

Pos	Bib	Lastname	Firstname	Time	Age Category	Club	
1	80	Jones	Carwyn	0:32:08	Mens Masters 35-44	Cardiff Aac	1st
2	78	Graham	Paul	0:33:53	Senior Men	Pontypridd Roadents Ac	2nd
3	116	Williams	Oliver	0:34:01	Senior Men	Les Croupiers Rc	3rd
4	18	McCarthy	Tom	0:34:47	Senior Men	Neath Harriers	
5	83	Richards	Samuel	0:35:39	Senior Men	Pontypridd Roadents Ac	
6	52	Roberts	Samuel	0:36:26	Senior Men	Unaffiliated	
7	96	Bartlett	Stephen	0:36:26	Mens Masters 45-54	Pontypridd Roadents Ac	1st MV45
8	142	Shaw	Martin	0:36:39	Senior Men	Brecon Ac	
9	79	Evans	Clara	0:37:49	Senior Ladies	Pontypridd Roadents Ac	1st Lady
10	149	Lewis	Simon	0:37:56	Mens Masters 35-44	Parc Bryn Bach Rc	1st MV35
11	135	Hughes	Carys Mai	0:37:58	Senior Ladies	Cardiff Aac	2nd Lady
12	136	Lawrence	Gareth	0:39:11	Mens Masters 35-44	Unaffiliated	
13	88	Prady	Robert	0:40:07	Mens Masters 35-44	Swansea Harriers	
14	156	Hartnell	Haydn	0:40:50	Mens Masters 45-54	Islwyn Running Club	
15	57	Glowinski	Boguslaw	0:41:48	Mens Masters 45-54	Zorba Delicacies Ltd	
16	163	Carter	Laurie	0:42:20	Mens Masters 55-64	Chepstow Harriers	1st MV55
17	100	O'Brien	Terry	0:42:25	Mens Masters 55-64	Unaffiliated	
18	153	Cope	Michael	0:42:43	Mens Masters 35-44	Parc Bryn Bach Rc	
19	162	Stevens	Darren	0:42:52	Mens Masters 45-54	Merthyr Running Club	
20	129	Phillips	Danielle	0:42:56	Senior Ladies	Parc Bryn Bach Rc	3rd Lady
21	140	Murphy	Michael	0:43:01	Mens Masters 55-64	Les Croupiers Rc	
22	72	Jones	David	0:43:27	Mens Masters 45-54	Merthyr Running Club	
23	143	Edwards	Tim	0:43:29	Mens Masters 35-44	Unaffiliated	
24	61	Type	Robert	0:43:31	Mens Masters 35-44	Unaffiliated	
25	69	Jenkins	Stephen	0:43:38	Mens Masters 35-44	Unaffiliated	
26	159	Wall	Andrew	0:44:36	Senior Men	Unaffiliated	
27	104	Hutton-Lewis	Alexander	0:44:54	Senior Men	Unaffiliated	
28	157	Mack	Graham	0:45:04	Mens Masters 55-64	Merthyr Running Club	
29	160	King	Robert	0:45:12	Mens Masters 35-44	Parc Bryn Bach Rc	
30	90	Davies	Michael H	0:45:55	Mens Masters 65+	Les Croupiers Rc	1st MV65
31	13	Edwards	Amy	0:46:00	Senior Ladies	Rhondda Valley Runners	
32	66	Day	Mark	0:46:06	Mens Masters 45-54	Unaffiliated	
33	124	Buswell	Stuart	0:46:10	Mens Masters 45-54	Caerphilly Runners	
34	155	Jones	Bryan	0:46:46	Mens Masters 45-54	Unaffiliated	
35	70	Jones	Gareth	0:47:23	Senior Men	Unaffiliated	
36	56	Flye	Geraint	0:47:27	Senior Men	Robertown Road Runners	
37	148	Rees	Christian	0:47:49	Mens Masters 35-44	Unaffiliated	
38	5	Griffiths	Garry	0:48:08	Mens Masters 35-44	Rhondda Valley Runners	
39	58	Gough	Brian	0:48:13	Mens Masters 65+	Pontypridd Roadents Ac	1st MV75
