

Festive 10K

Place	Name	Club	Gender	Bib #	Gun Time	Division Rank	ChipTime
1	OLIVER PRICE	PONTYPRIDD ROADENTS	M: 1	61	00:33:01	Overall Male: 1	00:33:00
2	BEN HUGHES	PONTYPRIDD ROADENTS	M: 2	127	00:33:11	Overall Male: 2	00:33:09
3	TOM FLITCROFT	LES CROUPIERS RC	M: 3	104	00:33:29	Overall Male: 3	00:33:28
4	BEN KENNEDY	LES CROUPIERS RC	M: 4	105	00:33:54		00:33:52
5	ANTHONY SMETS	LES CROUPIERS RC	M: 5	2	00:34:29		00:34:28
6	THOMAS HENRY	LLISWERRY RUNNERS	M: 6	47	00:34:30	Male 40 - 49: 1	00:34:29
7	MATT YELLAND	CLWB RUN WALES,	M: 7	18	00:35:07		00:35:06
8	DARRAGH HANLEY-CROFTS	LES CROUPIERS RC	M: 8	181	00:35:21		00:35:19
9	RYAN PUGSLEY	LES CROUPIERS RC	M: 9	101	00:35:23		00:35:21
10	CHRIS OXLEY	SAN DOMENICO RC	M: 10	179	00:35:29		00:35:27
11	PAUL JOSUA	SAN DOMENICO RC	M: 11	25	00:35:40		00:35:36
12	LEO HOLMES	LES CROUPIERS RC	M: 12	33	00:35:42		00:35:40
13	EVAN PRICE	SWANSEA HARRIERS	M: 13	44	00:35:49	Male U20: 1	00:35:47
14	TOMOS PHILLIPS	CDF RUNNERS	M: 14	72	00:35:50		00:35:48
15	JAMES BULL	LES CROUPIERS RC	M: 15	40	00:36:02		00:36:00
16	EMYR WILE	ALBANY ROAD RUN CLUB	M: 16	192	00:36:07		00:36:03
17	HUGH OLLARD	LES CROUPIERS RC	M: 17	71	00:36:10		00:36:08
18	MARTIN JOHNS	LLISWERRY RUNNERS	M: 18	73	00:36:30		00:36:27
19	HUW SILK	SAN DOMENICO RC	M: 19	186	00:36:35		00:36:29
20	ANDY MCCALL	AMMAN VALLEY HARRIER	M: 20	58	00:36:38		00:36:34
21	MATTHEW TURNER	SAN DOMENICO RC	M: 21	177	00:36:38		00:36:35
22	BILLY WILLIAMS	PORTHCAWL RUNNERS	M: 22	163	00:36:46		00:36:44
23	BEN LITTLEJOHNS		M: 23	138	00:36:49		00:36:47
24	EDDIE CAMPBELL-ADAMS	LLISWERRY RUNNERS	M: 24	200	00:36:52	Male 50 - 59: 1	00:36:50
26	LUKE STARKIE	LES CROUPIERS RC	M: 25	79	00:36:55		00:36:52
25	MILLIE GOLD	SWANSEA HARRIERS	F: 1	51	00:36:55	Overall Female: 1	00:36:53
27	OWEN RIVERS	LES CROUPIERS RC	M: 26	155	00:36:58		00:36:55
28	MARTIN THOMAS	PARC BRYN BACH	M: 27	193	00:37:00		00:36:58
29	PAUL CARTER		M: 28	208	00:37:04		00:36:58
30	TIM BATCHELOR	CHEPSTOW HARRIERS	M: 29	149	00:37:14		00:37:13
31	ANTOINETTE ROSE	LLISWERRY RUNNERS	F: 2	211	00:37:34	Overall Female: 2	00:37:31
32	ASHLEY TEMUDO	CALDICOT RUNNING	M: 30	190	00:37:35		00:37:32
33	MICHAEL RILEY	LES CROUPIERS RC	M: 31	182	00:37:59		00:37:54
34	EMMA WOOKEY	LLISWERRY RUNNERS	F: 3	206	00:38:16	Overall Female: 3	00:38:13
35	DAVID CRAIG	LES CROUPIERS RC	M: 32	210	00:38:23		00:38:19
36	HUW DAVIES	SAN DOMENICO RC	M: 33	98	00:38:25		00:38:20
37	JAMES DICKINSON	LES CROUPIERS RC	M: 34	191	00:38:28		00:38:24
38	CERI MERWOOD	CDF RUNNERS	F: 4	4	00:38:29		00:38:26
39	CARL NEALON	LES CROUPIERS RC	M: 35	3	00:38:36		00:38:32
40	JOSEPH MORDEY	LES CROUPIERS RC	M: 36	24	00:38:41		00:38:37
