

Festive 10K

Place	Name	Club	Gender	Bib #	Gun Time	Chip Time	Division Rank
1	TOM FLITCROFT	LES CROUPIERS RC	M: 1	2	00:33:40	00:33:39	Overall Male Runner: 1
2	TOMOS WHITMARSH	LES CROUPIERS RC	M: 2	1	00:33:44	00:33:43	Overall Male Runner: 2
3	TOMAS BLACK	MYNYDDWYR DE CYMRU	M: 3	271	00:34:11	00:34:10	Overall Male Runner: 3
4	BEN KENNEDY	LES CROUPIERS RC	M: 4	272	00:34:41	00:34:40	
5	MOLI LYONS	CARDIFF AC	F: 1	199	00:34:45	00:34:43	Overall Female Runner: 1
6	MATT YELLAND	CLWB RUN WALES	M: 5	28	00:35:13	00:35:11	Male 40 - 49: 1
7	TOM WATERS	LES CROUPIERS RC	M: 6	290	00:35:27	00:35:25	
8	DAVID CRAIG	LES CROUPIERS RC	M: 7	65	00:35:32	00:35:31	
9	ARWEL EVANS	LES CROUPIERS RC	M: 8	201	00:35:37	00:35:35	
10	CRAIG BLAKE	LES CROUPIERS RC	M: 9	66	00:36:14	00:36:13	
11	NATHAN CHRISTOFORATO	LES CROUPIERS RC	M: 10	121	00:36:41	00:36:39	
12	AARON JEFFS	ABERDARE VALLEY AC	M: 11	128	00:36:43	00:36:39	
13	GEORGE ROSE	SAN DOMENICO RC	M: 12	87	00:37:11	00:37:07	
14	MARK FURNISH	SAN DOMENICO RC	M: 13	219	00:37:13	00:37:07	
15	ANDREW BLAIR	LES CROUPIERS RC	M: 14	246	00:37:16	00:37:14	Male 50 - 59: 1
16	HAAZIQ REZA	CDF RUNNERS	M: 15	263	00:37:24	00:37:20	
17	BEN LITTLEJOHNS		M: 16	95	00:37:26	00:37:24	
18	GABRIELIUS STUOKUS	SWANSEA HARRIERS	M: 17	154	00:37:28	00:37:26	
19	LOUISE FLYNN	LES CROUPIERS RC	F: 2	40	00:37:32	00:37:27	Overall Female Runner: 2
20	STEPHEN CAMPBELL	LES CROUPIERS RC	M: 18	103	00:37:42	00:37:39	
21	JAMES HORNER	LES CROUPIERS RC	M: 19	247	00:37:49	00:37:46	
22	TED HARDING-BROWN		M: 20	94	00:37:59	00:37:56	
23	ANDY GARDINER	SAN DOMENICO RC	M: 21	17	00:38:26	00:38:20	
24	DAN GRIFFITHS	CARDIFF TRI	M: 22	243	00:38:52	00:38:49	
25	ANTHONY BANNON	PENARTH & DINAS	M: 23	115	00:39:04	00:38:58	
26	NYNKE KUIPER	CDF RUNNERS	F: 3	203	00:39:05	00:39:02	Overall Female Runner: 3
27	CARL NEALON	LES CROUPIERS RC	M: 24	149	00:39:13	00:39:10	
28	ALFIE SARGEANT	BARRY & VALE HARRIERS	M: 25	13	00:39:18	00:39:13	
29	KRISTIAN WALTERS	MERTHYR TRI	M: 26	231	00:39:23	00:39:19	
30	JOHN SEAWARD	CAERPHILLY RUNNERS	M: 27	49	00:39:44	00:39:40	
31	CRAIG DAVIES		M: 28	208	00:40:00	00:39:51	
32	DAVID CASCARINA	NEATH HARRIERS	M: 29	159	00:40:02	00:40:00	
33	NICHOLAS DUKES	LES CROUPIERS RC	M: 30	173	00:40:09	00:40:03	
