

Festive 10K

Place	Name	Club	Gender	Bib #	Gun Time	Pace	Speed	Division Rank
1	TOM FLITCROFT	LES CROUPIERS RC	M: 1	2	00:33:40	03:21	17.8kph	Overall Male Runner: 1
2	TOMOS WHITMARSH	LES CROUPIERS RC	M: 2	1	00:33:44	03:22	17.8kph	Overall Male Runner: 2
3	TOMAS BLACK	MYNYDDWYR DE CYMRU	M: 3	271	00:34:11	03:25	17.6kph	Overall Male Runner: 3
4	BEN KENNEDY	LES CROUPIERS RC	M: 4	272	00:34:41	03:28	17.3kph	
5	MOLI LYONS	CARDIFF AC	F: 1	199	00:34:45	03:28	17.3kph	Overall Female Runner: 1
6	MATT YELLAND	CLWB RUN WALES	M: 5	28	00:35:13	03:31	17.0kph	Male 40 - 49: 1
7	TOM WATERS	LES CROUPIERS RC	M: 6	290	00:35:27	03:32	16.9kph	
8	DAVID CRAIG	LES CROUPIERS RC	M: 7	65	00:35:32	03:33	16.9kph	
9	ARWEL EVANS	LES CROUPIERS RC	M: 8	201	00:35:37	03:33	16.9kph	
10	CRAIG BLAKE	LES CROUPIERS RC	M: 9	66	00:36:14	03:37	16.6kph	
11	NATHAN CHRISTOFORATO	LES CROUPIERS RC	M: 10	121	00:36:41	03:40	16.4kph	
12	AARON JEFFS	ABERDARE VALLEY AC	M: 11	128	00:36:43	03:40	16.3kph	
13	GEORGE ROSE	SAN DOMENICO RC	M: 12	87	00:37:11	03:43	16.1kph	
14	MARK FURNISH	SAN DOMENICO RC	M: 13	219	00:37:13	03:43	16.1kph	
15	ANDREW BLAIR	LES CROUPIERS RC	M: 14	246	00:37:16	03:43	16.1kph	Male 50 - 59: 1
16	HAAZIQ REZA	CDF RUNNERS	M: 15	263	00:37:24	03:44	16.0kph	
17	BEN LITTLEJOHNS		M: 16	95	00:37:26	03:44	16.0kph	
18	GABRIELIUS STUOKUS	SWANSEA HARRIERS	M: 17	154	00:37:28	03:44	16.0kph	
19	LOUISE FLYNN	LES CROUPIERS RC	F: 2	40	00:37:32	03:45	16.0kph	Overall Female Runner: 2
20	STEPHEN CAMPBELL	LES CROUPIERS RC	M: 18	103	00:37:42	03:46	15.9kph	
21	JAMES HORNER	LES CROUPIERS RC	M: 19	247	00:37:49	03:46	15.9kph	
22	TED HARDING-BROWN		M: 20	94	00:37:59	03:47	15.8kph	
23	ANDY GARDINER	SAN DOMENICO RC	M: 21	17	00:38:26	03:50	15.6kph	
24	DAN GRIFFITHS	CARDIFF TRI	M: 22	243	00:38:52	03:53	15.4kph	
25	ANTHONY BANNON	PENARTH & DINAS	M: 23	115	00:39:04	03:54	15.4kph	
26	NYNKE KUIPER	CDF RUNNERS	F: 3	203	00:39:05	03:54	15.4kph	Overall Female Runner: 3
27	CARL NEALON	LES CROUPIERS RC	M: 24	149	00:39:13	03:55	15.3kph	
28	ALFIE SARGEANT	BARRY & VALE HARRIERS	M: 25	13	00:39:18	03:55	15.3kph	
29	KRISTIAN WALTERS	MERTHYR TRI	M: 26	231	00:39:23	03:56	15.2kph	
30	JOHN SEAWARD	CAERPHILLY RUNNERS	M: 27	49	00:39:44	03:58	15.1kph	
31	CRAIG DAVIES		M: 28	208	00:40:00	03:59	15.0kph	
32	DAVID CASCARINA	NEATH HARRIERS	M: 29	159	00:40:02	04:00	15.0kph	
33	NICHOLAS DUKES	LES CROUPIERS RC	M: 30	173	00:40:09	04:00	14.9kph	
