

Cardiff 20/10 - 20 miles

Pos	Name	Club	Gender	Bib #	Time	Pace	Speed	Division Rank	
1	TOM FLITCROFT	LES CROUPIERS RC	M: 1	1	01:57:12	05:51	10.2mph	Overall Male Runner: 1	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	00:58:43.60	05:52	10.2mph	00:58:43.60
					Split 2	00:58:27.67	05:50	10.3mph	01:57:11.26
2	PAUL BEACH		M: 2	6	02:00:13	06:00	10.0mph	Overall Male Runner: 2	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	00:58:43.59	05:52	10.2mph	00:58:43.59
					Split 2	01:01:29.06	06:08	9.8mph	02:00:12.64
3	BEN KENNEDY	LES CROUPIERS RC	M: 3	2	02:00:42	06:02	9.9mph	Overall Male Runner: 3	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:01:41.29	06:10	9.7mph	01:01:41.29
					Split 2	00:59:00.03	05:54	10.2mph	02:00:41.31
4	MARK PRICE		M: 4	128	02:03:14	06:09	9.7mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:00:52.01	06:05	9.9mph	01:00:52.01
					Split 2	01:02:21.83	06:14	9.6mph	02:03:13.84
5	HARRY JENKINS	PORTHCAWL RUNNERS	M: 5	14	02:06:19	06:18	9.5mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:04:33.55	06:27	9.3mph	01:04:33.55
					Split 2	01:01:44.59	06:10	9.7mph	02:06:18.14
6	ALEX PRICE	LES CROUPIERS RC	M: 6	8	02:07:21	06:22	9.4mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:02:22.92	06:14	9.6mph	01:02:22.92
					Split 2	01:04:57.44	06:29	9.2mph	02:07:20.36
7	THOMAS DAVIES	PORTHCAWL RUNNERS	M: 7	104	02:08:21	06:25	9.3mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:04:33.94	06:27	9.3mph	01:04:33.94
					Split 2	01:03:46.97	06:22	9.4mph	02:08:20.90
8	ROB PARTRIDGE		M: 8	12	02:09:54	06:29	9.2mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:04:34.52	06:27	9.3mph	01:04:34.52
					Split 2	01:05:19.12	06:31	9.2mph	02:09:53.64
9	VICTOR MANUEL MATEU GARCIA	SOUTHVILLE RC	M: 9	5	02:10:13	06:30	9.2mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:02:14.36	06:13	9.6mph	01:02:14.36
					Split 2	01:07:58.42	06:47	8.8mph	02:10:12.78
10	JACK HILLDRUP	SAN DOMENICO RC	M: 10	11	02:10:32	06:31	9.2mph	:	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:05:33.20	06:33	9.2mph	01:05:33.20
					Split 2	01:04:58.00	06:29	9.2mph	02:10:31.19
11	PRESSLING JON	TORBAY TRI CLUB	M: 11	23	02:13:06	06:39	9.0mph	Male 40 - 49: 1	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:06:17.12	06:37	9.1mph	01:06:17.12
					Split 2	01:06:48.50	06:40	9.0mph	02:13:05.61
12	PAUL MORTON	CDF RUNNERS	M: 12	15	02:14:08	06:42	8.9mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:06:45.49	06:40	9.0mph	01:06:45.49
					Split 2	01:07:22.43	06:44	8.9mph	02:14:07.92
13	MARTIN JOHNS	LLISWERRY RUNNERS	M: 13	22	02:14:08	06:42	8.9mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:06:45.30	06:40	9.0mph	01:06:45.30
					Split 2	01:07:22.64	06:44	8.9mph	02:14:07.93
14	CRAIG HOPKINS	PONT-Y-PWL & DISTRICT	M: 14	18	02:15:53	06:48	8.8mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:06:11.47	06:37	9.1mph	01:06:11.47
					Split 2	01:09:40.88	06:58	8.6mph	02:15:52.35
15	YI YANG	TEAM BATH AC	M: 15	27	02:16:08	06:48	8.8mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:07:51.96	06:47	8.8mph	01:07:51.96
					Split 2	01:08:15.45	06:45	8.9mph	02:16:07.41

