

3 Mile Race				4 Mile Race				Combined		5 Mile Race		Total		
Number	Name	Club	Age Grp	Perf.	Postn	Number	Perf.	Postn	3-4 Mile	No.	Time		Posn	
18	Daniel Bodman	Aberdare	SM	00:15:55	1	18	00:21:58	1	00:37:53	18	00:26:49	1	01:04:42	1
74	Joseph Reardon	Aberdare	U20M	00:16:05	2	74	00:22:13	2	00:38:18	74	00:27:50	3	01:06:08	2
31	Phil Morris	Brecon	MV35	00:16:42	3	31	00:22:50	3	00:39:32	31	00:28:57	5	01:08:29	3
14	Brychan Price Davies	Brecon	U20M	00:16:47	4	14	00:23:48	10	00:40:35	14	00:29:18	6	01:09:53	5
44	Adrian Lewis	Aberdare	MV45	00:17:15	7	44	00:23:30	8	00:40:45	44	00:29:49	8	01:10:34	6
13	Evan Price Davies	Brecon	U20M	00:17:16	8	13	00:24:18	12	00:41:34	13	00:30:32	9	01:12:06	8
143	Michael Holloway	Brecon	SM	00:17:50	9	143	00:23:21	6	00:41:11	143	00:31:13	13	01:12:24	7
95	Barney Goodrich	Brecon	MV40	00:18:10	10	95	00:24:47	15	00:42:57	95	00:30:37	11	01:13:34	9
146	Chris Handler	Merthyr	MV45	00:18:24	13	146	00:24:39	13	00:43:03	146	00:30:54	12	01:13:57	10
29	Adam Brown	Merthyr	U20M	00:18:23	12	29	00:25:04	17	00:43:27	29	00:32:12	17	01:15:39	12
147	Bradney Payne	Merthyr	U20M	00:18:22	11	147	00:25:19	20	00:43:41	147	00:32:13	18	01:15:54	13
36	Gareth Lawrence	Brecon	SM	00:19:36	25	36	00:25:07	18	00:44:43	36	00:31:45	14	01:16:28	16
150	Phil Kendrick	Rhayader	MV55	00:18:39	17	150	00:25:50	28	00:44:29	150	00:32:07	15	01:16:36	14
2	Charlie Northey	Brecon	MV50	00:18:26	14	2	00:25:01	16	00:43:27	2	00:33:20	25	01:16:47	11
32	Wendy Price	Carmarthen	FV40	00:19:21	23	32	00:25:26	21	00:44:47	32	00:32:19	20	01:17:06	17
19	Stephen Davies	na	SM	00:19:09	20	19	00:25:44	25	00:44:53	19	00:32:42	21	01:17:35	19
112	Katie Ironside	Brecon	SF	00:19:33	24	112	00:25:32	24	00:45:05	112	00:32:44	22	01:17:49	20
1	Lee Walters	Aberdare	MV45	00:19:15	22	1	00:26:05	29	00:45:20	1	00:33:01	24	01:18:21	21
28	Donna Morris	Brecon	SF	00:19:05	19	28	00:25:48	27	00:44:53	28	00:34:00	29	01:18:53	18
104	Peter Sowerby	Brecon	MV55	00:21:37	47	104	00:25:26	22	00:47:03	104	00:32:15	19	01:19:18	23
49	Samual Clayton	Brecon	U20M	00:18:36	16	49	00:26:07	30	00:44:43	49	00:36:13	46	01:20:56	15
119	Rob Stevens	na	MV40	00:20:27	35	119	00:26:54	35	00:47:21	119	00:34:02	31	01:21:23	25
48	Allen Bunney	Aberdare	MV50	00:19:46	26	48	00:26:38	33	00:46:24	48	00:35:04	37	01:21:28	22
103	Lloyd Mack	Merthyr	SM	00:19:53	27	103	00:27:10	36	00:47:03	103	00:35:07	38	01:22:10	24
39	Mark Roberts	Brecon	MV55	00:20:19	33	39	00:27:13	37	00:47:32	39	00:34:55	36	01:22:27	27
153	Paul Tucker	Mynydd du	MV50	00:20:53	37	153	00:27:34	40	00:48:27	153	00:34:46	34	01:23:13	31
117	Matthew Haynes	Hay	MV45	00:20:24	34	117	00:27:44	41	00:48:08	117	00:35:51	44	01:23:59	29
23	Adrian Brown	na	MV50	00:20:09	31	23	00:28:05	44	00:48:14	23	00:35:48	43	01:24:02	30
41	Andrew Driscoll	Aberdare	MV35	00:20:14	32	41	00:27:48	42	00:48:02	41	00:36:08	45	01:24:10	28
148	Graham Mack	Merthyr	MV60	00:20:59	38	148	00:27:55	43	00:48:54	148	00:35:25	41	01:24:19	32
123	Martin Carter	Hay	MV50	00:20:42	36	123	00:28:17	45	00:48:59	123	00:35:20	40	01:24:19	33
