

# Cardiff 20/10 - 10 miles

Pos	Name	Club	Gender	Bib #	Time	Pace	Speed	Division Rank
1	DERI MCCLUSKEY		M: 1	164	00:54:17	05:25	11.1mph	Overall Male Runner: 1
2	OLIVER WILLIAMS	LES CROUPIERS RC	M: 2	151	00:54:31	05:27	11.0mph	Overall Male Runner: 2
3	LUKE WILLIAMS	MICKY MORRIS RACING	M: 3	154	00:55:10	05:31	10.9mph	Overall Male Runner: 3
4	OWAIN MORRIS	LES CROUPIERS RC	M: 4	157	00:57:02	05:42	10.5mph	
5	MARK THOMAS	BLACK PEAR JOGGERS	M: 5	162	00:58:26	05:50	10.3mph	Male 50 : 1
6	ANTHONY SMETS	LES CROUPIERS RC	M: 6	152	00:58:33	05:51	10.2mph	
7	PAUL JOSUA	SAN DOMENICO RC	M: 7	160	00:58:34	05:51	10.2mph	
8	JAMIE VANSTONE	PONTYPRIDD ROADENTS	M: 8	155	00:58:34	05:51	10.2mph	Male 40 : 1
9	RYAN PUGSLEY	LES CROUPIERS RC	M: 9	156	00:58:51	05:53	10.2mph	
10	JACK REDDAWAY	LES CROUPIERS RC	M: 10	153	00:59:15	05:55	10.1mph	
11	CERI MERWOOD	CDF RUNNERS	F: 1	202	01:00:50	06:04	9.9mph	Overall Female Runner: 1
12	AIDAN O'DONNELL	CDF RUNNERS	M: 11	170	01:02:48	06:16	9.6mph	
13	HUMPHREY SHEIL	CDF RUNNERS	M: 12	161	01:03:36	06:21	9.4mph	
14	KIERAN HARRIES	CDF RUNNERS	M: 13	158	01:04:24	06:26	9.3mph	
15	ROSS HOSKING	HEATHWOOD TRI	M: 14	168	01:05:07	06:30	9.2mph	
16	NATHAN CHRISTOFORATO	LES CROUPIERS RC	M: 15	166	01:05:44	06:34	9.1mph	
17	GARY BROWN	LES CROUPIERS RC	M: 16	159	01:05:48	06:34	9.1mph	
18	MICHAEL RILEY	LES CROUPIERS RC	M: 17	163	01:05:51	06:35	9.1mph	
19	ASHLEY TEMUDO	CALDICOT RUNNING CLUB	M: 18	169	01:06:09	06:36	9.1mph	
20	WILLIAM EDWARDS	PORTHCAWL RUNNERS	M: 19	165	01:06:13	06:37	9.1mph	
21	WAYNE HUMPHREYS	LES CROUPIERS RC	M: 20	173	01:06:18	06:37	9.1mph	
22	OLLIE CAMPBELL-LENDRUM		M: 21	177	01:06:20	06:37	9.0mph	
23	TRACY JENKINS	PORTHCAWL RUNNERS	F: 2	201	01:06:29	06:38	9.0mph	Overall Female Runner: 2
24	DAVID JAMES	LES CROUPIERS RC	M: 22	174	01:06:48	06:40	9.0mph	Male 60 : 1
25	MICHAEL DONKIN		M: 23	175	01:07:30	06:45	8.9mph	:
26	DANIEL LUFFMAN	LES CROUPIERS RC	M: 24	171	01:08:29	06:50	8.8mph	
27	TIM FRY	LLISWERRY RUNNERS	M: 25	179	01:08:34	06:51	8.8mph	
28	IAN OGILVIE	BRACKLA HARRIERS	M: 26	198	01:09:43	06:58	8.6mph	
29	MICHAEL PERRY		M: 27	178	01:10:07	07:00	8.6mph	
30	ANH QUAN TRAN	CDF RUNNERS	M: 28	172	01:10:14	07:01	8.5mph	
31	ENLLI PARRI	CDF RUNNERS	F: 3	203	01:11:06	07:06	8.4mph	Overall Female Runner: 3
32	CATHERINE POWELL	PONTYPRIDD ROADENTS	F: 4	292	01:11:56	07:11	8.3mph	Female 45 : 1
33	ALEX HAYCOCK	CDF RUNNERS	M: 29	180	01:12:01	07:12	8.3mph	
34	ELAINE WHARMBY	BRACKLA HARRIERS	F: 5	207	01:12:34	07:15	8.3mph	Female 55 : 1
35	DAVID CASADO	PEGASUS RC	M: 30	183	01:12:53	07:17	8.2mph	
36	SAM JONES	CDF RUNNERS	M: 31	176	01:14:54	07:29	8.0mph	
37	SHANNON WALKER	LES CROUPIERS RC	F: 6	206	01:15:05	07:30	8.0mph	