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Pos	Name	Club	Gender	Bib #	Time	Pace	Speed	Division Rank	
16	OWEN STADDON	CALDICOT RUNNING CLUB	M: 16	19	02:16:24	06:49	8.8mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:08:08.62	06:48	8.8mph	01:08:08.62
					Split 2	01:08:14.95	06:49	8.8mph	02:16:23.56
17	RYAN WORLOCK-MORGAN	PARC BRYN BACH	M: 17	10	02:16:26	06:49	8.8mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:09:45.30	06:58	8.6mph	01:09:45.30
					Split 2	01:06:40.72	06:40	9.0mph	02:16:26.01
18	ADAM MORGAN		M: 18	13	02:17:10	06:51	8.7mph	:	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:09:45.48	06:58	8.6mph	01:09:45.48
					Split 2	01:07:24.58	06:44	8.9mph	02:17:10.06
19	STEVE COLLINS	HEATHWOOD TRI	M: 19	88	02:20:25	07:01	8.5mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:09:11.89	06:55	8.7mph	01:09:11.89
					Split 2	01:11:12.88	07:07	8.4mph	02:20:24.77
20	BILLY WILLIAMS	PORTHCAWL RUNNERS	M: 20	26	02:20:41	07:02	8.5mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:09:50.34	06:59	8.6mph	01:09:50.34
					Split 2	01:10:50.66	07:05	8.5mph	02:20:41.00
21	JAMES LINNEY	PENARTH AND DINAS	M: 21	33	02:20:54	07:02	8.5mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:11:45.88	07:10	8.4mph	01:11:45.88
					Split 2	01:09:07.49	06:54	8.7mph	02:20:53.36
22	CHRIS BROWN	HEATHWOOD TRI	M: 22	28	02:21:27	07:04	8.5mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:10:55.97	07:05	8.5mph	01:10:55.97
					Split 2	01:10:30.84	07:03	8.5mph	02:21:26.81
23	PHILIP HODGE	LES CROUPIERS RC	M: 23	32	02:21:30	07:04	8.5mph	Male 60 - 69: 1	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:09:48.44	06:58	8.6mph	01:09:48.44
					Split 2	01:11:41.15	07:10	8.4mph	02:21:29.58
24	OWEN PETERS		M: 24	123	02:22:50	07:08	8.4mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:09:44.37	06:58	8.6mph	01:09:44.37
					Split 2	01:13:05.58	07:18	8.2mph	02:22:49.95
25	JAMES BRUCE	LES CROUPIERS RC	M: 25	20	02:23:25	07:10	8.4mph	Male 50 - 59: 1	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:11:27.51	07:08	8.4mph	01:11:27.51
					Split 2	01:11:57.58	07:11	8.3mph	02:23:25.09
26	KIERAN O'BRIEN		M: 26	42	02:26:12	07:18	8.2mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:09:31.71	06:57	8.6mph	01:09:31.71
					Split 2	01:16:40.28	07:40	7.8mph	02:26:11.98
27	OWEN RIVERS	LES CROUPIERS RC	M: 27	16	02:26:41	07:20	8.2mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:12:45.23	07:16	8.2mph	01:12:45.23
					Split 2	01:13:55.76	07:23	8.1mph	02:26:40.98
28	LENNY SAYERS	LES CROUPIERS RC	M: 28	35	02:28:15	07:24	8.1mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:13:46.04	07:22	8.1mph	01:13:46.04
					Split 2	01:14:28.52	07:26	8.1mph	02:28:14.55
29	MIKE DAVIES	ALBANY ROAD RUN CLUB	M: 29	25	02:28:23	07:25	8.1mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:12:47.60	07:16	8.2mph	01:12:47.60
					Split 2	01:15:34.75	07:33	7.9mph	02:28:22.34
30	JUSTINE DAWKINS	CORNELLY STRIDERS	F: 1	53	02:31:23	07:34	7.9mph	Overall Female Runner: 1	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:13:40.93	07:22	8.1mph	01:13:40.93
					Split 2	01:17:41.89	07:46	7.7mph	02:31:22.82

