|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Position | Time | Race  | Name | Club | Category | Category |
|   |   | Number |   |   |   | Position |
| 1 | 40:52 | 67 | Mickey Havard | San Domenico | VM45 | 1 |
| 2 | 41:51 | 80 | Robert Hunt | Bridgend AC | VM50 | 1 |
| 3 | 42:40 | 201 | Sharon Leech | Camarthen & District Harriers  | VF40 | 1 |
| *4* | *43:08* | *118* | Stu Wilkie |   | SM | 1 |
| *5* | *44:37* | *10* | Timmy Pengilley |   | SM | 2 |
| *6* | *44:40* | *18* | Nick Jones |   | SM | 3 |
| *7* | *45:02* | *68* | Grant Burrows |   | VM45 | 2 |
| *8* | *45:04* | *110* | Terry O'Brien |   | VM55 | 1 |
| *9* | *45:25* | *64* | Johnny Wright |   | VM45 | 3 |
| 10 | 45:41 | 27 | Dee Buchanan | San Domenico | SM | 4 |
| *11* | *45:44* | *19* | Ian De Shcoolmeister |   | SM | 5 |
| 12 | 46:08 | 22 | Andrew Ellison | Rhondda Valley Runners | SM | 6 |
| 13 | 46:12 | 81 | Mark Dunscombe | Sarn Helen | VM50 | 2 |
| 14 | 46:14 | 241 | Lisa Cleary | Penarth and Dinas | VF45 | 1 |
| 15 | 46:51 | 30 | Gavin Brace | headington harriers | SM | 7 |
| *16* | *46:54* | *65* | Tim Owen |   | VM45 | 4 |
| *17* | *48:23* | *8* | John Burridge |   | SM | 8 |
| *18* | *48:29* | *52* | Barri Edwards |   | VM40 | 1 |
| 19 | 48:55 | 130 | Malcolm Bradley | Penarth & Dinas Runners | VM60+ | 1 |
| 20 | 49:14 | 51 | Carl Edwards | Pontypridd Roadents | VM40 | 2 |
| 21 | 49:22 | 111 | Robert Ford | Pontypridd Roadents | VM55 | 2 |
| 22 | 49:41 | 71 | Richard Day | Pontypridd Roadents | VM45 | 5 |
| *23* | *49:55* | *29* | Tom Owen |   | SM | 9 |
| 24 | 50:13 | 66 | Andy Davies | Pontypridd Roadents | VM45 | 6 |
| *25* | *51:22* | *6* | Lee Owen |   | SM | 10 |
| *26* | *52:20* | *270* | Helen Davies |   | VF50 | 1 |
| *27* | *53:* | *69* | Haydn Lewis |   | VM45 | 7 |
| 28 | 53:04 | 291 | Caroline Dallimore | Les Croupiers | VF55+ | 1 |
| *29* | *53:07* | *243* | Carolyn Thomas |   | VF45 | 2 |
| 30 | 53:13 | 204 | Jan Edwards | Pontypridd Roadents | VF40 | 2 |
| *31* | *53:27* | *5* | Glen Davies |   | SM | 11 |
| *32* | *53:29* | *13* | Dave Griffiths |   | SM | 12 |
| *33* | *54:08* | *14* | Simon Morgan |   | SM | 13 |
| *34* | *54:10* | *24* | Jason Gray |   | SM | 14 |
| *35* | *54:12* | *31* | James Francis |   | SM | 15 |
| *36* | *54:28* | *272* | Beverley Warburton |   | VF50 | 2 |
| *37* | *54:42* | *242* | Vanessa Turnball |   | VF45 | 3 |
| *38* | *54:45* | *83* | Steve Riddler |   | VM50 | 3 |
| *39* | *54:52* | *180* | Alice Hurd |   | VF35 | 1 |
| 40 | 54:52 | 157 | Emily Luke | Penarth and Dinas | SF | 1 |
| *41* | *55:06* | *53* | David Evans |   | VM40 | 3 |
| *42* | *55:48* | *203* | Sarah Hughes |   | VF40 | 3 |
| *43* | *56:14* | *156* | Lisa Brindley |   | SF | 2 |
| 44 | 56:33 | 273 | Yvonne Williams | Penarth and Dinas | VF55+ | 2 |
| *45* | *56:46* | *70* | Andrew Gregory |   | VM45 | 8 |
| *46* | *57:15* | *15* | Peter Ryell |   | SM | 16 |
| 47 | 57:55 | 82 | Ray James | Port Talbot Harriers | VM50 | 4 |
| *48* | *57:55* | *153* | Kelly Owen |   | SF | 3 |
| *49* | *58:10* | *181* | Delyth Murray Lines |   | VF35 | 2 |
| *50* | *58:19* | *152* | Jennifer Pearson |   | SF | 4 |
| 51 | 58:29 | 23 | Paul Whitmarsh | Penarth & Dinas Runners | SM | 17 |
| 52 | 59:05 | 154 | Michelle Hoey | Penarth and Dinas | SF | 5 |
| *53* | *59:05* | *61* | Steve Hill |   | VM45 | 9 |
| 54 | 59:39 | 62 | Andrew Price | Brecon AC | VM45 | 10 |
| *55* | *61:23* | *7* | Gareth Jenkins |   | SM | 18 |
| 56 | 61:28 | 63 | Alan Gibson | Stainland Lions running club | VM45 | 11 |
| *57* | *62:16* | *26* | Daniel Davies |   | SM | 19 |
| *58* | *62:22* | *28* | Steven Phillips |   | SM | 20 |
| 59 | 62:56 | 271 | Carol Lord  | Stainland Lions Running Club | VF50 | 3 |
| *60* | *63:01* | *25* | Daniel Morgan |   | SM | 21 |
| *61* | *63:02* | *290* | Barbara Hancock |   | VF55+ | 3 |
| *62* | *63:31* | *17* | Tom Williams |   | SM | 22 |
| *63* | *63:33* | *182* | Michelle Hancock |   | VF35 | 3 |
| *64* | *63:42* | *200* | Angela Coles |   | VF40 | 4 |
| *65* | *63:43* | *60* | Richard Hancock |   | VM45 | 12 |
| *66* | *65:33* | *240* | Nicola Trigg |   | VF45 | 11 |
| *67* | *66:07* | *155* | Jess Watts |   | SF | 6 |
| *68* | *68:49* | *202* | Amanda Lynch |   | VF40 | 5 |
| *69* | *71:18* | *183* | Ann Mainstone |   | VF35 | 4 |
| *70* | *78:36* | *151* | Elinor Marsh |   | SF | 7 |
| 71 | 79:15 | 274 | Andrea Bird | run4all | VF50 | 4 |
| *72* | *79:26* | *16* | Gregory Owen |   | SM | 23 |
| *73* | *101:10* | *20* | Jordan Chamberlin |   | SM | 24 |