

| Pos | Race No | Share | Print | Name               | Time  | Net Time | Category | Cat Pos | Gender | Gen Pos | Team                    | Team Time |
|-----|---------|-------|-------|--------------------|-------|----------|----------|---------|--------|---------|-------------------------|-----------|
| 1   | 246     |       |       | Ian Williams       | 32:24 | 32:24    | OM       | 1       | Male   | 1       |                         |           |
| 2   | 456     |       |       | Dewi Griffiths     | 33:00 | 33:00    | OM       | 2       | Male   | 2       | Swansea Harriers        | 02:27:13  |
| 3   | 427     |       |       | Steve Rees         | 33:11 | 33:10    | OM       | 3       | Male   | 3       | Aberdare                | 02:22:50  |
| 4   | 391     |       |       | Matthew Edmonds    | 34:29 | 34:29    | OM       | 4       | Male   | 4       | Aberdare                | 02:22:50  |
| 5   | 488     |       |       | Robert Dyde        | 35:30 | 35:30    | OM       | 5       | Male   | 5       | Pembs Harriers          | 02:57:32  |
| 6   | 442     |       |       | Gareth Ayres       | 35:57 | 35:56    | OM       | 6       | Male   | 6       | Aberdare                | 02:22:50  |
| 7   | 121     |       |       | John Collier       | 36:16 | 36:16    | OM       | 7       | Male   | 7       | Westbury Harriers       |           |
| 8   | 457     |       |       | Alan Davies        | 36:38 | 36:38    | M60      | 1       | Male   | 8       | 3ms                     | 02:34:40  |
| 9   | 526     |       |       | John Mark Pulien   | 36:51 | 36:51    | M40      | 1       | Male   | 9       | 3ms                     | 02:34:40  |
| 10  | 244     |       |       | Mathew Richards    | 37:18 | 37:18    | OM       | 8       | Male   | 10      | Swansea Harriers        | 02:27:13  |
| 11  | 478     |       |       | James O'Callaghan  | 37:48 | 37:47    | M40      | 2       | Male   | 11      | Swansea Harriers        | 02:27:13  |
| 12  | 418     |       |       | Daniel Triggs      | 38:01 | 38:01    | OM       | 9       | Male   | 12      |                         |           |
| 13  | 335     |       |       | Jonathan Gledson   | 38:20 | 38:20    | M40      | 3       | Male   | 13      | Town & Country harriers |           |
| 14  | 300     |       |       | Shaun Evans        | 38:43 | 38:37    | OM       | 10      | Male   | 14      | RSCAC                   |           |
| 15  | 159     |       |       | Steve Mccarron     | 38:56 | 38:56    | OM       | 11      | Male   | 15      |                         |           |
| 16  | 160     |       |       | David Blackwell    | 38:56 | 38:56    | OM       | 12      | Male   | 16      |                         |           |
| 17  | 72      |       |       | John George        | 39:02 | 39:01    | OM       | 13      | Male   | 17      |                         |           |
| 18  | 424     |       |       | Nick Mackay        | 39:07 | 39:06    | OM       | 14      | Male   | 18      | Swansea Harriers        | 02:27:13  |
| 19  | 437     |       |       | David Mccabe       | 39:13 | 39:12    | OM       | 15      | Male   | 19      | Aberdare                | 02:22:50  |
| 20  | 248     |       |       | Amy Fithern        | 39:15 | 39:14    | OF       | 1       | Female | 1       |                         |           |
| 21  | 326     |       |       | Rhydian Reston     | 39:26 | 39:22    | OM       | 16      | Male   | 20      |                         |           |
| 22  | 119     |       |       | Rob Johnson        | 39:31 | 39:30    | OM       | 17      | Male   | 21      |                         |           |
| 23  | 419     |       |       | Kneath Phillippart | 39:33 | 39:31    | M50      | 1       | Male   | 22      | Swansea Harriers        | 02:27:13  |
| 24  | 485     |       |       | Charlie Corkrum    | 39:51 | 39:49    | OM       | 18      | Male   | 23      | TROTS                   | 02:53:59  |
| 25  | 221     |       |       | Sam Mills          | 40:07 | 39:30    | OM       | 19      | Male   | 24      |                         |           |
| 26  | 434     |       |       | Karen O'Hanlon     | 40:12 | 40:09    | OF       | 2       | Female | 2       |                         |           |
| 27  | 96      |       |       | Sion Jenkins       | 40:15 | 40:11    | OM       | 20      | Male   | 25      | Five Frogs              | 03:42:20  |
| 28  | 220     |       |       | Timothy Mills      | 40:19 | 39:46    | OM       | 21      | Male   | 26      |                         |           |
| 29  | 247     |       |       | Evan Williams      | 40:19 | 40:16    | OM       | 22      | Male   | 27      |                         |           |
| 30  | 468     |       |       | Dylan Williams     | 40:26 | 40:23    | OM       | 23      | Male   | 28      | 3ms                     | 02:34:40  |
| 31  | 409     |       |       | Robin Jackson      | 40:29 | 40:27    | OM       | 24      | Male   | 29      |                         |           |
| 32  | 518     |       |       | Ben McDonnell      | 40:29 | 40:26    | OM       | 25      | Male   | 30      |                         |           |
| 33  | 241     |       |       | Ray Brockway       | 40:40 | 40:12    | M40      | 4       | Male   | 31      | Penny Blacks            | 03:39:13  |
| 34  | 522     |       |       | Bill Watson        | 40:45 | 40:40    | M40      | 5       | Male   | 32      | 3ms                     | 02:34:40  |
| 35  | 16      |       |       | Ernie Chwistek     | 40:46 | 40:45    | OM       | 26      | Male   | 33      | FOSS 10                 | 02:50:40  |

| Pos | Race No | Share | Print | Name                  | Time  | Net Time | Category | Cat Pos | Gender | Gen Pos | Team                 | Team Time |
|-----|---------|-------|-------|-----------------------|-------|----------|----------|---------|--------|---------|----------------------|-----------|
| 36  | 69      |       |       | Chris Booth           | 40:46 | 40:44    | M50      | 2       | Male   | 34      | Derby AC             |           |
| 37  | 296     |       |       | Aled Smith            | 40:54 | 40:50    | OM       | 27      | Male   | 35      | Tenby Aces           | 03:15:53  |
| 38  | 432     |       |       | Gabriella Maine       | 40:57 | 40:55    | OF       | 3       | Female | 3       | Les Croupiers        | 03:34:41  |
| 39  | 340     |       |       | Kyle Wallis           | 41:00 | 40:55    | OM       | 28      | Male   | 36      |                      |           |
| 40  | 306     |       |       | Pavel Berak           | 41:02 | 40:57    | OM       | 29      | Male   | 37      | Buccaneer Inn        |           |
| 41  | 258     |       |       | Gafin Griffiths       | 41:03 | 41:01    | OM       | 30      | Male   | 38      | Les Croupiers        | 02:55:55  |
| 42  | 253     |       |       | Kieran Head           | 41:07 | 41:03    | OM       | 31      | Male   | 39      |                      |           |
| 43  | 501     |       |       | Gareth Patrick Llyold | 41:25 | 41:24    | M40      | 6       | Male   | 40      |                      |           |
| 44  | 365     |       |       | Hywel Bevan           | 41:39 | 41:31    | OM       | 32      | Male   | 41      |                      |           |
| 45  | 255     |       |       | Philip Pearce         | 41:51 | 41:49    | OM       | 33      | Male   | 42      |                      |           |
| 46  | 356     |       |       | Daniel Evans          | 41:51 | 41:51    | OM       | 34      | Male   | 43      |                      |           |
| 47  | 516     |       |       | Josh Tulino           | 41:55 | 41:53    | OM       | 35      | Male   | 44      |                      |           |
| 48  | 190     |       |       | Thomas Link           | 41:57 | 41:54    | OM       | 36      | Male   | 45      |                      |           |
| 49  | 474     |       |       | Terry O'Brien         | 42:00 | 41:48    | M50      | 3       | Male   | 46      |                      |           |
| 50  | 477     |       |       | Michelle Cole         | 42:07 | 42:07    | OF       | 4       | Female | 4       | 3m road runners      |           |
| 51  | 396     |       |       | Alun Davies           | 42:12 | 42:12    | OM       | 37      | Male   | 47      | Les Croupiers        | 02:55:55  |
| 52  | 310     |       |       | James Butcher         | 42:25 | 42:24    | OM       | 38      | Male   | 48      |                      |           |
| 53  | 481     |       |       | Aled Jones Davies     | 42:26 | 42:11    | OM       | 39      | Male   | 49      | TROTS                | 02:53:59  |
| 54  | 128     |       |       | Steven Evans          | 42:31 | 42:23    | OM       | 40      | Male   | 50      | FOSS 10              | 02:50:40  |
| 55  | 186     |       |       | Jules Werner          | 42:35 | 42:29    | OM       | 41      | Male   | 51      | FOSS 10              | 02:50:40  |
| 56  | 471     |       |       | Marc Beasley          | 42:42 | 42:36    | OM       | 42      | Male   | 52      |                      |           |
| 57  | 428     |       |       | Paul Morris-Tinner    | 42:45 | 42:28    | M40      | 7       | Male   | 53      |                      |           |
| 58  | 521     |       |       | Craig Harris          | 42:46 | 42:44    | OM       | 43      | Male   | 54      | 3ms                  | 02:34:40  |
| 59  | 363     |       |       | Anthony Smith         | 42:53 | 42:38    | OM       | 44      | Male   | 55      | Leighton Fun Runners |           |
| 60  | 312     |       |       | Darren Stevens        | 42:59 | 42:50    | M40      | 8       | Male   | 56      |                      |           |
| 61  | 60      |       |       | Julian Maine          | 43:00 | 42:58    | M50      | 4       | Male   | 57      | Porthcawl Runners    |           |
| 62  | 337     |       |       | Erik Boer             | 43:06 | 43:02    | M40      | 9       | Male   | 58      | JD Team              |           |
| 63  | 177     |       |       | Harry Goforth         | 43:17 | 43:13    | OM       | 45      | Male   | 59      | Tenby Five Frogs     |           |
| 64  | 447     |       |       | Peter Walters         | 43:21 | 43:12    | M50      | 5       | Male   | 60      | TROTS                | 02:53:59  |
| 65  | 45      |       |       | Luke Burton           | 43:38 | 43:34    | OM       | 46      | Male   | 61      |                      |           |
| 66  | 358     |       |       | Steven Bridges        | 43:41 | 43:40    | M40      | 10      | Male   | 62      | Aberdare             | 02:22:50  |
| 67  | 277     |       |       | Rachel Haggar         | 43:46 | 43:41    | F45      | 1       | Female | 5       |                      |           |
| 68  | 407     |       |       | Simon Rossiter        | 43:49 | 43:44    | M40      | 11      | Male   | 63      | Tenby Aces           | 03:15:53  |
| 69  | 510     |       |       | Billy Connor          | 43:49 | 43:44    | OM       | 47      | Male   | 64      |                      |           |
| 70  | 506     |       |       | Neil Spencer          | 43:59 | 43:57    | M40      | 12      | Male   | 65      | 3ms                  | 02:34:40  |

