

Pos	Bib No	Fav	Share	Print	Name	Time	Chip Time	Category	Cat Pos	Gender	Gen Pos
1	164				Matt REES	2:50:04.9	2:50:02.7	Sen	1	Male	1
2	60				David HAZELL	2:54:39.7	2:54:34.5	Sen	2	Male	2
3	77				Neil JONES	3:01:44.9	3:01:42.8	Sen	3	Male	3
4	116				Nick SHEEHAN	3:04:51.3	3:04:44.7	Sen	4	Male	4
5	79				Aled JONES-DAVIES	3:09:44.2	3:09:35.5	Sen	5	Male	5
6	84				Geraint LEWIS	3:09:44.5	3:09:41.3	Vet 40	1	Male	6
7	153				Bryan WILKINS	3:11:18.1	3:11:13.0	Sen	6	Male	7
8	63				Mark HIDDLESTONE	3:11:26.4	3:11:23.8	Vet 40	2	Male	8
9	19				Michael COPE	3:12:39.7	3:12:36.6	Vet 40	3	Male	9
10	85				Simon LEWIS	3:12:39.8	3:12:37.0	Vet 40	4	Male	10
11	136				William THOMAS	3:13:53.2	3:13:48.1	Vet 40	5	Male	11
12	74				Dick JONES	3:14:08.5	3:14:05.1	Vet 40	6	Male	12
13	5				Joe BAKER	3:14:16.4	3:14:11.9	Sen	7	Male	13
14	82				Adrian KEARNS	3:17:06.3	3:17:00.6	Vet 40	7	Male	14
15	59				Dan HAYMAN	3:17:21.4	3:17:17.8	Sen	8	Male	15
16	118				Mike SLACK	3:17:49.8	3:17:15.7	Sen	9	Male	16
17	20				Alex CORNETT	3:22:15.1	3:22:10.3	Sen	10	Male	17
18	36				Stuart EVANS	3:23:05.0	3:22:58.6	Vet 40	8	Male	18
19	64				Geoffrey HILL	3:23:47.6	3:23:43.5	Vet 40	9	Male	19
20	165				Gareth JONES	3:26:15.7	3:26:11.9	Sen	11	Male	20
21	147				Katie WARREN	3:27:10.2	3:26:49.0	Sen	1	Female	1
22	62				Mathew HENDERY	3:28:26.0	3:28:04.5	Sen	12	Male	21
23	112				Chris RYAN	3:29:26.3	3:29:02.0	Vet 40	10	Male	22
24	12				Paul BUTCHER	3:30:23.8	3:30:03.0	Vet 50	1	Male	23
25	6				Simon BATTY	3:30:38.0	3:30:32.5	Vet 40	11	Male	24
26	80				Sam JOSEPH	3:33:18.1	3:33:13.5	Sen	13	Male	25
27	43				Matthew GIVEN	3:33:26.5	3:33:16.6	Sen	14	Male	26
28	160				Thomas WITHERS	3:33:58.5	3:33:28.4	Sen	15	Male	27
29	133				Lyndon THOMAS	3:34:23.4	3:33:59.6	Vet 40	12	Male	28
30	31				Gethin EDWARDS	3:36:49.7	3:36:44.4	Sen	16	Male	29
31	61				Anthony HEALD	3:38:10.4	3:37:46.9	Vet 40	13	Male	30
32	107				Frazer RICHARDS	3:38:46.9	3:38:41.0	Sen	17	Male	31
33	70				David HYETT	3:38:47.5	3:38:42.9	Vet 40	14	Male	32
34	98				Terry O'BRIEN	3:42:09.8	3:41:46.3	Vet 60+	1	Male	33
35	11				Andrew BROOKE	3:43:12.9	3:43:02.9	Vet 40	15	Male	34

Club	Pace	TOD	Lap 1	Lap 2	Lap 3	Lap 4	Lap 1	Lap 2	Lap 3	Lap 4
SWANSEA HARRIERS	9.2 m/hr	11:50:07.9	50:18.0	31:55.0	52:52.9	34:39.9	50:18.0	31:55.0	52:52.9	34:39.9
CAERPHILLY RUNNERS	9.0 m/hr	11:54:42.7	54:14.0	34:24.1	52:37.6	33:02.6	54:14.0	34:24.1	52:37.6	33:02.6
PONTYCLUN ROAD RUNNERS	8.6 m/hr	12:01:47.9	51:22.4	34:49.5	56:31.9	38:22.3	51:22.4	34:49.5	56:31.9	38:22.3
LLANELLI AC	8.5 m/hr	12:04:54.3	55:20.8	35:44.9	55:26.1	38:39.0	55:20.8	35:44.9	55:26.1	38:39.0
