

SENIORS 5 MILE RACE RESULTS

Pos	Bib	Time	Firstname	Lastname	M/F	Cat	Club	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5
1	86	0:26:13	Richard	Gardiner	M		Aberdare Valley AAC	0:05:29	0:09:39	0:13:46	0:17:56	0:22:07
2	57	0:28:15	Matthew	Jacklin	M		Aberdare Valley AAC	0:05:50	0:10:19	0:14:54	0:19:31	0:24:06
3	16	0:28:41	Stephen	Thomas	M	40	Aberdare Valley AAC	0:05:50	0:10:18	0:14:54	0:19:31	0:24:06
4	78	0:29:08	Carl	Cable	M	40		0:06:05	0:10:37	0:15:12	0:19:50	0:24:31
5	59	0:29:13	Eamonn	Kirk	M	40	Swansea Harriers	0:06:02	0:10:36	0:15:18	0:20:05	0:24:51
6	47	0:29:15	Laurence	Humphreys	M		Fairwater Runners	0:05:58	0:10:32	0:15:11	0:19:51	0:24:36
7	38	0:29:31	Nigel	Barnes	M	45		0:05:57	0:10:37	0:15:18	0:20:04	0:24:52
8	61	0:29:39	Alex	Williams	M	40	Port Talbot Harriers	0:06:09	0:10:47	0:15:29	0:20:17	0:25:05
9	67	0:30:26	Raul	Reismann	M		Swansea Harriers	0:06:11	0:11:00	0:15:52	0:20:49	0:25:44
10	66	0:30:27	Gareth	Lynch	M		Les Croupiers	0:06:20	0:11:10	0:16:02	0:20:53	0:25:48
11	64	0:30:45	Geraint	Lewis	M		Porthcawl Runners	0:06:04	0:10:46	0:15:29	0:20:36	0:25:51
12	60	0:30:47	Clare	Phillips	F	40	Port Talbot Harriers	0:06:18	0:11:09	0:16:02	0:20:58	0:25:57
13	40	0:31:12	Paul	Rees	M	45	Port Talbot Harriers	0:06:28	0:11:19	0:16:16	0:21:17	0:26:21
14	83	0:31:26	Steven	Julier	M	40	Aberdare Valley AAC	0:06:22	0:11:36	0:16:49	0:21:50	0:26:53
15	17	0:31:37	Steven	Hooper	M	45	Pontypridd Roadents	0:06:08	0:11:03	0:16:07	0:21:20	0:26:35
16	5	0:31:51	Philip	Williams	M		Islwyn	0:06:34	0:11:38	0:16:47	0:21:51	0:26:55
17	2	0:32:07	Stephen	Jenkins	M			0:06:16	0:11:13	0:16:21	0:21:42	0:27:03
18	23	0:32:22	Andrew	Brasington	M	45	Brecon	0:06:48	0:12:00	0:17:11	0:22:19	0:27:26
19	58	0:32:25	William	Daniels	M	55		0:06:18	0:11:17	0:16:29	0:21:50	0:27:13
20	84	0:32:40	Steven	Bridges	M	45	Aberdare Valley AAC	0:06:19	0:11:22	0:16:40	0:21:59	0:27:22
21	42	0:32:49	David	Richardson	M			0:06:49	0:12:06	0:17:23	0:22:44	0:28:01
22	79	0:32:56	Neil	Williams	M	50	Aberdare Valley AAC	0:06:32	0:11:46	0:17:06	0:22:29	0:27:49
23	39	0:33:21	Steven Warren	Dinham	M		Port Talbot Harriers	0:06:56	0:12:10	0:17:24	0:22:49	0:28:13
24	46	0:33:27	Howard	Owen	M			0:06:51	0:12:07	0:17:24	0:22:53	0:28:19
25	41	0:33:35	Thomas	Murphy	M		Pontypridd Roadents	0:06:28	0:11:59	0:17:33	0:22:47	0:28:14
26	36	0:33:47	Tomos	Adler	M		Aberdare Valley AAC	0:06:22	0:11:32	0:16:58	0:22:40	0:28:33
27	53	0:33:53	Allen	Bunney	M	40		0:06:52	0:12:11	0:17:33	0:23:02	0:28:36
28	21	0:34:11	Kim	Wehden	M	50	Islwyn	0:06:59	0:12:23	0:17:47	0:23:20	0:28:52
29	80	0:34:49	David	McElhill	M			0:07:05	0:12:33	0:18:10	0:23:53	0:29:37
30	8	0:34:52	Zane	Maynard	M		Staffordshire University	0:07:12	0:12:48	0:18:23	0:24:01	0:29:42
31	81	0:34:58	Andrew	Ellison	M		Rhondda Valley Runners	0:07:06	0:12:32	0:18:06	0:23:48	0:29:37
32	37	0:35:14	Hefin	Gruffydd	M	50		0:07:12	0:12:47	0:18:22	0:24:01	0:29:46
33	50	0:35:28	Ray	Greenhouse	M	45		0:07:12	0:12:48	0:18:29	0:24:14	0:29:57
34	74	0:35:32	Simon	Gill	M			0:07:00	0:12:39	0:18:21	0:24:13	0:30:00