| Pos | Race No | Share | Print | Name                 | Time  | Net Time | Category | Cat Pos | Gender | Gen Pos | Team              | Team Time |
|-----|---------|-------|-------|----------------------|-------|----------|----------|---------|--------|---------|-------------------|-----------|
| 71  | 338     |       |       | Sjoerd Janssen       | 44:02 | 43:57    | OM       | 48      | Male   | 66      | JD Team           |           |
| 72  | 143     |       |       | Ruben Lightfoot      | 44:08 | 44:01    | OM       | 49      | Male   | 67      | Howies            |           |
| 73  | 268     |       |       | Andrew Griffiths     | 44:12 | 43:59    | OM       | 50      | Male   | 68      |                   |           |
| 74  | 336     |       |       | Michel Siep          | 44:14 | 44:10    | M40      | 13      | Male   | 69      |                   |           |
| 75  | 59      |       |       | Ian Ranft            | 44:16 | 44:06    | OM       | 51      | Male   | 70      |                   |           |
| 76  | 158     |       |       | Mathew Hudson        | 44:22 | 44:09    | OM       | 52      | Male   | 71      |                   |           |
| 77  | 282     |       |       | Paul Webb            | 44:24 | 44:21    | M50      | 6       | Male   | 72      |                   |           |
| 78  | 328     |       |       | Thomas Cox           | 44:30 | 44:23    | OM       | 53      | Male   | 73      |                   |           |
| 79  | 92      |       |       | Jason Gill           | 44:40 | 44:34    | OM       | 54      | Male   | 74      |                   |           |
| 80  | 83      |       |       | Rhys Thomas          | 44:45 | 44:37    | OM       | 55      | Male   | 75      | Tenby RNLI        | 03:01:14  |
| 81  | 28      |       |       | Simon Batty          | 44:48 | 44:39    | M40      | 14      | Male   | 76      | FOSS 10           | 02:50:40  |
| 82  | 116     |       |       | David Thomas         | 44:50 | 44:40    | M40      | 15      | Male   | 77      |                   |           |
| 83  | 302     |       |       | Karl Lewis           | 45:03 | 44:52    | M40      | 16      | Male   | 78      | Tipton Harriers   |           |
| 84  | 89      |       |       | Richard Hanlon-Boyd  | 45:05 | 44:56    | OM       | 56      | Male   | 79      | Tenby RNLI        | 03:01:14  |
| 85  | 88      |       |       | Phillip John         | 45:09 | 45:00    | OM       | 57      | Male   | 80      | Tenby RNLI        | 03:01:14  |
| 86  | 533     |       |       | Kevin Fox            | 45:10 | 44:58    | M50      | 7       | Male   | 81      |                   |           |
| 87  | 73      |       |       | Colin Wellstead      | 45:16 | 44:55    | M40      | 17      | Male   | 82      |                   |           |
| 88  | 515     |       |       | Howard Williams      | 45:19 | 45:05    | OM       | 58      | Male   | 83      |                   |           |
| 89  | 341     |       |       | Liam Impey           | 45:23 | 45:17    | OM       | 59      | Male   | 84      |                   |           |
| 90  | 366     |       |       | Simon Stanford       | 45:25 | 45:05    | OM       | 60      | Male   | 85      |                   |           |
| 91  | 430     |       |       | Jeanne-Marie Eksteen | 45:32 | 45:22    | OF       | 5       | Female | 6       |                   |           |
| 92  | 431     |       |       | Johan Eksteen        | 45:32 | 45:20    | OM       | 61      | Male   | 86      |                   |           |
| 93  | 229     |       |       | Oliver Minton        | 45:35 | 45:10    | OM       | 62      | Male   | 87      |                   |           |
| 94  | 333     |       |       | David Denton         | 45:36 | 45:16    | OM       | 63      | Male   | 88      |                   |           |
| 95  | 479     |       |       | Sam Hilliny          | 45:59 | 45:51    | OM       | 64      | Male   | 89      |                   |           |
| 96  | 420     |       |       | Steve Brown          | 46:00 | 45:51    | M40      | 18      | Male   | 90      | Pembs Harriers    | 02:57:32  |
| 97  | 461     |       |       | James Wilkinson      | 46:00 | 45:48    | OM       | 65      | Male   | 91      | 3ms               | 02:34:40  |
| 98  | 205     |       |       | James Pearce         | 46:01 | 45:50    | OM       | 66      | Male   | 92      | Lliswerry Runners |           |
| 99  | 112     |       |       | Jason Evans          | 46:02 | 45:55    | OM       | 67      | Male   | 93      |                   |           |
| 100 | 398     |       |       | Dawn Kenwright       | 46:02 | 45:52    | F55      | 1       | Female | 7       | AVSTRI            |           |
| 101 | 285     |       |       | David Selwyn         | 46:09 | 45:46    | M40      | 19      | Male   | 94      |                   |           |
| 102 | 362     |       |       | Tristram Lewis       | 46:11 | 46:05    | OM       | 68      | Male   | 95      |                   |           |
| 103 | 357     |       |       | Lana Brace           | 46:12 | 46:07    | F35      | 1       | Female | 8       | Five Frogs        |           |
| 104 | 532     |       |       | Richard Deed         | 46:13 | 46:10    | OM       | 69      | Male   | 96      |                   |           |
| 105 | 259     |       |       | Ricki Morgan         | 46:14 | 46:10    | OM       | 70      | Male   | 97      | Les Croupiers     | 02:55:55  |

| Pos | Race No | Share | Print | Name                 | Time  | Net Time | Category | Cat Pos | Gender | Gen Pos | Team                   | Team Time |
|-----|---------|-------|-------|----------------------|-------|----------|----------|---------|--------|---------|------------------------|-----------|
| 106 | 84      |       |       | James O'Connell      | 46:15 | 46:06    | OM       | 71      | Male   | 98      | Tenby RNLI             | 03:01:14  |
| 107 | 440     |       |       | Adam Brown           | 46:23 | 46:14    | OM       | 72      | Male   | 99      |                        |           |
| 108 | 148     |       |       | Mick Grant           | 46:26 | 46:19    | M50      | 8       | Male   | 100     | Road Runners           |           |
| 109 | 405     |       |       | Michael Elliston     | 46:27 | 46:16    | M40      | 20      | Male   | 101     | Les Croupiers          | 02:55:55  |
| 110 | 318     |       |       | Brendan Dougan       | 46:31 | 46:11    | OM       | 73      | Male   | 102     |                        |           |
| 111 | 351     |       |       | Mike Woods           | 46:37 | 46:30    | M40      | 21      | Male   | 103     |                        |           |
| 112 | 278     |       |       | Andrew Mcdonald      | 46:39 | 46:31    | M40      | 22      | Male   | 104     |                        |           |
| 113 | 238     |       |       | Michael Henshaw      | 46:42 | 46:32    | M50      | 9       | Male   | 105     |                        |           |
| 114 | 21      |       |       | Andrew Emanuel       | 46:51 | 46:36    | M50      | 10      | Male   | 106     | FOSS 10                | 02:50:40  |
| 115 | 355     |       |       | Paul Craddock        | 46:52 | 46:29    | OM       | 74      | Male   | 107     |                        |           |
| 116 | 100     |       |       | Aled Evans           | 46:54 | 46:36    | OM       | 75      | Male   | 108     |                        |           |
| 117 | 389     |       |       | William Davies       | 46:55 | 46:48    | OM       | 76      | Male   | 109     | Aberdare               | 02:22:50  |
| 118 | 239     |       |       | Christopher Watkins  | 47:00 | 46:56    | M50      | 11      | Male   | 110     |                        |           |
| 119 | 491     |       |       | Michael Cope         | 47:01 | 46:38    | OM       | 77      | Male   | 111     |                        |           |
| 120 | 462     |       |       | Nic Lowry            | 47:02 | 46:48    | OM       | 78      | Male   | 112     | 3ms                    | 02:34:40  |
| 121 | 464     |       |       | Elliott Denham       | 47:04 | 46:47    | OM       | 79      | Male   | 113     | 3ms                    | 02:34:40  |
| 122 | 132     |       |       | Keith Jenkins        | 47:08 | 46:56    | OM       | 80      | Male   | 114     |                        |           |
| 123 | 400     |       |       | Harry Joseph Wood    | 47:10 | 46:46    | OM       | 81      | Male   | 115     |                        |           |
| 124 | 445     |       |       | Richard Shuttleworth | 47:13 | 47:03    | OM       | 82      | Male   | 116     |                        |           |
| 125 | 64      |       |       | Jodie Hughes         | 47:21 | 47:14    | OF       | 6       | Female | 9       |                        |           |
| 126 | 482     |       |       | Shaun Gelona         | 47:21 | 47:08    | OM       | 83      | Male   | 117     |                        |           |
| 127 | 404     |       |       | Sophie Louise Thomas | 47:22 | 47:11    | OF       | 7       | Female | 10      |                        |           |
| 128 | 393     |       |       | Page Burraston       | 47:26 | 47:16    | OF       | 8       | Female | 11      |                        |           |
| 129 | 228     |       |       | Nicola Thomas        | 47:30 | 47:27    | F45      | 2       | Female | 12      | Porthcawl Runners      |           |
| 130 | 293     |       |       | Stewart Pearce       | 47:32 | 47:08    | OM       | 84      | Male   | 118     |                        |           |
| 131 | 146     |       |       | Nathan Orford        | 47:34 | 47:28    | M40      | 23      | Male   | 119     | Howies                 |           |
| 132 | 141     |       |       | David Needham        | 47:37 | 47:36    | M60      | 2       | Male   | 120     | Penistone A.C.         |           |
| 133 | 106     |       |       | David Hawkins        | 47:45 | 47:41    | OM       | 85      | Male   | 121     | Pembs Harriers         | 02:57:32  |
| 134 | 176     |       |       | Ben Jones            | 47:45 | 47:35    | OM       | 86      | Male   | 122     |                        |           |
| 135 | 402     |       |       | Jim Holland          | 47:46 | 47:46    | M40      | 24      | Male   | 123     |                        |           |
| 136 | 203     |       |       | William Abrie        | 47:52 | 47:42    | M50      | 12      | Male   | 124     | North East Veterans AC |           |
| 137 | 459     |       |       | Joanna Hilliny       | 47:52 | 47:38    | OF       | 9       | Female | 13      |                        |           |
| 138 | 35      |       |       | Luke Smith           | 47:53 | 47:46    | M40      | 25      | Male   | 125     | FOSS 10                | 02:50:40  |
| 139 | 297     |       |       | Jason Bridges        | 47:54 | 47:35    | OM       | 87      | Male   | 126     |                        |           |
| 140 | 49      |       |       | Peter McArdle        | 48:04 | 47:55    | M40      | 26      | Male   | 127     |                        |           |