34	AIDAN O'DONNELL	CDF RUNNERS	M: 31	141	00:40:11	00:40:03	
35	GARETH LOGAN	LES CROUPIERS RC	M: 32	294	00:40:23	00:40:18	
36	LEO HOLMES	LES CROUPIERS RC	M: 33	42	00:40:29	00:40:24	
37	KEVIN PLANK	SAN DOMENICO RC	M: 34	89	00:40:31	00:40:24	
38	GETHIN POWELL	PONTYPRIDD ROADENTS	M: 35	52	00:40:33	00:40:29	
39	NICOLA JUKES	PARC BRYN BACH	F: 4	162	00:40:37	00:40:34	Female 45 - 54: 1
40	LEWIS JEFFREYS		M: 36	96	00:40:44	00:40:38	
41	EMYR WILE	ALBANY ROAD RUN CLUN	M: 37	108	00:40:51	00:40:44	
42	JOE LUCKETT	CDF RUNNERS	M: 38	282	00:40:51	00:40:44	
43	STEPHANIE HAMBLETON	LES CROUPIERS RC	F: 5	274	00:40:52	00:40:47	
44	LISA FAUNCH	AF&D	F: 6	91	00:40:53	00:40:47	Female 35 - 44: 1
45	ALISTAIR DOWNES	SAN DOMENICO RC	M: 39	137	00:40:57	00:40:49	
46	JEFF COX	LES CROUPIERS RC	M: 40	287	00:41:02	00:40:58	Male 60 - 120: 1
47	NIKI MORGAN	CHEPSTOW HARRIERS	F: 7	144	00:41:15	00:41:11	Female 55 - 120: 1
48	RHODRI MORRIS	CARDIFF TRI	M: 41	212	00:41:22	00:41:18	
49	LEAH STEPHENS	LES CROUPIERS RC	F: 8	259	00:41:27	00:41:21	
50	LENNY SAYERS	LES CROUPIERS RC	M: 42	125	00:41:46	00:41:41	
51	STEPHANIE DAVIES	PONTYPRIDD ROADENTS	F: 9	285	00:42:00	00:41:51	
52	MATTHEW PEARCE		M: 43	81	00:42:04	00:41:55	
53	SAM JONES		M: 44	265	00:42:10	00:41:57	
54	JULIE CHAMBERLAIN	CARDIFF AC	F: 10	55	00:42:14	00:42:11	
55	MATTHEW GWENTER	PENARTH & DINAS	M: 45	77	00:42:19	00:42:10	
56	KRIS EMES		M: 46	22	00:42:28	00:42:25	
57	NATALIE BURCHELL	GRIFFITHSTOWN HARRIERS	F: 11	226	00:42:30	00:42:22	
58	DANIELLE PHILLIPS	LES CROUPIERS RC	F: 12	171	00:42:37	00:42:31	
59	JAMES GRANT		M: 47	120	00:42:45	00:42:36	
60	PHIL BRISTOW	SAN DOMENICO RC	M: 48	113	00:42:47	00:42:40	

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61	HYWEL EDWARDS	SAN DOMENICO RC	M: 49	90	00:42:51	00:42:43	
62	EMILY LAGOMARSINO	SAN DOMENICO RC	F: 13	136	00:43:01	00:42:52	
63	MARK BURCHELL	GRIFFITHSTOWN HARRIERS	M: 50	213	00:43:21	00:43:12	
64	TERRY O'BRIEN		M: 51	67	00:43:31	00:43:23	
65	ALEX HOUNSLOW		M: 52	127	00:43:48	00:43:42	
66	SCOTT LEWIS	ALBANY ROAD RUN CLUN	M: 53	224	00:43:49	00:43:42	
67	IAN BELL	SAN DOMENICO RC	M: 54	168	00:44:04	00:43:57	
68	VINCENT NAZARETH	LES CROUPIERS RC	M: 55	153	00:44:24	00:44:19	
