	01:09:19	RES
1199	1258	Mera	Mann			Female 40+	171			01:10:03	01:08:52	RES
1200	1513	Alison	Pritchard	Pegasus Running Club	10	Senior Female	253			01:10:07	01:08:38	RES
1201	1359	Sara	Morgan	Pegasus Running Club	11	Female 40+	172			01:10:08	01:08:39	RES
1202	1783	Sian	Tossell	Ogmore Phoenix Runners	18	Female 50+	83			01:10:08	01:07:47	RES
1203	1229	Nia	Lloyd	Maindy Harriers	4	Male 40+	212			01:10:10	01:08:00	RES
1204	1057	Catrin	Jones	Porthcawl Runners	17	Female 40+	173	Lost Sheep	180	01:10:14	01:09:41	RES
1205	874	Anne Marie	Hames	Porthcawl Runners	18	Female 50+	84	Lost Sheep	181	01:10:15	01:09:43	RES
1206	1905	Gerard	Williams	GMD AUTOS	1	Male 40+	213	HOPE	182	01:10:17	01:09:56	RES
1207	1209	Sian	Lewis			Senior Female	254			01:10:18	01:08:21	RES
1208	1305	Steve	Melton	Run4all	13	Male 40+	214			01:10:20	01:09:33	RES
1209	512	Jeffrey	Collier	Cornelly Striders AC	24	Male 60+	47			01:10:21	01:08:17	RES
1210	735	Carl	Field	Porthcawl Runners	19	Senior	279			01:10:22	01:09:50	RES

1211	1392	Tracey	Newman	Les Croupiers Running Club	47	Male Female 40+	174			01:10:25	01:08:11	RES
1212	1362	Cariad	Margetson			Senior Female	255			01:10:27	01:10:00	RES
1213	1443	Philip	Parsons	Run4all Neath	31	Male 40+	215			01:10:27	01:08:47	RES
1214	1560	Victoria	Rees	Paul Popham Running Club	23	Female 40+	175	Paul Popham Running Club	183	01:10:31	01:09:32	RES
1215	972	Krista	Humphrey			Senior Male	280			01:10:33	01:10:05	RES
1216	1393	Kelly	Newth			Senior Female	256			01:10:34	01:09:20	RES
1217	646	Kathryn	Donovan	Road Runners Club	1	Female 40+	176			01:10:39	01:09:37	RES
1218	659	Helen	Dye	Port Talbot Harriers	84	Senior Female	257	Team Hollie	184	01:10:40	01:09:28	RES
1219	1674	Lisa	Smithers	Port Talbot Harriers	85	Female 40+	177	team hollie	185	01:10:41	01:09:28	RES
1221	1965	Sian	Wyndham	Port Talbot Harriers	86	Female 40+	178	team hollie	186	01:10:42	01:09:29	RES
1220	724	Sarah	Evans	Port Talbot Harriers	87	Female 40+	179			01:10:42	01:09:28	RES
1222	741	Helen	Fisher			Senior Female	258			01:10:42	01:09:29	RES
1223	1062	Eleanor	Jones	Vegan Runners	2	Senior Female	259			01:10:42	01:08:48	RES
1224	1938	Sian	Williams	Port Talbot Harriers	88	Senior Female	260	team hollie	187	01:10:44	01:09:31	RES
1225	44	Maddy	Austin			Female 60+	12			01:10:46	01:08:42	RES
1226	1519	Hayley	Pugh	Pontypridd Roadents AC	21	Female 40+	180			01:10:57	01:10:34	RES
1227	1649	Josephine	Shirley	Porthcawl Runners	20	Female 40+	181	The Lost Sheep	188	01:11:12	01:10:39	RES
1228	1996	Jessica	Lomont			Senior Female	261			01:11:14	01:09:06	RES
1229	1168	Ian	Lamont	Cornelly Striders AC	25	Male 50+	142	team hollie	189	01:11:14	01:09:06	RES
1230	552	Beth	Daniel			Female 50+	85			01:11:18	01:10:01	RES
1231	703	Gemma	Evans	Cornelly Striders AC	26	Senior Female	262	Team Hollie	190	01:11:19	01:09:10	RES
1232	1997	Susan	Wonnacott			Senior Female	263			01:11:21	01:09:13	RES
1233	686	Jane	English	Porthcawl Runners	21	Female 40+	182	Lost Sheep	191	01:11:22	01:10:48	RES
