

# Cardiff 20/10 - 10 miles

Place	Name	Club	Gender	Bib #	Gun Time	Chip Time	Division Rank
1	MARTIN NORTON	LLISWERRY RUNNERS	M: 1	102	00:58:57	00:58:56	Overall Male Runner: 1
2	JASON HANSON	NEWT	M: 2	101	00:59:04	00:59:02	Overall Male Runner: 2
3	MARTIN JOHNS	LLISWERRY RUNNERS	M: 3	111	00:59:21	00:59:19	Overall Male Runner: 3
4	MATT YELLAND	CLWB RUN WALES	M: 4	104	00:59:27	00:59:24	Male 40 - 49: 1
5	JAMES BULL	CDF RUNNERS	M: 5	103	00:59:47	00:59:44	
6	PAUL JOSUA	SAN DOMENICO RC	M: 6	114	01:00:09	01:00:06	
7	JAMIE VANSTONE	PONTYPRIDD ROADENTS	M: 7	120	01:00:32	01:00:30	
8	MARK FURNISH	SAN DOMENICO RC	M: 8	110	01:00:45	01:00:41	
9	EMILY FELL	CDF RUNNERS	F: 1	116	01:02:01	01:01:58	Overall Female Runner: 1
10	SAM THOMAS	RHONDDA VALLEY RUNNERS	M: 9	107	01:02:22	01:02:15	
11	AIDAN O'DONNELL	CDF RUNNERS	M: 10	122	01:02:24	01:02:20	
12	ALLISTER BRISTOW	ERME VALLEY HARRIERS	M: 11	136	01:03:17	01:03:10	Male 50 - 59: 1
13	ANTOINETTE ROSE	LLISWERRY RUNNERS	F: 2	113	01:03:20	01:03:17	Overall Female Runner: 2
14	PAUL MORTON	LES CROUPIERS RC	M: 12	112	01:03:36	01:03:23	
15	ELIAS DEXTER		M: 13	118	01:04:16	01:03:58	
16	DANIEL REILLY	LLISWERRY RUNNERS	M: 14	117	01:05:03	01:04:59	
17	FFION HARRIS	ANDOVER AC	F: 3	125	01:05:23	01:05:19	Overall Female Runner: 3
18	TRYSTAN DANIELS	LES CROUPIERS RC	M: 15	126	01:05:29	01:05:28	
19	SAM WILLSON	LES CROUPIERS RC	M: 16	106	01:05:43	01:05:36	
20	EWAN STENHOUSE	CDF RUNNERS	M: 17	123	01:06:02	01:05:57	
21	JAMES BROWN	LLISWERRY RUNNERS	M: 18	133	01:06:09	01:06:02	
22	DAVID CASCARINA	NEATH HARRIERS	M: 19	119	01:06:25	01:06:21	
23	VICTOR GARRICK	LLISWERRY RUNNERS	M: 20	231	01:06:31	01:06:26	
24	JAMES GREEN	WHITE ROCK RUNNERS	M: 21	121	01:06:34	01:06:24	
25	MATT ADCOCK	HINCKLEY RC	M: 22	105	01:07:00	01:06:57	
26	RHODRI MORRIS	CARDIFF TRI	M: 23	178	01:07:49	01:07:39	
27	JOHN LIGHT	SAN DOMENICO RC	M: 24	129	01:07:58	01:07:49	
28	RYAN JENKINS	CDF RUNNERS	M: 25	132	01:09:11	01:09:08	
29	ANH QUAN TRAN	CDF RUNNERS	M: 26	232	01:09:58	01:09:54	
30	MICHAEL DONKIN		M: 27	142	01:10:07	01:09:57	
31	JOHN SEAWARD	CAERPHILLY RUNNERS	M: 28	115	01:10:49	01:10:46	
32	SIMON GILL	LLISWERRY RUNNERS	M: 29	128	01:11:03	01:10:57	
33	STEPHANIE DAVIES	PONTYPRIDD ROADENTS	F: 4	148	01:11:09	01:11:01	
34	TOM KING		M: 30	167	01:11:50	01:11:44	
35	CATHERINE POWELL	PONTYPRIDD ROADENTS	F: 5	138	01:12:01	01:11:53	Female 45 - 54: 1
36	CHRISTOPHER GUY	LLISWERRY RUNNERS	M: 31	134	01:12:34	01:12:29	
37	RANDAL JONES	LLISWERRY RUNNERS	M: 32	141	01:12:38	01:12:32	Male 60 - 120: 1
