

Final result

Number	Name	Club	Age Cat	Gender	1 - 5K	2 - 10K	3 - XC	4 - HM	5 - 1M	Grand Total	Behind leader	Interval	Rank	Gender rank	Cat rank
87	Emyr WILE	Albany Road	MSEN	M	0:17:21	0:36:45	0:17:39	1:23:53	0:05:40	2:41:18			1	1	1
88	Ken CAULKETT	Albany Road	M40	M	0:18:50	0:36:53	0:17:16	1:23:57	0:05:45	2:42:41	0:01:23	0:01:23	2	2	1
48	Aidan O'DONNELL	CDF	M40	M	0:18:36	0:37:43	0:18:33	1:27:37	0:05:39	2:48:08	0:06:50	0:05:27	3	3	2
737	Phil COOK	N/A	M50	M	0:19:39	0:38:54	0:19:35	1:29:31	0:05:51	2:53:30	0:12:12	0:05:22	4	4	1
54	Alvils BERZINSKIS	Les Croupiers	M50	M	0:18:45	0:37:55	0:19:06	1:32:16	0:05:49	2:53:51	0:12:33	0:00:21	5	5	2
55	Thomas BROWN	N/A	MSEN	M	0:20:26	0:36:34	0:20:02	1:32:29	0:04:58	2:54:29	0:13:11	0:00:38	6	6	2
76	Bryan MEREDITH	Rhondda Valley	M60	M	0:20:18	0:41:27	0:18:57	1:33:40	0:06:13	3:00:35	0:19:17	0:06:06	7	7	1
77	Ross OWEN	Rhondda Valley	M40	M	0:19:16	0:41:24	0:21:28	1:33:18	0:06:18	3:01:44	0:20:26	0:01:09	8	8	3
66	Ross FLANIGAN	Penarth & Dinas	M50	M	0:19:21	0:42:02	0:19:49	1:34:19	0:06:20	3:01:51	0:20:33	0:00:07	9	9	3
45	James BRUCE	Les Croupiers	M50	M	0:20:20	0:41:52	0:20:27	1:34:49	0:06:47	3:04:15	0:22:57	0:02:24	10	10	4
57	Rachel BOWEN	Lliswerry	W45	F	0:21:35	0:43:19	0:20:15	1:33:26	0:06:30	3:05:05	0:23:47	0:00:50	11	1	1
82	Sean HUGHES	Albany Road	M40	M	0:20:31	0:41:58	0:20:30	1:35:36	0:06:54	3:05:29	0:24:11	0:00:24	12	11	4
73	Susan BOWES	Les Croupiers	W45	F	0:21:27	0:43:00	0:20:33	1:34:56	0:06:26	3:06:22	0:25:04	0:00:53	13	2	2
74	Megan POULSON	San Domenico	WSEN	F	0:22:23	0:44:20	0:20:32	1:37:12	0:06:24	3:10:51	0:29:33	0:04:29	14	3	1
75	Liam Paul KELLY	Penarth & Dinas	M40	M	0:21:28	0:44:35	0:20:07	1:40:05	0:06:31	3:12:46	0:31:28	0:01:55	15	12	5
72	Mike DAVIES	Albany Road	M60	M	0:20:27	0:44:03	0:20:02	1:44:49	0:06:32	3:15:53	0:34:35	0:03:07	16	13	2
63	David COLES	Les Croupiers	M60	M	0:21:45	0:45:40	0:21:31	1:40:18	0:06:50	3:16:04	0:34:46	0:00:11	17	14	3
79	Elise EMMERSON	Heathwood Tri	W45	F	0:22:39	0:44:45	0:21:48	1:51:31	0:06:50	3:27:33	0:46:15	0:11:29	18	4	3
50	Mark HERBERT	Les Croupiers	M40	M	0:23:31	0:47:48	0:22:21	1:48:18	0:07:10	3:29:08	0:47:50	0:01:35	19	15	6
71	Llyr ROBERTS	Albany Road	M60	M	0:21:50	0:45:54	0:21:14	1:53:41	0:06:51	3:29:30	0:48:12	0:00:22	20	16	4
70	John CARROLL	Pontypridd Roadents	M60	M	0:23:32	0:46:33	0:20:52	1:53:30	0:06:40	3:31:07	0:49:49	0:01:37	21	17	5
49	James CARMEN	N/A	M50	M	0:21:12	0:50:34	0:21:13	1:54:17	0:06:40	3:33:56	0:52:38	0:02:49	22	18	5
