

Finish Time	Finish Postion	Race #	Name	Surname	Gender	Club	
27:59		1	98	Deri	Stewart	Male	Celtic Tri
28:44		2	26	Michaeal	Lewis	Male	WT Academy
29:28		3	97	leau	Cooke	Male	Pembroke Tri
30:30		4	102	Fenella	Langridge	Female	Tredz
31:05		5	72	Amelia/Jake	F-Edmonds/Brooke Smith	Relay	Taff Ely Tri
31:06		6	29	Caroline	Jones	Female	Unattached
31:24		7	39	Luc	Bartlett	Male	Celtic Tri
31:44		8	51	Adam	Newton	Male	RTJ Sport
31:55		9	43	Matthew	Grantham	Male	Liswerry
31:58		10	65	Iwan	Jones	Male	Cardiff Tri
32:10		11	67	Elliot	Dudley	Male	Cardiff Tri
33:32		12	23	Paul	Jones	Male	Unattached
33:56		13	18	Greg	Brown	Male	Unattached
34:15		14	38	Ben	Bartlett	Male	Celtic Tri
34:55		15	2	Philip	Thomas	Male	Rhondda
35:12		16	31	Brian	Philips	Male	NEWT
35:26		17	103	Jonathon	Astley	Male	Taff Ely Tri
35:42		18	66	Jay	Goulding	Male	Taff Fl
35:48		19	118	Darren	Bishop	Male	Ponypridd Roadents
35:54		20	15	Richard	Elgar	Male	NEWT
35:58		21	84	Stuart	Edgar	Male	Cardiff Tri
36:30		22	55	Cathal	O'Hara	Male	Taff Ely Tri
36:37		23	52	Matthew	Haines	Male	South Wales Police
36:39		24	79	Elaine	Ferguson	Female	Cardiff Tri
37:03		25	119	Christian	Vaughan Morris	Male	Unattached
37:09		26	9	Adrian	Gannage	Male	Cadence CR
37:12		27	53	Andrew	Ellison	Male	Unattached
37:22		28	85	Katie	Greenwood	Female	Cardiff Tri
37:24		29	8	Holli	Jehu	Female	Taff Ely Tri
37:31		30	114	Richard	Haddock	Male	Roberttown Road Runners
37:40		31	120	Andrew	Davidson	Male	Les Croupiers
37:45		32	22	Adrian	Bennett	Male	Celtic Tri
37:52		33	87	Nick	Young	Male	Cardiff Tri
38:14		34	122	Peter	Kellam	Male	Cardiff Tri
38:19		35	63	Matthew	Crole-Rees	Male	Cardiff Tri
38:49		36	40	Andy	Steel	Male	Unattached
38:50		37	80	Gareth	Thomas	Male	Cardiff Tri
38:58		38	21	John	Smith	Male	Taff Ely Tri
39:07		39	68	Jeremy	Theobald	Male	Cardiff Tri
39:10		40	16	Dave	Southgate	Male	NEWT
39:12		41	91	Robert	Davies	Male	Cardiff Tri
39:24		42	117	Alex	Sebury	Male	Ponypridd Roadents
39:28		43	7	Gareth	Jehu	Male	Taff Ely Tri
39:38		44	56	Gareth	James	Male	Unattached
39:58		45	115	Matthew	Davies	Male	Rhondda
40:03		46	54	Cain	Thomas	Male	Cardiff Tri
40:06		47	44	Matthew	Brushett	Male	Unattached
40:08		48	108	Ross	Duffield	Male	Unattached
40:12		49	86	David	Lewis	Male	Cardiff Tri
40:16		50	64	Rhys	Thomas	Male	Unattached
40:20		51	19	Huw	Jones	Male	Taff Elathlon
40:24		52	70	Hayden/Johnathon	Osmond/Gibbs	Relay	Unattached
40:38		53	50	Issy/Julia	Morris	Relay	Unattached
40:42		54	33	Nathan	Bevan	Male	Rhondda
40:57		55	25	Andrew	Lewis	Male	Taff Ely Tri
41:05		56	12	Grant	Bryant	Male	Unattached
41:07		57	74	Julie	Scholey	Female	Unattached
41:10		58	112	Chris	Osmond	Male	Y Fenni
41:13		59	83	Steven	Perks	Male	Celtic Tri
41:20		60	73	Neil	Brooke Smith	Male	Taff Ely Tri
41:36		61	11	Richard	Parry	Male	Unattached
41:38		62	24	James	White	Male	Unattached
41:45		63	48	Simon	Fairclough	Male	Y Fenni
