

Provisional Results for All Competitors in finish order.

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Pace min/mile</i>	<i>Race No</i>	<i>Race Place</i>
1	1:34:29	GARDINER, Richard	Aberdare Valley A.A.C.	Senior Men	05:54.2	157	1
2	1:45:20	REES, Steve	Port Talbot Harriers	Senior Men	06:34.9	69	2
3	1:47:45	THOMAS, Stephen	Aberdare Valley A.A.C.	Male Vet 40	06:43.9	39	3
4	1:47:53	FULCHER, Chris	Port Talbot Harriers	Male Vet 40	06:44.4	71	4
5	1:53:26	BODMAN, Daniel	Aberdare Valley A.A.C.	Senior Men	07:05.2	158	5
6	1:53:35	AYRES, Gareth	Port Talbot Harriers	Senior Men	07:05.8	70	6
7	1:53:42	PFEIFFER, Michael	Brecon Tri	Male Vet 40	07:06.2	64	7
8	1:54:14	PRISTAVEC, Christopher	Les Croupiers R.C.	Senior Men	07:08.2	21	8
9	1:54:54	BARNBY, Darryl	Fairwater Runners	Senior Men	07:10.7	139	9
10	1:59:08	HODGSON, Andrew	Bridgend A.C.	Male Vet 40	07:26.6	117	10
11	2:00:17	WALSH, Steve	Port Talbot Harriers	Male Vet 40	07:30.9	44	11
12	2:02:45	LAMBETH, Dafydd	Islwyn Running Club	Senior Men	07:40.2	105	12
13	2:03:11	LEWIS, Simon	Parc Bryn Bach R.C.	Male Vet 40	07:41.8	98	13
14	2:03:25	JONES, Ian	Unaffiliated	Male Vet 40	07:42.7	163	14
15	2:04:02	OWEN, Darren	Unaffiliated	Senior Men	07:45.0	114	15
16	2:04:02	ADAMS, Phil	Neath Harriers	Male Vet 40	07:45.0	119	16
17	2:07:53	MORRIS, Jonathan	Unaffiliated	Senior Men	07:59.4	37	17
18	2:09:02	REES, Stafford	Rhayader R.C.	Male Vet 40	08:03.7	53	18
19	2:09:17	CAVENEY, Terry	Les Croupiers R.C.	Male Vet 40	08:04.7	58	19
20	2:09:21	CROALL, Peter	San Domenico R.R.C.	Senior Men	08:04.9	165	20
21	2:09:53	POTTS, James	San Domenico R.R.C.	Senior Men	08:06.9	6	21
22	2:10:53	STEVENS, Darren	Unaffiliated	Male Vet 40	08:10.7	77	22
23	2:10:54	BUNNEY, Allen	Aberdare Valley A.A.C.	Male Vet 40	08:10.7	25	23
24	2:11:04	GETHING, Nicola	Parc Bryn Bach R.C.	Female Vet 35	08:11.3	61	24
25	2:12:28	MCBROWN, Hannah	Outdoor Fitness	Senior Ladies	08:16.6	112	25
26	2:13:33	EAST, Elinor	Outdoor Fitness	Senior Ladies	08:20.7	106	26
27	2:13:48	LEWIS, Simon	Parc Bryn Bach R.C.	Senior Men	08:21.6	92	27
28	2:13:55	DUFFIELD, Helen	Chepstow Harriers	Female Vet 35	08:22.0	115	28
29	2:14:18	DAVIES, Ceri	San Domenico R.R.C.	Senior Men	08:23.5	34	29
30	2:14:45	LLOYD, Rich	Fairwater Runners	Senior Men	08:25.1	132	30
31	2:15:09	SANDLES, Robert	3M Road Runners	Male Vet 40	08:26.6	83	31
32	2:15:21	EVANS, Robert	Ebbw Vale R.C.	Male Vet 40	08:27.4	62	32
33	2:15:21	RUSSELL, Tom	Ebbw Vale R.C.	Senior Men	08:27.4	94	33
34	2:15:29	WEHDEN, Kim	Islwyn Running Club	Male Vet 40	08:27.9	16	34
35	2:15:48	JONES, Gary	Unaffiliated	Male Vet 40	08:29.1	100	35
36	2:16:14	JENKINS, Nick	Unaffiliated	Male Vet 40	08:30.7	123	36
37	2:16:29	COLLINS, Anthony	Unaffiliated	Male Vet 40	08:31.6	45	37
38	2:17:17	CABLE, Paul	Taff Ely Tri	Male Vet 40	08:34.6	104	38
