

Pos	Bib No	Fav	Share	Photo	Print	Name	Gun Time	Chip Time	Category	Cat Pos	Gender	Gen Pos
1	3					Josh GRIFFITHS	1:05:17.4	1:05:17.3	SenM	1	Male	1
2	4					Matthew REES	1:11:45.0	1:11:44.8	SenM	2	Male	2
3	5					Ian HARRIS	1:11:55.2	1:11:54.7	SenM	3	Male	3
4	60					Gary Wyn DAVIES	1:14:22.3	1:14:21.2	SenM	4	Male	4
5	1107					Tom MARSHALLSAY	1:15:55.7	1:15:54.1	SenM	5	Male	5
6	227					Michael BRYANT	1:17:18.7	1:17:17.2	SenM	6	Male	6
7	351					Emyr MORGAN	1:19:06.6	1:19:05.9	MV40	1	Male	7
8	1063					Geraint LEWIS	1:19:35.7	1:19:33.8	MV40	2	Male	8
9	1098					Stephen BARTLETT	1:19:37.8	1:19:35.6	MV40	3	Male	9
10	1180					Dan WHAITES	1:19:41.6	1:19:40.8	SenM	7	Male	10
11	836					Rhys HARRIES	1:19:47.6	1:19:46.4	SenM	8	Male	11
12	1356					Alex SCOTT	1:20:01.4	1:19:59.3	SenM	9	Male	12
13	1121					Andrew HOW	1:20:58.5	1:20:57.9	SenM	10	Male	13
14	6					Carys HUGHES	1:21:21.8	1:21:21.6	SenF	1	Female	1
15	466					Martin FLEAR	1:21:30.0	1:21:28.3	SenM	11	Male	14
16	496					Nicholas SHEEHAN	1:21:41.8	1:21:40.5	SenM	12	Male	15
17	529					Jason PRICE	1:21:53.2	1:21:51.4	MV40	4	Male	16
18	269					Stephen EVANS	1:22:07.1	1:22:05.5	SenM	13	Male	17
19	448					Charles Thomas WALSH	1:22:25.2	1:22:21.1	MV40	5	Male	18
20	1373					Samuel WEBSTER	1:22:54.9	1:22:53.2	MV40	6	Male	19
21	784					Carwyn DAVIES	1:23:01.1	1:23:00.0	SenM	14	Male	20
22	1064					Terry JONES	1:23:02.4	1:22:53.8	MV40	7	Male	21
23	589					David ASTINS	1:23:05.3	1:23:03.1	MV40	8	Male	22
24	948					Alun BONELLO	1:23:12.3	1:23:08.0	SenM	15	Male	23
25	150					James OCALLAGHAN	1:23:53.9	1:23:49.8	MV40	9	Male	24
26	299					Chris FRANCIS	1:24:01.4	1:23:58.4	SenM	16	Male	25
27	1503					Mike EVANS	1:24:04.6	1:24:02.6	MV40	10	Male	26
28	940					Aaron JONES	1:24:23.6	1:24:15.5	MV40	11	Male	27
29	1308					Barney GOODRICH	1:24:28.7	1:24:22.9	MV40	12	Male	28
30	1496					Simon DAVIES	1:24:37.5	1:24:32.7	SenM	17	Male	29
31	936					Paul O'CALLAGHAN	1:24:40.9	1:24:39.5	SenM	18	Male	30
32	757					Hugh JANNEY	1:24:42.7	1:24:38.1	MV40	13	Male	31
33	349					Ian EVANS	1:24:50.2	1:24:40.1	SenM	19	Male	32
34	763					Paul CLARKE	1:24:59.6	1:24:57.3	SenM	20	Male	33
35	1313					Roscoe HOWELL	1:25:04.2	1:24:32.7	SenM	21	Male	34

Club	Pace	TOD
SWANSEA HARRIERS	12.0 m/hr	10:05:23.4
SWANSEA HARRIERS	11.0 m/hr	10:11:51.0
SWANSEA HARRIERS	10.9 m/hr	10:12:01.2
ABERYSTWYTH AC	10.6 m/hr	10:14:28.3
UKNETRUNNER.CO.UK	10.4 m/hr	10:16:01.7
SWANSEA HARRIERS	10.2 m/hr	10:17:24.7
LES CROUPIERS	9.9 m/hr	10:19:12.6
PORTHCAWL RUNNERS	9.9 m/hr	10:19:41.7
PONTYPRIDD ROADENTS AC	9.9 m/hr	10:19:43.8
	9.9 m/hr	10:19:47.6
	9.9 m/hr	10:19:53.6
SWANSEA HARRIERS	9.8 m/hr	10:20:07.4
HEADER LAKE RUNNING CLUB	9.7 m/hr	10:21:04.5
CARDIFF AAC	9.7 m/hr	10:21:27.8
LLANELLI AC	9.6 m/hr	10:21:36.0
	9.6 m/hr	10:21:47.8
LLANELLI AC	9.6 m/hr	10:21:59.2
	9.6 m/hr	10:22:13.1
SWANSEA HARRIERS	9.5 m/hr	10:22:31.2
CARDIFF TRIATHLETES	9.5 m/hr	10:23:00.9
SARN HELEN	9.5 m/hr	10:23:07.1
RUN4ALL NEATH	9.5 m/hr	10:23:08.4
	9.5 m/hr	10:23:11.3
	9.4 m/hr	10:23:18.3
SWANSEA HARRIERS	9.4 m/hr	10:23:59.9
3M GORSEINON ROAD RUNNERS	9.4 m/hr	10:24:07.4
	9.3 m/hr	10:24:10.6
	9.3 m/hr	10:24:29.6
BRECON AC	9.3 m/hr	10:24:34.7
	9.3 m/hr	10:24:43.5
	9.3 m/hr	10:24:46.9
AMMAN VALLEY HARRIERS	9.3 m/hr	10:24:48.7
	9.3 m/hr	10:24:56.2
CARMARTHEN HARRIERS	9.2 m/hr	10:25:05.6
PEMBROKESHIRE HARRIERS	9.2 m/hr	10:25:10.2

Pos	Bib No	Fav	Share	Photo	Print	Name	Gun Time	Chip Time	Category	Cat Pos	Gender	Gen Pos
36	1013					Gethin POWELL	1:26:40.5	1:26:39.4	SenM	22	Male	35
37	458					John MORAN	1:26:44.5	1:26:39.3	SenM	23	Male	36
38	1195					Mark BEVERIDGE	1:26:44.5	1:26:41.9	MV40	14	Male	37
39	1319					Aled JONES-DAVIES	1:27:07.1	1:27:03.0	SenM	24	Male	38
40	635					Martin COLE	1:27:16.2	1:27:08.0	MV50	1	Male	39
41	588					Ellie ASTINS	1:27:21.1	1:27:16.3	FV35	1	Female	2
42	707					Simon REES	1:27:21.6	1:27:14.1	SenM	25	Male	40
43	688					Luticia THOMAS	1:27:43.0	1:27:42.6	SenF	2	Female	3
44	1268					Gareth AHEARNE	1:27:57.2	1:27:32.4	SenM	26	Male	41
45	1327					Daniel LUFFMAN	1:27:58.0	1:27:57.5	MV40	15	Male	42
46	746					Rachel DAVIES	1:27:58.7	1:27:57.7	SenF	3	Female	4
47	558					Llinos JONES	1:28:01.5	1:28:00.8	FV35	2	Female	5
48	1291					Alex CORNETT	1:28:17.4	1:28:08.9	SenM	27	Male	43
49	1526					Daniel O'KEEFE	1:28:18.0	1:27:56.8	SenM	28	Male	44
50	543					Gareth LEE	1:28:18.8	1:28:12.0	SenM	29	Male	45
51	806					Glyn JONES	1:28:20.6	1:28:14.3	MV50	2	Male	46
52	801					Sarah WORLEY	1:28:22.6	1:28:18.0	SenF	4	Female	6
53	483					Jamie STEDMAN	1:28:24.3	1:28:20.2	SenM	30	Male	47
54	1549					Dameon WINDSOR	1:28:26.6	1:28:23.0	SenM	31	Male	48
55	325					Daniel MATHIAS	1:28:30.2	1:28:25.1	SenM	32	Male	49
56	1281					Andrew BOWEN	1:28:41.3	1:28:36.8	MV40	16	Male	50
57	347					Lee MORRIS	1:29:01.0	1:28:54.8	SenM	33	Male	51
58	1321					Max JUDGE	1:29:08.2	1:28:46.1	SenM	34	Male	52
59	706					Huw TILLMAN	1:29:14.7	1:29:07.9	SenM	35	Male	53
60	213					Daniel TOTTERDALE	1:29:16.9	1:29:11.6	SenM	36	Male	54
61	747					Pari THOMAS	1:29:23.6	1:28:42.5	SenM	37	Male	55
62	1200					Jennifer MCNAMARA	1:29:24.6	1:29:21.1	FV35	3	Female	7
63	273					Geraint WILLIAMS	1:29:25.6	1:29:15.9	SenM	38	Male	56
64	285					Simon JONES	1:29:25.8	1:29:11.3	SenM	39	Male	57
65	1073					Liam OSBORNE	1:29:31.5	1:29:29.1	SenM	40	Male	58
66	145					Cayo ARRAN	1:29:33.0	1:29:29.5	SenM	41	Male	59
67	625					Samuel CHALMERS	1:29:34.1	1:29:27.1	SenM	42	Male	60
68	1258					Steven WILLIAMS	1:29:34.1	1:29:32.6	PACER	1	Male	61
69	84					Michael RODERICK	1:29:43.4	1:29:29.4	SenM	43	Male	62
70	1260					Phillip TURNER	1:29:45.2	1:29:41.7	PACER	2	Male	63

Club	Pace	TOD
WHITE ROCK RUNNERS	9.1 m/hr	10:26:46.5
SWANSEA HARRIERS	9.1 m/hr	10:26:50.5
	9.1 m/hr	10:26:50.5
TROTS	9.0 m/hr	10:27:13.1
RUN4ALL NEATH	9.0 m/hr	10:27:22.2
	9.0 m/hr	10:27:27.1
LLANELLI AC	9.0 m/hr	10:27:27.6
AMMAN VALLEY HARRIERS	9.0 m/hr	10:27:49.0
	8.9 m/hr	10:28:03.2
LES CROUPIERS	8.9 m/hr	10:28:04.0
AMMAN VALLEY HARRIERS	8.9 m/hr	10:28:04.7
AMMAN VALLEY HARRIERS	8.9 m/hr	10:28:07.5
	8.9 m/hr	10:28:23.4
	8.9 m/hr	10:28:24.0
	8.9 m/hr	10:28:24.8
	8.9 m/hr	10:28:26.6
SWANSEA HARRIERS	8.9 m/hr	10:28:28.6
LLANELLI AC	8.9 m/hr	10:28:30.3
	8.9 m/hr	10:28:32.6
	8.9 m/hr	10:28:36.2
	8.9 m/hr	10:28:47.3
3M GORSEINON ROAD RUNNERS	8.8 m/hr	10:29:07.0
	8.8 m/hr	10:29:14.2
	8.8 m/hr	10:29:20.7
LLANELLI TRI CLUB	8.8 m/hr	10:29:22.9
	8.8 m/hr	10:29:29.6
CHEDDAR RUNNING CLUB	8.8 m/hr	10:29:30.6
SWANSEA HARRIERS	8.8 m/hr	10:29:31.6
	8.8 m/hr	10:29:31.8
	8.8 m/hr	10:29:37.5
3M GORSEINON ROAD RUNNERS	8.8 m/hr	10:29:39.0
	8.8 m/hr	10:29:40.1
	8.8 m/hr	10:29:40.1
SWANSEA HARRIERS	8.8 m/hr	10:29:49.4
	8.8 m/hr	10:29:51.2

Pos	Bib No	Fav	Share	Photo	Print	Name	Gun Time	Chip Time	Category	Cat Pos	Gender	Gen Pos
71	1315					Alex JOHN	1:29:50.9	1:29:48.2	SenM	44	Male	64
72	169					David MCCUTCHEON	1:29:52.9	1:29:29.8	SenM	45	Male	65
73	1513					Robert HUIISH	1:29:54.3	1:29:37.7	SenM	46	Male	66
74	1048					Luke BARHAM	1:29:56.6	1:29:51.4	SenM	47	Male	67
75	1294					Daryn DAVID	1:29:58.0	1:29:44.3	SenM	48	Male	68
76	1504					Leigh FENNELL	1:30:01.2	1:29:51.5	MV40	17	Male	69
77	1201					Tom WEEKS	1:30:06.3	1:29:47.1	SenM	49	Male	70
78	969					Robert AHEARNE	1:30:15.7	1:30:12.8	SenM	50	Male	71
79	1282					Simon BOWEN	1:30:20.2	1:30:15.9	SenM	51	Male	72
80	1329					Mark MCCORMACK	1:30:21.4	1:29:50.4	MV40	18	Male	73
81	919					Shaun DONOHOE	1:30:22.8	1:30:08.9	SenM	52	Male	74
82	318					Dean WEBSTER	1:30:29.2	1:30:26.0	SenM	53	Male	75
83	814					Elgan VITTLE	1:30:30.0	1:30:20.8	SenM	54	Male	76
84	323					Ross QUICK	1:30:33.5	1:30:19.6	SenM	55	Male	77
85	1277					Michael BOHAN	1:30:38.8	1:30:34.2	SenM	56	Male	78
86	790					Wendy PRICE	1:30:44.6	1:30:43.6	FV35	4	Female	8
87	1102					Edward MORGAN	1:30:47.7	1:30:32.7	MV50	3	Male	79
88	1521					Julian MAINE	1:30:51.6	1:30:43.2	MV50	4	Male	80
89	1193					Laurie CARTER	1:30:54.5	1:30:41.7	MV60+	1	Male	81
90	581					Llyr ROBERTS	1:30:56.9	1:30:45.1	SenM	57	Male	82
91	1188					Matthew CHARD	1:31:11.3	1:30:59.7	SenM	58	Male	83
92	544					Owen LOCK	1:31:17.2	1:30:31.6	SenM	59	Male	84
93	1082					Gethin EDWARDS	1:31:23.4	1:31:13.4	SenM	60	Male	85
94	160					Lloyd DAVIES	1:31:29.1	1:31:20.4	SenM	61	Male	86
95	547					Wayne LEWIS	1:31:31.0	1:31:28.8	MV40	19	Male	87
96	480					Paul GUEST	1:31:35.0	1:31:24.7	MV40	20	Male	88
97	812					Philip PEARCE	1:31:42.3	1:31:21.5	SenM	62	Male	89
98	1353					Jon ROBERTS	1:31:47.9	1:31:42.7	SenM	63	Male	90
99	170					Jamie LEWIS	1:32:04.7	1:31:58.7	SenM	64	Male	91
100	527					Ben HUBBARD	1:32:16.5	1:31:39.0	SenM	65	Male	92
101	647					Chris WILLIAMS	1:32:41.2	1:32:31.2	SenM	66	Male	93
102	125					Rob FALCONER	1:32:44.2	1:32:11.7	MV50	5	Male	94
103	82					Alex WILSON	1:32:45.0	1:32:43.3	SenM	67	Male	95
104	154					Michelle COLE	1:32:50.0	1:32:49.6	FV35	5	Female	9
105	222					Vince BAILEY	1:32:55.3	1:32:33.8	MV40	21	Male	96

Club	Pace	TOD
	8.7 m/hr	10:29:56.9
	8.7 m/hr	10:29:58.9
	8.7 m/hr	10:30:00.3
	8.7 m/hr	10:30:02.6
	8.7 m/hr	10:30:04.0
	8.7 m/hr	10:30:07.2
	8.7 m/hr	10:30:12.3
	8.7 m/hr	10:30:21.7
OGMORE COURT AC	8.7 m/hr	10:30:26.2
	8.7 m/hr	10:30:27.4
	8.7 m/hr	10:30:28.8
	8.7 m/hr	10:30:35.2
	8.7 m/hr	10:30:36.0
	8.7 m/hr	10:30:39.5
	8.7 m/hr	10:30:44.8
	8.7 m/hr	10:30:50.6
	8.7 m/hr	10:30:53.7
	8.7 m/hr	10:30:57.6
CHEPSTOW HARRIERS	8.6 m/hr	10:31:00.5
	8.6 m/hr	10:31:02.9
EBBW VALE	8.6 m/hr	10:31:17.3
	8.6 m/hr	10:31:23.2
	8.6 m/hr	10:31:29.4
	8.6 m/hr	10:31:35.1
AMMAN VALLEY HARRIERS	8.6 m/hr	10:31:37.0
	8.6 m/hr	10:31:41.0
	8.6 m/hr	10:31:48.3
	8.6 m/hr	10:31:53.9
PORT TALBOT HARRIERS	8.5 m/hr	10:32:10.7
	8.5 m/hr	10:32:22.5
	8.5 m/hr	10:32:47.2
SWANSEA HARRIERS	8.5 m/hr	10:32:50.2
	8.5 m/hr	10:32:51.0
3M GORSEINON ROAD RUNNERS	8.5 m/hr	10:32:56.0
CARMARTHEN HARRIERS	8.5 m/hr	10:33:01.3

Pos	Bib No	Fav	Share	Photo	Print	Name	Gun Time	Chip Time	Category	Cat Pos	Gender	Gen Pos
106	395					Matthew THOMAS	1:33:13.6	1:33:05.6	SenM	68	Male	97
107	774					Clara DAVIES	1:33:20.7	1:33:18.7	FV35	6	Female	10
108	810					Richard CHENEY	1:33:23.3	1:32:48.8	SenM	69	Male	98
109	511					James EVANS	1:33:32.0	1:33:09.6	SenM	70	Male	99
110	224					Carwyn EDWARDS	1:33:33.2	1:32:47.7	SenM	71	Male	100
111	1307					Jonathan FURMINGER	1:33:36.2	1:32:54.0	MV40	22	Male	101
112	38					Mark MCCARTHY	1:33:42.7	1:33:30.3	MV40	23	Male	102
113	350					Paul ROBEY	1:34:02.4	1:33:43.9	MV40	24	Male	103
114	21					Emma BAXTER	1:34:07.2	1:33:53.9	SenF	5	Female	11
115	134					Sam JOSEPH	1:34:07.2	1:33:54.0	SenM	72	Male	104
116	997					Phil CROSS	1:34:09.7	1:34:06.8	SenM	73	Male	105
117	993					Karl WILLIAMS	1:34:18.0	1:34:10.5	SenM	74	Male	106
118	1199					Phil JOHNSON	1:34:22.7	1:34:16.2	MV50	6	Male	107
119	1510					Darren HILL	1:34:23.1	1:33:13.1	MV40	25	Male	108
120	1311					Jonathan HARWOOD	1:34:27.4	1:34:16.7	SenM	75	Male	109
121	1065					David CASCARINA	1:34:34.3	1:34:07.9	MV50	7	Male	110
122	124					Jon COUSINS	1:34:43.7	1:34:30.3	MV40	26	Male	111
123	102					Terry O'BRIEN	1:34:49.7	1:33:16.1	MV60+	2	Male	112
124	1163					Michael LIEBERMAN	1:34:56.6	1:34:29.4	MV40	27	Male	113
125	1298					Richard DAVIES	1:35:16.8	1:35:13.6	MV40	28	Male	114
126	641					John HIDDLESTONE	1:35:17.8	1:35:15.1	MV40	29	Male	115
127	944					Robert MCCARTHY	1:35:18.6	1:35:07.6	MV50	8	Male	116
128	131					Heath BRETT	1:35:19.8	1:35:02.7	MV40	30	Male	117
129	1348					Richard PHILLIPS	1:35:22.7	1:35:18.5	MV40	31	Male	118
130	207					Shareen GEERS	1:35:26.1	1:35:08.9	FV45	1	Female	12
131	316					Richard WEBSTER	1:35:28.0	1:35:23.9	MV60+	3	Male	119
132	237					Gareth HILL	1:35:34.0	1:35:11.5	MV40	32	Male	120
133	1019					Gareth POWELL	1:35:35.0	1:35:20.7	MV40	33	Male	121
134	525					Mark BOWEN	1:35:42.1	1:35:01.5	MV40	34	Male	122
135	1351					Andrew REES	1:35:43.2	1:35:37.4	MV40	35	Male	123
136	1352					Simon REES	1:35:47.6	1:35:35.9	MV40	36	Male	124
137	1230					Ryan HAIGH	1:35:49.6	1:34:20.5	SenM	76	Male	125
138	735					Mark BRYANT	1:35:52.1	1:35:25.1	MV40	37	Male	126
139	579					Rhydian JONES	1:35:56.4	1:35:23.2	SenM	77	Male	127
140	535					Gareth SPUFFARD	1:36:18.3	1:36:07.6	SenM	78	Male	128

Club	Pace	TOD
	8.4 m/hr	10:33:19.6
AMMAN VALLEY HARRIERS	8.4 m/hr	10:33:26.7
	8.4 m/hr	10:33:29.3
	8.4 m/hr	10:33:38.0
	8.4 m/hr	10:33:39.2
	8.4 m/hr	10:33:42.2
	8.4 m/hr	10:33:48.7
RUN4ALL NEATH	8.4 m/hr	10:34:08.4
GREENOCK GLENPARK HARRIERS	8.4 m/hr	10:34:13.2
SWANSEA HARRIERS	8.4 m/hr	10:34:13.2
	8.3 m/hr	10:34:15.7
	8.3 m/hr	10:34:24.0
CHEDDAR RUNNING CLUB	8.3 m/hr	10:34:28.7
	8.3 m/hr	10:34:29.1
PEMBROKESHIRE TRIATHLON CLUB	8.3 m/hr	10:34:33.4
	8.3 m/hr	10:34:40.3
	8.3 m/hr	10:34:49.7
	8.3 m/hr	10:34:55.7
	8.3 m/hr	10:35:02.6
	8.2 m/hr	10:35:22.8
	8.2 m/hr	10:35:23.8
	8.2 m/hr	10:35:24.6
SWANSEA HARRIERS	8.2 m/hr	10:35:25.8
TROTS	8.2 m/hr	10:35:28.7
LLANELLI AC	8.2 m/hr	10:35:32.1
3M GORSEINON ROAD RUNNERS	8.2 m/hr	10:35:34.0
	8.2 m/hr	10:35:40.0
	8.2 m/hr	10:35:41.0
BYNEA CC	8.2 m/hr	10:35:48.1
AMMAN VALLEY HARRIERS	8.2 m/hr	10:35:49.2
	8.2 m/hr	10:35:53.6
	8.2 m/hr	10:35:55.6
	8.2 m/hr	10:35:58.1
	8.2 m/hr	10:36:02.4
	8.2 m/hr	10:36:24.3

Pos	Bib No	Fav	Share	Photo	Print	Name	Gun Time	Chip Time	Category	Cat Pos	Gender	Gen Pos
141	44					Joanne REES	1:36:20.7	1:36:13.5	FV35	7	Female	13
142	31					Isabelle VAN HEESWIJK	1:36:21.6	1:36:15.3	SenF	6	Female	14
143	301					Mark BAMFORD	1:36:23.4	1:36:01.1	MV40	38	Male	129
144	1536					Lukasz SKUPIEN	1:36:34.1	1:36:07.9	SenM	79	Male	130
145	1239					James MERCER	1:36:37.6	1:35:50.2	SenM	80	Male	131
146	61					Caryl DAVIES	1:36:54.3	1:36:38.6	SenF	7	Female	15
147	288					Daniel GILBERT	1:36:56.6	1:36:44.2	SenM	81	Male	132
148	1355					Stefan ROGERS	1:37:00.0	1:34:24.3	SenM	82	Male	133
149	120					Mark SKIPPEN	1:37:01.5	1:36:18.6	SenM	83	Male	134
150	775					Fred GUILLET	1:37:14.4	1:36:55.0	SenM	84	Male	135
151	915					Lee BRAZIER	1:37:25.0	1:37:11.3	MV40	39	Male	136
152	524					Anthony HEALD	1:37:29.3	1:37:12.9	MV40	40	Male	137
153	449					Jamie LOWNDES	1:37:43.1	1:37:35.0	MV40	41	Male	138
154	1376					Ben WILLIAMS	1:37:48.6	1:37:07.7	SenM	85	Male	139
155	881					Aaron BARRETT	1:37:50.9	1:37:50.9	SenM	86	Male	140
156	1547					Julian JONES	1:37:57.0	1:37:32.5	SenM	87	Male	141
157	1515					Geoff JONES	1:37:58.6	1:37:28.6	MV40	42	Male	142
158	1000					Matthew WILLIAMS	1:38:01.6	1:37:40.2	SenM	88	Male	143
159	933					Robert COLES	1:38:04.2	1:37:45.0	MV50	9	Male	144
160	417					Brian LONERGAN	1:38:04.4	1:37:11.3	SenM	89	Male	145
161	445					Craig HUDSON	1:38:06.6	1:37:54.6	MV40	43	Male	146
162	1495					Richard DAVIES	1:38:07.5	1:37:51.6	SenM	90	Male	147
163	1314					Aled JAMES	1:38:10.6	1:37:24.9	MV40	44	Male	148
164	235					Andrew MORRIS	1:38:14.0	1:38:07.4	SenM	91	Male	149
165	608					Ross PENIKET	1:38:16.3	1:37:53.1	MV40	45	Male	150
166	422					Talfan HOPKINS	1:38:17.8	1:38:08.5	MV40	46	Male	151
167	1337					Dylan NICHOLAS	1:38:23.8	1:38:08.4	SenM	92	Male	152
168	798					Sion JONES	1:38:24.5	1:38:20.4	SenM	93	Male	153
169	1318					Gareth JONES	1:38:24.7	1:38:15.9	SenM	94	Male	154
170	1068					Alun WILLIAMS	1:38:26.6	1:38:12.9	SenM	95	Male	155
171	1501					Andrew EVANS	1:38:27.8	1:38:21.7	MV50	10	Male	156
172	612					Peter JENNINGS	1:38:28.4	1:37:39.7	MV40	47	Male	157
173	1341					Grant OVEREND	1:38:28.4	1:37:40.2	SenM	96	Male	158
174	794					Julian LEWIS	1:38:36.8	1:38:16.7	MV40	48	Male	159
175	952					Steve CHADWELL	1:38:39.4	1:38:02.9	MV40	49	Male	160

