

Cardiff 20/10 - 20 miles

Pos	Name	Club	Gender	Bib #	Gun Time	Chip Time	Division Rank
1	TOM FLITCROFT	LES CROUPIERS RC	M: 1	1	01:57:13	01:57:12	Overall Male Runner: 1
2	PAUL BEACH		M: 2	6	02:00:15	02:00:13	Overall Male Runner: 2
3	BEN KENNEDY	LES CROUPIERS RC	M: 3	2	02:00:45	02:00:42	Overall Male Runner: 3
4	MARK PRICE		M: 4	128	02:03:17	02:03:14	
5	HARRY JENKINS	PORTHCAWL RUNNERS	M: 5	14	02:06:21	02:06:19	
6	ALEX PRICE	LES CROUPIERS RC	M: 6	8	02:07:24	02:07:21	
7	THOMAS DAVIES	PORTHCAWL RUNNERS	M: 7	104	02:08:24	02:08:21	
8	ROB PARTRIDGE		M: 8	12	02:09:57	02:09:54	
9	VICTOR MANUEL MATEU GARCIA	SOUTHVILLE RC	M: 9	5	02:10:18	02:10:13	
10	JACK HILLDRUP	SAN DOMENICO RC	M: 10	11	02:10:36	02:10:32	
11	PRESSLING JON	TORBAY TRI CLUB	M: 11	23	02:13:08	02:13:06	Male 40 : 1
12	PAUL MORTON	CDF RUNNERS	M: 12	15	02:14:13	02:14:08	
13	MARTIN JOHNS	LLISWERRY RUNNERS	M: 13	22	02:14:13	02:14:08	
14	CRAIG HOPKINS	PONT-Y-PWL & DISTRICT	M: 14	18	02:16:12	02:15:53	
15	YI YANG	TEAM BATH AC	M: 15	27	02:16:18	02:16:08	
16	RYAN WORLOCK-MORGAN	PARC BRYN BACH	M: 16	10	02:16:37	02:16:26	
17	OWEN STADDON	CALDICOT RUNNING CLUB	M: 17	19	02:16:45	02:16:24	
18	ADAM MORGAN		M: 18	13	02:17:22	02:17:10	
19	STEVE COLLINS	HEATHWOOD TRI	M: 19	88	02:20:32	02:20:25	
20	BILLY WILLIAMS	PORTHCAWL RUNNERS	M: 20	26	02:20:45	02:20:41	
21	JAMES LINNEY	PENARTH AND DINAS	M: 21	33	02:21:01	02:20:54	
22	CHRIS BROWN	HEATHWOOD TRI	M: 22	28	02:21:34	02:21:27	
23	PHILIP HODGE	LES CROUPIERS RC	M: 23	32	02:21:38	02:21:30	Male 60 : 1
24	OWEN PETERS		M: 24	123	02:22:58	02:22:50	
25	JAMES BRUCE	LES CROUPIERS RC	M: 25	20	02:23:33	02:23:25	Male 50 : 1
26	KIERAN O'BRIEN		M: 26	42	02:26:22	02:26:12	
27	OWEN RIVERS	LES CROUPIERS RC	M: 27	16	02:26:48	02:26:41	
28	LENNY SAYERS	LES CROUPIERS RC	M: 28	35	02:28:23	02:28:15	
29	MIKE DAVIES	ALBANY ROAD RUN CLUB	M: 29	25	02:28:29	02:28:23	
30	JUSTINE DAWKINS	CORNELLY STRIDERS	F: 1	53	02:31:35	02:31:23	Overall Female Runner: 1
31	SIMON COOMBES	SWANSEA HARRIERS	M: 30	31	02:32:28	02:32:15	
32	ALEXANDER HAYMAN	CDF RUNNERS	M: 31	29	02:32:53	02:32:40	
33	MATTHEW WATKINS	LES CROUPIERS RC	M: 32	36	02:33:20	02:33:03	
34	ALICE ROTHWELL	LES CROUPIERS RC	F: 2	57	02:34:08	02:34:00	Overall Female Runner: 2
35	ELLIOTT SAUNDERS		M: 33	30	02:34:59	02:34:36	