35	1	0:35:36	Terry	O'Brien	M	55		0:07:25	0:13:05	0:18:41	0:24:23	0:30:05
36	75	0:36:13	Rob	Davies	M	40		0:06:47	0:12:33	0:18:27	0:24:27	0:30:32
37	18	0:36:26	Rachel	Garland	F		Rhondda Valley Runners	0:07:25	0:13:08	0:18:51	0:24:43	0:30:41
38	72	0:36:38	Alan	Perkins	M	60	Port Talbot Harriers	0:07:19	0:13:02	0:18:52	0:24:45	0:30:44
39	55	0:36:40	Neil	Stovold	M		San Domenico	0:07:41	0:13:38	0:19:28	0:25:16	0:31:06
40	56	0:36:49	Philip	Hoskins	M	45		0:07:28	0:13:17	0:19:08	0:25:05	0:31:04
41	48	0:37:44	Neil	Stevens	M	40	Ebbw Vale RC	0:07:18	0:13:06	0:19:10	0:25:22	0:31:44
42	71	0:38:22	Eric	Davey	M	60	Llanelli Harriers	0:07:40	0:13:41	0:19:46	0:25:58	0:32:15
43	63	0:38:25	Paul	Harvey	M		Islwyn	0:07:59	0:14:02	0:20:05	0:26:18	0:32:30
44	20	0:38:31	Ruth	Treharne	F	45	Islwyn	0:07:58	0:14:04	0:20:18	0:26:30	0:32:36
45	52	0:38:43	Mark	Jones	M	50		0:07:42	0:13:41	0:19:48	0:26:12	0:32:46
46	82	0:38:52	Glyn	Hicks	M	60	Islwyn	0:08:00	0:13:59	0:20:08	0:26:22	0:32:37
47	15	0:39:02	Catherine	Olivant	F	35	Brecon	0:07:59	0:14:00	0:20:10	0:26:24	0:32:50
48	77	0:39:14	Paul	Gtiffiths	M			0:07:32	0:13:22	0:19:33	0:26:04	0:32:37
49	34	0:39:21	Lee	Griffiths	M	40		0:08:04	0:14:16	0:20:40	0:27:04	0:33:29
50	65	0:39:22	Simon	Jones	M	45	Aberdare Valley AAC	0:07:43	0:13:47	0:20:04	0:26:24	0:32:57
51	31	0:39:45	Paul	Hambly	M		Run4All	0:07:55	0:14:18	0:20:51	0:27:17	0:33:40
52	87	0:40:33	Mark	Thomas	M	45		0:08:45	0:15:13	0:21:37	0:27:58	0:34:23
53	69	0:40:52	Mick	Olivant	M	60		0:08:10	0:14:37	0:21:15	0:27:49	0:34:29
54	14	0:41:28	Gavin	Jenkins	M			0:08:07	0:14:35	0:21:05	0:27:52	0:34:41
55	32	0:41:35	David	Gore	M	40		0:08:05	0:14:37	0:21:15	0:28:02	0:34:57
56	11	0:41:37	Keri-Lynn	Jones	F	40	Lliswerry	0:08:17	0:14:52	0:21:26	0:28:12	0:35:00
57	88	0:42:16	Vanessa	Turnbull	F	45		0:08:16	0:14:53	0:21:32	0:28:30	0:35:29
58	35	0:42:16	Fiona	Drysdale	F	40		0:08:16	0:14:53	0:21:32	0:28:30	0:35:29
59	89	0:42:48	Chris	Williams	M	40		0:08:07	0:14:51	0:21:53	0:29:00	0:36:13
60	68	0:42:53	Kelly	Collins	F		Parc Bryn Bach	0:08:41	0:15:20	0:22:11	0:29:06	0:36:24
61	76	0:43:04	Amy	Lawrence	F		Islwyn	0:08:22	0:15:08	0:22:15	0:29:26	0:36:25
62	9	0:43:29	Claire	Barnett	F	35	Islwyn	0:08:33	0:15:27	0:22:27	0:29:35	0:36:41
63	28	0:43:32	Angharad	Price	F			0:08:00	0:14:23	0:21:37	0:28:58	0:36:14
64	22	0:43:43	Lee	Griffiths	M			0:08:46	0:15:34	0:22:35	0:29:43	0:36:53
65	10	0:44:27	Helene	Williams	F		Islwyn	0:08:37	0:15:38	0:22:50	0:30:06	0:37:17
66	70	0:44:51	Nigel Leighton	Jones	M	55	Llanelli Strollers	0:08:49	0:16:01	0:23:17	0:30:33	0:37:47
67	30	0:45:36	Ian	Swanson	M		Port Talbot Harriers	0:09:03	0:16:18	0:23:35	0:30:59	0:38:26
68	45	0:46:01	Keith	Harris	M	45	Mumbles Milers	0:09:19	0:16:13	0:23:16	0:30:44	0:38:10
69	3	0:47:05	Nicola	Burford	F	35		0:09:10	0:16:20	0:23:46	0:31:19	0:39:04
70	33	0:47:05	Simon	Kinsey	M		Virtual Athletics	0:09:12	0:16:42	0:24:20	0:32:09	0:39:55
71	73	0:47:45	Michelle	Jayne	F	35	Parc Bryn Bach	0:08:56	0:16:26	0:24:37	0:32:27	0:40:14

