

Cardiff Bay 5 Results – 2009

Place	Forename	Surname	Age	Club Name	Gender	Event Distance	Race No	Time	prizewinners
1	Stephen	Paterson	31	San Domenico	Male	5 mile (attached)	163	26-17	First Male
2	Philip	Matthews	30	Swansea Harriers	Male	5 mile (attached)	102	26-40	Second Male
3	Peter	Coles		Pontypridd Roadents	Male	5 mile (attached)	152	27--08	First Male Masters
4	David	Williams	38	Les Croupiers	Male	5 mile (attached)	236	27--35	
5	Phil	Cook	40	Les Croupiers	Male	5 mile (attached)	510	28--03	
6	Nick	Dukes		Les Croupiers	Male	5 mile (attached)	35	28--11	
7	Jason	Scannion	37	Pontypridd Roadents	Male	5 mile (attached)	255	28--18	
8	Ian	Berry	37	Winchester & District AC	Male	5 mile (attached)	72	28--35	
9	Mikey	Bryant	23	Avon Valley Runners	Male	5 mile (attached)	265	29--07	
10	Stephen	Davies	51	Mansfield Harriers & A.C.	Male	5 mile (attached)	235	29--22	
11	Steven	Pritchard	32	Pontypridd Roadents	Male	5 mile (attached)	323	29--38	
12	David	Coles	49	Les Croupiers	Male	5 mile (attached)	104	29--49	
13	Matt	Hurford	36	Les Croupiers	Male	5 mile (attached)	79	29--51	
14	Edward	Donovan	30	San Domenico	Male	5 mile (attached)	59	30--00	
15	Steven	Hooper	43	Pontypridd Roadents A.C	Male	5 mile (attached)	42	30--11	
16	Alun	Evans	44		Male	5 mile (unattached)	233	30--30	
17	Jon	Sizer	51		Male	5 mile (unattached)	114	30--48	
18	Ben	Farag	47	Les Croupiers	Male	5 mile (attached)	66	30--52	
19	Alun	Rees	35	Neath	Male	5 mile (attached)	245	30--54	
20	Glyn	Sansom	47	San Domenico	Male	5 mile (attached)	137	30--55	
21	Arthur	Johns	60	Poole Runners	Male	5 mile (attached)	242	30--56	
22	Mark	Duncombe	47	Sarn Helen	Male	5 mile (attached)	63	31--00	
23	Paulo	Simo		Les Croupiers	Male	5 mile (attached)	41	31--05	
24	Gerard	Crispie		Les Croupiers	Male	5 mile (attached)	239	31--13	
25	Clem	Clement	50	Penarth & Dinas Runners	Male	5 mile (attached)	291	31--24	
26	Michael	Murphy	55	Les Croupiers	Male	5 mile (attached)	182	31--27	
27	Marcus	Coles	36	Les Croupiers	Male	5 mile (attached)	97	31--45	
28	Jonathan	Wright	39		Male	5 mile (unattached)	177	31--46	
29	David	Proud	42	Les Croupiers	Male	5 mile (attached)	106	31--48	
30	Andy	Evans	30		Male	5 mile (unattached)	320	31--49	
31	Jack	Childs	15		Male	5 mile (unattached)	220	31--57	
32	James	Potts	41	San Domenico	Male	5 mile (attached)	140	31--57	
33	Alistair	Wood	40		Male	5 mile (attached)	500	31--59	
34	Darren	Morgan	41	Village Vipers	Male	5 mile (attached)	309	32--00	
35	Andy	Davies	46	Pontypridd Roadents	Male	5 mile (attached)	243	32--01	
36	Lee	Watts	34		Male	5 mile (attached)	324	32--09	
37	John	Courtney	36		Male	5 mile (unattached)	230	32--26	
38	Kelly	Morgan	31	Pontypridd Roadents	Female	5 mile (attached)	227	32--31	First female
39	Shayne	Sawyers	38	Les Croupiers	Male	5 mile (attached)	232	32--32	
40	Paul	Davies	45	Port Talbot Hammers	Male	5 mile (attached)	345	32--34	