36	ALEX CHASE	HEATHWOOD TRI	M: 34	38	02:36:55	02:36:48	
37	SIMON CAWTHORN	LLISWERRY RUNNERS	M: 35	99	02:37:51	02:37:38	
38	LAURA CAMERON	LLISWERRY RUNNERS	F: 3	52	02:38:19	02:37:50	Overall Female Runner: 3
39	DAVID HUCKLE	BALANCED PERFORMANCE	M: 36	86	02:39:27	02:39:11	
40	ANTHONY WADDINGTON		M: 37	34	02:39:37	02:39:23	
41	LEE BODENHAM	PORTHCAWL RUNNERS	F: 4	58	02:40:03	02:39:52	Female 35 : 1
42	HASSAN GHOLAMI		M: 38	7	02:40:29	02:40:02	
43	PENNY COYLE	LES CROUPIERS RC	F: 5	56	02:40:34	02:40:22	Female 45 : 1
44	CAROLE GODDARD	LES CROUPIERS RC	F: 6	59	02:40:37	02:40:25	
45	BRYONY EAMES	LES CROUPIERS RC	F: 7	54	02:40:38	02:40:25	
46	CHRISTOPHER GUY		M: 39	124	02:40:39	02:40:23	
47	TERRY O'BRIEN		M: 40	76	02:41:39	02:41:21	
48	MICHAEL EWINS	CALDICOT RUNNING CLUB	M: 41	37	02:41:40	02:41:18	
49	SARAH BENNETT	PD FITNESS	F: 8	55	02:42:26	02:42:17	
50	ALED BROWN	HEATHWOOD TRI	M: 42	48	02:45:12	02:45:02	
51	WILL CROSBY		M: 43	49	02:45:14	02:45:09	
52	RICHARD THOMPSON		M: 44	127	02:46:23	02:46:17	
53	NATALIE BURCHELL	LLISWERRY RUNNERS	F: 9	68	02:47:00	02:46:32	
54	ALLEN CAMERON		M: 45	129	02:47:03	02:46:33	
55	TAMMY FRY	CAERLEON RC	F: 10	60	02:47:07	02:46:40	
56	LUCY KINGSTON		F: 11	125	02:47:27	02:47:18	
57	ALISON WOODWARD	PENCOED PANTHERS	F: 12	102	02:47:34	02:47:07	
58	SARAH BEECHING	LES CROUPIERS RC	F: 13	63	02:47:40	02:47:28	
59	MARK HERBERT	LES CROUPIERS RC	M: 46	41	02:48:08	02:47:48	
60	DAVID DEWEY	BALANCED PERFORMANCE	M: 47	39	02:48:40	02:48:25	

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61	ALICE YEVKO		F: 14	64	02:49:43	02:49:26	
62	CHRIS DUNN	ABERDARE VALLEY AC	M: 48	82	02:50:10	02:49:53	
63	PHILIP TUCKER	BRACKLA HARRIERS	M: 49	40	02:50:14	02:49:46	
64	ALISON MEREDITH-JONES	BRACKLA HARRIERS	F: 15	97	02:52:03	02:51:44	
65	DAVID WHERRY	CALDICOT RUNNING CLUB	M: 50	75	02:52:16	02:51:51	
66	STEPHANIE PASCO		F: 16	93	02:52:56	02:52:41	
67	DANIEL LEWIS		M: 51	81	02:53:25	02:53:17	
68	SAM CLARKSTONE	PONTYPRIDD ROADENTS	F: 17	101	02:53:59	02:53:34	
69	GARETH EVANS	PONTYPRIDD ROADENTS	M: 52	24	02:54:43	02:54:24	
70	LUCY MORGAN		F: 18	70	02:56:52	02:56:34	
71	JAMES PRICE		M: 53	84	02:57:30	02:57:23	
72	JUDI RHYS	LES CROUPIERS RC	F: 19	71	02:57:48	02:57:31	Female 55 : 1
73	CASSIE SUMMERS	LES CROUPIERS RC	F: 20	62	02:58:50	02:58:29	