Cardiff 20/10 - 20 miles

Pos	Name	Club	Gender	Bib #	Time	Pace	Speed	Division Rank	
31	SIMON COOMBES	SWANSEA HARRIERS	M: 30	31	02:32:15	07:36	7.9mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:12:44.50	07:16	8.2mph	01:12:44.50
					Split 2	01:19:30.30	07:57	7.5mph	02:32:14.80
32	ALEXANDER HAYMAN	CDF RUNNERS	M: 31	29	02:32:40	07:37	7.9mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:17:40.78	07:46	7.7mph	01:17:40.78
					Split 2	01:14:58.52	07:29	8.0mph	02:32:39.30
33	MATTHEW WATKINS	LES CROUPIERS RC	M: 32	36	02:33:03	07:39	7.8mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:17:16.42	07:43	7.8mph	01:17:16.42
					Split 2	01:15:46.36	07:34	7.9mph	02:33:02.78
34	ALICE ROTHWELL	LES CROUPIERS RC	F: 2	57	02:34:00	07:41	7.8mph	Overall Female Runner: 2	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:15:34.47	07:33	7.9mph	01:15:34.47
					Split 2	01:18:24.94	07:50	7.7mph	02:33:59.40
35	ELLIOTT SAUNDERS		M: 33	30	02:34:36	07:43	7.8mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:17:14.05	07:43	7.8mph	01:17:14.05
					Split 2	01:17:21.98	07:44	7.8mph	02:34:36.03
36	ALEX CHASE	HEATHWOOD TRI	M: 34	38	02:36:48	07:50	7.7mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:15:40.32	07:34	7.9mph	01:15:40.32
					Split 2	01:21:06.78	08:06	7.4mph	02:36:47.10
37	SIMON CAWTHORN	LLISWERRY RUNNERS	M: 35	99	02:37:38	07:52	7.6mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:17:22.66	07:44	7.8mph	01:17:22.66
					Split 2	01:20:14.75	08:01	7.5mph	02:37:37.41
38	LAURA CAMERON	LLISWERRY RUNNERS	F: 3	52	02:37:50	07:53	7.6mph	Overall Female Runner: 3	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:21:41.63	08:10	7.3mph	01:21:41.63
					Split 2	01:16:07.86	07:36	7.9mph	02:37:49.48
39	DAVID HUCKLE	BALANCED PERFORMANCE	M: 36	86	02:39:11	07:57	7.5mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:16:49.56	07:40	7.8mph	01:16:49.56
					Split 2	01:22:21.28	08:14	7.3mph	02:39:10.83
40	ANTHONY WADDINGTON		M: 37	34	02:39:23	07:58	7.5mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:17:16.70	07:43	7.8mph	01:17:16.70
					Split 2	01:22:05.55	08:12	7.3mph	02:39:22.24
41	LEE BODENHAM	PORTHCAWL RUNNERS	F: 4	58	02:39:52	07:59	7.5mph	Female 35 - 44: 1	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:21:37.31	08:09	7.4mph	01:21:37.31
					Split 2	01:18:14.43	07:49	7.7mph	02:39:51.74
42	HASSAN GHOLAMI		M: 38	7	02:40:02	08:00	7.5mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:16:55.26	07:41	7.8mph	01:16:55.26
					Split 2	01:23:06.60	08:18	7.2mph	02:40:01.86
43	PENNY COYLE	LES CROUPIERS RC	F: 5	56	02:40:22	08:01	7.5mph	Female 45 - 54: 1	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:22:11.19	08:13	7.3mph	01:22:11.19
					Split 2	01:18:10.13	07:49	7.7mph	02:40:21.32
44	CHRISTOPHER GUY		M: 39	124	02:40:23	08:01	7.5mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:20:26.49	08:02	7.5mph	01:20:26.49
					Split 2	01:19:56.46	07:59	7.5mph	02:40:22.94
45	CAROLE GODDARD	LES CROUPIERS RC	F: 6	59	02:40:25	08:01	7.5mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:22:12.12	08:13	7.3mph	01:22:12.12
					Split 2	01:18:12.40	07:49	7.7mph	02:40:24.52

