

Provisional Results for All Competitors in finish order.

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Pace min/mile</i>	<i>Race No</i>	<i>Race Place</i>
1	1:37:37	REES, Steve	Neath Harriers	Senior Men	06:05.9	40	1
2	1:39:24	BODMAN, Daniel	Aberdare Valley A.A.C.	Senior Men	06:12.6	126	2
3	1:41:13	JOHNSTON, Dean	Neath Harriers	Senior Men	06:19.4	38	3
4	1:43:22	THOMAS, Stephen	Aberdare Valley A.A.C.	Male Vet 40	06:27.5	118	4
5	1:45:59	REYNOLDS, Andrew	Neath Harriers	Senior Men	06:37.3	41	5
6	1:48:07	AYRES, Gareth	Port Talbot Harriers	Senior Men	06:45.3	89	6
7	1:48:22	FULCHER, Chris	Neath Harriers	Male Vet 40	06:46.2	36	7
8	1:49:50	BROWN, Gary	Penarth and Dinas Runners	Senior Men	06:51.7	147	8
9	1:50:55	JACKLIN, Matthew	Aberdare Valley A.A.C.	Senior Men	06:55.8	16	9
10	1:53:25	LEWIS, Simon Anthony	Parc Bryn Bach R.C.	Senior Men	07:05.2	101	10
11	1:54:04	HARTNELL, Haydn	Islwyn Running Club	Male Vet 40	07:07.6	59	11
12	1:54:24	NICHOLLS, Doug	San Domenico R.C.	Senior Men	07:08.9	57	12
13	1:55:04	GEORGE, Martin	Llanelli A.C.	Senior Men	07:11.4	82	13
14	1:55:13	CROALL, Peter	San Domenico R.C.	Senior Men	07:11.9	14	14
15	1:56:55	DAVEY, Gareth	Neath Harriers	Senior Men	07:18.3	39	15
16	1:57:05	WARRICK, Michael	Rhayader R.C.	Male Vet 40	07:18.9	160	16
17	1:58:15	WILLIAMS, Alex	Port Talbot Harriers	Male Vet 40	07:23.3	88	17
18	1:58:22	BISHOP, Darren	Pontypridd Roadents	Senior Men	07:23.7	127	18
19	1:59:35	POWELL, Paul	Parc Bryn Bach R.C.	Male Vet 40	07:28.3	103	19
20	1:59:54	KENNEDY, Scott	Wye Valley Runners	Senior Men	07:29.5	107	20
21	2:00:03	JONES, Ian	Unaffiliated	Male Vet 40	07:30.0	143	21
22	2:00:25	SCANLON, Jason	Aberdare Valley A.A.C.	Male Vet 40	07:31.4	158	22
23	2:00:38	LEWIS, Simon	Parc Bryn Bach R.C.	Male Vet 40	07:32.2	69	23
24	2:00:42	PARKER, Chris	Port Talbot Harriers	Male Vet 40	07:32.5	90	24
25	2:00:50	JUKES, Daman	Parc Bryn Bach R.C.	Male Vet 40	07:33.0	51	25
26	2:02:30	CASON, Mark	Mynydd Ddu Runners	Male Vet 40	07:39.2	154	26
27	2:03:11	EVANS, Robert	Ebbw Vale R.C.	Male Vet 40	07:41.8	63	27
28	2:03:20	WALSH, Steve	Port Talbot Harriers	Male Vet 40	07:42.3	91	28
29	2:03:24	GETHING, Nicola	Parc Bryn Bach R.C.	Female Vet 35	07:42.6	50	29
30	2:03:50	EVANS, Rhodri	Pontypridd Roadents	Senior Men	07:44.2	70	30
31	2:04:10	STEPHENS, Darren	Unaffiliated	Male Vet 40	07:45.5	74	31
32	2:05:03	OSBOURNE, Peter	Llanelli A.C.	Male Vet 40	07:48.8	97	32
33	2:05:43	TURNER, Phillip	Sospan Road Runners	Male Vet 40	07:51.3	96	33
34	2:06:34	HUGHES, Phil	San Domenico R.C.	Senior Men	07:54.5	4	34
35	2:07:15	MEADOWS, Jonathan	Wye Valley Runners	Senior Men	07:57.0	134	35
36	2:07:42	LLOYD, Chris	Islwyn Running Club	Senior Men	07:58.7	93	36
37	2:07:42	JONES, Martin	Islwyn Running Club	Senior Men	07:58.7	94	37
