

Cardiff Taff Trail Half Marathon

Place	Name	Club	Gender	Bib #	Time	Pace	Speed	Division Rank
1	TOM FLITCROFT	LES CROUPIERS RC	M: 1	253	01:15:12	03:33	16.8kph	Overall Male Runner: 1
Split Description Split Time Pace Speed Cumulative Split 1 00:38:22.59 03:34 16.8kph 00:38:22.59 Split 2 00:36:49.02 03:33 16.9kph 01:15:11.61								
2	MARK PRICE	LES CROUPIERS RC	M: 2	275	01:19:37	03:46	15.9kph	Overall Male Runner: 2
Split Description Split Time Pace Speed Cumulative Split 1 00:38:39.53 03:36 16.7kph 00:38:39.53 Split 2 00:40:57.53 03:57 15.2kph 01:19:37.05								
3	MATTHEW TURNER	SAN DOMENICO RC	M: 3	198	01:20:57	03:50	15.6kph	Overall Male Runner: 3
Split Description Split Time Pace Speed Cumulative Split 1 00:40:07.74 03:44 16.0kph 00:40:07.74 Split 2 00:40:49.32 03:56 15.2kph 01:20:57.06								
4	MARTIN JOHNS	LLISWERRY RUNNERS	M: 4	259	01:23:48	03:58	15.1kph	
Split Description Split Time Pace Speed Cumulative Split 1 00:42:21.84 03:56 15.2kph 00:42:21.84 Split 2 00:41:25.77 03:59 15.0kph 01:23:47.60								
5	MARK FURNISH	SAN DOMENICO RC	M: 5	266	01:25:41	04:03	14.8kph	
Split Description Split Time Pace Speed Cumulative Split 1 00:42:53.71 03:59 15.0kph 00:42:53.71 Split 2 00:42:46.69 04:07 14.5kph 01:25:40.40								
6	EMILY MUSGRAVE	LES CROUPIERS RC	F: 1	269	01:28:05	04:10	14.4kph	Overall Female Runner: 1
Split Description Split Time Pace Speed Cumulative Split 1 00:45:05.43 04:12 14.3kph 00:45:05.43 Split 2 00:42:59.60 04:08 14.5kph 01:28:05.03								
7	LEE TINNIION		M: 6	272	01:28:15	04:10	14.3kph	
Split Description Split Time Pace Speed Cumulative Split 1 00:45:07.12 04:12 14.3kph 00:45:07.12 Split 2 00:43:07.15 04:09 14.4kph 01:28:14.27								
8	HOLLY GREENWOOD	CAERLEON RC	F: 2	268	01:28:16	04:11	14.3kph	Overall Female Runner: 2
Split Description Split Time Pace Speed Cumulative Split 1 00:45:06.34 04:12 14.3kph 00:45:06.34 Split 2 00:43:09.27 04:09 14.4kph 01:28:15.61								
9	TRACY JENKINS	PORTHCAWL RUNNERS	F: 3	207	01:28:26	04:11	14.3kph	Overall Female Runner: 3
Split Description Split Time Pace Speed Cumulative Split 1 00:43:31.35 04:03 14.8kph 00:43:31.35 Split 2 00:44:54.63 04:20 13.8kph 01:28:25.97								
10	KEVIN PLANK	SAN DOMENICO RC	M: 7	273	01:28:35	04:11	14.3kph	Male 40+: 1
Split Description Split Time Pace Speed Cumulative Split 1 00:44:50.39 04:10 14.4kph 00:44:50.39 Split 2 00:43:43.88 04:13 14.2kph 01:28:34.26								
11	JULIE CHAMBERLAIN	CARDIFF AAC	F: 4	212	01:29:13	04:13	14.2kph	Female 35+: 1
Split Description Split Time Pace Speed Cumulative Split 1 00:44:56.86 04:11 14.3kph 00:44:56.86 Split 2 00:44:15.64 04:16 14.0kph 01:29:12.50								
12	ROSS FLANIGAN	PENARTH & DINAS	M: 8	223	01:29:24	04:14	14.2kph	Male 50+: 1
Split Description Split Time Pace Speed Cumulative Split 1 00:45:06.65 04:12 14.3kph 00:45:06.65 Split 2 00:44:17.39 04:16 14.0kph 01:29:24.04								
13	LLOYD DOWDEN	CAERLEON RC	M: 9	226	01:33:55	04:27	13.5kph	
Split Description Split Time Pace Speed Cumulative Split 1 00:47:58.46 04:28 13.4kph 00:47:58.46 Split 2 00:45:56.54 04:25 13.5kph 01:33:55.00								
