

Cardiff 20/10 - 20 mile

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank	
1	TOM FLITCROFT	LES CROUPIERS RC	M: 1	RUNNER	3	02:01:21	03:46	15.9kph	Overall Male Runner: 1	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:01:46.60	03:50	15.6kph	01:01:46.60
						Split 2	00:59:34.12	03:42	16.2kph	02:01:20.71
2	MARK THOMAS	CROFT AMBREY RC	M: 2	RUNNER	2	02:02:19	03:48	15.8kph	Overall Male Runner: 2	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:01:45.94	03:50	15.6kph	01:01:45.94
						Split 2	01:00:33.08	03:45	15.9kph	02:02:19.02
3	DAVID CRAIG	LES CROUPIERS RC	M: 3	RUNNER	1	02:07:11	03:57	15.2kph	Overall Male Runner: 3	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:05:15.26	04:03	14.8kph	01:05:15.26
						Split 2	01:01:55.27	03:50	15.6kph	02:07:10.53
4	JOHN EVANS	PARC BRYN BACH	M: 4	RUNNER	13	02:08:24	03:59	15.0kph	Male 40 - 49: 1	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:04:28.65	04:00	15.0kph	01:04:28.65
						Split 2	01:03:55.03	03:58	15.1kph	02:08:23.68
5	MATT HALL	LES CROUPIERS RC	M: 5	RUNNER	17	02:10:20	04:02	14.8kph	:	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:05:43.01	04:05	14.7kph	01:05:43.01
						Split 2	01:04:36.69	04:00	14.9kph	02:10:19.69
6	PAUL MORTON	LES CROUPIERS RC	M: 6	RUNNER	7	02:11:25	04:04	14.7kph	Male 40 - 49: 2	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:05:56.01	04:05	14.6kph	01:05:56.01
						Split 2	01:05:28.90	04:04	14.7kph	02:11:24.91
7	BEN MCINTYRE	SWINDON HARRIERS	M: 7	RUNNER	19	02:12:54	04:07	14.5kph	:	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:06:01.46	04:06	14.6kph	01:06:01.46
						Split 2	01:06:52.01	04:09	14.4kph	02:12:53.47
8	MICHAEL RILEY	LES CROUPIERS RC	M: 8	RUNNER	6	02:13:41	04:09	14.4kph	Male 40 - 49: 3	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:05:58.44	04:05	14.6kph	01:05:58.44
						Split 2	01:07:41.88	04:12	14.3kph	02:13:40.32
9	OLIVER SHEPPARD	ROYAL SUTTON COLDFIELD	M: 9	RUNNER	11	02:14:05	04:09	14.4kph	:	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:08:14.89	04:14	14.1kph	01:08:14.89
						Split 2	01:05:49.68	04:05	14.7kph	02:14:04.57
10	MATTHEW GREEN		M: 10	RUNNER	30	02:14:27	04:10	14.4kph	:	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:07:31.80	04:11	14.3kph	01:07:31.80
						Split 2	01:06:54.91	04:09	14.4kph	02:14:26.71
11	BRYAN VAUGHAN	WESTERN TEMPO	M: 11	RUNNER	16	02:14:39	04:10	14.3kph	Male 50 - 59: 1	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:07:20.64	04:11	14.3kph	01:07:20.64
						Split 2	01:07:18.22	04:10	14.3kph	02:14:38.86
12	OLIVER HARRIS	LLISWERRY RUNNERS	M: 12	RUNNER	15	02:16:53	04:15	14.1kph	Male 40 - 49: 4	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:07:51.41	04:12	14.2kph	01:07:51.41
						Split 2	01:09:01.57	04:17	14.0kph	02:16:52.97
13	DAVID JAMES	LES CROUPIERS RC	M: 13	RUNNER	37	02:16:56	04:15	14.1kph	Male 60 - 69: 1	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:08:26.36	04:15	14.1kph	01:08:26.36
						Split 2	01:08:28.85	04:15	14.1kph	02:16:55.21

