

First Name	Surname	Gender	Affiliated club name	Age Cat	Time	Race Numbers	Time
Peter	Taylor-Bray	Male	Chorlton Runners	SM	1:25:34	708	1:25:34
Ben	Mitchell	Male	MDC	SM	1:25:42	675	1:25:42
Daryl	John	Male	Pembrokeshire Harriers	M45	1:41:06	662	01:41:06
David	Keenan	Male	Llanelli Athletics Club	M35	1:41:59	667	01:41:59
Tomos	Roberts	Male	Meirionnydd Running Club	SM	1:42:35	700	01:42:35
mark	horsman	Male	Pontypridd Roadents AC	M40	1:43:08	659	01:43:08
Robin	Woods	Male	Builth & District Running Club	M45	1:44:28	723	01:44:28
James	Thomas	male		M45	1:44:34	735	1:44:34
Ieuan	Griffiths	Male	Llanelli Athletics Club	U20	1:44:55	645	1:44:55
Liam	Oak	Male	Neath Harriers	SM	1:44:57	682	1:44:57
Ffion	Price	Female	Maldwyn Harriers	SF	1:45:01	691	1:45:01
Owain	Schiavone	Male	Cardiff AAC	M40	1:45:23	703	1:45:23
Wyndham	Turner	Male	Mynydd du	SM	1:46:00	710	1:46:00
Donna	Morris	Female	Builth & District Running Club	F35	1:46:10	679	1:46:10
Peter	RYDER	Male	Aberdare Valley AAC	M40	1:46:24	702	1:46:24
Steve	Rees	Male	Neath Harriers	M40	1:46:28	697	1:46:28
Simon	Roberts	Male	Buckley Runners	M50	1:46:29	699	1:46:29
Stephen	Corbishely	Male		M45	1:46:50	734	1:46:50
Gwion	Schiavone	Male		SM	1:46:51	704	1:46:51
Sion	Lewis	Male	London Heathside	M35	1:47:14	669	1:47:14
Lee	Price	Male	Builth & District Running Club	M45	1:47:25	693	1:47:25
Keith	James	Male	Pontypridd Roadents AC	M45	1:47:45	661	1:47:45
Chris	Fulcher	Male	Neath Harriers	M50	1:48:05	642	1:48:05
Gwion	Roberts	Male	Meirionnydd Running Club	SM	1:48:56	698	1:48:56
Kitty	Robinson	Female		SF	1:49:54	701	1:49:54
Wendy	Price	Female	Carmarthen and district harriers	F40	1:51:12	694	1:51:12
Darren	Hesleton	Male	Bro Dysynni AC	M45	1:52:32	655	1:52:32
Haydn	O'Reilly	Male		M40	1:56:11	738	1:56:11
Ieuan	Pugh-Jones	Male	Meirionnydd Running Club	SM	1:56:20	696	1:56:20
Allan	Mckeown	Male	Run Free Fell Runners	M40	1:56:21	674	1:56:21
Clare	Williams	Male	pembrokeshire harriers	M55	1:56:37	719	1:56:37
Christopher	Woodfield	Male		SM	1:56:41	721	1:56:41
Dave	Powell	Male	Aberystwyth AC	M60	1:56:57	690	1:56:57

Gareth	Davey	Male	Neath Harriers		M45	1:57:33	632	1:57:33
Eliw	Haf	Female	Eryri Harriers		SF	1:57:44	648	1:57:44
Stephen	Hambridge	Male	Builth & District Running Club		M40	1:58:31	649	1:58:31
Gareth	Price	Male	Builth & District Running Club		M40	1:58:39	692	1:58:39
Bob	Foreman	Male	WFRA		M60	1:59:17	639	1:59:17
Emma	Palfrey	Female	Cardiff AAC		F35	2:00:48	685	2:00:48
Kelly	Bowen	Female	Croft Ambrey Running Club		F35	2:01:56	730	2:01:56
Joe	Summers	Male	Torfaen Runners		SM	2:02:18	706	2:02:18
John	Hewson	Male			M40	2:02:47	656	2:02:47
Patrick	Finney	male	Aberystwyth AC		M50	2:04:16	638	2:04:16
Balazs	Pinter	Male	Aberystwyth AC		M50	2:04:56	689	2:04:56
Tony	Mackay	Male	Pegasus Running Club		M55	2:06:16	671	2:06:16
Linda	Woodland	Female	Neath Harriers		F60	2:06:22	722	2:06:22
Louise	Barker	Female	Aberystwyth AC		F45	2:06:33	606	2:06:33
David	Baugh	Male	Denbigh Harriers		M60	2:09:12	608	2:09:12
Lenny	Hughes	Male			SM	2:09:24	733	2:09:24
Lynwen	Huxtable	Female	Aberystwyth AC		F50	2:10:02	660	2:10:02
Beth	Saunders	Female			SF	2:12:55	729	2:12:55
Ania	Ciolek	Female	LAAC		F40	2:13:08	627	2:13:08
Jessica	Williams	Female	Llanelli Athletics Club		SF	2:13:08	720	2:13:08
Dave	Zidane	Male	Nuclear Race Striders		M50	2:13:48	725	2:13:48
Lizzy	Felton	Female	Run4all Neath		F35	2:13:58	637	2:13:58
Sarah	Denton	Female			F50	2:14:06	634	2:14:06
Huw	Bonner	Male			SM	2:14:38	611	2:14:38
Mari	Llywelyn	Female			SF	2:15:38	670	2:15:38
Jo	Marriott	Female	Yes		F50	2:16:10	673	2:16:10
Claire	Protheroe	Female	Llanelli Athletics Club		F45	2:16:37	695	2:16:37
Cara	Perfremment	Female	Brecon AC		F40	2:18:09	687	2:18:09
Judith	Oakley	Female	Vegan Runners UK		F55	2:18:25	683	2:18:25
Elaine	Wharmby	Female	Brackla Harriers		F55	2:18:30	716	2:18:30
Rachel	Dryden	Female	Hamwic Harriers		F45	2:19:55	635	2:19:55
Josh	Murray	Male	Hamwic Harriers		M40	2:19:55	680	2:19:55
Duncan	Jones	Male	Denbigh Harriers		M60	2:20:21	663	2:20:21
Linda	Jones	Female	Wrexham aac		F55	2:21:13	666	2:21:13
Christian	Prynne	Male			M50	2:21:30	750	2:21:30