38	HECTOR CORTES		M: 32	181	01:15:06	07:30	8.0mph	
39	JOHN LLOYD	BRACKLA HARRIERS	M: 33	290	01:16:35	07:39	7.8mph	
40	MALC GONNELLA	BUILTH WELLS & DISTRICT	M: 34	182	01:17:01	07:42	7.8mph	Male 70 : 1
41	CLIVE OSMOND	LES CROUPIERS RC	M: 35	186	01:17:50	07:46	7.7mph	
42	BETHAN DOWDING	SWANSEA HARRIERS	F: 7	219	01:17:51	07:47	7.7mph	
43	TOM ROONEY	CALDICOT RUNNING CLUB	M: 36	185	01:18:14	07:49	7.7mph	
44	MARC WACHTER	CALDICOT RUNNING CLUB	M: 37	199	01:18:16	07:49	7.7mph	
45	ROWENA WHITE	SAN DOMENICO RC	F: 8	205	01:18:19	07:49	7.7mph	
46	JAMIE BOWEN	CDF RUNNERS	M: 38	293	01:18:27	07:50	7.6mph	
47	ROYSTON VINCENT	PONTYPRIDD ROADENTS	M: 39	184	01:18:33	07:51	7.6mph	
48	ELLIE PARRY		F: 9	208	01:18:39	07:51	7.6mph	
49	JANE OGILVIE	BRACKLA HARRIERS	F: 10	236	01:19:00	07:53	7.6mph	
50	CHRISTOPHER DAVIES	CDF RUNNERS, AR	M: 40	291	01:19:11	07:55	7.6mph	
51	ALEX BROWN	HEATHWOOD TRI	F: 11	209	01:19:12	07:55	7.6mph	Female 35 : 1
52	ATHANASIA AGORA	CDF RUNNERS	F: 12	212	01:19:34	07:57	7.5mph	
53	STEPHEN MCDOWELL		M: 41	193	01:19:53	07:59	7.5mph	
54	RYAN DAVIES	CAERLEON RC	M: 42	194	01:20:02	08:00	7.5mph	
55	JOSHUA STEVENSON-HOARE		M: 43	200	01:20:08	08:00	7.5mph	
56	EMMA PRICE-STEPHENS	GRIFFITHSTOWN HARRIERS	F: 13	232	01:20:47	08:04	7.4mph	
57	MARK EVANS	BRACKLA HARRIERS	M: 44	192	01:20:57	08:05	7.4mph	
58	RICHARD VAUGHAN		M: 45	196	01:21:03	08:06	7.4mph	
59	REBEKAH CLARKE	CALDICOT RUNNING CLUB	F: 14	228	01:22:29	08:14	7.3mph	
60	LAINY HECKLEY	ABERYSTWYTH AC	F: 15	213	01:23:05	08:18	7.2mph	

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61	STEPHEN LOCKE	PONTYPRIDD ROADENTS	M: 46	187	01:23:07	08:18	7.2mph	
62	GRAHAM FOSTER	BRACKLA HARRIERS	M: 47	243	01:23:23	08:20	7.2mph	
63	MICHELLE AMBLIN	LES CROUPIERS RC	F: 16	220	01:23:40	08:21	7.2mph	
64	NICHOLAS ROUX		M: 48	242	01:23:53	08:23	7.2mph	
65	JEREMY DICKSON	LLISWERRY RUNERS	M: 49	189	01:24:34	08:27	7.1mph	
66	SIONED THOMAS	CDF RUNNERS, AR	F: 17	214	01:24:53	08:29	7.1mph	
67	LISA PINNEY	CLWB RUN WALES	F: 18	217	01:25:12	08:31	7.0mph	
68	KAT NGUYEN	CDF RUNNERS	F: 19	211	01:26:11	08:37	7.0mph	
69	MICHAEL MURPHY	LES CROUPIERS RC	M: 50	195	01:26:17	08:37	7.0mph	
70	REBEKAH MILES	LES CROUPIERS RC	F: 20	218	01:26:38	08:39	6.9mph	
71	RHIANNON DONNELLY		F: 21	237	01:27:15	08:43	6.9mph	
72	HOPE STANGER	HEATHWOOD TRI	F: 22	235	01:27:17	08:43	6.9mph	
73	ELIN HENDERSON		F: 23	294	01:28:02	08:48	6.8mph	
74	JENNIFER SLEATH	BRACKLA HARRIERS	F: 24	233	01:28:24	08:50	6.8mph	
75	PHILIP PAYNE		M: 51	240	01:28:27	08:50	6.8mph	
76	JENNA GROVES		F: 25	225	01:28:38	08:51	6.8mph	
77	EMMA SHAW	WOMEN RUNNING PENARTH	F: 26	259	01:29:11	08:55	6.7mph	
78	NICHOLAS POUNDER	PONTYPRIDD ROADENTS	M: 52	188	01:29:19	08:55	6.7mph	