Cardiff 20/10 - 20 mile

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank	
14	EMMA WOKEY	LLISWERRY RUNNERS	F: 1	RUNNER	9	02:17:26	04:16	14.1kph	Overall Female Runner: 1	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:07:51.15	04:12	14.2kph	01:07:51.15
						Split 2	01:09:34.27	04:19	13.9kph	02:17:25.41
15	ASHLEY TEMUDO	CALDICOT RC	M: 14	RUNNER	20	02:19:25	04:19	13.9kph	:	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:11:00.92	04:24	13.6kph	01:11:00.92
						Split 2	01:08:24.04	04:15	14.1kph	02:19:24.96
16	EDWARD MORRIS	LES CROUPIERS RC	M: 15	RUNNER	4	02:20:03	04:21	13.8kph	:	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:09:16.11	04:18	13.9kph	01:09:16.11
						Split 2	01:10:46.38	04:23	13.6kph	02:20:02.49
17	CHARLES SIMMONDS	WORTHING & DISTRICT	M: 16	RUNNER	35	02:21:24	04:23	13.7kph	:	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:11:40.15	04:27	13.5kph	01:11:40.15
						Split 2	01:09:43.77	04:19	13.8kph	02:21:23.92
18	STEPHEN CAMPBELL	LES CROUPIERS RC	M: 17	RUNNER	14	02:21:29	04:23	13.7kph	:	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:11:04.48	04:24	13.6kph	01:11:04.48
						Split 2	01:10:24.39	04:22	13.7kph	02:21:28.86
19	BRIAN PAYNTER	LES CROUPIERS RC	M: 18	RUNNER	18	02:21:41	04:24	13.6kph	Male 50 - 59: 2	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:10:23.78	04:22	13.7kph	01:10:23.78
						Split 2	01:11:17.04	04:25	13.5kph	02:21:40.82
20	NICHOLAS DUKES	LES CROUPIERS RC	M: 19	RUNNER	22	02:22:52	04:26	13.5kph	Male 40 - 49: 5	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:13:02.51	04:32	13.2kph	01:13:02.51
						Split 2	01:09:48.60	04:20	13.8kph	02:22:51.11
21	JACK PUGSLEY	PORTHCAWL RUNNERSLIFE	M: 20	RUNNER	12	02:25:13	04:30	13.3kph	:	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:09:39.96	04:19	13.9kph	01:09:39.96
						Split 2	01:15:32.42	04:41	12.8kph	02:25:12.37
22	MICHAEL EWINS	CALDICOT RC	M: 21	RUNNER	24	02:27:35	04:35	13.1kph	Male 40 - 49: 6	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:14:27.29	04:37	13.0kph	01:14:27.29
						Split 2	01:13:07.23	04:32	13.2kph	02:27:34.52
23	WAYNE HUMPHREYS	LES CROUPIERS RC	M: 22	RUNNER	36	02:28:08	04:36	13.0kph	Male 40 - 49: 7	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:14:54.48	04:39	12.9kph	01:14:54.48
						Split 2	01:13:13.14	04:32	13.2kph	02:28:07.62
24	TOM MORGAN	CDF RUNNERS	M: 23	RUNNER	29	02:29:29	04:38	12.9kph	:	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:11:29.91	04:26	13.5kph	01:11:29.91
						Split 2	01:17:59.00	04:50	12.4kph	02:29:28.91
25	MARIA ZUBIZARRETA	LES CROUPIERS RC, GBR	F: 2	RUNNER	21	02:30:25	04:40	12.8kph	Overall Female Runner: 2	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:15:18.34	04:40	12.8kph	01:15:18.34
						Split 2	01:15:06.11	04:39	12.9kph	02:30:24.45
26	DAVID COLES	LES CROUPIERS RC,	M: 24	RUNNER	31	02:30:46	04:41	12.8kph	Male 60 - 69: 2	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:14:42.94	04:38	12.9kph	01:14:42.94
						Split 2	01:16:02.62	04:43	12.7kph	02:30:45.56

