

2011 Cardiff 10k

GunPos	Bib	Firstname	Lastname	M/F	Cat	Club	GunTime	ChipPos	ChipTime
1	51	Milton	Kiplagat	M		KENYA	00:27:46	1	00:27:44
2	10	Stuart	Stokes	M		SALE HARRIERS	00:29:40	2	00:29:40
3	19	Josh	Lilly	M		TIPTON	00:29:48	3	00:29:48
4	12	Joe	Bailey	M		SALFORD HARRIERS	00:29:55	4	00:29:55
5	16	Matthew	Dumigan	M		SWANSEA HARRIERS	00:30:33	5	00:30:33
6	1	Matthew	Janes	M		BEDFORD	00:30:39	6	00:30:39
7	6	Richie	Gardiner	M		ABERDARE AAC	00:30:41	7	00:30:41
8	17	Chris	Thomson	M		SWANSEA HARRIERS	00:30:43	8	00:30:42
9	4	Phil	Matthews	M		SWANSEA HARRIERS	00:30:46	10	00:30:45
10	7	Daniel	Cliffe	M		WARRINGTON AC	00:30:46	9	00:30:45
11	8	David	Norman	M		SALFORD HARRIERS	00:30:51	11	00:30:51
12	25	Robbie	Bugden	M		BRISTOL & WEST AC	00:30:54	12	00:30:54
13	9	Ben	Riddell	M		SALFORD HARRIERS	00:31:13	13	00:31:13
14	3	Afan	Humphries	M		SWANSEA HARRIERS	00:31:15	14	00:31:14
15	11	Daniel	Agustus	M		WOODFORD GREEN	00:31:18	15	00:31:18
16	14	Finn	Mcnally	M		PHOENIX AC	00:31:25	16	00:31:25
17	5	David	Mountford	M		DEESIDE	00:31:32	17	00:31:31
18	2	Andrew	Hunt	M		CARDIFF AAC	00:31:33	18	00:31:33
19	21	Daniel	Beier	M		TIPTON	00:31:56	19	00:31:56
20	20	Gregg	Halliwell	M		STROUD	00:32:05	20	00:32:05
21	77	Ricky	Challinor	M		LIVERPOOL HARRIERS	00:32:18	21	00:32:17
22	18	Steven	Phillips	M		SOUTHAMPTON ATHLETICS CLUB	00:32:21	22	00:32:21
23	53	Abdul	Aziz-Abdulrahman	M		BIRCHFIELD	00:32:25	23	00:32:25
24	59	Matthew	Rose	M		BUCKLEY RC	00:32:25	24	00:32:25
25	70	Alice	Mogire	F		KENYA	00:32:32	25	00:32:31
26	1482	Christopher	Williams	M	40	NEATH HARRIERS	00:32:35	26	00:32:34
27	62	Daniel	Gurmin	M		SWANSEA HARRIERS	00:32:41	27	00:32:41
28	27	Steve	Frear	M		WOODSTOCK	00:32:42	28	00:32:41
29	28	Kieran	White	M		HERCULES WIMBLEDON	00:32:44	29	00:32:42
30	26	Matt	Blunden	M		NOTTS AC	00:32:54	30	00:32:53
31	13	Josh	Guilmant	M		PHOENIX AC	00:33:00	31	00:33:00
32	66	Jerome	Edwards	M		LES CROUPIERS	00:33:04	32	00:33:02
33	65	Julian	Baker	M	40	LES CROUPIERS	00:33:07	33	00:33:06
34	913	Joshua	Griffiths	M		CARMARTHEN HARRIERS	00:33:25	34	00:33:24
35	23	Kyran	Hale	M		SEVERN	00:33:44	35	00:33:43
36	56	Jonathan	Peters	M		CARDIFF AAC	00:33:50	36	00:33:49
37	1959	Paul	Griffiths	M		NEATH HARRIERS	00:33:57	37	00:33:57
38	1105	Edward	Donovan	M		LES CROUPIERS	00:34:04	38	00:34:03
39	61	Damian	Carr	M		COVENTRY GODIVA	00:34:05	39	00:34:04
40	30	Al	Turnball	M	45	BEDFORD & COUNTY	00:34:06	40	00:34:05
41	15	Matthew	Hibbard	M		SOUTHAMPTON ATHLETICS CLUB	00:34:08	41	00:34:08
42	35	Becky	Penty	F		HIGHGATE	00:34:14	42	00:34:13
43	2053	Peter	Coles	M	45	PONTYPRIDD ROADENTS	00:34:21	43	00:34:19
44	31	Andrea	Whitcombe	F	40	SWANSEA HARRIERS	00:34:24	44	00:34:22
45	360	Richard	Bullen	M	50	LES CROUPIERS	00:34:24	45	00:34:23
46	150	Jason	Scanlon	M		PONTYPRIDD ROADENTS	00:34:40	46	00:34:39
47	37	Rebecca	Robinson	F		KENDAL	00:34:42	47	00:34:40
48	564	Stephen	Thomas	M	40	ISLWYN	00:34:44	48	00:34:43
49	1804	Ian	Withers	M		LES CROUPIERS	00:34:46	49	00:34:44
50	67	Robert	Sage	M		LES CROUPIERS	00:34:48	50	00:34:46
51	63	Nick	Dukes	M		LES CROUPIERS	00:34:54	51	00:34:53
52	1215	Will	New	M			00:34:56	52	00:34:55
53	33	Caryl	Jones	F		SWANSEA HARRIERS	00:34:59	53	00:34:56
54	1516	Andrew	Reynolds	M		PORT TALBOT HARRIERS	00:35:02	54	00:35:00
55	717	Mark	Windsor	M		SAN DOMENICO	00:35:07	55	00:35:04
56	42	Cassie	Thorp	F		PORTSMOUTH	00:35:10	56	00:35:08
57	934	Geraint	Lewis	M			00:35:13	57	00:35:09
58	733	Paul	Talbot	M	40	NEATH HARRIERS	00:35:14	58	00:35:12
59	69	Matthew	Hurford	M		LES CROUPIERS	00:35:18	59	00:35:16
60	984	Chris	Millington	M			00:35:19	60	00:35:17
61	2014	Freek	Van Arkel	M		FOREST OF DEAN A/C	00:35:32	61	00:35:28
62	1807	Philip	Tugwell	M		CORNWALL AC	00:35:41	62	00:35:40
63	1017	Philip	Kendrick	M	45	BRECON ATHLETICS CLUB	00:35:45	63	00:35:44
64	2009	Tim	Ballard	M			00:35:49	64	00:35:48
65	38	Sarah	Tunstall	F		KENDAL	00:35:55	65	00:35:54
66	1055	Alan	Davies	M	55	BRIDGEND AC	00:35:59	67	00:35:58
67	1878	Michael	Dury	M			00:36:02	66	00:35:58
68	44	Nikki	Brookland	F		BRISTOL & WEST AC	00:36:05	68	00:36:04
69	45	Lynne	Cox	F		TIPTON	00:36:09	69	00:36:06
70	284	Joanna	Thompson	F	50	TEAMBATH AC	00:36:09	70	00:36:08
71	151	Royston	Whitehouse	M	45	NEATH HARRIERS	00:36:11	71	00:36:10
72	1387	Mikey	Bryant	M		AVON VALLEY RUNNERS	00:36:16	72	00:36:12
73	1876	Oliver	Williams	M		SAN DOMENICO	00:36:20	73	00:36:17
74	40	Fiona	Clarke	F		ARENA 80	00:36:23	74	00:36:21
75	1045	Gareth	Lynch	M		LES CROUPIERS	00:36:26	75	00:36:23

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GunPos	Bib	Firstname	Lastname	M/F	Cat	Club	GunTime	ChipPos	ChipTime
76	684	Steve	Rhind	M	45		00:36:33	76	00:36:30
77	1054	Mark	Richmond	M			00:36:41	77	00:36:37
78	1596	Stuart	Wadlow	M		ISLWYN	00:36:43	78	00:36:40
79	1209	Raul	Reismann	M			00:36:44	79	00:36:42
80	36	Anna	Weaver	F		SALFORD HARRIERS	00:36:48	81	00:36:46
81	872	Martin	Williams	M	45	LES CROUPIERS	00:36:48	80	00:36:45
82	571	Haydn	Hartnell	M	45	ISLWYN	00:36:53	82	00:36:51
83	34	Erika	Robinson	F		BUCKLEY RC	00:36:54	83	00:36:51
84	862	Scott	Howell	M	50	LES CROUPIERS	00:37:00	84	00:36:58
85	1178	Andrew	Baker	M	45	PONTYPRIDD ROADENTS	00:37:19	85	00:37:16
86	32	Alaw	Beynon-Thomas	F		SWANSEA HARRIERS	00:37:23	86	00:37:21
87	730	Phillipa	Jenkins	M	45	BRIDGEND AC	00:37:26	87	00:37:25
88	50	Shan	Morgan	F		NOTTS AC	00:37:28	88	00:37:25
89	1540	Matthew	Whitehouse	M			00:37:44	89	00:37:39
90	861	Mick	Mcgeoch	M	55	LES CROUPIERS	00:37:45	90	00:37:42
91	2347	Huw	Jenkins	M			00:37:45	92	00:37:44
92	1340	Alex	Williams	M	40	PORT TALBOT HARRIERS	00:37:47	91	00:37:42
93	1183	Lian	Davies	M			00:37:51	93	00:37:49
94	288	Andrew	Dwyer	M	40		00:37:53	94	00:37:50
95	1247	Clare	Phillips	F	40	PORT TALBOT HARRIERS	00:38:04	96	00:38:00
96	3346	Dean	Johnston	M			00:38:12	95	00:37:57
97	867	James	Bruce	M		LES CROUPIERS	00:38:14	98	00:38:11
98	716	Mickey	Havard	M	45	SAN DOMENICO	00:38:16	97	00:38:09
99	1316	Allan	Meek	M	45	SPIRIT OF MONMOUTH	00:38:19	99	00:38:12
100	1810	Tyrone	Fowler	M		NEWPORT HARRIERS	00:38:27	100	00:38:22
101	1860	Elio	Lepore	M		LES CROUPIERS	00:38:30	103	00:38:27
102	1393	Adrian	Padbury	M			00:38:31	102	00:38:25
103	1433	Darren	Ramage	M		SPIRIT OF MONMOUTH	00:38:32	101	00:38:25
104	1510	Scott	Frame	M			00:38:36	104	00:38:33
105	3417	David	Coles	M	50		00:38:38	105	00:38:35
106	1391	Jane	Wassell	F	45	STROUD & DISTRICT AC	00:38:40	106	00:38:38
107	39	Emily	Alden	F		EPSOM	00:38:42	107	00:38:40
108	1558	Paul	Sperrin	M	50	BITTON ROAD RUNNERS	00:38:46	108	00:38:42
109	1583	Paulo	Simoes	M			00:38:49	109	00:38:44
110	676	Ashleigh	Harper	M		CARDIFF AAC	00:38:51	110	00:38:45
111	1419	James	Hoad	M			00:38:57	111	00:38:47
112	1896	Paul	Hill	M	45	PEGASUS	00:39:00	112	00:38:51
113	2055	Morris	Attard	M		OUTDOOR FITNESS	00:39:05	115	00:39:04
114	342	Will	Marsh	M			00:39:07	116	00:39:04
115	908	John	Sutherland	M		LES CROUPIERS	00:39:11	113	00:39:03
116	1955	John	Craven	M			00:39:12	118	00:39:06
117	279	Rob	Scott	M		LES CROUPIERS	00:39:15	117	00:39:06
118	3221	Jack	Corrigan	M			00:39:18	114	00:39:03
119	1600	Jason	Davies	M	40		00:39:18	119	00:39:14
120	746	David	Hughes	M			00:39:19	122	00:39:15
121	715	James	Potts	M	40	SAN DOMENICO	00:39:22	121	00:39:15
122	610	Mark	Joyce	M			00:39:23	120	00:39:14
123	1437	Robert	Davies	M	40	ISLWYN	00:39:34	124	00:39:24
124	2946	Alexander	Capleton	M		LES CROUPIERS	00:39:35	123	00:39:22
125	1694	Adrian	Ford	M			00:39:36	126	00:39:33
126	1958	Stephen	Mcguire	M			00:39:37	125	00:39:31
127	43	Sue	Street	F		TIPTON	00:39:39	127	00:39:37
128	869	Gerard	Crispie	M	45	LES CROUPIERS	00:39:40	128	00:39:37
129	2039	Andrew	Jones	M			00:39:49	129	00:39:43
130	148	Sharon	Leech	F	40	CARMARTHEN HARRIERS	00:39:52	130	00:39:46
131	1319	James	Date	M			00:39:56	132	00:39:50
132	2907	Simon	Williams	M			00:39:56	131	00:39:48
133	3232	Toby	Jones	M			00:39:57	133	00:39:52
134	1862	Matthew	Hooper	M		LES CROUPIERS	00:39:58	137	00:39:55
135	875	Peter	Turnbull	M	45	LES CROUPIERS	00:39:59	136	00:39:53
136	3345	Carl	Parker	M			00:39:59	138	00:39:56
137	905	Michael	Murphy	M	55	LES CROUPIERS	00:39:59	139	00:39:57
138	682	Simon	Plaskitt	M			00:40:02	134	00:39:52
139	1218	Christopher	Westcombe	M			00:40:03	140	00:39:58
140	689	Paul	Price	M	45		00:40:09	142	00:40:04
141	1592	Gareth	Davey	M		LLANELLI AC	00:40:09	141	00:40:04
142	1322	John	Lloyd	M	45		00:40:11	135	00:39:52
143	1560	Hywel	Edwards	M	40		00:40:15	143	00:40:10
144	2990	Miles	Thomas	M			00:40:29	144	00:40:15
145	1337	Jonathon	Astley	M			00:40:36	145	00:40:29
146	48	Helen	Davies	F		ROYAL AIR FORCE	00:40:39	147	00:40:35
147	863	Paul	Morris	M	50	LES CROUPIERS	00:40:40	148	00:40:37
148	1299	David	Morgan	M			00:40:41	146	00:40:35
149	2940	Simon	Thomas	M			00:40:42	150	00:40:37
150	1574	Will	Edwards	M		PORHCRAWL RUNNERSLIFE	00:40:42	154	00:40:42

2011 Cardiff 10k

GunPos	Bib	Firstname	Lastname	M/F	Cat	Club	GunTime	ChipPos	ChipTime
151	1677	Simon	Partridge	M	55		00:40:42	151	00:40:38
152	285	Michael	Thompson	M	50	TEAMBATH AC	00:40:51	159	00:40:48
153	1224	Jihad	Dabab	M			00:40:53	149	00:40:37
154	871	Simon	Hazel	M	40	LES CROUPIERS	00:40:55	156	00:40:45
155	73	Liz	Ashton	F		LES CROUPIERS	00:40:55	161	00:40:52
156	2939	Robert	Rees	M			00:40:56	162	00:40:52
157	74	Rachel	Baker	F		CARDIFF AAC	00:40:57	160	00:40:50
158	2948	Nicholas	Gallimore	M			00:40:57	157	00:40:47
159	877	Alan	Mason	M	50	LES CROUPIERS	00:40:58	158	00:40:48
160	3407	Duncan	Sheldon	M			00:40:59	163	00:40:53
161	2972	Tony	Fuller	M			00:41:07	153	00:40:42
162	2045	Angharrad	Williams	F			00:41:11	152	00:40:42
163	2020	Russell	Finch	M	45	SPIRIT OF MONMOUTH	00:41:14	166	00:41:07
164	1479	Alun	Williams	M			00:41:14	168	00:41:10
165	2086	Nichola	Gething	F	40	PARC BRYNBACH	00:41:14	165	00:41:06
166	3328	Neil	Hunter	M			00:41:21	164	00:41:00
167	915	Nick	Griffiths	M	40		00:41:21	169	00:41:15
168	873	Michael	Davies	M	60	LES CROUPIERS	00:41:25	170	00:41:15
169	2846	Dave	Goodall	M	55		00:41:25	173	00:41:18
170	2814	James	Hewett	M			00:41:26	167	00:41:08
171	1582	Hannah	Mcbrown	F		OUTDOOR FITNESS	00:41:27	174	00:41:23
172	3343	Alan	Thomas	M			00:41:35	155	00:40:45
173	1053	Damian	Pathy	M	45		00:41:35	176	00:41:29
174	367	Peter	Moody	M	65	CARMARTHEN HARRIERS	00:41:39	178	00:41:32
175	761	Nicholas	Jones	M			00:41:39	171	00:41:16
176	346	Celia	White	F	45	INGLI RUNNERS	00:41:40	180	00:41:35
177	68	Alun	Davies	M		LES CROUPIERS	00:41:45	183	00:41:41
178	1237	Robert	Hartshorn	M	45		00:41:47	182	00:41:40
179	76	Emma	Loveland	F		CARDIFF AAC	00:41:48	184	00:41:41
180	1136	Richard	Laydon	M	45		00:41:50	177	00:41:30
181	866	Kellinu	Portelli	M	45	LES CROUPIERS	00:41:50	186	00:41:42
182	375	Paul	Marchant	M	55		00:41:51	188	00:41:44
183	1010	Nick	Lord	M			00:41:51	181	00:41:36
184	2895	Dean	Roberts	M	40		00:41:53	185	00:41:42
185	1459	Michael	Newton	M			00:41:57	179	00:41:32
186	418	Phillip	Mears	M	40	PEGASUS	00:41:57	172	00:41:18
187	340	Dameon	Windsor	M			00:41:58	191	00:41:58
188	1835	Lee	Stenner	M			00:42:00	189	00:41:53
189	2887	Christopher	Jenkins	M			00:42:00	194	00:42:00
190	3054	Ian	Daniels	M			00:42:01	187	00:41:43
191	517	David	Thomas	M	45		00:42:03	192	00:41:58
192	1211	Lucy	Williams	F			00:42:08	190	00:41:57
193	3327	Richard	Holmes	M			00:42:10	198	00:42:04
194	874	James	Horner	M		LES CROUPIERS	00:42:11	196	00:42:01
195	282	Louise	Flynn	F			00:42:13	199	00:42:05
196	1655	Adrian	James	M	40		00:42:13	193	00:41:59
197	1298	Carl	Colwill	M	50		00:42:14	200	00:42:06
198	1313	Andrew	Jones	M			00:42:14	202	00:42:06
199	1330	Mary	Bowen Rees	F	45	TROTS	00:42:14	207	00:42:10
200	3344	Bleddyn	Jones	F			00:42:14	205	00:42:09
201	3076	Michael	Learoyd	M	50	MDC	00:42:16	204	00:42:09
202	1671	Matthew	Saviegar	M			00:42:21	201	00:42:06
203	3458	Gavin	Rees	M			00:42:22	206	00:42:10
204	1220	Guto	Edwards	M			00:42:22	203	00:42:08
205	1607	Kevin	Plank	M	40		00:42:25	208	00:42:12
206	920	Dale	Crutcher	M			00:42:26	209	00:42:12
207	1087	Matthew	Stokes	M			00:42:28	195	00:42:00
208	1906	Gavin	Fairclough	M			00:42:31	210	00:42:15
209	357	Lewis	Tomlins	M			00:42:34	211	00:42:21
210	47	Joanne	Johnson	F		ROYAL AIR FORCE	00:42:35	215	00:42:32
211	3183	Richard	Baker	M			00:42:38	214	00:42:30
212	509	Brian	Dias	M		CARDIFF AAC	00:42:40	218	00:42:35
213	856	Emar	Jones	F			00:42:41	212	00:42:28
214	1739	James	Evans	M			00:42:45	219	00:42:36
215	1827	Dean	House	M	45		00:42:48	224	00:42:44
216	2348	Rhian	Rogers	F			00:42:50	226	00:42:46
217	1615	Ian	Rowe	M	40		00:42:52	220	00:42:36
218	49	Joanne	Roe	F		ROYAL AIR FORCE	00:42:53	228	00:42:50
219	458	Nathan	Maloney	M			00:42:53	227	00:42:48
220	909	Stephen	Alexander	M	40	LES CROUPIERS	00:42:54	222	00:42:43
221	3055	Neil	Spencer	M			00:42:54	223	00:42:43
222	864	Marcus	Coles	M		LES CROUPIERS	00:43:00	221	00:42:39
223	2988	Mark	Evans	M			00:43:02	216	00:42:32
224	75	Rachel	Matthews	F	35	CARDIFF AAC	00:43:04	231	00:42:56
225	408	Richard	Harrison	M	40		00:43:05	225	00:42:46

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226	1559	Dana	Roskey	M	45		00:43:08	230	00:42:55
227	2077	Mark	Street	M			00:43:08	232	00:42:57
228	259	Colin	Mcqueen	M	45		00:43:08	237	00:43:03
229	3459	Jeff	Evans	L			00:43:11	233	00:42:59
230	3461	Lewis	Rees	L			00:43:12	234	00:42:59
231	1990	Matt	Reardon	M			00:43:12	241	00:43:06
232	1573	Tom	Wright	M	50	SOSPAN ROAD RUNNERS	00:43:12	238	00:43:04
233	1939	Stuart	Keeping	M	45		00:43:12	240	00:43:05
234	1453	Neil	Harris	M	50		00:43:14	235	00:42:59
235	1869	Paul	Reading	M			00:43:14	236	00:43:02
236	262	Michael	Flynn	M	60		00:43:14	242	00:43:06
237	3279	Karl	Korczyosks	M			00:43:16	229	00:42:50
238	609	Peter	Jones	M	50		00:43:21	243	00:43:08
239	485	Rod	Harris	M	45		00:43:22	244	00:43:08
240	790	Lee	Whitnell	M			00:43:23	245	00:43:09
241	673	Gary	Howgate	M	40		00:43:24	239	00:43:05
242	1377	Michael	Thomas	M	45		00:43:27	247	00:43:14
243	1912	Gavin	Brace	M			00:43:32	197	00:42:02
244	3418	Neil	Navarra	M			00:43:36	175	00:41:26
245	1435	Eryl	Jones	M	45		00:43:40	260	00:43:35
246	1809	David	Williams	M			00:43:40	249	00:43:15
247	2913	Andrew	Ellison	M			00:43:42	257	00:43:32
248	1923	Adam	Robak	M			00:43:42	256	00:43:31
249	3323	Karl	Burgess	M			00:43:43	248	00:43:15
250	697	Mark	Hawkins	M			00:43:43	217	00:42:34
251	2883	John	Townsend	M			00:43:46	255	00:43:31
252	3457	Gary	Lockett	M			00:43:48	262	00:43:37
253	3091	Tim	Goodson	M			00:43:49	261	00:43:36
254	694	Andrew	Morris	M			00:43:50	265	00:43:42
255	359	Phil	Meyler	M	55	PONTYPRIDD ROADENTS	00:43:50	253	00:43:26
256	894	Charles	Coray	M	50		00:43:51	213	00:42:30
257	1987	Callum	Priest	M			00:43:52	250	00:43:18
258	265	Dean	Poweck	M	40		00:43:53	264	00:43:41
259	2886	Charles	Kaminaris	M			00:43:54	276	00:43:54
260	1497	Thomas	Watkins	M			00:43:55	258	00:43:33
261	1819	Charlotte	Bowsher	F			00:43:55	272	00:43:50
262	1403	Steven	Burke	M			00:43:55	267	00:43:43
263	403	Maria	Richards	F		ISLWYN	00:43:55	270	00:43:48
264	2911	David	Mcelhill	M			00:43:56	269	00:43:45
265	3293	Sarah	Davies	F			00:43:56	254	00:43:31
266	1411	Philip	Miller	M			00:44:00	271	00:43:49
267	1911	Brian	James	M	45		00:44:00	263	00:43:38
268	637	Adam	Chown	M			00:44:01	259	00:43:34
269	1486	Leigh	Ridgeway	M			00:44:03	246	00:43:14
270	2906	John	Redmond	M			00:44:04	277	00:43:56
271	783	Lee	Prescott	M			00:44:07	285	00:44:04
272	1848	Graham	Mack	M	50		00:44:09	279	00:43:58
273	1358	Jonathan	Thomas	M			00:44:11	287	00:44:07
274	1924	Dean	Batte	M			00:44:12	274	00:43:54
275	1631	Craig	Hughes	M			00:44:14	275	00:43:54
276	1590	Michael	Clayden	M			00:44:16	252	00:43:26
277	3178	Gavin	Summerhill	M			00:44:17	273	00:43:50
278	2897	Andy	Griffiths	M			00:44:19	289	00:44:08
279	1562	Craig	Lewis	M			00:44:19	282	00:44:01
280	2087	Nick	Ford	M			00:44:19	290	00:44:09
281	3269	Charro	Wood	M			00:44:21	283	00:44:02
282	898	Rob	Scott	M		PORTHCAWL RUNNERSLIFE	00:44:23	298	00:44:15
283	2945	Adrian	Holland	m	40		00:44:25	296	00:44:13
284	3282	Andy	Davis	M	45		00:44:25	294	00:44:12
285	1523	Rhodri	Owen	M			00:44:26	292	00:44:12
286	2910	Gafin	Griffiths	M			00:44:28	297	00:44:14
287	1529	Matthew	Lyons	M			00:44:29	266	00:43:42
288	3312	Alistair	Thompson	M			00:44:31	281	00:44:00
289	1157	John	Westlake	M	45		00:44:31	288	00:44:07
290	3252	Richard	Vaughan	M			00:44:34	299	00:44:16
291	711	Tim	Knight	M			00:44:34	310	00:44:26
292	210	Paul	Groves	M			00:44:35	278	00:43:57
293	3347	James	Mullan	M	40		00:44:35	268	00:43:44
294	2909	Neil	Williams	M			00:44:35	306	00:44:23
295	3090	Ricci	Watts	M			00:44:37	307	00:44:24
296	3330	John	Royles	M			00:44:38	300	00:44:16
297	3329	Darran	Porter	M			00:44:40	302	00:44:18
298	890	Alex	Hill	M			00:44:41	316	00:44:39
299	1346	Ewan	Bowen Rees	M		TROTS	00:44:42	314	00:44:37
300	3277	Russell	Smith	M			00:44:42	295	00:44:13

