

Cardiff 20/10 - 10 miles

Pos	Name	Club	Gender	Bib #	Time	Pace	Speed	Division Rank
1	DERI MCCLUSKEY		M: 1	164	00:54:13	05:25	11.1mph	Overall Male Runner: 1
2	OLIVER WILLIAMS	LES CROUPIERS RC	M: 2	151	00:54:30	05:26	11.0mph	Overall Male Runner: 2
3	LUKE WILLIAMS	MICKY MORRIS RACING	M: 3	154	00:55:10	05:30	10.9mph	Overall Male Runner: 3
4	OWAIN MORRIS	LES CROUPIERS RC	M: 4	157	00:57:01	05:42	10.5mph	
5	MARK THOMAS	BLACK PEAR JOGGERS	M: 5	162	00:58:24	05:50	10.3mph	Male 50 : 1
6	ANTHONY SMETS	LES CROUPIERS RC	M: 6	152	00:58:31	05:51	10.3mph	
7	PAUL JOSUA	SAN DOMENICO RC	M: 7	160	00:58:31	05:51	10.3mph	
8	JAMIE VANSTONE	PONTYPRIDD ROADENTS	M: 8	155	00:58:32	05:51	10.3mph	Male 40 : 1
9	RYAN PUGSLEY	LES CROUPIERS RC	M: 9	156	00:58:48	05:52	10.2mph	
10	JACK REDDAWAY	LES CROUPIERS RC	M: 10	153	00:59:13	05:55	10.1mph	
11	CERI MERWOOD	CDF RUNNERS	F: 1	202	01:00:46	06:04	9.9mph	Overall Female Runner: 1
12	AIDAN O'DONNELL	CDF RUNNERS	M: 11	170	01:02:43	06:16	9.6mph	
13	HUMPHREY SHEIL	CDF RUNNERS	M: 12	161	01:03:32	06:21	9.4mph	
14	KIERAN HARRIES	CDF RUNNERS	M: 13	158	01:04:20	06:26	9.3mph	
15	ROSS HOSKING	HEATHWOOD TRI	M: 14	168	01:05:02	06:30	9.2mph	
16	NATHAN CHRISTOFORATO	LES CROUPIERS RC	M: 15	166	01:05:40	06:34	9.1mph	
17	GARY BROWN	LES CROUPIERS RC	M: 16	159	01:05:45	06:34	9.1mph	
18	MICHAEL RILEY	LES CROUPIERS RC	M: 17	163	01:05:47	06:34	9.1mph	
19	ASHLEY TEMUDO	CALDICOT RUNNING CLUB	M: 18	169	01:05:49	06:34	9.1mph	
20	WILLIAM EDWARDS	PORTHCAWL RUNNERS	M: 19	165	01:06:10	06:36	9.1mph	
21	OLLIE CAMPBELL-LENDRUM		M: 20	177	01:06:12	06:37	9.1mph	
22	WAYNE HUMPHREYS	LES CROUPIERS RC	M: 21	173	01:06:13	06:37	9.1mph	
23	TRACY JENKINS	PORTHCAWL RUNNERS	F: 2	201	01:06:26	06:38	9.0mph	Overall Female Runner: 2
24	DAVID JAMES	LES CROUPIERS RC	M: 22	174	01:06:42	06:40	9.0mph	Male 60 : 1
25	MICHAEL DONKIN		M: 23	175	01:07:27	06:44	8.9mph	
26	DANIEL LUFFMAN	LES CROUPIERS RC	M: 24	171	01:08:25	06:50	8.8mph	
27	TIM FRY	LLISWERRY RUNNERS	M: 25	179	01:08:29	06:50	8.8mph	
28	IAN OGILVIE	BRACKLA HARRIERS	M: 26	198	01:09:27	06:56	8.6mph	
29	MICHAEL PERRY		M: 27	178	01:09:55	06:59	8.6mph	
30	ANH QUAN TRAN	CDF RUNNERS	M: 28	172	01:10:06	07:00	8.6mph	
31	ENLLI PARRI	CDF RUNNERS	F: 3	203	01:10:54	07:05	8.5mph	Overall Female Runner: 3
32	CATHERINE POWELL	PONTYPRIDD ROADENTS	F: 4	292	01:11:48	07:10	8.4mph	Female 45 : 1
33	ALEX HAYCOCK	CDF RUNNERS	M: 29	180	01:11:49	07:10	8.4mph	
34	ELAINE WHARMBY	BRACKLA HARRIERS	F: 5	207	01:12:12	07:13	8.3mph	Female 55 : 1
35	DAVID CASADO	PEGASUS RC	M: 30	183	01:12:33	07:15	8.3mph	
36	SAM JONES	CDF RUNNERS	M: 31	176	01:14:41	07:28	8.0mph	
37	HECTOR CORTES		M: 32	181	01:14:54	07:29	8.0mph	
