

Pos	Time	Bib	Athlete	Club	Age G	Age Counter	
1	45:30	140	Sam Boreham	Pontypridd Roadents	SENM		1-SENM
2	47:46	149	Matt O'Keefe	Mynyddwyr de Cymru	MM40		1-MM40
3	48:29	14	Adam Whittaker	CDF Runners	SENM		2-SENM
4	49:09	8	Darren Bishop	Pontypridd Roadents	MM40		2-MM40
5	52:18	161	Mark Palser	Les Croupiers RC	SENM		3-SENM
6	53:01	69	Michael Darke	CDF Runners	MM40		3-MM40
7	53:13	66	Chris Medcalf	San Domenico RC	MM45		1-MM45
8	54:21	103	Dan O'Keefe	Cardiff Triathletes	SENM		4-SENM
9	54:30	162	Ryan Cook	unattached	MM40		4-MM40
10	54:39	4	Keith James	Pontypridd Roadents	MM45		2-MM45
11	54:46	83	George Tordoff	Cardiff Harlequins	MM45		3-MM45
12	55:16	105	Mark Furnish	San Domenico RC	SENM		5-SENM
13	55:24	150	Katie Ironside	Mynyddwyr de Cymru	SENW	1-SENW	
14	55:25	60	Andrew Blair	Les Croupiers RC	MM55		1-MM55
15	55:44	136	Ian Mulcahy	unattached	SENM		6-SENM
16	55:57	54	Caio Bowen	Cardiff Triathletes	SENM		7-SENM
17	56:09	87	Roddy Stark	CDF Runners	SENM		8-SENM
18	56:16	19	Alexander James	CDF Runners	SENM		9-SENM
19	56:25	35	Richard Carr	unattached	SENM		10-SENM
20	56:49	122	Jamie Westcombe	Team Bath	MM40		6-MM40
21	56:57	43	Mark Teesdale	Ogmore Phoenix	SENM		11-SENM
22	57:12	102	Jim O'Keefe	unattached	SENM		12-SENM
23	57:41	120	Alec Care	San Domenico RC	SENM		13-SENM
24	57:54	22	Gareth Hardman	Bridgend AC	MM55		2-MM55
25	57:59	132	Darren Shaw	Mynyddwyr de Cymru	MM45		4-MM45
26	58:02	44	Aled Hughes	Ogmore Phoenix	MM45		5-MM45
27	58:07	139	Tom Morgan	Mynyddwyr de Cymru	SENM		14-SENM
28	58:08	12	Matt Gardner	unattached	MM40		7-MM40

29	58:12	40	Richard Cronin	Mynyddwyr de Cymru	SENM		15-SENM
30	58:44	118	Simon Slinn	unattached	MM40		8-MM40
31	58:52	1	Jack Caunt	unattached	MM45		6-MM45
32	58:57	155	Christopher Jeynes	unattached	MM45		7-MM45
33	59:01	104	Karl James	Les Croupiers RC	MM55		3-MM55
34	59:03	107	Jon Byford	Springfield Striders	MM45		8-MM45
35	59:08	48	Alex Donald	Cardiff Athletics	MM40		9-MM40
36	59:26	124	Rhydian Davies	unattached	SENM		16-SENM
37	59:29	59	Ian Ogilvie	Brackla Harriers	MM55		4-MM55
38	59:32	88	Math Llwyd	Eryri Harriers	SENM		17-SENM
39	59:33	27	David Davies	unattached	SENM		18-SENM
40	59:36	50	Stuart Roy	unattached	SENM		19-SENM
41	1:00:01	125	Toby Dinnen	unattached	SENM		20-SENM
42	1:00:12	143	Stefan Morfey	Mynyddwyr de Cymru	SENM		21-SENM
43	1:00:20	62	Nicholas Doyle	Les Croupiers RC	SENM		22-SENM
44	1:00:31	116	Anna Williams	Caerphilly Runners	SENW	2-SENW	
45	1:00:38	138	Cherry Fowler	Chepstow Harriers	MW50	1-MW50	
46	1:01:02	81	Alastair French	Cardiff Harlequins	SENM		23-SENM
47	1:01:05	96	Gwyn Johnson	Pontypridd Roadents	SENM		24-SENM
48	1:01:09	16	Stewart Harding	CDF Runners	SENM		25-SENM
49	1:01:22	117	Eifion Roberts	unattached	SENM		26-SENM
50	1:01:31	53	Thomas Foord	Mynyddwyr de Cymru	MM40		10-MM40
51	1:01:34	109	Daniel Lynch	unattached	SENM		27-SENM
52	1:01:35	106	Matt James	unattached	SENM		28-SENM
53	1:01:40	163	Ffion Morgan	unattached	SENW	3-SENW	
54	1:01:53	55	Mark Sheedin	Cardiff Triathletes	MM50		1-MM50
55	1:01:54	95	William McGhan	Cardiff Harlequins	MM40		11-MM40
56	1:01:58	152	James Tombs	Cardiff Harlequins	MM45		9-MM45
57	1:02:00	154	Owen Lewis	unattached	MM40		12-MM40
58	1:02:13	115	Tom Howles	unattached	SENM		29-SENM
59	1:02:33	148	Rhys Livesy	unattached	MM40		13-MM40

