

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/Km</i>	<i>Race No</i>	<i>Race Place</i>
1	0:33:14	GOITOM, Tes	Les Croupiers R.C.	Senior Men	03:19.4	54	1
2	0:35:45	EVANS, Matthew	Aberdare Valley A.A.C.	Senior Men	03:34.5	233	2
3	0:36:02	SCANLON, Jason	Pontypridd Roadents	Mens Master V40-49	03:36.2	237	3
4	0:36:16	CAULKETT, Ken	Aberystwyth A.C.	Senior Men	03:37.6	20	4
5	0:37:09	WHITEHOUSE, Royston	Neath Harriers	Mens Master V50-59	03:42.9	249	5
6	0:37:11	JONES, Caryl	Swansea Harriers	Senior Ladies	03:43.1	95	6
7	0:37:24	REISMANN, Raul	Swansea Harriers	Mens Master V40-49	03:44.4	250	7
8	0:38:15	COCKRAM, Natasha	Cwmbrian Harriers	Senior Ladies	03:49.5	23	8
9	0:38:18	BAGGULEY, Simon	Unaffiliated	Senior Men	03:49.8	6	9
10	0:38:31	WILLIAMS, Damian	Parc Bryn Bach R.C.	Mens Master V40-49	03:51.1	244	10
11	0:38:55	PHILLIPS, Justin	Pontypridd Roadents	Mens Master V40-49	03:53.5	236	11
12	0:38:58	HODGINS, David	Unaffiliated	Mens Master V40-49	03:53.8	208	12
13	0:39:07	HOPKINS, Matt	Les Croupiers R.C.	Senior Men	03:54.7	73	13
14	0:39:40	DAVIES, David	Brecon A.C.	Mens Master V50-59	03:58.0	225	14
15	0:39:52	POWELL, Gethin	White Rock Runners	Senior Men	03:59.2	144	15
16	0:40:01	WILLIAMS, Alex	Port Talbot Harriers	Mens Master V40-49	04:00.1	259	16
17	0:40:17	REDDY, Andrew	Aberdare Valley A.A.C.	Senior Men	04:01.7	147	17
18	0:40:21	SEMMENS, Nick	Unaffiliated	Mens Master V40-49	04:02.1	155	18
19	0:40:34	LOWTHIAN, Dave	Forest of Dean A.C.	Mens Master V40-49	04:03.4	108	19
20	0:40:40	LLOYD, Neil	Parc Bryn Bach R.C.	Mens Master V60-69	04:04.0	105	20
21	0:41:01	HADDOCK, Sean	Unaffiliated	Senior Men	04:06.1	61	21
22	0:41:02	JONES, Sam	Aberdare Valley A.A.C.	Senior Men	04:06.2	270	22
23	0:41:03	SLICZNY, Jon	Griffithstown Harriers	Senior Men	04:06.3	157	23
24	0:41:06	DANIELS, Billy	Unaffiliated	Mens Master V50-59	04:06.6	266	24
25	0:41:08	LONGMAN, Hywel	Unaffiliated	Senior Men	04:06.8	106	25
26	0:41:19	REES, Richard	Unaffiliated	Senior Men	04:07.9	148	26
27	0:41:29	DUNSCOMBE, Mark	Aberdare Valley A.A.C.	Mens Master V50-59	04:08.9	43	27
28	0:41:41	PHILLIPS, Clare	Port Talbot Harriers	Ladies Master V45-54	04:10.1	257	28
29	0:41:49	EDWARDS, William	Porthcawl RunnersLife	Mens Master V40-49	04:10.9	214	29
30	0:42:02	MORRIS, Lee	3M Road Runners	Senior Men	04:12.2	267	30
31	0:42:12	HAYWARD, Paul	Islwyn Running Club	Senior Men	04:13.2	213	31
32	0:42:19	PEARCE, Matthew	Unaffiliated	Senior Men	04:13.9	115	32
33	0:42:31	WAREHAM, Russ	Islwyn Running Club	Mens Master V40-49	04:15.1	200	33
34	0:42:33	PLANK, Kevin	Unaffiliated	Mens Master V40-49	04:15.3	142	34
35	0:42:39	COOKE, Adam	Unaffiliated	Mens Master V40-49	04:15.9	27	35
36	0:42:41	DAVIES, Liz	Cardiff A.A.C.	Senior Ladies	04:16.1	33	36
37	0:43:25	MORRIS, Edward	Les Croupiers R.C.	Senior Men	04:20.5	127	37
38	0:43:39	EVANS, Alun	Unaffiliated	Mens Master V50-59	04:21.9	48	38
39	0:43:50	SEYMOUR, Anna	Unaffiliated	Senior Ladies	04:23.0	202	39
40	0:44:03	PHILLIPS, Danielle	Parc Bryn Bach R.C.	Senior Ladies	04:24.3	209	40
41	0:44:12	OLIVER, Paul	Unaffiliated	Senior Men	04:25.2	264	41
42	0:44:20	DRURY, David	London City Runners	Mens Master V40-49	04:26.0	42	42
43	0:44:34	TAYLOR, Adrian	Merthyr Running Club	Mens Master V50-59	04:27.4	269	43
44	0:44:43	VAUGHAN, Richard	Unaffiliated	Mens Master V40-49	04:28.3	175	44
45	0:44:45	WINSTONE, Alex	Merthyr Running Club	Senior Men	04:28.5	229	45
46	0:44:46	TILLEY, Samuel	Unaffiliated	Senior Men	04:28.6	170	46
47	0:44:49	ASHLEY, James	Merthyr Running Club	Mens Master V40-49	04:28.9	3	47
48	0:45:11	JONES, David	Newent Runners	Mens Master V60-69	04:31.1	227	48
49	0:45:11	SHEEHY, Richard	Parc Bryn Bach R.C.	Senior Men	04:31.1	243	49
50	0:45:14	FARRELL, Andy	Unaffiliated	Senior Men	04:31.4	49	50
51	0:45:19	HOWELLS, John	Unaffiliated	Senior Men	04:31.9	74	51
52	0:45:23	BARRINGTON, Gareth	Llswerry Runners	Mens Master V40-49	04:32.3	215	52