| Pos | Race No | Share | Print | Name                 | Time  | Net Time | Category | Cat Pos | Gender | Gen Pos | Team              | Team Time |
|-----|---------|-------|-------|----------------------|-------|----------|----------|---------|--------|---------|-------------------|-----------|
| 141 | 290     |       |       | Michael Beynon       | 48:07 | 48:02    | M40      | 27      | Male   | 128     |                   |           |
| 142 | 291     |       |       | Jolyon Craig         | 48:12 | 48:03    | OM       | 88      | Male   | 129     |                   |           |
| 143 | 339     |       |       | Brian Jones          | 48:12 | 48:12    | M50      | 13      | Male   | 130     | Usk Runners       |           |
| 144 | 145     |       |       | Adrian Gunn          | 48:14 | 48:08    | M40      | 28      | Male   | 131     | Howies            |           |
| 145 | 334     |       |       | Gareth Mayer         | 48:18 | 48:16    | OM       | 89      | Male   | 132     |                   |           |
| 146 | 475     |       |       | Mark Vines           | 48:18 | 48:07    | M40      | 29      | Male   | 133     | Pembs Harriers    | 02:57:32  |
| 147 | 372     |       |       | Cyril Walters        | 48:21 | 48:12    | M60      | 3       | Male   | 134     | TROTS             | 02:53:59  |
| 148 | 134     |       |       | Zoe Barrett          | 48:25 | 48:10    | OF       | 10      | Female | 14      | Kendal AAC        |           |
| 149 | 315     |       |       | Stuart Davies        | 48:28 | 47:53    | OM       | 90      | Male   | 135     |                   |           |
| 150 | 18      |       |       | Emil Dibble-Chwistek | 48:32 | 48:22    | OM       | 91      | Male   | 136     | FOSS 10           | 02:50:40  |
| 151 | 261     |       |       | David Field          | 48:33 | 48:20    | OM       | 92      | Male   | 137     |                   |           |
| 152 | 48      |       |       | Chris price          | 48:35 | 48:27    | M40      | 30      | Male   | 138     | Rhayader R.C.     |           |
| 153 | 343     |       |       | Elaine Brace         | 48:37 | 48:37    | F35      | 2       | Female | 15      |                   |           |
| 154 | 303     |       |       | Sabrina Revell       | 48:42 | 48:14    | OF       | 11      | Female | 16      |                   |           |
| 155 | 243     |       |       | Brett Johnson        | 48:43 | 48:13    | M40      | 31      | Male   | 139     | Penny Blacks      | 03:39:13  |
| 156 | 137     |       |       | Geoff Barrett        | 48:48 | 48:29    | M50      | 14      | Male   | 140     | Helm Hill Runners |           |
| 157 | 524     |       |       | Mike Haines          | 48:59 | 48:22    | M40      | 32      | Male   | 141     |                   |           |
| 158 | 267     |       |       | David Harris         | 49:01 | 48:29    | OM       | 93      | Male   | 142     |                   |           |
| 159 | 505     |       |       | Bob Gardiner         | 49:01 | 48:42    | M50      | 15      | Male   | 143     |                   |           |
| 160 | 65      |       |       | David Davies         | 49:04 | 48:43    | M40      | 33      | Male   | 144     |                   |           |
| 161 | 422     |       |       | Derek Nicholas       | 49:05 | 48:35    | M50      | 16      | Male   | 145     |                   |           |
| 162 | 38      |       |       | Lisa Nelson          | 49:06 | 48:53    | F35      | 3       | Female | 17      | AVSTRI            |           |
| 163 | 345     |       |       | Richard Rossiter     | 49:08 | 48:58    | OM       | 94      | Male   | 146     |                   |           |
| 164 | 118     |       |       | Philip Smith         | 49:09 | 48:40    | OM       | 95      | Male   | 147     |                   |           |
| 165 | 319     |       |       | Gareth Lloyd         | 49:11 | 48:52    | OM       | 96      | Male   | 148     |                   |           |
| 166 | 17      |       |       | Wendy Chwistek       | 49:21 | 49:11    | OF       | 12      | Female | 18      | FOSS 10           | 03:36:43  |
| 167 | 61      |       |       | Romana Maine         | 49:25 | 49:23    | F45      | 3       | Female | 19      | Porthcawl Runners |           |
| 168 | 470     |       |       | Rhys Davies          | 49:26 | 49:26    | OM       | 97      | Male   | 149     |                   |           |
| 169 | 377     |       |       | Andrew Rees          | 49:29 | 49:21    | M40      | 34      | Male   | 150     |                   |           |
| 170 | 81      |       |       | Tom Dennis           | 49:32 | 49:23    | OM       | 98      | Male   | 151     | Tenby RNLI        | 03:01:14  |
| 171 | 82      |       |       | Mathew Broadhurst    | 49:42 | 49:32    | M40      | 35      | Male   | 152     | Tenby RNLI        | 03:01:14  |
| 172 | 371     |       |       | Beth Lewis           | 49:45 | 49:34    | F35      | 4       | Female | 20      | Les Croupiers     | 03:34:41  |
| 173 | 484     |       |       | Jason Richards       | 49:46 | 49:09    | OM       | 99      | Male   | 153     |                   |           |
| 174 | 187     |       |       | Gareth Davies        | 49:50 | 49:23    | OM       | 100     | Male   | 154     | FOSS 10           | 02:50:40  |
| 175 | 252     |       |       | Jack Bagley          | 49:53 | 49:44    | OM       | 101     | Male   | 155     |                   |           |

