

# Festive 10K

Place	Name	Club	Gender	Bib #	Chip Time	Pace	Speed	Division Rank
1	TOM FLITCROFT	LES CROUPIERS RC	M: 1	2	00:33:39	03:21	17.8kph	Overall Male Runner: 1
2	TOMOS WHITMARSH-	LES CROUPIERS RC	M: 2	1	00:33:43	03:22	17.8kph	Overall Male Runner: 2
3	TOMAS BLACK	MYNYDDWYR DE CYMRU	M: 3	271	00:34:10	03:24	17.6kph	Overall Male Runner: 3
4	BEN KENNEDY	LES CROUPIERS RC	M: 4	272	00:34:40	03:27	17.3kph	
5	MOLI LYONS	CARDIFF AC	F: 1	199	00:34:43	03:28	17.3kph	Overall Female Runner: 1
6	MATT YELLAND	CLWB RUN WALES	M: 5	28	00:35:11	03:31	17.1kph	Male 40 - 49: 1
7	TOM WATERS	LES CROUPIERS RC	M: 6	290	00:35:25	03:32	16.9kph	
8	DAVID CRAIG	LES CROUPIERS RC	M: 7	65	00:35:31	03:33	16.9kph	
9	ARWEL EVANS	LES CROUPIERS RC	M: 8	201	00:35:35	03:33	16.9kph	
10	CRAIG BLAKE	LES CROUPIERS RC	M: 9	66	00:36:13	03:37	16.6kph	
11	NATHAN CHRISTOFORATO	LES CROUPIERS RC	M: 10	121	00:36:39	03:39	16.4kph	
12	AARON JEFFS	ABERDARE VALLEY AAC	M: 11	128	00:36:39	03:39	16.4kph	
13	MARK FURNISH	SAN DOMENICO RC	M: 12	219	00:37:07	03:42	16.2kph	
14	GEORGE ROSE	SAN DOMENICO RC	M: 13	87	00:37:07	03:42	16.2kph	
15	ANDREW BLAIR	LES CROUPIERS RC	M: 14	246	00:37:14	03:43	16.1kph	Male 50 - 59: 1
16	HAAZIQ REZA	CDF RUNNERS	M: 15	263	00:37:20	03:44	16.1kph	
17	BEN LITTLEJOHNS		M: 16	95	00:37:24	03:44	16.0kph	
18	GABRIELIUS STUOKUS	SWANSEA HARRIERS	M: 17	154	00:37:26	03:44	16.0kph	
19	LOUISE FLYNN	LES CROUPIERS RC	F: 2	40	00:37:27	03:44	16.0kph	Overall Female Runner: 2
20	STEPHEN CAMPBELL	LES CROUPIERS RC	M: 18	103	00:37:39	03:45	15.9kph	
21	JAMES HORNER	LES CROUPIERS RC	M: 19	247	00:37:46	03:46	15.9kph	
22	TED HARDING-BROWN		M: 20	94	00:37:56	03:47	15.8kph	
23	ANDY GARDINER	SAN DOMENICO RC	M: 21	17	00:38:20	03:50	15.7kph	
24	DAN GRIFFITHS	CARDIFF TRI	M: 22	243	00:38:49	03:52	15.5kph	
25	ANTHONY BANNON	PENARTH & DINAS	M: 23	115	00:38:58	03:53	15.4kph	
26	NYNKE KUIPER	CDF RUNNERS	F: 3	203	00:39:02	03:54	15.4kph	Overall Female Runner: 3
27	CARL NEALON	LES CROUPIERS RC	M: 24	149	00:39:10	03:54	15.3kph	
28	ALFIE SARGEANT	BARRY & VALE HARRIERS	M: 25	13	00:39:13	03:55	15.3kph	
29	KRISTIAN WALTERS	MERTHYR TRI	M: 26	231	00:39:19	03:55	15.3kph	
30	JOHN SEAWARD	CAERPHILLY RUNNERS	M: 27	49	00:39:40	03:57	15.1kph	
31	CRAIG DAVIES		M: 28	208	00:39:51	03:59	15.1kph	
32	DAVID CASCARINA	NEATH HARRIERS	M: 29	159	00:40:00	03:59	15.0kph	
33	AIDAN O'DONNELL	CDF RUNNERS	M: 30	141	00:40:03	04:00	15.0kph	
