

Reverse 10 2023

Overall Results

Plac	Bib	Name	Gender	Gen.Ran	AG	Club	ChipTim	GunTim
1.	986	Jacob Tasker	M	1	Senior Men	Ogmore Phoenix Runners	54:49	54:49
2.	787	Vaughan Edwards	M	2	V40 Men	Les Croupiers RC	57:09	57:10
3.	906	Phil Morris	M	3	V40 Men	Builth & District RC	59:37	59:37
4.	838	Sioned Howells	F	1	Senior Women	Swansea Harriers AC	59:48	59:48
5.	1018	Matthew Williams	M	4	Senior Men	Rhondda Valley Runners	1:00:18	1:00:19
6.	957	David Richardson	M	5	Senior Men	Pont-y-pwl & District Runners	1:00:35	1:00:35
7.	821	Darragh Hanley-Crofts	M	6	Senior Men	White Rock Runners	1:01:03	1:01:07
8.	1008	Dane Williams	M	7	Senior Men	Parc Bryn Bach RC	1:01:27	1:01:28
9.	803	Andy Gardiner	M	8	Senior Men	San Domenico Road RC	1:02:03	1:02:04
10.	905	Donna Morris	F	2	V35 Women	Builth & District RC	1:02:13	1:02:13
11.	908	Paul Morton	M	9	V40 Men	Les Croupiers RC	1:02:48	1:02:51
12.	766	Michael Darke	M	10	V40 Men	CDF Runners	1:02:52	1:02:55
13.	950	Joseph Reardon	M	11	U23 Men	Parc Bryn Bach RC	1:03:23	1:03:25
14.	893	Duncan McLauchlan	M	12	V40 Men	Les Croupiers RC	1:04:03	1:04:04
15.	953	Gareth Richards	M	13	V50 Men	Ogmore Phoenix Runners	1:04:13	1:04:13
16.	920	Ross Owen	M	14	Senior Men	Rhondda Valley Runners	1:04:22	1:04:24
17.	886	Elinor Matthey	F	3	U23 Women	Amman Valley Harriers	1:05:29	1:05:29
18.	820	Chris Handley	M	15	V50 Men	Merthyr Running Club	1:05:35	1:05:38
19.	990	Sam Thomas	M	16	Senior Men	Rhondda Valley Runners	1:05:45	1:05:46
20.	796	Luigi Federici	M	17	Senior Men	Penarth and Dinas Runners	1:06:06	1:06:08
21.	863	Nicola Jukes	F	4	V45 Women	Parc Bryn Bach RC	1:06:41	1:06:42
22.	970	John Seaward	M	18	Senior Men	Caerphilly Runners	1:06:54	1:06:55
23.	632	James Bruce	M	19	V40 Men	Les Croupiers RC	1:07:06	1:07:07
24.	1023	Ryan Worlock-Morgan	M	20	Senior Men	Parc Bryn Bach RC	1:07:14	1:07:15
25.	668	Mark Carter	M	21	V50 Men	Penarth and Dinas Runners	1:07:47	1:07:50
26.	991	Jeremy Thomas	M	22	V60 Men	Les Croupiers RC	1:08:11	1:08:13
27.	871	Kit Lambert	M	23	V40 Men	Penarth and Dinas Runners	1:08:40	1:08:43
28.	914	Terry O'Brien	M	24	V60 Men		1:09:07	1:09:12
29.	904	Niki Morgan	F	5	V55 Women	Chepstow Harriers	1:09:14	1:09:15
30.	724	Kevin Chalke	M	25	V60 Men	Penarth and Dinas Runners	1:09:23	1:09:26
31.	895	Bryan Meredith	M	26	V50 Men	Rhondda Valley Runners	1:09:46	1:09:48
32.	873	Sharon Leech	F	6	V45 Women	Swansea Harriers AC	1:10:15	1:10:18
33.	757	Matthew Cook	M	27	V50 Men		1:10:21	1:10:24
34.	831	Darren Hill	M	28	V50 Men	Taff Ely Triathlon Club	1:10:26	1:10:28
35.	866	Liam Kelly	M	29	V40 Men	Penarth and Dinas Runners	1:10:26	1:10:34
36.	980	Nick Spiller	M	30	V40 Men		1:10:34	1:10:38
37.	811	Simon Grant	M	31	Senior Men	Penarth and Dinas Runners	1:11:14	1:11:23
38.	945	Tammy Pritchard	F	7	V45 Women	Les Croupiers RC	1:11:32	1:11:35
39.	944	Daniel Price	M	32	Senior Men	Parc Bryn Bach RC	1:11:40	1:11:44
