

# Cardiff Taff Trail Half Marathon

Line Through = Disqualified

Place	Name	Hometown	Type	Bib #	Time	Pace	Speed	Sex	Age	ID Number
1	LUKE WILLIAMS	SAN DOMENICO RC, GB	RUNNER	895	01:13:08	03:27	17.3kph	M	31	7042214
2	RICHARD BAKER	LES CROUPIERS RC, GB	RUNNER	97	01:14:04	03:30	17.1kph	M	47	7043775
3	OLIVER WILLIAMS	LES CROUPIERS RC, GB	RUNNER	896	01:15:00	03:33	16.9kph	M	32	7026468
4	NEIL REYNOLDS	SAN DOMENICO RRC, GB	RUNNER	379	01:17:26	03:40	16.4kph	M	37	7042367
5	ED DONOVAN	LES CROUPIERS RC, GB	RUNNER	181	01:18:09	03:42	16.2kph	M	38	7017698
6	BEN WILLIAMS	PORT TALBOT HARRIERS, GB	RUNNER	897	01:18:31	03:43	16.1kph	M	31	7045950
7	RICHARD JACKSON-HOOKINS	LES CROUPIERS RC, GB	RUNNER	243	01:18:47	03:43	16.1kph	M	36	7059131
8	MATTHEW REYNOLDS	PORT TALBOT HARRIERS, GB	RUNNER	380	01:20:14	03:48	15.8kph	M	37	3587431
9	MARK JOYCE	LES CROUPIERS RC, GB	RUNNER	326	01:21:20	03:51	15.6kph	M	44	7027233
10	LUCY MARLAND	CARDIFF AAC, GB	RUNNER	345	01:22:00	03:53	15.4kph	F	31	7034219
11	ADRIAN LEWIS	ABERDARE VALLEY AAC, GB	RUNNER	334	01:22:52	03:55	15.3kph	M	46	7032802
12	NATHAN CHRISTOFORATO	PENARTH AND DINAS RUNNERS, GB	RUNNER	166	01:24:07	03:59	15.1kph	M	34	7042104
13	NIKI PULEIO	OGMORE PHOENIX RUNNERS, GB	RUNNER	375	01:24:56	04:01	14.9kph	M	40	7038409
14	JOHNNY LAM	SAN DOMENICO RC, GB	RUNNER	333	01:25:59	04:04	14.7kph	M	46	7024890
15	NEEMA MAL	LES CROUPIERS RC, GB	RUNNER	343	01:26:13	04:05	14.7kph	M	34	7026133
16	JAMIE VANSTONE	OGMORE PHOENIX RUNNERS, GB	RUNNER	398	01:26:45	04:06	14.6kph	M	38	3489278
17	GARETH JONES	PONTYPRIDD ROADENTS AC, GB	RUNNER	250	01:26:51	04:06	14.6kph	M	39	7040927
18	ANDREW BAKER	PONTYPRIDD ROADENTS AC, GB	RUNNER	96	01:27:00	04:07	14.6kph	M	52	7018578
19	DAVID HEADON	LES CROUPIERS RC, GB	RUNNER	196	01:27:22	04:08	14.5kph	M	57	7017847
20	DAN LUFFMAN	LES CROUPIERS RC, GB	RUNNER	340	01:28:24	04:11	14.3kph	M	45	7035437
21	RICHIE MANN	SAN DOMENICO RC, GB	RUNNER	344	01:28:25	04:11	14.3kph	M	31	3701319
22	GARETH STRANGE	MAINDY HARRIERS, GB	RUNNER	391	01:28:34	04:11	14.3kph	M	36	
23	SHANE ROBERTS	PARC BRYN BACH RC, GB	RUNNER	382	01:29:05	04:13	14.2kph	M	43	7034054
24	PAUL JOSUA	SAN DOMENICO RRC, GB	RUNNER	325	01:29:42	04:15	14.1kph	M	29	3740893
25	NICK STOCKER	BRIDGEND AC, GB	RUNNER	390	01:29:57	04:15	14.1kph	M	48	7033367
26	WILLIAM DANIELS	RHONDDA AAC, GB	RUNNER	173	01:30:07	04:16	14.0kph	M	61	3322254