38	KRIS EMES		M: 33	143	01:12:57	01:12:49	
39	OWEN PATTEN	LES CROUPIERS RC	M: 34	236	01:13:14	01:13:06	
40	SCOTT PLACE	CDF RUNNERS	M: 35	145	01:14:53	01:14:48	
41	CERI MERWOOD	CDF RUNNERS	F: 6	139	01:15:15	01:15:09	
42	NICK DENNY	PONTYPRIDD ROADENTS	M: 36	161	01:16:26	01:16:18	
43	SIMON CAWTHORN	LLISWERRY RUNNERS	M: 37	131	01:16:43	01:16:37	
44	SARAH WILKES	LLISWERRY RUNNERS	F: 7	147	01:16:57	01:16:50	
45	CHARLOTTE JOHNS	BRACKLA HARRIERS	F: 8	154	01:17:41	01:17:34	Female 55 - 120: 1
46	MELANIE WILLIAMS	BRACKLA HARRIERS	F: 9	214	01:17:41	01:17:24	
47	LIZ MAY	PONTYPRIDD ROADENTS	F: 10	135	01:17:52	01:17:45	
48	MEGAN POULSON	SAN DOMENICO RC	F: 11	149	01:17:54	01:17:45	
49	LUCY GREEN	SAN DOMENICO RC	F: 12	163	01:17:54	01:17:45	
50	PHILIP PAYNE		M: 38	166	01:17:54	01:17:37	
51	RICHARD WILLMOT	REAL RUNNING FITNESS	M: 39	188	01:18:05	01:17:44	
52	SARAH LAUDER	LLISWERRY RUNNERS	F: 13	157	01:19:00	01:18:53	Female 35 - 44: 1
53	SHANNON WALKER	LES CROUPIERS RC	F: 14	150	01:19:46	01:19:35	
54	ROYSTON VINCENT	PONTYPRIDD ROADENTS	M: 40	160	01:19:51	01:19:34	
55	GARETH PHILLIPS		M: 41	175	01:20:08	01:19:57	
56	FFION ROBERTS	CDF RUNNERS	F: 15	144	01:20:14	01:20:09	
57	MARCUS MEYRICK	LES CROUPIERS RC	M: 42	137	01:20:29	01:20:14	
58	KRISTIAN SINCLAIR	LLISWERRY RUNNERS	M: 43	182	01:21:09	01:21:03	
59	SIMON CARTLIDGE	SAN DOMENICO RC	M: 44	162	01:21:41	01:21:32	
60	MARK PASSMORE	PONTYCLUN ROAD RUNNERS	M: 45	168	01:21:45	01:21:31	

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Place	Name	Hometown	Gender	Bib #	Time	Division Rank
61	ANTONY ELLIS	PONTYCLUN ROAD RUNNERS	M: 46	186	01:21:50	01:21:38
62	DANIEL WILLIAMS		M: 47	203	01:22:19	01:22:04
63	ELAN DANIELS		F: 16	194	01:22:22	01:22:04
64	MICHELLE TAYLOR	LES CROUPIERS RC	F: 17	155	01:22:29	01:22:19
65	ANDY DAVIES	PONTYPRIDD ROADENTS	M: 48	153	01:22:56	01:22:47
66	SARAH KEMBREY	LLISWERRY RUNNERS	F: 18	152	01:23:03	01:22:56
67	PHILIP TUCKER	BRACKLA HARRIERS	M: 49	179	01:23:13	01:22:54
68	BETHAN RICHARDSON	PONT-Y-PWL & DISTRICT	F: 19	172	01:23:20	01:23:14
69	ANDREA DAVIES	PONTYCLUN ROAD RUNNERS	F: 20	165	01:23:22	01:23:08
70	RICHARD JENKINS		M: 50	176	01:23:31	01:23:13
71	BEN ROBERTS	CALDICOT	M: 51	170	01:23:48	01:23:35
72	EMMA KING	LLISWERRY RUNNERS	F: 21	159	01:24:05	01:23:57
73	LIBBY CREES	LES CROUPIERS RC	F: 22	156	01:24:08	01:23:59
74	JEFF JOHN	PONTYPRIDD ROADENTS	M: 52	177	01:24:11	01:23:48
75	MARIA RICHARDS	PONT-Y-PWL & DISTRICT	F: 23	151	01:25:00	01:24:55