TROTS	8.3 m/hr	12:09:47.2	54:10.6	35:13.3	58:48.1	41:11.8	54:10.6	35:13.3	58:48.1	41:11.8
PORTHCAWL RUNNERS	8.3 m/hr	12:09:47.5	51:14.8	34:19.5	57:28.1	46:16.6	51:14.8	34:19.5	57:28.1	46:16.6
	8.2 m/hr	12:11:21.1	55:07.2	36:07.5	59:20.8	40:22.4	55:07.2	36:07.5	59:20.8	40:22.4
PORT TALBOT HARRIERS	8.2 m/hr	12:11:29.4	58:17.7	37:31.8	57:45.2	37:29.0	58:17.7	37:31.8	57:45.2	37:29.0
PARC BRYN BACH	8.2 m/hr	12:12:42.7	56:25.8	37:04.2	57:25.5	41:18.7	56:25.8	37:04.2	57:25.5	41:18.7
	8.2 m/hr	12:12:42.8	56:25.4	37:04.2	57:24.2	41:19.8	56:25.4	37:04.2	57:24.2	41:19.8
	8.1 m/hr	12:13:56.2	55:26.2	36:53.7	59:11.0	41:55.7	55:26.2	36:53.7	59:11.0	41:55.7
BRECON AC	8.1 m/hr	12:14:11.5	56:25.1	37:04.8	57:26.0	42:47.4	56:25.1	37:04.8	57:26.0	42:47.4
STADIUM RUNNERS	8.1 m/hr	12:14:19.4	55:32.7	36:48.3	58:27.1	43:04.3	55:32.7	36:48.3	58:27.1	43:04.3
EXMOUTH HARRIERS	8.0 m/hr	12:17:09.3	55:34.6	36:55.8	1:00:36.9	43:30.5	55:34.6	36:55.8	1:00:36.9	43:30.5
	8.0 m/hr	12:17:24.4	59:42.8	38:28.6	1:00:21.5	38:18.7	59:42.8	38:28.6	1:00:21.5	38:18.7
	7.9 m/hr	12:17:52.8	59:43.9	38:19.9	59:18.5	40:03.0	59:43.9	38:19.9	59:18.5	40:03.0
	7.8 m/hr	12:22:18.1	57:01.7	37:53.6	1:00:13.1	46:36.4	57:01.7	37:53.6	1:00:13.1	46:36.4
LLANELLI AC	7.7 m/hr	12:23:08.0	57:31.2	36:53.0	59:12.0	48:37.4	57:31.2	36:53.0	59:12.0	48:37.4
OKEHAMPTON RUNNING CLUB	7.7 m/hr	12:23:50.6	58:38.3	38:44.2	1:01:09.4	44:48.4	58:38.3	38:44.2	1:01:09.4	44:48.4
USK	7.6 m/hr	12:26:18.7	55:30.7	38:06.3	1:04:26.6	47:46.8	55:30.7	38:06.3	1:04:26.6	47:46.8
	7.6 m/hr	12:27:13.2	58:33.8	38:24.9	1:02:53.1	46:53.6	58:33.8	38:24.9	1:02:53.1	46:53.6
	7.5 m/hr	12:28:29.0	1:04:21.7	42:47.0	1:00:26.3	40:28.3	1:04:21.7	42:47.0	1:00:26.3	40:28.3
LLISWERRY RUNNERS	7.5 m/hr	12:29:29.3	1:01:36.9	40:11.4	1:03:37.3	43:35.1	1:01:36.9	40:11.4	1:03:37.3	43:35.1
CLWB RHEDEG PONTARDAWE RUNNING CLUB	7.5 m/hr	12:30:26.8	1:03:06.4	42:32.1	1:03:25.9	40:59.0	1:03:06.4	42:32.1	1:03:25.9	40:59.0
NEWPORT AND DISTRICT RUNNING CLUB	7.5 m/hr	12:30:41.0	57:36.4	38:28.5	1:04:30.3	49:35.8	57:36.4	38:28.5	1:04:30.3	49:35.8
SWANSEA HARRIERS	7.4 m/hr	12:33:21.1	55:32.9	36:48.7	1:03:41.2	56:51.3	55:32.9	36:48.7	1:03:41.2	56:51.3
MARPLE RUNNERS	7.4 m/hr	12:33:29.5	1:01:37.6	40:56.0	1:04:51.5	45:34.4	1:01:37.6	40:56.0	1:04:51.5	45:34.4
	7.3 m/hr	12:34:01.5	1:01:43.4	41:28.2	1:05:08.8	45:14.4	1:01:43.4	41:28.2	1:05:08.8	45:14.4
	7.3 m/hr	12:34:26.4	1:01:37.0	40:11.3	1:03:42.0	48:22.4	1:01:37.0	40:11.3	1:03:42.0	48:22.4
