

Position	BC	Number	Time	CName	Sname	Club	Sex	Males	Females	Age Group	Males	Females	Age Rank
1	A0009	9	14:53	JAMES	HUNT	BRIDGEND AC	M	1		SENM	1		1-SENM
2	A0597	597	15:03	MORGAN	DAVIES	BRIDGEND AC	M	2		SENM	2		2-SENM
3	A0585	585	15:30	ADAM	BULL	ABERDARE VALLEY AAC	M	3		SENM	3		3-SENM
4	A0574	574	16:09	OWEN	HASWELL	CARDIFF AAC	M	4		SENM	4		4-SENM
5	A0595	595	16:13	JOSEPH	REARDON	ABERDARE VALLEY AAC	M	5		U20M	5		1-U20M
6	A0584	584	16:30	LEE	AHERNE	PARC BRYN BACH	M	6		MMS0	6		1-MMS0
7	A0566	566	16:31	DOUG	NICHOLLS	LES CROUPIERS	M	7		SENM	7		5-SENM
8	A0609	609	16:34	PETER	RIDER	ABERDARE VALLEY AAC	M	8		SENM	8		6-SENM
9	A0321	321	16:37	MARK	EMERY	BRIDGEND AC	M	9		SENM	9		7-SENM
10	A0525	525	16:56	RICHARD	HOOKINS	PENARTH AND DINAS	M	10		SENM	10		8-SENM
11	A0570	570	16:57	EDWARD	DONOVAN	LES CROUPIERS	M	11		SENM	11		9-SENM
12	A0573	573	16:58	PAUL	GRAHAM	PONTYPRIDD ROADENTS	M	12		SENM	12		10-SENM
13	A0072	72	17:04	SEAN	LEWIS	BRACKLA HARRIERS	M	13		SENM	13		11-SENM
14	A0247	247	17:05	RICHARD	DANDO	BRIDGEND AC	M	14		SENM	14		12-SENM
15	A0486	486	17:08	CARYL MAIR	JONES	SWANSEA HARRIERS	F		15	SENW		1	1-SENW
16	A0354	354	17:10	MATTHEW	HURFORD	LES CROUPIERS	M	16		MM40	15		1-MM40
17	A0317	317	17:12	AERON	EVANS		M	17		U20M	16		2-U20M
18	A0571	571	17:26	CLARA	EVANS	CARDIFF AAC	F		18	SENW		2	2-SENW
19	A0111	111	17:27	ROWAN	HOBBS	BRACKLA HARRIERS	M	19		SENM	17		13-SENM
20	A0530	530	17:29	NEIL	JONES	CWM OGWR	M	20		SENM	18		14-SENM
21	A0258	258	17:30	CARL	POINTER	BRIDGEND AC	M	21		SENM	19		15-SENM
22	A0562	562	17:42	STUART	CREES	LES CROUPIERS	M	22		SENM	20		16-SENM
23	A0199	199	17:47	GERAINT	LEWIS	PORTHCAWL RUNNERS	M	23		MM40	21		2-MM40
24	A0579	579	17:47	GETHIN	POWELL	PONTYPRIDD ROADENTS	M	24		SENM	22		17-SENM
25	A0520	520	17:50	ANDREW	BLAIR	LES CROUPIERS	M	25		MMS0	23		2-MMS0
26	A0465	465	17:55	KATE	ROBERTS	SWANSEA	F		26	SENW		3	3-SENW
27	A0613	613	18:00	GARY	BROWN	PENARTH & DINAS	M	27		SENM	24		18-SENM
28	A0531	531	18:03	RYAN	EDWARDS	CARDIFF AAC	M	28		U20M	25		3-U20M
29	A0120	120	18:04	PHIL	WELCH	BRIDGEND AC	M	29		SENM	26		19-SENM
30	A0236	236	18:16	DAVID	MOORE	BRACKLA HARRIERS	M	30		MM40	27		3-MM40
31	A0188	188	18:17	DAVE	DICKSON	PORTHCAWL RUNNERS	M	31		SENM	28		20-SENM
32	A0546	546	18:17	JOHN	MORRIS	TROTS	M	32		SENM	29		21-SENM
33	A0433	433	18:19	DEVIN	COOMBES	BRIDGEND AC	M	33		U20M	30		4-U20M
34	A0558	558	18:23	ROBERT	HUNT	BRIDGEND AC	M	34		MMS0	31		3-MMS0
35	A0470	470	18:24	LAURENCE	POLE	PONTYPRIDD ROADENTS	M	35		MM40	32		4-MM40
36	A0029	29	18:31	R	JEYNES	BRACKLA HARRIERS	M	36		MM40	33		5-MM40
37	A0158	158	18:33	DANIEL	NICHOLAS	CORNELLY STRIDERS	M	37		SENM	34		22-SENM
38	A0144	144	18:38	STEPHEN	JENKINS	BRIDGEND AC	M	38		MM40	35		6-MM40
39	A0049	49	18:38	DAVID	BENNETT	PORTHCAWL RUNNERS	M	39		MM40	36		7-MM40
40	A0448	448	18:41	PAUL	SPEYER	BRACKLA HARRIERS	M	40		MM40	37		8-MM40
41	A0351	351	18:42	ALLAN	COX	LES CROUPIERS	M	41		MMS0	38		4-MMS0
42	A0499	499	18:53	WILLIAM	EDWARDS	PORTHCAWL RUNNERS	M	42		MM40	39		9-MM40
43	A0234	234	18:57	MATT	EDWARDS	PENCOED TRI	M	43		SENM	40		23-SENM
44	A0398	398	18:57	MEIRION	WILLIAMS	PORTHCAWL RUNNERS	M	44		SENM	41		24-SENM
45	A0614	614	19:01	FRAZER	RICHARDS	CAERPHILLY RUNNERS	M	45		SENM	42		25-SENM
46	A0337	337	19:02	MATT	HOPKINS	LES CROUPIERS	M	46		SENM	43		26-SENM
47	A0312	312	19:04	DONOVAN	WILLIAMS-HALE	BRIDGEND AC	M	47		U20M	44		5-U20M
48	A0494	494	19:05	ELIO	LEPORE	LES CROUPIERS	M	48		MM60	45		1-MM60
49	A0210	210	19:06	NIGEL	BUNGAY	PENCOED TRI	M	49		SENM	46		27-SENM
50	A0349	349	19:09	COLIN	MCCQUEEN	BRACKLA HARRIERS	M	50		MMS0	47		5-MMS0
51	A0497	497	19:10	IAN	BIRD	PORT TALBOT HARRIERS	M	51		SENM	48		28-SENM
52	A0012	12	19:11	JAMIE	CLODE	BRIDGEND AC	M	52		SENM	49		29-SENM
53	A0250	250	19:14	GEMMA	ROCHE-CLARKE	BRIDGEND AC	F		53	SENW		4	4-SENW
54	A0260	260	19:16	JOHN	LLOYD	BRACKLA HARRIERS	M	54		MMS0	50		6-MMS0
55	A0444	444	19:21	FFION	HIGGINSON	BRIDGEND AC	F		55	U20W		5	1-U20W
56	A0294	294	19:22	IAN	OGILVIE	BRACKLA HARRIERS	M	56		MMS0	51		7-MMS0
57	A0134	134	19:24	CRAIG	FOWLER	PENCOED TRI	M	57		MMS0	52		8-MMS0
58	A0377	377	19:28	BRIAN	DIAS	CARDIFF AAC	M	58		SENM	53		30-SENM
59	A0248	248	19:29	GEORGIE	DANDO	BRIDGEND AC	F		59	MW35		6	1-MW35
60	A0187	187	19:30	ROB	BENNETT	PORTHCAWL RUNNERS	M	60		MM40	54		10-MM40