2011 Cardiff 10k

GunPos	Bib	Firstname	Lastname	M/F	Cat	Club	GunTime	ChipPos	ChipTime
301	3326	Neil	Barlow	M			00:44:45	304	00:44:23
302	1201	Gregg	Morgan	M			00:44:46	293	00:44:12
303	411	Neil	James	M			00:44:46	312	00:44:32
304	1487	Ian	Hartfield	M			00:44:48	303	00:44:20
305	1646	Fabio	Aceiro	M			00:44:49	309	00:44:25
306	726	Geraint	Jones	M			00:44:50	291	00:44:09
307	2475	Hywel	Jones	M			00:44:50	251	00:43:22
308	921	Phillip	Hodge	M			00:44:51	284	00:44:03
309	3197	Jonathon	Hooper	M		LES CROUPIERS	00:44:53	319	00:44:43
310	1059	Stewart	Baker	M			00:44:54	322	00:44:47
311	1429	Phillip	Freeman	M			00:45:01	325	00:44:53
312	3268	Luke	Jones	M			00:45:01	327	00:44:55
313	3251	Darren	Henry	M			00:45:02	320	00:44:43
314	1954	Hazel	Craven	F			00:45:04	328	00:44:55
315	3140	Matthew	Jones	M			00:45:05	318	00:44:41
316	1351	Marc	Street	M			00:45:05	326	00:44:54
317	951	Antony	Metcalfe	M			00:45:07	311	00:44:30
318	1180	Judith	Van Der Voort	F	45		00:45:08	317	00:44:39
319	1398	Paul	Dibble	M	55		00:45:10	315	00:44:38
320	3358	Nick	Huntage	M			00:45:12	323	00:44:48
321	2947	Jason	Scaife	M			00:45:13	335	00:45:03
322	431	Jasper	Trevelyan	M	40		00:45:14	301	00:44:16
323	1491	Wolfgang	Luecke	M			00:45:15	337	00:45:06
324	3283	Chris	Jones	M			00:45:19	321	00:44:47
325	3217	Wayne	Morgan	M			00:45:20	308	00:44:25
326	3280	Jason	Jones	M			00:45:22	324	00:44:51
327	308	Alan	Groves	M			00:45:22	286	00:44:05
328	529	Michael	Halsall	M		LLANELLI AC	00:45:22	345	00:45:16
329	402	Ceri	Planchant	M			00:45:23	344	00:45:14
330	491	Shon	Jones	M	45		00:45:23	305	00:44:23
331	1243	Andrea	Williams	M		PORT TALBOT HARRIERS	00:45:24	350	00:45:19
332	1619	Jon	Bickley	M	40		00:45:24	334	00:45:02
333	3359	Neil	Perkins	M	40		00:45:24	336	00:45:03
334	1606	Wayne	Williams	M			00:45:26	280	00:43:58
335	1708	Andrew	Dunscombe	M	45	PONTYPRIDD ROADENTS	00:45:27	339	00:45:09
336	1964	Ruth	Treharne	F	45	ISLWYN	00:45:29	351	00:45:20
337	3316	Lewis	Hurrell	M			00:45:30	329	00:45:00
338	405	Caroline	Jones	F	50	TROTS	00:45:31	353	00:45:25
339	3119	Tom	Preston	M			00:45:31	313	00:44:34
340	3365	Richard	Duffield	M			00:45:32	347	00:45:18
341	811	Graham	Huxtable	M	45		00:45:33	348	00:45:18
342	722	Leigh	Stimpson	M	40		00:45:39	330	00:45:01
343	669	Edward	Diment	M			00:45:40	331	00:45:01
344	635	Danielle	Sapsford	F			00:45:41	372	00:45:41
345	927	Dean	Birt	M		PONTYPRIDD ROADENTS	00:45:42	359	00:45:32
346	1826	James	Smith	M			00:45:42	343	00:45:11
347	1210	Janette	Morgan	F			00:45:42	358	00:45:31
348	3014	Adam	Deacon	M			00:45:42	356	00:45:28
349	1379	Michael	Gashe	M	40		00:45:44	338	00:45:08
350	1135	Rebecca	Williams	F			00:45:45	352	00:45:25
351	975	Ben	Reid	M			00:45:47	370	00:45:38
352	269	Barrie	Parham	M	60	GRIFFITHSTOWN HARRIERS	00:45:48	364	00:45:35
353	484	Lloyd	Harris	M			00:45:48	363	00:45:34
354	1448	Robert	Lewis	M			00:45:49	378	00:45:44
355	844	Adam	Daniel	M			00:45:49	340	00:45:10
356	419	Julian	Davies	M	40	PEGASUS	00:45:50	361	00:45:33
357	2920	Anthony	Lockyer	M	45		00:45:51	366	00:45:36
358	828	Kevin	Bounds	M			00:45:52	346	00:45:18
359	1331	Ronald	Anthony	M	55	TROTS	00:45:53	384	00:45:47
360	1443	Phillip	Worth	M			00:45:53	362	00:45:34
361	879	Michael	Rossiter	M	50	LES CROUPIERS	00:45:54	375	00:45:42
362	157	Alistair	Clements	M			00:45:56	355	00:45:27
363	172	Anthony	Perry	M			00:45:56	392	00:45:51
364	3479	William	Fear	M			00:45:56	389	00:45:50
365	1399	Gill	Aldworth	F	40	BRECON ATHLETICS CLUB	00:45:57	368	00:45:36
366	922	Tom	Lawson	M	40		00:45:57	377	00:45:44
367	3467	Mark	Wheeler	M			00:45:58	374	00:45:42
368	674	Ian	Doveston	M			00:45:58	385	00:45:48
369	599	Richard	Carr	M			00:45:59	371	00:45:40
370	3349	Andrew	Johnson	M			00:46:00	391	00:45:51
371	2405	Leigh	Tomlins	M			00:46:01	388	00:45:49
372	876	Peter	Wicks	M	40	LES CROUPIERS	00:46:02	394	00:45:52
373	3037	Andrew	Sidney	M			00:46:03	367	00:45:36
374	2852	Dan	Jones	M			00:46:03	360	00:45:33
375	2029	Ross	Mcmeeking	M			00:46:04	382	00:45:46

2011 Cardiff 10k

GunPos	Bib	Firstname	Lastname	M/F	Cat	Club	GunTime	ChipPos	ChipTime
376	489	Mike	Biddy	M	45		00:46:04	333	00:45:02
377	1674	Andy	Rees	M	50		00:46:06	381	00:45:46
378	3025	John	Sheppard	M			00:46:07	386	00:45:48
379	967	Waseem	Chaudhry	M	45		00:46:07	376	00:45:43
380	195	Janet	Lewis	F			00:46:07	396	00:45:54
381	2894	Clive	Denton	M	40		00:46:08	402	00:45:59
382	672	John	Sharp	M	40		00:46:10	390	00:45:51
383	1468	Rhys	Annett	M			00:46:12	379	00:45:44
384	1901	Alistair	Macdonald	M		LES CROUPIERS	00:46:12	341	00:45:10
385	1232	Mark	Morris	M	40		00:46:13	397	00:45:55
386	2805	Aled	Gamble	M			00:46:13	403	00:46:00
387	2095	Gavin	Griffiths	M		BRO DYSYNNI AC	00:46:16	404	00:46:00
388	510	Daniel	Thomas	M	45		00:46:16	369	00:45:38
389	1495	Liam	Davies	M	50	FERC	00:46:17	406	00:46:07
390	891	Michael	Bailey	M	40		00:46:20	383	00:45:47
391	2848	Ashleigh	Rosser	M			00:46:21	393	00:45:52
392	104	Adam	Purchase	M			00:46:21	373	00:45:41
393	619	Oisin	O'Rielly	M			00:46:22	349	00:45:18
394	1417	David Hywel	Thomas	M			00:46:23	422	00:46:19
395	1882	Paul	Smith	M		LC COBRAS	00:46:24	414	00:46:14
396	324	Gavin	Taylor	M			00:46:24	415	00:46:14
397	295	Colin	Ward	M	55		00:46:25	411	00:46:10
398	2915	Matthew	Joy	M			00:46:25	421	00:46:18
399	1015	Roy	Board	M	40		00:46:27	405	00:46:01
400	2938	Mark	Edwards	M			00:46:27	424	00:46:22
401	455	Rhys	Davies	M			00:46:31	354	00:45:26
402	924	Ruben	Adjei	M			00:46:31	398	00:45:56
403	494	Nick	Frost	M	50	PONTYPRIDD ROADENTS	00:46:31	419	00:46:17
404	183	Ben	Sykes	M			00:46:32	418	00:46:16
405	2047	Matt	Griffiths	M			00:46:33	407	00:46:07
406	440	Neema	Mal	M		LES CROUPIERS	00:46:34	427	00:46:26
407	2982	Jamie	Howells	M			00:46:34	380	00:45:44
408	1851	Simon	Wooster	M	40		00:46:35	410	00:46:10
409	197	Kate	Gough	F			00:46:35	437	00:46:30
410	700	Louise	Evans	F	45	EBBW VALE	00:46:36	416	00:46:14
411	1575	Jonathan	Beynon	M		LC COBRAS	00:46:37	430	00:46:26
412	584	Rhys	Jenkins	M			00:46:39	439	00:46:32
413	1889	Rob	Hope	M	40		00:46:40	357	00:45:29
414	809	Guy	Swallow	M			00:46:43	431	00:46:27
415	190	Jason	Tucknutt	M	40		00:46:44	342	00:45:10
416	1514	Dean	Cox	M			00:46:45	395	00:45:54
417	1467	Kathleen	Walker	F			00:46:45	413	00:46:12
418	1550	Stuart	Lawton	M			00:46:46	387	00:45:48
419	1250	Sharon	Casey	F	45		00:46:47	425	00:46:25
420	3333	Pierre-Michael	Delamotte	M			00:46:48	429	00:46:26
421	582	Amanda	Jones	F	40		00:46:49	458	00:46:49
422	678	Lucy	Harper	F		CARDIFF AAC	00:46:49	420	00:46:17
423	277	Rachel	Walsh	F			00:46:50	423	00:46:20
424	865	Gareth	Rees	M	45	LES CROUPIERS	00:46:50	448	00:46:42
425	3367	Mike	Wheeler	M			00:46:52	444	00:46:37
426	414	Tony	Carzana	M	60	PEGASUS	00:46:52	442	00:46:35
427	1401	Daniel	Copping	M			00:46:53	332	00:45:02
428	611	Steffan	Thomas	M			00:46:53	440	00:46:34
429	586	Emma	Williams	F			00:46:55	441	00:46:35
430	3438	Salil	Gokhale	M			00:46:56	459	00:46:49
431	3229	Ryan	Jones	M			00:46:57	417	00:46:14
432	2999	Stuart	Buckmaster	M			00:46:57	449	00:46:42
433	1648	Lyndsay	Fitzgerald	F			00:46:58	432	00:46:28
434	2936	Robert	Skinner	M			00:46:59	447	00:46:41
435	1921	Adam	Lloyd	M			00:47:01	365	00:45:35
436	3212	Garry	Davidson	M			00:47:02	408	00:46:07
437	2103	Jonathan	Akrill	M	40		00:47:04	433	00:46:28
438	318	Andrew	Salvidge	M			00:47:05	428	00:46:26
439	2015	Angharad	Rhys	F		LES CROUPIERS	00:47:05	436	00:46:29
440	815	Scott	Harrison	M			00:47:06	455	00:46:48
441	897	Ian	Rothwell	M	50		00:47:06	456	00:46:48
442	2942	Geoff	Baxter	M	40		00:47:07	454	00:46:45
443	3118	Chris	Strong	M			00:47:07	412	00:46:11
444	3075	Phillip	Coetsee	M	45		00:47:08	467	00:47:00
445	1686	Sion	Jones	M			00:47:10	435	00:46:29
446	159	Ieuan	Bennett	M	45	BARRY & VALE HARRIERS	00:47:13	443	00:46:36
447	2908	Luthfur	Rahman	M			00:47:14	480	00:47:07
448	2989	Mark	Collins	M	40		00:47:17	453	00:46:45
449	962	David	Boucher	M	55		00:47:18	451	00:46:44
450	2916	Stuart	Kibble	M			00:47:18	475	00:47:05

2011 Cardiff 10k

GunPos	Bib	Firstname	Lastname	M/F	Cat	Club	GunTime	ChipPos	ChipTime
451	2819	Dave	House	M			00:47:20	400	00:45:57
452	2051	Nick	Ling	M	40		00:47:22	450	00:46:43
453	2031	Gareth	Beachus	M			00:47:23	464	00:46:54
454	2987	Mo	Hasan	M			00:47:24	461	00:46:52
455	901	Scott	Cunningham	M			00:47:26	473	00:47:04
456	1847	Brendan	Palmer	M			00:47:29	503	00:47:25
457	3238	Ben	Tidy	M			00:47:30	477	00:47:06
458	3228	Owain	Parry	M			00:47:30	470	00:47:00
459	1051	Mark	Rogers	M	45		00:47:31	466	00:46:57
460	388	Simon	Whitmarsh-Knight	M			00:47:31	479	00:47:06
461	314	Matthew	Grovell	M			00:47:32	426	00:46:25
462	644	Rebecca	Milton	F			00:47:32	483	00:47:11
463	1741	Helen	Passant	F	40		00:47:33	481	00:47:08
464	341	Paul	Kirkwood	M	55		00:47:34	474	00:47:05
465	134	David	Hebbes	M	60		00:47:34	495	00:47:18
466	1008	Helen	Adams	F	40		00:47:34	465	00:46:56
467	646	Paul	Chapman	M	40		00:47:37	500	00:47:22
468	3240	James	Harvey	M			00:47:37	488	00:47:13
469	3146	Gary	Carver	M			00:47:37	485	00:47:11
470	1048	Firouz	Mal	M	50	LES CROUPIERS	00:47:38	511	00:47:29
471	1257	Dyfed	Huws	M	40		00:47:39	434	00:46:29
472	1656	Tony	Clarke	M			00:47:39	491	00:47:14
473	923	David	Lawson	M			00:47:39	502	00:47:25
474	278	Kelvin	Henley	M	45		00:47:41	496	00:47:18
475	1593	Michael	Hackman	M			00:47:41	469	00:47:00
476	1219	Clive	Caswell	M			00:47:42	471	00:47:01
477	3477	Louise	Plaister	F			00:47:42	460	00:46:50
478	1658	Jeff	Harteveldt	M	60		00:47:43	504	00:47:25
479	2351	Runner	2351	M			00:47:43	472	00:47:03
480	3117	Anthony	Omar	M			00:47:45	457	00:46:49
481	952	Rebecca	Wilson	F			00:47:46	499	00:47:20
482	1016	Rebecca Elin	Griffiths	F			00:47:47	512	00:47:33
483	1642	James	Tellam	M			00:47:47	399	00:45:57
484	3267	Mark	Headon	M	45		00:47:47	515	00:47:36
485	2992	Stephen	Evans	M			00:47:48	497	00:47:19
486	1140	Matthew	Hall	M			00:47:48	482	00:47:10
487	835	Dafydd	Morse	M			00:47:49	438	00:46:30
488	3355	Martin	Demmar	M			00:47:49	510	00:47:29
489	430	Christopher	James	M			00:47:50	519	00:47:38
490	3187	Ceri	Blackmore	F			00:47:50	478	00:47:06
491	2413	Geraint	White	M			00:47:51	490	00:47:14
492	1245	Michael	Pritchard	M	55		00:47:53	486	00:47:13
493	583	Victoria	Webb	F	35		00:47:57	529	00:47:49
494	1397	Timothy	Watkins-Pitchford	M			00:47:58	409	00:46:08
495	299	Lyndon	Mcerlaine	M			00:47:59	530	00:47:50
496	2923	Rebecca	Gray	F	35		00:48:00	523	00:47:46
497	1109	Owen	Pearse	M			00:48:02	452	00:46:44
498	1108	Richard	Davies	M			00:48:02	506	00:47:26
499	127	John	Ferriday	M			00:48:04	533	00:47:51
500	830	Carol	Sullivan	F	35		00:48:06	508	00:47:28
501	829	Hannah	Fisher	F			00:48:06	528	00:47:49
502	2028	Aaron	Stephens	M			00:48:09	487	00:47:13
503	713	Neil	Reynolds	M			00:48:09	517	00:47:37
504	3278	Peter	Orford	M			00:48:09	521	00:47:43
505	1957	Christian	Smith	M			00:48:10	494	00:47:16
506	3134	Andrew	Sherwood	M			00:48:11	548	00:48:02
507	3473	Steve	Pemberton	M			00:48:11	498	00:47:19
508	3097	Joanne	Hunt	F			00:48:13	493	00:47:16
509	2050	Helen	Price	F	35		00:48:14	514	00:47:35
510	3368	Geoff	Edwards	M			00:48:15	550	00:48:04
511	1138	Lucy	Lougher	F			00:48:16	541	00:47:59
512	1256	Sarah	Fry	F	35		00:48:18	518	00:47:38
513	719	Owen	Hyner	M			00:48:18	492	00:47:14
514	3308	Jamie	Prosser	M			00:48:19	525	00:47:48
515	1676	Chris	Billingham	M			00:48:19	463	00:46:54
516	1402	Chris	Mogg	M	40		00:48:19	535	00:47:53
517	895	Brenda	Avery	F	60	CHEPSTOW HARRIERS	00:48:21	562	00:48:12
518	1605	Daniel	Jones	M			00:48:21	462	00:46:53
519	802	Hywel	Jones	M			00:48:24	524	00:47:47
520	1836	Anna	Macdonald	F			00:48:28	505	00:47:26
521	2063	Martin	Davies	M	45		00:48:29	546	00:48:01
522	3354	Mr	Greenough	M			00:48:29	569	00:48:19
523	1286	Sarah	Bartlett	F	35		00:48:29	537	00:47:57
524	3225	Thomas	Hoare	M			00:48:29	543	00:48:00
525	518	Stephen	Harrison	M			00:48:30	534	00:47:52

2011 Cardiff 10k

GunPos	Bib	Firstname	Lastname	M/F	Cat	Club	GunTime	ChipPos	ChipTime
526	2919	Jonathon	Hartery	M			00:48:31	549	00:48:03
527	454	Nia	Butler	F	35		00:48:31	554	00:48:06
528	1484	Marc	Davies	M			00:48:31	532	00:47:51
529	135	Alan	Fishwick	M	45		00:48:31	536	00:47:54
530	1203	Mike	Beardsworth	M			00:48:32	542	00:47:59
531	1217	Geraint	Hulbert	M			00:48:33	566	00:48:14
532	1244	Jaime	Duggan	M			00:48:33	577	00:48:23
533	3185	Alan	Yip	M			00:48:34	531	00:47:50
534	801	Andrew	Burton	M	40		00:48:35	580	00:48:24
535	3220	Gwilym	Lewis	M			00:48:36	544	00:48:00
536	242	Darien	Jay	M			00:48:36	547	00:48:02
537	632	Adam	Mierzejewski	M			00:48:37	571	00:48:20
538	1168	Darren	Thomas	M			00:48:38	509	00:47:28
539	1041	Paul	Wiggins	M			00:48:38	446	00:46:41
540	344	Steve	Whitmarsh-Knight	M	65		00:48:39	567	00:48:15
541	1382	Claire	Thompson	F			00:48:39	445	00:46:37
542	1104	Barry	Woods	M			00:48:40	561	00:48:12
543	2471	Judi	Rhys	F	50	LES CROUPIERS	00:48:41	592	00:48:29
544	2478	James	Nee	M			00:48:41	476	00:47:06
545	2356	Runner	2356	M			00:48:41	513	00:47:33
546	771	Sheridan	Morgan	M	40		00:48:42	555	00:48:06
547	1599	Ifor	Owen	M	40		00:48:42	560	00:48:11
548	272	Jeff	Deere	M	55		00:48:43	563	00:48:13
549	1420	Victoria	Holloway	F	40		00:48:43	572	00:48:21
550	3244	Tom	Dixon	M			00:48:44	564	00:48:13
551	1472	Aled	Jones	M	40		00:48:44	540	00:47:59
552	303	Rhodri	Williams	M			00:48:45	522	00:47:46
553	552	Vince	Oak	M	50		00:48:46	489	00:47:13
554	3203	Steve	James	M			00:48:48	559	00:48:10
555	1270	Ray	Donovan	M	60		00:48:49	595	00:48:33
556	1925	Tim	Murphy	M	40		00:48:49	587	00:48:26
557	3427	Michael	Partridge	M			00:48:50	556	00:48:07
558	1167	Joanna	Boardman	F			00:48:50	520	00:47:41
559	2473	Gwion	Thorpe	M			00:48:52	468	00:47:00
560	1834	Ashley	Wells	M			00:48:52	597	00:48:35
561	3286	Nick	Payne	M			00:48:52	576	00:48:22
562	1907	James	Knox	M			00:48:52	507	00:47:27
563	2850	Greg	Davies	M			00:48:53	581	00:48:24
564	1587	Darren	Floyd	M	40		00:48:53	583	00:48:25
565	3241	Gavin	Davies	M			00:48:54	591	00:48:29
566	1881	Jacqueline	Ferguson	F	45	MK LAKESIDE RUNNERS	00:48:54	557	00:48:08
567	2851	Chris	Burgess	M			00:48:54	586	00:48:26
568	2023	Mat	Davies	M	40		00:48:55	588	00:48:27
569	1027	John	Ross	M	40		00:48:57	578	00:48:23
570	2067	Adrian	Zralka	M			00:48:58	551	00:48:04
571	2401	Lee	Griffiths	M			00:48:59	579	00:48:23
572	305	Sheung Yin	Au Yeung	M			00:49:00	613	00:48:46
573	3332	Stephen	Casey	M			00:49:00	606	00:48:40
574	433	Philip	Ratcliffe	M			00:49:04	545	00:48:01
575	1680	Simon	Coop	M			00:49:05	599	00:48:35
576	945	Jeremy	Isaac	M	45		00:49:06	604	00:48:37
577	1511	Matt	Evans	M			00:49:07	570	00:48:19
578	321	Jamie	Williams	M			00:49:07	594	00:48:33
579	311	Michael	Hurley	M	60		00:49:07	539	00:47:58
580	227	Brinley	Aherne	M	60		00:49:07	590	00:48:28
581	3334	Barri	Hamer	M			00:49:08	616	00:48:47
582	918	Steven	Goodfellow	M	45		00:49:10	538	00:47:57
583	2888	Liam	Ferris	M			00:49:10	568	00:48:19
584	2905	Richard	Bushell	M			00:49:10	629	00:48:57
585	1505	Mark	Janas	M	45		00:49:10	622	00:48:51
586	3372	Charles	Brain	M			00:49:11	615	00:48:46
587	1212	Hywel	Bromby	M			00:49:12	596	00:48:34
588	1699	Suzanne	Carter	F			00:49:12	625	00:48:53
589	547	Haydn	Williams	M	70		00:49:13	628	00:48:56
590	3239	Rachael	Crewesmith	F			00:49:14	620	00:48:50
591	3138	Myrddin	Edwards	F			00:49:14	637	00:49:04
592	1383	Paul	Davies	M			00:49:15	484	00:47:11
593	618	Paul	Garrett	M	45		00:49:15	584	00:48:26
594	1798	Mikael	Mikaelsson	M			00:49:15	501	00:47:25
595	3222	Ashley	Riddler	M			00:49:17	614	00:48:46
596	2903	Chris	Sweetman	M			00:49:17	624	00:48:53
597	1890	Martin	Griffiths	M	45		00:49:18	600	00:48:35
598	1638	Graham	Webster	M	55		00:49:19	612	00:48:45
599	519	Melanie	Youngs	F			00:49:19	626	00:48:54
600	307	Elaine	Willis	F			00:49:19	635	00:49:01

