

Provisional Results for All Competitors in finish order.

Place	Time	Name	Team	Race Age Category	Pace min/mile	Race No	Race Place
1	0:52:51	GARDNER, Richard	Aberdare AC	Senior Men	05:17.0	1621	1
2	0:56:47	EDWARDS, Jerome	Les Croupiers	Senior Men	05:40.6	1510	2
3	0:57:56	HILL, Carl	Aberdare AC	Under 23 Men	05:47.5	1622	3
4	0:59:37	BODMAN, Daniel	Aberdare AC	Under 23 Men	05:57.6	1577	4
5	0:59:40	SCANLON, Jason	Pontypridd Roadents	Vet 40 Men	05:57.9	1602	5
6	0:59:42	MILLINGTON, Chris	San Domenico	Senior Men	05:58.1	1505	6
7	1:00:01	WADLOW, Stuart	Outdoor Fitness RC	Senior Men	06:00.0	1480	7
8	1:00:07	WILLIAMS, Oliver	San Domenico	Senior Men	06:00.6	1515	8
9	1:01:11	PASCOE, Dominic	Unaffiliated	Senior Men	06:07.0	1503	9
10	1:01:41	OWEN, Flage		Vet 40 Men	06:10.0	1656	10
11	1:01:51	LAMBETH, Dafydd	Islwyn Runners	Senior Men	06:11.0	1601	11
12	1:02:21	FROST, Nick	Pontypridd Roadents	Vet 50 Men	06:14.0	1531	12
13	1:02:24	THOMAS, Miles	Llswerry Runners	Senior Men	06:14.3	1575	13
14	1:03:46	BEYNON-THOMAS, Alaw	Swansea Harriers	Under 23 Ladies	06:22.5	1638	14
15	1:04:00	TREMLET, Jack	TROT	Senior Men	06:23.9	1630	15
16	1:04:26	THOMPSON, Keith	Rhondda Valley Runners	Vet 50 Men	06:26.5	1580	16
17	1:04:27	LEWIS, Simon	Parc Bryn Bach	Senior Men	06:26.6	1494	17
18	1:04:47	OGILVIE, Ian	Brackla Harriers	Vet 40 Men	06:28.6	1617	18
19	1:05:33	EVANS, Clara	Hereford & County	Under 23 Ladies	06:33.2	1538	19
20	1:05:40	SANSOM, Glyn	San Domenico	Vet 50 Men	06:33.9	1516	20
21	1:05:49	DURY, Michael	Islwyn Runners	Senior Men	06:34.8	1618	21
22	1:05:50	BRISTOW, Phil	San Domenico	Vet 50 Men	06:34.9	1547	22
23	1:06:08	TURNBULL, Peter	Les Croupiers	Vet 40 Men	06:36.7	1611	23
24	1:06:32	GORMLEY, Gerard	Griffithstown Harriers	Vet 40 Men	06:39.1	1623	24
25	1:06:57	BRASINGTON, Andrew	Brecon AC	Vet 40 Men	06:41.6	1495	25
26	1:07:54	MUNDY, Andrew	Brackla Harriers	Senior Men	06:47.3	1557	26
27	1:07:57	FAROUHAR, Neil	Unaffiliated	Senior Men	06:47.6	1627	27
28	1:08:16	JONES, Neil	Unaffiliated	Senior Men	06:49.5	1544	28
29	1:08:22	GETHING, Nicola	Parc Bryn Bach	Vet 35 Ladies	06:50.1	1518	29
30	1:08:30	DUNSCOMBE, Mark	Sam Helen	Vet 50 Men	06:50.9	1599	30
31	1:08:47	BUNNEY, Allen	Aberdare AC	Vet 40 Men	06:52.6	1610	31
32	1:09:44	JONES, Bledwyn	Llswerry Runners	Senior Men	06:58.3	1605	32
33	1:10:17	STEVENS, Darren	Unaffiliated	Vet 40 Men	07:01.6	1639	33
34	1:10:27	O'BRIEN, Terry	Unaffiliated	Vet 50 Men	07:02.6	1442	34
35	1:10:30	RUSSEL, Tom	Ebbw Vale	Senior Men	07:02.9	1646	35
