

Position	Bib	Time	FirstName	Surname				
1	407	00:28:32	Jacob	Tasker	Ogmore Phoenix Runners	Male	OGMORE PHOENIX RUNNERS	
2	529	00:28:55	Matthew	Harvey	Swansea Harriers	Male	SWANSEA HARRIERS	
3	426	00:29:42	Ieuan	Griffiths	Peak Performance Wales	Male	PEAK PERFORMANCE WALES	
4	582	00:30:14	Michael	Roderick	Tri Hard Harriers	Male	TRI HARD HARRIERS	
5	380	00:30:17	Tom	Callard	Neath Harriers	Male	NEATH HARRIERS	
6	386	00:30:56	Shane	Williams	Neath Harriers	Male	NEATH HARRIERS	
7	577	00:31:04	Tony	Davies	Tri hard harriers	Male	TRI HARD HARRIERS	
8	580	00:31:24	Myles	Kenealy	Tri hard harriers	Male	TRI HARD HARRIERS	
9	429	00:31:37	Mark	Harrison	Peak Performance wales	Male	PEAK PERFORMANCE WALES	
10	384	00:32:08	Martyn	Ogrady	Neath harriers	Male	NEATH HARRIERS	
11	281	00:32:18	Henry	Drake	Amman Valley Harriers	Male	AMMAN VALLEY HARRIERS	
12	554	00:32:25	Iestyn	Evans	Swansea Vale Tri	Male	SWANSEA VALE TRI	
13	383	00:32:32	James	Fishlock	Neath Harriers	Male	NEATH HARRIERS	
14	381	00:32:38	Nathan	Daniel	Neath Harriers	Male	NEATH HARRIERS	
15	443	00:33:05	Sam	Figgures	Port Talbot Harriers	Male	PORT TALBOT HARRIERS	
16	555	00:33:20	Nino	Gatti	Swansea Vale Tri	Male	SWANSEA VALE TRI	
17	501	00:33:26	Chris	Tones	Run4all	Male	RUN4ALL NEATH BLACKS	
18	288	00:33:31	John	Perkins	Amman Valley Harries	Male	AMMAN VALLEY HARRIERS	
19	445	00:33:38	Sam	Hopkins	Port Talbot Harriers	Male	PORT TALBOT HARRIERS	
20	584	00:33:41	Thomas	Williams	Tri Hard Harriers	Male	TRI HARD HARRIERS	
21	343	00:33:47	Rob	Jones	Cornelly Striders AC	Male	CORNELLY STRIDERS	
22	456	00:33:52	Adrian	Cartlidge	Porthcawl Runners	Male	PORTHCAWL RUNNERS	
23	495	00:34:01	Lloyd	Jones	Run4All Neath	Male	RUN4ALL NEATH BLACKS	
24	581	00:34:07	Sam	Milligan	Tri Hard Harriers	Male	TRI HARD HARRIERS	
25	441	00:34:08	Scott	Elvins	Port Talbot Harriers	Male	PORT TALBOT HARRIERS	
26	286	00:34:10	Wayne	Lewis	Amman Valley Harriers	Male	AMMAN VALLEY HARRIERS	
27	450	00:34:13	Gareth	Poston	Port Talbot Harriers	Male	PORT TALBOT HARRIERS	
28	128	00:34:16	Alexandra	Cawthra	Peak Performance Wales	Female		PEAK PERFORMANCE WALES
29	283	00:34:18	Martin	Flear	Amman Valley Harriers	Male	AMMAN VALLEY HARRIERS	
30	528	00:34:19	Paul	Flynn	Swansea Harriers	Male	SWANSEA HARRIERS	
31	526	00:34:23	Alan	Davies	Swansea Harriers,	Male	SWANSEA HARRIERS	
32	274	00:34:24	Ashley	Pascoe	3M Gorseinon Road Runners	Male	3MS GORSEINON RR	
33	490	00:34:31	Lewis	Hackney	Run4all neath	Male	RUN4ALL NEATH BLACKS	
34	294	00:34:32	Ryan	Bunce	Brackla Harriers	Male	BRACKLA HARRIERS	
35	527	00:34:37	Owen	Davies	Swansea Harriers	Male	SWANSEA HARRIERS	
36	466	00:34:38	Ryan	Griffiths	Port Talbot Harriers	Male	PTH REDS	
37	488	00:34:39	Martin	Cole	Run 4 All Neath	Male	RUN4ALL NEATH BLACKS	

38	<b>268</b>	00:34:54	Simon	Jones	3M Gorseinon Road Runners	Male	3MS GORSEINON RR	
39	<b>532</b>	00:34:58	Alex	John	Swansea Harriers	Male	SWANSEA HARRIERS	
40	<b>327</b>	00:35:01	Sion	Britton	Clwb Rhedeg Pontardawe RC	Male	CLWB RHEDEG PONTARDAWE	
41	<b>444</b>	00:35:05	Sam	Hodge	Port Talbot Harriers	Male	PORT TALBOT HARRIERS	
42	<b>408</b>	00:35:08	Jamie	Verran	Ogmore Phoenix Runners	Male	OGMORE PHOENIX RUNNERS	
43	<b>448</b>	00:35:11	Darren	Lewis	Port talbot harriers	Male	PORT TALBOT HARRIERS	
44	<b>583</b>	00:35:15	Gareth	Thomas	Tri Hard Harriers	Male	TRI HARD HARRIERS	
45	<b>489</b>	00:35:19	Meirion	Evans	Run4all Neath	Male	RUN4ALL NEATH BLACKS	
46	<b>487</b>	00:35:22	Andrew	Brain	Run4ALLNeath	Male	RUN4ALL NEATH BLACKS	
47	<b>537</b>	00:35:25	Tom	Morris	Swansea Harriers	Male	SWANSEA HARRIERS	
48	<b>560</b>	00:35:27	John	Hewson	Swansea Vale Tri	Male	SWANSEA VALE TRI	
49	<b>531</b>	00:35:29	Martyn	Hughes-D	Swansea Harriers	Male	SWANSEA HARRIERS	
50	<b>395</b>	00:35:33	Gareth	Battle	Ogmore Phoenix Runners	Male	OGMORE PHOENIX RUNNERS	
51	<b>556</b>	00:35:36	Josh	Green	Swansea vale tri	Male	SWANSEA VALE TRI	
52	<b>518</b>	00:35:39	Hugh	Janney	Sospan Road Runners	Male	SOSPAN RR	
53	<b>237</b>	00:35:40	Stephanie	Gibson	Tri Hard Harriers	Female		TRI HARD HARRIERS
54	<b>578</b>	00:35:44	Oliver	Gray	Tri hard harriers	Male	TRI HARD HARRIERS	
55	<b>439</b>	00:35:48	Mark	Thomas	Peak Performance	Male	PEAK PERFORMANCE WALES	
56	<b>470</b>	00:35:54	Ben	Phillips	Port Talbot Harriers	Male	PTH REDS	
57	<b>500</b>	00:35:55	Arwel	Roberts	Run4All Neath	Male	RUN4ALL NEATH BLACKS	
58	<b>397</b>	00:35:57	John	Burridge	Ogmore Phoenix Runners	Male	OGMORE PHOENIX RUNNERS	
59	<b>323</b>	00:36:02	Chris	williams	CELTIC TRI	Male	CELTIC TRI	
60	<b>539</b>	00:36:04	Steve	Smith	SWANSEA HARRIERS	Male	SWANSEA HARRIERS	
61	<b>433</b>	00:36:07	Daniel	Maclachlan	Peak Performance Wales	Male	PEAK PERFORMANCE WALES	
