

# Cardiff Taff Trail Half Marathon

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
1	DYLAN NAZARETH	LES CROUPIERS RC, GBR	M: 1	Runner	86	01:13:36	03:29	17.2kph	Overall Male Runner: 1
2	DOUG NICHOLLS	LES CROUPIERS RC, GBR	M: 2	Runner	38	01:13:50	03:29	17.1kph	Overall Male Runner: 2
3	OLIVER WILLIAMS	WHITE ROCK RUNNERS, GBR	M: 3	Runner	74	01:16:21	03:37	16.6kph	Overall Male Runner: 3
4	LEE JONES		M: 4	Runner	96	01:16:23	03:37	16.6kph	:
5	JAMIE VANSTONE	PONTYCLUN ROAD RUNNERS, GBR	M: 5	Runner	87	01:17:27	03:40	16.3kph	:
6	ALEX PRICE	SWANSEA HARRIERS, GBR	M: 6	Runner	91	01:18:09	03:42	16.2kph	:
7	DAVID LAWSON	LES CROUPIERS RC, GBR	M: 7	Runner	83	01:18:32	03:43	16.1kph	:
8	GARETH POSTON	PORT TALBOT HARRIERS, GBR	M: 8	Runner	94	01:18:41	03:43	16.1kph	:
9	DUNCAN MCLAUCHLAN	LES CROUPIERS RC, GBR	M: 9	Runner	93	01:20:17	03:48	15.8kph	:
10	MARK FURNISH		M: 10	Runner	92	01:20:44	03:49	15.7kph	:
11	NICK DUKES	LES CROUPIERS RC, GBR	M: 11	Runner	89	01:24:20	03:59	15.0kph	Male 40 - 49: 1
12	RHYS PIPPARD	LES CROUPIERS RC, GBR	M: 12	Runner	88	01:24:35	04:00	15.0kph	:
13	JOHNNY LAM	SAN DOMENICO RC, GBR	M: 13	Runner	95	01:24:35	04:00	15.0kph	Male 40 - 49: 2
14	JOSH DIXON	LES CROUPIERS RC, GBR	M: 14	Runner	101	01:25:56	04:04	14.7kph	:
15	SAM JONES	PARC BRYN BACH RUNNING CLUB, GBR	M: 15	Runner	90	01:27:03	04:07	14.5kph	:
16	VINCENT NAZARETH	LES CROUPIERS RC, GBR	M: 16	Runner	100	01:27:25	04:08	14.5kph	Male 50 - 59: 1
17	GARETH JONES	PONTYPRIDD ROADENTS AC, GBR	M: 17	Runner	583	01:27:38	04:09	14.4kph	Male 40 - 49: 3
18	LAURENT BONO	LES CROUPIERS RC, GBR	M: 18	Runner	165	01:27:43	04:09	14.4kph	:
19	NEEMA MAL	LES CROUPIERS RC, GBR	M: 19	Runner	97	01:27:45	04:09	14.4kph	:
20	PAUL SMITH	OGMORE PHOENIX RUNNERS, GBR	M: 20	Runner	181	01:27:46	04:09	14.4kph	:
21	MATTHEW JAMES	SAN DOMENICO RC, GBR	M: 21	Runner	198	01:28:18	04:11	14.3kph	:
22	DANIEL LUFFMAN	LES CROUPIERS RC, GBR	M: 22	Runner	103	01:29:28	04:14	14.1kph	Male 40 - 49: 4
23	NEIL PRICE	OGMORE PHOENIX RUNNERS, GBR	M: 23	Runner	177	01:29:29	04:14	14.1kph	:
24	DAVID HEADON	LES CROUPIERS RC, GBR	M: 24	Runner	274	01:29:56	04:15	14.1kph	Male 50 - 59: 2
25	MARK JOYCE	LES CROUPIERS RC, GBR	M: 25	Runner	99	01:30:17	04:16	14.0kph	Male 40 - 49: 5
26	MARIA ZUBIZARRETA	LES CROUPIERS RC, GBR	F: 1	Runner	192	01:30:18	04:16	14.0kph	Overall Female Runner: 1
27	MICHELLE WEAVER		F: 2	Runner	698	01:31:21	04:19	13.9kph	Overall Female Runner: 2
28	GARETH MORGAN	LES CROUPIERS RC, GBR	M: 26	Runner	172	01:31:38	04:20	13.8kph	Male 40 - 49: 6