14	SARAH WOODLEY-WILLIAMS	SAN DOMENICO RC	F: 5	197	01:36:46	04:35	13.1kph	
Split Description Split Time Pace Speed Cumulative Split 1 00:49:17.30 04:35 13.1kph 00:49:17.30 Split 2 00:47:28.44 04:34 13.1kph 01:36:45.73								
15	GERAINT MEEK		M: 10	263	01:37:03	04:35	13.0kph	
Split Description Split Time Pace Speed Cumulative Split 1 00:47:59.96 04:28 13.4kph 00:47:59.96 Split 2 00:49:02.70 04:43 12.7kph 01:37:02.65								
16	PAUL BIRD	COLOSSEUM GYM	M: 11	188	01:39:53	04:44	12.7kph	
Split Description Split Time Pace Speed Cumulative Split 1 00:50:03.88 04:39 12.9kph 00:50:03.88 Split 2 00:49:49.17 04:48 12.5kph 01:39:53.05								
17	MEGAN POULSON	SAN DOMENICO RC	F: 6	193	01:40:03	04:44	12.7kph	
Split Description Split Time Pace Speed Cumulative Split 1 00:51:07.89 04:45 12.6kph 00:51:07.89 Split 2 00:48:55.01 04:43 12.7kph 01:40:02.89								
18	THOMAS PRICE	SAN DOMENICO RC	M: 12	220	01:45:42	05:00	12.0kph	
Split Description Split Time Pace Speed Cumulative Split 1 00:54:11.49 05:02 11.9kph 00:54:11.49 Split 2 00:51:29.82 04:58 12.1kph 01:45:41.30								

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19	LAUREN BLAKE		F: 7	235	01:45:51	05:01	12.0kph		
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split 1		00:52:38.73	04:54	12.2kph	00:52:38.73	
			Split 2		00:53:12.03	05:08	11.7kph	01:45:50.76	
20	KIERAN HYDES	TRI-SHREDZ	M: 13	204	01:45:52	05:01	12.0kph		
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split 1		00:54:12.95	05:03	11.9kph	00:54:12.95	
			Split 2		00:51:38.15	04:58	12.0kph	01:45:51.10	
21	CHARLOTTE PHILIPPS	PENARTH & DINAS	F: 8	261	01:45:52	05:01	12.0kph		
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split 1		00:54:13.11	05:03	11.9kph	00:54:13.11	
			Split 2		00:51:38.00	04:58	12.0kph	01:45:51.10	
22	JOHN SEAWARD	CAERPHILLY RUNNERS	M: 14	191	01:45:53	05:01	12.0kph		
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split 1		00:54:12.33	05:02	11.9kph	00:54:12.33	
			Split 2		00:51:40.24	04:59	12.0kph	01:45:52.57	
23	MATTHEW PARRY	SAN DOMENICO RC	M: 15	265	01:47:05	05:04	11.8kph		
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split 1		00:55:19.72	05:09	11.6kph	00:55:19.72	
			Split 2		00:51:44.50	04:59	12.0kph	01:47:04.21	
24	DAVID GEORGE	LES CROUPIERS RC	M: 16	187	01:49:53	05:12	11.5kph		
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split 1		00:56:09.99	05:13	11.5kph	00:56:09.99	
			Split 2		00:53:42.59	05:10	11.6kph	01:49:52.58	
25	MARY-KATE WANGIEL		F: 9	195	01:51:01	05:15	11.4kph		
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split 1		00:54:19.48	05:03	11.9kph	00:54:19.48	
			Split 2		00:56:41.53	05:28	11.0kph	01:51:01.01	
26	KAREN FITZGERALD		F: 10	271	01:51:28	05:16	11.4kph		Female 45+: 1
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split 1		00:54:26.15	05:04	11.8kph	00:54:26.15	
			Split 2		00:57:01.42	05:30	10.9kph	01:51:27.56	
27	JONATHAN TAYLOR	LES CROUPIERS RC	M: 17	274	01:51:29	05:17	11.4kph		
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split 1		00:54:24.50	05:04	11.8kph	00:54:24.50	