62	<b>152</b>	00:36:14	Tracy	Jenkins	Porthcawl Runners	Female		PORTHCAWL RUNNERS
63	<b>472</b>	00:36:21	Wes	Sheldon	Port Talbot Harriers	Male	PTH REDS	
64	<b>290</b>	00:36:25	Steven	Rees-Smith	Amman Valley Harriers	Male	AMMAN VALLEY HARRIERS	
65	<b>431</b>	00:36:28	Stefan	James	Peak Performance Wales	Male	PEAK PERFORMANCE WALES	
66	<b>378</b>	00:36:29	Royston	Whitehouse	Neath Harriers	Male	NEATH BLACK TUESDAY	
67	<b>522</b>	00:36:37	Tom	Bacon	Swansea Harriers	Male	SWANSEA HARRIERS	
68	<b>230</b>	00:36:42	Carys	Jones	Swansea vale tri	Female		SWANSEA VALE TRI
69	<b>553</b>	00:36:42	Daniel	Evans	Swansea Vale Tri	Male	SWANSEA VALE TRI	
70	<b>273</b>	00:36:43	Gareth	Morgan	3M's Gorseinon Road Runners	Male	3MS GORSEINON RR	
71	<b>410</b>	00:36:48	Stephen	Arnold	Paul Popham Running Club	Male	PAUL POPHAM RUNNING CLUB	
72	<b>19</b>	00:36:48	Joanna	Lloyd Davis	Amman Valley Harriers	Female		AMMAN VALLEY HARRIERS
73	<b>533</b>	00:36:50	Anthony	Jones	Swansea Harriers	Male	SWANSEA HARRIERS	
74	<b>538</b>	00:36:50	Geoff	Robinson	Swansea Harriers	Male	SWANSEA HARRIERS	
75	<b>304</b>	00:36:55	Darren	Davies	Celtic tri	Male	CELTIC TRI	

76	<b>265</b>	00:37:01	Mark	Gosney	3Ms Road Runners	Male	3MS GORSEINON RR	
77	<b>246</b>	00:37:02	Teresa	Penhorwoc	Tri Hard Harriers	Female		TRI HARD HARRIERS
78	<b>440</b>	00:37:06	Matthew	Blackmore	Port talbot harriers	Male	PORT TALBOT HARRIERS	
79	<b>400</b>	00:37:07	Scott	Gray	Ogmore Phoenix Runners, (x) B	Male	OGMORE PHOENIX RUNNERS	
80	<b>342</b>	00:37:08	Steve	Hogan	Cornelly Striders AC	Male	CORNELLY STRIDERS	
81	<b>275</b>	00:37:09	Chris	Pridmore	3M's gorseinon	Male	3MS GORSEINON RR	
82	<b>579</b>	00:37:11	Andrew	Jones	Tri Hard Harriers	Male	TRI HARD HARRIERS	
83	<b>535</b>	00:37:13	Paul	Llewellyn	Swansea Harriers	Male	SWANSEA HARRIERS	
84	<b>341</b>	00:37:14	Victor	Garrick	Cornelly Striders	Male	CORNELLY STRIDERS	
85	<b>493</b>	00:37:16	Jonathan	James	Run4All Neath	Male	RUN4ALL NEATH BLACKS	
86	<b>324</b>	00:37:19	Llywelyn	Williams	Celtic Tri	Male	CELTIC TRI	
87	<b>457</b>	00:37:20	William	Edwards	Porthcawl Runners	Male	PORTHCAWL RUNNERS	
88	<b>517</b>	00:37:24	Charles	Hoksberge	Sospan Road Runners	Male	SOSPAN RR	
89	<b>135</b>	00:37:26	Ffion	Davies	Port talbot harriers	Female		PORT TALBOT HARRIERS
90	<b>403</b>	00:37:33	Connor	Panting	Ogmore	Male	OGMORE PHOENIX RUNNERS	
91	<b>567</b>	00:37:35	Jordan	Lee Discon	Swansea Vale Triathlon	Male	SWANSEA VALE TRI	
92	<b>558</b>	00:37:42	Craig	Hellier	Swansea vale Triathlon	Male	SWANSEA VALE TRI	
93	<b>565</b>	00:37:43	Dylan	Jones	Swansea vale tri	Male	SWANSEA VALE TRI	
94	<b>144</b>	00:37:45	Heidi	Waters	Port talbot Harriers	Female		PORT TALBOT HARRIERS
95	<b>468</b>	00:37:47	Michael	Launder	Port Talbot Harriers	Male	PTH REDS	
96	<b>299</b>	00:37:55	Ian	Ogilvie	Brackla Harriers	Male	BRACKLA HARRIERS	
97	<b>600</b>	00:38:03	Simon	Williams	TROT	Male	TROTS	
98	<b>354</b>	00:38:04	James	Curtis	Ferry Flatliners	Male	FERRY FLATLINERS	
99	<b>492</b>	00:38:06	Michael	Houlding	Run4all neath	Male	RUN4ALL NEATH BLACKS	
100	<b>525</b>	00:38:08	Simon	Coombes	Swansea harriers	Male	SWANSEA HARRIERS	
101	<b>428</b>	00:38:11	Fred	Guillet	Peak performance Wales	Male	PEAK PERFORMANCE WALES	
102	<b>289</b>	00:38:12	Ashley	Ramsden	Amman valley harriers	Male	AMMAN VALLEY HARRIERS	
103	<b>371</b>	00:38:13	Peter	Osborne	Llanelli AC	Male	LLANELLI AC	
104	<b>320</b>	00:38:17	Mark	Truman	Celtic tri	Male	CELTIC TRI	
105	<b>261</b>	00:38:24	Gavin	Davies	3M Gorseinon Road Runners, (x)	Male	3MS GORSEINON RR	
106	<b>340</b>	00:38:35	Carl	Feiven	Cornelly Striders AC	Male	CORNELLY STRIDERS	
107	<b>90</b>	00:38:40	Kelcy	Hooper	Llanelli AC	Female		LLANELLI AC
108	<b>568</b>	00:38:41	Ash	Mckavett	Swansea Vale Tri #SVT	Male	SWANSEA VALE TRI	
109	<b>158</b>	00:38:42	Sally	Pugsley	Porthcawl Runners	Female		PORTHCAWL RUNNERS
110	<b>454</b>	00:38:43	Christian	Bold	Porthcawl Runners	Male	PORTHCAWL RUNNERS	
111	<b>325</b>	00:38:44	Richard	Baker	Clwb Rhedeg Pontardawe Runn	Male	CLWB RHEDEG PONTARDAWE	
112	<b>424</b>	00:38:45	Aaron	Davies	Peak performance wales	Male	PEAK PERFORMANCE WALES	
113	<b>215</b>	00:38:47	Kristy	Smith	Swansea harriers	Female		SWANSEA HARRIERS LADIES

114	585	00:38:51	Jack	Cosker	Tri Hard Harriers	Male	TRI HARD HARRIERS TITANS	
115	243	00:38:54	Amy	Lees	Tri hard harriers	Female		TRI HARD HARRIERS
116	446	00:39:01	Ben	Hughes	Port Talbot Harriers	Male	PORT TALBOT HARRIERS	
117	464	00:39:04	Alun	Cox	Port Talbot Harriers	Male	PTH REDS	
118	353	00:39:08	Lewis	Bradley	Ferry Flatliners	Male	FERRY FLATLINERS	
119	20	00:39:09	Wendy	Price	Amman Valley Harriers, (x)	Female		AMMAN VALLEY HARRIERS