Results produced by San Domenico RC | Cardiff | Wales

* RaceMaster98 from Sport Systems +44(0)870 5123 www.sportsystems.co.uk Webresults on www.runnerswebuk.com *

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/Km</i>	<i>Race No</i>	<i>Race Place</i>
53	0:45:37	O'BRIEN, Terry	Unaffiliated	Mens Master V50-59	04:33.7	261	53
54	0:45:37	WILLIAMS, Robin	Unaffiliated	Mens Master V50-59	04:33.7	258	54
55	0:45:45	PULMAN, James	Unaffiliated	Mens Master V40-49	04:34.5	146	55
56	0:45:48	JONES, Matthew	Unaffiliated	Senior Men	04:34.8	94	56
57	0:45:52	DAY, Mark	Unaffiliated	Mens Master V40-49	04:35.2	38	57
58	0:45:57	PRICE, Brendan	Dragons Running Club	Mens Master V40-49	04:35.7	145	58
59	0:45:59	BOURION, Charlyne	Pontypridd Roadents	Senior Ladies	04:35.9	13	59
60	0:46:18	THOMAS, Christopher	Ebbw Vale R.C.	Mens Master V50-59	04:37.8	234	60
61	0:46:19	HARRIS, Paul	Unaffiliated	Mens Master V40-49	04:37.9	221	61
62	0:46:21	KEMP, James	Unaffiliated	Senior Men	04:38.1	100	62
63	0:46:24	WILLIAMS, James	Parc Bryn Bach R.C.	Senior Men	04:38.4	191	63
64	0:46:30	GIBBONS, Michael	Bramhall Runners	Mens Master V50-59	04:39.0	53	64
65	0:46:39	JONES, Mark	Unaffiliated	Mens Master V40-49	04:39.9	222	65
66	0:47:06	HOWLS, Nicola	Islwyn Running Club	Ladies Master V35-44	04:42.6	75	66
67	0:47:09	BETTS, Andrew	West End Runners	Mens Master V40-49	04:42.9	256	67
68	0:47:17	THOMAS, James	Unaffiliated	Senior Men	04:43.7	168	68
69	0:47:19	HARRHY, Ian	Llswerry Runners	Mens Master V50-59	04:43.9	65	69
70	0:47:46	POINER, Ross	3M Road Runners	Mens Master V40-49	04:46.6	231	70
71	0:47:46	PRZEMYSŁAW, Luszcz	Unaffiliated	Senior Men	04:46.6	110	71
72	0:47:48	DANDO, Mike	Unaffiliated	Senior Men	04:46.8	29	72
73	0:48:01	SMOLEN, Piotr	Unaffiliated	Senior Men	04:48.1	159	73
74	0:48:02	WILLIAMS, Gareth	Ebbw Vale R.C.	Mens Master V50-59	04:48.2	232	74
75	0:48:17	GRANT, Mick	Road Runners Club	Mens Master V50-59	04:49.7	55	75
76	0:48:18	CREASEY, Jeremy	Spirit of Monmouth	Mens Master V40-49	04:49.8	240	76
77	0:48:19	FLYE, Geroint	Unaffiliated	Senior Men	04:49.9	211	77
78	0:48:25	MILES, Jacky	Parc Bryn Bach R.C.	Ladies Master V55-64	04:50.5	122	78
79	0:48:31	COCKRAM, Debbie	Fairwater Runners	Ladies Master V45-54	04:51.1	24	79
80	0:48:35	WATTS, Ross	Unaffiliated	Senior Men	04:51.5	220	80
81	0:48:39	HARRIS, Anne Marie	Pontypool Runners	Ladies Master V35-44	04:51.9	201	81
82	0:48:42	SLOCOMBE, Paul	Dragons Running Club	Senior Men	04:52.2	253	82
83	0:48:44	PHILLIPS, Lee	Parc Bryn Bach R.C.	Mens Master V40-49	04:52.4	245	83
84	0:48:48	WILLIAMS, Karl	Unaffiliated	Senior Men	04:52.8	186	84
85	0:48:48	DRUCKER, Glyn	Caerphilly Runners	Mens Master V40-49	04:52.8	41	85
86	0:48:53	DAVIES, Molly	Unaffiliated	Senior Ladies	04:53.3	34	86
87	0:48:59	BENNETT, Robert	Porthcawl RunnersLife	Mens Master V40-49	04:53.9	8	87
88	0:49:17	HAVARD, Daniel	Unaffiliated	Senior Men	04:55.7	67	88
89	0:49:20	METHUEN, Samantha	Islwyn Running Club	Ladies Master V35-44	04:56.0	9	89
90	0:49:28	HAZELL, David	Caerphilly Runners	Senior Men	04:56.8	69	90
91	0:49:37	WILLIAMS, Grant	Unaffiliated	Mens Master V40-49	04:57.7	185	91
92	0:49:41	JANES-THOMAS, Holly	Pontypool Runners	Senior Ladies	04:58.1	79	92
93	0:49:42	GRIFFITHS, Clare	Merthyr Running Club	Ladies Master V35-44	04:58.2	57	93
94	0:49:43	DODD, Sarah	Unaffiliated	Senior Ladies	04:58.3	252	94
95	0:49:48	MORGAN, Carys	Dragons Running Club	Senior Ladies	04:58.8	235	95
96	0:49:51	THOMAS, Heidi	Unaffiliated	Senior Ladies	04:59.1	164	96
97	0:50:01	HAPGOOD, Lee	Unaffiliated	Mens Master V50-59	05:00.1	64	97
98	0:50:10	EVANS, Barrie	Unaffiliated	Mens Master V40-49	05:01.0	47	98
99	0:50:14	TRANTER, Teresa	Chepstow Harriers	Ladies Master V55-64	05:01.4	172	99
100	0:50:21	EVANS, Deborah	Dragons Running Club	Ladies Master V45-54	05:02.1	46	100
101	0:50:25	GWYNNE-HAMER, Darren	Unaffiliated	Mens Master V40-49	05:02.5	271	101
102	0:50:27	VARCAS, Brian	Run4All	Mens Master V50-59	05:02.7	174	102
103	0:50:46	DAWKES, Rachel	Caerphilly Runners	Senior Ladies	05:04.6	37	103
104	0:50:53	WILLIAMS, Kevin	Unaffiliated	Mens Master V40-49	05:05.3	205	104
105	0:50:56	O'BRIEN, Liam	Unaffiliated	Senior Men	05:05.6	132	105
106	0:51:04	WILLIAMS, Helen	Fairwater Runners	Ladies Master V35-44	05:06.4	251	106
107	0:51:10	HUTCHINSON, David	Unaffiliated	Mens Master V40-49	05:07.0	272	107
108	0:51:16	BYE, Luke	Unaffiliated	Senior Men	05:07.6	18	108