65	Ivars REINHOLDS	TRG	M40	M	0:23:05	0:47:39	0:22:53	1:53:48	0:07:17	3:34:42	0:53:24	0:00:46	23	19	7
69	Martin GREEN	N/A	M50	M	0:23:38	0:47:12	0:22:30	1:58:19	0:07:09	3:38:48	0:57:30	0:04:06	24	20	6
68	Jenna GROVES	Pegasus	WSEN	F	0:24:23	0:49:30	0:23:10	1:54:24	0:07:26	3:38:53	0:57:35	0:00:05	25	5	2
53	Isabel HENDRY	Neath Harriers	WSEN	F	0:24:20	0:49:38	0:23:10	1:56:39	0:07:12	3:40:59	0:59:41	0:02:06	26	6	3
60	Lloyd WILLIAMS	Lliswerry	M50	M	0:25:14	0:49:41	0:25:01	1:58:20	0:07:17	3:45:33	1:04:15	0:04:34	27	21	7
80	Libby CREES	Les Croupiers	W55	F	0:26:52	0:53:48	0:23:54	2:01:21	0:08:04	3:53:59	1:12:41	0:08:26	28	7	1
84	Nick HARRIS	Ogmore Phoenix	MSEN	M	0:27:19	0:57:15	0:26:08	2:12:22	0:07:09	4:10:13	1:28:55	0:16:14	29	22	3

47	Jenny MARTIN	Les Croupiers	W45	F	0:30:28	0:58:47	0:28:46	2:20:11	0:08:16	4:26:28	1:45:10	0:16:15	30	8	4
67	James FLANIGAN	Penarth & Dinas	MSEN	M	0:24:59	0:54:11	0:26:35	2:37:07	0:07:14	4:30:06	1:48:48	0:03:38	31	23	4
83	Jon STONES	Lliswerry	M50	M	0:33:47	0:58:53	0:27:31	2:26:11	0:08:26	4:34:48	1:53:30	0:04:42	32	24	8
64	Richard FLAMBARD	N/A	M50	M	0:31:00	0:56:45	0:28:29	2:32:50	0:11:21	4:40:25	1:59:07	0:05:37	33	25	9
747	Firouz MAL	N/A	M60	M	0:33:00	1:07:24	0:30:06	2:29:01	0:09:02	4:48:33	2:07:15	0:08:08	34	26	6
81	Peter HEATH	Les Croupiers	M40	M	0:32:59	1:06:22	0:30:17	2:36:15	0:09:02	4:54:55	2:13:37	0:06:22	35	27	8

Final result								
Age cat								
Name	Club	M40	M50	M60	MSEN	W45	W55	WSEN
Emyr WILE	Albany Road				2:41:18			
Ken CAULKETT	Albany Road	2:42:41						
Aidan O'DONNELL	CDF	2:48:08						
Phil COOK	N/A		2:53:30					
Alvils BERZINSKIS	Les Croupiers		2:53:51					
Thomas BROWN	N/A				2:54:29			
Bryan MEREDITH	Rhondda Valley			3:00:35				
Ross OWEN	Rhondda Valley	3:01:44						
Ross FLANIGAN	Penarth & Dinas		3:01:51					
James BRUCE	Les Croupiers		3:04:15					
Rachel BOWEN	Lliswerry					3:05:05		
Sean HUGHES	Albany Road	3:05:29						
Susan BOWES	Les Croupiers					3:06:22		
Megan POULSON	San Domenico							3:10:51
Liam Paul KELLY	Penarth & Dinas	3:12:46						
Mike DAVIES	Albany Road			3:15:53				
David COLES	Les Croupiers			3:16:04				
Elise EMMERSON	Heathwood Tri					3:27:33		
Mark HERBERT	Les Croupiers	3:29:08						
Llyr ROBERTS	Albany Road			3:29:30				
John CARROLL	Pontypridd Roadents			3:31:07				
James CARMEN	N/A		3:33:56					
Ivars REINHOLDS	TRG	3:34:42						
Martin GREEN	N/A		3:38:48					
Jenna GROVES	Pegasus							3:38:53
Isabel HENDRY	Neath Harriers							3:40:59
Lloyd WILLIAMS	Lliswerry		3:45:33					