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46	BRYONY EAMES	LES CROUPIERS RC	F: 7	54	02:40:25	08:01	7.5mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:22:11.66	08:13	7.3mph	01:22:11.66
					Split 2	01:18:13.09	07:49	7.7mph	02:40:24.75
47	MICHAEL EWINS	CALDICOT RUNNING CLUB	M: 40	37	02:41:18	08:03	7.4mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:20:59.52	08:05	7.4mph	01:20:59.52
					Split 2	01:20:17.81	08:01	7.5mph	02:41:17.32
48	TERRY O'BRIEN		M: 41	76	02:41:21	08:04	7.4mph	Male 60 - 69: 3	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:19:24.02	07:56	7.6mph	01:19:24.02
					Split 2	01:21:56.30	08:11	7.3mph	02:41:20.32
49	SARAH BENNETT	PD FITNESS	F: 8	55	02:42:17	08:06	7.4mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:18:23.48	07:50	7.7mph	01:18:23.48
					Split 2	01:23:52.99	08:23	7.2mph	02:42:16.46
50	ALED BROWN	HEATHWOOD TRI	M: 42	48	02:45:02	08:15	7.3mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:19:39.08	07:57	7.5mph	01:19:39.08
					Split 2	01:25:22.27	08:32	7.0mph	02:45:01.35
51	WILL CROSBY		M: 43	49	02:45:09	08:15	7.3mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:24:04.08	08:24	7.1mph	01:24:04.08
					Split 2	01:21:04.13	08:06	7.4mph	02:45:08.20
52	RICHARD THOMPSON		M: 44	127	02:46:17	08:18	7.2mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:21:41.79	08:10	7.3mph	01:21:41.79
					Split 2	01:24:34.38	08:27	7.1mph	02:46:16.16
53	NATALIE BURCHELL	LLISWERRY RUNNERS	F: 9	68	02:46:32	08:19	7.2mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:25:00.22	08:30	7.1mph	01:25:00.22
					Split 2	01:21:31.36	08:09	7.4mph	02:46:31.57
54	ALLEN CAMERON		M: 45	129	02:46:33	08:19	7.2mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:22:18.59	08:13	7.3mph	01:22:18.59
					Split 2	01:24:13.59	08:25	7.1mph	02:46:32.18
55	TAMMY FRY	CAERLEON RC	F: 10	60	02:46:40	08:19	7.2mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:25:00.06	08:30	7.1mph	01:25:00.06
					Split 2	01:21:39.12	08:09	7.3mph	02:46:39.17
56	ALISON WOODWARD	PENCOED PANTHERS	F: 11	102	02:47:07	08:21	7.2mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:20:14.51	08:01	7.5mph	01:20:14.51
					Split 2	01:26:51.80	08:41	6.9mph	02:47:06.31
57	LUCY KINGSTON		F: 12	125	02:47:18	08:21	7.2mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:21:49.55	08:10	7.3mph	01:21:49.55
					Split 2	01:25:28.01	08:32	7.0mph	02:47:17.56
58	SARAH BEECHING	LES CROUPIERS RC	F: 13	63	02:47:28	08:22	7.2mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:22:31.93	08:15	7.3mph	01:22:31.93
					Split 2	01:24:55.17	08:29	7.1mph	02:47:27.10
59	MARK HERBERT	LES CROUPIERS RC	M: 46	41	02:47:48	08:23	7.2mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:23:23.80	08:20	7.2mph	01:23:23.80
					Split 2	01:24:23.66	08:26	7.1mph	02:47:47.46
60	DAVID DEWEY	BALANCED PERFORMANCE	M: 47	39	02:48:25	08:25	7.1mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:19:59.28	07:59	7.5mph	01:19:59.28
					Split 2	01:28:25.04	08:50	6.8mph	02:48:24.31