2011 Cardiff 10k

GunPos	Bib	Firstname	Lastname	M/F	Cat	Club	GunTime	ChipPos	ChipTime
601	1742	Jonathan	Goodall	M			00:49:21	598	00:48:35
602	1332	Mike	Watkins	M	45	MULLER RUNNING CLUB	00:49:23	607	00:48:40
603	1141	Mark	Standley	M			00:49:25	608	00:48:40
604	2409	Matthew	Ferris	M			00:49:28	621	00:48:51
605	1591	Dan	Cherry	M			00:49:28	603	00:48:36
606	1515	Stephen	Hitchen	M			00:49:29	593	00:48:30
607	1481	Robert	Davies	M	45		00:49:29	640	00:49:06
608	3070	Jonathan	Lawley	M			00:49:29	645	00:49:12
609	1263	Stephen	Povey	M	40		00:49:30	602	00:48:35
610	3177	Steve	Hathaway	M			00:49:32	582	00:48:24
611	1509	Paul	Mackenzie-Cummins	M			00:49:32	664	00:49:26
612	2924	Tom	Riley	M			00:49:34	643	00:49:08
613	3339	James	Hale	M			00:49:37	634	00:49:01
614	996	Matthew	Cole	M			00:49:37	657	00:49:22
615	1069	Helen	Mann	F			00:49:37	619	00:48:50
616	267	Victoria	Newnham	F			00:49:37	610	00:48:42
617	1409	David	Williams	M			00:49:38	641	00:49:06
618	1279	Tim	Brice	M			00:49:38	654	00:49:20
619	1363	Paul	Sullivan	M			00:49:38	617	00:48:48
620	1163	Hamza	Dabab	M			00:49:39	638	00:49:04
621	989	Kevin	Dutton	M	40		00:49:41	618	00:48:49
622	819	Anthony	Frayling	M	40		00:49:42	609	00:48:41
623	163	David	Ott	M	45		00:49:42	658	00:49:23
624	1225	Paul	Crutcher	M			00:49:43	639	00:49:05
625	1721	James	Pudney	M			00:49:43	553	00:48:06
626	701	Thomas	Evans	M			00:49:45	687	00:49:45
627	334	Roland	Adams	M	55		00:49:45	665	00:49:26
628	970	Nick	Meek	M	40		00:49:45	631	00:48:59
629	3191	Jason	Gill	M			00:49:45	516	00:47:36
630	323	Mark	Caffell	M	40		00:49:45	589	00:48:28
631	3170	Leigh	Taylor	M			00:49:48	605	00:48:38
632	2881	Paul	Lindsay	M			00:49:48	632	00:48:59
633	1672	Nathan	Beynon	M			00:49:48	526	00:47:49
634	2866	Bruce	Massie	M			00:49:50	574	00:48:21
635	2869	Shaun	Prichard	M			00:49:50	575	00:48:22
636	1473	Emma	King	F		SPIRIT OF MONMOUTH	00:49:50	647	00:49:16
637	1645	Tom	Dudley	M			00:49:53	651	00:49:17
638	3243	Ross	Townley	M			00:49:53	653	00:49:20
639	1253	Elaine	Wharmby	F	45		00:49:54	669	00:49:27
640	2868	Meron	Tierney	F			00:49:54	585	00:48:26
641	3295	Nathan	Brearley	M			00:49:58	667	00:49:27
642	1563	Phil	Smith	M			00:49:59	650	00:49:17
643	1722	Rhys	Perkins	M			00:49:59	573	00:48:21
644	1494	Annette	Davies	F	50	FERC	00:50:00	678	00:49:37
645	1899	Rachel	Phillips	F	40		00:50:01	671	00:49:30
646	1301	David	Hodges	M	45	LES CROUPIERS	00:50:01	695	00:49:50
647	3163	Jared	Davies	M			00:50:02	668	00:49:27
648	3426	Nicola	Gowing	F			00:50:02	660	00:49:24
649	3285	Greg	Churcher	M			00:50:03	689	00:49:46
650	3154	Nichola	Poole	F			00:50:04	683	00:49:42
651	3048	Rhys	Spencer	M			00:50:06	694	00:49:49
652	1007	Paul	Halsall	M			00:50:06	649	00:49:17
653	3325	Sharon	Palmer	F			00:50:06	690	00:49:47
654	1887	Martin	Wetherill	M			00:50:06	663	00:49:25
655	688	Ian	Payne	M	45		00:50:07	565	00:48:14
656	939	Stephen	Head	M	40		00:50:08	644	00:49:11
657	465	Scott	Gareth	M			00:50:08	707	00:49:57
658	3378	Paul	Nash	M			00:50:09	703	00:49:53
659	630	John	Dowling	M	40		00:50:09	558	00:48:09
660	2458	Craig	Morris	M			00:50:09	611	00:48:44
661	463	Chris	Bloodworth	M	50		00:50:09	698	00:49:51
662	796	Ben	Symons	M			00:50:11	702	00:49:53
663	1636	Andrea	Webster	F	55		00:50:13	682	00:49:41
664	911	David	Mcdonald	M	40	LES CROUPIERS	00:50:14	630	00:48:59
665	129	Lisa Jane	Saunders	F	45		00:50:14	700	00:49:52
666	1302	Keith	Johnstone	M			00:50:14	666	00:49:26
667	974	Robert	Bevan	M			00:50:16	633	00:48:59
668	788	Stephen	Hayfall	M	40		00:50:17	636	00:49:04
669	526	Stephen	Kidley	M			00:50:17	527	00:47:49
670	2006	Sarah	Trimby	F			00:50:18	688	00:49:46
671	800	Adam	Williams	M			00:50:19	677	00:49:37
672	1866	Daniel	Williams	M	40		00:50:21	659	00:49:23
673	2820	Jeremy	Evas	M	40		00:50:21	648	00:49:16
674	3224	Arran	Rees	M			00:50:22	691	00:49:47
675	1846	Christopher	Sinn	M	50		00:50:23	672	00:49:31

2011 Cardiff 10k

GunPos	Bib	Firstname	Lastname	M/F	Cat	Club	GunTime	ChipPos	ChipTime
676	374	Lydia	Klimecki	F			00:50:23	623	00:48:51
677	364	David	Cross	M	55	EBBW VALE	00:50:25	696	00:49:50
678	3133	Jason	Morris	M			00:50:26	552	00:48:05
679	1303	Mark	Huish	M	50		00:50:27	710	00:50:00
680	1733	Nick	Mitchell	M	55		00:50:28	714	00:50:04
681	2329	Dorian	Waters	M	45		00:50:28	679	00:49:38
682	1441	Aled	Jones	M			00:50:29	692	00:49:49
683	563	Gina	Edwards	F			00:50:30	729	00:50:21
684	3142	Martin	Levoir	M			00:50:31	722	00:50:12
685	320	Mark	Williams	M	50		00:50:31	708	00:49:57
686	1825	Darran	Waters	M	40		00:50:33	681	00:49:39
687	567	Duncan	Throp	M	40		00:50:34	670	00:49:28
688	3381	Hayley	Brain	F			00:50:34	720	00:50:08
689	1294	Martin	Blackmore	M			00:50:35	719	00:50:07
690	1123	Ian	Graham	M			00:50:36	652	00:49:18
691	1640	Mark John	Stephens	M	40		00:50:39	697	00:49:51
692	119	Haydn	Davies	M	45		00:50:39	716	00:50:05
693	1961	Sandra	Barnes	F	40		00:50:41	718	00:50:05
694	387	Derek	Tracey	M			00:50:41	721	00:50:12
695	176	Beverley	Warburton	F	45		00:50:42	655	00:49:21
696	3351	Alex	Still	M			00:50:43	744	00:50:32
697	1170	Philip	Smith	M	50		00:50:46	736	00:50:25
698	1110	Andrew	Mcgrath	M			00:50:46	601	00:48:35
699	1714	Michael	Thomas	M	50		00:50:47	742	00:50:31
700	929	Mike	Green	M			00:50:49	724	00:50:14
701	2056	Dafydd	Ap Emyr	M			00:50:50	747	00:50:33
702	943	Roderick	Landymore	M	65		00:50:51	759	00:50:44
703	2865	Martyn	Hurley	M			00:50:52	661	00:49:24
704	114	Andrew	Bishop	M	45		00:50:52	676	00:49:34
705	3432	Ross	O'Sullivan	M			00:50:54	684	00:49:42
706	804	Phillip	Huckle	M	50		00:50:57	739	00:50:29
707	507	Fadi	Baydon	M			00:50:58	675	00:49:33
708	1821	Yvonne	Williams	F	55	PENARTH & DINAS RUNNERS	00:50:59	730	00:50:22
709	2074	Alistair	Thomson	M			00:50:59	642	00:49:07
710	858	Timothy Nathan	Moore	M			00:50:59	709	00:49:59
711	3027	Sarah	Ladd	F			00:50:59	750	00:50:36
712	3067	Nadine	Hill	F	35		00:51:00	752	00:50:38
713	2880	Eric	Morgan	M	55		00:51:00	725	00:50:18
714	3385	Sinlo	Stoop	M			00:51:00	732	00:50:23
715	1724	Jon	Hares	M			00:51:00	705	00:49:55
716	3095	Hadyn	Evans	M			00:51:02	711	00:50:01
717	2879	Peter	Francis	M			00:51:02	726	00:50:20
718	3162	Dominic	Hannigan	M			00:51:03	743	00:50:32
719	845	Andrew	Freeman	M	55		00:51:04	748	00:50:34
720	3193	Chris	Lusted	M			00:51:04	627	00:48:56
721	3433	Matt	Frost	M			00:51:05	699	00:49:51
722	883	Tim	Lane	M			00:51:06	656	00:49:21
723	201	Nigel	Derbyshire	M	60		00:51:06	745	00:50:33
724	1292	Ann	Rowell	F	55	TROTS	00:51:07	757	00:50:43
725	837	Elan Wyn	Jones	F			00:51:09	761	00:50:45
726	3386	Kez	Hobson	M			00:51:10	746	00:50:33
727	3246	William	Griffiths	M			00:51:11	751	00:50:37
728	2813	Daniel	Hurford	M			00:51:12	693	00:49:49
729	1730	Paul	Warren	M			00:51:13	728	00:50:21
730	3002	Tom	Entwistle	M			00:51:15	701	00:49:53
731	2893	Jennifer	Rawlinson	M			00:51:15	733	00:50:23
732	2889	Matthew	Bunce	L			00:51:15	734	00:50:23
733	2890	Ian	Hendry	L			00:51:16	735	00:50:24
734	199	Andrew	Richards	M			00:51:16	723	00:50:12
735	1989	Ray	James	M	50		00:51:17	685	00:49:43
736	910	Desmond	Davies	M	60	LES CROUPIERS	00:51:18	686	00:49:44
737	1241	Edward	John	M			00:51:19	706	00:49:56
738	2922	Richard	Saltmarsh	M	40		00:51:22	772	00:50:55
739	1530	Charlotte	Jesson	F			00:51:23	727	00:50:21
740	936	Mark	Lewis	M			00:51:23	775	00:50:56
741	3356	Scott	Morgan	M	40		00:51:26	784	00:51:04
742	125	Patrick	Heery	M			00:51:27	753	00:50:39
743	1868	Patel	Brijesh	M			00:51:27	737	00:50:28
744	649	Suhail	Ahmed	M	40		00:51:27	777	00:50:58
745	531	Chris	Jones	M			00:51:27	782	00:51:02
746	617	Peter	Kendall	M	40		00:51:28	712	00:50:02
747	1857	Catrin	Morton	F			00:51:29	769	00:50:54
748	1981	Mark	Holloway	M			00:51:30	680	00:49:38
749	1117	Gary	Bowen-Thomson	M			00:51:30	741	00:50:31
750	1408	David	Jones	M	40		00:51:31	673	00:49:32

2011 Cardiff 10k

GunPos	Bib	Firstname	Lastname	M/F	Cat	Club	GunTime	ChipPos	ChipTime
751	3294	Michael	Davies	M	40		00:51:34	785	00:51:07
752	397	Ashley	Pearce	M			00:51:35	674	00:49:33
753	3165	Matt	Cooper	M			00:51:35	781	00:51:01
754	3364	Matthew	Harris	M	45		00:51:36	797	00:51:12
755	3049	Richard	Pickett	M			00:51:37	803	00:51:19
756	1085	Kirk	Freeman	M			00:51:37	787	00:51:09
757	3429	Alex	Hales	M			00:51:38	776	00:50:58
758	1503	Rhys	Hughes	M	40		00:51:38	779	00:50:59
759	3348	Alex	Smith	M			00:51:40	764	00:50:49
760	149	Wayne	Edmond	M	60		00:51:41	738	00:50:28
761	290	Ian	Wicks	M	45		00:51:43	762	00:50:47
762	3371	Phil	Mardon	M			00:51:43	817	00:51:26
763	206	Peter	Torrance	M			00:51:43	662	00:49:24
764	1537	Matthew	Reypert	M			00:51:44	749	00:50:36
765	241	Tony	Jay	M	50		00:51:45	794	00:51:10
766	1679	Jess	Scott	F			00:51:45	802	00:51:17
767	535	Louise	Allison	F	45		00:51:45	773	00:50:56
768	1364	Liam	Nash	M			00:51:47	810	00:51:21
769	3218	Matt	Bond	M			00:51:47	827	00:51:34
770	350	David	Thomas	M	50		00:51:48	840	00:51:44
771	1970	Will	Mclain	M			00:51:49	717	00:50:05
772	1726	Robert	Jones	M	50		00:51:51	704	00:49:53
773	527	Michael	Bobbett	M			00:51:52	646	00:49:14
774	1586	Malcolm	Poole	M	40		00:51:53	805	00:51:19
775	1608	Liz	Ashby	F			00:51:53	756	00:50:42
776	3136	Bill	Kelloway	M			00:51:54	838	00:51:44
777	935	Alwyn	Thomas	M	55	PORTHCAWL RUNNERSLIFE	00:51:55	774	00:50:56
778	377	Christopher	Smith	M			00:51:56	760	00:50:45
779	1198	Keri	Jones	M	40		00:51:57	856	00:51:57
780	1177	Ian	Mackenzie	M	50		00:51:59	804	00:51:19
781	1412	Anne	Jaques	F	50		00:51:59	798	00:51:13
782	3379	Ian	Morris	M			00:52:00	835	00:51:40
783	1287	Jackie	Harding	F	35		00:52:00	819	00:51:27
784	1673	Jenny	Hassett	F			00:52:01	793	00:51:10
785	1534	David	Guinee	M			00:52:03	790	00:51:09
786	2057	Matthew	Eagle	M			00:52:05	851	00:51:51
787	1949	Sujay	Vijayasisgh	M			00:52:05	778	00:50:58
788	2878	Rhys	Doolan	M			00:52:06	813	00:51:24
789	1557	Jay	Diaz	M			00:52:07	818	00:51:26
790	3431	Mark	Reynolds	M			00:52:07	770	00:50:54
791	1544	Richard	Mansell	M			00:52:08	792	00:51:10
792	3013	Daniel	Gornall	M			00:52:10	853	00:51:56
793	2918	Colin	Johns	M	40		00:52:10	841	00:51:44
794	1933	Graham	Jenkins	M	50		00:52:11	799	00:51:14
795	103	Chris	Williamson	M	55		00:52:12	796	00:51:12
796	2927	Debbie	Hill	F	40		00:52:12	857	00:51:57
797	2042	Jonathan	Critcher	M			00:52:12	758	00:50:44
798	1020	Paul	Fisher	M			00:52:12	826	00:51:33
799	1385	Bronwen	Boyce	F	35		00:52:12	822	00:51:29
800	194	Rhian	Jones	F			00:52:13	834	00:51:38
801	946	Rob	Cawley	M	40		00:52:13	814	00:51:25
802	1131	Christopher	Butcher	M	45		00:52:14	812	00:51:24
803	3223	Travis	Whittaker	M			00:52:14	839	00:51:44
804	859	Adrian	Colley	M	45		00:52:14	836	00:51:40
805	1532	Jim	Sullivan	M	50		00:52:15	807	00:51:20
806	1526	Alec	Magee	M			00:52:16	789	00:51:09
807	3003	Jennifer	Evans	F			00:52:17	824	00:51:31
808	3291	Carl	Woodhouse	M			00:52:17	848	00:51:50
809	795	Mike	Myers	M			00:52:18	816	00:51:26
810	643	Andrew	Wales	M	40		00:52:18	811	00:51:22
811	2429	Jason	Mathies	M			00:52:19	791	00:51:10
812	144	Lowri	Newman	F	40		00:52:20	846	00:51:49
813	756	Matthew	Blake	M			00:52:21	755	00:50:42
814	1277	Carl	Short	M			00:52:21	809	00:51:21
815	2941	Harvey	Sandha	M			00:52:22	866	00:52:02
816	912	Richard	Evans	M			00:52:23	837	00:51:42
817	398	Kevin	O'Leary	M	50		00:52:23	731	00:50:22
818	3088	Jonathan	Gregory	M			00:52:24	862	00:52:00
819	3435	David	Webb	M			00:52:24	788	00:51:09
820	3336	David	Phillips	M			00:52:24	830	00:51:35
821	3352	Anthony	Hunt	M			00:52:25	891	00:52:14
822	2978	Matthew	Bevan	M			00:52:25	780	00:51:01
823	1030	Stephen	Thomas	M	40		00:52:27	754	00:50:41
824	1893	Matthew	Gilder	M			00:52:28	877	00:52:08
825	784	Jof	Williams	M			00:52:29	766	00:50:51

2011 Cardiff 10k

GunPos	Bib	Firstname	Lastname	M/F	Cat	Club	GunTime	ChipPos	ChipTime
826	679	Oliver	Haines	M			00:52:29	859	00:51:57
827	1013	Ruth	Bishop	F	50		00:52:29	842	00:51:45
828	1533	Joseph	Sullivan	M			00:52:31	831	00:51:36
829	1720	Andrew	Bending	M			00:52:31	768	00:50:53
830	1285	Martin Allen	Williams	M	40		00:52:32	881	00:52:10
831	849	Tim	Green	M			00:52:33	783	00:51:04
832	1091	Stephen	Layman	M	40		00:52:34	889	00:52:13
833	803	Huw	Richards	M			00:52:34	401	00:45:58
834	1190	Lucas	Prosser	M			00:52:34	844	00:51:47
835	2821	Mike	Longden	M			00:52:35	795	00:51:11
836	3089	Dave	Foster	M			00:52:35	882	00:52:10
837	2996	Hannah	Davies	F			00:52:35	907	00:52:21
838	773	Elaine	Hughes	F			00:52:36	815	00:51:25
839	3073	Christian	Farrow	M			00:52:36	906	00:52:19
840	427	Wendy	Wylie	F	40		00:52:38	765	00:50:49
841	1548	Andrew	Oatley	M	45		00:52:38	905	00:52:19
842	2856	Stephen	Willyeo	M			00:52:38	874	00:52:05
843	3424	Lucy	Hammond	F	40		00:52:39	713	00:50:03
844	379	Linos	Evans	F	40		00:52:39	871	00:52:03
845	650	Idress	Ahmen	M			00:52:39	875	00:52:06
846	1718	Carolyn	Thomas	F	45		00:52:40	715	00:50:04
847	2316	Richard	Chudleigh	M			00:52:41	767	00:50:52
848	2482	Llyr	Lewis	M			00:52:41	849	00:51:50
849	2439	James	Furnish	M			00:52:43	825	00:51:32
850	625	Amy	Malone	F			00:52:43	852	00:51:52
851	229	Matthew	Thomas	M			00:52:43	845	00:51:49
852	1502	Nadim	Rehman	M			00:52:45	823	00:51:30
853	217	Jonathan	Pritchard	M	40		00:52:47	821	00:51:29
854	2093	Sarah	Rogers	F	45		00:52:48	895	00:52:15
855	616	Christopher	James	M	40		00:52:48	883	00:52:11
856	3186	Michael	Smith	M			00:52:50	868	00:52:03
857	878	Christina	Rossiter	F	50	LES CROUPIERS	00:52:50	936	00:52:39
858	524	Tony	Hale	M	40		00:52:50	890	00:52:14
859	727	Laura	Richards	F		PORTHCRAWL RUNNERSLIFE	00:52:51	850	00:51:50
860	179	David	Jennings	M			00:52:51	865	00:52:02
861	948	Tomos	Davies	M			00:52:52	885	00:52:13
862	1312	Daniel	Johnson	M			00:52:53	878	00:52:09
863	655	Nick	Bourne	F	50		00:52:56	829	00:51:35
864	825	Liam	Watson	M	45		00:52:56	932	00:52:37
865	3287	Jonathan	Hayward	M			00:52:58	939	00:52:41
866	3485	William	Thomas	M			00:52:59	854	00:51:57
867	606	Christian	Seymour	M			00:52:59	884	00:52:12
868	1114	Becky	Dyson	F			00:53:00	897	00:52:17
869	511	Tom	Rogers	M			00:53:01	902	00:52:18
870	120	Keith	Smith	M	50		00:53:01	899	00:52:17
871	1944	James	Pritchard	M			00:53:01	951	00:52:51
872	742	Benedict	Jackson	F			00:53:02	763	00:50:49
873	2944	Jordana	Brown	F			00:53:02	948	00:52:50
874	1288	Angharad	Brown	F	40		00:53:03	938	00:52:40
875	488	Sue	Biddy	F	40		00:53:04	870	00:52:03
876	304	Richard	Mills	M			00:53:05	913	00:52:25
877	1271	Ross	Dawkins	M			00:53:06	863	00:52:02
878	3423	Ian	Standen	M	45		00:53:07	740	00:50:31
879	3376	Cerys	Rees	F			00:53:07	946	00:52:48
880	2843	Jessica	Cripps	F			00:53:07	832	00:51:36
881	2441	Mark	Nicoll	M			00:53:08	855	00:51:57
882	2436	Daniel	Crimmirk	M			00:53:08	858	00:51:57
883	196	Ian John	Warner	M	50		00:53:08	928	00:52:37
884	887	John	Evans	M	45		00:53:08	800	00:51:17
885	202	Nicholas	Hunt	M	40		00:53:09	801	00:51:17
886	3065	Sally	Jones	F	45		00:53:09	942	00:52:43
887	1504	Jonathan	Thomas	M	45		00:53:09	806	00:51:20
888	720	Andy	Henderson	M	45		00:53:10	808	00:51:20
889	633	Andy	Hetterley	M	55		00:53:10	869	00:52:03
890	2013	Matt	Hogg	M			00:53:10	786	00:51:08
891	1147	Kerrie	Carpenter	F	35		00:53:11	901	00:52:17
892	2984	Sian	Ruttley	F			00:53:11	909	00:52:22
893	3174	Simon	Rees	M			00:53:11	867	00:52:03
894	1512	Ryan	Stuckey	M			00:53:12	921	00:52:31
895	3242	Daniel	Hoffman	M			00:53:13	937	00:52:40
896	1543	Paul	Hewett	M			00:53:13	847	00:51:49
897	239	Aneurin Owen	James	M	40		00:53:13	894	00:52:15
898	1311	Andrew	Johnson	M	45		00:53:14	919	00:52:30
899	1966	Phillip	Johnson	M			00:53:15	864	00:52:02
900	1156	Dawn	James	F	45		00:53:17	917	00:52:29