			Split 2		00:57:03.82	05:30	10.9kph	01:51:28.31	
28	HANNAH PALFREY		F: 11	270	01:54:10	05:24	11.1kph		
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split 1		00:58:29.86	05:26	11.0kph	00:58:29.86	
			Split 2		00:55:39.35	05:22	11.2kph	01:54:09.20	
29	JEN WILLIAMS	CAERPHILLY RUNNERS	F: 12	232	01:54:14	05:24	11.1kph		
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split 1		00:58:13.35	05:25	11.1kph	00:58:13.35	
			Split 2		00:56:00.20	05:24	11.1kph	01:54:13.55	
30	RACHEL BEANEY		F: 13	185	01:54:32	05:25	11.1kph		
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split 1		00:56:34.20	05:16	11.4kph	00:56:34.20	
			Split 2		00:57:57.23	05:35	10.7kph	01:54:31.42	
31	SARAH DAYANANDA		F: 14	256	01:54:47	05:26	11.0kph		
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split 1		00:58:13.16	05:25	11.1kph	00:58:13.16	
			Split 2		00:56:33.28	05:27	11.0kph	01:54:46.43	
32	GEORGE HUDSON		M: 18	217	01:54:48	05:26	11.0kph		
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split 1		00:56:38.27	05:16	11.4kph	00:56:38.27	
			Split 2		00:58:09.47	05:36	10.7kph	01:54:47.74	
33	PAUL CHAPMAN	LES CROUPIERS RC	M: 19	184	01:56:12	05:30	10.9kph		
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split 1		00:58:22.45	05:26	11.0kph	00:58:22.45	
			Split 2		00:57:49.33	05:34	10.8kph	01:56:11.77	
34	MATTHEW DONOVAN		M: 20	243	01:56:32	05:31	10.9kph		
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split 1		01:00:13.09	05:36	10.7kph	01:00:13.09	
			Split 2		00:56:18.02	05:25	11.0kph	01:56:31.11	
35	ALUN CHAPPLE	WESTWARD RISE RUNNERS	M: 21	218	02:00:03	05:41	10.5kph		
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split 1		01:02:04.17	05:46	10.4kph	01:02:04.17	
			Split 2		00:57:58.80	05:35	10.7kph	02:00:02.97	
36	PAULINE CROOKE		F: 15	255	02:04:01	05:52	10.2kph		Female 55+: 1
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split 1		01:02:03.54	05:46	10.4kph	01:02:03.54	
			Split 2		01:01:57.37	05:58	10.0kph	02:04:00.90	
37	ALISON BOLTON		F: 16	200	02:07:00	06:01	10.0kph		
			<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
			Split 1		01:03:53.97	05:57	10.1kph	01:03:53.97	
			Split 2		01:03:05.63	06:05	9.9kph	02:06:59.60	

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38	PHILIP PAYNE		M: 22	199	02:07:47	06:03	9.9kph	Male 60+:	1
<u>Split Description</u> <u>Split Time</u> <u>Pace</u> <u>Speed</u> <u>Cumulative</u> Split 1 00:54:33.64 Split 2 01:13:13.36									
39	RHODRI BOWEN	CARDIFF HARLEQUINS RC	M: 23	237	02:11:59	06:15	9.6kph		
<u>Split Description</u> <u>Split Time</u> <u>Pace</u> <u>Speed</u> <u>Cumulative</u> Split 1 01:03:25.46 Split 2 01:08:33.09									
40	JOHN HARGREAVES	GREAT WESTERN RUNNERS	M: 24	214	02:16:09	06:27	9.3kph		
<u>Split Description</u> <u>Split Time</u> <u>Pace</u> <u>Speed</u> <u>Cumulative</u> Split 1 01:07:53.14 Split 2 01:08:15.36									
41	KULDEEP SINGH	PENARTH & DINAS	M: 25	219	02:16:57	06:29	9.2kph		
<u>Split Description</u> <u>Split Time</u> <u>Pace</u> <u>Speed</u> <u>Cumulative</u> Split 1 01:05:24.76 Split 2 01:11:31.98									