Cardiff 20/10 - 20 miles

Pos	Name	Club	Gender	Bib #	Time	Pace	Speed	Division Rank	
61	ALICE YEVKO		F: 14	64	02:49:26	08:28	7.1mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:25:07.55	08:30	7.0mph	01:25:07.55
					Split 2	01:24:18.32	08:25	7.1mph	02:49:25.87
62	PHILIP TUCKER	BRACKLA HARRIERS	M: 48	40	02:49:46	08:29	7.1mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:25:47.58	08:34	7.0mph	01:25:47.58
					Split 2	01:23:58.30	08:23	7.1mph	02:49:45.88
63	CHRIS DUNN	ABERDARE VALLEY AAC	M: 49	82	02:49:53	08:29	7.1mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:25:05.58	08:30	7.1mph	01:25:05.58
					Split 2	01:24:47.44	08:28	7.1mph	02:49:53.01
64	ALISON MEREDITH-JONES	BRACKLA HARRIERS	F: 15	97	02:51:44	08:35	7.0mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:25:28.06	08:32	7.0mph	01:25:28.06
					Split 2	01:26:15.09	08:37	7.0mph	02:51:43.15
65	DAVID WHERRY	CALDICOT RUNNING CLUB	M: 50	75	02:51:51	08:35	7.0mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:27:10.26	08:43	6.9mph	01:27:10.26
					Split 2	01:24:39.86	08:27	7.1mph	02:51:50.12
66	STEPHANIE PASCO		F: 16	93	02:52:41	08:38	6.9mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:24:14.09	08:25	7.1mph	01:24:14.09
					Split 2	01:28:26.53	08:50	6.8mph	02:52:40.61
67	DANIEL LEWIS		M: 51	81	02:53:17	08:39	6.9mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:20:49.60	08:04	7.4mph	01:20:49.60
					Split 2	01:32:27.03	09:14	6.5mph	02:53:16.63
68	SAM CLARKSTONE	PONTYPRIDD ROADENTS	F: 17	101	02:53:34	08:40	6.9mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:30:51.31	09:05	6.6mph	01:30:51.31
					Split 2	01:22:42.76	08:16	7.3mph	02:53:34.07
69	GARETH EVANS	PONTYPRIDD ROADENTS	M: 52	24	02:54:24	08:43	6.9mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:29:53.52	08:59	6.7mph	01:29:53.52
					Split 2	01:24:30.42	08:27	7.1mph	02:54:23.94
70	LUCY MORGAN		F: 18	70	02:56:34	08:49	6.8mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:27:52.90	08:47	6.8mph	01:27:52.90
					Split 2	01:28:41.04	08:52	6.8mph	02:56:33.93
71	JAMES PRICE		M: 53	84	02:57:23	08:52	6.8mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:20:47.56	08:04	7.4mph	01:20:47.56
					Split 2	01:36:34.60	09:39	6.2mph	02:57:22.16
72	JUDI RHYS	LES CROUPIERS RC	F: 19	71	02:57:31	08:52	6.8mph	Female 55 - 64: 1	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:27:52.26	08:47	6.8mph	01:27:52.26
					Split 2	01:29:38.48	08:57	6.7mph	02:57:30.73
73	CASSIE SUMMERS	LES CROUPIERS RC	F: 20	62	02:58:29	08:55	6.7mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:28:52.09	08:53	6.8mph	01:28:52.09
					Split 2	01:29:36.83	08:57	6.7mph	02:58:28.91
74	ADAM JOHNSON	CDF RUNNERS	M: 54	46	02:59:30	08:58	6.7mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:24:27.49	08:26	7.1mph	01:24:27.49
					Split 2	01:35:02.48	09:30	6.3mph	02:59:29.97
75	ROSE ROBERTS		F: 21	51	03:00:05	09:00	6.7mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:25:01.23	08:30	7.1mph	01:25:01.23
					Split 2	01:35:03.10	09:30	6.3mph	03:00:04.33