29	JOHN LIGHT	SAN DOMENICO RC, GBR	M: 27	Runner	199	01:32:09	04:22	13.7kph	Male 40 - 49: 7
30	PETER TURNBULL	LES CROUPIERS RC, GBR	M: 28	Runner	220	01:33:57	04:27	13.5kph	Male 50 - 59: 3
31	IAN CLARK	ABERDARE VALLEY AAC, GBR	M: 29	Runner	170	01:35:22	04:31	13.3kph	Male 50 - 59: 4
32	GEORGE TORDOFF		M: 30	Runner	208	01:35:36	04:31	13.2kph	Male 40 - 49: 8
33	DAFYDD TRYSTAN DAVIES	AT RUN, GBR	M: 31	Runner	213	01:35:39	04:32	13.2kph	Male 40 - 49: 9
34	MARTIN JONES		M: 32	Runner	5	01:35:49	04:32	13.2kph	Male 40 - 49: 10
35	RAYMOND GREENHOUSE	EBBW VALE, GBR	M: 33	Runner	530	01:35:54	04:32	13.2kph	Male 50 - 59: 5
36	COLIN CAESAR	PENARTH AND DINAS RUNNERS, GBR	M: 34	Runner	228	01:36:00	04:32	13.2kph	Male 40 - 49: 11

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37	STEPHEN JONES	PON ROAD CREW, GBR	M: 35	Runner	200	01:36:02	04:33	13.2kph	:
38	KIT LAMBERT	PENARTH AND DINAS RUNNERS, GBR	M: 36	Runner	204	01:36:58	04:35	13.1kph	:
39	SIMON WILKINS		M: 37	Runner	222	01:37:05	04:36	13.0kph	Male 40 - 49: 12
40	DALE GARDINER	AGILE THERAPY RUN, GBR	M: 38	Runner	197	01:37:16	04:36	13.0kph	Male 40 - 49: 13
41	GINA HARDMAN	BRIDGEND ATHLETIC CLUB, GBR	F: 3	Runner	205	01:37:46	04:38	12.9kph	Overall Female Runner: 3
42	MARTIN JOHNS		M: 39	Runner	237	01:38:03	04:38	12.9kph	:
43	AMY WILLIAMS	LES CROUPIERS RC, GBR	F: 4	Runner	202	01:38:03	04:38	12.9kph	Female 35 - 44: 1
44	MARTIN BLAKEBROUGH	SPIRIT OF MONMOUTH, GBR	M: 40	Runner	211	01:38:06	04:38	12.9kph	Male 50 - 59: 6
45	DARREN KIPPEST	PARC BRYN BACH RC, GBR	M: 41	Runner	216	01:38:13	04:39	12.9kph	Male 40 - 49: 14
46	MICK MCGEOCH	LES CROUPIERS RC, GBR	M: 42	Runner	203	01:38:42	04:40	12.8kph	Male 60 - 120: 1
47	DELYTH WILLIAMS	SAN DOMENICO RC, GBR	F: 5	Runner	164	01:38:42	04:40	12.8kph	:
48	TERRY CAENEY	LES CROUPIERS RC, GBR	M: 43	Runner	212	01:38:57	04:41	12.8kph	Male 50 - 59: 7
49	RICHARD JONES		M: 44	Runner	224	01:39:04	04:41	12.8kph	:
50	STEPHEN EDWARDS		M: 45	Runner	236	01:39:52	04:43	12.7kph	Male 40 - 49: 15
51	STEVE CHADWELL	LES CROUPIERS RC, GBR	M: 46	Runner	206	01:39:53	04:44	12.7kph	Male 40 - 49: 16
52	GARETH JENKINS	OGMORE PHOENIX RUNNERS, GBR	M: 47	Runner	209	01:39:54	04:44	12.7kph	:
53	CHRISTOPHER NELLINS	PENARTH AND DINAS RUNNERS, GBR	M: 48	Runner	690	01:40:06	04:44	12.6kph	Male 60 - 120: 2
54	ALEXANDER CAPLETON	LES CROUPIERS RC, GBR	M: 49	Runner	122	01:40:28	04:45	12.6kph	Male 40 - 49: 17
55	ROB CROSS		M: 50	Runner	524	01:40:47	04:46	12.6kph	Male 40 - 49: 18
56	KRIS DENHOLM	OGMORE PHOENIX RUNNERS, GBR	M: 51	Runner	229	01:40:49	04:46	12.6kph	Male 50 - 59: 8