2011 Cardiff 10k

GunPos	Bib	Firstname	Lastname	M/F	Cat	Club	GunTime	ChipPos	ChipTime
901	1067	Nigel	Davies	M	50		00:53:17	904	00:52:19
902	704	Alun	Thomas	M	40		00:53:18	949	00:52:50
903	2322	Roger	Mcpherson	M	45		00:53:18	892	00:52:15
904	2094	Dominic	Rogers	M	45		00:53:18	943	00:52:44
905	944	Nick	Hayward	M			00:53:19	896	00:52:16
906	1447	Kathryn	Bartlett	F			00:53:21	933	00:52:37
907	3141	Rick	Porazinski	M			00:53:23	843	00:51:46
908	657	Trudie	Pestell	F			00:53:24	873	00:52:05
909	2338	Christopher	Frowen	M			00:53:25	929	00:52:37
910	1090	Mike	Bosley	M	45		00:53:27	978	00:53:06
911	1068	Steven	Watkins	M	50		00:53:27	1011	00:53:27
912	1823	Sue	Charles	F	35		00:53:27	988	00:53:13
913	1480	Daniel	Sugrue	M			00:53:27	934	00:52:38
914	1033	Jeremy	Ashdown	M			00:53:28	989	00:53:14
915	3290	Michael	Lewis	M			00:53:28	969	00:53:00
916	133	Mackinder	Dosanjh	M	40		00:53:29	1016	00:53:29
917	319	Greg	Bowes	M	55		00:53:29	986	00:53:12
918	3319	Justin	Rees	M			00:53:29	970	00:53:01
919	623	Susan	Shahi	F			00:53:29	828	00:51:34
920	777	James	Ackland	M			00:53:29	900	00:52:17
921	1616	Paul	Bevan	M			00:53:30	876	00:52:07
922	573	Nigel	Jenkins	M	45	CAERLEON RC	00:53:31	879	00:52:09
923	1578	Andrew	Carrington	M			00:53:31	820	00:51:28
924	961	Rachel	Whitmore	F	40		00:53:31	945	00:52:46
925	960	James	Dean	M	45		00:53:31	944	00:52:45
926	425	Daniel	Oliver	M			00:53:34	924	00:52:34
927	3175	Matthew	Burrows	M			00:53:34	912	00:52:25
928	2091	Carlos	Feoli	M			00:53:34	1008	00:53:25
929	236	Jennifer	Hopkins	F			00:53:34	927	00:52:37
930	2037	Benjamin	Coak	M			00:53:35	880	00:52:09
931	677	Keith	Harper	M	45		00:53:35	962	00:52:56
932	3036	James	Gladwin	M			00:53:37	982	00:53:10
933	1370	Charlie-Ann	Haydock	F			00:53:38	916	00:52:27
934	3079	Gwenllian	Davies	F			00:53:39	908	00:52:22
935	249	Toby	Griffiths	M			00:53:40	860	00:51:57
936	3317	Lloyd	Griffiths	M			00:53:40	980	00:53:09
937	2018	Ian	Wells	M	40		00:53:40	861	00:51:59
938	1539	Nilima	Parry-Jones	F	40		00:53:42	998	00:53:19
939	3071	Beth	Walsh	F			00:53:42	1007	00:53:25
940	847	Paul	Hill	M			00:53:43	915	00:52:27
941	3289	Aled	Glastonbury	M			00:53:43	953	00:52:53
942	3486	Tom	Low	M			00:53:44	940	00:52:42
943	1920	Dr Mirko	Barth	M	50		00:53:44	911	00:52:23
944	3340	Sean	Keane	M			00:53:46	1005	00:53:23
945	523	Jonathan	Howell	M			00:53:47	771	00:50:54
946	3046	Paul	Newbury	M			00:53:47	1019	00:53:30
947	3016	Richard	Edwards	M	40		00:53:48	1026	00:53:34
948	3015	David	Bolton	M			00:53:49	1025	00:53:34
949	3164	Gemma	Collins	F			00:53:50	996	00:53:18
950	486	Adam	Price	M			00:53:50	922	00:52:33
951	1633	Spiro	Pezaros	M			00:53:51	994	00:53:16
952	404	Kate	Callighan	F	45		00:53:52	977	00:53:05
953	1903	Alan	Evans	M	70	CARDIFF AAC	00:53:54	961	00:52:55
954	1278	Thomas	Hurley	M			00:53:55	958	00:52:54
955	3483	Nikki	Donovan	F			00:53:56	985	00:53:12
956	3275	Jack	Andrews	M			00:53:57	935	00:52:38
957	175	Jan	Pigott	F	50		00:53:58	941	00:52:42
958	1195	Ben	Daubney	M			00:53:59	973	00:53:04
959	160	Lisa	Cousins	F	40		00:53:59	1031	00:53:37
960	1024	Geraint	Treharne	M			00:54:00	1006	00:53:24
961	1119	Simon	James	M	40		00:54:00	952	00:52:52
962	1938	Edward	Peacock	M			00:54:01	925	00:52:34
963	3307	Ashley	Smith	M			00:54:02	984	00:53:12
964	691	Michael	Eliiston	M	40		00:54:03	963	00:52:56
965	139	David	Williams	M			00:54:03	966	00:52:58
966	2092	Antony	Wilkes	M	45		00:54:03	910	00:52:22
967	3321	David	Kempton	M	50		00:54:04	1029	00:53:36
968	3130	Simon	Mitcheson	M			00:54:04	997	00:53:18
969	1569	Matthew	Wintle	M			00:54:04	959	00:52:54
970	456	Meinir	Jones	F			00:54:05	947	00:52:49
971	2411	Antony	Evans	M			00:54:05	1012	00:53:27
972	2003	Laura	Watkeys	F			00:54:06	1003	00:53:22
973	1546	Lucy	Merredy	F			00:54:06	1015	00:53:28
974	642	Robert	Knoo	M	40		00:54:07	955	00:52:53
975	554	Mark	Gains	M	45		00:54:07	926	00:52:34

2011 Cardiff 10k

GunPos	Bib	Firstname	Lastname	M/F	Cat	Club	GunTime	ChipPos	ChipTime
976	1527	Michelle	Rowley	F	45		00:54:08	960	00:52:55
977	2048	Jacqueline	Jones	F	40	ISLWYN	00:54:08	1063	00:53:58
978	1891	Timothy	Hutchinson	M			00:54:08	1060	00:53:56
979	191	Maggie	Jones	F			00:54:09	965	00:52:57
980	1953	Stephen	Myers	M			00:54:09	992	00:53:16
981	487	Robin	Gibson	M	60	SPIRIT OF MONMOUTH	00:54:10	903	00:52:19
982	2059	Tim	Spencer	M			00:54:10	976	00:53:05
983	1717	Mark	Thomas	M	45		00:54:12	833	00:51:37
984	2912	Paul	Ralley	M			00:54:12	1045	00:53:46
985	1406	Steven	Evans	M			00:54:12	886	00:52:13
986	3434	Gethin	Davis	M			00:54:13	968	00:52:59
987	1489	Anwen	James	F			00:54:14	983	00:53:11
988	1058	Mark	Davies	M	45		00:54:14	893	00:52:15
989	1665	Clare	Johnson	F	40		00:54:14	993	00:53:16
990	3425	David	Ford	M			00:54:14	1020	00:53:32
991	2981	Anthony	Robins	M	45		00:54:15	1010	00:53:25
992	315	Ben	Hill	M			00:54:16	887	00:52:13
993	1740	Samantha	Heighway	F	35		00:54:18	1057	00:53:52
994	2975	Lisa	Harris	F			00:54:21	967	00:52:59
995	1306	Richard	Brown	M	60	SHEEN SHUFFLERS	00:54:22	1044	00:53:45
996	660	Dennis	Underwood	M	55		00:54:23	931	00:52:37
997	2862	Rene	Amaro	M	50		00:54:24	1013	00:53:28
998	1522	Andrew	Hollins	M			00:54:24	972	00:53:04
999	2877	Paul	Sorrell	M			00:54:24	1028	00:53:35
1000	932	Gillian	Jack	F	45		00:54:24	1038	00:53:40
1001	3370	Paul	Harvey	M			00:54:25	950	00:52:51
1002	671	Richard D	Wilks	M			00:54:26	1039	00:53:42
1003	1231	Christopher	Carter	M			00:54:26	990	00:53:15
1004	138	Geraldine	Smallman	F	40		00:54:26	991	00:53:16
1005	2004	Robert	Dixon	M			00:54:27	1033	00:53:37
1006	990	Adam	Jerrett	M			00:54:28	1001	00:53:20
1007	1097	Coral	Rees	F			00:54:28	1053	00:53:50
1008	1052	Abigail	Rogers	F	35		00:54:28	1022	00:53:33
1009	508	Liam	Mahoney	M	40		00:54:28	1103	00:54:24
1010	2102	David	Rees	M	40		00:54:29	1052	00:53:49
1011	661	Alan	Marrin	M	60		00:54:29	979	00:53:06
1012	666	Sara	Shiel	F			00:54:30	1051	00:53:49
1013	1465	Robert	Harris	M			00:54:30	1064	00:53:58
1014	3245	Alex	Morgan	M			00:54:30	1065	00:53:59
1015	1793	Ben	Edwards	M			00:54:32	888	00:52:13
1016	743	Stephen	Jeans	M	60		00:54:32	872	00:52:04
1017	3026	Gareth	Smith	M			00:54:32	1024	00:53:34
1018	3383	Dave	Enright	F			00:54:33	1092	00:54:17
1019	818	Phillipa	Francis	F	45		00:54:33	1037	00:53:40
1020	3302	Kirsty	Parfitt	F			00:54:33	1050	00:53:49
1021	3288	Gavin Lee	Selway	M			00:54:33	1043	00:53:44
1022	3284	Joe	Davis	M			00:54:33	1042	00:53:44
1023	1700	Stephanie	Parry	F			00:54:34	954	00:52:53
1024	2082	Dave	Roylance	M	40		00:54:34	1023	00:53:33
1025	561	Chris	Morris	M			00:54:34	1036	00:53:40
1026	2407	Christian	Ferris	M			00:54:35	1062	00:53:58
1027	205	Maeve	Torrance	F			00:54:36	898	00:52:17
1028	313	David	Locke	M	65		00:54:37	1110	00:54:30
1029	762	Joanne	Belcher	F	35		00:54:39	971	00:53:02
1030	589	Ian	Giles	M			00:54:39	1102	00:54:23
1031	3273	Louise	Andrews	F	35		00:54:40	1002	00:53:21
1032	168	Mark	Rivett	M	50		00:54:42	1009	00:53:25
1033	2858	Jason	Massey	M			00:54:42	1082	00:54:12
1034	2917	Andrew	Wain	M			00:54:42	1049	00:53:49
1035	753	Clive	Mitchell	M			00:54:45	1123	00:54:38
1036	1667	Andy	Rowlands	M	50		00:54:46	1078	00:54:10
1037	1121	Gavin	Petrelli	M			00:54:48	920	00:52:31
1038	3320	Ricci	Harrison	M			00:54:48	1061	00:53:58
1039	1549	Mark	Lawton	M			00:54:49	974	00:53:04
1040	690	Martin James	Lumsden	M	40		00:54:49	1027	00:53:35
1041	899	Helen	Beale	F		PORTHCAWL RUNNERSLIFE	00:54:49	1048	00:53:48
1042	2943	Matthew	Mahoney	M			00:54:50	1109	00:54:29
1043	1792	Julie	Edwards	F			00:54:52	923	00:52:34
1044	752	Christine	White	F	60	INGLI RUNNERS	00:54:52	1094	00:54:19
1045	2353	Runner	2353	M			00:54:54	1058	00:53:52
1046	760	Phil	Belcher	M			00:54:55	995	00:53:17
1047	1525	Terry	Vickery	M	70		00:54:55	1095	00:54:21
1048	997	Beth	Collins	F			00:54:56	914	00:52:26
1049	3420	Andy	Berry	M	40		00:54:56	918	00:52:29
1050	1743	Mark	Weston	M			00:54:56	1112	00:54:31

2011 Cardiff 10k

GunPos	Bib	Firstname	Lastname	M/F	Cat	Club	GunTime	ChipPos	ChipTime
1051	585	Stella	Rudd	F	35		00:54:57	1119	00:54:35
1052	1660	Jessica	Element	F			00:54:57	1021	00:53:32
1053	2416	Leon	Hughes	M			00:54:57	1030	00:53:36
1054	3234	Richard	Minshull	M			00:54:57	1041	00:53:44
1055	266	Neil	Brierley	M			00:54:57	1089	00:54:16
1056	834	Rachael	Morse	F			00:54:59	1014	00:53:28
1057	1581	Karen	Lewis	F	35		00:55:00	1004	00:53:22
1058	971	Andrew	Davies	M			00:55:02	956	00:52:53
1059	3168	Justin	Roberts	M			00:55:03	1059	00:53:53
1060	969	Manon	Jones	F			00:55:03	957	00:52:54
1061	1915	Robert	Harrhy	M	55		00:55:04	1096	00:54:21
1062	1617	Leigh	Adams	F	35		00:55:04	1111	00:54:30
1063	1754	Ben	Morson	M			00:55:04	930	00:52:37
1064	1688	Mary	Beech	F	45		00:55:05	1075	00:54:09
1065	366	Gareth John	Mcmullen	M	45		00:55:06	1017	00:53:30
1066	1594	David	Moyle	M			00:55:06	1083	00:54:13
1067	469	Richard	Deacy	M			00:55:06	964	00:52:56
1068	309	Michelle	Cook	F	40		00:55:09	1087	00:54:14
1069	232	Matthew	Skuse	M			00:55:10	1154	00:54:54
1070	680	Dhyanesh	Patel	M			00:55:12	1126	00:54:41
1071	3092	Dave	Timson	M			00:55:13	1142	00:54:48
1072	1627	Geoff	Ogden	M	40		00:55:13	981	00:53:10
1073	2446	Martin	Ridley	M			00:55:14	1055	00:53:51
1074	352	Andrew	Addicott	M			00:55:17	1035	00:53:37
1075	3373	Mark	Ley	M			00:55:17	1160	00:54:57
1076	2428	Stuart	Finlay	M			00:55:17	1068	00:54:00
1077	3369	Ffion	Jones	F			00:55:17	1159	00:54:57
1078	3480	Amanda	Howells	F			00:55:17	1098	00:54:21
1079	1553	Rhys	Morgan	M			00:55:18	975	00:53:05
1080	2803	Rachel	Mortell	F			00:55:18	1179	00:55:06
1081	3227	Greg	Mccarthy	M			00:55:18	1130	00:54:42
1082	343	Joseff	Whitmarsh-Knight	M			00:55:19	1156	00:54:55
1083	2052	Matthew	Pitt	M			00:55:20	1018	00:53:30
1084	2876	Dene	Caple	M			00:55:20	1122	00:54:38
1085	356	Stephen	Lane	M	55		00:55:22	1151	00:54:53
1086	1839	Louise	Bright	F			00:55:23	1040	00:53:43
1087	1771	Lee	Gillgrass	M			00:55:23	1194	00:55:18
1088	1517	Lyn	Evans	M	50	PENARTH & DINAS RUNNERS	00:55:23	1120	00:54:36
1089	3403	Wayne	Owens	M	50		00:55:25	1034	00:53:37
1090	1365	Jonathan	Jefferies	M			00:55:25	1167	00:54:59
1091	1556	Victoria	Meah	F			00:55:25	1165	00:54:59
1092	1410	Melanie	Jenkins	F	35		00:55:25	1118	00:54:35
1093	1492	Jeremy	Bassett	M	40		00:55:25	1117	00:54:35
1094	2083	Patrick	Tabon	M			00:55:26	1143	00:54:49
1095	2971	Richard	Prior	M	40		00:55:26	1093	00:54:19
1096	390	Marc	Owen	M			00:55:26	1076	00:54:09
1097	1725	Becky	Hares	F			00:55:27	1099	00:54:23
1098	1861	Chris	Ower	M			00:55:29	1081	00:54:12
1099	1095	Graeme	Francis	M			00:55:31	1084	00:54:13
1100	1094	Kate	Francis	F			00:55:31	1086	00:54:13
1101	1940	Jeffrey	Mark	M	40		00:55:31	1106	00:54:26
1102	1483	Stacey	Dorning	F			00:55:32	1199	00:55:20
1103	2345	Lucy	Henshall	F			00:55:33	1067	00:54:00
1104	2333	Adam	Lewis	M			00:55:34	1137	00:54:46
1105	593	Sarah	Mynott	F	40		00:55:34	1158	00:54:56
1106	1318	Kim	Rickard	F	45		00:55:35	1192	00:55:17
1107	113	Manisanker	Krishenamoora	M			00:55:36	1134	00:54:45
1108	3292	Neil	Woodhouse	M			00:55:36	1174	00:55:03
1109	3299	Robert	Watts	M			00:55:36	1176	00:55:04
1110	1088	Jessica	Henson	F			00:55:36	1088	00:54:15
1111	615	Nigel	Price	M	50		00:55:37	1147	00:54:50
1112	2361	Runner	2361	M			00:55:37	1115	00:54:34
1113	2474	Iestyn	Evans	M			00:55:38	1077	00:54:09
1114	2470	John	Chandrin	M			00:55:38	1079	00:54:10
1115	3210	Angelique	Owen	F			00:55:40	1133	00:54:44
1116	2849	Chris	Jones	M			00:55:40	1155	00:54:55
1117	707	Victoria	Jones	F	40		00:55:42	987	00:53:12
1118	1570	Stuart	Hooper	M			00:55:42	999	00:53:20
1119	3157	Mark	Hicks	M			00:55:43	1113	00:54:31
1120	3437	Satish	Gokhale	M	45		00:55:43	1204	00:55:23
1121	298	Reeval	Popat	F			00:55:43	1181	00:55:09
1122	3362	Byron	Beer	M	45		00:55:43	1197	00:55:20
1123	3447	Vinod	Kumar	M			00:55:44	1208	00:55:24
1124	3120	Michael	Kitchen	M			00:55:44	1139	00:54:47
1125	3442	Mahesh	Patwardhan	F			00:55:44	1207	00:55:24

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GunPos	Bib	Firstname	Lastname	M/F	Cat	Club	GunTime	ChipPos	ChipTime
1126	213	Hoi-Ting	Jim	F			00:55:44	1080	00:54:11
1127	1151	Rachel	Beardsley	F	35		00:55:46	1131	00:54:43
1128	2064	Stephen	Durrani	M	45		00:55:46	1000	00:53:20
1129	1669	Diane	Rowlands	F	45		00:55:47	1184	00:55:11
1130	1026	Mark	Brown	M	45		00:55:47	1157	00:54:55
1131	1813	Michael	Evans	M	40		00:55:48	1101	00:54:23
1132	1972	Geraint Lloyd	Griffiths	M	40		00:55:49	1202	00:55:23
1133	1598	James	Davies	M			00:55:52	1205	00:55:23
1134	953	Stephen	Murphy	M	55		00:55:52	1047	00:53:48
1135	1174	Kelly	Jones	F			00:55:52	1132	00:54:44
1136	2068	Anna	Massey	F			00:55:52	1056	00:53:51
1137	597	Ceri	Tomlins	F	35		00:55:53	1191	00:55:16
1138	1612	Alexander	Boughton	M			00:55:54	1072	00:54:08
1139	2041	Kerry	Pellatt	F	35		00:55:54	1097	00:54:21
1140	1613	Kris	Tovey	M			00:55:54	1073	00:54:08
1141	193	Peter	Smeeth	M			00:55:56	1146	00:54:50
1142	3489	Alan	Williams	M			00:55:56	1054	00:53:51
1143	3265	Gareth	Fortey	M			00:55:57	1227	00:55:38
1144	187	Richard	Poole	M	40		00:55:58	1148	00:54:50
1145	2327	Atul	Kalhan	M			00:55:58	1074	00:54:09
1146	1035	Elaine	Mcnish	F	45		00:55:58	1150	00:54:52
1147	3056	Warwick	Hunter	M			00:55:58	1231	00:55:41
1148	827	Craig	Agnew-Fitzek	M			00:56:00	1032	00:53:37
1149	1368	Stephen	Bartley	M	55		00:56:00	1085	00:54:13
1150	2448	Gary	Pesticcio	M	50		00:56:01	1127	00:54:41
1151	3335	David	Jones	M			00:56:02	1234	00:55:42
1152	601	Hugh	Price	M	60		00:56:04	1090	00:54:16
1153	3236	Sian	Prescott	F			00:56:05	1235	00:55:42
1154	1407	Lynne	Ashby	F	50		00:56:05	1108	00:54:29
1155	152	Gary	Smith	M	50		00:56:06	1172	00:55:01
1156	1251	Nick	Jacques	M	50		00:56:07	1149	00:54:51
1157	2970	Chris	Thomas	M			00:56:07	1168	00:55:00
1158	158	John	Stevens	M			00:56:07	1070	00:54:01
1159	628	Ryan	Crowlegrove	M			00:56:08	1071	00:54:02
1160	3159	Jennifer	Lloyd	F			00:56:09	1161	00:54:58
1161	1274	Tom	Bennett	M			00:56:09	1200	00:55:22
1162	1115	Sarah	Mcgrath	F			00:56:10	1066	00:53:59
1163	1867	Gareth	Rees	M			00:56:11	1152	00:54:54
1164	693	Christy	Ring	F			00:56:11	1203	00:55:23
1165	1900	Peter	Ghroum	M	40		00:56:12	1229	00:55:40
1166	3207	Rachel	Hughes	F			00:56:12	1222	00:55:34
1167	482	Sean	Hughes	M			00:56:12	1114	00:54:33
1168	1305	Mateusz	Bajowski	M		MARIANEK	00:56:12	1206	00:55:24
1169	2480	Kirsty	Tandy	F			00:56:13	1124	00:54:39
1170	1349	Steve	Rigg	M			00:56:13	1285	00:56:13
1171	769	Andrew	Parkes	M	45		00:56:13	1138	00:54:47
1172	2973	Matthew	Jones	M			00:56:14	1144	00:54:49
1173	1206	Owain	Thomas	M	40		00:56:14	1240	00:55:45
1174	786	Jason	Lane	F	35		00:56:14	1135	00:54:45
1175	1445	Guy	Taylor	M			00:56:15	1212	00:55:29
1176	747	Emma	Dring	F			00:56:15	1292	00:56:15
1177	1756	Naomi	Conway	F	35		00:56:16	1166	00:54:59
1178	3062	Louise	King	F	35		00:56:16	1246	00:55:49
1179	3059	Sara	Kelly	F			00:56:16	1247	00:55:49
1180	1755	Anthony	Conway	M			00:56:17	1162	00:54:58
1181	2097	Richard	Connor	M			00:56:17	1046	00:53:47
1182	1853	Shabir	Kashif	M			00:56:17	1140	00:54:47
1183	1852	Jemma	Lane	F			00:56:17	1141	00:54:47
1184	3361	Sheridan	Jones	M			00:56:18	1253	00:55:52
1185	2069	Kristian	Massey	M			00:56:18	1091	00:54:17
1186	3311	Lasa	Simmons	M			00:56:21	1243	00:55:48
1187	2044	Jonathan	Sliczny	M		GRIFFITHSTOWN HARRIERS	00:56:23	1178	00:55:06
1188	2076	Ghaith	Jayousi	M			00:56:24	1069	00:54:01
1189	3040	Nicola	Brain	F	50		00:56:24	1265	00:56:00
1190	3143	Anna	Symmons	F			00:56:27	1145	00:54:50
1191	293	Russell	Crowley	M			00:56:27	1233	00:55:42
1192	889	Kate	Hartshorn	F			00:56:28	1180	00:55:07
1193	1272	Paul	Brown	M			00:56:28	1313	00:56:28
1194	1628	Ian	Stone	M			00:56:29	1226	00:55:36
1195	410	Nigel	Adey	M	55		00:56:29	1100	00:54:23
1196	1223	Stephen	Gubb	M			00:56:30	1248	00:55:50
1197	3440	Khitish	Mohanty	M	45		00:56:31	1307	00:56:24
1198	3439	Atul	Gaitonde	M	45		00:56:31	1198	00:55:20
1199	3151	Andrew	Clark	M			00:56:31	1279	00:56:09
1200	3020	Justin	Reed	M			00:56:32	1254	00:55:53