41	ALEX HOUNSLOW		M: 37	218	00:38:42		00:38:40
42	WAYNE HUMPHREYS	LES CROUPIERS RC	M: 38	31	00:38:44		00:38:39
43	ADAM THOMAS	ALBANY ROAD RUN CLUB	M: 39	26	00:38:53		00:38:48
44	JACK STEWART	CARDIFF AAC	M: 40	176	00:39:04		00:39:00
45	PHIL HODGE	LES CROUPIERS RC	M: 41	165	00:39:09	Male 60 - 69: 1	00:39:05
46	ANDY HUGHES	CHEPSTOW HARRIERS	M: 42	84	00:39:11		00:39:07
47	LUTICIA THOMAS	SWANSEA HARRIERS	F: 5	68	00:39:15	Female 35 - 44: 1	00:39:10
48	JAMES DODD	SAN DOMENICO RC	M: 43	217	00:39:23		00:39:17
49	JOHN SEAWARD	CAERPHILLY RUNNERS	M: 44	195	00:39:34		00:39:32
50	DAVID CASCARINA	NEATH HARRIERS,	M: 45	35	00:39:47		00:39:44
51	OWEN STADDON	CALDICOT RUNNING	M: 46	32	00:40:30		00:40:26
52	BERWYN DAVIES		M: 47	57	00:40:35		00:40:30
53	JULIE CHAMBERLAIN	CARDIFF AAC	F: 6	83	00:40:45		00:40:41
54	JEFFREY COX	LES CROUPIERS RC	M: 48	69	00:40:46		00:40:45

Festive 10K

Place	Name	Club	Gender	Bib #	Gun Time	Division Rank	ChipTime
55	OWEN DAVIES	LES CROUPIERS RC	M: 49	216	00:40:52		00:40:46
56	NIKI MORGAN	CHEPSTOW HARRIERS	F: 7	124	00:41:08	Female 55 - 64: 1	00:41:03
57	EMMA EDWARDS	CAERPHILLY RUNNERS	F: 8	109	00:41:34		00:41:26
58	LAURA JONES	LES CROUPIERS RC	F: 9	76	00:41:44	Female 45 - 54: 1	00:41:37
59	IAN WEAVERS	VALE RUNNERS	M: 50	111	00:41:52		00:41:49
60	RILEY YELLAND		M: 51	19	00:42:23		00:42:19
61	SARA VILAR LLUCH	SAN DOMENICO RC	F: 10	117	00:42:37		00:42:31
62	CHRISTOPHER POTTER	LLISWERRY RUNNERS	M: 52	170	00:43:07		00:43:02
63	MIKE DAVIES	ALBANY ROAD RUN CLUB	M: 53	139	00:43:09		00:43:03
64	HYWEL EDWARDS	SAN DOMENICO RC	M: 54	67	00:43:09		00:43:00
65	CAROLE GODDARD	LES CROUPIERS RC	F: 11	93	00:43:15		00:43:05
66	ALICE ROTHWELL	LES CROUPIERS RC	F: 12	175	00:43:21		00:43:14
67	SIMON CARTLIDGE	SAN DOMENICO RC	M: 55	137	00:43:21		00:43:15
68	STEPHEN H GRIFFITHS		M: 56	34	00:43:36		00:43:29
69	SIMON CAWTHORN	LLISWERRY RUNNERS	M: 57	184	00:43:51		00:43:46
70	MALC GONNELLA	BUILT & DISTRICT AC	M: 58	202	00:44:09	Male 70 - 120: 1	00:44:02
71	MICHAL HAJDON	LLISWERRY RUNNERS	M: 59	110	00:44:26		00:44:20
72	DAVID WITTS	ISLWYN RC	M: 60	113	00:44:33		00:44:19
73	JOHN FOSTER	LLISWERRY RUNNERS	M: 61	63	00:44:37		00:44:29
74	JON HUSSEY	RHOOSE RUNNERS	M: 62	204	00:44:40		00:44:31
75	SIMON GILL	LLISWERRY RUNNERS	M: 63	134	00:44:46		00:44:40
76	DELYTH WILLIAMS	SAN DOMENICO RC	F: 13	168	00:44:52		00:44:43
77	GARETH DAVIES	SAN DOMENICO RC	M: 64	174	00:44:59		00:44:48
78	ELLIE PARRY		F: 14	162	00:45:00		00:44:53
79	JAMES HORNER	LES CROUPIERS RC	M: 65	136	00:45:11		00:45:01
80	JOE XIBERRAS		M: 66	97	00:45:15		00:45:06
81	TERRY O'BRIEN		M: 67	159	00:45:25		00:45:10