Cardiff 20/10 - 20 mile

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank	
27	BRADLEY PRYCE		M: 25	RUNNER	68	02:32:52	04:44	12.6kph	Male 40 - 49: 8	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:12:48.17	04:31	13.3kph	01:12:48.17
						Split 2	01:20:03.20	04:58	12.1kph	02:32:51.36
28	GEORGE WATKINS	LES CROUPIERS RC	M: 26	RUNNER	26	02:32:52	04:44	12.6kph	:	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:16:24.58	04:44	12.6kph	01:16:24.58
						Split 2	01:16:27.20	04:45	12.6kph	02:32:51.77
29	JESSE ANDREWS		M: 27	RUNNER	45	02:33:01	04:45	12.6kph	Male 40 - 49: 9	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:15:42.14	04:42	12.8kph	01:15:42.14
						Split 2	01:17:18.31	04:48	12.5kph	02:33:00.44
30	DOUG STIMSON	HIGHWORTH RC	M: 28	RUNNER	33	02:33:59	04:47	12.5kph	Male 40 - 49: 10	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:17:00.34	04:47	12.5kph	01:17:00.34
						Split 2	01:16:58.35	04:46	12.5kph	02:33:58.69
31	TERRY O'BRIEN		M: 29	RUNNER	38	02:34:36	04:48	12.5kph	Male 60 - 69: 3	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:17:50.03	04:50	12.4kph	01:17:50.03
						Split 2	01:16:45.13	04:46	12.6kph	02:34:35.15
32	HANNAH JENKINS	PORTHCAWL RUNNERSLIFE	F: 3	RUNNER	27	02:36:32	04:51	12.3kph	Overall Female Runner: 3	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:16:25.02	04:44	12.6kph	01:16:25.02
						Split 2	01:20:06.47	04:58	12.1kph	02:36:31.48
33	NICHOLAS ROUX		M: 30	RUNNER	61	02:36:51	04:52	12.3kph	:	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:18:22.45	04:52	12.3kph	01:18:22.45
						Split 2	01:18:28.07	04:52	12.3kph	02:36:50.52
34	DAVID ENGLEDEW	ERME VALLEY	M: 31	RUNNER	25	02:36:58	04:52	12.3kph	Male 60 - 69: 4	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:15:47.85	04:42	12.7kph	01:15:47.85
						Split 2	01:21:09.72	05:02	11.9kph	02:36:57.56
35	JOSEPHINE IZARD	WORTHING & DISTRICT	F: 4	RUNNER	41	02:38:14	04:54	12.2kph	:	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:20:58.65	05:01	11.9kph	01:20:58.65
						Split 2	01:17:14.92	04:47	12.5kph	02:38:13.57
36	SARAH BENNETT	PDFITNESS	F: 5	RUNNER	32	02:38:19	04:55	12.2kph	Female 45 - 54: 1	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:17:21.24	04:48	12.5kph	01:17:21.24
						Split 2	01:20:57.18	05:01	11.9kph	02:38:18.42
37	RACHEL WALSH	LES CROUPIERS RC	F: 6	RUNNER	42	02:39:26	04:57	12.1kph	Female 35 - 44: 1	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:21:05.99	05:02	11.9kph	01:21:05.99
						Split 2	01:18:19.59	04:52	12.3kph	02:39:25.58
38	BRYONY EAMES	LES CROUPIERS RC	F: 7	RUNNER	43	02:39:31	04:57	12.1kph	:	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:19:11.60	04:55	12.2kph	01:19:11.60
						Split 2	01:20:18.79	04:59	12.0kph	02:39:30.38
39	MATTHEW O'BRIEN	LLISWERRY RUNNERS	M: 32	RUNNER	52	02:40:35	04:59	12.0kph	:	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:22:09.71	05:06	11.8kph	01:22:09.71
						Split 2	01:18:24.69	04:52	12.3kph	02:40:34.40
40	MARTIN DICK		M: 33	RUNNER	62	02:40:59	05:00	12.0kph	:	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:18:50.09	04:53	12.2kph	01:18:50.09
						Split 2	01:22:08.59	05:06	11.8kph	02:40:58.68