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GunPos	Bib	Firstname	Lastname	M/F	Cat	Club	GunTime	ChipPos	ChipTime
1201	3167	Sian	Hartstill	M			00:56:32	1269	00:56:03
1202	1690	Filippo	Marozzelli	M			00:56:33	1125	00:54:39
1203	1528	Mike	Lewis	M	45		00:56:33	1171	00:55:01
1204	709	Rhian	Lees	F			00:56:33	1170	00:55:01
1205	884	Alan	Bretos	M	40		00:56:33	1182	00:55:09
1206	3196	Rachel	Davies	F			00:56:34	1105	00:54:26
1207	226	Robin	Jeffreys	M	50		00:56:34	1173	00:55:02
1208	3145	Kristy	Wilson	F			00:56:34	1136	00:54:46
1209	435	Gwenno	Thomas	F			00:56:35	1211	00:55:28
1210	544	Andrew	Powell	M			00:56:35	1129	00:54:42
1211	2463	Eva	Lana Elola	F			00:56:35	1196	00:55:18
1212	2025	Olivia	Holt	F			00:56:37	1195	00:55:18
1213	1545	Victoria	Merredy	F			00:56:40	1266	00:56:02
1214	3173	Glyn	Moon	M			00:56:41	1215	00:55:31
1215	3150	Sarah	Dawes-Clark	F		LES CROUPIERS	00:56:42	1298	00:56:19
1216	1061	Paul	Knight	M	50		00:56:43	1210	00:55:28
1217	3195	Chloe	Davies	F			00:56:44	1189	00:55:15
1218	588	Andrew	Whitney	F	35		00:56:44	1214	00:55:31
1219	3414	Sara	Cole	F			00:56:46	1286	00:56:13
1220	3309	C J	Adams	M			00:56:47	1289	00:56:14
1221	1182	Joss	Evans	M			00:56:47	1104	00:54:25
1222	234	Luke	Heslop	M			00:56:48	1293	00:56:16
1223	1735	Rick	Lewis	M	40		00:56:48	1107	00:54:27
1224	1930	Megan	Poulson	F			00:56:49	1278	00:56:09
1225	1762	Graham	Johnson	M			00:56:49	1163	00:54:58
1226	553	Anthony	Perry	M	45		00:56:50	1193	00:55:17
1227	2804	Eoghan	Mortell	F			00:56:50	1239	00:55:44
1228	1122	Kevin	Mortlock	M			00:56:51	1218	00:55:32
1229	3406	Stephen	Lockwood	M	50		00:56:53	1183	00:55:11
1230	450	Gareth	Hill	M			00:56:54	1256	00:55:54
1231	1150	Geraint	Neal	M			00:56:54	1121	00:54:38
1232	497	Cerys	John	F			00:56:55	1224	00:55:35
1233	1675	Andrew	Canham	M			00:56:57	1302	00:56:20
1234	2066	Caroline	Duff	F	45		00:56:58	1258	00:55:54
1235	1971	Lauren	Eagle	F			00:56:58	1175	00:55:04
1236	273	Cheryl	Roberts	F	35		00:56:59	1177	00:55:05
1237	2340	Kofi	Obuobie	M			00:56:59	1185	00:55:12
1238	2863	Karyn	Amaro	F			00:57:00	1268	00:56:02
1239	852	Esther	Burris	F			00:57:01	1186	00:55:13
1240	1431	David	Nelson	M			00:57:01	1164	00:54:58
1241	587	Kate	Braybrook	F			00:57:01	1276	00:56:06
1242	1664	Stephen	Smith	M	50		00:57:02	1220	00:55:33
1243	2061	Christopher	Binding	M			00:57:04	1373	00:56:59
1244	1309	Melanie	Ganderton	F	35		00:57:04	1274	00:56:04
1245	2857	Gavin	Puckett	M			00:57:04	1324	00:56:32
1246	3266	Frank	Pesticcio	M			00:57:04	1169	00:55:00
1247	2979	Ruth	Oliver	F			00:57:04	1287	00:56:14
1248	1909	Daniel	Saville	M	40		00:57:05	1303	00:56:20
1249	1307	Bec	Johnson	F	40		00:57:05	1323	00:56:32
1250	1805	Dorian	Williams	M			00:57:05	1116	00:54:34
1251	345	John Howard	Thomas	M			00:57:05	1187	00:55:13
1252	1011	Joanne	Coates	F			00:57:06	1270	00:56:03
1253	1932	Gwynfor	Davies	M	55		00:57:06	1366	00:56:58
1254	1125	Ashley	Howells	M			00:57:06	1219	00:55:33
1255	1632	Sean	Edwards	M	40		00:57:08	1242	00:55:47
1256	3422	Jon	Simcock	M	40		00:57:08	1128	00:54:41
1257	492	Carly	Hollier	F			00:57:09	1281	00:56:11
1258	2449	James	Wakley	M			00:57:09	1237	00:55:43
1259	1977	Nic	Wakley	F			00:57:09	1238	00:55:44
1260	985	Alexandra	Millington	F			00:57:09	1304	00:56:22
1261	3297	Ryan	Davies	M			00:57:11	1340	00:56:42
1262	1506	Stephanie	Richards	F	45		00:57:12	1217	00:55:32
1263	2423	Christopher	Manley	M	50		00:57:12	1251	00:55:51
1264	2027	Gordon	Wilson	M	40		00:57:12	1221	00:55:33
1265	1343	Nia	Morgan	F			00:57:12	1326	00:56:36
1266	3357	Keith	Parsons	M	50		00:57:13	1354	00:56:49
1267	439	Robert	Lloyd	M	45		00:57:15	1153	00:54:54
1268	184	Sian	Sykes	F	35		00:57:16	1318	00:56:31
1269	775	Delme	Thomas	M			00:57:16	1190	00:55:16
1270	1106	Mike	Deacon	M	40		00:57:16	1213	00:55:30
1271	355	Natalie	Davey	F			00:57:17	1241	00:55:47
1272	581	Andrew	Howells	M			00:57:17	1284	00:56:13
1273	416	Mark	Keats	M		PEGASUS	00:57:18	1296	00:56:18
1274	833	Robert	O'Brien	M			00:57:19	1367	00:56:58
1275	1501	Jeremy	Creasey	M	40	SPIRIT OF MONMOUTH	00:57:19	1216	00:55:32

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GunPos	Bib	Firstname	Lastname	M/F	Cat	Club	GunTime	ChipPos	ChipTime
1276	1833	Amy	Johns	F			00:57:20	1408	00:57:20
1277	1353	Mike	Price	M	40		00:57:21	1232	00:55:41
1278	812	Phillipa	Cole	F	40		00:57:21	1264	00:56:00
1279	1541	Nicola	Jones	F	35		00:57:23	1245	00:55:49
1280	1630	Owain	Price	M			00:57:23	1188	00:55:14
1281	2420	Sarah	Skinner	F			00:57:24	1272	00:56:04
1282	1962	Louise	Gardner	F	35		00:57:24	1333	00:56:39
1283	107	Helen	John	F	45		00:57:24	1328	00:56:37
1284	445	Lucy	Ronchetti	F			00:57:24	1308	00:56:24
1285	1196	Hayley	Davies	F			00:57:25	1320	00:56:31
1286	2417	Vanessa	Russell	F	40		00:57:25	1275	00:56:05
1287	2412	Becky	Evans	F	35		00:57:25	1350	00:56:47
1288	1038	Jane	Anderson	F			00:57:25	1331	00:56:38
1289	2080	Soraya	Camarero	F			00:57:25	1341	00:56:42
1290	2079	Cristian	Morales	M			00:57:26	1339	00:56:42
1291	1421	Matt	O'Donoghue	M			00:57:26	1271	00:56:03
1292	1455	Rhiannon	Harris	F			00:57:26	1209	00:55:24
1293	1715	Michael	Clarke	M	45		00:57:27	1267	00:56:02
1294	1418	Richard	Knowles	M	60		00:57:28	1260	00:55:56
1295	926	Carl	Sealy	M			00:57:29	1353	00:56:48
1296	1072	Dan	Hutchinson	M			00:57:29	1355	00:56:49
1297	3337	Kelly	Nock	F			00:57:29	1386	00:57:08
1298	1842	Steve	Grounds	M	50		00:57:30	1249	00:55:50
1299	1100	Helen	Jenkins	F	35		00:57:30	1282	00:56:12
1300	3152	Stuart	Bater	M			00:57:31	1385	00:57:07
1301	1626	Vaughan	Pugsley	M			00:57:31	1230	00:55:41
1302	3184	Stuart	Taylor	M			00:57:31	1273	00:56:04
1303	1060	Madeleine	Newcomb	F	55		00:57:32	1343	00:56:43
1304	2313	Matthew	Close				00:57:32	1261	00:55:56
1305	3158	James	Hayward	M			00:57:32	1299	00:56:20
1306	2314	Owain	Jarvis				00:57:32	1262	00:55:56
1307	3029	Lowri	Francis	F			00:57:33	1288	00:56:14
1308	543	Charlotte	Brown	M			00:57:33	1419	00:57:26
1309	1914	Dimitri	Batrouni	M			00:57:35	1250	00:55:50
1310	3017	Colin	Sambell	M	45		00:57:35	1409	00:57:20
1311	745	Max	Bergmanski	M	50		00:57:36	1312	00:56:28
1312	493	Anna	Hind	F			00:57:36	1332	00:56:38
1313	919	Andrea	Goodfellow	F	40		00:57:36	1310	00:56:25
1314	3156	Kimberley	Horton	F			00:57:37	1305	00:56:23
1315	1902	Scott	Williams	M			00:57:37	1263	00:55:59
1316	793	Bethan	Jenkins	F			00:57:38	1348	00:56:46
1317	792	Angela	Farmer	F	45		00:57:38	1349	00:56:46
1318	1389	Chris	Rodger	M			00:57:39	1294	00:56:17
1319	505	Sue	Richards	F	55		00:57:40	1283	00:56:12
1320	2355	Runner	2355	M			00:57:40	1301	00:56:20
1321	3069	Bethan Clare	Hempstead	F			00:57:42	1417	00:57:25
1322	429	Anwen Lois	Williams	F	35		00:57:42	1309	00:56:24
1323	1992	Leon	Donnelly	M			00:57:42	1201	00:55:22
1324	631	Paul	Rees	M	40		00:57:43	1375	00:57:00
1325	1434	Dean	Euden	M			00:57:43	1351	00:56:48
1326	441	Richard	Hale	M	40		00:57:45	1314	00:56:30
1327	1916	Catherine	Llywellyn	F	45		00:57:45	1327	00:56:36
1328	3024	Lucy	Frankhum	F			00:57:45	1315	00:56:30
1329	2016	Trevor	Hay	M	40		00:57:46	1378	00:57:03
1330	764	Danielle	Casey	F			00:57:48	1291	00:56:15
1331	763	Richard	Griffiths	M			00:57:48	1290	00:56:15
1332	3147	Scott	Caldwell	M			00:57:48	1392	00:57:11
1333	3298	Justin	Bryan	M	40		00:57:48	1335	00:56:40
1334	1283	Claire	Lewis	F	45		00:57:49	1364	00:56:57
1335	1096	Alan	Leen	M			00:57:50	1361	00:56:53
1336	735	David	Burke	M			00:57:50	1357	00:56:51
1337	347	Bethan	Jones	F	40		00:57:51	1381	00:57:04
1338	3478	Charlotte	Daintree	F			00:57:51	1372	00:56:59
1339	3475	Morgan	Whitehead	M			00:57:52	1374	00:57:00
1340	640	David	Jones	M			00:57:52	1225	00:55:36
1341	2818	Alison	Durham	F	45		00:57:53	1257	00:55:54
1342	3066	James	Burt	M			00:57:53	1418	00:57:25
1343	2822	Richard	Ellis	M			00:57:53	1259	00:55:54
1344	534	Isobel	Allison	F			00:57:54	1383	00:57:05
1345	1324	Rob	Jenkins	M			00:57:56	1236	00:55:42
1346	245	Darrell	Walkley	M	40		00:57:57	1377	00:57:02
1347	1142	Andrew	Reid	M	45		00:57:57	1319	00:56:31
1348	1476	Eleri	Daniel	F	40		00:57:58	1322	00:56:31
1349	1477	Ian	Leek	M	45		00:57:58	1321	00:56:31
1350	1820	Jenny	Eldridge	F	35		00:57:58	1223	00:55:35

2011 Cardiff 10k

GunPos	Bib	Firstname	Lastname	M/F	Cat	Club	GunTime	ChipPos	ChipTime
1351	978	Amanda	Beown	F			00:57:59	1255	00:55:54
1352	1234	Dani	Welter	F			00:57:59	1352	00:56:48
1353	1233	Marcella	Kenny	F	40		00:58:02	1360	00:56:52
1354	1603	Karen	Price	F	35		00:58:02	1388	00:57:09
1355	3313	Jason	Tovey	M			00:58:02	1427	00:57:32
1356	1352	Richard	Thomas	M	40		00:58:05	1342	00:56:43
1357	1908	Elizabeth	Gregory	F	40		00:58:06	1411	00:57:22
1358	1960	Wyn	Williams	M	45		00:58:07	1228	00:55:38
1359	1112	Rachel	Harris	F			00:58:08	1344	00:56:44
1360	1193	Sarah	Greig	F			00:58:08	1297	00:56:19
1361	1568	Jane	Chappelle	F	45		00:58:09	1422	00:57:30
1362	1604	Ann Marie	Ginwalla	F			00:58:10	1325	00:56:32
1363	2021	Steve	Ward	M	50		00:58:10	1277	00:56:09
1364	1589	Catrin	Morgan	F			00:58:11	1406	00:57:19
1365	1668	Hywel	Rees	M			00:58:12	1434	00:57:43
1366	794	James	Protheroe	M			00:58:13	1365	00:56:58
1367	389	Jonathan	Williams	M	40		00:58:15	1379	00:57:03
1368	1622	Richard	Smith	M			00:58:16	1336	00:56:40
1369	1310	Emma	Moorhouse	F			00:58:18	1368	00:56:58
1370	982	Sarah	Gatley	F			00:58:20	1395	00:57:13
1371	1841	Tracey	Saunders	F			00:58:22	1426	00:57:31
1372	1155	Kenny	Thomas	M			00:58:22	1401	00:57:17
1373	1394	Rhodri	Thomas	M			00:58:22	1396	00:57:14
1374	1639	Robert	Gage	M	40		00:58:23	1306	00:56:23
1375	822	Ken	Price	M	40		00:58:23	1362	00:56:54
1376	291	Tony	Jewel	M	60		00:58:23	1387	00:57:09
1377	983	James	Beynon	M	40		00:58:25	1403	00:57:17
1378	751	Justin	Richards	M			00:58:25	1371	00:56:59
1379	274	Haydn	Jones	M	55		00:58:27	1440	00:57:45
1380	2040	Bethan	Wilcox	F			00:58:27	1429	00:57:33
1381	629	Alun	Rendle	M			00:58:28	1252	00:55:52
1382	1044	Gayle	Wootton	F			00:58:28	1397	00:57:14
1383	2450	Joanna	Warner	F			00:58:29	1384	00:57:07
1384	2817	Sarah	Hewett	F			00:58:29	1356	00:56:49
1385	1647	Merrick	Layton	M	40		00:58:29	1369	00:56:58
1386	203	Claire	George	F			00:58:30	1393	00:57:12
1387	857	Christine	Faulkner	F	40		00:58:31	1404	00:57:18
1388	806	Louise	Beck	F	35		00:58:31	1394	00:57:13
1389	351	Charlotte	Addicott	F			00:58:32	1329	00:56:37
1390	977	Dan	Bowers	M			00:58:32	1346	00:56:45
1391	118	Martin	Grass	M	50		00:58:32	1345	00:56:45
1392	1086	Paul	Madsen	M			00:58:33	1244	00:55:48
1393	2834	Judith	Bibby	F			00:58:34	1436	00:57:44
1394	836	Tony	Evans	M	45		00:58:34	1280	00:56:11
1395	2841	Helen	Lane	F			00:58:35	1437	00:57:44
1396	1275	Dave	Green	M	40		00:58:35	1432	00:57:37
1397	2808	Richard	Barnett	M			00:58:36	1363	00:56:56
1398	1320	Sarah	Williams	F	35		00:58:37	1334	00:56:40
1399	1134	Grady	Collins	M			00:58:37	1295	00:56:17
1400	2994	Nic	Edwards	F			00:58:39	1480	00:58:23
1401	1430	Andrew	Abdullahi	M	40		00:58:39	1389	00:57:09
1402	1565	Natalie	Buttriss	F	45		00:58:41	1412	00:57:22
1403	807	Kate	Richardson	F			00:58:41	1481	00:58:24
1404	495	Paul	Jones	M			00:58:42	1382	00:57:04
1405	1236	Nic	Caine	M			00:58:43	1461	00:58:03
1406	1235	Melinda	Russell	F	45		00:58:43	1460	00:58:03
1407	1242	Richard	Williams	M	50		00:58:43	1459	00:58:02
1408	3030	Helen	Rice	F			00:58:44	1415	00:57:24
1409	3363	Tony	Cribb	M	55		00:58:46	1477	00:58:21
1410	2335	Suzanne	Stagg	F	50		00:58:47	1463	00:58:03
1411	108	Anna	Phillips	F			00:58:47	1428	00:57:33
1412	2457	Ellie	Mogridge	F			00:58:48	1413	00:57:24
1413	750	Rhian	White	F	35		00:58:48	1390	00:57:10
1414	1240	David	Jones	M	55		00:58:49	1358	00:56:51
1415	1239	Irene	Cooper	F	55		00:58:49	1359	00:56:52
1416	270	Mark	Harper	M	40		00:58:50	1466	00:58:07
1417	1063	Jessica	Whiteman	F			00:58:50	1442	00:57:46
1418	1747	Mike	Friel	M	55		00:58:51	1410	00:57:22
1419	128	Mike	Francis	M			00:58:53	1421	00:57:28
1420	211	Mary	Trenfield	F	50		00:58:53	1376	00:57:02
1421	1280	Nick	Sakkas	M	40		00:58:53	1300	00:56:20
1422	2802	Dan	Tyte	M			00:58:55	1509	00:58:41
1423	156	Paul	Sydenham	M	55		00:58:56	1448	00:57:56
1424	348	Nigel	Thomas	M	55		00:58:56	1449	00:57:56
1425	3087	Gareth	Harfoot	M			00:58:57	1501	00:58:33

2011 Cardiff 10k

GunPos	Bib	Firstname	Lastname	M/F	Cat	Club	GunTime	ChipPos	ChipTime
1426	1189	Laura	Chapple	F			00:58:59	1447	00:57:56
1427	2462	Cameron	Yule	M			00:59:01	1347	00:56:46
1428	2007	Richard	Simpson	M	45		00:59:02	1467	00:58:11
1429	542	Nicholas	Hurley	M	40		00:59:04	1330	00:56:38
1430	2035	Jane	Williams	F	35		00:59:06	1399	00:57:16
1431	257	Kristina	Godwin	F			00:59:06	1416	00:57:25
1432	3322	James	Dawn	M	40		00:59:07	1478	00:58:21
1433	286	Anthony	Hall	M	60		00:59:07	1465	00:58:05
1434	739	Jane	Norgate	F	45		00:59:08	1464	00:58:04
1435	3080	Michelle	Dacey	F	40		00:59:09	1483	00:58:25
1436	3305	Jesica	Watson	F			00:59:10	1482	00:58:25
1437	3301	Victoria	Godsall	F			00:59:10	1484	00:58:25
1438	1850	Alan	Crotcher	M	50		00:59:11	1502	00:58:34
1439	888	Karl	Scickler	M			00:59:12	1446	00:57:51
1440	1784	Paul	Foley	M			00:59:14	1370	00:56:59
1441	1905	Tony	Mackay	M	45		00:59:15	1402	00:57:17
1442	1602	Alex	Criddle	M			00:59:15	1453	00:57:59
1443	3137	Charlotte	Kelloway	F			00:59:15	1539	00:59:04
1444	1103	Drewe	Lacey	M	65		00:59:16	1533	00:59:01
1445	1457	Mark	Hegarty	M	40		00:59:17	1445	00:57:50
1446	2461	Daniel	Robertson	M			00:59:19	1380	00:57:04
1447	1695	Nick	Evans	M	45		00:59:19	1438	00:57:44
1448	3410	Andrew Derek	Lambert	M	45		00:59:20	1431	00:57:37
1449	545	Richard	Pitt	M			00:59:21	1476	00:58:18
1450	1710	Fortune	Ncube	M			00:59:21	1515	00:58:43
1451	614	Tracy	Evans	F	35		00:59:26	1311	00:56:28
1452	965	Chris	Marshall	M			00:59:26	1338	00:56:41
1453	964	Su	Chung	F			00:59:26	1337	00:56:41
1454	490	Bethan	Wynne-Jones	F	40		00:59:27	1486	00:58:27
1455	1629	Sarah	Fowles	F			00:59:28	1316	00:56:30
1456	729	Kate	Lyle	F			00:59:29	1317	00:56:31
1457	1692	Carys	Davies	F			00:59:29	1414	00:57:24
1458	2312	Claire	Whitfield	F			00:59:30	1425	00:57:31
1459	1786	Gavin	Robbins	M			00:59:30	1407	00:57:19
1460	3331	Claire	Tillott	F			00:59:30	1545	00:59:09
1461	1269	Kelly	Huggins	F			00:59:31	1488	00:58:27
1462	421	Adrian	Binney	M	45		00:59:31	1423	00:57:31
1463	3116	Simon	Morgan	M			00:59:32	1420	00:57:26
1464	1538	Eleanor	Johnson	F			00:59:32	1527	00:58:56
1465	744	Tom	Ashurst	M			00:59:32	1497	00:58:31
1466	310	Geoffrey	Pearce	M	55		00:59:32	1472	00:58:14
1467	1736	Martyn	Pugh	M			00:59:33	1391	00:57:11
1468	3019	Robert	Jaynes	M			00:59:34	1534	00:59:02
1469	641	Alex	Lord	M			00:59:34	1489	00:58:28
1470	1191	Esther	Tallent	F			00:59:34	1462	00:58:03
1471	373	Frauke	Jung	F			00:59:35	1458	00:58:02
1472	2073	Peter	Marissen	M	45		00:59:35	1469	00:58:12
1473	3249	Karen	King	F			00:59:38	1457	00:58:01
1474	2049	Denise	Williams	F	60		00:59:38	1508	00:58:40
1475	1314	Richard	Jones	M			00:59:42	1430	00:57:34
1476	2472	Laura	Irons	F			00:59:42	1473	00:58:15
1477	1854	Karl	Connick	M	40		00:59:43	1564	00:59:24
1478	109	Roger	Derbyshire	M	60		00:59:43	1541	00:59:05
1479	557	Donald	Clarey	M	55		00:59:44	1443	00:57:50
1480	556	Rebecca	Clarey	F			00:59:44	1444	00:57:50
1481	353	Brian	Ham	M	55		00:59:45	1468	00:58:11
1482	3057	Jeanette	Gosling	F	50		00:59:45	1559	00:59:18
1483	914	Rhian	Llewellyn	F		LES CROUPIERS	00:59:46	1500	00:58:33
1484	466	Peter	Davis	M			00:59:46	1470	00:58:12
1485	1684	Murtaza	Rizvi	M			00:59:46	1398	00:57:16
1486	1689	Heidi	Day	F			00:59:46	1400	00:57:17
1487	1192	Chris	Woodbridge	M	40		00:59:46	1490	00:58:28
1488	2902	Claire	Woodbridge	F			00:59:46	1493	00:58:28
1489	708	Claire	Date	F			00:59:47	1405	00:57:18
1490	515	Gaynor	Looker	F	50		00:59:49	1510	00:58:41
1491	426	Chris	Davies	M			00:59:49	1568	00:59:31
1492	2005	Claire	Greenman	F	35		00:59:51	1471	00:58:13
1493	3204	Anna	Basini-James	F			00:59:51	1551	00:59:13
1494	3198	David	Griffiths	M			00:59:51	1574	00:59:40
1495	1101	Colin	Rose	M	65		00:59:53	1503	00:58:34
1496	591	Nick	Bennett	M	40		00:59:55	1506	00:58:38
1497	1036	Kristina	Evans	F			00:59:55	1479	00:58:21
1498	3047	Gareth	Russell	M			00:59:57	1522	00:58:49
1499	498	William John	Sampson	M	50		00:59:58	1553	00:59:15
1500	1160	Chris	Larkin	M			00:59:59	1439	00:57:44

