

## Event - 10k

Bib	Name	Surname	Club	Team	Gender	Category	Event	Finish Gun time	Finish Chip time	Rank Gun	Rank Gender	Rank chip	Sub Event
1	Kadar	Omar	Birchfield Harriers		Male	MS	10K	0:29:44	0:29:43	1	1	1	Elite
3	Dylan	Evans	Shaftesbury Barnet Harriers		Male	MS	10K	0:29:49	0:29:49	2	2	2	Elite
2	Dewi	Griffiths	Swansea Harriers		Male	MS	10K	0:29:54	0:29:53	3	3	3	Elite
4	Jonathan	Butler	Swansea Harriers		Male	MS	10K	0:30:35	0:30:35	4	4	4	Elite
6	Adam	Bowden	Bridgend Athletics		Male	M40	10K	0:30:49	0:30:48	5	5	5	Elite
9	Matthew	Nelson	Western Tempo		Male	MS	10K	0:31:29	0:31:29	6	6	6	Elite
3640	Matthew	Rees	Swansea Harriers		Male	M35	10K	0:31:32	0:31:32	7	7	7	
8	Felix	Mcgrath	Bristol and West AC		Male	MS	10K	0:31:41	0:31:39	8	8	8	Elite
3161	Paul	Tobin	Swansea Harriers		Male	MS	10K	0:31:44	0:31:43	9	9	9	
16	Matthew	Harvey	Swansea Harriers		Male	M40	10K	0:31:46	0:31:46	10	10	10	Elite
13	Michael	Roderick	Tri Hard Harriers		Male	MS	10K	0:31:48	0:31:47	11	11	11	Elite
15	Blair	Mcwhirter	Swansea Harriers		Male	M40	10K	0:31:53	0:31:51	12	12	12	Elite
11	Guy	Smith	Swansea Harriers		Male	MS	10K	0:31:54	0:31:53	13	13	13	Elite
805	Janos	Vranek	Aberystwyth AC		Male	MS	10K	0:31:55	0:31:53	14	14	14	
2011	Thomas	Holliday	Victoria Park Harriers and Tower Hamlets AC		Male	MS	10K	0:31:56	0:31:54	15	15	15	
2976	Tom	Boardman	Leigh Harriers & AC		Male	M35	10K	0:32:16	0:32:14	16	16	16	
20	Calli	Thackery	Hallamshire Harriers		Female	FS	10K	0:32:19	0:32:19	17	1	17	Elite
10	James	Hunt	Bridgend Athletics		Male	MS	10K	0:32:20	0:32:19	18	17	18	Elite
2767	Matthew	Verran	Swansea Harriers		Male	MS	10K	0:33:05	0:33:03	19	18	19	
3008	Nicky	Bennett	Ogmore Phoenix Runners		Male	MS	10K	0:33:25	0:33:23	20	19	20	
14	Shane	Williams	Neath Harriers		Male	MS	10K	0:33:26	0:33:24	21	20	21	Elite
12	Scott	Williams	Neath Harriers		Male	MS	10K	0:33:28	0:33:26	22	21	22	Elite
3630	Jack	Turner	Swansea Harriers		Male	MS	10K	0:33:29	0:33:28	23	22	23	
3589	Michael	Davies	Port Talbot Harriers		Male	MS	10K	0:33:39	0:33:37	24	23	24	
1335	Ollie	George	Sarn Helen		Male	MS	10K	0:33:40	0:33:40	25	24	26	
22	Jenny	Nesbitt	Pontypridd Roadents AC		Female	FS	10K	0:33:41	0:33:40	26	2	25	Elite
5	Remi	Adebayi	Newport Harriers		Male	MS	10K	0:33:56	0:33:55	28	26	28	Elite
3710	Edward	Foster	San Domenico RC		Male	MS	10K	0:34:01	0:34:01	29	27	30	
3295	Ash	Dorrington	Brighton Phoenix		Male	M35	10K	0:34:01	0:33:59	30	28	29	
1374	Neale	Denton	CDF Runners		Male	M40	10K	0:34:05	0:34:03	31	29	31	
1299	Sam	Swain	Brighton Phoenix		Male	MS	10K	0:34:11	0:34:09	32	30	32	
1903	Adam	Whittaker	CDF Runners		Male	MS	10K	0:34:20	0:34:17	33	31	33	
2634	Andrew	Cleverly	Swansea Harriers		Male	M35	10K	0:34:29	0:34:28	34	32	34	
3734	Tony	Davies	Tri Hard Harriers		Male	MS	10K	0:34:41	0:34:38	36	34	36	
24	Caryl	Edwards	Swansea Harriers		Female	F35	10K	0:34:52	0:34:52	37	3	38	Elite
453	Chris	Williams	Aberdare Valley AAC		Male	M40	10K	0:34:53	0:34:52	38	35	37	
3406	Tristan	Hearsey	Tri Hard Harriers		Male	MS	10K	0:34:56	0:34:53	39	36	39	
3231	Peter	Douglass	Western Tempo		Male	MS	10K	0:34:56	0:34:54	40	37	40	
1302	Jake	Lynock	Carmarthen & District Harriers		Male	MJ	10K	0:34:56	0:34:54	41	38	41	
3740	Robert	Atkin	Bridgend Athletics		Male	M40	10K	0:35:03	0:34:57	43	40	43	
1831	Lee	Aherne	Parc Bryn Bach Running Club		Male	M55	10K	0:35:08	0:35:06	44	41	44	
3720	Phil	Morris	Builth & District		Male	M40	10K	0:35:20	0:35:17	45	42	45	
3407	Thomas	Loynes	Neath Harriers		Male	MJ	10K	0:35:32	0:35:29	48	45	48	
3510	Arwel	Evans	Les Croupiers		Male	MS	10K	0:35:34	0:35:30	49	46	49	
1042	Tim	Spencer	Aberdare Valley AAC		Male	MS	10K	0:35:41	0:35:40	50	47	50	
1881	Ryan	Cullen	Pontypridd Roadents AC		Male	M35	10K	0:35:45	0:35:41	51	48	51	
26	Olivia	Tsim	Pontypridd Roadents AC		Female	FS	10K	0:35:45	0:35:45	52	4	52	Elite
2838	Daniel	Morgan	Swansea Harriers		Male	M35	10K	0:35:49	0:35:46	53	49	53	
28	Lauren	Cooper	Western Tempo		Female	FS	10K	0:36:02	0:36:02	55	5	56	Elite
2625	Patrick	Tudor	Swansea Harriers		Male	M35	10K	0:36:11	0:36:06	56	51	57	

2204	Matthew	Williams	Rhondda Valley Runners		Male	M35	10K	0:36:15	0:36:08	58	53	59	
27	Kate	Roberts	Swansea Harriers		Female	F35	10K	0:36:17	0:36:15	60	6	60	Elite
2839	Gareth	Poston	Port Talbot Harriers		Male	M40	10K	0:36:21	0:36:17	61	55	61	
3676	Christopher	Melbourne	Neath Harriers		Male	M5	10K	0:36:26	0:36:24	62	56	63	
3479	Andrew	Brain	Run4All Neath		Male	M45	10K	0:36:26	0:36:22	63	57	62	
29	Megan	Williams	Aberdare Valley AAC		Female	FS	10K	0:36:34	0:36:34	65	7	67	Elite
1709	Darren	Lewis	Port Talbot Harriers		Male	M45	10K	0:36:35	0:36:30	66	59	65	
2853	Ryan	Worlock-morgan	Parc Bryn Bach Running Club		Male	M5	10K	0:36:35	0:36:32	67	60	66	
450	Edward	Land	Aberystwyth AC		Male	M40	10K	0:36:37	0:36:35	68	61	69	
3487	Hannah	Williams	Swansea Harriers		Female	FS	10K	0:36:40	0:36:35	69	8	68	
2107	Chris	Tones	Run4All Neath		Male	M35	10K	0:36:47	0:36:43	70	62	71	
3817	Jamie	Lewis	Port Talbot Harriers		Male	M35	10K	0:36:48	0:36:42	71	63	70	
3191	Daniel	May	Cardiff Athletics		Male	MJ	10K	0:36:50	0:36:47	73	65	74	
512	Samuel	Boyce	Cardiff Athletics		Male	MJ	10K	0:36:50	0:36:46	74	66	73	
2969	Ricci	Watts	Pont-Y-Pwl & District Runners		Male	M35	10K	0:36:54	0:36:50	75	67	75	
30	Donna	Morris	Builth & District		Female	F40	10K	0:36:57	0:36:55	76	9	77	Elite
3215	Michael	Riley	Les Croupiers		Male	M45	10K	0:37:02	0:37:01	77	68	78	
3491	Rhys	Thomas	Headington RR		Male	M5	10K	0:37:02	0:36:53	78	69	76	
419	Lewis	Hackney	Run4All Neath		Male	M5	10K	0:37:18	0:37:13	79	70	79	
3162	David	James	Les Croupiers		Male	M65	10K	0:37:19	0:37:15	80	71	80	
31	Ffion	Williams	Port Talbot Harriers		Female	FS	10K	0:37:20	0:37:15	81	10	81	Elite
3529	Owen	Davies	Swansea Harriers		Male	M45	10K	0:37:32	0:37:25	82	72	82	
2211	Ashley	Temudo	Caldicot Running Club		Male	M5	10K	0:37:35	0:37:32	83	73	86	
2421	Mathew	Jeffery	Bridgend Athletics		Male	M35	10K	0:37:42	0:37:36	86	76	87	
3620	Mike	Gleeson	Swansea Harriers		Male	M50	10K	0:37:45	0:37:39	88	78	89	
2710	Matthew	Phillips	Llanelli AC		Male	M35	10K	0:37:46	0:37:37	89	79	88	
545	Hywel	Longman	Swansea Harriers		Male	M5	10K	0:37:48	0:37:43	91	81	90	
2657	Jon	Belcher	Lliswerry Runners		Male	M45	10K	0:37:53	0:37:49	92	82	92	
2344	Scott	Elvins	Port Talbot Harriers		Male	M5	10K	0:38:04	0:37:59	93	83	93	