61	A0122	122	19:31	STEVE	HOGAN	CORNELLY STRIDERS	M	61		SENM	55		31-SENM
62	A0216	216	19:44	MIKE	EDWARDS	PENCOED TRI	M	62		MM40	56		11-MM40
63	A0025	25	19:45	JAMIE	VANSTONE	CWM OGWR	M	63		SENM	57		32-SENM
64	A0017	17	19:46	GARETH	RICHARDS	CWM OGWR	M	64		MM40	58		12-MM40
65	A0263	263	19:48	TOM	ATTWOOD	BRIDGEND AC	M	65		U20M	59		6-U20M
66	A0046	46	19:51	JOHN	HILL	BRIDGEND AC	M	66		SENM	60		33-SENM
67	A0223	223	19:54	R	TRUMAN	CWM OGWR	M	67		SENM	61		34-SENM
68	A0412	412	19:55	GARETH	JENKINS	CWM OGWR	M	68		SENM	62		35-SENM
69	A0554	554	19:59	TERRY	O'BRIEN		M	69		MM60	63		2-MM60
70	A0323	323	20:00	GREG	NEWHAMS	BRIDGEND AC	M	70		MMS0	64		9-MMS0
71	A0400	400	20:02	JON	THIEL	BRIDGEND AC	M	71		SENM	65		36-SENM
72	A0610	610	20:05	NEIL	PRICE	CWM OGWR	M	72		SENM	66		37-SENM
73	A0507	507	20:07	MICHAEL	MURPHY	LES CROUPIERS	M	73		MM60	67		3-MM60
74	A0488	488	20:11	CAMERON	COBURN	BRIDGEND AC	M	74		U20M	68		7-U20M
75	A0358	358	20:13	ROBERT	EVANS	LES CROUPIERS	M	75		MM60	69		4-MM60
76	A0060	60	20:14	DAVE	CASCARINA	CORNELLY STRIDERS	M	76		MMS0	70		10-MMS0
77	A0138	138	20:16	DAVID	EVANS	CWM OGWR	M	77		MM40	71		13-MM40
78	A0302	302	20:23	GABRIELLA	BOOTH	PORTHCAWL RUNNERS	F		78	SENW		7	5-SENW
79	A0128	128	20:23	JOHN	BURRIDGE	CWM OGWR	M	79		SENM	72		38-SENM
80	A0516	516	20:25	MARK	GABB	CWM OGWR	M	80		SENM	73		39-SENM

81	A0410	410	20:26	EWAN	COLES		M	81		U20M	74		8-U20M
82	A0466	466	20:29	DANIEL	MORGAN	BRIDGEND AC	M	82		MM40	75		14-MM40
83	A0217	217	20:29	JOHN	MORGAN	BRIDGEND AC	M	83		MM50	76		11-MM50
84	A0496	496	20:30	JOHN	ROSS	SAN DOMENICO RC	M	84		MM50	77		12-MM50
85	A0587	587	20:30	PHIL	MEYLER	PONTYPRIDD ROADENTS	M	85		MM60	78		5-MM60
86	A0350	350	20:31	GARETH	TAYLOR	BRACKLA HARRIERS	M	86		SENM	79		40-SENM
87	A0374	374	20:32	DOMINIC	SHIELDS	SAN DOMENICO	M	87		MM50	80		13-MM50
88	A0032	32	20:33	DAVID	CARRINGTON	BRIDGEND AC	M	88		MM50	81		14-MM50
89	A0505	505	20:33	DAVID	KEMBERY	CWM OGWR	M	89		MM40	82		15-MM40
90	A0208	208	20:36	KEITH	POWELL	CORNELLY STRIDERS	M	90		MM60	83		6-MM60
91	A0013	13	20:37	KRIS	POWELL	BRIDGEND AC	M	91		SENM	84		41-SENM
92	A0608	608	20:40	MARK	DURKIN	PENARTH & DINAS	M	92		SENM	85		42-SENM
93	A0075	75	20:44	IAN	CUTHBERT	BRACKLA HARRIERS	M	93		MM50	86		15-MM50
94	A0510	510	20:45	SIAN	KIRK	SWANSEA HARRIERS	F		94	SENW		8	6-SENW
95	A0071	71	20:47	JAZMINE	BRIGANTI	BRACKLA HARRIERS	F		95	U20W		9	2-U20W
96	A0487	487	20:49	CERI	COBURN	BRIDGEND AC	M	96		SENM	87		43-SENM
97	A0346	346	20:51	NICK	STOCKER	BRIDGEND AC	M	97		MM40	88		16-MM40
98	A0265	265	20:52	DAVID	HESKETH	CORNELLY STRIDERS	M	98		MM50	89		16-MM50
99	A0242	242	20:53	ROBERT	SLAUGHTER	PORTHCAWL RUNNERS	M	99		MM50	90		17-MM50
100	A0469	469	20:54	SIMON	WILLIAMS	CWM OGWR	M	100		MM50	91		18-MM50
101	A0043	43	20:55	SIMON	HARRISON	CWM OGWR	M	101		MM50	92		19-MM50
102	A0408	408	20:56	ANTONY	PHILLIPS	BRIDGEND AC	M	102		MM50	93		20-MM50
103	A0080	80	20:57	KRIS	DENHOLM	CWM OGWR	M	103		MM50	94		21-MM50
104	A0359	359	21:03	ALUN	WILLIAMS	PORTHCAWL RUNNERS	M	104		SENM	95		44-SENM
105	A0606	606	21:03	GARETH	O'HARA		M	105		SENM	96		45-SENM
106	A0443	443	21:04	KATRIN	HIGGINSON	BRIDGEND AC	F		106	U20W		10	3-U20W
107	A0600	600	21:04	LIAM	MCDONNELL		M	107		SENM	97		46-SENM
108	A0599	599	21:05	SEAN	MCDONNELL		M	108		SENM	98		47-SENM
109	A0228	228	21:08	EVAN	PHILLIPS	CORNELLY STRIDERS	M	109		SENM	99		48-SENM
110	A0195	195	21:09	JONATHAN	HAYES	BRIDGEND AC	M	110		MM50	100		22-MM50
111	A0279	279	21:10	PETER	TURNER	CORNELLY STRIDERS	M	111		MM60	101		7-MM60
112	A0308	308	21:11	MELANIE	WINGAR	CORNELLY STRIDERS	F		112	SENW		11	7-SENW
113	A0200	200	21:13	GRAHAM	MACKLEWORTH		M	113		MM40	102		17-MM40
114	A0155	155	21:18	CHRISTIAN	THOMSS	CAN OGWR	M	114		MM40	103		18-MM40
115	A0016	16	21:19	DEB	GOULE	PORTHCAWL RUNNERS	F		115	MW45		12	1-MW45
116	A0322	322	21:20	BRIAN	BUCKWELL	TONBRIDGE AC	M	116		MM60	104		8-MM60
117	A0069	69	21:20	NICK	HARRIS	CWM OGWR	M	117		SENM	105		49-SENM
118	A0413	413	21:21	ALED	HUGHES	CWM OGWR	M	118		MM40	106		19-MM40
119	A0062	62	21:21	MATTHEW	WATKINS	PORTHCAWL RUNNERS	M	119		SENM	107		50-SENM
120	A0332	332	21:22	EMILY	BUCKWELL	BRACKLA HARRIERS	F		120	MW35		13	2-MW35
121	A0335	335	21:22	STEVEN	PREDDY	LES CROUPIERS	M	121		MM40	108		20-MM40
122	A0432	432	21:23	CLARE	HUGHES	BRIDGEND AC	F		122	MW35		14	3-MW35