34	AIDAN O'DONNELL	CDF RUNNERS	M: 31	141	00:40:11	04:01	14.9kph	
35	GARETH LOGAN	LES CROUPIERS RC	M: 32	294	00:40:23	04:02	14.9kph	
36	LEO HOLMES	LES CROUPIERS RC	M: 33	42	00:40:29	04:02	14.8kph	
37	KEVIN PLANK	SAN DOMENICO RC	M: 34	89	00:40:31	04:03	14.8kph	
38	GETHIN POWELL	PONTYPRIDD ROADENTS	M: 35	52	00:40:33	04:03	14.8kph	
39	NICOLA JUKES	PARC BRYN BACH	F: 4	162	00:40:37	04:03	14.8kph	Female 45 - 54: 1
40	LEWIS JEFFREYS		M: 36	96	00:40:44	04:04	14.7kph	
41	EMYR WILE	ALBANY ROAD RUN CLUN	M: 37	108	00:40:51	04:05	14.7kph	
42	JOE LUCKETT	CDF RUNNERS	M: 38	282	00:40:51	04:05	14.7kph	
43	STEPHANIE HAMBLETON	LES CROUPIERS RC	F: 5	274	00:40:52	04:05	14.7kph	
44	LISA FAUNCH	AF&D	F: 6	91	00:40:53	04:05	14.7kph	Female 35 - 44: 1
45	ALISTAIR DOWNES	SAN DOMENICO RC	M: 39	137	00:40:57	04:05	14.7kph	
46	JEFF COX	LES CROUPIERS RC	M: 40	287	00:41:02	04:06	14.6kph	Male 60 - 120: 1
47	NIKI MORGAN	CHEPSTOW HARRIERS	F: 7	144	00:41:15	04:07	14.5kph	Female 55 - 120: 1
48	RHODRI MORRIS	CARDIFF TRI	M: 41	212	00:41:22	04:08	14.5kph	
49	LEAH STEPHENS	LES CROUPIERS RC	F: 8	259	00:41:27	04:08	14.5kph	
50	LENNY SAYERS	LES CROUPIERS RC	M: 42	125	00:41:46	04:10	14.4kph	
51	STEPHANIE DAVIES	PONTYPRIDD ROADENTS	F: 9	285	00:42:00	04:11	14.3kph	
52	MATTHEW PEARCE		M: 43	81	00:42:04	04:12	14.3kph	
53	SAM JONES		M: 44	265	00:42:10	04:12	14.2kph	
54	JULIE CHAMBERLAIN	CARDIFF AC	F: 10	55	00:42:14	04:13	14.2kph	
55	MATTHEW GWENTER	PENARTH & DINAS	M: 45	77	00:42:19	04:13	14.2kph	
56	KRIS EMES		M: 46	22	00:42:28	04:14	14.1kph	
57	NATALIE BURCHELL	GRIFFITHSTOWN HARRIERS	F: 11	226	00:42:30	04:15	14.1kph	
58	DANIELLE PHILLIPS	LES CROUPIERS RC	F: 12	171	00:42:37	04:15	14.1kph	
59	JAMES GRANT		M: 47	120	00:42:45	04:16	14.0kph	
60	PHIL BRISTOW	SAN DOMENICO RC	M: 48	113	00:42:47	04:16	14.0kph	

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61	HYWEL EDWARDS	SAN DOMENICO RC	M: 49	90	00:42:51	04:17	14.0kph	
62	EMILY LAGOMARSINO	SAN DOMENICO RC	F: 13	136	00:43:01	04:18	14.0kph	
63	MARK BURCHELL	GRIFFITHSTOWN HARRIERS	M: 50	213	00:43:21	04:20	13.8kph	
64	TERRY O'BRIEN		M: 51	67	00:43:31	04:21	13.8kph	
65	ALEX HOUNSLOW		M: 52	127	00:43:48	04:22	13.7kph	
66	SCOTT LEWIS	ALBANY ROAD RUN CLUN	M: 53	224	00:43:49	04:22	13.7kph	
67	IAN BELL	SAN DOMENICO RC	M: 54	168	00:44:04	04:24	13.6kph	
68	VINCENT NAZARETH	LES CROUPIERS RC	M: 55	153	00:44:24	04:26	13.5kph	