Club	Pace	TOD
RHAYADER RUNNING CLUB	8.2 m/hr	10:36:26.7
	8.2 m/hr	10:36:27.6
3M GORSEINON ROAD RUNNERS	8.2 m/hr	10:36:29.4
	8.1 m/hr	10:36:40.1
	8.1 m/hr	10:36:43.6
SARN HELEN	8.1 m/hr	10:37:00.3
3M GORSEINON ROAD RUNNERS	8.1 m/hr	10:37:02.6
	8.1 m/hr	10:37:06.0
SWANSEA HARRIERS	8.1 m/hr	10:37:07.5
	8.1 m/hr	10:37:20.4
	8.1 m/hr	10:37:31.0
	8.1 m/hr	10:37:35.3
	8.0 m/hr	10:37:49.1
	8.0 m/hr	10:37:54.6
	8.0 m/hr	10:37:56.9
	8.0 m/hr	10:38:03.0
PONTYPRIDD ROADENTS AC	8.0 m/hr	10:38:04.6
	8.0 m/hr	10:38:07.6
	8.0 m/hr	10:38:10.2
	8.0 m/hr	10:38:10.4
	8.0 m/hr	10:38:12.6
AMMAN VALLEY HARRIERS	8.0 m/hr	10:38:13.5
	8.0 m/hr	10:38:16.6
	8.0 m/hr	10:38:20.0
	8.0 m/hr	10:38:22.3
	8.0 m/hr	10:38:23.8
	8.0 m/hr	10:38:29.8
	8.0 m/hr	10:38:30.5
	8.0 m/hr	10:38:30.7
	8.0 m/hr	10:38:32.6
	8.0 m/hr	10:38:33.8
	8.0 m/hr	10:38:34.4
	8.0 m/hr	10:38:34.4
	8.0 m/hr	10:38:42.8
	8.0 m/hr	10:38:45.4

Pos	Bib No	Fav	Share	Photo	Print	Name	Gun Time	Chip Time	Category	Cat Pos	Gender	Gen Pos
176	1127					Catherine POWELL	1:38:42.2	1:38:33.1	FV35	8	Female	16
177	1131					Jonathon HATFIELD	1:38:46.0	1:38:23.9	MV40	50	Male	161
178	1548					Darran MAHONEY	1:38:49.6	1:36:26.1	SenM	97	Male	162
179	977					Chris PRATT	1:38:50.3	1:38:35.8	MV40	51	Male	163
180	1044					Billy WILLIAMS	1:38:50.6	1:38:31.8	SenM	98	Male	164
181	1283					Mary BOWEN REES	1:38:54.1	1:38:43.6	FV45	2	Female	17
182	1349					Gary PROVEN	1:38:55.3	1:38:31.6	MV50	11	Male	165
183	339					Steve BATER	1:38:56.1	1:38:48.4	SenM	99	Male	166
184	1375					Steven 'wilko ' WILKINSON	1:38:57.5	1:38:44.6	MV50	12	Male	167
185	958					John REDMOND	1:39:01.5	1:38:49.0	MV40	52	Male	168
186	1544					Chris WILLIAMS	1:39:04.8	1:38:25.4	MV40	53	Male	169
187	1346					Chloe PHILLIPS	1:39:05.0	1:38:44.7	SenF	8	Female	18
188	1051					Mark PEDLER	1:39:11.0	1:38:58.7	SenM	100	Male	170
189	991					Philip MEYLER	1:39:15.6	1:39:14.5	MV60+	4	Male	171
190	264					Helen JONES	1:39:17.8	1:39:04.8	FV45	3	Female	19
191	931					Gareth REDDING	1:39:21.3	1:39:01.1	MV50	13	Male	172
192	463					Gareth REES	1:39:22.9	1:39:10.7	MV40	54	Male	173
193	849					Meuryn JOYNER	1:39:23.9	1:39:03.6	SenM	101	Male	174
194	1508					Simon HARRISON	1:39:25.2	1:38:52.3	MV50	14	Male	175
195	1137					Rhys HOBBS	1:39:26.1	1:38:45.8	SenM	102	Male	176
196	42					Geoff ASTLEY	1:39:34.1	1:39:29.5	MV50	15	Male	177
197	292					Ross GRIBBLE	1:39:34.6	1:39:29.0	SenM	103	Male	178
198	178					Claire BAINBRIDGE	1:39:43.2	1:39:30.2	FV35	9	Female	20
199	450					Sarah HOWARD	1:39:43.5	1:39:30.5	SenF	9	Female	21
200	64					Arwel JONES	1:39:45.6	1:39:09.9	SenM	104	Male	179
201	452					Claire BROAD	1:39:46.2	1:39:32.7	SenF	10	Female	22
202	1287					Jade CAHILL	1:39:52.7	1:39:51.7	SenF	11	Female	23
203	950					Ant METCALFE	1:39:53.9	1:39:37.9	MV40	55	Male	180
204	201					Lee WRIGHTSON	1:39:58.8	1:39:29.3	SenM	105	Male	181
205	826					Daniel POOLE	1:40:08.6	1:40:01.0	SenM	106	Male	182
206	887					Dan REES	1:40:12.5	1:39:40.2	SenM	107	Male	183
207	1343					Jeff PARKER	1:40:12.8	1:39:09.7	MV50	16	Male	184
208	1486					Owen ADAMS	1:40:14.3	1:39:15.5	SenM	108	Male	185
209	1539					Richard THOMAS	1:40:14.6	1:39:16.2	SenM	109	Male	186
210	491					Adrian BYTHEWAY	1:40:15.8	1:39:57.9	MV40	56	Male	187

Club	Pace	TOD
	8.0 m/hr	10:38:48.2
CAERPHILLY RUNNERS	8.0 m/hr	10:38:52.0
LLANELLI TRI CLUB	8.0 m/hr	10:38:55.6
CWM OGWR RUNNING CLUB	8.0 m/hr	10:38:56.3
	8.0 m/hr	10:38:56.6
TROTS	7.9 m/hr	10:39:00.1
	7.9 m/hr	10:39:01.3
	7.9 m/hr	10:39:02.1
	7.9 m/hr	10:39:03.5
	7.9 m/hr	10:39:07.5
	7.9 m/hr	10:39:10.8
	7.9 m/hr	10:39:11.0
CORNELLY STRIDERS	7.9 m/hr	10:39:17.0
PONTYPRIDD ROADENTS AC	7.9 m/hr	10:39:21.6
PORT TALBOT HARRIERS	7.9 m/hr	10:39:23.8
	7.9 m/hr	10:39:27.3
	7.9 m/hr	10:39:28.9
	7.9 m/hr	10:39:29.9
	7.9 m/hr	10:39:31.2
	7.9 m/hr	10:39:32.1
HATTON DARTS RC	7.9 m/hr	10:39:40.1
3M GORSEINON ROAD RUNNERS	7.9 m/hr	10:39:40.6
	7.9 m/hr	10:39:49.2
PORT TALBOT HARRIERS	7.9 m/hr	10:39:49.5
	7.9 m/hr	10:39:51.6
	7.9 m/hr	10:39:52.2
	7.9 m/hr	10:39:58.7
	7.9 m/hr	10:39:59.9
	7.9 m/hr	10:40:04.8
	7.8 m/hr	10:40:14.6
	7.8 m/hr	10:40:18.5
	7.8 m/hr	10:40:18.8
	7.8 m/hr	10:40:20.3
	7.8 m/hr	10:40:20.6
	7.8 m/hr	10:40:21.8

Pos	Bib No	Fav	Share	Photo	Print	Name	Gun Time	Chip Time	Category	Cat Pos	Gender	Gen Pos
211	705					Peter WALTERS	1:40:16.1	1:40:01.6	MV50	17	Male	188
212	498					Robert CAMPION	1:40:16.5	1:39:55.6	MV40	57	Male	189
213	681					Neil WILLIAMS	1:40:17.3	1:40:05.8	SenM	110	Male	190
214	118					Jodie JENKINS	1:40:19.8	1:39:33.2	SenM	111	Male	191
215	1469					Nathan TOFT	1:40:21.6	1:40:12.4	SenM	112	Male	192
216	686					Thomas MARSH	1:40:22.3	1:38:57.1	SenM	113	Male	193
217	423					Kevin SKINNER	1:40:31.9	1:40:10.9	SenM	114	Male	194
218	564					Guto MORGANS	1:40:47.3	1:40:44.9	SenM	115	Male	195
219	685					Jamie WILLIAMS-ATTEW	1:40:51.0	1:40:32.7	SenM	116	Male	196
220	1210					Gayle BUDDEN	1:41:03.0	1:40:51.0	FV35	10	Female	24
221	457					Mathew LLEWELLYN	1:41:03.1	1:40:50.0	MV40	58	Male	197
222	1216					Mark JONES	1:41:03.2	1:40:22.0	MV40	59	Male	198
223	717					Stu CLOSE	1:41:04.1	1:40:56.9	SenM	117	Male	199
224	503					Nigel WILLIAMS	1:41:07.1	1:40:42.9	MV50	18	Male	200
225	1123					Steve BURRELL	1:41:09.3	1:41:00.7	MV50	19	Male	201
226	197					Garren OWENS	1:41:09.9	1:40:41.0	SenM	118	Male	202
227	1271					Matthew BAKER	1:41:17.1	1:40:44.1	SenM	119	Male	203
228	164					Lee WEST	1:41:21.8	1:40:47.2	SenM	120	Male	204
229	660					Ffion DAVIES	1:41:24.2	1:41:05.4	SenF	12	Female	25
230	1342					Nathaniel PALMER	1:41:25.2	1:38:23.9	MV40	60	Male	205
231	964					Mark FARRAR	1:41:27.3	1:41:11.2	MV40	61	Male	206
232	33					Dennis BELBIN	1:41:28.8	1:41:17.9	MV40	62	Male	207
233	1288					Ruth CANN	1:41:34.3	1:40:07.4	FV35	11	Female	26
234	376					Steve LANGFORD	1:41:36.5	1:41:07.0	SenM	121	Male	208
235	233					Richard GRIFFITHS	1:41:36.6	1:41:02.9	SenM	122	Male	209
236	388					Andrew MUIRHEAD	1:41:41.2	1:41:01.2	MV50	20	Male	210
237	469					Matthew BANNISTER	1:41:41.7	1:41:11.9	SenM	123	Male	211
238	303					Claire DAVIES	1:41:42.0	1:41:12.1	FV35	12	Female	27
239	645					Ryan STEPHENS	1:41:42.7	1:41:39.3	SenM	124	Male	212
240	493					Adam CLAPPERTON	1:41:43.1	1:41:02.9	MV40	63	Male	213
241	817					Martin EDWARDS	1:41:57.9	1:41:45.3	SenM	125	Male	214
242	440					Richard BROWN	1:42:06.9	1:42:00.2	SenM	126	Male	215
243	262					Mike PRASAD	1:42:09.4	1:41:49.1	MV40	64	Male	216
244	972					Rhys DOW	1:42:09.7	1:41:24.9	SenM	127	Male	217
245	831					Owain RICHARDS	1:42:13.1	1:42:00.5	SenM	128	Male	218

Club	Pace	TOD
TROTS	7.8 m/hr	10:40:22.1
LLANELLI AC	7.8 m/hr	10:40:22.5
PORT TALBOT HARRIERS	7.8 m/hr	10:40:23.3
	7.8 m/hr	10:40:25.8
	7.8 m/hr	10:40:27.6
	7.8 m/hr	10:40:28.3
	7.8 m/hr	10:40:37.9
BYNEA CC	7.8 m/hr	10:40:53.3
	7.8 m/hr	10:40:57.0
	7.8 m/hr	10:41:09.0
	7.8 m/hr	10:41:09.1
	7.8 m/hr	10:41:09.2
	7.8 m/hr	10:41:10.1
	7.8 m/hr	10:41:13.1
	7.8 m/hr	10:41:15.3
	7.8 m/hr	10:41:15.9
	7.8 m/hr	10:41:23.1
	7.8 m/hr	10:41:27.8
	7.8 m/hr	10:41:30.2
LES CROUPIERS	7.7 m/hr	10:41:31.2
LES CROUPIERS	7.7 m/hr	10:41:33.3
MATLOCK ATHLETIC CLUB	7.7 m/hr	10:41:34.8
PENARTH AND DINAS RUNNERS	7.7 m/hr	10:41:40.3
	7.7 m/hr	10:41:42.5
	7.7 m/hr	10:41:42.6
	7.7 m/hr	10:41:47.2
	7.7 m/hr	10:41:47.7
	7.7 m/hr	10:41:48.0
	7.7 m/hr	10:41:48.7
	7.7 m/hr	10:41:49.1
	7.7 m/hr	10:42:03.9
	7.7 m/hr	10:42:12.9
3M GORSEINON ROAD RUNNERS	7.7 m/hr	10:42:15.4
	7.7 m/hr	10:42:15.7
	7.7 m/hr	10:42:19.1

Pos	Bib No	Fav	Share	Photo	Print	Name	Gun Time	Chip Time	Category	Cat Pos	Gender	Gen Pos
246	1542					Andrew WALL	1:42:17.1	1:40:03.7	SenM	129	Male	219
247	700					Justin LLOYD	1:42:28.2	1:41:44.5	SenM	130	Male	220
248	72					William ASHER	1:42:31.2	1:42:27.1	SenM	131	Male	221
249	55					Huw WILLIAMS	1:42:32.5	1:42:14.8	MV40	65	Male	222
250	530					Alistair MURRAY	1:42:38.7	1:42:13.5	SenM	132	Male	223
251	1135					Simon REX	1:42:40.7	1:42:12.9	SenM	133	Male	224
252	1316					Bryan JONES	1:42:47.1	1:42:36.5	MV50	21	Male	225
253	85					Carl WAGSTAFFE	1:42:47.4	1:42:24.5	MV40	66	Male	226
254	302					Robert BEVAN	1:42:48.4	1:42:07.4	MV40	67	Male	227
255	1225					James BOWEN	1:42:49.4	1:41:13.0	SenM	134	Male	228
256	1213					Ian EVANS	1:42:51.3	1:40:25.4	SenM	135	Male	229
257	1527					Gareth OWENS	1:42:52.3	1:41:56.4	SenM	136	Male	230
258	1117					Mike DONNELLY	1:42:52.9	1:42:42.8	MV40	68	Male	231
259	797					Darren MARROW	1:42:53.3	1:42:31.7	MV40	69	Male	232
260	842					Andy MAYER	1:42:54.3	1:42:38.7	SenM	137	Male	233
261	875					Matthew GRIMMETT	1:42:54.9	1:42:43.8	SenM	138	Male	234
262	749					Daniel GRIFFITHS	1:42:56.6	1:42:26.1	SenM	139	Male	235
263	1276					Mark BLEASDALE	1:42:57.9	1:42:38.4	MV40	70	Male	236
264	1045					Joanne EDWARDS	1:42:58.2	1:42:55.5	FV45	4	Female	28
265	992					Lee MORGAN	1:42:58.4	1:42:35.9	MV40	71	Male	237
266	250					Steve MCLELLAND	1:42:59.1	1:42:36.3	MV60+	5	Male	238
267	718					Ray EVANS	1:43:02.6	1:42:40.8	SenM	140	Male	239
268	1286					Miriam BROWN	1:43:02.6	1:42:29.9	SenF	13	Female	29
269	1360					Tasha SEXTON	1:43:04.1	1:42:38.1	FV35	13	Female	30
270	622					Sniffer HALL	1:43:04.5	1:42:15.7	MV40	72	Male	240
271	1233					David HIGGINS	1:43:10.2	1:42:22.9	SenM	141	Male	241
272	1165					Angharad HODGSON	1:43:12.3	1:42:48.7	SenF	14	Female	31
273	1176					Wayne MCBRIDE	1:43:13.1	1:42:49.4	SenM	142	Male	242
274	1181					Emma WILLIAMS	1:43:15.5	1:41:02.1	FV35	14	Female	32
275	330					Thomas WILLIAMS	1:43:18.6	1:42:53.6	SenM	143	Male	243
276	1523					Kerry NEWMAN	1:43:19.4	1:42:30.8	MV40	73	Male	244
277	593					Peter LLOYD	1:43:21.4	1:42:55.8	MV50	22	Male	245
278	846					Domi KIMBER	1:43:23.6	1:42:30.9	FV45	5	Female	33
279	582					Lowri JONES	1:43:25.1	1:43:18.0	SenF	15	Female	34
280	1153					Wayne HAYHURST	1:43:26.1	1:43:08.8	SenM	144	Male	246

Club	Pace	TOD
	7.7 m/hr	10:42:23.1
	7.7 m/hr	10:42:34.2
	7.7 m/hr	10:42:37.2
	7.7 m/hr	10:42:38.5
	7.7 m/hr	10:42:44.7
	7.7 m/hr	10:42:46.7
	7.6 m/hr	10:42:53.1
	7.6 m/hr	10:42:53.4
	7.6 m/hr	10:42:54.4
	7.6 m/hr	10:42:55.4
	7.6 m/hr	10:42:57.3
	7.6 m/hr	10:42:58.3
	7.6 m/hr	10:42:58.9
	7.6 m/hr	10:42:59.3
	7.6 m/hr	10:43:00.3
	7.6 m/hr	10:43:00.9
	7.6 m/hr	10:43:02.6
TROTS	7.6 m/hr	10:43:03.9
CORNELLY STRIDERS	7.6 m/hr	10:43:04.2
	7.6 m/hr	10:43:04.4
3M GORSEINON ROAD RUNNERS	7.6 m/hr	10:43:05.1
	7.6 m/hr	10:43:08.6
	7.6 m/hr	10:43:08.6
PEMBROKESHIRE HARRIERS	7.6 m/hr	10:43:10.1
	7.6 m/hr	10:43:10.5
	7.6 m/hr	10:43:16.2
LLISWERRY RUNNERS	7.6 m/hr	10:43:18.3
	7.6 m/hr	10:43:19.1
	7.6 m/hr	10:43:21.5
	7.6 m/hr	10:43:24.6
	7.6 m/hr	10:43:25.4
TEAM NBCC AND PEMBS TRI CLUB	7.6 m/hr	10:43:27.4
	7.6 m/hr	10:43:29.6
	7.6 m/hr	10:43:31.1
CWM OGWR RUNNING CLUB	7.6 m/hr	10:43:32.1

Pos	Bib No	Fav	Share	Photo	Print	Name	Gun Time	Chip Time	Category	Cat Pos	Gender	Gen Pos
281	893					Timothy MILLS	1:43:30.4	1:42:56.3	SenM	145	Male	247
282	1464					David SPRY	1:43:30.8	1:42:48.7	MV50	23	Male	248
283	1451					Mark REES	1:43:35.2	1:42:28.6	SenM	146	Male	249
284	435					Lyn EVANS	1:43:36.2	1:42:16.1	MV50	24	Male	250
285	1191					Paul VINCENT	1:43:42.1	1:42:52.6	SenM	147	Male	251
286	271					Catrin CHEESEMAN	1:43:44.4	1:43:38.2	SenF	16	Female	35
287	1197					Matthew THOMPSON	1:43:46.2	1:42:20.6	SenM	148	Male	252
288	1364					Gareth SULLIVAN	1:43:49.4	1:43:24.9	SenM	149	Male	253
289	1436					Gav LEWIS	1:43:49.7	1:43:16.3	SenM	150	Male	254
290	1285					David Andrew BREEZE	1:43:51.2	1:43:24.0	MV40	74	Male	255
291	459					Mark THOMAS	1:43:53.0	1:43:34.0	MV40	75	Male	256
292	963					Katy WAINWRIGHT	1:43:58.6	1:43:44.0	SenF	17	Female	36
293	880					Mark DAVIES	1:44:03.8	1:43:48.9	MV40	76	Male	257
294	443					Glenn MORRIS	1:44:04.4	1:43:10.8	SenM	151	Male	258
295	900					Ceri STONE	1:44:06.3	1:43:06.8	MV40	77	Male	259
296	274					Owain TWITCHETT	1:44:09.0	1:43:49.2	SenM	152	Male	260
297	903					Andrew EMANUEL	1:44:16.3	1:44:12.1	MV50	25	Male	261
298	1078					Joshua SMITH	1:44:16.7	1:43:52.9	SenM	153	Male	262
299	1046					Richard PERKINS	1:44:20.9	1:43:10.5	SenM	154	Male	263
300	1369					Jason TURNER	1:44:24.7	1:43:43.9	MV40	78	Male	264
301	1092					Kane LAMBOURNE	1:44:27.4	1:42:11.7	SenM	155	Male	265
302	384					Carl ALFEI	1:44:29.7	1:44:06.9	SenM	156	Male	266
303	1226					Aynslie CORP	1:44:32.4	1:43:02.2	MV40	79	Male	267
304	1507					Ethan HARRIES	1:44:32.9	1:43:18.8	SenM	157	Male	268
305	1347					Leon PHILLIPS	1:44:34.3	1:44:23.7	MV40	80	Male	269
306	139					Cameron HOPKINS	1:44:36.6	1:43:53.3	SenM	158	Male	270
307	574					Alice LUTHER	1:44:39.2	1:44:02.5	SenF	18	Female	37
308	1205					Paul O'BOYLE	1:44:41.9	1:44:31.0	MV50	26	Male	271
309	1089					Kevin WESLEY	1:44:43.6	1:44:26.6	MV50	27	Male	272
310	404					Grant DUNCAN	1:44:44.7	1:44:29.1	MV50	28	Male	273
311	928					Stuart ROPKE	1:44:44.7	1:44:23.7	MV40	81	Male	274
312	110					Rhys JONES	1:44:46.0	1:44:22.0	MV40	82	Male	275
313	1126					Danielle ROBERTS	1:44:49.3	1:44:39.2	SenF	19	Female	38
314	174					Paul O'DWYER	1:44:53.6	1:44:18.6	SenM	159	Male	276
315	1229					Darren GOSTLING	1:44:57.5	1:43:26.9	SenM	160	Male	277

Club	Pace	TOD
	7.6 m/hr	10:43:36.4
PENCOED TRIATHLON CLUB	7.6 m/hr	10:43:36.8
	7.6 m/hr	10:43:41.2
RUN4ALL NEATH	7.6 m/hr	10:43:42.2
	7.6 m/hr	10:43:48.1
FUNKY PUMP RUNNERS	7.6 m/hr	10:43:50.4
	7.6 m/hr	10:43:52.2
SWANSEA HARRIERS	7.6 m/hr	10:43:55.4
	7.6 m/hr	10:43:55.7
PORTHCAWL RUNNERS	7.6 m/hr	10:43:57.2
	7.6 m/hr	10:43:59.0
	7.6 m/hr	10:44:04.6
PEMBROKESHIRE HARRIERS	7.6 m/hr	10:44:09.8
	7.6 m/hr	10:44:10.4
	7.6 m/hr	10:44:12.3
	7.5 m/hr	10:44:15.0
	7.5 m/hr	10:44:22.3
	7.5 m/hr	10:44:22.7
	7.5 m/hr	10:44:26.9
SWANSEA HARRIERS	7.5 m/hr	10:44:30.7
	7.5 m/hr	10:44:33.4
	7.5 m/hr	10:44:35.7
	7.5 m/hr	10:44:38.4
	7.5 m/hr	10:44:38.9
	7.5 m/hr	10:44:40.3
	7.5 m/hr	10:44:42.6
AMMAN VALLEY HARRIERS	7.5 m/hr	10:44:45.2
	7.5 m/hr	10:44:47.9
	7.5 m/hr	10:44:49.6
CLWB RHEDEG PONDARDAWE	7.5 m/hr	10:44:50.7
	7.5 m/hr	10:44:50.7
	7.5 m/hr	10:44:52.0
	7.5 m/hr	10:44:55.3
PORT TALBOT HARRIERS	7.5 m/hr	10:44:59.6
	7.5 m/hr	10:45:03.5