34	NICHOLAS DUKES	LES CROUPIERS RC	M: 31	173	00:40:03	04:00	15.0kph	
35	GARETH LOGAN	LES CROUPIERS RC	M: 32	294	00:40:18	04:01	14.9kph	
36	LEO HOLMES	LES CROUPIERS RC	M: 33	42	00:40:24	04:02	14.9kph	
37	KEVIN PLANK	SAN DOMENICO RC	M: 34	89	00:40:24	04:02	14.9kph	
38	GETHIN POWELL	PONTYPRIDD ROADENTS	M: 35	52	00:40:29	04:02	14.8kph	
39	NICOLA JUKES	PARC BRYN BACH	F: 4	162	00:40:34	04:03	14.8kph	Female 45 - 54: 1
40	LEWIS JEFFREYS		M: 36	96	00:40:38	04:03	14.8kph	
41	EMYR WILE	ALBANY ROAD RUN CLUB	M: 37	108	00:40:44	04:04	14.7kph	
42	JOE LUCKETT	CDF RUNNERS	M: 38	282	00:40:44	04:04	14.7kph	
43	STEPHANIE HAMBLETON	LES CROUPIERS RC	F: 5	274	00:40:47	04:04	14.7kph	
44	LISA FAUNCH	AF&D	F: 6	91	00:40:47	04:04	14.7kph	Female 35 - 44: 1
45	ALISTAIR DOWNES	SAN DOMENICO RC	M: 39	137	00:40:49	04:04	14.7kph	
46	JEFF COX	LES CROUPIERS RC	M: 40	287	00:40:58	04:05	14.6kph	Male 60 - 120: 1
47	NIKI MORGAN	CHEPSTOW HARRIERS	F: 7	144	00:41:11	04:07	14.6kph	Female 55 - 120: 1
48	RHODRI MORRIS	CARDIFF TRI	M: 41	212	00:41:18	04:07	14.5kph	
49	LEAH STEPHENS	LES CROUPIERS RC	F: 8	259	00:41:21	04:08	14.5kph	
50	LENNY SAYERS	LES CROUPIERS RC	M: 42	125	00:41:41	04:10	14.4kph	
51	STEPHANIE DAVIES	PONTYPRIDD ROADENTS	F: 9	285	00:41:51	04:11	14.3kph	
52	MATTHEW PEARCE		M: 43	81	00:41:55	04:11	14.3kph	
53	SAM JONES		M: 44	265	00:41:57	04:11	14.3kph	
54	MATTHEW GWENTER	PENARTH & DINAS	M: 45	77	00:42:10	04:12	14.2kph	
55	JULIE CHAMBERLAIN	CARDIFF AC	F: 10	55	00:42:11	04:13	14.2kph	
56	NATALIE BURCHELL	GRIFFITHSTOWN HARRIERS	F: 11	226	00:42:22	04:14	14.2kph	
57	KRIS EMES		M: 46	22	00:42:25	04:14	14.1kph	
58	DANIELLE PHILLIPS	LES CROUPIERS RC	F: 12	171	00:42:31	04:15	14.1kph	
59	JAMES GRANT		M: 47	120	00:42:36	04:15	14.1kph	

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Place	Name	Club	Gender	Bib #	Chip Time	Pace	Speed	Division Rank
60	PHIL BRISTOW	SAN DOMENICO RC	M: 48	113	00:42:40	04:15	14.1kph	
61	HYWEL EDWARDS	SAN DOMENICO RC	M: 49	90	00:42:43	04:16	14.0kph	
62	EMILY LAGOMARSINO	SAN DOMENICO RC	F: 13	136	00:42:52	04:17	14.0kph	
63	MARK BURCHELL	GRIFFITHSTOWN HARRIERS	M: 50	213	00:43:12	04:19	13.9kph	
64	TERRY O'BRIEN		M: 51	67	00:43:23	04:20	13.8kph	
65	ALEX HOUNSLOW		M: 52	127	00:43:42	04:22	13.7kph	
66	SCOTT LEWIS	ALBANY ROAD RUN CLUB	M: 53	224	00:43:42	04:22	13.7kph	
67	IAN BELL	SAN DOMENICO RC	M: 54	168	00:43:57	04:23	13.7kph	