120	503	00:39:10	Graham	Vyner	Run4All Neath	Male	RUN4ALL NEATH BLACKS	
121	423	00:39:13	Joseph	Bailey	Peak Performance Wales	Male	PEAK PERFORMANCE WALES	
122	333	00:39:14	Dafydd	Williams	Clwb Rhedeg Pontardawe	Male	CLWB RHEDEG PONTARDAWE	
123	359	00:39:16	Craig	Ranft	Ferry Flatliners	Male	FERRY FLATLINERS	
124	467	00:39:17	Roger	Jones	Port Talbot Harriers	Male	PTH REDS	
125	451	00:39:19	Thomas	Rees-Gralt	Port Talbot Harriers	Male	PORT TALBOT HARRIERS	
126	494	00:39:22	Jonathan	Jarvis	Run4all Neath	Male	RUN4ALL NEATH BLACKS	
127	497	00:39:26	Connor	Preddy	R4A Neath	Male	RUN4ALL NEATH BLACKS	
128	425	00:39:27	Chris	Davies	Peak performance wales	Male	PEAK PERFORMANCE WALES	
129	509	00:39:28	Chris	Lewis	Run4all Neath	Male	RUN4ALL NEATH YELLOWS	
130	399	00:39:30	Oliver	Edwards	Ogmore Phoenix	Male	OGMORE PHOENIX RUNNERS	
131	315	00:39:31	Ethan	Matthews	Celtic Tri	Male	CELTIC TRI	
132	471	00:39:46	Anthony	Rabaiotti	Port Talbot Harriers	Male	PTH REDS	
133	561	00:39:48	Nick	Hughes	Swansea vale tri	Male	SWANSEA VALE TRI	
134	17	00:39:49	Clara	Davies	Amman Valley Harriers	Female		AMMAN VALLEY HARRIERS
135	277	00:39:52	Robert	Sandles	3M Gorseinon Road Runners	Male	3MS GORSEINON RR	
136	564	00:40:00	Eli	Johnson	Swansea Vale Tri	Male	SWANSEA VALE TRI	
137	18	00:40:06	Tifanie	Lewis	Amman Valley Harries	Female		AMMAN VALLEY HARRIERS
138	14	00:40:09	Katie	Williams	3M Gorseinon Road Runners	Female		3MS GORSEINON RR
139	375	00:40:10	Dean	Morris	Neath Harriers	Male	NEATH BLACK TUESDAY	
140	239	00:40:12	Jessica	Harrison	Tri Hard Harriers	Female		TRI HARD HARRIERS
141	442	00:40:18	Gareth	Evans	Port Talbot Harriers	Male	PORT TALBOT HARRIERS	
142	287	00:40:20	Henry (Har	Lloyd Davis	Amman Valley Harriers	Male	AMMAN VALLEY HARRIERS	
143	412	00:40:31	Ross	Axworthy	Paul popham	Male	PAUL POPHAM RUNNING CLUB	
144	35	00:40:32	Melanie	Williams	Brackla Harriers	Female		BRACKLA HARRIERS
145	347	00:40:33	Greg	Morgan	Cornelly Striders AC	Male	CORNELLY STRIDERS	
146	473	00:40:34	Ian	Sparks	Port talbot Harriers	Male	PTH REDS	
147	140	00:40:38	Sarah	Howard	Port Talbot Harriers	Female		PORT TALBOT HARRIERS
148	139	00:40:43	Samantha	Healy	Port Talbot Harriers	Female		PORT TALBOT HARRIERS
149	185	00:40:44	Lauren	Thomas	Run4All Neath	Female		RUN4ALL NEATH BLACKS
150	145	00:40:50	Cathryn	Williams	Port Talbot Harriers	Female		PORT TALBOT HARRIERS
151	206	00:40:51	Diane	Brownhill	Swansea Harriers	Female		SWANSEA HARRIERS LADIES

152	<b>311</b>	00:40:53	Steve	Hayward	Celtic tri	Male	CELTIC TRI	
153	<b>231</b>	00:40:54	Ellen	Lavender	Swansea Vale Triathlon Club	Female		SWANSEA VALE TRI
154	<b>252</b>	00:40:57	Lindy	Geyer	Trot	Female		TROTS
155	<b>485</b>	00:41:03	Peter	Richards	Port Talbot Harriers	Male	PTH WIZARDS	
156	<b>151</b>	00:41:06	Hannah	Jenkins	Porthcawl runners	Female		PORTHCAWL RUNNERS
157	<b>369</b>	00:41:08	Paul	Lock	Llanelli AC	Male	LLANELLI AC	
158	<b>136</b>	00:41:10	Viki	Evans	Port talbot harriers	Female		PORT TALBOT HARRIERS
159	<b>1</b>	00:41:12	Haley	Bailey Law	3M Gorseinon Road Runners	Female		3MS GORSEINON RR
160	<b>461</b>	00:41:13	Bryn	Powis	Porthcawl Runners	Male	PORTHCAWL RUNNERS	
161	<b>418</b>	00:41:15	Dean	Matthews	Paul popham	Male	PAUL POPHAM RUNNING CLUB	
162	<b>417</b>	00:41:23	Andrew	Golley	Paul Popham Running Club	Male	PAUL POPHAM RUNNING CLUB	
163	<b>216</b>	00:41:24	lois	woodward	Swansea harriers	Female		SWANSEA HARRIERS LADIES
164	<b>160</b>	00:41:25	Deb	Roberts	Porthcawl Runners	Female		PORTHCAWL RUNNERS
165	<b>62</b>	00:41:25	Louise	Attwood	Cornelly Striders AC	Female		CORNELLY STRIDERS
166	<b>491</b>	00:41:27	Idris	Hanmer	Run4All Neath	Male	RUN4ALL NEATH BLACKS	
167	<b>477</b>	00:41:33	Julian	Halloran	Port Talbot Harriers	Male	PTH WIZARDS	
168	<b>328</b>	00:41:37	Richard	Dain	Clwb Rhedeg Pontardawe	Male	CLWB RHEDEG PONTARDAWE	
169	<b>28</b>	00:41:47	Charlotte	Johns	Brackla Harriers	Female		BRACKLA HARRIERS
170	<b>595</b>	00:41:49	Robert	Stewart	Tri Hard Harriers	Male	TRI HARD HARRIERS TITANS	
171	<b>257</b>	00:41:53	Jenny	Tanner	Trots	Female		TROTS
172	<b>513</b>	00:41:55	steven	perks	RUN4ALL Neath	Male	RUN4ALL NEATH YELLOWS	
173	<b>575</b>	00:41:55	Karac	Worley	Swansea vale Tri	Male	SWANSEA VALE TRI	
174	<b>169</b>	00:41:56	Gemma	Phillips	Port Talbot Harriers	Female		PTH REDS
175	<b>590</b>	00:41:59	James	Hole	Tri Hard Harriers	Male	TRI HARD HARRIERS TITANS	
176	<b>349</b>	00:42:07	Dan	Thomas	Cornelly Striders AC	Male	CORNELLY STRIDERS	
177	<b>508</b>	00:42:10	Mark	Kinson	Run4all	Male	RUN4ALL NEATH YELLOWS	
178	<b>366</b>	00:42:12	Anthony	Heald	Clwb Athletau Llanelli Athletics	Male	LLANELLI AC	