Libby CREES	Les Croupiers						3:53:59	
Nick HARRIS	Ogmore Phoenix				4:10:13			
Jenny MARTIN	Les Croupiers					4:26:28		
James FLANIGAN	Penarth & Dinas				4:30:06			
Jon STONES	Lliswerry		4:34:48					
Richard FLAMBARD	N/A		4:40:25					
Firouz MAL	N/A			4:48:33				
Peter HEATH	Les Croupiers	4:54:55						

			Gender		Rank		
Name	Club	Age	F	M	F	M	Overall
Emyr WILE	Albany Road	MSEN		0:17:21		1	1
Aidan O'DONNELL	CDF	M40		0:18:36		2	2
Alvils BERZINSKIS	Les Croupiers	M50		0:18:45		3	3
Ken CAULKETT	Albany Road	M40		0:18:50		4	4
Ross OWEN	Rhondda Valley	M40		0:19:16		5	5
Ross FLANIGAN	Penarth & Dinas	M50		0:19:21		6	6
Phil COOK	N/A	M50		0:19:39		7	7
Bryan MEREDITH	Rhondda Valley	M60		0:20:18		8	8
James BRUCE	Les Croupiers	M50		0:20:20		9	9
Thomas BROWN	N/A	MSEN		0:20:26		10	10
Mike DAVIES	Albany Road	M60		0:20:27		11	11
Sean HUGHES	Albany Road	M40		0:20:31		12	12
James CARMEN	N/A	M50		0:21:12		13	13
Susan BOWES	Les Croupiers	W45	0:21:27		1		14
Liam Paul KELLY	Penarth & Dinas	M40		0:21:28		14	15
Rachel BOWEN	Lliswerry	W45	0:21:35		2		16
David COLES	Les Croupiers	M60		0:21:45		15	17
Llyr ROBERTS	Albany Road	M60		0:21:50		16	18
Megan POULSON	San Domenico	WSEN	0:22:23		3		19
Elise EMMERSON	Heathwood Tri	W45	0:22:39		4		20
Ivars REINHOLDS	TRG	M40		0:23:05		17	21
Mark HERBERT	Les Croupiers	M40		0:23:31		18	22
John CARROLL	Pontypridd Roadents	M60		0:23:32		19	23
Martin GREEN	N/A	M50		0:23:38		20	24
Isabel HENDRY	Neath Harriers	WSEN	0:24:20		5		25
Jenna GROVES	Pegasus	WSEN	0:24:23		6		26
James FLANIGAN	Penarth & Dinas	MSEN		0:24:59		21	27
Lloyd WILLIAMS	Lliswerry	M50		0:25:14		22	28
Sally GROVES	Pegasus	W55	0:25:58		7		29
Libby CREES	Les Croupiers	W55	0:26:52		8		30
Nick HARRIS	Ogmore Phoenix	MSEN		0:27:19		23	31
Jenny MARTIN	Les Croupiers	W45	0:30:28		9		32
Richard FLAMBARD	N/A	M50		0:31:00		24	33
Peter HEATH	Les Croupiers	M40		0:32:59		25	34
Firouz MAL	N/A	M60		0:33:00		26	35
Sian MORGAN	Penarth & Dinas	W35	0:33:01		10		36
Jon STONES	Lliswerry	M50		0:33:47		27	37

			Gender		Rank		
Name	Club	Age	F	M	F	M	Overall
Thomas BROWN	N/A	MSEN		0:36:34		1	1
Emyr WILE	Albany Road	MSEN		0:36:45		2	2
Ken CAULKETT	Albany Road	M40		0:36:53		3	3
Aidan O'DONNELL	CDF	M40		0:37:43		4	4
Alvils BERZINSKIS	Les Croupiers	M50		0:37:55		5	5
Phil COOK	N/A	M50		0:38:54		6	6
Ross OWEN	Rhondda Valley	M40		0:41:24		7	7
Bryan MEREDITH	Rhondda Valley	M60		0:41:27		8	8
James BRUCE	Les Croupiers	M50		0:41:52		9	9
Sean HUGHES	Albany Road	M40		0:41:58		10	10
Ross FLANIGAN	Penarth & Dinas	M50		0:42:02		11	11