Results produced by San Domenico RC | Cardiff | Wales

** RaceMaster98 from Sport Systems +44(0)870 5123 www.sportsystems.co.uk Webresults on www.runnerswebuk.com **

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/Km</i>	<i>Race No</i>	<i>Race Place</i>
109	0:51:23	O'HARA, Gareth	Unaffiliated	Senior Men	05:08.3	134	109
110	0:51:45	JAMES, Raymond	Port Talbot Harriers	Mens Master V50-59	05:10.5	77	110
111	0:51:55	JENKINS, Helen	Unaffiliated	Senior Ladies	05:11.5	80	111
112	0:52:12	LEWIS, Jeremy	Dragons Running Club	Mens Master V40-49	05:13.2	103	112
113	0:52:17	DEASY, Clare	Merthyr Running Club	Ladies Master V35-44	05:13.7	39	113
114	0:52:21	GREEN, Jonathan	Unaffiliated	Mens Master V40-49	05:14.1	242	114
115	0:52:33	JONES, Nick	Unaffiliated	Senior Men	05:15.3	91	115
116	0:52:35	THOMAS, Rose	Rhayader R.C.	Ladies Master V55-64	05:15.5	166	116
117	0:52:43	STROUD, Vicky	Roberttown Road Runners	Ladies Master V35-44	05:16.3	260	117
118	0:52:49	GARRAHAN, Jason	Unaffiliated	Mens Master V40-49	05:16.9	51	118
119	0:53:03	MORGAN, Daniel	Ebbw Vale R.C.	Mens Master V50-59	05:18.3	263	119
120	0:53:06	JONES, Huw	Unaffiliated	Senior Men	05:18.6	84	120
121	0:53:25	EVANS, Sarah	San Domenico R.C.	Ladies Master V35-44	05:20.5	44	121
122	0:53:40	ASTON, Jeff	Les Croupiers R.C.	Mens Master V60-69	05:22.0	5	122
123	0:53:54	MCGREGOR, Matthew	Unaffiliated	Senior Men	05:23.4	119	123
124	0:54:04	PARRY, Joni	Merthyr Running Club	Senior Ladies	05:24.4	262	124
125	0:54:05	PETERSEN, Ken	Almost Athletes	Mens Master V60-69	05:24.5	140	125
126	0:54:13	WATERS, Darren	San Domenico R.C.	Mens Master V40-49	05:25.3	180	126
127	0:54:23	JONES, Carly	Unaffiliated	Senior Ladies	05:26.3	90	127
128	0:54:28	FOLLAN, Anne	Unaffiliated	Ladies Master V35-44	05:26.8	224	128
129	0:54:45	BEVAN, Allen	Pontypridd Roadents	Mens Master V50-59	05:28.5	204	129
130	0:54:57	NEWPORT, Rachael	Cardiff A.A.C.	Senior Ladies	05:29.7	130	130
131	0:55:05	MORGAN, Amy	Caerphilly Runners	Senior Ladies	05:30.5	125	131
132	0:55:24	KEMPTON, Dave	Parc Bryn Bach R.C.	Mens Master V50-59	05:32.4	203	132
133	0:55:28	BETTS, Vivien	West End Runners	Ladies Master V35-44	05:32.8	255	133
134	0:55:30	HUSTIN, Sandra	Unaffiliated	Ladies Master V45-54	05:33.0	206	134