179	<b>154</b>	00:42:15	Louise	Mordue	Porthcawl Runners	Female		PORTHCAWL RUNNERS
180	<b>345</b>	00:42:15	Paul	May	Cornelly Striders AC	Male	CORNELLY STRIDERS	
181	<b>335</b>	00:42:16	Wilkinson	Anthony	Cornelly Striders AC	Male	CORNELLY STRIDERS	
182	<b>94</b>	00:42:20	Caryl	Williams	Llanelli AC	Female		LLANELLI AC
183	<b>174</b>	00:42:28	Cara	Farley	Run4All Neath	Female		RUN4ALL NEATH BLACKS
184	<b>300</b>	00:42:29	Nathan	Williams	Brackla Harriers	Male	BRACKLA HARRIERS	
185	<b>214</b>	00:42:31	Jennifer	Roberts	Swansea harriers	Female		SWANSEA HARRIERS LADIES
186	<b>209</b>	00:42:31	Helen-mar	Davies	SWANSEA HARRIERS	Female		SWANSEA HARRIERS LADIES
187	<b>474</b>	00:42:32	Tony	Spiller	Port talbot harriers	Male	PTH REDS	
188	<b>88</b>	00:42:34	Isobel	Dawson	Llanelli AC	Female		LLANELLI AC
189	<b>548</b>	00:42:36	Adrian	Blake	Swansea Vale Tri	Male	SWANSEA VALE TRI	

190	<b>483</b>	00:42:37	Colin	Lewis	Port Talbot Harriers	Male	PTH WIZARDS	
191	<b>310</b>	00:42:38	Huw	Hamer	Celtic Tri	Male	CELTIC TRI	
192	<b>184</b>	00:42:38	Cheryl	Tanner	Run4All Neath	Female		RUN4ALL NEATH BLACKS
193	<b>172</b>	00:42:39	Claire	Broad	Run4all Neath	Female		RUN4ALL NEATH BLACKS
194	<b>588</b>	00:42:45	Gareth	Evans	Tri Hard	Male	TRI HARD HARRIERS TITANS	
195	<b>586</b>	00:42:52	Mark	Davies	Tri Hard	Male	TRI HARD HARRIERS TITANS	
196	<b>573</b>	00:42:59	Euan	Wheel	Swansea Vale Tri	Male	SWANSEA VALE TRI	
197	<b>96</b>	00:43:00	Sian	Stephens	Neath Harriers	Female		NEATH HARRIERS
198	<b>309</b>	00:43:05	Mark	Gabb	Celtic Tri	Male	CELTIC TRI	
199	<b>295</b>	00:43:14	Graham	Foster	Brackla Harriers	Male	BRACKLA HARRIERS	
200	<b>297</b>	00:43:17	Adrian	Lewis	Brackla Harriers	Male	BRACKLA HARRIERS	
201	<b>284</b>	00:43:17	Wayne	Fowler	Amman Valley Harriers	Male	AMMAN VALLEY HARRIERS	
202	<b>475</b>	00:43:18	Stephen	Davies	Port Talbot Harriers & A.C.	Male	PTH WIZARDS	
203	<b>360</b>	00:43:18	Jason	Smith	Ferry Flatliners	Male	FERRY FLATLINERS	
204	<b>479</b>	00:43:19	John	Hopkins	port talbot harriers	Male	PTH WIZARDS	
205	<b>143</b>	00:43:20	Rachel	Monks	Port Talbot Harriers	Female		PORT TALBOT HARRIERS
206	<b>557</b>	00:43:24	Ian	Hall	Swansea vale tri	Male	SWANSEA VALE TRI	
207	<b>317</b>	00:43:25	Christophe	Smith	Celtic Tri	Male	CELTIC TRI	
208	<b>465</b>	00:43:28	Garry	Evans	Port Talbot Harriers	Male	PTH REDS	
209	<b>463</b>	00:43:37	Steven	Sleep	Porthcawl Runners	Male	PORTHCAWL RUNNERS	
210	<b>155</b>	00:43:38	Emily	O'Neill	Porthcawl runners	Female		PORTHCAWL RUNNERS
211	<b>249</b>	00:43:38	Kitty	Watts	Tri Hard Harriers	Female		TRI HARD HARRIERS
212	<b>146</b>	00:43:41	Lee	Bodenham	porthcawl runners	Female		PORTHCAWL RUNNERS
213	<b>348</b>	00:43:42	Evan	Phillips	Cornelly Striders	Male	CORNELLY STRIDERS	
214	<b>356</b>	00:43:43	Michael	Gunter	Ferry Flatliners	Male	FERRY FLATLINERS	
215	<b>414</b>	00:43:47	Derek	Claydon	Paul Popham Running Club	Male	PAUL POPHAM RUNNING CLUB	
216	<b>127</b>	00:43:48	Katie	Bowler	Peak Performance	Female		PEAK PERFORMANCE WALES
217	<b>589</b>	00:43:49	Stuart	Felton	Tri Hard Harriers	Male	TRI HARD HARRIERS TITANS	
218	<b>15</b>	00:43:50	Catharine	Bleasdale	Amman Valley Harriers	Female		AMMAN VALLEY HARRIERS
219	<b>377</b>	00:43:58	Chris	Richards	Neath Harriers	Male	NEATH BLACK TUESDAY	
220	<b>469</b>	00:44:05	James	Lowery	Port Talbot Harriers	Male	PTH REDS	
221	<b>593</b>	00:44:07	Gavin	Rees	Tri Hard Harriers	Male	TRI HARD HARRIERS TITANS	
222	<b>293</b>	00:44:08	Matthew	Bunce	Brackla Harriers	Male	BRACKLA HARRIERS	
223	<b>570</b>	00:44:10	Ben	Reid	swansea vale trl	Male	SWANSEA VALE TRI	
224	<b>64</b>	00:44:17	Tracey	Bond	Cornelly Striders AC	Female		CORNELLY STRIDERS
225	<b>22</b>	00:44:21	Jana	Weideman	Amman Valley Harriers	Female		AMMAN VALLEY HARRIERS
226	<b>303</b>	00:44:22	Matthew	Cox	Celtic Tri	Male	CELTIC TRI	
227	<b>201</b>	00:44:26	Claire	Morgan	Sospan Road Runners	Female		SOSPAN ROAD RUNNERS

228	<b>79</b>	00:44:26	Paula	Wilfort	Cornelly Striders AC	Female		CORNELLY STRIDERS
229	<b>204</b>	00:44:29	Ffion	Randell	Sospan road runners	Female		SOSPAN ROAD RUNNERS
230	<b>100</b>	00:44:31	Jade	Bazylkiewi	Ogmore Phoenix Runners	Female		OGMORE PHOENIX RUNNERS
231	<b>351</b>	00:44:31	Ceri	Windos	Cornelly stiders	Male	CORNELLY STRIDERS	
232	<b>435</b>	00:44:32	Dale	Newell	Peak performance wales	Male	PEAK PERFORMANCE WALES	
233	<b>422</b>	00:44:36	Simon	Treharne	Paul Popham Running Club	Male	PAUL POPHAM RUNNING CLUB	
234	<b>389</b>	00:44:36	Tim	Hinchey	North Dock Dredgers	Male	NORTH DOCK DREDGERS	
235	<b>228</b>	00:44:37	Hannah	Hoffman	Swansea Vale Tri	Female		SWANSEA VALE TRI
236	<b>37</b>	00:44:41	Linzi	Byrne	Celtic Tri	Female		CELTIC TRI