Pos	Bib No	Fav	Share	Photo	Print	Name	Gun Time	Chip Time	Category	Cat Pos	Gender	Gen Pos
316	1077					Maad KHALIL	1:45:00.6	1:44:37.4	MV50	29	Male	278
317	216					Mark KAVANAGH	1:45:02.1	1:44:40.3	MV40	83	Male	279
318	115					Sean O'LEARY	1:45:06.5	1:44:55.1	MV40	84	Male	280
319	246					Claire MULLIN	1:45:06.6	1:44:55.4	FV35	15	Female	39
320	41					Lorna ASTLEY	1:45:09.4	1:45:04.7	FV45	6	Female	40
321	1304					Adrian EVANS	1:45:10.0	1:44:58.4	MV40	85	Male	281
322	1103					Jason GARRAHAN	1:45:10.2	1:44:42.1	MV40	86	Male	282
323	1302					Sam EDWARDS	1:45:10.9	1:44:30.8	SenM	161	Male	283
324	644					Marc BATCUP	1:45:12.8	1:44:41.4	SenM	162	Male	284
325	1090					Dean THOMAS	1:45:13.6	1:44:38.6	MV40	87	Male	285
326	39					Darren GIBBONS	1:45:13.9	1:44:44.6	SenM	163	Male	286
327	1293					Damien CROMBIE	1:45:16.3	1:44:58.4	SenM	164	Male	287
328	1261					Steven JONES	1:45:16.4	1:45:06.3	PACER	3	Male	288
329	1289					Sam CHAMPION	1:45:17.2	1:44:58.7	SenM	165	Male	289
330	1155					Marianne PATERSON	1:45:21.7	1:45:18.8	FV35	16	Female	41
331	74					Paul DA VALL	1:45:28.5	1:44:49.0	MV40	88	Male	290
332	553					Ryan COOKE	1:45:32.1	1:45:15.8	SenM	166	Male	291
333	1259					Marcus EDWARDS	1:45:32.9	1:45:23.3	SenM	167	Male	292
334	437					Neil WILLIS	1:45:33.6	1:45:07.5	SenM	168	Male	293
335	1453					Louise REES JAMES	1:45:36.5	1:44:56.2	FV35	17	Female	42
336	1371					Michael WALTON	1:45:40.9	1:44:54.3	MV60+	6	Male	294
337	1350					Mitchell READWIN	1:45:42.6	1:44:38.1	SenM	169	Male	295
338	904					Dave WILSON	1:45:45.3	1:45:21.5	SenM	170	Male	296
339	557					Anthony WARDEN	1:45:45.6	1:45:29.5	MV40	89	Male	297
340	1095					Philip WAKEFORD	1:45:53.0	1:45:40.7	MV50	30	Male	298
341	676					Dewi LOUGHER	1:45:54.5	1:44:58.2	SenM	171	Male	299
342	107					Eamonn KIRK	1:45:57.3	1:45:45.8	MV40	90	Male	300
343	999					Wynne DAVIES	1:46:03.3	1:45:37.5	MV40	91	Male	301
344	1299					Tom DAVIES	1:46:04.2	1:45:50.4	SenM	172	Male	302
345	772					June AVERY	1:46:05.5	1:45:40.4	FV55+	1	Female	43
346	1083					Marc JONES	1:46:06.4	1:45:57.9	SenM	173	Male	303
347	1340					Paul OREILLY	1:46:10.7	1:45:48.9	MV40	92	Male	304
348	221					Ben ROWE	1:46:12.3	1:44:09.2	SenM	174	Male	305
349	29					Wyn WILLIAMS	1:46:14.7	1:45:46.2	MV40	93	Male	306
350	522					Daniel CLEMENTS	1:46:16.0	1:43:56.4	SenM	175	Male	307

Club	Pace	TOD
PONTYPRIDD ROADENTS AC	7.5 m/hr	10:45:06.6
	7.5 m/hr	10:45:08.1
	7.5 m/hr	10:45:12.5
3M GORSEINON ROAD RUNNERS	7.5 m/hr	10:45:12.6
HATTON DARTS RC	7.5 m/hr	10:45:15.4
	7.5 m/hr	10:45:16.0
CAERPHILLY RUNNERS	7.5 m/hr	10:45:16.2
	7.5 m/hr	10:45:16.9
	7.5 m/hr	10:45:18.8
	7.5 m/hr	10:45:19.6
	7.5 m/hr	10:45:19.9
	7.5 m/hr	10:45:22.3
	7.5 m/hr	10:45:22.4
	7.5 m/hr	10:45:23.2
CORNELLY STRIDERS	7.5 m/hr	10:45:27.7
	7.5 m/hr	10:45:34.5
	7.4 m/hr	10:45:38.1
Pacer	7.4 m/hr	10:45:38.9
	7.4 m/hr	10:45:39.6
LLANELLI AC	7.4 m/hr	10:45:42.5
	7.4 m/hr	10:45:46.9
SARN HELEN	7.4 m/hr	10:45:48.6
	7.4 m/hr	10:45:51.3
AMMAN VALLEY HARRIERS	7.4 m/hr	10:45:51.6
	7.4 m/hr	10:45:59.0
	7.4 m/hr	10:46:00.5
SWANSEA HARRIERS	7.4 m/hr	10:46:03.3
	7.4 m/hr	10:46:09.3
	7.4 m/hr	10:46:10.2
PONTARDAWE RUNNING CLUB	7.4 m/hr	10:46:11.5
	7.4 m/hr	10:46:12.4
	7.4 m/hr	10:46:16.7
	7.4 m/hr	10:46:18.3
REDHILL ROAD RUNNERS	7.4 m/hr	10:46:20.7
	7.4 m/hr	10:46:22.0

Pos	Bib No	Fav	Share	Photo	Print	Name	Gun Time	Chip Time	Category	Cat Pos	Gender	Gen Pos
351	356					Bleddyn PENNY	1:46:20.4	1:46:05.3	SenM	176	Male	308
352	995					James WILLIAMS	1:46:21.5	1:46:06.0	SenM	177	Male	309
353	494					Ian BAMFORD	1:46:21.7	1:45:42.4	MV40	94	Male	310
354	847					Robert AXTELL	1:46:27.9	1:46:00.3	SenM	178	Male	311
355	1182					Philip JONES	1:46:30.1	1:45:41.1	MV40	95	Male	312
356	1365					Dean SUMMERS	1:46:31.1	1:46:12.5	SenM	179	Male	313
357	1273					James BEAMAN	1:46:31.5	1:46:22.6	SenM	180	Male	314
358	181					Jason ROBERTS	1:46:40.4	1:46:12.2	MV40	96	Male	315
359	1079					Tim DAVIES	1:46:40.4	1:46:26.9	SenM	181	Male	316
360	1320					Elfed JOSEPH	1:46:45.4	1:46:32.7	MV50	31	Male	317
361	210					Aimee WILLIAMS	1:46:48.1	1:46:22.8	SenF	20	Female	44
362	821					Lowri JONES	1:46:50.7	1:46:21.3	SenF	21	Female	45
363	1488					John BIBBY	1:46:57.6	1:45:14.5	MV40	97	Male	318
364	1275					Stephen BENDLE	1:46:58.1	1:42:02.5	MV50	32	Male	319
365	116					Stuart BIBB	1:47:01.9	1:45:37.7	SenM	182	Male	320
366	311					Jonathan DAVIES	1:47:05.0	1:46:39.8	SenM	183	Male	321
367	362					James DAVIES	1:47:06.7	1:46:46.6	MV40	98	Male	322
368	418					Christopher DAVIE	1:47:07.7	1:46:46.6	MV40	99	Male	323
369	1367					Gareth THOMAS	1:47:09.9	1:47:03.2	SenM	184	Male	324
370	475					Martin CROSHAW	1:47:14.9	1:46:38.7	MV40	100	Male	325
371	472					Nathan HOWELLS	1:47:19.4	1:44:57.0	SenM	185	Male	326
372	73					Jonathan EVANS	1:47:22.3	1:46:52.9	SenM	186	Male	327
373	614					Phil DRUMMOND	1:47:24.4	1:46:35.1	MV40	101	Male	328
374	488					Chris WILIAMS	1:47:29.0	1:46:27.9	SenM	187	Male	329
375	294					Dave JONES	1:47:32.7	1:47:27.8	SenM	188	Male	330
376	1238					Christopher MATTHEWS	1:47:34.8	1:46:33.7	SenM	189	Male	331
377	895					Emma RICHARDS	1:47:35.9	1:47:29.6	FV35	18	Female	46
378	1115					Chris CHAMBOST	1:47:36.4	1:47:26.6	SenM	190	Male	332
379	1084					Huw GIBBS	1:47:37.6	1:47:29.1	SenM	191	Male	333
380	265					Leanne BURRIDGE	1:47:37.8	1:47:25.1	FV35	19	Female	47
381	1194					Martin RATTLE	1:47:39.2	1:45:18.3	SenM	192	Male	334
382	1448					Kennedy OCHIENG	1:47:41.8	1:46:15.1	SenM	193	Male	335
383	155					Tony SPILLER	1:47:43.3	1:46:55.0	MV40	102	Male	336
384	1361					Thomas SHAUN	1:47:48.6	1:47:34.8	SenM	194	Male	337
385	1370					David WALL	1:47:55.6	1:45:47.4	SenM	195	Male	338

Club	Pace	TOD
	7.4 m/hr	10:46:26.4
PARC BRYN BACH RUNNING CLUB	7.4 m/hr	10:46:27.5
3M GORSEINON ROAD RUNNERS	7.4 m/hr	10:46:27.7
	7.4 m/hr	10:46:33.9
	7.4 m/hr	10:46:36.1
	7.4 m/hr	10:46:37.1
	7.4 m/hr	10:46:37.5
BYNEA CC	7.4 m/hr	10:46:46.4
PONTYPRIDD ROADENTS AC	7.4 m/hr	10:46:46.4
3M GORSEINON ROAD RUNNERS	7.4 m/hr	10:46:51.4
	7.4 m/hr	10:46:54.1
	7.4 m/hr	10:46:56.7
	7.3 m/hr	10:47:03.6
SWANSEA HARRIERS	7.3 m/hr	10:47:04.1
	7.3 m/hr	10:47:07.9
	7.3 m/hr	10:47:11.0
3M GORSEINON ROAD RUNNERS	7.3 m/hr	10:47:12.7
	7.3 m/hr	10:47:13.7
	7.3 m/hr	10:47:15.9
	7.3 m/hr	10:47:20.9
	7.3 m/hr	10:47:25.4
	7.3 m/hr	10:47:28.3
	7.3 m/hr	10:47:30.4
	7.3 m/hr	10:47:35.0
	7.3 m/hr	10:47:38.7
	7.3 m/hr	10:47:40.8
	7.3 m/hr	10:47:41.9
	7.3 m/hr	10:47:42.4
	7.3 m/hr	10:47:43.6
	7.3 m/hr	10:47:43.8
	7.3 m/hr	10:47:45.2
	7.3 m/hr	10:47:47.8
	7.3 m/hr	10:47:49.3
	7.3 m/hr	10:47:54.6
	7.3 m/hr	10:48:01.6

Pos	Bib No	Fav	Share	Photo	Print	Name	Gun Time	Chip Time	Category	Cat Pos	Gender	Gen Pos
386	627					Richard HILLIER	1:47:58.6	1:47:24.8	SenM	196	Male	339
387	186					Stewart PERRIN	1:48:00.1	1:47:15.1	SenM	197	Male	340
388	1344					Dean PEACOCK	1:48:01.4	1:46:05.1	MV40	103	Male	341
389	368					Kevin HALMKAN	1:48:03.8	1:47:31.6	SenM	198	Male	342
390	954					Lucy MORGAN	1:48:11.1	1:47:57.7	FV35	20	Female	48
391	1428					Katie JONES	1:48:11.8	1:47:40.2	FV35	21	Female	49
392	360					Stephen TROTMAN	1:48:16.1	1:47:51.4	MV50	33	Male	343
393	666					Iestyn JONES	1:48:18.0	1:46:52.0	SenM	199	Male	344
394	327					Andrew REES	1:48:21.3	1:48:00.2	SenM	200	Male	345
395	569					Dorian GRIFFITHS	1:48:23.0	1:47:44.5	SenM	201	Male	346
396	1198					Andrea GOUDE	1:48:24.3	1:47:36.2	FV35	22	Female	50
397	843					Oli BOX	1:48:24.9	1:47:57.1	MV40	104	Male	347
398	536					Catrin SIMON	1:48:26.1	1:48:10.3	FV35	23	Female	51
399	1325					Gregory LING	1:48:27.4	1:47:58.3	MV40	105	Male	348
400	22					Chris BAINBRIDGE	1:48:34.6	1:48:27.6	MV40	106	Male	349
401	939					Gareth SPENCER	1:48:35.9	1:48:07.1	SenM	202	Male	350
402	1012					Holly VYSE	1:48:36.0	1:48:07.3	SenF	22	Female	52
403	975					Juliet AMNER	1:48:39.2	1:48:00.8	FV55+	2	Female	53
404	1545					Dafydd WRIGHT	1:48:44.0	1:46:49.0	SenM	203	Male	351
405	291					Charlie JAMES	1:48:51.3	1:48:34.8	SenF	23	Female	54
406	726					Phillip MORGAN	1:48:54.6	1:48:30.4	MV40	107	Male	352
407	523					Dale JONES	1:48:56.3	1:48:31.2	SenM	204	Male	353
408	1120					Paul COLLIER	1:48:58.8	1:48:41.4	SenM	205	Male	354
409	1113					Owen MORRIS	1:48:58.9	1:48:42.0	SenM	206	Male	355
410	489					Antoni MAIELLO	1:49:00.8	1:48:30.4	SenM	207	Male	356
411	753					Richard MCKIE	1:49:03.9	1:48:24.8	MV40	108	Male	357
412	277					Julie ARCHER	1:49:08.3	1:48:50.0	FV45	7	Female	55
413	203					Gemma CAUL	1:49:10.3	1:48:08.6	SenF	24	Female	56
414	481					Jane HUDDLESTON	1:49:10.6	1:48:08.8	FV45	8	Female	57
415	1383					Ian YORATH	1:49:11.3	1:48:29.9	SenM	208	Male	358
416	715					James ELLIS	1:49:12.8	1:48:14.4	SenM	209	Male	359
417	556					Sian THOMAS	1:49:18.2	1:48:50.0	SenF	25	Female	58
418	332					Christopher JONES	1:49:20.4	1:49:13.8	MV40	109	Male	360
419	756					Helen JANNEY	1:49:26.5	1:49:11.8	FV45	9	Female	59
420	32					Dave KITCHEN	1:49:28.4	1:48:45.9	SenM	210	Male	361

Club	Pace	TOD
	7.3 m/hr	10:48:04.6
	7.3 m/hr	10:48:06.1
	7.3 m/hr	10:48:07.4
	7.3 m/hr	10:48:09.8
	7.3 m/hr	10:48:17.1
	7.3 m/hr	10:48:17.8
	7.3 m/hr	10:48:22.1
	7.3 m/hr	10:48:24.0
	7.3 m/hr	10:48:27.3
	7.3 m/hr	10:48:29.0
BRISTOL & WEST AC	7.3 m/hr	10:48:30.3
	7.2 m/hr	10:48:30.9
VEGAN RUNNERS UK	7.2 m/hr	10:48:32.1
LLANELLI TRI CLUB	7.2 m/hr	10:48:33.4
	7.2 m/hr	10:48:40.6
	7.2 m/hr	10:48:41.9
	7.2 m/hr	10:48:42.0
CAM OGWR RUNNING CLUB	7.2 m/hr	10:48:45.2
	7.2 m/hr	10:48:50.0
3M GORSEINON ROAD RUNNERS	7.2 m/hr	10:48:57.3
	7.2 m/hr	10:49:00.6
	7.2 m/hr	10:49:02.3
	7.2 m/hr	10:49:04.8
	7.2 m/hr	10:49:04.9
	7.2 m/hr	10:49:06.8
	7.2 m/hr	10:49:09.9
3M GORSEINON ROAD RUNNERS	7.2 m/hr	10:49:14.3
	7.2 m/hr	10:49:16.3
	7.2 m/hr	10:49:16.6
	7.2 m/hr	10:49:17.3
	7.2 m/hr	10:49:18.8
AMMAN VALLEY HARRIERS	7.2 m/hr	10:49:24.2
3M GORSEINON ROAD RUNNERS	7.2 m/hr	10:49:26.4
AMMAN VALLEY HARRIERS	7.2 m/hr	10:49:32.5
	7.2 m/hr	10:49:34.4

Pos	Bib No	Fav	Share	Photo	Print	Name	Gun Time	Chip Time	Category	Cat Pos	Gender	Gen Pos
421	1363					Lee SKONE	1:49:28.8	1:48:49.0	MV40	110	Male	362
422	171					Hywel JONES	1:49:31.0	1:48:56.7	MV40	111	Male	363
423	287					Laura SHARPE	1:49:31.6	1:49:15.1	SenF	26	Female	60
424	1358					Paul SEARLE	1:49:32.6	1:48:44.9	MV50	34	Male	364
425	1531					Cai PUGHSLEY	1:49:37.4	1:49:20.5	SenM	211	Male	365
426	1146					John KIRKHAM	1:49:38.9	1:48:59.6	SenM	212	Male	366
427	226					Steve BURTON	1:49:41.6	1:49:20.9	MV40	112	Male	367
428	1272					Jonathan BALE	1:49:44.9	1:49:26.0	MV50	35	Male	368
429	802					Aled WILLIAMS	1:49:47.0	1:49:20.9	SenM	213	Male	369
430	934					Martin Allen WILLIAMS	1:49:47.8	1:49:06.1	MV40	113	Male	370
431	1312					Catherine HOPKINS	1:49:50.4	1:48:05.3	SenF	27	Female	61
432	87					Jessica THOMAS	1:49:53.1	1:49:45.4	FV35	24	Female	62
433	88					Darren THOMAS	1:49:53.1	1:49:45.4	SenM	214	Male	371
434	111					Chris TIMMINS	1:50:00.0	1:49:42.3	MV40	114	Male	372
435	234					David ALDER	1:50:00.3	1:49:26.0	SenM	215	Male	373
436	563					Ben WILLIAMS	1:50:00.8	1:49:04.1	SenM	216	Male	374
437	81					Brian STEVENDALE	1:50:07.5	1:49:19.6	MV50	36	Male	375
438	355					Louise UPTON	1:50:07.9	1:49:53.2	SenF	28	Female	63
439	1461					Marcus SHERREARD	1:50:12.1	1:48:44.0	MV40	115	Male	376
440	1462					Ryan SHERREARD	1:50:12.2	1:48:44.2	SenM	217	Male	377
441	721					Zoe KNIGHTS	1:50:12.4	1:49:45.8	FV35	25	Female	64
442	103					Elias LEWIS	1:50:12.7	1:49:30.0	SenM	218	Male	378
443	1506					Joel HARDAKER	1:50:16.3	1:48:39.8	SenM	219	Male	379
444	1075					Gavin JONES	1:50:16.8	1:49:47.7	MV40	116	Male	380
445	651					Paul EVANS	1:50:19.5	1:49:20.5	MV50	37	Male	381
446	927					Ian SPEAKMAN	1:50:21.6	1:50:06.9	MV40	117	Male	382
447	554					Mathew WILLIAMS	1:50:22.1	1:49:37.9	SenM	220	Male	383
448	229					Simon HURFORD	1:50:24.9	1:50:04.6	SenM	221	Male	384
449	1214					Sharon HARRIS	1:50:30.5	1:49:14.4	FV35	26	Female	65
450	807					Amanda JONES	1:50:32.2	1:50:06.3	FV45	10	Female	66
451	678					Brian SAXBY	1:50:37.1	1:49:39.3	MV50	38	Male	385
452	453					Lee ADAMS	1:50:44.6	1:50:35.2	MV40	118	Male	386
453	615					Stephen JONES	1:50:49.0	1:50:25.3	MV50	39	Male	387
454	501					Mark SIMON	1:50:49.6	1:50:24.7	MV40	119	Male	388
455	682					Tanya GUEST	1:50:49.9	1:50:33.1	FV35	27	Female	67

Club	Pace	TOD
	7.2 m/hr	10:49:34.8
	7.2 m/hr	10:49:37.0
3M GORSEINON ROAD RUNNERS	7.2 m/hr	10:49:37.6
	7.2 m/hr	10:49:38.6
PORT TALBOT HARRIERS	7.2 m/hr	10:49:43.4
	7.2 m/hr	10:49:44.9
	7.2 m/hr	10:49:47.6
PORTISHEAD RC	7.2 m/hr	10:49:50.9
	7.2 m/hr	10:49:53.0
	7.2 m/hr	10:49:53.8
	7.2 m/hr	10:49:56.4
	7.2 m/hr	10:49:59.1
	7.2 m/hr	10:49:59.1
3M GORSEINON ROAD RUNNERS	7.1 m/hr	10:50:06.0
	7.1 m/hr	10:50:06.3
	7.1 m/hr	10:50:06.8
	7.1 m/hr	10:50:13.5
	7.1 m/hr	10:50:13.9
	7.1 m/hr	10:50:18.1
	7.1 m/hr	10:50:18.2
	7.1 m/hr	10:50:18.4
	7.1 m/hr	10:50:18.7
PEMBROKESHIRE TRIATHLON CLUB	7.1 m/hr	10:50:22.3
	7.1 m/hr	10:50:22.8
PONTARDAWE RUNNING CLUB	7.1 m/hr	10:50:25.5
	7.1 m/hr	10:50:27.6
	7.1 m/hr	10:50:28.1
	7.1 m/hr	10:50:30.9
	7.1 m/hr	10:50:36.5
	7.1 m/hr	10:50:38.2
RUN4ALL NEATH	7.1 m/hr	10:50:43.1
RUN4ALL NEATH	7.1 m/hr	10:50:50.6
EMLYN RUNNERS	7.1 m/hr	10:50:55.0
DREDGERS	7.1 m/hr	10:50:55.6
PORT TALBOT HARRIERS	7.1 m/hr	10:50:55.9

Pos	Bib No	Fav	Share	Photo	Print	Name	Gun Time	Chip Time	Category	Cat Pos	Gender	Gen Pos
456	193					Steve SAUNDERS	1:50:55.7	1:50:00.8	SenM	222	Male	389
457	1391					Stephen COLE	1:50:57.8	1:50:12.5	MV40	120	Male	390
458	123					Luke DANIEL	1:51:01.6	1:50:34.9	SenM	223	Male	391
459	966					Bethan TRIGG	1:51:03.8	1:50:45.1	SenF	29	Female	68
460	892					Mike REED	1:51:03.9	1:49:03.1	MV40	121	Male	392
461	99					Steve WILLIAMS	1:51:04.3	1:50:38.8	MV40	122	Male	393
462	1076					Sian KHALIL	1:51:06.3	1:50:42.9	FV45	11	Female	69
463	889					Ffion JOHN	1:51:08.9	1:50:33.6	FV35	28	Female	70
464	1339					Gareth O'HARA	1:51:11.5	1:50:50.0	SenM	224	Male	394
465	1007					Paul NEWMAN	1:51:12.2	1:50:42.2	MV40	123	Male	395
466	297					Simon REES	1:51:13.7	1:51:04.6	MV40	124	Male	396
467	1336					Darren MUTTER	1:51:13.8	1:50:27.7	MV40	125	Male	397
468	854					Dean HANCOX	1:51:15.3	1:50:47.6	MV40	126	Male	398
469	646					Martyn NICHOLS	1:51:22.0	1:50:06.2	SenM	225	Male	399
470	1419					Michael HOWELL	1:51:24.9	1:50:28.7	SenM	226	Male	400
471	1532					Joanne RAYMOND	1:51:25.6	1:50:08.2	FV35	29	Female	71
472	1556					David BOUCHER	1:51:28.4	1:49:26.6	MV60+	7	Male	401
473	348					Louise UDIAWAR	1:51:30.5	1:51:05.0	FV35	30	Female	72
474	561					Dylan JONES	1:51:34.8	1:51:08.6	SenM	227	Male	402
475	824					Ali REES	1:51:36.2	1:50:36.2	FV35	31	Female	73
476	888					Andrew WRIGHT	1:51:39.7	1:51:11.3	MV40	127	Male	403
477	1185					Tony FINNEY	1:51:42.0	1:50:45.8	MV50	40	Male	404
478	189					Louise MURRAY	1:51:44.9	1:51:22.7	FV35	32	Female	74
479	1212					Richard DAVIES	1:51:45.8	1:50:20.4	SenM	228	Male	405
480	976					Andrew BURNFORD	1:51:53.8	1:51:21.3	MV40	128	Male	406
481	632					John SANDERSON	1:51:55.5	1:51:33.9	MV50	41	Male	407
482	184					Natalie JONES	1:51:56.7	1:51:01.9	SenF	30	Female	75
483	455					Michael JAMES	1:51:57.6	1:51:39.1	MV40	129	Male	408
484	1366					Arwyn THOMAS	1:51:57.7	1:51:21.1	MV40	130	Male	409
485	407					Michael HODGES	1:51:59.4	1:51:20.3	SenM	229	Male	410
486	436					Darren HOWELLS	1:51:59.4	1:51:20.3	SenM	230	Male	411
487	659					Kelly A MORGAN	1:52:06.5	1:51:27.6	FV35	33	Female	76
488	1032					Christie COLEMAN	1:52:08.3	1:51:31.0	MV50	42	Male	412
489	1381					Mark WILLIAMS	1:52:16.1	1:51:38.4	SenM	231	Male	413
490	92					Dean HUGHES	1:52:17.1	1:51:53.0	MV40	131	Male	414