69	JACK HOCKING	CDF RUNNERS	M: 56	261	00:44:25	00:44:18	
70	TINA HILL	STROUD & DISTRICT AC	F: 14	298	00:44:34	00:44:21	
71	ALICE ROTHWELL	LES CROUPIERS RC	F: 15	170	00:44:42	00:44:36	
72	MEGAN POULSON	SAN DOMENICO RC	F: 16	16	00:45:04	00:44:56	
73	MICHAEL CLAYDEN		M: 57	169	00:45:19	00:45:08	
74	MALC GONNELLA	BUILTH WELLS RC	M: 58	116	00:45:27	00:45:20	
75	SHANNON WALKER	LES CROUPIERS RC	F: 17	300	00:45:33	00:45:23	
76	RICHARD HAGGERTY	CAERPHILLY RUNNERS	M: 59	24	00:46:04	00:46:00	
77	SARA-LOUISE DAVIES		F: 18	140	00:46:07	00:45:55	
78	MATT MCCARTHY	ALBANY ROAD RUN CLUN	M: 60	59	00:46:18	00:46:04	
79	MARIA RICHARDS	PONT-Y-PWL & DISTRICT	F: 19	266	00:46:41	00:46:33	
80	ROBYN THOMAS	CDF RUNNERS	F: 20	283	00:46:58	00:46:50	
81	WOUTER POORTINGA	LES CROUPIERS RC	M: 61	133	00:47:01	00:46:50	
82	JANE SHELDON	PENARTH & DINAS	F: 21	209	00:47:02	00:46:57	
83	MICHELLE TAYLOR	LES CROUPIERS RC	F: 22	206	00:47:07	00:46:56	
84	MIKE DAVIES	CDF RUNNERS	M: 62	79	00:47:10	00:47:02	
85	LUCY GREEN	SAN DOMENICO RC	F: 23	236	00:47:16	00:47:08	
86	CHARLOTTE HEALY	GRIFFITHSTOWN HARRIERS	F: 24	211	00:47:27	00:47:18	
87	ELIO LEPORE	LES CROUPIERS RC	M: 63	254	00:47:45	00:47:40	
88	ANDREW DAVIES	PONTYPRIDD ROADENTS	M: 64	284	00:47:55	00:47:45	
89	KATIE PAYNE	ALBANY ROAD RUN CLUN	F: 25	107	00:48:15	00:48:01	
90	JAMES NEILSON		M: 65	102	00:48:30	00:48:21	
91	ADAM THOMAS	ALBANY ROAD RUN CLUN	M: 66	36	00:48:31	00:48:16	
92	MATT CAFFYN	CDF RUNNERS	M: 67	250	00:48:37	00:48:22	
93	ANDREW WEBBER		M: 68	223	00:48:48	00:48:32	
94	CHRISTOPHER GRANT	CAERPHILLY RUNNERS	M: 69	27	00:49:05	00:48:56	
95	MARK BARRETT	ALBANY ROAD RUN CLUN	M: 70	196	00:49:12	00:48:56	
96	MICHELLE AMBLIN	LES CROUPIERS RC	F: 26	252	00:49:24	00:49:12	
97	STUART MORRIS	SPIRIT OF MONMOUTH	M: 71	83	00:49:30	00:49:25	
98	JULIANA REIMBERG	CDF RUNNERS	F: 27	225	00:49:38	00:49:20	
99	ED ASHLEY		M: 72	269	00:49:47	00:49:32	
100	TRINA SAMI	SPIRIT OF MONMOUTH	F: 28	84	00:49:57	00:49:52	
101	PHIL CHADWICK	SPIRIT OF MONMOUTH	M: 73	85	00:49:58	00:49:52	
102	RACHAEL HARDING-BROWN		F: 29	41	00:50:05	00:49:51	
103	LISA WHITTAKER		F: 30	21	00:50:05	00:49:43	
104	CRAIG SKIDMORE	SAN DOMENICO RC	M: 74	88	00:50:22	00:50:13	