38	SHANNON WALKER	LES CROUPIERS RC	F: 6	206	01:14:57	07:29	8.0mph	
39	JOHN LLOYD	BRACKLA HARRIERS	M: 33	290	01:16:18	07:37	7.9mph	
40	MALC GONNELLA	BUILTH WELLS & DISTRICT	M: 34	182	01:16:49	07:40	7.8mph	Male 70 : 1
41	CLIVE OSMOND	LES CROUPIERS RC	M: 35	186	01:17:29	07:44	7.7mph	
42	BETHAN DOWDING	SWANSEA HARRIERS	F: 7	219	01:17:38	07:45	7.7mph	
43	TOM ROONEY	CALDICOT RUNNING CLUB	M: 36	185	01:17:53	07:47	7.7mph	
44	MARC WACHTER	CALDICOT RUNNING CLUB	M: 37	199	01:17:55	07:47	7.7mph	
45	ROWENA WHITE	SAN DOMENICO RC	F: 8	205	01:18:08	07:48	7.7mph	
46	ROYSTON VINCENT	PONTYPRIDD ROADENTS	M: 38	184	01:18:09	07:48	7.7mph	
47	JAMIE BOWEN	CDF RUNNERS	M: 39	293	01:18:11	07:49	7.7mph	
48	ELLIE PARRY		F: 9	208	01:18:27	07:50	7.6mph	
49	JANE OGILVIE	BRACKLA HARRIERS	F: 10	236	01:18:40	07:51	7.6mph	
50	ALEX BROWN	HEATHWOOD TRI	F: 11	209	01:18:56	07:53	7.6mph	Female 35 : 1
51	CHRISTOPHER DAVIES	CDF RUNNERS	M: 40	291	01:18:57	07:53	7.6mph	
52	ATHANASIA AGORA	CDF RUNNERS	F: 12	212	01:19:19	07:55	7.6mph	
53	STEPHEN MCDOWELL		M: 41	193	01:19:21	07:56	7.6mph	
54	RYAN DAVIES	CAERLEON RC	M: 42	194	01:19:30	07:57	7.5mph	
55	JOSHUA STEVENSON-HOARE		M: 43	200	01:19:43	07:58	7.5mph	
56	MARK EVANS	BRACKLA HARRIERS	M: 44	192	01:20:35	08:03	7.4mph	
57	EMMA PRICE-STEPHENS	GRIFFITHSTOWN HARRIERS	F: 13	232	01:20:38	08:03	7.4mph	
58	RICHARD VAUGHAN		M: 45	196	01:20:57	08:05	7.4mph	
59	REBEKAH CLARKE	CALDICOT RUNNING CLUB	F: 14	228	01:21:58	08:11	7.3mph	
60	STEPHEN LOCKE	PONTYPRIDD ROADENTS	M: 46	187	01:22:42	08:16	7.3mph	

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61	LAINY HECKLEY	ABERYSTWYTH AC	F: 15	213	01:22:56	08:17	7.2mph	
62	GRAHAM FOSTER	BRACKLA HARRIERS	M: 47	243	01:23:03	08:18	7.2mph	
63	MICHELLE AMBLIN	LES CROUPIERS RC	F: 16	220	01:23:31	08:21	7.2mph	
64	NICHOLAS ROUX		M: 48	242	01:23:43	08:22	7.2mph	
65	JEREMY DICKSON	LLISWERRY RUNNERS	M: 49	189	01:24:06	08:24	7.1mph	
66	SIONED THOMAS	CDF RUNNERS	F: 17	214	01:24:39	08:27	7.1mph	
67	LISA PINNEY	CLWB RUN WALES	F: 18	217	01:25:05	08:30	7.1mph	
68	MICHAEL MURPHY	LES CROUPIERS RC	M: 50	195	01:25:41	08:34	7.0mph	
69	KAT NGUYEN	CDF RUNNERS	F: 19	211	01:25:58	08:35	7.0mph	
70	REBEKAH MILES	LES CROUPIERS RC	F: 20	218	01:26:29	08:38	6.9mph	
71	RHIANNON DONNELLY		F: 21	237	01:26:58	08:41	6.9mph	
72	HOPE STANGER	HEATHWOOD TRI	F: 22	235	01:27:00	08:41	6.9mph	
73	ELIN HENDERSON		F: 23	294	01:27:43	08:46	6.8mph	
74	PHILIP PAYNE		M: 51	240	01:28:08	08:48	6.8mph	
75	JENNIFER SLEATH	BRACKLA HARRIERS	F: 24	233	01:28:10	08:48	6.8mph	
76	JENNA GROVES		F: 25	225	01:28:17	08:49	6.8mph	
77	NICHOLAS POUNDER	PONTYPRIDD ROADENTS	M: 52	188	01:28:46	08:52	6.8mph	
78	EMMA SHAW	WOMEN RUNNING PENARTH	F: 26	259	01:28:48	08:52	6.8mph	