| Pos | Race No | Share | Print | Name             | Time  | Net Time | Category | Cat Pos | Gender | Gen Pos | Team               | Team Time |
|-----|---------|-------|-------|------------------|-------|----------|----------|---------|--------|---------|--------------------|-----------|
| 176 | 448     |       |       | Dave Wilson      | 49:53 | 49:37    | OM       | 102     | Male   | 156     |                    |           |
| 177 | 480     |       |       | Mitchell Readwin | 49:53 | 49:40    | OM       | 103     | Male   | 157     | Sarn Helen         |           |
| 178 | 124     |       |       | James Clarkson   | 50:03 | 49:46    | M40      | 36      | Male   | 158     |                    |           |
| 179 | 332     |       |       | Adam Tyler       | 50:07 | 49:43    | OM       | 104     | Male   | 159     |                    |           |
| 180 | 62      |       |       | Pamela Asson     | 50:09 | 49:51    | F35      | 5       | Female | 21      |                    |           |
| 181 | 256     |       |       | Justine Williams | 50:09 | 49:53    | F35      | 6       | Female | 22      |                    |           |
| 182 | 347     |       |       | Philip Hawkins   | 50:11 | 49:36    | M40      | 37      | Male   | 160     |                    |           |
| 183 | 254     |       |       | Alan Townsend    | 50:13 | 49:46    | OM       | 105     | Male   | 161     |                    |           |
| 184 | 455     |       |       | Menahem Farkesh  | 50:15 | 50:09    | OM       | 106     | Male   | 162     |                    |           |
| 185 | 309     |       |       | Brian Symonds    | 50:16 | 50:07    | M60      | 4       | Male   | 163     |                    |           |
| 186 | 473     |       |       | David Taylor     | 50:18 | 50:10    | M60      | 5       | Male   | 164     | Congleton Harriers |           |
| 187 | 19      |       |       | Gary O'Neill     | 50:20 | 50:01    | M40      | 38      | Male   | 165     | FOSS 10            | 02:50:40  |
| 188 | 308     |       |       | Jan Edwards      | 50:38 | 50:30    | F55      | 2       | Female | 23      | Wye Valley Runners |           |
| 189 | 446     |       |       | Marc Wher        | 50:40 | 50:28    | OM       | 107     | Male   | 166     |                    |           |
| 190 | 451     |       |       | Michael Terry    | 50:44 | 50:32    | M60      | 6       | Male   | 167     | TROTS              | 02:53:59  |
| 191 | 55      |       |       | Paul Carter      | 50:53 | 50:36    | M40      | 39      | Male   | 168     | Wesham Runners     |           |
| 192 | 163     |       |       | Alistair Thomson | 50:56 | 50:22    | OM       | 108     | Male   | 169     |                    |           |
| 193 | 68      |       |       | Alison Booth     | 50:57 | 50:35    | F45      | 4       | Female | 24      | Derby AC           |           |
| 194 | 342     |       |       | Oliver Brace     | 51:06 | 50:43    | OM       | 109     | Male   | 170     |                    |           |
| 195 | 352     |       |       | Ian Corden       | 51:08 | 50:56    | OM       | 110     | Male   | 171     |                    |           |
| 196 | 349     |       |       | Gareth Burks     | 51:18 | 50:48    | OM       | 111     | Male   | 172     |                    |           |
| 197 | 58      |       |       | David Kimpton    | 51:20 | 50:59    | OM       | 112     | Male   | 173     |                    |           |
| 198 | 325     |       |       | Rob Smallman     | 51:24 | 51:04    | M40      | 40      | Male   | 174     |                    |           |
| 199 | 452     |       |       | Philip Telly     | 51:29 | 51:17    | OM       | 113     | Male   | 175     | TROTS              | 02:53:59  |
| 200 | 279     |       |       | Reecca Mcdonald  | 51:36 | 51:29    | OF       | 13      | Female | 25      |                    |           |
| 201 | 399     |       |       | David Smith      | 51:39 | 51:34    | M50      | 17      | Male   | 176     |                    |           |
| 202 | 260     |       |       | Benjamin Evans   | 51:40 | 51:13    | OM       | 114     | Male   | 177     |                    |           |
| 203 | 511     |       |       | Simon Barber     | 51:49 | 51:36    | OM       | 115     | Male   | 178     |                    |           |
| 204 | 188     |       |       | Sian Fairbairn   | 51:51 | 51:15    | F45      | 5       | Female | 26      |                    |           |
| 205 | 441     |       |       | Clive Mccall     | 51:58 | 51:41    | M50      | 18      | Male   | 179     |                    |           |
| 206 | 94      |       |       | Ciaran Keane     | 52:02 | 51:38    | OM       | 116     | Male   | 180     |                    |           |
| 207 | 33      |       |       | John Jackson     | 52:08 | 51:52    | M40      | 41      | Male   | 181     | FOSS 10            | 02:50:40  |
| 208 | 421     |       |       | Rebecca Goodman  | 52:09 | 51:28    | F35      | 7       | Female | 27      |                    |           |
| 209 | 171     |       |       | Catrin thomas    | 52:10 | 52:03    | F35      | 8       | Female | 28      |                    |           |
| 210 | 476     |       |       | Sue Llyold       | 52:15 | 51:54    | F45      | 6       | Female | 29      | AVSTRI             |           |

| Pos | Race No | Share | Print | Name                 | Time  | Net Time | Category | Cat Pos | Gender | Gen Pos | Team               | Team Time |
|-----|---------|-------|-------|----------------------|-------|----------|----------|---------|--------|---------|--------------------|-----------|
| 211 | 147     |       |       | Catherine Olivant    | 52:20 | 51:43    | F35      | 9       | Female | 30      | Brecon AC          |           |
| 212 | 180     |       |       | Mathew Jones         | 52:26 | 52:10    | OM       | 117     | Male   | 182     | FOSS 10            | 02:50:40  |
| 213 | 234     |       |       | Robert Good          | 52:34 | 51:57    | OM       | 118     | Male   | 183     |                    |           |
| 214 | 214     |       |       | Robert Bowen         | 52:36 | 52:04    | M40      | 42      | Male   | 184     |                    |           |
| 215 | 54      |       |       | Antony Cawton        | 52:46 | 52:43    | M40      | 43      | Male   | 185     |                    |           |
| 216 | 373     |       |       | Melannie Mickleburgh | 52:54 | 52:38    | F35      | 10      | Female | 31      |                    |           |
| 217 | 374     |       |       | Grant Davies         | 52:55 | 52:39    | OM       | 119     | Male   | 186     |                    |           |
| 218 | 307     |       |       | Stephen Priday       | 52:57 | 52:24    | M50      | 19      | Male   | 187     |                    |           |
| 219 | 450     |       |       | Antonia Trveman      | 52:58 | 52:47    | F35      | 11      | Female | 32      |                    |           |
| 220 | 29      |       |       | Frances Harrison     | 52:59 | 52:42    | F45      | 7       | Female | 33      | FOSS 10            | 03:36:43  |
| 221 | 262     |       |       | Anna Field           | 53:00 | 52:48    | F35      | 12      | Female | 34      |                    |           |
| 222 | 189     |       |       | Harry Stubbs         | 53:04 | 52:55    | M60      | 7       | Male   | 188     | Congleton Harriers |           |
| 223 | 9       |       |       | Steve White          | 53:10 | 52:43    | OM       | 120     | Male   | 189     | FOSS 10            | 02:50:40  |
| 224 | 301     |       |       | Jasmine Phillips     | 53:11 | 52:56    | OF       | 14      | Female | 35      |                    |           |
| 225 | 286     |       |       | Joseph Lewis         | 53:21 | 52:36    | OM       | 121     | Male   | 190     |                    |           |
| 226 | 530     |       |       | Raymond              | 53:24 | 53:00    | M50      | 20      | Male   | 191     | Port Talbot        |           |
| 227 | 289     |       |       | Greg Griffiths       | 53:25 | 52:57    | OM       | 122     | Male   | 192     |                    |           |
| 228 | 284     |       |       | Lucy Williams        | 53:28 | 53:04    | OF       | 15      | Female | 36      |                    |           |
| 229 | 294     |       |       | Richard Edmunds      | 53:33 | 53:04    | OM       | 123     | Male   | 193     |                    |           |
| 230 | 507     |       |       | Dora Pearce          | 53:44 | 53:13    | F45      | 8       | Female | 37      |                    |           |
| 231 | 173     |       |       | Mark Wilcox          | 53:52 | 53:19    | M50      | 21      | Male   | 194     |                    |           |
| 232 | 324     |       |       | Steve Rigg           | 53:56 | 53:37    | OM       | 124     | Male   | 195     |                    |           |
| 233 | 136     |       |       | Jennifer Barrett     | 53:59 | 53:42    | OF       | 16      | Female | 38      |                    |           |
| 234 | 157     |       |       | Zoe Sawyer           | 54:02 | 53:32    | OF       | 17      | Female | 39      |                    |           |
| 235 | 496     |       |       | Daniella Rabaton     | 54:03 | 53:49    | F35      | 13      | Female | 40      |                    |           |
| 236 | 412     |       |       | Ryan Jones           | 54:05 | 53:51    | OM       | 125     | Male   | 196     |                    |           |
| 237 | 449     |       |       | Adam Jenkins         | 54:05 | 54:02    | OM       | 126     | Male   | 197     |                    |           |
| 238 | 386     |       |       | Alison Pinkham       | 54:06 | 54:06    | F45      | 9       | Female | 41      |                    |           |
| 239 | 79      |       |       | Justin Richards      | 54:07 | 53:31    | OM       | 127     | Male   | 198     |                    |           |
| 240 | 150     |       |       | Gareth Noot          | 54:08 | 53:32    | OM       | 128     | Male   | 199     |                    |           |
| 241 | 411     |       |       | Amy Lauren Jones     | 54:10 | 53:51    | OF       | 18      | Female | 42      |                    |           |
| 242 | 104     |       |       | Elaine Bendle        | 54:15 | 53:48    | F45      | 10      | Female | 43      |                    |           |
| 243 | 271     |       |       | Stephen Sutton       | 54:18 | 54:01    | OM       | 129     | Male   | 200     |                    |           |
| 244 | 276     |       |       | Jon Mills            | 54:18 | 53:41    | M50      | 22      | Male   | 201     |                    |           |
| 245 | 486     |       |       | Jason Protheroe      | 54:24 | 53:52    | M40      | 44      | Male   | 202     |                    |           |