2011 Cardiff 10k

GunPos	Bib	Firstname	Lastname	M/F	Cat	Club	GunTime	ChipPos	ChipTime
1501	479	Martyn	Thomas	M	55		01:00:00	1452	00:57:59
1502	1965	Sarah	Evans	F			01:00:00	1495	00:58:30
1503	2022	Lance	Thomas	M			01:00:01	1450	00:57:57
1504	966	Marie	Brimson	F			01:00:01	1518	00:58:45
1505	2058	Sarah	Hancock	F			01:00:01	1424	00:57:31
1506	1111	Andrew	Mackenzie	M			01:00:01	1441	00:57:46
1507	1956	Janet	Nilson	F			01:00:01	1504	00:58:36
1508	841	Tracey	Morris	F	35		01:00:02	1451	00:57:59
1509	568	Angela	Throp	F	35		01:00:02	1529	00:58:57
1510	725	Simon	Clarke	M	45		01:00:02	1523	00:58:50
1511	3481	Julia	Sanders	F			01:00:02	1550	00:59:12
1512	3436	Chris	Slater	M			01:00:02	1521	00:58:47
1513	1967	Tina	Lloyd	F			01:00:03	1583	00:59:45
1514	1731	Rachel	Davies	F	35		01:00:04	1547	00:59:10
1515	1858	Joanne	Richards	F	35		01:00:05	1538	00:59:04
1516	1005	Erica	Gwynne Hughes	F	40		01:00:06	1435	00:57:43
1517	332	Kimberley	Adams	F	50		01:00:06	1561	00:59:19
1518	1943	Nicole	Tynan	F	40		01:00:06	1485	00:58:26
1519	1179	Caitlin	Butler	F			01:00:07	1496	00:58:31
1520	1808	Rachel	Owen	F	40		01:00:07	1474	00:58:17
1521	1780	Jocelyn	Peacock	F			01:00:07	1475	00:58:17
1522	3226	Lucie	Connors	F			01:00:07	1571	00:59:32
1523	3382	Caren	Laing	F			01:00:08	1590	00:59:52
1524	988	Anna	Thomas	F	45		01:00:08	1433	00:57:40
1525	3409	Gail	Kinsella	F	55		01:00:09	1494	00:58:29
1526	1758	Philippa	Childs	F	40		01:00:09	1542	00:59:05
1527	2099	Anita	Aggarwal	F			01:00:10	1601	01:00:02
1528	596	Steve	Ballett	M	50		01:00:11	1563	00:59:24
1529	3028	Gwawr	Jones	F			01:00:12	1524	00:58:51
1530	162	Leah	Ott	F	40		01:00:12	1525	00:58:52
1531	728	Gareth	Roper	M	55	PORTHCAWL RUNNERSLIFE	01:00:13	1552	00:59:15
1532	1701	Clare	Overton	F	35		01:00:13	1507	00:58:38
1533	1145	Tanya	Sutton	F	35		01:00:13	1498	00:58:32
1534	3468	Will	Hewitt	M			01:00:13	1514	00:58:42
1535	2084	David	Collier	M	45		01:00:16	1569	00:59:31
1536	1883	Terri	Morgan	F		SPIRIT OF MONMOUTH	01:00:18	1491	00:58:28
1537	651	Sian	Griffin	F	40		01:00:18	1456	00:58:01
1538	823	Laura	Mcclelland	F			01:00:21	1492	00:58:28
1539	1066	Steve	Wyatt	M			01:00:21	1487	00:58:27
1540	1065	Alison	Dyer	F			01:00:21	1624	01:00:21
1541	2432	Andrew	Davies	M			01:00:23	1526	00:58:52
1542	1118	Michael	James	M	70		01:00:25	1546	00:59:10
1543	2030	Padi	Griffiths	F	55		01:00:25	1516	00:58:43
1544	514	Fran	Wilson	F	40		01:00:27	1560	00:59:19
1545	1737	Malcolm	Boyles	M	45		01:00:31	1536	00:59:03
1546	906	Alexandra	Doherty	F		LES CROUPIERS	01:00:31	1566	00:59:26
1547	161	Andrew	Ott	M			01:00:31	1548	00:59:11
1548	136	Catherine	Doyle	F	40		01:00:32	1520	00:58:47
1549	1877	Jennifer	Roberts	F			01:00:32	1535	00:59:02
1550	1662	Kate	Williams	F	45		01:00:33	1519	00:58:47
1551	3428	Nader	Al Haji	M			01:00:33	1587	00:59:50
1552	1295	Joshua	Evans	M			01:00:33	1573	00:59:39
1553	1194	Katie	Garner	F			01:00:33	1537	00:59:03
1554	1267	Kim	Jackson	M	50		01:00:34	1454	00:58:00
1555	1929	Elen	Lewis	F			01:00:34	1577	00:59:41
1556	1828	Chris	Wilson	M			01:00:35	1455	00:58:01
1557	3341	Jean-Marc	Michel	M			01:00:35	1612	01:00:14
1558	1561	Darren	Young	M		ISLWYN	01:00:36	1588	00:59:51
1559	437	Claire	Williams	F			01:00:36	1513	00:58:42
1560	1716	Megan	Colley	F			01:00:38	1499	00:58:32
1561	1952	Neil	Ward	M			01:00:38	1616	01:00:17
1562	142	Helen	Welch	F	40	PONTYPRIDD ROADENTS	01:00:39	1540	00:59:05
1563	420	Gary	Mascetti	M	55		01:00:39	1593	00:59:56
1564	1641	Mererid	Evans	F	40		01:00:41	1554	00:59:15
1565	782	Iain	Hargrave	M			01:00:41	1579	00:59:42
1566	1597	Michelle	Ward	F	40		01:00:44	1589	00:59:52
1567	1524	Andrew	Champion	M	40		01:00:45	1517	00:58:44
1568	2089	James	Rance	M			01:00:45	1557	00:59:18
1569	870	Geoff	Wright	M	60	LES CROUPIERS	01:00:48	1576	00:59:40
1570	1071	Stuart	Denton	M			01:00:51	1544	00:59:08
1571	1414	Harvey	Jones	M	40		01:00:53	1570	00:59:32
1572	1978	Marcus	Jones	M			01:00:54	1532	00:59:01
1573	1760	Lee	Berry	M			01:00:54	1511	00:58:42
1574	3094	Richard	Hale	M			01:00:58	1606	01:00:06
1575	2036	Sarah	Edwards	F	40	PORTHCAWL RUNNERSLIFE	01:01:01	1596	00:59:59

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GunPos	Bib	Firstname	Lastname	M/F	Cat	Club	GunTime	ChipPos	ChipTime
1576	192	Nora	O'Leary	F			01:01:01	1620	01:00:19
1577	2995	Emma	Watts	F			01:01:03	1642	01:00:46
1578	1991	Nathan	Bartlett	M			01:01:03	1558	00:59:18
1579	1470	David	Evans	M	40		01:01:06	1584	00:59:45
1580	3135	Chris	Price-Morgan	M			01:01:07	1658	01:00:57
1581	516	Emily	Brasche	F			01:01:11	1512	00:58:42
1582	1390	Donna	Evans	F		SPIRIT OF MONMOUTH	01:01:12	1562	00:59:22
1583	1460	Garry	Morgan	M	40		01:01:12	1543	00:59:06
1584	670	Mark	Davis	M			01:01:12	1505	00:58:37
1585	3063	David	Griffiths	M	55		01:01:13	1639	01:00:43
1586	602	Susan	Oldham	F			01:01:14	1581	00:59:43
1587	565	Mayrid	Jones	F			01:01:14	1549	00:59:12
1588	2090	Christian	James	M			01:01:16	1530	00:58:58
1589	1380	Sarah	Mccarthy	F			01:01:16	1555	00:59:17
1590	1381	Ross	Toland	M			01:01:16	1556	00:59:17
1591	3446	Sanjeev	Aggarwal	M	40		01:01:18	1607	01:00:06
1592	1969	Sophie	Mclain	F			01:01:19	1572	00:59:35
1593	532	Tracey	Wain	F	50		01:01:21	1528	00:58:57
1594	358	Ann	Johnston	F			01:01:21	1580	00:59:43
1595	1879	Bryony	Gurmin	F			01:01:24	1531	00:59:00
1596	368	Nele	Johnston	F	35		01:01:24	1591	00:59:53
1597	1498	Lee	Dawkins	M			01:01:24	1619	01:00:19
1598	981	Nick	Lewis	M			01:01:27	1617	01:00:18
1599	653	Stuart	Ball	M			01:01:29	1628	01:00:26
1600	652	Liam	Reid	M			01:01:29	1627	01:00:26
1601	1446	Marisol	Vaquez	F			01:01:31	1594	00:59:57
1602	1047	Anthea	Liddington	F	35		01:01:31	1567	00:59:29
1603	1200	Michelle	Lloyd	F	40		01:01:31	1595	00:59:58
1604	1014	Philip	Bishop	M	50		01:01:32	1609	01:00:09
1605	2932	Nazmul	Islam	M			01:01:34	1677	01:01:18
1606	2847	Dave	Salt	M	60		01:01:35	1597	01:00:00
1607	3441	Raunak	Gaitonde	F			01:01:37	1693	01:01:30
1608	1204	Cath	Hortop	F			01:01:37	1599	01:00:01
1609	539	Jonathan	Lawrie	M			01:01:38	1614	01:00:15
1610	1384	David	Murray-Dickson	M			01:01:39	1575	00:59:40
1611	3201	Stacey	Thomas	F			01:01:42	1604	01:00:05
1612	1458	Marc	Thomas	M			01:01:44	1654	01:00:52
1613	770	Carl	Hier	M	45		01:01:45	1663	01:01:04
1614	1249	Christele	Nicoli	F	35		01:01:45	1615	01:00:15
1615	1687	Julian	Wooster	M	40		01:01:46	1586	00:59:50
1616	3300	Tommy	Gregory	M			01:01:50	1680	01:01:19
1617	968	Shilpa	Chaudhry	F	45		01:01:50	1649	01:00:49
1618	1050	Owen	Parris	M			01:01:51	1578	00:59:42
1619	931	Dan	Abraham	M			01:01:52	1648	01:00:49
1620	3144	Sara	Rees Davies	F			01:01:52	1605	01:00:05
1621	3051	Harry	Chan	M			01:01:53	1640	01:00:44
1622	810	Rebecca	White	F			01:01:53	1629	01:00:26
1623	648	Eirian	Jones	F	35		01:01:55	1598	01:00:00
1624	424	Matthew	Swindell	M			01:01:57	1611	01:00:13
1625	613	Llwyd	Rees	M			01:01:58	1704	01:01:38
1626	2953	Julia	Scaife	F			01:01:58	1710	01:01:44
1627	503	David	Hutchings	M			01:01:59	1603	01:00:04
1628	1028	Iain	Osborne	M			01:02:00	1638	01:00:43
1629	263	Gareth	Henderson	M			01:02:00	1600	01:00:01
1630	409	Charlene	Halloway	F			01:02:00	1712	01:01:44
1631	3061	Ceri	Turnbull	F	35		01:02:01	1721	01:02:01
1632	3001	Angela	Cox	F			01:02:01	1636	01:00:39
1633	551	David	Scott	M			01:02:01	1625	01:00:23
1634	550	Elle	Jenkins	F			01:02:01	1626	01:00:24
1635	1070	Grant	Livingstone	M			01:02:02	1621	01:00:19
1636	1815	Nicola	Barker	F	40	PORTHCAWL RUNNERSLIFE	01:02:04	1665	01:01:04
1637	1361	Joanne	Bradley	F			01:02:05	1610	01:00:12
1638	1296	Leigh	Williams	M			01:02:05	1670	01:01:11
1639	1075	Mohammed	Dabab	M			01:02:07	1659	01:00:59
1640	1490	Vicky	Evans	F	35		01:02:10	1674	01:01:13
1641	3078	Rachel	Townsend	M	40		01:02:10	1690	01:01:26
1642	2921	Sarah	Stevens	F			01:02:11	1635	01:00:36
1643	1800	Phil	Love	M	45		01:02:13	1618	01:00:18
1644	2464	Katy	Woollacott	F			01:02:15	1643	01:00:47
1645	1113	Elena	Williams	F			01:02:15	1653	01:00:51
1646	386	Christopher	Stanton	M	60		01:02:16	1662	01:01:02
1647	2339	Stephen	Southam	M			01:02:16	1664	01:01:04
1648	1246	Robert	Lee	M	55		01:02:17	1683	01:01:22
1649	2328	Clifton	Prior				01:02:17	1641	01:00:46
1650	3018	Helen	Freeman	F			01:02:17	1723	01:02:02

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GunPos	Bib	Firstname	Lastname	M/F	Cat	Club	GunTime	ChipPos	ChipTime
1651	251	Iwan	Matheson	M			01:02:17	1634	01:00:36
1652	1139	Rhiannon	Phillips	F			01:02:18	1645	01:00:48
1653	124	Matthew	Lewis	M			01:02:18	1608	01:00:07
1654	1651	Marc	Griffiths	M			01:02:19	1673	01:01:12
1655	3077	Bethan Louise	Jones	F			01:02:20	1701	01:01:36
1656	287	Beverley	Chalmers	F	45		01:02:21	1632	01:00:29
1657	1116	Chris	Sheppard	M	55		01:02:21	1647	01:00:49
1658	339	Sharon	Reading	F	45		01:02:21	1630	01:00:28
1659	3202	Richie	Morgans	M			01:02:22	1718	01:01:59
1660	1838	Rebecca	Tregarthen	F	40		01:02:23	1582	00:59:45
1661	3231	Laura	Pike	F			01:02:25	1672	01:01:12
1662	225	Robert	Davey	M	50		01:02:26	1585	00:59:46
1663	566	Pamela	Clancy	F	55		01:02:26	1592	00:59:54
1664	2404	Rebecca	Farr	F	35		01:02:27	1622	01:00:20
1665	2811	Steven	Thorne	M	40		01:02:30	1650	01:00:50
1666	302	Andrew	Beacon	M	40		01:02:31	1623	01:00:20
1667	604	Charlene	Bartlett	F	45		01:02:32	1717	01:01:57
1668	471	Lisa	Forey	F			01:02:32	1737	01:02:10
1669	470	Jonathan	Forey	M	40		01:02:32	1738	01:02:10
1670	422	Emma	Cook	F			01:02:33	1631	01:00:29
1671	1666	Rose	Lewis	F			01:02:35	1706	01:01:40
1672	513	Ruth	Mabiriizi	F			01:02:37	1669	01:01:11
1673	2033	Joanne	Sproul	M	40		01:02:38	1660	01:01:00
1674	506	Judith	Baydon	F	55		01:02:38	1656	01:00:53
1675	3272	Hafina	Lewis-Halt	F			01:02:38	1657	01:00:56
1676	1547	Sian	Hayward	F	50		01:02:40	1708	01:01:41
1677	1681	Mariyani	Ahmad Husairi	F			01:02:41	1675	01:01:14
1678	3491	Vinod	Kumar	M			01:02:43	1774	01:02:35
1679	826	Sian	Jones	F		OUTDOOR FITNESS	01:02:44	1613	01:00:14
1680	538	Rachel	Lawrie	F			01:02:45	1682	01:01:22
1681	502	Mark	Hutchings	M			01:02:45	1651	01:00:51
1682	2898	Jason	Einon	M	50		01:02:46	1773	01:02:35
1683	1895	Lowri	Roberts	F	35		01:02:47	1711	01:01:44
1684	659	Sharon	O'Brien	F	40		01:02:47	1661	01:01:02
1685	1618	Claire	Swindell	F			01:02:49	1633	01:00:35
1686	3274	Janet	Hopkins	F			01:02:54	1699	01:01:34
1687	3360	Julie	Ellis	F			01:02:54	1762	01:02:28
1688	322	Germaine	Walsh	F	35		01:02:54	1703	01:01:37
1689	1518	Lowri	Williams	F			01:02:55	1565	00:59:24
1690	3237	Lisa	Innes	F			01:02:55	1768	01:02:32
1691	1216	Jeffrey	Baxter	M			01:02:56	1676	01:01:16
1692	258	Lee	Jefferies	M			01:02:56	1678	01:01:18
1693	188	Andrew	Lewis	M	45		01:02:57	1684	01:01:22
1694	3041	Virginia	Davies	F	35		01:02:59	1767	01:02:31
1695	3072	Beverley	Jones	F			01:02:59	1777	01:02:41
1696	230	Philip	Bolton	M	50		01:02:59	1705	01:01:39
1697	224	Rhiannon	Williams	F	35		01:02:59	1725	01:02:04
1698	2085	Paul	Tadecicco	M	60		01:03:00	1688	01:01:23
1699	116	Marie	Hewitt	F	35		01:03:00	1652	01:00:51
1700	785	Helen	Jones	F			01:03:00	1686	01:01:23
1701	261	Natalie	John	F			01:03:01	1687	01:01:23
1702	1281	Jamie	Way	M			01:03:02	1655	01:00:53
1703	1713	Tom	Wallace	M	55		01:03:03	1646	01:00:49
1704	3213	Beverley	Jones	F			01:03:03	1731	01:02:07
1705	1326	David	Hardacre	M	45		01:03:04	1734	01:02:09
1706	1456	Meinir	Morgan-Thomas	F	55		01:03:05	1755	01:02:23
1707	2358	Runner	2358	M			01:03:06	1637	01:00:42
1708	525	Joanna	Hale	F	40		01:03:08	1732	01:02:08
1709	1712	Heidy	Davies	F	45		01:03:10	1691	01:01:28
1710	2815	Kathryn	Harries	F			01:03:10	1694	01:01:31
1711	1873	Sarah	Edwards	F	35	SPIRIT OF MONMOUTH	01:03:10	1681	01:01:21
1712	3043	Karina	Wood	F			01:03:11	1780	01:02:43
1713	1614	Geraint	Jenkins	M			01:03:11	1741	01:02:12
1714	520	Fiona	Phillips	F	40		01:03:11	1707	01:01:40
1715	2455	Chris	Hotson	M			01:03:12	1713	01:01:47
1716	3148	Laura	Price	F			01:03:15	1692	01:01:28
1717	1079	Jenny	Graham	F			01:03:16	1644	01:00:48
1718	3125	Dan	Jones	M			01:03:18	1754	01:02:21
1719	1009	Rainer	Wieser	M	45		01:03:21	1689	01:01:24
1720	781	Jenna	Smith	F			01:03:24	1666	01:01:07
1721	1074	Ying	Teng	M			01:03:24	1790	01:02:53
1722	1416	Melanie	Jehu	F	40		01:03:25	1719	01:02:00
1723	394	Adrian	Donovan	M	45		01:03:25	1667	01:01:08
1724	1002	Judith	Paget	F	45		01:03:26	1736	01:02:10
1725	686	Felicity	Cronin	F			01:03:29	1729	01:02:05

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GunPos	Bib	Firstname	Lastname	M/F	Cat	Club	GunTime	ChipPos	ChipTime
1726	647	Tim	Cooper	M	40		01:03:29	1679	01:01:19
1727	2459	Vicki	Peedle	F			01:03:30	1727	01:02:05
1728	1711	Fabrice	Ledentu	M	40		01:03:30	1804	01:03:08
1729	3314	Leighton	Tovey	M			01:03:30	1795	01:02:57
1730	2334	Alison	Jones	F	40		01:03:31	1685	01:01:22
1731	1133	Matthew	Talboys	M			01:03:31	1716	01:01:55
1732	1475	Brian	Scott	M	50		01:03:32	1735	01:02:10
1733	636	Sally	Jaques	F			01:03:33	1764	01:02:30
1734	2078	Leanne	Watkins	F	40		01:03:33	1602	01:00:03
1735	1521	Alex	Finch	M			01:03:35	1702	01:01:37
1736	3058	Teresa	Russell	F	50		01:03:37	1793	01:02:57
1737	3215	Alistair	Rees	M			01:03:37	1778	01:02:42
1738	3306	Helen	Smith	F			01:03:39	1765	01:02:31
1739	1922	Yasasvy	Adapa	M			01:03:42	1825	01:03:25
1740	536	Christian	Aldridge	M			01:03:42	1714	01:01:49
1741	1980	Andy	Quan	M		TENOVUS	01:03:44	1700	01:01:34
1742	1461	Megan	Fisher	F			01:03:45	1769	01:02:32
1743	1462	Kevin	Fisher	M	50		01:03:46	1770	01:02:33
1744	594	Mandava	Favan	F			01:03:47	1751	01:02:18
1745	1149	Rhiannon	Fear	F			01:03:49	1698	01:01:33
1746	1144	Lorraine	Andrews	F	40		01:03:49	1733	01:02:08
1747	1171	Diane	Smith	F	50		01:03:49	1829	01:03:29
1748	2434	Iestyn	Taylor	M			01:03:53	1720	01:02:01
1749	814	Sian	Harrison	F	40		01:03:54	1671	01:01:11
1750	2070	Michael	Clark	M			01:03:54	1709	01:01:44
1751	1493	Sandra	Franklin	F			01:03:55	1697	01:01:32
1752	1333	Carolanne	Watkins	F	40		01:03:56	1835	01:03:36
1753	1749	Jessica	Baker	F			01:03:56	1739	01:02:11
1754	954	Karen	Hayes	F			01:03:57	1752	01:02:19
1755	813	Andrew	Owen	M	45		01:03:58	1788	01:02:52
1756	336	Lee	Griffiths	M			01:03:58	1789	01:02:52
1757	3009	Tom	Rigby	M	55		01:03:58	1695	01:01:31
1758	3010	Paula	Brady	F	45		01:03:58	1696	01:01:32
1759	2337	Sara	Beach	F			01:03:59	1740	01:02:11
1760	2332	Helen	Wallace	F	35		01:03:59	1742	01:02:12
1761	1659	Gregory	Davies	M			01:03:59	1726	01:02:05
1762	1611	Rebecca	Evans	F			01:04:00	1782	01:02:46
1763	1077	Lucy	Coates	F			01:04:02	1756	01:02:23
1764	3250	Ben	Hodge	M			01:04:04	1761	01:02:28
1765	1576	Andrew	Graham	M	40		01:04:04	1763	01:02:29
1766	710	Anne	Mason	F	45		01:04:06	1810	01:03:12
1767	1308	Sue	Gregory-Phillips	F	40		01:04:06	1775	01:02:41
1768	3405	Nicola	Bowen	F	35		01:04:06	1758	01:02:26
1769	537	Geoffrey	Holtom	M	50		01:04:06	1801	01:03:05
1770	569	Eleanor	Holtom	M			01:04:06	1802	01:03:05
1771	372	Mair	Rishko	F	35		01:04:07	1757	01:02:25
1772	1488	Anna	Roberts	F			01:04:09	1749	01:02:17
1773	2426	Nadeem	Butt	M			01:04:09	1750	01:02:17
1774	1643	Tracy	Nixon	F			01:04:10	1753	01:02:20
1775	464	Maxine	January	F	45		01:04:13	1815	01:03:16
1776	3324	Lewis	Barrie	M	55		01:04:13	1840	01:03:45
1777	1791	Scott	Carter	M			01:04:14	1730	01:02:07
1778	2949	Caroline	Gallimore	F			01:04:16	1857	01:04:03
1779	2954	Jennifer	Peacock	F			01:04:16	1856	01:04:02
1780	3124	Veronica	Fundelski	F			01:04:19	1745	01:02:14
1781	3126	Chevaune	Mostert	F			01:04:19	1746	01:02:15
1782	185	Kevin	Protheroe	M	55		01:04:19	1748	01:02:15
1783	3123	Maria	Morgan	F			01:04:19	1747	01:02:15
1784	579	Sally	Bissex	F			01:04:22	1759	01:02:27
1785	580	Emma	Bissex	F	35		01:04:22	1760	01:02:27
1786	164	Jayne	Jones	F	40		01:04:22	1830	01:03:30
1787	3448	Sandeep	Hemmadi	F			01:04:23	1806	01:03:10
1788	100	Richard	Williams	M	50		01:04:24	1799	01:03:04
1789	154	Kaylie	Williams	F			01:04:24	1798	01:03:04
1790	2962	Paul	Castle	M			01:04:24	1724	01:02:04
1791	2957	Catherine	Castle	F			01:04:25	1728	01:02:05
1792	1499	Delyth	Evans	F	40		01:04:25	1722	01:02:01
1793	2925	Will	Jones	M			01:04:27	1826	01:03:25
1794	2931	Hayley	Ashurst	F			01:04:27	1827	01:03:25
1795	504	Darren	Hill	M			01:04:27	1771	01:02:33
1796	3098	Carolyn	Pugsley	F			01:04:27	1776	01:02:41
1797	198	Simon	Cottrell	M			01:04:31	1822	01:03:22
1798	1844	Andrew	Herbert	M			01:04:34	1779	01:02:43
1799	1753	Mark	Quarterly	M	40		01:04:36	1784	01:02:47
1800	275	Helen	Madsen	F	35		01:04:37	1715	01:01:52