69	JACK HOCKING	CDF RUNNERS	M: 56	261	00:44:25	04:26	13.5kph	
70	TINA HILL	STROUD & DISTRICT AC	F: 14	298	00:44:34	04:27	13.5kph	
71	ALICE ROTHWELL	LES CROUPIERS RC	F: 15	170	00:44:42	04:28	13.4kph	
72	MEGAN POULSON	SAN DOMENICO RC	F: 16	16	00:45:04	04:30	13.3kph	
73	MICHAEL CLAYDEN		M: 57	169	00:45:19	04:31	13.2kph	
74	MALC GONNELLA	BUILTH WELLS RC	M: 58	116	00:45:27	04:32	13.2kph	
75	SHANNON WALKER	LES CROUPIERS RC	F: 17	300	00:45:33	04:33	13.2kph	
76	RICHARD HAGGERTY	CAERPHILLY RUNNERS	M: 59	24	00:46:04	04:36	13.0kph	
77	SARA-LOUISE DAVIES		F: 18	140	00:46:07	04:36	13.0kph	
78	MATT MCCARTHY	ALBANY ROAD RUN CLUN	M: 60	59	00:46:18	04:37	13.0kph	
79	MARIA RICHARDS	PONT-Y-PWL & DISTRICT	F: 19	266	00:46:41	04:40	12.9kph	
80	ROBYN THOMAS	CDF RUNNERS	F: 20	283	00:46:58	04:41	12.8kph	
81	WOUTER POORTINGA	LES CROUPIERS RC	M: 61	133	00:47:01	04:42	12.8kph	
82	JANE SHELDON	PENARTH & DINAS	F: 21	209	00:47:02	04:42	12.8kph	
83	MICHELLE TAYLOR	LES CROUPIERS RC	F: 22	206	00:47:07	04:42	12.7kph	
84	MIKE DAVIES	CDF RUNNERS	M: 62	79	00:47:10	04:42	12.7kph	
85	LUCY GREEN	SAN DOMENICO RC	F: 23	236	00:47:16	04:43	12.7kph	
86	CHARLOTTE HEALY	GRIFFITHSTOWN HARRIERS	F: 24	211	00:47:27	04:44	12.6kph	
87	ELIO LEPORE	LES CROUPIERS RC	M: 63	254	00:47:45	04:46	12.6kph	
88	ANDREW DAVIES	PONTYPRIDD ROADENTS	M: 64	284	00:47:55	04:47	12.5kph	
89	KATIE PAYNE	ALBANY ROAD RUN CLUN	F: 25	107	00:48:15	04:49	12.4kph	
90	JAMES NEILSON		M: 65	102	00:48:30	04:50	12.4kph	
91	ADAM THOMAS	ALBANY ROAD RUN CLUN	M: 66	36	00:48:31	04:51	12.4kph	
92	MATT CAFFYN	CDF RUNNERS	M: 67	250	00:48:37	04:51	12.3kph	
93	ANDREW WEBBER		M: 68	223	00:48:48	04:52	12.3kph	
94	CHRISTOPHER GRANT	CAERPHILLY RUNNERS	M: 69	27	00:49:05	04:54	12.2kph	
95	MARK BARRETT	ALBANY ROAD RUN CLUN	M: 70	196	00:49:12	04:55	12.2kph	
96	MICHELLE AMBLIN	LES CROUPIERS RC	F: 26	252	00:49:24	04:56	12.1kph	
97	STUART MORRIS	SPIRIT OF MONMOUTH	M: 71	83	00:49:30	04:56	12.1kph	
98	JULIANA REIMBERG	CDF RUNNERS	F: 27	225	00:49:38	04:57	12.1kph	
99	ED ASHLEY		M: 72	269	00:49:47	04:58	12.1kph	
100	TRINA SAMI	SPIRIT OF MONMOUTH	F: 28	84	00:49:57	04:59	12.0kph	
101	PHIL CHADWICK	SPIRIT OF MONMOUTH	M: 73	85	00:49:58	04:59	12.0kph	
102	RACHAEL HARDING-BROWN		F: 29	41	00:50:05	05:00	12.0kph	
103	LISA WHITTAKER		F: 30	21	00:50:05	05:00	12.0kph	
104	CRAIG SKIDMORE	SAN DOMENICO RC	M: 74	88	00:50:22	05:02	11.9kph	