38	2:07:54	TYPE, Robert	Unaffiliated	Male Vet 40	07:59.5	102	38
39	2:08:13	REID, Douglas	Pontypridd Roadents	Senior Men	08:00.7	108	39
40	2:08:24	MOWAT, Kevin	Bitton Road Runners	Male Vet 40	08:01.3	68	40
41	2:08:42	EVANS, Debbie	Penarth and Dinas Runners	Female Vet 35	08:02.5	144	41
42	2:09:40	BUNNEY, Allen	Aberdare Valley A.A.C.	Male Vet 40	08:06.1	125	42
43	2:09:55	CABLE, Paul	Aberdare Valley A.A.C.	Male Vet 40	08:07.0	152	43
44	2:10:55	WILLIAMS, Ian	Ebbw Vale R.C.	Male Vet 40	08:10.8	64	44
45	2:12:20	ROSE, Paul	Aberystwyth A.C.	Male Vet 40	08:16.1	138	45
46	2:12:25	LAWRENCE, Nigel	Parc Bryn Bach R.C.	Male Vet 40	08:16.4	87	46
47	2:12:30	CHARLES, Tim	Unaffiliated	Male Vet 40	08:16.7	132	47
48	2:12:34	HERMANIS, Sara	Unaffiliated	Senior Ladies	08:17.0	26	48
49	2:12:38	DURHAM, Huw	Pontypridd Roadents	Senior Men	08:17.2	34	49
50	2:12:46	THOMAS, Carwyn	Unaffiliated	Male Vet 40	08:17.7	114	50
51	2:13:05	HERDMAN, Chris	Penarth and Dinas Runners	Senior Men	08:18.9	100	51
52	2:13:24	EDWARDS, Carl	Pontypridd Roadents	Male Vet 40	08:20.1	13	52
53	2:13:28	HOPKINS, Paul	Unaffiliated	Male Vet 40	08:20.3	8	53
54	2:15:20	BRIDGES, Steven	Aberdare Valley A.A.C.	Male Vet 40	08:27.3	151	54
55	2:15:23	POLE, Lawrence	Pontypridd Roadents	Senior Men	08:27.5	75	55
56	2:15:24	READ, Nick	Unaffiliated	Male Vet 40	08:27.6	130	56
57	2:15:59	EVANS, Timothy	Unaffiliated	Male Vet 40	08:29.8	28	57

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<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Pace min/mile</i>	<i>Race No</i>	<i>Race Place</i>
58	2:17:12	BUTTON, Chris	Unaffiliated	Senior Men	08:34.3	148	58
59	2:17:25	MARSON, John	Sospan Road Runners	Male Vet 40	08:35.1	33	59
60	2:17:30	GILES, Ralph	Unaffiliated	Male Vet 40	08:35.5	123	60
61	2:17:38	DUFFIELD, Helen	Chepstow Harriers	Female Vet 35	08:36.0	85	61
62	2:18:11	POLLATRONE, Nic	Chippenham Harriers	Male Vet 40	08:38.0	86	62
63	2:18:15	KING, Robert	Parc Bryn Bach R.C.	Senior Men	08:38.3	54	63
64	2:18:18	EVANS, Andrew	Unaffiliated	Male Vet 40	08:38.5	131	64
65	2:18:24	HARRIS, Rod	Unaffiliated	Male Vet 40	08:38.8	99	65
66	2:18:28	WILLIAMS, David E	Les Croupiers R.C.	Male Vet 40	08:39.1	73	66
67	2:19:32	BOXHALL, Andrew	Unaffiliated	Male Vet 40	08:43.1	80	67
68	2:19:45	EVANS, Marc	San Domenico R.C.	Senior Men	08:43.9	32	68
69	2:20:05	JONES, Llinos	Amman Valley Harriers	Senior Ladies	08:45.1	162	69
70	2:20:40	DAVIES, Kevin	Unaffiliated	Male Vet 40	08:47.3	149	70
71	2:20:57	SAUNDERS, Alun	Unaffiliated	Male Vet 40	08:48.4	139	71
72	2:21:21	LLOYD, Clare	Unaffiliated	Female Vet 35	08:49.9	109	72
73	2:22:04	RUSSELL, Tom	Ebbw Vale R.C.	Senior Men	08:52.6	62	73
74	2:22:16	GRIFFITHS, Barry	Brecon A.C.	Male Vet 40	08:53.3	106	74
75	2:23:06	BRADFIELD, P	Unaffiliated	Male Vet 40	08:56.5	105	75