36	1:10:58	NELLINS, Christopher	Penarth & Dinas	Vet 50 Men	07:05.7	1521	36
37	1:11:18	STEVENS, Neil	Ebbw Vale	Vet 40 Men	07:07.7	1564	37
38	1:11:34	TREMLET, Elizabeth	TROT	Senior Ladies	07:09.3	1629	38
39	1:12:04	LONG, Richard	Cardiff AAC	Vet 40 Men	07:12.3	1491	39
40	1:12:16	NORMAN, Jamie	Unaffiliated	Senior Men	07:13.5	1569	40
41	1:12:17	GOODALL, David	Unaffiliated	Vet 50 Men	07:13.6	1507	41
42	1:12:39	MORRIS, Craig	Rhondda Valley Runners	Senior Men	07:15.8	1461	42
43	1:12:56	JONES, Allan	Brackla Harriers	Vet 50 Men	07:17.5	1488	43
44	1:13:02	GRIFFITHS, Mark	Unaffiliated	Vet 40 Men	07:18.1	1527	44
45	1:13:09	BLACKMORE, Lisa	Outdoor Fitness RC	Vet 35 Ladies	07:18.8	1497	45
46	1:13:27	DAVIES, David	Neath Harriers	Vet 60 Men	07:20.6	1568	46
47	1:13:37	JUKES, Daman	Parc Bryn Bach	Vet 40 Men	07:21.6	1563	47
48	1:13:55	SMITH, Marcia	San Domenico	Senior Ladies	07:23.4	1465	48
49	1:14:01	DENHOLM, Kris	Brackla Harriers	Vet 40 Men	07:24.0	1582	49
50	1:14:02	WELCH, Zoe		Vet 35 Ladies	07:24.1	1613	50
51	1:14:04	ABID, Mohammed	Unaffiliated	Under 23 Men	07:24.3	1595	51
52	1:14:07	MEHMKE, Jonas	Unaffiliated	Senior Men	07:24.6	1520	52

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Divisional Results for All Competitors in Under 1000m

Place	Time	Name	Team	Race Age Category	Time min/mile	No	Place
53	1:14:09	BASSETT, Jeremy	Unaffiliated	Vet 40 Men	07:24.8	1540	53
54	1:14:10	SOANES, Matthew	Unaffiliated	Under 23 Men	07:24.9	1460	54
55	1:14:10	SHIELDS, Dominic	San Domenico	Vet 40 Men	07:24.9	1619	55
56	1:14:20	GARTLAND, Heidi	Unaffiliated	Vet 35 Ladies	07:25.9	1448	56
57	1:14:22	COLLIER, Richard	Unaffiliated	Senior Men	07:26.1	1594	57
58	1:14:22	JONES, Kelvin	Unaffiliated	Vet 40 Men	07:26.1	1654	58
59	1:14:24	LUFFMAN, Daniel	Unaffiliated	Senior Men	07:26.3	1585	59
60	1:14:29	LYNCH, Emma	Brackla Harriers	Vet 35 Ladies	07:26.8	1555	60
61	1:14:51	JASPER, Paul	Rhondda Valley Runners	Vet 40 Men	07:29.0	1554	61
62	1:15:06	THOMAS, Michael	Unaffiliated	Vet 50 Men	07:30.5	1653	62
63	1:15:20	MCCARTHY, Debbie	Unaffiliated	Vet 35 Ladies	07:31.9	1549	63
64	1:15:20	SILVER, Roy	Les Croupiers	Vet 50 Men	07:31.9	1579	64
65	1:15:25	DURBIN, John	Unaffiliated	Senior Men	07:32.4	1633	65
66	1:15:34	JONES, Caroline	TROT	Vet 45 Ladies	07:33.3	1647	66
67	1:15:42	PILLINER, Neil	Unaffiliated	Vet 40 Men	07:34.1	1651	67
68	1:16:08	HALL, Brian	Unaffiliated	Vet 40 Men	07:36.7	1597	68
69	1:16:17	EDWARDS, Amy	Rhondda Valley Runners	Senior Ladies	07:37.6	1517	69
