

# Cardiff 20/10 - 10 mile

| Place | Name              | Hometown              | Gender | Bib # | Time     | Pace  | Speed   | Division Rank            |
|-------|-------------------|-----------------------|--------|-------|----------|-------|---------|--------------------------|
| 1     | JOSHUA GRIFFITHS  | SWANSEA HARRIERS      | M: 1   | 220   | 00:50:37 | 03:08 | 19.1kph | Overall Male Runner: 1   |
| 2     | SAMUEL RICHARDS   | PONTYPRIDD ROADENTS   | M: 2   | 222   | 00:55:24 | 03:26 | 17.4kph | Overall Male Runner: 2   |
| 3     | OLIVER WILLIAMS   | LES CROUPIERS RC      | M: 3   | 239   | 00:55:25 | 03:26 | 17.4kph | Overall Male Runner: 3   |
| 4     | AARON PHELPS      | STROUD & DISTRICT     | M: 4   | 240   | 00:57:23 | 03:33 | 16.8kph | :                        |
| 5     | OLI LUM           | BRACKNELL AC          | M: 5   | 238   | 00:57:24 | 03:33 | 16.8kph | :                        |
| 6     | IAN SOUTHWELL     | PENARTH & DINAS       | M: 6   | 246   | 01:00:07 | 03:44 | 16.1kph | Male 40 - 49: 1          |
| 7     | GEORGE ROSE       |                       | M: 7   | 249   | 01:00:11 | 03:44 | 16.0kph | Male 40 - 49: 2          |
| 8     | TOMOS PHILLIPS    | CDF RUNNERS           | M: 8   | 241   | 01:00:41 | 03:46 | 15.9kph | :                        |
| 9     | MARK FURNISH      | SAN DOMENICO          | M: 9   | 267   | 01:01:33 | 03:49 | 15.7kph | :                        |
| 10    | PAUL JOSUA        | SAN DOMENICO          | M: 10  | 251   | 01:02:18 | 03:52 | 15.5kph | :                        |
| 11    | NICK GRIFFITHS    | AMMAN VALLEY          | M: 11  | 247   | 01:02:40 | 03:53 | 15.4kph | Male 50 - 59: 1          |
| 12    | GEORGE PICKERING  | CDF RUNNERS           | M: 12  | 260   | 01:04:14 | 03:59 | 15.0kph | :                        |
| 13    | RYAN COOK         | ABERDARE VALLEY       | M: 13  | 252   | 01:04:16 | 03:59 | 15.0kph | Male 40 - 49: 3          |
| 14    | KRISTIE JAMES     | PONTYPRIDD ROADENTS   | F: 1   | 300   | 01:04:36 | 04:00 | 14.9kph | Overall Female Runner: 1 |
| 15    | ALEXANDER JAMES   | CDF RUNNERS           | M: 14  | 271   | 01:05:54 | 04:05 | 14.7kph | :                        |
| 16    | DANIEL LUFFMAN    | LES CROUPIERS RC      | M: 15  | 268   | 01:06:00 | 04:06 | 14.6kph | Male 50 - 59: 2          |
| 17    | JOHN LIGHT        | SAN DOMENICO          | M: 16  | 276   | 01:06:25 | 04:07 | 14.5kph | Male 40 - 49: 4          |
| 18    | TRACY JENKINS     | PORTHCAWL RUNNERSLIFE | F: 2   | 273   | 01:07:16 | 04:10 | 14.4kph | Overall Female Runner: 2 |
| 19    | EWAN STENHOUSE    | CDF RUNNERS           | M: 17  | 291   | 01:07:22 | 04:11 | 14.3kph | :                        |
| 20    | LENNY SAYERS      | LES CROUPIERS RC      | M: 18  | 272   | 01:07:44 | 04:12 | 14.3kph | Male 40 - 49: 5          |
| 21    | LEE GWYN          |                       | M: 19  | 286   | 01:08:11 | 04:14 | 14.2kph | :                        |
| 22    | ALVILS BERZINSKIS | LES CROUPIERS RC      | M: 20  | 261   | 01:08:14 | 04:14 | 14.2kph | Male 40 - 49: 6          |
| 23    | CERI MERWOOD      | CDF RUNNERS           | F: 3   | 274   | 01:08:43 | 04:16 | 14.1kph | Overall Female Runner: 3 |