	7.2 m/hr	12:36:52.7	55:04.1	37:19.5	1:07:19.8	56:46.0	55:04.1	37:19.5	1:07:19.8	56:46.0
	7.2 m/hr	12:38:13.4	1:05:45.4	42:39.9	1:05:28.7	43:53.4	1:05:45.4	42:39.9	1:05:28.7	43:53.4
CAERPHILLY RUNNERS	7.2 m/hr	12:38:49.9	56:46.7	39:18.9	1:09:46.2	52:35.1	56:46.7	39:18.9	1:09:46.2	52:35.1
	7.2 m/hr	12:38:50.5	1:05:02.6	42:52.1	1:05:41.8	44:49.4	1:05:02.6	42:52.1	1:05:41.8	44:49.4
	7.1 m/hr	12:42:12.8	1:07:09.2	43:18.9	1:06:02.4	45:10.0	1:07:09.2	43:18.9	1:06:02.4	45:10.0
	7.0 m/hr	12:43:15.9	1:02:11.8	39:24.2	1:07:22.3	53:44.2	1:02:11.8	39:24.2	1:07:22.3	53:44.2

Pos	Bib No	Fav	Share	Print	Name	Time	Chip Time	Category	Cat Pos	Gender	Gen Pos
36	71				Paul JOHN	3:43:24.3	3:43:04.0	Vet 40	16	Male	35
37	83				Michelle LENNAGHAN	3:44:08.1	3:44:01.4	Vet 40	1	Female	2
38	144				Andrew WALL	3:44:15.1	3:43:41.1	Sen	18	Male	36
39	30				Gareth EDWARDS	3:44:17.6	3:43:42.9	Sen	19	Male	37
40	96				Melissa MYLES	3:47:19.5	3:46:55.1	Sen	2	Female	3
41	130				Bleddyn THOMAS	3:49:39.4	3:49:04.5	Sen	20	Male	38
42	92				Alan MASON	3:50:15.9	3:50:06.4	Vet 50	2	Male	39
43	39				Geraint FLYE	3:50:38.2	3:50:18.1	Sen	21	Male	40
44	148				Samuel WEBB	3:50:52.6	3:50:36.0	Sen	22	Male	41
45	3				Martin AYRES	3:54:57.8	3:54:55.8	Sen	23	Male	42
46	45				James GRICAPIZZI	3:55:17.6	3:55:14.8	Sen	24	Male	43
47	48				Paul GUEST	3:55:24.3	3:54:44.1	Vet 40	17	Male	44
48	27				Ian DERRICK	3:55:30.9	3:55:11.9	Vet 40	18	Male	45
49	101				Carol REES	3:55:43.0	3:55:32.7	Vet 40	2	Female	4
50	4				Chris BAKER	3:57:33.9	3:57:16.8	Vet 40	19	Male	46
51	125				Ceri STONE	3:57:49.7	3:57:30.6	Vet 40	20	Male	47
52	143				Pete VOKES	3:57:58.3	3:57:40.6	Sen	25	Male	48
53	51				Mike GWYNNE	3:58:02.7	3:57:41.5	Vet 40	21	Male	49
54	54				Darren HARRIS	3:59:22.4	3:59:01.8	Vet 40	22	Male	50
55	145				Carl WALSH	3:59:25.9	3:59:09.7	Vet 40	23	Male	51
56	67				Catherine HOPKINS	4:01:58.8	4:01:18.2	Sen	3	Female	5
57	166				Laurence JONES	4:03:04.8	4:02:55.7	Sen	26	Male	52
58	41				Ben FRANCIS	4:03:26.5	4:02:56.2	Sen	27	Male	53
59	18				Adam COMMONS	4:03:35.3	4:03:23.8	Vet 40	24	Male	54
60	56				Paul HARRIS	4:04:46.1	4:04:25.3	Vet 40	25	Male	55
61	137				Lauren THOMAS	4:08:57.6	4:08:52.5	Sen	4	Female	6
62	38				Ryan FLOWERS	4:09:18.3	4:08:54.8	Sen	28	Male	56
63	155				Mathew WILLIAMS	4:09:54.1	4:09:30.4	Sen	29	Male	57
64	108				Daniel RICHARDS	4:09:58.2	4:09:27.7	Sen	30	Male	58
65	120				Andrew SMITH	4:10:03.2	4:09:55.4	Sen	31	Male	59
66	121				Chris SMITH	4:10:25.6	4:10:10.4	Sen	32	Male	60
67	138				Noel THOMPSON	4:10:32.3	4:10:14.3	Vet 60+	2	Male	61
68	58				Wayne HAYHURST	4:12:43.2	4:12:21.4	Sen	33	Male	62