105	MATTHEW PARRY		M: 75	15	00:50:27	00:50:18	
106	MICHAEL DAVIES		M: 76	238	00:50:31	00:50:19	
107	JEFF JOHN	PONTYPRIDD ROADENTS	M: 77	249	00:50:43	00:50:27	
108	JAQ UNDERWOOD	LLISWERRY HARRIERS	F: 31	6	00:50:54	00:50:37	
109	MICHAEL H DAVIES	LES CROUPIERS RC	M: 78	270	00:51:17	00:51:05	
110	MARTIN GREEN	PONTYPRIDD ROADENTS	M: 79	253	00:51:22	00:51:10	
111	SIONED THOMAS	CDF RUNNERS	F: 32	111	00:51:33	00:51:14	
112	IAN WILLS		M: 80	98	00:51:35	00:51:24	
113	STEPHEN OWEN	CHEPSTOW HARRIERS	M: 81	145	00:51:50	00:51:40	
114	JAYNE STEPHENS	CAERPHILLY RUNNERS	F: 33	58	00:51:58	00:51:46	
115	DAVID BROUGHTON		F: 34	75	00:52:16	00:52:03	
116	ROY SOUTHAM		M: 82	48	00:52:30	00:52:26	
117	ROBERT LEWIS	CAERPHILLY RUNNERS	M: 83	57	00:53:10	00:52:58	
118	MARTIN HARRIS	PARC BRYN BACH	M: 84	172	00:53:14	00:53:03	
119	DONNA HAMER	LES CROUPIERS RC	F: 35	293	00:53:16	00:53:00	

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120	LILY BLANK	ALBANY ROAD RUN CLUN	F: 36	31	00:53:21	00:53:05	
121	ROSIE HURLEY	ALBANY ROAD RUN CLUN	F: 37	134	00:53:29	00:53:14	
122	MATT HODGSON		M: 85	279	00:53:30	00:53:09	
123	BREDA CRONIN		F: 38	101	00:53:32	00:53:14	
124	JESSIE LEWIS		F: 39	251	00:53:36	00:53:20	
125	GARY JOHN	LES CROUPIERS RC	M: 86	135	00:53:40	00:53:30	
126	MICHAEL DRAGE	ALBANY ROAD RUN CLUN	M: 87	43	00:53:43	00:53:26	
127	OLIVIA JONES	ALBANY ROAD RUN CLUN	F: 40	39	00:53:56	00:53:41	
128	DAVE STREET	ALBANY ROAD RUN CLUN	M: 88	37	00:54:05	00:53:47	
129	JAMES ROBERTS	ALBANY ROAD RUN CLUN	M: 89	46	00:54:10	00:53:56	
130	NATHAN JAMES	HENGOED HARRIERS	M: 90	181	00:54:13	00:53:53	
131	JASON VOWLES	ALBANY ROAD RUN CLUN	M: 91	190	00:54:16	00:54:00	
132	MIKE SPENCER		M: 92	163	00:54:26	00:54:15	
133	TAMARA HIDALGO FROILAN		F: 41	299	00:54:37	00:54:33	
134	EVE GALLOP-EVANS	LES CROUPIERS RC	F: 42	151	00:54:38	00:54:25	
135	BRENDA AVERY	CHEPSTOW HARRIERS	F: 43	222	00:54:46	00:54:35	
136	PAUL HANCOX	GRIFFITHSTOWN HARRIERS	M: 93	220	00:54:55	00:54:42	
137	FRANCESCA FLORIS		F: 44	257	00:54:57	00:54:36	
138	DAVID COURT		M: 94	258	00:54:59	00:54:37	
139	ANDY TAYLOR		M: 95	53	00:55:14	00:55:03	
140	TOM BAKER		M: 96	51	00:55:21	00:55:10	
141	EMMA SHAW		F: 45	237	00:55:30	00:55:08	