70	1:16:29	BLEASDALE, Catharine	TROT	Vet 35 Ladies	07:38.8	1632	70
71	1:16:35	OAKLEY, Judith	Port Talbot Harriers	Vet 45 Ladies	07:39.4	1553	71
72	1:16:45	SCOTT, Nick	Pegasus	Senior Men	07:40.4	1612	72
73	1:16:54	MACK, Graham	Unaffiliated	Vet 50 Men	07:41.3	1548	73
74	1:17:08	CHADWICK, Chris	Unaffiliated	Vet 40 Men	07:42.7	1590	74
75	1:17:20	HAYEL, Jonathan	Unaffiliated	Vet 40 Men	07:43.9	1561	75
76	1:17:21	BREEN, Dave	Porthcawl Runnerlife	Vet 50 Men	07:44.0	1473	76
77	1:17:45	COCKRAM, Debbie	Fairwater Runners	Vet 45 Ladies	07:46.4	1525	77
78	1:17:45	BOUNDS, Kevin	Unaffiliated	Senior Men	07:46.4	1472	78
79	1:17:52	MORGAN, Sean	Unaffiliated	Vet 40 Men	07:47.1	1452	79
80	1:18:17	STARRITT, Andrea	Brackla Harriers	Vet 45 Ladies	07:49.6	1558	80
81	1:18:17	JOHNS, Charlotte	Brackla Harriers	Vet 45 Ladies	07:49.6	1559	81
82	1:18:25	THOMAS, Simon	Porth & District	Vet 40 Men	07:50.4	1533	82
83	1:18:35	PRITCHARD, Michael	Unaffiliated	Vet 50 Men	07:51.4	1437	83
84	1:18:37	DURSLEY, Paul	Llswerry Runners	Vet 50 Men	07:51.6	1545	84
85	1:18:44	CORDING, Phillip	Unaffiliated	Senior Men	07:52.3	1591	85
86	1:18:53	SELBY, Chris	South Wales Police	Senior Men	07:53.2	1514	86
87	1:18:59	FORD, Alex	Brackla Harriers	Vet 60 Men	07:53.8	1566	87
88	1:19:31	TAYLOR, Mark	Unaffiliated	Vet 40 Men	07:57.0	1588	88
89	1:19:31	WILLIAMS, Geriant	Aberdare AC	Vet 40 Men	07:57.0	1587	89
90	1:19:52	BURT, Tony	Brackla Harriers	Vet 60 Men	07:59.1	1482	90
91	1:19:56	MEREDITH, Bryan	Rhondda Valley Runners	Vet 40 Men	07:59.5	1589	91
92	1:20:17	JONES, Paul		Senior Men	08:01.6	1614	92
93	1:20:31	HICKS, Glyn	Islwyn Runners	Vet 60 Men	08:03.0	1485	93
94	1:20:38	VILLIS, Cheryl	Unaffiliated	Senior Ladies	08:03.7	1551	94
95	1:20:45	GRIFITHS, Lee	Unaffiliated	Vet 40 Men	08:04.4	1572	95
96	1:20:47	MARTIN, John	Unaffiliated	Vet 50 Men	08:04.6	1468	96
97	1:20:48	GREY, Julia	Unaffiliated	Vet 45 Ladies	08:04.7	1469	97
98	1:21:10	PRICE, Andrew	South Wales Police	Senior Men	08:06.9	1539	98
99	1:21:24	VILLIS, Carl	Unaffiliated	Vet 40 Men	08:08.3	1552	99
100	1:21:32	ATTWOOD, Howard	Llswerry Runners	Vet 60 Men	08:09.1	1536	100
101	1:21:46	KING, Robert	Unaffiliated	Senior Men	08:10.5	1641	101
102	1:21:49	COPE, Rodger	Unaffiliated	Vet 40 Men	08:10.8	1508	102
103	1:21:57	VINCENT, Christian	Unaffiliated	Vet 40 Men	08:11.6	1576	103
104	1:22:07	MONK, Bernie	Parc Bryn Bach	Vet 60 Men	08:12.6	1584	104
105	1:22:29	ROBERTS, Peter	Griffithstown Harriers	Vet 50 Men	08:14.8	1645	105