Club	Pace	TOD
	7.1 m/hr	10:51:01.7
	7.1 m/hr	10:51:03.8
	7.1 m/hr	10:51:07.6
	7.1 m/hr	10:51:09.8
	7.1 m/hr	10:51:09.9
	7.1 m/hr	10:51:10.3
PONTYPRIDD ROADENTS AC	7.1 m/hr	10:51:12.3
	7.1 m/hr	10:51:14.9
	7.1 m/hr	10:51:17.5
CR@P TRI	7.1 m/hr	10:51:18.2
RUN4ALL NEATH	7.1 m/hr	10:51:19.7
	7.1 m/hr	10:51:19.8
	7.1 m/hr	10:51:21.3
	7.1 m/hr	10:51:28.0
	7.1 m/hr	10:51:30.9
PEMBROKESHIRE HARRIERS	7.1 m/hr	10:51:31.6
	7.1 m/hr	10:51:34.4
CLWB RHEDEG PONDARDAWE	7.0 m/hr	10:51:36.5
	7.0 m/hr	10:51:40.8
EMLYN RUNNERS	7.0 m/hr	10:51:42.2
	7.0 m/hr	10:51:45.7
	7.0 m/hr	10:51:48.0
	7.0 m/hr	10:51:50.9
	7.0 m/hr	10:51:51.8
	7.0 m/hr	10:51:59.8
3M GORSEINON ROAD RUNNERS	7.0 m/hr	10:52:01.5
	7.0 m/hr	10:52:02.7
PORT TALBOT HARRIERS	7.0 m/hr	10:52:03.6
AMMAN VALLEY HARRIERS	7.0 m/hr	10:52:03.7
	7.0 m/hr	10:52:05.4
	7.0 m/hr	10:52:05.4
	7.0 m/hr	10:52:12.5
CWM OGWR RUNNING CLUB	7.0 m/hr	10:52:14.3
	7.0 m/hr	10:52:22.1
	7.0 m/hr	10:52:23.1

Pos	Bib No	Fav	Share	Photo	Print	Name	Gun Time	Chip Time	Category	Cat Pos	Gender	Gen Pos
491	1326					Gareth LOGAN	1:52:17.7	1:51:26.2	SenM	232	Male	415
492	113					Alice SULLIVAN	1:52:18.8	1:52:02.0	FV35	34	Female	77
493	304					David JACKSON	1:52:20.5	1:51:00.5	SenM	233	Male	416
494	1505					Jonathan GOSTLING	1:52:25.6	1:50:59.7	SenM	234	Male	417
495	1255					Rhys RICHARDS-EVANS	1:52:32.3	1:49:58.6	SenM	235	Male	418
496	69					Mark DOWDS	1:52:35.0	1:51:42.0	SenM	236	Male	419
497	156					Claire REYNOLDS	1:52:37.9	1:52:19.6	FV35	35	Female	78
498	1359					Christopher SEXTON	1:52:43.6	1:52:17.0	MV50	43	Male	420
499	185					Steve JAMES	1:52:47.8	1:52:20.0	MV40	132	Male	421
500	1292					Oona CRAWFORD	1:52:48.8	1:52:06.5	FV55+	3	Female	79
501	1330					Jordan MCDONALD	1:52:51.4	1:52:29.4	SenM	237	Male	422
502	1130					Ross YOULDEN	1:52:58.8	1:52:49.2	SenM	238	Male	423
503	1434					Christopher LEWIS	1:52:59.7	1:51:38.2	MV40	133	Male	424
504	1379					Glenn WILLIAMS	1:52:59.8	1:52:21.8	MV40	134	Male	425
505	909					Graham MORGAN	1:53:01.8	1:52:44.1	MV50	44	Male	426
506	998					Pat WESTLAKE	1:53:02.7	1:52:51.8	MV50	45	Male	427
507	432					Adam THOMAS	1:53:03.9	1:52:05.8	MV40	135	Male	428
508	1561					Lucas BRAUNER	1:53:11.7	1:50:33.2	SenM	239	Male	429
509	495					Dominik BOROWIECKI	1:53:13.6	1:52:37.1	SenM	240	Male	430
510	545					Emma WHEELER	1:53:17.9	1:53:11.3	FV45	12	Female	80
511	1529					Simon PHILLIPS	1:53:24.6	1:51:48.3	SenM	241	Male	431
512	366					Hayley PRICE	1:53:30.9	1:52:57.4	FV35	36	Female	81
513	208					Darren CONWAY	1:53:31.3	1:52:47.0	SenM	242	Male	432
514	1232					Peter HARRISON	1:53:33.3	1:51:18.1	MV50	46	Male	433
515	409					Andrew WALSH	1:53:35.0	1:52:49.3	SenM	243	Male	434
516	1306					Matthew FOLIGNO	1:53:40.4	1:53:05.9	SenM	244	Male	435
517	336					Nicola TANCOCK-BROAD	1:53:41.7	1:53:27.8	FV35	37	Female	82
518	1184					Vicky MORGAN	1:53:42.7	1:52:46.5	FV45	13	Female	83
519	562					Sioned GIBBY	1:53:46.0	1:52:49.1	FV35	38	Female	84
520	353					Richard VELARDO	1:53:52.1	1:51:32.2	SenM	245	Male	436
521	289					Rory OBRIEN	1:53:57.1	1:52:23.6	SenM	246	Male	437
522	1455					Chris RIGGS	1:54:05.5	1:52:55.7	MV40	136	Male	438
523	1059					Briony JONES	1:54:08.9	1:53:38.9	SenF	31	Female	85
524	1158					Nicola SYMMONDS	1:54:17.1	1:53:43.9	FV35	39	Female	86
525	516					Brian JENKINS	1:54:18.1	1:53:46.0	MV40	137	Male	439

Club	Pace	TOD
	7.0 m/hr	10:52:23.7
3M GORSEINON ROAD RUNNERS	7.0 m/hr	10:52:24.8
CELTIC TRI	7.0 m/hr	10:52:26.5
	7.0 m/hr	10:52:31.6
	7.0 m/hr	10:52:38.3
	7.0 m/hr	10:52:41.0
	7.0 m/hr	10:52:43.9
PEMBROKESHIRE HARRIERS	7.0 m/hr	10:52:49.6
	7.0 m/hr	10:52:53.8
TROTS	7.0 m/hr	10:52:54.8
	7.0 m/hr	10:52:57.4
	7.0 m/hr	10:53:04.8
	7.0 m/hr	10:53:05.7
SOSPAN ROAD RUNNERS	7.0 m/hr	10:53:05.8
	7.0 m/hr	10:53:07.8
	7.0 m/hr	10:53:08.7
	7.0 m/hr	10:53:09.9
CARDIFF TRIATHLETES	6.9 m/hr	10:53:17.7
	6.9 m/hr	10:53:19.6
	6.9 m/hr	10:53:23.9
	6.9 m/hr	10:53:30.6
RUN BONT	6.9 m/hr	10:53:36.9
	6.9 m/hr	10:53:37.3
ARMY	6.9 m/hr	10:53:39.3
	6.9 m/hr	10:53:41.0
	6.9 m/hr	10:53:46.4
	6.9 m/hr	10:53:47.7
	6.9 m/hr	10:53:48.7
	6.9 m/hr	10:53:52.0
	6.9 m/hr	10:53:58.1
	6.9 m/hr	10:54:03.1
	6.9 m/hr	10:54:11.5
	6.9 m/hr	10:54:14.9
CWM OGWR RUNNING CLUB	6.9 m/hr	10:54:23.1
	6.9 m/hr	10:54:24.1

Pos	Bib No	Fav	Share	Photo	Print	Name	Gun Time	Chip Time	Category	Cat Pos	Gender	Gen Pos
526	708					Gareth JONES	1:54:25.6	1:54:17.8	SenM	247	Male	440
527	559					Andrew BARRATT	1:54:30.3	1:52:12.1	MV50	47	Male	441
528	1354					Lance ROBERTSON	1:54:36.7	1:54:33.6	MV40	138	Male	442
529	844					Gareth EVANS	1:54:39.4	1:53:48.0	MV40	139	Male	443
530	1560					Alex HARRIES	1:54:49.7	1:52:26.7	SenM	248	Male	444
531	1309					Elizabeth GRIFFITHS	1:54:50.4	1:54:30.4	FV35	40	Female	87
532	633					Rebecca JONES	1:54:50.9	1:54:06.1	SenF	32	Female	88
533	600					Justin RICHARDS	1:54:51.7	1:54:16.5	MV40	140	Male	445
534	1020					Alun JOB	1:54:55.1	1:52:38.3	MV40	141	Male	446
535	1244					Estelle WILLIAMS	1:54:56.5	1:53:13.9	FV35	41	Female	89
536	771					Ash PLOWS	1:54:57.0	1:54:17.4	MV40	142	Male	447
537	619					Martyn CARROLL	1:54:57.4	1:54:34.0	SenM	249	Male	448
538	769					Damian JONES	1:55:02.1	1:54:30.5	MV40	143	Male	449
539	505					Michael HALSALL	1:55:03.2	1:54:21.6	MV40	144	Male	450
540	126					Lynn DAVIES	1:55:05.2	1:53:25.4	MV40	145	Male	451
541	546					Thomas WHEELER	1:55:07.1	1:54:59.7	SenM	250	Male	452
542	1049					Geraldine WILLIAMS	1:55:07.3	1:54:16.5	FV35	42	Female	90
543	1129					Christina ROBERTS	1:55:09.0	1:54:17.2	FV45	14	Female	91
544	1456					Dan ROBINSON	1:55:09.9	1:53:54.9	SenM	251	Male	453
545	1479					Mark WHITFIELD	1:55:11.9	1:52:57.7	MV50	48	Male	454
546	1559					Alex HIGGS	1:55:12.1	1:52:58.1	SenM	252	Male	455
547	258					Kathleen GOUGH	1:55:12.5	1:54:46.1	FV55+	4	Female	92
548	467					Jordan HOWELLS	1:55:12.8	1:54:16.1	SenM	253	Male	456
549	28					Gareth WEBB	1:55:16.0	1:54:31.6	SenM	254	Male	457
550	683					Chris MORTON	1:55:16.1	1:54:03.0	MV50	49	Male	458
551	168					Chris THOMAS	1:55:17.7	1:54:37.1	SenM	255	Male	459
552	244					Richard DAVIES	1:55:20.1	1:55:11.4	SenM	256	Male	460
553	129					Ian MORGAN	1:55:23.3	1:55:04.7	SenM	257	Male	461
554	1368					Jamea THOMAS	1:55:27.7	1:54:01.7	SenM	258	Male	462
555	1338					Anto OHARA	1:55:28.8	1:53:21.5	FV35	43	Female	93
556	1328					Lewis MASON	1:55:30.3	1:53:02.1	SenM	259	Male	463
557	792					Sharon SMALLWOOD	1:55:31.1	1:55:06.8	FV35	44	Female	94
558	71					Ian BAGLOW	1:55:32.6	1:54:55.7	SenM	260	Male	464
559	1380					Justin WILLIAMS	1:55:32.7	1:54:55.3	SenM	261	Male	465
560	1071					Jeff THOMAS	1:55:34.6	1:55:03.7	MV50	50	Male	466

Club	Pace	TOD
	6.9 m/hr	10:54:31.6
	6.9 m/hr	10:54:36.3
	6.9 m/hr	10:54:42.7
	6.9 m/hr	10:54:45.4
	6.8 m/hr	10:54:55.7
	6.8 m/hr	10:54:56.4
CELTIC TRI	6.8 m/hr	10:54:56.9
	6.8 m/hr	10:54:57.7
	6.8 m/hr	10:55:01.1
	6.8 m/hr	10:55:02.5
	6.8 m/hr	10:55:03.0
	6.8 m/hr	10:55:03.4
	6.8 m/hr	10:55:08.1
LLANELLI AC	6.8 m/hr	10:55:09.2
	6.8 m/hr	10:55:11.2
	6.8 m/hr	10:55:13.1
	6.8 m/hr	10:55:13.3
	6.8 m/hr	10:55:15.0
	6.8 m/hr	10:55:15.9
VEGAN RUNNERS UK	6.8 m/hr	10:55:17.9
	6.8 m/hr	10:55:18.1
	6.8 m/hr	10:55:18.5
	6.8 m/hr	10:55:18.8
	6.8 m/hr	10:55:22.0
	6.8 m/hr	10:55:22.1
	6.8 m/hr	10:55:23.7
	6.8 m/hr	10:55:26.1
	6.8 m/hr	10:55:29.3
	6.8 m/hr	10:55:33.7
TENBY ACES	6.8 m/hr	10:55:34.8
	6.8 m/hr	10:55:36.3
	6.8 m/hr	10:55:37.1
	6.8 m/hr	10:55:38.6
	6.8 m/hr	10:55:38.7
BRIDGEND	6.8 m/hr	10:55:40.6

Pos	Bib No	Fav	Share	Photo	Print	Name	Gun Time	Chip Time	Category	Cat Pos	Gender	Gen Pos
561	1072					Ceri THOMAS	1:55:34.7	1:55:03.9	FV45	15	Female	95
562	1211					Gareth CURTIS	1:55:38.4	1:54:56.7	MV40	146	Male	467
563	687					Mark COX	1:55:45.2	1:55:40.1	SenM	262	Male	468
564	980					Hannah BOYLE	1:55:47.7	1:55:13.3	SenF	33	Female	96
565	852					Llyr TOBIAS	1:55:51.9	1:55:40.2	SenM	263	Male	469
566	54					Nikki ATKINSON	1:55:52.4	1:53:28.8	SenF	34	Female	97
567	935					Mark SPOONER	1:55:53.0	1:55:17.0	MV50	51	Male	470
568	380					Christopher LLOYD	1:55:55.3	1:55:50.9	SenM	264	Male	471
569	281					Peter ROBERTS	1:55:57.7	1:55:12.7	MV40	147	Male	472
570	795					Jacqueline HINDS	1:56:02.6	1:55:47.3	FV45	16	Female	98
571	1498					Daniel EDMONDS	1:56:08.6	1:54:42.2	SenM	265	Male	473
572	1512					Stuart HOOPER	1:56:12.5	1:53:32.5	MV40	148	Male	474
573	926					Lynsey GOODE	1:56:25.9	1:55:36.8	FV35	45	Female	99
574	1357					Luke SEARLE	1:56:33.9	1:55:46.6	SenM	266	Male	475
575	1323					Phillip LANNON	1:56:35.0	1:56:23.9	MV50	52	Male	476
576	284					Simon THOMAS	1:56:36.9	1:56:04.9	SenM	267	Male	477
577	1160					Christian ALDRIDGE	1:56:38.9	1:56:31.0	SenM	268	Male	478
578	1463					Louis SHIRT	1:56:43.1	1:55:20.0	SenM	269	Male	479
579	1443					Jason MORRIS	1:56:44.2	1:54:44.0	MV40	149	Male	480
580	439					Sian STEPHENS	1:56:46.6	1:55:21.9	FV35	46	Female	100
581	591					Stephanie HOCKLY	1:56:46.9	1:55:18.3	FV35	47	Female	101
582	781					Dai HARRIS	1:56:48.4	1:56:37.3	MV40	150	Male	481
583	1066					Julie PERKINS	1:56:51.5	1:55:57.9	FV35	48	Female	102
584	1534					Steve REES	1:56:52.0	1:55:44.9	MV40	151	Male	482
585	1387					Henry BRANT	1:56:54.5	1:55:45.5	SenM	270	Male	483
586	832					Megan Haf RICHARDS	1:57:01.5	1:55:07.0	SenF	35	Female	103
587	1395					Darren DAVIES	1:57:02.7	1:55:50.7	SenM	271	Male	484
588	211					Dale BOWLER	1:57:08.4	1:56:50.7	SenM	272	Male	485
589	468					Mark FORD	1:57:08.5	1:56:51.0	MV40	152	Male	486
590	577					Huw DAVIES	1:57:11.1	1:56:32.2	MV40	153	Male	487
591	35					Peter KERR	1:57:12.9	1:56:52.1	MV50	53	Male	488
592	195					Steven CHALLIS	1:57:14.7	1:57:04.0	SenM	273	Male	489
593	786					Joanne VAN-LANDEWYCK	1:57:20.5	1:55:59.1	FV35	49	Female	104
594	1267					Brian AHEARNE	1:57:22.1	1:55:48.8	MV60+	8	Male	490
595	1047					Jeffrey EVANS	1:57:23.4	1:56:17.2	MV40	154	Male	491

Club	Pace	TOD
PORTHCAWL RUNNERS	6.8 m/hr	10:55:40.7
	6.8 m/hr	10:55:44.4
	6.8 m/hr	10:55:51.2
	6.8 m/hr	10:55:53.7
	6.8 m/hr	10:55:57.9
	6.8 m/hr	10:55:58.4
	6.8 m/hr	10:55:59.0
	6.8 m/hr	10:56:01.3
	6.8 m/hr	10:56:03.7
	6.8 m/hr	10:56:08.6
	6.8 m/hr	10:56:14.6
	6.8 m/hr	10:56:18.5
	6.8 m/hr	10:56:31.9
	6.7 m/hr	10:56:39.9
	6.7 m/hr	10:56:41.0
	6.7 m/hr	10:56:42.9
	6.7 m/hr	10:56:44.9
	6.7 m/hr	10:56:49.1
	6.7 m/hr	10:56:50.2
	6.7 m/hr	10:56:52.6
	6.7 m/hr	10:56:52.9
	6.7 m/hr	10:56:54.4
	6.7 m/hr	10:56:57.5
	6.7 m/hr	10:56:58.0
	6.7 m/hr	10:57:00.5
	6.7 m/hr	10:57:07.5
	6.7 m/hr	10:57:08.7
	6.7 m/hr	10:57:14.4
	6.7 m/hr	10:57:14.5
	6.7 m/hr	10:57:17.1
	6.7 m/hr	10:57:18.9
	6.7 m/hr	10:57:20.7
	6.7 m/hr	10:57:26.5
SAN DOMENICO	6.7 m/hr	10:57:28.1
CORNELLY STRIDERS	6.7 m/hr	10:57:29.4

Pos	Bib No	Fav	Share	Photo	Print	Name	Gun Time	Chip Time	Category	Cat Pos	Gender	Gen Pos
596	822					Wendy TROMANS	1:57:24.7	1:56:24.6	FV45	17	Female	105
597	1270					Pam ASSON	1:57:25.7	1:57:05.8	FV45	18	Female	106
598	346					Andrew EDWARDS	1:57:28.0	1:55:57.3	SenM	274	Male	492
599	652					Ifan CHARLES	1:57:28.1	1:55:42.9	SenM	275	Male	493
600	359					Sharon TROTMAN	1:57:29.0	1:55:31.4	FV45	19	Female	107
601	1016					David COTTRELL	1:57:29.2	1:55:51.8	SenM	276	Male	494
602	232					Andy NOVAK	1:57:30.0	1:56:54.7	SenM	277	Male	495
603	829					Stephen JONES	1:57:31.4	1:55:20.2	SenM	278	Male	496
604	742					Stephanie PRATT	1:57:33.1	1:57:01.4	FV35	50	Female	108
605	860					Stephen MOORES	1:57:33.3	1:56:55.0	SenM	279	Male	497
606	1183					Ryan DAVIES	1:57:33.9	1:54:56.9	SenM	280	Male	498
607	1317					Delme JONES	1:57:36.0	1:55:18.7	SenM	281	Male	499
608	580					Gethin LEWIS	1:57:38.0	1:55:20.9	SenM	282	Male	500
609	308					Elinor THOMAS	1:57:39.4	1:56:19.9	SenF	36	Female	109
610	1524					Emily NICHOLAS	1:57:44.2	1:57:10.3	SenF	37	Female	110
611	1305					Kimberley EVANS	1:57:51.4	1:57:18.0	SenF	38	Female	111
612	745					Julie HARRIES	1:57:52.0	1:57:16.5	FV45	20	Female	112
613	869					Anwen EVANS	1:57:52.2	1:57:16.8	FV35	51	Female	113
614	1553					Laurence JONES	1:57:54.9	1:57:24.1	SenM	283	Male	501
615	984					Jeremy SMITH	1:58:02.4	1:57:26.5	MV40	155	Male	502
616	1324					Will LEWIS	1:58:05.7	1:55:57.5	MV40	156	Male	503
617	571					Richard HUGHES	1:58:07.6	1:55:55.4	MV40	157	Male	504
618	338					Susanne ACKROYD	1:58:13.1	1:57:19.6	FV35	52	Female	114
619	532					Elis BARTLETT	1:58:13.1	1:57:14.3	SenM	284	Male	505
620	1116					Martin CHARLES	1:58:14.6	1:58:05.1	SenM	285	Male	506
621	385					John CASEY	1:58:17.2	1:57:54.6	MV40	158	Male	507
622	96					Matthew BROWN	1:58:19.8	1:57:23.2	SenM	286	Male	508
623	179					Darren PURCELL	1:58:29.4	1:57:42.2	MV50	54	Male	509
624	894					Aaron LEWIS	1:58:32.6	1:56:04.6	SenM	287	Male	510
625	1173					Gareth MALSON	1:58:32.7	1:56:04.6	SenM	288	Male	511
626	1174					Nathan LEWIS	1:58:32.7	1:56:04.8	SenM	289	Male	512
627	1411					Owen HALL	1:58:34.0	1:57:25.0	SenM	290	Male	513
628	252					Sarah EVANS	1:58:34.7	1:57:48.8	FV35	53	Female	115
629	334					Chris PHILLIPS	1:58:35.1	1:57:44.0	SenM	291	Male	514
630	90					Gareth WILLIAMS	1:58:35.2	1:57:43.7	SenM	292	Male	515

Club	Pace	TOD
EMLYN RUNNERS	6.7 m/hr	10:57:30.7
	6.7 m/hr	10:57:31.7
	6.7 m/hr	10:57:34.0
	6.7 m/hr	10:57:34.1
3M GORSEINON ROAD RUNNERS	6.7 m/hr	10:57:35.0
	6.7 m/hr	10:57:35.2
	6.7 m/hr	10:57:36.0
	6.7 m/hr	10:57:37.4
	6.7 m/hr	10:57:39.1
	6.7 m/hr	10:57:39.3
	6.7 m/hr	10:57:39.9
	6.7 m/hr	10:57:42.0
	6.7 m/hr	10:57:44.0
	6.7 m/hr	10:57:45.4
TROTS	6.7 m/hr	10:57:50.2
PEMBROKESHIRE HARRIERS	6.7 m/hr	10:57:57.4
	6.7 m/hr	10:57:58.0
	6.7 m/hr	10:57:58.2
	6.7 m/hr	10:58:00.9
	6.7 m/hr	10:58:08.4
TENBY ACES	6.7 m/hr	10:58:11.7
	6.7 m/hr	10:58:13.6
	6.6 m/hr	10:58:19.1
	6.6 m/hr	10:58:19.1
	6.6 m/hr	10:58:20.6
	6.6 m/hr	10:58:23.2
	6.6 m/hr	10:58:25.8
	6.6 m/hr	10:58:35.4
	6.6 m/hr	10:58:38.6
	6.6 m/hr	10:58:38.7
	6.6 m/hr	10:58:38.7
	6.6 m/hr	10:58:40.0
	6.6 m/hr	10:58:40.7
	6.6 m/hr	10:58:41.1
	6.6 m/hr	10:58:41.2