145	Hollie Jehu	AVAAC	U20F	00:19:54	28	145	00:27:31	39	00:47:25	145	00:37:03	52	01:24:28	26
9	Simon Griffiths	na	MV45	00:21:15	42	9	00:28:33	47	00:49:48	9	00:36:18	49	01:26:06	34
118	Dai Lewis	na	SM	00:21:17	43	118	00:28:58	52	00:50:15	118	00:36:13	47	01:26:28	39
40	Clare Griffiths	Aberdare	FV45	00:21:19	44	40	00:28:40	48	00:49:59	40	00:36:55	51	01:26:54	36
25	Garaint Evans	na	MV45	00:21:13	39	25	00:28:46	49	00:49:59	25	00:37:13	53	01:27:12	37
17	Aimee Ferguson	Aberdare	SF	00:21:13	40	17	00:29:03	54	00:50:16	17	00:37:24	55	01:27:40	40
4	Ken Davies	na	MV60	00:21:14	41	4	00:28:48	50	00:50:02	4	00:37:45	58	01:27:47	38
84	John Warburton	Hay	MV50	00:21:53	50	84	00:30:04	60	00:51:57	84	00:37:13	54	01:29:10	44
86	Mike Lewis	na	MV50	00:21:48	48	86	00:29:58	58	00:51:46	86	00:38:13	61	01:29:59	43
105	Gunver Troelsen	Builth	FV50	00:22:12	58	105	00:30:03	59	00:52:15	105	00:38:13	62	01:30:28	45
20	Derek Osborne	Brecon	MV50	00:22:11	57	20	00:30:11	62	00:52:22	20	00:38:24	64	01:30:46	46
81	Mark Sims	Brecon	MV60	00:22:14	59	81	00:30:25	66	00:52:39	81	00:39:00	68	01:31:39	47
98	Nicole Johnson	Brecon	FV45	00:22:56	64	98	00:30:49	68	00:53:45	98	00:39:09	70	01:32:54	51
80	Andrew Cooper	Merthyr	MV45	00:23:14	72	80	00:30:51	69	00:54:05	80	00:38:52	67	01:32:57	53
126	Salome Evans	na	FV45	00:23:07	70	126	00:30:30	67	00:53:37	126	00:39:42	72	01:33:19	50
67	Jordan Price	Brecon	U20M	00:22:03	54	67	00:31:22	75	00:53:25	67	00:40:10	80	01:33:35	49
122	Addy Carter	Hay	U20F	00:22:22	60	122	00:31:37	76	00:53:59	122	00:39:47	74	01:33:46	52
100	Gill Casey	na	FV50	00:23:31	75	100	00:31:18	74	00:54:49	100	00:39:45	73	01:34:34	56
27	Alan Ryland	Builth	MV60	00:23:03	69	27	00:32:00	81	00:55:03	27	00:39:53	75	01:34:56	58
35	Kevin Dunster	na	MV55	00:23:52	79	35	00:31:54	80	00:55:46	35	00:39:54	76	01:35:40	60
89	Paul Bufton	Brecon	MV45	00:23:02	68	89	00:31:48	79	00:54:50	89	00:41:08	86	01:35:58	57
131	Beverly Tucker	Brecon	FV50	00:23:46	78	131	00:32:49	85	00:56:35	131	00:40:16	81	01:36:51	62
114	Lisa Haines	Merthyr	FV40	00:23:29	74	114	00:31:43	78	00:55:12	114	00:42:31	98	01:37:43	59
85	Elizabeth Harvey	Hay	FV35	00:24:09	82	85	00:32:55	87	00:57:04	85	00:40:40	82	01:37:44	64
113	Joni Parry	Merthyr	SF	00:26:13	104	113	00:31:42	77	00:57:55	113	00:40:57	83	01:38:52	68
77	John Parker	Brecon Tri	MV50	00:24:09	81	77	00:32:38	84	00:56:47	77	00:42:08	93	01:38:55	63
151	Suzanne Kendrick	Rhayader	FV55	00:24:24	86	151	00:32:57	89	00:57:21	151	00:41:56	91	01:39:17	66
3	Sarah Murphy	na	FV40	00:25:03	94	3	00:32:53	86	00:57:56	3	00:41:26	88	01:39:22	69
45	Angela Price	Hay	FV45	00:24:16	83	45	00:32:56	88	00:57:12	45	00:42:15	94	01:39:27	65
26	John Price	Hay	MV60	00:24:32	88	26	00:33:39	94	00:58:11	26	00:41:44	90	01:39:55	71
128	Anne-Marie Montoto	Merthyr	FV50	00:24:16	84	128	00:33:13	90	00:57:29	128	00:42:31	97	01:40:00	67
91	Alan Davies	Christ Coll	MV60	00:24:38	89	91	00:33:18	92	00:57:56	91	00:42:04	92	01:40:00	70
93	Adenijah Avede	Christ Coll	U20M	00:22:59	67	93	00:31:15	72	00:54:14	93	00:45:53	116	01:40:07	55