1234	1389	stephen	new	Caerphilly Runners	6	Male 50+	143			01:11:22	01:10:08	RES
1235	1743	Georgina	Thomas			Senior Female	264			01:11:23	01:09:49	RES
1236	1779	Debbie	Tidy	Run4All Neath	32	Senior Female	265			01:11:24	01:09:56	RES
1237	861	Richard	Gurner	Caerphilly Runners	7	Senior Male	281			01:11:25	01:10:11	RES
1238	873	Steve	Hamer	Parc Bryn Bach Running Club	16	Male 40+	216			01:11:26	01:10:12	RES
1239	1514	gail	Pritchard	Cwm Ogwr Running Club	11	Female 40+	183			01:11:31	01:09:32	RES
1240	1184	Antony	Lewis			Male 40+	217			01:11:32	01:09:34	RES
1241	1623	Claire	Ross	Refail Runners	5	Female 40+	184			01:11:33	01:10:50	RES

1242	894	Kari-Anne	Harris			Senior Female	266			01:11:35	01:10:50	RES
1243	138	Adrian	Bragger			Male 50+	144			01:11:35	01:11:09	RES
1244	1286	Laura	McCarthy	Pontypridd Roadents RC	1	Female 50+	86			01:11:35	01:11:11	RES
1245	137	Wendy	Brady			Female 40+	185			01:11:51	01:09:29	RES
1246	1729	ann	thomas	Port Talbot Harriers	89	Female 60+	13			01:11:54	01:10:58	RES
1247	1601	Lee	Robins			Male 40+	218			01:12:00	01:10:23	RES
1248	1235	Beverley	Logan	Run4All Neath	33	Senior Female	267			01:12:01	01:10:24	RES
1249	675	Janine	Edwards			Female 40+	186			01:12:04	01:11:09	RES
1250	625	Samantha	Davies	Old parish	2	Female 40+	187			01:12:05	01:09:55	RES
1251	1132	Sarah	Joseph			Female 50+	87			01:12:07	01:10:16	RES
1252	1276	Lesley	Matthews	Rhondda Valley Runners	13	Female 50+	88			01:12:14	01:11:20	RES
1253	1042	Beverley	Johnson	Rhondda Valley runners	14	Female 50+	89			01:12:14	01:11:22	RES
1254	694	clare	evans			Female 40+	188			01:12:15	01:09:51	RES
1255	1720	John	Taylor			Male 40+	219			01:12:16	01:09:52	RES
1256	1787	Trudy	Tremlett	the old parish running club	2	Female 40+	189			01:12:18	01:10:07	RES
1257	1357	Nicola	Morgan	Old Parish	3	Female 40+	190			01:12:19	01:10:09	RES
1258	1748	James	Thomas	Yr Hen Blwyf Maesteg	1	Male 50+	145			01:12:19	01:10:07	RES
1259	1506	Susan	Prescott	Cornelly Striders AC	27	Female 40+	191	team hollie	192	01:12:20	01:10:31	RES
1260	1775	Amanda	Thompson	Les Croupiers Running Club	48	Female 50+	90			01:12:22	01:11:21	RES
1261	1205	Nicola	Lewis	Parc Bryn Bach Running Club	17	Female 40+	192			01:12:22	01:10:06	RES
1262	1206	Rhys	Lewis	Parc Bryn Bach Running Club	18	Male 40+	220			01:12:22	01:10:06	RES
1263	173	Sharron	Burrige	Chepstow Harriers	4	Female 40+	193			01:12:28	01:10:10	RES
1264	124	Elaine	Bounds			Female 40+	194			01:12:28	01:10:20	RES
1265	822	Catherine	GREENSLADE	Pontyclun RoadRunners	1	Female 50+	91			01:12:30	01:10:07	RES
1266	1675	Angela	South	Pontyclun Road Runners	8	Female 50+	92			01:12:31	01:10:08	RES
1267	700	Emyr	Evans	Llanelli AC	5	Senior Male	282			01:12:35	01:11:37	RES
1269	1125	Susie	Jones	Run4All Neath	35	Female 40+	195			01:12:40	01:11:18	RES
1268	1054	Brian	Jones	Run4All Neath	34	Male 40+	221			01:12:40	01:11:18	RES
1270	917	Vivienne	Henderson	Run 4 All	2	Female 40+	196			01:12:41	01:10:35	RES
1271	1460	Julie	Pemberton	Women Running Penarth	6	Female 50+	93			01:12:44	01:11:55	RES