69	126				Nicola SYMMONDS	4:12:43.2	4:12:21.1	Sen	5	Female	7
70	42				Paul GANDER	4:12:49.4	4:12:14.2	Vet 40	26	Male	63

Club	Pace	TOD	Lap 1	Lap 2	Lap 3	Lap 4	Lap 1	Lap 2	Lap 3	Lap 4
	7.0 m/hr	12:43:27.3	1:05:52.5	43:11.3	1:07:02.9	46:53.7	1:05:52.5	43:11.3	1:07:02.9	46:53.7
	7.0 m/hr	12:44:11.1	1:05:35.9	42:53.7	1:07:32.8	47:38.5	1:05:35.9	42:53.7	1:07:32.8	47:38.5
	7.0 m/hr	12:44:18.1	1:06:45.0	42:57.2	1:07:55.1	46:07.0	1:06:45.0	42:57.2	1:07:55.1	46:07.0
	7.0 m/hr	12:44:20.6	1:06:44.9	42:57.7	1:07:54.9	46:12.7	1:06:44.9	42:57.7	1:07:54.9	46:12.7
	6.9 m/hr	12:47:22.5	1:04:06.1	43:32.8	1:08:28.5	50:44.0	1:04:06.1	43:32.8	1:08:28.5	50:44.0
	6.8 m/hr	12:49:42.4	1:03:32.6	41:52.7	1:09:40.5	54:08.4	1:03:32.6	41:52.7	1:09:40.5	54:08.4
LES CROUPIERS	6.8 m/hr	12:50:18.9	1:05:50.6	43:11.2	1:08:19.7	52:17.1	1:05:50.6	43:11.2	1:08:19.7	52:17.1
	6.8 m/hr	12:50:41.2	1:08:18.3	46:28.9	1:07:10.8	48:10.6	1:08:18.3	46:28.9	1:07:10.8	48:10.6
	6.8 m/hr	12:50:55.6	1:03:31.6	44:31.1	1:11:13.2	51:09.3	1:03:31.6	44:31.1	1:11:13.2	51:09.3
	6.7 m/hr	12:55:00.8	1:00:22.8	41:29.0	1:12:33.6	59:59.1	1:00:22.8	41:29.0	1:12:33.6	59:59.1
	6.7 m/hr	12:55:20.6	1:05:37.8	42:19.2	1:09:23.5	57:20.6	1:05:37.8	42:19.2	1:09:23.5	57:20.6
	6.7 m/hr	12:55:27.3	1:10:22.0	44:27.7	1:11:25.0	48:41.0	1:10:22.0	44:27.7	1:11:25.0	48:41.0
	6.7 m/hr	12:55:33.9	1:07:27.9	44:01.1	1:09:31.4	53:56.6	1:07:27.9	44:01.1	1:09:31.4	53:56.6
LES CROUPIERS	6.7 m/hr	12:55:46.0	1:10:06.4	45:22.1	1:10:46.1	48:59.0	1:10:06.4	45:22.1	1:10:46.1	48:59.0
	6.6 m/hr	12:57:36.9	1:04:31.2	43:35.6	1:14:23.3	54:32.0	1:04:31.2	43:35.6	1:14:23.3	54:32.0
	6.6 m/hr	12:57:52.7	1:09:15.2	45:28.4	1:12:41.0	49:54.5	1:09:15.2	45:28.4	1:12:41.0	49:54.5
	6.6 m/hr	12:58:01.3	1:10:08.2	45:52.5	1:11:25.6	50:03.4	1:10:08.2	45:52.5	1:11:25.6	50:03.4
PONTYPRIDD ROADENTS AC	6.6 m/hr	12:58:05.7	1:01:47.6	41:40.9	1:14:32.2	59:33.1	1:01:47.6	41:40.9	1:14:32.2	59:33.1
CLWB RHEDEG PONTARDAWE RUNNING CLUB	6.6 m/hr	12:59:25.4	1:06:58.7	43:41.2	1:12:54.8	55:18.4	1:06:58.7	43:41.2	1:12:54.8	55:18.4
RHONDDA VALLEY RUNNERS	6.6 m/hr	12:59:28.9	1:07:09.4	43:19.3	1:13:01.4	55:25.9	1:07:09.4	43:19.3	1:13:01.4	55:25.9
	6.5 m/hr	13:02:01.8	1:07:30.4	44:07.7	1:15:58.7	53:57.2	1:07:30.4	44:07.7	1:15:58.7	53:57.2
	6.5 m/hr	13:03:07.8	1:03:35.7	47:19.7	1:18:42.9	52:54.4	1:03:35.7	47:19.7	1:18:42.9	52:54.4
	6.5 m/hr	13:03:29.5	1:10:25.0	45:26.6	1:12:28.6	54:32.0	1:10:25.0	45:26.6	1:12:28.6	54:32.0
	6.5 m/hr	13:03:38.3	1:11:26.8	47:34.1	1:13:11.7	50:55.0	1:11:26.8	47:34.1	1:13:11.7	50:55.0