40	45	Denton	Clive	0:48:17	Mens Masters 45-54	Rvr	
41	158	Richards	Gwen	0:48:29	Senior Ladies	Pontypridd Roadents Ac	
42	95	Parry	Mark	0:48:47	Mens Masters 35-44	Pontypool Rc	
43	130	O'Sullivan	Tim	0:48:49	Mens Masters 55-64	Les Croupiers Rc	
44	134	Davies	Andy	0:49:06	Mens Masters 45-54	Pontypridd Roadents Ac	
45	68	Khalil	Maad	0:49:14	Mens Masters 55-64	Pontypridd Roadents Ac	
46	109	Jones	Sophie	0:49:21	Senior Ladies	Unaffiliated	
47	97	Jones	Justin	0:49:30	Mens Masters 45-54	Pontypridd Roadents Ac	
48	64	Rockliffe	Alan	0:49:37	Mens Masters 55-64	Unaffiliated	
49	47	Vaughan	Terry	0:49:45	Mens Masters 35-44	Parc Bryn Bach Rc	
50	150	Payne	Ian	0:50:08	Mens Masters 45-54	Unaffiliated	
51	4	Ryan	Joanne	0:50:21	Ladies Masters 35-44	Rhondda Valley Runners	1st LV35
52	46	Williams	Helen	0:50:28	Ladies Masters 35-44	Unaffiliated	
53	137	Matthews	Andy	0:50:30	Mens Masters 45-54	Unaffiliated	
54	115	Lewis	Robert	0:50:35	Mens Masters 65+	Unaffiliated	
55	28	Johnson	Karl	0:50:45	Senior Men	Robertown Road Runners	

56	51	Law	Nerys	0:51:11	Senior Ladies	Unaffiliated	
57	164	Avery	Brenda	0:51:15	Ladies Masters 65+	Chepstow Harriers	1st LV65
58	146	Pearce	Melissa	0:51:32	Ladies Masters 45-54	Blaenau Gwent	1st LV45
59	67	Khalil	Sian	0:51:51	Ladies Masters 45-54	Pontypridd Roadents Ac	
60	131	Bingham	Graham	0:51:54	Mens Masters 45-54	Pontypridd Roadents Ac	
61	126	Donnan	Graeme	0:52:02	Mens Masters 55-64	Les Croupiers Rc	
62	138	Driscoll	Andrew	0:52:11	Senior Men	Merthyr Running Club	
63	139	Williams	Nathan	0:52:22	Senior Men	Dragons Running Club	
64	40	Thomas	Ceri	0:53:25	Mens Masters 35-44	Unaffiliated	
65	141	Murphy	Gillian	0:53:56	Ladies Masters 55-64	Les Croupiers Rc	1st LV55
66	94	Thomas	Rose	0:53:57	Ladies Masters 65+	Rhayader Running Club	
67	105	Jones	Christopher	0:54:07	Senior Men	Unaffiliated	
68	103	Hapgood	Lee	0:54:09	Mens Masters 45-54	Unaffiliated	
69	120	Swift	Bobbie	0:54:11	Ladies Masters 35-44	Parc Bryn Bach Rc	
70	89	Jones	Adam	0:54:19	Senior Men	Unaffiliated	
71	36	Blackwell	Colin	0:54:23	Mens Masters 55-64	K2 Gym Bridgend	
72	87	Ray	Rebecca	0:55:25	Senior Ladies	Islwyn Running Club	
73	44	Lewis	Rachel	0:55:45	Senior Ladies	Unaffiliated	
74	166	Jones	Chris	0:56:12	Mens Masters 55-64	Unaffiliated	
75	110	James	Raymond	0:56:17	Mens Masters 55-64	Port Talbot Harriers	
76	14	Picton	Rhys	0:56:18	Senior Men	Unaffiliated	
77	16	Steed	Liz	0:57:03	Ladies Masters 55-64	Unaffiliated	
78	73	Stevens	Peter	0:57:23	Mens Masters 45-54	Unaffiliated	
79	118	Regan	Peter	0:57:24	Mens Masters 45-54	Unaffiliated	
80	65	Rockcliffe	Kim	0:57:36	Ladies Masters 55-64	Unaffiliated	