237	<b>211</b>	00:44:46	Jenny	Mcadie	Swansea Harriers	Female		SWANSEA HARRIERS LADIES
238	<b>97</b>	00:44:51	Megan	Symons	Neath Harriers	Female		NEATH HARRIERS
239	<b>176</b>	00:44:58	Megan	Jeal	Run4all	Female		RUN4ALL NEATH BLACKS
240	<b>436</b>	00:45:01	Adrian	Peters	Peak Performance Wales	Male	PEAK PERFORMANCE WALES	
241	<b>511</b>	00:45:08	tudor	miles	run4all	Male	RUN4ALL NEATH YELLOWS	
242	<b>346</b>	00:45:11	Chris	Morgan	Cornelly Striders AC	Male	CORNELLY STRIDERS	
243	<b>2</b>	00:45:17	Clare	Baxter	3M Gorseinon Road Runners	Female		3MS GORSEINON RR
244	<b>505</b>	00:45:17	Darren	Chapple	Run4All Neath	Male	RUN4ALL NEATH YELLOWS	
245	<b>61</b>	00:45:21	Kate	Ashton	Cornelly Striders AC	Female		CORNELLY STRIDERS
246	<b>213</b>	00:45:23	Sian	Phillips	SWANSEA HARRIERS	Female		SWANSEA HARRIERS LADIES
247	<b>34</b>	00:45:26	Elaine	Wharmby	Brackla Harriers	Female		BRACKLA HARRIERS
248	<b>32</b>	00:45:27	Eleri	Powell	Brackla harriers	Female		BRACKLA HARRIERS
249	<b>322</b>	00:45:35	Phil	Whitney	Celtic Tri	Male	CELTIC TRI	
250	<b>597</b>	00:45:47	Jonathan	West	Tri Hard	Male	TRI HARD HARRIERS TITANS	
251	<b>387</b>	00:45:49	Robert	Carr	NORTH DOCK DREDGERS	Male	NORTH DOCK DREDGERS	
252	<b>543</b>	00:45:50	Christophe	Anthony Jo	Swansea Vale Triathlon	Male	SWANSEA VALE TRI	
253	<b>219</b>	00:45:52	Meleri	Cole	Swansea Vale Tri	Female		SWANSEA VALE TRI
254	<b>173</b>	00:45:54	Debra	Clarke	Run4all Neath	Female		RUN4ALL NEATH BLACKS
255	<b>95</b>	00:45:55	Olivia	Glave	Neath Harriers	Female		NEATH HARRIERS
256	<b>282</b>	00:45:57	Guto	Evans	Amman Valley Harriers	Male	AMMAN VALLEY HARRIERS	
257	<b>278</b>	00:46:03	Dewi	West	3m's Gorseinon Road Runners	Male	3MS GORSEINON RR	
258	<b>544</b>	00:46:11	Jack	Arnold	Swansea vale tri	Male	SWANSEA VALE TRI	
259	<b>458</b>	00:46:13	James	Evans	Porthcawl Runners	Male	PORTHCOWL RUNNERS	
260	<b>212</b>	00:46:21	Caroline	Morgan	Swansea Harriers	Female		SWANSEA HARRIERS LADIES
261	<b>254</b>	00:46:25	Janine	Owen	Trots	Female		TROTS
262	<b>314</b>	00:46:29	Dan	Lammas	Celtic Tri	Male	CELTIC TRI	
263	<b>372</b>	00:46:34	Robert	Bamsey	Neath Harriers	Male	NEATH BLACK TUESDAY	
264	<b>476</b>	00:46:40	Jonathan	Gibbs	Port Talbot Harriers	Male	PTH WIZARDS	
265	<b>9</b>	00:46:44	Diane	Ridgeway	3M Gorseinon Road Runners	Female		3MS GORSEINON RR

266	<b>45</b>	00:46:47	Sandra	Jones	Celtic Tri	Female		CELTIC TRI
267	<b>269</b>	00:46:56	Steve	Jones	3M Gorseinon Road Runners	Male	3MS GORSEINON RR	
268	<b>59</b>	00:46:59	Lisa	Wells	Clwb Rhedeg Pontardawe Run	Female		CLWB RHEDEG PONTARDAWE
269	<b>455</b>	00:47:01	Ian	Broderick	Porthcawl Runners	Male	PORTHCAWL RUNNERS	
270	<b>27</b>	00:47:05	Louise	Harries	Brackla Harriers	Female		BRACKLA HARRIERS
271	<b>394</b>	00:47:07	Paul	Barrett	Ogmore Phoenix Runners	Male	OGMORE PHOENIX RUNNERS	
272	<b>413</b>	00:47:09	Leigh	Besley	Paul Popham Running club	Male	PAUL POPHAM RUNNING CLUB	
273	<b>220</b>	00:47:14	Sheridan	Court	Swansea Vale Tri	Female		SWANSEA VALE TRI
274	<b>236</b>	00:47:21	Hannah	Buckland	Tri Hard Harriers	Female		TRI HARD HARRIERS
275	<b>332</b>	00:47:23	Roger	Silk	Clwb Rhedeg Pontardawe	Male	CLWB RHEDEG PONTARDAWE	
276	<b>132</b>	00:47:25	Sarena	Thakkar	Peak Performance Wales	Female		PEAK PERFORMANCE WALES
277	<b>298</b>	00:47:29	John	Lloyd	Brackla Harriers	Male	BRACKLA HARRIERS	
278	<b>149</b>	00:47:30	Laura	Gush	Porthcawl runners	Female		PORTHCAWL RUNNERS
279	<b>177</b>	00:47:32	Lorna	Johnson	Run4All Neath	Female		RUN4ALL NEATH BLACKS
280	<b>116</b>	00:47:33	Angela	Harris	Paul Popham Running Club	Female		PAUL POPHAM RUNNING CLUB
281	<b>563</b>	00:47:39	Owain	Humphreys	Swansea vale tri	Male	SWANSEA VALE TRI	
282	<b>8</b>	00:47:40	Francesca	Newman	3M Gorseinon Road Runners	Female		3MS GORSEINON RR
283	<b>13</b>	00:47:41	SHARON	TROTMAN	3M Gorseinon Road Runners	Female		3MS GORSEINON RR
284	<b>460</b>	00:47:41	Rhys	Mumford	Porthcawl Runners	Male	PORTHCAWL RUNNERS	
285	<b>217</b>	00:47:42	Kellie	Bateman	Swansea Vale Tri	Female		SWANSEA VALE TRI
286	<b>453</b>	00:47:44	Arran	Bluck	Porthcawl Runners	Male	PORTHCAWL RUNNERS	
287	<b>242</b>	00:47:48	Emily	James	Tri Hard Harriers	Female		TRI HARD HARRIERS
288	<b>16</b>	00:47:49	Ria	Burton	Amman Valley Harriers	Female		AMMAN VALLEY HARRIERS
289	<b>437</b>	00:47:50	Craig	Thomas	Peak Performance Wales	Male	PEAK PERFORMANCE WALES	
290	<b>142</b>	00:47:56	Lesley	Mainwaring	Port Talbot Harriers	Female		PORT TALBOT HARRIERS
291	<b>156</b>	00:47:59	Leanne	Powis	Porthcawl Runners	Female		PORTHCAWL RUNNERS
292	<b>11</b>	00:48:01	Caroline	Sandles	3Ms Gorseinon Road Runners	Female		3MS GORSEINON RR
293	<b>57</b>	00:48:02	Louise	Foulkes	Clwb Rhedeg Pontardawe	Female		CLWB RHEDEG PONTARDAWE