	6.4 m/hr	13:04:49.1	1:08:18.1	46:29.5	1:12:29.3	56:59.8	1:08:18.1	46:29.5	1:12:29.3	56:59.8
	6.3 m/hr	13:09:00.6	1:06:58.2	45:59.3	1:17:15.5	58:09.5	1:06:58.2	45:59.3	1:17:15.5	58:09.5
	6.3 m/hr	13:09:21.3	1:07:01.6	45:01.5	1:17:31.1	59:17.0	1:07:01.6	45:01.5	1:17:31.1	59:17.0
	6.3 m/hr	13:09:57.1	1:11:35.2	48:56.9	1:15:09.2	53:45.1	1:11:35.2	48:56.9	1:15:09.2	53:45.1
	6.3 m/hr	13:10:01.2	1:13:08.0	48:11.8	1:13:21.0	54:45.7	1:13:08.0	48:11.8	1:13:21.0	54:45.7
DARTH COASTAL RUNNERS	6.3 m/hr	13:10:06.2	1:05:11.4	44:54.4	1:14:19.7	1:05:01.0	1:05:11.4	44:54.4	1:14:19.7	1:05:01.0
	6.3 m/hr	13:10:28.6	1:05:54.5	43:36.1	1:17:10.6	1:03:08.9	1:05:54.5	43:36.1	1:17:10.6	1:03:08.9
	6.3 m/hr	13:10:35.3	1:10:24.7	46:20.0	1:15:07.4	58:05.0	1:10:24.7	46:20.0	1:15:07.4	58:05.0
CWM OGWR RUNNING CLUB	6.2 m/hr	13:12:46.2	1:12:03.9	46:45.7	1:17:32.0	55:55.5	1:12:03.9	46:45.7	1:17:32.0	55:55.5
PENCOED PANTHERS	6.2 m/hr	13:12:46.2	1:12:03.7	46:45.7	1:16:18.2	57:09.5	1:12:03.7	46:45.7	1:16:18.2	57:09.5
	6.2 m/hr	13:12:52.4	1:06:41.8	49:41.1	1:18:44.7	57:10.6	1:06:41.8	49:41.1	1:18:44.7	57:10.6

Pos	Bib No	Fav	Share	Print	Name	Time	Chip Time	Category	Cat Pos	Gender	Gen Pos
71	90				Antoni MAIELLO	4:13:33.2	4:13:25.4	Sen	34	Male	64
72	111				Steven RODRIGUEZ	4:13:33.4	4:13:20.9	Vet 40	27	Male	65
73	124				Ceri STEPHENS	4:13:49.2	4:13:01.2	Sen	35	Male	66
74	156				Matthew WILLIAMS	4:14:15.2	4:13:58.4	Sen	36	Male	67
75	29				Andrew DRISCOLL	4:15:21.2	4:15:07.9	Sen	37	Male	68
76	142				Nick VENABLES	4:16:11.2	4:15:37.1	Sen	38	Male	69
77	65				Richard HILLIER	4:16:26.7	4:16:11.5	Sen	39	Male	70
78	53				Kevin HARLEY	4:17:06.6	4:17:01.4	Vet 40	28	Male	71
79	123				Imogen SPECTOR	4:19:47.5	4:19:40.1	Sen	6	Female	8
80	81				Mark KAVANAGH	4:21:08.1	4:20:36.4	Vet 40	29	Male	72
81	158				Sara WILLIAMS	4:21:22.1	4:21:06.7	Vet 40	3	Female	9
82	157				Richard WILLIAMS	4:21:42.1	4:21:35.3	Vet 40	30	Male	73
83	32				Mark EDWARDS	4:21:56.2	4:21:22.3	Vet 50	3	Male	74
84	87				Alex LLEWELLYN	4:22:14.8	4:22:06.4	Sen	7	Female	10
85	117				Catrin SIMON	4:24:07.7	4:23:57.7	Vet 40	4	Female	11
86	21				Martin CROSHAW	4:24:52.4	4:24:11.6	Vet 40	31	Male	75
87	146				Anthony WARDEN	4:27:28.6	4:27:05.1	Vet 40	32	Male	76
88	24				Stephen DAVID	4:30:23.2	4:30:00.3	Vet 50	4	Male	77
89	106				Anne RICE-JONES	4:31:29.3	4:31:10.2	Vet 50	1	Female	12
90	154				Nick WILKINS	4:34:33.3	4:33:57.1	Vet 40	33	Male	78
91	25				Lucy DAVIES	4:34:38.8	4:34:31.9	Sen	8	Female	13
92	149				Coumoi WEEKS	4:34:38.8	4:34:32.1	Vet 40	5	Female	14
