

| <u>Position</u> | <u>Time</u> | <u>Bib</u> | <u>Name</u> | <u>Club</u> | <u>Age Category</u> |
|-----------------|-------------|------------|----------------------|------------------------|---------------------|
| 1 | 0:26:55 | 567 | Jon James | Wells City | M55 |
| 2 | 0:26:58 | 454 | Vaughn Edwards | Les Croupiers RC | M40 |
| 3 | 0:27:09 | 531 | Huw Evans | Parc Bryn Bach | M50 |
| 4 | 0:27:15 | 460 | Owain Schiavone | Cardiff AAC | M40 |
| 5 | 0:27:27 | 403 | Phil Hambleton | Les Croupiers RC | M35 |
| 6 | 0:27:39 | 453 | James Thie | Pontypridd Roadents AC | M40 |
| 7 | 0:27:51 | 457 | Edward Land | Aberystwyth AC | M40 |
| 8 | 0:28:00 | 406 | Andy Gardiner | San Domenico | M35 |
| 9 | 0:28:19 | 407 | Gary Wyn Davies | Aberystwyth AC | M35 |
| 10 | 0:28:22 | 461 | Gary Brown | Penarth & Dinas | M40 |
| 11 | 0:28:46 | 455 | Phil Morris | Builth & District | M40 |
| 12 | 0:28:59 | 539 | Nicholas Grinnell | Bridgend AC | M50 |
| 13 | 0:29:00 | 452 | Paul Morton | Les Croupiers RC | M40 |
| 14 | 0:29:10 | 401 | Nathan Christoforato | Penarth & Dinas | M35 |
| 15 | 0:29:12 | 609 | Ifan Lloyd | Swansea Harriers AC | M60 |
| 16 | 0:29:39 | 571 | Andy Blair | Les Croupiers RC | M55 |
| 17 | 0:30:13 | 493 | Chris Medcalf | San Domenico | M45 |
| 18 | 0:30:20 | 561 | Colin Williams | Les Croupiers RC | M55 |
| 19 | 0:30:26 | 494 | Craig Hopkins | Caerleon | M45 |
| 20 | 0:30:30 | 703 | Louise Flynn | Les Croupiers RC | W35 |
| 21 | 0:30:40 | 495 | Shelley Childs | Aberystwyth AC | M45 |
| 22 | 0:30:44 | 408 | Charlie Bendall | Chepstow Harriers | M35 |
| 23 | 0:31:03 | 409 | Owen Davies | Les Croupiers RC | M35 |
| 24 | 0:31:22 | 534 | Steve Davies | Parc Bryn Bach | M50 |
| 25 | 0:31:40 | 538 | William Edwards | Porthcawl Runners | M50 |
| 26 | 0:31:41 | 605 | Kevin Chalke | Penarth & Dinas | M60 |
| 27 | 0:31:51 | 546 | Kevin Plank | San Domenico | M50 |
| 28 | 0:31:53 | 704 | Mary Cormack | Clapham Chasers | W35 |
| 29 | 0:31:54 | 770 | Cherry Fowler | Chepstow Harriers | W50 |
| 30 | 0:32:04 | 545 | Brian Paynter | Les Croupiers RC | M50 |
| 31 | 0:32:25 | 485 | Wayne Humphries | Unattached | M45 |
| 32 | 0:32:36 | 729 | Helen Sharpe | Penarth & Dinas | W40 |
| 33 | 0:32:39 | 780 | Nicola Jukes | Parc Bryn Bach | W50 |
| 34 | 0:32:41 | 497 | Laurence Pole | Pontypridd Roadents AC | M45 |
| 35 | 0:32:43 | 484 | Gareth Lynch | Les Croupiers RC | M45 |
| 36 | 0:32:43 | 413 | Lee Gwyn | Unattached | M35 |
| 37 | 0:32:43 | 486 | Aled Hughes | Ogmore Phoenix Runners | M45 |
| 38 | 0:32:48 | 722 | Kelly Morgan | Clapham Chasers | W40 |
| 39 | 0:33:01 | 414 | Gareth Logan | Les Croupiers RC | M35 |
| 40 | 0:33:04 | 482 | James Bruce | Les Croupiers RC | M45 |
| 41 | 0:33:04 | 575 | Michael Ramsey | Les Croupiers RC | M55 |
| 42 | 0:33:06 | 746 | Susannah Bulpin | San Domenico | W45 |
| 43 | 0:33:08 | 797 | Nikki Morgan | Chepstow Harriers | W55 |
| 44 | 0:33:12 | 462 | Rhydian Darcy | CDF Runners | M40 |
| 45 | 0:33:19 | 731 | Llinos Jones | Swansea Harriers AC | W40 |
| 46 | 0:33:21 | 601 | Vince Nazareth | Les Croupiers RC | M60 |

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| 47 | 0:33:23 | 568 | Alan Jordon | Griffithstown Harriers | M55 |