| 24    | ROSS HOSKING      | HEATHWOOD TRI         | M: 21  | 277   | 01:08:57 | 04:17 | 14.0kph | :                        |
| 25    | SIMON OSBORNE     | BRIDGEND AC           | M: 22  | 257   | 01:08:58 | 04:17 | 14.0kph | Male 60 - 69: 1          |
| 26    | STEVE HARTLEY     |                       | M: 23  | 287   | 01:09:00 | 04:17 | 14.0kph | Male 60 - 69: 2          |
| 27    | SHARON LEECH      | SWANSEA HARRIERS      | F: 4   | 279   | 01:09:27 | 04:18 | 13.9kph | Female 45 - 54: 1        |
| 28    | JAMES GREEN       | WHITE ROCK            | M: 24  | 301   | 01:09:35 | 04:19 | 13.9kph | :                        |
| 29    | MICHELLE TAYLOR   | ISLWYN RC             | F: 5   | 588   | 01:13:01 | 04:32 | 13.2kph | Female 35 - 44: 1        |
| 30    | WILLIAM EDWARDS   | PORTHCAWL RUNNERSLIFE | M: 25  | 270   | 01:14:41 | 04:38 | 12.9kph | Male 50 - 59: 3          |
| 31    | SAMUEL HARMER     | ISLWYN RC             | M: 26  | 584   | 01:16:04 | 04:43 | 12.7kph | :                        |
| 32    | FFION ROBERTS     | CDF RUNNERS           | F: 6   | 289   | 01:16:23 | 04:44 | 12.6kph | :                        |
| 33    | LISA KING         | OGMORE PHOENIX        | F: 7   | 312   | 01:17:20 | 04:48 | 12.5kph | Female 35 - 44: 2        |
| 34    | ANDREW GRAVESON   |                       | M: 27  | 303   | 01:17:42 | 04:49 | 12.4kph | Male 50 - 59: 4          |
| 35    | SARAH PRYOR       | LES CROUPIERS RC      | F: 8   | 592   | 01:17:48 | 04:50 | 12.4kph | Female 45 - 54: 2        |
| 36    | KEITH ROBERTS     | LLISWERRY RUNNERS     | M: 28  | 308   | 01:18:13 | 04:51 | 12.3kph | Male 70 - 120: 1         |
| 37    | PAULA ALLEN       | LES CROUPIERS RC      | F: 9   | 310   | 01:19:28 | 04:56 | 12.2kph | Female 45 - 54: 3        |
| 38    | PAUL CAHILL       |                       | M: 29  | 778   | 01:20:33 | 05:00 | 12.0kph | Male 40 - 49: 7          |
| 39    | NEIL DAVIES       |                       | M: 30  | 776   | 01:21:06 | 05:02 | 11.9kph | Male 60 - 69: 3          |
| 40    | HOLLIE HARMER     | ISLWYN RC             | F: 10  | 631   | 01:21:33 | 05:04 | 11.8kph | Female 35 - 44: 3        |

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| 41    | TIMOTHY CUMMINGS     | PENARTH & DINAS     | M: 31  | 695   | 01:22:11 | 05:06 | 11.7kph | Male 50 - 59: 5   |
| 42    | NAOMI DARKE          | CDF RUNNERS         | F: 11  | 814   | 01:22:30 | 05:07 | 11.7kph | :                 |
| 43    | PHILLIP PAYNE        |                     | M: 32  | 664   | 01:22:37 | 05:07 | 11.7kph | Male 50 - 59: 6   |
| 44    | RHYS HEAL            |                     | M: 33  | 595   | 01:23:15 | 05:10 | 11.6kph | :                 |
| 45    | FRANKLIN LEWIS       |                     | M: 34  | 782   | 01:23:16 | 05:10 | 11.6kph | :                 |
| 46    | TYLER KEEVIL         |                     | M: 35  | 305   | 01:23:25 | 05:10 | 11.6kph | Male 40 - 49: 8   |
| 47    | DANIELLE HARDING     |                     | F: 12  | 306   | 01:24:27 | 05:14 | 11.4kph | Female 35 - 44: 4 |
| 48    | LISA GRIFFITHS       |                     | F: 13  | 777   | 01:24:27 | 05:14 | 11.4kph | Female 35 - 44: 5 |
| 49    | PETER WARREN         | LES CROUPIERS RC    | M: 36  | 620   | 01:25:09 | 05:17 | 11.3kph | Male 60 - 69: 4   |