93	97				Liam O'BRIEN	4:35:17.9	4:35:09.5	Sen	40	Male	79
94	159				Michael WILLIAMS	4:36:43.3	4:36:07.1	Vet 40	34	Male	80
95	128				Ian TAYLOR	4:38:25.1	4:38:09.3	Vet 50	5	Male	81
96	114				Brian SAXBY	4:40:26.5	4:39:47.2	Vet 50	6	Male	82
97	102				Charlotte REES	4:40:56.8	4:40:25.5	Sen	9	Female	15
98	9				Gareth BOULTON	4:41:35.3	4:41:29.7	Sen	41	Male	83
99	22				Selina DA SILVA	4:44:53.1	4:44:12.8	Vet 60+	1	Female	16
100	49				Graham GUNN	4:45:32.2	4:44:37.6	Vet 60+	3	Male	84
101	99				Tim PETERSON	4:50:41.9	4:50:29.3	Vet 40	35	Male	85
102	89				Denise MAGGS	4:57:17.4	4:56:35.3	Vet 60+	2	Female	17
103	55				Dylan HARRIS	4:57:37.3	4:57:16.9	Vet 40	36	Male	86
104	68				Gary HOWELLS	4:57:39.4	4:57:30.5	Sen	42	Male	87
105	17				Matthew COLLINS	5:02:11.6	5:01:43.6	Vet 50	7	Male	88

Club	Pace	TOD	Lap 1	Lap 2	Lap 3	Lap 4	Lap 1	Lap 2	Lap 3	Lap 4
	6.2 m/hr	13:13:36.2	1:05:58.4	43:01.8	1:23:42.0	1:00:20.0	1:05:58.4	43:01.8	1:23:42.0	1:00:20.0
	6.2 m/hr	13:13:36.4	1:11:07.2	46:15.1	1:15:13.2	1:00:26.5	1:11:07.2	46:15.1	1:15:13.2	1:00:26.5
	6.2 m/hr	13:13:52.2	1:10:16.9	46:55.4	1:20:22.7	55:40.3	1:10:16.9	46:55.4	1:20:22.7	55:40.3
	6.2 m/hr	13:14:18.2	1:11:57.6	47:11.3	1:16:29.3	58:02.3	1:11:57.6	47:11.3	1:16:29.3	58:02.3
MERTHYR RUNNING CLUB	6.2 m/hr	13:15:24.2	1:06:52.0	44:17.2	1:21:54.3	1:01:47.4	1:06:52.0	44:17.2	1:21:54.3	1:01:47.4
LLANELLI AC	6.1 m/hr	13:16:14.2	1:10:54.3	50:07.1	1:17:48.0	56:54.1	1:10:54.3	50:07.1	1:17:48.0	56:54.1
	6.1 m/hr	13:16:29.7	1:05:53.4	45:42.8	1:22:37.6	1:01:41.0	1:05:53.4	45:42.8	1:22:37.6	1:01:41.0
	6.1 m/hr	13:17:09.6	1:09:41.7	46:57.3	1:19:49.9	1:00:06.5	1:09:41.7	46:57.3	1:19:49.9	1:00:06.5
	6.1 m/hr	13:19:50.5	1:06:43.0	46:45.0	1:23:06.4	1:02:42.7	1:06:43.0	46:45.0	1:23:06.4	1:02:42.7
	6.0 m/hr	13:21:11.1	1:11:22.4	45:58.8	1:21:10.8	1:02:03.9	1:11:22.4	45:58.8	1:21:10.8	1:02:03.9
CAERPHILLY RUNNERS	6.0 m/hr	13:21:25.1	1:09:48.4	45:58.1	1:23:33.6	1:01:35.0	1:09:48.4	45:58.1	1:23:33.6	1:01:35.0
	6.0 m/hr	13:21:45.1	1:08:05.2	46:21.1	1:20:22.5	1:06:16.8	1:08:05.2	46:21.1	1:20:22.5	1:06:16.8
	6.0 m/hr	13:21:59.2	1:10:03.2	47:26.1	1:19:21.4	1:04:27.0	1:10:03.2	47:26.1	1:19:21.4	1:04:27.0
CALDICOT	6.0 m/hr	13:22:17.8	1:10:10.7	49:43.6	1:23:37.0	58:13.9	1:10:10.7	49:43.6	1:23:37.0	58:13.9
VEGAN RUNNERS	6.0 m/hr	13:24:10.7	1:07:01.0	48:08.9	1:26:28.2	1:01:50.7	1:07:01.0	48:08.9	1:26:28.2	1:01:50.7
	5.9 m/hr	13:24:55.4	1:21:03.5	52:17.9	1:18:07.4	52:56.0	1:21:03.5	52:17.9	1:18:07.4	52:56.0
AMMAN VALLEY HARRIERS	5.9 m/hr	13:27:31.6	1:08:54.5	45:48.8	1:23:08.7	1:09:08.9	1:08:54.5	45:48.8	1:23:08.7	1:09:08.9