Susan BOWES	Les Croupiers	W45	0:43:00		1		12
Rachel BOWEN	Lliswerry	W45	0:43:19		2		13
Mike DAVIES	Albany Road	M60		0:44:03		12	14
Megan POULSON	San Domenico	WSEN	0:44:20		3		15
Liam Paul KELLY	Penarth & Dinas	M40		0:44:35		13	16
Elise EMMERSON	Heathwood Tri	W45	0:44:45		4		17
David COLES	Les Croupiers	M60		0:45:40		14	18
Llyr ROBERTS	Albany Road	M60		0:45:54		15	19
John CARROLL	Pontypridd Roadents	M60		0:46:33		16	20
Martin GREEN	N/A	M50		0:47:12		17	21
Ivars REINHOLDS	TRG	M40		0:47:39		18	22
Mark HERBERT	Les Croupiers	M40		0:47:48		19	23
John MAGEE	N/A	M50		0:48:53		20	24
Jenna GROVES	Pegasus	WSEN	0:49:30		5		25
Isabel HENDRY	Neath Harriers	WSEN	0:49:38		6		26
Lloyd WILLIAMS	Lliswerry	M50		0:49:41		21	27
James CARMEN	N/A	M50		0:50:34		22	28
Libby CREES	Les Croupiers	W55	0:53:48		7		29
James FLANIGAN	Penarth & Dinas	MSEN		0:54:11		23	30
Sally GROVES	Pegasus	W55	0:55:27		8		31
Richard FLAMBARD	N/A	M50		0:56:45		24	32
Nick HARRIS	Ogmore Phoenix	MSEN		0:57:15		25	33
Jenny MARTIN	Les Croupiers	W45	0:58:47		9		34
Jon STONES	Lliswerry	M50		0:58:53		26	35
Sian MORGAN	Penarth & Dinas	W35	1:02:39		10		36
Terry DOCHERTY	Les Croupiers	M50		1:04:12		27	37
Peter HEATH	Les Croupiers	M40		1:06:22		28	38
Firouz MAL	N/A	M60		1:07:24		29	39
Clair CHARALAMBOUS	Les Croupiers	F45	1:10:01		11		40
Geoff WRIGHT	Les Croupiers	M60		1:10:01		30	40

			Gender		Rank		
Name	Club	Age	F	M	F	M	Overall
Ken CAULKETT	Albany Road	M40		0:17:16		1	1
Emyr WILE	Albany Road	MSEN		0:17:39		2	2
Aidan O'DONNELL	CDF	M40		0:18:33		3	3
Bryan MEREDITH	Rhondda Valley	M60		0:18:57		4	4
Alvils BERZINSKIS	Les Croupiers	M50		0:19:06		5	5
Phil COOK	N/A	M50		0:19:35		6	6
Ross FLANIGAN	Penarth & Dinas	M50		0:19:49		7	7
Mike DAVIES	Albany Road	M60		0:20:02		8	8
Thomas BROWN	N/A	MSEN		0:20:02		8	8
Liam Paul KELLY	Penarth & Dinas	M40		0:20:07		10	10
Rachel BOWEN	Lliswerry	W45	0:20:15		1		11
James BRUCE	Les Croupiers	M50		0:20:27		11	12
Sean HUGHES	Albany Road	M40		0:20:30		12	13
Megan POULSON	San Domenico	WSEN	0:20:32		2		14
Susan BOWES	Les Croupiers	W45	0:20:33		3		15
John CARROLL	Pontypridd Roadents	M60		0:20:52		13	16
James CARMEN	N/A	M50		0:21:13		14	17
Llyr ROBERTS	Albany Road	M60		0:21:14		15	18
Ross OWEN	Rhondda Valley	M40		0:21:28		16	19
David COLES	Les Croupiers	M60		0:21:31		17	20
Elise EMMERSON	Heathwood Tri	W45	0:21:48		4		21
Mark HERBERT	Les Croupiers	M40		0:22:21		18	22
Martin GREEN	N/A	M50		0:22:30		19	23
Ivars REINHOLDS	TRG	M40		0:22:53		20	24