Cardiff 20/10 - 20 mile

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41	MATTHEW WATKINS	VALE RUNNERS	M: 34	RUNNER	55	02:42:22	05:02	11.9kph	:	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:22:15.99	05:06	11.7kph	01:22:15.99
						Split 2	01:20:06.08	04:58	12.1kph	02:42:22.06
42	ROBERT BORLEY	SAN DOMENICO	M: 35	RUNNER	8	02:44:02	05:05	11.8kph	Male 40 - 49: 11	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:24:16.34	05:14	11.5kph	01:24:16.34
						Split 2	01:19:44.99	04:57	12.1kph	02:44:01.32
43	NEIL REYNOLDS	SAN DOMENICO	M: 36	RUNNER	39	02:44:02	05:05	11.8kph	Male 40 - 49: 12	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:24:16.45	05:14	11.5kph	01:24:16.45
						Split 2	01:19:45.06	04:57	12.1kph	02:44:01.51
44	HECTOR CORTES	LES CROUPIERS RC	M: 37	RUNNER	23	02:44:45	05:07	11.7kph	Male 40 - 49: 13	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:20:58.51	05:01	11.9kph	01:20:58.51
						Split 2	01:23:46.45	05:12	11.5kph	02:44:44.95
45	EMMA KING	LLISWERRY RUNNERS	F: 8	RUNNER	40	02:47:50	05:12	11.5kph	Female 35 - 44: 2	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:26:09.85	05:21	11.2kph	01:26:09.85
						Split 2	01:21:40.19	05:04	11.8kph	02:47:50.04
46	JACK HILLDRUP	LES CROUPIERS RC	M: 38	RUNNER	51	02:48:15	05:13	11.5kph	:	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:21:56.44	05:05	11.8kph	01:21:56.44
						Split 2	01:26:18.53	05:21	11.2kph	02:48:14.96
47	CLIVE OSMOND	LES CROUPIERS RC	M: 39	RUNNER	53	02:48:43	05:14	11.4kph	Male 60 - 69: 5	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:25:46.50	05:19	11.3kph	01:25:46.50
						Split 2	01:22:56.59	05:09	11.6kph	02:48:43.08
48	JOSEPH SCUTT		M: 40	RUNNER	47	02:49:53	05:16	11.4kph	:	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:25:59.36	05:20	11.2kph	01:25:59.36
						Split 2	01:23:52.83	05:12	11.5kph	02:49:52.19
49	JUDI RHYS	LES CROUPIERS RC	F: 9	RUNNER	44	02:50:28	05:17	11.3kph	Female 55 - 64: 1	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:26:35.86	05:22	11.2kph	01:26:35.86
						Split 2	01:23:52.07	05:12	11.5kph	02:50:27.92
50	ROYSTON VINCENT	PONTYPRIDD ROADENTS	M: 41	RUNNER	28	02:55:31	05:27	11.0kph	:	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:18:51.96	04:54	12.2kph	01:18:51.96
						Split 2	01:36:38.54	06:00	10.0kph	02:55:30.50
51	REBEKAH MILES		F: 10	RUNNER	56	02:57:52	05:31	10.9kph	Female 35 - 44: 3	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:27:19.70	05:25	11.1kph	01:27:19.70
						Split 2	01:30:31.55	05:37	10.7kph	02:57:51.24
52	BEN JAMES		M: 42	RUNNER	46	02:58:17	05:32	10.8kph	:	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:27:38.24	05:26	11.0kph	01:27:38.24
						Split 2	01:30:38.36	05:37	10.7kph	02:58:16.60
53	ALISON ENGLEDEW	ERME VALLEY	F: 11	RUNNER	48	02:58:49	05:33	10.8kph	Female 55 - 64: 2	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:27:59.55	05:28	11.0kph	01:27:59.55
						Split 2	01:30:48.60	05:38	10.6kph	02:58:48.14
54	RACHEL DAVIES		F: 12	RUNNER	58	02:59:11	05:34	10.8kph	:	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:24:18.32	05:14	11.5kph	01:24:18.32
						Split 2	01:34:52.28	05:53	10.2kph	02:59:10.60