	5.8 m/hr	13:30:26.2	1:15:48.0	50:01.6	1:23:21.6	1:00:38.1	1:15:48.0	50:01.6	1:23:21.6	1:00:38.1
ISLWYN	5.8 m/hr	13:31:32.3	1:19:19.0	52:03.3	1:22:46.5	56:50.6	1:19:19.0	52:03.3	1:22:46.5	56:50.6
DROITWICH AC	5.7 m/hr	13:34:36.3	1:25:05.4	53:25.3	1:17:09.5	58:20.7	1:25:05.4	53:25.3	1:17:09.5	58:20.7
CHEPSTOW HARRIERS	5.7 m/hr	13:34:41.8	1:15:29.1	52:33.6	1:25:52.4	1:00:16.1	1:15:29.1	52:33.6	1:25:52.4	1:00:16.1
CHEPSTOW HARRIERS	5.7 m/hr	13:34:41.8	1:15:29.3	52:33.2	1:25:52.9	1:00:15.7	1:15:29.3	52:33.2	1:25:52.9	1:00:15.7
	5.7 m/hr	13:35:20.9	1:13:32.2	51:06.2	1:23:53.3	1:06:14.5	1:13:32.2	51:06.2	1:23:53.3	1:06:14.5
	5.7 m/hr	13:36:46.3	1:11:38.5	48:03.9	1:26:13.1	1:10:09.5	1:11:38.5	48:03.9	1:26:13.1	1:10:09.5
SALFORD METROPOLITAN	5.6 m/hr	13:38:28.1	1:08:08.3	46:06.6	1:18:51.1	1:24:36.9	1:08:08.3	46:06.6	1:18:51.1	1:24:36.9
RUN4ALL NEATH	5.6 m/hr	13:40:29.5	1:11:53.2	47:04.1	1:30:21.7	1:10:31.7	1:11:53.2	47:04.1	1:30:21.7	1:10:31.7
GRIFFITHSTOWN HARRIERS	5.6 m/hr	13:40:59.8	1:18:47.0	50:32.8	1:27:57.4	1:03:12.1	1:18:47.0	50:32.8	1:27:57.4	1:03:12.1
	5.6 m/hr	13:41:38.3	1:09:41.8	48:43.5	1:25:02.2	1:17:29.8	1:09:41.8	48:43.5	1:25:02.2	1:17:29.8
	5.5 m/hr	13:44:56.1	1:22:05.9	55:17.0	1:26:47.0	1:00:11.2	1:22:05.9	55:17.0	1:26:47.0	1:00:11.2
	5.5 m/hr	13:45:35.2	1:22:58.4	54:23.1	1:25:56.8	1:01:38.0	1:22:58.4	54:23.1	1:25:56.8	1:01:38.0
	5.4 m/hr	13:50:44.9	1:11:55.7	52:27.2	1:37:52.3	1:07:52.8	1:11:55.7	52:27.2	1:37:52.3	1:07:52.8
	5.3 m/hr	13:57:20.4	1:20:05.1	56:07.9	1:33:40.0	1:06:50.7	1:20:05.1	56:07.9	1:33:40.0	1:06:50.7
CLWB RHEDEG PONTARDAWE RUNNING CLUB	5.3 m/hr	13:57:40.3	1:07:00.4	47:12.5	1:40:50.3	1:21:56.6	1:07:00.4	47:12.5	1:40:50.3	1:21:56.6
	5.3 m/hr	13:57:42.4	1:10:54.0	50:54.0	1:33:20.3	20.6	1:10:54.0	50:54.0	1:33:20.3	20.6
	5.2 m/hr	14:02:14.6	1:26:22.8	55:43.1	1:31:56.7	1:07:34.0	1:26:22.8	55:43.1	1:31:56.7	1:07:34.0

Pos	Bib No	Fav	Share	Print	Name	Time	Chip Time	Category	Cat Pos	Gender	Gen Pos
106	23				Peter DALE	5:05:31.8	5:04:49.5	Vet 60+	4	Male	89
107	132				Gareth THOMAS	5:08:40.1	5:08:27.7	Sen	43	Male	90
108	152				Mathew WHITTEN	5:09:13.3	5:08:49.9	Sen	44	Male	91
109	14				Logan CARDY	5:09:38.3	5:09:11.1	Sen	45	Male	92
110	151				Phil WHITNEY	5:09:56.0	5:09:27.2	Vet 40	37	Male	93
111	131				Christine THOMAS	5:10:26.6	5:09:55.9	Vet 50	2	Female	18
112	140				Alyn TOMKINSON	5:10:30.6	5:10:00.0	Vet 40	38	Male	94
113	69				Matthew HURCOMBE	5:10:32.3	5:10:01.9	Sen	46	Male	95
114	110				Chris RIGGS	5:15:21.1	5:14:55.5	Vet 40	39	Male	96