123	A0174	174	21:24	GARETH	DANTER-HILL	CORNELLY STRIDERS	M	123		SENM	109		51-SENM
124	A0150	150	21:24	PAUL	BAYONA	CORNELLY STRIDERS	M	124		SENM	110		52-SENM
125	A0611	611	21:25	BEN	HUMPHREYS		M	125		U20M	111		9-U20M
126	A0189	189	21:26	JOSHUA	KERRY	BRIDGEND AC	M	126		U20M	112		10-U20M
127	A0211	211	21:27	ANDY	BREEZE	PORTHCAWL RUNNERS	M	127		MM40	113		21-MM40
128	A0165	165	21:28	CHARLOTTE	JOHNS	BRACKLA HARRIERS	F		128	MW45		15	2-MW45
129	A0455	455	21:30	DAVID	PRICE	BRACKLA HARRIERS	M	129		SENM	114		53-SENM
130	A0053	53	21:31	LUCY	EDWARDS	CORNELLY STRIDERS	F		130	MW35		16	4-MW35
131	A0073	73	21:32	VINCENT	BROWN	CORNELLY STRIDERS	M	131		SENM	115		54-SENM
132	A0598	598	21:32	KIERAN	MCDONNELL	LES CROUPIERS	M	132		MM60	116		9-MM60
133	A0096	96	21:33	CHRIS	ROBERTS	CWM OGWR	M	133		MM50	117		23-MM50
134	A0163	163	21:34	MARK	PEDLER	CORNELLY STRIDERS	M	134		SENM	118		55-SENM
135	A0560	560	21:35	LIBBY	BOHEMEN	LES CROUPIERS	F		135	MW45		17	3-MW45
136	A0545	545	21:36	RUTH	CANN	PENARTH AND DINAS	F		136	MW35		18	5-MW35
137	A0297	297	21:37	RICHARD	BEECH	BRACKLA HARRIERS	M	137		MM50	119		24-MM50
138	A0036	36	21:43	CHRIS	PRATT	CWM OGWR	M	138		MM40	120		22-MM40
139	A0344	344	21:43	CRAIG	BLAKE	LES CROUPIERS	M	139		SENM	121		56-SENM
140	A0209	209	21:45	RICHARD	PURNELL	CWM OGWR	M	140		MM40	122		23-MM40
141	A0522	522	21:47	JUDITH	OAKLEY	VEGAN RUNNERS	F		141	MW45		19	4-MW45
142	A0607	607	21:50	MIKE	DANDO		M	142		SENM	123		57-SENM
143	A0588	588	21:52	GEOFF	JONES		M	143		MM40	124		24-MM40
144	A0027	27	21:54	STEPHEN	SUMMERS	PENCOED TRI	M	144		MM40	125		25-MM40
145	A0170	170	21:55	EIFION	OWEN		M	145		MM60	126		10-MM60
146	A0078	78	21:58	PETER	WALSH	CWM OGWR	M	146		SENM	127		58-SENM
147	A0026	26	21:58	WAYNE	HAYHURST	CWM OGWR	M	147		SENM	128		59-SENM
148	A0380	380	22:00	CLIVE	OSMOND	LES CROUPIERS	M	148		MM50	129		25-MM50
149	A0356	356	22:01	STEPHEN	JAMES	PENCOED PANTHERS	M	149		SENM	130		60-SENM
150	A0191	191	22:03	CHRIS	JONES	PORTHCAWL RUNNERS	M	150		MM50	131		26-MM50
151	A0042	42	22:05	CHRIS	ADAMS	PENCOED TRI	M	151		MM40	132		26-MM40
152	A0212	212	22:05	JON	BURNETT	PENCOED TRI	M	152		SENM	133		61-SENM
153	A0484	484	22:07	JEREMY	JONES	PORTHCAWL RUNNERS	M	153		MM50	134		27-MM50
154	A0495	495	22:13	MICK	MCGEACH	LES CROUPIERS	M	154		MM60	135		11-MM60
155	A0352	352	22:14	CAROL	REES	LES CROUPIERS	F		155	MW45		20	5-MW45
156	A0178	178	22:16	JOSIE	BISHOP	CWM OGWR	F		156	SENW		21	8-SENW
157	A0364	364	22:18	AARON	SONGHURST	PENCOED PANTHERS	M	157		SENM	136		62-SENM
158	A0528	528	22:20	JOSEPH	FOWLER	PENCOED TRI	M	158		U20M	137		11-U20M
159	A0414	414	22:21	KEITH	COLEMAN	CWM OGWR	M	159		MM40	138		27-MM40
160	A0456	456	22:24	SIMON	ROBERTS		M	160		SENM	139		63-SENM

161	A0010	10	22:25	GARY	JOHN	LES CROUPIERS	M	161		MM60	140		12-MM60
162	A0419	419	22:31	MATTHEW	CHURCHILL	BRACKLA HARRIERS	M	162		SENM	141		64-SENM
163	A0452	452	22:35	MARK	EVANS	BRACKLA HARRIERS	M	163		MM50	142		28-MM50
164	A0166	166	22:35	ANDY	FISHER	BRACKLA HARRIERS	M	164		MM50	143		29-MM50
165	A0385	385	22:37	JULIE	SCHOLEY	LES CROUPIERS	F		165	MW55		22	1-MW55
166	A0243	243	22:42	PAUL	MC FARLANE		M	166		SENM	144		65-SENM
167	A0044	44	22:47	KARL	JOHNSON	CWM OGWR	M	167		SENM	145		66-SENM
168	A0550	550	22:51	STEPHEN	QUIN	LES CROUPIERS	M	168		MM40	146		28-MM40
169	A0318	318	22:52	ANDREA	STARRITT	BRACKLA HARRIERS	F		169	MW45		23	6-MW45
170	A0338	338	22:53	JENNY	MARTIN	LES CROUPIERS	F		170	MW35		24	6-MW35
171	A0135	135	23:00	GARRY	JONES	PENCOED TRI	M	171		SENM	147		67-SENM
172	A0293	293	23:06	JANE	OGILVIE	BRACKLA HARRIERS	F		172	MW45		25	7-MW45
173	A0483	483	23:09	MARCUS	GOLDSWORTHY		M	173		MM40	148		29-MM40
174	A0586	586	23:13	ANDY	SHANAHAN	PENCOED TRI	M	174		MM40	149		30-MM40
175	A0146	146	23:15	LORRAINE	COLTON	CORNELLY STRIDERS	F		175	MW45		26	8-MW45
176	A0107	107	23:16	HYWEL	DAFYDD	PORTHCAWL RUNNERS	M	176		SENM	150		68-SENM
177	A0581	581	23:20	RUTH	DEARDS	LES CROUPIERS	F		177	MW45		27	9-MW45
178	A0590	590	23:22	TIM	MORIARTY		M	178		SENM	151		69-SENM
179	A0596	596	23:25	MOLLY	REARDON	ABERDARE VALLEY AAC	F		179	U20W		28	4-U20W
180	A0186	186	23:28	MARTIN	CROSHAW	UNATTACHED	M	180		MM40	152		31-MM40
181	A0148	148	23:30	DAVE	HUGHES	BRIDGEND AC	M	181		MM50	153		30-MM50
