

Pos'n	No	Time	Status	Name	Team	Cat
1	3875	0:38:37		JAMES, Daniel	Run4All Neath	M40
2	3845	0:40:28		BROWN, Gary	Penarth and Dinas	SM
3	3814	0:40:58		EDWARDS, Gethin	Pontyclun Road Runners	M40
4	3916	0:41:01		STEPHENS, Andrew	MonRoss Trailblazers	M40
5	3765	0:41:22		LEE, Andy	Pontypool	M45
6	3851	0:41:27		BONO, Laurent	Les Croupiers	SM
7	3807	0:41:46		STUOKUS, Gabrielius	Les Croupiers	SM
8	3750	0:43:23		POWELL, Gethin	Pontypridd Roadents AC	SM
9	3771	0:43:44		EVANS, Clara	Cardiff AAC	SF
10	3903	0:43:56		BISHOP, Jamie	Pontypridd Roadents AC	SM
11	3759	0:44:07		POLE, Laurence	Pontypridd Roadents AC	M40
12	3896	0:44:39		WARNER, Mike	Run4All Neath	M50
13	3766	0:45:01		BEVAN, Richard	MonRoss Trailblazers	M40
14	3782	0:45:07		GOOSE, Carl	Bure Valley Harriers	SM
15	3842	0:45:40		JARVIS, Jonathan	Run4All Neath	SM
16	3913	0:45:55		MORGAN, Niki	Chepstow	F50
17	3846	0:46:28		MORGAN, Hywel	Pontypridd Roadents AC	SM
18	3868	0:46:53		MURKIN, Adrian	Pontypool	M50
19	3758	0:47:02		MILES, Cassandra	Run4All Neath	SF
20	3873	0:47:08		PEARCE, Matthew		SM
21	3769	0:47:10		BRASINGTON, Andrew	Ebbw Vale RC	M50
22	3905	0:47:11		PALMER, Nathaniel	Les Croupiers	M45
23	3849	0:47:21		BRUCE, James	Les Croupiers	M40
24	3787	0:47:41		BLAKE, Mark	Forest Of Dean	M50
25	3827	0:47:49		LOVELUCK, Steve	Ogmore Phoenix	M50
26	3898	0:47:56		BELL, Ian	San Domenico	M55
27	3826	0:48:02		LOVELUCK, Anneliese	Ogmore Phoenix	F45
28	3831	0:48:19		EVANS, Andrew	Run4All Neath	SM
29	3912	0:48:20		FLETCHER, James	MonRoss Trailblazers	M50
30	3910	0:48:57		JUKES, Nicola	Parc Bryn Bach	F45
31	3833	0:49:32		POWELL, Kris	Bridgend	SM
32	3810	0:49:38		DANIELS, William	Rhondda AAC	M60
33	3887	0:49:45		MURPHY, Michael	Les Croupiers	M65
34	3871	0:49:55		CHAPPLE, Darren	Run4All Neath	M40
35	3755	0:49:59		DAVIES, Stephanie	Pontypridd Roadents AC	SF
36	3890	0:50:00		ATHERTON, Frank	Penarth and Dinas	M55
37	3917	0:50:03		DAVIES, Adrian	Pontyclun Road Runners	M40
38	3761	0:50:39		LANGLEY, David		SM
39	3915	0:50:43		GRANT, Neil	Chepstow	M65
40	3768	0:50:50		CHADWELL, Steve	Les Croupiers	M45
41	3813	0:50:51		VINES, Philip		M40
42	3857	0:50:54		SMALLMAN, Matt		M45
43	3879	0:50:59		PREDDY, Steven	Les Croupiers	M45
44	3914	0:51:03		MILES, Phillip	Parc Bryn Bach	M65
45	3892	0:51:06		COLWILL, Emma	Run4All Neath	SF
46	3899	0:51:15		TOVEY, Alex	Run4All Neath	M45
47	3751	0:51:29		ELLISTON, Michael		M45
48	3774	0:51:37		PANES, Chris	Roberttown Runners	M50
49	3778	0:51:52		DRISCOLL, Andrew	Aberdare	SM
50	3804	0:52:07		BASSETT, Caroline	Pegasus	F35
51	3801	0:52:12		PHILLIPS, Steven	Islwyn	M40
52	3854	0:52:17		HESKINS, Paul	Run4All Neath	SM
53	3837	0:52:22		KELLY, Sean	Rhondda AAC	M40
54	3780	0:52:32		WATSON, James		M40
55	3770	0:52:35		WILLIAMS, Richard		M40
56	3772	0:52:42		KIPPEST, Darren	Parc Bryn Bach	M45
57	3821	0:52:58		KWOK, Lee	Run4All Neath	M40
58	3836	0:53:02		OSMOND, Clive	Les Croupiers	M55
59	3815	0:53:04		POWELL, Catherine	Pontyclun Road Runners	F35
60	3760	0:53:18		MORGAN, Nick	Parc Bryn Bach	M45