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GunPos	Bib	Firstname	Lastname	M/F	Cat	Club	GunTime	ChipPos	ChipTime
1801	407	Alice	Turner	F			01:04:37	1844	01:03:49
1802	3443	Ashok	Aggarwal	M	55		01:04:38	1883	01:04:29
1803	1519	Cherie	Tilley	F			01:04:39	1668	01:01:09
1804	170	Anne	Watkins	F	55		01:04:39	1744	01:02:14
1805	1976	Malcolm	Curtis	M			01:04:41	1805	01:03:08
1806	1153	Marcus	Lafgren	M	50		01:04:41	1841	01:03:47
1807	692	Paul	Ring	M	45		01:04:42	1848	01:03:53
1808	654	Rachel	Long	F			01:04:43	1849	01:03:54
1809	2026	Mark	Bradford	M			01:04:43	1807	01:03:10
1810	2951	Simeon	Smith	M			01:04:44	1884	01:04:32
1811	1542	Matthew	Calder	M			01:04:45	1836	01:03:37
1812	2950	David	Randall	M	45		01:04:46	1888	01:04:33
1813	247	Vivian Henry	Davies	M	50		01:04:46	1847	01:03:51
1814	1709	Sarah	Dunscombe	F	35	PORTHCAWL RUNNERSLIFE	01:04:47	1766	01:02:31
1815	1276	Noel	Powell	M	40	FERC	01:04:47	1824	01:03:24
1816	1704	Jonathan	Crane	M	40		01:04:49	1797	01:03:01
1817	808	David	Swallow	M	55		01:04:51	1814	01:03:16
1818	1727	Amy	Jones	F			01:04:52	1791	01:02:54
1819	546	Laura	Mattock	F			01:04:53	1787	01:02:51
1820	840	Bridgette	Bigmore	F	40		01:04:55	1772	01:02:34
1821	540	Christopher	Turner	M	60		01:04:56	1808	01:03:11
1822	1282	Kelly	Way	F			01:04:56	1783	01:02:46
1823	1404	Lisa	Jones	F	35		01:04:58	1786	01:02:48
1824	2900	Natalie	Bushell	F			01:04:59	1838	01:03:41
1825	1199	Claire	Rodrigues	F			01:05:00	1828	01:03:26
1826	1471	Kirsty	Evans	F	35		01:05:00	1837	01:03:39
1827	2002	Susan	Edmunds	F	50	FAIRWATER LEISURE CENTRE RUNNING CLUB	01:05:01	1860	01:04:07
1828	1913	Miron	Jhetta	F			01:05:02	1858	01:04:06
1829	1928	Elen	Howells	F			01:05:03	1812	01:03:13
1830	1213	Sarah	Fisher	F			01:05:03	1819	01:03:18
1831	3472	Sunita	Shridhri	F			01:05:05	1785	01:02:48
1832	2860	Kathryn	Amaro	F	50		01:05:05	1846	01:03:51
1833	2483	Steffan	Watkins	M			01:05:06	1871	01:04:15
1834	297	Rima	Popat	F			01:05:07	1887	01:04:33
1835	522	Heledd	Saunders	F			01:05:08	1743	01:02:13
1836	2488	Sarah	Baldwin	F			01:05:09	1781	01:02:43
1837	1425	Alex	Hughes	M			01:05:11	1818	01:03:18
1838	1856	Helen	Smith	F	50		01:05:13	1907	01:04:52
1839	1697	Gareth	Davies	M			01:05:13	1831	01:03:31
1840	2011	Rachel	Lord	F	40		01:05:16	1823	01:03:23
1841	3310	Chris	Adams	M	50		01:05:18	1899	01:04:45
1842	1871	Allen	Stark	M			01:05:19	1832	01:03:32
1843	2054	Rebecca	George	F			01:05:21	1816	01:03:17
1844	428	Susan	Gibbs	F	40		01:05:21	1833	01:03:32
1845	3008	Martin	Sullivan	M	50		01:05:22	1792	01:02:54
1846	3007	Christine	Sullivan	F	50		01:05:22	1794	01:02:57
1847	130	Nia	Francis	F	35		01:05:22	1851	01:03:56
1848	434	Susan	Hayes	F	45		01:05:23	1876	01:04:19
1849	442	Lorraine	Badger-Watts	F			01:05:23	1891	01:04:36
1850	3128	Julie	Furber	F			01:05:24	1817	01:03:17
1851	3206	Georgia	Bailey	F			01:05:24	1803	01:03:05
1852	115	Kate	Shaw	F	40		01:05:28	1843	01:03:48
1853	2024	Charlotte	Nicholls	F			01:05:28	1796	01:02:57
1854	3416	Abi	Hacon Williams	F			01:05:32	1800	01:03:04
1855	675	Nigel	Thomas	M	50		01:05:33	1813	01:03:14
1856	2456	Darren	Greene	M			01:05:39	1861	01:04:07
1857	2038	James	Thomas	M			01:05:39	1809	01:03:12
1858	181	Keith	Ball	M			01:05:43	1834	01:03:36
1859	1214	Nikhil	Kumar	M			01:05:43	1908	01:04:55
1860	774	Helen	Stiff	F	40		01:05:44	1934	01:05:23
1861	776	Levi	Bartlett	M			01:05:44	1811	01:03:13
1862	2955	Jessica	Waidey	F			01:05:45	1937	01:05:33
1863	243	Alan	Hughes	M	55		01:05:45	1869	01:04:11
1864	2952	Naomi	Randall	F			01:05:45	1938	01:05:33
1865	3012	Udai	Sullivan	M	45		01:05:45	1821	01:03:21
1866	182	Lisa	Hardwood	F	40		01:05:46	1912	01:04:57
1867	3011	Sarah	Glyn Jones	F	45		01:05:46	1820	01:03:21
1868	255	Charles	Davies	M	75		01:05:46	1890	01:04:35
1869	2479	Olivia	Collins	F			01:05:46	1864	01:04:11
1870	2467	Stacey	Jones	F			01:05:47	1919	01:05:00
1871	738	Lisa	Jones	F	35		01:05:48	1854	01:03:58
1872	1485	Joanne	Euden	F			01:05:48	1905	01:04:52
1873	1042	Michael	Wiggins	M			01:05:48	1845	01:03:50
1874	2980	Rhian Sarah	Price	F			01:05:50	1920	01:05:00
1875	1137	Kelly	Lee	F			01:05:54	1913	01:04:57

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GunPos	Bib	Firstname	Lastname	M/F	Cat	Club	GunTime	ChipPos	ChipTime
1876	2816	Michael	Hodgkinson	M			01:05:54	1872	01:04:17
1877	736	Neil	Price	M	60		01:05:55	1850	01:03:55
1878	1081	Stephen	Taplin	M			01:05:55	1870	01:04:11
1879	956	Mari Wyn	Humphreys	F	40		01:06:01	1859	01:04:06
1880	3044	Lesley	Cheverton	F	35		01:06:01	1939	01:05:34
1881	1748	John	Baker	M	45		01:06:03	1874	01:04:18
1882	1750	Nerys	Evans	F			01:06:03	1875	01:04:18
1883	500	Abigail	Voyce	F			01:06:04	1902	01:04:50
1884	1926	Jason	Watkins	M	50		01:06:06	1895	01:04:42
1885	1927	Craig	Watkins	M			01:06:06	1894	01:04:42
1886	1678	Hannah	Eccleston	F			01:06:06	1893	01:04:42
1887	1682	Helen	Elliott	F			01:06:07	1881	01:04:28
1888	634	Kate	Laats	F			01:06:07	1877	01:04:19
1889	1289	Benjamin	Smith	M			01:06:10	1921	01:05:06
1890	1080	Shirley	Hamill	F	35		01:06:11	1853	01:03:57
1891	1248	Marc	Donovan	M			01:06:12	1863	01:04:10
1892	1691	Non	Lewis	F	35		01:06:13	1886	01:04:33
1893	1892	Peter	Randerson	M	60		01:06:13	1855	01:03:59
1894	1158	Sharon	Williams	F	35		01:06:15	1839	01:03:41
1895	559	Andrew	Steele	M	45		01:06:16	1892	01:04:40
1896	208	Marie	Price	F			01:06:16	1910	01:04:57
1897	3050	Chris	Jenkins	M			01:06:16	1961	01:05:58
1898	2442	Kane	Barrett	M	40		01:06:16	1898	01:04:44
1899	1126	Sharon	Bennett	F	40		01:06:16	1911	01:04:57
1900	885	Nick	Van Noorden	M	45		01:06:19	1896	01:04:42
1901	1366	Alison	Jones	F	45		01:06:19	1842	01:03:48
1902	1650	Steve	Kyte	M			01:06:20	1878	01:04:22
1903	1649	Kevin	Phillips	M			01:06:20	1879	01:04:22
1904	1963	Elizabeth	Williams	F	35		01:06:22	1944	01:05:37
1905	758	Ceri	Parr	F			01:06:22	1926	01:05:16
1906	1831	Peter	Matthews	M	45		01:06:28	1866	01:04:11
1907	2354	Runner	2354	M			01:06:28	1867	01:04:11
1908	2861	Karl	Baynham	M			01:06:28	1972	01:06:02
1909	714	Lisa	Reynolds	F			01:06:29	1956	01:05:51
1910	383	Charlie	Gibson	F			01:06:29	1852	01:03:57
1911	533	Kristina	Gardner	F			01:06:32	1916	01:04:59
1912	2060	Peter	Morgan	M	65		01:06:32	1882	01:04:29
1913	1012	Danielle	Beck	F			01:06:32	1865	01:04:11
1914	805	Amy	Griffiths	F			01:06:34	1959	01:05:56
1915	2350	Runner	2350	M			01:06:35	1868	01:04:11
1916	1703	Omar	Aldughayem	M			01:06:37	1889	01:04:35
1917	687	Emma	Barrett	F	35		01:06:39	1904	01:04:51
1918	1226	Rhian	Jones	F	35		01:06:41	1929	01:05:21
1919	256	Deina	Hockenhull	F	35		01:06:41	1931	01:05:22
1920	2832	Kim	Halliwell	F			01:06:42	1906	01:04:52
1921	2991	Neil	Robins	M			01:06:42	1992	01:06:35
1922	2106	Lynne	Graham	F			01:06:42	1862	01:04:10
1923	1154	Louise	Ashby	F	40		01:06:43	1936	01:05:32
1924	189	Keith	Lewis	M	50		01:06:44	1922	01:05:09
1925	558	Katherine	Corellis	F			01:06:47	1909	01:04:56
1926	2468	Adam	Krouma	M			01:06:47	1967	01:06:01
1927	1049	Ceri	Parris	F			01:06:47	1962	01:05:59
1928	2469	Lisa	Williams	F			01:06:48	1971	01:06:01
1929	940	Helen	Shaw	F	35		01:06:48	1955	01:05:51
1930	3149	Tim	Gent	M			01:06:50	1880	01:04:24
1931	1143	Adrian	Strain	M	40		01:06:52	1925	01:05:16
1932	2444	George	Pietuuszkza	M			01:06:53	1917	01:05:00
1933	2435	Chris	Thomas	M	45		01:06:53	1918	01:05:00
1934	1037	Sarah	Weaver	F	35		01:06:56	1900	01:04:46
1935	1566	Matthew	Reece	M			01:06:57	1885	01:04:33
1936	1610	Le-Thanh	.	M			01:07:00	1952	01:05:44
1937	3303	Lisa	Bartlett	F			01:07:02	1958	01:05:54
1938	3259	Hannah	Bath	F			01:07:04	1923	01:05:09
1939	2837	Joanne	Plaster	F			01:07:05	1979	01:06:16
1940	2836	Lois	Mortimor	F			01:07:05	1980	01:06:16
1941	937	Rhonda	Power	F	40		01:07:08	1901	01:04:50
1942	1166	Victoria	Jones	F			01:07:08	1940	01:05:35
1943	938	Aled	Richards	M	40		01:07:08	1903	01:04:50
1944	696	Katie	Lewis	F	35		01:07:09	1928	01:05:20
1945	512	Sharon	John	F	35		01:07:09	1914	01:04:58
1946	2415	Jeni	Addicott	F			01:07:10	1953	01:05:47
1947	1507	Sian	Vaughan	F	35		01:07:10	1915	01:04:58
1948	330	Richard	Jones	M			01:07:10	1976	01:06:11
1949	1984	Kimberley	Hamilton	F			01:07:12	2029	01:07:12
1950	1186	Nick	Jones	M			01:07:12	1965	01:06:00

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GunPos	Bib	Firstname	Lastname	M/F	Cat	Club	GunTime	ChipPos	ChipTime
1951	349	Chris	Kenny	M	50		01:07:13	2027	01:07:09
1952	521	Catherine	Price	F	35		01:07:14	1942	01:05:36
1953	2043	Claire	Robinson	F			01:07:16	1948	01:05:40
1954	824	Neil	Mcclelland	M	55		01:07:16	1933	01:05:23
1955	668	Max	Collis	M			01:07:17	1927	01:05:17
1956	798	Bethan	Humphries	F			01:07:19	1966	01:06:00
1957	2854	Adrian	Kemeys	M			01:07:21	2005	01:06:50
1958	2844	Debbie	Cripps	F	45		01:07:21	1897	01:04:44
1959	1040	David	Smith	M			01:07:23	1950	01:05:43
1960	1039	Gavin	Michael	M			01:07:23	1951	01:05:44
1961	147	Simon	Hudd	M	45		01:07:26	1941	01:05:35
1962	1728	Martin	Newman	M	40		01:07:26	1949	01:05:40
1963	1729	Robin	Williams	M	45		01:07:26	1947	01:05:40
1964	2928	Julia	Richards	F	35		01:07:28	2004	01:06:45
1965	1670	Anne-Marie	Beresford-Webb	F			01:07:29	2024	01:07:07
1966	528	Nicola	Davies	M			01:07:31	1924	01:05:16
1967	333	Oliver	Shingler	M			01:07:32	1973	01:06:05
1968	3402	Christopher	Owens	M	50		01:07:34	1957	01:05:53
1969	1093	Paul	Jones	M	40		01:07:34	2002	01:06:44
1970	1769	Scott	Herbert	M			01:07:35	1932	01:05:22
1971	2477	Emma	Lionel	F			01:07:36	1969	01:06:01
1972	238	Heulwen	Lewis	F			01:07:37	1943	01:05:36
1973	1789	Carley	Simmonds	M			01:07:38	1935	01:05:32
1974	562	Daria	Lognova-Edwards	F			01:07:39	1975	01:06:11
1975	122	Clive	Evans	M	70		01:07:40	2001	01:06:43
1976	3021	Vicky	Reed	F			01:07:40	2019	01:07:02
1977	2806	Lisette	Coombe	F	45		01:07:40	1954	01:05:47
1978	2113	Rachel	Henson	F			01:07:44	1930	01:05:21
1979	2960	Nicola	Heron	F	40		01:07:44	1997	01:06:41
1980	706	Ronald	Hill	M	55		01:07:45	1999	01:06:42
1981	1197	Andrew	Facer	M	40		01:07:47	1945	01:05:37
1982	1184	David	Robertson	M			01:07:47	1946	01:05:38
1983	1336	Sarah	Ridyard	F	40		01:07:48	1970	01:06:01
1984	3199	Rachel	Povey	F			01:07:51	1978	01:06:14
1985	3060	Alison	Griffin	F	35		01:07:53	2030	01:07:13
1986	1945	Sharon	Arkless	F	45		01:07:56	2032	01:07:22
1987	1359	Emma	Pawsey	F			01:07:57	1985	01:06:21
1988	382	Caryl	Evans	F			01:08:00	1963	01:06:00
1989	237	Mair	Evans	F			01:08:00	1964	01:06:00
1990	1266	Cheryl	Jones	F			01:08:01	1988	01:06:26
1991	3254	Sarah	Senior	F			01:08:06	1968	01:06:01
1992	755	Alison	Kitchener	F	40		01:08:08	1974	01:06:06
1993	3052	Jac	Priestland	M			01:08:09	2018	01:07:01
1994	166	Rhys	Gough	M			01:08:11	1981	01:06:17
1995	1162	Pam	Wilson	F	45		01:08:14	1983	01:06:20
1996	1161	Mark	Wilson	M	50		01:08:14	1984	01:06:20
1997	396	Kelly	Davies	M			01:08:16	1982	01:06:17
1998	846	Matthew	Byrne	M			01:08:17	1986	01:06:23
1999	1254	Garry	Wharmby	M	45		01:08:21	2009	01:06:52
2000	2438	Leighton	Smith	M			01:08:21	1990	01:06:27
2001	3315	Morgan	Smith	M			01:08:23	2057	01:07:52
2002	3031	Kay	Gladwin	F	35		01:08:24	2059	01:08:00
2003	335	Victoria	Shingler	F			01:08:26	2017	01:07:00
2004	462	Diane	Batten	F	45		01:08:27	1960	01:05:58
2005	817	Shirley	Roberts	F	55		01:08:32	1873	01:04:18
2006	2302	Sian	Stoodley	F			01:08:32	2006	01:06:51
2007	1004	Sian	James	F	40		01:08:32	2007	01:06:51
2008	2425	William	Hooper	M			01:08:34	1996	01:06:41
2009	1580	Bessie	O'Dell	F			01:08:36	2013	01:06:55
2010	447	Paul	Hancox	M	45		01:08:36	1977	01:06:12
2011	276	Jennifer	Williams	F			01:08:37	1993	01:06:37
2012	578	Janet	Jones	F	45		01:08:39	2025	01:07:08
2013	3161	Angharad	Beurle-Williams	F			01:08:41	2037	01:07:26
2014	2308	Julia	Platts	F	45		01:08:41	2010	01:06:53
2015	2360	Runner	2360	M			01:08:41	2008	01:06:52
2016	838	Sarah	Thomas	F	35		01:08:44	2044	01:07:37
2017	592	Rebecca	Kent	F			01:08:45	1987	01:06:24
2018	3131	Samantha	Meredith	F			01:08:45	1994	01:06:39
2019	2842	Alan	Cripps	M	60		01:08:47	2012	01:06:55
2020	3230	Richard	John	M			01:08:48	2042	01:07:35
2021	2454	Hannah	Hotson	F			01:08:49	2036	01:07:25
2022	1107	Sheona	Evans	F			01:08:50	1989	01:06:27
2023	695	Phil	Jarvis	M			01:08:52	1991	01:06:34
2024	1374	Peter	Speller	M	45		01:08:53	1998	01:06:41
2025	3353	Alun	Davies Am	M	45		01:08:53	2084	01:08:44

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GunPos	Bib	Firstname	Lastname	M/F	Cat	Club	GunTime	ChipPos	ChipTime
2026	1816	Michael	Walters	M	70		01:08:55	2000	01:06:43
2027	1082	Darren	Pennell	M			01:08:56	2028	01:07:10
2028	949	Jeff	Clapham	M	40		01:08:57	2003	01:06:44
2029	1362	Kristina	Raschboeck	F			01:08:58	2022	01:07:05
2030	1732	Carolyn	Merrifield	F	50		01:08:59	2040	01:07:30
2031	499	Kay	Francis	F	45		01:09:00	2011	01:06:53
2032	3304	Sarah-Jane	Richards	F			01:09:02	2070	01:08:17
2033	2010	Helen	Vardy	F	35		01:09:03	2014	01:06:57
2034	3270	Sioned	Lewis	F			01:09:06	2033	01:07:24
2035	131	Andrew	Francis	M			01:09:06	2049	01:07:40
2036	3271	Samantha	Sampson-Williams	F			01:09:06	2035	01:07:25
2037	2071	Thaddeus	Holland	M			01:09:06	1995	01:06:41
2038	3035	Sharon	Glyde	F	35		01:09:09	2082	01:08:38
2039	1438	Dawn	Andrews	F	35		01:09:12	2015	01:06:59
2040	1344	Adeline	Santos	F			01:09:12	2016	01:06:59
2041	603	Anna	Oldham	F			01:09:13	2051	01:07:43
2042	1323	Eirian	Samuel	F	50		01:09:17	2046	01:07:39
2043	663	Phillipa	Withers	F			01:09:17	2038	01:07:26
2044	2812	Lizzy	Wood	F			01:09:18	2045	01:07:39
2045	656	Jackie	Jones	F	45		01:09:21	2047	01:07:39
2046	749	Sally	Anderton	F	40		01:09:21	2048	01:07:40
2047	153	David	Parry	M			01:09:27	2073	01:08:19
2048	2065	Claire	Durrani	F	45		01:09:28	2023	01:07:06
2049	392	Richard Lee	Hext	M			01:09:29	2031	01:07:21
2050	987	Karen	Stoddart	F	45		01:09:32	2071	01:08:17
2051	925	Jessica	Jones	F	35		01:09:32	2050	01:07:41
2052	448	Nikki	Hancox	F	35		01:09:33	2026	01:07:09
2053	3194	Chris	Edwards	M			01:09:34	2034	01:07:24
2054	3189	Jason	Staffer	M			01:09:36	2091	01:08:52
2055	600	Katrina	Johns	F			01:09:39	2068	01:08:13
2056	2431	Owen	Whittingham	M			01:09:42	2056	01:07:48
2057	2424	Mark	Gulley	M	45		01:09:42	2053	01:07:46
2058	301	Leanne	Parsons	F			01:09:44	2021	01:07:05
2059	328	Tamsin	Manley	F			01:09:44	2020	01:07:05
2060	331	Trish	Jones	F	40		01:09:46	2087	01:08:47
2061	496	Alison	Smith	F	35		01:09:46	2089	01:08:47
2062	1894	Lisa	Johnson	F			01:09:46	2067	01:08:13
2063	1683	Abbi	Cumber	F			01:09:46	2055	01:07:47
2064	3022	Tracey	Harris	F			01:09:50	2078	01:08:31
2065	766	Leanne	Sung	F			01:09:50	2079	01:08:31
2066	2855	Jonathan	Davies	M			01:09:50	2111	01:09:15
2067	1931	Ian	Thomas	M			01:09:52	2088	01:08:47
2068	2402	Ian	Phillips	M			01:09:52	2064	01:08:10
2069	2460	Andrew	Bartlett	M	45		01:09:52	2065	01:08:10
2070	105	Emma Louise	Ludlow	F	35		01:09:54	2058	01:07:54
2071	851	Gareth James	Burris	M	65		01:09:54	2061	01:08:05
2072	2017	Wencke	Sauerborn	F			01:09:58	2039	01:07:27
2073	1888	Anna	Cleworth	F	35		01:10:00	2041	01:07:35
2074	2827	Mandy	Randal	F			01:10:00	2066	01:08:12
2075	2825	Catherine	Reen	F			01:10:01	2069	01:08:13
2076	933	Kristine	Hill	F	35		01:10:02	2118	01:09:25
2077	685	Lorraine	Stone	F	45		01:10:04	2060	01:08:04
2078	2437	Stephen	Johnson	M	50		01:10:05	2080	01:08:31
2079	1444	Sally-Anne	Ryan	F	35		01:10:06	2109	01:09:13
2080	1986	Edward	Cronin	M	50		01:10:07	2043	01:07:35
2081	1843	Laura	Davies	F			01:10:08	2062	01:08:06
2082	3074	Phillip	Pugh	M			01:10:08	2136	01:09:51
2083	220	Tanya	Bedford	F	40		01:10:09	2052	01:07:46
2084	853	Gerry	Fletcher	M	40		01:10:09	2076	01:08:28
2085	854	Gary	Walsh	M	40		01:10:09	2075	01:08:28
2086	221	Christopher	Bedford	M	40		01:10:10	2054	01:07:46
2087	3451	Ashish	Wagle	M	45		01:10:11	2100	01:08:59
2088	530	Emma	Thomas Jones	F	35		01:10:11	2077	01:08:28
2089	3380	Claudio	Simone	M			01:10:11	2130	01:09:47
2090	1315	Laura-Mae	East	F			01:10:16	2120	01:09:27
2091	3153	Sean	Adams	M			01:10:16	2107	01:09:11
2092	698	Nicola	Adams	F	35		01:10:17	2108	01:09:11
2093	3444	Sushama	Hemmadi	F	45		01:10:17	2135	01:09:50
2094	219	Kate	Godwin-Tate	F	35		01:10:18	2081	01:08:36
2095	1464	Cathryn	Ferris	F	40		01:10:19	2104	01:09:03
2096	1369	Charlotte	Halsey	F			01:10:26	2110	01:09:15
2097	2930	Julie	Harris	F	40		01:10:27	2148	01:10:12
2098	2357	Runner	2357	M			01:10:28	2095	01:08:56
2099	1761	Kezz	Berry	F			01:10:33	2074	01:08:21
2100	2985	Craig	Butler	M			01:10:35	2072	01:08:19