39	2:18:16	SEAMAN, Carl	Rhondda Valley Runners	Male Vet 40	08:38.3	55	39
40	2:18:32	WILLIAMS, Jonathan	Unaffiliated	Senior Men	08:39.3	130	40
41	2:18:50	TAYLOR, Adrian	Unaffiliated	Male Vet 40	08:40.5	85	41
42	2:19:07	BUTTON, Chris	Unaffiliated	Senior Men	08:41.5	168	42
43	2:19:08	DAVIES, Jonathan	Islwyn Running Club	Male Vet 40	08:41.6	42	43
44	2:19:23	WILLIAMS, Anthony	Unaffiliated	Male Vet 40	08:42.5	99	44
45	2:19:59	BROWNE, Martin	Unaffiliated	Male Vet 40	08:44.8	153	45
46	2:20:21	GRIFFIN, Rebecca	West End Runners	Female Vet 35	08:46.1	110	46
47	2:20:22	WELCH, Zoe	Unaffiliated	Female Vet 35	08:46.2	121	47
48	2:20:27	EDWARDS, Carl	Pontypridd Roadents	Male Vet 40	08:46.5	32	48
49	2:20:31	DAVIES, Dafydd	Outdoor Fitness	Senior Men	08:46.8	65	49
50	2:20:39	MOGEY, Sam	Unaffiliated	Senior Men	08:47.3	159	50
51	2:20:39	MCKAY, David	Unaffiliated	Senior Men	08:47.3	160	51
52	2:21:02	SIMS, Mark	Brecon Tri	Male Vet 40	08:48.7	154	52
53	2:21:49	LLOYD, Chris	Islwyn Running Club	Senior Men	08:51.6	68	53
54	2:22:27	MILLS, Roger	Fairwater Runners	Male Vet 40	08:54.0	125	54
55	2:22:54	BRADLEY, Malcolm	Penarth and Dinas Runners	Male Vet 40	08:55.7	22	55
56	2:24:04	WOODSFORD, Victoria	San Domenico R.R.C.	Senior Ladies	09:00.1	54	56
57	2:24:14	THOMAS, Michael	Unaffiliated	Male Vet 40	09:00.7	143	57

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<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Pace min/mile</i>	<i>Race No</i>	<i>Race Place</i>
58	2:24:45	POLLATRONE, Nic	Chippenham Harriers	Male Vet 40	09:02.6	67	58
59	2:25:19	DAVIES, Sarah	Unaffiliated	Senior Ladies	09:04.8	74	59
60	2:25:22	CLEARY, Lisa	Penarth and Dinas Runners	Female Vet 35	09:05.0	127	60
61	2:25:33	EDWARDS, Barri	Unaffiliated	Male Vet 40	09:05.6	12	61
62	2:25:34	BRITTON, David	Unaffiliated	Senior Men	09:05.7	169	62
63	2:25:56	NASH, Mike	3M Road Runners	Male Vet 40	09:07.1	88	63
64	2:26:16	VAUGHAN, Richard	Les Croupiers R.C.	Senior Men	09:08.3	129	64
65	2:26:20	BOWIE, Richard	Fairwater Runners	Male Vet 40	09:08.6	82	65
66	2:26:47	FORD, Robert	Pontypridd Roadents	Male Vet 40	09:10.3	120	66
67	2:26:55	MAL, Firouz	Les Croupiers R.C.	Male Vet 40	09:10.8	27	67
68	2:26:58	WILLIAMS, Rebecca	Outdoor Fitness	Senior Ladies	09:11.0	66	68
69	2:27:21	LLOYD, Mathew	Fairwater Runners	Senior Men	09:12.4	133	69
70	2:27:44	PAYNE, Ian	Unaffiliated	Male Vet 40	09:13.8	124	70
71	2:28:24	COPE, Michael	Unaffiliated	Senior Men	09:16.3	109	71
72	2:29:54	PROTHEROE, Phil	Porthcawl RunnersLife	Male Vet 40	09:21.9	90	72
73	2:30:30	BEGG, Brian	Batrunners Ireland	Senior Men	09:24.2	147	73
74	2:30:37	SULLIVAN, Patrick	Unaffiliated	Male Vet 40	09:24.6	111	74
75	2:30:44	EDWARDS, Jan	Pontypridd Roadents	Female Vet 35	09:25.1	31	75
76	2:31:24	VYNER, Graham	Celtic Tri	Male Vet 40	09:27.6	75	76
