

Pos	Bib#	Athlete	Team	Gender	Cat	Gun Time	Chip Time
1	84	Michael Roderick	Tri Hard Harriers	M	SM	0:16:40	0:16:40
2	51	Daniel Otteson	Swansea Harriers	M	M40	0:16:51	0:16:50
3	73	David Keenan	Llanelli AC	M	SM	0:17:47	0:17:46
4	94	Jan Steinmuller	Swansea Harriers	M	SW	0:18:02	0:18:01
5	90	Ben Sullivan	Swansea Harriers	M	SM	0:18:07	0:18:06
6	70	Matt Yelland	Clwb Run Wales	M	M40	0:18:19	0:18:18
7	75	Rachel Davies	Swansea Harriers	F	SW	0:18:18	0:18:18
8	2	Tom Bacon	Swansea Harriers	M	SM	0:18:26	0:18:25
9	96	Anthony Jones	Swansea Harriers	M	SM	0:18:26	0:18:25
10	18	Alan Davies	Swansea Harriers	M	M65	0:18:27	0:18:27
11	21	Matthew Flynn		M	SM	0:18:30	0:18:29
12	79	Sioned Howells	Swansea Harriers	F	SW	0:18:52	0:18:52
13	39	Dave Jones		M	SM	0:18:58	0:18:58
14	97	Owen Davies	Swansea Harriers	M	M45	0:19:21	0:19:19
15	56	Alex Simpson	Swansea Harriers	M	SM	0:19:34	0:19:31
16	43	Wayne Lewis		M	M45	0:19:38	0:19:37
17	33	Aled Hughes	Ogmore Phoenix Runners	M	M45	0:19:58	0:19:58
18	76	Llinos Jones	Swansea Harriers	F	W40	0:20:05	0:20:03
19	11	Simon Coombes	Swansea Harriers	M	M45	0:20:10	0:20:08
20	95	Helen-Marie Davies	Swansea Harriers	F	W45	0:20:24	0:20:22
21	91	Gavin Davies	3M Gorseinon Road Runners	M	M55	0:20:30	0:20:27
22	24	Andrew Golley	Paul Popham Running Club	M	M50	0:20:35	0:20:31
23	47	Terry O'Brien		M	M65	0:20:38	0:20:35
24	74	Peter Osborne	Llanelli AC	M	M60	0:20:48	0:20:46
25	37	Adam James		M	SM	0:21:02	0:21:01
26	81	Aron Jones	3M Gorseinon Road Runners	M	M35	0:21:21	0:21:18
27	61	Lloyd Treharne		M	M45	0:21:27	0:21:25
28	9	Bethany Clifford	Celtic Tri	F	U15	0:21:29	0:21:28
29	27	Katy Griffiths	Bridgend AC	F	U15	0:21:36	0:21:36
30	63	Nick Venables		M	M40	0:21:40	0:21:36
31	31	Kristopher Heaven	Swansea Harriers	M	M35	0:21:57	0:21:54
32	53	Wayne Randall	Ogmore Phoenix Runners	M	M50	0:22:04	0:22:01
33	82	Owen Davies	Swansea Harriers	M	SM	0:22:07	0:22:04
34	72	Andrew Perman		M	M35	0:22:14	0:22:07
35	71	Daniel Evans	Tri Hard Harriers	M	M35	0:22:14	0:22:08
36	6	Diane brownhill	Swansea Harriers	F	W45	0:22:12	0:22:09
37	13	Edward Davies	Celtic Tri	M	M45	0:22:13	0:22:11
38	46	Adrian Novis		M	M50	0:22:28	0:22:25
39	88	Leigh Besley	Paul Popham Running Club	M	M40	0:22:34	0:22:29
40	30	Ian Harris	Paul Popham Running Club	M	M50	0:22:44	0:22:38
41	42	Haley Lawton		F	W35	0:22:53	0:22:49
42	22	David Flynn	Les Croupiers	M	M65	0:22:55	0:22:55
43	20	Jonathan Evans		M	M35	0:23:02	0:22:57
44	65	Katie Williams	3M Gorseinon Road Runners	F	W40	0:23:12	0:23:05
45	78	Kevin Dalling		M	M55	0:23:15	0:23:09
46	48	Joel Osborn	Paul Popham Running Club	M	U20	0:23:16	0:23:11
47	8	Derek Claydon	Paul Popham Running Club	M	M55	0:23:24	0:23:16
48	87	Paul Smith	Paul Popham Running Club	M	M40	0:23:52	0:23:46
49	86	Craig Bishop	Paul Popham Running Club	M	M40	0:23:58	0:23:51