182	A0592	592	23:35	ALEX	WILLIAMS	PORT TALBOT HARRIERS	M	182		MM40	154		32-MM40
183	A0556	556	23:39	GRAHAM	FOSTER	BRACKLA HARRIERS	M	183		MM50	155		31-MM50
184	A0028	28	23:40	CLAIRE	DUNBAR-BOWEN	CWM OGWR	F		184	MW35		29	7-MW35
185	A0132	132	23:41	IWAN	DOWIE	CORNELLY STRIDERS	M	185		MM40	156		33-MM40
186	A0563	563	23:49	ANDREW	FURLONG		M	186		SENM	157		70-SENM
187	A0145	145	23:49	JOHN	MARSON	LLANELLI AC	M	187		MM40	158		34-MM40
188	A0175	175	23:51	ALISON	ALLEN	CORNELLY STRIDERS	F		188	MW35		30	8-MW35
189	A0489	489	23:51	HAYLEY	COBURN	BRIDGEND AC	F		189	MW35		31	9-MW35
190	A0361	361	23:52	MICHELLE	AMBLIN	LES CROUPIERS	F		190	MW35		32	10-MW35
191	A0023	23	23:52	NEIL	MORGAN	CWM OGWR	M	191		SENM	159		71-SENM
192	A0116	116	23:56	CHRISTIE	COLEMAN	CWM OGWR	M	192		MM50	160		32-MM50
193	A0021	21	23:59	LOUISE	BAYNHAM	PENCOED PANTHERS	F		193	MW35		33	11-MW35
194	A0184	184	23:59	ROMANA	MAINE	PORTHCAWL RUNNERS	F		194	MW55		34	2-MW55
195	A0275	275	24:00	SOPHIE	CHARLES	BRACKLA HARRIERS	F		195	SENM		35	9-SENM
196	A0213	213	24:02	DAMIEN	CROMBIE	PENCOED TRI	M	196		SENM	161		72-SENM
197	A0070	70	24:03	ELLIS	BANNER	PENCOED TRI	M	197		U20M	162		12-U20M
198	A0198	198	24:06	ALISHA	HAYES	BRIDGEND AC	F		198	U20W		36	5-U20W
199	A0396	396	24:08	MARK	BURGESS	CWM OGWR	M	199		SENM	163		73-SENM
200	A0325	325	24:10	DAVID	BAYNHAM	PENCOED PANTHERS	M	200		SENM	164		74-SENM
201	A0402	402	24:16	LIBBY	LAVIS	BRACKLA HARRIERS	F		201	MW55		37	3-MW55
202	A0267	267	24:17	MARK	FRANCIS	BRACKLA HARRIERS	M	202		MM50	165		33-MM50
203	A0197	197	24:18	NIKKI	DOWIE	CORNELLY STRIDERS	F		203	MW45		38	10-MW45
204	A0381	381	24:20	HELEN	LITTLE	BRACKLA HARRIERS	F		204	MW35		39	12-MW35
205	A0176	176	24:22	GREG	ALLEN	CORNELLY STRIDERS	M	205		MM40	166		35-MM40
206	A0295	295	24:24	LAURA	BUTCHER	PORTHCAWL RUNNERS	F		206	MW35		40	13-MW35
207	A0204	204	24:24	JENNET	JAMES	CORNELLY STRIDERS	F		207	MW45		41	11-MW45
208	A0039	39	24:27	CRAIG	LAMONT	CORNELLY STRIDERS	M	208		SENM	167		75-SENM
209	A0604	604	24:29	NADINE	RITTERSHAMP	LES CROUPIERS	M	209		SENM	168		76-SENM
210	A0152	152	24:31	KATHERINE	ILES	PENCOED TRI	F		210	MW35		42	14-MW35
211	A0261	261	24:33	LEE	GRIFFITHS	PENCOED TRI	M	211		SENM	169		77-SENM
212	A0399	399	24:33	WAYNE	FREWEN	BRACKLA HARRIERS	M	212		MM50	170		34-MM50
213	A0511	511	24:34	CLAIRE	JARROM	LES CROUPIERS	F		213	SENM		43	10-SENM
214	A0434	434	24:36	WILLOW	HUGHES		F		214	U20W		44	6-U20W
215	A0464	464	24:36	JULIET	AMNER	CWM OGWR	F		215	MW55		45	4-MW55
216	A0266	266	24:36	MELISSA	KOSTIC	BRACKLA HARRIERS	F		216	MW35		46	15-MW35
217	A0130	130	24:42	ALUN	WYLDE	CWM OGWR	M	217		MM40	171		36-MM40
218	A0316	316	24:44	EVE	GALLOP-EVANS	LES CROUPIERS	F		218	MW45		47	12-MW45
219	A0529	529	24:45	EMMA-JANE	MORRIS	CWM OGWR	F		219	SENM		48	11-SENM
220	A0068	68	24:50	DANIEL	CLARK	CWM OGWR	M	220		SENM	172		78-SENM
221	A0153	153	24:51	REBECCA	BLAND	BRACKLA HARRIERS	F		221	MW35		49	16-MW35
222	A0262	262	24:51	JENNIFER	O'BRIEN	BRACKLA HARRIERS	F		222	SENM		50	12-SENM
223	A0040	40	24:52	MATTHEW	BOURNE	BRACKLA HARRIERS	M	223		MM40	173		37-MM40
224	A0569	569	24:52	DAVID	COTTRELL		M	224		SENM	174		79-SENM
225	A0098	98	24:53	CAERWYN	LEWIS	CWM OGWR	M	225		MM50	175		35-MM50
226	A0196	196	24:56	CATHERINE	HAYES	BRIDGEND AC	F		226	MW45		51	13-MW45
227	A0109	109	24:58	ADAM	ROWE	CWM OGWR	M	227		MM40	176		38-MM40
228	A0340	340	24:59	ANDREW	SEDGMOND	LES CROUPIERS	M	228		MM60	177		13-MM60
229	A0283	283	25:02	JULIA	ESMOND	PENCOED PANTHERS	F		229	SENM		52	13-SENM
230	A0136	136	25:06	BARRY	JAMES	PORTHCAWL RUNNERS	M	230		MM60	178		14-MM60
231	A0019	19	25:09	LOWCOCK	JAMES	CWM OGWR	M	231		MM40	179		39-MM40
232	A0468	468	25:13	JOSHUA	MORGAN	BRIDGEND AC	M	232		U20M	180		13-U20M
233	A0149	149	25:15	SARAH	LITTLEWOOD	CWM OGWR	F		233	MW35		53	17-MW35
234	A0533	533	25:20	CLAIRE	THOMAS	PENCOED PANTHERS	F		234	MW35		54	18-MW35
235	A0518	518	25:23	RALPH	DAVEY	LES CROUPIERS	M	235		MW70+	181		1-MW70+
236	A0472	472	25:24	CAROL		BARTLE	F		236	MW45		55	14-MW45
237	A0076	76	25:26	ALEX	FORD	BRACKLA HARRIERS	M	237		MM60	182		15-MM60
238	A0181	181	25:28	ALWYN	THOMAS	PORTHCAWL RUNNERS	M	238		MM60	183		16-MM60
239	A0160	160	25:30	EMMA	LOYNS	CWM OGWR	F		239	MW35		56	19-MW35
240	A0108	108	25:31	GARETH	MOLE	PORTHCAWL RUNNERS	M	240		MM40	184		40-MM40