| Pos | Race No | Share | Print | Name              | Time  | Net Time | Category | Cat Pos | Gender | Gen Pos | Team              | Team Time |
|-----|---------|-------|-------|-------------------|-------|----------|----------|---------|--------|---------|-------------------|-----------|
| 246 | 295     |       |       | Andre Turmel      | 54:27 | 53:52    | M50      | 23      | Male   | 203     |                   |           |
| 247 | 233     |       |       | Kevin Nawlins     | 54:31 | 53:59    | M40      | 45      | Male   | 204     |                   |           |
| 248 | 227     |       |       | Nicola Bowen      | 54:33 | 54:25    | F35      | 14      | Female | 44      |                   |           |
| 249 | 514     |       |       | Kevin Fisher      | 54:35 | 54:31    | M50      | 24      | Male   | 205     |                   |           |
| 250 | 382     |       |       | Julie Jones       | 54:40 | 54:26    | F45      | 11      | Female | 45      | The Hope & Anchor |           |
| 251 | 32      |       |       | Philip Chapman    | 54:44 | 54:20    | OM       | 130     | Male   | 206     | FOSS 10           | 02:50:40  |
| 252 | 387     |       |       | Kim Pinkham       | 54:46 | 54:06    | M50      | 25      | Male   | 207     |                   |           |
| 253 | 504     |       |       | John Shuttleworth | 54:48 | 54:18    | M50      | 26      | Male   | 208     | Tenby Aces        | 03:15:53  |
| 254 | 408     |       |       | Debbie Rossiter   | 54:52 | 54:47    | F45      | 12      | Female | 46      |                   |           |
| 255 | 469     |       |       | Christine Brash   | 54:53 | 54:46    | F45      | 13      | Female | 47      |                   |           |
| 256 | 359     |       |       | Chris May         | 55:09 | 54:56    | OM       | 131     | Male   | 209     |                   |           |
| 257 | 53      |       |       | Anna Bolton       | 55:11 | 54:58    | F35      | 15      | Female | 48      |                   |           |
| 258 | 463     |       |       | Thomas Goldbach   | 55:13 | 54:34    | M40      | 46      | Male   | 210     |                   |           |
| 259 | 539     |       |       | Wayne Davies      | 55:15 | 55:07    | OM       | 132     | Male   | 211     |                   |           |
| 260 | 537     |       |       | Jim Brumhead      | 55:15 | 55:01    | OM       | 133     | Male   | 212     |                   |           |
| 261 | 370     |       |       | Iain Rich         | 55:20 | 54:52    | M40      | 47      | Male   | 213     |                   |           |
| 262 | 281     |       |       | Phillip Braddon   | 55:25 | 54:57    | M60      | 8       | Male   | 214     |                   |           |
| 263 | 283     |       |       | Karina Ebsworth   | 55:28 | 55:28    | F35      | 16      | Female | 49      |                   |           |
| 264 | 3       |       |       | Ian Harding-Jones | 55:32 | 55:29    | M40      | 48      | Male   | 215     | FOSS 10           | 02:50:40  |
| 265 | 140     |       |       | Phil Kidman       | 55:32 | 55:11    | M50      | 27      | Male   | 216     |                   |           |
| 266 | 30      |       |       | Rachel Tredaway   | 55:33 | 54:56    | F35      | 17      | Female | 50      | FOSS 10           | 03:36:43  |
| 267 | 182     |       |       | Stephen Williams  | 55:33 | 54:57    | OM       | 134     | Male   | 217     | FOSS 10           | 02:50:40  |
| 268 | 66      |       |       | Sarah Davies      | 55:39 | 55:18    | F35      | 18      | Female | 51      |                   |           |
| 269 | 225     |       |       | Nicola Tinsley    | 55:39 | 55:24    | F35      | 19      | Female | 52      |                   |           |
| 270 | 413     |       |       | David Swan        | 55:43 | 55:15    | M50      | 28      | Male   | 218     | Aberdare          | 02:22:50  |
| 271 | 483     |       |       | Karen Lewis       | 55:52 | 55:39    | F35      | 20      | Female | 53      |                   |           |
| 272 | 410     |       |       | Ken Curry         | 55:54 | 55:50    | M60      | 9       | Male   | 219     |                   |           |
| 273 | 50      |       |       | Huw Simpkins      | 55:59 | 55:23    | OM       | 135     | Male   | 220     |                   |           |
| 274 | 142     |       |       | Naomi Sharp       | 56:04 | 55:57    | OF       | 19      | Female | 54      |                   |           |
| 275 | 492     |       |       | Sally Rogers      | 56:09 | 55:37    | F35      | 21      | Female | 55      |                   |           |
| 276 | 367     |       |       | Samuel Smith      | 56:16 | 55:57    | OM       | 136     | Male   | 221     |                   |           |
| 277 | 240     |       |       | Christian Ball    | 56:21 | 55:51    | OM       | 137     | Male   | 222     | Penny Blacks      | 03:39:13  |
| 278 | 224     |       |       | Peter Armytage    | 56:22 | 55:55    | OM       | 138     | Male   | 223     | Tenby Aces        | 03:15:53  |
| 279 | 392     |       |       | Tim Carslake      | 56:28 | 56:09    | OM       | 139     | Male   | 224     |                   |           |
| 280 | 376     |       |       | Gemma Evans       | 56:30 | 56:21    | OF       | 20      | Female | 56      |                   |           |



| Pos | Race No | Share | Print | Name                  | Time  | Net Time | Category | Cat Pos | Gender | Gen Pos | Team              | Team Time |
|-----|---------|-------|-------|-----------------------|-------|----------|----------|---------|--------|---------|-------------------|-----------|
| 281 | 43      |       |       | Angharad Vaughan-Owen | 56:38 | 56:31    | OF       | 21      | Female | 57      |                   |           |
| 282 | 44      |       |       | Gemma Burton          | 56:41 | 56:20    | OF       | 22      | Female | 58      |                   |           |
| 283 | 364     |       |       | Andrew Burgess        | 56:41 | 56:17    | OM       | 140     | Male   | 225     | Five Frogs        | 03:42:20  |
| 284 | 222     |       |       | Anthony Griffiths     | 56:42 | 56:04    | M40      | 49      | Male   | 226     | The Feds          | 04:00:46  |
| 285 | 350     |       |       | Billy Vaughan         | 56:48 | 56:16    | OM       | 141     | Male   | 227     |                   |           |
| 286 | 120     |       |       | Bridie Jackson        | 56:49 | 56:16    | OF       | 1       | Male   | 228     |                   |           |
| 287 | 394     |       |       | Ian Meredith          | 56:49 | 56:11    | OM       | 142     | Male   | 229     |                   |           |
| 288 | 40      |       |       | Helen Lutley          | 56:50 | 56:26    | F55      | 3       | Female | 59      | Emlyn Runners     |           |
| 289 | 162     |       |       | Laura Whitelegg       | 56:50 | 56:07    | OF       | 23      | Female | 60      |                   |           |
| 290 | 368     |       |       | Ina Koodmann          | 56:53 | 56:52    | F45      | 14      | Female | 61      |                   |           |
| 291 | 369     |       |       | Dan Koodmann          | 56:53 | 56:39    | M40      | 50      | Male   | 230     |                   |           |
| 292 | 323     |       |       | Frank Griffiths       | 56:59 | 56:44    | M50      | 29      | Male   | 231     |                   |           |
| 293 | 204     |       |       | Angela Lewis          | 57:04 | 56:58    | F45      | 15      | Female | 62      | Santander UK      |           |
| 294 | 206     |       |       | Phillip Kite          | 57:04 | 56:26    | M40      | 51      | Male   | 232     | The Feds          | 04:00:46  |
| 295 | 31      |       |       | Mark Prestwich        | 57:06 | 56:40    | M50      | 30      | Male   | 233     | FOSS 10           | 02:50:40  |
| 296 | 280     |       |       | Miles Chidlow         | 57:07 | 56:31    | M40      | 52      | Male   | 234     |                   |           |
| 297 | 168     |       |       | Holly Gabriel         | 57:09 | 57:09    | OF       | 24      | Female | 63      |                   |           |
| 298 | 108     |       |       | Judith Stevenson      | 57:10 | 57:02    | F45      | 16      | Female | 64      |                   |           |
| 299 | 107     |       |       | Rebekah James         | 57:11 | 57:02    | F35      | 22      | Female | 65      |                   |           |
| 300 | 39      |       |       | Alun Nelson           | 57:30 | 57:17    | M40      | 53      | Male   | 235     |                   |           |
| 301 | 169     |       |       | Karen Morgan          | 57:30 | 57:24    | F45      | 17      | Female | 66      |                   |           |
| 302 | 191     |       |       | Richard Hillier       | 57:34 | 57:03    | OM       | 143     | Male   | 236     |                   |           |
| 303 | 236     |       |       | Sian Brown-Wright     | 57:40 | 57:31    | OF       | 25      | Female | 67      |                   |           |
| 304 | 535     |       |       | Nigel Leighton Jones  | 57:44 | 57:15    | M50      | 31      | Male   | 237     | Llanelli A.C.     |           |
| 305 | 129     |       |       | David Stephens        | 57:46 | 57:23    | OM       | 144     | Male   | 238     | FOSS 10           | 02:50:40  |
| 306 | 383     |       |       | Luke Neate            | 57:50 | 57:32    | OM       | 145     | Male   | 239     | The Hope & Anchor |           |
| 307 | 384     |       |       | Paul Neate            | 57:51 | 57:33    | M40      | 54      | Male   | 240     | The Hope & Anchor |           |
| 308 | 536     |       |       | Natalie Jones         | 57:53 | 57:24    | OF       | 26      | Female | 68      | 3m road runners   |           |
| 309 | 429     |       |       | Micky bear Davies     | 57:54 | 57:36    | M50      | 32      | Male   | 241     |                   |           |
| 310 | 531     |       |       | Sophie Burke          | 58:00 | 57:55    | OF       | 27      | Female | 69      |                   |           |
| 311 | 99      |       |       | Sharon Thomas         | 58:04 | 57:32    | F35      | 23      | Female | 70      |                   |           |
| 312 | 152     |       |       | Julie Ryan            | 58:04 | 57:28    | OF       | 28      | Female | 71      |                   |           |
| 313 | 322     |       |       | Emily Brace           | 58:10 | 58:06    | OF       | 29      | Female | 72      |                   |           |
| 314 | 416     |       |       | Helen Roach           | 58:17 | 58:11    | F35      | 24      | Female | 73      |                   |           |
| 315 | 155     |       |       | Nigel Derbyshire      | 58:21 | 58:12    | M60      | 10      | Male   | 242     |                   |           |

