

	Race No.	Forename	Surname	Gender	Club	Age Class	predicted time
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### RACE 1 - start 18:45

1	468	Ian	Barrett	M	Les Croupiers RC	MSEN	09:00
2	469	Michael H	Davies	M	Les Croupiers RC	M70	09:00
3	470	Angharad	Davies	F	Bombay Running Crew	W40	09:00
4	471	Florence	Worman	F	Cardiff AAC	WU11	09:05
5	472	Calista	Charalambous	F	Cardiff AAC	WU12	09:10
6	473	Jon	Martin	M	Les Croupiers RC	M45	09:20
7	474	Geoff	Wright	M	Les Croupiers RC	M70	09:20
8	475	Angharad	Parry-Jones	F	Les Croupiers RC	W45	09:20
9	476	Harrison	Morton	M		MU11	09:30
10	477	Clair	Charalambous	F	Les Croupiers RC	W45	09:40
11	478	Paul	Cole	M	CDF Runners	M45	10:00
12	479	Peter	Heath	M	Les Croupiers RC	MSEN	10:30
13	480	Clare	Johnson	F	Les Croupiers RC	W75	11:00

### RACE 2 - start 19:00

1	481	Jenny	Martin	F	Les Croupiers RC	W40	07:15
2	482	Chris	Tough	M	Aberdare Valley AAC	M50	07:20
3	483	Tim	Davies	M	Pontypridd Roadents	M40	07:20
4	484	Royston	Vincent	M	Pontypridd Roadents	MSEN	07:30
5	485	Julie	Scholey	F	Les Croupiers RC	W60	07:40
6	486	Alan	Mason	M	Les Croupiers RC	M60	07:40
7	487	Tim	O'Sullivan	M	Les Croupiers RC	M60	07:45
8	488	Martin	Green	M	Pontypridd Roadents	M50	07:45
9	489	Kelly	Crofts	F	Les Croupiers RC	W40	08:00
10	490	Kirsty	McGowan	F	Les Croupiers RC	W35	08:00
11	491	Wendy	Reddaway	F	Ware Joggers	W60	08:05
12	492	Janet	Smith	F	Les Croupiers RC	W50	08:15
13	493	Eve	Gallop-Evans	F	Les Croupiers RC	W55	08:15
14	494	Philip	Brett	M	Weston AC	M40	08:15
15	495	Theodoros	Charalambous	M		MU9	08:30

	Race No.	Forename	Surname	Gender	Club	Age Class	predicted time
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### RACE 3 - start 19:10

1	496	Tim	Petrides	M	Les Croupiers RC	M55	06:55
2	497	Mark	Herbert	M	Les Croupiers RC	M40	06:55
3	498	Abi	Ghuman	F	Pontypridd Roadents	WSEN	06:55
4	499	Riley	Nealon	M	Cardiff AAC	MU10	07:00
5	500	Siobhan	Cotty	F	CDF Runners	WSEN	07:00
6	501	Kat	Nguyen	F	CDF Runners	WSEN	07:00
7	502	Anh Quan	Tran	M	CDF Runners	MSEN	07:00
8	503	Andrea	Webster	F	Les Croupiers RC	W65	07:00
9	504	Graham	Webster	M	Les Croupiers RC	M65	07:00
10	505	Andy	Davies	M	Pontypridd Roadents	M60	07:00
11	506	Andrea	Webster	F	Les Croupiers RC	W65	07:00
12	507	Graham	Webster	M	Les Croupiers RC	M65	07:00
13	508	Carol	Rees	F	Les Croupiers RC	W50	07:05

