

Cardiff 20/10 - 10 mile

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
1	ADAM DAVIES	WHITE ROCK RUNNERS, GBR	M: 1	Runner	139	01:00:08	03:44	16.1kph	Overall Male Runner: 1
2	DAVID HAZELL	CAERPHILLY RUNNERS, GBR	M: 2	Runner	144	01:02:09	03:51	15.5kph	Overall Male Runner: 2
3	SEAN TAYLOR	MICKEY MORRIS RACING TEAM, GBR	M: 3	Runner	155	01:04:44	04:01	14.9kph	Overall Male Runner: 3
4	NEEMA MAL	LES CROUPIERS RC, GBR	M: 4	Runner	147	01:06:41	04:08	14.5kph	:
5	LEIGH JAMES	LONDON HEATHSIDE, GBR	F: 1	Runner	115	01:06:52	04:09	14.4kph	Overall Female Runner: 1
6	DANIEL LUFFMAN	LES CROUPIERS RC, GBR	M: 5	Runner	146	01:07:48	04:12	14.2kph	Male 40 - 49: 1
7	DAVE PROUD	LES CROUPIERS RC, GBR	M: 6	Runner	153	01:07:58	04:13	14.2kph	Male 50 - 59: 1
8	GARETH HARDMAN	BRIDGEND AC, GBR	M: 7	Runner	143	01:08:11	04:14	14.2kph	Male 50 - 59: 2
9	SIMON GILL	LLISWERRY RUNNERS, GBR	M: 8	Runner	141	01:08:18	04:14	14.1kph	:
10	RICHARD DAVIES	LES CROUPIERS RC, GBR	M: 9	Runner	138	01:09:30	04:19	13.9kph	Male 50 - 59: 3
11	REBECCA ROTHWELL	LLISWERRY RUNNERS, GBR	F: 2	Runner	129	01:11:20	04:25	13.5kph	Overall Female Runner: 2
12	GINA HARDMAN	BRIDGEND AC, GBR	F: 3	Runner	113	01:11:36	04:26	13.5kph	Overall Female Runner: 3
13	ASHLEY BROWN	SERIOUSLY MAD RUNNERS, GBR	M: 10	Runner	176	01:13:12	04:32	13.2kph	:
14	MIKE DANDO		M: 11	Runner	180	01:13:18	04:33	13.2kph	:
15	MICK MCGEOCH	LES CROUPIERS RC, GBR	M: 12	Runner	149	01:13:32	04:34	13.1kph	Male 60 - 120: 1
16	GARETH O'HARA	AIM2TRI, GBR	M: 13	Runner	187	01:13:45	04:34	13.1kph	:
17	STEVE CHADWELL	LES CROUPIERS RC, GBR	M: 14	Runner	135	01:14:38	04:38	12.9kph	Male 40 - 49: 2
18	MARTIN BLAKEBROUGH	SPIRIT OF MONMOUTH, GBR	M: 15	Runner	134	01:14:48	04:38	12.9kph	:
19	RICHARD PERKINS		M: 16	Runner	188	01:15:03	04:39	12.9kph	:
20	DAVID. E. WILLIAMS	LES CROUPIERS RC, GBR	M: 17	Runner	156	01:15:30	04:41	12.8kph	Male 50 - 59: 4
21	ANGELA POTTER	LLISWERRY, GBR	F: 4	Runner	124	01:15:36	04:41	12.8kph	Female 45 - 54: 1
22	CLAIRE BRUCE	LES CROUPIERS RC, GBR	F: 5	Runner	104	01:15:47	04:42	12.7kph	Female 35 - 44: 1
23	ANTONY PHILLIPS	BRIDGEND AC, GBR	M: 18	Runner	152	01:16:20	04:44	12.6kph	Male 50 - 59: 5
24	BETHAN APGLYN	PENARTH AND DINAS RUNNERS, GBR	F: 6	Runner	102	01:16:36	04:45	12.6kph	:
25	JEREMY CREASEY	SPIRIT OF MONMOUTH RUNNING CLUB, GBR	M: 19	Runner	136	01:17:06	04:47	12.5kph	Male 50 - 59: 6
26	MIKE RIDD	TORFAEN RUNNERS, GBR	M: 20	Runner	154	01:17:33	04:49	12.5kph	:
27	NICK COLMSEE	CR@PTRI, GBR	M: 21	Runner	178	01:18:01	04:50	12.4kph	Male 40 - 49: 3
28	MICHELLE CHURCH		F: 7	Runner	158	01:18:27	04:52	12.3kph	Female 35 - 44: 2
29	CHERYL EVANS	VICTORIA PARK HARRIERS & TOWER HAMLETS AC, GBR	F: 8	Runner	109	01:19:27	04:56	12.2kph	:
30	MARK PAINTER	SANDOMENICO, GBR	M: 22	Runner	150	01:19:33	04:56	12.1kph	Male 50 - 59: 7
31	HAYLEY JACKSON	PARC BRYN BACH RC, GBR	F: 9	Runner	114	01:19:49	04:57	12.1kph	Female 45 - 54: 2
32	CARL REED		M: 23	Runner	191	01:20:58	05:01	11.9kph	Male 40 - 49: 4
33	TOM HIGGINS		M: 24	Runner	183	01:21:38	05:04	11.8kph	:
34	MARTIN CROSHAW		M: 25	Runner	179	01:21:41	05:04	11.8kph	Male 40 - 49: 5
35	JAMES LEONARD	LES CROUPIERS RC, GBR	M: 26	Runner	145	01:23:23	05:10	11.6kph	:
36	JESS KINGSTON	1, GBR	F: 10	Runner	166	01:23:37	05:11	11.5kph	Female 35 - 44: 3
37	PAUL SEARLE		M: 27	Runner	193	01:23:42	05:12	11.5kph	Male 60 - 120: 2
38	ANTHONY WILLIAMS		M: 28	Runner	194	01:25:05	05:17	11.4kph	:

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39	REBEKAH MILES		F: 11	Runner	167	01:25:45	05:19	11.3kph	Female 35 - 44: 4
40	MICHELLE FLYNN	WHITE ROCK RUNNERS, GBR	F: 12	Runner	110	01:26:06	05:20	11.2kph	:
41	HIEDI GUNTER	WHITE ROCKS RUNNERS, GBR	F: 13	Runner	112	01:26:29	05:22	11.2kph	Female 35 - 44: 5
42	JAYNE COLMSEE		F: 14	Runner	159	01:28:11	05:28	11.0kph	Female 45 - 54: 3
43	CLAIRE JONES	MERTHYR RUNNING CLUB, GBR	F: 15	Runner	117	01:28:14	05:28	10.9kph	Female 45 - 54: 4
44	PHIL HARRIGAN		M: 29	Runner	184	01:28:57	05:31	10.9kph	Male 50 - 59: 8
45	LYNDSEY RUSHTON	LES CROUPIERS RC, GBR	F: 16	Runner	130	01:29:39	05:34	10.8kph	:
46	KAYLEIGH WILDING	CDF RUNNERS, GBR	F: 17	Runner	175	01:30:59	05:39	10.6kph	:
47	JENNA GROVES	PEGASUS RC, GBR	F: 18	Runner	111	01:32:53	05:46	10.4kph	:
48	VICTORIA PAGE		F: 19	Runner	168	01:33:03	05:46	10.4kph	Female 35 - 44: 6
49	CLARE WHEELER		F: 20	Runner	173	01:33:03	05:46	10.4kph	Female 35 - 44: 7
50	MATTHEW PITT		M: 30	Runner	189	01:33:12	05:47	10.4kph	:
51	SIÂN REES		F: 21	Runner	169	01:33:19	05:47	10.3kph	Female 35 - 44: 8
52	SHAWN CULLEN	OGMORE PHOENIX RUNNERS, GBR	M: 31	Runner	137	01:33:23	05:48	10.3kph	Male 40 - 49: 6