3538	Matthew	Blackmore	Port Talbot Harriers		Male	M45	10K	0:38:09	0:38:04	95	85	94	
2481	Marc	Wachter	Caldicot Running Club		Male	M40	10K	0:38:13	0:38:09	97	87	98	
834	Thomas	Morris	Swansea Harriers		Male	M35	10K	0:38:15	0:38:08	98	88	97	
1765	Wayne	Lewis	Amman Valley Harriers		Male	M45	10K	0:38:20	0:38:17	99	89	99	
3163	Haydn	O'reilly	Builth & District		Male	M45	10K	0:38:22	0:38:19	100	90	101	
3384	Simon	Brewer	Swansea Harriers		Male	M50	10K	0:38:25	0:38:20	102	92	102	
2619	Richard	Phillips	Trots		Male	M45	10K	0:38:27	0:38:22	103	93	103	
2052	Simon	Jones	3M Gorseinon Road Runners		Male	M40	10K	0:38:32	0:38:24	104	94	104	
1088	Tom	Bacon	Swansea Harriers		Male	M5	10K	0:38:37	0:38:31	106	96	106	
3157	Ashleigh	Willis	Swansea Harriers		Female	FS	10K	0:38:40	0:38:35	107	11	108	
770	Thomas	Reece	Team Bath Athletic Club		Male	MJ	10K	0:38:43	0:38:38	110	99	110	
936	James	Jones	Builth & District		Male	M5	10K	0:38:44	0:38:41	111	100	112	
3147	Vaughn	Hughes	Newport Harriers		Male	MJ	10K	0:38:44	0:38:39	112	101	111	
431	Joshua	Barnett	Carmarthen & District Harriers		Male	MJ	10K	0:38:47	0:38:46	113	102	116	
3575	Victor	Garrick	Lliswerry Runners		Male	M35	10K	0:38:50	0:38:43	114	103	114	
2594	Mattias	Jonsson	Swansea Harriers		Male	M45	10K	0:38:51	0:38:45	115	104	115	
3559	Ava	Davies	Swansea Harriers		Female	FJ	10K	0:38:53	0:38:48	116	12	119	
2390	Anthony	Jones	Swansea Harriers		Male	M5	10K	0:38:54	0:38:48	118	106	118	
3498	Jai	Tsim	Pontypridd Roadents AC		Male	M35	10K	0:38:56	0:38:48	120	108	117	
3234	Mai	Davies	Swansea Harriers		Female	FJ	10K	0:38:58	0:38:51	121	13	121	
776	Martin	Bennett	3M Gorseinon Road Runners		Male	M40	10K	0:39:05	0:38:58	123	110	123	
2141	Sophie	Hartley-green	Swansea Harriers		Female	FJ	10K	0:39:10	0:39:04	124	14	125	
3150	Alun	Williams	Porthcawl Runners		Male	M45	10K	0:39:22	0:39:13	128	114	128	
2877	George	Watkins	CDF Runners		Male	M5	10K	0:39:27	0:39:17	129	115	129	
3592	Colin	Parry	Forest of Dean AC		Male	M45	10K	0:39:29	0:39:24	130	116	131	
2914	Chris	Myers	Porthcawl Runners		Male	M35	10K	0:39:35	0:39:26	132	118	134	

3412	Gareth	Thomas	Tri Hard Harriers		Male	M5	10K	0:39:35	0:39:25	133	119	133	
3837	Emyr	Bissmire	Ogmore Phoenix Runners		Male	M5	10K	0:39:36	0:39:27	134	120	135	
2301	Peter	Coles	Pontypridd Roadents AC		Male	M60	10K	0:39:37	0:39:33	135	121	140	
442	Owen	Davies	Les Croupiers		Male	M35	10K	0:39:38	0:39:29	136	122	136	
955	Naomi	Sutton	Run4All Neath		Female	F5	10K	0:39:40	0:39:34	137	15	142	
2359	Stephen	Bartlett	Aberdare Valley AAC		Male	M55	10K	0:39:40	0:39:32	138	123	138	
646	Sam	Jenkins	Tri Hard Harriers		Male	M5	10K	0:39:41	0:39:30	139	124	137	
3175	Daniel	Luffman	Les Croupiers		Male	M50	10K	0:39:42	0:39:38	140	125	144	
3261	Jeffrey	Thomas	Porthcawl Runners		Male	M55	10K	0:39:47	0:39:42	143	128	148	
3761	Adam	Kearns	Ogmore Phoenix Runners		Male	M5	10K	0:39:51	0:39:42	146	130	149	
2024	Robert	Rees	Neath Harriers		Male	M50	10K	0:39:51	0:39:47	147	131	151	
2464	Adam	Jenkins	Tri Hard Harriers		Male	M35	10K	0:39:54	0:39:46	149	133	150	
1614	Ritchie	Wells	Lliswerry Runners		Male	M5	10K	0:40:00	0:39:39	152	136	146	
1768	Ryan	Bunce	Brackla Harriers		Male	M5	10K	0:40:04	0:39:51	154	138	154	
3723	Jonathan	Anstee	CDF Runners		Male	M5	10K	0:40:04	0:39:53	155	139	156	
3678	Sarah	Howard	Port Talbot Harriers		Female	F5	10K	0:40:06	0:40:01	156	17	161	
2909	Ben	Smith	Swansea Harriers		Male	M5	10K	0:40:07	0:39:53	158	141	155	
2059	Gareth	Parry	3M Gorseinon Road Runners		Male	M40	10K	0:40:08	0:40:02	159	142	162	
1743	Matthew	O'leary	Cornelly Striders AC		Male	M5	10K	0:40:09	0:39:56	160	143	158	
1676	Sally	Pugsley	Porthcawl Runners		Female	F5	10K	0:40:11	0:40:03	163	18	163	
2932	Jeffrey	Cox	Les Croupiers		Male	M60	10K	0:40:22	0:40:17	165	147	169	
819	Graham	Vyner	Run4All Neath		Male	M55	10K	0:40:26	0:40:20	168	150	170	
747	Matt	Regan	Pontypridd Roadents AC		Male	M40	10K	0:40:27	0:40:17	169	151	168	
2327	Rhys	Mumford	Porthcawl Runners		Male	M5	10K	0:40:34	0:40:27	170	152	172	
1424	Simon	Coombes	Swansea Harriers		Male	M45	10K	0:40:36	0:40:06	171	153	164	
3173	Armored	Jackson	Les Croupiers		Female	F5	10K	0:40:38	0:40:29	173	19	173	
2627	Paul	Williams	Aberystwyth AC		Male	M55	10K	0:40:40	0:40:36	174	155	175	
1648	Tracey	Breedon	Aberystwyth AC		Female	F45	10K	0:40:48	0:40:44	177	21	183	
2521	Sophie	Cook	Builth & District		Female	F40	10K	0:40:53	0:40:47	179	22	184	
2190	Jeremy	Thomas	Les Croupiers		Male	M60	10K	0:41:05	0:41:00	187	164	193	
3778	Elinor	Mattey	Amman Valley Harriers		Female	F5	10K	0:41:07	0:41:03	188	24	195	
3233	Ella	Davies	Swansea Harriers		Female	F5	10K	0:41:11	0:41:07	191	25	197	
2503	Adrian	Rees	Run4All Neath		Male	M50	10K	0:41:12	0:41:06	192	167	196	
3393	Elinor	Keetch	Pontypridd Roadents AC		Female	F40	10K	0:41:12	0:40:55	193	26	188	
2785	Nicola	Jukes	Parc Bryn Bach Running Club		Female	F50	10K	0:41:17	0:41:13	194	27	199	
3366	Tenniel	O'brien	Tri Hard Harriers		Male	M45	10K	0:41:29	0:41:00	198	171	194	
1458	David	Hutchings	Egdon Heath Harriers		Male	M55	10K	0:41:39	0:41:29	199	172	200	
1980	Helen-marie	Davies	Swansea Harriers		Female	F45	10K	0:41:46	0:41:31	201	28	201	
1459	Julie	Wargent	Egdon Heath Harriers		Female	F50	10K	0:41:52	0:41:42	204	29	205	
2650	Ami	Peyton Jones	Plymouth Harriers		Female	F40	10K	0:41:57	0:41:43	205	30	208	
3677	Amy	Concannon	Alchester Running Club		Female	F5	10K	0:42:00	0:41:52	209	31	216	
3717	Huw	Davies	Carmarthen & District Harriers		Male	M50	10K	0:42:01	0:41:50	210	179	213	
2899	Lowenna	Taylor	Caerleon RC		Female	F35	10K	0:42:03	0:41:56	212	32	219	
199	Jonathan	Monk	Pontypridd Roadents AC	Admiral	Male	M40	10K	0:42:05	0:41:52	214	182	215	
2127	Scott	Bamsey	Port Talbot Harriers		Male	M35	10K	0:42:08	0:41:46	216	184	210	
2549	Chris	Lewis	Port Talbot Harriers		Male	M45	10K	0:42:11	0:42:05	218	185	227	
3492	Hywel	Edwards	San Domenico RC		Male	M50	10K	0:42:11	0:42:04	219	186	224	
1266	Stuart	Booker	Swansea Harriers		Male	M5	10K	0:42:17	0:41:58	223	190	221	
2341	Katy	Griffiths	Bridgend Athletics		Female	FJ	10K	0:42:20	0:42:13	224	34	231	
878	Amy	Bridle	Run4All Neath		Female	F5	10K	0:42:20	0:42:09	225	35	229	
1087	Paul	Jenkins	3M Gorseinon Road Runners		Male	M45	10K	0:42:23	0:41:58	228	193	222	