60	1:02:35	142	Simon Darke	Mynyddwyr de Cymru	MM60		1-MM60
61	1:02:37	158	Ian Wang	unattached	MM45		10-MM45
62	1:02:39	89	Phil Bristow	San Domenico RC	MM60		2-MM60
63	1:02:42	112	Roger Mills	Mynyddwyr de Cymru	MM50		2-MM50
64	1:02:44	99	Liz May	Pontypridd Roadents	MW45	1-MW45	
65	1:02:47	100	Rhodri Evans	Pontypridd Roadents	MM45		11-MM45
66	1:03:03	147	Steve Chadwell	Les Croupiers RC	MM50		3-MM50
67	1:03:44	111	Hywel Morgan	Islwyn RC	MM45		12-MM45
68	1:03:48	64	Kris Powell	Bridgend AC	SENM		30-SENM
69	1:03:58	24	Jamie Bishop	unattached	SENM		31-SENM
70	1:04:00	135	Nathaniel Palmer	Les Croupiers RC	MM50		4-MM50
71	1:04:05	98	Jesse Andrews	CDF Runners	MM40		14-MM40
72	1:04:26	145	Oliver Lamford	Mynyddwyr de Cymru	SENM		32-SENM
73	1:04:31	80	Ceri Shave	unattached	SENM		33-SENM
74	1:04:53	58	Tony Mackay	Pegasus RC	MM55		5-MM55
75	1:05:04	30	Dafydd Davies	AT Run	MM45		13-MM45
76	1:05:18	127	Morwenna Charman	San Domenico RC	SENW	4-SENW	
77	1:05:25	128	Ade White	Islwyn RC	MM55		6-MM55
78	1:05:28	17	Holly Corlett	CDF Runners	SENW	5-SENW	
79	1:05:32	151	Mick Learoyd	Mynyddwyr de Cymru	MM60		3-MM60
80	1:05:44	92	Mark Ashton	Cardiff Harlequins	MM55		7-MM55
81	1:05:48	52	Graham Foster	Brackla Harriers	MM60		4-MM60
82	1:05:58	123	Nick Arnott	unattached	SENM		34-SENM
83	1:06:04	144	William Denny	Pontypridd Roadents	MM45		14-MM45
84	1:06:04	29	Paul Chapman	Les Croupiers RC	MM50		5-MM50
85	1:06:24	101	Phil Hodge	Les Croupiers RC	MM55		8-MM55
86	1:06:31	156	Dan Mathieu	unattached	MM50		6-MM50
87	1:06:36	2	Clive Osmond	Les Croupiers RC	MM60		5-MM60
88	1:06:42	67	Christopher Frowen	unattached	SENM		35-SENM
89	1:06:47	131	Russell Wareham	Islwyn RC	MM50		7-MM50
90	1:06:51	137	Lowri Morgan-McDonald	San Domenico RC	SENW	6-SENW	

91	1:06:56	18	Gareth Mahoney	unattached	MM45		15-MM45
92	1:07:03	97	Ben James	CDF Runners	SENM		36-SENM
93	1:07:21	133	Ruth Sutton	Pontypridd Roadents	MW45	2-MW45	
94	1:07:31	108	Rob Sanderson	unattached	MM40		15-MM40
95	1:07:35	114	Dawn Howles	unattached	MW55	1-MW55	
96	1:08:38	49	Neil Cook	unattached	MM50		8-MM50
97	1:08:41	93	Rhydian Sandbrook	Pegasus RC	SENM		37-SENM
98	1:08:42	41	Michael Murphy	Les Croupiers RC	MM65		1-MM65
99	1:08:44	3	Richard Ashton	unattached	MM40		16-MM40
100	1:08:52	121	Kerry Price	Islwyn RC	MM65		2-MM65
101	1:08:59	110	John Lloyd	Brackla Harriers	MM55		9-MM55
102	1:09:25	94	Alun Mills	unattached	SENM		38-SENM
103	1:09:27	56	Richard Jenkins	unattached	MM50		9-MM50
104	1:09:29	7	Tim Gibbs	unattached	MM40		17-MM40
105	1:09:31	37	Tom Bourton	unattached	MM45		16-MM45
106	1:09:41	51	Natalie Richards	unattached	MW40	1-MW40	
107	1:10:39	91	Rebecca Playle	Cardiff Harlequins	MW50	2-MW50	
108	1:10:42	164	Nicole Guy	unattached	MW40	2-MW40	
109	1:10:54	57	Hannah Murch	unattached	SENW	7-SENW	
110	1:10:58	68	Lolly Evans	Les Croupiers RC	MW50	3-MW50	
111	1:11:05	31	Megan Poulson	San Domenico RC	SENW	8-SENW	
112	1:11:13	134	Michael Davies	Les Croupiers RC	MM65		3-MM65
113	1:11:30	129	Sarah Woodley-Williams	San Domenico RC	SENW	9-SENW	
114	1:11:31	157	David Webb	unattached	MM45		17-MM45
115	1:12:04	13	Stuart Felix	Rhondda Valley Runners	MM50		10-MM50
116	1:12:26	160	Kevin Russell	Llisbury Runners	MM60		6-MM60
117	1:12:28	6	Mike Donnelly	Pontyclun RR	MM50		11-MM50
118	1:12:57	159	Dai Pendle-White	unattached	SENM		39-SENM
119	1:13:22	126	Andrew Palmer	unattached	SENM		40-SENM
120	1:13:33	165	Paul Cahill	unattached	MM40		18-MM40
121	1:14:28	72	Aislin Fields	San Domenico RC	SENW	10-SENW	

