

	Race No.	Forename	Surname	Gender	Club	Age Grp	predicted time
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RACE 1 - start 18:45

1		Elen	Derrick	F	Cardiff AAC	W50	08:15
2		Angharad	Price-Morris	F	Les Croupiers RC	WSEN	08:17
		Gerry	Crispie	M	Les Croupiers RC	M60	08:28
3		Julie	Scholey	F	Les Croupiers RC	W60	08:30
4		David	Mather	M	Pontypridd Roadents AC	M60	09:00
5		Clare	Johnson	F	Les Croupiers RC	W75	10:15
6		Jeff	Aston	M	Les Croupiers RC	M75	11:30

RACE 2 - start 18:58

1		Rich	Parker	M	CDF Runners	M40	07:40
2		Tzevai	Chong	M	CDF Runners	M40	07:45
3		Niall	Hughes	M	San Domenico Road RC	M45	07:45
4		Alan	Mason	M	Les Croupiers RC	M60	07:50
5		Claire	Jarrom	F	Les Croupiers RC	W40	07:50
6		Jenny	Martin	F	Les Croupiers RC	W40	07:50
7		Michael H	Davies	M	Les Croupiers RC	M70	08:00
8		Sarah	Pryor	F	Les Croupiers RC	W45	08:00

RACE 3 - start 19:06

1		Martin	Green	M	Pontypridd Roadents AC	M50	07:10
2		Michelle	Amblin	F	Les Croupiers RC	W45	07:15
3		Lolly	Evans	F	Les Croupiers RC	W50	07:15
4		Brian	Jones	M	Les Croupiers RC	M50	07:15
5		Huw	Roberts	M	Bridgend AC	M65	07:20
6		Josephine	Sulman	F	Pontypridd Roadents AC	W50	07:20
7		Terry	Caveney	M	Les Croupiers RC	M60	07:30

RACE 4 - start 19:14

1		Penny	Coyle	F	Les Croupiers RC	W45	06:45
2		Carol	Rees	F	Les Croupiers RC	W50	06:45
3		Christopher	Tough	M	Aberdare VAAC	M50	06:50
4		Tomos	Quayzin	M	Cardiff AAC	MU10	06:50
5		William	Snowdon	M	Les Croupiers RC	M65	06:50
6		Tim	Petrides	M	Les Croupiers RC	M55	06:50
7		Dimitri	Petrides	M		MU17	06:50
8		Tom	Liu	M		MU17	06:50
9		Oscar	Edwards	M		MU11	06:59
10		Russell	Love	M	CDF Runners	M40	07:00
11		Tim	Davies	M	Pontypridd Roadents AC	M40	07:00
12		Sany	Phommachanh	M		M45	07:00

RACE 5 - start 19:22

1	Edward	Spiller	M	Bridgend AC	MU10	06:30
2	Maria	Zubizarreta	F	Les Croupiers RC	W50	06:30
3	David	George	M	Les Croupiers RC	M55	06:30
4	Elizabeth	Neville	F	Les Croupiers RC	W40	06:30
5	Chris	Pratt	M	Ogmore Phoenix Runners	M50	06:30
6	Stephen	Locke	M	Pontypridd Roadents AC	M50	06:30
7	Joe	Sciortino	M		MSEN	06:30
8	Rich	Baker	M		M50	06:35
9	David. E	Williams	M	Les Croupiers RC	M60	06:40
10	Mike	Evans	M	Les Croupiers RC	M55	06:40
11	Andy	Creber	M	Mynydd Du	M65	06:40
12	Gareth	Evans	M	Pontypridd Roadents AC	MSEN	06:40
13	Brendan	Jones	M		M50	06:40

RACE 6 - start 19:29

1	Riley	Nealon	M	Cardiff AAC	MU11	06:20
2	Ian	Derrick	M	Cardiff AAC	M55	06:20
3	Ellie	Clemence	F	CDF Runners	WSEN	06:20
4	Shannon	Walker	F	Les Croupiers RC	WSEN	06:20
5	Andrew	Martin	M	Les Croupiers RC	M50	06:20
6	Robert	Evans	M	Les Croupiers RC	M70	06:25
7	Carole	Goddard	F	Les Croupiers RC	W50	06:25

RACE 7 - start 19:36

1	Lily	Jacklin	F	Aberdare VAAC	WU16	06:10
2	Isabelle	Jacklin	F	Aberdare VAAC	WU17	06:10
3	Rhiannon	Derrick	F	Cardiff AAC	WU15	06:10
4	Rebeca	Derrick	F	Cardiff AAC	WU17	06:10
5	David	Cundy	M	Les Croupiers RC	M70	06:10
6	Seren	Hardman	F	Bridgend AC	WU14	06:15
7	Isla	Carson	F	Bridgend AC	WU13	06:15
8	Neil	Ellis	M	Pontypridd Roadents AC	M45	06:15
9	Carys	Pryor	F		WU16	06:15
10	Ioan	Pryor	M		MU15	06:15