Pos	Bib No	Fav	Share	Photo	Print	Name	Gun Time	Chip Time	Category	Cat Pos	Gender	Gen Pos
631	83					Emily MEDWAY	1:58:36.5	1:58:03.8	FV35	54	Female	116
632	1480					Mathew JEFFRIES	1:58:39.1	1:56:13.7	SenM	293	Male	516
633	638					Gareth DAVIES	1:58:40.6	1:58:08.2	SenM	294	Male	517
634	655					Nick WILLIAMS	1:58:41.7	1:56:16.3	SenM	295	Male	518
635	1037					Natalie NEWTON	1:58:42.0	1:58:01.9	FV35	55	Female	117
636	122					Michael GIFFARD	1:58:43.5	1:56:12.5	SenM	296	Male	519
637	755					Richard WILLIAMS	1:58:46.9	1:57:39.3	MV40	159	Male	520
638	1514					Chris INNES	1:58:50.7	1:57:53.2	MV40	160	Male	521
639	1492					David DARLINGTON	1:58:51.3	1:56:36.4	MV40	161	Male	522
640	811					Marc SMITH	1:58:51.6	1:57:41.4	SenM	297	Male	523
641	408					Kelly BENNETT	1:58:55.3	1:58:16.4	SenF	39	Female	118
642	1297					Phillip DAVIES	1:58:56.2	1:57:41.5	MV40	162	Male	524
643	298					Louise HALL	1:58:57.3	1:58:24.1	FV35	56	Female	119
644	1310					Mark HALL	1:58:58.9	1:58:27.5	SenM	298	Male	525
645	1440					Steve MOON	1:58:59.2	1:56:41.7	MV40	163	Male	526
646	640					Adrian PEARSON	1:59:01.1	1:57:48.3	MV40	164	Male	527
647	1333					Martin MOORE	1:59:01.1	1:57:21.1	MV40	165	Male	528
648	276					Mike BALSAMO	1:59:03.0	1:58:55.1	SenM	299	Male	529
649	694					Zana BRYAN	1:59:05.9	1:58:27.3	FV35	57	Female	120
650	596					Jenny TANNER	1:59:06.4	1:57:38.1	SenF	40	Female	121
651	1472					Carl TROWBRIDGE	1:59:06.5	1:56:35.9	MV40	166	Male	530
652	1052					Tula SMALLMAN	1:59:07.0	1:58:37.9	FV35	58	Female	122
653	59					Richard MUNN	1:59:07.8	1:56:43.9	SenM	300	Male	531
654	375					Linzi BYRNE	1:59:07.9	1:57:56.5	FV35	59	Female	123
655	1056					Michael BRAIN	1:59:07.9	1:57:38.1	MV40	167	Male	532
656	1069					Julie WEBSTER	1:59:08.4	1:58:39.4	FV45	21	Female	124
657	1251					Matthew EDMUNDS	1:59:08.9	1:56:34.6	SenM	301	Male	533
658	109					Nikita BERRY	1:59:12.9	1:57:50.2	SenF	41	Female	125
659	1040					Rya COWAN-DAVIES	1:59:12.9	1:58:20.3	FV35	60	Female	126
660	278					Delyth MAINWARING	1:59:13.7	1:57:44.1	FV35	61	Female	127
661	1122					David SANSOM	1:59:15.4	1:58:33.8	MV40	168	Male	534
662	1108					Bertram ACKLAND	1:59:16.0	1:58:32.8	MV40	169	Male	535
663	639					Gaynor EVANS	1:59:19.6	1:58:55.9	FV45	22	Female	128
664	1186					Melissa CHAPLIN	1:59:20.7	1:58:24.5	SenF	42	Female	129
665	1250					Adrian DEVON	1:59:24.1	1:56:50.1	MV40	170	Male	536

Club	Pace	TOD
	6.6 m/hr	10:58:42.5
	6.6 m/hr	10:58:45.1
	6.6 m/hr	10:58:46.6
	6.6 m/hr	10:58:47.7
	6.6 m/hr	10:58:48.0
	6.6 m/hr	10:58:49.5
	6.6 m/hr	10:58:52.9
	6.6 m/hr	10:58:56.7
	6.6 m/hr	10:58:57.3
	6.6 m/hr	10:58:57.6
	6.6 m/hr	10:59:01.3
	6.6 m/hr	10:59:02.2
	6.6 m/hr	10:59:03.3
	6.6 m/hr	10:59:04.9
	6.6 m/hr	10:59:05.2
	6.6 m/hr	10:59:07.1
	6.6 m/hr	10:59:07.1
	6.6 m/hr	10:59:09.0
	6.6 m/hr	10:59:11.9
	6.6 m/hr	10:59:12.4
	6.6 m/hr	10:59:12.5
	6.6 m/hr	10:59:13.0
	6.6 m/hr	10:59:13.8
	6.6 m/hr	10:59:13.9
	6.6 m/hr	10:59:13.9
	6.6 m/hr	10:59:14.4
	6.6 m/hr	10:59:14.9
	6.6 m/hr	10:59:18.9
	6.6 m/hr	10:59:18.9
	6.6 m/hr	10:59:19.7
	6.6 m/hr	10:59:21.4
	6.6 m/hr	10:59:22.0
	6.6 m/hr	10:59:25.6
	6.6 m/hr	10:59:26.7
	6.6 m/hr	10:59:30.1

Pos	Bib No	Fav	Share	Photo	Print	Name	Gun Time	Chip Time	Category	Cat Pos	Gender	Gen Pos
666	509					Mary GREANEY	1:59:24.4	1:58:04.8	SenF	43	Female	130
667	1187					Amanda CHARC	1:59:35.2	1:58:39.6	SenF	44	Female	131
668	823					Marian DAVIES	1:59:37.7	1:58:50.2	FV35	62	Female	132
669	114					Jon MORRIS	1:59:40.4	1:59:34.3	SenM	302	Male	537
670	1485					Tim YALLOPE	1:59:42.1	1:58:19.3	SenM	303	Male	538
671	91					Richard LOOSMORE	1:59:43.3	1:57:17.0	MV40	171	Male	539
672	921					Pete ORPHAN	1:59:43.3	1:57:14.9	MV40	172	Male	540
673	176					Emma WEAVER	1:59:43.6	1:58:32.6	FV35	63	Female	133
674	1167					Jason RUSSELL	1:59:44.1	1:59:23.4	SenM	304	Male	541
675	1177					Laura RICHARDS	1:59:44.2	1:58:29.8	SenF	45	Female	134
676	173					Magdalena AP ROBERT	1:59:44.8	1:59:09.9	FV35	64	Female	135
677	399					Sharon PENHALE	1:59:45.2	1:59:11.2	FV45	23	Female	136
678	623					Jacqueline RODDICK	1:59:46.3	1:58:42.4	FV45	24	Female	137
679	1118					Tudor WILLIAMS	1:59:47.0	1:59:00.4	SenM	305	Male	542
680	748					Nia PHILLIPS	1:59:53.0	1:58:44.5	SenF	46	Female	138
681	326					Alice May THOMAS	1:59:53.4	1:59:19.2	SenF	47	Female	139
682	937					Kirstin LITTLEWOOD	1:59:54.8	1:59:26.9	SenF	48	Female	140
683	1018					Simon MITCHESON	1:59:57.0	1:59:39.6	SenM	306	Male	543
684	879					Nicola MILLS	2:00:05.8	1:59:50.5	FV35	65	Female	141
685	576					Lisa FORREST	2:00:07.2	1:59:39.4	FV35	66	Female	142
686	340					Chris THOMAS	2:00:08.2	1:59:33.1	MV40	173	Male	544
687	1517					Kevin JONES	2:00:08.9	1:58:54.1	MV40	174	Male	545
688	1489					Tyler BOOKER	2:00:09.2	1:58:55.8	SenM	307	Male	546
689	867					Eryl THOMAS	2:00:11.1	1:59:35.9	SenM	308	Male	547
690	959					Myfanwy THOMAS	2:00:12.1	2:00:06.5	FV35	67	Female	143
691	1039					Peter Komor	2:00:12.7	1:59:18.3	SenM	309	Male	548
692	1460					Jason SCHADIE	2:00:14.8	1:58:32.0	MV40	175	Male	549
693	487					Sion WAY	2:00:15.2	1:59:46.5	SenM	310	Male	550
694	605					Olivia PALIN	2:00:18.8	1:58:36.5	SenF	49	Female	144
695	731					Peter HARRIS	2:00:20.6	1:58:52.6	SenM	311	Male	551
696	712					Thomas EVANS	2:00:21.9	1:58:05.0	SenM	312	Male	552
697	1467					Anna THOMAS	2:00:22.1	1:58:39.6	FV45	25	Female	145
698	1169					Jeff ELLAWAY	2:00:24.0	1:59:09.3	MV60+	9	Male	553
699	1133					Leon BERRILL	2:00:25.7	1:59:05.6	SenM	313	Male	554
700	65					Rhian JONES	2:00:25.8	1:59:49.6	SenF	50	Female	146

Club	Pace	TOD
	6.6 m/hr	10:59:30.4
EBBW VALE	6.6 m/hr	10:59:41.2
	6.6 m/hr	10:59:43.7
	6.6 m/hr	10:59:46.4
	6.6 m/hr	10:59:48.1
	6.6 m/hr	10:59:49.3
	6.6 m/hr	10:59:49.3
	6.6 m/hr	10:59:49.6
ISLWYN RUNNING CLUB	6.6 m/hr	10:59:50.1
	6.6 m/hr	10:59:50.2
PORT TALBOT HARRIERS	6.6 m/hr	10:59:50.8
PORT TALBOT HARRIERS	6.6 m/hr	10:59:51.2
	6.6 m/hr	10:59:52.3
	6.6 m/hr	10:59:53.0
	6.6 m/hr	10:59:59.0
	6.6 m/hr	10:59:59.4
	6.6 m/hr	11:00:00.8
	6.6 m/hr	11:00:03.0
	6.5 m/hr	11:00:11.8
CARMARTHEN HARRIERS	6.5 m/hr	11:00:13.2
	6.5 m/hr	11:00:14.2
	6.5 m/hr	11:00:14.9
	6.5 m/hr	11:00:15.2
ARWELS ANGELS	6.5 m/hr	11:00:17.1
	6.5 m/hr	11:00:18.1
	6.5 m/hr	11:00:18.7
	6.5 m/hr	11:00:20.8
	6.5 m/hr	11:00:21.2
	6.5 m/hr	11:00:24.8
	6.5 m/hr	11:00:26.6
	6.5 m/hr	11:00:27.9
	6.5 m/hr	11:00:28.1
	6.5 m/hr	11:00:30.0
	6.5 m/hr	11:00:31.7
	6.5 m/hr	11:00:31.8

Pos	Bib No	Fav	Share	Photo	Print	Name	Gun Time	Chip Time	Category	Cat Pos	Gender	Gen Pos
701	1132					Joanne BEYNON	2:00:27.1	1:59:06.9	SenF	51	Female	147
702	918					Laura DONOHOE	2:00:28.0	2:00:13.8	SenF	52	Female	148
703	1262					Darren CONWAY	2:00:28.8	2:00:09.1	PACER	4	Male	555
704	1263					Gary HOWELLS	2:00:32.6	2:00:13.1	PACER	5	Male	556
705	1242					Bill WELLSTEAD	2:00:32.8	1:58:17.3	SenM	314	Male	557
706	47					Nina JONES	2:00:33.4	1:58:39.3	SenF	53	Female	149
707	621					Christy BOWLING	2:00:35.7	1:58:37.4	SenF	54	Female	150
708	1432					Phil KETTLEY	2:00:39.0	1:59:41.2	MV40	176	Male	558
709	513					Sam NEWBOULD	2:00:41.8	1:58:27.2	SenM	315	Male	559
710	152					Dan KITTLE	2:00:44.6	2:00:29.8	MV40	177	Male	560
711	620					James GREGORY	2:00:51.3	1:59:37.8	MV40	178	Male	561
712	586					Chrissy DAVIES	2:00:52.8	2:00:04.5	FV45	26	Female	151
713	533					Eleri GEORGE	2:00:56.0	1:59:52.2	FV35	68	Female	152
714	1421					Rowan HUNTER	2:01:04.1	1:58:44.8	SenM	316	Male	562
715	394					Paul DAVIES	2:01:07.2	2:00:42.7	SenM	317	Male	563
716	1112					Dewi JONES	2:01:07.8	1:58:51.5	SenM	318	Male	564
717	520					Nick SMITH	2:01:15.1	1:59:55.8	SenM	319	Male	565
718	521					Laura REES	2:01:16.0	1:59:56.8	SenF	55	Female	153
719	1401					Anne EVANS	2:01:24.4	2:00:26.2	FV35	69	Female	154
720	1004					Tom CHAMP	2:01:31.4	2:00:18.6	MV40	179	Male	566
721	1426					Anne JONES	2:01:34.0	2:00:03.7	FV35	70	Female	155
722	199					Marcus DININNO	2:01:37.9	2:00:24.7	SenM	320	Male	567
723	1234					Cain HOWLEY	2:01:44.6	2:00:43.5	MV40	180	Male	568
724	606					Sarah CANDLER	2:01:47.5	2:00:26.6	FV35	71	Female	156
725	1518					Paul JONES	2:01:48.2	2:00:52.0	SenM	321	Male	569
726	1218					Thomas LEACHMAN	2:01:58.7	2:01:17.0	SenM	322	Male	570
727	1386					Delyth BOYCE	2:02:00.8	2:01:15.5	FV45	27	Female	157
728	1471					Julie TOY	2:02:03.6	2:00:44.7	FV45	28	Female	158
729	1422					Heulwen JAMES	2:02:05.9	2:01:06.1	FV45	29	Female	159
730	1301					Sara EAST IVEY	2:02:07.3	2:01:26.4	FV35	72	Female	160
731	704					Dylan JAMES	2:02:09.0	2:01:16.0	MV40	181	Male	571
732	1243					Cal WELLSTEAD	2:02:13.5	1:59:58.0	MV50	55	Male	572
733	1458					Joanna ROSIAK	2:02:15.4	2:01:27.6	FV35	73	Female	161
734	537					Andrew THOMAS	2:02:15.9	2:00:18.0	SenM	323	Male	573
735	205					Rhys MORGAN	2:02:20.5	2:01:36.0	MV40	182	Male	574

Club	Pace	TOD
	6.5 m/hr	11:00:33.1
	6.5 m/hr	11:00:34.0
	6.5 m/hr	11:00:34.8
	6.5 m/hr	11:00:38.6
	6.5 m/hr	11:00:38.8
	6.5 m/hr	11:00:39.4
	6.5 m/hr	11:00:41.7
	6.5 m/hr	11:00:45.0
	6.5 m/hr	11:00:47.8
	6.5 m/hr	11:00:50.6
PEMBROKESHIRE HARRIERS	6.5 m/hr	11:00:57.3
	6.5 m/hr	11:00:58.8
	6.5 m/hr	11:01:02.0
	6.5 m/hr	11:01:10.1
	6.5 m/hr	11:01:13.2
	6.5 m/hr	11:01:13.8
	6.5 m/hr	11:01:21.1
	6.5 m/hr	11:01:22.0
	6.5 m/hr	11:01:30.4
	6.5 m/hr	11:01:37.4
	6.5 m/hr	11:01:40.0
	6.5 m/hr	11:01:43.9
	6.5 m/hr	11:01:50.6
	6.5 m/hr	11:01:53.5
	6.5 m/hr	11:01:54.2
	6.4 m/hr	11:02:04.7
	6.4 m/hr	11:02:06.8
MERTHYR RUNNING CLUB	6.4 m/hr	11:02:09.6
RHEDWYR EMLYN RUNNERS	6.4 m/hr	11:02:11.9
3M GORSEINON ROAD RUNNERS	6.4 m/hr	11:02:13.3
	6.4 m/hr	11:02:15.0
	6.4 m/hr	11:02:19.5
	6.4 m/hr	11:02:21.4
	6.4 m/hr	11:02:21.9
	6.4 m/hr	11:02:26.5

Pos	Bib No	Fav	Share	Photo	Print	Name	Gun Time	Chip Time	Category	Cat Pos	Gender	Gen Pos
736	759					Andrew JONES	2:02:23.9	2:01:11.2	MV40	183	Male	575
737	610					Nick CLARKE	2:02:38.1	2:01:13.6	MV40	184	Male	576
738	70					Michael LIMPERT	2:02:40.1	2:01:17.4	MV60+	10	Male	577
739	679					Suzanne DAVIES	2:02:42.9	2:01:42.1	FV35	74	Female	162
740	689					Dylan JONES	2:02:46.8	2:02:12.2	MV40	185	Male	578
741	283					Stephen LISK	2:02:58.0	2:01:42.8	MV40	186	Male	579
742	282					Shereen LISK	2:02:58.1	2:01:42.8	FV35	75	Female	163
743	333					James TINDAL	2:03:01.5	2:00:55.1	SenM	324	Male	580
744	413					Alys COOTES	2:03:06.6	2:01:50.8	SenF	56	Female	164
745	474					Elizabeth EVANS	2:03:11.5	2:02:49.0	SenF	57	Female	165
746	973					Sinead GOODALL	2:03:11.5	2:02:17.3	SenF	58	Female	166
747	1248					Sandra PHILLIPS	2:03:14.3	2:02:36.4	FV45	30	Female	167
748	778					David CUMMING	2:03:15.4	2:02:35.9	SenM	325	Male	581
749	1600					Huw BEVAN	2:03:27.4	2:02:41.0	MV40	187	Male	582
750	548					Joseff REES	2:03:29.7	2:02:38.0	SenM	326	Male	583
751	947					Rich MANSELL	2:03:32.6	2:02:20.2	SenM	327	Male	584
752	37					Emma MCCARTHY	2:03:40.4	2:02:17.4	FV35	76	Female	168
753	484					Phil GIBBONS	2:03:47.4	2:03:17.4	SenM	328	Male	585
754	1533					David Paul REES	2:03:48.4	2:02:22.4	SenM	329	Male	586
755	204					Joshua BLACKMORE	2:03:50.2	2:02:23.9	SenM	330	Male	587
756	695					Hefin LLOYD	2:03:55.9	2:01:59.2	MV40	188	Male	588
757	389					Gina SOUTHAM	2:03:59.3	2:02:37.3	FV35	77	Female	169
758	1006					Sara JONES	2:03:59.6	2:03:08.1	FV45	31	Female	170
759	1413					Carla HAMMOND	2:04:02.6	2:02:08.4	FV35	78	Female	171
760	305					Tracey HUGHES-JENKINS	2:04:04.2	2:02:40.7	FV45	32	Female	172
761	1025					Sharon CREWS	2:04:06.4	2:01:50.7	FV45	33	Female	173
762	930					Rhys JONES	2:04:09.3	2:02:33.9	SenM	331	Male	589
763	230					Steven BUNTING	2:04:12.7	2:03:40.5	SenM	332	Male	590
764	1446					Louise MUNKLEY	2:04:26.0	2:03:07.2	FV35	79	Female	174
765	1231					Sally HAINES	2:04:28.6	2:02:26.8	FV35	80	Female	175
766	1249					Jenna MEYER	2:04:31.7	2:03:55.4	SenF	59	Female	176
767	200					Simon MILLS	2:04:33.5	2:04:23.0	SenM	333	Male	591
768	398					Chris TUCKER	2:04:33.9	2:03:39.2	MV40	189	Male	592
769	442					Helen JENKINS	2:04:38.4	2:03:16.6	FV45	34	Female	177
770	741					Simon DORKEN	2:04:48.1	2:03:53.9	SenM	334	Male	593

Club	Pace	TOD
	6.4 m/hr	11:02:29.9
	6.4 m/hr	11:02:44.1
EALING EAGLES RUNNING CLUB	6.4 m/hr	11:02:46.1
	6.4 m/hr	11:02:48.9
	6.4 m/hr	11:02:52.8
3M GORSEINON ROAD RUNNERS	6.4 m/hr	11:03:04.0
3M GORSEINON ROAD RUNNERS	6.4 m/hr	11:03:04.1
	6.4 m/hr	11:03:07.5
	6.4 m/hr	11:03:12.6
	6.4 m/hr	11:03:17.5
	6.4 m/hr	11:03:17.5
	6.4 m/hr	11:03:20.3
ALMOST ATHLETES	6.4 m/hr	11:03:21.4
MUMBLES MILERS	6.4 m/hr	11:03:33.4
	6.4 m/hr	11:03:35.7
VILLAGE VIPERS	6.4 m/hr	11:03:38.6
	6.4 m/hr	11:03:46.4
	6.3 m/hr	11:03:53.4
	6.3 m/hr	11:03:54.4
	6.3 m/hr	11:03:56.2
	6.3 m/hr	11:04:01.9
3M GORSEINON ROAD RUNNERS	6.3 m/hr	11:04:05.3
	6.3 m/hr	11:04:05.6
	6.3 m/hr	11:04:08.6
	6.3 m/hr	11:04:10.2
	6.3 m/hr	11:04:12.4
	6.3 m/hr	11:04:15.3
	6.3 m/hr	11:04:18.7
MERTHYR RUNNING CLUB	6.3 m/hr	11:04:32.0
	6.3 m/hr	11:04:34.6
	6.3 m/hr	11:04:37.7
	6.3 m/hr	11:04:39.5
	6.3 m/hr	11:04:39.9
3M GORSEINON ROAD RUNNERS	6.3 m/hr	11:04:44.4
	6.3 m/hr	11:04:54.1

Pos	Bib No	Fav	Share	Photo	Print	Name	Gun Time	Chip Time	Category	Cat Pos	Gender	Gen Pos
771	1138					Lucy JONES	2:04:48.1	2:03:42.4	FV35	81	Female	178
772	441					Julie LEWIS	2:04:52.7	2:03:57.9	FV35	82	Female	179
773	290					Danny JAMES	2:04:54.9	2:03:21.0	SenM	335	Male	594
774	833					Phil PERKINS	2:04:57.7	2:03:00.3	SenM	336	Male	595
775	804					Amelia ROBERTS	2:04:58.2	2:04:43.6	SenF	60	Female	180
776	598					Mark DOBLE	2:05:04.4	2:04:36.7	MV50	56	Male	596
777	149					Steve ROBERTS	2:05:09.5	2:04:21.6	MV50	57	Male	597
778	1067					Louise MORDUE	2:05:17.4	2:04:16.9	FV35	83	Female	181
779	397					Lucy JONES	2:05:20.5	2:04:28.7	SenF	61	Female	182
780	834					Owen ROBERTSON-WILLIAMS	2:05:28.4	2:04:16.6	SenM	337	Male	598
781	835					Sally ROBERTSON-WILLIAMS	2:05:28.4	2:04:16.6	SenF	62	Female	183
782	1473					Dianna TUDOR	2:05:30.7	2:04:24.5	FV35	84	Female	184
783	1070					Carolyn WINDOS	2:05:31.8	2:04:25.2	FV55+	5	Female	185
784	1522					Tina MORRIS	2:05:34.7	2:04:13.7	FV35	85	Female	186
785	1111					Steffan GWYNNE	2:05:40.6	2:05:23.2	SenM	338	Male	599
786	1224					David ABBOTT	2:05:41.4	2:03:40.3	MV40	190	Male	600
787	379					Paul NEWMAN	2:05:51.3	2:05:30.3	MV40	191	Male	601
788	236					Andrea WILLIAMS	2:05:53.3	2:05:33.4	FV45	35	Female	187
789	1332					Anne-Marue MONTOTO	2:05:53.9	2:05:09.9	FV45	36	Female	188
790	1141					Joe MOLONEY	2:05:54.7	2:03:31.0	SenM	339	Male	602
791	669					Owain WILLIAMS	2:05:55.2	2:04:28.6	SenM	340	Male	603
792	789					Sarah PARRY	2:06:00.2	2:04:46.0	FV35	86	Female	189
793	738					Simon WHITE	2:06:04.6	2:05:05.1	MV40	192	Male	604
794	1254					Gareth MORRIS	2:06:08.7	2:03:35.4	SenM	341	Male	605
795	1100					Huw DAVIES	2:06:12.1	2:04:19.3	MV40	193	Male	606
796	1101					Julie THOMAS	2:06:12.2	2:04:19.3	FV45	37	Female	190
797	691					Stuart BENNETT	2:06:21.3	2:06:07.2	SenM	342	Male	607
798	214					Roxanne TURNER	2:06:22.0	2:05:04.2	SenF	63	Female	191
799	365					Ryan MEAD	2:06:22.1	2:05:40.2	SenM	343	Male	608
800	80					Carole BELL	2:06:22.4	2:05:35.6	FV45	38	Female	192
801	785					Emma LOVELL	2:06:26.8	2:05:00.1	SenF	64	Female	193
802	560					Daniel HAWKE	2:06:28.1	2:04:51.7	SenM	344	Male	609
803	791					Alice JAMES	2:06:29.6	2:05:08.1	FV35	87	Female	194
804	788					Anita PRICE	2:06:33.0	2:05:12.0	FV35	88	Female	195
805	420					Matthew REES	2:06:34.3	2:04:13.1	SenM	345	Male	610

Club	Pace	TOD
	6.3 m/hr	11:04:54.1
RUN4ALL NEATH	6.3 m/hr	11:04:58.7
	6.3 m/hr	11:05:00.9
	6.3 m/hr	11:05:03.7
	6.3 m/hr	11:05:04.2
	6.3 m/hr	11:05:10.4
	6.3 m/hr	11:05:15.5
	6.3 m/hr	11:05:23.4
	6.3 m/hr	11:05:26.5
	6.3 m/hr	11:05:34.4
	6.3 m/hr	11:05:34.4
CORNELLY STRIDERS	6.3 m/hr	11:05:36.7
CORNELLY STRIDERS	6.3 m/hr	11:05:37.8
	6.3 m/hr	11:05:40.7
	6.3 m/hr	11:05:46.6
	6.3 m/hr	11:05:47.4
	6.2 m/hr	11:05:57.3
FETCH EVERYONE	6.2 m/hr	11:05:59.3
MERTHYR RUNNING CLUB	6.2 m/hr	11:05:59.9
	6.2 m/hr	11:06:00.7
	6.2 m/hr	11:06:01.2
	6.2 m/hr	11:06:06.2
	6.2 m/hr	11:06:10.6
	6.2 m/hr	11:06:14.7
DRAGONS ABERDARE	6.2 m/hr	11:06:18.1
	6.2 m/hr	11:06:18.2
	6.2 m/hr	11:06:27.3
SOSPAN ROAD RUNNERS	6.2 m/hr	11:06:28.0
	6.2 m/hr	11:06:28.1
	6.2 m/hr	11:06:28.4
	6.2 m/hr	11:06:32.8
	6.2 m/hr	11:06:34.1
	6.2 m/hr	11:06:35.6
	6.2 m/hr	11:06:39.0
	6.2 m/hr	11:06:40.3