68	JACK HOCKING	CDF RUNNERS	M: 55	261	00:44:18	04:25	13.5kph	
69	VINCENT NAZARETH	LES CROUPIERS RC	M: 56	153	00:44:19	04:25	13.5kph	
70	TINA HILL	STROUD & DISTRICT AC	F: 14	298	00:44:21	04:26	13.5kph	
71	ALICE ROTHWELL	LES CROUPIERS RC	F: 15	170	00:44:36	04:27	13.5kph	
72	MEGAN POULSON	SAN DOMENICO RC	F: 16	16	00:44:56	04:29	13.4kph	
73	MICHAEL CLAYDEN		M: 57	169	00:45:08	04:30	13.3kph	
74	MALC GONNELLA	BUILTH WELLS RC,	M: 58	116	00:45:20	04:32	13.2kph	
75	SHANNON WALKER	LES CROUPIERS RC	F: 17	300	00:45:23	04:32	13.2kph	
76	SARA-LOUISE DAVIES		F: 18	140	00:45:55	04:35	13.1kph	
77	RICHARD HAGGERTY	CAERPHILLY RUNNERS	M: 59	24	00:46:00	04:35	13.0kph	
78	MATT MCCARTHY	ALBANY ROAD RUN CLUB	M: 60	59	00:46:04	04:36	13.0kph	
79	MARIA RICHARDS	PONT-Y-PWL & DISTRICT	F: 19	266	00:46:33	04:39	12.9kph	
80	ROBYN THOMAS	CDF RUNNERS	F: 20	283	00:46:50	04:40	12.8kph	
81	WOUTER POORTINGA	LES CROUPIERS RC	M: 61	133	00:46:50	04:40	12.8kph	
82	MICHELLE TAYLOR	LES CROUPIERS RC	F: 21	206	00:46:56	04:41	12.8kph	
83	JANE SHELDON	PENARTH & DINAS	F: 22	209	00:46:57	04:41	12.8kph	
84	MIKE DAVIES	CDF RUNNERS	M: 62	79	00:47:02	04:42	12.8kph	
85	LUCY GREEN	SAN DOMENICO RC	F: 23	236	00:47:08	04:42	12.7kph	
86	CHARLOTTE HEALY	GRIFFITHSTOWN HARRIERS	F: 24	211	00:47:18	04:43	12.7kph	
87	ELIO LEPORE	LES CROUPIERS RC	M: 63	254	00:47:40	04:45	12.6kph	
88	ANDREW DAVIES	PONTYPRIDD ROADENTS	M: 64	284	00:47:45	04:46	12.6kph	
89	KATIE PAYNE	ALBANY ROAD RUN CLUB	F: 25	107	00:48:01	04:48	12.5kph	
90	ADAM THOMAS	ALBANY ROAD RUN CLUB	M: 65	36	00:48:16	04:49	12.4kph	
91	JAMES NEILSON		M: 66	102	00:48:21	04:50	12.4kph	
92	MATT CAFFYN	CDF RUNNERS	M: 67	250	00:48:22	04:50	12.4kph	
93	ANDREW WEBBER		M: 68	223	00:48:32	04:51	12.4kph	
94	CHRISTOPHER GRANT	CAERPHILLY RUNNERS	M: 69	27	00:48:56	04:53	12.3kph	
95	MARK BARRETT	ALBANY ROAD RUN CLUB	M: 70	196	00:48:56	04:53	12.3kph	
96	MICHELLE AMBLIN	LES CROUPIERS RC	F: 26	252	00:49:12	04:55	12.2kph	
97	JULIANA REIMBERG	CDF RUNNERS	F: 27	225	00:49:20	04:55	12.2kph	
98	STUART MORRIS	SPIRIT OF MONMOUTH	M: 71	83	00:49:25	04:56	12.1kph	
99	ED ASHLEY		M: 72	269	00:49:32	04:57	12.1kph	
100	LISA WHITTAKER		F: 28	21	00:49:43	04:58	12.1kph	
101	RACHAEL HARDING-BROWN		F: 29	41	00:49:51	04:59	12.0kph	
102	TRINA SAMI	SPIRIT OF MONMOUTH	F: 30	84	00:49:52	04:59	12.0kph	
103	PHIL CHADWICK	SPIRIT OF MONMOUTH	M: 73	85	00:49:52	04:59	12.0kph	