1272	13	Karen	Adams	Sospan Road Runners	28	Female 40+	197			01:12:52	01:10:45	RES
1273	608	Michael	Davies			Senior	283			01:12:52	01:12:32	RES

1274	1353	Leah	Morgan	Cwm Ogwr Running Club	12	Male Female 40+	198			01:12:56	01:11:14	RES
1275	1935	Robert	Williams	Pontardawe Running Club	1	Male 40+	222			01:12:57	01:11:02	RES
1276	801	Gina	Goddard			Female 60+	14			01:12:59	01:12:23	RES
1277	581	Ceri	Davies	Cornelly Striders AC	28	Senior Female	268			01:13:03	01:10:54	RES
1279	1407	Alex	O'Brien	Sosban Road Runners	1	Senior Male	284			01:13:12	01:11:10	RES
1278	142	Alyson	Bray	Run4all	14	Female 50+	94			01:13:12	01:11:32	RES
1280	184	Jean	Campbell	Neath	1	Female 60+	15	TBC	193	01:13:12	01:11:32	RES
1281	1635	Patrice	Samuel	Port Talbot harriers	90	Senior Female	269	Patrice	194	01:13:16	01:12:38	RES
1282	1450	Rhian	Payne			Senior Female	270			01:13:33	01:12:23	RES
1283	1916	Julie	Williams	Islwyn Running Club	11	Female 40+	199			01:13:41	01:12:03	RES
1284	1577	Nicola	Richards	Islwyn Running Club	12	Female 40+	200			01:13:41	01:12:03	RES
1285	793	Jasmine	Gill	Porthcawl Runners	22	Senior Female	271	Lost Sheep	195	01:13:44	01:13:14	RES
1286	854	Phil	Groves	Pegasus Running Club	12	Male 50+	146			01:13:54	01:12:24	RES
1287	1050	andrew	jones	Team Beut	1	Senior Male	285	Team Beut	196	01:13:54	01:13:40	RES
1288	1670	Rhyannon	Smith	Run4All Neath	36	Senior Female	272			01:13:54	01:11:32	RES
1289	812	Sarah	Gould			Female 50+	95			01:13:57	01:12:55	RES
1290	1196	Janine	Lewis			Female 40+	201			01:13:58	01:12:55	RES
1291	802	Alys	Golding	Port Talbot Harriers	91	Senior Female	273			01:14:03	01:12:55	RES
1292	993	Claire	James			Female 40+	202			01:14:16	01:12:30	RES
1294	1163	Cameron	Lacey-Coles	Caerphilly Runners	8	Senior Male	286			01:14:17	01:13:02	RES
1293	998	Leigh	James			Male 50+	147			01:14:17	01:12:31	RES
1295	1842	Rhian	Waygood	Vegan Runners	3	Senior Female	274			01:14:18	01:13:12	RES
1296	1841	Christopher	Waygood			Senior Male	287			01:14:19	01:13:14	RES
1297	1164	Claire	Lacey-Coles	Caerphilly Runners	9	Senior Female	275			01:14:19	01:13:04	RES
1298	1158	Kelly	Knight			Senior Female	276			01:14:31	01:13:23	RES
1299	642	Delia	Domachowski	Cornelly Striders AC	29	Female 40+	203			01:14:32	01:12:42	RES
1300	579	Caroline	Davies			Female 50+	96			01:14:40	01:13:29	RES
1301	1160	Andy	Kreppel			Male 40+	223			01:14:46	01:12:33	RES
1302	1371	Tom	Morris	Paul Popular Swansea	1	Male 60+	48	Paul Popham	197	01:14:48	01:12:44	RES
1303	842	Lynda	Griffiths			Female 40+	204			01:14:49	01:14:35	RES
1304	1011	Sarah	Jeffery			Senior Female	277	Blister sisters	198	01:14:49	01:14:35	RES

1305	795	Stephanie	Gill			Senior Female	278			01:14:57	01:14:28	RES
1306	1300	Laura	McQueen			Senior Female	279			01:15:05	01:13:50	RES
1307	1861	Cathy	White			Female 50+	97			01:15:07	01:12:42	RES
1308	1946	Joanne	Wilson			Female 40+	205			01:15:07	01:12:43	RES
1309	1250	sally	MacLean			Senior Female	280			01:15:14	01:14:18	RES
