

Position	Time	Number	Fullname	Club
1	05:10	797	James McEvoy	Swansea Harriers
2	05:16	813	Jonathon Davies	
3	05:19	821	Matthew Thomas	Swansea Harriers
4	05:31	790	Cerys Morgan	Swansea Harriers
5	05:37	792	Ceri Lewis	Swansea Harriers
6	05:42	857	Matthew Hughes	Swansea Harriers
7	05:44	812	Daniel Nicholas	
8	05:45	777	Drusilla Griffiths	Swansea Harriers
9	05:53	865	Hywel Hughes	Multisport
10	06:00	793	Nia Lewis	Swansea Harriers
11	06:01	862	Ben Jenkins	Swansea Harriers
12	06:03	786	Joelle Drummond	Swansea Harriers
13	06:04	807	Sian Trace	A V Harriers
14	06:06	816	Jemima Osborn	
15	06:07	802	David Goldsmith	Swansea Harriers
16	06:12	776	Miranda Davies	Pembrokeshire Harriers
17	06:14	867	Stephen Reynolds	Swansea Harriers
18	06:20	791	Jordan Brock	
19	06:21	803	Will Beynon	Swansea Harriers
20	06:22	861	Ashlea Hilton-Williams	Swansea Harriers
21	06:23	866	Katie Reynolds	Swansea Harriers
22	06:40	819	Jonathon Landry	
23	06:40	818	Robert Adams	
24	06:42	782	Lucy Jones	A V Harriers
25	06:42	781	Michael Sidaway	
26	06:51	820	Bethan Prosser	Swansea Harriers
27	06:52	789	Thomas Bebb	
28	06:54	780	Catherine Williams	Swansea Harriers
29	06:55	788	Kieran John	Neath Harriers
30	07:01	856	James Davies	Swansea Harriers
31	07:04	785	Gareth Drummond	Swansea Harriers
32	07:06	871	Alex Richards	
33	07:13	783	Lewis Aherne	
34	07:17	787	Jessica King	Swansea Harriers
35	07:19	206	Katie Matthews	Crewe and Nantwich
36	07:21	811	Nathan Jones	A V Harriers
37	07:22	800	Jack Davies	
38	07:23	868	Williams Reynolds	Swansea Harriers
39	07:28	854	Rhodri Wall	Swansea Harriers
40	07:31	860	Jue Lingard	Swansea Harriers
41	07:35	869	Aron Wilkinson	
42	07:51	814	Daniel Kinsey	
43	07:59	855	Tom Davies	
44	08:04	858	Rebecca Hughes	Swansea Harriers
45	08:04	852	Rory Allen	
46	08:04	850	Rachel Rowe	
47	08:04	799	Katie Davies	
48	08:08	792	Ceri Lewis	Swansea Harriers
49	08:17	784	Daniel Aherne	
50	08:20	859	Thomas Sweetman	
51	08:32	805	Jacob Tate	Multisport
52	08:38	817	Michelle Adams	
53	08:43	864	Robbie Sterio	
54	08:44	795	Launa Weeks	
55	08:44	796	Olivia Harris	

56	08:56	798 Kristy Smith	
57	08:58	778 Toby Dart	
58	09:01	779 Lucy Dart	
59	09:17	863 Connie Cheesman	
60	09:25	810 Zak Shepherd	
61	09:28	853 Ioan Wall	
62	10:16	870 Carys Wilkinson	
63	10:31	801 Rebekah Smith	
64	11:11	824 Sam Lloyd	
65	11:36	809 Jorunn Blanck	
66	12:07	823 Elliott Howells	Multisport
67	13:01	808 Johanna Blanck	
68	13:10	874 Gabriel Pready-James	
69	13:28	815 Lucy Osborn	
70	13:40	804 Elin McLean	Multisport
71	13:45	806 Jasmine Tate	Multisport
72	15:17	822 Holly Howells	Multisport