106	1:22:36	HAYES, Cathenne	Cardiff AAC	Vet 45 Ladies	08:15.5	1562	106
107	1:23:05	WILLIAMS, Alun	Outdoor Fitness RC	Senior Men	08:18.4	1624	107
108	1:23:05	MORRIS, Ceri	Unaffiliated	Senior Men	08:18.4	1456	108

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Place	Time	Name	Team	Race Age Category	Time min:sec	Time min	Time sec
109	1:23:14	HUNKIN, Donna	Unaffiliated	Vet 35 Ladies	08:19.3	1502	109
110	1:23:18	PRANGLEY, Rachel	Islwyn Runners	Senior Ladies	08:19.7	1625	110
111	1:23:43	MONK, M	Parc Bryn Bach	Vet 55 Ladies	08:22.2	1503	111
112	1:23:51	JOHN, Martin	Unaffiliated	Vet 40 Men	08:23.0	1604	112
113	1:24:01	CARTER, Simon	Brackla Harriers	Senior Men	08:24.0	1567	113
114	1:24:31	ROWELL, Ann	TROT	Vet 55 Ladies	08:27.0	1631	114
115	1:24:34	MORGAN, Lee	Unaffiliated	Vet 40 Men	08:27.3	1585	115
116	1:24:38	KING, Stephen	Unaffiliated	Senior Men	08:27.7	1444	116
117	1:24:49	WARBURTON, Beverly	Unaffiliated	Vet 45 Ladies	08:28.8	1483	117
118	1:24:50	CHIPPER, Neil	Llswerry Runners	Vet 50 Men	08:28.9	1556	118
119	1:24:53	HOPKINS, Vicki	Brackla Harriers	Vet 45 Ladies	08:29.2	1615	119
120	1:25:09	STATHAKIS, Spiro	Llswerry Runners	Senior Men	08:30.8	1543	120
121	1:25:13	CARZANA, Tony	Pegasus	Vet 60 Men	08:31.2	1609	121
122	1:25:16	HARVEY, Paul	Islwyn Runners		08:31.5	1620	122
123	1:25:21	PROFFITT, David	Newport Harriers	Vet 50 Men	08:32.0	1600	123
124	1:25:35	STRATTON, Ian	Brackla Harriers	Vet 40 Men	08:33.4	1574	124
125	1:25:41	COLE, Vicki	Unaffiliated	Vet 35 Ladies	08:34.0	1570	125
126	1:25:41	RAKEI, Sheryl	Unaffiliated	Vet 35 Ladies	08:34.0	1616	126
127	1:26:02	HOWELLS, Anthony	Unaffiliated	Vet 40 Men	08:36.1	1655	127
128	1:26:10	PEMBER, Leigh	Unaffiliated	Vet 40 Men	08:36.9	1478	128
129	1:26:23	SMITH, Kirsty	Unaffiliated	Senior Ladies	08:38.2	1550	129
130	1:26:30	WILLIAMS, Yvonne	Penarth & Dinas	Vet 55 Ladies	08:38.9	1652	130
131	1:26:39	MURRAY LINES, Delyth	Unaffiliated	Vet 35 Ladies	08:39.8	1490	131
132	1:27:08	JONES, Robert	Unaffiliated	Senior Men	08:42.7	1471	132
133	1:27:23	NEW, Steve	100 Marathon Club	Vet 40 Men	08:44.2	1530	133
134	1:27:31	WAKEFIELD, Sara	Pontypool	Vet 35 Ladies	08:45.0	1648	134
135	1:27:31	BRINDLEY, Lisa	Unaffiliated	Senior Ladies	08:45.0	1635	135
136	1:27:33	JONES, Anwen	TROT	Senior Ladies	08:45.2	1628	136
137	1:27:37	DAVIES, Stuart	Unaffiliated	Vet 40 Men	08:45.6	1449	137
138	1:27:38	TREHARNE, Keith	Brackla Harriers	Vet 60 Men	08:45.7	1529	138
139	1:27:45	KEATS, Mark	Pegasus	Senior Men	08:46.4	1511	139