3334	Steve	Davies	Pont-Y-Pwl & District Runners		Male	M60	10K	0:42:28	0:42:24	229	194	239	
3336	Jamie	Verran	Ogmore Phoenix Runners		Male	M5	10K	0:42:31	0:42:17	230	195	235	
3561	Stephanie	Davies	Pontypridd Roadents AC		Female	F5	10K	0:42:33	0:42:18	231	36	236	
3478	Daniel	Thomas	Swansea Harriers		Male	M5	10K	0:42:34	0:42:16	232	196	234	

752	Gavin	Davies	3M Gorseinon Road Runners		Male	M60	10K	0:42:35	0:42:27	233	197	241	
2337	Anthony	Rabaiotti	Port Talbot Harriers		Male	M35	10K	0:42:36	0:42:15	235	199	232	
1598	Leah	Stephens	Les Croupiers		Female	F40	10K	0:42:38	0:42:26	236	37	240	
3074	Vaughan	Tbc	Run4All Neath		Male	M5	10K	0:42:39	0:42:31	237	200	244	
2584	Gareth	Evans	Port Talbot Harriers		Male	M35	10K	0:42:40	0:42:20	238	201	237	
3776	Richard	Matthews	Aberdare Valley AAC		Male	M50	10K	0:42:42	0:42:10	239	202	230	
1228	Mark	Hiddlestone	Port Talbot Harriers		Male	M50	10K	0:42:46	0:42:23	242	205	238	
2193	Huw	Steadman	Parc Bryn Bach Running Club		Male	M55	10K	0:42:47	0:42:42	244	207	254	
2557	Rachel	Bowen	Lliswerry Runners		Female	F45	10K	0:42:51	0:42:32	246	38	245	
2727	Dave	Jones	Swansea Harriers		Male	M5	10K	0:42:53	0:42:35	248	210	248	
2754	Damian	Grinter	Tamar Trotters		Male	M5	10K	0:42:54	0:42:34	249	211	246	
1316	David	Waters	Islwyn RC		Male	M50	10K	0:42:56	0:42:44	252	214	255	
639	Clare	Phillips	Port Talbot Harriers		Female	F50	10K	0:42:56	0:42:48	253	39	259	
2323	Matthew	Watkins	Les Croupiers		Male	M35	10K	0:42:58	0:42:51	254	215	262	
632	Lily	Williams	Neath Harriers		Female	FJ	10K	0:42:58	0:42:45	256	40	256	
157	Jesse	Andrews	CDF Runners	Admiral	Male	M40	10K	0:43:06	0:42:42	259	219	252	
3351	Jason	Dickinson	Vegan Runners UK		Male	M55	10K	0:43:07	0:43:00	260	220	264	
1413	Michelle	Cole	3M Gorseinon Road Runners		Female	F45	10K	0:43:10	0:43:02	262	41	267	
3012	Tammi	Preece	Parc Bryn Bach Running Club		Female	F40	10K	0:43:11	0:42:54	263	42	263	
3816	Darren	Stevens	Merthyr Running Club		Male	M50	10K	0:43:11	0:43:01	265	223	266	
604	Paul	Chappell	Cornelly Striders AC		Male	M50	10K	0:43:15	0:43:01	266	224	265	
3149	Susan	Watson	Les Croupiers		Female	F55	10K	0:43:21	0:43:08	268	44	272	
1263	Mark	Williams	Clwb Rhedeg Pontardawe RC		Male	M55	10K	0:43:22	0:43:08	269	225	273	
1647	Jonathan	Gravell	Sospan Road Runners		Male	M50	10K	0:43:24	0:43:11	272	227	276	
3451	Dane	Phelps	3M Gorseinon Road Runners		Male	M5	10K	0:43:28	0:43:14	275	230	280	
668	Alun	Cox	Port Talbot Harriers		Male	M55	10K	0:43:31	0:43:09	278	233	274	
507	Katie	Williams	3M Gorseinon Road Runners		Female	F45	10K	0:43:32	0:43:14	279	46	279	
1960	Neil	Beynon	Parc Bryn Bach Running Club		Male	M50	10K	0:43:43	0:43:39	283	237	305	
2555	Haley	Lawton	3M Gorseinon Road Runners		Female	F35	10K	0:43:45	0:43:37	284	47	304	
2104	Stuart	Davies	3M Gorseinon Road Runners		Male	M45	10K	0:43:49	0:43:30	289	242	290	
2329	Keith	Coleman	Ogmore Phoenix Runners		Male	M50	10K	0:43:50	0:43:31	291	244	292	
3795	Stephen	Price	Parc Bryn Bach Running Club		Male	M55	10K	0:43:51	0:43:45	293	246	311	
3246	Peter	Osborne	Llanelli AC		Male	M60	10K	0:43:52	0:43:35	296	249	299	
3670	Tygan	Davies	Carmarthen & District Harriers		Male	MJ	10K	0:43:53	0:43:41	297	250	307	
3192	Paul	May	Cornelly Striders AC		Male	M55	10K	0:44:01	0:43:35	302	255	300	
3636	Luke	Davies	Pont-Y-Pwl & District Runners		Male	M5	10K	0:44:04	0:43:56	306	258	323	
2963	Bianca	Kronemann	Tri Hard Harriers		Female	FS	10K	0:44:08	0:43:57	311	50	325	
3311	Lee	Edwards	3M Gorseinon Road Runners		Male	M40	10K	0:44:10	0:43:49	312	262	315	
3322	Mark	Thomas	Bridgend Athletics		Male	M55	10K	0:44:13	0:43:57	316	266	324	
464	Mathew	Jones	Llanelli AC		Male	M45	10K	0:44:15	0:43:51	317	267	319	
3352	Tori	Barry	Swansea Harriers		Female	F35	10K	0:44:16	0:44:01	318	51	330	
2108	Nichola Louis	Wilcox	Port Talbot Harriers		Female	F45	10K	0:44:21	0:44:09	325	54	336	
2796	Samantha	Healy	Port Talbot Harriers		Female	F50	10K	0:44:21	0:44:10	327	55	338	
3496	Louise	Mordue	Porthcawl Runners		Female	F40	10K	0:44:23	0:44:05	329	56	333	
2753	Mandy	Morris	Neath Harriers		Female	F50	10K	0:44:28	0:44:17	331	57	341	
1600	Freek	Van Arkel	Cambridge & Coleridge AC		Male	M5	10K	0:44:35	0:44:18	336	279	345	
1820	Kevin	Watson	3M Gorseinon Road Runners		Male	M50	10K	0:44:36	0:44:17	337	280	342	
1402	Kimberley	Price	Parc Bryn Bach Running Club		Female	F40	10K	0:44:36	0:44:19	338	58	346	
3159	Delyth	Williams	San Domenico RC		Female	F35	10K	0:44:43	0:43:44	346	59	309	
3644	Richard	Marks	Sarn Helen		Male	M70	10K	0:44:50	0:44:32	350	290	357	
3444	Elysia	Pearson	Westbury Harriers		Female	FS	10K	0:44:56	0:44:45	353	61	366	
614	Jamie	Hughes	Run4All Neath		Male	M40	10K	0:45:02	0:44:30	357	295	355	
925	Barry	Griffiths	Brecon AC		Male	M55	10K	0:45:06	0:44:42	363	301	363	
598	Steve	Davies	Port Talbot Harriers		Male	M55	10K	0:45:06	0:44:51	364	302	374	
3201	Beth	Jones	Parc Bryn Bach Running Club		Female	FS	10K	0:45:07	0:45:04	366	63	385	

3387	Chloe	Piggott	Aberdare Valley AAC		Female	FS	10K	0:45:07	0:44:46	367	64	369	
3489	Aimee	Ferguson	Aberdare Valley AAC		Female	F35	10K	0:45:13	0:44:48	374	65	372	
3731	Charlotte	Moran	Caerleon RC		Female	F45	10K	0:45:16	0:44:50	377	66	373	
2489	Catherine	Stephens	Bridgend Athletics		Female	F50	10K	0:45:26	0:45:13	381	67	392	
927	Rhys	Jones	Pontyclun Road Runners		Male	M5	10K	0:45:31	0:45:04	385	318	384	
3807	Geraint	Torrington	Westbury Harriers		Male	M50	10K	0:45:32	0:45:23	387	320	403	
2361	Alex	Orford	Pontypridd Roadents AC		Male	M5	10K	0:45:34	0:45:19	391	323	398	
764	James	Bennett	3M Gorseinon Road Runners		Male	M5	10K	0:45:42	0:45:20	396	327	400	
2010	Nia	Thomas	Neath Harriers		Female	FJ	10K	0:45:43	0:45:13	397	70	393	
2078	James	Lowery	Port Talbot Harriers		Male	M5	10K	0:45:46	0:45:15	399	329	396	
2714	David	Rees	Swansea Harriers		Male	M45	10K	0:45:52	0:45:41	401	331	416	
3798	Kay	Chapman	Les Croupiers		Female	F55	10K	0:45:55	0:45:26	402	71	404	
3577	Andy	Rees	3M Gorseinon Road Runners		Male	M60	10K	0:45:57	0:45:36	404	333	413	
264	Wynne	Jones	Amman Valley Harriers	Admiral	Male	M55	10K	0:45:58	0:45:34	405	334	412	
1957	Yvonne	Mcdermott Rees	Swansea Harriers		Female	F35	10K	0:45:59	0:45:22	406	72	402	
2055	Flo	Taylor	Swansea Harriers		Female	FS	10K	0:46:05	0:45:48	410	73	422	
630	Christopher	Colley	Alton Runners		Male	M40	10K	0:46:06	0:45:43	411	338	419	