74	ADAM JOHNSON	CDF RUNNERS	M: 54	46	02:59:44	02:59:30	
75	ROSE ROBERTS		F: 21	51	03:00:32	03:00:05	
76	GARETH COLES		M: 55	85	03:02:42	03:02:26	
77	LIAM THOMAS	HEATHWOOD TRI	M: 56	96	03:03:08	03:02:57	
78	JESS KINGSTON		F: 22	117	03:04:25	03:04:05	
79	KELLY MORGAN		F: 23	91	03:04:42	03:04:14	
80	DANIEL WILCOCK	HEATHWOOD TRI	M: 57	103	03:04:58	03:04:43	
81	JO HARRIS	BITTON ROAD RUNNERSR	F: 24	89	03:05:59	03:05:48	
82	TOM BEALE	CALDICOT RUNNING CLUB	M: 58	98	03:06:02	03:05:33	
83	BRONWEN BOYCE		F: 25	65	03:06:47	03:06:21	
84	TZEVAI CHONG	CDF RUNNERS	M: 59	87	03:07:21	03:06:56	
85	SOPHIE CHARLES	BRACKLA HARRIERS	F: 26	94	03:07:56	03:07:37	
86	REBECCA HAMPSON		F: 27	90	03:08:17	03:07:50	
87	CHRIS MILES		M: 60	83	03:09:23	03:08:55	
88	JOSH GILBY	LLISWERRY RUNNERS	M: 61	43	03:09:44	03:09:10	
89	ALEX JERRETT		M: 62	126	03:09:50	03:09:17	
90	ELIZABETH WALSH	FAIRWATER RUNNERS	F: 28	72	03:10:56	03:10:33	
91	JEN DAVIES	LLISWERRY RUNNERS	F: 29	69	03:11:18	03:10:52	
92	LOTTIE VAUGHAN	BRACKLA HARRIERS	F: 30	74	03:12:26	03:12:08	
93	ELLIOT COUNSELL	LLISWERRY RUNNERS	M: 63	78	03:14:06	03:13:33	
94	IOLA LANDY	PENCOED PANTHERS	F: 31	95	03:14:45	03:14:17	
95	BETHAN JENKINS	PONTYPRIDD ROADENTS	F: 32	118	03:23:15	03:22:57	
96	JENNY MARTIN	LES CROUPIERS RC	F: 33	107	03:26:02	03:25:35	
97	CHRISTOPHER BARNBY		M: 64	79	03:26:12	03:25:43	
98	KATE HODGSON	LLISWERRY RUNNERS	F: 34	61	03:26:34	03:26:00	
99	SARAH KEMBREY	LLISWERRY RUNNERS	F: 35	92	03:26:35	03:26:01	
100	PHILLIP LEE	LLISWERRY RUNNERS	M: 65	21	03:27:26	03:26:55	
101	JESSICA LEE	CALDICOT RUNNING CLUB	F: 36	67	03:27:26	03:26:55	
102	RORY O'BRIEN		M: 66	77	03:30:09	03:29:51	
103	CHARLOTTE BETHELL	PEGASUS RC	F: 37	113	03:30:27	03:30:27	
104	KATIE WEBB	PEGASUS RC	F: 38	112	03:30:27	03:30:05	
105	JANE COLLINS	CALDICOT RUNNING CLUB	F: 39	110	03:30:39	03:30:07	
106	RICH PARKER	CDF RUNNERS	M: 67	111	03:32:56	03:32:30	
107	GLEN FRANCIS		M: 68	122	03:34:35	03:34:16	
108	SARAH WILSON	CALDICOT RUNNING CLUB	F: 40	120	03:42:36	03:42:04	
109	KEILA MAYO	CALDICOT RUNNING CLUB	F: 41	116	03:42:36	03:42:04	
110	HAYLEY WILLIAMS	CALDICOT RUNNING CLUB	F: 42	66	03:42:37	03:42:04	
111	STUART KIBBLE		M: 69	4	03:44:03	03:43:34	
112	JOANNA PEARSON	CALDICOT RUNNING CLUB	F: 43	100	03:51:24	03:50:48	
113	PETER HEATH	LES CROUPIERS RC	M: 70	115	04:06:36	04:06:00	