

**Race 1 6.45pm**

Race No.	Forename	Surname	Gender	Club	Age Cat	predicted time
293	Paul	Morris	M	Les Croupiers	M65	08:40
294	Gerard	Crispie	M	Les Croupiers	M60	08:52
295	Janet	Smith	F	Les Croupiers	W55	09:00
296	Angharad	Parry-Jones	F	Les Croupiers	W50	09:40
297	Libby	Toogood	F	Pontypridd Roadents	WSEN	10:00
298	Gareth	Booy	M	Pontypridd Roadents	MSEN	10:00
299	Clare	Johnson	F	Les Croupiers	W80	11:00
300	Allan	Green	M	Pontypridd Roadents	MSEN	12:00

**Race 2 7.00pm**

Race No.	Forename	Surname	Gender	Club	Age Cat	predicted time
284	Fiona	Davies	F	Pontypridd Roadents	W70	07:20
286	Marcus	Meyrick	M	Les Croupiers	M55	07:30
287	Michael	Murphy	M	Les Croupiers	M70	07:30
288	Oscar	Edwards	M		MU13	07:30
289	Huw	Roberts	M	Bridgend Athletics	M65	07:35
290	Alan	Mason	M	Les Croupiers	M65	07:45
291	Jenny	Martin	F	Les Croupiers	W45	07:50
292	Mick	McGeoch	M	Les Croupiers	M70	08:00

**Race 3 7.10pm**

Race No.	Forename	Surname	Gender	Club	Age Cat	predicted time
264	Clive	Osmond	M	Les Croupiers	M65	06:40
267	John	Dunne	M	Pontypridd Roadents	M40	06:40
276	Peter	Warren	M	Les Croupiers	M65	06:45
277	Tim	Petrides	M	Les Croupiers	M60	06:45
278	Howard	Kent	M	Les Croupiers	M70	06:45
279	Tim	Davies	M	Pontypridd Roadents	M45	06:50
280	Niall	Hughes	M	San Domenico RC	M50	07:00
281	Gareth	Evans	M	Pontypridd Roadents	MSEN	07:00
282	Emilios	Petrides	M		MU15	07:00
283	Michael	Tabor	M	Les Croupiers	M70	07:00

**Race 4 7.20pm**

Race No.	Forename	Surname	Gender	Club	Age Cat	predicted time
197	Edward	Spiller	M	Bridgend Athletics	MU12	05:50
198	Connor	McCann	M		MSEN	06:00
199	Bryony	Eames	F	Les Croupiers	WSEN	06:00
200	Seren	Hardman	F	Bridgend Athletics	WU16	06:00
221	Isla	Carson	F	Bridgend Athletics	WU15	06:00
222	Molly	Dennis	F	Les Croupiers	WSEN	06:15
228	Graham	Whatmore	M	Pontypridd Roadents	MSEN	06:30
250	Nicholas	Santos	M	Rhondda AC	M40	06:30
262	Ceri	Davies	M	San Domenico RC	M50	06:35

**Race 5 7.28pm**

Race No.	Forename	Surname	Gender	Club	Age Cat	predicted time
188	Garmon	Roberts	M	Les Croupiers	MSEN	05:30
189	Willow	Tonge	F	Cardiff Athletics	WU14	05:30
190	Owen	Peters	M		MSEN	05:30
191	Christopher	Jenkins	M	Neath Harriers	M45	05:30
192	Laura	Stark	F	Les Croupiers	WSEN	05:30
193	Samuel	McFarlane	M	Bridgend Athletics	MU12	05:35
194	Ella	Jennings	F	Les Croupiers	WSEN	05:35
195	Julie	Chamberlain	F	Les Croupiers	W40	05:35
196	Laurence	Pole	M	Pontypridd Roadents	M50	05:35

**Race 6 7.35pm**

Race No.	Forename	Surname	Gender	Club	Age Cat	predicted time
180	Adrian	Lewis	M	Aberdare Valley AAC	M50	05:19
181	Sean	Bater	M		MSEN	05:20
182	Matt	Regan	M	Pontypridd Roadents	M40	05:20
183	Riley	Nealon	M	Cardiff Athletics	MU13	05:20
184	Emily	Fell	F	Les Croupiers	WSEN	05:20
185	Bella	Thie	F	Bridgend Athletics	WU16	05:20
186	Sam	Jones	M	CDF Runners	MSEN	05:25
187	Alesha	Santos	F	Rhondda AC	WU14	05:25

**Race 7** **7.42pm**

Race No.	Forename	Surname	Gender	Club	Age Cat	predicted time
151	Rowan	Carson	M	Bridgend Athletics	MU13	05:00
156	Hugh	Ollard	M	Les Croupiers	MSEN	05:00
169	Daniel	Tonge	M	Cardiff Athletics	M40	05:00
173	James	Bull	M	Les Croupiers	MSEN	05:05
174	Carl	Nealon	M	Les Croupiers	MSEN	05:10
175	Math	Llwyd	M	Les Croupiers	MSEN	05:13
176	Tom	Hall	M	Les Croupiers	MSEN	05:15
177	Trystan	Daniels	M	Les Croupiers	MSEN	05:15
178	Luke	Woodhouse	M	Bridgend Athletics	MU16	05:15
179	Jack	Woodhouse	M	Bridgend Athletics	MU14	05:15

**Race 8** **7.50pm**

Race No.	Forename	Surname	Gender	Club	Age Cat	predicted time
20	Ben	Hughes	M	Pontypridd Roadents	MU23	04:20
21	Oliver	Carvell	M	Telford AC	MSEN	04:25
38	Joshua	Sanders	M	Swansea Harriers	MU19	04:26
101	Vaughan	Edwards	M	Les Croupiers	M45	04:36
109	Jude	Jenkins	M	Neath Harriers	MU16	04:40
110	Tristan	Rees	M	Les Croupiers	MSEN	04:45
113	Osian	Emmerson	M	Cardiff Archers	MU17	04:45
116	Millie	Gold	F	Swansea Harriers	WU19	04:50
118	George	Collinson	M	Les Croupiers	MSEN	04:50
120	Osian	Phillips	M	Cardiff Athletics	MU16	04:50
150	Gryff	Thomas	M	Aberdare Valley AAC	MU18	04:55