77	2:31:43	DURBIN, John	Unaffiliated	Senior Men	09:28.8	156	77
78	2:31:52	PHILLIPS, Sian	Swansea Harriers	Female Vet 35	09:29.3	18	78
79	2:32:10	SANDLES, Caroline	3M Road Runners	Female Vet 35	09:30.4	84	79
80	2:32:32	MUDRAK, Sergio	Chippenham Harriers	Male Vet 40	09:31.8	57	80
81	2:32:45	LEWIS, Andrew	South Wales Police	Male Vet 40	09:32.6	144	81
82	2:32:45	SCANNELL, Kevin	South Wales Police	Male Vet 40	09:32.6	142	82
83	2:33:07	LAW, Naomi	Mynydd Ddu Runners	Female Vet 35	09:34.0	161	83
84	2:33:22	GARDINER, Phillip	Aberdare Valley A.A.C.	Male Vet 40	09:34.9	52	84
85	2:33:48	EDWARDS, Tracy	Rhondda Valley Runners	Female Vet 35	09:36.6	43	85
86	2:33:53	EVANS, Marc	San Domenico R.R.C.	Senior Men	09:36.9	59	86
87	2:34:01	BASSETT, Jeremy	Unaffiliated	Male Vet 40	09:37.4	116	87
88	2:34:22	REED, Brent	Aberdare Valley A.A.C.	Male Vet 40	09:38.7	137	88
89	2:34:38	WOODS, Sharon	Pontypool Runners	Male Vet 40	09:39.7	135	89
90	2:34:54	SILVER, Roy	Les Croupiers R.C.	Male Vet 40	09:40.7	128	90
91	2:35:15	HITCHINGS, Gary	Unaffiliated	Male Vet 40	09:42.0	46	91
92	2:35:40	THOMAS, Martin	Unaffiliated	Male Vet 40	09:43.6	48	92
93	2:35:55	OTTESON, Jo	3M Road Runners	Female Vet 35	09:44.5	63	93
94	2:36:36	LEAVY, Philip	Unaffiliated	Senior Men	09:47.1	76	94
95	2:37:10	STEPHENS, Paul	Unaffiliated	Male Vet 40	09:49.2	134	95
96	2:37:48	ROCHE, Julie	Fairwater Runners	Female Vet 35	09:51.6	9	96
97	2:37:58	PINCH, Christopher	Unaffiliated	Male Vet 40	09:52.2	24	97
98	2:38:09	FINLAYSON, Rachael	Outdoor Fitness	Female Vet 35	09:52.9	138	98
99	2:38:20	POOLE, Malcolm	Unaffiliated	Male Vet 40	09:53.6	26	99
100	2:38:25	DIPLOCK, Hywel	Unaffiliated	Senior Men	09:53.9	151	100
101	2:38:25	WILLIAMS, Sam	Unaffiliated	Senior Men	09:53.9	152	101
102	2:38:50	CLEVERLEY, Andrew	Outdoor Fitness	Male Vet 40	09:55.4	122	102
103	2:41:10	GRIFFITHS, Kieran	Unaffiliated	Senior Men	10:04.2	56	103
104	2:41:25	WILLIAMS, Lisa	3M Road Runners	Female Vet 35	10:05.1	91	104
105	2:42:51	MORRIS, Kevin	Unaffiliated	Male Vet 40	10:10.5	41	105
106	2:43:12	BAYLISS, Nick	Unaffiliated	Male Vet 40	10:11.8	49	106
107	2:43:30	JONES, Wayne	Brecon A.C.	Senior Men	10:12.9	97	107
108	2:43:44	TREHARNE, Ruth	Islwyn Running Club	Female Vet 35	10:13.8	15	108
109	2:43:48	GRIFFITH, Lee	Unaffiliated	Male Vet 40	10:14.1	23	109
110	2:44:20	MISKELL, David	Unaffiliated	Senior Men	10:16.1	87	110
111	2:44:32	POWELL, Gary	Unaffiliated	Senior Men	10:16.8	5	111
112	2:44:42	ENOCH, Andrew	Unaffiliated	Male Vet 40	10:17.4	141	112
113	2:44:47	DAVIES, Richard	Unaffiliated	Male Vet 40	10:17.7	86	113
114	2:44:59	ASH, Jane	Les Croupiers R.C.	Female Vet 35	10:18.5	38	114
115	2:46:38	WOOD, Stephen	Pegasus R.R.C.	Senior Men	10:24.7	60	115
116	2:47:02	COLLINS, Stephen	Unaffiliated	Senior Men	10:26.2	103	116
117	2:48:29	KNIGHT, Fran	Unaffiliated	Female Vet 35	10:31.6	167	117