76	2:23:12	JONES, Richard	Unaffiliated	Male Vet 40	08:56.8	110	76
77	2:23:19	SIMS, Mark	Brecon Tri	Male Vet 40	08:57.3	163	77
78	2:23:38	THOMAS, Michael	Unaffiliated	Male Vet 40	08:58.5	157	78
79	2:24:02	LEWIS, Beth	Les Croupiers R.C.	Female Vet 35	09:00.0	7	79
80	2:24:16	ROWE, Les	Unaffiliated	Male Vet 40	09:00.8	150	80
81	2:25:09	BRADLEY, Malcolm	Penarth and Dinas Runners	Male Vet 40	09:04.1	141	81
82	2:25:10	WOOD, Stephen	Pegasus R.R.C.	Senior Men	09:04.2	56	82
83	2:25:25	DAVIES, Dafydd Trystan	Outdoor Fitness	Senior Men	09:05.1	116	83
84	2:25:35	JONES, Wayne	Brecon A.C.	Male Vet 40	09:05.8	135	84
85	2:25:53	SULLIVAN, Patrick	Unaffiliated	Male Vet 40	09:06.9	129	85
86	2:26:04	TRUSSLER, Ian	Chippenham Harriers	Male Vet 40	09:07.6	81	86
87	2:26:24	MUDRAK, Sergio	Chippenham Harriers	Male Vet 40	09:08.8	65	87
88	2:26:31	SIMPKIN, Tosh	Chepstow Harriers	Male Vet 40	09:09.3	84	88
89	2:26:33	PAYNE, Ian	Unaffiliated	Male Vet 40	09:09.4	119	89
90	2:26:48	BRADFIELD, Kevin	Unaffiliated	Male Vet 40	09:10.3	78	90
91	2:27:30	DAVIES, Andy	Pontypridd Roadents	Male Vet 40	09:13.0	66	91
92	2:28:01	COLLINS, Kelly	Parc Bryn Bach R.C.	Senior Ladies	09:14.9	53	92
93	2:28:18	DAVIES, Jeff	Unaffiliated	Male Vet 40	09:16.0	98	93
94	2:29:46	DORN, Mat	Unaffiliated	Male Vet 40	09:21.4	164	94
95	2:30:23	JONES, Stephen	Unaffiliated	Senior Men	09:23.8	140	95
96	2:30:28	WILLIAMS, Robin	Unaffiliated	Male Vet 40	09:24.1	30	96
97	2:30:33	DAVIES, Fiona	Pontypridd Roadents	Female Vet 35	09:24.4	79	97
98	2:30:38	BASSETT, Jeremy	Unaffiliated	Male Vet 40	09:24.7	136	98
99	2:30:55	DAVIES, David	Neath Harriers	Male Vet 40	09:25.8	37	99
100	2:31:06	AFFLECK, Michael	Swindon Harriers	Male Vet 40	09:26.4	83	100
101	2:31:10	BROWN, Russell	Pontypridd Roadents	Male Vet 40	09:26.7	55	101
102	2:31:23	DAVIES, Jeff	Unaffiliated	Male Vet 40	09:27.5	29	102
103	2:31:32	EDWARDS, Jan	Pontypridd Roadents	Female Vet 35	09:28.1	42	103
104	2:31:37	MAWSON, Guy	San Domenico R.C.	Male Vet 40	09:28.4	71	104
105	2:32:18	GARDINER, Bob	Unaffiliated	Male Vet 40	09:30.9	77	105
106	2:32:27	CRANWELL, Michael	Unaffiliated	Male Vet 40	09:31.5	11	106
107	2:34:44	JONES, Justin	Pontypridd Roadents	Male Vet 40	09:40.1	128	107
108	2:35:30	MISKELL, Louise	3M Road Runners	Female Vet 35	09:42.9	122	108
109	2:38:35	PROTHEROE, Phil	Porthcawl RunnersLife	Male Vet 40	09:54.5	47	109
110	2:38:35	WILLIAMS, Jo	Unaffiliated	Female Vet 35	09:54.5	46	110
111	2:38:42	JONES, Christopher	Unaffiliated	Male Vet 40	09:54.9	31	111
112	2:38:56	GRIFFITHS, Helen	Unaffiliated	Female Vet 35	09:55.8	145	112
113	2:39:08	WILLIAMS, Matthew	Sospan Road Runners	Senior Men	09:56.6	21	113
114	2:39:23	WILLIAMS, Lisa	3M Road Runners	Female Vet 35	09:57.5	146	114
115	2:39:32	GERBER, Annelies	Unaffiliated	Female Vet 35	09:58.1	45	115