61	3808	0:53:25	WHARMBY, Elaine	Pegasus	F50
62	3863	0:53:42	MARTIN, Richard	Pontypridd Roadents AC	SM
63	3909	0:53:53	PALFREY, Gwyn	Parc Bryn Bach	M55
64	3878	0:53:58	WILLIAMS, Kevin		M40
65	3835	0:53:58	BOWES, Susan	Les Croupiers	F40
66	3763	0:54:13	OSMAN, Nick	Parc Bryn Bach	M45
67	3894	0:54:16	ENGLAND, Ross		SM
68	3812	0:54:18	MINARD, Ryan	Aberdare	SM
69	3773	0:55:37	CARRON, John	Roberttown Runners	M50
70	3802	0:55:46	BRADLEY, Malcolm	Penarth and Dinas	M65
71	3803	0:55:53	SCHOLEY, Julie	Les Croupiers	F55
72	3786	0:55:55	TURNBULL, Vanessa	Caerphilly Runners	F50
73	3832	0:56:29	STOCKDEN, Carl	Roberttown Runners	M45
74	3753	0:56:32	SAXBY, Brian	Run4All Neath	M55
75	3908	0:56:38	AMBLIN, Michelle	Les Croupiers	F40
76	3906	0:56:55	DAVIES, Robert	Ystrad Mynach	SM
77	3839	0:57:08	SUGDEN, Ellen	Pegasus	F40
78	3866	0:57:08	BISSEX, Em	Pegasus	F40
79	3911	0:57:18	SULLIVAN, Claire	Parc Bryn Bach	F35
80	3880	0:57:27	TANNER, Cheryl	Run4All Neath	F35
81	3882	0:57:57	BAKER, Kevin	Ystrad Mynach	SM
82	3816	0:57:58	FELIX, Stuart		M45
83	3784	0:58:11	SMOUT, David	Parc Bryn Bach	M65
84	3764	0:58:32	GALLOP-EVANS, Eve	Les Croupiers	F50
85	3788	0:58:48	FORSTER, Jordan		SM
86	3885	0:58:56	DAVIES, Paul		M40
87	3872	0:59:22	HARRIS, Gemma	Run4All Neath	F35
88	3870	0:59:23	GEORGE, David	Les Croupiers	M50
89	3853	1:00:06	HOARE, Steven	Roberttown Runners	SM
90	3789	1:00:08	AYOUB, Jack	Bridgend	M65
91	3820	1:00:33	TROW, Jackie		SF
92	3762	1:00:35	WILLIAMS, Michael	Parc Bryn Bach	M55
93	3893	1:00:59	JENKINS, Dominic		SM
94	3779	1:01:11	FOULKES, Lauren	Les Croupiers	SF
95	3901	1:01:33	SMITH, Marcus	Parc Bryn Bach	M45
96	3902	1:01:33	PRICE, Kimberley	Parc Bryn Bach	F35
97	3876	1:01:45	CHANDLER, John	Maindy Harriers	M55
98	3874	1:01:53	JOHN, Rhian	Run4All Neath	F35
99	3841	1:01:58	LANGFORD, Kelly	Roberttown Runners	F35
100	3907	1:02:05	DONNAN, Graeme	Les Croupiers	M65
101	3862	1:02:11	CHAPPELLE, Richard	CDF Runners	SM
102	3777	1:02:34	RAKEI, Sheryl	Pontypridd Roadents AC	F40
103	3884	1:02:44	DRYSDALE, Fiona	Ogmore Phoenix	F45
104	3869	1:03:16	GRANDON, Tony	Outdoor Fitness	M65
105	3889	1:03:22	WARBURTON, Beverley	Penarth and Dinas	F55
106	3822	1:03:29	AITCHISON, Karen	Run4All Neath	F45
107	3858	1:03:48	GEORGE, Philip		M60
108	3883	1:04:00	GARRAHAN, Jason	Caerphilly Runners	M45
109	3817	1:04:35	COTTER, Shaun		M50
110	3819	1:05:29	SPIERS, Deborah	Run4All Neath	F40
111	3897	1:05:48	BELL, Claire	Les Croupiers	F50
112	3891	1:06:26	HAYES, Arthur	Maindy Harriers	M65
113	3861	1:07:25	REED, Emma	Pontyclun Road Runners	SF
114	3783	1:07:27	VAUGHAN, Terry	Parc Bryn Bach	M45
115	3860	1:07:29	SHEWRING, David	Pontyclun Road Runners	SM
116	3830	1:07:59	HOGAN, Louise	Cornelly Striders	F35
117	3781	1:07:59	MORGAN, Daniel	Bridgend	SM
118	3757	1:08:34	THOMAS, Laura	Run4All Neath	SF
119	3888	1:08:55	MURPHY, Gillian	Les Croupiers	F60
120	3776	1:10:02	BURDETT, Sarah	Les Croupiers	SF
121	3785	1:10:35	PEARCE, Russ	Caerphilly Runners	M50

122	3767	1:10:35	CHADWELL, Karen	Les Croupiers	F45
123	3775	1:10:37	DENTON, Liz	Les Croupiers	F55
124	3754	1:10:59	HENDY, Nicola	Run4All Neath	F35
125	3823	1:11:01	STOKES, Nigel		M50
126	3855	1:11:14	CLACK, Chris		M40
127	3881	1:12:02	KING, Mike		M70
128	3900	1:15:35	JONES, Allison		F40
129	3756	1:18:28	MELTON, Steve	Run4All Neath	M40
130	3838	1:19:58	RICHARDS, Rebecca	Run4All Neath	F45
131	3752	1:20:58	MANN, Alan	Les Croupiers	M60
132	3886	1:22:24	WILLIAMS, Sarah		F35
133	3918	1:25:54	HESKINS, Tanya	Run4All Neath	F35
134	3904	1:27:04	JOHNSON, Clare	Les Croupiers	F70

Categories			Reports	View	Refresh
All Competitors	V35 Women	U23 Women	Indiv.	Entrv	Now
V40 Men	V45 Women		Team	Finish	Auto
V50 Men	V55 Women		Prizes	Meeting	
V60 Men	U23 Men	More...		Note	Close