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118	2:48:50	JONES, Huw	Unaffiliated	Male Vet 40	10:32.9	13	118
119	2:49:12	GRIFFITHS, Barry	Brecon A.C.	Male Vet 40	10:34.3	96	119
120	2:49:28	EDWARDS, Glenda	Les Croupiers R.C.	Female Vet 35	10:35.3	11	120
121	2:49:46	WILLIAMS, Yvonne	Penarth and Dinas Runners	Female Vet 35	10:36.4	126	121
122	2:49:46	HELSING, Anna	Penarth and Dinas Runners	Female Vet 35	10:36.4	81	122
123	2:49:46	EL-KHATIB, Sara	Penarth and Dinas Runners	Senior Ladies	10:36.4	33	123
124	2:50:04	ROTHWELL, Andrew	Unaffiliated	Male Vet 40	10:37.6	17	124
125	2:50:10	CLIFFORD, Nicola	Wolds Veteran R.C.	Female Vet 35	10:37.9	79	125
126	2:50:10	PATTISON, Neil	Wolds Veteran R.C.	Male Vet 40	10:37.9	78	126
127	2:50:38	HARVEY, Jeffrey	Aberdare Valley A.A.C.	Male Vet 40	10:39.7	36	127
128	2:53:53	SPEARS, Rosie	Les Croupiers R.C.	Female Vet 35	10:51.9	35	128
129	2:54:04	WATKINS, Victoria	Brecon A.C.	Senior Ladies	10:52.6	148	129
130	2:54:04	WATKINS, David	Unaffiliated	Senior Men	10:52.6	149	130
131	2:55:44	JONES, Bernadette	Outdoor Fitness	Female Vet 35	10:58.8	80	131
132	2:56:55	ROBINSON, Christopher	Rhondda Tri	Senior Men	11:03.2	118	132
133	2:57:39	NEW, Steve	100 Marathon Club	Male Vet 40	11:06.0	136	133
134	2:58:04	FLATMAN, David	MK Lakeside Runners	Male Vet 40	11:07.5	101	134
135	2:58:55	JARVIS, Helen	Unaffiliated	Senior Ladies	11:10.7	19	135
136	2:59:38	FERGUSON, Annet	Unaffiliated	Senior Ladies	11:13.4	51	136
137	3:00:07	HARVEY, Janice	Unaffiliated	Female Vet 35	11:15.2	162	137
138	3:01:02	WILLIAMS, Jo	Unaffiliated	Female Vet 35	11:18.7	89	138
139	3:01:04	KNIGHT, Rolands	Unaffiliated	Male Vet 40	11:18.8	47	139
140	3:01:54	DAVIES, Ray	Unaffiliated	Male Vet 40	11:21.9	14	140
141	3:02:30	TURNBULL, Sara	MK Lakeside Runners	Senior Ladies	11:24.2	102	141
142	3:08:40	CANAVAN, Kevin	Unaffiliated	Senior Men	11:47.3	93	142
143	3:08:55	WILLIAMS, Helen	Islwyn Running Club	Senior Ladies	11:48.2	107	143
144	3:08:55	LAMBETH, Jacqueline	Islwyn Running Club	Female Vet 35	11:48.2	108	144
145	3:09:35	HOPE, Bryony	Unaffiliated	Female Vet 35	11:50.7	155	145
146	3:09:35	GILBERT, Catie	Brecon A.C.	Female Vet 35	11:50.7	150	146
147	3:10:15	JONES, Marc	Unaffiliated	Senior Men	11:53.2	113	147
148	3:13:35	SUTHERLAND, Elaine	Pontypridd Roadents	Senior Ladies	12:05.7	30	148
149	3:13:35	GOSLING, Christopher	Unaffiliated	Senior Men	12:05.7	140	149
150	3:18:57	O'GIBNE, Brian	Batrunners Ireland	Male Vet 40	12:25.8	146	150
151	3:19:20	LYNCH, Paul	Unaffiliated	Male Vet 40	12:27.3	7	151
152	3:26:42	CADMORE, Andrew	Unaffiliated	Male Vet 40	12:54.9	95	152
153	3:28:26	LLEWELLYN, Catherine	Unaffiliated	Female Vet 35	13:01.4	166	153
154	3:31:50	SINGER, Graham	Unaffiliated	Male Vet 40	13:14.1	164	154

There were 154 finishers in the All Competitors category.