

Cardiff Taff Trail Half Marathon

Place	Name	Hometown	Gender	Bib #	Time	Pace	Speed	Division Rank
1	MATT EDWARDS	CARDIFF AAC	M: 1	50	01:13:14	03:28	17.3kph	Overall Male Runner: 1
2	AARON PHELPS	STROUD & DISTRICT AC	M: 2	78	01:13:15	03:28	17.3kph	Overall Male Runner: 2
3	OWAIN MORRIS	LES CROUPIERS RC	M: 3	74	01:14:49	03:32	16.9kph	Overall Male Runner: 3
4	OLI LUM	BRACKNELL AC	M: 4	10	01:15:45	03:35	16.7kph	:
5	OWAIN ZERILLI	LES CROUPIERS RC	M: 5	79	01:16:04	03:36	16.6kph	:
6	ADAM WHITTAKER	CDF RUNNERS	M: 6	87	01:17:04	03:39	16.4kph	:
7	TOM WATERS	LES CROUPIERS RC	M: 7	63	01:17:39	03:40	16.3kph	:
8	JEROME EDWARDS	LES CROUPIERS RC	M: 8	90	01:17:47	03:41	16.3kph	Male 40 - 49: 1
9	ANDREW REDDY	ABERDARE VALLEY AAC	M: 9	85	01:18:19	03:42	16.2kph	Male 40 - 49: 2
10	DAVID CRAIG	LES CROUPIERS RC	M: 10	88	01:19:39	03:46	15.9kph	Male 40 - 49: 3
11	DOUG NICHOLLS	PONTYPRIDD ROADENTS	M: 11	83	01:20:05	03:47	15.8kph	Male 40 - 49: 4
12	TIMOTHY GIBBONS	LES CROUPIERS RC	M: 12	89	01:20:19	03:48	15.8kph	:
13	LUKE STARKIE		M: 13	92	01:22:12	03:53	15.4kph	Male 40 - 49: 5
14	PAUL JOSUA	SAN DOMENICO RC	M: 14	100	01:23:37	03:57	15.1kph	:
15	JAMES HORNER	LES CROUPIERS RC	M: 15	93	01:23:46	03:58	15.1kph	Male 40 - 49: 6
16	NEEMA MAL	LES CROUPIERS RC	M: 16	97	01:24:50	04:01	14.9kph	:
17	MATT TURNER	CAERLEON RC	M: 17	141	01:25:07	04:02	14.9kph	Male 50 - 59: 1
18	ANGHARAD MAIR	LES CROUPIERS RC	F: 1	99	01:25:28	04:03	14.8kph	Overall Female Runner: 1
19	CHARLIE BENDALL	CHEPSTOW HARRIERS	M: 18	354	01:27:03	04:07	14.5kph	:
20	THOMAS FORYCKI		M: 19	185	01:27:31	04:08	14.5kph	Male 40 - 49: 7
21	WILLIAM EDWARDS	PORTHCAWL RUNNERS	M: 20	94	01:27:34	04:09	14.5kph	Male 50 - 59: 2
22	KEVIN PLANK	SAN DOMENICO RC	M: 21	194	01:27:53	04:09	14.4kph	Male 50 - 59: 3
23	ALEX PRICE	LES CROUPIERS RC	M: 22	91	01:28:18	04:11	14.3kph	:
24	RICHARD MATTHEWS	ABERDARE VALLEY AAC	M: 23	135	01:28:26	04:11	14.3kph	Male 40 - 49: 8
25	GEORGE WATKINS	LES CROUPIERS RC	M: 24	95	01:28:52	04:12	14.2kph	:
26	TRACY JENKINS	PORTHCAWL RUNNERS	F: 2	184	01:29:07	04:13	14.2kph	Overall Female Runner: 2
27	ROSS FLANIGAN	PENARTH & DINAS RUNNERS	M: 25	197	01:30:02	04:16	14.1kph	Male 50 - 59: 4
28	NICHOLAS ROUX		M: 26	341	01:31:23	04:19	13.9kph	:
29	EDWARD MORRIS	LES CROUPIERS RC	M: 27	96	01:31:28	04:20	13.8kph	:
30	ELINOR KEETCH	PONTYPRIDD ROADENTS	F: 3	142	01:31:49	04:21	13.8kph	Overall Female Runner: 3
31	STEVE HARTLEY		M: 28	186	01:35:27	04:31	13.3kph	Male 60 - 120: 1
32	MARIA ZUBIZARRETA	LES CROUPIERS RC	F: 4	5	01:35:43	04:32	13.2kph	Female 45 - 54: 1