72	19	0:47:58	Sara	Morgan	F		Outdoor Fitness	0:09:06	0:16:30	0:24:22	0:32:21	0:40:27
73	44	0:48:07	Tony	Henebery	M	45	Mumbles Milers	0:08:45	0:16:11	0:24:03	0:32:01	0:40:07
74	29	0:48:12	Jessica	Scully	F	35		0:09:12	0:16:53	0:24:50	0:32:21	0:40:22
75	51	0:48:56	Robert	Ford	M	55	Pontypridd Roadents	0:18:32	0:24:19	0:30:22	0:36:24	0:42:37
76	7	0:50:13	Helen	Davies	F	35		0:09:37	0:17:24	0:25:36	0:33:57	0:42:17
77	6	0:50:14	Paul	Davies	M	40		0:09:38	0:17:24	0:25:36	0:33:57	0:42:17
78	54	0:50:24	Gareth	Baker	M		Aberdare Valley AAC	0:08:00	0:14:43	0:21:56	0:29:14	0:35:14
79	12	0:51:21	Helen	Williams	F	35	Aberdare Valley AAC	0:10:14	0:17:58	0:25:49	0:34:00	0:41:52
80	85	0:51:58	Michelle	Richards	F		Run4All	0:09:56	0:18:33	0:26:53	0:35:28	0:43:55
81	43	0:56:54	Gary	Taylor	M		Mumbles Milers	0:12:16	0:21:24	0:30:24	0:39:25	0:48:24
82	62	1:11:38	Paula	Stockley	F		3Ms	0:13:44	0:25:25	0:37:16	0:49:07	1:00:55