40.	537	Catherine Barker	F	8	V45 Women	Penarth and Dinas Runners	1:11:54	1:11:58
41.	931	Matthew Pearce	M	33	V40 Men		1:11:43	1:11:59
42.	974	Luc Shide	M	34	Senior Men	Caerphilly Runners	1:12:10	1:12:13
43.	1001	Matthew Watkins	M	35	Senior Men	Vale Runners	1:12:21	1:12:23
44.	1009	Mark Williams	M	36	V60 Men	Aberdare Valley Amateur AC	1:12:25	1:12:29
45.	844	Karl James	M	37	V50 Men	Les Croupiers RC	1:12:31	1:12:33
46.	856	Sam Jones	M	38	Senior Men		1:12:43	1:12:49
47.	869	Aine Kenny	F	9	V35 Women	Les Croupiers RC	1:12:56	1:13:04
48.	773	Shawn Davies	M	39	V40 Men	Rhondda Valley Runners	1:13:06	1:13:08
49.	854	Rhys Jones	M	40	Senior Men	Pontyclun Road Runners	1:13:16	1:13:22
50.	912	Crawford Nigel	M	41	V50 Men	Tri Hard Harriers	1:13:22	1:13:24
51.	858	Wayne Jones	M	42	V50 Men		1:14:17	1:14:20
52.	861	Kate Jones	F	10	Senior Women	Builth & District RC	1:14:27	1:14:28
53.	1006	Phil White	M	43	V50 Men		1:14:26	1:14:35
54.	936	Matthew Pinney	M	44	U23 Men		1:14:36	1:14:42
55.	716	Jamie Cattle	M	45	V40 Men	Taff Ely Triathlon Club	1:14:39	1:14:51
56.	940	Megan Poulson	F	11	Senior Women	San Domenico Road RC	1:14:52	1:14:56

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57.	938	Alan Porter	M	46	V50 Men	Taff Ely Triathlon Club	1:14:57	1:14:59
58.	672	Damian Caswell	M	47	V40 Men	Parc Bryn Bach RC	1:14:56	1:15:00
59.	996	Rachel Walsh	F	12	Senior Women	Les Croupiers RC	1:15:03	1:15:14
60.	799	Michael Foster	M	48	V60 Men	Pontypridd Roadents AC	1:15:28	1:15:31
61.	943	Joseph Price	M	49	U23 Men	Merthyr Triathlon Club	1:15:49	1:15:55
62.	883	Graham Mack	M	50	V60 Men	Merthyr Running Club	1:15:55	1:15:58
63.	917	Clive Osmond	M	51	V60 Men	Les Croupiers RC	1:16:08	1:16:14
64.	797	Stuart Felix	M	52	V50 Men	Rhondda Valley Runners	1:16:12	1:16:18
65.	735	Paul Chapman	M	53	V50 Men	Les Croupiers RC	1:16:13	1:16:21
66.	1014	Neil Williams	M	54	V40 Men	Caerphilly Runners	1:16:23	1:16:40
67.	739	Kay Chapman	F	13	V55 Women	Les Croupiers RC	1:16:32	1:16:42
68.	899	Nick Morgan	M	55	V40 Men	Penarth and Dinas Runners	1:16:57	1:17:01
69.	897	Sara Morgan	F	14	V45 Women	Taff Ely Triathlon Club	1:17:11	1:17:16
70.	437	Paul Bagshaw	M	56	V50 Men	Merthyr Triathlon Club	1:17:25	1:17:31
71.	839	Hugh Hughes	M	57	V50 Men	Taff Ely Triathlon Club	1:17:44	1:17:49
72.	955	Maria Richards	F	15	V45 Women	Pont-y-pwl & District Runners	1:17:58	1:18:00
73.	1015	Sara Williams	F	16	V45 Women	Caerphilly Runners	1:18:27	1:18:33
74.	959	Ffion Roberts	F	17	Senior Women	CDF Runners	1:18:31	1:18:42
75.	1002	Andrew Webb	M	58	Senior Men		1:18:39	1:18:48
76.	892	Andy McIntyre	M	59	V50 Men	Hengoed Harriers	1:18:36	1:18:50
77.	958	Keith Roberts	M	60	V70 Men	Llswerry Runners	1:18:59	1:19:04
78.	947	Ed Pyle	M	61	Senior Men		1:19:03	1:19:14
79.	620	Kevin Bounds	M	62	V40 Men		1:19:30	1:19:37