76	MICK MCGEOCH	LES CROUPIERS RC	M: 53	171	01:25:12	01:25:02
77	MIKE POBJOY	LLISWERRY RUNNERS	M: 54	158	01:26:24	01:26:17
78	CRAIG SKIDMORE	SAN DOMENICO RC	M: 55	174	01:26:47	01:26:36
79	STEPHEN BURRELL	PONTYCLUN ROAD RUNNERS	M: 56	185	01:27:19	01:27:06
80	ANDREA MITCHELL	ERME VALLEY HARRIERS	F: 24	180	01:27:25	01:27:13
81	JOSHUA FORD	LLISWERRY RUNNERS	M: 57	207	01:28:04	01:27:59
82	MARTIN GREEN	PONTYPRIDD ROADENTS	M: 58	205	01:28:09	01:27:53
83	JAMES TAYLOR	PONTYPRIDD ROADENTS	M: 59	204	01:28:29	01:28:13
84	KEVIN WILLIAMS		M: 60	210	01:28:32	01:28:15
85	LISA GRIFFITHS		F: 25	169	01:28:55	01:28:41
86	DAVID KIRBY		M: 61	189	01:29:06	01:28:57
87	JOSHUA GREEN	LLISWERRY RUNNERS	M: 62	208	01:29:34	01:29:30
88	MARIONA ADROVER	SAN DOMENICO RC	F: 26	173	01:30:14	01:30:01
89	ELIN HENDERSON		F: 27	190	01:30:14	01:30:02
90	DAFYDD JAMES		M: 63	192	01:30:48	01:30:30
91	SANDRA VERMAAK		F: 28	201	01:32:14	01:31:54
92	STEVE HILL	PENARTH AND DINAS RUNNERS	M: 64	195	01:32:30	01:32:13
93	TIM DAVIES	PONTYPRIDD ROADENTS	M: 65	187	01:32:39	01:32:22
94	PAUL SEARLE		M: 66	191	01:33:54	01:33:45
95	PHILLIP LEE	LLISWERRY RUNNERS	M: 67	124	01:34:11	01:34:07
96	GERRY CRISPIE	LES CROUPIERS RC	M: 68	197	01:34:24	01:34:12
97	JESS KINGSTON		F: 29	209	01:34:53	01:34:32
98	PHIL ALLEN	PEGASUS RC	M: 69	198	01:35:28	01:35:10
99	DANIELLE MAIDMENT	HEATH MASSIVE RUN CLUB	F: 30	196	01:35:46	01:35:26
100	ELLIE MICHAEL	PEGASUS RC	F: 31	218	01:35:51	01:35:38
101	MICHELLE THOMAS	PEGASUS RC	F: 32	199	01:38:10	01:37:57
102	HOWARD ATTWOOD	LLISWERRY RUNNERS	M: 70	212	01:38:13	01:38:00
103	COLIN CROOKS	PEGASUS RC	M: 71	229	01:38:29	01:38:10
104	GERALDINE TUCKER	BRACKLA HARRIERS	F: 33	217	01:38:57	01:38:38
105	ROB JONES	PEGASUS RC	M: 72	184	01:38:59	01:38:44
106	ELINOR LANDEG	VEGAN RUNNERS UK	F: 34	225	01:40:55	01:40:36
107	ARTHUR HAYES	SAN DOMENICO RC	M: 73	215	01:41:47	01:41:36
108	GEORGINA JONES		F: 35	211	01:42:07	01:41:47
109	SALLY GROVES	PEGASUS RC	F: 36	183	01:43:19	01:43:05
110	RICHARD FORD		M: 74	202	01:43:54	01:43:40
111	BECA LYNE-PIRKIS	HEATHWOOD TRI	F: 37	220	01:45:02	01:44:37
112	HANNAH MILES		F: 38	228	01:45:02	01:44:39
113	EMMA ROCHE	PEGASUS RC	F: 39	216	01:47:31	01:47:12
114	LOUISE LAWTON		F: 40	227	01:49:45	01:49:22
115	DIANA PURNELL		F: 41	219	01:54:58	01:54:38
116	GEOFF WRIGHT	LES CROUPIERS RC	M: 75	222	01:59:22	01:59:03
117	MARY-JAYNE GRANVILLE	PENCOED PANTHERS	F: 42	224	02:05:29	02:05:05
118	CLARE JOHNSON	LES CROUPIERS RC	F: 43	221	02:26:20	02:25:59