Isabel HENDRY	Neath Harriers	WSEN	0:23:10		5		25
Jenna GROVES	Pegasus	WSEN	0:23:10		5		25
Libby CREES	Les Croupiers	W55	0:23:54		7		27
Lloyd WILLIAMS	Lliswerry	M50		0:25:01		21	28
Sally GROVES	Pegasus	W55	0:25:40		8		29
Nick HARRIS	Ogmore Phoenix	MSEN		0:26:08		22	30
James FLANIGAN	Penarth & Dinas	MSEN		0:26:35		23	31
Jon STONES	Lliswerry	M50		0:27:31		24	32
Richard FLAMBARD	N/A	M50		0:28:29		25	33
Jenny MARTIN	Les Croupiers	W45	0:28:46		9		34
Sian MORGAN	Penarth & Dinas	W35	0:29:31		10		35
Firouz MAL	N/A	M60		0:30:06		26	36
Peter HEATH	Les Croupiers	M40		0:30:17		27	37

			Gender		Rank		
Name	Club	Age	F	M	F	M	Overall
George COLLINSON	Les Croupiers	MSEN		1:19:01		1	1
Paul JOSUA	San Domenico	MSEN		1:19:04		2	2
David CRAIG	Les Croupiers	M40		1:19:13		3	3
Oliver WEBB	Cardiff Tri	MSEN		1:19:15		4	4
Andy GARDINER	San Domenico	MSEN		1:20:51		5	5
Emyr WILE	Albany Road	MSEN		1:23:53		6	6
Ken CAULKETT	Albany Road	M40		1:23:57		7	7
Aidan O'DONNELL	CDF	M40		1:27:37		8	8
Phil COOK	N/A	M50		1:29:31		9	9
Owen RIVERS	Les Croupiers	MSEN		1:31:12		10	10
Alvils BERZINSKIS	Les Croupiers	M50		1:32:16		11	11
Thomas BROWN	N/A	MSEN		1:32:29		12	12
Ross OWEN	Rhondda Valley	M40		1:33:18		13	13
Rachel BOWEN	Lliswerry	W45	1:33:26		1		14
Bryan MEREDITH	Rhondda Valley	M60		1:33:40		14	15
Nick DUKES	Les Croupiers	M50		1:34:00		15	16
Ross FLANIGAN	Penarth & Dinas	M50		1:34:19		16	17
James BRUCE	Les Croupiers	M50		1:34:49		17	18
Susan BOWES	Les Croupiers	W45	1:34:56		2		19
Sean HUGHES	Albany Road	M40		1:35:36		18	20
Megan POULSON	San Domenico	WSEN	1:37:12		3		21
Liam Paul KELLY	Penarth & Dinas	M40		1:40:05		19	22
David COLES	Les Croupiers	M60		1:40:18		20	23
Neema Mal	N/A	M40		1:43:11		21	24
Mike DAVIES	Albany Road	M60		1:44:49		22	25
Mark HERBERT	Les Croupiers	M40		1:48:18		23	26
Sam CLARKSTONE	Pontypridd Roadents	F35	1:49:36		4		27
David GEORGE	Les Croupiers	M50		1:51:27		24	28
Elise EMMERSON	Heathwood Tri	W45	1:51:31		5		29
Carol REES	Les Croupiers	F45	1:51:40		6		30
Moema FORTNER	Cardiff Junior Tri	WU20	1:51:50		7		31
Rainer FORTNER	N/A	M50		1:52:41		25	32
John CARROLL	Pontypridd Roadents	M60		1:53:30		26	33
Llyr ROBERTS	Albany Road	M60		1:53:41		27	34
Ivars REINHOLDS	TRG	M40		1:53:48		28	35
James CARMEN	N/A	M50		1:54:17		29	36
Jenna GROVES	Pegasus	WSEN	1:54:24		8		37
Isabel HENDRY	Neath Harriers	WSEN	1:56:39		9		38
Martin GREEN	N/A	M50		1:58:19		30	39
Lloyd WILLIAMS	Lliswerry	M50		1:58:20		31	40
Emma King	Lliswerry	W35	1:58:21		10		41
Paul CHAPMAN	Les Croupiers	M50		1:58:33		32	42