135	0:55:31	OLIVER, Kenneth-Wayne	Islwyn Running Club	Mens Master V50-59	05:33.1	136	135
136	0:55:35	BRACEGIRDLE, Kara	Merthyr Running Club	Ladies Master V45-54	05:33.5	268	136
137	0:55:49	DOWDALL, Jo	Unaffiliated	Ladies Master V35-44	05:34.9	226	137
138	0:55:59	ANDREWS, Neil	Unaffiliated	Mens Master V40-49	05:35.9	2	138
139	0:56:01	BUTCHER, Laura	Porthcawl RunnersLife	Senior Ladies	05:36.1	17	139
140	0:56:13	STREET, Richard	Pegasus R.R.C.	Mens Master V60-69	05:37.3	217	140
141	0:56:15	ESKINS, Rhys	Unaffiliated	Senior Men	05:37.5	207	141
142	0:56:18	GIBBONS, Christine	Bramhall Runners	Ladies Master V55-64	05:37.8	52	142
143	0:56:23	TODD, Christopher	Roberttown Road Runners	Mens Master V50-59	05:38.3	171	143
144	0:56:25	JOHNSON, Adam	Unaffiliated	Senior Men	05:38.5	83	144
145	0:56:25	HODGES, Peter	Unaffiliated	Mens Master V50-59	05:38.5	72	145
146	0:56:43	WALKINSHAW, Gary	Unaffiliated	Senior Men	05:40.3	178	146
147	0:56:48	STANDERWICK, Sam	Parc Bryn Bach R.C.	Ladies Master V35-44	05:40.8	230	147
148	0:56:53	DERRICOTT, Andrew	Unaffiliated	Senior Men	05:41.3	40	148
149	0:56:57	PHILLIPS, Clyde	Unaffiliated	Mens Master V60-69	05:41.7	141	149
150	0:57:02	MEADOWS, Andrew	Unaffiliated	Senior Men	05:42.2	120	150
151	0:57:03	MORGAN, Owen	Unaffiliated	Mens Master V40-49	05:42.3	228	151
152	0:57:14	SULLIVAN, Claire	Parc Bryn Bach R.C.	Senior Ladies	05:43.4	163	152
153	0:57:18	BENSON, Alex	Unaffiliated	Mens Master V40-49	05:43.8	78	153
154	0:57:37	SHIPTON, Melanie	Lliswerry Runners	Ladies Master V45-54	05:45.7	156	154
155	0:57:46	MATTHEWSON, Hannah	Porthcawl RunnersLife	Senior Ladies	05:46.6	116	155
156	0:57:58	PROWSE, Robert	Unaffiliated	Mens Master V50-59	05:47.8	212	156
157	0:58:02	WIGMORE, Philip	Unaffiliated	Mens Master V40-49	05:48.2	184	157
158	0:58:05	RAIKES, Sharon	Unaffiliated	Ladies Master V55-64	05:48.5	265	158
159	0:58:14	RYKALA, Russell	Unaffiliated	Mens Master V60-69	05:49.4	151	159
160	0:58:23	GWYNNE, Mike	Pontypridd Roadents	Mens Master V40-49	05:50.3	60	160
161	0:58:27	UNDERHILL, Andrew	Unaffiliated	Senior Men	05:50.7	173	161
162	0:58:48	WALLACE, Helen	Pontypridd Roadents	Ladies Master V35-44	05:52.8	179	162
163	0:58:59	BOWEN-PRICE, Bethan	Unaffiliated	Senior Ladies	05:53.9	15	163
164	0:59:02	YOUNG, Natalie	Unaffiliated	Senior Ladies	05:54.2	194	164

