

Pos	Name	Club	Sex	Cat.	1 mile	2 mile	3 mile	4 mile	Combined	
1	RICHARD BAKER	LES CROUPIERS RC	M	M40	00:05:32	00:10:30	00:16:21	00:23:40	0:56:03	1st Male
2	ALEX PRICE	SWANSEA HARRIERS	M	SM	00:04:52	00:10:21	00:16:28	00:24:42	0:56:23	2nd Male
3	SCOTT BROWNE	LES CROUPIERS RC	M	M40	00:05:00	00:10:46	00:16:53	00:24:58	0:57:37	3rd Male
4	GABRIELIUS STUOKUS	LES CROUPIERS RC	M	SM	00:05:09	00:10:55	00:16:58	00:25:21	0:58:23	
5	ADRIAN LEWIS	ABERDARE VALLEY AAC	M	M40	00:05:16	00:11:02	00:17:16	00:25:42	0:59:16	1st M40
6	RHYS PIPPARD	LES CROUPIERS RC	M	SM	00:06:39	00:11:22	00:17:13	00:25:29	1:00:43	
7	LAURENT BONO	LES CROUPIERS RC	M	SM	00:05:42	00:11:25	00:17:36	00:26:16	1:00:59	
8	PAUL JOSUA	SAN DOMENICO RC	M	SM	00:05:32	00:11:40	00:18:06	00:27:06	1:02:24	
9	TOM WEBB	PARC BRYN BACH	M	U20M	00:05:30	00:11:48	00:18:26	00:27:13	1:02:57	
10	JAMES GOLD	CARDIFF AAC	M	U20M	00:05:01	00:12:07	00:17:45	00:28:48	1:03:41	
11	DARRAGH HANLEE-CROFTS	PEGASUS	M	SM	00:05:44	00:11:40	00:18:31	00:27:55	1:03:50	
12	IAN BELL	SAN DOMENICO RC	M	M50	00:05:47	00:12:07	00:18:55	00:27:33	1:04:22	1st M50
13	FREYA ROBERTS	CARDIFF ARCHERS	F	U20W	00:05:58	00:12:33	00:19:18	00:29:18	1:07:07	1st Female
14	NATHANIEL PALMER	LES CROUPIERS RC	M	M40	00:05:54	00:12:16	00:20:13	00:29:24	1:07:47	
15	BETHANY GOLD	CARDIFF AAC	F	U20W	00:06:07	00:13:07	00:19:37	00:29:34	1:08:25	2nd Female
16	ELIZABETH NEVILE	LES CROUPIERS RC	F	F35	00:06:28	00:13:12	00:20:36	00:30:06	1:10:22	3rd Female
17	SHARON NEWELL	PARC BRYN BACH	F	F45	00:06:33	00:13:17	00:20:31	00:30:41	1:11:02	1st F35
18	MICK MCGEOCH	LES CROUPIERS RC	M	M60	00:06:27	00:13:25	00:20:48	00:30:24	1:11:04	1st M60
19	DOMINIC SHIELDS	SAN DOMENICO RC	M	M50	00:06:28	00:13:02	00:20:32	00:31:33	1:11:35	
20	STEVE CHADWELL	LES CROUPIERS, GBR	M	M40	00:06:33	00:13:24	00:21:12	00:30:56	1:12:05	
21	KERI JONES	PARC BRYN BACH	F	F45	00:06:29	00:13:29	00:21:03	00:31:11	1:12:12	1st F45
22	NIGEL BLEACH	SERIOUSLY MAD RUNNERS	M	M50	00:06:40	00:14:09	00:21:35	00:31:34	1:13:58	
23	JENNY MARTIN	LES CROUPIERS RC	F	F35	00:07:16	00:13:54	00:21:43	00:31:16	1:14:09	
24	ANGELA CHAMPION	LES CROUPIERS RC	F	F35	00:06:39	00:14:32	00:21:29	00:31:49	1:14:29	
25	MICHAEL H DAVIES	LES CROUPIERS RC	M	M60	00:07:13	00:13:57	00:22:01	00:32:03	1:15:14	
26	JULIE SCHOLEY	LES CROUPIERS RC	F	F55	00:06:59	00:14:07	00:21:50	00:32:37	1:15:33	1st F55
27	GARETH LOGAN		M	SM	00:06:26	00:14:19	00:23:48	00:33:35	1:18:08	
28	MICHAEL FARRELL		M	M40	00:07:14	00:14:56	00:23:09	00:34:21	1:19:40	
29	MOLLY GRIMLEY	CARDIFF AAC	F	U20W	00:06:42	00:15:01	00:23:21	00:35:37	1:20:41	
30	CLAIRE BELL	LES CROUPIERS RC	F	F45	00:07:51	00:16:03	00:24:38	00:36:21	1:24:53	
31	KAY CHAPMAN	CARDIFF AAC	M	F45	00:07:44	00:15:55	00:24:55	00:37:00	1:25:34	
32	JULIE LEWIS	LES CROUPIERS RC	F	F55	00:08:17	00:16:42	00:25:41	00:37:31	1:28:11	
33	HELEN ROBERTSON	LES CROUPIERS RC	F	F45	00:08:29	00:17:27	00:26:13	00:38:19	1:30:28	
34	MARK DOUGLAS	PONTYPRIDD ROADENTS	M	M40	00:07:23	00:16:34	00:26:38	00:41:08	1:31:43	
35	JACK BICKER		M	U20M	00:07:48	00:16:52	00:26:59	00:41:12	1:32:51	

36	CLAIR CHARALAMBOUS	LES CROUPIERS RC	F	F35	00:08:07	00:17:18	00:26:56	00:41:27	1:33:48
37	ANDREW HOLLINS	PEGASUS RC	M	M40	00:08:19	00:17:08	00:27:50	00:41:18	1:34:35
38	SAMUEL BICKER	CARDIFF ARCHERS	M	U20M	00:07:47	00:16:42	00:26:42	00:44:14	1:35:25
39	KELLY CROFTS	LES CROUPIERS RC	F	F35	00:08:51	00:17:19	00:27:56	00:41:32	1:35:38
40	KAREN JONES	LES CROUPIERS RC	F	F35	00:08:44	00:18:30	00:27:42	00:41:17	1:36:13
41	JON MARTIN	LES CROUPIERS RC	M	M40	00:10:51	00:17:43	00:27:29	00:41:34	1:37:37
42	KIRSTY MCGOWAN	LES CROUPIERS RC	F	SW	00:09:30	00:17:23	00:27:59	00:43:32	1:38:24
43	RHYS LITTLECHILD		M	U20M	00:07:46	00:17:18	00:28:34	00:44:56	1:38:34
44	DONNA LITTLECHILD	HENDRE LAKE RC	F	F35	00:09:02	00:20:23	00:29:41	00:45:01	1:44:07