

Pos	No.	Name	Club	Category	Time Taken	Turn	Finish
1st	92	Andrew Fisher		MV40	00:59:34	00:29:50	00:59:34
2nd	71	Jacob Dobson	Falmouth RRC	M	00:59:45	00:29:50	00:59:45
3rd	9	Callum Bartrop	Lancaster University Running Club	M	01:01:07	00:30:09	01:01:07
4th	190	Emyr Morgan	Les Croupiers	MV40	01:02:17	00:30:44	01:02:17
5th	257	Andrew Stephens	Monross Trailblazers	MV40	01:02:29	00:31:36	01:02:29
6th	168	Michael Leighton	Shepshed Running Club	M	01:03:25	00:31:12	01:03:25
7th	299	Dale Williams	Brecon Athletic Club	MV40	01:03:54	00:32:13	01:03:54
8th	77	Gareth Edwards	Cheltenham and County Harriers	M	01:03:58	00:32:13	01:03:58
9th	141	Peter Jeremiah		M	01:04:05	00:31:16	01:04:05
10th	258	Gabrielius Stuokus	Les Croupiers	M	01:04:36	00:30:54	01:04:36
11th	63	Gareth Davies	Bridgend Athletic Club	MV50	01:05:57	00:32:42	01:05:57
12th	227	Robert Pritchard	Monross Trailblazers	M	01:06:38	00:32:53	01:06:38
13th	24	Andrew Brasington	Ebbw Vale Running Club	MV50	01:06:53	00:34:04	01:06:53
14th	166	Simon Le Good	Clapham Chasers	M	01:07:09	00:33:34	01:07:09
15th=	241	Stuart Roy		M	01:07:12	00:34:36	01:07:12
15th=	189	<a href="#">Thomas Mollekin</a>	Mynydd Du	M	01:07:12	00:33:37	01:07:12
17th	305	Ian Withers		M	01:07:16	00:33:00	01:07:16
18th	247	Richard Self	Les Croupiers	MV50	01:07:33	00:33:51	01:07:33
19th	149	Gavin Jones	Monross Trailblazers	M	01:07:36	00:32:36	01:07:36
20th	36	Claire Bunce	Swansea Harriers	F	01:07:51	00:34:32	01:07:51
21st	213	James Parkin		M	01:07:56	00:33:25	01:07:56
22nd	26	Helen Brown	Forest of Dean AC	FV40	01:08:09	00:34:58	01:08:09
23rd	50	Andrew Collins	Islwyn Runners	MV40	01:08:14	00:34:32	01:08:14
24th	277	Dan Tracey		MV40	01:08:41	00:34:01	01:08:41
25th	12	<a href="#">Tom Beasley</a>		M	01:09:14	00:34:27	01:09:14
26th	199	Mark Gardiner		MV50	01:09:33	00:34:26	01:09:33
27th	124	Florine Hiersemenzel	Shepshed Running Club	F	01:09:46	00:34:30	01:09:46
28th	31	James Bruce	Les Croupiers	MV40	01:10:11	00:34:23	01:10:11
29th	204	Charlie Northey	Brecon Athletic Club	MV50	01:10:33	00:35:00	01:10:33
30th	64	Matt Davies		M	01:11:10	00:35:55	01:11:10
31st	78	Ashley Elford		M	01:11:45	00:35:51	01:11:45
32nd	253	Clare Sims	Wye Valley Runners	FV40	01:11:50	00:36:18	01:11:50
33rd	233	Shaine Regan		MV40	01:11:53	00:35:51	01:11:53
34th	107	Chris Gosco	Tewkesbury Running Club	M	01:12:16	00:36:27	01:12:16
35th	94	James Fletcher	Monross Trailblazers	MV50	01:12:23	00:37:27	01:12:23
36th	42	Martin Carter		MV50	01:12:28	00:36:41	01:12:28
37th	144	Terry Jewell-Davies	Westbury Harriers	MV50	01:12:31	00:36:41	01:12:31
38th	30	Claire Bruce	Les Croupiers	FV40	01:13:12	00:37:04	01:13:12
39th	256	Debbie Stenner	Forest of Dean AC	FV40	01:13:31	00:36:46	01:13:31