142	RICHARD THOMAS	CAERPHILLY RUNNERS	M: 97	18	00:56:11	00:55:52	
143	SARAH DAVIES		F: 46	82	00:56:15	00:56:02	
144	SARAH TAYLOR	SIRIUS RUNNING	F: 47	175	00:56:17	00:55:58	
145	MICHAEL JONES		M: 98	192	00:56:24	00:55:58	
146	LOUISE JONES		F: 48	191	00:56:28	00:56:01	
147	BETHAN WATKINS		F: 49	8	00:56:33	00:56:12	
148	DANIELLE MAIDMENT	HEATH MASSIVE	F: 50	160	00:56:44	00:56:27	
149	DAVID DAVIES	CDF RUNNERS	M: 99	110	00:57:04	00:56:54	
150	SUZY LLOYD	ALBANY ROAD RUN CLUN	F: 51	20	00:57:14	00:56:56	
151	AMY COLLINS		F: 52	60	00:57:19	00:56:58	
153	SHARON ASHBY	ALBANY ROAD RUN CLUN	F: 54	161	00:57:32	00:57:18	
152	CLARE BOLAND	JUST RUN	F: 53	234	00:57:32	00:57:17	
154	AIVI REIMETS	ALBANY ROAD RUN CLUN	F: 55	26	00:57:38	00:57:22	
155	MEGAN LAWTON		F: 56	230	00:57:44	00:57:35	
156	SAMANTHA THOMAS	CAERPHILLY RUNNERS	F: 57	19	00:57:55	00:57:36	
157	MELANIE MANCINO	NEWPORT FEMALE RUNNERS	F: 58	7	00:58:36	00:58:17	
158	JULIE MORPHET	ALBANY ROAD RUN CLUN	F: 59	119	00:58:37	00:58:20	
159	HAYLEY STARK	NEWPORT FEMALE RUNNERS	F: 60	10	00:58:41	00:58:23	
160	KAREN CHADWELL	LES CROUPIERS RC	F: 61	202	00:59:21	00:59:00	
161	NATALIE CARTLIDGE	SAN DOMENICO RC	F: 62	64	00:59:34	00:59:20	
162	LAURA SPEAKE		F: 63	241	00:59:37	00:59:14	
163	CATH DICKENSON	CAERPHILLY RUNNERS	F: 64	23	00:59:51	00:59:32	
164	APRIL LESTER		F: 65	256	00:59:53	00:59:34	
165	SIAN GIBBENS		F: 66	61	00:59:58	00:59:37	
166	ANNA ARDANAZ-BADIA		F: 67	262	01:00:19	01:00:00	
167	CERI DHILLON		F: 68	100	01:00:44	01:00:25	
168	ALISON MORGAN	CAERPHILLY RUNNERS	F: 69	291	01:00:54	01:00:35	
169	DUSTIN PRITCHARD		M: 100	275	01:01:11	01:00:53	
170	JULIE PRITCHARD		F: 70	276	01:01:11	01:00:55	
171	SIAN LOVELL	NEWPORT FEMALE RUNNERS	F: 71	9	01:01:52	01:01:35	
172	SOFIA PRITCHARD		F: 72	277	01:03:04	01:02:49	
173	CHLOE HEIMERS		F: 73	45	01:03:05	01:02:48	
174	HAYLEY HELLERMAN		F: 74	73	01:03:10	01:02:59	
175	ELIZABETH BEAUMONT		F: 75	189	01:03:19	01:03:03	
176	KARIN WAHL-JORGENSEN		F: 76	131	01:03:22	01:02:57	
177	JO JONES		F: 77	177	01:03:22	01:03:02	
178	LOUISE WINDSOR-EDWARDS		F: 78	228	01:03:22	01:03:02	
179	JENNIFER EVANS		F: 79	72	01:03:30	01:03:05	

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180	TRICIA SEARLE	SHE RUNS CARDIFF	F: 80	184	01:04:03	01:03:39	