RACE 8 - start 19:43

1	James	Bruce	M	Les Croupiers RC	M50	05:55
2	Janneke	van Beijnum	F	Les Croupiers RC	W45	05:55
3	Clare	Patterson	F	Parc Bryn Bach RC	W45	05:58
4	Ewelina	Ciesielska	F	Parc Bryn Bach RC	WSEN	05:58
5	Eva	Martin	F	Cardiff AAC	WU13	06:00
6	Neil	Calucag	M	CDF Runners	M45	06:00
7	Gemma	Lockett	F	CDF Runners	WSEN	06:00
8	Claire	Bruce	F	Les Croupiers RC	W45	06:00
9	Jacob	Miles	M	Bridgend AC	MU11	06:03
10	Marcus	Meyrick	M	Les Croupiers RC	M50	06:06

RACE 9 - start 19:50

1	Colin	Williams	M	Les Croupiers RC	M55	05:40
2	Rob	Sage	M	Les Croupiers RC	M45	05:40
3	Katie	O'Hare	F	Pontypridd Roadents AC	WSEN	05:40
4	Robert	Short	M		M55	05:40
5	Brett	Davis	M	Newport Harriers	M60	05:45
6	Owen	Peters	M		MSEN	05:45
7	Scott	Place	M	CDF Runners	MSEN	05:50
8	Stewart	Harding	M	CDF Runners	MSEN	05:50
9	Michael	Ramsey	M	Les Croupiers RC	M60	05:50

RACE 10 - start 19:57

1	Rowan	Carson	M	Bridgend AC	MU11	05:30
2	Bella	Thie	F	Bridgend AC	WU14	05:30
3	Julie	Chamberlain	F	Cardiff AAC	W40	05:30
4	Roddy	Stark	M	CDF Runners	MSEN	05:30
5	Matt	Hopkins	M	Les Croupiers RC	M40	05:30
6	Matt	Regan	M	Pontypridd Roadents AC	M40	05:30
7	Jack	Harries	M	Cardiff AAC	MU14	05:32

RACE 11 - 20:03

1	Sam	Willson	M	Les Croupiers RC	MSEN	05:15
2	Gafin	Griffiths	M	Les Croupiers RC	M40	05:15
3	Gethin	Edwards	M	Pontypridd Roadents AC	M45	05:15
4	Gareth	Logan	M	Les Croupiers RC	MSEN	05:16
5	Emyr	Morgan	M	Les Croupiers RC	M50	05:20
6	Carl	Nealon	M	Les Croupiers RC	MSEN	05:20
7	Philip	Hodge	M	Les Croupiers RC	M60	05:20
8	Sam	Jones	M		MSEN	05:20
9	Soren	Adams	M		MSEN	05:20

RACE 12 - 20:09

1	Bryony	Boyce	F	Cardiff AAC	WU15	04:55
2	Tomos	Roberts	M	Cardiff AAC	MSEN	04:56
3	Gary	Brown	M	Les Croupiers RC	M40	04:58
4	John	Morris	M	Les Croupiers RC	M40	04:59
5	Cian	Tough	M	Aberdare VAAC	MU16	05:05
6	Paul	Francis	M	Les Croupiers RC	M50	05:05
7	Andrew	Jones	M		MSEN	05:07
8	Rebeca	Harries	F	Cardiff AAC	WU16	05:08
9	Matthew	Jacklin	M	Aberdare VAAC	M45	05:10
10	Adrian	Lewis	M	Aberdare VAAC	M50	05:10
11	Evan	Davies	M	Aberdare VAAC	MU16	05:10
12	Michael	Riley	M	Les Croupiers RC	M45	05:10
13	Owen	Davies	M	Les Croupiers RC	M40	05:10

RACE 13 - start 20:15

1	Dominik	Plesiewicz	M	Aberdare VAAC	MU17	04:30
2	James	Thie	M	Pontypridd Roadents AC	M45	04:30
3	Owain	Morris	M	Les Croupiers RC	MSEN	04:35
4	Thomas	Loynes	M	Neath Harriers	MU17	04:35
5	Alfie	Osborne	M	Cardiff AAC	MU17	04:40
6	Vaughan	Edwards	M	Les Croupiers RC	M45	04:40
7	Ben	Kennedy	M	Les Croupiers RC	MSEN	04:45
8	Peter	Nimmo	M		MSEN	04:45
9	Harry	Osborne	M	Cardiff AAC	MU17	04:50