

# Cardiff 20/10 - 20 mile

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
1	GARY BROWN	PENARTH AND DINAS RUNNERS, GBR	M: 1	RUNNER	824	02:10:07	04:02	14.8kph	Overall Male Runner: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		01:04:47.88	04:01	14.9kph	01:04:47.88
				Split 2		01:05:18.88	04:03	14.8kph	02:10:06.76
2	PAUL MORTON	PENARTH AND DINAS RUNNERS, GBR	M: 2	RUNNER	907	02:11:22	04:04	14.7kph	Overall Male Runner: 2
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		01:06:43.44	04:08	14.5kph	01:06:43.44
				Split 2		01:04:38.01	04:00	14.9kph	02:11:21.45
3	CRAIG BLAKE	CDF RUNNERS, GBR	M: 3	RUNNER	700	02:11:37	04:05	14.7kph	Overall Male Runner: 3
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		01:04:46.18	04:01	14.9kph	01:04:46.18
				Split 2		01:06:50.07	04:09	14.4kph	02:11:36.24
4	DAVID RICHARDSON	PONT-Y-PWL & DISTRICT RUNNERS, GBR	M: 4	RUNNER	913	02:20:25	04:21	13.8kph	:
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		01:12:34.39	04:30	13.3kph	01:12:34.39
				Split 2		01:07:50.20	04:12	14.2kph	02:20:24.58
5	LAURENCE POLE	PONTYPRIDD ROADENTS AC, GBR	M: 5	RUNNER	912	02:22:06	04:24	13.6kph	Male 40 - 49: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		01:11:00.30	04:24	13.6kph	01:11:00.30
				Split 2		01:11:05.66	04:25	13.6kph	02:22:05.96
6	DAVID COLES	LES CROUPIERS RC, GBR	M: 6	RUNNER	826	02:27:58	04:35	13.1kph	Male 60 - 69: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		01:13:57.06	04:35	13.1kph	01:13:57.06
				Split 2		01:14:00.17	04:35	13.0kph	02:27:57.22
7	TOM MORGAN	3M GORSEINON ROAD RUNNERS, GBR	M: 7	RUNNER	906	02:40:25	04:59	12.0kph	:
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		01:18:40.31	04:53	12.3kph	01:18:40.31
				Split 2		01:21:44.07	05:04	11.8kph	02:40:24.38
8	SIMON NICHOLS	LONDON HEATHSIDE RUNNERS AC, GBR	M: 8	RUNNER	910	02:40:42	04:59	12.0kph	Male 50 - 59: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		01:20:08.24	04:58	12.0kph	01:20:08.24
				Split 2		01:20:32.94	05:00	12.0kph	02:40:41.17
9	NICHOLAS ROUX	KLERKSDORP MARATHON CLUB, GBR	M: 9	RUNNER	914	02:43:32	05:04	11.8kph	:
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		01:21:45.50	05:04	11.8kph	01:21:45.50
				Split 2		01:21:45.80	05:04	11.8kph	02:43:31.29
10	ANNA HURLEY	CORNELLY STRIDERS, GBR	F: 1	RUNNER	903	02:43:43	05:05	11.8kph	Overall Female Runner: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		01:21:45.81	05:04	11.8kph	01:21:45.81
				Split 2		01:21:56.30	05:05	11.8kph	02:43:42.11
11	JUSTINE DAWKINS	CORNELLY STRIDERS, GBR	F: 2	RUNNER	828	02:43:45	05:05	11.8kph	Overall Female Runner: 2
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		01:21:49.23	05:05	11.8kph	01:21:49.23
				Split 2		01:21:55.44	05:05	11.8kph	02:43:44.66
12	ANDREW MARTIN	U/A, GBR	M: 10	RUNNER	905	02:45:02	05:07	11.7kph	Male 50 - 59: 2
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		01:23:47.39	05:12	11.5kph	01:23:47.39
				Split 2		01:21:14.21	05:02	11.9kph	02:45:01.60