41:49		64	62	Lucy	middleton	Female	Unattached
41:52		65	57	Lucie	Broomfield	Female	Rhondda
41:59		66	76	Simon	Morgan	Male	Taff Ely Tri
42:01		67	36	Paul	Dunning	Male	Rhondda
42:02		68	41	Simon	Brushett	Male	Unattached
42:33		69	82	Angharad	Pocock	Female	Cardiff Tri
42:35		70	34	Rebecca	Newton	Female	Cardiff Tri
42:40		71	99	Edward	Pearson	Male	Whittle Fit / Cr@pTri
42:45		72	69	Alex	Tovey	Male	Run4All Neath
43:37		73	109	Solitaire	Pritchard	Female	Unattached
43:42		74	116	Nick	Pounder	Male	Ponypridd Roadents
43:47		75	93	Neil	Wheeler	Male	Run4All Neath
43:55		76	107	Huw	Roberrts-Thomas	Male	Cardiff Tri
44:03		77	59	Cathryn	Jenkins	Female	Run4All Neath
44:32		78	17	Huw/Hayley	Morgan/Edwards	Relay	NEWT/Liswerry
44:45		79	75	David	Charles	Male	Unattached
45:03		80	35	Marcus	Lloys	Male	Rhona
45:10		81	110	Ryan	McGrath	Male	Unattached
45:15		82	61	Chris	Davies	Male	Celtic Tri

45:17	83	77	Sara	Morgan	Female	Taff Ely Tri
45:20	84	10	Geraint	Smith	Male	Celtic Tri
45:23	85	100	Elaine/Yvonne	Rees/Williams	Relay	Unattached
45:33	86	32	Anthony	Layzell	Male	Celtic Tri
45:36	87	101	Sian Eleri/Jackie	Fudge/Barnhouse	Relay	Unattached
45:37	88	14	Huw	Jones	Male	Unattached
45:44	89	42	Delyth	Lewis	Female	Unattached
45:47	90	121	Dan	Chapple	Male	Unattached
46:14	91	45	Fiona	Davies	Female	Rhondda
46:31	92	90	Julie	Roche	Female	Fairwater Runners
46:40	93	88	Hattie	Le Feuvre	Female	Cardiff Tri
46:47	94	71	Rosalind	Edmonds	Female	Taff Ely Tri
47:04	95	95	Dean	Philips	Male	Unattached
47:45	96	60	Jennifer	Aylward	Female	Run4All Neath
48:00	97	30	Carl	Edwards	Male	Ponypridd Roadents
48:30	98		Unknown Athlete			
49:18	99	78	Linda	Spillane	Female	NEWT
49:58	100	46	Kayley	Griffiths	Female	Unattached
51:08	101	20	Yvonne	Forsey	Female	NEWT
51:33	102	113	Dafyd	King	Male	Unattached
51:38	103	6	Melonie	Senior	Female	Islwyn Running Club
52:18	104	13	Alex	Pollard	Female	Unattached
53:33	105	47	Helen	Griffiths	Female	Unattached
54:36	106	92	Hazel	Wheeler	Female	Run4All Neath
58:53	107	111	Rhodri	Morris	Male	Cathays RFC & Valley Coogars RLFC
01:00:29	108	49	Sian	Hollins	Female	Unattached
-	DNF	89	Angela	Jones	Female	Fairwater Runners
-	DNF	94	Graham	Vyner	Male	Run4All Neath
-	DNF	96	Sam	Wade	Male	Sensecore
-	DNF	105	Ross	Shepherd	Male	NEWT
-	DNF/Token Not Returned	28	Debby	Saunders	Female	Unattached
-	DNF/Token Not Returned	58	Keenan	Napper	Male	Rhonnda
-	DNF/Token Not Returned	106	Elishsa	Hughes	Female	Unattached
-	DNTU	1	Andrew	Deans	Male	Cardiff Tri
-	Swim Only	3	Clare	Kingdon	Female	Unattached
-	Swim Only	4	Sarah	Watkins	Female	Unattached
-	Swim Only	5	Lloyd	Evans	Male	Celtic Tri
-	Swim Only	27	Emily	Lewis	Female	Torfaen Dolphins
-	Swim Only	37	Cath	Pendleton	Female	Brecon
-	Swim Only	81	David	Mori	Male	Cardiff Tri
-	Swim Only	104	Des	Astley	Male	Taff Ely Tri
-	Swim Only	123	Christine	Birch	Female	NEWT