Cardiff 20/10 - 20 mile

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank	
55	ELLIE HOOI		F: 13	RUNNER	54	02:59:11	05:34	10.8kph	:	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:29:08.76	05:32	10.8kph	01:29:08.76
						Split 2	01:30:02.06	05:35	10.7kph	02:59:10.81
56	ZOE DAVIES	PORT TALBOT HARRIERS	F: 14	RUNNER	59	02:59:45	05:35	10.7kph	Female 35 - 44: 4	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:30:19.79	05:36	10.7kph	01:30:19.79
						Split 2	01:29:24.47	05:33	10.8kph	02:59:44.26
57	ANDREW UNDERHILL	SAN DOMENICO	M: 43	RUNNER	66	03:00:22	05:36	10.7kph	:	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:34:24.25	05:51	10.2kph	01:34:24.25
						Split 2	01:25:57.03	05:20	11.2kph	03:00:21.28
58	JOANNE DAVIES		F: 15	RUNNER	57	03:04:31	05:43	10.5kph	:	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:27:32.80	05:26	11.0kph	01:27:32.80
						Split 2	01:36:58.14	06:01	10.0kph	03:04:30.94
59	CLAIRE JARROM	LES CROUPIERS RC	F: 16	RUNNER	65	03:08:13	05:50	10.3kph	Female 35 - 44: 5	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:33:58.11	05:50	10.3kph	01:33:58.11
						Split 2	01:34:14.22	05:51	10.2kph	03:08:12.33
60	LOUISE MUTEHAM	LLISWERRY RUNNERS	F: 17	RUNNER	63	03:10:27	05:54	10.1kph	Female 35 - 44: 6	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:36:15.67	05:58	10.0kph	01:36:15.67
						Split 2	01:34:10.44	05:51	10.3kph	03:10:26.11
61	DEE THOMAS	LLISWERRY RUNNERS	F: 18	RUNNER	64	03:10:38	05:55	10.1kph	Female 45 - 54: 2	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:36:15.24	05:58	10.0kph	01:36:15.24
						Split 2	01:34:22.19	05:51	10.2kph	03:10:37.42
62	LLOYD WILLIAMS	LLISWERRY RUNNERS	M: 44	RUNNER	60	03:11:03	05:56	10.1kph	Male 50 - 59: 3	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:36:15.03	05:58	10.0kph	01:36:15.03
						Split 2	01:34:47.26	05:53	10.2kph	03:11:02.29
63	LUKE PADFIELD	CALDICOT RC	M: 45	RUNNER	71	03:13:50	06:01	10.0kph	Male 40 - 49: 14	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:35:13.00	05:54	10.1kph	01:35:13.00
						Split 2	01:38:36.86	06:07	9.8kph	03:13:49.85
64	HOPE STANGER	HEATHWOOD TRI	F: 19	RUNNER	70	03:16:32	06:06	9.8kph	:	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:36:27.60	05:59	10.0kph	01:36:27.60
						Split 2	01:40:04.30	06:13	9.6kph	03:16:31.90
65	STEVEN SLEEP	PORTHCAWL RUNNERSLIFE	M: 46	RUNNER	69	03:19:10	06:11	9.7kph	Male 50 - 59: 4	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:38:14.15	06:06	9.8kph	01:38:14.15
						Split 2	01:40:55.07	06:16	9.6kph	03:19:09.22
66	HELEN GRIFFITHS		F: 20	RUNNER	73	03:20:28	06:13	9.6kph	Female 35 - 44: 7	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:35:55.72	05:57	10.1kph	01:35:55.72
						Split 2	01:44:32.25	06:29	9.2kph	03:20:27.96
67	ELERI DAVIES		F: 21	RUNNER	74	03:27:18	06:26	9.3kph	Female 45 - 54: 3	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:37:14.75	06:02	9.9kph	01:37:14.75
						Split 2	01:50:03.02	06:50	8.8kph	03:27:17.77
68	DIANE POTTER	LLISWERRY RUNNERS	F: 22	RUNNER	75	03:30:36	06:32	9.2kph	Female 55 - 64: 3	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:41:11.75	06:17	9.5kph	01:41:11.75
						Split 2	01:49:23.99	06:47	8.8kph	03:30:35.74

