

# Cardiff Taff Trail Half Marathon

Place	Name	Club	Gender	Bib #	Time	Pace	Speed	Division Rank
1	EDWARD MATTHEWS	PONTYPRIDD ROADENTS AC	M: 1	16	01:13:37	03:29	17.2kph	Overall Male Runner: 1
2	WILLIAM GADD	PONTYPRIDD ROADENTS AC	M: 2	6	01:13:41	03:29	17.2kph	Overall Male Runner: 2
3	JOHN MORRIS	LES CROUPIERS RC	M: 3	26	01:17:20	03:39	16.4kph	Overall Male Runner: 3
4	HUW HUDSON	PENARTH & DINAS RUNNERS	M: 4	52	01:18:48	03:44	16.1kph	
5	OLIVIA TSIM	PONTYPRIDD ROADENTS AC	F: 1	70	01:18:52	03:44	16.1kph	Overall Female Runner: 1
6	PAUL JOSUA	SAN DOMENICO RC	M: 5	65	01:20:10	03:47	15.8kph	
7	NATHAN CHRISTOFORATO	LES CROUPIERS RC	M: 6	51	01:20:38	03:49	15.7kph	Male 40 - 49: 1
8	OLIVER BARTLETT	SALE HARRIERS, MANCHESTER	M: 7	28	01:21:26	03:51	15.5kph	
9	ANDY GARDINER	SAN DOMENICO RC	M: 8	242	01:24:04	03:59	15.1kph	
10	TRACY JENKINS	PORTHCRAWL RUNNERS	F: 2	76	01:26:06	04:04	14.7kph	Overall Female Runner: 2
11	JAMES DODD		M: 9	95	01:26:26	04:05	14.6kph	
12	WILLIAM EDWARDS	PORTHCRAWL RUNNERS	M: 10	86	01:26:55	04:07	14.6kph	Male 50 - 59: 1
13	MARK CARTER	PENARTH & DINAS RUNNERS	M: 11	89	01:27:03	04:07	14.5kph	
14	KIT LAMBERT	PENARTH & DINAS RUNNERS	M: 12	88	01:27:29	04:08	14.5kph	
15	EMMA WOOKEY	LLISWERRY RUNNERS	F: 3	77	01:27:50	04:09	14.4kph	Overall Female Runner: 3
16	KEVIN CHALKE	PENARTH & DINAS RUNNERS	M: 13	90	01:28:08	04:10	14.4kph	Male 60 - 120: 1
17	PHILIP HODGE	LES CROUPIERS RC	M: 14	87	01:28:25	04:11	14.3kph	
18	BETHAN MEYRICK	LES CROUPIERS RC	F: 4	78	01:28:45	04:12	14.3kph	
19	ROSS FLANIGAN	PENARTH & DINAS RUNNERS	M: 15	94	01:28:47	04:12	14.3kph	
20	JACK HILLDRUP		M: 16	96	01:28:59	04:13	14.2kph	
21	JÉRÉMY GENETTE		M: 17	200	01:30:43	04:17	14.0kph	
22	NICHOLAS DUKES	LES CROUPIERS RC	M: 18	91	01:30:47	04:18	13.9kph	
23	ALISTAIR DOWNES	SAN DOMENICO RC	M: 19	98	01:33:36	04:26	13.5kph	
24	CATHERINE BARKER	PENARTH & DINAS RUNNERS	F: 5	80	01:34:39	04:29	13.4kph	Female 45 - 54: 1
25	JULIE CHAMBERLAIN	CARDIFF AAC	F: 6	79	01:35:42	04:32	13.2kph	Female 35 - 44: 1
26	WAYNE HAYHURST	OGMORE PHOENIX	M: 20	93	01:35:46	04:32	13.2kph	
27	TERRY O'BRIEN		M: 21	108	01:37:26	04:37	13.0kph	
28	RACHEL WALSH	LES CROUPIERS RC	F: 7	83	01:38:45	04:40	12.8kph	
29	IAN MARSHALL	PENARTH & DINAS RUNNERS	M: 22	164	01:38:52	04:41	12.8kph	
30	SHANNON WALKER	LES CROUPIERS RC	F: 8	82	01:38:55	04:41	12.8kph	
31	COLIN CAESAR	PENARTH & DINAS RUNNERS	M: 23	146	01:40:43	04:46	12.6kph	
32	NICHOLAS MORGAN	PENARTH & DINAS RUNNERS	M: 24	130	01:40:47	04:46	12.6kph	
33	PHILIP PAYNE		M: 25	193	01:43:45	04:55	12.2kph	
34	FRANK ATHERTON	PENARTH & DINAS RUNNERS	M: 26	181	01:44:26	04:56	12.1kph	
35	ANNA CAPEY		F: 9	245	01:45:10	04:59	12.0kph	
36	SAM JONES		M: 27	109	01:45:46	05:00	12.0kph	
37	JOE HOGG		M: 28	244	01:46:51	05:03	11.8kph	
38	YURI ROMANOV		M: 29	250	01:46:56	05:04	11.8kph	
39	JANET EDWARDS	RHONDDA VALLEY RUNNERS	F: 10	84	01:47:09	05:04	11.8kph	Female 55 - 120: 1
40	JANE SHELDON	PENARTH & DINAS RUNNERS	F: 11	239	01:47:35	05:05	11.8kph	
41	IAN THOMAS		M: 30	259	01:47:52	05:06	11.7kph	
42	EVAN TAYLOR-PRICE		M: 31	262	01:48:10	05:07	11.7kph	
43	PAUL CHAPMAN	LES CROUPIERS RC	M: 32	223	01:48:12	05:07	11.7kph	
44	CHRIS PRESTON		M: 33	258	01:49:11	05:10	11.6kph	
45	RUTH CANN	CARDIFF HARLEQUINS	F: 12	282	01:49:22	05:11	11.6kph	
46	CAROL REES	LES CROUPIERS RC	F: 13	230	01:49:59	05:12	11.5kph	
47	DAVID GEORGE	LES CROUPIERS RC	M: 34	213	01:51:15	05:16	11.4kph	
48	DEB WARBURTON	PENARTH & DINAS RUNNERS	F: 14	249	01:51:32	05:17	11.4kph	
49	JUDI RHYS	LES CROUPIERS RC	F: 15	237	01:51:49	05:18	11.3kph	
50	RICHIE SEWELL	PENARTH & DINAS RUNNERS	M: 35	248	01:52:02	05:18	11.3kph	
51	TOM MATTHEWS	DULWICH RUNNERS	M: 36	286	01:53:27	05:22	11.2kph	
52	MALCOLM BRADLEY	PENARTH & DINAS RUNNERS	M: 37	246	01:53:48	05:23	11.1kph	
53	MARK DAVIES	LES CROUPIERS RC	M: 38	92	01:53:48	05:23	11.1kph	
54	IAN WARBURTON	PENARTH & DINAS RUNNERS	M: 39	255	01:54:32	05:25	11.1kph	
55	STUART FELIX	RHONDDA VALLEY RUNNERS	M: 40	240	01:56:20	05:30	10.9kph	
56	CARL EDWARDS	RHONDDA VALLEY RUNNERS	M: 41	241	01:56:54	05:32	10.8kph	
57	RUBY MAUNDER		F: 16	279	01:57:48	05:35	10.7kph	
58	MARINA KONSTANTINOVA	OGMORE PHOENIX	F: 17	253	01:57:59	05:35	10.7kph	
59	LISA CLEARY	PENARTH & DINAS RUNNERS	F: 18	252	01:58:07	05:35	10.7kph	