Cardiff 20/10 - 20 miles

Pos	Name	Club	Gender	Bib #	Time	Pace	Speed	Division Rank	
76	GARETH COLES		M: 55	85	03:02:26	09:07	6.6mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:21:35.57	08:09	7.4mph	01:21:35.57
					Split 2	01:40:50.51	10:05	5.9mph	03:02:26.07
77	LIAM THOMAS	HEATHWOOD TRI	M: 56	96	03:02:57	09:08	6.6mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:31:04.89	09:06	6.6mph	01:31:04.89
					Split 2	01:31:51.92	09:11	6.5mph	03:02:56.81
78	JESS KINGSTON		F: 22	117	03:04:05	09:12	6.5mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:28:19.08	08:49	6.8mph	01:28:19.08
					Split 2	01:35:45.42	09:34	6.3mph	03:04:04.50
79	KELLY MORGAN		F: 23	91	03:04:14	09:12	6.5mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:29:17.19	08:55	6.7mph	01:29:17.19
					Split 2	01:34:56.54	09:29	6.3mph	03:04:13.72
80	DANIEL WILCOCK	HEATHWOOD TRI	M: 57	103	03:04:43	09:14	6.5mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:32:18.18	09:13	6.5mph	01:32:18.18
					Split 2	01:32:24.20	09:14	6.5mph	03:04:42.38
81	TOM BEALE	CALDICOT RUNNING CLUB	M: 58	98	03:05:33	09:16	6.5mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:31:09.34	09:06	6.6mph	01:31:09.34
					Split 2	01:34:23.20	09:26	6.4mph	03:05:32.54
82	JO HARRIS	BITTON ROAD RUNNERS	F: 24	89	03:05:48	09:17	6.5mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:31:01.95	09:06	6.6mph	01:31:01.95
					Split 2	01:34:45.23	09:28	6.3mph	03:05:47.17
83	BRONWEN BOYCE		F: 25	65	03:06:21	09:19	6.4mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:32:22.03	09:14	6.5mph	01:32:22.03
					Split 2	01:33:58.40	09:23	6.4mph	03:06:20.42
84	TZEVAI CHONG	CDF RUNNERS	M: 59	87	03:06:56	09:20	6.4mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:33:26.83	09:20	6.4mph	01:33:26.83
					Split 2	01:33:28.53	09:20	6.4mph	03:06:55.35
85	SOPHIE CHARLES	BRACKLA HARRIERS	F: 26	94	03:07:37	09:22	6.4mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:29:16.18	08:55	6.7mph	01:29:16.18
					Split 2	01:38:20.20	09:50	6.1mph	03:07:36.38
86	REBECCA HAMPSON		F: 27	90	03:07:50	09:23	6.4mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:32:21.97	09:14	6.5mph	01:32:21.97
					Split 2	01:35:27.50	09:32	6.3mph	03:07:49.46
87	CHRIS MILES		M: 60	83	03:08:55	09:26	6.4mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:33:24.83	09:20	6.4mph	01:33:24.83
					Split 2	01:35:30.16	09:33	6.3mph	03:08:54.99
88	JOSH GILBY	LLISWERRY RUNNERS	M: 61	43	03:09:10	09:27	6.3mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:38:07.59	09:48	6.1mph	01:38:07.59
					Split 2	01:31:01.92	09:06	6.6mph	03:09:09.51
89	ALEX JERRETT		M: 62	126	03:09:17	09:27	6.3mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:30:46.15	09:04	6.6mph	01:30:46.15
					Split 2	01:38:30.88	09:51	6.1mph	03:09:17.02
90	ELIZABETH WALSH	FAIRWATER RUNNERS	F: 28	72	03:10:33	09:31	6.3mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:32:19.60	09:13	6.5mph	01:32:19.60
					Split 2	01:38:13.15	09:49	6.1mph	03:10:32.74