1557	Mark	Allen	Reading Roadrunners		Male	M60	10K	0:46:06	0:45:33	412	339	411	
1485	Bethan	Richardson	Pont-Y-Pwl & District Runners		Female	F35	10K	0:46:10	0:45:47	416	74	421	
3799	Paul	Chapman	Les Croupiers		Male	M50	10K	0:46:11	0:45:42	418	344	418	
1137	Mark	Roberts	Brecon AC		Male	M60	10K	0:46:15	0:46:02	420	345	434	
438	Daniel	Jones	Chepstow Harriers		Male	M45	10K	0:46:19	0:45:55	423	348	429	
2815	Megan	Chick	Tri Hard Harriers		Female	FS	10K	0:46:19	0:45:49	424	76	425	
3645	Ethan	Matthews	Celtic Tri		Male	MJ	10K	0:46:25	0:46:05	427	351	437	
2731	Lois	Woodward	Swansea Harriers		Female	F40	10K	0:46:34	0:46:21	433	78	450	
3284	Trevor	Hay	Aberdare Valley AAC		Male	M60	10K	0:46:36	0:46:18	436	357	446	
710	Chris	Clanfield	Run4All Neath		Male	M50	10K	0:46:45	0:45:49	442	362	424	
2140	Julie	Hartley-green	Swansea Harriers		Female	F45	10K	0:47:04	0:46:57	455	82	486	
426	Dorian	Waters	Parc Bryn Bach Running Club		Male	M55	10K	0:47:13	0:46:31	460	378	463	
2849	Iestyn	Waters	Parc Bryn Bach Running Club		Male	M5	10K	0:47:13	0:46:31	461	379	464	
3397	Lottie	Robinson	Swansea Harriers		Female	FJ	10K	0:47:15	0:47:01	464	83	493	
2000	Andrew	Cadmore	Brecon AC		Male	M50	10K	0:47:23	0:46:46	472	388	475	
2520	Jane	Sheldon	Penarth & Dinas Runners		Female	F50	10K	0:47:41	0:47:26	493	89	513	
2452	Nina	Brocklebank	Swansea Harriers		Female	F50	10K	0:47:50	0:47:27	500	90	515	
3158	Steve	Smith	Swansea Harriers		Male	M60	10K	0:47:50	0:47:29	501	411	519	
1230	Michelle	Gooch	Pont-Y-Pwl & District Runners		Female	F55	10K	0:47:51	0:47:37	504	91	526	
3409	Adrian	Novis	3M Gorseinon Road Runners		Male	M55	10K	0:48:17	0:47:44	520	429	539	
3375	Heath	Brett	Swansea Harriers		Male	M50	10K	0:48:19	0:47:44	521	430	537	
1371	Amy	Tucker	Llanelli AC		Female	FS	10K	0:48:19	0:47:54	522	92	549	
1592	Corissa	Smith	Trots		Female	FS	10K	0:48:26	0:48:09	530	94	565	
3255	Simon	Thomas	Paul Popham Running Club		Male	M60	10K	0:48:39	0:48:06	544	450	560	
3642	Angus	Humber	Tri Hard Harriers		Male	M5	10K	0:48:46	0:46:39	555	459	471	
492	Simon	Treharne	Paul Popham Running Club		Male	M60	10K	0:48:56	0:48:21	563	466	580	
2690	Mark	Gabb	Celtic Tri		Male	M45	10K	0:49:00	0:48:25	569	471	587	
3713	Alun	Jones	Porthcawl Runners		Male	M50	10K	0:49:10	0:48:50	578	479	630	
2460	Sion	Whitecross	Amman Valley Harriers		Male	M5	10K	0:49:13	0:48:22	581	481	582	
3079	Ffion	Griffiths	Amman Valley Harriers		Female	FS	10K	0:49:14	0:48:39	584	101	607	
1805	Lucy	Abrahams	Paul Popham Running Club		Female	F45	10K	0:49:14	0:48:34	587	103	599	
982	Sian	Stephens	Neath Harriers		Female	F50	10K	0:49:21	0:48:34	600	107	598	
408	Kris	Heaven	Swansea Harriers		Male	M35	10K	0:49:25	0:48:49	606	497	625	
3399	Bob	Gwynnett-davies	3M Gorseinon Road Runners		Male	M45	10K	0:49:25	0:48:43	609	500	611	
3588	David	Jones	Port Talbot Harriers		Male	M35	10K	0:49:28	0:48:53	613	503	632	
3749	Clare	Moseley	Tri Hard Harriers		Female	FS	10K	0:49:32	0:48:54	614	111	638	
2255	Leah	Parker-wills	Porthcawl Runners		Female	F35	10K	0:49:34	0:49:12	619	113	671	
3562	Andrew	Davies	Pontypridd Roadents AC		Male	M60	10K	0:49:34	0:49:15	620	507	677	

3755	Jonathan	Pearn	Run4All Neath		Male	M60	10K	0:49:36	0:48:53	625	511	633	
420	Jade	Hackney	Run4All Neath		Female	FS	10K	0:49:38	0:48:39	630	115	606	
532	Nathan	Williams	3M Gorseinon Road Runners		Male	M45	10K	0:49:52	0:49:06	649	530	658	
3218	Thomas	Jefford	Run4All Neath		Male	M5	10K	0:49:52	0:49:03	651	532	655	
2035	Clare	Baxter	3M Gorseinon Road Runners		Female	F40	10K	0:50:05	0:49:21	673	123	688	
2865	Mark	Faulkner	Lliswerry Runners		Male	M60	10K	0:50:08	0:49:33	682	559	702	
428	Nicola	Rowe	3M Gorseinon Road Runners		Female	F50	10K	0:50:11	0:49:27	688	124	695	
3242	Richard	Scott	Port Talbot Harriers		Male	M45	10K	0:50:13	0:49:20	691	565	686	
2381	Francesca	Newman	3M Gorseinon Road Runners		Female	F55	10K	0:50:13	0:49:28	692	127	696	
2187	Matthew	Furber	Parc Bryn Bach Running Club		Male	M5	10K	0:50:15	0:49:52	696	569	730	
3493	Paul	Adams	Caerleon RC		Male	M45	10K	0:50:19	0:49:52	701	574	732	
1775	Daisy	Anderson	Swansea Harriers		Female	FJ	10K	0:50:21	0:50:03	704	128	751	
3266	Kelly	Ruck	Forest of Dean AC		Female	F35	10K	0:50:27	0:49:59	713	130	741	
2601	Rebekah	Miles	Les Croupiers		Female	F40	10K	0:50:30	0:49:53	717	131	733	
2775	Catherine	Gilbert	Brecon AC		Female	F50	10K	0:50:34	0:50:17	719	132	771	
1821	Natalie	Jones	Tri Hard Harriers		Female	F35	10K	0:50:35	0:50:05	722	134	755	
2106	Neil	Wilkins	Port Talbot Harriers		Male	M50	10K	0:50:36	0:49:45	724	590	721	
2772	Owain	James	Celtic Tri		Male	MJ	10K	0:50:41	0:50:21	729	594	779	
1983	Laura	Miles	Port Talbot Harriers		Female	F35	10K	0:50:44	0:50:12	731	136	765	
2884	Martin	Stark	Pont-Y-Pwl & District Runners		Male	M55	10K	0:50:55	0:50:11	743	601	763	
2221	Megan	Hopkins	Porthcawl Runners		Female	FS	10K	0:50:59	0:50:20	748	143	775	
1169	Julian	Halloran	Port Talbot Harriers		Male	M55	10K	0:50:59	0:50:08	749	606	757	
2496	Roger	Silk	Clwb Rhedeg Pontardawe RC		Male	M65	10K	0:51:14	0:50:26	765	618	784	
3847	Lisa	Wells	Pontardawe Running Club		Female	FS	10K	0:51:17	0:50:41	767	148	807	
3420	Katherine	Axten	CDF Runners		Female	FS	10K	0:51:17	0:50:26	768	149	786	
2895	Tony	Derrick	Caerleon RC		Male	M50	10K	0:51:20	0:50:38	774	623	803	
597	Barrie	Parham	Griffithstown Harriers		Male	M75	10K	0:51:20	0:50:35	776	625	798	
208	Matthew	Brown	Tri Hard Harriers	Admiral	Male	M35	10K	0:51:36	0:50:10	796	643	761	
680	Hannah	Lewis	Run4All Neath		Female	F35	10K	0:51:45	0:50:54	804	156	820	
2880	Michael	Bevan	Dragons Running Club		Male	M50	10K	0:51:50	0:51:20	808	652	844	
2145	Paul	Morris	Pont-Y-Pwl & District Runners		Male	M55	10K	0:51:54	0:51:10	815	658	833	
2133	Grace	Morgan	Porthcawl Runners		Female	FS	10K	0:51:57	0:50:56	818	158	822	
3653	Martina	Ruzzier	Paul Popham Running Club		Female	FS	10K	0:52:08	0:51:24	827	160	848	
2893	Steve	Dance	Caerleon RC		Male	M55	10K	0:52:19	0:51:38	834	672	863	
1399	Sophie	Beresford	Paul Popham Running Club		Female	FS	10K	0:52:20	0:51:25	835	163	849	
1981	Diane	Ridgeway	3M Gorseinon Road Runners		Female	F55	10K	0:52:24	0:51:39	840	164	865	
2124	Keith	Verheyden	Fetch Everyone		Male	M60	10K	0:52:28	0:51:36	844	679	862	
2652	Anthony	Coker	Paul Popham Running Club		Male	M45	10K	0:52:33	0:51:27	851	683	850	
