

Cardiff 20/10 - 10 mile

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
1	MICHAEL YOUNG	WEST CHESHIRE AC, GBR	M: 1	RUNNER	78	00:54:23	03:22	17.8kph	Overall Male Runner: 1
2	OWAIN MORRIS	LES CROUPIERS RC, GBR	M: 2	RUNNER	49	00:54:48	03:24	17.6kph	Overall Male Runner: 2
3	CORY SHERWIN	FOREST OF DEAN AC, GBR	M: 3	RUNNER	67	00:56:14	03:29	17.2kph	Overall Male Runner: 3
4	OLIVER WILLIAMS	PONTYPRIDD ROADENTS AC, GBR	M: 4	RUNNER	75	00:56:43	03:31	17.0kph	:
5	BEN BUTLER-MADDEN	PONTYPRIDD ROADENTS AC, GBR	M: 5	RUNNER	7	00:57:05	03:32	16.9kph	Male 40 - 49: 1
6	ANDREW REYNOLDS	PONTYPRIDD ROADENTS AC, GBR	M: 6	RUNNER	61	00:59:55	03:43	16.1kph	:
7	ROSS JONES	ABERDARE VALLEY AAC, GBR	M: 7	RUNNER	39	01:01:14	03:48	15.8kph	:
8	GEORGE ROSE	U/A, GBR	M: 8	RUNNER	64	01:01:30	03:49	15.7kph	Male 40 - 49: 2
9	DAVID JAMES	LES CROUPIERS RC, GBR	M: 9	RUNNER	36	01:02:20	03:52	15.5kph	Male 60 - 69: 1
10	CHARLIE BLEASDALE	PONTYPRIDD ROADENTS AC, GBR	M: 10	RUNNER	4	01:02:28	03:52	15.5kph	:
11	PAUL JOSUA	SAN DOMENICO ROAD RC, GBR	M: 11	RUNNER	40	01:02:48	03:54	15.4kph	:
12	LUKE STARKIE	U/A, GBR	M: 12	RUNNER	68	01:03:15	03:55	15.3kph	Male 40 - 49: 3
13	RYAN COOK	U/A, GBR	M: 13	RUNNER	12	01:04:09	03:59	15.1kph	Male 40 - 49: 4
14	JOHN SEAWARD	CAERPHILLY RUNNERS, GBR	M: 14	RUNNER	66	01:05:48	04:05	14.7kph	:
15	DEAN COX	U/A, GBR	M: 15	RUNNER	13	01:05:54	04:05	14.7kph	:
16	NICHOLAS DUKES	LES CROUPIERS RC, GBR	M: 16	RUNNER	19	01:06:07	04:06	14.6kph	Male 40 - 49: 5
17	DEBBIE REES	CARDIFF, GBR	F: 1	RUNNER	60	01:06:12	04:06	14.6kph	Overall Female Runner: 1
18	SEAN PRICE	LES CROUPIERS RC, GBR	M: 17	RUNNER	58	01:07:50	04:12	14.2kph	Male 50 - 59: 1
19	PETER TULLY	LES CROUPIERS RC, GBR	M: 18	RUNNER	69	01:08:17	04:14	14.1kph	:
20	DARRAN FURNESS	ILKESTON RUNNING CLUB, GBR	M: 19	RUNNER	25	01:09:01	04:17	14.0kph	Male 40 - 49: 6
21	PETER TURNBULL	LES CROUPIERS RC, GBR	M: 20	RUNNER	70	01:09:07	04:17	14.0kph	Male 50 - 59: 2
22	JAMES GREEN	U/A, GBR	M: 21	RUNNER	27	01:10:41	04:23	13.7kph	:
23	BRIAN LOVETT	SAN DOMENICO ROAD RC, GBR	M: 22	RUNNER	44	01:11:14	04:25	13.6kph	Male 50 - 59: 3
24	VINCENT NAZARETH	LES CROUPIERS RC, GBR	M: 23	RUNNER	50	01:13:52	04:35	13.1kph	Male 60 - 69: 2
25	WAYNE HUMPHREYS	U/A, GBR	M: 24	RUNNER	35	01:15:06	04:39	12.9kph	Male 40 - 49: 7
26	STEPHANIE DAVIES	PONTYPRIDD ROADENTS AC, GBR	F: 2	RUNNER	18	01:15:26	04:41	12.8kph	Overall Female Runner: 2
27	FRANKLIN LEWIS	U/A, GBR	M: 25	RUNNER	42	01:15:38	04:41	12.8kph	:
28	GARETH DAVIES	PENARTH AND DINAS RUNNERS, GBR	M: 26	RUNNER	16	01:19:53	04:57	12.1kph	Male 40 - 49: 8
29	NICOLA GUY	U/A, GBR	F: 3	RUNNER	29	01:22:25	05:07	11.7kph	Overall Female Runner: 3
30	BETHAN RICHARDSON	PONT-Y-PWL & DISTRICT RUNNERS, GBR	F: 4	RUNNER	62	01:23:27	05:11	11.6kph	Female 35 - 44: 1
31	DANIELLE HARDING	U/A, GBR	F: 5	RUNNER	31	01:23:44	05:12	11.5kph	Female 35 - 44: 2
32	LISA GRIFFITHS	U/A, GBR	F: 6	RUNNER	28	01:23:58	05:13	11.5kph	Female 35 - 44: 3
33	SAM CLARKSTONE	PONTYCLUN ROAD RUNNERS, GBR	F: 7	RUNNER	9	01:24:06	05:13	11.5kph	Female 35 - 44: 4
34	ROYSTON VINCENT	PONTYPRIDD ROADENTS AC, GBR	M: 27	RUNNER	72	01:24:10	05:13	11.5kph	:
35	REBEKAH MILES	U/A, GBR	F: 8	RUNNER	47	01:25:38	05:19	11.3kph	Female 35 - 44: 5
36	CHRIS WILLIAMS	TRIZONE FITNESS, GBR	M: 28	RUNNER	77	01:26:30	05:22	11.2kph	Male 40 - 49: 9
37	NEIL HARRIS	U/A, GBR	M: 29	RUNNER	32	01:26:30	05:22	11.2kph	Male 40 - 49: 10
38	LOLLY EVANS	LES CROUPIERS RC, GBR	F: 9	RUNNER	21	01:26:38	05:22	11.1kph	Female 45 - 54: 1