Cardiff 20/10 - 20 miles

Pos	Name	Club	Gender	Bib #	Time	Pace	Speed	Division Rank	
91	JEN DAVIES	LLISWERRY RUNNERS	F: 29	69	03:10:52	09:32	6.3mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:32:43.48	09:16	6.5mph	01:32:43.48
					Split 2	01:38:07.95	09:48	6.1mph	03:10:51.42
92	LOTTIE VAUGHAN	BRACKLA HARRIERS	F: 30	74	03:12:08	09:36	6.2mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:28:49.93	08:52	6.8mph	01:28:49.93
					Split 2	01:43:17.38	10:19	5.8mph	03:12:07.30
93	ELLIOT COUNSELL	LLISWERRY RUNNERS	M: 63	78	03:13:33	09:40	6.2mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:38:07.89	09:48	6.1mph	01:38:07.89
					Split 2	01:35:24.27	09:32	6.3mph	03:13:32.16
94	IOLA LANDY	PENCOED PANTHERS	F: 31	95	03:14:17	09:42	6.2mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:33:23.85	09:20	6.4mph	01:33:23.85
					Split 2	01:40:52.97	10:05	5.9mph	03:14:16.81
95	BETHAN JENKINS	PONTYPRIDD ROADENTS	F: 32	118	03:22:57	10:08	5.9mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:39:34.90	09:57	6.0mph	01:39:34.90
					Split 2	01:43:21.26	10:20	5.8mph	03:22:56.16
96	JENNY MARTIN	LES CROUPIERS RC	F: 33	107	03:25:35	10:16	5.8mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:37:46.32	09:46	6.1mph	01:37:46.32
					Split 2	01:47:48.50	10:46	5.6mph	03:25:34.82
97	CHRISTOPHER BARNBY		M: 64	79	03:25:43	10:17	5.8mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:39:58.33	09:59	6.0mph	01:39:58.33
					Split 2	01:45:44.49	10:34	5.7mph	03:25:42.82
98	KATE HODGSON	LLISWERRY RUNNERS	F: 34	61	03:26:00	10:17	5.8mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:42:43.00	10:16	5.8mph	01:42:43.00
					Split 2	01:43:16.12	10:19	5.8mph	03:25:59.12
99	SARAH KEMBREY	LLISWERRY RUNNERS	F: 35	92	03:26:01	10:18	5.8mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:42:43.77	10:16	5.8mph	01:42:43.77
					Split 2	01:43:16.48	10:19	5.8mph	03:26:00.24
100	PHILLIP LEE	LLISWERRY RUNNERS	M: 65	21	03:26:55	10:20	5.8mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:42:35.98	10:15	5.8mph	01:42:35.98
					Split 2	01:44:18.70	10:25	5.8mph	03:26:54.67
101	JESSICA LEE	CALDICOT RUNNING RUNNEI	F: 36	67	03:26:55	10:20	5.8mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:42:47.37	10:16	5.8mph	01:42:47.37
					Split 2	01:44:07.43	10:24	5.8mph	03:26:54.80
102	RORY O'BRIEN		M: 66	77	03:29:51	10:29	5.7mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:34:23.35	09:26	6.4mph	01:34:23.35
					Split 2	01:55:27.34	11:32	5.2mph	03:29:50.69
103	KATIE WEBB	PEGASUS RC	F: 37	112	03:30:05	10:30	5.7mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:40:17.53	10:01	6.0mph	01:40:17.53
					Split 2	01:49:47.03	10:58	5.5mph	03:30:04.55
104	JANE COLLINS	CALDICOT RUNNING CLUB	F: 38	110	03:30:07	10:30	5.7mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:44:39.20	10:27	5.7mph	01:44:39.20
					Split 2	01:45:27.42	10:32	5.7mph	03:30:06.62
105	CHARLOTTE BETHELL	PEGASUS RC	F: 39	113	03:30:27	10:31	5.7mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:40:40.31	10:04	6.0mph	01:40:40.31
					Split 2	01:49:46.32	10:58	5.5mph	03:30:26.63