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GunPos	Bib	Firstname	Lastname	M/F	Cat	Club	GunTime	ChipPos	ChipTime
2101	1685	Mark	Flagg	M	45		01:10:43	2063	01:08:06
2102	3490	Amy	Gerish	F			01:10:49	2085	01:08:45
2103	718	Hayley	Derrick	F			01:10:51	2099	01:08:58
2104	2081	Emma	Berglund	F	40		01:10:53	2105	01:09:05
2105	200	Victoria	Richards	F	35		01:10:53	2127	01:09:44
2106	780	Mark	Thomas	M	45		01:10:54	2102	01:09:00
2107	662	David	Burton	M	45		01:10:54	2113	01:09:16
2108	702	Priscilla	Mctague	F	45		01:10:57	2083	01:08:41
2109	483	Nathan	John	M			01:10:58	2098	01:08:57
2110	140	Katherine	Bradshaw	F	35		01:11:00	2103	01:09:00
2111	2336	Michael	Crockett	M	45		01:11:02	2112	01:09:15
2112	2034	Diane	Mctavish	F	45		01:11:05	2121	01:09:28
2113	1870	Delyth	Davies	F			01:11:07	2117	01:09:23
2114	3342	Kris	Thomas	M			01:11:08	2160	01:10:46
2115	1371	Loree	Cygrymus	F			01:11:08	2092	01:08:53
2116	3487	Mariclare	Carey-Jones	F			01:11:10	2106	01:09:06
2117	2823	Toci	Wood	M			01:11:11	2123	01:09:32
2118	436	Graham	Gough	M	60		01:11:13	2090	01:08:47
2119	2859	Phil	Mcguire	M			01:11:14	2156	01:10:39
2120	451	Rachel	Thomas	F			01:11:14	2145	01:10:09
2121	3034	Claire	Burr	F	35		01:11:15	2159	01:10:44
2122	132	Anne	Sevenoaks	F	50		01:11:16	2124	01:09:34
2123	724	Emma	Roberts	F			01:11:16	2143	01:10:04
2124	2835	Belinda	Huxtable Goy	F			01:11:16	2119	01:09:27
2125	3471	Awen	Lorwerth	F			01:11:16	2101	01:08:59
2126	1022	Jill	Taylor	F	40		01:11:16	2138	01:09:56
2127	1023	Elaine	Maggs	F	40		01:11:16	2137	01:09:56
2128	2875	Sheree	Duke	F			01:11:17	2093	01:08:55
2129	2871	Beth	Griffiths	F	45		01:11:17	2096	01:08:56
2130	868	Alan	Bladen	M	75	LES CROUPIERS	01:11:17	2133	01:09:47
2131	2872	Claire	Griffiths	F			01:11:17	2094	01:08:55
2132	2870	Mark	Griffiths	M	45		01:11:17	2097	01:08:56
2133	2349	Hannah	Gascoyne				01:11:19	2131	01:09:47
2134	1787	Jason	Davies	M			01:11:26	2116	01:09:18
2135	3188	Stuart	Williams	M			01:11:28	2157	01:10:41
2136	1564	Ian	Coleman	M	50		01:11:28	2151	01:10:28
2137	1904	Juliet	Piper	F	35		01:11:29	2086	01:08:47
2138	3430	Jessica	Dos Anjis	F			01:11:29	2162	01:10:47
2139	740	Jennifer	Pinkton	F	40		01:11:32	2134	01:09:50
2140	171	Peter	Watkins	M	55		01:11:41	2115	01:09:16
2141	3258	Deb	Fletcher	F			01:11:42	2129	01:09:47
2142	1757	Nicole	Bader	F			01:11:42	2114	01:09:16
2143	2088	Lucy	Thomas	F	35		01:11:46	2140	01:09:57
2144	787	Victoria	Hayfall	F			01:11:46	2142	01:10:03
2145	2476	Sally	Fielding	F			01:11:47	2141	01:09:59
2146	1513	Rhian	Evans	F			01:11:47	2122	01:09:32
2147	1801	Paul	Shepherd	M	50		01:11:48	2139	01:09:56
2148	1169	Jude	Penny	F	45		01:11:48	2147	01:10:09
2149	1173	Sian	Rees	F	40		01:11:56	2149	01:10:17
2150	1452	Jane	Connolly	F			01:11:58	2154	01:10:36
2151	1770	Martin	Keane	M			01:11:58	2128	01:09:44
2152	3169	Matthew	Hopkins	M			01:11:58	2163	01:10:48
2153	2447	Bernie	Sparks	M			01:12:02	2146	01:10:09
2154	1875	Simone	Joyce	F	40		01:12:05	2125	01:09:41
2155	1874	Jade	Rees	F			01:12:05	2126	01:09:41
2156	3248	Zoe	Jones	F	35		01:12:10	2150	01:10:27
2157	1469	Lisa	Wood	F	50		01:12:13	2132	01:09:47
2158	3412	Angharad	Fisher	F			01:12:15	2152	01:10:35
2159	3039	Lindsey	Bray	F	50		01:12:18	2188	01:11:52
2160	892	Amanda	Proffitt	F	35		01:12:22	2155	01:10:36
2161	893	Philip	Stokes	M	40		01:12:22	2153	01:10:36
2162	3160	Gemma	Brett	F			01:12:23	2170	01:11:11
2163	204	Louise	Glenn	F			01:12:24	2144	01:10:05
2164	986	David	Ball	M	45		01:12:25	2171	01:11:12
2165	1663	Andrew	Williams	M	45		01:12:29	2158	01:10:44
2166	2976	Tina	Lago	M			01:12:31	2169	01:11:09
2167	2062	Rebecca	Davies	F			01:12:31	2165	01:10:56
2168	638	Marchella	Davies	F			01:12:31	2164	01:10:56
2169	3064	Anurag	Joshi	M			01:12:35	2195	01:12:07
2170	1840	Viany	Bohra	M			01:12:36	2177	01:11:28
2171	472	Michael	Newman	M			01:12:39	2167	01:11:03
2172	3032	Louise	Perkins	F	35		01:12:40	2197	01:12:14
2173	365	Christina	Mcmullen	F	45		01:12:43	2168	01:11:06
2174	143	Helen	Huws	F	45		01:12:47	2192	01:12:00
2175	930	Louise	Evans	F	35		01:12:59	2185	01:11:42

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GunPos	Bib	Firstname	Lastname	M/F	Cat	Club	GunTime	ChipPos	ChipTime
2176	1795	Darren	Lewis	M			01:13:00	2161	01:10:47
2177	3276	Paul	Hinchey	M	45		01:13:00	2186	01:11:45
2178	1335	Sara	Part	F	40		01:13:06	2173	01:11:20
2179	572	Michaela	Williams	F			01:13:11	2174	01:11:21
2180	1625	Gemma	Hill	F			01:13:22	2198	01:12:19
2181	831	Judith	Logan	F	50		01:13:23	2184	01:11:42
2182	218	Vera	Ruddock	F	40		01:13:28	2166	01:11:01
2183	337	Chris	O'Brian	M			01:13:30	2199	01:12:21
2184	3235	Chris	O'Brien	M			01:13:31	2201	01:12:22
2185	2937	Wendy	Hicks	F			01:13:34	2205	01:12:32
2186	2935	Tony	Edwards	M			01:13:35	2207	01:12:33
2187	2096	Florence	Smith	F	40		01:13:40	2190	01:11:58
2188	3200	Rebecca Jane	Treharne-Howells	F			01:13:41	2175	01:11:22
2189	3205	Kate	Howells	F			01:13:41	2176	01:11:23
2190	3421	Sarah	Pope	F	50		01:13:47	2172	01:11:19
2191	3452	Hemang	Mehtaá	M	45		01:13:47	2223	01:13:38
2192	1988	Michael	Price	M			01:13:49	2196	01:12:09
2193	2961	Kirsty	Groves	F			01:13:52	2179	01:11:33
2194	2959	Kylea	Burton	F			01:13:53	2178	01:11:33
2195	2421	Jill	Manley	F	45		01:13:54	2204	01:12:31
2196	842	Katheryn	Price	F			01:13:58	2232	01:13:58
2197	1165	Kelly	Painter	F			01:14:00	2182	01:11:40
2198	1164	Paul	Harris	M	40		01:14:01	2183	01:11:41
2199	338	Zachery	Pepper	M			01:14:02	2211	01:12:52
2200	1884	Isabel	Sogorb-Filippino	F			01:14:05	2208	01:12:38
2201	423	Brian	Cook	M			01:14:05	2191	01:12:00
2202	141	Anthony	Thomas	M	45		01:14:07	2180	01:11:36
2203	1746	Lyn	James	M	40		01:14:08	2189	01:11:58
2204	3247	Jo	Baker	F			01:14:09	2221	01:13:35
2205	2075	Sara	Correia	F			01:14:10	2187	01:11:47
2206	1159	Philip	Williams	M			01:14:12	2181	01:11:37
2207	1003	Joel	Crockford	M			01:14:15	2203	01:12:30
2208	703	Suzanne	Lewis	F			01:14:18	2206	01:12:32
2209	501	Simon	Hutchings	M	40		01:14:19	2200	01:12:22
2210	167	Kirsty	Gough	F			01:14:20	2202	01:12:23
2211	1500	Karl	Thomas	M			01:14:33	2194	01:12:06
2212	3408	Tanya	Hill	F			01:14:37	2212	01:12:55
2213	1917	Darren	Crockford	M			01:14:41	2215	01:12:58
2214	3411	Beth	Jenkins	F			01:14:42	2213	01:12:55
2215	667	Clive	Jenkins	M	50		01:14:42	2214	01:12:56
2216	3038	Clare	Hoare	F			01:14:50	2241	01:14:22
2217	1585	David	Bailey	M	75	SERPENTINE	01:14:56	2224	01:13:40
2218	1885	Teresa	Filippino	F	45		01:15:00	2220	01:13:33
2219	595	Deborah	Tagg	F	45		01:15:01	2219	01:13:10
2220	721	Victoria	Davies	F			01:15:02	2209	01:12:40
2221	917	Linda	Rice	F	40		01:15:04	2193	01:12:04
2222	1797	Kate	Rees	F			01:15:19	2216	01:13:07
2223	1796	Wendy	Rees	F			01:15:20	2217	01:13:07
2224	1702	Elen Angharad	Jones	F			01:15:23	2228	01:13:52
2225	3033	Jessica	Gilbert	F			01:15:24	2260	01:14:56
2226	2997	Jacintha	Chen	F			01:15:30	2267	01:15:14
2227	216	Melanie	Mallin	F	40		01:15:30	2210	01:12:51
2228	639	Julia	Mulholland	F	35		01:15:31	2226	01:13:47
2229	2904	Merida	Cawthorne	F			01:15:32	2225	01:13:47
2230	399	Andrew	Owens	M	45		01:15:33	2230	01:13:54
2231	3000	Jenna	Neale	F			01:15:33	2271	01:15:18
2232	3053	Jessica	Ledsam	F			01:15:35	2244	01:14:26
2233	1799	Marri	Waddington	F			01:15:36	2254	01:14:38
2234	1623	Eirian	Macdonald	F	45		01:15:36	2229	01:13:52
2235	2104	Mike	Anderson	M			01:15:42	2218	01:13:10
2236	1571	Samantha	Collinge	F	35		01:15:45	2256	01:14:40
2237	1968	Richard	Collinge	M			01:15:45	2255	01:14:40
2238	886	Janette	Davies	F	50		01:15:46	2227	01:13:50
2239	432	Dirk	Sykes	M	55		01:15:49	2245	01:14:26
2240	2484	Gerald	Birmingham	M			01:15:52	2238	01:14:12
2241	882	Sarah	Cole	F	45		01:15:57	2233	01:14:01
2242	1802	Caroline	Rogers	F	50		01:15:59	2235	01:14:07
2243	264	Angela	Henderson	F	45		01:16:02	2234	01:14:03
2244	1752	Liz	Zorab	F	45		01:16:03	2242	01:14:23
2245	222	Rhian	Davies	F			01:16:08	2237	01:14:08
2246	248	Anna	Lewis	F	35		01:16:08	2243	01:14:24
2247	1806	Jackie	Rees	F	40		01:16:08	2222	01:13:38
2248	2414	Julie	Eames	F	45		01:16:09	2236	01:14:07
2249	1474	Sian	Morgans	F	45		01:16:14	2257	01:14:49
2250	1375	Olwen	Cox	F	45		01:16:30	2231	01:13:56

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GunPos	Bib	Firstname	Lastname	M/F	Cat	Club	GunTime	ChipPos	ChipTime
2251	1056	Bryony	Stewart	F			01:16:31	2248	01:14:31
2252	2926	Martyn	Grey	M			01:16:39	2287	01:16:11
2253	3093	Kirsty	Callingham	F			01:16:45	2261	01:14:59
2254	1886	Raymond	Phillips	M	45		01:16:47	2281	01:15:44
2255	2324	Lesley	Howells				01:16:50	2239	01:14:19
2256	2346	Caroline	Cartwright	F			01:16:50	2240	01:14:20
2257	2829	Ruth	Phillips	F			01:16:51	2262	01:15:02
2258	1000	Bethan	Ball	F			01:16:52	2259	01:14:53
2259	2008	Kathryn	Allen	F	35		01:16:56	2283	01:15:55
2260	406	Laura	Rapps	F			01:16:58	2247	01:14:28
2261	1897	William Steven	Owen	M	55		01:16:59	2246	01:14:28
2262	2801	Sophie	Spooner	F			01:17:03	2288	01:16:51
2263	2800	Bethan	Davies	F			01:17:04	2289	01:16:51
2264	2828	Alison	Lewis	F			01:17:07	2270	01:15:18
2265	2352	Runner	2352	M			01:17:09	2250	01:14:32
2266	1822	Philip	Manfield	M	50		01:17:10	2249	01:14:32
2267	1496	Erica	Atkins	F			01:17:10	2252	01:14:32
2268	480	David Mark	Thomas	M	40		01:17:10	2253	01:14:33
2269	460	Kevin	Bowen	M	45		01:17:11	2251	01:14:32
2270	1880	Linda	Thomas	F	50		01:17:13	2258	01:14:50
2271	2331	Wendy	O'Brien				01:17:16	2268	01:15:15
2272	2330	Pam	Roberts	F	40		01:17:16	2269	01:15:15
2273	468	Tracy	Woodland	F	45		01:17:16	2279	01:15:36
2274	1552	Alyson	Baldwin	F	45		01:17:18	2264	01:15:06
2275	734	Joanne	Sullivan	F	45		01:17:18	2263	01:15:06
2276	560	Robert	Steele	M			01:17:19	2280	01:15:43
2277	1979	Darren	Church	M			01:17:23	2277	01:15:30
2278	2451	Steven	Martinson	M	40		01:17:23	2275	01:15:29
2279	1084	Ruth	Sadlier	F			01:17:29	2265	01:15:11
2280	1083	James	Eustace	M			01:17:30	2266	01:15:11
2281	1918	Emma	Graham	F			01:17:39	2295	01:17:23
2282	2956	Alice	Trevette	F	35		01:17:41	2273	01:15:22
2283	699	Izabela	Jurewicz	F	45		01:17:42	2274	01:15:27
2284	754	Mandeep	Randhawa	F			01:17:49	2298	01:17:33
2285	2105	Nicola	Simic	F			01:17:52	2272	01:15:20
2286	2986	John	Jones	M			01:17:53	2301	01:17:46
2287	231	Ali	Shore	F	35		01:17:53	2276	01:15:30
2288	212	Eve	Breeze	F			01:17:53	2278	01:15:31
2289	797	Ceres	Doyle	F	40		01:18:01	2285	01:16:04
2290	3488	Eleanor	Williams	F			01:18:08	2284	01:16:03
2291	438	Alan	Wakeling	M	50		01:18:20	2282	01:15:55
2292	3484	Alex	Davies	M			01:18:23	2291	01:17:13
2293	1284	David	Braithwaite	M	60	SOUTHVILLE RUNNING CLUB	01:18:37	2286	01:16:06
2294	2311	Catherine	Currier	F			01:18:48	2300	01:17:45
2295	3121	Rod	Hill	M			01:19:11	2290	01:17:04
2296	1778	Mrs	Price	F			01:19:30	2292	01:17:21
2297	2307	Jane	Clarke	F			01:19:32	2294	01:17:22
2298	1221	Rebecca	Jevons	F			01:19:35	2297	01:17:28
2299	1293	Jaqui	Kaye	F	35		01:19:45	2293	01:17:22
2300	3181	Paul	Stubbs	M			01:19:48	2302	01:18:14
2301	608	Wendy	Elford	F	55		01:19:55	2296	01:17:27
2302	1520	Beth	Morrish	F			01:19:57	2299	01:17:37
2303	2864	Jayne	Moore	F	45		01:20:11	2303	01:18:14
2304	2824	Sarah	Macrury	F			01:20:26	2306	01:18:37
2305	1405	Rachael	Yelland	F			01:20:52	2305	01:18:18
2306	253	Robert	Davies	M			01:21:04	2310	01:19:19
2307	896	Tara	Cullwick	F			01:21:10	2307	01:18:55
2308	1788	Greta	Davies	F			01:21:15	2308	01:19:04
2309	1785	Katie	Payne	F			01:21:15	2309	01:19:05
2310	957	Angela	Clack	F	35		01:21:27	2312	01:19:31
2311	958	Thomas	Clack	M			01:21:27	2313	01:19:31
2312	3454	Amrutu	Patwardhan	M			01:21:31	2317	01:20:19
2313	816	Sue	Robson	F	55		01:21:37	2304	01:18:15
2314	2315	Rebecca	Jones	F			01:21:51	2315	01:19:41
2315	2341	Harvey	Jones	M			01:21:51	2314	01:19:40
2316	590	Clare	Robinson	F			01:22:06	2316	01:19:54
2317	2098	Leena	Gokhale	M			01:22:07	2332	01:21:57
2318	3453	Renu	Aggarwal	F	35		01:22:07	2333	01:21:57
2319	1865	Joanne	Davies	F	35	MAINDY RUNNING CLUB	01:22:09	2319	01:20:38
2320	3190	Nicki	Stewart	F			01:22:09	2320	01:20:38
2321	2019	Laila	Boumargoud	F			01:22:10	2311	01:19:29
2322	2453	Jackie	Gulley	F	45		01:22:30	2318	01:20:33
2323	1751	Mark	Nicholls	M			01:22:54	2323	01:21:22
2324	3180	Ishwariya	Rajmohan	F			01:23:03	2326	01:21:29
2325	576	Clare	Griffiths	F			01:23:05	2322	01:21:14

2011 Cardiff 10k

GunPos	Bib	Firstname	Lastname	M/F	Cat	Club	GunTime	ChipPos	ChipTime
2326	1089	Karen	Lewis	F	35		01:23:08	2321	01:20:40
2327	3023	Ruth	Atherton	F			01:23:24	2336	01:22:14
2328	1588	Christopher	Hawkins	M			01:23:25	2337	01:22:15
2329	1021	Rhian	Power	F			01:23:31	2324	01:21:26
2330	2320	Sonia	Pollack	F			01:23:32	2325	01:21:28
2331	942	Gwydion	Lyn	M			01:23:33	2331	01:21:55
2332	252	Judith	Davies	F			01:23:34	2330	01:21:49
2333	376	Rhiannon	Griffiths	F			01:23:40	2327	01:21:40
2334	3176	Beth	Jones	F			01:23:42	2341	01:22:32
2335	3253	Eleri	Shaw	F			01:23:50	2334	01:22:07
2336	2481	Jo	Partridge	F			01:24:07	2339	01:22:16
2337	1078	Jane	Dursley	F			01:24:11	2329	01:21:44
2338	1973	Natasha	Jenkins	F			01:24:15	2328	01:21:43
2339	1782	Leigh	Walker	F			01:24:29	2338	01:22:16
2340	612	Machale	Evans	F			01:24:31	2335	01:22:09
2341	1974	Daniel	Venting	M			01:24:37	2340	01:22:28
2342	741	Colin James	Davies	M	55		01:24:39	2342	01:22:56
2343	3445	Sanjay	Chawathe	F	45		01:24:43	2347	01:23:29
2344	2422	Missy	Manley	F			01:25:13	2353	01:23:47
2345	2418	Cerys	Davey	F			01:25:13	2354	01:23:47
2346	2410	Clare	O'Hanlon	F	45		01:25:13	2346	01:23:29
2347	2403	Louise	Kodurand	F			01:25:13	2348	01:23:29
2348	1129	Gemma	Davies	F			01:25:30	2345	01:23:21
2349	2826	Sandra	Bartley	F			01:25:30	2352	01:23:42
2350	1449	Joanna	Devine	F			01:25:34	2355	01:24:10
2351	1898	Matthew	Cook	M			01:25:34	2356	01:24:10
2352	3256	Ceri	Bath	F			01:25:39	2349	01:23:32
2353	3255	Ceri	Stephens	F			01:25:39	2351	01:23:34
2354	3257	Clare	Winston	F			01:25:39	2350	01:23:33
2355	1376	Stuart	Catley	M			01:25:48	2343	01:23:17
2356	1388	Sian	Casswell	F			01:25:48	2344	01:23:17
2357	1859	Emma	Knight	F			01:26:16	2361	01:25:00
2358	3413	Helen	Bartley	F			01:26:18	2358	01:24:36
2359	2305	Marjory	Squires	F			01:26:45	2357	01:24:34
2360	1777	Ieuan	Price	M			01:26:54	2359	01:24:46
2361	1424	Craig	Palmer	M			01:27:09	2360	01:24:52
2362	1057	Joanne	O'Brien	F	40		01:27:54	2362	01:25:25
2363	1423	Kathleen	Bladen	F			01:27:59	2363	01:25:42
2364	3129	Becki	Jacobs	F			01:28:01	2364	01:25:54
2365	1982	Mark	Allen	M			01:28:02	2365	01:25:54
2366	3132	Nick	Brown	M			01:28:06	2366	01:25:59
2367	1207	Jeff	Hall	M	60		01:28:41	2367	01:26:58
2368	1208	Sharon	Williams	F	35		01:28:42	2368	01:26:59
2369	3006	Jinkun	Mo	M			01:28:52	2376	01:27:55
2370	3122	Drew	Griffiths	M			01:29:12	2369	01:27:04
2371	412	Jennifer	George	F	35		01:29:15	2374	01:27:46
2372	570	Helen	Williams	F	35		01:29:15	2373	01:27:45
2373	240	Carol	Walters	F	60	SHEEN SHUFFLERS	01:29:22	2370	01:27:05
2374	2867	Nicole	Kinnaird	F			01:29:32	2377	01:28:03
2375	2833	Rhian	Jones	F			01:29:34	2372	01:27:45
2376	3449	Monica	Chawathe	F	40		01:29:54	2380	01:28:40
2377	1222	Sarah	Jones	F			01:30:03	2375	01:27:55
2378	1152	Justin	Thomas	M	40		01:30:03	2371	01:27:41
2379	941	Jennifer	Coles	F			01:30:21	2382	01:29:55
2380	1128	Alexis	Hare	F			01:30:49	2381	01:28:40
2381	2963	Judy	Cummings	F			01:30:49	2378	01:28:29
2382	2958	Amanda	Cummings	F			01:30:50	2379	01:28:29
2383	2419	Michelle	Jenkins	F	45		01:31:33	2383	01:30:07
2384	2874	Joanne	Griffiths	F			01:32:28	2385	01:30:07
2385	2873	Sarah	Griffiths	F			01:32:28	2384	01:30:07
2386	1341	Cerys	Evans	F			01:32:31	2386	01:30:26
2387	1342	Sonia	Jones	F	40		01:32:31	2387	01:30:26
2388	1845	Alan	Watts	M	80	SARN HELEN	01:33:33	2388	01:32:27
2389	3262	Charlotte	Flynn	F			01:36:11	2390	01:33:45
2390	3263	Heidi	Balchin	F			01:36:11	2389	01:33:45
2391	1765	Daryll	Williams	M			01:36:53	2392	01:34:39
2392	1790	John	Myers	M			01:36:53	2391	01:34:33
2393	1855	Carol	Eaveson	F	35		01:37:16	2393	01:34:46
2394	1175	Tracey	Drew	F	35		01:37:16	2394	01:34:47
2395	2466	Alice	Hawthorne	F			01:41:47	2397	01:41:01
2396	1985	Lisa	Williams	F			01:41:47	2398	01:41:01
2397	2807	Jonathan	Bennett	M			01:43:00	2396	01:40:43
2398	2809	Michael	Charles	M	45		01:43:00	2395	01:40:42
2399	3375	Marian	Jenkins	F			01:43:06	2400	01:42:43
2400	3374	Sarah	Yeo	F			01:43:06	2399	01:42:43

2011 Cardiff 10k

GunPos	Bib	Firstname	Lastname	M/F	Cat	Club	GunTime	ChipPos	ChipTime
2401	3260	Nichola	Bate	F			01:47:45	2401	01:45:18
2402	3261	Jayne	Flynn	F			01:47:45	2403	01:45:18
2403	3264	Marjorie	Watkiss	F			01:47:46	2402	01:45:18
2404	791	Merani	Shelina	F	40		01:53:17	2404	01:51:25