81	99	Smith	Julie	0:58:19	Ladies Masters 45-54	Merthyr Running Club	
82	161	Follan	Anne	0:58:23	Ladies Masters 45-54	Robertown Road Runners	
83	147	Williams	Emma	0:58:34	Ladies Masters 35-44	Blaenau Gwent	
84	3	Sims	Clare	0:58:38	Ladies Masters 35-44	Merthyr Running Club	
85	84	Williams	Helen	0:58:51	Ladies Masters 35-44	Islwyn Running Club	
86	107	Parry	June	0:59:42	Ladies Masters 55-64	Cwm Ogwr Running Club	
87	108	Hopkins	Dawn	0:59:42	Ladies Masters 35-44	Cwm Ogwr Running Club	
88	152	Edwards	Hayley	1:00:13	Senior Ladies	Unaffiliated	
89	125	Buswell	Isabel	1:00:19	Ladies Masters 45-54	Caerphilly Runners	
90	128	Williams	Sarah	1:00:19	Ladies Masters 35-44	Unaffiliated	
91	20	Williams	Julie	1:00:23	Ladies Masters 45-54	Islwyn Running Club	
92	29	Evans	Rachel	1:01:11	Senior Ladies	Unaffiliated	
93	55	Griffiths	Hannah	1:01:21	Senior Ladies	Robertown Road Runners	
94	75	Hire	Laura	1:01:36	Senior Ladies	Unaffiliated	
95	86	Murray	Sarah	1:02:04	Senior Ladies	Unaffiliated	
96	19	Bowen	Sara	1:02:09	Senior Ladies	Unaffiliated	
97	122	Johnson	Clare	1:02:30	Ladies Masters 65+	Les Croupiers Rc	
98	54	Tutty	Emma	1:02:41	Senior Ladies	Unaffiliated	
99	71	Thomas	Joanne	1:03:15	Ladies Masters 35-44	Unaffiliated	
100	117	Williams	Lisa	1:04:01	Ladies Masters 35-44	Pontypridd Roadents Ac	
101	48	Richards	Nicola	1:04:19	Ladies Masters 35-44	Islwyn Running Club	
102	7	Jones	Jayne	1:04:20	Ladies Masters 45-54	Islwyn Running Club	
103	8	Morgan	Paula	1:04:31	Ladies Masters 45-54	Unaffiliated	
104	24	Preece	Chelcie	1:04:38	Senior Ladies	Unaffiliated	
105	113	James	Donna	1:05:03	Ladies Masters 45-54	Unaffiliated	
106	26	Coppard	Michael	1:05:15	Mens Masters 35-44	Unaffiliated	
107	114	Owens	Jessica	1:05:16	Senior Ladies	Unaffiliated	
108	60	Williams	Beth	1:06:15	Ladies Masters 45-54	Unaffiliated	
109	85	Hughes	Natalie	1:06:16	Senior Ladies	Unaffiliated	
110	154	West	Nia	1:06:42	Senior Ladies	Caerphilly Runners	
111	92	Barker	Sian	1:07:42	Ladies Masters 35-44	Merthyr Running Club	

112	133	Pugsley	Helen	1:07:47	Ladies Masters 45-54	Unaffiliated
113	27	Jones	Amy	1:08:12	Senior Ladies	Unaffiliated
114	50	Goupillon	Eleanor	1:08:22	Senior Ladies	Hlrc
115	93	Thomas	Sarah	1:08:31	Ladies Masters 35-44	Unaffiliated
116	132	Green	Robert	1:09:14	Mens Masters 45-54	Unaffiliated
117	6	Jones	Ellen	1:09:33	Senior Ladies	Unaffiliated
118	121	Grimsell	David	1:09:48	Mens Masters 45-54	Orrange Army
119	77	Rogers	Sarah	1:10:07	Ladies Masters 35-44	Unaffiliated
120	98	Bleaney	Julia	1:10:07	Ladies Masters 35-44	Run4All Neath
121	76	Spiteri	Suzanne	1:10:49	Ladies Masters 45-54	Unaffiliated