3377	Kevin	Bradfield	Parc Bryn Bach Running Club		Male	M55	10K	0:52:45	0:51:15	867	692	838	
1497	Kwok	Lee	Run4All Neath		Male	M45	10K	0:52:54	0:52:07	873	697	898	
864	Phillip	Stanley	UTS Running Club		Male	M60	10K	0:52:55	0:51:33	875	699	858	
1590	Catherine	Thomas	Run4All Neath		Female	FS	10K	0:52:58	0:51:56	879	178	885	
874	Millicent	Fakande	Swansea Harriers		Female	FS	10K	0:53:06	0:52:13	884	179	902	
3752	Ben	Batchelor	Ogmore Phoenix Runners		Male	M5	10K	0:53:06	0:52:22	885	706	913	
690	Mark	Williamson	Forest of Dean AC		Male	M60	10K	0:53:12	0:50:57	888	708	824	
2527	Jonathan	Gibbs	Port Talbot Harriers		Male	M50	10K	0:53:18	0:52:22	896	714	914	
2468	Eleri	Powell	Brackla Harriers		Female	FS	10K	0:53:22	0:52:28	902	183	929	
967	Sharon	Dorling	Somer AC		Female	F50	10K	0:53:26	0:52:36	905	184	940	
2218	Ben	Hughes	Port Talbot Harriers		Male	M5	10K	0:53:30	0:52:44	910	724	949	
1531	Mike	Griffiths	Celtic Tri		Male	M50	10K	0:53:32	0:52:58	916	728	964	
1440	Zoe	Hoskins	Cornelly Striders AC		Female	FS	10K	0:53:33	0:52:48	918	189	954	
3615	Sarah	Cooper	CDF Runners		Female	FS	10K	0:53:36	0:52:33	922	190	933	
1294	Stacy	Jones	Brecon AC		Female	F40	10K	0:53:39	0:52:28	924	191	928	
3797	Christopher	Simons	3M Gorseinon Road Runners		Male	M35	10K	0:53:40	0:52:54	925	734	961	
2656	Jared	Delbridge	CDF Runners		Male	M5	10K	0:53:48	0:51:29	939	745	853	

2028	John	Davies	Port Talbot Harriers		Male	M40	10K	0:53:54	0:52:55	946	752	962	
3309	Natalie	Coughlan	Swansea Harriers		Female	FJ	10K	0:54:08	0:52:25	956	199	916	
935	Michelle	Spencer-howells	Amman Valley Harriers		Female	F45	10K	0:54:12	0:53:15	959	201	985	
2699	Philip	Wells	Run4All Neath		Male	M5	10K	0:54:13	0:52:35	961	760	938	
2697	Jennet	James	Cornelly Striders AC		Female	F55	10K	0:54:14	0:52:38	963	202	943	
2874	Elliot	Thomas	Cornelly Striders AC		Male	M5	10K	0:54:35	0:53:33	989	776	1015	
2192	Lisa	Cook	Parc Bryn Bach Running Club		Female	F45	10K	0:54:36	0:53:44	992	214	1034	
1693	Jacob	Snelling	Forest of Dean Runners		Male	M5	10K	0:54:40	0:53:08	995	781	976	
3281	Rhiannon	Heredia-rowe	Celtic Tri		Female	FJ	10K	0:54:40	0:53:59	997	215	1052	
2241	Theresa	Carlsen	Paul Popham Running Club		Female	FS	10K	0:54:58	0:53:43	1013	221	1032	
1974	Niall	Hughes	San Domenico RC		Male	M45	10K	0:55:03	0:52:28	1020	798	927	
1120	Pippa	Davies	Porthcawl Runners		Female	F35	10K	0:55:04	0:53:27	1022	223	1008	
977	Jason	Russell	Islwyn RC		Male	M45	10K	0:55:12	0:54:08	1031	804	1078	
3445	Mike	Williams	Lliswerry Runners		Male	M55	10K	0:55:12	0:53:46	1034	806	1039	
3190	Hannah	May	Cornelly Striders AC		Female	FS	10K	0:55:14	0:54:00	1039	232	1057	
3463	Peter	Clement	3M Gorseinon Road Runners		Male	M55	10K	0:55:17	0:53:33	1045	811	1017	
3223	Nige	Rees	Ogmore Phoenix Runners		Male	M55	10K	0:55:18	0:53:49	1048	813	1042	
2508	Hannah	Griffiths	Pontypridd Roadents AC		Female	FS	10K	0:55:21	0:54:25	1054	237	1124	
3405	Sam	Milligan	Tri Hard Harriers		Male	M5	10K	0:55:22	0:53:56	1056	819	1047	
2913	Carys	Jenkins	Porthcawl Runners		Female	FS	10K	0:55:23	0:54:30	1058	238	1137	
603	Debbie	Davies	Lonely Goat RC		Female	F40	10K	0:55:32	0:54:04	1086	248	1062	
713	Neil	Rees	Port Talbot Harriers		Male	M55	10K	0:55:33	0:54:22	1093	842	1113	
3286	Gavin Michael	Crimmings	Dragons Running Club		Male	M40	10K	0:55:34	0:54:45	1095	844	1162	
3287	Mali	Crimmings	Aberdare Valley AAC		Female	FJ	10K	0:55:35	0:54:46	1096	252	1164	
3593	Lyn	Kenney	Griffithstown Harriers		Male	M65	10K	0:55:36	0:54:27	1101	849	1129	
2447	Sian	Wadham	Run4All Neath		Female	F45	10K	0:55:43	0:54:07	1116	260	1069	
470	Andrew	Buchanan	Run4All Neath		Male	M40	10K	0:55:44	0:54:07	1120	859	1071	
1976	Liz	Griffiths	Lonely Goat RC		Female	F40	10K	0:55:53	0:54:07	1134	266	1067	
3382	Melanie	Graham	Builth & District		Female	F60	10K	0:56:00	0:55:02	1149	275	1201	
2790	Alexandra	Hemingway	Tri Hard Harriers		Female	FS	10K	0:56:01	0:54:50	1151	277	1177	
1836	Alice	Surgy	Tri Hard Harriers		Female	FS	10K	0:56:02	0:54:52	1155	280	1181	
437	Gemma	Jones	Run4All Neath		Female	F40	10K	0:56:20	0:54:43	1181	288	1154	
3202	Maisie	James	Celtic Tri		Female	FJ	10K	0:56:20	0:55:26	1183	289	1242	
3413	Robert	Howard	Port Talbot Harriers		Male	M50	10K	0:56:27	0:55:06	1186	896	1207	
3474	Mark	Worrall	Ogmore Phoenix Runners		Male	M60	10K	0:56:33	0:55:19	1194	903	1230	
1736	Megan	Stark	Pont-Y-Pwl & District Runners		Female	FS	10K	0:56:33	0:55:27	1195	292	1245	
2934	Andrew	Lawrence	Parc Bryn Bach Running Club		Male	M75	10K	0:56:33	0:55:08	1196	904	1210	
3745	Lee	James	Dragons Running Club		Male	M50	10K	0:56:48	0:55:32	1210	911	1251	
2029	Sean	Clarke	Paul Popham Running Club		Male	M50	10K	0:56:53	0:55:51	1216	916	1270	
3243	Sam	Bills	Parc Bryn Bach Running Club		Female	F35	10K	0:56:55	0:54:24	1220	301	1118	
756	Caryl	Stokes	Merthyr Running Club		Female	F50	10K	0:56:57	0:55:27	1223	302	1244	
2249	Hannah	Redmond	Porthcawl Runners		Female	F35	10K	0:56:58	0:56:02	1227	304	1289	
1666	Miriam	Paris	Forest of Dean Runners		Female	F55	10K	0:57:06	0:55:35	1240	308	1253	
2570	Rachel	Beard	Forest of Dean Runners		Female	F50	10K	0:57:07	0:55:36	1241	309	1254	
2581	Caroline	Jones	3M Gorseinon Road Runners		Female	F60	10K	0:57:07	0:56:03	1242	310	1290	
3771	Georgina	Fraser	Cornelly Striders AC		Female	F50	10K	0:57:07	0:55:53	1243	311	1277	
2490	Wayne	Baugh	Clwb Rhedeg Pontardawe RC		Male	M55	10K	0:57:15	0:56:27	1253	940	1329	
3781	Peter	Anthony	Clwb Run Wales		Male	M60	10K	0:57:22	0:55:58	1262	946	1284	
2769	Pietro	Pucella	Porthcawl Runners		Male	M55	10K	0:57:52	0:56:32	1300	975	1336	
3359	Tom	Bateman	Llanelli AC		Male	M35	10K	0:58:11	0:55:24	1320	987	1239	
1009	Stephen	Williams	Port Talbot Harriers		Male	M50	10K	0:58:21	0:56:15	1332	993	1310	
3235	Steve	Mclelland	3M Gorseinon Road Runners		Male	M65	10K	0:58:25	0:57:40	1339	999	1433	
587	Joanne	Kilby	Parc Bryn Bach Running Club		Female	F45	10K	0:58:29	0:54:42	1346	343	1149	
2254	Christopher	Wills	Porthcawl Runners		Male	M35	10K	0:58:40	0:57:41	1355	1008	1434	
910	Rhian	Pascoe	Run4All Neath		Female	F50	10K	0:58:42	0:56:24	1357	349	1325	

3469	Rebecca	Allen	Paul Popham Running Club		Female	F35	10K	0:58:48	0:56:59	1361	352	1371	
2220	Helen	Sheppard	Parc Bryn Bach Running Club		Female	F45	10K	0:58:52	0:58:00	1367	356	1461	