| 48 | 0:33:27 | 612 | Jeremy Thomas | Les Croupiers RC | M60 |
| 49 | 0:33:33 | 632 | Terry O'Brian | Unattached | M65 |
| 50 | 0:33:38 | 489 | Richard Edge | CDF Runners | M45 |
| 51 | 0:33:54 | 617 | Richie Bullen | Les Croupiers RC | M60 |
| 52 | 0:34:20 | 487 | Lenny Sayers | Les Croupiers RC | M45 |
| 53 | 0:34:37 | 778 | Joanne Hudson | Caerphilly Runners | W50 |
| 54 | 0:34:47 | 405 | Anthony Cusack | Les Croupiers RC | M35 |
| 55 | 0:35:05 | 404 | Stephen George | Parc Bryn Bach | M35 |
| 56 | 0:35:06 | 726 | Elizabeth Neville | Les Croupiers RC | W40 |
| 57 | 0:35:15 | 572 | Alun Evans | Unattached | M55 |
| 58 | 0:35:19 | 702 | Michelle Taylor | Islwyn RC | W35 |
| 59 | 0:35:27 | 410 | Brian Dias | Cardiff AAC | M35 |
| 60 | 0:35:47 | 616 | Ian Bell | San Domenico | M60 |
| 61 | 0:35:57 | 794 | Kay Chapman | Les Croupiers RC | W55 |
| 62 | 0:36:11 | 772 | Mandy Morris | Neath Harriers AC | W50 |
| 63 | 0:36:13 | 537 | Stuart Felix | Rhondda Valley | M50 |
| 64 | 0:36:24 | 564 | Richard Self | Les Croupiers RC | M55 |
| 65 | 0:36:35 | 723 | Becca Sayers | Unattached | W40 |
| 66 | 0:36:40 | 547 | Nick Stocker | Bridgend AC | M50 |
| 67 | 0:36:45 | 536 | Paul Chapman | Les Croupiers RC | M50 |
| 68 | 0:36:48 | 640 | John Davies | Penarth & Dinas | M65 |
| 69 | 0:36:59 | 570 | Kevin Thomas | Neath Harriers AC | M55 |
| 70 | 0:37:01 | 639 | Mick Tabor | Les Croupiers RC | M65 |
| 71 | 0:37:11 | 811 | Judi Rhys | Les Croupiers RC | W60 |
| 72 | 0:37:16 | 577 | Darren Griffiths-Warner | Pontypridd Roadents AC | M55 |
| 73 | 0:37:21 | 641 | Elio Lepore | Les Croupiers RC | M65 |
| 74 | 0:37:26 | 775 | Jane Sheldon | Penarth & Dinas | W50 |
| 75 | 0:37:50 | 562 | Anthony Phillips | Bridgend AC | M55 |
| 76 | 0:37:54 | 574 | Philip Payne | Unattached | M55 |
| 77 | 0:37:57 | 728 | Nicola Smith | Les Croupiers RC | W40 |
| 78 | 0:38:10 | 565 | Steve Davies | Port Talbot Harriers | M55 |
| 79 | 0:38:10 | 730 | Rachel Walsh | Les Croupiers RC | W40 |
| 80 | 0:38:14 | 782 | Sharon Newell | Parc Bryn Bach | W50 |
| 81 | 0:38:23 | 608 | Terry Caveney | Les Croupiers RC | M60 |
| 82 | 0:38:24 | 631 | Paul Dodd | Chepstow Harriers | M65 |
| 83 | 0:38:33 | 573 | Kevin Bradfield | Parc Bryn Bach | M55 |
| 84 | 0:38:39 | 745 | Paula Allen | Unattached | W45 |
| 85 | 0:39:02 | 459 | Alan Vaughn | White Rock Runners | M40 |
| 86 | 0:39:09 | 451 | Chris Collin | Ogmore Phoenix Runners | M40 |
| 87 | 0:39:11 | 637 | Christopher Grant | Caerphilly Runners | M65 |
| 88 | 0:39:21 | 653 | Simon Partridge | Neath Harriers AC | M70 |
| 89 | 0:39:34 | 725 | Michelle Hoey | Penarth & Dinas | W40 |
| 90 | 0:39:37 | 741 | Sarah Pryor | Les Croupiers RC | W45 |
| 91 | 0:39:59 | 602 | Alan Mason | Les Croupiers RC | M60 |
| 92 | 0:40:09 | 615 | Peter Warren | Les Croupiers RC | M60 |
| 93 | 0:40:23 | 604 | Frank Atherton | Penarth & Dinas | M60 |

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| 94 | 0:40:23 | 743 | Ann Johnson | Penarth & Dinas | W45 |
| 95 | 0:40:54 | 824 | Andrea Webster | Les Croupiers RC | W65 |
| 96 | 0:41:15 | 618 | Adrian Bragger | Pontypridd Roadents AC | M60 |