27	CARL WALSH	RHONDDA VALLEY RUNNERS, GB	RUNNER	876	01:30:40	04:17	14.0kph	M	46	7040933
28	TIM FRY	CARDIFF AAC, GB	RUNNER	187	01:32:24	04:22	13.7kph	M	40	2684254
29	NEIL PRICE	OGMORE PHOENIX RUNNERS, GB	RUNNER	374	01:33:03	04:24	13.6kph	M	38	3489411
30	ALLEN BUNNEY	ABERDARE VALLEY AAC, GB	RUNNER	162	01:34:19	04:28	13.4kph	M	50	7020511
31	CLAIRE JACOBS	LES CROUPIERS RC, GB	RUNNER	244	01:34:42	04:29	13.4kph	F	44	7037040
32	GEORGIE DANDO	BRIDGEND AC, GB	RUNNER	172	01:35:18	04:30	13.3kph	F	39	2807484
33	GEMMA ROCHE-CLARKE	BRIDGEND AC, GB	RUNNER	384	01:36:02	04:33	13.2kph	F	32	7031270
34	CATHERINE STEPHENS	BRIDGEND AC, GB	RUNNER	389	01:36:03	04:33	13.2kph	F	45	7038830
35	MARIA ZUBIZARRETA	LES CROUPIERS RC, GB	RUNNER	838	01:36:30	04:34	13.1kph	F	48	7020899
36	AINE KENNY	LES CROUPIERS RC, GB	RUNNER	327	01:36:40	04:34	13.1kph	F	36	7028615
37	STEVE PREDDY	LES CROUPIERS RC, GB	RUNNER	373	01:37:05	04:36	13.0kph	M	48	7041974
38	NIGEL JAMES		RUNNER	245	01:37:32	04:37	13.0kph	M	50	
39	GARETH JENKINS	OGMORE PHOENIX RUNNERS, GB	RUNNER	246	01:37:53	04:38	12.9kph	M	34	7030701
40	STEVE CHADWELL		RUNNER	163	01:38:21	04:39	12.9kph	M	46	
41	JAMES THOMAS		RUNNER	394	01:38:34	04:40	12.8kph	M	39	
42	MICK MCGEOCH	LES CROUPIERS RC, GB	RUNNER	350	01:38:58	04:41	12.8kph	M	62	7020877
43	ANTONY PHILLIPS	BRIDGEND AC, GB	RUNNER	372	01:39:03	04:41	12.8kph	M	53	7024630
44	MATT PAUL	MAINDY HARRIERS, GB	RUNNER	369	01:39:24	04:42	12.7kph	M	38	
45	DAVID GOODALL	WHITE ROCK RUNNERS, GB	RUNNER	189	01:39:52	04:43	12.7kph	M	64	7036430
46	JOHN LIGHT		RUNNER	338	01:40:20	04:45	12.6kph	M	39	
47	PAUL MORRIS	LES CROUPIERS RC, GB	RUNNER	359	01:41:11	04:47	12.5kph	M	59	7021362

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Place	Name	Hometown	Type	Bib #	Time	Pace	Speed	Sex	Age	ID Number
48	NIGEL BLEACH	SERIOUSLY MAD RUNNERS, GB	RUNNER	135	01:42:23	04:51	12.4kph	M	50	
49	DELYTH LEWIS	LES CROUPIERS RC, GB	RUNNER	335	01:42:29	04:51	12.4kph	F	37	7041351
50	ALED REES		RUNNER	378	01:42:52	04:52	12.3kph	M	43	
51	JENNY MARTIN	LES CROUPIERS RC, GB	RUNNER	348	01:42:53	04:52	12.3kph	F	38	7020718
52	GINA HARDMAN	BRIDGEND AC, GB	RUNNER	195	01:43:46	04:55	12.2kph	F	47	2743269
53	TOM RUSSELL		RUNNER	386	01:43:53	04:55	12.2kph	M	37	7029829
54	NATHAN WILLIAMS	ABERDARE VALLEY AAC, GB	RUNNER	894	01:43:54	04:55	12.2kph	M	35	7036142
55	KATE BRAYBROOK		RUNNER	137	01:45:18	04:59	12.0kph	F	39	