40th	202	Terry Nippress		MV40	01:13:41	00:36:57	01:13:41
41st=	285	<a href="#">Jamie Vanstone</a>	Cwm Ogwr Running Club	M	01:13:44	00:35:23	01:13:44
41st=	193	Donna Morris	Brecon Athletic Club	F	01:13:44	00:37:23	01:13:44
43rd	8	Carl Austin		M	01:13:50	00:38:32	01:13:50
44th	103	Will Glenn		M	01:13:54	00:36:50	01:13:54
45th	250	Ceri Shave		M	01:14:30	00:38:28	01:14:30
46th	318	Gareth Bryer		MV40	01:14:42	00:36:44	01:14:42
47th=	37	David Burckett St- Laurent		M	01:14:54	00:38:22	01:14:54
47th=	23	Victoria Brailsford		F	01:14:54	00:38:21	01:14:54
49th	101	Jason Gibson		M	01:14:56	00:38:41	01:14:56
50th	34	Steven Bryant	Islwyn Runners	MV50	01:15:06	00:37:47	01:15:06
51st	33	Matthew Brushett		M	01:15:08	00:37:56	01:15:08
52nd	46	Martin Chamings	Parc Bryn Bach Running Club	M	01:15:20	00:38:46	01:15:20
53rd	185	Phillip Miles	Parc Bryn Bach Running Club	MV60	01:15:34	00:39:02	01:15:34
54th	182	Paul Mason	Tewkesbury Running Club	MV50	01:15:53	00:38:56	01:15:53
55th	235	Mark Roberts		MV50	01:16:50	00:39:43	01:16:50
56th	123	Johnny Hathaway		MV40	01:16:56	00:38:35	01:16:56
57th	177	Brett Mahoney		M	01:16:59	00:38:58	01:16:59
58th	57	Laura Cronk		F	01:17:12	00:39:05	01:17:12
59th	139	Richard Jenkins	Cardiff Triathletes	MV40	01:17:43	00:38:34	01:17:43
60th	259	Mark Sumner		M	01:17:45	00:40:08	01:17:45
61st	10	Paul Bartrop		MV50	01:17:47	00:39:52	01:17:47
62nd	172	Craig Little		MV40	01:17:53	00:39:18	01:17:53
63rd=	163	David Langley		M	01:17:55	00:38:28	01:17:55
63rd=	306	Ashley Wright	Emersons Green Running Club	MV40	01:17:55	00:39:23	01:17:55
65th	282	Janneke van Beijnum	Les Croupiers	F	01:17:57	00:39:23	01:17:57
66th	176	Aileen Lyons	Les Croupiers	F	01:17:59	00:39:12	01:17:59
67th	44	Steve Chadwell		MV40	01:18:03	00:39:28	01:18:03
68th	95	Will Ford		M	01:19:29	00:40:02	01:19:29
69th	194	Scott Morris		MV40	01:20:02	00:39:32	01:20:02
70th	13	Stuart Beatty		M	01:20:05	00:41:35	01:20:05

71st	170	Rhiannon Lewis		F	01:20:09	00:39:37	01:20:09
72nd	268	Richard Thomas		M	01:20:22	00:38:19	01:20:22
73rd	261	Mick Tabor	Les Croupiers	MV60	01:20:28	00:41:24	01:20:28
74th	4	Tom Andrews		MV40	01:20:47	00:40:40	01:20:47
75th	169	Bill Leslie	Amman Valley Harriers	MV40	01:20:57	00:40:35	01:20:57
76th	91	Marc Fernandez		M	01:21:18	00:40:54	01:21:18
77th	215	Damian Pathy		MV50	01:21:22	00:43:24	01:21:22
78th	114	Huw Griffiths	Bridgend Athletic Club	M	01:21:43	00:40:21	01:21:43
79th	167	Paul Lee		M	01:21:48	00:41:26	01:21:48
80th	211	Gwyn Palfrey	Parc Bryn Bach Running Club	MV50	01:21:54	00:41:57	01:21:54
81st	232	Carol Rees	Les Croupiers	FV40	01:21:58	00:42:20	01:21:58
82nd	278	Paul Tree		MV50	01:22:05	00:41:46	01:22:05
83rd	228	Zoe Proctor	Mynydd Du	F	01:22:20	00:41:35	01:22:20