Results produced by San Domenico RC | Cardiff | Wales

** RaceMaster98 from Sport Systems +44(0)870 5123 www.sportsystems.co.uk Webresults on www.runnerswebuk.com **

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/Km</i>	<i>Race No</i>	<i>Race Place</i>
165	0:59:07	PONTIN, Sarah	Unaffiliated	Ladies Master V35-44	05:54.7	143	165
166	0:59:08	REGAN, Peter	Unaffiliated	Mens Master V50-59	05:54.8	149	166
167	0:59:25	THOMAS, Kirsty	Unaffiliated	Senior Ladies	05:56.5	165	167
168	0:59:29	HANDLEY, Bethan	Unaffiliated	Senior Ladies	05:56.9	63	168
169	0:59:32	WILLIAMS, Karen	Unaffiliated	Ladies Master V35-44	05:57.2	189	169
170	0:59:46	LLEWELLYN, Catherine	Merthyr Running Club	Ladies Master V45-54	05:58.6	104	170
171	0:59:57	WEBB, Stewart	Brecon Tri	Mens Master V40-49	05:59.7	182	171
172	1:00:06	OLIVER, Cerys	Unaffiliated	Ladies Master V35-44	06:00.6	238	172
173	1:00:14	DAVIES, Louise	Refail Runners	Ladies Master V45-54	06:01.4	32	173
174	1:00:27	OATES, Ellie	Unaffiliated	Senior Ladies	06:02.7	135	174
175	1:00:28	MEE, Sarah	Unaffiliated	Ladies Master V35-44	06:02.8	121	175
176	1:00:29	WILLIAMS, Melanie	White Rock Runners	Senior Ladies	06:02.9	190	176
177	1:00:30	JONES, Claire	Merthyr Running Club	Ladies Master V45-54	06:03.0	89	177
178	1:01:00	BINGHAM, Graham	Unaffiliated	Mens Master V50-59	06:06.0	273	178
179	1:01:06	HAVARD, Gail	Unaffiliated	Ladies Master V45-54	06:06.6	66	179
180	1:01:14	GRIFFITHS, Marc	Unaffiliated	Senior Men	06:07.4	56	180
181	1:01:21	COWLEY, Mark	Unaffiliated	Mens Master V40-49	06:08.1	28	181
182	1:01:26	GRIFFITHS, Hannah	Unaffiliated	Senior Ladies	06:08.6	210	182
183	1:01:26	BLOW, Emma	Roberttown Road Runners	Ladies Master V35-44	06:08.6	241	183
184	1:01:30	RENDELL, Laura	Llswerry Runners	Senior Ladies	06:09.0	150	184
185	1:01:33	OLIVER, Aaron	Unaffiliated	Senior Men	06:09.3	239	185
186	1:01:38	MARGERISON, Roni	Llswerry Runners	Ladies Master V35-44	06:09.8	111	186
187	1:01:53	WATKINS, Stina	Unaffiliated	Senior Ladies	06:11.3	181	187
188	1:02:02	VAUGHAN, Terry	Parc Bryn Bach R.C.	Mens Master V40-49	06:12.2	176	188
189	1:02:29	DARE-EDWARDS, Kerry	Porthcawl RunnersLife	Ladies Master V45-54	06:14.9	30	189
190	1:02:52	SMITH, Sharon	Pontypridd Roadents	Ladies Master V45-54	06:17.2	158	190
191	1:02:55	NORTH, Joanna	Unaffiliated	Senior Ladies	06:17.5	131	191