Niall HUGHES	San Domenico	M40		1:59:27		33	43
Clara FORTNER	N/A	WU20	2:00:43		11		44
Libby CREES	Les Croupiers	W55	2:01:21		12		45
Rachel HOOPER	Les Croupiers	F55	2:03:04		13		46

Tom FIRTH	San Domenico	M40		2:08:24		34	47
Nick HARRIS	Ogmore Phoenix	MSEN		2:12:22		35	48
Jenny MARTIN	Les Croupiers	W45	2:20:11		14		49
Terry DOCHERTY	Les Croupiers	M50		2:20:43		36	50
Jon STONES	Lliswerry	M50		2:26:11		37	51
Firouz MAL	N/A	M60		2:29:01		38	52
Sian MORGAN	Penarth & Dinas	W35	2:29:57		15		53
Sally GROVES	Pegasus	W55	2:32:35		16		54
Richard FLAMBARD	N/A	M50		2:32:50		39	55
Peter HEATH	Les Croupiers	M40		2:36:15		40	56
James FLANIGAN	Penarth & Dinas	MSEN		2:37:07		41	57
Clare Johnson	Les Croupiers	W55	2:54:41		17		58

			Gender		Rank		
Name	Club	Age	F	M	F	M	Overall
James THIE	Pontypridd Roadents	M40		0:04:42		1	1
Thomas BROWN	N/A	MSEN		0:04:58		2	2
Aidan O'DONNELL	CDF	M40		0:05:39		3	3
Emyr WILE	Albany Road	MSEN		0:05:40		4	4
Ken CAULKETT	Albany Road	M40		0:05:45		5	5
Alvils BERZINSKIS	Les Croupiers	M50		0:05:49		6	6
Phil COOK	N/A	M50		0:05:51		7	7
Samuel MCFARLANE	Bridgend AC	MU13		0:06:08		8	8
Bryan MEREDITH	Rhondda Valley	M60		0:06:13		9	9
Ross OWEN	Rhondda Valley	M40		0:06:18		10	10
Ross FLANIGAN	Penarth & Dinas	M50		0:06:20		11	11
Megan POULSON	San Domenico	WSEN	0:06:24		1		12
Susan BOWES	Les Croupiers	W45	0:06:26		2		13
Rachel BOWEN	Lliswerry	W45	0:06:30		3		14
Liam Paul KELLY	Penarth & Dinas	M40		0:06:31		12	15
Mike DAVIES	Albany Road	M60		0:06:32		13	16
James CARMEN	N/A	M50		0:06:40		14	17
John CARROLL	Pontypridd Roadents	M60		0:06:40		14	17
James BRUCE	Les Croupiers	M50		0:06:47		16	19
David COLES	Les Croupiers	M60		0:06:50		17	20
Elise EMMERSON	Heathwood Tri	W45	0:06:50		4		20
Llyr ROBERTS	Albany Road	M60		0:06:51		18	22
Sean HUGHES	Albany Road	M40		0:06:54		19	23
Stacey MCFARLANE	Bridgend AC	F35	0:07:05		5		24
Martin GREEN	N/A	M50		0:07:09		20	25
Nick HARRIS	Ogmore Phoenix	MSEN		0:07:09		20	25
Mark HERBERT	Les Croupiers	M40		0:07:10		22	27
Isabel HENDRY	Neath Harriers	WSEN	0:07:12		6		28
James FLANIGAN	Penarth & Dinas	MSEN		0:07:14		23	29
Ivars REINHOLDS	TRG	M40		0:07:17		24	30
Lloyd WILLIAMS	Lliswerry	M50		0:07:17		24	30
Jenna GROVES	Pegasus	WSEN	0:07:26		7		32
Libby CREES	Les Croupiers	W55	0:08:04		8		33
Jenny MARTIN	Les Croupiers	W45	0:08:16		9		34
Jon STONES	Lliswerry	M50		0:08:26		26	35
Firouz MAL	N/A	M60		0:09:02		27	36
Peter HEATH	Les Croupiers	M40		0:09:02		27	36
Richard FLAMBARD	N/A	M50		0:11:21		29	38