241	A0409	409	25:32	KAREN	PHILLIPS	PORTHCAWL RUNNERS	F		241	MW45		57	15-MW45
242	A0241	241	25:33	CLAIRE	GODFREY	PORTHCAWL RUNNERS	F		242	MW35		58	20-MW35
243	A0190	190	25:34	DEB	JONES	PORTHCAWL RUNNERS	F		243	MW45		59	16-MW45
244	A0054	54	25:34	DAVID	MCCANN	CWM OGWR	M	244		MM40	185		41-MM40
245	A0102	102	25:36	SOPHIE	DEERE	BRACKLA HARRIERS	F		245	SENW		60	14-SENW
246	A0082	82	25:39	JO	JENKINS	PENCOED PANTHERS	F		246	MW35		61	21-MW35
247	A0482	482	25:41	ELIZABETH	SIM	CWM OGWR	F		247	MW35		62	22-MW35
248	A0320	320	25:43	YVONNE	WILLIAMS	RUNNERS	F		248	MW55		63	5-MW55
249	A0154	154	25:43	PAULA	WILFORT	CORNELLY STRIDERS	F		249	MW45		64	17-MW45
250	A0485	485	25:45	CHARLOTTE	BARLOW	BRACKLA HARRIERS	F		250	SENW		65	15-SENW
251	A0602	602	25:48	R	LEACH	LES CROUPIERS	M	251		MM60	186		17-MM60
252	A0601	601	25:50	BRIDIE	EDWARDS	LES CROUPIERS	F		252	MW35		66	23-MW35
253	A0115	115	25:50	MORGAN	GRANT		M	253		U20M	187		14-U20M
254	A0050	50	25:51	KATE	ASHTON	CORNELLY STRIDERS	F		254	MW35		67	24-MW35
255	A0535	535	25:52	GRAEME	DONNAN	LES CROUPIERS	M	255		MM60	188		18-MM60
256	A0285	285	25:54	JULIE	COUZENS	BRACKLA HARRIERS	F		256	MW45		68	18-MW45
257	A0548	548	25:58	NICOLA	SAGE	LES CROUPIERS	F		257	MW45		69	19-MW45
258	A0169	169	25:59	CARL	FEIVEN	CORNELLY STRIDERS	M	258		MM40	189		42-MM40
259	A0011	11	26:00	DANIEL	MORGAN	PENCOED TRI	M	259		SENW	190		80-SENW
260	A0137	137	26:00	GAV	FRASER	CORNELLY STRIDERS	M	260		MM40	191		43-MM40
261	A0543	543	26:03	HEIDI	MORRIS-BARBER		F		261	MW35		70	25-MW35
262	A0508	508	26:04	GILLIAN	MURPHY	LES CROUPIERS	F		262	MW55		71	6-MW55
263	A0568	568	26:22	CHARLIE	COOKE		M	263		U20M	192		15-U20M
264	A0167	167	26:25	TRACEY	BOND		F		264	MW45		72	20-MW45
265	A0342	342	26:26	CHARLOTTE	HARRIES	CORNELLY STRIDERS	F		265	SENW		73	16-SENW
266	A0426	426	26:30	HOWARD	JONES	BRACKLA HARRIERS	M	266		MM60	193		19-MM60
267	A0435	435	26:34	ISABEL	HUGHES		F		267	U20W		74	7-U20W
268	A0553	553	26:35	LOUISE	MORDUE		F		268	MW35		75	26-MW35
269	A0341	341	26:36	MARK	BANKHEAD	CORNELLY STRIDERS	M	269		SENW	194		81-SENW
270	A0140	140	26:36	DANIELA	JONES	PORTHCAWL RUNNERS	F		270	MW35		76	27-MW35
271	A0147	147	26:36	CAROLYN	WINDOS	CORNELLY STRIDERS	F		271	MW55		77	7-MW55
272	A0515	515	26:41	STEVEN	TAYLOR	CWM OGWR	M	272		SENW	195		82-SENW
273	A0159	159	26:47	LAUREN	DAVIES	PENCOED TRI	F		273	SENW		78	17-SENW
274	A0475	475	26:48	ALAN	MARCH		M	274		MM50	196		36-MM50
275	A0538	538	26:51	HIRAM	MULLAN	BRIDGEND AC	M	275		MM40	197		44-MM40
276	A0593	593	26:51	LOUISE	FOSTER	CWM OGWR	F		276	SENW		79	18-SENW
277	A0577	577	26:53	SARAH	BURDETT	LES CROUPIERS	F		277	SENW		80	19-SENW
278	A0478	478	26:54	IAN	LEWIS	CWM OGWR	M	278		MM50	198		37-MM50
279	A0091	91	26:56	KATE	LEE	PENCOED PANTHERS	F		279	MW35		81	28-MW35
280	A0481	481	26:57	ROBERT	JENKINS	PORTHCAWL RUNNERS	M	280		MM50	199		38-MM50
281	A0206	206	26:59	CHRIS	CADELL	BRACKLA HARRIERS	M	281		MM40	200		45-MM40
282	A0110	110	27:04	LOUISE	HOGAN	CORNELLY STRIDERS	F		282	MW35		82	29-MW35
283	A0333	333	27:05	ANGELA	COLES	BRACKLA HARRIERS	F		283	MW45		83	21-MW45
284	A0229	229	27:05	EMMA	JACKSON	CORNELLY STRIDERS	F		284	SENW		84	20-SENW
285	A0360	360	27:06	ELIZABETH	RANDALL	LES CROUPIERS	F		285	MW35		85	30-MW35
286	A0329	329	27:07	TIM	KALE	PORTHCAWL RUNNERS	M	286		MM40	201		46-MM40
287	A0459	459	27:07	ANN	JOHN	PENCOED PANTHERS	F		287	MW45		86	22-MW45
288	A0251	251	27:09	BRETT	BONELL	CWM OGWR	M	288		SENW	202		83-SENW
289	A0018	18	27:10	JAMES	DAVIES	PENCOED TRI	M	289		SENW	203		84-SENW
290	A0388	388	27:13	NEVE	PENNELL	PENCOED PANTHERS	F		290	U20W		87	8-U20W
291	A0086	86	27:14	LAUREN	BRIGGS	PENCOED PANTHERS	F		291	SENW		88	21-SENW
292	A0280	280	27:14	STEPHANIE	MURRAY	CORNELLY STRIDERS	F		292	MW45		89	23-MW45
293	A0061	61	27:15	DIANA	PURNELL	CWM OGWR	F		293	MW35		90	31-MW35
294	A0066	66	27:16	RHIANNON	LLOYD	PENCOED PANTHERS	F		294	SENW		91	22-SENW
295	A0458	458	27:16	ALISON	JAMES	PENCOED PANTHERS	F		295	MW35		92	32-MW35
296	A0431	431	27:17	SARAH	WELLS		F		296	MW35		93	33-MW35
297	A0603	603	27:17	DAVID	MCDONALD	LES CROUPIERS	M	297		MM40	204		47-MM40
298	A0578	578	27:18	STUART	BALL	LES CROUPIERS	M	298		SENW	205		85-SENW
299	A0541	541	27:22	KRISTYN	JONES	PENCOED PANTHERS	M	299		SENW	206		86-SENW
300	A0009	9	27:24	JAMES	HUNT	BRIDGEND AC	M	300		SENW	207		87-SENW