192	1:03:00	CAMPBELL, Fiona	Pontypridd Roadents	Ladies Master V35-44	06:18.0	19	192
193	1:03:03	SUCHECKI, Leah	Unaffiliated	Ladies Master V35-44	06:18.3	161	193
194	1:03:16	CHURCH, Paula	Unaffiliated	Ladies Master V35-44	06:19.6	21	194
195	1:03:37	DAVIES, Gavin	Unaffiliated	Senior Men	06:21.7	35	195
196	1:03:37	DAVIES, Vince	Refail Runners	Mens Master V40-49	06:21.7	31	196
197	1:04:41	WATTS, Claire	Unaffiliated	Senior Ladies	06:28.1	218	197
198	1:06:00	JOHN, Kelly	Unaffiliated	Ladies Master V35-44	06:36.0	82	198
199	1:06:15	GILLARD, Kate	Unaffiliated	Senior Ladies	06:37.5	219	199
200	1:06:21	KAUR, Sukhjinder	Refail Runners	Ladies Master V35-44	06:38.1	97	200
201	1:06:21	JONES, Rachel	Islwyn Running Club	Senior Ladies	06:38.1	247	201
202	1:06:23	KEE, Ai-Lin	Les Croupiers R.C.	Ladies Master V45-54	06:38.3	98	202
203	1:06:23	KEE, Choon-Lee	Unaffiliated	Ladies Master V45-54	06:38.3	99	203
204	1:06:48	RYKALA, Rachel	Unaffiliated	Senior Ladies	06:40.8	153	204
205	1:06:57	HAZELL, Ruth	Caerphilly Runners	Senior Ladies	06:41.7	68	205
206	1:07:07	WILLIAMS, Natalie	Unaffiliated	Ladies Master V35-44	06:42.7	192	206
207	1:07:37	JONES, Ashley	Unaffiliated	Senior Men	06:45.7	85	207
208	1:08:00	JONES, Rachel	Islwyn Running Club	Senior Ladies	06:48.0	92	208
209	1:08:00	JONES, Vicki	Islwyn Running Club	Ladies Master V35-44	06:48.0	246	209
210	1:08:45	KALE, Lindsey	Porthcawl RunnersLife	Ladies Master V45-54	06:52.5	96	210
211	1:09:22	SMITH, Rhiannon	Unaffiliated	Ladies Master V35-44	06:56.2	254	211
212	1:10:03	VINE, Steven	Dragons Running Club	Mens Master V50-59	07:00.3	177	212
213	1:10:56	COCHRAN, Ruth	Pontypridd Roadents	Ladies Master V45-54	07:05.6	152	213
214	1:12:30	HODGES, Elizabeth	Unaffiliated	Ladies Master V45-54	07:15.0	71	214
215	1:12:40	ALLEN, Kelly-Ann	Port Talbot Harriers	Ladies Master V35-44	07:16.0	1	215
216	1:12:44	LUKER-DAVIES, Sue	Dragons Running Club	Ladies Master V35-44	07:16.4	109	216
217	1:12:56	EVANS, Carwyn	Dragons Running Club	Mens Master V40-49	07:17.6	45	217
218	1:13:00	COLES, Marie	Caerphilly Runners	Ladies Master V35-44	07:18.0	25	218
219	1:13:01	OWEN, Victoria	Caerphilly Runners	Senior Ladies	07:18.1	137	219
220	1:13:01	WILLIAMS, Julie	Islwyn Running Club	Ladies Master V35-44	07:18.1	248	220