294	<b>357</b>	00:48:04	Adam	James	Ferry Flatliners	Male	FERRY FLATLINERS	
295	<b>245</b>	00:48:07	Sasha	Martin	Tri Hard Harriers	Female		TRI HARD HARRIERS
296	<b>47</b>	00:48:10	Kelly	Marie Davi	Celtic Tri	Female		CELTIC TRI
297	<b>141</b>	00:48:12	Carrie Ann	John	Port Talbot Harriers	Female		PORT TALBOT HARRIERS
298	<b>138</b>	00:48:13	Jane	Harwood	Port Talbot Harriers	Female		PORT TALBOT HARRIERS
299	<b>157</b>	00:48:17	Solitaire	Pritchard	Porthcawl Runners	Female		PORTHCAWL RUNNERS
300	<b>571</b>	00:48:24	James	Rowland	Swansea Vale Tri	Male	SWANSEA VALE TRI	
301	<b>365</b>	00:48:30	Hugh	Evans	Llanelli Athletics Club	Male	LLANELLI AC	
302	<b>194</b>	00:48:30	Angharad	Davies	Sospan Road Runners	Female		SOSPAN ROAD RUNNERS
303	<b>131</b>	00:48:33	Efa	Rees-Davie	Peak Performance Wales	Female		PEAK PERFORMANCE WALES



304	<b>210</b>	00:48:34	Angela	Delaney	SWANSEA HARRIERS	Female		SWANSEA HARRIERS LADIES
305	<b>86</b>	00:48:35	Debi	Bartlett	Llanelli Athletic Club	Female		LLANELLI AC
306	<b>318</b>	00:48:37	Dave	SMITH	Celtic Tri	Male	CELTIC TRI	
307	<b>130</b>	00:48:38	Catrin	Poole	Peak performance	Female		PEAK PERFORMANCE WALES
308	<b>430</b>	00:48:39	Gary	Howells	Peak Performance Wales	Male	PEAK PERFORMANCE WALES	
309	<b>291</b>	00:48:46	Kevin	Taylor	Amman Valley Harriers	Male	AMMAN VALLEY HARRIERS	
310	<b>227</b>	00:48:52	Lynsey	Hitt	Swansea Vale Tri	Female		SWANSEA VALE TRI
311	<b>83</b>	00:49:03	Bethan	Francis-wil	Ferry Flatliners	Female		FERRY FLATLINERS
312	<b>516</b>	00:49:04	Graham	Daniels	Sospan Road Runners	Male	SOSPAN RR	
313	<b>84</b>	00:49:05	Catherine	Singleton	Ferry Flatliners	Female		FERRY FLATLINERS
314	<b>329</b>	00:49:06	Kevin	Hammaco	Clwb Rhedeg Pontardawe	Male	CLWB RHEDEG PONTARDAWE	
315	<b>106</b>	00:49:08	Katie	Plimmer	Ogmore Phoenix	Female		OGMORE PHOENIX RUNNERS
316	<b>267</b>	00:49:10	Francis	Heron	3ms Gorseinon	Male	3MS GORSEINON RR	
317	<b>103</b>	00:49:13	Julia	Esmond	Ogmore Phoenix Runners	Female		OGMORE PHOENIX RUNNERS
318	<b>51</b>	00:49:14	Linzi	Soper	Celtic Tri	Female		CELTIC TRI
319	<b>48</b>	00:49:15	Lucy	Martin	Celtic Tri	Female		CELTIC TRI
320	<b>147</b>	00:49:19	Pippa	Davies	Porthcawl Runners	Female		PORTHCAWL RUNNERS
321	<b>182</b>	00:49:22	Kath	Roberts	Run4All Neath	Female		RUN4ALL NEATH BLACKS
322	<b>118</b>	00:49:24	Leah	Morgan	Paul popham	Female		PAUL POPHAM RUNNING CLUB
323	<b>305</b>	00:49:28	Kevin	Davies	Celtic Tri	Male	CELTIC TRI	
324	<b>551</b>	00:49:29	Paul	Dorrell	Swansea Vale Tri	Male	SWANSEA VALE TRI	
325	<b>71</b>	00:49:30	Louise	Hogan	Cornelly Striders AC	Female		CORNELLY STRIDERS
326	<b>248</b>	00:49:33	Vicky	Tyler-Strike	Tri Hard Harriers	Female		TRI HARD HARRIERS
327	<b>26</b>	00:49:35	Julie	Couzens	Brackla Harriers	Female		BRACKLA HARRIERS
328	<b>330</b>	00:49:40	Darren	Harris	Clwb Rhedeg Pontardawe Rc	Male	CLWB RHEDEG PONTARDAWE	
329	<b>101</b>	00:49:42	Sarah	Davies	Ogmore Phoenix Runners	Female		OGMORE PHOENIX RUNNERS
330	<b>256</b>	00:49:45	Corissa	Smith	TROTS	Female		TROTS
331	<b>279</b>	00:49:46	Mark	Bleasdale	Amman Valley Harriers	Male	AMMAN VALLEY HARRIERS	
332	<b>547</b>	00:49:51	Huw	Bevan	Swansea vale Tri	Male	SWANSEA VALE TRI	
333	<b>113</b>	00:49:53	Barbara	Gomes	Paul Popham Running Club	Female		PAUL POPHAM RUNNING CLUB
334	<b>181</b>	00:49:53	Angie	Ridge	Run4all	Female		RUN4ALL NEATH BLACKS
335	<b>264</b>	00:49:54	Christian	Fox	3M Gorseinon Road Runners	Male	3MS GORSEINON RR	
336	<b>202</b>	00:49:56	Charlotte	Morrison	Sospan Road Runners	Female		SOSPAN ROAD RUNNERS
337	<b>319</b>	00:50:03	Martin	Stevenson	Celtic tri	Male	CELTIC TRI	
338	<b>148</b>	00:50:04	Claire	Godfrey	Porthcawl Runners	Female		PORTHCAWL RUNNERS
339	<b>481</b>	00:50:05	Robert	Howard	Port Talbot Harriers	Male	PTH WIZARDS	
340	<b>108</b>	00:50:06	Melanie	Thomas	Ogmore Phoenix Runners	Female		OGMORE PHOENIX RUNNERS
341	<b>598</b>	00:50:08	Andrew	Salmon	TROTS	Male	TROTS	

342	<b>81</b>	00:50:18	Lynsey	Cherry Eva	Ferry Flatliners	Female		FERRY FLATLINERS
343	<b>591</b>	00:50:24	Angus	Humber	Tri Hard Harriers	Male	TRI HARD HARRIERS TITANS	
344	<b>73</b>	00:50:31	Jennet	James	Cornelly Striders AC	Female		CORNELLY STRIDERS
345	<b>23</b>	00:50:35	Caroline	Wright	Amman valley harriers	Female		AMMAN VALLEY HARRIERS
346	<b>592</b>	00:50:39	Liam	Jones	Tri Hard Harriers	Male	TRI HARD HARRIERS TITANS	
347	<b>587</b>	00:50:39	Garin	Edwards	Trihard Harriers	Male	TRI HARD HARRIERS TITANS	
348	<b>222</b>	00:50:43	Rachael	Draisey	Swansea vale tri	Female		SWANSEA VALE TRI
349	<b>12</b>	00:50:48	Christina	Smith	3Ms RR	Female		3MS GORSEINON RR
350	<b>36</b>	00:50:52	Jennifer	Aylward	Celtic Tri	Female		CELTIC TRI