140	1:27:55	MORGAN, Sara	Dragons	Vet 35 Ladies	08:47.4	1445	140
141	1:27:56	EDMUNDS, Gareth	Unaffiliated	Senior Men	08:47.5	1593	141
142	1:28:05	SADDLER, Kimberly	Unaffiliated	Senior Ladies	08:48.4	1455	142
143	1:28:06	JONES, Patricia	Brackla Harriers	Vet 55 Ladies	08:48.5	1489	143
144	1:28:09	WAITE, Kelly	Islwyn Runners	Senior Ladies	08:48.8	1626	144
145	1:28:18	JONES, Tricia	Dragons	Vet 35 Ladies	08:49.7	1463	145
146	1:28:30	COLLINS, Kelly	Parc Bryn Bach	Senior Ladies	08:50.9	1642	146
147	1:28:36	DAVIES, Gareth	Unaffiliated	Under 23 Men	08:51.5	1479	147
148	1:28:45	DRYSDALE, Fiona	Unaffiliated	Vet 35 Ladies	08:52.4	1526	148
149	1:28:53	ROBERTS, Danny	Unaffiliated	Senior Men	08:53.2	1439	149
150	1:28:57	GOTT, Sophie	Unaffiliated	Vet 35 Ladies	08:53.6	1457	150
151	1:28:57	FEAR, Charles	Unaffiliated	Under 23 Men	08:53.6	1502	151
152	1:29:11	FEAR, Bill	Penarth & Dinas	Vet 40 Men	08:55.0	1501	152
153	1:29:30	TREHARNE, Ruth	Islwyn Runners	Vet 45 Ladies	08:56.9	1523	153
154	1:29:31	WEHDEN, Kim	Islwyn Runners	Vet 50 Men	08:57.0	1524	154
155	1:29:49	HILL, Amanda	Unaffiliated	Under 23 Ladies	08:58.8	1498	155
156	1:29:58	RAZ-NICK, Tammy	Brackla Harriers	Vet 35 Ladies	08:59.7	1608	156
157	1:29:58	PEARSON, Richard	Brackla Harriers	Vet 40 Men	08:59.7	1607	157
158	1:29:58	CROOKS, Colin	Pegasus	Vet 50 Men	08:59.7	1522	158
159	1:30:31	JAYNE, Michelle	Parc Bryn Bach	Vet 35 Ladies	09:03.0	1640	159
160	1:31:22	HOLLY, Matt	Unaffiliated	Senior Men	09:08.1	1470	160
161	1:31:42	JENKINS, Melanie	Unaffiliated	Vet 35 Ladies	09:10.1	1541	161
162	1:32:04	KEMPTON, Dave	Unaffiliated	Vet 50 Men	09:12.3	1598	162
163	1:32:11	WILLS, Ian	Unaffiliated	Vet 40 Men	09:13.0	1443	163
164	1:32:18	JAMES, Kathryn	Unaffiliated	Senior Ladies	09:13.7	1447	164

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Place	Time	Name	Team	Race Age Category	min/mile	No Place
165	1:32:18	SULLIVAN, Mark	Unaffiliated	Senior Men	09:13.7	1453 165
166	1:32:23	EVANS, Deborah	Dragons	Vet 45 Ladies	09:14.2	1462 166
167	1:32:23	JEFFERIES, Teresa	Dragons	Vet 45 Ladies	09:14.2	1464 167
168	1:32:39	O'GRADY, James	Unaffiliated	Vet 40 Men	09:15.8	1509 168
169	1:32:42	EVANS, Vivian	Unaffiliated	Vet 40 Men	09:16.1	1506 169
170	1:33:32	VORRIES, Christine	Pontypwl Runners	Vet 45 Ladies	09:21.1	1650 170
171	1:33:35	HISCOX, Elaine	Unaffiliated	Vet 35 Ladies	09:21.4	1450 171
172	1:35:10	KIERNAN, John	Unaffiliated	Vet 40 Men	09:30.8	1578 172