82	MARIA ZUBIZARRETA ALBAN	LES CROUPIERS RC	F: 15	1	00:45:48		00:45:38
83	RACHEL WALSH	LES CROUPIERS RC	F: 16	96	00:45:57		00:45:47
84	ANDREW DAWE	LLISWERRY RUNNERS	M: 68	120	00:46:06		00:45:57
85	HESHAM ZWAWI		M: 69	94	00:46:35		00:46:29
86	DARREN HILL	ISLWYN RC	M: 70	115	00:46:36		00:46:23
87	ROBERT EVANS	LES CROUPIERS RC	M: 71	39	00:46:40		00:46:30
88	WOUTER POORTINGA	LES CROUPIERS RC	M: 72	60	00:46:43		00:46:35
89	CHERYL EVANS	LES CROUPIERS RC	F: 17	45	00:46:43		00:46:34
90	HAZEL CRAVEN	LES CROUPIERS RC	F: 18	203	00:46:52		00:46:40
91	TOM ROONEY	CALDICOT RUNNING	M: 73	46	00:47:06		00:47:01
92	PETER DAVIES		M: 74	27	00:47:07		00:47:00
93	RACHEL BOVINGTON	SAN DOMENICO RC	F: 19	144	00:47:21		00:47:08
94	ALICE WILLIAMS		F: 20	108	00:47:32		00:47:23
95	NAIM ALWAN		M: 75	100	00:47:36		00:47:29
96	ELLIE WHELAN		F: 21	152	00:47:40		00:47:27
97	NIALL BOARDMAN	ISLWYN RC	M: 76	114	00:47:51		00:47:37
98	MOLLY DENNIS	LES CROUPIERS RC	F: 22	213	00:48:00		00:47:46
99	PHILIP PAYNE		M: 77	17	00:48:10		00:47:57
100	ANDREW DAVIES	PONTYPRIDD ROADENTS	M: 78	16	00:49:00		00:48:51
101	SARAH LAUDER	LLISWERRY RUNNERS	F: 23	143	00:49:03		00:48:51
102	JAMES BROWN	LLISWERRY RUNNERS	M: 79	205	00:49:14		00:48:54
103	LAUREN FOSTER	ALBANY ROAD RUN CLUB	F: 24	62	00:49:20		00:49:10
104	TERRY CAVENEY	LES CROUPIERS RC	M: 80	180	00:49:27		00:49:13
105	RACHEL BEANEY		F: 25	185	00:49:35		00:49:20
106	RACHEL MITCHELL		F: 26	197	00:49:47		00:49:19
107	FAY BOWEN	LLISWERRY RUNNERS	F: 27	53	00:49:48		00:49:38
108	LUCY MORGAN		F: 28	167	00:50:02		00:49:50

Festive 10K

Place	Name	Club	Gender	Bib #	Gun Time	Division Rank	ChipTime
109	YVONNE BULLEN	LES CROUPIERS RC	F: 29	187	00:50:03		00:49:51
110	CHLOE BUTTERY	CALDICOT RUNNING	F: 30	78	00:50:09		00:50:01
111	JOSHUA FORD	LLISWERRY RUNNERS	M: 81	81	00:50:13		00:49:54
112	DAVE STREET	ALBANY ROAD RUN CLUB	M: 82	183	00:50:14		00:49:58
113	ALAN MASON	LES CROUPIERS RC	M: 83	160	00:50:29		00:50:21
114	COREY NEILSON	CARDIFF AAC	M: 84	220	00:50:36		00:50:20
115	JEREMY DICKSON	LLISWERRY RUNNERS	M: 85	95	00:50:38		00:50:18
116	GOLD JAMES		M: 86	52	00:50:51		00:50:39
117	NICOLA JENKINS	PENCOED PANTHERS	F: 31	133	00:51:04		00:50:53
118	PAUL CHAPMAN	LES CROUPIERS RC	M: 87	154	00:51:15		00:51:02
119	MICHELE LEDDA		M: 88	189	00:51:26		00:51:15
120	TAMARA HIDALGO-FROILAN		F: 32	219	00:51:30		00:51:16
121	FIONA WOOKEY	PENCOED PANTHERS	F: 33	135	00:51:31		00:51:20
122	CHRISTOPHER GRANT	CAERPHILLY RUNNERS	M: 89	48	00:51:36		00:51:25
123	SUZANNE WHELAN		F: 34	153	00:51:55		00:51:41
124	LAURA SCRIVENS		F: 35	201	00:51:57		00:51:49
125	JANE LEWIS	LLISWERRY RUNNERS	F: 36	37	00:52:17		00:52:05