56	STEVE B LEWIS	LES CROUPIERS RC, GB	RUNNER	337	01:45:59	05:01	11.9kph	M	60	7040993
57	DAVID PARRY	PARC BRYN BACH RC, GB	RUNNER	367	01:46:10	05:01	11.9kph	M	49	7044531
58	BRIAN DIAS	CARDIFF AAC, GB	RUNNER	180	01:47:41	05:06	11.8kph	M	33	
59	LOLLY EVANS	LES CROUPIERS RC, GB	RUNNER	185	01:48:30	05:08	11.7kph	F	47	7033125
60	GWYN PALFREY	PARC BRYN BACH RC, GB	RUNNER	366	01:48:34	05:08	11.7kph	M	55	7043425
61	DARREN KIPPEST	PARC BRYN BACH RC, GB	RUNNER	328	01:48:44	05:09	11.6kph	M	45	7043259
62	MEGAN HOLMES	CAERLEON RC, GB	RUNNER	200	01:48:53	05:09	11.6kph	F	21	7044700
63	MARCUS SMITH	PARC BRYN BACH RC, GB	RUNNER	387	01:49:02	05:10	11.6kph	M	46	7042889
64	MARTIN KITCHENER	WALES TRI, GB	RUNNER	329	01:49:08	05:10	11.6kph	M	51	
65	KATY THOMAS		RUNNER	395	01:49:10	05:10	11.6kph	F	34	
66	GWYN JONES	LES CROUPIERS RC, GB	RUNNER	324	01:49:39	05:11	11.5kph	M	54	7035495
67	JULIAN BILL		RUNNER	133	01:49:43	05:11	11.5kph	M	49	
68	NADAR MAL		RUNNER	342	01:50:43	05:14	11.4kph	M	31	
69	EVE GALLOP-EVANS	LES CROUPIERS RC, GB	RUNNER	188	01:50:54	05:15	11.4kph	F	54	7037459
70	MARTIN CROSHAW		RUNNER	171	01:52:02	05:18	11.3kph	M	46	
71	PAUL CHAPMAN	LES CROUPIERS RC, GB	RUNNER	165	01:52:19	05:19	11.3kph	M	49	7032117
72	BILL SNOWDON	CARDIFF TRIATHLETES, GB	RUNNER	388	01:53:00	05:21	11.2kph	M	63	
73	LAURA HIRE	PARC BRYN BACH RC, GB	RUNNER	198	01:53:16	05:22	11.2kph	F	34	7042051
74	PHIL HOFFER	FETCH EVERYONE RC, GB	RUNNER	199	01:53:17	05:22	11.2kph	M	49	
75	PATRICK MCLEOD		RUNNER	353	01:53:54	05:23	11.1kph	M	55	
76	ELAINE ELDRIDGE		RUNNER	182	01:53:55	05:23	11.1kph	F	42	
77	KARL JOHNSON	OGMORE PHOENIX RUNNERS, GB	RUNNER	248	01:55:27	05:28	11.0kph	M	32	
78	PAUL JONES	ABERDARE VALLEY AAC, GB	RUNNER	323	01:55:53	05:29	10.9kph	M	38	7043125
79	ANDY NORTON		RUNNER	364	01:56:06	05:30	10.9kph	M	49	
80	GILLIAN KNIGHT		RUNNER	331	01:56:08	05:30	10.9kph	F	46	
81	TIM O'SULLIVAN	LES CROUPIERS RC, GB	RUNNER	365	01:57:15	05:33	10.8kph	M	59	7021368
82	STUART WILLIAMS	PONTYPRIDD ROADENTS AC, GB	RUNNER	898	01:57:28	05:34	10.8kph	M	50	7042091
83	STEVE BEDFORD	LES CROUPIERS RC, GB	RUNNER	100	01:57:49	05:35	10.7kph	M	47	7042219
84	ANGHARAD HINAM	MAJOR MILERS, GB	RUNNER	197	01:57:59	05:35	10.7kph	F	37	
85	JOHN MARSON	LLANELLI AC, GB	RUNNER	346	01:58:07	05:35	10.7kph	M	44	7031792
86	PAUL BUCKLEY		RUNNER	138	01:58:57	05:38	10.6kph	M	47	
87	RHIANNON MORGAN-HUNT		RUNNER	358	02:00:54	05:43	10.5kph	F	39	
88	TOM BOURTON		RUNNER	136	02:01:59	05:46	10.4kph	M	40	