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60	STEPHEN QUIN	LES CROUPIERS RC	M: 42	251	01:58:20	05:36	10.7kph	
61	GARETH JENKINS	OGMORE PHOENIX	M: 43	254	01:58:58	05:38	10.6kph	
62	ANDREA PARTRIDGE	PENARTH & DINAS RUNNERS	F: 19	273	02:00:07	05:41	10.5kph	
63	STEPHANIE FERRY	CDF RUNNERS	F: 20	268	02:03:46	05:51	10.2kph	
64	REBEKAH MILES	LES CROUPIERS RC	F: 21	226	02:04:04	05:52	10.2kph	
65	OWEN HIGGS	CAERPHILLY RUNNERS	M: 44	247	02:04:53	05:55	10.1kph	
66	HOWARD ATTWOOD	LLISWERRY RUNNERS	M: 45	270	02:08:35	06:05	9.8kph	
67	SARAH PATNETT	PENARTH & DINAS RUNNERS	F: 22	275	02:09:11	06:07	9.8kph	
68	DEBBIE REES	PENARTH & DINAS RUNNERS	F: 23	267	02:11:39	06:14	9.6kph	
69	SIMON WILLIAMSON	PENARTH & DINAS RUNNERS	M: 46	257	02:11:39	06:14	9.6kph	
70	DAWN HOPKINS	OGMORE PHOENIX	F: 24	280	02:12:41	06:17	9.5kph	
71	MELANIE THOMAS		F: 25	287	02:12:41	06:17	9.5kph	
72	ARABELLA CALDER	PENARTH & DINAS RUNNERS	F: 26	272	02:13:42	06:20	9.5kph	
73	NIGEL ADAMS	PENARTH & DINAS RUNNERS	M: 47	278	02:16:08	06:27	9.3kph	
74	MARK BROUGHTON	PENARTH & DINAS RUNNERS	M: 48	264	02:17:14	06:30	9.2kph	
75	JULIE BROUGHTON	PENARTH & DINAS RUNNERS	F: 27	266	02:17:14	06:30	9.2kph	
76	TANIA MIRANDA	PENARTH & DINAS RUNNERS	F: 28	274	02:17:18	06:30	9.2kph	
77	DARREN MORGAN	PENARTH & DINAS RUNNERS	M: 49	256	02:25:20	06:53	8.7kph	
78	GEOFF WRIGHT	LES CROUPIERS RC	M: 50	285	02:38:10	07:29	8.0kph	
79	KIMBERLEY SAMS	CAERPHILLY RUNNERS	F: 29	284	02:42:12	07:41	7.8kph	