84th	267	Martin Thomas		M	01:22:21	00:42:48	01:22:21
85th	265	Christopher Thomas	Ebbw Vale Running Club	MV50	01:22:28	00:43:05	01:22:28
86th	142	Sarah Jeremiah	Parc Bryn Bach Running Club	FV40	01:22:33	00:42:17	01:22:33
87th	248	Richard Sewell	Les Croupiers	MV60	01:22:36	00:42:24	01:22:36
88th	221	David Place		MV50	01:22:38	00:43:27	01:22:38
89th	135	John Jaspers		MV40	01:23:19	00:41:33	01:23:19
90th	21	Renske Bouwens	Monmouth Tri Club	FV40	01:23:20	00:42:34	01:23:20
91st	188	Becky Mitchell	Trail Running Association	FV40	01:23:33	00:42:04	01:23:33
92nd	317	Keith Young		MV60	01:23:45	00:43:36	01:23:45
93rd	53	Simon Coombes		MV40	01:23:47	00:41:22	01:23:47
94th	313	Sharon Woods		FV50	01:23:52	00:42:44	01:23:52
95th	121	Michael Harris	Westbury Harriers	MV60	01:23:54	00:42:58	01:23:54
96th	174	Bethan Logan		F	01:24:51	00:44:49	01:24:51
97th	246	Julie Scholey	Les Croupiers	FV50	01:25:02	00:42:41	01:25:02
98th	291	Terry Warfield		M	01:25:33	00:42:19	01:25:33
99th	86	Antony Evans	Caerleon Running Club	M	01:25:34	00:44:31	01:25:34
100th	205	Tomasz Nowacki		MV40	01:25:36	00:45:00	01:25:36
101st	109	Sarah Grainger		FV40	01:25:39	00:43:57	01:25:39
102nd	239	Robert Rose	Birmingham Running Athletics & Triathlon Club	M	01:26:01	00:43:39	01:26:01
103rd	84	Catherine Etchell	Brecon Triathlon Club (BTC)	FV50	01:26:24	00:42:59	01:26:24
104th	81	Michael Elliston	Les Croupiers	MV40	01:26:26	00:44:14	01:26:26
105th	110	Sally Grant	Chepstow Harriers	FV40	01:26:34	00:44:11	01:26:34
106th	88	<a href="#">Lolly Evans</a>	Les Croupiers	FV40	01:26:48	00:45:20	01:26:48
107th	3	Helen Andrews	Bridgend Athletic Club	FV40	01:26:57	00:42:31	01:26:57
108th	288	Neil Walker	Usk Runners	MV40	01:27:15	00:43:45	01:27:15
109th	85	Alex Evans		FV40	01:27:17	00:46:27	01:27:17
110th	115	Michael Griffiths		MV40	01:27:23	00:44:53	01:27:23
111th	47	Steph Charnaud	Chepstow Harriers	FV40	01:27:39	00:44:50	01:27:39
112th	308	Katie Wright	Emersons Green Running Club	FV40	01:28:10	00:44:35	01:28:10
113th	338	EOD 338			01:28:16	00:47:04	01:28:16
114th	59	Caroline Dallimore	Mynyddwyr De Cymru	FV60	01:28:18	00:45:23	01:28:18
115th	294	John Webb		MV50	01:29:01	00:44:57	01:29:01
116th	108	Nicola Gowing		FV40	01:29:39	00:46:01	01:29:39
117th	145	Barrie Johnson		MV40	01:29:41	00:46:37	01:29:41
118th	212	John Parker	Brecon Triathlon Club (BTC)	MV50	01:29:59	00:46:34	01:29:59
119th	192	Stacey Morgan		FV50	01:30:26	00:45:42	01:30:26
120th	129	Martin Hurford	Swansea Harriers	MV40	01:30:27	00:46:07	01:30:27
121st	69	Ruth Deards	Les Croupiers	FV40	01:30:29	00:45:37	01:30:29
122nd	183	Michael McGrath		MV50	01:30:33	00:47:41	01:30:33
123rd	96	Jordan Forster		M	01:30:36	00:46:00	01:30:36
124th	220	Steve Pike		M	01:30:40	00:47:10	01:30:40