24	Rose Thomas	Rhayader	FV60	00:24:46	92	24	00:33:37	93	00:58:23	24	00:42:17	95	01:40:40	72
99	Stacey Jones	na	FV35	00:24:51	93	99	00:33:47	96	00:58:38	99	00:42:28	96	01:41:06	73
53	Paul Lilygreen	Brecon Tri	MV50	00:24:27	87	53	00:34:34	98	00:59:01	53	00:43:40	100	01:42:41	74
37	Alexandra Marsh	na	SF	00:25:26	97	37	00:35:29	106	01:00:55	37	00:44:41	107	01:45:36	77
66	Ray Sharratt	Rhayader	MV75	00:25:48	98	66	00:35:53	110	01:01:41	66	00:44:02	102	01:45:43	81
73	Di Mogg	na	FV50	00:26:09	103	73	00:35:35	107	01:01:44	73	00:44:22	105	01:46:06	83
136	Julie Toy	Merthyr	FV50	00:26:15	106	136	00:33:52	97	01:00:07	136	00:46:10	121	01:46:17	75
62	Tina Lavelle	Hay	FV60	00:26:18	107	62	00:35:13	103	01:01:31	62	00:44:47	108	01:46:18	80
135	Julie Smith	Merthyr	FV45	00:25:50	99	135	00:35:59	112	01:01:49	135	00:44:38	106	01:46:27	85
87	Jo Lord	Hay	FV55	00:26:47	115	87	00:35:25	105	01:02:12	87	00:44:17	103	01:46:29	87
144	Isabelle Goodridge	Hay	U20F	00:25:07	95	144	00:35:58	111	01:01:05	144	00:45:25	113	01:46:30	79
76	Aled Edwards	Brecon Tri	MV40	00:26:00	101	76	00:34:40	100	01:00:40	76	00:45:59	118	01:46:39	78
79	David Roberts	na	MV35	00:26:38	113	79	00:35:48	108	01:02:26	79	00:44:50	111	01:47:16	88
132	Anita Jones	na	FV50	00:27:27	124	132	00:36:00	113	01:03:27	132	00:44:48	115	01:48:15	92
8	Laine Skinner	na	MV40	00:25:56	100	8	00:35:51	109	01:01:47	8	00:46:31	123	01:48:18	84
142	John Eyre	na	MV55	00:26:18	108	142	00:36:12	114	01:02:30	142	00:46:00	119	01:48:30	89
115	Julie Lewis John	Merthyr	FV40	00:26:48	116	115	00:35:07	102	01:01:55	115	00:46:48	124	01:48:43	86
15	Keyvn Bodman	na	MV60	00:26:18	109	15	00:35:14	104	01:01:32	15	00:47:28	130	01:49:00	81
52	Stewart Webb	Brecon Tri	MV50	00:26:30	110	52	00:36:23	116	01:02:53	52	00:46:14	122	01:49:07	90
124	Mandi Orton	na	FV40	00:26:32	111	124	00:38:00	126	01:04:32	124	00:45:04	112	01:49:36	98
133	Elspeth Jarmine	na	FV55	00:26:56	119	133	00:37:16	123	01:04:12	133	00:46:02	120	01:50:14	94
101	Katie Hamer	Ystrad Mynach												

129	Huw Morgan	na	MV40	00:21:23	45	129	00:28:32	46	<b>00:49:55</b>	129	#N/A	#N/A	#N/A	35
60	Naomi Law	Mynydd Du	FV45	00:21:35	46	60	00:29:05	55	<b>00:50:40</b>	60	#N/A	#N/A	#N/A	41
149	Emma Bald	Brecon	FV40	00:21:52	49	149	00:29:14	57	<b>00:51:06</b>	149	#N/A	#N/A	#N/A	42
50	David Thomas	Sarn Helen	MV55	00:22:51	63	50	00:30:05	61	<b>00:52:56</b>	50	#N/A	#N/A	#N/A	48
120	Ray Davies	Aberdare	MV55	00:22:56	66	120	00:31:15	73	<b>00:54:11</b>	120	#N/A	#N/A	#N/A	54
140	Simon David Jones	Swansea	MV50	00:23:42	77	140	00:32:14	82	<b>00:55:56</b>	140	#N/A	#N/A	#N/A	61
127	Joana Reederu	na	FV35	00:26:02	102	127	00:34:57	101	<b>01:00:59</b>	127	#N/A	#N/A	#N/A	78
111	Gareth Hollyfield	na	MV55	00:26:47	114	111	00:36:35	118	<b>01:03:22</b>	111	#N/A	#N/A	#N/A	91
78	Lucy Jardine	Hay	FV50	00:28:16	131	78	00:39:17	135	<b>01:07:33</b>	78	#N/A	#N/A	#N/A	103
38	Emily Turner	Hay	FV45	00:28:25	134	38	00:39:41	136	<b>01:08:06</b>	38	#N/A	#N/A	#N/A	105