301	A0119	119	27:24	CLAIRE	GOLDSWORTHY	CWM OGWR	F		301	MW45		94	24-MW45
302	A0220	220	27:25	MARK	HOLLOWAY	PENCOED TRI	M	302		MM40	208		48-MM40
303	A0142	142	27:25	ANDREW	WILKINS	BRACKLA HARRIERS	M	303		MM60	209		20-MM60
304	A0328	328	27:28	EIRIAN	ARWYN	LES CROUPIERS	F		304	MW55		95	8-MW55
305	A0270	270	27:29	ELIZABETH	JOHNSON	PENCOED PANTHERS	F		305	MW45		96	25-MW45
306	A0463	463	27:32	STEVE	RIDDLER	CWM OGWR	M	306		MM50	210		39-MM50
307	A0343	343	27:33	KELLY	CROFTS	LES CROUPIERS	F		307	MW35		97	34-MW35
308	A0298	298	27:33	JOANNE	HILL	PENCOED PANTHERS	F		308	SENW		98	23-SENW
309	A0589	589	27:37	RAY	JAMES	PORT TALBOT HARRIERS	M	309		MM50	211		40-MM50
310	A0230	230	27:37	ANDREA	GARRINGTON	PENCOED TRI	F		310	MW45		99	26-MW45
311	A0564	564	27:38	MARK	WORRALL	CWM OGWR	M	311		MM50	212		41-MM50
312	A0397	397	27:39	JACK	HUGHES	BRIDGEND AC	M	312		U20M	213		16-U20M
313	A0253	253	27:39	JULIANE	MORT	PORTHCAWL RUNNERS	F		313	MW35		100	35-MW35
314	A0182	182	27:42	HANNAH	MATTHEWSON	PORTHCAWL RUNNERS	F		314	MW35		101	36-MW35
315	A0237	237	27:42	SUMINA	AZAM	PENCOED TRI	F		315	MW35		102	37-MW35
316	A0259	259	27:45	JEFFREY	EVANS	CORNELLY STRIDERS	M	316		MM40	214		49-MM40
317	A0193	193	27:48	MIKE	ATKINS	PORTHCAWL RUNNERS	M	317		MM50	215		42-MM50
318	A0156	156	27:52	KERRY	DARE-EDWARDS	PORTHCAWL RUNNERS	F		318	MW45		103	27-MW45
319	A0282	282	27:55	SUSAN	RALPH	BRACKLA HARRIERS	F		319	MW45		104	28-MW45
320	A0417	417	28:02	CHERYL	GIBBINS		F		320	MW55		105	9-MW55

321	A0416	416	28:06	STEPHEN	GIBBINS	PORTHCAWL RUNNERS	M	321		MM60	216		21-MM60
322	A0345	345	28:06	KATHLEEN	EVANS	BRACKLA HARRIERS	F	322		MW65+		106	1-MW65+
323	A0238	238	28:07	AMANDA	MOORE	BRACKLA HARRIERS	F	323		MW35		107	38-MW35
324	A0059	59	28:07	SHARON	HALPIN	PENCOED PANTHERS	F	324		MW35		108	39-MW35
325	A0127	127	28:09	ANNA	HUMPHREYS	PENCOED PANTHERS	F	325		MW45		109	29-MW45
326	A0089	89	28:11	LOUISE	JAMES	PORTHCAWL RUNNERS	F	326		MW45		110	30-MW45
327	A0121	121	28:11	CHARLOTTE	WATKINS	PORTHCAWL RUNNERS	F	327		MW35		111	40-MW35
328	A0424	424	28:11	ZOE	CLANCY	PENCOED TRI	F	328		MW45		112	31-MW45
329	A0162	162	28:12	ANDREW	LAMONT	CORNELLY STRIDERS	M	329		SENW	217		88-SENW
330	A0143	143	28:12	SUSAN	WILKINS	BRACKLA HARRIERS	F	330		MW55		113	10-MW55
331	A0306	306	28:17	RACHEL	HIGGINSON	LES CROUPIERS	F	331		MW35		114	41-MW35
332	A0063	63	28:20	GARETH	PIPER	CWM OGWR	M	332		MM40	218		50-MM40
333	A0157	157	28:22	LAURA	ALLEN	BRACKLA HARRIERS	F	333		SENW		115	24-SENW
334	A0477	477	28:22	NERYS	JENKINS	CWM OGWR	F	334		MW35		116	42-MW35
335	A0362	362	28:23	KIRSTY	SONGHURST	PENCOED PANTHERS	F	335		SENW		117	25-SENW
336	A0471	471	28:23	HANNAH		BARTLE	F	336		SENW		118	26-SENW
337	A0539	539	28:27	HOLIE	MULLAN	BRIDGEND AC	F	337		U20W		119	9-U20W
338	A0467	467	28:27	ABIGAIL	MORGAN	BRIDGEND AC	F	338		U20W		120	10-U20W
339	A0123	123	28:28	ASHLEY	HOWELLS	CWM OGWR	M	339		MM40	219		51-MM40
340	A0101	101	28:28	JACKIE	LEWIS	CWM OGWR	F	340		MW55		121	11-MW55
341	A0375	375	28:30	HUW	PRICE	PORTHCAWL RUNNERS	M	341		MM40	220		52-MM40
342	A0594	594	28:34	KRIS	MARSH		M	342		SENW	221		89-SENW
343	A0447	447	28:34	JENNIFER	JONES	PORTHCAWL RUNNERS	F	343		SENW		122	27-SENW
344	A0324	324	28:36	SALLY	FILER	PORTHCAWL RUNNERS	F	344		MW55		123	12-MW55
345	A0576	576	28:37	AMANDA	ARSCOTT		F	345		SENW		124	28-SENW
346	A0090	90	28:38	GEORGINA	FRASER	CORNELLY STRIDERS	F	346		MW45		125	32-MW45
347	A0183	183	28:41	SARAH	JONES	CORNELLY STRIDERS	F	347		MW45		126	33-MW45
348	A0022	22	28:42	MATT	MURRAY	CWM OGWR	M	348		MM40	222		53-MM40
349	A0105	105	28:47	BEVERLEY	SHEARD	CWM OGWR	F	349		MW45		127	34-MW45
350	A0103	103	28:50	TONI	COSSON	PORTHCAWL RUNNERS	F	350		MW35		128	43-MW35
351	A0117	117	28:50	AMY	DAVIDSON	PENCOED PANTHERS	F	351		SENW		129	29-SENW
352	A0055	55	28:51	HEIDI	BENNETT	PORTHCAWL RUNNERS	F	352		MW35		130	44-MW35
353	A0403	403	28:51	SKYE	FORD	PORTHCAWL RUNNERS	F	353		MW35		131	45-MW35
354	A0171	171	28:52	SALLY	MURRAY	PENCOED TRI	F	354		MW45		132	35-MW45
355	A0047	47	28:53	SIAN	LAWLESS	PENCOED PANTHERS	M	355		SENW	223		90-SENW
356	A0311	311	28:54	MARTIN	GUSH	PORTHCAWL RUNNERS	M	356		MM50	224		43-MM50
357	A0355	355	28:56	RHUANYDD	CLARKE		F	357		MW35		133	46-MW35
358	A0330	330	28:57	VICTORIA	HELLING	PENCOED PANTHERS	F	358		MW35		134	47-MW35