53	HELEN ROBERTSON	LES CROUPIERS RC, GBR	F: 22	Runner	128	01:33:31	05:48	10.3kph	Female 45 - 54: 5
54	BRETTI PAXTON	PONTYPRIDD ROADENTS, GBR	F: 23	Runner	121	01:33:57	05:50	10.3kph	:
55	HANNAH MILES	LES CROUPIERS RC, GBR	F: 24	Runner	118	01:34:31	05:52	10.2kph	:
56	KEELY JARVIS	ABERDARE VAAC, GBR	F: 25	Runner	116	01:35:10	05:54	10.1kph	:
57	LLOYD HAMILTON MBE	ARMY TRIATHLON ASSOCIATION, GBR	M: 32	Runner	142	01:35:36	05:56	10.1kph	Male 40 - 49: 7
58	GLEN FRANCIS	CANTON CHARGERS, GBR	M: 33	Runner	182	01:36:48	06:00	10.0kph	Male 40 - 49: 8
59	ELIZABETH PARKER	LLISWERRY RUNNERS, GBR	F: 26	Runner	120	01:37:10	06:02	9.9kph	Female 45 - 54: 6
60	JULIE DAVIES	LLISWERRY RUNNERS, GBR	F: 27	Runner	106	01:37:34	06:03	9.9kph	:
61	GEOFF WRIGHT	LES CROUPIERS RC, GBR	M: 34	Runner	157	01:39:24	06:10	9.7kph	Male 60 - 120: 3
62	SARAH POPE	WOMEN RUNNING PENARTH, GBR	F: 28	Runner	123	01:40:35	06:14	9.6kph	Female 55 - 120: 1
63	RICHARD PUGSLEY		M: 35	Runner	190	01:40:37	06:15	9.6kph	:
64	REBECCA DONKIN		F: 29	Runner	162	01:40:37	06:15	9.6kph	Female 35 - 44: 9
65	KAY NELLINS	WOMEN RUNNING PENARTH, GBR	F: 30	Runner	119	01:40:40	06:15	9.6kph	Female 55 - 120: 2
66	SIÂN RUSHFORTH		F: 31	Runner	171	01:40:45	06:15	9.6kph	:
67	CATHRYN DAVEY		F: 32	Runner	160	01:40:52	06:16	9.6kph	:
68	SANDRA CAVENEY	LES CROUPIERS RC, GBR	F: 33	Runner	105	01:40:59	06:16	9.6kph	Female 55 - 120: 3
69	CLARE JOHNSON	LES CROUPIERS RC, GBR	F: 34	Runner	195	01:41:25	06:18	9.5kph	:
70	LINDA SHEKLETON	MERTHYR, GBR	F: 35	Runner	131	01:42:09	06:20	9.5kph	Female 45 - 54: 7
71	EMMA WHITE	SERIOUSLY MAD RUNNERS (BARRY), GBR	F: 36	Runner	174	01:44:06	06:28	9.3kph	Female 45 - 54: 8
72	LYNDA DURSLEY	LLISWERRY RUNNERS, GBR	F: 37	Runner	107	01:45:12	06:32	9.2kph	Female 55 - 120: 4
73	JO THORP	SPIRIT OF MONMOUTH, GBR	F: 38	Runner	132	01:50:03	06:50	8.8kph	Female 45 - 54: 9
74	STEPHEN BLAKE	PEGASUS RC, GBR	M: 36	Runner	133	01:50:46	06:52	8.7kph	Male 50 - 59: 9
75	ANDREA ROBERTSON	SPIRIT OF MONMOUTH, GBR	F: 39	Runner	127	01:52:03	06:57	8.6kph	Female 55 - 120: 5
76	JON MARTIN	LES CROUPIERS RC, GBR	M: 37	Runner	148	01:53:10	07:01	8.5kph	Male 40 - 49: 9
77	ALYSON PRICE	MERTHYR RUNNING CLUB, GBR	F: 40	Runner	125	01:55:40	07:11	8.3kph	Female 35 - 44: 10