89	HEIDI MORRIS-BARBER		RUNNER	360	02:01:59	05:46	10.4kph	F	45	
90	RUTH DAVIES	LES CROUPIERS RC, GB	RUNNER	178	02:03:15	05:50	10.3kph	F	32	7044527
91	FIROUZ MAL	LES CROUPIERS RC, GB	RUNNER	341	02:07:09	06:01	10.0kph	M	60	7020870
92	LIZ DENTON	LES CROUPIERS RC, GB	RUNNER	179	02:07:21	06:02	9.9kph	F	52	7041306
93	DAN GROVES	PEGASUS RC (CARDIFF), GB	RUNNER	192	02:07:50	06:03	9.9kph	M	48	
94	KATHERINE RANDS	CDF RUNNERS, GB	RUNNER	377	02:09:36	06:08	9.8kph	F	33	
95	ANDREW PAUL		RUNNER	370	02:10:27	06:10	9.7kph	M	64	
96	JAMES GREEN	VEGAN RUNNERS, GB	RUNNER	190	02:11:49	06:14	9.6kph	M	24	
97	GEOFF WRIGHT	LES CROUPIERS RC, GB	RUNNER	911	02:12:13	06:15	9.6kph	M	68	7020898

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Place	Name	Hometown	Type	Bib #	Time	Pace	Speed	Sex	Age	ID Number
98	SION TUDUR	CARDIFF TRIATHLETES, GB	RUNNER	396	02:12:34	06:16	9.5kph	M	39	
99	KAREN CHADWELL	LES CROUPIERS RC, GB	RUNNER	164	02:14:25	06:22	9.4kph	F	48	2804398
100	STEPHEN FARMER	PENARTH AND DINAS RUNNERS, GB	RUNNER	186	02:14:29	06:22	9.4kph	M	55	7041741
101	STEVE NEW	CAERPHILLY RUNNERS, GB	RUNNER	363	02:14:29	06:22	9.4kph	M	52	7022330
102	SIAN LEWIS		RUNNER	336	02:16:58	06:29	9.2kph	F	32	
103	SARAH HANCOCK		RUNNER	193	02:17:20	06:30	9.2kph	F	37	
104	CHRISTOPHER CLACK		RUNNER	168	02:19:45	06:37	9.1kph	M	42	
105	ANGHARAD PARRY-JONES	LES CROUPIERS RC, GB	RUNNER	368	02:20:36	06:39	9.0kph	F	42	7041350
106	JOHN PAYNE	LES CROUPIERS RC, GB	RUNNER	371	02:20:40	06:39	9.0kph	M	52	7031406
107	NADIA THIRB		RUNNER	392	02:21:15	06:41	9.0kph	F	32	
108	VICKY KNAPPETT		RUNNER	330	02:22:41	06:45	8.9kph	F	42	
109	GRAHAM BINGHAM		RUNNER	134	02:22:50	06:46	8.9kph	M	53	
110	DUNCAN LACKIE	CDF RUNNERS, GB	RUNNER	332	02:23:02	06:46	8.9kph	M	33	
111	JON MARTIN	LES CROUPIERS RC, GB	RUNNER	347	02:26:56	06:57	8.6kph	M	41	7041345
112	KIRSTY MCGOWAN	LES CROUPIERS RC, GB	RUNNER	351	02:27:01	06:58	8.6kph	F	30	7040585
113	CLARE JOHNSON	LES CROUPIERS RC, GB	RUNNER	249	02:29:31	07:05	8.5kph	F	72	7020721
114	KIRSTIE EVANS	CDF RUNNERS, GB	RUNNER	184	02:30:45	07:08	8.4kph	F	21	
115	PETER WALSH	OGMORE PHOENIX RUNNERS, GB	RUNNER	869	02:36:50	07:25	8.1kph	M	32	7026793
116	KIMBERLEY DAVIES	OGMORE PHOENIX RUNNERS, GB	RUNNER	176	02:36:50	07:25	8.1kph	F	31	7039162
117	ALICE ROYTHORNE		RUNNER	385	02:41:05	07:38	7.9kph	F	41	
118	CINDY CORLISS		RUNNER	169	02:59:42	08:31	7.0kph	F	42	