359	A0407	407	28:59	PAULA	SMITH	PENCOED PANTHERS	F	359		MW35		135	48-MW35
360	A0339	339	29:01	JON	MARTIN	LES CROUPIERS	M	360		MM40	225		54-MM40
361	A0491	491	29:02	ODETTE	WEIR	PENCOED PANTHERS	F	361		MW45		136	36-MW45
362	A0301	301	29:10	MOLLY	ZACHARIAS	LES CROUPIERS	F	362		SENW		137	30-SENW
363	A0509	509	29:11	KAREN	JONES	LES CROUPIERS	F	363		MW35		138	49-MW35
364	A0314	314	29:15	DEBORAH	ROBERTS	PENCOED PANTHERS	F	364		MW45		139	37-MW45
365	A0490	490	29:17	LISA	LEWIS	PENCOED PANTHERS	F	365		MW35		140	50-MW35
366	A0030	30	29:19	JAMIE	BEVAN	CWM OGWR	M	366		MM40	226		55-MM40
367	A0097	97	29:21	SHAWN	CULLEN	CWM OGWR	M	367		MM40	227		56-MM40
368	A0125	125	29:23	MARK	JAMES	PORTHCAWL RUNNERS	M	368		MM50	228		44-MM50
369	A0031	31	29:26	JAYNE	POWNEY	CWM OGWR	F	369		MW45		141	38-MW45
370	A0521	521	29:29	EVE	DEVLIN	PORTHCAWL RUNNERS	F	370		SENW		142	31-SENW
371	A0547	547	29:34	KERRY	ADSHED	PENCOED PANTHERS	F	371		MW35		143	51-MW35
372	A0177	177	29:36	RITA	COLLINS	CORNELLY STRIDERS	F	372		MW55		144	13-MW55
373	A0287	287	29:37	JENNA	FRANCIS	PENCOED PANTHERS	F	373		SENW		145	32-SENW
374	A0500	500	29:40	KIRSTY	BLANCHE	PENCOED PANTHERS	F	374		MW35		146	52-MW35
375	A0245	245	29:45	STACEY	MCFARLANE		F	375		SENW		147	33-SENW
376	A0225	225	29:50	NICOLA	NICHOLAS	CORNELLY STRIDERS	F	376		SENW		148	34-SENW
377	A0020	20	30:00	KAREN	SKINLEY	PENCOED PANTHERS	F	377		MW45		149	39-MW45
378	A0476	476	30:04	LOUISE	HUGHES	PENCOED PANTHERS	F	378		MW45		150	40-MW45
379	A0454	454	30:05	SEAN	PETTY		M	379		U20M	229		17-U20M
380	A0460	460	30:17	JEFF	ASTON	LES CROUPIERS	M	380		MW70+	230		2-MW70+
381	A0551	551	30:17	JOE	KNOWNJ		M	381		SENW	231		91-SENW
382	A0411	411	30:21	DAVID	BISHOP		M	382		SENW	232		92-SENW
383	A0126	126	30:23	PHOEBE	PENNELL	PENCOED PANTHERS	F	383		U20W		151	11-U20W
384	A0582	582	30:26	ANTHONY	CAVANAGH	CWM OGWR	M	384		SENW	233		93-SENW
385	A0612	612	30:28	MIKE	OAKLEY	VEGAN RUNNERS	M	385		MM40	234		57-MM40
386	A0081	81	30:46	KIMBERLEY	DAVIES	CWM OGWR	F	386		SENW		152	35-SENW
387	A0034	34	30:47	LUCY	HANCOCK	PENCOED PANTHERS	F	387		MW35		153	53-MW35
388	A0353	353	30:52	AMANDA	THOMPSON	LES CROUPIERS	F	388		MW55		154	14-MW55
389	A0384	384	30:52	R	STACEY	LES CROUPIERS	M	389		MM50	235		45-MM50
390	A0084	84	30:53	ANDREA	RANDALL	CWM OGWR	F	390		MW45		155	41-MW45
391	A0033	33	30:53	GAIL	PRITCHARD	CWM OGWR	F	391		MW45		156	42-MW45
392	A0114	114	30:54	JOANNE		CWM OGWR	F	392		MW45		157	43-MW45
393	A0583	583	30:57	ELIZABETH	EVANS		F	393		SENW		158	36-SENW
394	A0201	201	30:59	JANET	OLLIVIER	PORTHCAWL RUNNERS	F	394		MW55		159	15-MW55
395	A0249	249	31:01	JULIAN	NOTT	PENCOED TRI	M	395		MM40	236		58-MM40
396	A0113	113	31:01	BETHAN	GRANT		F	396		U20W		160	12-U20W
397	A0605	605	31:05	TRYSTAN	BENBAR	CWM OGWR	M	397		U20M	237		18-U20M
398	A0422	422	31:09	CHARLOTTE	HARRY		F	398		SENW		161	37-SENW
399	A0077	77	31:10	SUSAN	PRESCOTT	CORNELLY STRIDERS	F	399		MW45		162	44-MW45
400	A0524	524	31:13	SHARON	BUSH		F	400		MW35		163	54-MW35

401	A0565	565	31:14	ELLEN WYN	EVANS	CWM OGWR	F		401	SENW		164	38-SENW
402	A0064	64	31:27	DAWN	HOPKINS	CWM OGWR	M	402		SENM	238		94-SENM
403	A0512	512	31:28	KAYE	PEDLER	CWM OGWR	F		403	MW35		165	55-MW35
404	A0045	45	31:32	MARY	JAYNE	PENCOED PANTHERS	F		404	SENW		166	39-SENW
405	A0180	180	31:33	JANICE	FRANCIS	BRACKLA HARRIERS	F		405	MW45		167	45-MW45
406	A0368	368	31:41	LAURA	COOMBES	LES CROUPIERS	F		406	MW35		168	56-MW35
407	A0273	273	31:41	MARNIE	MUIR	CORNELLY STRIDERS	F		407	MW45		169	46-MW45
408	A0526	526	31:50	JAYNE	HOPKINS	PORTHCAWL RUNNERS	F		408	MW55		170	16-MW55
409	A0307	307	31:56	NATASHA	JORDAN	CWM OGWR	F		409	MW35		171	57-MW35
410	A0379	379	32:06	HELEN	GRIFFITHS	CWM OGWR	F		410	MW45		172	47-MW45
411	A0227	227	32:06	RHIANNON	BUCKLEY	CWM OGWR	F		411	SENW		173	40-SENW
412	A0048	48	32:11	DENISE	BRADLEY	CWM OGWR	F		412	MW45		174	48-MW45
413	A0473	473	32:13	CLARE	WILLIAMS		F		413	MW35		175	58-MW35
414	A0492	492	32:16	ALAN	MANN	LES CROUPIERS	M	414		MM50	239		46-MM50
415	A0106	106	32:19	CARL	FIELD	PORTHCAWL RUNNERS	M	415		SENM	240		95-SENM
416	A0133	133	32:21	LINDSEY	KALE	PORTHCAWL RUNNERS	F		416	MW45		176	49-MW45
417	A0561	561	32:25	LEONI	STEVENS		F		417	U20W		177	13-U20W
418	A0056	56	32:39	ALICE	ROYTHORNE		F		418	MW65+		178	2-MW65+