U11 1500m RACE RESULTS

Pos	Bib	Time	Firstname	Lastname	M/F	Cat	Club
1	408	0:05:34	Matt	Humphreys	M		Rhondda Valley Runners
2	416	0:05:37	Steffan	Jones	M		Aberdare Valley AAC
3	412	0:05:53	Ben	Smith	M		Aberdare Valley AAC
4	403	0:06:22	Ffion	Powell	F		Bridgend AC
5	422	0:06:32	James	Griffiths	M		
6	407	0:06:34	Emillie	Norris	F		
7	423	0:06:45	Heidi	Jehu	F		Aberdare Valley AAC
8	411	0:06:47	Iwan	Smith	M		Aberdare Valley AAC
9	402	0:06:51	Holly	James	F		Aberdare Valley AAC
10	426	0:07:32	Thomas	Gardner	M		
11	420	0:07:45	Monty	Griffiths	M		
12	404	0:08:35	Sian	Harrison	F		
13	419	0:08:57	Ashton	Robinson	M		
14	424	0:09:05	Holly	Jones	F		
15	417	0:09:09	Abigail	Davies	F		
16	413	0:09:12	Jasmine	Young	F		Aberdare Valley AAC
17	425	0:09:20	Evan	James	M		
18	406	0:09:22	Brileigh	Jones	F		
19	421	0:09:23	Mattea	Griffiths	F		
20	418	0:09:50	Bradley	Stevenson	M		
21	415	0:10:09	Kayla	Hambly	F		
22	414	0:10:38	Sydney	Hambly	M		
23	409	0:10:39	Ella	Rood	F		Aberdare Valley AAC
24	410	0:13:23	Mali	Crimmings	F		
25	405	0:22:47	Isaac	Jones	M		

U13 3000m RACE RESULTS

Pos	Bib	Time	Firstname	Lastname	M/F	Cat	Club	Lap 1
1	307	0:11:34	Holli	Jehu	F		Aberdare Valley AAC	0:06:36
2	310	0:11:42	Iwan	James	M		Aberdare Valley AAC	0:06:40
3	308	0:12:38	Orran	Stephens-Kedziola	M		Aberdare Valley AAC	0:07:11
4	302	0:12:39	Rebecca	Horton	F		Aberdare Valley AAC	0:07:11
5	301	0:13:01	Jeri-Lynne	Grabham	F		Cardiff AC	0:07:18
6	303	0:13:50	Callum	Walsh	M		Aberdare Valley AAC	0:07:55
7	309	0:14:05	Ioan	Richards	M		Aberdare Valley AAC	0:08:08
8	304	0:16:06	Enya	Maddox	F		Aberdare Valley AAC	0:09:01
9	305	0:16:35	Lili Haf	Devonald	F			0:08:52
10	306	0:17:27	Edward David	Devonald	M			0:09:00

U15 3000m RACE RESULTS

Pos	Bib	Time	Firstname	Lastname	M/F	Cat	Club	Lap 1
1	253	0:10:29	Alex	Price	M		Aberdare Valley AAC	0:05:54
2	255	0:11:04	Jac	Smith	M		Aberdare Valley AAC	0:06:14
3	254	0:13:26	Josh	Humphreys	M			0:07:37
4	252	0:13:28	Joe-Dianna	Grabhan	F			0:07:30
5	256	0:20:31	Abigail	Yeo	F		Virtual Athletics	0:10:14

U17 3000m RACE RESULTS

Pos	Bib	Time	Firstname	Lastname	M/F	Cat	Club	Lap 1
1	203	0:10:22	Thomas	John	M		Neath Harriers	0:05:57
2	202	0:11:54	Jessica	Jaques	F		Bridgend AC	0:06:42
3	205	0:12:58	Daniel	Kinsey	M		Virtual Athletics	0:07:18
4	204	0:15:24	Jessica	Lambert	F		Aberdare Valley AAC	0:08:02