Cardiff 20/10 - 20 miles

Pos	Name	Club	Gender	Bib #	Time	Pace	Speed	Division Rank	
106	RICH PARKER	CDF RUNNERS	M: 67	111	03:32:30	10:37	5.6mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:33:26.68	09:20	6.4mph	01:33:26.68
					Split 2	01:59:03.34	11:54	5.0mph	03:32:30.01
107	GLEN FRANCIS		M: 68	122	03:34:16	10:42	5.6mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:35:30.27	09:33	6.3mph	01:35:30.27
					Split 2	01:58:44.87	11:52	5.1mph	03:34:15.13
108	KEILA MAYO	CALDICOT RUNNING CLUB	F: 40	116	03:42:04	11:06	5.4mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:49:25.53	10:56	5.5mph	01:49:25.53
					Split 2	01:52:37.62	11:15	5.3mph	03:42:03.14
109	SARAH WILSON	CALDICOT RUNNING CLUB	F: 41	120	03:42:04	11:06	5.4mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:48:01.66	10:48	5.6mph	01:48:01.66
					Split 2	01:54:01.78	11:24	5.3mph	03:42:03.44
110	HAYLEY WILLIAMS	CALDICOT RUNNING CLUB	F: 42	66	03:42:04	11:06	5.4mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:49:25.60	10:56	5.5mph	01:49:25.60
					Split 2	01:52:38.04	11:15	5.3mph	03:42:03.64
111	STUART KIBBLE		M: 69	4	03:43:34	11:10	5.4mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:42:13.69	10:13	5.9mph	01:42:13.69
					Split 2	02:01:19.93	12:07	4.9mph	03:43:33.62
112	JOANNA PEARSON	CALDICOT RUNNING CLUB	F: 43	100	03:50:48	11:32	5.2mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:47:47.52	10:46	5.6mph	01:47:47.52
					Split 2	02:03:00.24	12:18	4.9mph	03:50:47.76
113	PETER HEATH	LES CROUPIERS RC	M: 70	115	04:06:00	12:17	4.9mph		
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:54:53.86	11:29	5.2mph	01:54:53.86
					Split 2	02:11:06.00	13:06	4.6mph	04:05:59.85

DNF's who passed though 10 miles

LEO HOLMES	LES CROUPIERS RC	M	9						
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	00:58:35.38	05:51	10.2mph	00:58:35.38
DAVID WATERS	ISLWYN RC	M	44						
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:14:13.25	07:25	8.1mph	01:14:13.25
SEAN PARRY	CORNELLY STRIDERS	M	47						
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:16:40.53	07:40	7.8mph	01:16:40.53
DAN WILLIAMS		M	80						
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:25:02.66	08:30	7.1mph	01:25:02.66
KELLY RUCK	FOREST OF DEAN	F	73						
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:27:22.42	08:44	6.9mph	01:27:22.42
LISA SALKELD	PENCOED PANTHERS	F	106						
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
					Split 1	01:46:59.64	10:41	5.6mph	01:46:59.64