Results produced by San Domenico RC | Cardiff | Wales

** RaceMaster98 from Sport Systems +44(0)870 5123 www.sportsystems.co.uk Webresults on www.runnerswebuk.com **

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/Km</i>	<i>Race No</i>	<i>Race Place</i>
221	1:13:21	LEWIS, Judith	Unaffiliated	Ladies Master V55-64	07:20.1	101	221
222	1:13:26	THOMAS, Lydia	Unaffiliated	Senior Ladies	07:20.6	169	222
223	1:13:26	DAVIES, Huw	Unaffiliated	Mens Master V40-49	07:20.6	36	223
224	1:13:58	HILL, Anita	Unaffiliated	Ladies Master V45-54	07:23.8	70	224
225	1:14:31	TURNER, Samantha	Unaffiliated	Ladies Master V35-44	07:27.1	223	225
226	1:17:29	GWYNNE, Jo	Pontypridd Roadents	Ladies Master V35-44	07:44.9	59	226
227	1:17:29	WIGMORE, Sharon	Unaffiliated	Senior Ladies	07:44.9	183	227
228	1:17:30	BOWEN, Rhiannon	Pontypridd Roadents	Ladies Master V45-54	07:45.0	14	228
229	1:20:21	JONES, Stephanie	Unaffiliated	Ladies Master V35-44	08:02.1	88	229
230	1:20:59	MARSH, Elinor	Unaffiliated	Senior Ladies	08:05.9	112	230
231	1:21:04	LOVEGROVE-OWEN, Bea	Pontypridd Roadents	Ladies Master V35-44	08:06.4	107	231
232	1:21:04	HOUSTON, Clair	Pontypridd Roadents	Ladies Master V35-44	08:06.4	216	232
233	1:21:09	JONES, Kerry	Pontypridd Roadents	Ladies Master V35-44	08:06.9	93	233
234	1:22:16	BOOTHBY, Sarah	Pontypridd Roadents	Senior Ladies	08:13.6	11	234

There were 234 finishers in the All Competitors category.