104	CRAIG SKIDMORE	SAN DOMENICO RC	M: 74	88	00:50:13	05:01	11.9kph	
105	MATTHEW PARRY		M: 75	15	00:50:18	05:01	11.9kph	
106	MICHAEL DAVIES		M: 76	238	00:50:19	05:01	11.9kph	
107	JEFF JOHN	PONTYPRIDD ROADENTS	M: 77	249	00:50:27	05:02	11.9kph	
108	JAQ UNDERWOOD	LLISWERRY RUNNERS	F: 31	6	00:50:37	05:03	11.9kph	
109	MICHAEL H DAVIES	LES CROUPIERS RC	M: 78	270	00:51:05	05:06	11.7kph	
110	MARTIN GREEN	PONTYPRIDD ROADENTS	M: 79	253	00:51:10	05:06	11.7kph	
111	SIONED THOMAS	CDF RUNNERS	F: 32	111	00:51:14	05:07	11.7kph	
112	IAN WILLS		M: 80	98	00:51:24	05:08	11.7kph	
113	STEPHEN OWEN	CHEPSTOW HARRIERS	M: 81	145	00:51:40	05:09	11.6kph	
114	JAYNE STEPHENS	CAERPHILLY RUNNERS	F: 33	58	00:51:46	05:10	11.6kph	
115	DAVID BROUGHTON		F: 34	75	00:52:03	05:12	11.5kph	
116	ROY SOUTHAM		M: 82	48	00:52:26	05:14	11.4kph	
117	ROBERT LEWIS	CAERPHILLY RUNNERS	M: 83	57	00:52:58	05:17	11.3kph	
118	DONNA HAMER	LES CROUPIERS RC	F: 35	293	00:53:00	05:17	11.3kph	
119	MARTIN HARRIS	PARC BRYN BACH	M: 84	172	00:53:03	05:18	11.3kph	

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120	LILY BLANK	ALBANY ROAD RUN CLUB	F: 36	31	00:53:05	05:18	11.3kph	
121	MATT HODGSON		M: 85	279	00:53:09	05:18	11.3kph	
122	ROSIE HURLEY	ALBANY ROAD RUN CLUB	F: 37	134	00:53:14	05:19	11.3kph	
123	BREDA CRONIN		F: 38	101	00:53:14	05:19	11.3kph	
124	JESSIE LEWIS		F: 39	251	00:53:20	05:20	11.2kph	
125	MICHAEL DRAGE	ALBANY ROAD RUN CLUB	M: 86	43	00:53:26	05:20	11.2kph	
126	GARY JOHN	LES CROUPIERS RC	M: 87	135	00:53:30	05:20	11.2kph	
127	OLIVIA JONES	ALBANY ROAD RUN CLUB	F: 40	39	00:53:41	05:22	11.2kph	
128	DAVE STREET	ALBANY ROAD RUN CLUB	M: 88	37	00:53:47	05:22	11.2kph	
129	NATHAN JAMES	HENGOED HARRIERS	M: 89	181	00:53:53	05:23	11.1kph	
130	JAMES ROBERTS	ALBANY ROAD RUN CLUB	M: 90	46	00:53:56	05:23	11.1kph	
131	JASON VOWLES	ALBANY ROAD RUN CLUB	M: 91	190	00:54:00	05:23	11.1kph	
132	MIKE SPENCER		M: 92	163	00:54:15	05:25	11.1kph	
133	EVE GALLOP-EVANS	LES CROUPIERS RC	F: 41	151	00:54:25	05:26	11.0kph	
134	TAMARA HIDALGO FROILAN		F: 42	299	00:54:33	05:27	11.0kph	
135	BRENDA AVERY	CHEPSTOW HARRIERS	F: 43	222	00:54:35	05:27	11.0kph	
136	FRANCESCA FLORIS		F: 44	257	00:54:36	05:27	11.0kph	
137	DAVID COURT		M: 93	258	00:54:37	05:27	11.0kph	
138	PAUL HANCOX	GRIFFITHSTOWN HARRIERS	M: 94	220	00:54:42	05:28	11.0kph	
139	ANDY TAYLOR		M: 95	53	00:55:03	05:30	10.9kph	
140	EMMA SHAW		F: 45	237	00:55:08	05:30	10.9kph	
