

# Festive 10K

Place	Name	Hometown	Gender	Bib #	Time	Pace	Speed	Division Rank
1	ANDY GARDNER	SAN DOMENICO RC	M: 1	227	00:35:04	03:30	17.1kph	Overall Male Runner: 1
2	HALLAM GIRARDET	LES CROUPIERS RC	M: 2	203	00:35:22	03:32	17.0kph	Overall Male Runner: 2
3	CRAIG BLAKE	CDF RUNNERS	M: 3	223	00:35:42	03:34	16.8kph	Overall Male Runner: 3
4	TOM FLITCROFT	LES CROUPIERS RC	M: 4	318	00:35:49	03:34	16.8kph	:
5	NATHAN CHRISTOFORATO	PENARTH AND DINAS	M: 5	302	00:37:02	03:42	16.2kph	:
6	JONATHAN BONVILLE-GINN	CDF RUNNERS	M: 6	278	00:37:11	03:43	16.1kph	:
7	STEVE PAYNE	PONTYPRIDD ROADENTS	M: 7	187	00:37:16	03:43	16.1kph	Male 40 - 49: 1
8	GEORGE ROSE		M: 8	234	00:37:44	03:46	15.9kph	Male 40 - 49: 2
9	JONATHAN PARRY	BRIDGEND AC	M: 9	233	00:38:07	03:48	15.7kph	:
10	BEN JONES	CDF RUNNERS	M: 10	264	00:38:11	03:49	15.7kph	:
11	NYNKE KUIPER	CDF RUNNERS	F: 1	191	00:38:16	03:49	15.7kph	Overall Female Runner: 1
12	HAAZIQ REZA	CDF RUNNERS	M: 11	294	00:38:49	03:52	15.5kph	:
13	OWEN DAVIES	LES CROUPIERS RC	M: 12	211	00:38:57	03:53	15.4kph	:
14	BEN LITTLEJOHNS		M: 13	309	00:38:58	03:53	15.4kph	:
15	ASHLEY TEMUDO	CALDICOT RUNNING	M: 14	210	00:38:59	03:53	15.4kph	:
16	CHARLIE BENDALL	CHEPSTOW HARRIERS	M: 15	205	00:39:08	03:54	15.3kph	:
17	LAURA JONES	LES CROUPIERS RC	F: 2	193	00:39:09	03:54	15.3kph	Overall Female Runner: 2
18	ANDREW JONES		M: 16	256	00:39:47	03:58	15.1kph	:
19	ADRIAN MASON	LES CROUPIERS RC	M: 17	190	00:39:53	03:59	15.0kph	Male 50 - 59: 1
20	FRAN RAWLINGS	CLEVEDON AC	F: 3	192	00:40:08	04:00	15.0kph	Overall Female Runner: 3
21	DAVID AUSTIN		M: 18	297	00:40:12	04:01	14.9kph	:
22	BEN MCNEIL	BRIDGEND AC	M: 19	236	00:40:26	04:02	14.8kph	:
23	MIKE ARDANAZ-BADIA	CDF RUNNERS	M: 20	266	00:40:29	04:02	14.8kph	:
24	DEAN COX		M: 21	202	00:40:32	04:03	14.8kph	:
25	NICOLA JUKES	PARC BRYN BACH	F: 4	204	00:40:51	04:05	14.7kph	Female 45 - 54: 1
26	NICHOLAS DOYLE	LES CROUPIERS RC	M: 22	255	00:41:15	04:07	14.5kph	:
27	MATTHEW COOK		M: 23	224	00:41:29	04:08	14.5kph	Male 50 - 59: 2
28	ANDREW DAVIES	PONTYPRIDD ROADENTS	M: 24	180	00:41:41	04:10	14.4kph	Male 50 - 59: 3
29	MARIA ZUBIZARRETA	LES CROUPIERS RC	F: 5	320	00:42:13	04:13	14.2kph	Female 45 - 54: 2
30	NEIL CALUCAG	CDF RUNNERS	M: 25	137	00:42:21	04:14	14.2kph	Male 40 - 49: 3
31	STEVE CHADWELL	LES CROUPIERS RC	M: 26	290	00:42:23	04:14	14.2kph	Male 50 - 59: 4
32	JONATHAN ANSTEE	CDF RUNNERS	M: 27	248	00:42:45	04:16	14.0kph	:
33	JACOB SANDERS	WELSH POWER RC	M: 28	317	00:42:53	04:17	14.0kph	:
34	TAMMY PRITCHARD	LES CROUPIERS RC	F: 6	307	00:43:27	04:20	13.8kph	Female 45 - 54: 3
35	SEAN MARTIN	PONTYPRIDD ROADENTS	M: 29	313	00:44:02	04:24	13.6kph	:
36	TERRY O'BRIEN		M: 30	217	00:44:05	04:24	13.6kph	Male 60 - 69: 1
37	MICHELLE TAYLOR	ISLWYN RC	F: 7	254	00:44:27	04:26	13.5kph	:
38	ADAM JOHNSON	CDF RUNNERS	M: 31	283	00:44:30	04:27	13.5kph	:
39	CHRIS HANDLEY		M: 32	319	00:44:35	04:27	13.5kph	Male 40 - 49: 4
40	GINA HARDMAN	BRIDGEND AC	F: 8	235	00:44:40	04:27	13.4kph	Female 45 - 54: 4
41	KAY CHAPMAN	LES CROUPIERS RC	F: 9	226	00:45:12	04:31	13.3kph	Female 55 - 64: 1
42	ALAN MATTHEWS	DRAGONS ABERDARE	M: 33	304	00:45:22	04:32	13.2kph	Male 60 - 69: 2
43	MORWENNA CHARMAN	SAN DOMENICO RC	F: 10	228	00:46:10	04:36	13.0kph	:

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44	MICK MCGEOCH	LES CROUPIERS RC	M: 34	259	00:46:56	04:41	12.8kph	Male 60 - 69: 3
45	POPPY TUCKER	WELSH POWER RC	F: 11	314	00:47:46	04:46	12.6kph	Female 0 - 19: 1
46	YVONNE BULLEN	LES CROUPIERS RC	F: 12	215	00:48:07	04:48	12.5kph	Female 55 - 64: 2
47	JEMMA SEDGMOND	LES CROUPIERS RC	F: 13	198	00:48:22	04:50	12.4kph	:
48	GARETH JENKINS	OGMORE PHEONIX	M: 35	242	00:48:22	04:50	12.4kph	:
49	MARIA RICHARDS	PONT-Y-PWL & DISTRICT	F: 14	219	00:48:32	04:51	12.4kph	Female 45 - 54: 5
50	LOLLY EVANS	LES CROUPIERS RC	F: 15	299	00:48:40	04:51	12.3kph	Female 45 - 54: 6
51	STEPHANIE DAVIES	PONTYPRIDD ROADENTS	F: 16	181	00:48:47	04:52	12.3kph	:
52	WILLIAM SNOWDON	LES CROUPIERS RC	M: 36	245	00:49:09	04:54	12.2kph	Male 60 - 69: 4
53	MATTHEW TUCKER	WELSH POWER RC	M: 37	315	00:49:20	04:55	12.2kph	Male 40 - 49: 5
54	EMILY PORTERGILL	CDF RUNNERS	F: 17	253	00:49:56	04:59	12.0kph	:
55	MICHELLE AMBIN	LES CROUPIERS RC	F: 18	218	00:50:15	05:01	11.9kph	Female 45 - 54: 7
56	JULIANA REIMBERG	CDF RUNNERS	F: 19	311	00:50:40	05:03	11.8kph	:
57	SIONED GWYN		F: 20	237	00:50:51	05:05	11.8kph	:
58	KAT NGUYEN	CDF RUNNERS	F: 21	250	00:52:02	05:12	11.5kph	:
59	ANH QUAN TRAN	LES CROUPIERS RC	M: 38	258	00:52:06	05:12	11.5kph	:
60	FRANCESCA PAWAR		F: 22	285	00:52:47	05:16	11.4kph	:
61	ROBYN THOMAS		F: 23	282	00:53:31	05:21	11.2kph	:
62	KLAUDIA LEKKI		F: 24	284	00:53:32	05:21	11.2kph	:
63	RICHARD SEWELL	PENARTH AND DINAS	M: 39	288	00:54:41	05:28	11.0kph	Male 60 - 69: 5
64	FIROUZ MAL	LES CROUPIERS RC	M: 40	179	00:54:41	05:28	11.0kph	Male 60 - 69: 6
65	MAX SIMS		M: 41	231	00:55:31	05:33	10.8kph	:
66	LYNDA HAMPTON	RHIWBINA RUNNERS	F: 25	195	00:56:53	05:41	10.5kph	Female 55 - 64: 3
67	DANIEL ARNOLD	WELSH POWER RC	M: 42	316	00:56:56	05:41	10.5kph	:
68	GERRY CRISPIE	LES CROUPIERS RC	M: 43	281	00:57:08	05:42	10.5kph	Male 60 - 69: 7
69	LUCY SNELL	CDF RUNNERS, GBR	F: 26	296	00:58:05	05:48	10.3kph	:
70	LEON DAVIES		M: 44	298	00:59:10	05:54	10.1kph	:
71	SAMANTHA THOMAS	CAERPHILLY RUNNERS	F: 27	183	01:00:11	06:01	10.0kph	Female 45 - 54: 8
72	JULIE LEWIS	LES CROUPIERS RC	F: 28	265	01:01:20	06:08	9.8kph	Female 65 - 120: 1
73	PHILIP BRETT	WESTON AC	M: 45	86	01:01:39	06:09	9.7kph	Male 40 - 49: 6
74	TRACY NORRIS	LES CROUPIERS RC	F: 29	221	01:02:45	06:16	9.6kph	Female 55 - 64: 4
75	KAREN CHADWELL	LES CROUPIERS RC	F: 30	293	01:04:30	06:26	9.3kph	Female 45 - 54: 9
76	SOPHIE SQUIBBS		F: 31	232	01:04:44	06:28	9.3kph	:
77	ANGHARAD MELLENS		F: 32	230	01:04:45	06:28	9.3kph	:
78	CAITLIN RICHARDS		F: 33	229	01:04:46	06:28	9.3kph	:
79	ANGHARAD PARRY-JONES	LES CROUPIERS RC	F: 34	292	01:05:16	06:31	9.2kph	Female 45 - 54: 10
80	SUZANNE THOMAS		F: 35	275	01:05:52	06:35	9.1kph	Female 55 - 64: 5
81	HELEN MCCARTHY	MOTI ALBANY RD	F: 36	269	01:05:55	06:35	9.1kph	Female 45 - 54: 11
82	KATE THOMAS	CAERPHILLY TRIERS	F: 37	199	01:09:32	06:57	8.6kph	Female 45 - 54: 12
83	RICHARD THOMAS		M: 46	182	01:10:51	07:05	8.5kph	Male 50 - 59: 5

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84	HELEN WILLIAMS	CAERPHILLY TRIERS	F: 38	188	01:11:15	07:07	8.4kph	Female 35 - 44: 1
85	TAMMY CREWE	RHYMNEY VALLEY AC	F: 39	225	01:11:22	07:08	8.4kph	Female 45 - 54: 13
86	LINDSEY CLIFFORD	WESTON AC	F: 40	129	01:23:09	08:18	7.2kph	Female 35 - 44: 2