79	NIALL HUGHES	SAN DOMENICO RC	M: 53	289	01:29:49	08:58	6.7mph	
80	NORMAN JONES	MYNYDDWYR DE CYMRU	M: 54	265	01:30:22	09:02	6.6mph	
81	OWEN ROBERTS		M: 55	254	01:30:48	09:04	6.6mph	
82	MIKE GWYNNE	PONTYPRIDD ROADENTS	M: 56	244	01:30:53	09:05	6.6mph	
83	BRIANNE SNAITH		F: 27	251	01:31:09	09:06	6.6mph	
84	LUCY THOMAS		F: 28	250	01:31:09	09:06	6.6mph	
85	TRACEY ARTHUR	LLISWERRY RUNNERS	F: 29	260	01:31:12	09:07	6.6mph	
86	ANGELA COLES	BRACKLA HARRIERS	F: 30	261	01:31:50	09:10	6.5mph	
87	CATHERINE BRADSHAW	BRACKLA HARRIERS	F: 31	253	01:31:56	09:11	6.5mph	
88	GARY HOBBS		M: 57	264	01:32:04	09:12	6.5mph	
89	MARK FRANCIS	BRACKLA HARRIERS	M: 58	246	01:32:10	09:12	6.5mph	
90	SALLY GROVES	PEGASUS RC	F: 32	223	01:32:58	09:17	6.5mph	
91	RUSSELL LOVE	CDF RUNNERS	M: 59	245	01:33:34	09:21	6.4mph	
92	FLORENCE WADDINGTON	CDF RUNNERS	F: 33	252	01:33:34	09:21	6.4mph	
93	GERRY CRISPIE	LES CROUPIERS RC	M: 60	255	01:34:20	09:26	6.4mph	
94	SANDRA VERMAAK	COWBRIDGE MOOVERS	F: 34	216	01:34:49	09:28	6.3mph	
95	GERALDINE TUCKER	BRACKLA HARRIERS	F: 35	215	01:34:49	09:28	6.3mph	
96	JONNY COTSEN		M: 61	285	01:35:42	09:34	6.3mph	
97	SARAH PHILLIPS		F: 36	258	01:35:44	09:34	6.3mph	
98	ABBY GROVES	PEGASUS RC	F: 37	224	01:37:42	09:46	6.1mph	
99	ROBI BELL	CALDICOT RUNNING CLUB	M: 62	197	01:38:37	09:51	6.1mph	
100	BRENDA AVERY	CHEPSTOW HARRIERS	F: 38	234	01:39:21	09:56	6.0mph	Female 65 : 1
101	KATARZYNA KOTARBA		F: 39	222	01:39:21	09:56	6.0mph	
102	JOJO TRAIN	CALDICOT RUNNING CLUB	F: 40	256	01:40:47	10:04	6.0mph	
103	STEVE LEWIS	LES CROUPIERS RC	M: 63	267	01:41:15	10:07	5.9mph	
104	JULIA JARVIS	COWBRIDGE MOOVERS	F: 41	273	01:41:27	10:08	5.9mph	
105	GARRY WHARMBY	BRACKLA HARRIERS	M: 64	276	01:41:35	10:09	5.9mph	
106	WENDY FOSTER	BRACKLA HARRIERS	F: 42	275	01:41:44	10:10	5.9mph	
107	LOUISE MUTEHAM	LLISWERRY RUNNERS	F: 43	226	01:42:59	10:17	5.8mph	
108	FIONA ROBERTSON	PORTISHEAD RC	F: 44	268	01:43:29	10:20	5.8mph	
109	SOLITAIRE PRITCHARD	PORTHCAWL RUNNERS	F: 45	249	01:43:31	10:21	5.8mph	
110	MELANIE HALL	BRACKLA HARRIERS	F: 46	230	01:43:37	10:21	5.8mph	
111	CLAIRE BRUCE	LES CROUPIERS RC	F: 47	231	01:44:44	10:28	5.7mph	
112	RACHEL HUMPHREYS		F: 48	272	01:46:09	10:36	5.7mph	
113	MEL JOHNS		F: 49	284	01:46:10	10:37	5.7mph	
114	LYDIA HOBBS		F: 50	271	01:50:01	11:00	5.5mph	
115	SAM GARRICK		F: 51	286	01:50:17	11:01	5.4mph	
116	BEVERLEY SOLES	OGMORE PHOENIX	F: 52	262	01:50:17	11:01	5.4mph	
117	YVETTE MAZURCZAK		F: 53	274	01:52:07	11:12	5.4mph	
118	CLAIRE GEORGE	LES CROUPIERS RC	F: 54	278	01:57:33	11:45	5.1mph	
119	FRANCESCA JONES		F: 55	288	01:58:14	11:49	5.1mph	
120	TINA LLOYD	BRACKLA HARRIERS	F: 56	283	02:04:04	12:24	4.8mph	