80.	568	Jade Bazykiewicz	F	18	V35 Women	Ogmore Phoenix Runners	1:19:39	1:19:42
81.	800	Lee Francis	M	63	V50 Men	Ystrad Mynach Running Club	1:19:29	1:19:42
82.	543	Steven Barker	M	64	V40 Men	Penarth and Dinas Runners	1:19:49	1:19:54
83.	292	Paula Allen	F	19	V45 Women		1:19:49	1:19:58
84.	927	Mark Parry	M	65	V40 Men		1:19:59	1:20:09
85.	776	Clive Denton	M	66	V50 Men	Rhondda Valley Runners	1:20:16	1:20:18
86.	992	Kevin Thomas	M	67	V50 Men	Neath Harriers	1:20:31	1:20:34
87.	1013	Alison Williams	F	20	V45 Women	Caerphilly Runners	1:20:20	1:20:38
88.	1007	Jen Williams	F	21	V35 Women	Caerphilly Runners	1:20:40	1:20:46
89.	611	Catharine Bleasdale	F	22	V45 Women	Amman Valley Harriers	1:20:41	1:20:49
90.	962	Emily Sams	F	23	Senior Women	Caerphilly Runners	1:21:17	1:21:23
91.	916	James O'Reilly	M	68	V40 Men	CDF Runners	1:21:12	1:21:26
92.	841	Jon Hussey	M	69	V40 Men	Rhoose Runners	1:21:16	1:21:27
93.	786	Amy Edwards	F	24	V35 Women	Rhondda Valley Runners	1:21:39	1:21:41
94.	830	Mark Herbert	M	70	V40 Men	Les Croupiers RC	1:21:42	1:21:52
95.	768	Gareth Davies	M	71	V40 Men	Penarth and Dinas Runners	1:21:57	1:22:04
96.	798	Tomasz Figurski	M	72	V40 Men	Caerphilly Runners	1:21:53	1:22:08
97.	340	Michelle Amblin	F	25	V45 Women	Les Croupiers RC	1:22:05	1:22:16
98.	880	Cai Llewellyn Jones	M	73	Senior Men	White Rock Runners	1:22:19	1:22:31
99.	807	David George	M	74	V50 Men	Les Croupiers RC	1:22:26	1:22:35
100.	954	Stephanie Richards	F	26	V55 Women	Merthyr Running Club	1:22:26	1:22:35
101.	983	Peter Stevens	M	75	V50 Men	Merthyr Triathlon Club	1:22:48	1:22:55
102.	653	Gideon Calder	M	76	V50 Men	Penarth and Dinas Runners	1:22:56	1:23:01
103.	918	Eugene O'Sullivan	M	77	V40 Men	Pegasus RC	1:22:54	1:23:08
104.	804	Jason Garrahan	M	78	V50 Men		1:22:59	1:23:12
105.	885	Simon Marks	M	79	V50 Men	Merthyr Running Club	1:23:01	1:23:12
106.	835	Michelle Hoey	F	27	V35 Women	Penarth and Dinas Runners	1:23:10	1:23:18
107.	840	Elysia Humphreys	F	28	U23 Women		1:23:07	1:23:21
108.	870	Farah Khan	F	29	V35 Women		1:23:08	1:23:21
109.	972	Richard Sewell	M	80	V60 Men	Penarth and Dinas Runners	1:23:16	1:23:22
110.	868	David Kempton	M	81	V60 Men		1:23:28	1:23:32
111.	812	Christopher Grant	M	82	V60 Men	Caerphilly Runners	1:24:01	1:24:09
112.	960	Joanne Ryan	F	30	V45 Women	Rhondda Valley Runners	1:24:25	1:24:27

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113.	998	Debbie Warburton	F	31	V55 Women	Penarth and Dinas Runners	1:24:33	1:24:38
114.	882	Sarah Lyle	F	32	V45 Women	Pegasus RC	1:24:36	1:24:51
115.	1017	Mo Williams	M	83	V50 Men	RunNewport	1:24:53	1:24:57
116.	1000	Craig Ward	M	84	V40 Men	Islwyn RC	1:25:13	1:25:19
117.	825	Neil Harris	M	85	V40 Men		1:25:44	1:25:48
118.	1011	Chris Williams	M	86	V40 Men	New 2 Tri	1:25:44	1:25:49
119.	988	James Taylor	M	87	V40 Men		1:25:32	1:25:51
120.	896	Rebekah Miles	F	33	V35 Women		1:25:48	1:26:00