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39	JEN WILLIAMS	CAERPHILLY RUNNERS, GBR	F: 10	RUNNER	76	01:27:29	05:26	11.0kph	Female 35 - 44: 6
40	ANGE FITZGERALD	U/A, GBR	F: 11	RUNNER	22	01:27:36	05:26	11.0kph	Female 45 - 54: 2
41	STEPHEN QUIN	LES CROUPIERS RC, GBR	M: 30	RUNNER	59	01:28:50	05:31	10.9kph	Male 50 - 59: 4
42	MICHELLE AMBLIN	LES CROUPIERS RC, GBR	F: 12	RUNNER	1	01:30:19	05:36	10.7kph	Female 45 - 54: 3
43	CHARLOTTE BETHELL	PEGASUS RC, GBR	F: 13	RUNNER	3	01:31:00	05:39	10.6kph	:
44	MARY BEECH	BRACKLA HARRIERS, GBR	F: 14	RUNNER	2	01:31:51	05:42	10.5kph	Female 55 - 64: 1
45	WENDY TWOMEY	WOMEN RUNNING PENARTH, GBR	F: 15	RUNNER	71	01:32:19	05:44	10.5kph	Female 55 - 64: 2
46	EMILY ROUX	WOMEN RUNNING PENARTH, GBR	F: 16	RUNNER	65	01:33:59	05:50	10.3kph	:
47	HANNAH HOPES	LES CROUPIERS RC, GBR	F: 17	RUNNER	33	01:35:30	05:56	10.1kph	Female 35 - 44: 7
48	GREEN MARTIN	PONTYPRIDD ROADENTS AC, GBR	M: 31	RUNNER	46	01:35:33	05:56	10.1kph	Male 50 - 59: 5
49	TONY GRANDON	AT, GBR	M: 32	RUNNER	26	01:36:09	05:58	10.0kph	Male 70 - 120: 1
50	DEBORAH O'SULLIVAN	LES CROUPIERS RC, GBR	F: 18	RUNNER	53	01:36:32	05:59	10.0kph	Female 35 - 44: 8
51	JESS KINGSTON	U/A, GBR	F: 19	RUNNER	41	01:36:33	05:59	10.0kph	Female 35 - 44: 9
52	GLENDA EDWARDS	LES CROUPIERS RC, GBR	F: 20	RUNNER	20	01:38:53	06:08	9.8kph	Female 55 - 64: 3
53	ALISON BLYTH	U/A, GBR	F: 21	RUNNER	5	01:39:51	06:12	9.7kph	Female 45 - 54: 4
54	EMMA ROCHE	PEGASUS RC, GBR	F: 22	RUNNER	63	01:42:14	06:21	9.4kph	:
55	PHILIP BRETT	HEATH MASSIVE RUN CLUB, GBR	M: 33	RUNNER	6	01:43:13	06:24	9.4kph	Male 40 - 49: 11
56	KELLY CROFTS	LES CROUPIERS RC, GBR	F: 23	RUNNER	15	01:44:43	06:30	9.2kph	Female 35 - 44: 10
57	SOPHIE NEWTON	U/A, GBR	F: 24	RUNNER	51	01:45:34	06:33	9.1kph	:
58	ANGHARAD PARRY-JONES	LES CROUPIERS RC, GBR	F: 25	RUNNER	54	01:47:17	06:39	9.0kph	Female 45 - 54: 5
59	SOPHIE PETAS	SHE RUNS CARDIFF, GBR	F: 26	RUNNER	55	01:49:30	06:48	8.8kph	:
60	KATHRYN HUGHES	U/A, GBR	F: 27	RUNNER	34	01:50:28	06:51	8.7kph	Female 55 - 64: 4
61	CLARE JOHNSON	LES CROUPIERS RC, GBR	F: 28	RUNNER	79	01:50:37	06:52	8.7kph	Female 65 - 120: 1
62	SANDRA CAENEY	LES CROUPIERS RC, GBR	F: 29	RUNNER	8	01:50:51	06:53	8.7kph	Female 55 - 64: 5
63	SARAH FROUD	PEGASUS RC, GBR	F: 30	RUNNER	24	01:53:03	07:01	8.5kph	Female 35 - 44: 11
64	MANN MANN	U/A, GBR	F: 31	RUNNER	45	01:57:03	07:16	8.2kph	Female 45 - 54: 6
65	SAMANTHA FROUD	PEGASUS RC, GBR	F: 32	RUNNER	23	02:00:19	07:28	8.0kph	Female 45 - 54: 7
66	LINDSEY CLIFFORD	WESTON AC, GBR	F: 33	RUNNER	11	02:15:27	08:25	7.1kph	Female 35 - 44: 12