

Position	Number	Name	Club	Category	Time	Points
1	111	Charlie Lowther	Mynydd Du	MV35	0:34:30	104.12
2	147	Daniel Bodman	Aberdare	SM	0:34:49	103.24
3	119	Iestyn Rhodes	Mynydd Du	MV35	0:36:24	98.84
4	103	Ben Moon	MDC	MV35	0:37:00	97.17
5	102	Jeff Wherlock	Machen Miggly Moos	MV45	0:37:12	96.62
6	101	David Lawson	MDC	SM	0:37:25	96.02
7	140	Matt Collins	Micky Morris Racing Team	MV35	0:39:17	90.83
8	120	Tom Mollekin	Mynydd Du	SM	0:40:54	86.34
9	133	Steve Payne	Caerphilly Runners	MV35	0:41:02	85.97
10	139	Andy Horlick	Forest Of Dean AC	MV35	0:42:30	81.89
11	115	Paul Dodd	Forest Of Dean AC	MV55	0:42:34	81.70
12	144	Dafydd Lambeth	Islwyn RC	MV35	0:42:57	80.64
13	134	John Like	Pont-Y-Pwl Runners	SM	0:43:32	79.02
14	109	Niki Morgan	Mynydd Du	FV45	0:43:48	78.28
15	143	Adrian Woods	Mynydd Du	MV55	0:44:55	75.17
16	118	Rhys J Williams	MDC	MV35	0:45:21	73.97
17	130	Michael Roberts	Unaffiliated	MV45	0:46:40	70.31
18	126	Daniel Burgess	Aberdare	MV35	0:46:45	70.08
19	129	Ian Harrhy	Lliswerry Runners	MV55	0:46:48	69.94
20	107	Andrew Hawksley	Mynydd Du	SM	0:47:07	69.06
21	136	Alice Bedwell	MDC	FV55	0:47:29	68.04
22	131	Will Davies	Unaffiliated	MV45	0:47:36	67.72
23	104	Steve Herington	Hereford Couriers	MV65	0:47:54	66.88
24	108	Bethan Hawkesley	Mynydd Du	SF	0:48:17	65.82
25	135	Harri Like	Pont-Y-Pwl Runners	SF	0:49:28	62.53
26	122	Richard Cronin	MDC	SM	0:49:31	62.39
27	113	Andy Creber	Chepstow Harriers	MV55	0:49:38	62.07
28	128	Stephanie Davies	Pontypridd Roadents	SF	0:50:00	61.05
29	138	Marc Recoquille	Unaffiliated	MV45	0:50:46	58.92
30	148	Stephen Wood	Pegasus	MV35	0:50:49	58.78
31	142	Sharon Woods	Mynydd Du	FV55	0:51:51	55.91
32	117	Jenny Yate	Mynydd Du	SF	0:52:03	55.35
33	110	Hollie Ryder	Brycheiniog	SF	0:53:24	51.60
34	121	Karen Elvers	MDC	FV45	0:54:38	48.17
35	124	Les Williams	Eryri	MV65	0:55:00	47.15
36	125	William Darby	Mynydd Du	MV55	0:55:03	47.01
37	112	Sarah Moody	Caerphilly Runners	FV35	0:55:08	46.78
38	127	Andy Davies	Pontypridd Roadents	MV45	0:55:39	45.35
39	132	Rhianydd Evans	Unaffiliated	FV35	0:56:23	43.31
40	150	Megan Roberts	Unaffiliated	SF	0:57:00	41.59
41	149	Eifian Roberts	Unaffiliated	SM	0:57:00	41.59
42	123	Gareth Jones	MDC	MV65	0:57:55	39.05
43	146	Jeremy Parr	Unaffiliated	MV45	0:58:40	36.96
44	116	Joc Dodd	Chepstow Harriers	FV55	0:59:44	34.00
45	137	Richard Owen	Unaffiliated	MV45	1:01:49	28.21
46	141	Stewart Thomson	Unaffiliated	MV55	1:02:14	27.05
47	114	Emma-Jane Morris	Ogmore Phoenix	SF	1:07:13	13.20
48	105	Bobbie Swift	Parc Bryn Bach	FV35	1:09:55	5.70
49	106	Darren Swift	Parc Bryn Bach	MV45	1:09:57	5.60
50	145	Tarek Hussein	Unaffiliated	SM	DNF	

35:59

1st

2nd

3rd

1st MV35

1st MV45

1st MV55

1st Woman

2nd Woman

1st MV65

3rd Woman

1st SF

1st FV55

1st FV45

1st FV35