125th	150	Gwyn Jones	Les Croupiers	MV50	01:30:53	00:48:22	01:30:53
126th	35	Paul Bufton	Brecon Athletic Club	MV40	01:31:03	00:46:37	01:31:03
127th	138	Liz Jenkins		FV40	01:31:11	00:44:50	01:31:11
128th	51	Clare Collins		F	01:31:21	00:45:30	01:31:21
129th	252	Eliska Sikorova		F	01:31:36	00:46:19	01:31:36
130th	157	Sean Peasgood		M	01:31:53	00:45:27	01:31:53
131st	41	Mike Carmock		MV40	01:31:59	00:46:13	01:31:59
132nd	29	Rachel Brownnett	Tewkesbury Running Club	FV40	01:32:06	00:46:33	01:32:06
133rd	102	Elly Glenn		F	01:32:14	00:47:02	01:32:14
134th	290	Anne Ward	Mynydd Du	FV40	01:32:15	00:45:51	01:32:15
135th	300	<a href="#">Gemma Williams</a>		F	01:32:16	00:49:03	01:32:16
136th	196	Eve Gallop-Evan	Le Croupiers	FV50	01:32:32	00:46:46	01:32:32
137th	191	Nicholas Morgan		MV40	01:32:34	00:48:17	01:32:34
138th	32	Rebecca Brumbill		F	01:33:20	00:49:10	01:33:20
139th	349	EOD 349			01:33:34	00:46:46	01:33:34
140th	180	Ricardo Martins	Wye Valley Runners	M	01:33:41	00:48:42	01:33:41
141st	136	Rodric Jenkin		M	01:33:48	00:48:04	01:33:48

142nd	126	Cliff Horncastle		M	01:33:58	00:47:53	01:33:58
143rd	66	Tracy Davies	Islwyn Runners	F	01:34:25	00:49:41	01:34:25
144th=	116	Darren Griffiths-Warner	Pontypridd Roadents AC	MV50	01:34:36	00:47:35	01:34:36
144th=	100	Philip George		MV60	01:34:36	00:50:07	01:34:36
146th	120	Rachel Hahn		F	01:34:41	00:50:52	01:34:41
147th	117	Zoe Grimes	Southville Running Club	F	01:34:46	00:48:17	01:34:46
148th	200	Grace Newbould	Women Running Penarth	F	01:34:50	00:50:13	01:34:50
149th	187	Marcin Miskowski		M	01:35:10	00:51:38	01:35:10
150th	312	Michael Hodges		MV60	01:35:13	00:51:26	01:35:13
151st	293	James Watkins		M	01:35:59	00:48:12	01:35:59
152nd	38	Alexandra Burnett		F	01:36:08	00:48:35	01:36:08
153rd	61	Ann Davies	Brecon Athletic Club	FV50	01:36:12	00:47:47	01:36:12
154th	165	Ed Lawton		MV40	01:36:15	00:49:15	01:36:15
155th	269	Rose Thomas	Rhayader Running Club	FV60	01:36:25	00:49:49	01:36:25
156th	251	Peter Short	Forest of Dean AC	MV60	01:36:28	00:50:54	01:36:28
157th	309	Jacqui Wynds	Forest of Dean AC	FV60	01:36:31	00:50:22	01:36:31
158th	156	Greta Joyce		F	01:36:33	00:48:59	01:36:33
159th	222	Kate Platt		FV40	01:37:01	00:51:28	01:37:01
160th	179	Christine Mant	Taff Ely Tri	F	01:38:10	00:50:30	01:38:10
161st	25	David Brett		M	01:38:22	00:50:48	01:38:22
162nd	20	Mike Logan		M50	01:38:35	00:56:45	01:38:35
163rd	314	Anne-Marie Mantoto		FV50	01:39:09	00:50:39	01:39:09
164th	276	Julie Toy	Merthyr Running Club	FV50	01:39:10	00:50:48	01:39:10
165th	301	Heather Williams	Cardiff Triathletes	FV40	01:39:19	00:49:32	01:39:19
166th	303	Robert Wilson	Penarth and Dinas Runners	MV50	01:39:21	00:49:35	01:39:21
167th	209	<a href="#">Tim O'Sullivan</a>	Les Croupiers	MV50	01:39:22	00:54:29	01:39:22