654	Andrew	May	Penarth & Dinas Runners		Male	M50	10K	0:58:54	0:57:08	1372	1014	1385	
2571	Angharad	Jones	Parc Bryn Bach Running Club		Female	F40	10K	0:58:54	0:56:23	1373	359	1322	
3582	Scott	Roberts	Tri Hard Harriers		Male	M5	10K	0:59:04	0:56:47	1387	1023	1358	
3560	Michael	Coiner	Swansea Harriers		Female	FS	10K	0:59:12	0:57:53	1399	368	1448	
3616	Owen	Cooper	Builth & District		Male	M75	10K	0:59:13	0:58:07	1402	1032	1471	
1541	Emma	Doolan	3M Gorseinon Road Runners		Female	F45	10K	0:59:18	0:57:03	1410	373	1376	
418	Helen	Lutley	Emlyn Runners		Female	F70	10K	0:59:20	0:58:10	1413	376	1480	
1769	Bob	Davies	Run4All Neath		Male	M60	10K	0:59:20	0:56:34	1414	1038	1340	
2051	June	John	Paul Popham Running Club		Female	F70	10K	0:59:27	0:57:46	1420	379	1439	
427	Leigh	Besley	Paul Popham Running Club		Male	M40	10K	0:59:27	0:57:47	1421	1042	1444	
3134	Denzil	Bevan	Lonely Goat RC		Male	M65	10K	0:59:28	0:57:54	1423	1043	1453	
3862	Cheryl	Jones	Lliswerry Runners		Female	F40	10K	0:59:46	0:58:08	1442	387	1474	
662	Samantha	Lloyd	Amman Valley Harriers		Female	F35	10K	0:59:47	0:58:37	1445	388	1515	
661	Andrew	Lloyd	Amman Valley Harriers		Male	M35	10K	0:59:48	0:58:37	1446	1058	1517	
1657	Shan	Castley	Port Talbot Harriers		Female	F45	10K	1:00:00	0:57:34	1455	395	1424	
3323	John	May	Run4All Neath		Male	M60	10K	1:00:02	0:57:15	1458	1062	1400	
1317	Bethan	Waters	Lliswerry Runners		Female	F45	10K	1:00:02	0:58:23	1459	397	1496	
693	Isabel	Francis	Run4All Neath		Female	FS	10K	1:00:05	0:57:47	1461	398	1441	
2061	Wayne	Bowen	Run4All Neath		Male	M45	10K	1:00:05	0:59:21	1462	1064	1588	
2060	Nicola	Bowen	Clwb Run Wales		Female	F50	10K	1:00:05	0:59:22	1463	399	1590	
1323	Terry	Jones	3M Gorseinon Road Runners		Male	M70	10K	1:00:09	0:58:30	1467	1066	1505	
3835	Rob	Freeman	Mickleover Running Club		Male	M50	10K	1:00:15	0:58:17	1473	1070	1489	
2410	Chris	Thomas	Builth & District		Female	F65	10K	1:00:34	0:59:29	1517	422	1601	
1153	Rhian	Cross	Port Talbot Harriers		Female	FS	10K	1:00:45	0:58:40	1526	427	1520	
2015	Lisa	Pughesley	Port Talbot Harriers		Female	F55	10K	1:00:49	0:58:43	1537	434	1526	
3739	Catherine	Llewellyn	Merthyr Running Club		Female	F55	10K	1:01:04	0:59:33	1558	443	1606	
3675	Gareth	Mole	Porthcawl Runners		Male	M50	10K	1:01:04	0:59:21	1559	1116	1589	
3369	Rhian	Thomas	Paul Popham Running Club		Female	F60	10K	1:01:05	0:59:16	1561	445	1584	
3606	Philippe	Greze	Queen's Park Harriers		Male	M50	10K	1:01:09	0:59:37	1570	1120	1613	
2958	Siân	Johnson	Islwyn RC		Female	F40	10K	1:01:11	1:00:27	1572	452	1669	
574	Julie	Gould	Islwyn RC		Female	F50	10K	1:01:18	0:58:45	1580	456	1530	
2855	Brett	Hatfield	Amman Valley Harriers		Male	M70	10K	1:01:27	0:58:13	1594	1130	1483	
887	Kelly	Christopher	Cornelly Striders AC		Female	F45	10K	1:01:47	0:59:41	1615	476	1619	
885	Jenny	Tomkins	Cornelly Striders AC		Female	F50	10K	1:01:57	0:59:52	1622	478	1631	
1656	Sophie	Arnold	Brecon AC		Female	FS	10K	1:02:05	0:58:18	1629	482	1490	
2330	Karen	Newbury	Cornelly Striders AC		Female	F60	10K	1:02:13	1:00:07	1638	486	1650	
213	Helen	Williams	Parc Bryn S Running Club	Admiral	Female	F40	10K	1:02:20	1:01:35	1644	487	1750	
1884	Andrew	Morris	Llanelli AC		Male	M60	10K	1:02:20	1:00:46	1645	1158	1698	
2952	Michael	Green	Total Run Training		Male	M5	10K	1:02:21	1:00:05	1647	1159	1649	
2386	Stephen	New	Hengoed Harriers		Male	M55	10K	1:02:21	0:58:44	1648	1160	1528	
3357	James	Hole	Tri Hard Harriers		Male	M5	10K	1:02:38	1:00:40	1669	1172	1688	
3348	Jenny	Jones	Rhondda Valley Runners		Female	FS	10K	1:02:44	1:00:32	1678	502	1677	
413	Clair	Edwards	Parc Bryn Bach Running Club		Female	F50	10K	1:02:49	1:00:18	1684	506	1662	
3230	Helen	Goode	Merthyr Running Club		Female	F45	10K	1:02:53	0:58:40	1686	508	1521	
1355	Peter	Thomas	Central Park Athletics		Male	M65	10K	1:02:59	1:00:04	1693	1182	1648	
3711	Leisa	Jones	Porthcawl Runners		Female	F55	10K	1:03:15	1:01:27	1711	524	1743	
511	Sally	O'grady	Vegan Runners UK		Female	F35	10K	1:03:20	1:01:01	1714	526	1722	
652	Sarah	Bryant	Run4All Neath		Female	F45	10K	1:03:27	1:00:45	1723	530	1696	
2009	Paul	Mason	Sospan Road Runners		Male	M55	10K	1:03:31	1:02:20	1729	1196	1798	
3476	Margaret	Williams	Paul Popham Running Club		Female	F55	10K	1:03:34	1:01:45	1734	534	1763	
2484	Paul	Gray	Parc Bryn Bach Running Club		Male	M60	10K	1:03:42	1:01:44	1738	1203	1760	
1095	Sarah	Dunscombe	Porthcawl Runners		Female	F50	10K	1:03:44	1:01:27	1739	536	1745	
1356	Ann	Komzolik	Central Park Athletics		Female	F60	10K	1:03:47	1:00:52	1741	537	1712	



3686	Andrew	Brooks	Forest of Dean Runners		Male	M50	10K	1:03:53	1:02:18	1748	1210	1796	
2922	Rebecca	Williams	Crickhowell Running Club		Female	FS	10K	1:04:04	1:02:16	1760	546	1791	
1031	Paul	Evans	Brecon AC		Male	M45	10K	1:04:05	1:02:17	1761	1215	1793	
3291	Jacqueline	Bahzad	Paul Popham Running Club		Female	F55	10K	1:04:18	1:02:30	1772	554	1809	
1278	Jane	Davies	Clwb Rhedeg Pontardawe RC		Female	F50	10K	1:04:32	1:03:08	1785	562	1868	
1577	Gareth	Thomas	Run4All Neath		Male	M55	10K	1:04:35	1:02:52	1787	1225	1846	
3507	Johanne	Hughes-dowdle	3M Gorseinon Road Runners		Female	F50	10K	1:04:39	1:02:48	1791	566	1839	
899	Jan	Williams	Run4All Neath		Female	F65	10K	1:04:44	1:00:39	1795	570	1685	
3426	Ian	Wright	Cornelly Striders AC		Male	M55	10K	1:04:50	1:02:30	1802	1228	1810	
2176	Wendy	Wright	Cornelly Striders AC		Female	F60	10K	1:04:51	1:02:30	1804	576	1812	
526	Rachel	Evans	Llanelli AC		Female	F55	10K	1:04:59	1:02:43	1817	582	1833	
2691	Hannah	Cox	Run4All Neath		Female	FS	10K	1:05:05	1:02:36	1822	586	1825	
1161	Jayne	Howe	Port Talbot Harriers		Female	F55	10K	1:05:19	1:01:24	1838	600	1741	
3624	Rupert	Chesmore	Cirencester AC		Male	M65	10K	1:05:27	1:02:31	1845	1241	1816	
675	Nia	Allen	Clwb Rhedeg Pontardawe RC		Female	F45	10K	1:05:27	1:04:04	1846	605	1941	
1968	Rhian	Beresford	Paul Popham Running Club		Female	F55	10K	1:05:31	1:03:42	1850	608	1912	
1954	Rob	Beresford	Paul Popham Running Club		Male	M65	10K	1:05:32	1:03:43	1855	1244	1913	
3623	Liza	Darroch	Cirencester AC		Female	F75	10K	1:05:33	1:02:41	1857	613	1831	
1271	Barbara	Tate	Clwb Rhedeg Pontardawe RC		Female	F60	10K	1:05:33	1:02:30	1858	614	1808	
2413	Sarah	Methuen	Forest of Dean Runners		Female	F40	10K	1:05:36	1:04:01	1862	617	1936	