| Pos | Race No | Share | Print | Name                        | Time     | Net Time | Category | Cat Pos | Gender | Gen Pos | Team                         | Team Time |
|-----|---------|-------|-------|-----------------------------|----------|----------|----------|---------|--------|---------|------------------------------|-----------|
| 316 | 375     |       |       | Gemma Day                   | 58:21    | 58:11    | OF       | 30      | Female | 74      |                              |           |
| 317 | 498     |       |       | Julie Brown                 | 58:40    | 58:12    | F45      | 18      | Female | 75      |                              |           |
| 318 | 499     |       |       | Alison Lowls                | 58:40    | 58:12    | F45      | 19      | Female | 76      |                              |           |
| 319 | 93      |       |       | Elaine Evans                | 58:41    | 58:20    | F35      | 25      | Female | 77      |                              |           |
| 320 | 270     |       |       | Leanne Davies               | 58:46    | 58:27    | OF       | 31      | Female | 78      |                              |           |
| 321 | 269     |       |       | Victoria Haworth            | 58:47    | 58:42    | OF       | 32      | Female | 79      |                              |           |
| 322 | 41      |       |       | David Ayers                 | 58:49    | 58:23    | OM       | 146     | Male   | 243     | Five Frogs                   | 03:42:20  |
| 323 | 111     |       |       | Megan Tapper                | 58:49    | 58:30    | OF       | 33      | Female | 80      |                              |           |
| 324 | 27      |       |       | Sarah Batty                 | 58:50    | 58:25    | F35      | 26      | Female | 81      | FOSS 10                      | 03:36:43  |
| 325 | 77      |       |       | Michael Evans               | 58:55    | 58:38    | OM       | 147     | Male   | 244     | Ferndale Boys and Girls Club |           |
| 326 | 346     |       |       | Tracey Newman               | 58:59    | 58:37    | F35      | 27      | Female | 82      | Les Croupiers                | 03:34:41  |
| 327 | 37      |       |       | Lorna Walford               | 59:11    | 58:53    | F35      | 28      | Female | 83      |                              |           |
| 328 | 472     |       |       | Tony Hampson                | 59:15    | 58:43    | M50      | 33      | Male   | 245     | 3ms                          | 02:34:40  |
| 329 | 454     |       |       | Rowena Katie Elizabeth Ford | 59:23    | 59:08    | OF       | 34      | Female | 84      |                              |           |
| 330 | 401     |       |       | Charles Francis Wood        | 59:26    | 59:00    |          |         | Male   | 246     |                              |           |
| 331 | 433     |       |       | Stephanie James             | 59:27    | 59:02    | OF       | 35      | Female | 85      |                              |           |
| 332 | 164     |       |       | Rachel Thomson              | 59:35    | 59:00    | OF       | 36      | Female | 86      |                              |           |
| 333 | 453     |       |       | Tracey Ford                 | 59:40    | 59:16    | F45      | 20      | Female | 87      |                              |           |
| 334 | 87      |       |       | Daniel Young                | 59:45    | 59:34    | OM       | 148     | Male   | 247     | Tenby RNLI                   | 03:01:14  |
| 335 | 86      |       |       | Jason Rossiter              | 59:59    | 59:34    | OM       | 149     | Male   | 248     | Tenby RNLI                   | 03:01:14  |
| 336 | 70      |       |       | Ben Jones                   | 01:00:00 | 59:25    | OM       | 150     | Male   | 249     |                              |           |
| 337 | 466     |       |       | Jude Roberts                | 01:00:06 | 59:41    | F35      | 29      | Female | 88      |                              |           |
| 338 | 12      |       |       | Lorraine Lloyd              | 01:00:13 | 59:48    | F35      | 30      | Female | 89      | FOSS 10                      | 03:36:43  |
| 339 | 497     |       |       | Neil Lewis                  | 01:00:16 | 59:57    | M50      | 34      | Male   | 250     | Mumble Milers RRC            | 04:19:27  |
| 340 | 465     |       |       | Emily Lintern-Schewitz      | 01:00:24 | 59:58    | OF       | 37      | Female | 90      |                              |           |
| 341 | 22      |       |       | Lisa Davies                 | 01:00:25 | 01:00:08 | OF       | 38      | Female | 91      | FOSS 10                      | 03:36:43  |
| 342 | 273     |       |       | Claire Palmer               | 01:00:25 | 01:00:04 | OF       | 39      | Female | 92      |                              |           |
| 343 | 272     |       |       | Zoe Davies                  | 01:00:27 | 01:00:06 | F35      | 31      | Female | 93      |                              |           |
| 344 | 223     |       |       | Natalie John                | 01:00:28 | 01:00:06 | OF       | 40      | Female | 94      |                              |           |
| 345 | 436     |       |       | Cath Graham                 | 01:00:35 | 01:00:10 | F35      | 32      | Female | 95      |                              |           |
| 346 | 385     |       |       | Mary Becket                 | 01:00:38 | 01:00:24 | OF       | 41      | Female | 96      |                              |           |
| 347 | 76      |       |       | Kevin Webb                  | 01:00:40 | 01:00:40 | M40      | 55      | Male   | 251     |                              |           |
| 348 | 263     |       |       | Alistair Mansgu             | 01:00:42 | 01:00:09 | OM       | 151     | Male   | 252     |                              |           |
| 349 | 264     |       |       | Tony Jones                  | 01:00:42 | 01:00:18 | M60      | 11      | Male   | 253     |                              |           |
| 350 | 443     |       |       | Nathan Wilcox               | 01:00:42 | 01:00:07 | OM       | 152     | Male   | 254     |                              |           |

| Pos | Race No | Share | Print | Name                 | Time     | Net Time | Category | Cat Pos | Gender | Gen Pos | Team              | Team Time |
|-----|---------|-------|-------|----------------------|----------|----------|----------|---------|--------|---------|-------------------|-----------|
| 351 | 13      |       |       | Sian Attwell         | 01:00:46 | 01:00:17 | F45      | 21      | Female | 97      | FOSS 10           | 03:36:43  |
| 352 | 181     |       |       | Mark Attwell         | 01:00:46 | 01:00:46 | M50      | 35      | Male   | 255     | FOSS 10           | 02:50:40  |
| 353 | 444     |       |       | Roystons Whitney     | 01:00:47 | 01:00:13 |          |         | Male   | 256     |                   |           |
| 354 | 467     |       |       | Daniel Edmonds       | 01:00:48 | 01:00:10 | OM       | 153     | Male   | 257     |                   |           |
| 355 | 251     |       |       | Alex Rees            | 01:00:49 | 01:00:21 | F35      | 33      | Female | 98      | Five Frogs        |           |
| 356 | 165     |       |       | Philip Ranson        | 01:00:52 | 01:00:45 | OM       | 154     | Male   | 258     |                   |           |
| 357 | 458     |       |       | Keith Richardson     | 01:00:52 | 01:00:47 |          |         | Male   | 259     | Road Runners      |           |
| 358 | 512     |       |       | Anna Felton          | 01:00:57 | 01:00:49 | OF       | 42      | Female | 99      |                   |           |
| 359 | 113     |       |       | Charlotte Davies     | 01:01:01 | 01:00:50 | F45      | 22      | Female | 100     |                   |           |
| 360 | 519     |       |       | Maria Thomas         | 01:01:02 | 01:00:21 | F35      | 34      | Female | 101     | 3m road runners   |           |
| 361 | 90      |       |       | Rog Garland          | 01:01:04 | 01:00:52 | OM       | 155     | Male   | 260     | Tenby RNLI        | 03:01:14  |
| 362 | 299     |       |       | Joanne Howells       | 01:01:04 | 01:00:46 | OF       | 43      | Female | 102     | FOSS 10           | 03:36:43  |
| 363 | 85      |       |       | Andrew Aston         | 01:01:05 | 01:00:53 | OM       | 156     | Male   | 261     | Tenby RNLI        | 03:01:14  |
| 364 | 287     |       |       | Holly Robinson       | 01:01:08 | 01:00:40 | OF       | 44      | Female | 103     | Hope & Anchor     |           |
| 365 | 503     |       |       | Richard Donne        | 01:01:13 | 01:00:49 | M50      | 36      | Male   | 262     | 3ms               | 02:34:40  |
| 366 | 540     |       |       | Michael Coleman      | 01:01:16 | 01:00:44 | M40      | 56      | Male   | 263     | FOSS 10           | 02:50:40  |
| 367 | 354     |       |       | Dominique Delpech    | 01:01:20 | 01:01:05 | F35      | 35      | Female | 104     |                   |           |
| 368 | 275     |       |       | Jo Roberts           | 01:01:23 | 01:00:49 | OF       | 45      | Female | 105     |                   |           |
| 369 | 321     |       |       | Zita Kiezinger-lloyd | 01:01:35 | 01:01:06 | OF       | 46      | Female | 106     |                   |           |
| 370 | 201     |       |       | Kim williams         | 01:01:37 | 01:01:12 | F35      | 36      | Female | 107     | Tenby Trotters    |           |
| 371 | 292     |       |       | Kathryn Heywood      | 01:01:37 | 01:01:12 | F35      | 37      | Female | 108     |                   |           |
| 372 | 151     |       |       | Emma Loyns           | 01:01:38 | 01:00:56 | OF       | 47      | Female | 109     |                   |           |
| 373 | 170     |       |       | Dawn Hopkins         | 01:01:38 | 01:00:56 | F35      | 38      | Female | 110     |                   |           |
| 374 | 438     |       |       | Gerrard Mccabe       | 01:01:43 | 01:01:01 | M60      | 12      | Male   | 264     | Trawden AC        |           |
| 375 | 63      |       |       | Huw Davies           | 01:01:52 | 01:01:52 | OM       | 157     | Male   | 265     |                   |           |
| 376 | 207     |       |       | Fred Hunter          | 01:01:55 | 01:01:17 | M50      | 37      | Male   | 266     | The Feds          | 04:00:46  |
| 377 | 490     |       |       | Beverly Llwalnyn     | 01:01:55 | 01:01:32 | F35      | 39      | Female | 111     |                   |           |
| 378 | 502     |       |       | Katherine Llyold     | 01:02:01 | 01:01:39 | F45      | 23      | Female | 112     |                   |           |
| 379 | 25      |       |       | Rachel Ruff          | 01:02:05 | 01:01:48 | F35      | 40      | Female | 113     | FOSS 10           | 03:36:43  |
| 380 | 523     |       |       | Toby Rogers          | 01:02:14 | 01:01:59 | OM       | 158     | Male   | 267     | 3ms               | 02:34:40  |
| 381 | 91      |       |       | David Ellis          | 01:02:16 | 01:01:51 | M50      | 38      | Male   | 268     |                   |           |
| 382 | 230     |       |       | Rachel Thomas        | 01:02:27 | 01:02:13 | F45      | 24      | Female | 114     |                   |           |
| 383 | 231     |       |       | Bethan Thomas        | 01:02:27 | 01:02:12 | OF       | 48      | Female | 115     |                   |           |
| 384 | 7       |       |       | Mark Cleeveley       | 01:02:29 | 01:02:02 | OM       | 159     | Male   | 269     | FOSS 10           | 02:50:40  |
| 385 | 495     |       |       | Roger Jones          | 01:02:31 | 01:02:13 | M60      | 13      | Male   | 270     | Mumble Milers RRC | 04:19:27  |