### RACE 4 - start 19:20

1	509	Isabelle	Jacklin	F	Aberdare Valley AAC	WU16	06:30
2	510	Scott	Place	M	CDF Runners	MSEN	06:30
3	511	Anna	Gilfedder	F	Les Croupiers RC	WSEN	06:30
4	512	Clive	Osmond	M	Les Croupiers RC	M60	06:30
5	513	Paul	Chapman	M	Les Croupiers RC	M50	06:30
6	514	Jonathan	Monk	M	Pontypridd Roadents	M40	06:30
7	515	Nadine	Leder	F	CDF Runners	WSEN	06:35
8	516	Gwyn	Jones	M	Les Croupiers RC	M55	06:40
9	517	Marcus	Meyrick	M	Les Croupiers RC	M50	06:40
10	518	William	Snowdon	M	Les Croupiers RC	M65	06:44
11	519	Steven	Preddy	M	Les Croupiers RC	M50	06:45

	Race No.	Forename	Surname	Gender	Club	Age Class	predicted time
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### RACE 5 - start 19:30

1	520	Adam	Johnson	M	CDF Runners	MSEN	05:59
2	521	Adam	Kearns	M	Ogmore Phoenix	MSEN	06:00
3	522	Matt	Regan	M	Pontypridd Roadents	MSEN	06:00
4	523	Neil	Ellis	M	Pontypridd Roadents	M45	06:00
5	524	Stewart	Harding	M	CDF Runners	MSEN	06:01
6	525	Christopher	Davies	M	CDF Runners	MSEN	06:10
7	526	Kris	Emes	M		M45	06:15
8	527	Paul	Davies	M	Aberdare Valley AAC	M45	06:16
9	528	Dan	Lloyd	M	CDF Runners	M45	06:20
10	529	Shannon	Walker	F	Les Croupiers RC	WSEN	06:20
11	530	Rachel	Walsh	F	Les Croupiers RC	W40	06:20
12	531	Claire	Bruce	F	Les Croupiers RC	W45	06:20
13	532	Gareth	Evans	M	Pontypridd Roadents	MSEN	06:20
14	533	Ian	Derrick	M	Cardiff AAC	M50	06:25
15	534	Christopher	Nellins	M	Penarth and Dinas	M65	06:25

### RACE 6 - start 19:40

1	535	Jonathan	Anstee	M	CDF Runners	MU23	05:40
2	536	Paul	Morton	M	Les Croupiers RC	M40	05:40
3	537	Paul	Deaton	M	Penarth and Dinas	M55	05:40
4	538	Sam	Jones	M		MSEN	05:40
5	539	Rhiannon	Derrick	F	Cardiff AAC	WU14	05:45
6	540	Jack	Harries	M	Cardiff AAC	MU13	05:45
7	541	Rowan	Carson	M	Pontyclun AC	MU10	05:45
8	542	Rachel	Lammin	F	Les Croupiers RC	WSEN	05:50
9	543	Ryan	Hartley	M	Pontypridd Roadents	M45	05:50
10	544	Carl	Nealon	M		MSEN	05:50
11	545	Maria	Zubizarreta	F	Les Croupiers RC	W50	05:55
12	546	Vincent	Nazareth	M	Les Croupiers RC	M60	05:55
13	547	Janneke	van Beijnum	F	Les Croupiers RC	W40	05:55
14	548	Peter	Gillibrand	M	Les Croupiers RC	MSEN	05:55
15	549	Rhys	Owens	M	Pontypridd Roadents	MSEN	05:55

	Race No.	Forename	Surname	Gender	Club	Age Class	predicted time
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### RACE 7 - start 19:50