168th=	104	Ron Godfrey	Pont-Y-Pwl & District Runners	MV50	01:39:36	00:50:52	01:39:36
168th=	147	Alun Jones	Pont-Y-Pwl & District Runners	MV50	01:39:36	00:51:22	01:39:36
170th	133	Tania James Price	Pont-Y-Pwl & District Runners	FV40	01:39:39	00:51:17	01:39:39
171st	171	Moey Chen Lim		FV40	01:39:48	00:51:26	01:39:48
172nd=	28	Michelle Brown		F	01:39:54	00:51:24	01:39:54
172nd=	27	Matthew Brown		M	01:39:54	00:50:57	01:39:54
174th=	52	Annette Colman		FV40	01:39:56	00:53:49	01:39:56
174th=	19	Tony Blatchford		MV40	01:39:56	00:53:52	01:39:56
176th	237	Katie Ronald		FV40	01:40:26	00:51:13	01:40:26
177th	73	Graeme Donnan	Les Croupiers	MV60	01:41:36	00:50:35	01:41:36
178th	274	Jon Tibke		MV50	01:41:56	00:52:03	01:41:56
179th	316	Samantha Neville		F	01:42:25	00:50:45	01:42:25
180th	218	Jackie Phillips		FV40	01:44:01	00:53:51	01:44:01
181st	223	Michael Powell		M	01:44:43	00:53:43	01:44:43
182nd	87	Fiona Evans	Ogmore Phoenix Runners	FV40	01:44:58	00:52:13	01:44:58
183rd	244	Hannah Sampson		FV40	01:45:05	00:54:15	01:45:05
184th=	5	Graham Anstis		MV50	01:45:10	00:53:33	01:45:10
184th=	17	Emily Bhakerd		FV40	01:45:10	00:53:45	01:45:10
186th	16	Lauryn Bentham	Caldicot Running Club	F	01:45:17	00:54:34	01:45:17
187th	22	Denise Bradley	Ogmore Phoenix Runners	FV50	01:45:42	00:52:28	01:45:42
188th	245	Leanne Sargeant		F	01:45:55	00:54:55	01:45:55
189th	58	Judit Csontos		F	01:46:00	00:56:32	01:46:00
190th	219	David Pickard		MV40	01:46:10	00:54:24	01:46:10
191st	254	Eryl Smeethe		F	01:46:12	00:54:29	01:46:12
192nd	334	EOD 334			01:46:20	00:53:58	01:46:20
193rd	225	Aidan Prior		MV50	01:46:26	00:55:28	01:46:26
194th	283	Chloe van Dop		F	01:46:34	00:55:38	01:46:34
195th	2	Zoe Anderson		FV40	01:46:52	00:53:23	01:46:52
196th	118	Joanna Grimwood-Read		F	01:47:01	00:56:18	01:47:01
197th	273	Angela Thorpe		FV50	01:49:14	00:55:07	01:49:14
198th	208	Rachael O'Connell		F	01:49:25	00:55:33	01:49:25
199th	43	Karen Chadwell	Les Croupiers	FV40	01:49:31	00:58:17	01:49:31
200th=	132	Donna James	Islwyn Runners	FV50	01:49:46	00:57:59	01:49:46
200th=	279	Ruth Treharne	Islwyn Runners	FV50	01:49:46	00:57:59	01:49:46
202nd	281	Gillian Tyson		FV60	01:50:06	00:57:39	01:50:06
203rd	184	Kel McGuffie		FV40	01:51:13	00:56:10	01:51:13
204th	292	Alanna Watkins		F	01:52:06	00:57:48	01:52:06
205th	152	Mathew Jones		M	01:52:08	00:57:51	01:52:08
206th	83	Susannah English		FV60	01:53:32	00:58:56	01:53:32
207th	14	Desiree Beer	Almost Athletes	FV60	01:53:42	00:57:07	01:53:42
208th	134	Julianne Jameson	Almost Athletes	FV50	01:53:43	00:57:07	01:53:43
209th	151	Martin Jones		MV40	01:53:56	00:57:44	01:53:56
210th	75	Ann Duminil		FV50	01:54:17	00:57:29	01:54:17
211th	307	Geoff Wright	Les Croupiers	MV60	01:54:23	00:59:50	01:54:23