| Pos | Race No | Share | Print | Name                | Time     | Net Time | Category | Cat Pos | Gender | Gen Pos | Team                    | Team Time |
|-----|---------|-------|-------|---------------------|----------|----------|----------|---------|--------|---------|-------------------------|-----------|
| 386 | 344     |       |       | Carly Christopher   | 01:02:33 | 01:01:49 | OF       | 49      | Female | 116     |                         |           |
| 387 | 425     |       |       | Sian Hewellyn       | 01:02:33 | 01:02:23 | OF       | 50      | Female | 117     |                         |           |
| 388 | 489     |       |       | Anthony Henebery    | 01:02:48 | 01:02:29 | M40      | 57      | Male   | 271     | 3ms                     | 02:34:40  |
| 389 | 172     |       |       | Sharon Williams     | 01:02:56 | 01:02:53 | F45      | 25      | Female | 118     | SRR                     |           |
| 390 | 361     |       |       | Rebecca Lewis       | 01:02:56 | 01:02:36 | F35      | 41      | Female | 119     |                         |           |
| 391 | 23      |       |       | Nicky Smith         | 01:02:57 | 01:02:28 | F45      | 26      | Female | 120     | FOSS 10                 | 03:36:43  |
| 392 | 487     |       |       | Gareth Rowe         | 01:03:01 | 01:02:41 | M40      | 58      | Male   | 272     |                         |           |
| 393 | 274     |       |       | Anne-Marie Lewis    | 01:03:07 | 01:02:47 | OF       | 51      | Female | 121     | In Memory of Gary Lewis |           |
| 394 | 235     |       |       | Christopher Stanton | 01:03:09 | 01:02:46 | M60      | 14      | Male   | 273     |                         |           |
| 395 | 320     |       |       | Rita Loosz          | 01:03:42 | 01:03:22 | OF       | 52      | Female | 122     |                         |           |
| 396 | 161     |       |       | Graham Singer       | 01:03:43 | 01:03:26 | M50      | 39      | Male   | 274     |                         |           |
| 397 | 406     |       |       | Katie Oshea         | 01:03:46 | 01:03:19 | F35      | 42      | Female | 123     |                         |           |
| 398 | 528     |       |       | Tina Fecci          | 01:03:49 | 01:03:40 | F35      | 43      | Female | 124     |                         |           |
| 399 | 330     |       |       | Debbie lester       | 01:04:11 | 01:03:30 | F45      | 27      | Female | 125     | Saundersfoot Trotters   |           |
| 400 | 331     |       |       | Mandy rees          | 01:04:11 | 01:03:31 | F45      | 28      | Female | 126     | Saundersfoot Trotters   |           |
| 401 | 388     |       |       | Victoria Randall    | 01:04:11 | 01:03:30 | F45      | 29      | Female | 127     | Saundersfoot Trotters   |           |
| 402 | 494     |       |       | Keith Harris        | 01:04:15 | 01:03:57 | M50      | 40      | Male   | 275     | Mumble Milers RRC       | 04:19:27  |
| 403 | 360     |       |       | Victoria Williams   | 01:04:19 | 01:04:00 | OF       | 2       | Male   | 276     |                         |           |
| 404 | 36      |       |       | Debra Webber        | 01:04:26 | 01:04:03 | F35      | 44      | Female | 128     | FOSS 10                 | 03:36:43  |
| 405 | 348     |       |       | Paul Childs         | 01:04:28 | 01:03:58 | OM       | 160     | Male   | 277     |                         |           |
| 406 | 313     |       |       | Catherine Llewellyn | 01:04:46 | 01:04:39 | F45      | 30      | Female | 129     |                         |           |
| 407 | 185     |       |       | Sian Werner         | 01:04:57 | 01:04:34 | F35      | 45      | Female | 130     | FOSS 10                 | 03:36:43  |
| 408 | 397     |       |       | Alexandra Davies    | 01:05:00 | 01:04:39 | OF       | 53      | Female | 131     | Les Croupiers           | 03:34:41  |
| 409 | 115     |       |       | Juliet Fay          | 01:05:03 | 01:04:52 | F35      | 46      | Female | 132     |                         |           |
| 410 | 213     |       |       | Mark Marciano       | 01:05:05 | 01:04:25 | M40      | 59      | Male   | 278     | The Feds                | 04:00:46  |
| 411 | 237     |       |       | Emma thomas         | 01:05:21 | 01:05:12 | OF       | 54      | Female | 133     |                         |           |
| 412 | 130     |       |       | Lisa Kelly          | 01:05:28 | 01:04:48 | F35      | 47      | Female | 134     |                         |           |
| 413 | 131     |       |       | Mathew Kelly        | 01:05:28 | 01:04:48 | M40      | 60      | Male   | 279     |                         |           |
| 414 | 174     |       |       | David Bolton        | 01:05:57 | 01:05:42 | M50      | 41      | Male   | 280     |                         |           |
| 415 | 520     |       |       | Olivia Richards     | 01:06:03 | 01:05:34 | F35      | 48      | Female | 135     |                         |           |
| 416 | 5       |       |       | Natasha Allen       | 01:06:12 | 01:05:48 | F35      | 49      | Female | 136     | FOSS 10                 | 03:36:43  |
| 417 | 138     |       |       | Erika Hole          | 01:06:13 | 01:05:43 | OF       | 55      | Female | 137     |                         |           |
| 418 | 52      |       |       | Tracey Ravenscroft  | 01:06:21 | 01:06:21 | F35      | 50      | Female | 138     |                         |           |
| 419 | 327     |       |       | Emma Bumford        | 01:06:29 | 01:06:13 | F35      | 51      | Female | 139     | Rhondda Valley Runners  |           |
| 420 | 101     |       |       | Catherine Lloyd     | 01:06:34 | 01:06:10 | OF       | 56      | Female | 140     |                         |           |