127	MATT WATKINS		M: 91	5	00:52:24		00:52:12
126	HYWEL DAFYDD	PORTHCAWL RUNNERS	M: 90	103	00:52:24		00:52:11
128	JAYNE STEPHENS	CAERPHILLY RUNNERS	F: 37	56	00:52:26		00:52:09
129	LISA GRIFFITHS		F: 38	215	00:52:38		00:52:24
130	STEPHEN OWEN	CHEPSTOW HARRIERS	M: 92	122	00:52:38		00:52:31
131	LEANNE WESTACOTT	LLISWERRY RUNNERS	F: 39	82	00:52:43		00:52:24
132	ALYS HORN	CARDIFF AAC	F: 40	156	00:53:04	Female U20: 1	00:52:59
133	AARON GODDARD		M: 93	92	00:53:19		00:53:09
134	RACHEL HOOPER	LES CROUPIERS RC	F: 41	91	00:53:43		00:53:28
135	ANDREW BETTRIDGE	LLISWERRY RUNNERS	M: 94	55	00:53:46		00:53:31
136	ELIZABETH STEPHENS	CAERPHILLY RUNNERS	F: 42	54	00:54:01		00:53:44
137	HIEDI BLACKMORE	WHITE ROCK RUNNERS	F: 43	65	00:54:02		00:53:48
138	GARY HOBBS		M: 95	21	00:54:11		00:53:50
139	ELIZABETH WALSH	FAIRWATER CWMBRAN	F: 44	49	00:54:17		00:54:06
140	SARAH PRYOR	LES CROUPIERS RC	F: 45	99	00:54:25		00:54:10
141	TIM O'SULLIVAN	LES CROUPIERS RC	M: 96	196	00:54:35		00:54:16
142	AINSLEY GOLD		F: 46	50	00:54:41		00:54:29
143	ANGHARAD PRICE-MORRIS	LES CROUPIERS RC	F: 47	66	00:54:43		00:54:31
144	BETH DAVIES		F: 48	178	00:54:57		00:54:38
145	JOHN CROSSAN		M: 97	151	00:55:00		00:54:43
146	EVE GALLOP-EVANS	LES CROUPIERS RC	F: 49	169	00:55:04		00:54:47
147	NORMAN GIBSON	LES CROUPIERS RC	M: 98	166	00:55:08		00:54:47
148	JOHN MARSON	LLANELLI AC	M: 99	29	00:55:14		00:54:54
149	JOANNA TRAIN	CALDICOT RUNNING	F: 50	38	00:55:19		00:55:10
150	NEIL SIDNEY	LLISWERRY RUNNERS	M: 100	209	00:55:19		00:54:58
151	LOUISE MUTEHAM	LLISWERRY RUNNERS	F: 51	75	00:55:23		00:55:03
152	RACHAEL SIM	VALE RUNNERS	F: 52	147	00:55:25		00:55:09
153	MIKE SPENCER		M: 101	119	00:55:28		00:55:12
154	HENRY BOVINGTON		M: 102	145	00:55:34		00:55:20
155	CHRISTOPHER COX	CHEPSTOW HARRIERS	M: 103	207	00:55:36		00:55:24
156	LYDIA HOBBS		F: 53	20	00:55:44		00:55:22
157	CERI WELCHMAN		F: 54	188	00:55:54		00:55:41
158	TANYA ONEILL	ALBANY ROAD RUN CLUB	F: 55	80	00:56:06		00:55:48
159	JAMIE JOHNS		M: 104	74	00:56:27		00:56:07
160	MARTIN HARRIS	PARC BRYN BACH	M: 105	116	00:56:31		00:56:13
161	KATY BEVAN		F: 56	118	00:56:32		00:56:13
162	HAYLEY HELLERMAN	VALE RUNNERS	F: 57	70	00:56:34		00:56:18

Festive 10K

Place	Name	Club	Gender	Bib #	Gun Time	Division Rank	ChipTime
163	PAUL DAVIES		M: 106	28	00:56:55		00:56:47
164	JENNIFER NEILSON		F: 58	221	00:57:07		00:56:50
165	ROB COX	PEGASUS RC	M: 107	164	00:57:08		00:56:52
166	SUZY LLOYD	ALBANY ROAD RUN CLUB	F: 59	14	00:57:49		00:57:32
167	MARIA FENTON		F: 60	132	00:58:05		00:57:41
168	JORDAN ROWE		M: 108	129	00:58:05		00:57:39
170	TRACEY HINTON		F: 61	131	00:58:38		00:58:18
169	MICK MCGEOCH	LES CROUPIERS RC	M: 109	8	00:58:38		00:58:21