1319	Clare	Cooper	Clwb Rhedeg Pontardawe RC		Female	F45	10K	1:05:39	1:02:35	1868	622	1824	
1162	Dean	Howe	Port Talbot Harriers		Male	M50	10K	1:05:39	1:01:42	1869	1247	1758	
3210	Lisa	Jones	Merthyr Running Club		Female	F45	10K	1:05:41	1:01:29	1871	623	1748	
3139	Paula	Price	Crickhowell Running Club		Female	F60	10K	1:05:52	1:04:05	1884	632	1943	
560	Colin	Spence	Southville Running Club		Male	M70	10K	1:05:57	1:03:57	1890	1257	1933	
1262	Emma	Williams	Amman Valley Harriers		Female	F50	10K	1:06:16	1:03:13	1909	646	1883	
3568	Michelle	Glen	Run4All Neath		Female	F55	10K	1:06:22	1:04:03	1911	648	1940	
1935	Kathleen	Jervis	Parc Bryn Bach Running Club		Female	F65	10K	1:06:27	1:04:55	1919	653	1998	
2096	Ruth	Carver	Clwb Rhedeg Pontardawe RC		Female	F55	10K	1:06:36	1:03:34	1929	661	1907	
3267	Kacie	Ford	Rhondda Valley Runners		Female	FS	10K	1:06:37	1:04:24	1933	664	1956	
3236	Phillip	Seignot	Caerleon RC		Male	M50	10K	1:06:43	1:04:57	1940	1274	1999	
2098	Debra	Meredith	Clwb Rhedeg Pontardawe RC		Female	F55	10K	1:06:49	1:03:47	1945	669	1924	
2881	Mike	Jones	Parc Bryn Bach Running Club		Male	M35	10K	1:06:56	1:04:06	1953	1280	1947	
2328	Hannah	Melin	Parc Bryn Bach Running Club		Female	F35	10K	1:06:58	1:04:07	1955	675	1948	
1802	Sian	Williams	Paul Popham Running Club		Female	FS	10K	1:07:20	1:04:48	1977	690	1988	
635	Julie	Brown	Redditch Stars		Female	F65	10K	1:07:38	1:06:28	1992	696	2100	
1711	Laura	Wright	Run4All Neath		Female	F35	10K	1:08:14	1:05:16	2030	721	2017	
2866	Nikki	Anderson	Llanelli AC		Female	F35	10K	1:08:20	1:04:37	2036	726	1972	
3840	Jayne	Bissmire	Ogmore Phoenix Runners		Female	F35	10K	1:08:25	1:05:58	2038	727	2071	
2997	Stephen	Blake	Pegasus Running Club		Male	M55	10K	1:08:42	1:06:27	2058	1316	2096	
1310	Carolyn	Lewis	Pegasus Running Club		Female	F40	10K	1:08:53	1:04:47	2075	753	1984	
3356	Emily	Thomas	Builth & District		Female	FS	10K	1:08:59	1:07:55	2083	760	2212	
1948	Teresa	Davies	Parc Bryn Bach Running Club		Female	F50	10K	1:09:00	1:06:09	2084	761	2079	
3685	Rachel	Vanhegan	Forest of Dean Runners		Female	F40	10K	1:09:02	1:07:27	2086	763	2182	
3189	Emma	Lewin	Lonely Goat RC		Female	F50	10K	1:09:15	1:04:59	2109	775	2000	
1594	Jayne	Hamilton	Isabella Rose Foundation - IRF - Team Isabella Running Club		Female	F55	10K	1:10:35	1:07:29	2173	816	2185	
3057	Raymond Bru	Morgan	Llanelli AC		Male	M65	10K	1:10:37	1:08:17	2177	1358	2232	
641	Ken	Williams	Clwb Rhedeg Pontardawe RC		Male	M50	10K	1:10:46	1:07:42	2186	1363	2199	
3674	Hayley	Davies-daubney	Porthcawl Runners		Female	F40	10K	1:10:46	1:09:04	2187	824	2280	
2433	Howard	Sims	Run4All Neath		Male	M50	10K	1:11:18	1:07:32	2213	1372	2188	
2781	Nicholas	Evans	Pembrokeshire Harriers		Male	M60	10K	1:11:18	1:07:07	2215	1374	2143	
2094	Debbie	Green	Forest of Dean AC		Female	F55	10K	1:11:24	1:09:11	2219	843	2288	
3283	Richard	Donne	3M Gorseinon Road Runners		Male	M60	10K	1:11:36	1:07:40	2226	1380	2196	
856	Karen	Grunhut	Paul Popham Running Club		Female	F55	10K	1:11:43	1:09:53	2236	851	2336	
2525	Carolyn	Foley	Port Talbot Harriers		Female	F60	10K	1:11:44	1:07:42	2238	853	2200	

1010	Idris	Hanmer	Run4All Neath		Male	M5	10K	1:12:04	1:07:17	2260	1396	2164	
3853	Cheryl	Gooding	Paul Popham Running Club		Female	F50	10K	1:12:13	1:08:15	2269	868	2229	
2823	Julian	Relton	Hook Norton Harriers		Male	M55	10K	1:12:16	1:08:33	2272	1403	2245	
2856	Anneliese	Hatfield	Amman Valley Harriers		Female	F65	10K	1:12:23	1:09:08	2275	872	2283	
3477	Gemma	Edwards	Builth & District		Female	F5	10K	1:12:35	1:09:03	2288	881	2279	
2412	Susan	Gray	Parc Bryn Bach Running Club		Female	F55	10K	1:12:41	1:08:55	2292	885	2272	
3423	Rosalind	Jones	Parc Bryn Bach Running Club		Female	F60	10K	1:12:41	1:08:54	2293	886	2271	
2105	Julie	Wilkins	Port Talbot Harriers		Female	F45	10K	1:12:44	1:08:44	2295	888	2260	
822	Clare	Grist	Clwb Rhedeg Pontardawe RC		Female	F60	10K	1:12:52	1:09:30	2304	896	2315	
1392	Toria	Owen-brown	Run4All Neath		Female	F35	10K	1:13:02	1:09:20	2315	904	2296	
1558	Stephanie	Smith	Reading Roadrunners		Female	F60	10K	1:13:05	1:08:58	2319	907	2276	
3331	Samantha	Clements	Clwb Rhedeg Pontardawe RC		Female	F45	10K	1:13:06	1:09:42	2321	909	2326	
645	Paul	Neale	Hatch Warren Runners		Male	M55	10K	1:13:22	1:09:29	2335	1420	2314	
2226	Chloe	Gibbins	Porthcawl Runners		Female	F5	10K	1:13:28	1:09:35	2340	918	2319	
1758	Cerys	Owen	Run4All Neath		Female	F50	10K	1:13:31	1:10:08	2344	920	2349	
806	Jennie	Lewis	Port Talbot Harriers		Female	F50	10K	1:13:34	1:09:34	2348	922	2317	
3521	Joanna	England	Merthyr Running Club		Female	F45	10K	1:14:01	1:12:15	2366	934	2427	
699	Andrea	Parker	Clwb Rhedeg Pontardawe RC		Female	F60	10K	1:14:02	1:10:39	2367	935	2366	
3567	Chantel	Coleman	Parc Bryn Bach Running Club		Female	F35	10K	1:14:07	1:11:35	2372	938	2408	
500	Alan	Pritchard	3M Gorseinon Road Runners		Male	M65	10K	1:14:09	1:11:00	2374	1435	2376	
3262	Gemma	Beattie	Paul Popham Running Club		Female	F50	10K	1:14:12	1:10:13	2380	943	2353	
3148	Lesley	Benbow	Merthyr Running Club		Female	F60	10K	1:14:14	1:10:01	2385	946	2343	
3539	Barbara	Thomas	Pembrokeshire Harriers		Female	F75	10K	1:14:25	1:11:14	2394	954	2387	
401	Amanda	Toms	Iliswerry Runners		Female	F45	10K	1:14:41	1:10:57	2400	960	2375	
3308	Kate	O Reilly	Merthyr Running Club		Female	F5	10K	1:14:53	1:10:40	2405	965	2367	
3719	Ruth	Yandle	Parc Bryn Bach Running Club		Female	F55	10K	1:15:25	1:11:38	2422	974	2412	
702	Julia	Jones	Port Talbot Harriers		Female	F55	10K	1:15:44	1:11:44	2433	982	2415	
1704	Eluned	Evans	Run4All Neath		Female	F45	10K	1:16:09	1:12:23	2451	994	2431	
3346	Katie	Phillips	Merthyr Running Club		Female	F40	10K	1:16:41	1:12:28	2465	1006	2434	
1035	Caron	Mckee-hands	Trots		Female	F55	10K	1:16:47	1:12:47	2472	1011	2447	
1439	Andrew	Tucker	Tri Hard Harriers		Male	M50	10K	1:16:58	1:13:54	2478	1463	2482	
1567	Richard	Williams	Lonely Goat RC		Male	M50	10K	1:17:16	1:14:02	2487	1466	2485	
539	Kierran	Spiers	Ogmore Phoenix Runners		Male	M5	10K	1:17:16	1:13:55	2488	1467	2483	
1707	Debbie	Fielder	Forest of Dean Runners		Female	F50	10K	1:17:45	1:16:08	2494	1024	2546	
755	Rhian	Stokes-thomas	Merthyr Running Club		Female	F50	10K	1:17:53	1:14:39	2500	1028	2508	
3569	Pauline	Thomas	Trots		Female	F80	10K	1:18:00	1:14:07	2505	1033	2488	
1958	Charlotte	Hopkins	Run4All Neath		Female	F40	10K	1:18:19	1:14:57	2513	1037	2515	