141	TOM BAKER		M: 96	51	00:55:10	05:30	10.9kph	
142	RICHARD THOMAS	CAERPHILLY RUNNERS	M: 97	18	00:55:52	05:35	10.7kph	
143	SARAH TAYLOR	SIRIUS RUNNING	F: 46	175	00:55:58	05:35	10.7kph	
144	MICHAEL JONES		M: 98	192	00:55:58	05:35	10.7kph	
145	LOUISE JONES		F: 47	191	00:56:01	05:36	10.7kph	
146	SARAH DAVIES		F: 48	82	00:56:02	05:36	10.7kph	
147	BETHAN WATKINS		F: 49	8	00:56:12	05:37	10.7kph	
148	DANIELLE MAIDMENT	HEATH MASSIVE	F: 50	160	00:56:27	05:38	10.6kph	
149	DAVID DAVIES	CDF RUNNERS	M: 99	110	00:56:54	05:41	10.5kph	
150	SUZY LLOYD	ALBANY ROAD RUN CLUB	F: 51	20	00:56:56	05:41	10.5kph	
151	AMY COLLINS		F: 52	60	00:56:58	05:41	10.5kph	
152	CLARE BOLAND	JUST RUN	F: 53	234	00:57:17	05:43	10.5kph	
153	SHARON ASHBY	ALBANY ROAD RUN CLUB	F: 54	161	00:57:18	05:43	10.5kph	
154	AIVI REIMETS	ALBANY ROAD RUN CLUB	F: 55	26	00:57:22	05:44	10.5kph	
155	MEGAN LAWTON		F: 56	230	00:57:35	05:45	10.4kph	
156	SAMANTHA THOMAS	CAERPHILLY RUNNERS	F: 57	19	00:57:36	05:45	10.4kph	
157	MELANIE MANCINO	NEWPORT FEMALE RUNNERS	F: 58	7	00:58:17	05:49	10.3kph	
158	JULIE MORPHET	ALBANY ROAD RUN CLUB	F: 59	119	00:58:20	05:49	10.3kph	
159	HAYLEY STARK	NEWPORT FEMALE RUNNERS	F: 60	10	00:58:23	05:50	10.3kph	
160	KAREN CHADWELL	LES CROUPIERS RC	F: 61	202	00:59:00	05:53	10.2kph	
161	LAURA SPEAKE		F: 62	241	00:59:14	05:55	10.1kph	
162	NATALIE CARTLIDGE	SAN DOMENICO RC	F: 63	64	00:59:20	05:55	10.1kph	
163	CATH DICKENSON	CAERPHILLY RUNNERS	F: 64	23	00:59:32	05:57	10.1kph	
164	APRIL LESTER		F: 65	256	00:59:34	05:57	10.1kph	
165	SIAN GIBBENS		F: 66	61	00:59:37	05:57	10.1kph	
166	ANNA ARDANAZ-BADIA		F: 67	262	01:00:00	05:59	10.0kph	
167	CERI DHILLON		F: 68	100	01:00:25	06:02	9.9kph	
168	ALISON MORGAN	CAERPHILLY RUNNERS	F: 69	291	01:00:35	06:03	9.9kph	
169	DUSTIN PRITCHARD		M: 100	275	01:00:53	06:05	9.9kph	
170	JULIE PRITCHARD		F: 70	276	01:00:55	06:05	9.9kph	
171	SIAN LOVELL	NEWPORT FEMALE RUNNERS	F: 71	9	01:01:35	06:09	9.7kph	
172	CHLOE HEIMERS		F: 72	45	01:02:48	06:16	9.6kph	
173	SOFIA PRITCHARD		F: 73	277	01:02:49	06:16	9.6kph	
174	KARIN WAHL-JORGENSEN		F: 74	131	01:02:57	06:17	9.5kph	
175	HAYLEY HELLERMAN		F: 75	73	01:02:59	06:17	9.5kph	
176	LOUISE WINDSOR-EDWARDS		F: 76	228	01:03:02	06:18	9.5kph	
177	JO JONES		F: 77	177	01:03:02	06:18	9.5kph	
178	ELIZABETH BEAUMONT		F: 78	189	01:03:03	06:18	9.5kph	
179	JENNIFER EVANS		F: 79	72	01:03:05	06:18	9.5kph	