Pos	Bib No	Fav	Share	Photo	Print	Name	Gun Time	Chip Time	Category	Cat Pos	Gender	Gen Pos
806	877					Tegryn JONES	2:06:37.9	2:06:22.0	MV40	194	Male	611
807	46					Stacy JONES	2:06:39.5	2:05:30.3	SenF	65	Female	196
808	768					Dylan DAVIES	2:06:40.6	2:05:30.2	SenM	346	Male	612
809	864					Kirsty JAMES	2:06:42.2	2:06:06.0	FV35	89	Female	197
810	693					Sioned HOWELLS	2:06:43.4	2:06:28.0	SenF	66	Female	198
811	1535					Jackson REYNOLDS	2:06:44.4	2:04:43.2	SenM	347	Male	613
812	538					Delyth SMITH	2:06:48.6	2:04:51.2	FV35	90	Female	199
813	1125					Lisa HEMBURY	2:06:50.2	2:04:37.3	SenF	67	Female	200
814	780					Tanja FULCHER	2:06:56.7	2:05:45.3	FV45	39	Female	201
815	424					Chris HALL	2:06:58.9	2:05:33.3	MV40	195	Male	614
816	1054					Christian PHILLIPS	2:07:03.5	2:05:55.7	SenM	348	Male	615
817	1403					Tina FECCI	2:07:06.1	2:05:54.8	FV45	40	Female	202
818	1457					Jennifer ROGERS	2:07:06.2	2:05:07.5	FV35	91	Female	203
819	1228					Susie FINUCANE	2:07:13.0	2:05:41.7	FV45	41	Female	204
820	1377					Christopher WILLIAMS	2:07:13.3	2:04:48.1	SenM	349	Male	616
821	1105					Lee WILCE	2:07:14.0	2:06:26.9	SenM	350	Male	617
822	275					Michael GLOVER	2:07:18.4	2:06:39.7	MV40	196	Male	618
823	637					Jaynie RANCE	2:07:20.6	2:06:34.7	FV45	42	Female	205
824	1437					Kay MACK	2:07:22.1	2:06:38.2	FV35	92	Female	206
825	1023					Robert JENKINS	2:07:23.7	2:06:56.7	MV50	58	Male	619
826	1151					Mark JONES	2:07:27.2	2:06:45.9	MV40	197	Male	620
827	1550					Thomas BONNELL	2:07:28.2	2:05:11.7	SenM	351	Male	621
828	671					Kate HOAD	2:07:29.5	2:05:36.7	FV45	43	Female	207
829	1520					Martin KING	2:07:32.0	2:05:55.6	SenM	352	Male	622
830	405					Barbara TATE	2:07:34.6	2:06:23.5	FV45	44	Female	208
831	1372					Dan WEBB	2:07:39.1	2:07:10.3	MV40	198	Male	623
832	861					Christine HEWITT	2:07:39.8	2:06:37.1	FV55+	6	Female	209
833	1435					Eirwen LEWIS	2:07:41.5	2:07:10.8	FV35	93	Female	210
834	1418					John HORSMAN	2:07:45.2	2:06:50.0	MV60+	11	Male	624
835	1407					Nathan GRIFFITHS	2:07:48.6	2:06:02.2	SenM	353	Male	625
836	324					Mark MATHIAS	2:08:00.3	2:05:25.5	MV50	59	Male	626
837	723					Leighton WEBB	2:08:05.5	2:07:21.8	SenM	354	Male	627
838	567					Lynne HARLEY	2:08:10.7	2:05:58.8	FV35	94	Female	211
839	570					Nicola HUGHES	2:08:10.9	2:05:59.0	FV35	95	Female	212
840	1454					Luke RICE	2:08:12.5	2:06:34.9	SenM	355	Male	628

Club	Pace	TOD
	6.2 m/hr	11:06:43.9
	6.2 m/hr	11:06:45.5
	6.2 m/hr	11:06:46.6
	6.2 m/hr	11:06:48.2
	6.2 m/hr	11:06:49.4
	6.2 m/hr	11:06:50.4
	6.2 m/hr	11:06:54.6
	6.2 m/hr	11:06:56.2
	6.2 m/hr	11:07:02.7
	6.2 m/hr	11:07:04.9
	6.2 m/hr	11:07:09.5
	6.2 m/hr	11:07:12.1
	6.2 m/hr	11:07:12.2
	6.2 m/hr	11:07:19.0
	6.2 m/hr	11:07:19.3
	6.2 m/hr	11:07:20.0
	6.2 m/hr	11:07:24.4
DARTH COASTAL RUNNERS	6.2 m/hr	11:07:26.6
	6.2 m/hr	11:07:28.1
	6.2 m/hr	11:07:29.7
	6.2 m/hr	11:07:33.2
	6.2 m/hr	11:07:34.2
	6.2 m/hr	11:07:35.5
	6.2 m/hr	11:07:38.0
CLWB RHEDEG PONDARDAWE	6.2 m/hr	11:07:40.6
	6.2 m/hr	11:07:45.1
	6.2 m/hr	11:07:45.8
TROTS	6.2 m/hr	11:07:47.5
	6.2 m/hr	11:07:51.2
	6.1 m/hr	11:07:54.6
	6.1 m/hr	11:08:06.3
	6.1 m/hr	11:08:11.5
	6.1 m/hr	11:08:16.7
	6.1 m/hr	11:08:16.9
	6.1 m/hr	11:08:18.5

Pos	Bib No	Fav	Share	Photo	Print	Name	Gun Time	Chip Time	Category	Cat Pos	Gender	Gen Pos
841	486					Bruce MORGAN	2:08:22.6	2:08:03.2	MV60+	12	Male	629
842	190					Taff MORRIS	2:08:24.3	2:06:48.7	MV40	199	Male	630
843	572					Suzanne LEWIS	2:08:27.3	2:06:56.1	SenF	68	Female	213
844	1253					Dylan JAMES	2:08:30.4	2:05:56.9	SenM	356	Male	631
845	1483					Lainie WOODVINE	2:08:34.5	2:06:31.2	FV35	96	Female	214
846	1196					Andrew PEARCE	2:08:35.3	2:06:36.1	MV50	60	Male	632
847	1410					Claire GUPPY	2:08:44.8	2:07:21.3	FV35	97	Female	215
848	1295					Daniel DAVIES	2:08:47.9	2:06:51.3	SenM	357	Male	633
849	1459					Amanda RUSSELL	2:08:48.2	2:06:51.5	FV35	98	Female	216
850	1543					Jonathan WHEELER	2:08:50.1	2:07:17.6	MV40	200	Male	634
851	1393					Chris COUTTS	2:08:57.3	2:07:30.2	MV50	61	Male	635
852	675					Lyndsey JONES	2:08:59.5	2:08:45.4	SenF	69	Female	217
853	716					Clive POUND	2:09:07.6	2:06:37.2	MV40	201	Male	636
854	1227					Michael DOWNES	2:09:07.6	2:07:08.1	SenM	358	Male	637
855	1235					Mathew JACKSON	2:09:07.7	2:07:32.2	SenM	359	Male	638
856	256					Gareth THOMAS	2:09:08.0	2:08:21.9	MV40	202	Male	639
857	1241					Rachael SANDER	2:09:08.2	2:07:08.7	SenF	70	Female	218
858	616					Bria GAMMER	2:09:10.2	2:07:11.8	SenF	71	Female	219
859	1022					Nicola EDWARDS	2:09:19.2	2:08:51.7	SenF	72	Female	220
860	943					Liz CHIU	2:09:19.3	2:08:51.8	SenF	73	Female	221
861	1449					Sian OWEN	2:09:44.7	2:08:44.1	FV45	45	Female	222
862	1499					Steffan EDWARDS	2:09:45.7	2:09:08.3	SenM	360	Male	640
863	104					Christopher ANAGNOSTOPOULOS	2:09:52.3	2:09:10.1	SenM	361	Male	641
864	1431					Roma KEARNS	2:09:57.2	2:07:58.6	FV35	99	Female	223
865	983					Matthew ROBLIN	2:09:59.9	2:08:36.8	SenM	362	Male	642
866	856					Louise MAGUIRE	2:10:03.8	2:08:17.4	FV35	100	Female	224
867	855					Allsn MAGUIRE	2:10:04.0	2:08:17.6	MV40	203	Male	643
868	433					Edward Mark DAVIES	2:10:06.0	2:08:45.6	MV40	204	Male	644
869	286					Fay SHARPE	2:10:13.1	2:09:05.8	FV55+	7	Female	225
870	1240					Tim PRICE	2:10:14.1	2:08:13.1	SenM	363	Male	645
871	1530					Louise PIPER-JONES	2:10:17.3	2:07:45.5	FV35	101	Female	226
872	76					Helen CERULLO	2:10:20.9	2:09:10.2	FV35	102	Female	227
873	613					Emma THOMAS	2:10:22.0	2:08:23.4	FV35	103	Female	228
874	1487					Kevin BENNETT	2:10:34.5	2:09:34.3	MV50	62	Male	646
875	946					Karin WAHL-JORGENSEN	2:10:35.7	2:09:31.2	FV35	104	Female	229

Club	Pace	TOD
LLANELLI AC	6.1 m/hr	11:08:28.6
	6.1 m/hr	11:08:30.3
	6.1 m/hr	11:08:33.3
	6.1 m/hr	11:08:36.4
	6.1 m/hr	11:08:40.5
	6.1 m/hr	11:08:41.3
CYPRESS RUNNING CLUB	6.1 m/hr	11:08:50.8
	6.1 m/hr	11:08:53.9
	6.1 m/hr	11:08:54.2
	6.1 m/hr	11:08:56.1
	6.1 m/hr	11:09:03.3
	6.1 m/hr	11:09:05.5
	6.1 m/hr	11:09:13.6
	6.1 m/hr	11:09:13.6
	6.1 m/hr	11:09:13.7
	6.1 m/hr	11:09:14.0
	6.1 m/hr	11:09:14.2
	6.1 m/hr	11:09:16.2
	6.1 m/hr	11:09:25.2
	6.1 m/hr	11:09:25.3
	6.1 m/hr	11:09:50.7
	6.1 m/hr	11:09:51.7
	6.1 m/hr	11:09:58.3
	6.0 m/hr	11:10:03.2
	6.0 m/hr	11:10:05.9
	6.0 m/hr	11:10:09.8
	6.0 m/hr	11:10:10.0
CELTIC TRI	6.0 m/hr	11:10:12.0
3M GORSEINON ROAD RUNNERS	6.0 m/hr	11:10:19.1
	6.0 m/hr	11:10:20.1
	6.0 m/hr	11:10:23.3
	6.0 m/hr	11:10:26.9
	6.0 m/hr	11:10:28.0
	6.0 m/hr	11:10:40.5
	6.0 m/hr	11:10:41.7

Pos	Bib No	Fav	Share	Photo	Print	Name	Gun Time	Chip Time	Category	Cat Pos	Gender	Gen Pos
876	765					Sian EVANS	2:10:37.3	2:09:59.6	SenF	74	Female	230
877	127					Lisa FOX	2:10:39.5	2:09:29.0	SenF	75	Female	231
878	343					Sara REED	2:10:41.9	2:10:02.3	FV35	105	Female	232
879	1477					Sanchia WALSH	2:10:42.3	2:08:27.6	FV35	106	Female	233
880	306					Anthony WAKE	2:10:42.8	2:08:27.7	MV40	205	Male	647
881	1300					Ceri EAST	2:10:44.5	2:09:24.9	FV35	107	Female	234
882	1408					Stephen GRIFFITHS	2:11:05.0	2:09:18.8	MV50	63	Male	648
883	1061					Rhian POWER	2:11:07.3	2:10:13.8	FV35	108	Female	235
884	838					Melanie DAVIES	2:11:07.4	2:10:07.0	FV35	109	Female	236
885	138					Kevin HANFORD	2:11:10.9	2:09:46.9	SenM	364	Male	649
886	941					Eleanor HETENYI	2:11:12.9	2:09:56.3	SenF	76	Female	237
887	853					Jennifer WHITE	2:11:13.3	2:09:50.1	FV45	46	Female	238
888	260					Kate THOMAS	2:11:23.9	2:10:31.6	FV35	110	Female	239
889	361					Sara THOMPSON	2:11:26.1	2:10:39.4	FV35	111	Female	240
890	1237					Michael JORDAN	2:11:31.6	2:09:54.8	SenM	365	Male	650
891	656					Kirsty KERSWELL	2:11:34.8	2:10:22.7	SenF	77	Female	241
892	464					Agnes CHASSOT	2:11:37.3	2:10:52.9	FV45	47	Female	242
893	1551					Zara WARD	2:11:38.2	2:10:06.9	SenF	78	Female	243
894	1002					Sarah MACDONALD	2:11:38.8	2:10:47.5	FV35	112	Female	244
895	662					Sarah REES	2:11:43.4	2:10:52.4	SenF	79	Female	245
896	777					Emyr JONES	2:11:48.1	2:10:52.9	MV40	206	Male	651
897	322					Gayle QUICK	2:11:50.5	2:10:51.9	SenF	80	Female	246
898	719					Donna EVANS	2:11:55.2	2:11:22.4	FV35	113	Female	247
899	1476					Graham WALKER	2:11:57.0	2:09:33.0	MV40	207	Male	652
900	50					Joanna RODERICK	2:12:02.0	2:10:56.3	FV35	114	Female	248
901	1389					Benjamin BUNDOCK	2:12:06.3	2:10:38.7	SenM	366	Male	653
902	783					David SWEETMAN	2:12:07.1	2:10:38.0	MV40	208	Male	654
903	782					Kathryn SWEETMAN	2:12:07.2	2:10:38.1	FV35	115	Female	249
904	386					Mark BANKHEAD	2:12:10.1	2:11:03.7	SenM	367	Male	655
905	1252					Elin EVANS	2:12:22.0	2:09:47.7	SenF	81	Female	250
906	161					Tom MORGAN	2:12:22.1	2:11:38.7	SenM	368	Male	656
907	793					Michelle WHITTAL-WILLIAMS	2:12:22.4	2:11:35.4	FV35	116	Female	251
908	1516					Iestyn JONES	2:12:26.7	2:11:00.7	SenM	369	Male	657
909	1087					Stuart BALL	2:12:28.1	2:11:25.4	SenM	370	Male	658
910	951					Karen CHADWELL	2:12:28.2	2:11:25.9	FV45	48	Female	252

Club	Pace	TOD
AMMAN VALLEY HARRIERS	6.0 m/hr	11:10:43.3
	6.0 m/hr	11:10:45.5
RUN4ALL NEATH	6.0 m/hr	11:10:47.9
	6.0 m/hr	11:10:48.3
	6.0 m/hr	11:10:48.8
MERTHYR RUNNING CLUB	6.0 m/hr	11:10:50.5
	6.0 m/hr	11:11:11.0
	6.0 m/hr	11:11:13.3
CARDIGAN	6.0 m/hr	11:11:13.4
	6.0 m/hr	11:11:16.9
	6.0 m/hr	11:11:18.9
	6.0 m/hr	11:11:19.3
	6.0 m/hr	11:11:29.9
	6.0 m/hr	11:11:32.1
	6.0 m/hr	11:11:37.6
	6.0 m/hr	11:11:40.8
	6.0 m/hr	11:11:43.3
	6.0 m/hr	11:11:44.2
	6.0 m/hr	11:11:44.8
	6.0 m/hr	11:11:49.4
	6.0 m/hr	11:11:54.1
	6.0 m/hr	11:11:56.5
	6.0 m/hr	11:12:01.2
	6.0 m/hr	11:12:03.0
	6.0 m/hr	11:12:08.0
	5.9 m/hr	11:12:12.3
	5.9 m/hr	11:12:13.1
FETCH EVERYONE	5.9 m/hr	11:12:13.2
CORNELLY STRIDERS	5.9 m/hr	11:12:16.1
	5.9 m/hr	11:12:28.0
	5.9 m/hr	11:12:28.1
	5.9 m/hr	11:12:28.4
	5.9 m/hr	11:12:32.7
LES CROUPIERS	5.9 m/hr	11:12:34.1
LES CROUPIERS	5.9 m/hr	11:12:34.2

Pos	Bib No	Fav	Share	Photo	Print	Name	Gun Time	Chip Time	Category	Cat Pos	Gender	Gen Pos
911	876					Qumrun NAHAR	2:12:35.5	2:10:54.5	FV35	117	Female	253
912	1382					Laurence WORTH	2:12:48.5	2:10:50.3	MV50	64	Male	659
913	68					Isabelle WORTH	2:12:48.7	2:10:50.3	FV45	49	Female	254
914	363					Michelle KEEN	2:12:50.4	2:11:00.4	FV35	118	Female	255
915	650					Caroline JONES	2:12:51.6	2:12:04.2	FV45	50	Female	256
916	1554					Kenneth OWEN	2:12:56.3	2:10:29.8	MV40	209	Male	660
917	825					Helen LUTLEY	2:12:58.5	2:11:27.9	FV55+	8	Female	257
918	740					Shaun COLES	2:13:00.2	2:10:58.7	SenM	371	Male	661
919	587					Chris HOPKINS	2:13:04.5	2:12:03.6	MV40	210	Male	662
920	1156					Odette WEIR	2:13:07.7	2:12:01.7	FV45	51	Female	258
921	279					Sian LEWIS	2:13:09.5	2:11:00.9	FV35	119	Female	259
922	961					Rachel HIGGINSON	2:13:10.5	2:12:18.3	FV35	120	Female	260
923	925					Nathan MOUNTER	2:13:11.5	2:11:24.5	SenM	372	Male	663
924	1104					Joanne LEWIS	2:13:21.2	2:12:37.3	FV35	121	Female	261
925	1028					Emma-Jane MORRIS	2:13:21.6	2:12:43.9	SenF	82	Female	262
926	1392					Amanda COULSON	2:13:27.1	2:11:41.7	FV55+	9	Female	263
927	1043					Bethan BEEMER	2:13:28.5	2:11:55.4	FV35	122	Female	264
928	1404					Hannah GALE	2:13:35.1	2:11:19.2	SenF	83	Female	265
929	1008					Lisa BAKER	2:13:35.9	2:12:22.2	FV35	123	Female	266
930	929					Lucy WALSH	2:13:36.0	2:12:22.1	FV35	124	Female	267
931	1030					Paul HARRIS	2:13:41.9	2:11:33.8	MV40	211	Male	664
932	989					Dai POWER	2:13:42.7	2:12:33.6	MV40	212	Male	665
933	985					Nathan HOWELLS	2:13:45.8	2:13:14.4	SenM	373	Male	666
934	1080					Clare GROOM	2:13:48.0	2:12:27.3	FV35	125	Female	268
935	1093					Deborah EVANS	2:13:48.1	2:12:27.7	FV35	126	Female	269
936	1161					Elisha HUGHES	2:13:48.2	2:12:27.9	SenF	84	Female	270
937	1394					Chloe DAVIES	2:13:52.6	2:12:45.8	SenF	85	Female	271
938	902					Marysia PUGH	2:13:53.8	2:12:09.6	FV45	52	Female	272
939	901					Terry PUGH	2:13:54.2	2:12:10.0	MV40	213	Male	667
940	153					Cheryl PARKHOUSE	2:13:57.5	2:13:11.5	FV35	127	Female	273
941	331					Emma DOOLAN	2:13:57.6	2:13:21.0	FV35	128	Female	274
942	996					Jason MURRAY	2:14:09.2	2:11:33.1	SenM	374	Male	668
943	438					Alun Wyn STEPHENS	2:14:09.8	2:12:44.7	MV40	214	Male	669
944	1390					Logan CARDY	2:14:13.9	2:12:47.5	SenM	375	Male	670
945	1166					Emma THOMAS	2:14:26.7	2:13:55.2	FV35	129	Female	275

Club	Pace	TOD
	5.9 m/hr	11:12:41.5
PEMBROKESHIRE HARRIERS	5.9 m/hr	11:12:54.5
	5.9 m/hr	11:12:54.7
RUN4ALL NEATH	5.9 m/hr	11:12:56.4
3M GORSEINON ROAD RUNNERS	5.9 m/hr	11:12:57.6
	5.9 m/hr	11:13:02.3
EMLYN RUNNERS	5.9 m/hr	11:13:04.5
	5.9 m/hr	11:13:06.2
	5.9 m/hr	11:13:10.5
PENCOED PANTHERS	5.9 m/hr	11:13:13.7
	5.9 m/hr	11:13:15.5
LES CROUPIERS	5.9 m/hr	11:13:16.5
	5.9 m/hr	11:13:17.5
	5.9 m/hr	11:13:27.2
	5.9 m/hr	11:13:27.6
	5.9 m/hr	11:13:33.1
REFAIL RUNNERS	5.9 m/hr	11:13:34.5
	5.9 m/hr	11:13:41.1
	5.9 m/hr	11:13:41.9
	5.9 m/hr	11:13:42.0
	5.9 m/hr	11:13:47.9
CWM OGWR RUNNING CLUB	5.9 m/hr	11:13:48.7
	5.9 m/hr	11:13:51.8
	5.9 m/hr	11:13:54.0
	5.9 m/hr	11:13:54.1
	5.9 m/hr	11:13:54.2
	5.9 m/hr	11:13:58.6
	5.9 m/hr	11:13:59.8
	5.9 m/hr	11:14:00.2
FUNKY PUMP RUNNERS	5.9 m/hr	11:14:03.5
	5.9 m/hr	11:14:03.6
	5.9 m/hr	11:14:15.2
	5.9 m/hr	11:14:15.8
	5.9 m/hr	11:14:19.9
ISLWYN RUNNING CLUB	5.8 m/hr	11:14:32.7

Pos	Bib No	Fav	Share	Photo	Print	Name	Gun Time	Chip Time	Category	Cat Pos	Gender	Gen Pos
946	673					Claire TOPPER	2:14:28.3	2:13:10.3	FV35	130	Female	276
947	49					Rachel DAVIES	2:14:31.3	2:12:13.5	SenF	86	Female	277
948	1388					Natasha BROWN	2:14:31.7	2:13:17.2	FV35	131	Female	278
949	241					Rhian BERESFORD	2:14:35.4	2:13:42.7	FV45	53	Female	279
950	971					Sarah MURRAY	2:14:37.9	2:13:07.0	FV35	132	Female	280
951	818					Katie CHERRETT	2:14:38.6	2:13:41.2	SenF	87	Female	281
952	858					Les LACEY	2:14:39.6	2:13:42.4	MV40	215	Male	671
953	1203					Alan HUGHES	2:14:45.4	2:13:04.3	MV50	65	Male	672
954	108					Samantha HAILWOOD	2:14:46.0	2:14:03.4	SenF	88	Female	282
955	1417					Ellis HOPKINS	2:15:06.4	2:12:32.3	MV50	66	Male	673
956	157					Wayne ISAAC	2:15:13.4	2:12:34.1	SenM	376	Male	674
957	78					Nick HAINES	2:15:15.7	2:12:51.7	SenM	377	Male	675
958	916					Tracey THOMAS	2:15:25.1	2:14:04.1	FV35	133	Female	283
959	1284					Jo BRACE	2:15:29.5	2:13:23.0	FV45	54	Female	284
960	1439					Ceire MERRISON	2:15:29.7	2:13:23.3	FV35	134	Female	285
961	27					Holly MADDOCKS	2:15:31.4	2:14:47.0	SenF	89	Female	286
962	891					Helen LEWIS	2:15:34.5	2:13:50.7	FV45	55	Female	287
963	957					Kathryn MILES	2:15:41.6	2:14:51.3	FV35	135	Female	288
964	53					Peter TRACEY	2:15:42.4	2:14:42.8	SenM	378	Male	676
965	112					Jodie GILMORE-JONES	2:15:48.3	2:14:55.9	FV35	136	Female	289
966	883					Margaret GOODWIN	2:15:49.6	2:13:25.5	FV45	56	Female	290
967	510					Lynne LOWE	2:15:51.9	2:14:28.0	FV35	137	Female	291
968	57					Geraint EDWARDS	2:15:53.0	2:14:30.3	MV40	216	Male	677
969	845					Glesni WEBB	2:16:06.7	2:14:12.3	SenF	90	Female	292
970	238					Anthony JONES	2:16:09.2	2:15:00.9	MV40	217	Male	678
971	896					Michelle THOMAS	2:16:13.8	2:14:52.2	FV35	138	Female	293
972	381					Peter LEE	2:16:27.1	2:14:18.6	MV40	218	Male	679
973	1415					Brett HELMICK	2:16:33.8	2:14:47.1	MV60+	13	Male	680
974	40					Gareth WILSON	2:16:34.7	2:15:41.5	SenM	379	Male	681
975	228					Peter ROGERS	2:16:39.1	2:15:00.6	MV50	67	Male	682
976	485					Rhys HOWELLS	2:16:45.5	2:14:21.8	SenM	380	Male	683
977	370					Katrina LINEY	2:16:45.6	2:14:59.6	FV35	139	Female	294
978	369					Jon CHARLES	2:16:46.0	2:15:00.3	MV40	219	Male	684
979	500					Daniel PEARCE	2:16:49.1	2:14:49.9	SenM	381	Male	685
980	636					Ian WELSH	2:16:52.5	2:14:39.8	SenM	382	Male	686