105	MATTHEW PARRY		M: 75	15	00:50:27	05:02	11.9kph	
106	MICHAEL DAVIES		M: 76	238	00:50:31	05:03	11.9kph	
107	JEFF JOHN	PONTYPRIDD ROADENTS	M: 77	249	00:50:43	05:04	11.8kph	
108	JAQ UNDERWOOD	LLISWERRY HARRIERS	F: 31	6	00:50:54	05:05	11.8kph	
109	MICHAEL H DAVIES	LES CROUPIERS RC	M: 78	270	00:51:17	05:07	11.7kph	
110	MARTIN GREEN	PONTYPRIDD ROADENTS	M: 79	253	00:51:22	05:08	11.7kph	
111	SIONED THOMAS	CDF RUNNERS	F: 32	111	00:51:33	05:09	11.6kph	
112	IAN WILLS		M: 80	98	00:51:35	05:09	11.6kph	
113	STEPHEN OWEN	CHEPSTOW HARRIERS	M: 81	145	00:51:50	05:10	11.6kph	
114	JAYNE STEPHENS	CAERPHILLY RUNNERS	F: 33	58	00:51:58	05:11	11.5kph	
115	DAVID BROUGHTON		F: 34	75	00:52:16	05:13	11.5kph	
116	ROY SOUTHAM		M: 82	48	00:52:30	05:14	11.4kph	
117	ROBERT LEWIS	CAERPHILLY RUNNERS	M: 83	57	00:53:10	05:18	11.3kph	
118	MARTIN HARRIS	PARC BRYN BACH	M: 84	172	00:53:14	05:19	11.3kph	
119	DONNA HAMER	LES CROUPIERS RC	F: 35	293	00:53:16	05:19	11.3kph	

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120	LILY BLANK	ALBANY ROAD RUN CLUN	F: 36	31	00:53:21	05:20	11.2kph	
121	ROSIE HURLEY	ALBANY ROAD RUN CLUN	F: 37	134	00:53:29	05:20	11.2kph	
122	MATT HODGSON		M: 85	279	00:53:30	05:21	11.2kph	
123	BREDA CRONIN		F: 38	101	00:53:32	05:21	11.2kph	
124	JESSIE LEWIS		F: 39	251	00:53:36	05:21	11.2kph	
125	GARY JOHN	LES CROUPIERS RC	M: 86	135	00:53:40	05:21	11.2kph	
126	MICHAEL DRAGE	ALBANY ROAD RUN CLUN	M: 87	43	00:53:43	05:22	11.2kph	
127	OLIVIA JONES	ALBANY ROAD RUN CLUN	F: 40	39	00:53:56	05:23	11.1kph	
128	DAVE STREET	ALBANY ROAD RUN CLUN	M: 88	37	00:54:05	05:24	11.1kph	
129	JAMES ROBERTS	ALBANY ROAD RUN CLUN	M: 89	46	00:54:10	05:24	11.1kph	
130	NATHAN JAMES	HENGOED HARRIERS	M: 90	181	00:54:13	05:25	11.1kph	
131	JASON VOWLES	ALBANY ROAD RUN CLUN	M: 91	190	00:54:16	05:25	11.1kph	
132	MIKE SPENCER		M: 92	163	00:54:26	05:26	11.0kph	
133	TAMARA HIDALGO FROILAN		F: 41	299	00:54:37	05:27	11.0kph	
134	EVE GALLOP-EVANS	LES CROUPIERS RC	F: 42	151	00:54:38	05:27	11.0kph	
135	BRENDA AVERY	CHEPSTOW HARRIERS	F: 43	222	00:54:46	05:28	11.0kph	
136	PAUL HANCOX	GRIFFITHSTOWN HARRIERS	M: 93	220	00:54:55	05:29	10.9kph	
137	FRANCESCA FLORIS		F: 44	257	00:54:57	05:29	10.9kph	
138	DAVID COURT		M: 94	258	00:54:59	05:29	10.9kph	
139	ANDY TAYLOR		M: 95	53	00:55:14	05:31	10.9kph	
140	TOM BAKER		M: 96	51	00:55:21	05:32	10.8kph	
141	EMMA SHAW		F: 45	237	00:55:30	05:32	10.8kph	