351	<b>411</b>	00:50:55	jonathon	atter	Paul popham	Male	PAUL POPHAM RUNNING CLUB	
352	<b>30</b>	00:50:56	Alison	Meredith-J	Brackla Harriers	Female		BRACKLA HARRIERS
353	<b>512</b>	00:50:59	Jonathan	Pearn	Run4All Neath	Male	RUN4ALL NEATH YELLOWS	
354	<b>392</b>	00:51:02	Kev	Yeo	North Dock Dredgers	Male	NORTH DOCK DREDGERS	
355	<b>44</b>	00:51:33	Emma	Jones	Celtic Tri	Female		CELTIC TRI
356	<b>85</b>	00:51:36	Amanda Ja	Smith	Ferry flatliners	Female		FERRY FLATLINERS
357	<b>98</b>	00:51:40	Alison	Allen	Ogmore Phoenix Runners	Female		OGMORE PHOENIX RUNNERS
358	<b>521</b>	00:51:44	Paul	Sands	Sospan road runners	Male	SOSPAN RR	
359	<b>134</b>	00:51:50	Shan	Castley	Port Talbot Harriers	Female		PORT TALBOT HARRIERS
360	<b>186</b>	00:51:54	Sian	Wadham	Run4All Neath	Female		RUN4ALL NEATH BLACKS
361	<b>63</b>	00:51:56	Sarah	Barrell	Cornelly striders	Female		CORNELLY STRIDERS
362	<b>486</b>	00:52:00	Stephen	Williams	Port Talbot Harriers	Male	PTH WIZARDS	
363	<b>21</b>	00:52:02	Nicola	Thomas	Amman Valley Harriers	Female		AMMAN VALLEY HARRIERS
364	<b>352</b>	00:52:06	Ian	Wright	Cornelly Striders AC	Male	CORNELLY STRIDERS	
365	<b>180</b>	00:52:14	Katie	Morris	Run4AllNeath	Female		RUN4ALL NEATH BLACKS
366	<b>82</b>	00:52:19	Nicola	Evans	Ferry Flatliners	Female		FERRY FLATLINERS
367	<b>60</b>	00:52:22	Claire	Williams	Clwb Rhedeg Pontardawe	Female		CLWB RHEDEG PONTARDAWE
368	<b>484</b>	00:52:23	Gary	Maal	Port Talbot Harriers	Male	PTH WIZARDS	
369	<b>129</b>	00:52:26	Candice	Edwards	Peak Performance Wales	Female		PEAK PERFORMANCE WALES
370	<b>376</b>	00:52:33	Simon	Partridge	Neath Harriers	Male	NEATH BLACK TUESDAY	
371	<b>25</b>	00:52:36	Mary	Beech	Brackla Harriers	Female		BRACKLA HARRIERS
372	<b>238</b>	00:52:37	Elizabeth	Griffiths	Tri Hard Harriers	Female		TRI HARD HARRIERS
373	<b>415</b>	00:52:38	Anthony	Coker	Paul Popham Running Club	Male	PAUL POPHAM RUNNING CLUB	
374	<b>153</b>	00:52:39	Daniela	Jones	Porthcawl Runners	Female		PORTHCOWL RUNNERS
375	<b>191</b>	00:52:41	Isabel	Francis	Run4all Neath	Female		RUN4ALL NEATH YELLOWS
376	<b>569</b>	00:52:42	Sammy	Phillips	Swansea Vale Tri	Male	SWANSEA VALE TRI	
377	<b>49</b>	00:52:43	Joanna	Otteson	Celtic Tri	Female		CELTIC TRI
378	<b>10</b>	00:52:46	Ruth	Salmon	3M Gorseinon Road Runners	Female		3MS GORSEINON RR
379	<b>31</b>	00:52:48	Jane	Ogilvie	Brackla Harriers	Female		BRACKLA HARRIERS

380	<b>326</b>	00:52:51	Wayne	Baugh	Clwb Rhedeg Pontardawe	Male	CLWB RHEDEG PONTARDAWE	
381	<b>510</b>	00:52:53	John	May	Run4All Neath	Male	RUN4ALL NEATH YELLOWS	
382	<b>178</b>	00:52:54	Gemma	Jones	Run4all	Female		RUN4ALL NEATH BLACKS
383	<b>133</b>	00:53:25	Kelly	Williams	Peak performance wales	Female		PEAK PERFORMANCE WALES
384	<b>506</b>	00:53:30	Bob	Davies	Run4All Neath	Male	RUN4ALL NEATH YELLOWS	
385	<b>421</b>	00:53:37	Jonathan	Scott	Paul popham running club	Male	PAUL POPHAM RUNNING CLUB	
386	<b>427</b>	00:53:51	Paul	Groom	Peak Performance Wales	Male	PEAK PERFORMANCE WALES	
387	<b>224</b>	00:54:02	Karly	Gorman	Swansea Vale Tri	Female		SWANSEA VALE TRI
388	<b>46</b>	00:54:07	Gemma	Lammas	Celtic Tri	Female		CELTIC TRI
389	<b>235</b>	00:54:22	Helen	Woodward	Swansea Vale Tri	Female		SWANSEA VALE TRI
390	<b>270</b>	00:54:23	Terry	Jones	3M Gorseinon Road Runners	Male	3MS GORSEINON RR	
391	<b>175</b>	00:54:24	Abigail	Hamilton-S	Run4All Neath	Female		RUN4ALL NEATH BLACKS
392	<b>205</b>	00:54:30	Johanne	Vass	Sospan Road Runners	Female		SOSPAN ROAD RUNNERS
393	<b>221</b>	00:54:38	Jessica	Davies	Swansea Vale Tri	Female		SWANSEA VALE TRI
394	<b>58</b>	00:54:42	Catherine	Walker	Clwb Rhedeg Pontardawe	Female		CLWB RHEDEG PONTARDAWE
395	<b>42</b>	00:55:06	Hayley	Harris	Celtic Tri	Female		CELTIC TRI
396	<b>55</b>	00:55:06	Clare	Cooper	Clwb Rhedeg Pontardawe	Female		CLWB RHEDEG PONTARDAWE
397	<b>76</b>	00:55:09	Nikki J	Power	Cornelly Striders AC	Female		CORNELLY STRIDERS
398	<b>53</b>	00:55:12	Lisa	Walker	Celtic Tri	Female		CELTIC TRI
399	<b>168</b>	00:55:19	Sharon	Penhale	Port Talbot Harriers	Female		PTH REDS
400	<b>260</b>	00:55:21	Peter	Clement	3M Gorseinon Road Runners	Male	3MS GORSEINON RR	
401	<b>75</b>	00:55:26	Debra	Perry	Cornelly Striders	Female		CORNELLY STRIDERS
402	<b>338</b>	00:55:30	Gerwyn	Cox	cornelly striders	Male	CORNELLY STRIDERS	
403	<b>478</b>	00:55:38	Anthony	Holling	Port Talbot Harriers	Male	PTH WIZARDS	
404	<b>52</b>	00:55:43	Lisa	Tustin	Celtic Tri	Female		CELTIC TRI
405	<b>233</b>	00:55:51	Kaz	Thomas	Swansea Vale	Female		SWANSEA VALE TRI
406	<b>574</b>	00:55:52	Anthony	Wilson	Swansea Vale Tri Club	Male	SWANSEA VALE TRI	
407	<b>190</b>	00:55:53	Del	Eyre	RUN4ALL NEATH	Female		RUN4ALL NEATH YELLOWS