50	62	Simon Treharne	Paul Popham Running Club	M	M55	0:24:07	0:24:00
51	103	Matthew Rees		M	SM	0:24:08	0:24:04
52	54	Nicola Rowe	3M Gorseinon Road Runners	F	W50	0:24:13	0:24:06
53	66	Nathan Williams	3M Gorseinon Road Runners	M	M45	0:24:14	0:24:07
54	23	Kelly Gipson	Swansea Harriers	F	W55	0:24:30	0:24:26
55	36	Phill Iveson	Ogmore Phoenix Runners	M	M50	0:24:39	0:24:34

56	14	James Davies	3M Gorseinon Road Runners	M	M50	0:25:02	0:24:54
57	102	Lee John		M	M35	0:25:10	0:25:05
58	12	James Curtis		M	U17	0:25:19	0:25:17
59	58	Amanda Smith		F	W45	0:25:22	0:25:19
60	16	Sarah Davies	Ogmore Phoenix Runners	F	W45	0:25:37	0:25:28
61	10	Ant Coker		M	M45	0:25:48	0:25:37
62	60	Melanie Thomas	Ogmore Phoenix Runners	F	W40	0:26:08	0:25:59
63	25	Barbara Gomes	Paul Popham Running Club	F	W35	0:26:17	0:26:11
64	41	Thomas Judge		M	SM	0:26:23	0:26:19
65	69	Mark Worrall	Ogmore Phoenix Runners	M	M60	0:26:29	0:26:24
66	93	Sara Davies	Ferry Flatliners	F	W45	0:26:29	0:26:26
67	35	Steph Iveson	Ogmore Phoenix Runners	F	W35	0:26:34	0:26:30
68	40	Johanna Jones		F	W35	0:26:42	0:26:34
69	100	Andrew Silk	Tri Hard Harriers	M	M35	0:27:17	0:27:12
70	55	Roger Silk	Clwb Rhedeg Pontardawe RC	M	M60	0:27:17	0:27:13
71	32	Dawn Hopkins	Ogmore Phoenix Runners	F	W40	0:27:27	0:27:18
72	50	Jos O'Sullivan	Paul Popham Running Club	M	M65	0:27:53	0:27:45
73	80	Eiri Evans-Jones	3M Gorseinon Road Runners	F	W40	0:27:58	0:27:48
74	83	James Chambers		M	M50	0:28:00	0:27:49
75	92	Angharad Woosley	Paul Popham Running Club	F	W40	0:28:23	0:28:14
76	67	Rebecca Williams	Paul Popham Running Club	F	W45	0:28:34	0:28:25
77	85	Rob Beresford	Paul Popham Running Club	M	M65	0:29:11	0:29:06
78	45	Bruce Morgan	Llanelli AC	M	M65	0:29:19	0:29:13
79	1	Rebecca Allen	Paul Popham Running Club	F	W35	0:29:44	0:29:37
80	29	Andrea Harris	Paul Popham Running Club	F	W45	0:30:23	0:30:13
81	77	Jimmy Ward	Paul Popham Running Club	M	M35	0:30:40	0:30:33
82	49	Linsey Ost	Paul Popham Running Club	F	W50	0:30:45	0:30:36
83	4	Debbie Bennion	Ogmore Phoenix Runners	F	W60	0:31:00	0:30:50
84	98	Gill Powell		F	W50	0:31:55	0:31:47
85	99	Roseanne Saunders		F	W45	0:31:55	0:31:47
86	28	Karen Grunhut	Paul Popham Running Club	F	W55	0:32:41	0:32:33
87	101	Deborah Lewis		F	W50	0:32:54	0:32:44
88	52	Sharon Pritchard	Ogmore Phoenix Runners	F	W50	0:33:08	0:32:58
89	38	Natalie John	Paul Popham Running Club	F	W45	0:33:17	0:33:09
90	64	Kate White	Paul Popham Running Club	F	W45	0:34:04	0:33:54
91	89	Kim Evans		F	W65	0:34:20	0:34:09
92	7	Noelle Brys	Paul Popham Running Club	F	W35	0:35:17	0:35:06
93	19	Nicola Enticknap	Paul Popham Running Club	F	W50	0:36:40	0:36:29
94	17	Tammy Davies	Paul Popham Running Club	F	W50	0:40:33	0:40:21
95	26	Cheryl Gooding	Paul Popham Running Club	F	W45	0:42:59	0:42:48
96	68	Laura Worrall	Ogmore Phoenix Runners	F	SW	0:45:11	0:45:00