Club	Pace	TOD
	5.8 m/hr	11:14:34.3
	5.8 m/hr	11:14:37.3
	5.8 m/hr	11:14:37.7
	5.8 m/hr	11:14:41.4
	5.8 m/hr	11:14:43.9
	5.8 m/hr	11:14:44.6
	5.8 m/hr	11:14:45.6
	5.8 m/hr	11:14:51.4
	5.8 m/hr	11:14:52.0
	5.8 m/hr	11:15:12.4
	5.8 m/hr	11:15:19.4
	5.8 m/hr	11:15:21.7
NBCC	5.8 m/hr	11:15:31.1
TENBY ACES	5.8 m/hr	11:15:35.5
TENBY ACES	5.8 m/hr	11:15:35.7
STAINLAND LIONS	5.8 m/hr	11:15:37.4
	5.8 m/hr	11:15:40.5
	5.8 m/hr	11:15:47.6
	5.8 m/hr	11:15:48.4
	5.8 m/hr	11:15:54.3
PEMBROKESHIRE HARRIERS	5.8 m/hr	11:15:55.6
	5.8 m/hr	11:15:57.9
	5.8 m/hr	11:15:59.0
	5.8 m/hr	11:16:12.7
	5.8 m/hr	11:16:15.2
	5.8 m/hr	11:16:19.8
	5.8 m/hr	11:16:33.1
	5.8 m/hr	11:16:39.8
	5.8 m/hr	11:16:40.7
RUN4ALL NEATH	5.8 m/hr	11:16:45.1
	5.7 m/hr	11:16:51.5
	5.7 m/hr	11:16:51.6
	5.7 m/hr	11:16:52.0
	5.7 m/hr	11:16:55.1
	5.7 m/hr	11:16:58.5

Pos	Bib No	Fav	Share	Photo	Print	Name	Gun Time	Chip Time	Category	Cat Pos	Gender	Gen Pos
981	750					Sarah-Jane ROLEN	2:17:00.9	2:15:08.8	SenF	91	Female	295
982	990					Stuart WILLIAMS	2:17:04.3	2:15:03.9	MV40	220	Male	687
983	667					Sian WADHAM	2:17:05.1	2:16:31.6	FV35	140	Female	296
984	135					Dana BEASLEY	2:17:06.0	2:15:23.5	FV35	141	Female	297
985	175					Brendan EDWARDS	2:17:06.3	2:15:56.8	MV40	221	Male	688
986	183					Nigel Leighton JONES	2:17:06.7	2:15:21.1	MV60+	14	Male	689
987	1557					Gareth JENKINS	2:17:07.4	2:14:42.9	SenM	383	Male	690
988	502					Jonathan BOURNE	2:17:07.6	2:15:57.9	MV40	222	Male	691
989	1335					Matt MURRAY	2:17:08.1	2:17:07.8	MV40	223	Male	692
990	426					Emily FARLEY	2:17:12.8	2:15:37.9	SenF	92	Female	298
991	526					Carwyn JONES	2:17:12.9	2:16:17.3	MV40	224	Male	693
992	703					Laura PARKMAN	2:17:16.4	2:16:04.4	FV45	57	Female	299
993	578					Darren JONES	2:17:18.7	2:16:35.5	MV40	225	Male	694
994	568					Nia GRIFFITHS	2:17:20.4	2:15:46.7	FV35	142	Female	300
995	799					Tracy THOMAS	2:17:20.5	2:15:46.9	FV45	58	Female	301
996	1038					Charlotte KOMOR	2:17:20.6	2:16:26.3	SenF	93	Female	302
997	499					Carol JONES	2:17:30.1	2:16:05.1	FV35	143	Female	303
998	377					Amanda EDWARDS	2:17:32.1	2:16:20.6	FV45	59	Female	304
999	540					Rhian MANSEL	2:17:43.5	2:16:39.5	FV35	144	Female	305
1000	654					Eifion DAVIES	2:17:46.2	2:16:08.0	MV40	226	Male	695
1001	1124					Catherine LUNDIE	2:17:50.9	2:16:16.2	FV35	145	Female	306
1002	595					Caroline MCCOY	2:17:59.8	2:16:25.6	FV55+	10	Female	307
1003	396					Laura PHILLIPS	2:18:03.2	2:17:25.0	SenF	94	Female	308
1004	1005					Tanya O'NEILL	2:18:04.1	2:17:11.7	FV35	146	Female	309
1005	1420					Ashley HOWELLS	2:18:28.3	2:17:18.7	MV40	227	Male	696
1006	307					Sophie BERESFORD	2:18:33.4	2:17:40.4	SenF	95	Female	310
1007	1192					Steve HALE	2:18:35.5	2:16:19.5	MV50	68	Male	697
1008	461					Diane HENRY	2:18:39.4	2:17:06.3	FV45	60	Female	311
1009	1397					Garey DAVIES	2:18:39.5	2:17:06.3	MV40	228	Male	698
1010	1540					Ryan THOMAS	2:18:51.7	2:17:24.0	MV40	229	Male	699
1011	819					Eurig DAVIES	2:18:54.4	2:18:26.6	SenM	384	Male	700
1012	573					Steve LEWIS	2:19:03.8	2:17:31.9	SenM	385	Male	701
1013	1015					Sarah JONES	2:19:05.7	2:17:58.3	FV45	61	Female	312
1014	373					Catherine GWYNN	2:19:29.8	2:18:55.1	SenF	96	Female	313
1015	512					Mathew WHITTEN	2:19:39.6	2:17:50.1	SenM	386	Male	702

Club	Pace	TOD
	5.7 m/hr	11:17:06.9
	5.7 m/hr	11:17:10.3
PORT TALBOT HARRIERS	5.7 m/hr	11:17:11.1
	5.7 m/hr	11:17:12.0
	5.7 m/hr	11:17:12.3
	5.7 m/hr	11:17:12.7
CWM OGWR RUNNING CLUB	5.7 m/hr	11:17:13.4
	5.7 m/hr	11:17:13.6
CWM OGWR RUNNING CLUB	5.7 m/hr	11:17:14.1
	5.7 m/hr	11:17:18.8
	5.7 m/hr	11:17:18.9
	5.7 m/hr	11:17:22.4
	5.7 m/hr	11:17:24.7
	5.7 m/hr	11:17:26.4
	5.7 m/hr	11:17:26.5
	5.7 m/hr	11:17:26.6
	5.7 m/hr	11:17:36.1
PONTARDAWE RUNNING CLUB	5.7 m/hr	11:17:38.1
	5.7 m/hr	11:17:49.5
	5.7 m/hr	11:17:52.2
	5.7 m/hr	11:17:56.9
	5.7 m/hr	11:18:05.8
	5.7 m/hr	11:18:09.2
	5.7 m/hr	11:18:10.1
CWM OGWR RUNNING CLUB	5.7 m/hr	11:18:34.3
	5.7 m/hr	11:18:39.4
	5.7 m/hr	11:18:41.5
	5.7 m/hr	11:18:45.4
	5.7 m/hr	11:18:45.5
	5.7 m/hr	11:18:57.7
RHEDWYR EMLYN RUNNERS	5.7 m/hr	11:19:00.4
	5.7 m/hr	11:19:09.8
CORNELLY STRIDERS	5.7 m/hr	11:19:11.7
	5.6 m/hr	11:19:35.8
	5.6 m/hr	11:19:45.6

Pos	Bib No	Fav	Share	Photo	Print	Name	Gun Time	Chip Time	Category	Cat Pos	Gender	Gen Pos
1016	978					Amanda WILLIAMS	2:19:39.7	2:17:28.5	FV35	147	Female	314
1017	886					Ceinwen EVANS	2:19:42.1	2:18:13.5	FV45	62	Female	315
1018	1546					Kevin YEO	2:19:55.9	2:17:37.8	MV40	230	Male	703
1019	517					Leighton BRYANT	2:19:56.1	2:17:38.3	MV40	231	Male	704
1020	180					Lyndon REES	2:19:56.2	2:17:38.5	MV40	232	Male	705
1021	988					Chris STANLAKE	2:20:01.7	2:18:52.1	SenM	387	Male	706
1022	863					Bethan THOMAS	2:20:02.3	2:19:24.1	SenF	97	Female	316
1023	300					Craig TINDAL	2:20:24.3	2:19:38.1	SenM	388	Male	707
1024	1525					Andrzej NOGA	2:20:27.9	2:18:53.4	SenM	389	Male	708
1025	401					Carolann GRANT	2:20:36.4	2:18:42.4	FV35	148	Female	317
1026	519					Ian ROACH	2:20:52.8	2:19:26.7	SenM	390	Male	709
1027	202					Chris OSIPOWICZ	2:20:56.3	2:20:20.6	SenM	391	Male	710
1028	727					Claire MORGAN	2:21:07.4	2:19:58.3	FV35	149	Female	318
1029	1482					Natalie WILLIAMS	2:21:15.5	2:19:56.2	FV35	150	Female	319
1030	1427					Claire JONES	2:21:19.0	2:19:59.7	FV45	63	Female	320
1031	1509					Cyril HARTSON	2:21:24.5	2:20:10.8	MV60+	15	Male	711
1032	1538					Tom SNELGROVE	2:21:24.6	2:20:10.5	SenM	392	Male	712
1033	280					Mandy HENWOOD-KEEFE	2:21:33.3	2:19:43.4	FV45	64	Female	321
1034	490					Paula WILLIAMS	2:21:43.1	2:19:51.8	FV35	151	Female	322
1035	911					Ceris HEWLINGS	2:21:44.8	2:20:36.8	FV35	152	Female	323
1036	451					Steve TWIGH	2:21:46.7	2:21:21.8	MV40	233	Male	713
1037	912					Andrea CRAIG	2:21:49.1	2:19:38.6	FV35	153	Female	324
1038	962					Charlotte THOMAS	2:21:54.0	2:21:03.2	FV35	154	Female	325
1039	878					Julia WITHERS	2:22:00.6	2:20:48.6	FV45	65	Female	326
1040	357					Judy TERRY	2:22:00.8	2:20:03.1	FV45	66	Female	327
1041	658					Emma JONES	2:22:19.5	2:20:35.8	SenF	98	Female	328
1042	79					Andrew TROTMAN	2:22:20.8	2:20:12.3	MV40	234	Male	714
1043	1206					Neil TROLLOPE	2:22:21.3	2:20:40.6	SenM	393	Male	715
1044	1207					Elise JANSEN	2:22:21.3	2:20:40.7	FV35	155	Female	329
1045	1162					Adam BOURNE	2:22:30.0	2:22:00.2	SenM	394	Male	716
1046	272					Laura SIMPSON	2:22:31.5	2:21:33.3	FV45	67	Female	330
1047	956					Donna JAMES	2:22:35.4	2:21:43.4	FV35	156	Female	331
1048	295					Richard JONES	2:22:42.9	2:21:33.8	MV40	235	Male	717
1049	293					Rob JONES	2:22:43.1	2:21:34.4	SenM	395	Male	718
1050	1086					Claire WHILES	2:22:43.6	2:21:10.7	FV35	157	Female	332

Club	Pace	TOD
	5.6 m/hr	11:19:45.7
PEMBROKESHIRE HARRIERS	5.6 m/hr	11:19:48.1
	5.6 m/hr	11:20:01.9
	5.6 m/hr	11:20:02.1
	5.6 m/hr	11:20:02.2
CWM OGWR RUNNING CLUB	5.6 m/hr	11:20:07.7
ARWELS ANGELS	5.6 m/hr	11:20:08.3
3M GORSEINON ROAD RUNNERS	5.6 m/hr	11:20:30.3
	5.6 m/hr	11:20:33.9
	5.6 m/hr	11:20:42.4
	5.6 m/hr	11:20:58.8
	5.6 m/hr	11:21:02.3
	5.6 m/hr	11:21:13.4
MERTHYR RUNNING CLUB	5.6 m/hr	11:21:21.5
MERTHYR RUNNING CLUB	5.6 m/hr	11:21:25.0
	5.6 m/hr	11:21:30.5
	5.6 m/hr	11:21:30.6
FUNKY PUMP RUNNERS	5.6 m/hr	11:21:39.3
	5.5 m/hr	11:21:49.1
	5.5 m/hr	11:21:50.8
	5.5 m/hr	11:21:52.7
	5.5 m/hr	11:21:55.1
	5.5 m/hr	11:22:00.0
	5.5 m/hr	11:22:06.6
RUN4ALL NEATH	5.5 m/hr	11:22:06.8
	5.5 m/hr	11:22:25.5
	5.5 m/hr	11:22:26.8
	5.5 m/hr	11:22:27.3
	5.5 m/hr	11:22:27.3
	5.5 m/hr	11:22:36.0
DARTH COASTAL RUNNERS	5.5 m/hr	11:22:37.5
	5.5 m/hr	11:22:41.4
	5.5 m/hr	11:22:48.9
	5.5 m/hr	11:22:49.1
	5.5 m/hr	11:22:49.6

Pos	Bib No	Fav	Share	Photo	Print	Name	Gun Time	Chip Time	Category	Cat Pos	Gender	Gen Pos
1051	968					Paul SCANLON	2:22:46.7	2:21:19.2	MV40	236	Male	719
1052	477					Neil ROBINSON	2:22:52.1	2:20:31.7	SenM	396	Male	720
1053	473					Mark ROBINSON	2:22:52.3	2:20:31.8	SenM	397	Male	721
1054	497					Alicia SANTIAGO	2:23:00.7	2:21:38.0	FV35	158	Female	333
1055	1149					Alexa PARRY	2:23:07.6	2:20:56.5	FV35	159	Female	334
1056	1412					Nicky HALLIDAY	2:23:16.7	2:21:37.3	MV40	237	Male	722
1057	128					Christopher BEVAN	2:23:19.3	2:22:09.1	MV40	238	Male	723
1058	1528					Helen PENNY	2:23:20.6	2:21:48.4	FV35	160	Female	335
1059	594					Nic HOLMAN	2:23:34.7	2:21:48.8	SenM	398	Male	724
1060	725					Gavin DAVIES	2:23:35.5	2:21:13.3	SenM	399	Male	725
1061	217					Zoe STEPHENS	2:23:35.6	2:21:56.9	FV35	161	Female	336
1062	1511					Wayne HOLLE	2:23:46.1	2:22:56.3	SenM	400	Male	726
1063	692					Nia DICKIE	2:23:51.0	2:23:09.6	FV45	68	Female	337
1064	885					Elaine DAVES	2:23:59.7	2:22:31.1	FV45	69	Female	338
1065	590					Mark DAVIES	2:24:02.7	2:21:06.7	SenM	401	Male	727
1066	198					Tanya WORTHINGTON	2:24:03.1	2:23:10.6	FV45	70	Female	339
1067	1189					Joe BAILEY	2:24:15.4	2:23:32.5	MV40	239	Male	728
1068	583					Yvonne DAVIES	2:24:16.1	2:22:47.0	SenF	99	Female	340
1069	539					Gareth Wyn JONES	2:24:22.8	2:22:39.5	SenM	402	Male	729
1070	317					Rachel EVANS	2:24:25.4	2:22:44.5	FV45	71	Female	341
1071	698					George NEWMAN	2:24:29.3	2:23:28.0	SenM	403	Male	730
1072	1481					Michelle WILLIAMS	2:24:34.5	2:22:45.8	FV35	162	Female	342
1073	1034					Shawn CULLEN	2:24:36.3	2:22:39.1	MV40	240	Male	731
1074	158					Emma JONES	2:24:41.8	2:23:51.2	SenF	100	Female	343
1075	220					Elize JONATHAN	2:24:45.1	2:22:39.1	FV35	163	Female	344
1076	743					Felicity WILLIAMS	2:24:52.9	2:23:34.2	FV35	164	Female	345
1077	1055					Michael BRAIN	2:24:59.5	2:23:29.9	SenM	404	Male	732
1078	218					Kirsty DAVIES	2:25:01.5	2:23:15.7	SenF	101	Female	346
1079	219					Elliot THOMAS	2:25:01.6	2:23:15.3	SenM	405	Male	733
1080	427					Robert ADAMS	2:25:04.8	2:23:25.0	SenM	406	Male	734
1081	1555					Nicole OWEN	2:25:10.8	2:24:08.0	SenF	102	Female	347
1082	1190					Michael BARNES	2:25:14.5	2:23:22.7	SenM	407	Male	735
1083	506					Jenny COWLEY	2:25:22.4	2:23:58.2	FV35	165	Female	348
1084	504					Benjamin TUCKER	2:25:24.0	2:24:00.2	SenM	408	Male	736
1085	830					Menna THOMAS	2:25:26.1	2:24:48.2	FV45	72	Female	349

Club	Pace	TOD
	5.5 m/hr	11:22:52.7
	5.5 m/hr	11:22:58.1
	5.5 m/hr	11:22:58.3
LLANELLI AC	5.5 m/hr	11:23:06.7
	5.5 m/hr	11:23:13.6
	5.5 m/hr	11:23:22.7
	5.5 m/hr	11:23:25.3
	5.5 m/hr	11:23:26.6
	5.5 m/hr	11:23:40.7
	5.5 m/hr	11:23:41.5
	5.5 m/hr	11:23:41.6
	5.5 m/hr	11:23:52.1
	5.5 m/hr	11:23:57.0
PEMBROKESHIRE HARRIERS	5.5 m/hr	11:24:05.7
	5.5 m/hr	11:24:08.7
	5.5 m/hr	11:24:09.1
	5.4 m/hr	11:24:21.4
TROTS	5.4 m/hr	11:24:22.1
	5.4 m/hr	11:24:28.8
	5.4 m/hr	11:24:31.4
	5.4 m/hr	11:24:35.3
	5.4 m/hr	11:24:40.5
CWM OGWR RUNNING CLUB	5.4 m/hr	11:24:42.3
	5.4 m/hr	11:24:47.8
	5.4 m/hr	11:24:51.1
	5.4 m/hr	11:24:58.9
	5.4 m/hr	11:25:05.5
	5.4 m/hr	11:25:07.5
	5.4 m/hr	11:25:07.6
	5.4 m/hr	11:25:10.8
	5.4 m/hr	11:25:16.8
	5.4 m/hr	11:25:20.5
	5.4 m/hr	11:25:28.4
	5.4 m/hr	11:25:30.0
	5.4 m/hr	11:25:32.1

Pos	Bib No	Fav	Share	Photo	Print	Name	Gun Time	Chip Time	Category	Cat Pos	Gender	Gen Pos
1086	865					Sian Andrea WILLIAMS	2:25:26.1	2:24:48.5	FV35	166	Female	350
1087	604					Bethan OSBORNE	2:25:30.5	2:24:22.7	SenF	103	Female	351
1088	345					Helen RICHARDS	2:25:34.7	2:24:43.8	FV35	167	Female	352
1089	26					David WEBB	2:25:42.0	2:24:57.9	SenM	409	Male	737
1090	166					Karl DENNIS	2:25:43.7	2:24:55.2	SenM	410	Male	738
1091	584					Rose RIMMER	2:25:45.3	2:24:57.8	FV45	73	Female	353
1092	100					Paul LINDLEY	2:25:55.5	2:25:22.8	MV50	69	Male	739
1093	352					Natalie WILLIAMS	2:26:22.7	2:24:17.5	FV35	168	Female	354
1094	310					Diane RIDGEWAY	2:26:22.8	2:24:17.6	FV45	74	Female	355
1095	270					Cara EVANS	2:26:23.0	2:24:17.8	SenF	104	Female	356
1096	837					Tracy WILLIAMS	2:26:34.2	2:25:33.6	SenF	105	Female	357
1097	720					Gail REES	2:26:40.0	2:25:28.4	FV35	169	Female	358
1098	1384					Robert BEVAN	2:26:48.5	2:24:27.1	MV40	241	Male	740
1099	1441					Daniel MORGAN	2:26:49.5	2:25:27.9	SenM	411	Male	741
1100	188					Barry JOHN	2:26:51.0	2:25:55.3	MV40	242	Male	742
1101	697					Hanna MERRIGAN	2:26:53.6	2:25:18.8	SenF	106	Female	359
1102	617					Michele WIGGINS	2:27:05.5	2:25:31.0	FV45	75	Female	360
1103	1041					Ann DAVIES	2:27:14.2	2:26:26.0	FV55+	11	Female	361
1104	341					Jamie DOUGAN	2:27:18.7	2:26:11.0	MV40	243	Male	743
1105	1152					Eleanor JONES	2:27:30.7	2:25:56.7	FV35	170	Female	362
1106	1465					Charlotte STEPHENS	2:27:31.8	2:25:33.5	SenF	107	Female	363
1107	1062					Robert PRICE	2:27:39.6	2:25:07.7	SenM	412	Male	744
1108	1204					Natalie THOMPSON	2:27:43.4	2:26:14.8	SenF	108	Female	364
1109	358					Clare MORRIS	2:28:14.1	2:26:27.4	FV35	171	Female	365
1110	268					Annemarie KELLEHER	2:28:14.3	2:26:27.6	FV35	172	Female	366
1111	1031					Antony LEWIS	2:28:20.4	2:26:12.7	MV40	244	Male	745
1112	1029					Gail PRITCHARD	2:28:20.5	2:26:12.6	FV45	76	Female	367
1113	137					Amber BRUNDLE	2:28:23.0	2:27:33.0	FV35	173	Female	368
1114	101					Cheryl COPESTAKE	2:28:24.2	2:26:26.5	FV45	77	Female	369
1115	914					Emma GRIMBALDESTON	2:28:28.1	2:26:41.2	SenF	109	Female	370
1116	820					Rhys EVANS	2:28:29.1	2:26:44.2	SenM	413	Male	746
1117	982					Bethan DANIEL	2:28:42.4	2:26:49.5	FV45	78	Female	371
1118	773					Paul GASTON	2:28:43.6	2:27:41.4	MV60+	16	Male	747
1119	187					Victoria DAVIES	2:28:49.5	2:27:00.1	FV35	174	Female	372
1120	383					Mark PORTER	2:28:59.4	2:28:02.1	MV50	70	Male	748

Club	Pace	TOD
	5.4 m/hr	11:25:32.1
TENBY ACES	5.4 m/hr	11:25:36.5
	5.4 m/hr	11:25:40.7
	5.4 m/hr	11:25:48.0
	5.4 m/hr	11:25:49.7
	5.4 m/hr	11:25:51.3
	5.4 m/hr	11:26:01.5
	5.4 m/hr	11:26:28.7
	5.4 m/hr	11:26:28.8
	5.4 m/hr	11:26:29.0
	5.4 m/hr	11:26:40.2
	5.4 m/hr	11:26:46.0
	5.4 m/hr	11:26:54.5
	5.4 m/hr	11:26:55.5
	5.4 m/hr	11:26:57.0
	5.4 m/hr	11:26:59.6
	5.3 m/hr	11:27:11.5
CWM OGWR RUNNING CLUB	5.3 m/hr	11:27:20.2
	5.3 m/hr	11:27:24.7
	5.3 m/hr	11:27:36.7
	5.3 m/hr	11:27:37.8
	5.3 m/hr	11:27:45.6
	5.3 m/hr	11:27:49.4
	5.3 m/hr	11:28:20.1
	5.3 m/hr	11:28:20.3
CWM OGWR RUNNING CLUB	5.3 m/hr	11:28:26.4
CWM OGWR RUNNING CLUB	5.3 m/hr	11:28:26.5
PAUL POPHAM RUNNING CLUB	5.3 m/hr	11:28:29.0
	5.3 m/hr	11:28:30.2
	5.3 m/hr	11:28:34.1
	5.3 m/hr	11:28:35.1
	5.3 m/hr	11:28:48.4
CLWB RHEDEG PONDARDAWE	5.3 m/hr	11:28:49.6
	5.3 m/hr	11:28:55.5
	5.3 m/hr	11:29:05.4