173	1:35:23	THOMAS, Gwen	Les Croupiers	Vet 35 Ladies	09:32.1	1586 173
174	1:35:50	GRIFFITHS, Helen	Unaffiliated	Senior Ladies	09:34.8	1484 174
175	1:36:05	CHAPMAN, Dean	Unaffiliated	Vet 40 Men	09:36.3	1519 175
176	1:36:32	PARRY, Nicola	Aberdare AC	Vet 35 Ladies	09:39.0	1603 176
177	1:37:00	GRANDON, Tony	Unaffiliated	Vet 60 Men	09:41.8	1600 177
178	1:37:24	BEYNON-THOMAS, Sara	Unaffiliated	Senior Ladies	09:44.2	1637 178
179	1:37:24	BRAIN, Hannah	Unaffiliated	Senior Ladies	09:44.2	1636 179
180	1:37:53	FITZPATRICK#, Susan	Unaffiliated	Vet 35 Ladies	09:47.1	1581 180
181	1:38:05	BECKETT, Mary	Unaffiliated	Senior Ladies	09:48.3	1496 181
182	1:38:39	POPE, Sarah	Penarth & Dinas	Vet 45 Ladies	09:51.7	1500 182
183	1:39:27	LLEWELLYN, Catheline	Unaffiliated	Vet 45 Ladies	09:56.5	1634 183
184	1:40:59	MORGAN, Jessie-May	Unaffiliated	Under 23 Ladies	10:05.7	1451 184
185	1:41:45	DURHAM, Alison	Unaffiliated	Vet 45 Ladies	10:10.3	1467 185
186	1:42:29	DAVIES, Nicola	Unaffiliated	Vet 35 Ladies	10:14.7	1487 186
187	1:42:58	FORSEY, Yvonne	Lliswerry Runners	Vet 45 Ladies	10:17.6	1537 187
188	1:46:42	MANSFIELD, Angela	Unaffiliated	Senior Ladies	10:40.0	1486 188
189	1:48:09	WEBB, Tim	Pegasus	Vet 60 Men	10:48.7	1644 189
190	1:49:39	DURSLEY, Lynda	Lliswerry Runners	Vet 45 Ladies	10:57.7	1546 190
191	1:51:15	BURKE, Helena	Unaffiliated	Vet 35 Ladies	11:07.3	1492 191
192	1:51:15	THOMPSON, Samantha	Unaffiliated	Vet 45 Ladies	11:07.3	1493 192
193	1:51:51	DAVIDSON, Alison	South Wales Police	Vet 35 Ladies	11:10.9	1458 193
194	1:51:51	MORGAN, Kay	Pontypool	Senior Ladies	11:10.9	1649 194
195	1:54:25	THOMAS, Simon	Unaffiliated	Under 23 Men	11:26.3	1534 195
196	1:54:25	EVANS, Kara	Unaffiliated	Senior Ladies	11:26.3	1535 196
197	1:55:48	STATHAKIS, Damita	Unaffiliated	Vet 35 Ladies	11:34.6	1542 197
198	1:56:02	WILDY, Tony	Unaffiliated	Vet 70 Men	11:36.0	1528 198
199	1:56:19	CLARKE, Bethany	Unaffiliated	Senior Ladies	11:37.7	1571 199
200	1:56:19	JOHN, Kirsty-Marie	Unaffiliated	Under 23 Ladies	11:37.7	1477 200
201	1:56:38	MORGAN, Sian	Unaffiliated	Senior Ladies	11:39.6	1573 201
202	1:57:48	EVANS, Clive John	Unaffiliated	Vet 70 Men	11:46.6	1454 202
203	1:58:55	DE LA NOUGEREDE, Steven	Lliswerry Runners	Vet 50 Men	11:53.3	1596 203
204	1:59:10	HEDGES, Sarah	Unaffiliated	Vet 35 Ladies	11:54.8	1513 204
205	1:59:10	GEORGE, Karen	Unaffiliated	Vet 45 Ladies	11:54.8	1512 205
206	2:00:45	WEBB, Olivia	Unaffiliated	Senior Ladies	12:04.3	1643 206

There were 206 finishers in the All Competitors category.