| 50    | ROBERT JONES         | PEGASUS RC          | M: 37  | 794   | 01:27:17 | 05:25 | 11.1kph | Male 50 - 59: 7   |
| 51    | TIM DAVIES           | PONTYPRIDD ROADENTS | M: 38  | 781   | 01:30:29 | 05:37 | 10.7kph | Male 40 - 49: 9   |
| 52    | AYA AUGUSTYNIAK      | LES CROUPIERS RC    | F: 14  | 784   | 01:30:43 | 05:38 | 10.6kph | Female 35 - 44: 6 |
| 53    | FIROUZ MAL           | LES CROUPIERS RC    | M: 39  | 637   | 01:31:29 | 05:41 | 10.6kph | Male 60 - 69: 5   |
| 54    | LUCY MORGAN          |                     | F: 15  | 780   | 01:31:32 | 05:41 | 10.5kph | Female 45 - 54: 4 |
| 55    | ELAINE WHARMBY       | BRACKLA HARRIERS    | F: 16  | 582   | 01:32:29 | 05:44 | 10.4kph | Female 55 - 64: 1 |
| 56    | LIAM WHARMBY         |                     | M: 40  | 594   | 01:32:31 | 05:44 | 10.4kph | :                 |
| 57    | GRAEME DONNAN        | LES CROUPIERS RC    | M: 41  | 785   | 01:33:24 | 05:48 | 10.3kph | Male 60 - 69: 6   |
| 58    | GERARD CRISPIE       | LES CROUPIERS RC    | M: 42  | 646   | 01:33:34 | 05:48 | 10.3kph | Male 60 - 69: 7   |
| 59    | LINDSEY ALLAN        |                     | F: 17  | 797   | 01:34:41 | 05:52 | 10.2kph | Female 45 - 54: 5 |
| 60    | KEVIN FOWLER         | PEGASUS RC          | M: 43  | 692   | 01:35:29 | 05:55 | 10.1kph | Male 60 - 69: 8   |
| 61    | EMILY JEACOCK        |                     | F: 18  | 612   | 01:35:41 | 05:56 | 10.1kph | :                 |
| 62    | MICHELLE THOMAS      | PEGASUS RC          | F: 19  | 787   | 01:36:14 | 05:58 | 10.0kph | Female 45 - 54: 6 |
| 63    | RHIAN WHITE          |                     | F: 20  | 790   | 01:36:44 | 06:00 | 10.0kph | Female 45 - 54: 7 |
| 64    | JUSTYNA TULL         | SHE RUNS CARDIFF    | F: 21  | 789   | 01:36:44 | 06:00 | 10.0kph | Female 35 - 44: 7 |
| 65    | PHIL ALLEN           | PEGASUS RC          | M: 44  | 786   | 01:38:02 | 06:05 | 9.9kph  | Male 60 - 69: 9   |
| 66    | GARRY WHARMBY        | BRACKLA HARRIERS    | M: 45  | 792   | 01:39:59 | 06:12 | 9.7kph  | Male 50 - 59: 8   |
| 67    | EMMA GIRLING         |                     | F: 22  | 796   | 01:40:07 | 06:13 | 9.6kph  | Female 45 - 54: 8 |
| 68    | COLIN CROOKS         | PEGASUS RC          | M: 46  | 793   | 01:40:20 | 06:14 | 9.6kph  | Male 60 - 69: 10  |
| 69    | MARK GRIFFITHS       | ROBER               | M: 47  | 788   | 01:40:21 | 06:14 | 9.6kph  | Male 40 - 49: 10  |
| 70    | GLENDA EDWARDS       | LES CROUPIERS RC    | F: 23  | 783   | 01:41:59 | 06:20 | 9.5kph  | Female 55 - 64: 2 |
| 71    | DAN GROVES           | PEGASUS RC          | M: 48  | 791   | 01:44:27 | 06:29 | 9.2kph  | Male 50 - 59: 9   |
| 72    | SARAH ROWE           |                     | F: 24  | 795   | 01:50:08 | 06:50 | 8.8kph  | Female 45 - 54: 9 |
| 73    | GEOFF WRIGHT         | LES CROUPIERS RC    | M: 49  | 798   | 01:56:23 | 07:13 | 8.3kph  | Male 70 - 120: 2  |
| 74    | MARY-JAYNE GRANVILLE | PENCOED PANTHERS    | F: 25  | 799   | 01:59:48 | 07:26 | 8.1kph  | Female 35 - 44: 8 |
| 75    | LINDSEY CLIFFORD     | WESTON AC           | F: 26  | 813   | 02:09:41 | 08:03 | 7.4kph  | Female 35 - 44: 9 |
| 76    | JON MARTIN           | LES CROUPIERS RC    | M: 50  | 810   | 02:09:42 | 08:03 | 7.4kph  | Male 40 - 49: 11  |