Pos	Bib No	Fav	Share	Photo	Print	Name	Gun Time	Chip Time	Category	Cat Pos	Gender	Gen Pos
1121	382					Helen PORTER	2:28:59.7	2:28:02.2	FV55+	12	Female	373
1122	1429					Richard JONES	2:29:13.6	2:26:46.4	MV40	245	Male	749
1123	732					Tracey HOWELLS	2:29:27.8	2:28:15.2	FV35	175	Female	374
1124	1246					Emma GRAY	2:29:28.9	2:28:41.2	FV35	176	Female	375
1125	736					Lorna WILLIAMS	2:29:33.5	2:26:54.3	FV45	79	Female	376
1126	565					Sioned WILLIAMS	2:29:34.2	2:27:32.1	FV35	177	Female	377
1127	566					Julian RIDGEWAY	2:29:34.3	2:27:32.5	MV40	246	Male	750
1128	981					Tricia DAVIDSON	2:29:38.0	2:28:43.6	FV55+	13	Female	378
1129	387					Shelley SEACOMBE	2:29:45.0	2:27:23.3	FV35	178	Female	379
1130	34					Angela OWEN	2:29:45.2	2:27:24.4	FV35	179	Female	380
1131	1154					Helen LEWIS	2:29:48.0	2:28:42.1	FV35	180	Female	381
1132	1148					Emma MARSHALL	2:29:48.1	2:28:42.5	FV35	181	Female	382
1133	1128					Emma COX	2:29:48.3	2:28:42.5	FV35	182	Female	383
1134	206					Catherine LEWIS	2:29:50.1	2:28:37.9	FV45	80	Female	384
1135	319					Kelly NEWTH	2:29:51.6	2:27:28.7	FV35	183	Female	385
1136	890					Jeannie BELL	2:29:53.6	2:27:51.6	FV55+	14	Female	386
1137	1202					Deana HUCKVALE	2:29:53.8	2:28:29.2	FV55+	15	Female	387
1138	857					Harvey REEMAN	2:30:01.0	2:28:56.5	MV60+	17	Male	751
1139	549					Hayley PHILLIPS	2:30:04.2	2:27:41.2	FV35	184	Female	388
1140	1400					Mary ESCOLME	2:30:06.7	2:28:44.5	FV55+	16	Female	389
1141	95					Stephanie WILLIAMS	2:30:11.5	2:29:20.5	FV35	185	Female	390
1142	402					Wayne EVANS	2:30:20.5	2:27:52.4	MV40	247	Male	752
1143	1142					Angela PARRY	2:30:28.4	2:28:35.3	FV55+	17	Female	391
1144	1493					Amie DAVIES	2:30:34.2	2:28:38.1	FV35	186	Female	392
1145	51					Eirlys PUGH	2:30:52.6	2:29:46.7	SenF	110	Female	393
1146	599					Jamie MILLS	2:31:09.3	2:29:20.5	MV40	248	Male	753
1147	917					Daniel ROBERTS	2:31:09.7	2:29:21.5	SenM	414	Male	754
1148	908					Dai MORGAN	2:31:10.0	2:29:21.6	SenM	415	Male	755
1149	528					Manuela WILLIAMS	2:31:12.0	2:28:59.6	FV35	187	Female	394
1150	1490					Kerry CONSTANT	2:31:30.4	2:30:23.6	MV60+	18	Male	756
1151	462					Kathleen JONES	2:31:32.8	2:29:32.3	FV35	188	Female	395
1152	690					Gwyneth JONES	2:31:33.0	2:30:27.0	FV55+	18	Female	396
1153	1264					Alison THOMAS	2:32:17.0	2:30:13.1	PACER	1	Female	397
1154	1265					Gillian HANDSCOMB	2:32:17.6	2:30:13.6	PACER	2	Female	398
1155	955					Ian JAMES	2:32:22.5	2:29:53.2	SenM	416	Male	757

Club	Pace	TOD
	5.3 m/hr	11:29:05.7
	5.3 m/hr	11:29:19.6
	5.3 m/hr	11:29:33.8
	5.3 m/hr	11:29:34.9
	5.3 m/hr	11:29:39.5
	5.3 m/hr	11:29:40.2
	5.3 m/hr	11:29:40.3
	5.3 m/hr	11:29:44.0
	5.2 m/hr	11:29:51.0
	5.2 m/hr	11:29:51.2
	5.2 m/hr	11:29:54.0
	5.2 m/hr	11:29:54.1
	5.2 m/hr	11:29:54.3
	5.2 m/hr	11:29:56.1
	5.2 m/hr	11:29:57.6
PEMBROKESHIRE HARRIERS	5.2 m/hr	11:29:59.6
SLINN ALLSTARS	5.2 m/hr	11:29:59.8
	5.2 m/hr	11:30:07.0
	5.2 m/hr	11:30:10.2
	5.2 m/hr	11:30:12.7
	5.2 m/hr	11:30:17.5
	5.2 m/hr	11:30:26.5
CWM OGWR RUNNING CLUB	5.2 m/hr	11:30:34.4
	5.2 m/hr	11:30:40.2
	5.2 m/hr	11:30:58.6
	5.2 m/hr	11:31:15.3
	5.2 m/hr	11:31:15.7
	5.2 m/hr	11:31:16.0
	5.2 m/hr	11:31:18.0
	5.2 m/hr	11:31:36.4
	5.2 m/hr	11:31:38.8
	5.2 m/hr	11:31:39.0
	5.2 m/hr	11:32:23.0
	5.2 m/hr	11:32:23.6
	5.2 m/hr	11:32:28.5

Pos	Bib No	Fav	Share	Photo	Print	Name	Gun Time	Chip Time	Category	Cat Pos	Gender	Gen Pos
1156	534					Kath JONES	2:32:28.7	2:30:49.9	FV35	189	Female	399
1157	209					Rhydian WILLIAMS	2:32:28.8	2:30:50.4	SenM	417	Male	758
1158	611					Angela CRESSEY	2:32:31.9	2:31:47.9	FV35	190	Female	400
1159	1430					Sian JONES	2:32:32.7	2:30:35.0	FV35	191	Female	401
1160	945					Meilyr AP IFAN	2:32:33.2	2:30:14.0	SenM	418	Male	759
1161	25					Rhys WEBB	2:32:36.4	2:31:52.6	SenM	419	Male	760
1162	872					Michelle EVANS	2:32:51.6	2:32:02.3	SenF	111	Female	402
1163	1097					Dennis COLLINS	2:32:54.0	2:31:29.1	MV50	71	Male	761
1164	239					Steven BRITTEN	2:32:56.8	2:31:20.0	MV50	72	Male	762
1165	1409					Maldwyn GRIFFITHS	2:33:10.7	2:32:02.3	MV60+	19	Male	763
1166	1157					Corrine JONES	2:33:12.2	2:30:54.9	FV35	192	Female	403
1167	240					Ryan BRITTEN	2:33:15.4	2:31:38.3	SenM	420	Male	764
1168	1478					Lee WHITEFOOT	2:33:28.8	2:32:58.0	SenM	421	Male	765
1169	1385					Tracy BIRMINGHAM	2:33:29.6	2:33:00.3	SenF	112	Female	404
1170	97					Joseph ROBERTSON	2:33:48.8	2:31:06.3	SenM	422	Male	766
1171	63					Carys JONES	2:34:15.4	2:33:37.2	SenF	113	Female	405
1172	762					Christine DAVIES	2:34:22.2	2:32:12.9	FV35	193	Female	406
1173	1143					Nia HOLLAND	2:34:26.5	2:33:35.8	SenF	114	Female	407
1174	215					Rachael PARKINSON	2:34:40.1	2:34:01.3	FV35	194	Female	408
1175	478					Gemma MORGAN	2:34:55.9	2:34:00.5	SenF	115	Female	409
1176	828					Georgy GOULD	2:35:02.0	2:33:34.5	SenM	423	Male	767
1177	1558					Sue THOMAS	2:35:14.1	2:33:05.8	FV35	195	Female	410
1178	1024					Owen THOMAS	2:35:23.5	2:33:07.5	MV40	249	Male	768
1179	827					Anthony GOULD	2:35:25.7	2:33:58.3	MV40	250	Male	769
1180	922					Paul BROOKS	2:35:42.8	2:34:07.7	MV40	251	Male	770
1181	1053					Jenny DAVIES	2:35:44.2	2:34:51.2	SenF	116	Female	411
1182	141					Victoria ABRAHAM	2:35:44.7	2:33:27.2	SenF	117	Female	412
1183	871					Chloe OVEREND	2:35:57.4	2:34:00.8	SenF	118	Female	413
1184	898					Bleddyn THOMAS	2:35:58.0	2:34:01.2	SenM	424	Male	771
1185	421					Bethany PRICE	2:36:18.1	2:34:27.8	FV45	81	Female	414
1186	337					Stewart WILLIAMS	2:36:20.4	2:35:01.1	MV60+	20	Male	772
1187	454					Leanne MORRIS	2:36:51.3	2:34:20.5	FV45	82	Female	415
1188	172					Sian WHITELOCK	2:36:51.4	2:34:20.3	FV45	83	Female	416
1189	702					Sharon EASTLAKE	2:37:29.3	2:36:49.6	FV35	196	Female	417
1190	192					Kelly TURNER	2:37:32.4	2:35:40.7	FV35	197	Female	418

Club	Pace	TOD
	5.2 m/hr	11:32:34.7
SOSPAN ROAD RUNNERS	5.2 m/hr	11:32:34.8
	5.2 m/hr	11:32:37.9
	5.2 m/hr	11:32:38.7
	5.2 m/hr	11:32:39.2
	5.2 m/hr	11:32:42.4
	5.1 m/hr	11:32:57.6
RHONDDA VALLEY RUNNERS	5.1 m/hr	11:33:00.0
	5.1 m/hr	11:33:02.8
	5.1 m/hr	11:33:16.7
	5.1 m/hr	11:33:18.2
	5.1 m/hr	11:33:21.4
	5.1 m/hr	11:33:34.8
	5.1 m/hr	11:33:35.6
	5.1 m/hr	11:33:54.8
	5.1 m/hr	11:34:21.4
	5.1 m/hr	11:34:28.2
	5.1 m/hr	11:34:32.5
	5.1 m/hr	11:34:46.1
	5.1 m/hr	11:35:01.9
	5.1 m/hr	11:35:08.0
PARC Y SCARLETS	5.1 m/hr	11:35:20.1
	5.1 m/hr	11:35:29.5
	5.1 m/hr	11:35:31.7
CELTIC TRI	5.0 m/hr	11:35:48.8
	5.0 m/hr	11:35:50.2
	5.0 m/hr	11:35:50.7
	5.0 m/hr	11:36:03.4
	5.0 m/hr	11:36:04.0
RUN4ALL NEATH	5.0 m/hr	11:36:24.1
	5.0 m/hr	11:36:26.4
	5.0 m/hr	11:36:57.3
	5.0 m/hr	11:36:57.4
	5.0 m/hr	11:37:35.3
SOSPAN ROAD RUNNERS	5.0 m/hr	11:37:38.4

Pos	Bib No	Fav	Share	Photo	Print	Name	Gun Time	Chip Time	Category	Cat Pos	Gender	Gen Pos
1191	1444					Chris MORT	2:38:18.3	2:37:19.1	MV40	252	Male	773
1192	144					Sara HEWITT	2:38:40.7	2:37:50.4	FV35	198	Female	419
1193	699					Janine ELWORTHY	2:39:28.2	2:38:27.0	SenF	119	Female	420
1194	52					Sarah CAVENAGH	2:39:38.2	2:37:17.0	FV35	199	Female	421
1195	518					Claire THOMAS	2:39:39.8	2:38:27.2	FV35	200	Female	422
1196	729					Emyr EVANS	2:39:51.4	2:37:51.4	SenM	425	Male	774
1197	752					Angela FRIAR	2:40:03.7	2:38:55.4	FV45	84	Female	423
1198	416					John TUCKER	2:40:33.3	2:38:05.6	SenM	426	Male	775
1199	1096					Paul COKER	2:40:53.7	2:39:28.6	MV40	253	Male	776
1200	253					Dean DRAPER	2:41:05.6	2:38:51.7	SenM	427	Male	777
1201	254					Sophie WARD	2:41:06.0	2:38:52.2	SenF	120	Female	424
1202	1014					Delia DOMACHOWSKI	2:41:48.9	2:40:41.9	FV45	85	Female	425
1203	393					Elaine WILLIAMX	2:41:55.6	2:40:25.0	FV35	201	Female	426
1204	447					Kate MILLS	2:41:55.8	2:40:25.3	SenF	121	Female	427
1205	1468					Pauline THOMAS	2:42:09.4	2:40:39.5	FV55+	19	Female	428
1206	862					Vicky PHILLIPS	2:42:57.5	2:40:51.1	FV35	202	Female	429
1207	143					Stacey WILLIAMS	2:42:57.7	2:40:53.5	SenF	122	Female	430
1208	1433					Debbie KILEY	2:43:28.5	2:41:28.5	FV35	203	Female	431
1209	296					Andrew JOHN	2:44:22.6	2:43:32.6	MV50	73	Male	778
1210	1424					Mark JENKINS	2:44:26.8	2:43:35.5	MV50	74	Male	779
1211	344					Julie CROSSMAN	2:44:46.1	2:44:09.6	FV45	86	Female	432
1212	923					Wayne LEWIS	2:44:49.0	2:43:26.6	SenM	428	Male	780
1213	618					Sarah JOHN	2:45:34.2	2:43:59.8	FV35	204	Female	433
1214	167					Louise BALL	2:45:58.7	2:45:04.6	FV35	205	Female	434
1215	1442					Meinir MORGAN	2:46:24.8	2:44:24.5	FV35	206	Female	435
1216	766					Megan BEVAN	2:46:26.7	2:44:04.4	FV45	87	Female	436
1217	479					Kim DAVIES	2:46:42.8	2:45:47.6	FV35	207	Female	437
1218	1494					Andrea DAVIES	2:46:51.5	2:44:28.1	FV35	208	Female	438
1219	924					Annie PALMER	2:46:58.5	2:45:16.7	FV55+	20	Female	439
1220	1168					Kate MORGAN	2:47:04.0	2:45:46.9	FV35	209	Female	440
1221	245					Ruth GATES	2:47:15.9	2:46:12.7	FV35	210	Female	441
1222	242					Helen JONES	2:47:20.0	2:46:16.8	FV35	211	Female	442
1223	1396					Emma DAVIES	2:47:20.5	2:45:07.9	FV45	88	Female	443
1224	315					Sara BASS	2:47:20.6	2:45:08.1	FV45	89	Female	444
1225	1414					Ryan HARRISON	2:47:20.9	2:44:49.6	SenM	429	Male	781

Club	Pace	TOD
	5.0 m/hr	11:38:24.3
	5.0 m/hr	11:38:46.7
	4.9 m/hr	11:39:34.2
	4.9 m/hr	11:39:44.2
	4.9 m/hr	11:39:45.8
LLANELLI AC	4.9 m/hr	11:39:57.4
	4.9 m/hr	11:40:09.7
	4.9 m/hr	11:40:39.3
	4.9 m/hr	11:40:59.7
	4.9 m/hr	11:41:11.6
	4.9 m/hr	11:41:12.0
CORNELLY STRIDERS	4.9 m/hr	11:41:54.9
	4.9 m/hr	11:42:01.6
	4.9 m/hr	11:42:01.8
TROTS	4.8 m/hr	11:42:15.4
	4.8 m/hr	11:43:03.5
	4.8 m/hr	11:43:03.7
	4.8 m/hr	11:43:34.5
	4.8 m/hr	11:44:28.6
	4.8 m/hr	11:44:32.8
3M GORSEINON ROAD RUNNERS	4.8 m/hr	11:44:52.1
	4.8 m/hr	11:44:55.0
	4.7 m/hr	11:45:40.2
	4.7 m/hr	11:46:04.7
	4.7 m/hr	11:46:30.8
	4.7 m/hr	11:46:32.7
	4.7 m/hr	11:46:48.8
	4.7 m/hr	11:46:57.5
	4.7 m/hr	11:47:04.5
	4.7 m/hr	11:47:10.0
ALFIE'S ANGELS	4.7 m/hr	11:47:21.9
	4.7 m/hr	11:47:26.0
	4.7 m/hr	11:47:26.5
	4.7 m/hr	11:47:26.6
	4.7 m/hr	11:47:26.9

Pos	Bib No	Fav	Share	Photo	Print	Name	Gun Time	Chip Time	Category	Cat Pos	Gender	Gen Pos
1226	1256					Amy WHELDON	2:47:22.3	2:44:49.4	SenF	123	Female	445
1227	626					Hannah LEGGETT	2:47:24.5	2:44:53.3	SenF	124	Female	446
1228	212					Joanne SULSH	2:47:32.3	2:46:15.2	SenF	125	Female	447
1229	1171					Lisa JONES	2:47:44.5	2:45:33.0	FV35	212	Female	448
1230	1179					Tracy JAMES	2:47:44.7	2:45:33.0	FV45	90	Female	449
1231	177					Daren NICHOLAS	2:47:48.3	2:46:11.1	SenM	430	Male	782
1232	419					Samantha HAMER	2:48:23.6	2:46:02.1	SenF	126	Female	450
1233	1140					Mike HEWSON	2:48:24.4	2:46:52.0	MV50	75	Male	783
1234	602					Chloe ORMOND	2:48:39.0	2:46:56.7	SenF	127	Female	451
1235	601					Sam ORMOND	2:48:39.3	2:46:57.0	SenM	431	Male	784
1236	48					Stephanie THORNE	2:49:35.6	2:47:02.1	FV35	213	Female	452
1237	808					Richard THOMAS	2:49:56.1	2:48:50.8	MV40	254	Male	785
1238	809					Rachel THOMAS	2:49:56.1	2:48:50.9	FV35	214	Female	453
1239	696					Darren PLUMMER	2:50:07.8	2:48:08.8	MV40	255	Male	786
1240	267					Gaynor JONES	2:50:55.7	2:49:04.9	FV45	91	Female	454
1241	1450					Tracey PHILLIPS	2:51:23.7	2:49:58.5	FV55+	21	Female	455
1242	803					Judy BELLINGHAM	2:51:24.8	2:49:24.4	SenF	128	Female	456
1243	1033					Alun WYLDE	2:52:06.9	2:50:11.3	MV40	256	Male	787
1244	960					Gareth JOHNS	2:52:16.8	2:49:38.4	SenM	432	Male	788
1245	866					Carri HEATH	2:52:21.2	2:51:44.1	FV35	215	Female	457
1246	165					Donna DAVIES	2:52:26.6	2:50:41.6	FV35	216	Female	458
1247	840					Bev RICHARDS	2:52:30.8	2:50:57.3	FV35	217	Female	459
1248	1026					Rhiannon WHITELEY	2:53:07.4	2:51:11.6	SenF	129	Female	460
1249	1475					Ellie WAITE	2:53:16.8	2:50:38.4	FV35	218	Female	461
1250	1236					Adam JOHN	2:54:38.8	2:53:03.9	SenM	433	Male	789
1251	839					Cerys COOK	2:54:48.6	2:54:01.1	SenF	130	Female	462
1252	148					Rhian EVANS	2:55:10.0	2:53:44.4	FV35	219	Female	463
1253	89					Raul REISMANN	2:56:03.4	2:53:50.8	MV40	257	Male	790
1254	609					Catherine BIDGOOD	2:56:08.1	2:54:13.1	SenF	131	Female	464
1255	897					Emma BEYNON	2:56:08.5	2:54:12.8	SenF	132	Female	465
1256	758					Nigel JONES	2:56:48.6	2:54:23.8	MV50	76	Male	791
1257	329					Stu DABBS	2:56:48.9	2:54:26.1	SenM	434	Male	792
1258	1017					Annalisa JENKINS	2:57:24.2	2:55:30.7	FV35	220	Female	466
1259	994					Karen SMITH MARKS	2:58:05.6	2:56:47.1	FV45	92	Female	467
1260	739					Charlene EVANS	2:58:23.4	2:57:00.2	SenF	133	Female	468

Club	Pace	TOD
	4.7 m/hr	11:47:28.3
	4.7 m/hr	11:47:30.5
	4.7 m/hr	11:47:38.3
	4.7 m/hr	11:47:50.5
	4.7 m/hr	11:47:50.7
	4.7 m/hr	11:47:54.3
	4.7 m/hr	11:48:29.6
	4.7 m/hr	11:48:30.4
	4.7 m/hr	11:48:45.0
	4.7 m/hr	11:48:45.3
	4.6 m/hr	11:49:41.6
	4.6 m/hr	11:50:02.1
	4.6 m/hr	11:50:02.1
	4.6 m/hr	11:50:13.8
FUNKY PUMP RUNNERS	4.6 m/hr	11:51:01.7
	4.6 m/hr	11:51:29.7
	4.6 m/hr	11:51:30.8
CWM OGWR RUNNING CLUB	4.6 m/hr	11:52:12.9
	4.6 m/hr	11:52:22.8
	4.6 m/hr	11:52:27.2
	4.6 m/hr	11:52:32.6
	4.6 m/hr	11:52:36.8
CWM OGWR RUNNING CLUB	4.5 m/hr	11:53:13.4
	4.5 m/hr	11:53:22.8
	4.5 m/hr	11:54:44.8
	4.5 m/hr	11:54:54.6
CSSC	4.5 m/hr	11:55:16.0
SWANSEA HARRIERS	4.5 m/hr	11:56:09.4
	4.5 m/hr	11:56:14.1
	4.5 m/hr	11:56:14.5
	4.4 m/hr	11:56:54.6
	4.4 m/hr	11:56:54.9
CWM OGWR RUNNING CLUB	4.4 m/hr	11:57:30.2
	4.4 m/hr	11:58:11.6
LLANELLI AC	4.4 m/hr	11:58:29.4

Pos	Bib No	Fav	Share	Photo	Print	Name	Gun Time	Chip Time	Category	Cat Pos	Gender	Gen Pos
1261	1398					Sian DENMAN	2:59:13.9	2:56:40.8	FV35	221	Female	469
1262	1164					Emma DONNELLY	2:59:23.0	2:57:38.0	FV35	222	Female	470
1263	575					Alice BENNETT	2:59:23.1	2:57:38.2	FV35	223	Female	471
1264	796					Karen SMITH	3:01:04.9	2:59:23.1	FV45	93	Female	472
1265	805					Tony HARRIES	3:02:52.7	3:00:14.6	MV40	258	Male	793
1266	223					Lynsey WHITCOMBE	3:02:52.8	3:00:14.4	FV35	224	Female	473
1267	1144					Anwen PARKER	3:05:43.9	3:03:37.9	FV45	94	Female	474
1268	328					Matthew TUCKER	3:06:44.7	3:04:11.8	SenM	435	Male	794
1269	734					Ebony DENMAN	3:06:44.8	3:04:11.7	SenF	134	Female	475
1270	470					Ceri HOWELLS	3:07:00.9	3:04:37.5	MV40	259	Male	795
1271	257					Natasha HUGHES	3:11:28.4	3:10:45.5	SenF	135	Female	476
1272	410					Darran REES	3:13:03.8	3:11:12.6	MV40	260	Male	796
1273	1021					Claire TAYLOR	3:14:07.3	3:12:13.4	FV35	225	Female	477
1274	243					Kay MYATT	3:14:07.3	3:13:04.1	SenF	136	Female	478
1275	1175					Rachael PUGH	3:15:14.8	3:13:03.4	FV45	95	Female	479
1276	648					Gerald DOCHERTY	3:15:24.1	3:14:26.4	MV50	77	Male	797
1277	815					Carol THOMAS-HARRIES	3:16:22.9	3:14:37.4	FV45	96	Female	480
1278	434					Lucy EVANS	3:18:37.4	3:16:45.1	FV45	97	Female	481
1279	1423					Andrea JENKINS	3:18:37.5	3:16:45.5	FV45	98	Female	482
1280	760					Alison JOHN	3:23:42.7	3:22:30.7	FV45	99	Female	483
1281	986					Lisa DAVID	3:26:22.7	3:23:52.3	FV35	226	Female	484
1282	1036					Pippa CLARK	3:26:22.8	3:23:52.0	SenF	137	Female	485
1283	905					Claire WIGGINS	3:34:03.3	3:32:28.7	SenF	138	Female	486
999999	261					Kelly GIPSON	DNF	0.0	FV45	999999	Female	999999
999999	392					Cerri WILSON	DNF	0.0	FV35	999999	Female	999999
999999	465					Carl DANIELS	DNF	0.0	SenM	999999	Male	999999
999999	555					Andrew JONES	DNF	0.0	MV40	999999	Male	999999
999999	1042					Lucy WEBB	DNF	0.0	SenF	999999	Female	999999
999999	1119					Lindsay ROBERTS	DNF	0.0	MV40	999999	Male	999999
999999	1322					Jason LAMMIE	DNF	0.0	MV40	999999	Male	999999
999999	1345					Brian PEARCE	DNF	0.0	MV60+	999999	Male	999999
999999	1474					Nicholas TURNER	DNF	0.0	SenM	999999	Male	999999

Club	Pace	TOD
	4.4 m/hr	11:59:19.9
	4.4 m/hr	11:59:29.0
	4.4 m/hr	11:59:29.1
	4.3 m/hr	12:01:10.9
	4.3 m/hr	12:02:58.7
	4.3 m/hr	12:02:58.8
	4.2 m/hr	12:05:49.9
	4.2 m/hr	12:06:50.7
	4.2 m/hr	12:06:50.8
	4.2 m/hr	12:07:06.9
	4.1 m/hr	12:11:34.4
RUN4ALL NEATH	4.1 m/hr	12:13:09.8
CWM OGWR RUNNING CLUB	4.0 m/hr	12:14:13.3
	4.0 m/hr	12:14:13.3
	4.0 m/hr	12:15:20.8
	4.0 m/hr	12:15:30.1
	4.0 m/hr	12:16:28.9
RUN4ALL NEATH	4.0 m/hr	12:18:43.4
RUN4ALL NEATH	4.0 m/hr	12:18:43.5
	3.9 m/hr	12:23:48.7
	3.8 m/hr	12:26:28.7
CWM OGWR RUNNING CLUB	3.8 m/hr	12:26:28.8
	3.7 m/hr	12:34:09.3
SWANSEA HARRIERS		
CLEVEDON ATHLETICS CLUB		