419	A0269	269	32:47	DONNA	WOODGATE	PENCOED PANTHERS	M	419		MM40	241		59-MM40
420	A0192	192	32:47	KIRSTY	GORE	PENCOED PANTHERS	F		420	SENW		179	41-SENW
421	A0194	194	33:06	ANGELA	PALMER	PENCOED PANTHERS	F		421	MW35		180	59-MW35
422	A0291	291	33:09	ANDREW	BOND	PENCOED PANTHERS	M	422		SENM	242		96-SENM
423	A0202	202	33:20	STEPHANE	OLLIVIER	PORTHCAWL RUNNERS	M	423		MM40	243		60-MM40
424	A0231	231	33:30	NATALIE	CAREY	CORNELLY STRIDERS	F		424	MW35		181	60-MW35
425	A0278	278	33:40	CATH	GRIFFITHS	CWM OGWR	F		425	MW45		182	50-MW45
426	A0439	439	33:46	JANET	DAVIES		F		426	MW45		183	51-MW45
427	A0451	451	33:57	HELEN	LEWIS	PENCOED PANTHERS	F		427	MW35		184	61-MW35
428	A0404	404	34:10	REANNE	REFFELL	LES CROUPIERS	F		428	SENW		185	42-SENW
429	A0591	591	34:14	CLARE	JOHNS	PENCOED PANTHERS	F		429	MW35		186	62-MW35
430	A0161	161	34:16	JULIE	RANSOM	CWM OGWR	F		430	MW35		187	63-MW35
431	A0474	474	34:22	BRYHER	HILL	PENCOED PANTHERS	F		431	SENW		188	43-SENW
432	A0537	537	34:43	LEANNE		PENCOED PANTHERS	F		432	MW35		189	64-MW35
433	A0233	233	34:48	RACHEL	RANDALL	PENCOED PANTHERS	F		433	MW35		190	65-MW35
434	A0540	540	34:50	LOUISE	JONES	PENCOED PANTHERS	F		434	MW35		191	66-MW35
435	A0214	214	35:05	JAN	JONES	PENCOED TRI	F		435	MW55		192	17-MW55
436	A0173	173	35:06	PAT	STANLY	CWM OGWR	F		436	MW55		193	18-MW55
437	A0014	14	35:23	DAI	POWER	CWM OGWR	M	437		MM40	244		61-MM40
438	A0461	461	35:24	GEMMA	WOOLLEY		F		438	MW35		194	67-MW35
439	A0421	421	35:28	CERI	DAVIES		F		439	MW45		195	52-MW45
440	A0506	506	35:33	JAYNE	KEMBERY	CWM OGWR	F		440	MW45		196	53-MW45
441	A0391	391	35:45	MARTYN	DAVIES	CWM OGWR	M	441		SENM	245		97-SENM
442	A0268	268	36:00	AMANDA	PALLISTER	PENCOED PANTHERS	F		442	MW35		197	68-MW35
443	A0498	498	36:25	MICHELLE	ALEXANDER	CWM OGWR	F		443	MW35		198	69-MW35
444	A0095	95	36:27	LUCY	KERRY	BRIDGEND AC	F		444	MW35		199	70-MW35
445	A0024	24	36:33	LISA	JENKINS	CWM OGWR	F		445	MW35		200	71-MW35
446	A0382	382	36:35	SHARON	DELAHUNTY	CWM OGWR	F		446	MW45		201	54-MW45
447	A0272	272	36:43	VINCE	LAWLOR	CORNELLY STRIDERS	M	447		MM50	246		47-MM50
448	A0392	392	36:47	SARAH	KING	CWM OGWR	F		448	MW35		202	72-MW35
449	A0532	532	37:00	SIAN	BRIGHT		F		449	SENW		203	44-SENW
450	A0304	304	37:24	TAMMIE	CLEMETT	CWM OGWR	F		450	MW35		204	73-MW35
451	A0331	331	37:35	SARAH	WOOLLS	PENCOED PANTHERS	F		451	SENW		205	45-SENW
452	A0517	517	37:49	CERI	JAMES	CWM OGWR	F		452	MW35		206	74-MW35
453	A0093	93	37:53	RHIANNON	WHITELEY	CWM OGWR	F		453	SENW		207	46-SENW
454	A0437	437	38:06	THERESA	JONES		F		454	MW45		208	55-MW45
455	A0438	438	38:07	JANE	COPPARD		F		455	MW55		209	19-MW55
456	A0389	389	38:08	JONINE	PENNELL	PENCOED PANTHERS	F		456	MW45		210	56-MW45
457	A0118	118	38:16	KERRY		PENCOED PANTHERS	F		457	MW35		211	75-MW35
458	A0567	567	38:36	JESSICA	LAMONT	CORNELLY STRIDERS	F		458	SENW		212	47-SENW
459	A0286	286	38:47	DELYTH	WOOLCOCK	PENCOED PANTHERS	F		459	MW45		213	57-MW45
460	A0277	277	38:48	LISA	LODGE	PENCOED PANTHERS	F		460	MW45		214	58-MW45
461	A0378	378	42:27	JUSTINE	EVANS	PENCOED PANTHERS	F		461	MW35		215	76-MW35
462	A0235	235	42:31	LEAH	BOON	CWM OGWR	F		462	SENW		216	48-SENW
463	A0310	310	42:32	CAROLINE	REES	PENCOED TRI	F		463	MW35		217	77-MW35
464	A0309	309	42:43	LOUISE	WILLIS	PENCOED TRI	F		464	MW45		218	59-MW45
465	A0534	534	42:43	SAMANTHA	JURY		F		465	SENW		219	49-SENW
466	A0430	430	42:57	LU	REES		F		466	MW35		220	78-MW35
467	A0363	363	42:58	JAYNE	OAKLEY	PENCOED PANTHERS	F		467	MW45		221	60-MW45
468	A0348	348	43:04	ROXANNE	WEST	PENCOED PANTHERS	F		468	SENW		222	50-SENW
469	A0326	326	44:49	JANE	DICKINS	PENCOED PANTHERS	F		469	MW45		223	61-MW45
470	A0336	336	44:50	KATRINA	WHEELER	PENCOED PANTHERS	F		470	MW35		224	79-MW35
471	A0232	232	46:15	STEPHNE	PUDDY	PENCOED PANTHERS	F		471	MW35		225	80-MW35
472	A0549	549	47:04	NATALIE	AJAX-LEWIS		F		472	SENW		226	51-SENW
473	A0092	92	47:11	HANNAH	KINSELLA	CWM OGWR	F		473	SENW		227	52-SENW
474	A0141	141	47:11	CLAIRE	TAYLOR	CWM OGWR	F		474	MW35		228	81-MW35
475	A0205	205	49:58	JO	BETTY	CWM OGWR	F		475	SENW		229	53-SENW
476	A0088	88	50:00	VICKIE	DAVIES	CWM OGWR	F		476	SENW		230	54-SENW
477	A0065	65	51:02	PIPPA	CLARK	CWM OGWR	F		477	MW35		231	82-MW35
478	A0087	87	51:29	HELEN	PERRY	CWM OGWR	F		478	MW35		232	83-MW35