| Pos | Race No | Share | Print | Name              | Time     | Net Time | Category | Cat Pos | Gender | Gen Pos | Team             | Team Time |
|-----|---------|-------|-------|-------------------|----------|----------|----------|---------|--------|---------|------------------|-----------|
| 421 | 110     |       |       | Ruth Cochran      | 01:06:34 | 01:06:00 | F45      | 31      | Female | 141     | Red Army Runners |           |
| 422 | 102     |       |       | Kristina Lloyd    | 01:06:35 | 01:06:10 | OF       | 57      | Female | 142     |                  |           |
| 423 | 153     |       |       | Hannah Mackay     | 01:06:35 | 01:06:27 | OF       | 58      | Female | 143     |                  |           |
| 424 | 42      |       |       | Rob Collins       | 01:06:36 | 01:06:12 | OM       | 161     | Male   | 281     | Five Frogs       | 03:42:20  |
| 425 | 154     |       |       | Sarah Davies      | 01:06:51 | 01:06:46 | F35      | 52      | Female | 144     |                  |           |
| 426 | 415     |       |       | Kyle Malroy       | 01:07:07 | 01:06:33 | OM       | 162     | Male   | 282     |                  |           |
| 427 | 414     |       |       | Zoe Priestley     | 01:07:08 | 01:06:49 | OF       | 59      | Female | 145     |                  |           |
| 428 | 51      |       |       | Joanne Morgan     | 01:07:21 | 01:06:40 | F45      | 32      | Female | 146     |                  |           |
| 429 | 232     |       |       | Jackie Comer      | 01:07:23 | 01:07:23 | F35      | 53      | Female | 147     |                  |           |
| 430 | 11      |       |       | Emma ward         | 01:07:26 | 01:07:00 | OF       | 60      | Female | 148     | FOSS 10          | 03:36:43  |
| 431 | 75      |       |       | Roger Derbyshire  | 01:07:28 | 01:07:19 | M60      | 15      | Male   | 283     |                  |           |
| 432 | 311     |       |       | Sandra Stevens    | 01:07:28 | 01:06:48 | F55      | 4       | Female | 149     |                  |           |
| 433 | 316     |       |       | Ben Pugh          | 01:07:32 | 01:06:53 | OM       | 163     | Male   | 284     | Pie eaters       |           |
| 434 | 317     |       |       | Terry Pugh        | 01:07:33 | 01:06:53 | M40      | 61      | Male   | 285     | Pie eaters       |           |
| 435 | 46      |       |       | Wendy Bridges     | 01:07:34 | 01:07:01 | F45      | 33      | Female | 150     |                  |           |
| 436 | 47      |       |       | Lucy Bridges      | 01:07:34 | 01:07:01 | OF       | 61      | Female | 151     |                  |           |
| 437 | 74      |       |       | Hollie Wellstead  | 01:07:51 | 01:07:30 | OF       | 62      | Female | 152     |                  |           |
| 438 | 288     |       |       | Rebecca Griffiths | 01:07:56 | 01:07:27 | OF       | 63      | Female | 153     |                  |           |
| 439 | 305     |       |       | Faye Merrony      | 01:08:02 | 01:07:55 | OF       | 64      | Female | 154     |                  |           |
| 440 | 218     |       |       | Rod Hill          | 01:08:06 | 01:07:34 | OM       | 164     | Male   | 286     |                  |           |
| 441 | 329     |       |       | Russ Mainwaring   | 01:08:15 | 01:07:41 | M50      | 42      | Male   | 287     |                  |           |
| 442 | 435     |       |       | Tyler Head        | 01:08:17 | 01:07:51 | OM       | 165     | Male   | 288     |                  |           |
| 443 | 353     |       |       | Marcus Meadham    | 01:08:39 | 01:08:25 | M50      | 43      | Male   | 289     |                  |           |
| 444 | 4       |       |       | Catrin Richards   | 01:08:53 | 01:08:13 | F35      | 54      | Female | 155     | FOSS 10          | 03:36:43  |
| 445 | 114     |       |       | Sarah Bryan       | 01:09:38 | 01:09:22 | OF       | 65      | Female | 156     |                  |           |
| 446 | 202     |       |       | Jamie Mills       | 01:09:42 | 01:09:06 | M40      | 62      | Male   | 290     |                  |           |
| 447 | 219     |       |       | Philip Lay        | 01:09:54 | 01:09:21 | M50      | 44      | Male   | 291     |                  |           |
| 448 | 508     |       |       | Johan Bremner     | 01:10:03 | 01:09:57 | F35      | 55      | Female | 157     |                  |           |
| 449 | 509     |       |       | Martyn Griffin    | 01:10:04 | 01:09:40 | OM       | 166     | Male   | 292     |                  |           |
| 450 | 2       |       |       | Thomas Astbury    | 01:10:17 | 01:09:35 | OM       | 167     | Male   | 293     | FOSS 10          | 02:50:40  |
| 451 | 211     |       |       | Mark Richards     | 01:10:58 | 01:10:19 | M40      | 63      | Male   | 294     | The Feds         | 04:00:46  |
| 452 | 109     |       |       | Cassie Taylor     | 01:11:00 | 01:10:15 | OF       | 66      | Female | 158     |                  |           |
| 453 | 166     |       |       | Owen Gabriel      | 01:11:09 | 01:10:38 | OM       | 168     | Male   | 295     |                  |           |
| 454 | 210     |       |       | Lisa Roberts      | 01:12:10 | 01:11:31 | F35      | 56      | Female | 159     | The Feds         |           |
| 455 | 212     |       |       | Claire Griffiths  | 01:12:10 | 01:11:32 | OF       | 67      | Female | 160     | The Feds         |           |

| Pos | Race No | Share | Print | Name                  | Time     | Net Time | Category | Cat Pos | Gender | Gen Pos | Team                         | Team Time |
|-----|---------|-------|-------|-----------------------|----------|----------|----------|---------|--------|---------|------------------------------|-----------|
| 456 | 209     |       |       | Ceri Williams         | 01:12:12 | 01:11:34 | OF       | 68      | Female | 161     | The Feds                     |           |
| 457 | 493     |       |       | Gary Taylor           | 01:12:25 | 01:11:56 | OM       | 169     | Male   | 296     | Mumble Milers RRC            | 04:19:27  |
| 458 | 242     |       |       | Simon Lloyd           | 01:13:29 | 01:12:58 | OM       | 170     | Male   | 297     | Penny Blacks                 | 03:39:13  |
| 459 | 56      |       |       | Abi Marriott          | 01:13:33 | 01:13:21 | OF       | 69      | Female | 162     |                              |           |
| 460 | 139     |       |       | Marianne Phillips     | 01:14:17 | 01:13:47 | F45      | 34      | Female | 163     |                              |           |
| 461 | 426     |       |       | Carole Waring         | 01:14:22 | 01:13:47 | F55      | 5       | Female | 164     |                              |           |
| 462 | 135     |       |       | Fiona Barrett         | 01:14:39 | 01:14:05 | F45      | 35      | Female | 165     |                              |           |
| 463 | 378     |       |       | Sarah Williams        | 01:14:46 | 01:14:19 | F35      | 57      | Female | 166     |                              |           |
| 464 | 249     |       |       | Gaynor James          | 01:14:47 | 01:14:24 | F35      | 58      | Female | 167     |                              |           |
| 465 | 379     |       |       | Shaquille Williams    | 01:14:47 | 01:14:20 | OM       | 171     | Male   | 298     |                              |           |
| 466 | 380     |       |       | Pippa Williams        | 01:14:47 | 01:14:19 | OF       | 70      | Female | 168     |                              |           |
| 467 | 250     |       |       | Howell Thomas         | 01:14:48 | 01:14:24 | M40      | 64      | Male   | 299     |                              |           |
| 468 | 525     |       |       | Melisa Jenkins        | 01:15:08 | 01:14:27 | F35      | 59      | Female | 169     |                              |           |
| 469 | 527     |       |       | Cara Edwards          | 01:15:12 | 01:14:31 | OF       | 71      | Female | 170     |                              |           |
| 470 | 390     |       |       | Roland Sherwood       | 01:15:36 | 01:15:14 | M60      | 16      | Male   | 300     | Aberdare                     | 02:22:50  |
| 471 | 439     |       |       | Louise Pooley         | 01:15:57 | 01:15:35 | F35      | 60      | Female | 171     |                              |           |
| 472 | 57      |       |       | Cathlene Slade        | 01:16:05 | 01:15:22 | F35      | 61      | Female | 172     |                              |           |
| 473 | 529     |       |       | Stephanie Douglas Law | 01:16:05 | 01:15:22 | F35      | 62      | Female | 173     |                              |           |
| 474 | 304     |       |       | Harriet Merrony       | 01:17:52 | 01:17:23 | OF       | 72      | Female | 174     |                              |           |
| 475 | 513     |       |       | Nick Herrony          | 01:17:52 | 01:17:45 | M50      | 45      | Male   | 301     |                              |           |
| 476 | 395     |       |       | Christine Larkin      | 01:19:16 | 01:18:36 | F35      | 63      | Female | 175     |                              |           |
| 477 | 194     |       |       | Eleanor Preece        | 01:19:27 | 01:18:53 | OF       | 73      | Female | 176     | Red Army Runners             |           |
| 478 | 193     |       |       | Gerald davies         | 01:19:28 | 01:18:53 | OM       | 172     | Male   | 302     | Red Army Runners             |           |
| 479 | 197     |       |       | Dominique John        | 01:23:21 | 01:23:08 | F35      | 64      | Female | 177     |                              |           |
| 480 | 196     |       |       | Kerrie Moran          | 01:24:00 | 01:23:48 | F35      | 65      | Female | 178     |                              |           |
| 481 | 175     |       |       | Lorraine Bolton       | 01:24:01 | 01:23:47 | F45      | 36      | Female | 179     |                              |           |
| 482 | 417     |       |       | Kim Evans             | 01:26:45 | 01:26:11 | F45      | 37      | Female | 180     | Ferndale Boys and Girls Club |           |
| 483 | 1       |       |       | Rachel Toulouse       | 01:29:35 | 01:28:52 | F35      | 66      | Female | 181     | FOSS 10                      | 03:36:43  |
| 484 | 215     |       |       | Lorna Elliott         | 01:30:09 | 01:29:27 | OF       | 74      | Female | 182     |                              |           |
| 485 | 216     |       |       | Chris Elliott         | 01:30:09 | 01:29:27 | OM       | 173     | Male   | 303     |                              |           |
| 486 | 97      |       |       | Owen Pritchard        | 01:30:31 | 01:30:18 | OM       | 174     | Male   | 304     |                              |           |
| 487 | 98      |       |       | Nicola Spencer        | 01:30:32 | 01:30:18 | OF       | 75      | Female | 183     |                              |           |
| 488 | 149     |       |       | Kirsty Brace          | 01:30:42 | 01:30:22 | OF       | 76      | Female | 184     |                              |           |
| 489 | 167     |       |       | Chloe Gabriel         | 01:31:02 | 01:30:31 | OF       | 77      | Female | 185     |                              |           |
| 490 | 423     |       |       | Glenn Hewer           | 01:32:03 | 01:32:01 | OM       | 175     | Male   | 305     | Aberdare                     | 02:22:50  |

| Pos | Race No | Share | Print | Name          | Time     | Net Time | Category | Cat Pos | Gender | Gen Pos | Team     | Team Time |
|-----|---------|-------|-------|---------------|----------|----------|----------|---------|--------|---------|----------|-----------|
| 491 | 517     |       |       | Helen Haskins | 01:35:17 | 01:34:43 | OF       | 78      | Female | 186     |          |           |
| 492 | 403     |       |       | Allen Watts   | 01:40:28 | 01:40:28 | M60      | 17      | Male   | 306     | Aberdare | 02:22:50  |