142	RICHARD THOMAS	CAERPHILLY RUNNERS	M: 97	18	00:56:11	05:37	10.7kph	
143	SARAH DAVIES		F: 46	82	00:56:15	05:37	10.7kph	
144	SARAH TAYLOR	SIRIUS RUNNING	F: 47	175	00:56:17	05:37	10.7kph	
145	MICHAEL JONES		M: 98	192	00:56:24	05:38	10.6kph	
146	LOUISE JONES		F: 48	191	00:56:28	05:38	10.6kph	
147	BETHAN WATKINS		F: 49	8	00:56:33	05:39	10.6kph	
148	DANIELLE MAIDMENT	HEATH MASSIVE	F: 50	160	00:56:44	05:40	10.6kph	
149	DAVID DAVIES	CDF RUNNERS	M: 99	110	00:57:04	05:42	10.5kph	
150	SUZY LLOYD	ALBANY ROAD RUN CLUN	F: 51	20	00:57:14	05:43	10.5kph	
151	AMY COLLINS		F: 52	60	00:57:19	05:43	10.5kph	
153	SHARON ASHBY	ALBANY ROAD RUN CLUN	F: 54	161	00:57:32	05:45	10.4kph	
152	CLARE BOLAND	JUST RUN	F: 53	234	00:57:32	05:45	10.4kph	
154	AIVI REIMETS	ALBANY ROAD RUN CLUN	F: 55	26	00:57:38	05:45	10.4kph	
155	MEGAN LAWTON		F: 56	230	00:57:44	05:46	10.4kph	
156	SAMANTHA THOMAS	CAERPHILLY RUNNERS	F: 57	19	00:57:55	05:47	10.4kph	
157	MELANIE MANCINO	NEWPORT FEMALE RUNNERS	F: 58	7	00:58:36	05:51	10.2kph	
158	JULIE MORPHET	ALBANY ROAD RUN CLUN	F: 59	119	00:58:37	05:51	10.2kph	
159	HAYLEY STARK	NEWPORT FEMALE RUNNERS	F: 60	10	00:58:41	05:52	10.2kph	
160	KAREN CHADWELL	LES CROUPIERS RC	F: 61	202	00:59:21	05:56	10.1kph	
161	NATALIE CARTLIDGE	SAN DOMENICO RC	F: 62	64	00:59:34	05:57	10.1kph	
162	LAURA SPEAKE		F: 63	241	00:59:37	05:57	10.1kph	
163	CATH DICKENSON	CAERPHILLY RUNNERS	F: 64	23	00:59:51	05:59	10.0kph	
164	APRIL LESTER		F: 65	256	00:59:53	05:59	10.0kph	
165	SIAN GIBBENS		F: 66	61	00:59:58	05:59	10.0kph	
166	ANNA ARDANAZ-BADIA		F: 67	262	01:00:19	06:01	9.9kph	
167	CERI DHILLON		F: 68	100	01:00:44	06:04	9.9kph	
168	ALISON MORGAN	CAERPHILLY RUNNERS	F: 69	291	01:00:54	06:05	9.9kph	
169	DUSTIN PRITCHARD		M: 100	275	01:01:11	06:07	9.8kph	
170	JULIE PRITCHARD		F: 70	276	01:01:11	06:07	9.8kph	
171	SIAN LOVELL	NEWPORT FEMALE RUNNERS	F: 71	9	01:01:52	06:11	9.7kph	
172	SOFIA PRITCHARD		F: 72	277	01:03:04	06:18	9.5kph	
173	CHLOE HEIMERS		F: 73	45	01:03:05	06:18	9.5kph	
174	HAYLEY HELLERMAN		F: 74	73	01:03:10	06:19	9.5kph	
175	ELIZABETH BEAUMONT		F: 75	189	01:03:19	06:19	9.5kph	
176	KARIN WAHL-JORGENSEN		F: 76	131	01:03:22	06:20	9.5kph	
177	JO JONES		F: 77	177	01:03:22	06:20	9.5kph	
178	LOUISE WINDSOR-EDWARDS		F: 78	228	01:03:22	06:20	9.5kph	
179	JENNIFER EVANS		F: 79	72	01:03:30	06:20	9.4kph	