116	2:39:32	GWYNN, Non	Sospan Road Runners	Senior Ladies	09:58.1	22	116
117	2:39:40	GITTOES, Adam	Wye Valley Runners	Senior Men	09:58.6	133	117

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118	2:40:02	HALSEY, Graham	Unaffiliated	Senior Men	09:59.9	142	118
119	2:40:10	JOB, Stephen	Sospan Road Runners	Male Vet 40	10:00.4	120	119
120	2:40:50	DURHAM, Rhian	Pontypridd Roadents	Senior Ladies	10:02.9	35	120
121	2:41:34	ELLISTON, Michael	Les Croupiers R.C.	Male Vet 40	10:05.7	10	121
122	2:42:35	EVANS, Rhodri	Penarth and Dinas Runners	Male Vet 40	10:09.5	72	122
123	2:42:55	GILLARD, Paul	Unaffiliated	Male Vet 40	10:10.8	58	123
124	2:43:06	NASH, Mike	3M Road Runners	Male Vet 40	10:11.4	121	124
125	2:44:01	KING, Greg	Sospan Road Runners	Male Vet 40	10:14.9	95	125
126	2:44:10	DAVID, Colin	Unaffiliated	Male Vet 40	10:15.4	156	126
127	2:44:19	PINCH, Christopher	Unaffiliated	Male Vet 40	10:16.0	137	127
128	2:46:04	ABRAHAM, Mark	Unaffiliated	Senior Men	10:22.6	117	128
129	2:47:05	YOUNG, Alex	Les Croupiers R.C.	Senior Ladies	10:26.4	124	129
130	2:47:06	TURNBULL, Sara	MK Lakeside Runners	Senior Ladies	10:26.4	20	130
131	2:47:17	JONES, Steven	Unaffiliated	Senior Men	10:27.1	76	131
132	2:48:18	EDWARDS, Glenda	Les Croupiers R.C.	Female Vet 35	10:30.9	2	132
133	2:48:53	BEST, Nigel	Unaffiliated	Male Vet 40	10:33.1	153	133
134	2:52:37	WILLIAMS, Emma	Outdoor Fitness	Senior Ladies	10:47.1	159	134
135	2:52:50	PERROTT, Samantha	Run4All	Female Vet 35	10:47.9	44	135
136	2:52:50	VYNER, Graham	Run4All	Male Vet 40	10:47.9	18	136
137	2:53:08	NURSE, Jemma	Les Croupiers R.C.	Female Vet 35	10:49.1	115	137
138	2:53:23	HARVEY, Janice	Run4All	Female Vet 35	10:50.0	24	138
139	2:53:50	KNIGHT, Fran	Run4All	Senior Ladies	10:51.7	23	139
140	2:53:56	JAYNE, Michelle	Parc Bryn Bach R.C.	Female Vet 35	10:52.1	52	140
141	2:58:42	HOEY, Michelle	Penarth and Dinas Runners	Senior Ladies	11:09.9	6	141
142	2:58:42	WILLIAMS, Yvonne	Penarth and Dinas Runners	Female Vet 35	11:09.9	17	142
143	2:58:42	EL-KHATIB, Sara	Penarth and Dinas Runners	Senior Ladies	11:09.9	27	143
144	3:01:23	WARRICK, Stephanie	Rhayader R.C.	Female Vet 35	11:20.0	161	144
145	3:02:54	PERRIMAN, Craig	Unaffiliated	Senior Men	11:25.7	155	145
146	3:04:29	PHILLIPS, Lowri	San Domenico R.C.	Senior Ladies	11:31.6	67	146
147	3:05:27	CADMORE, Andrew	Brecon A.C.	Male Vet 40	11:35.2	104	147
148	3:06:01	FLATMAN, David	MK Lakeside Runners	Male Vet 40	11:37.4	111	148
149	3:06:47	WILD, Amanda	Pontypool Runners	Female Vet 35	11:40.2	113	149
150	3:07:06	JENKINS, Gareth	Pontypool Runners	Male Vet 40	11:41.4	112	150
151	3:09:39	JOHNSON, Clare	Les Croupiers R.C.	Female Vet 35	11:51.0	3	151
152	3:17:30	THOMAS, Cecelia	Outdoor Fitness	Female Vet 35	12:20.4	19	152

There were 152 finishers in the All Competitors category.