115	94				Kristian MEARS	5:15:48.3	5:15:14.3	Vet 40	40	Male	97
116	88				Iestyn LLEWELLYN	5:15:52.3	5:15:18.2	Sen	47	Male	98
117	163				Christopher ANAGNOSTOPOULOS	5:34:01.6	5:33:40.9	Sen	48	Male	99
118	52				Steven HAMLEY-LOCKE	5:35:25.5	5:34:43.0	Vet 40	41	Male	100
119	115				Phillipp SCHOFIELD	5:38:19.4	5:37:39.4	Vet 50	8	Male	101
120	8				Sarah BOOTHBY	5:57:00.1	5:56:21.2	Sen	10	Female	19
121	13				Fiona CAMPBELL	5:57:05.1	5:56:26.6	Vet 40	6	Female	20
122	150				Helen WELCH	5:57:06.6	5:56:28.4	Vet 40	7	Female	21
123	50				Jo GWYNNE	5:58:11.2	5:57:33.5	Vet 40	8	Female	22

Club	Pace	TOD	Lap 1	Lap 2	Lap 3	Lap 4	Lap 1	Lap 2	Lap 3	Lap 4
	5.1 m/hr	14:05:34.8	1:19:04.9	51:43.5	1:25:30.6	1:28:13.7	1:19:04.9	51:43.5	1:25:30.6	1:28:13.7
	5.1 m/hr	14:08:43.1	1:12:27.4	48:34.6	1:50:32.4	1:16:24.7	1:12:27.4	48:34.6	1:50:32.4	1:16:24.7
	5.1 m/hr	14:09:16.3	1:27:10.5	58:05.9	1:36:46.1	1:06:39.1	1:27:10.5	58:05.9	1:36:46.1	1:06:39.1
	5.1 m/hr	14:09:41.3	1:27:21.4	56:39.6	1:37:30.7	1:07:40.0	1:27:21.4	56:39.6	1:37:30.7	1:07:40.0
	5.1 m/hr	14:09:59.0	1:21:32.4	53:13.4	1:34:15.3	1:20:13.8	1:21:32.4	53:13.4	1:34:15.3	1:20:13.8
YSTRAD MYNACH RUNNING CLUB	5.1 m/hr	14:10:29.6	1:25:48.9	1:01:10.2	1:35:47.0	1:07:10.3	1:25:48.9	1:01:10.2	1:35:47.0	1:07:10.3
YSTRAD MYNACH RUNNING CLUB	5.1 m/hr	14:10:33.6	1:25:49.1	1:01:09.8	1:35:46.5	1:07:10.8	1:25:49.1	1:01:09.8	1:35:46.5	1:07:10.8
	5.1 m/hr	14:10:35.3	1:25:49.1	1:01:09.2	1:35:45.1	1:07:12.9	1:25:49.1	1:01:09.2	1:35:45.1	1:07:12.9
	5.0 m/hr	14:15:24.1	1:09:58.8	49:09.9	1:38:16.5	1:36:59.6	1:09:58.8	49:09.9	1:38:16.5	1:36:59.6
	5.0 m/hr	14:15:51.3	1:21:04.9	58:24.3	1:44:03.0	1:11:51.8	1:21:04.9	58:24.3	1:44:03.0	1:11:51.8
	5.0 m/hr	14:15:55.3	1:21:05.1	58:24.6	1:44:06.8	1:11:48.9	1:21:05.1	58:24.6	1:44:06.8	1:11:48.9
	4.7 m/hr	14:34:04.6	1:19:23.8	58:39.7	1:52:33.5	1:22:57.0	1:19:23.8	58:39.7	1:52:33.5	1:22:57.0
	4.7 m/hr	14:35:28.5	1:20:14.0	56:54.3	1:43:32.1	1:34:06.4	1:20:14.0	56:54.3	1:43:32.1	1:34:06.4
	4.6 m/hr	14:38:22.4	1:33:54.4	1:01:17.8	1:44:30.9	1:17:59.4	1:33:54.4	1:01:17.8	1:44:30.9	1:17:59.4
PONTYPRIDD ROADENTS AC	4.4 m/hr	14:57:03.1	1:35:34.9	1:11:04.6	1:51:29.6	1:18:13.2	1:35:34.9	1:11:04.6	1:51:29.6	1:18:13.2
PONTYPRIDD ROADENTS AC	4.4 m/hr	14:57:08.1	1:35:31.5	1:10:46.3	1:51:51.1	1:18:01.4	1:35:31.5	1:10:46.3	1:51:51.1	1:18:01.4
PONTYPRIDD ROADENTS AC	4.4 m/hr	14:57:09.6	1:35:35.5	1:11:05.4	1:51:57.0	1:17:31.6	1:35:35.5	1:11:05.4	1:51:57.0	1:17:31.6
PONTYPRIDD ROADENTS AC	4.4 m/hr	14:58:14.2	1:35:31.9	1:10:45.9	1:52:31.0	1:18:36.8	1:35:31.9	1:10:45.9	1:52:31.0	1:18:36.8