1311	1277	Lucy	Matthews	Port Talbot Harriers	92	Senior Female	282			01:15:18	01:14:21	RES
1310	1268	Zoe	Marshall			Senior Female	281			01:15:18	01:14:53	RES
1312	1805	Andrew	Vaughan			Male 50+	148			01:15:19	01:13:14	RES
1313	880	Gillian	Handscomb	Sospan Road Runners	29	Female 40+	206			01:15:21	01:13:01	RES
1314	1436	Samantha	Palmer Sweeny			Senior Female	283			01:15:22	01:14:43	RES
1315	549	Natasha	Dagnall	Celtic Tri	13	Senior Female	284			01:15:24	01:13:11	RES
1316	832	Gwydion	Griffiths			Male 40+	224			01:15:26	01:13:12	RES
1317	1987	Caroline	Davies			Senior Female	285			01:15:33	01:14:16	RES
1318	1427	Kate	Owen			Female 40+	207			01:15:37	01:13:24	RES
1319	751	Darren	Forrester	Run 4 all	3	Male 40+	225			01:15:39	01:13:56	RES
1320	1372	Tracey	Morris			Female 40+	208			01:15:40	01:13:37	RES
1321	1990	Alison	Lloyd			Female 40+	209			01:15:48	01:13:36	RES
1322	1600	Jeanette	Robins			Female 50+	98			01:16:01	01:14:27	RES
1323	1424	Heidi	Owen	Porthcawl Runners	23	Female 50+	99			01:16:05	01:14:56	RES
1324	1174	Richard	Lavis			Male 50+	149			01:16:25	01:14:53	RES
1325	1135	Samantha	Jury	Cornelly Striders AC	30	Senior Female	286	Team Hollie	199	01:16:26	01:14:17	RES
1326	1925	michelle	Williams			Senior Female	287			01:16:42	01:15:24	RES
1327	1721	Lisa	Taylor			Senior Female	288			01:16:53	01:15:35	RES
1328	826	Catrin	Griffiths			Senior Female	289			01:16:54	01:15:36	RES
1329	913	Lee	Heighway	Paul Popham Running Club	24	Female 40+	210	PPRC	200	01:16:55	01:15:54	RES
1330	1613	Carys	Roderick			Female 40+	211			01:16:55	01:16:11	RES
1331	1590	Debbie	Roberts	Paul Popham Running Club	25	Senior Female	290	Pprc	201	01:16:56	01:15:58	RES
1332	705	Helen	Evans	PPRC	5	Senior Female	291	PPRC	202	01:16:57	01:15:56	RES
1333	682	Nicky	Elford	PPRC	6	Female 40+	212	PPRC	203	01:16:57	01:15:57	RES
1334	1585	Gemma	Ridgway	Pprc	7	Senior Female	292	Pprc	204	01:16:59	01:15:58	RES
1335	923	Ceri	Higham			Female 40+	213			01:17:00	01:15:01	RES
						Female						

1336	1120	Sarah	Jones	Cornelly Striders AC	31	50+	100		01:17:05	01:15:13	RES	
1337	1010	Rebecca	Jarman			Female 40+	214		01:17:19	01:15:20	RES	
1338	1756	Louise	Thomas	Port Talbot Harriers	93	Senior Female	293		01:17:24	01:16:58	RES	
1339	91	Ruth	Bennett	Garnant grunTERS	1	Female 40+	215		01:17:44	01:17:00	RES	
1340	87	Liam	Bennett			Senior Male	288		01:17:45	01:16:59	RES	
1341	1166	Maria	Lalic	Cwm Ogwr Running Club	13	Female 50+	101		01:17:53	01:16:12	RES	
1342	1085	Julia	Jones			Female 40+	216		01:18:01	01:17:21	RES	
1343	528	Sarah	Cory	Paul Popham Running Club	26	Senior Female	294		01:18:07	01:16:03	RES	
1344	1556	Lesley	Rees	Paul Popham Running Club	27	Female 40+	217	Paul Popham running club	205	01:18:08	01:16:04	RES
1345	1053	Becky	Jones	Run4All Neath	37	Female 40+	218		01:18:13	01:16:54	RES	
1346	60	Ruth	Barlow			Female 50+	102		01:18:19	01:16:37	RES	
1347	1901	Andrea	Combe			Female 40+	219		01:18:19	01:16:57	RES	