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13	SARAH BENNETT	PDFITNESS, GBR	F: 3	RUNNER	448	02:45:38	05:08	11.7kph	Overall Female Runner: 3	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:22:05.57	05:06	11.8kph	01:22:05.57
						Split 2	01:23:32.13	05:11	11.6kph	02:45:37.70
14	JOSEPH THANNIYIL	U/A, GBR	M: 11	RUNNER	918	02:49:18	05:15	11.4kph	Male 40 - 49: 2	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:21:46.12	05:04	11.8kph	01:21:46.12
						Split 2	01:27:31.56	05:26	11.0kph	02:49:17.67
15	TERRY CAVENEY	LES CROUPIERS, GBR	M: 12	RUNNER	825	02:51:11	05:19	11.3kph	Male 60 - 69: 2	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:25:37.30	05:19	11.3kph	01:25:37.30
						Split 2	01:25:33.33	05:18	11.3kph	02:51:10.63
16	DAVID SHEWRING	PONTYCLUN ROADRUNNERS, GBR	M: 13	RUNNER	917	02:52:25	05:21	11.2kph	:	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:28:04.55	05:28	11.0kph	01:28:04.55
						Split 2	01:24:19.91	05:14	11.5kph	02:52:24.46
17	ELAINE WHARMBY	BRACKLA HARRIERS, GBR	F: 4	RUNNER	922	02:54:51	05:25	11.0kph	Female 55 - 64: 1	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:27:21.22	05:25	11.1kph	01:27:21.22
						Split 2	01:27:29.32	05:26	11.0kph	02:54:50.54
18	STUART FELIX	RHONDDA VALLEY RUNNERS, GBR	M: 14	RUNNER	830	03:05:00	05:44	10.4kph	Male 40 - 49: 3	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:31:36.18	05:41	10.5kph	01:31:36.18
						Split 2	01:33:23.07	05:48	10.3kph	03:04:59.25
19	JULIE SCHOLEY	LES CROUPIERS RC, GBR	F: 5	RUNNER	915	03:05:33	05:45	10.4kph	Female 55 - 64: 2	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:31:32.50	05:41	10.5kph	01:31:32.50
						Split 2	01:33:59.60	05:50	10.3kph	03:05:32.10
20	ANDREW UNDERHILL	SAN DOMENICO ROAD RC, GBR	M: 15	RUNNER	920	03:07:40	05:49	10.3kph	:	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:30:58.15	05:39	10.6kph	01:30:58.15
						Split 2	01:36:41.66	06:00	10.0kph	03:07:39.80
21	REBECCA NEWTON	OGMORE PHOENIX RUNNERS, GBR	F: 6	RUNNER	909	03:28:16	06:28	9.3kph	:	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:45:32.96	06:33	9.1kph	01:45:32.96
						Split 2	01:42:42.19	06:22	9.4kph	03:28:15.14
22	PHILLIP PAYNE	U/A, GBR	M: 16	RUNNER	911	03:41:04	06:52	8.7kph	Male 50 - 59: 3	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:21:14.99	05:02	11.9kph	01:21:14.99
						Split 2	02:19:49.10	08:41	6.9kph	03:41:04.09
23	PETER HEATH	LES CROUPIERS, GBR	M: 17	RUNNER	902	03:41:17	06:52	8.7kph	:	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:45:49.59	06:34	9.1kph	01:45:49.59
						Split 2	01:55:26.69	07:10	8.4kph	03:41:16.28
24	JOHN CUNNANE	PONTYCLUN ROAD RUNNERS, GBR	M: 18	RUNNER	827	04:07:32	07:41	7.8kph	Male 70 - 120: 1	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:51:00.71	06:53	8.7kph	01:51:00.71
						Split 2	02:16:30.62	08:28	7.1kph	04:07:31.33
25	TRACEY NEWMAN	LES CROUPIERS, GBR	F: 7	RUNNER	908	04:20:33	08:05	7.4kph	Female 45 - 54: 1	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	02:00:29.45	07:29	8.0kph	02:00:29.45
						Split 2	02:20:03.24	08:42	6.9kph	04:20:32.69