122	1:14:28	74	Jack Pams	Edon Heath Harriers	SENM		41-SENM
123	1:14:45	73	Stuart Obree	unattached	SENM		42-SENM
124	1:14:46	71	Emma Maloney	Lliswerry Runners	SENW	11-SENW	
125	1:14:47	130	Neill Parker	Islwyn RC	MM55		10-MM55
126	1:15:00	36	Howard Kent	Les Croupiers RC	MM65		4-MM65
127	1:15:02	65	Peter Gillibrand	Les Croupiers RC	SENM		43-SENM
128	1:15:23	141	Alex Davies	Pontyclun RR	SENM		44-SENM
129	1:15:26	61	Mo Hashish	Mynyddwyr de Cymru	MM40		19-MM40
130	1:15:26	32	Flora Davies	Mynyddwyr de Cymru	SENW	12-SENW	
131	1:15:27	45	Andy Rees	unattached	MM65		5-MM65
132	1:15:29	70	Julie Scholey	Les Croupiers RC	MW60	1-MW60	
133	1:15:36	5	Elen Sugden	Pegasus RC	MW45	3-MW45	
134	1:16:26	23	Gwyn Lloyd	Pontypridd Roadents	MM65		6-MM65
135	1:16:35	10	Andrew Homer	unattached	MM40		20-MM40
136	1:16:45	38	David Sansom	Pontyclun RR	MM45		19-MM45
137	1:17:04	85	Peter Warren	Les Croupiers RC	MM60		7-MM60
138	1:17:11	76	Jennet Holmes	Pontypridd Roadents	MW45	4-MW45	
139	1:17:35	119	Sharon Joseph	Mynyddwyr de Cymru	MW50	4-MW50	
140	1:17:56	153	Jane Crane	Les Croupiers RC	MW45	5-MW45	
141	1:18:05	21	Darpan Singh	Pontyclun RR	MM45		20-MM45
142	1:18:24	15	Simon Watts	Maverick Run Project	MM45		21-MM45
143	1:19:23	9	Chris Purdon	unattached	MM60		8-MM60
144	1:19:45	78	Emma Blow	Pontypridd Roadents	MW45	6-MW45	
145	1:22:10	20	Joanne Marshall	unattached	MW40	3-MW40	
146	1:22:31	84	Simon McCann	Village Vipers RC	MM50		12-MM50
147	1:22:39	46	Nick Harris	Ogmore Phoenix	SENM		45-SENM
148	1:22:50	63	Gareth Jones	Mynyddwyr de Cymru	MM65		7-MM65
149	1:23:04	34	Lowri Shorrocks	unattached	MW45	7-MW45	
150	1:23:42	33	Emma Harris	unattached	SENW	13-SENW	
151	1:24:38	75	Kelly Crotts	Les Croupiers RC	MW40	4-MW40	
152	1:25:31	42	Claire Bell	Les Croupiers RC	MW55	2-MW55	

153	1:27:59	11	Rhian Darch	unattached	SENW	14-SENW	
154	1:29:59	146	Karen Chadwell	Les Croupiers RC	MW50	5-MW50	
155	1:32:21	79	John Payne	Les Croupiers RC	MM55		11-MM55
156	1:32:25	90	Rachael Williams	Llantwit Fardre Ladies	MW50	6-MW50	
157	1:32:39	86	Rowena Dinham	unattached	MW45	8-MW45	
158	1:38:08	25	Joanne Dendle	Pontyclun RR	MW50	7-MW50	
159	1:38:08	47	John Cunnane	Pontyclun RR	MM65		8-MM65
160	1:41:06	26	Kathryn Loat	Pontyclun RR	SENW	15-SENW	
161	1:41:28	39	Sarah Shepherd	Pontyclun RR	MW40	5-MW40	
162	1:45:14	28	Tracy Rowe	Pontyclun RR	MW50	8-MW50	
163	1:49:11	77	Kirsty McGowan	Les Croupiers RC	SENW	16-SENW	
DNF		113	Lee Canning	Caerphilly Runners	MM40		
DNF		82	Ryan Bunce	Brackla Harriers	SENM		