212th	173	Kate Little		FV40	01:54:26	01:00:08	01:54:26

213th	236	Karen Llewelyn		FV50	01:54:40	00:59:39	01:54:40
214th	289	Jayne Walters	Pont-Y-Pwl & District Runners	FV40	01:55:06	00:58:50	01:55:06
215th	298	Gary Willcox	Pont-Y-Pwl & District Runners	MV50	01:55:07	00:57:28	01:55:07
216th	122	Leonard Harvey		MV60	01:55:19	00:59:33	01:55:19
217th	155	Caitriona Joyce		F	01:55:25	00:55:18	01:55:25
218th	154	Bernadette Joyce		F	01:55:40	00:55:14	01:55:40
219th	40	Nicholas Card	Pont-Y-Pwl & District Runners	MV50	01:56:16	00:58:45	01:56:16
220th	93	Emma Fisher		FV40	01:56:54	00:58:10	01:56:54
221st	201	Geoff Newton		MV40	01:56:56	00:58:13	01:56:56
222nd	302	Pamela Williams	Pont-Y-Pwl & District Runners	FV50	01:56:59	01:00:12	01:56:59
223rd	49	Philip Christie		MV50	01:57:31	00:59:39	01:57:31
224th	164	Heather Larsen	Dulwich Park Runners	FV40	01:57:38	01:00:37	01:57:38
225th	217	Roger Peacock		MV50	01:58:07	00:58:07	01:58:07
226th	264	Kate Taylor		F	01:58:44	00:59:02	01:58:44
227th	76	Aled Edwards		MV40	01:59:59	00:59:53	01:59:59
228th	127	Sarah-Jane Hughes	Brecon Triathlon Club (BTC)	FV40	02:00:01	01:00:42	02:00:01
229th=	7	Mark Aston		MV60	02:01:49	01:03:41	02:01:49
229th=	79	Denise Ellis	Avon Valley Runners	FV50	02:01:49	01:03:37	02:01:49
231st	275	Steve Tonks		MV40	02:02:54	01:02:44	02:02:54
232nd	128	Bex Hunter		FV40	02:03:02	01:03:16	02:03:02
233rd	224	Bethany Price	RUN4ALL Neath	FV40	02:04:29	01:03:52	02:04:29
234th	162	Kelly Langford	Pontypridd Roadents AC	F	02:05:16	01:05:12	02:05:16
235th	130	Lucy Imeson		F	02:05:47	01:03:35	02:05:47
236th	286	Andrew Vaughan	Swansea Harriers	MV50	02:06:49	01:03:07	02:06:49
237th	181	Karen Mason	Tewkesbury Running Club	FV50	02:12:56	01:08:56	02:12:56
238th	68	<a href="#">Esther Dawson</a>		FV40	02:14:20	00:59:11	02:14:20
239th=	89	Annette Exley	Usk Runners	FV50	02:14:21	00:54:12	02:14:21
239th=	195	Tanya Mountford		FV50	02:14:21	00:52:52	02:14:21
241st	82	Harriet English	Dulwich Park Runners	FV60	02:18:08	01:08:02	02:18:08
242nd	206	Rebecca O'Keefe		F	02:18:40	01:10:12	02:18:40
243rd	67	Greg Davis		M	02:18:41	01:10:13	02:18:41
244th	158	<a href="#">Sam Kay</a>	GoodGym Race Team	F	02:18:43	01:10:08	02:18:43
245th	131	Minka Isaksson		F	02:19:43	01:08:33	02:19:43
246th	272	Michael Thompson		MV40	02:20:22	01:08:15	02:20:22
247th	74	Emma Donnelly		FV40	02:33:04	01:17:09	02:33:04
248th=	295	Marie Welfare	100 Marathon Club	F	02:36:35	01:14:21	02:36:35
248th=	143	Miles Jewel	100KM Association	M	02:36:35	01:14:20	02:36:35
250th	146	Kathryn Johnstone	3M Gorseinon Road Runners	F	02:40:39	01:18:56	02:40:39
	284	Simone Van Dop		F	dnf	-----	01:19:49
	255	Sam Standerwick	Mynydd Du	FV40	dnf	01:14:17	-----