79	NIALL HUGHES	SAN DOMENICO RC	M: 53	289	01:29:35	08:57	6.7mph	
80	NORMAN JONES	MYNYDDWYR DE CYMRU	M: 54	265	01:30:07	09:00	6.7mph	
81	MIKE GWYNNE	PONTYPRIDD ROADENTS	M: 55	244	01:30:19	09:01	6.6mph	
82	OWEN ROBERTS		M: 56	254	01:30:37	09:03	6.6mph	
83	TRACEY ARTHUR	LLISWERRY RUNNERS	F: 27	260	01:30:42	09:04	6.6mph	
84	BRIANNE SNAITH		F: 28	251	01:30:57	09:05	6.6mph	
85	LUCY THOMAS		F: 29	250	01:30:58	09:05	6.6mph	
86	ANGELA COLES	BRACKLA HARRIERS	F: 30	261	01:31:28	09:08	6.6mph	
87	GARY HOBBS		M: 57	264	01:31:39	09:09	6.5mph	
88	CATHERINE BRADSHAW	BRACKLA HARRIERS	F: 31	253	01:31:41	09:10	6.5mph	
89	MARK FRANCIS	BRACKLA HARRIERS	M: 58	246	01:31:46	09:10	6.5mph	
90	SALLY GROVES	PEGASUS RC	F: 32	223	01:32:36	09:15	6.5mph	
91	RUSSELL LOVE	CDF RUNNERS	M: 59	245	01:33:08	09:18	6.4mph	
92	FLORENCE WADDINGTON	CDF RUNNERS	F: 33	252	01:33:08	09:18	6.4mph	
93	GERRY CRISPIE	LES CROUPIERS RC	M: 60	255	01:33:49	09:22	6.4mph	
94	SANDRA VERMAAK	COWBRIDGE MOOVERS	F: 34	216	01:34:26	09:26	6.4mph	
95	GERALDINE TUCKER	BRACKLA HARRIERS	F: 35	215	01:34:27	09:26	6.4mph	
96	SARAH PHILLIPS		F: 36	258	01:35:19	09:31	6.3mph	
97	JONNY COTSEN		M: 61	285	01:35:35	09:33	6.3mph	
98	ABBY GROVES	PEGASUS RC	F: 37	224	01:37:20	09:44	6.2mph	
99	ROBI BELL	CALDICOT RUNNING CLUB	M: 62	197	01:38:07	09:48	6.1mph	
100	BRENDA AVERY	CHEPSTOW HARRIERS	F: 38	234	01:38:55	09:53	6.1mph	Female 65 : 1
101	KATARZYNA KOTARBA		F: 39	222	01:39:04	09:54	6.1mph	
102	JOJO TRAIN	CALDICOT RUNNING CLUB	F: 40	256	01:40:14	10:01	6.0mph	
103	STEVE LEWIS	LES CROUPIERS RC	M: 63	267	01:40:50	10:04	6.0mph	
104	JULIA JARVIS	COWBRIDGE MOOVERS	F: 41	273	01:41:04	10:06	5.9mph	
105	GARRY WHARMBY	BRACKLA HARRIERS	M: 64	276	01:41:12	10:07	5.9mph	
106	WENDY FOSTER	BRACKLA HARRIERS	F: 42	275	01:41:20	10:08	5.9mph	
107	LOUISE MUTEHAM	LLISWERRY RUNNERS	F: 43	226	01:42:25	10:14	5.9mph	
108	SOLITAIRE PRITCHARD	PORTHCAWL RUNNERS	F: 44	249	01:42:58	10:17	5.8mph	
109	FIONA ROBERTSON	PORTISHEAD RC	F: 45	268	01:43:05	10:18	5.8mph	
110	MELANIE HALL	BRACKLA HARRIERS	F: 46	230	01:43:15	10:19	5.8mph	
111	CLAIRE BRUCE	LES CROUPIERS RC	F: 47	231	01:44:15	10:25	5.8mph	
112	RACHEL HUMPHREYS		F: 48	272	01:46:02	10:36	5.7mph	
113	MEL JOHNS		F: 49	284	01:46:04	10:36	5.7mph	
114	LYDIA HOBBS		F: 50	271	01:49:35	10:57	5.5mph	
115	SAM GARRICK		F: 51	286	01:50:11	11:01	5.4mph	
116	BEVERLEY SOLES	OGMORE PHOENIX	F: 52	262	01:50:11	11:01	5.4mph	
117	YVETTE MAZURCZAK		F: 53	274	01:51:48	11:10	5.4mph	
118	CLAIRE GEORGE	LES CROUPIERS RC	F: 54	278	01:57:01	11:42	5.1mph	
119	FRANCESCA JONES		F: 55	288	01:57:47	11:46	5.1mph	
120	TINA LLOYD	BRACKLA HARRIERS	F: 56	283	02:03:40	12:22	4.9mph	