1	550	Matthew	Jacklin	M	Aberdare Valley AAC	M45	05:20
2	551	Mabli	Phillips	F	Cardiff AAC	WU16	05:20
3	552	Rebeca	Harries	F	Cardiff AAC	WU15	05:20
4	553	Sean	Price	M	Les Croupiers RC	M60	05:20
5	554	Katie	O'Hare	F	Pontypridd Roadents	WSEN	05:20
6	555	Paul	Reddaway	M	Ware Joggers	M60	05:20
7	556	Andrew	Jones	M		MSEN	05:20
8	557	Tomos	Roberts	M	Cardiff AC	MSEN	05:20
9	558	Emyr	Morgan	M	Les Croupiers RC	M50	05:25
10	559	Dylan	Panting	M	Ogmore Phoenix	MSEN	05:25
11	560	Nathan	Christoforato	M	Les Croupiers RC	MSEN	05:30
12	561	Aled	Hughes	M	Ogmore Phoenix	M45	05:30
13	562	Ryan	Worlock-Morgan	M	Parc Bryn Bach RC	MSEN	05:30
14	563	Laurence	Pole	M	Pontypridd Roadents	M45	05:30
15	564	Evan	Davies	M	Aberdare Valley AAC	MU15	05:36

### RACE 8 - start 19:58

1	565	Samuel	Boyce	M	Cardiff AAC	MU16	05:05
2	566	George	Watkins	M	CDF Runners	MSEN	05:05
3	567	Steve	Payne	M	Pontypridd Roadents	M45	05:05
4	568	Trystan	Daniels	M	Les Croupiers RC	MSEN	05:10
5	569	Nicholas	Doyle	M	Les Croupiers RC	MSEN	05:10
6	570	Josh	Parry	M	Ogmore Phoenix	MSEN	05:10
7	571	Jai	Tsim	M	Pontypridd Roadents	MSEN	05:10
8	572	Colin	Williams	M	Les Croupiers RC	M55	05:11
9	573	Katy	Roy	F	Bristol and West	W35	05:15

	Race No.	Forename	Surname	Gender	Club	Age Class	predicted time
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### RACE 9 - start 20:05

1	574	Jonathan	Bonville-Ginn	M	CDF Runners	MSEN	04:59
2	575	Paul	Francis	M	Les Croupiers RC	M45	04:59
3	576	Ian	Southwell	M	Les Croupiers RC	M40	04:59
4	577	Thomas	Loynes	M	Neath Harriers	MU16	04:59
5	578	Cian	Tough	M	Aberdare Valley AAC	MU15	05:00
6	579	Jack	Reddaway	M	Les Croupiers RC	MSEN	05:00
7	580	Alaw	Evans	F	Les Croupiers RC	WSEN	05:00
8	581	Mark	Teesdale	M	Ogmore Phoenix	MSEN	05:00
9	582	Niki	Puleio	M	Ogmore Phoenix	M45	05:00
10	583	Jamie	Vanstone	M	Pontypridd Roadents	M40	05:00
11	584	Olivia	Tsim	F	Pontypridd Roadents	WSEN	05:00
12	585	Harry	Trend	M	San Domenico RRC	MSEN	05:00
13	586	Paul	Josua	M	San Domenico RRC	MSEN	05:00

### RACE 10 - start 20:12

1	587	Craig	Williams	M	Newport Harriers	MSEN	04:20
2	588	Oliver	Williams	M	Les Croupiers RC	MSEN	04:29
3	589	Owain	Morris	M	Les Croupiers RC	MSEN	04:30
4	590	Nicky	Bennett	M	Ogmore Phoenix	MSEN	04:40
5	591	Samuel	Richards	M	Pontypridd Roadents	MSEN	04:40
6	592	Vaughan	Edwards	M	Les Croupiers RC	M45	04:40
7	593	Phil	Hambleton	M	Les Croupiers RC	MSEN	04:43
8	594	Garyn	Tough	M	Aberdare Valley AAC	MU15	04:45
9	595	Arwel	Evans	M	Les Croupiers RC	MSEN	04:45
10	596	Doug	Nicholls	M	Pontypridd Roadents	M40	04:48
11	597	Lewis	Munro	M	Islwyn RC	MSEN	04:50
12	598	Harry	Osborne	M	Cardiff AAC	MU16	04:55
13	599	Alfie	Osborne	M	Cardiff AAC	MU16	04:55
14	600	Adam	Whittaker	M	CDF Runners	MSEN	04:55