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180	TRICIA SEARLE	SHE RUNS CARDIFF	F: 80	184	01:04:03	06:24	9.4kph	
181	NIKKI HANCOX	GRIFFITHSTOWN HARRIERS	F: 81	221	01:05:08	06:30	9.2kph	
182	GERDA TALLON	ALBANY ROAD RUN CLUN	F: 82	54	01:05:22	06:32	9.2kph	
183	DEBBIE CUMMING	ALBANY ROAD RUN CLUN	F: 83	78	01:05:24	06:32	9.2kph	
184	DORREN GOODMAN	SOCIAL RUNAWAYS	F: 84	147	01:06:05	06:36	9.1kph	
185	KAREN GEORGE		F: 85	188	01:06:06	06:36	9.1kph	
187	GABRIELLE LONERGAN		F: 87	109	01:06:16	06:37	9.1kph	
186	LOWRI MORGAN	PONTYCLUN ROAD	F: 86	268	01:06:16	06:37	9.1kph	
188	JESSIE HEIMERS		F: 88	194	01:06:59	06:41	9.0kph	
189	BETHAN HEIMERS		F: 89	47	01:07:00	06:41	9.0kph	
190	XENIA PORTEOUS	ALBANY ROAD RUN CLUN	F: 90	14	01:07:32	06:45	8.9kph	
191	EMMA SHORT		F: 91	186	01:07:51	06:47	8.8kph	
192	KATE DARLINGTON	SIRIUS RUNNING	F: 92	179	01:07:51	06:47	8.8kph	
193	SOPHIE WALTERS	NEWPORT FEMALE RUNNERS	F: 93	97	01:08:06	06:48	8.8kph	
194	LISA HAYWARD	NEWPORT FEMALE RUNNERS	F: 94	11	01:08:06	06:48	8.8kph	
195	PHILIP EVANS		M: 101	148	01:08:16	06:49	8.8kph	
196	PENNY FULLER	VALE RUNNERS,	F: 95	86	01:10:17	07:01	8.5kph	
197	SARAH THOMAS	SHE RUNS CARDIFF	F: 96	207	01:10:50	07:04	8.5kph	
198	LOUISE ELLIOTT	SHE RUNS CARDIFF	F: 97	200	01:10:50	07:04	8.5kph	
199	HEATHER LEWIS	ALBANY ROAD RUN CLUN	F: 98	260	01:11:02	07:06	8.4kph	
200	GEOFF WRIGHT	LES CROUPIERS RC	M: 102	157	01:11:51	07:11	8.4kph	
201	JORDAN MORRIS	YSTRAD RUNNERS,	F: 99	218	01:12:33	07:15	8.3kph	
202	SUZANNE THOMAS		F: 100	297	01:12:39	07:15	8.3kph	
203	HELEN MCCARTHY	ALBANY ROAD RUN CLUN	F: 101	38	01:12:53	07:17	8.2kph	
204	MADELEINE CAULKETT	ALBANY ROAD RUN CLUN	F: 102	34	01:12:53	07:17	8.2kph	
205	JULIE EVANS	MERTHYR TRI	F: 103	232	01:13:02	07:18	8.2kph	
206	LUCIANN EVANS	MERTHYR TRI	F: 104	233	01:14:04	07:24	8.1kph	
207	DELYTH MULLANE	MOTI ALBANY ROAD	F: 105	118	01:14:09	07:24	8.1kph	
208	TRUDY KENNEDY	ALBANY ROAD RUN CLUN	F: 106	25	01:14:10	07:24	8.1kph	
209	LORRAINE BERRY		F: 107	152	01:18:57	07:53	7.6kph	
210	LORRAINE KELLY	CLWB RUN WALES	F: 108	165	01:19:56	07:59	7.5kph	
211	SIAN CROSSAN	SHE RUNS CARDIFF	F: 109	164	01:19:56	07:59	7.5kph	
212	RHIANNON NEVILLE	SHE RUNS CARDIFF	F: 110	214	01:19:58	07:59	7.5kph	
213	RHIAN THOMAS	SHE RUNS CARDIFF	F: 111	267	01:19:59	07:59	7.5kph	
214	RUTH CORNEY	YSTRAD RUNNERS,	F: 112	217	01:20:29	08:02	7.5kph	
215	HEULWEN THOMAS		F: 113	182	01:48:40	10:51	5.5kph	