122	151	Hillman	Natalie	1:12:28	Senior Ladies	Unaffiliated
123	81	Lewis	Gracie	1:12:50	Senior Ladies	Unaffiliated
124	82	Roberts	Katie	1:12:50	Senior Ladies	Unaffiliated
125	127	Allen	Kelly-Ann	1:14:44	Ladies Masters 35-44	Port Talbot Harriers
126	38	Evans	Ken	1:14:48	Mens Masters 45-54	Unaffiliated
127	39	Cope	Jeff	1:14:48	Mens Masters 45-54	Unaffiliated
128	112	Jones	Lyndsey	1:14:54	Ladies Masters 35-44	Unaffiliated
129	2	Cummings	Aynsley	1:15:47	Senior Ladies	Parc Bryn Bach Rc
130	101	Jones	Rhian	1:16:02	Ladies Masters 35-44	Unaffiliated
131	12	Morrison	Carly	1:16:42	Senior Ladies	Unaffiliated
132	59	Davies	Andrea	1:16:43	Ladies Masters 35-44	Unaffiliated
133	106	Jones	Ruth	1:16:43	Ladies Masters 35-44	Unaffiliated
134	111	Thomas	Leigh	1:17:58	Ladies Masters 35-44	Unaffiliated
135	165	Thomas	Llinos	1:18:40	Ladies Masters 35-44	Merthyr Running Club
136	144	Thomas	Dean	1:18:46	Mens Masters 35-44	Unaffiliated
137	145	Thomas	Dawn	1:18:46	Ladies Masters 35-44	Unaffiliated
138	30	Jones	Hannah	1:19:41	Senior Ladies	Unaffiliated
139	35	Smith	Samantha	1:19:41	Ladies Masters 45-54	Unaffiliated
140	17	Williams	John	1:21:11	Mens Masters 65+	Unaffiliated
141	32	Marsh	Paul	1:22:25	Mens Masters 45-54	Unaffiliated
142	33	Marsh	Veronica	1:22:25	Ladies Masters 55-64	Unaffiliated
143	119	Matthews	Gillian	1:26:38	Ladies Masters 45-54	Unaffiliated
144	53	Price	Stephanie	1:37:46	Senior Ladies	Unaffiliated
	102	Owen	Caidee	DNF	Senior Ladies	Unaffiliated
	1	Jones	Christopher	DNS	Mens Masters 45-54	3M's Road Runners
	9	Meynell-Western	Dawne	DNS	Ladies Masters 35-44	Rhondda Valley Runners
	10	Jones	Debbie	DNS	Ladies Masters 35-44	Merthyr Running Club
	11	Price	Paula	DNS	Ladies Masters 45-54	Brecon Ac
	15	Pendleton	Cath	DNS	Ladies Masters 35-44	Unaffiliated
	21	Bevan	Alyson	DNS	Ladies Masters 35-44	Unaffiliated
	22	Lloyd	Ceri-Ann	DNS	Ladies Masters 35-44	Unaffiliated
	23	Yeo	Claire	DNS	Senior Ladies	Unaffiliated
	25	Jones	Andrew	DNS	Mens Masters 45-54	Unaffiliated
	31	Patterson	Sarah	DNS	Senior Ladies	Unaffiliated
	37	Evans	Emma	DNS	Ladies Masters 35-44	Unaffiliated
	41	Dowell	Lucy	DNS	Senior Ladies	Rhondda Valley Runners
	42	Hughes	Sian	DNS	Ladies Masters 35-44	Parc Bryn Bach Rc
	43	Beaumont	Anouska	DNS	Ladies Masters 35-44	Unaffiliated
	49	Williams	Julie	DNS	Ladies Masters 45-54	Islwyn Running Club
	62	Osborne	Gregory	DNS	Senior Men	Unaffiliated
	63	Thomas	Nathan	DNS	Senior Men	Unaffiliated
	74	Williams	Cyril	DNS	Mens Masters 55-64	Parc Bryn Bach Rc

91	Parry	Michelle	DNS	Ladies Masters 35-44 Unaffiliated
123	Cooney	Veneta	DNS	Ladies Masters 45-54 Unaffiliated