1348	1855	Emily	Welsh	Islwyn Running Club	13	Senior Female	295		01:18:31	01:16:51	RES	
1349	966	jade	hughes	Port Talbot Harriers	94	Senior Female	296		01:18:38	01:17:26	RES	
1350	710	Kate	Evans			Senior Female	297		01:18:50	01:18:27	RES	
1351	846	Nicola	Griffiths			Senior Female	298		01:18:52	01:18:29	RES	
1353	628	Sharon	Davies	Run4all Neath	38	Female 50+	103		01:19:09	01:16:56	RES	
1352	577	andrew	davies			Male 40+	226		01:19:09	01:16:55	RES	
1354	1538	Yusuf	Rangoonwala	Les Croupiers Running Club	49	Senior Male	289		01:19:11	01:17:23	RES	
1355	1140	Gaynor	Kennedy	Port Talbot Harriers	95	Female 60+	16		01:19:13	01:18:28	RES	
1356	1121	Sian	Jones	Lliswerry Runners	14	Senior Female	299		01:19:14	01:17:25	RES	
1357	902	Sarah	Harry	Port Talbot Harriers	96	Female 40+	220		01:19:14	01:18:29	RES	
1358	121	Leah	Boon	Cwm Ogwr Running Club	14	Senior Female	300		01:19:17	01:17:38	RES	
1359	721	Rhian	Evans	CSSC	1	Senior Female	301		01:19:18	01:18:08	RES	
1360	563	Ralph	Davey	Les Croupiers Running Club	50	Male 60+	49		01:19:20	01:17:33	RES	
1361	649	Carrie	Dowling			Senior Female	302		01:19:25	01:18:10	RES	
1362	519	Paul	Cook			Senior Male	290		01:19:32	01:18:15	RES	
1363	1681	Tracey	Spiller			Female 40+	221		01:19:32	01:17:25	RES	
1364	863	anwen	gwynn			Senior Female	303		01:19:32	01:17:37	RES	
1365	62	Lititia	Barnes			Female 40+	222		01:19:33	01:17:26	RES	
1366	543	Sue	Cunningham			Female	104		01:19:33	01:17:26	RES	

1367	1502	claire	pownall			50+ Female 40+	223			01:19:34	01:17:27	RES
1369	798	Jessica	Glave			Senior Female	304			01:20:11	01:18:20	RES
1368	633	Stephanie	Davies			Senior Female	305			01:20:11	01:18:19	RES
1370	1798	Michelle	Turner	Dragons Running Club	6	Female 40+	224			01:20:22	01:19:28	RES
1371	635	Tracey	Davies	Dragons Running Club	7	Female 40+	225			01:20:22	01:19:28	RES
1372	1558	Sarah	Rees			Senior Female	306			01:20:27	01:19:11	RES
1373	1709	Shauni	Summers	Port Talbot Harriers	97	Senior Female	307			01:20:40	01:19:09	RES
1374	1498	Martin	Powell			Senior Male	291			01:20:42	01:18:18	RES
1375	503	Jane	Clements	Porthcawl Runners	24	Female 40+	226			01:21:04	01:19:01	RES
1376	731	Tracey	Farley	Run 4 All Neath	6	Female 40+	227			01:21:09	01:19:32	RES
1377	1875	Ceri	Wilkinson			Female 50+	105			01:21:10	01:19:24	RES
1378	1890	Chrissi	Williams			Female 40+	228			01:21:13	01:18:52	RES
1379	696	David	Evans			Male 40+	227			01:21:15	01:20:09	RES
1380	911	Lisa	Heath			Female 40+	229			01:21:15	01:20:09	RES
1381	776	Lynne	Garwood			Female 50+	106			01:21:18	01:20:28	RES
1382	1644	Anjali	Sharma Thomas	Maesteg Running Club	1	Female 40+	230			01:21:20	01:20:29	RES
1383	1032	Daniel	John	Port Talbot Harriers	98	Male 40+	228	Port Talbot Harriers	206	01:21:21	01:19:56	RES
1384	1657	Lisa	Slee			Female 40+	231			01:21:46	01:20:21	RES
1385	1122	Sian	Jones			Senior Female	308			01:22:06	01:19:51	RES
1386	1524	Angie	Punchard			Female 50+	107			01:22:10	01:19:55	RES
1387	524	Cheryl	Copestake			Female 40+	232			01:22:10	01:19:55	RES