Claire	Morris	Female		F45	2:22:05	678	2:22:05
Shan	Lawson	Female	Aberystwyth AC	F45	2:22:05	731	2:22:05
Flora	Gunner	Female	Croft Ambrey Running Club	F55	2:22:11	647	2:22:11
Lesley	Lewis	Female	Yes	F50	2:22:55	668	2:22:55
John	Shaw	Male		M55	2:24:07	737	2:24:07
William	France	Male	Wrekin Road Runners	M55	2:24:17	641	2:24:17
Arwyn	Thomas	Male	Amman Valley harriers	M45	2:26:51	709	2:26:51
Fiona	Davies	Female	Pontypridd Roadents AC	F65	2:27:14	633	2:27:14
David	Evans	Male	n/a	M60	2:27:41	636	2:27:41
Delyth	Crimes	Female	Sarn Helen	F50	2:28:35	631	2:28:35
Steve	Hames	Male	Neath Harriers	M55	2:29:25	650	2:29:25
Joanne	Bowes	Female	Trots	F50	2:30:41	612	2:30:41
Peter	Garson	Male		M50	2:31:06	739	2:31:06
Cecilia	Harman	Female	Rhayader RC	F40	2:31:33	727	2:31:33
Gary	Watts	Male	Builth & District Running Club	M55	2:32:42	715	2:32:42
Yricka	Gardner	Female	Run Free Fell Runners	F50	2:33:07	643	2:33:07
emma	jones	Female	Trots	F50	2:34:18	665	2:34:18
Mair	Morgan	Female		F55	2:34:19	676	2:34:19
Cris	Arnold	Male		M55	2:34:57	604	2:34:57
Owen	Cooper	Male	Builth & District Running Club	M70	2:38:31	628	2:38:31
Anna	Nicholas	Female		F35	2:38:40	681	2:38:40
Menai	Baugh	Female	Denbigh Harriers	F60	2:39:18	609	2:39:18
Karen	Owens	Female	Wrexham AAC	F50	2:40:54	684	2:40:54
Izzy	Watts	Female	Builth & District Running Club	F40	2:42:41	714	2:42:41
Keith	Helliwell	Male		M45	2:45:56	654	2:45:56
Sally	Groves	Female	Pegasus Running Club	F55	2:46:14	646	2:46:14
Phillip	Harris	Male	Builth & District Running Club	M40	2:48:00	652	2:48:00
Sarah	Wilding	Female		F55	2:51:47	736	2:51:47
john	Horsman	Male		M70	3:06:59	658	3:06:59
Charles	Ashley	Male	Wrexham AAC	M60	3:10:26	605	3:10:26
Anna	Parsons	Female	Neath Harriers	F50		686	
DEIAN	PHILLIPS	Male	TROTS	M45		688	
Lou	Summers	Female	Sarn Helen	F50		705	
Neil	Waghorn	Male		SM		711	
Rob	Walker	Male	Pont-Y-Pwl and District Runners	SM		712	

Elizabeth	Walsh	Female	Fairwater		F45		713	
Garry	Wharmby	Male	Brackla Harriers		M55		717	
Grant	Willcox	Male			M45		718	
zoe	zembrzuski	Female			SF		724	
Joanne	Rees	Female	Builth & District Running Club		F45		726	
Arfon	Rowlands	Male			SM		728	
Rhodri	ap Dyfrig	Male	Meirionnydd Running Club		M40	10K	602	00:58:49
ruby	bye	Female			SF	10K	624	
Isaac	Ayres	Male	Aberystwyth AC		SM	10K	732	00:58:33
Tom	Bray	Male	Southampton Athletics Club		M35	Wrong Way	622	route
Helen	Andrews	Female	Bridgend AC		F50		601	
Gwyds	ap Wynn	Male	Yes		M40		603	
jon	barnes	Male	Chepstow Harriers		SM		607	
Helen	Blair	Female	Eryri Harriers		F50		610	
Ian	Breed	Male			M50		623	
Martin	Carter	Male	Hereford Couriers		M55		625	
Jonathan	Churchill	Male	Pegasus Running Club		M55		626	
Louise	Copp	Female	Neath harriers		F55		629	
Kevin	Fowler	Male	Pegasus Running Club		M60		640	
Peter	Graves	Male			M40		644	
Gareth	Hardman	Male	Cardiff Archers		M55		651	
Adrian	Harvey	Male	Team Dic		M35		653	
Tina	Hill	Female	Emlyn runners		F50		657	
Kevin	Jones	Male	Emlyn runners		M50		664	
Steph	Main	Female	Croft Ambrey Running Club		F50		672	
Mandy	Morris	Female	Neath Harriers		F45		677	