Cardiff 20/10 - 20 mile

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank	
69	CHRISTOPHER POTTER	LLISWERRY RUNNERS	M: 47	RUNNER	80	03:30:37	06:32	9.2kph	Male 50 - 59: 5	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:41:12.77	06:17	9.5kph	01:41:12.77
						Split 2	01:49:23.78	06:47	8.8kph	03:30:36.55
70	JOANNE JENKINS	PENCOED PANTHERS	F: 23	RUNNER	72	03:42:56	06:55	8.7kph	Female 45 - 54: 4	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:46:27.18	06:36	9.1kph	01:46:27.18
						Split 2	01:56:28.25	07:14	8.3kph	03:42:55.43
71	KAREN SKINLEY	PENCOED PANTHERS	F: 24	RUNNER	76	03:42:56	06:55	8.7kph	Female 45 - 54: 5	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:46:27.72	06:36	9.1kph	01:46:27.72
						Split 2	01:56:27.92	07:14	8.3kph	03:42:55.64
72	KATIE WEBB	PEGASUS RC	F: 25	RUNNER	86	03:44:06	06:57	8.6kph	Female 45 - 54: 6	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:50:19.96	06:51	8.8kph	01:50:19.96
						Split 2	01:53:46.08	07:04	8.5kph	03:44:06.03
73	CHARLOTTE BETHELL	PEGASUS RC	F: 26	RUNNER	83	03:44:07	06:57	8.6kph	:	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:50:19.52	06:51	8.8kph	01:50:19.52
						Split 2	01:53:46.93	07:04	8.5kph	03:44:06.45
74	JESS JONES		F: 27	RUNNER	81	03:48:39	07:06	8.4kph	:	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:49:12.12	06:47	8.8kph	01:49:12.12
						Split 2	01:59:26.95	07:25	8.1kph	03:48:39.06
75	REBECCA COLLINS		F: 28	RUNNER	82	03:48:40	07:06	8.4kph	Female 35 - 44: 8	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:49:12.54	06:47	8.8kph	01:49:12.54
						Split 2	01:59:27.30	07:25	8.1kph	03:48:39.83
76	CERY S JONES	PENCOED PANTHERS	F: 29	RUNNER	84	03:52:54	07:14	8.3kph	Female 45 - 54: 7	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:53:34.50	07:03	8.5kph	01:53:34.50
						Split 2	01:59:19.56	07:24	8.1kph	03:52:54.05
77	HELEN LEWIS	PENCOED PANTHERS	F: 30	RUNNER	77	03:55:26	07:18	8.2kph	Female 45 - 54: 8	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:55:22.66	07:10	8.4kph	01:55:22.66
						Split 2	02:00:03.38	07:27	8.0kph	03:55:26.04
DNF	SARAH LAUDER	LLISWERRY RUNNERS		RUNNER	34				:	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:26:10.87	05:21	11.2kph	01:26:10.87
DNF	JENNY MARTIN	LES CROUPIERS RC		RUNNER	67				:	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	01:37:45.82	06:04	9.9kph	01:37:45.82