33	TERENCE JONES		M: 29	324	01:36:20	04:33	13.1kph	Male 50 - 59: 5
34	DAVID BENNETT	PORTHCAWL RUNNERS	M: 30	206	01:36:29	04:34	13.1kph	Male 50 - 59: 6
35	HANNAH JENKINS	PORTHCAWL RUNNERS	F: 5	189	01:38:14	04:39	12.9kph	:
36	RICHARD STEELE	BRACKLA HARRIERS	M: 31	353	01:38:26	04:39	12.9kph	Male 40 - 49: 9
37	MEGAN POULSON	SAN DOMENICO RC	F: 6	216	01:38:38	04:40	12.8kph	:
38	JOHNNY LAM	SAN DOMENICO RC	M: 32	207	01:38:38	04:40	12.8kph	Male 50 - 59: 7
39	JACK REDDY	ABERDARE VALLEY AAC	M: 33	208	01:39:32	04:43	12.7kph	:
40	KEVIN JONES	LES CROUPIERS RC	M: 34	321	01:40:01	04:44	12.7kph	Male 50 - 59: 8
41	RANDAL JONES	LLISWERRY RUNNERS	M: 35	212	01:40:13	04:44	12.6kph	Male 60 - 120: 2
42	EMILY SAMS	CAERPHILLY RUNNERS	F: 7	326	01:44:46	04:57	12.1kph	:
43	MARK HERBERT	LES CROUPIERS RC	M: 36	325	01:46:05	05:01	11.9kph	Male 40 - 49: 10
44	PHIL SMITH	LES CROUPIERS RC	M: 37	352	01:47:25	05:05	11.8kph	Male 60 - 120: 3
45	GINA HARDMAN	BRIDGEND AC	F: 8	263	01:47:58	05:07	11.7kph	Female 45 - 54: 2
46	DAVID MARR	PETERBOROUGH AC	M: 38	327	01:49:06	05:10	11.6kph	Male 50 - 59: 9
47	DAVID GEORGE	LES CROUPIERS RC	M: 39	329	01:49:07	05:10	11.6kph	Male 50 - 59: 10
48	JACK PARRIS	EGDON HEATH HARRIERS	M: 40	328	01:50:16	05:13	11.5kph	:
49	ELIZABETH WALSH	FAIRWATER CWMBRAN	F: 9	334	01:50:48	05:15	11.4kph	Female 45 - 54: 3
50	MIKE GWYNNE	PONTYPRIDD ROADENTS	M: 41	337	01:51:18	05:16	11.4kph	Male 50 - 59: 11
51	HANNAH BRYAN	LES CROUPIERS RC	F: 10	330	01:52:10	05:18	11.3kph	Female 35 - 44: 1
52	STEPHEN LOCKE	PONTYPRIDD ROADENTS	M: 42	336	01:54:00	05:24	11.1kph	Male 50 - 59: 12
53	AISLIN FIELDS	SAN DOMENICO RC	F: 11	331	01:54:55	05:26	11.0kph	:
54	SARAH TAYLOR	SIRIUS RUNNING	F: 12	332	01:56:50	05:32	10.8kph	Female 35 - 44: 2
55	MARK ROMAN		M: 43	340	01:59:35	05:40	10.6kph	Male 50 - 59: 13
56	HEIDI BAGGULEY	SHE RUNS CARDIFF	F: 13	344	02:05:04	05:55	10.1kph	Female 35 - 44: 3
57	AMY HOPKINS		F: 14	351	02:09:53	06:09	9.7kph	Female 35 - 44: 4
58	KAREN DE LA CADENA	SAN DOMENICO RC	F: 15	342	02:10:53	06:12	9.7kph	Female 35 - 44: 5
59	GARRY WHARMBY	BRACKLA HARRIERS	M: 44	345	02:29:19	07:04	8.5kph	Male 50 - 59: 14
60	GEOFF WRIGHT	LES CROUPIERS RC	M: 45	347	02:36:58	07:26	8.1kph	Male 60 - 120: 4

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61	STEPHEN NEW	HENGOED HARRIERS	M: 46	350	02:42:17	07:41	7.8kph	Male 50 - 59: 15
62	JO GWYNNE	PONTYPRIDD ROADENTS	F: 16	349	02:42:18	07:41	7.8kph	Female 45 - 54: 4
63	FIROUZ MAL	LES CROUPIERS RC	M: 47	356	02:44:33	07:47	7.7kph	Male 60 - 120: 5
64	SANDRA CAVENEY	LES CROUPIERS RC	F: 17	348	02:44:33	07:47	7.7kph	Female 55 - 120: 1