408	<b>170</b>	00:55:55	Christine	Williams	Port Talbot Harriers	Female		PTH REDS
409	<b>41</b>	00:56:01	Adele	Francis	Celtic Tri	Female		CELTIC TRI
410	<b>307</b>	00:56:02	Mark	Evans	Celtic Tri	Male	CELTIC TRI	
411	<b>68</b>	00:56:07	Georgina	Fraser	Cornelly Striders AC	Female		CORNELLY STRIDERS
412	<b>72</b>	00:56:31	Nicola	Howells	Cornelly Striders AC	Female		CORNELLY STRIDERS
413	<b>150</b>	00:56:54	Vivienne	Gush	Porthcawl Runners	Female		PORTHCAWL RUNNERS
414	<b>78</b>	00:57:16	Jenny	Tomkins	Cornelly striders	Female		CORNELLY STRIDERS
415	<b>165</b>	00:57:18	Lucy	Jones	Port Talbot Harriers	Female		PTH REDS
416	<b>420</b>	00:57:21	Lewys	Richards	Paul Popham Running Club	Male	PAUL POPHAM RUNNING CLUB	
417	<b>200</b>	00:57:48	Jackie	Martin	Sospan Road Runners	Female		SOSPAN ROAD RUNNERS

418	<b>43</b>	00:58:07	Kelly	Hutin	Celtic Tri	Female		CELTIC TRI
419	<b>241</b>	00:58:23	Alex	Hemingway	Tri Hard Harriers	Female		TRI HARD HARRIERS
420	<b>240</b>	00:58:24	Victoria	Hawkins	Tri Hard Harriers	Female		TRI HARD HARRIERS
421	<b>232</b>	00:58:43	Cheryl	Owen	Swansea Vale	Female		SWANSEA VALE TRI
422	<b>225</b>	00:58:43	Andrea	Griffiths	Swansea Vale Tri	Female		SWANSEA VALE TRI
423	<b>162</b>	00:58:54	Rhian	Cross	Port Talbot Harriers	Female		PTH REDS
424	<b>120</b>	00:59:02	Linsey	Ost	Paul Popham	Female		PAUL POPHAM RUNNING CLUB
425	<b>115</b>	00:59:03	Andrea	Harris	Paul Popham	Female		PAUL POPHAM RUNNING CLUB
426	<b>171</b>	00:59:06	Jacqueline	Richards	Port Talbot Harriers	Female		PTH REDS
427	<b>56</b>	00:59:19	Lisa	Evans	Clwb Rhedeg Pontardawe	Female		CLWB RHEDEG PONTARDAWE
428	<b>262</b>	00:59:30	David	Doherty	3M Gorseinon Road Runners	Male	3MS GORSEINON RR	
429	<b>193</b>	00:59:35	Lucy	Stone	Run4All	Female		RUN4ALL NEATH YELLOWS
430	<b>199</b>	00:59:39	Nicola	Jones	Sospan Road Runners	Female		SOSPAN ROAD RUNNERS
431	<b>196</b>	00:59:40	Melanie	Evans	Sospan Road Runners	Female		SOSPAN ROAD RUNNERS
432	<b>121</b>	01:00:01	Sian	Pascoe	Paul Popham RC	Female		PAUL POPHAM RUNNING CLUB
433	<b>263</b>	01:00:10	Richard	Donne	3Ms Road Runners	Male	3MS GORSEINON RR	
434	<b>259</b>	01:00:35	June	Warren-Jor	Trots	Female		TROTS
435	<b>480</b>	01:00:57	Daniel	Howard	Port Talbot Harriers	Male	PTH WIZARDS	
436	<b>167</b>	01:01:00	Paula	Morgan	Port Talbot Harriers	Female		PTH REDS
437	<b>7</b>	01:01:09	Meinir	Jones	3ms gorseinon road runners	Female		3MS GORSEINON RR
438	<b>188</b>	01:01:35	Hannah	Cox	Run4All neath	Female		RUN4ALL NEATH YELLOWS
439	<b>331</b>	01:01:49	Andrew	Miller	Clwb Rhedeg Pontardawe	Male	CLWB RHEDEG PONTARDAWE	
440	<b>432</b>	01:02:21	Mark	Kemp	Peak Performance	Male	PEAK PERFORMANCE WALES	
441	<b>89</b>	01:02:28	Rachel	Evans	Llanelli AC	Female		LLANELLI AC
442	<b>189</b>	01:02:44	Susan	Edwards	Run4All Neath	Female		RUN4ALL NEATH YELLOWS
443	<b>65</b>	01:02:53	Kelly	Christophe	Cornelly striders	Female		CORNELLY STRIDERS
444	<b>80</b>	01:02:53	Wendy	Wright	Cornelly Striders AC	Female		CORNELLY STRIDERS
445	<b>159</b>	01:02:56	Laura	Richards	Porthcawl Runners	Female		PORTHCRAWL RUNNERS
446	<b>117</b>	01:03:09	Andrea	Matthews	Paul Popham Running Club	Female		PAUL POPHAM RUNNING CLUB
447	<b>125</b>	01:03:47	Debra	Treharne	Paul Popham	Female		PAUL POPHAM RUNNING CLUB
448	<b>99</b>	01:03:56	Alexis	Barrett	Ogmore Phoenix Runners	Female		OGMORE PHOENIX RUNNERS
449	<b>105</b>	01:03:57	Leanne	Parsons	Ogmore Phoenix Runners	Female		OGMORE PHOENIX RUNNERS
450	<b>409</b>	01:04:17	Pablo	Abrahams	Paul Popham	Male	PAUL POPHAM RUNNING CLUB	
451	<b>69</b>	01:04:29	Emma	Geddes	Cornelly Striders	Female		CORNELLY STRIDERS
452	<b>70</b>	01:04:47	Sarah	Harrowing	Cornelly Striders AC	Female		CORNELLY STRIDERS
453	<b>39</b>	01:04:53	Joanna	Evans	Celtic Tri	Female		CELTIC TRI
454	<b>104</b>	01:06:25	Caryn	Hicks	Ogmore Phoenix	Female		OGMORE PHOENIX RUNNERS
455	<b>33</b>	01:07:07	Kathleen	Priddle	Brackla Harriers	Female		BRACKLA HARRIERS

456	<b>419</b>	01:07:09	Stephen	Rees	Paul Popham Running Club	Male	PAUL POPHAM RUNNING CLUB	
457	<b>166</b>	01:08:00	Rhiannon	Merriman	Port Talbot Harriers	Female		PTH REDS
458	<b>107</b>	01:08:10	Ria	Ross	Ogmore Phoenix Runners	Female		OGMORE PHOENIX RUNNERS
459	<b>258</b>	01:08:16	pauline	thomas	Trots	Female		TROTS
460	<b>38</b>	01:09:42	Felicity	Clark	Celtic tri	Female		CELTIC TRI
461	<b>50</b>	01:09:43	Anna	Rees	Celtic Tri	Female		CELTIC TRI
462	<b>119</b>	01:10:25	Sharon	osborne	Paul Popham	Female		PAUL POPHAM RUNNING CLUB
463	<b>112</b>	01:10:41	Nicola	Davies	PAUL POPHAM RUNNING CLUB	Female		PAUL POPHAM RUNNING CLUB
464	<b>111</b>	01:10:47	Jacqueline	Burt	Paul popham	Female		PAUL POPHAM RUNNING CLUB