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180	TRICIA SEARLE	SHE RUNS CARDIFF	F: 80	184	01:03:39	06:21	9.4kph	
181	NIKKI HANCOX	GRIFFITHSTOWN HARRIERS	F: 81	221	01:04:55	06:29	9.2kph	
182	GERDA TALLON	ALBANY ROAD RUN CLUB	F: 82	54	01:05:06	06:30	9.2kph	
183	DEBBIE CUMMING	ALBANY ROAD RUN CLUB	F: 83	78	01:05:08	06:30	9.2kph	
184	DORREN GOODMAN	SOCIAL RUNAWAYS	F: 84	147	01:05:41	06:34	9.1kph	
185	KAREN GEORGE		F: 85	188	01:05:41	06:34	9.1kph	
186	LOWRI MORGAN	PONTYCLUN ROAD	F: 86	268	01:05:51	06:35	9.1kph	
187	GABRIELLE LONERGAN		F: 87	109	01:06:04	06:36	9.1kph	
188	BETHAN HEIMERS		F: 88	47	01:06:42	06:40	9.0kph	
189	JESSIE HEIMERS		F: 89	194	01:06:43	06:40	9.0kph	
190	XENIA PORTEOUS	ALBANY ROAD RUN CLUB	F: 90	14	01:07:10	06:42	8.9kph	
191	KATE DARLINGTON	SIRIUS RUNNING	F: 91	179	01:07:31	06:45	8.9kph	
192	EMMA SHORT		F: 92	186	01:07:32	06:45	8.9kph	
193	SOPHIE WALTERS	NEWPORT FEMALE RUNNERS	F: 93	97	01:07:46	06:46	8.9kph	
194	LISA HAYWARD	NEWPORT FEMALE RUNNERS	F: 94	11	01:07:48	06:46	8.9kph	
195	PHILIP EVANS		M: 101	148	01:07:52	06:47	8.8kph	
196	PENNY FULLER	VALE RUNNERS	F: 95	86	01:10:05	07:00	8.6kph	
197	SARAH THOMAS	SHE RUNS CARDIFF	F: 96	207	01:10:23	07:02	8.5kph	
198	LOUISE ELLIOTT	SHE RUNS CARDIFF	F: 97	200	01:10:27	07:02	8.5kph	
199	HEATHER LEWIS	ALBANY ROAD RUN CLUB	F: 98	260	01:10:44	07:04	8.5kph	
200	GEOFF WRIGHT	LES CROUPIERS RC	M: 102	157	01:11:35	07:09	8.4kph	
201	JORDAN MORRIS	YSTRAD RUNNERS	F: 99	218	01:12:11	07:13	8.3kph	
202	SUZANNE THOMAS		F: 100	297	01:12:16	07:13	8.3kph	
203	MADELEINE CAULKETT	ALBANY ROAD RUN CLUB	F: 101	34	01:12:30	07:14	8.3kph	
204	HELEN MCCARTHY	ALBANY ROAD RUN CLUB	F: 102	38	01:12:30	07:14	8.3kph	
205	JULIE EVANS	MERTHYR TRI	F: 103	232	01:12:47	07:16	8.2kph	
206	TRUDY KENNEDY	ALBANY ROAD RUN CLUB	F: 104	25	01:13:46	07:22	8.1kph	
207	DELYTH MULLANE	MOTI ALBANY	F: 105	118	01:13:46	07:22	8.1kph	
208	LUCIANN EVANS	MERTHYR TRI	F: 106	233	01:13:49	07:22	8.1kph	
209	LORRAINE BERRY		F: 107	152	01:18:33	07:51	7.6kph	
210	LORRAINE KELLY	CLWB RUN WALES	F: 108	165	01:19:31	07:57	7.5kph	
211	SIAN CROSSAN	SHE RUNS CARDIFF	F: 109	164	01:19:32	07:57	7.5kph	
212	RHIANNON NEVILLE	SHE RUNS CARDIFF	F: 110	214	01:19:33	07:57	7.5kph	
213	RHIAN THOMAS	SHE RUNS CARDIFF	F: 111	267	01:19:33	07:57	7.5kph	
214	RUTH CORNEY	YSTRAD RUNNERS	F: 112	217	01:20:07	08:00	7.5kph	
215	HEULWEN THOMAS		F: 113	182	01:48:11	10:49	5.5kph	