121.	770	Michael H Davies	M	88	V70 Men	Les Croupiers RC	1:25:58	1:26:14
122.	790	Wynne Evans	M	89	V60 Men	Taff Ely Triathlon Club	1:26:09	1:26:22
123.	1010	Natalie Williams	F	34	V35 Women	Merthyr Running Club	1:26:21	1:26:30
124.	964	Stuart Sargent	M	90	V50 Men	Ystrad Mynach Running Club	1:26:25	1:26:37
125.	999	Ian Warburton	M	91	V50 Men	Penarth and Dinas Runners	1:26:45	1:26:49
126.	894	Phillip Mears	M	92	V50 Men	White Rock Runners	1:26:48	1:27:00
127.	934	Neil Pilliner	M	93	V50 Men		1:26:51	1:27:08
128.	903	Lee Morgan	M	94	V50 Men		1:26:52	1:27:08
129.	763	Timothy Cummings	M	95	V50 Men	Penarth and Dinas Runners	1:26:59	1:27:20
130.	781	Alyssa Doyle	F	35	Senior Women		1:27:13	1:27:29
131.	985	Claire Sullivan	F	36	V35 Women	Parc Bryn Bach RC	1:27:34	1:27:38
132.	765	Naomi Darke	F	37	U23 Women		1:27:42	1:27:52
133.	937	Katie Plimmer	F	38	U23 Women	Ogmore Phoenix Runners	1:28:01	1:28:04
134.	428	Katherine Axten	F	39	Senior Women	CDF Runners	1:28:12	1:28:22
135.	810	Huw Gough	M	96	V40 Men	Hengoed Harriers	1:28:27	1:28:36
136.	857	Robert Jones	M	97	V50 Men	Pegasus RC	1:28:32	1:28:47
137.	881	Tom Longley	M	98	Senior Men	Caerphilly Runners	1:28:49	1:28:55
138.	390	Robert Ananicz	M	99	V40 Men	Caerphilly Runners	1:28:56	1:29:11
139.	822	Edward Brown	M	100	V50 Men	Pegasus RC	1:29:02	1:29:15
140.	645	James Buckingham	M	101	V50 Men	Penarth and Dinas Runners	1:29:03	1:29:23
141.	860	Neil Jones	M	102	V40 Men	Rhondda Valley Runners	1:29:17	1:29:24
142.	910	Glen Neal	M	103	V50 Men		1:29:15	1:29:34
143.	826	Robert Hassell	M	104	V40 Men		1:29:20	1:29:38
144.	922	Chris Panes	M	105	V50 Men	Merthyr Triathlon Club	1:29:34	1:29:41
145.	924	Neill Parker	M	106	V50 Men	Islwyn RC	1:29:35	1:29:44
146.	987	Mark Taylor	M	107	V50 Men		1:29:39	1:29:51
147.	952	Janet Richards	F	40	V55 Women	Lliswerry Runners	1:29:37	1:29:56
148.	976	Julie Smith	F	41	V45 Women	Merthyr Triathlon Club	1:29:51	1:29:58
149.	935	Lisa Pinney	F	42	V45 Women	Clwb Run Wales	1:29:52	1:29:58
150.	1004	Robert Weeks	M	108	V50 Men	Rhondda Valley Runners	1:30:19	1:30:27
151.	884	Firouz Mal	M	109	V60 Men	Les Croupiers RC	1:30:18	1:30:28
152.	928	Marianne Paterson	F	43	V45 Women	Ogmore Phoenix Runners	1:30:32	1:30:43
153.	560	Natalie Bartlett	F	44	V35 Women		1:30:44	1:30:52
154.	850	Peter Johnson	M	110	V40 Men		1:30:56	1:31:09
155.	772	Rebecca Davies	F	45	V35 Women	Rhondda Valley Runners	1:31:50	1:31:58
156.	806	Rachel Garside	F	46	V45 Women		1:32:00	1:32:08
157.	948	Stephen Quin	M	111	V50 Men	Les Croupiers RC	1:32:00	1:32:09
158.	759	Shaun Cotter	M	112	V50 Men		1:32:00	1:32:16
159.	967	Julie Scholey	F	47	V55 Women	Les Croupiers RC	1:32:13	1:32:24
160.	586	Natasha Bishop	F	48	Senior Women	Ystrad Mynach Running Club	1:32:20	1:32:32
161.	794	Tony Evans	M	113	V60 Men		1:32:19	1:32:33
162.	981	Jayne Stephens	F	49	V45 Women	Caerphilly Runners	1:32:29	1:32:43