1388	1705	Catherine	Sullivan			Female 40+	233			01:22:30	01:20:37	RES
1389	1180	Kristy	Lee			Senior Female	309			01:22:31	01:20:37	RES
1390	1646	Tara	Shepherd	Cornelly Striders AC	32	Senior Female	310	Holly	207	01:22:33	01:20:24	RES
1391	1219	Jayne	Llewellyn	Cornelly Striders AC	33	Senior Female	311	Holly	208	01:22:34	01:20:25	RES
1392	1035	Fiona	John			Female 40+	234			01:22:38	01:21:23	RES
1393	773	Caroline	Garnett			Female 40+	235			01:22:51	01:20:44	RES
1395	1451	Heather	Payton			Female 60+	17			01:23:06	01:20:43	RES
1394	1278	Michael	Matthews	mikemathews5@yahoo.co.uk	1	Male 60+	50			01:23:06	01:20:43	RES
1396	838	Joanne	Griffiths	Run4All Neath	39	Female 40+	236			01:23:12	01:21:30	RES

1397	823	Jayne	Gregory	Port talbot harriers	99	Female 40+	237 Jayne	209	01:23:20	01:21:47	RES
1398	582	Charlotte	Davies			Senior Female	312		01:24:13	01:22:39	RES
1399	509	Louise	Cole			Senior Female	313		01:24:13	01:22:40	RES
1400	1774	Wyndham	Thomas			Male 60+	51		01:25:01	01:22:36	RES
1401	1975	Maria	George			Female 40+	238		01:25:14	01:23:34	RES
1402	1733	catherine	thomas	Port Talbot Harriers	100	Female 40+	239		01:25:59	01:25:14	RES
1403	1444	Sian	Parsons	Run4all Neath	40	Senior Female	314		01:26:06	01:23:51	RES
1404	1238	Deborah	Longman	Celtic Tri	14	Female 40+	240		01:26:07	01:23:51	RES
1405	839	Kelly	Griffiths			Female 40+	241 Team Hollie	210	01:26:12	01:24:54	RES
1406	530	Kay	Coulman			Female 40+	242 team hollie	211	01:26:25	01:25:07	RES
1407	629	Sharon	Davies	Y hen blwyf	1	Female 40+	243		01:26:31	01:24:51	RES
1408	200	Marie	Casey	Run4All Neath	41	Senior Female	315 team hollie	212	01:26:32	01:24:50	RES
1409	771	Melody	Gardiner			Senior Female	316 Turtleheaders	213	01:26:37	01:25:58	RES
1410	26	Emily	Anthony			Senior Female	317 Turtleheaders	214	01:26:39	01:25:59	RES
1411	1717	Claire	Taylor	Ogmore Pheonix Runners	10	Female 40+	244		01:26:51	01:25:09	RES
1412	1254	Marny	Mainwaring	Porthcawl Runners	25	Female 40+	245 The Lost Sheep	215	01:27:50	01:26:56	RES
1413	656	Mandy	Dumagnee	Porthcawl Runners	26	Female 50+	108 Lost Sheep	216	01:28:02	01:27:07	RES
1414	600	Lucy	Davies			Senior Female	318		01:28:11	01:26:54	RES
1415	192	Paul	Carmichael			Male 40+	229 Team Hollie	217	01:28:25	01:26:31	RES
1416	1144	Nathaniel	Key			Senior Male	292		01:28:28	01:26:15	RES
1417	197	Jenny	Carroll	Run4all Neath	42	Female 50+	109		01:28:34	01:26:21	RES
1418	1047	Kathryn	Johnstone			Senior Female	319		01:29:02	01:26:56	RES
1419	88	Louise	Bennett	Ogmore Pheonix Runners	11	Senior Female	320		01:29:12	01:27:31	RES
1420	901	Suzanne	Harrison	Ogmore Phoenix Runners	19	Female 50+	110		01:29:14	01:27:32	RES
1421	1014	Robert	Jelley			Male 40+	230		01:29:40	01:27:31	RES
1422	676	Jennie	Edwards			Female 50+	111		01:30:10	01:27:47	RES
1423	1676	Ceri	South			Senior Female	321		01:30:10	01:27:47	RES
1424	995	Heather	James			Female 50+	112		01:31:05	01:28:41	RES
1425	989	Adrian	James			Senior Male	293		01:31:06	01:28:43	RES

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