57	ALAN MASON	LES CROUPIERS RC, GBR	M: 52	Runner	217	01:41:03	04:47	12.5kph	Male 50 - 59: 9
58	REBECCA COX	LES CROUPIERS RC, GBR	F: 6	Runner	225	01:41:13	04:47	12.5kph	:
59	SIAN JONES	PARC BRYN BACH RUNNING CLUB, GBR	F: 7	Runner	226	01:41:26	04:48	12.5kph	:
60	ANGHARAD PRICE	LES CROUPIERS RC, GBR	F: 8	Runner	161	01:41:30	04:48	12.5kph	:
61	HECTOR CORTES GUILLEN	LES CROUPIERS RC, GBR	M: 53	Runner	140	01:41:33	04:48	12.5kph	:
62	IAN HARRHY	LLISWERRY RUNNERS, GBR	M: 54	Runner	572	01:41:42	04:49	12.4kph	Male 60 - 120: 3
63	ANGELA CHAMPION	LES CROUPIERS RC, GBR	F: 9	Runner	201	01:41:54	04:49	12.4kph	Female 35 - 44: 2
64	CAROLINE BASSETT	PEGASUS RC, GBR	F: 10	Runner	210	01:42:13	04:50	12.4kph	Female 35 - 44: 3
65	KEVIN WALKER-CURRAN		M: 55	Runner	240	01:42:16	04:50	12.4kph	Male 50 - 59: 10
66	CAROL REES	LES CROUPIERS RC, GBR	F: 11	Runner	163	01:42:17	04:50	12.4kph	Female 45 - 54: 1
67	JULIAN BILL	CASTAN DOGS, GBR	M: 56	Runner	242	01:42:21	04:51	12.4kph	Male 50 - 59: 11
68	ALED REES		M: 57	Runner	207	01:42:22	04:51	12.4kph	Male 40 - 49: 19
69	MEGAN POULSON	SAN DOMENICO RC, GBR	F: 12	Runner	259	01:42:37	04:51	12.3kph	:
70	ELISE EMMERSON		F: 13	Runner	233	01:42:39	04:51	12.3kph	Female 35 - 44: 4
71	ANDREW BIRCH		M: 58	Runner	234	01:43:03	04:53	12.3kph	:
72	JEREMY DICKSON	LLISWERRY RUNNERS, GBR	M: 59	Runner	214	01:43:15	04:53	12.3kph	Male 50 - 59: 12
73	LAURA CRANDON		F: 14	Runner	300	01:43:19	04:53	12.3kph	Female 35 - 44: 5

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74	JORDAN BROWN	PONTYPRIDD ROADENTS AC, GBR	M: 60	Runner	215	01:43:57	04:55	12.2kph	:
75	STEVEN BRIDGES	ABERDARE VALLEY AAC, GBR	M: 61	Runner	298	01:44:11	04:56	12.2kph	Male 50 - 59: 13
76	PAUL MORRIS	LES CROUPIERS RC, GBR	M: 62	Runner	285	01:44:15	04:56	12.1kph	:
77	PHILLIP PAYNE		M: 63	Runner	186	01:45:15	04:59	12.0kph	Male 50 - 59: 14
78	THOMAS BRYANS	SAN DOMENICO RC, GBR	M: 64	Runner	221	01:45:22	04:59	12.0kph	:
79	MARCUS SMITH	PARC BRYN BACH RC, GBR	M: 65	Runner	696	01:45:35	05:00	12.0kph	Male 40 - 49: 20
80	SARAH PRYOR	PEGASUS RC, GBR	F: 15	Runner	223	01:47:59	05:07	11.7kph	Female 35 - 44: 6
81	KYLE GRIFFITHS	ABERDARE AAC, GBR	M: 66	Runner	230	01:48:37	05:08	11.7kph	Male 40 - 49: 21
82	DAWN LAU		F: 16	Runner	686	01:48:38	05:08	11.7kph	Female 35 - 44: 7
83	STEVEN BARKER	PENARTH & DINAS RUNNERS, GBR	M: 67	Runner	227	01:50:30	05:14	11.5kph	Male 40 - 49: 22
84	WILL OWEN		M: 68	Runner	691	01:50:52	05:15	11.4kph	:
85	REBEKAH MILES		F: 17	Runner	268	01:50:54	05:15	11.4kph	Female 35 - 44: 8
86	CRAIG JONES		M: 69	Runner	293	01:50:54	05:15	11.4kph	:
87	CARYS REES		F: 18	Runner	185	01:51:23	05:16	11.4kph	:
88	ZHEN YUAN WANG	HEATH MASSIVE RUN CLUB CARDIFF, GBR	M: 70	Runner	288	01:51:50	05:18	11.3kph	:
89	MARTIN CROSHAW		M: 71	Runner	426	01:52:52	05:20	11.2kph	Male 40 - 49: 23
90	STEPHANIE WOOD		F: 19	Runner	699	01:53:41	05:23	11.1kph	:
91	SARAH TAYLOR	SIRIUS RUNNERS, GBR	F: 20	Runner	295	01:53:46	05:23	11.1kph	:
92	KATE CHESHIRE	PENARTH AND DINAS RUNNERS, GBR	F: 21	Runner	256	01:53:59	05:24	11.1kph	:
93	NICK HARRIS	OGMORE PHOENIX RUNNERS, GBR	M: 72	Runner	231	01:54:24	05:25	11.1kph	:
94	NIALL HUGHES		M: 73	Runner	219	01:54:36	05:25	11.0kph	Male 40 - 49: 24
95	JOHN PAYNE	LES CROUPIERS RC, GBR	M: 74	Runner	218	01:54:51	05:26	11.0kph	Male 50 - 59: 15
96	ELIN HENDERSON		F: 22	Runner	582	01:55:22	05:28	11.0kph	Female 45 - 54: 2
97	MARIONA ADROVER	SAN DOMENICO RC, GBR	F: 23	Runner	297	01:55:22	05:28	11.0kph	Female 45 - 54: 3
98	GIN HARVEY		F: 24	Runner	578	01:55:25	05:28	11.0kph	Female 35 - 44: 9
99	PAUL CHAPMAN	LES CROUPIERS RC, GBR	M: 75	Runner	246	01:55:41	05:28	10.9kph	Male 50 - 59: 16
100	LYNDSEY RUSHTON	LES CROUPIERS RC, GBR	F: 25	Runner	273	01:56:08	05:30	10.9kph	:
101	DAVID GEORGE	LES CROUPIERS RC, GBR	M: 76	Runner	243	01:56:09	05:30	10.9kph	Male 50 - 59: 17
102	KATE RODGERS		F: 26	Runner	694	01:56:13	05:30	10.9kph	Female 35 - 44: 10
103	RACHEL HIGGINSON	LES CROUPIERS RC, GBR	F: 27	Runner	261	01:56:40	05:31	10.9kph	Female 35 - 44: 11
104	DAVID PROWSE	LLISSWERRY RUNNERS, GBR	M: 77	Runner	250	01:57:11	05:33	10.8kph	Male 50 - 59: 18
105	JONATHAN CHILDS		M: 78	Runner	299	01:58:00	05:35	10.7kph	:
106	HELEN ROBERTSON	LES CROUPIERS RC, GBR	F: 28	Runner	693	01:58:06	05:35	10.7kph	Female 45 - 54: 4
107	MARK FRANCIS	LES CROUPIERS RC, GBR	M: 79	Runner	248	01:59:07	05:38	10.6kph	Male 50 - 59: 19
108	STEVE GOODFELLOW	PENARTH AND DINAS RUNNERS, GBR	M: 80	Runner	254	01:59:28	05:39	10.6kph	Male 50 - 59: 20
109	JANE EDWARDSON	SHENELY STRIDERS, GBR	F: 29	Runner	257	02:00:47	05:43	10.5kph	Female 55 - 120: 1
110	PETER WALSH	OGMORE PHOENIX RUNNERS, GBR	M: 81	Runner	267	02:01:01	05:44	10.5kph	:
111	LIAM RICHARDS	ABERDARE VALLEY AAC, GBR	M: 82	Runner	266	02:01:36	05:45	10.4kph	:

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112	NIGEL HAMMERSLEY	CAERPHILLY RUNNERS, GBR	M: 83	Runner	264	02:02:47	05:49	10.3kph	:
113	EMMA SHORT	SIRIUS RUNNERS, GBR	F: 30	Runner	280	02:03:17	05:50	10.3kph	:
114	CHARLEY-KAI JOHN		M: 84	Runner	270	02:04:08	05:52	10.2kph	:
115	TIM BARKER	LES CROUPIERS RC, GBR	M: 85	Runner	272	02:05:37	05:57	10.1kph	:
116	JENNY MARTIN	LES CROUPIERS RC, GBR	F: 31	Runner	244	02:05:38	05:57	10.1kph	Female 35 - 44: 12
117	SUZIE TEW	PARC BRYN BACH, GBR	F: 32	Runner	247	02:06:02	05:58	10.0kph	Female 45 - 54: 5
118	LAURA HIRE	PARC BRYN BACH RC, GBR	F: 33	Runner	245	02:06:03	05:58	10.0kph	Female 35 - 44: 13
119	SHAWN CULLEN	OGMORE PHOENIX RUNNERS, GBR	M: 86	Runner	291	02:06:04	05:58	10.0kph	Male 40 - 49: 25
120	JO GAMBA	OGMORE PHOENIX RUNNERS, GBR	F: 34	Runner	253	02:06:04	05:58	10.0kph	Female 35 - 44: 14
121	EMMA CLARK		F: 35	Runner	286	02:06:20	05:59	10.0kph	:
122	STEWART GRIFFITHS		M: 87	Runner	269	02:06:20	05:59	10.0kph	Male 40 - 49: 26
123	STEVE NEW	PENARTH AND DINAS RUNNERS, GBR	M: 88	Runner	276	02:07:34	06:02	9.9kph	Male 50 - 59: 21
124	STEPHEN FARMER	PENARTH AND DINAS RUNNERS, GBR	M: 89	Runner	292	02:08:20	06:04	9.9kph	Male 50 - 59: 22
125	RICHARD SHEPPARD		M: 90	Runner	695	02:08:35	06:05	9.8kph	:
126	CATHERINE THOMPSON	SIRIUS RUNNERS, GBR	F: 36	Runner	282	02:08:40	06:05	9.8kph	Female 35 - 44: 15
127	ANDREA GOODFELLOW	PENARTH AND DINAS RUNNERS, GBR	F: 37	Runner	275	02:08:44	06:06	9.8kph	Female 45 - 54: 6
128	JONATHAN GIDDY	CARDIFF TRIATHLETES, GBR	M: 91	Runner	525	02:09:28	06:08	9.8kph	Male 40 - 49: 27
129	JORDAN MURPHY		M: 92	Runner	238	02:09:36	06:08	9.8kph	:
130	RACHAEL HANNAH		F: 38	Runner	287	02:09:51	06:09	9.7kph	Female 45 - 54: 7
131	JULIE RANSOM	OGMORE PHOENIX RUNNERS, GBR	F: 39	Runner	289	02:10:29	06:11	9.7kph	Female 35 - 44: 16
132	FIONA EVANS	OGMORE PHOENIX RUNNERS, GBR	F: 40	Runner	294	02:10:31	06:11	9.7kph	Female 45 - 54: 8
133	DAN GROVES	PEGASUS RC, GBR	M: 93	Runner	539	02:11:04	06:12	9.7kph	Male 40 - 49: 28
134	SANDRA CAVENEY	LES CROUPIERS RC, GBR	F: 41	Runner	284	02:12:19	06:16	9.6kph	Female 55 - 120: 2
135	MARK HERBERT	LES CROUPIERS RC, GBR	M: 94	Runner	255	02:13:37	06:19	9.5kph	:
136	HAYLEY CAREY	ABERDARE VALLEY AAC, GBR	F: 42	Runner	126	02:13:54	06:20	9.5kph	Female 35 - 44: 17
137	PAUL BUCKLEY	RISC A TRI, GBR	M: 95	Runner	252	02:15:49	06:26	9.3kph	Male 40 - 49: 29
138	ALI PRITCHARD	PEGASUS RC, GBR	F: 43	Runner	265	02:16:25	06:27	9.3kph	:
139	KAREN WARLOW	WOMEN RUNNING PENARTH, GBR	F: 44	Runner	697	02:18:02	06:32	9.2kph	Female 45 - 54: 9
140	SUSAN LAZARUS	WOMEN RUNNING PENARTH, GBR	F: 45	Runner	296	02:18:02	06:32	9.2kph	Female 45 - 54: 10
141	IAN BARRETT	LES CROUPIERS RC, GBR	M: 96	Runner	279	02:23:09	06:47	8.8kph	:
142	JON MARTIN	LES CROUPIERS RC, GBR	M: 97	Runner	283	02:23:56	06:49	8.8kph	Male 40 - 49: 30
143	DEBRA JONES	WOMEN RUNNING PENARTH, GBR	F: 46	Runner	290	02:25:19	06:53	8.7kph	Female 55 - 120: 3