163.	942	Chris Pratt	M	114	V50 Men	Ogmore Phoenix Runners	1:33:03	1:33:14
164.	758	Owen Cooper	M	115	V70 Men	Builth & District RC	1:33:09	1:33:16
165.	997	Beverley Warburton	F	50	V55 Women	Penarth and Dinas Runners	1:33:13	1:33:21
166.	900	Lucy Morgan	F	51	V45 Women		1:33:18	1:33:34
167.	802	Hannah Gaffney	F	52	V35 Women		1:33:27	1:33:38
168.	878	Robert Lewis	M	116	V70 Men	Caerphilly Runners	1:33:53	1:34:08

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169.	769	Claire Davies	F	53	V45 Women	Merthyr Running Club	1:34:03	1:34:14
170.	667	Arabella Calder	F	54	V45 Women	Penarth and Dinas Runners	1:34:19	1:34:26
171.	801	Jan Frost	F	55	V55 Women	Penarth and Dinas Runners	1:34:33	1:34:41
172.	982	Steve Hill	M	117	V60 Men	Penarth and Dinas Runners	1:34:39	1:34:48
173.	789	Carwyn Evans	M	118	V50 Men	Dragons Running Club	1:35:37	1:35:50
174.	780	Graeme Donnan	M	119	V60 Men	Les Croupiers RC	1:35:52	1:36:07
175.	891	Peter McFarlane	M	120	V40 Men		1:35:55	1:36:08
176.	819	Nigel Hammersley	M	121	V40 Men	Pegasus RC	1:35:53	1:36:10
177.	816	Abby Groves	F	56	Senior Women	Pegasus RC	1:35:53	1:36:11
178.	823	Dean Harries	M	122	Senior Men		1:36:06	1:36:23
179.	792	Stephen Evans	M	123	V40 Men	Ystrad Mynach Running Club	1:36:16	1:36:33
180.	923	Caren Parker	F	57	V45 Women	Islwyn RC	1:36:51	1:36:59
181.	1022	Glen Francis	M	124	V40 Men		1:36:52	1:37:11
182.	889	Andrew May	M	125	V50 Men	Penarth and Dinas Runners	1:37:17	1:37:27
183.	989	Michelle Thomas	F	58	V45 Women	Pegasus RC	1:37:39	1:37:55
184.	853	Beth Jones	F	59	Senior Women		1:38:00	1:38:11
185.	805	Michael Garrett	M	126	V50 Men	Caerphilly tri-ers	1:38:06	1:38:22
186.	909	Delyth Murray- Lines	F	60	V45 Women	CDF Runners	1:38:10	1:38:24
187.	994	Samantha Thomas	F	61	V45 Women	Caerphilly Runners	1:38:09	1:38:25
188.	815	Kayley Griffiths	F	62	V35 Women		1:38:24	1:38:35
189.	764	Tony Dally	M	127	V50 Men	Taff Ely Triathlon Club	1:38:50	1:39:02
190.	968	Sarah Scire	F	63	V35 Women	White Rock Runners	1:39:11	1:39:25
191.	874	Rebecca Lees	F	64	V45 Women	Hengoed Harriers	1:39:34	1:39:49
192.	984	Caryl Stokes	F	65	V45 Women	Merthyr Running Club	1:40:44	1:40:53
193.	888	Kathryn Matthews	F	66	V45 Women		1:40:59	1:41:19
194.	833	Lynette Hill	F	67	V55 Women		1:41:07	1:41:21
195.	795	Lisanne Evans	F	68	V35 Women	Islwyn RC	1:41:05	1:41:23
196.	932	Jackie Phillips	F	69	V45 Women		1:41:12	1:41:32
197.	862	Robert Joslin	M	128	V50 Men	Rhondda Valley Runners	1:41:58	1:42:07
198.	846	Mike James	M	129	V50 Men	Port Talbot Harriers	1:42:03	1:42:12
199.	933	Huw Phillips	M	130	V50 Men	CDF Runners	1:42:09	1:42:22
200.	877	Karen Lewis	F	70	V55 Women	Caerphilly Runners	1:42:12	1:42:31
201.	907	Paul Morris-Wood	M	131	V40 Men	Islwyn RC	1:42:39	1:42:51
202.	939	Tracey Poulson	F	71	V45 Women		1:43:14	1:43:24
203.	855	Alun Jones	M	132	V50 Men		1:43:33	1:43:43