181	NIKKI HANCOX	GRIFFITHSTOWN HARRIERS	F: 81	221	01:05:08	01:04:55	
182	GERDA TALLON	ALBANY ROAD RUN CLUN	F: 82	54	01:05:22	01:05:06	
183	DEBBIE CUMMING	ALBANY ROAD RUN CLUN	F: 83	78	01:05:24	01:05:08	
184	DORREN GOODMAN	SOCIAL RUNAWAYS	F: 84	147	01:06:05	01:05:41	
185	KAREN GEORGE		F: 85	188	01:06:06	01:05:41	
187	GABRIELLE LONERGAN		F: 87	109	01:06:16	01:06:04	
186	LOWRI MORGAN	PONTYCLUN ROAD	F: 86	268	01:06:16	01:05:51	
188	JESSIE HEIMERS		F: 88	194	01:06:59	01:06:43	
189	BETHAN HEIMERS		F: 89	47	01:07:00	01:06:42	
190	XENIA PORTEOUS	ALBANY ROAD RUN CLUN	F: 90	14	01:07:32	01:07:10	
191	EMMA SHORT		F: 91	186	01:07:51	01:07:32	
192	KATE DARLINGTON	SIRIUS RUNNING	F: 92	179	01:07:51	01:07:31	
193	SOPHIE WALTERS	NEWPORT FEMALE RUNNERS	F: 93	97	01:08:06	01:07:46	
194	LISA HAYWARD	NEWPORT FEMALE RUNNERS	F: 94	11	01:08:06	01:07:48	
195	PHILIP EVANS		M: 101	148	01:08:16	01:07:52	
196	PENNY FULLER	VALE RUNNERS,	F: 95	86	01:10:17	01:10:05	
197	SARAH THOMAS	SHE RUNS CARDIFF	F: 96	207	01:10:50	01:10:23	
198	LOUISE ELLIOTT	SHE RUNS CARDIFF	F: 97	200	01:10:50	01:10:27	
199	HEATHER LEWIS	ALBANY ROAD RUN CLUN	F: 98	260	01:11:02	01:10:44	
200	GEOFF WRIGHT	LES CROUPIERS RC	M: 102	157	01:11:51	01:11:35	
201	JORDAN MORRIS	YSTRAD RUNNERS,	F: 99	218	01:12:33	01:12:11	
202	SUZANNE THOMAS		F: 100	297	01:12:39	01:12:16	
203	HELEN MCCARTHY	ALBANY ROAD RUN CLUN	F: 101	38	01:12:53	01:12:30	
204	MADELEINE CAULKETT	ALBANY ROAD RUN CLUN	F: 102	34	01:12:53	01:12:30	
205	JULIE EVANS	MERTHYR TRI	F: 103	232	01:13:02	01:12:47	
206	LUCIANN EVANS	MERTHYR TRI	F: 104	233	01:14:04	01:13:49	
207	DELYTH MULLANE	MOTI ALBANY ROAD	F: 105	118	01:14:09	01:13:46	
208	TRUDY KENNEDY	ALBANY ROAD RUN CLUN	F: 106	25	01:14:10	01:13:46	
209	LORRAINE BERRY		F: 107	152	01:18:57	01:18:33	
210	LORRAINE KELLY	CLWB RUN WALES	F: 108	165	01:19:56	01:19:31	
211	SIAN CROSSAN	SHE RUNS CARDIFF	F: 109	164	01:19:56	01:19:32	
212	RHIANNON NEVILLE	SHE RUNS CARDIFF	F: 110	214	01:19:58	01:19:33	
213	RHIAN THOMAS	SHE RUNS CARDIFF	F: 111	267	01:19:59	01:19:33	
214	RUTH CORNEY	YSTRAD RUNNERS,	F: 112	217	01:20:29	01:20:07	
215	HEULWEN THOMAS		F: 113	182	01:48:40	01:48:11	