444	John	Weatherbed	Iliswerry Runners		Male	M60	10K	1:18:28	1:14:43	2517	1477	2513	
1579	Karen	Edwards	Slinn Allstars		Female	F35	10K	1:19:15	1:15:07	2535	1054	2517	
2590	Mel	Jones	Parc Bryn Bach Running Club		Female	F45	10K	1:19:19	1:15:29	2536	1055	2534	
455	Jimmy	Ward	Paul Popham Running Club		Male	M40	10K	1:19:55	1:16:41	2557	1490	2561	
2995	Keith	Helliwell	Builth & District		Male	M45	10K	1:20:09	1:16:52	2563	1493	2568	
2996	Sarah	Helliwell	Builth & District		Female	F50	10K	1:20:10	1:16:52	2564	1071	2567	
1985	Richard	Adams	Clwb Rhedeg Pontardawe RC		Male	M35	10K	1:20:28	1:15:41	2568	1495	2537	
1887	Caroline	Morgan	3M Gorseinon Road Runners		Female	F50	10K	1:20:32	1:17:22	2570	1075	2589	
3543	Amy	Marston	Run4All Neath		Female	F5	10K	1:20:40	1:16:18	2577	1080	2551	
1400	Teresa	Hoult	Forest of Dean Runners		Female	F60	10K	1:20:41	1:18:59	2580	1082	2641	
2633	Richmal	Eden	Porthcawl Runners		Female	F5	10K	1:20:51	1:16:46	2590	1091	2564	
3138	Catherine	Evans	Crickhowell Running Club		Female	F50	10K	1:21:10	1:18:30	2595	1095	2626	
1824	Alfryn	Easter	3M Gorseinon Road Runners		Male	M75	10K	1:21:36	1:16:56	2606	1502	2571	
3484	Nicola	Davies	Paul Popham Running Club		Female	F45	10K	1:21:40	1:17:40	2609	1106	2599	
476	Jacqueline	Burt	Paul Popham Running Club		Female	F50	10K	1:21:40	1:17:40	2610	1107	2600	
2441	Linda	Hoskins	Parc Bryn Bach Running Club		Female	F55	10K	1:21:57	1:18:19	2623	1115	2617	
1892	Caroline	Hamilton	Parc Bryn Bach Running Club		Female	F40	10K	1:22:22	1:18:44	2633	1121	2633	
886	Eve	Jeffery	Cornelly Striders AC		Female	F50	10K	1:22:48	1:18:34	2640	1128	2628	

760	Maria	Bowers	Itchen Spitfires Running Club		Female	F45	10K	1:24:13	1:21:16	2678	1157	2691	
2747	Ingrid	Nicholls	Run4All Neath		Female	F45	10K	1:24:19	1:20:30	2681	1159	2680	
1433	Debra	Lewis	Run4All Neath		Female	F50	10K	1:26:14	1:23:31	2717	1184	2729	
684	Susan	Thomas	Clwb Rhedeg Pontardawe RC		Female	F65	10K	1:26:28	1:22:56	2720	1187	2720	
763	Alison	Shepherd	Clwb Rhedeg Pontardawe RC		Female	F55	10K	1:26:45	1:23:11	2721	1188	2722	
1322	Rosemarie	Jones	3M Gorseinon Road Runners		Female	F65	10K	1:26:52	1:22:26	2723	1189	2713	
829	Maggie	James	Parc Bryn Bach Running Club		Female	F45	10K	1:27:04	1:24:30	2726	1192	2740	
3881	Robert	Davies	Royal Wootton Bassett Hounds RC		Male	M65	10K	1:27:37	1:22:58	2733	1535	2721	
3473	Laura	Worrall	Ogmore Phoenix Runners		Female	F5	10K	1:27:45	1:27:45	2734	1199	2759	
687	Kate	Nicholson	Clwb Rhedeg Pontardawe RC		Female	F50	10K	1:27:54	1:24:20	2736	1201	2736	
3466	Suzanne	Taylor	Lliswerry Runners		Female	F40	10K	1:29:46	1:26:01	2748	1211	2746	
767	Rachel	Richards	Aberystwyth AC		Female	F50	10K	1:31:34	1:28:50	2761	1224	2767	
3007	Marny	Mainwaring	Porthcawl Runners		Female	F50	10K	1:33:14	1:28:53	2771	1232	2768	
1858	Alison	Holland	Parc Bryn Bach Running Club		Female	F55	10K	1:33:40	1:29:52	2779	1238	2783	
3722	Helen	Hodge	Run4All Neath		Female	F35	10K	1:34:00	1:30:20	2784	1243	2786	
1710	Louise	Coleman	Run4All Neath		Female	F40	10K	1:34:00	1:30:21	2785	1244	2787	
1699	Helen	Williams	Les Croupiers		Female	F45	10K	1:35:28	1:32:03	2792	1249	2792	
3846	Firouz	Mal	Les Croupiers		Male	M65	10K	1:35:29	1:32:05	2794	1545	2793	
484	Becky	Richards	Porthcawl Runners		Female	F45	10K	1:35:55	1:32:57	2795	1250	2800	
1001	Laura	Potter	Porthcawl Runners		Female	F55	10K	1:35:55	1:32:57	2796	1251	2799	
1074	Val	Miller	Clwb Rhedeg Pontardawe RC		Female	F70	10K	1:39:32	1:35:59	2812	1261	2814	
792	Helen	Lloyd Jones	Pegasus Running Club		Female	F75	10K	1:39:43	1:35:38	2813	1262	2812	
3446	Janet	Williams	Lliswerry Runners		Female	F50	10K	1:41:28	1:37:43	2821	1268	2821	
1028	Rebecca	Doswell	Sarn Helen		Female	F45	10K	1:42:34	1:38:12	2822	1269	2822	
7	Aaron	Phelps	Stroud & District AC		Male	M5	10K						Elite
23	Alaw	Evans	Les Croupiers		Female	F5	10K						Elite
140	James	Sullivan	Les Croupiers	Admiral	Male	M40	10K						
185	Mike	Carter	Paul Popham Running Club	Admiral	Male	M50	10K						
405	Sion	Daniels	Llanelli AC		Male	M35	10K						
425	Suzanne	Bellew	Pegasus Running Club		Female	F55	10K						
447	Tina	Weatherbed	Lliswerry Runners		Female	F50	10K						
496	Ann	Thomas	Port Talbot Harriers		Female	F70	10K						
506	Cheryl	Gittins	Parc Bryn Bach Running Club		Female	F60	10K						
589	Patrick	Hoare	Lliswerry Runners		Male	M55	10K						
594	David	Eagle	Run4All Neath		Male	M45	10K						
648	Tracy	Jenkins	Porthcawl Runners		Female	F55	10K						
656	Gareth	Lynch	Les Croupiers		Male	M45	10K						
664	Stewart	Seaborne	Fairwater Runners Cwmbrian		Male	M35	10K						
676	Sophie	James	Pont-Y-Pwl & District Runners		Female	F5	10K						
678	Gaynor	Kennedy	Port Talbot Harriers		Female	F65	10K						
692	Leigh	Francis	Run4All Neath		Male	M60	10K						
716	Michael	Strange	Forest of Dean AC		Male	M65	10K						
728	Christopher	Mead	New Forest Runners		Male	M50	10K						
746	Joshua	Pritchard	Swansea Harriers		Male	MJ	10K						
753	Jessica	Hayden	Clwb Rhedeg Pontardawe RC		Female	F5	10K						
794	Lisa	Matthews	Clwb Rhedeg Pontardawe RC		Female	F40	10K						
816	Nia	Appleby	Clwb Rhedeg Pontardawe RC		Female	F50	10K						
842	Paul	Jones	Aberdare Valley AAC		Male	M40	10K						
869	Simon	Partridge	Neath Harriers		Male	M70	10K						
971	Alice	Sullivan	3M Gorseinon Road Runners		Female	F45	10K						
972	Benjamin	Sullivan	Swansea Harriers		Male	M5	10K						
999	Tracy	Norris	Les Croupiers		Female	F55	10K						
1000	Craig	Seaman	Swansea Harriers		Male	M5	10K						
1006	Annie	Conroy	Les Croupiers		Female	F75	10K						
1050	Cheryl	Wrigley	Brecon AC		Female	F50	10K						



2889	Phillip	Evans	Pontypridd Roadents AC		Male	M35	10K						
2923	Dale	Harris	Parc Bryn Bach Running Club		Male	M5	10K						
2931	Nick	Thompson	Windle Valley Runners		Male	M40	10K						
3220	David	Clarke	Llanelli AC		Male	M45	10K						
3275	Rhiannon	Griffiths	Brackla Harriers		Female	F50	10K						
3338	Jessica	Williams	Sospan Road Runners		Female	F40	10K						
3416	Stephen	George	Parc Bryn Bach Running Club		Male	M40	10K						
3459	Monica	Rodriguez	Run4All Neath		Female	FS	10K						
3638	Steven	Jones	Paul Popham Running Club		Male	M50	10K						
3825	Craig	Hopkins	Caerleon RC		Male	M45	10K						
3844	Helen	Morgan	Aberdare Valley AAC		Female	F40	10K						