| 97 | 0:41:18 | 652 | Mike Davies | Les Croupiers RC | M70 |
| 98 | 0:41:29 | 533 | Stephen Quin | Les Croupiers RC | M50 |
| 99 | 0:41:56 | 544 | Brian Jones | Les Croupiers RC | M50 |
| 100 | 0:42:10 | 569 | Steve Hill | Penarth & Dinas | M55 |
| 101 | 0:42:17 | 576 | Iestyn Henson | Pontypridd Roadents AC | M55 |
| 102 | 0:42:51 | 606 | Michael Bryant | Newent | M60 |
| 103 | 0:42:56 | 781 | Fiona Drysdale | Ogmore Phoenix Runners | W50 |
| 104 | 0:42:58 | 681 | Brian Gough | Pontypridd Roadents AC | M80 |
| 105 | 0:43:13 | 619 | Rory Coleman | Les Croupiers RC | M60 |
| 106 | 0:43:32 | 543 | Robert Jones | Pegasus RC | M50 |
| 107 | 0:43:37 | 638 | Firouz Mal | Les Croupiers RC | M65 |
| 108 | 0:43:38 | 833 | Brenda Avery | Chepstow Harriers | W70 |
| 109 | 0:43:58 | 812 | Julie Scoley | Les Croupiers RC | W60 |
| 110 | 0:44:09 | 792 | Sally Groves | Pegasus RC | W55 |
| 111 | 0:44:17 | 611 | Gerry Crispie | Les Croupiers RC | M60 |
| 112 | 0:44:21 | 747 | Hannah Withers | San Domenico | W45 |
| 113 | 0:44:30 | 784 | Janet Smith | Les Croupiers RC | W50 |
| 114 | 0:44:45 | 458 | Nigel Hammersley | Pegasus RC | M40 |
| 115 | 0:44:50 | 634 | Graeme Donnan | Les Croupiers RC | M65 |
| 116 | 0:44:52 | 799 | Jill Hancock | White Rock Runners | W55 |
| 117 | 0:44:54 | 701 | Kelly Crofts | Les Croupiers RC | W35 |
| 118 | 0:44:55 | 779 | Lindsey Allen | Unattached | W50 |
| 119 | 0:45:02 | 727 | Deborah O'Sullivan | Les Croupiers RC | W40 |
| 120 | 0:45:33 | 540 | Bernard Starkey | Pencoed Panthers | M50 |
| 121 | 0:45:35 | 774 | Karen Skinley | Pencoed Panthers | W50 |
| 122 | 0:46:32 | 614 | David Prowse | Lliswerry Runners | M60 |
| 123 | 0:46:41 | 635 | Colin Crooks | Pegasus RC | M65 |
| 124 | 0:47:15 | 578 | Marcus Broughton | Penarth & Dinas | M55 |
| 125 | 0:47:15 | 800 | Julie Broughton | Penarth & Dinas | W55 |
| 126 | 0:47:36 | 607 | Phil Groves | Pegasus RC | M60 |
| 127 | 0:47:39 | 706 | Dalia Dundulyte | Pencoed Panthers | W35 |
| 128 | 0:47:49 | 813 | Tricia Searle | She Runs Cardiff | W60 |
| 129 | 0:48:21 | 613 | John Weatherbed | Lliswerry Runners | M60 |
| 130 | 0:48:24 | 724 | Louise Starkey | Pencoed Panthers | W40 |
| 131 | 0:49:00 | 822 | Kath Jervis | Parc Bryn Bach | W65 |
| 132 | 0:50:29 | 411 | Nick Harris | Ogmore Phoenix Runners | M35 |
| 133 | 0:51:30 | 798 | Suzanne Thomas | Unattached | W55 |
| 134 | 0:52:20 | 793 | Sandra Caveney | Les Croupiers RC | W55 |
| 135 | 0:53:04 | 708 | Kirsty McGowan | Les Croupiers RC | W35 |
| 136 | 0:53:49 | 651 | Geoff Wright | Les Croupiers RC | M70 |
| 137 | 0:55:35 | 832 | Clare Johnson | Les Croupiers RC | W75 |
| 138 | 0:55:45 | 777 | Joanne Jenkins | Pencoed Panthers | W50 |
| 139 | 0:55:45 | 744 | Cerys Jones | Pencoed Panthers | W45 |
| 140 | 0:56:41 | 783 | Rhiannon Griffiths | Brackla Harriers | W50 |

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| 141 | 0:59:29 | 541 | Byron Jenkins | Pencoed Panthers | M50 |
| 142 | 1:00:11 | 796 | Linda Harris | Ogmore Phoenix Runners | W55 |
| 143 | 1:04:44 | 831 | Helen Lloyd-Jones | Pegasus RC | W70 |
| 144 | 1:13:08 | 821 | Carol Barrett | Unattached | W65 |
| 145 | 1:27:48 | 682 | Syd Wheeler | Chepstow Harriers | M85 |