204.	890	Helen Mccarthy	F	72	V45 Women	Moti Albany Road	1:43:35	1:43:54
205.	834	Gareth Hodder	M	133	V40 Men		1:44:01	1:44:14
206.	971	Mairi Sen	F	73	V55 Women	Pontyclun Road Runners	1:44:02	1:44:16
207.	977	Maureen Smith	F	74	V55 Women	Pegasus RC	1:44:02	1:44:20
208.	842	Richard J Parnell	M	134	V40 Men	Islwyn RC	1:44:11	1:44:23
209.	973	Alex Shapland	F	75	V45 Women		1:44:03	1:44:25
210.	913	Jaime Norman	M	135	V40 Men		1:44:05	1:44:25
211.	828	Emma Healy	F	76	V45 Women	Penarth and Dinas Runners	1:44:36	1:44:43
212.	785	Glenda Edwards	F	77	V55 Women	Les Croupiers RC	1:44:32	1:44:50
213.	1016	Rachael Williams	F	78	V45 Women		1:44:38	1:44:59
214.	887	Lesley Matthews	F	79	V55 Women	Rhondda Valley Runners	1:45:28	1:45:45
215.	814	Helen Griffiths	F	80	V45 Women	Merthyr Triathlon Club	1:46:09	1:46:15
216.	879	Catherine Llewellyn	F	81	V55 Women	Merthyr Running Club	1:46:17	1:46:23
217.	775	Joanne Dendle	F	82	V45 Women	Pontyclun Road Runners	1:46:11	1:46:25
218.	921	Kaylea Palkowski	F	83	Senior Women	Caerphilly Runners	1:46:17	1:46:36
219.	517	David Bailyes	M	136	V60 Men	Caerphilly Runners	1:46:18	1:46:36
220.	851	Danielle Johnson	F	84	V35 Women	Rhondda Valley Runners	1:48:13	1:48:30
221.	836	Peter Horman	M	137	Senior Men	Ystrad Mynach Running Club	1:48:18	1:48:37
222.	774	Claire Dean	F	85	V35 Women		1:48:31	1:48:50
223.	582	Lynne Beale	F	86	V45 Women		1:49:06	1:49:17
224.	876	Debra Lewis	F	87	V45 Women	Rhondda Valley Runners	1:49:24	1:49:41

Reverse 10 2023

Overall Results

Plac	Bib	Name	Gen	Ran	AG	Club	ChipTim	GunTim
225.	817	Phil Groves	M	138	V60 Men	Pegasus RC	1:49:35	1:49:53
226.	829	Matthew Heath	M	139	Senior Men		1:49:50	1:49:57
227.	761	Nicola Cox	F	88	V35 Women	Islwyn RC	1:50:30	1:50:42
228.	975	Karen Smith	F	89	V45 Women	Merthyr Running Club	1:51:34	1:51:47
229.	760	Peter Coughlin	M	140	V50 Men	Caerphilly Runners	1:51:45	1:52:06
230.	875	Caroline Lewis	F	90	V45 Women	Merthyr Triathlon Club	1:52:59	1:53:04
231.	966	Kay Saunders	F	91	V55 Women	Clwb Run Wales	1:55:22	1:55:38
232.	925	Julie Parker	F	92	V45 Women		1:56:59	1:57:11
233.	771	Lisa Davies	F	93	V45 Women	Clwb Run Wales	1:57:58	1:58:14
234.	852	Bev Johnson	F	94	V55 Women	Rhondda Valley Runners	1:59:18	1:59:36
235.	1019	Maria Williams	F	95	V55 Women	Rhondda Valley Runners	1:59:19	1:59:36
236.	911	Stephen New	M	141	V50 Men	Hengoed Harriers	1:59:17	1:59:38
237.	929	Carl Peacock	M	142	V50 Men		2:00:09	2:00:34
238.	993	Emma Thomas	F	96	Senior Women		2:01:16	2:01:26
239.	788	Joanna England	F	97	V45 Women	Merthyr Running Club	2:02:01	2:02:11
240.	603	Julia Blake	F	98	V55 Women	RunNewport	2:05:59	2:06:15
241.	978	Joanne Smith	F	99	V45 Women	Clwb Run Wales	2:05:59	2:06:15
242.	946	Sharon Pritchard	F	100	V45 Women	Ogmore Phoenix Runners	2:13:24	2:13:37
243.	583	Debbie Bennion	F	101	V55 Women	Ogmore Phoenix Runners	2:13:50	2:14:04

Number of records: 243