171	JOHN SHEWRING	PENARTH AND DINAS	M: 110	161	00:58:38		00:58:19
172	JESSICA LEE	CALDICOT RUNNING	F: 62	10	00:58:46		00:58:37
173	KEILA MAYO		F: 63	11	00:59:08		00:58:58
174	SIMON GEORGE		M: 111	12	00:59:08		00:58:58
175	STEVE LEWIS	LES CROUPIERS RC	M: 112	87	01:00:04		00:59:43
176	GLENDA EDWARDS	LES CROUPIERS RC	F: 64	6	01:00:18		01:00:02
177	ARTHUR HAYES	SAN DOMENICO RC	M: 113	7	01:00:55		01:00:40
178	DORREN GOODMAN		F: 65	123	01:01:17		01:00:52
179	SAMANTHA THOMAS	CAERPHILLY RUNNERS	F: 66	64	01:01:25		01:01:02
180	DAVID ROWE		M: 114	128	01:01:29		01:01:04
181	SARAH ROWE		F: 67	126	01:01:51		01:01:25
182	SUSAN HOBBS		F: 68	22	01:02:00		01:01:38
183	DIANE POTTER	LLISWERRY RUNNERS	F: 69	173	01:02:44		01:02:23
184	KAREN GEORGE		F: 70	121	01:03:07		01:02:43
185	HELEN WILCOX	CALDICOT RUNNING	F: 71	102	01:03:20		01:03:01
186	SIAN ROBERTS	ALBANY ROAD RUN CLUB	F: 72	171	01:03:36		01:03:20
188	JULIE LEWIS	LES CROUPIERS RC	F: 74	88	01:04:51	Female 65 - 74: 1	01:04:36
187	KARIN WAHL-JORGENSEN	SHE RUNS CARDIFF	F: 73	59	01:04:51		01:04:22
189	AMELIA GREEN		F: 75	157	01:05:20		01:04:58
190	RUSSELL GREEN		M: 115	158	01:05:32		01:05:10
191	CHRISTINE UNDERHILL	LONELY GOAT RC	F: 76	9	01:05:39		01:05:16
192	CHRISTINE EVANS		F: 77	23	01:05:40		01:05:17
193	SUSIE GURNER	HENGOED HARRIERS	F: 78	89	01:05:44		01:05:21
195	BETH SLATER		F: 79	142	01:06:01		01:05:39
194	ANDREW UNDERHILL	SAN DOMENICO RC	M: 116	140	01:06:01		01:05:39
196	CHRIS BUNDY		F: 80	148	01:06:16		01:05:48
197	JUDITH EVANS	LLISWERRY RUNNERS	F: 81	15	01:06:17		01:05:54
198	GLEN FRANCIS		M: 117	125	01:06:19		01:05:50
199	BERNADETTE MCCARTHY		F: 82	214	01:06:21		01:05:53
200	PETER HEATH	LES CROUPIERS RC	M: 118	41	01:06:35		01:06:15
201	PAUL DURSLEY	LLISWERRY RUNNERS	M: 119	107	01:07:30		01:07:16
202	PAUL DAVIES		M: 120	112	01:07:31		01:07:15
203	GEOFF WRIGHT	LES CROUPIERS RC	M: 121	36	01:07:37		01:07:18
204	ANGHARAD PARRY-JONES	LES CROUPIERS RC	F: 83	141	01:08:01		01:07:43
205	JESSICA GRIFFITHS		F: 84	198	01:08:12		01:08:04
206	CARWYN EVANS		M: 122	199	01:08:13		01:08:05
207	LYN STREET		F: 85	212	01:09:02		01:08:34
208	CHARLIE FLYNN		F: 86	77	01:10:10		01:09:49
209	RICHARD GURNER		M: 123	90	01:11:48		01:11:24
210	LYNDA DURSLEY	LLISWERRY RUNNERS	F: 87	106	01:12:00		01:11:37
211	ELLIE MICHAEL		F: 88	172	01:14:16		01:14:16
212	ROSIE MORGAN		F: 89	43	01:19:29		01:19:01
213	SARAH THOMAS	SHE RUNS CARDIFF	F: 90	42	01:19:29		01:19:01
214	LORRAINE BERRY		F: 91	30	01:20:05		01:19:38
215	SIAN CROSSAN	SHE RUNS CARDIFF	F: 92	150	01:21:35		01:21:08
216	RHIANNON NEVILLE	SHE RUNS CARDIFF	F: 93	146	01:21:36		01:21:10