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41	Richard	Laydon	45		Male	5 mile (unattached)	514	32--42	
42	Ray	Morgan	28		Male	5 mile (attached)	201	32--57	
43	Alexander	Kyte			Male	5 mile (unattached)	40	33--06	
44	Stephen	Owen	52	Les Croupiers	Male	5 mile (attached)	61	33--12	
45	Leon	Murnieks	33	Royal Navy Reserve	Male	5 mile (attached)	303	33--30	
46	Steve	Pickering			Male	5 mile (unattached)	11	33--38	
47	Andrew	Jones	29		Male	5 mile (unattached)	150	33--42	
48	Dominic	Shields	44	San Domenico	Male	5 mile (attached)	127	33--54	
49	Shaun	Connor	40		Male	5 mile (attached)	187	33--57	
50	Rod	Harris	44		Male	5 mile (unattached)	202	34--03	
51	James	Clune	62	Thornbury Running Club	Male	5 mile (attached)	213	34--05	
52	Brian	Dias	24	Cardiff AC	Male	5 mile (attached)	142	34--14	
53	Jon	Belcher	33		Male	5 mile (unattached)	81	34--26	
54	Alan	Mann	51	Les Croupiers	Male	5 mile (attached)	340	34--32	
55	Richard	Marsh			Male	5 mile (unattached)	9	34--39	
56	Johnny	Lamb	37		Male	5 mile (unattached)	280	34--42	
57	Nicholas	Williams	46		Male	5 mile (attached)	272	34--45	
58	Dale	Gardiner	32		Male	5 mile (unattached)	330	34--48	
59	John	Magee	35		Male	5 mile (attached)	342	35--12	
60	Paul	Rees	44		Male	5 mile (unattached)	346	35--12	
61	Adam	Lewis	17		Male	5 mile (unattached)	289	35--21	
62	Loretta	Daley	43	Les Croupiers	Female	5 mile (attached)	341	35--24	Second Female
63	Will	Morgan	30		Male	5 mile (unattached)	315	35--25	
64	Nuria	Gavalda	32		Female	5 mile (unattached)	71	35--28	
65	Victor	Vinyals	37	Les Croupiers	Male	5 mile (attached)	78	35--28	
66	Alun	Jones	37		Male	5 mile (attached)	260	35--36	
67	Paul	Bigmore	54	Brackla Harriers	Male	5 mile (attached)	198	35--41	
68	Richard	Vaughan			Male	5 mile (unattached)	7	35--47	
69	Jonathan	Lee	44	Caerleon Running Club	Male	5 mile (attached)	199	35--48	
70	Eleri	Price	32	Les Croupiers	Female	5 mile (attached)	501	35--49	
71	Andy	Mundy	35	Les Croupiers	Male	5 mile (attached)	53	35--52	
72	Amy	Edwards	27		Female	5 mile (attached)	139	35--59	
73	Barri	Edwards	40		Male	5 mile (unattached)	123	36--01	
74	Matthew	Davies	20		Male	5 mile (unattached)	302	36--03	
75	David	McKechan	26		Male	5 mile (unattached)	191	36--10	
76	Steven	Evans	36	No name provided	Male	5 mile (attached)	68	36--17	
77	Anthony	Perry	33		Male	5 mile (unattached)	258	36--20	
78	Hector	Duran	28		Male	5 mile (unattached)	73	36--21	
79	Nick	Wager	36		Male	5 mile (unattached)	231	36--23	
80	Stuart	Davidson	57	Bridgend AC	Male	5 mile (attached)	194	36--25	
81	Jamie	Lewis	27		Male	5 mile (unattached)	69	36--27	

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82	David	Hutchinson	42		Male	5 mile (unattached)	128	36--40	
83	Martin	Evans	21		Male	5 mile (unattached)	274	36--42	
84	Gareth	Snook	47	British Airways AC	Male	5 mile (attached)	171	36--47	
85	James	Mackichan			Male	5 mile (unattached)	13	36--48	
86	Angela	O'Neill	47		Female	5 mile (unattached)	133	36--56	
87	Brendan	Jones			Male	5 mile (unattached)	153	36--59	
88	Neil	Tatnell		Les Croupiers	Male	5 mile (attached)	36	37--07	
89	Jeff	Davies	43		Male	5 mile (unattached)	86	37--15	
90	Jonathan	Edwards	27		Male	5 mile (unattached)	257	37--20	
91	Darmn	Bushlye	28		Male	5 mile (unattached)	306	37--21	
92	Steve	Sully	28		Male	5 mile (unattached)	215	37--28	
93	Andrew	Williams	23		Male	5 mile (unattached)	116	37--29	
94	David	Boucher	57		Male	5 mile (unattached)	240	37--31	
95	Paul	Rogers	51		Male	5 mile (unattached)	192	37--33	
96	Robert	Darrock	29		Male	5 mile (unattached)	186	37--42	
97	Derek	Rainbird	56	Parc Bryn Bach	Male	5 mile (attached)	44	37--52	
98	Timothy	Brice			Male	5 mile (unattached)	12	37--55	
99	Richard	Sewell	39	Les Croupiers	Male	5 mile (attached)	349	37--57	
100	Brendan	Bush	43		Male	5 mile (unattached)	332	37--58	
101	David	MacDonald			Male	5 mile (unattached)	30	37--59	
102	Steve	Howard	32		Male	5 mile (unattached)	276	38--01	
103	Michael	Hammond	37		Male	5 mile (unattached)	350	38--07	
104	Steve	Goodfellow	46		Male	5 mile (unattached)	84	38--13	
105	Daniel	John	28		Male	5 mile (unattached)	301	38--14	
106	David	Ott	43		Male	5 mile (unattached)	196	38--15	
107	Howard	Owen	28		Male	5 mile (unattached)	157	38--16	
108	James	Arrowsmith	28		Male	5 mile (unattached)	52	38--17	
109	Philip	Williams	33		Male	5 mile (unattached)	253	38--18	
110	Cedric	David	33		Male	5 mile (attached)	180	38--19	
111	Dale	Lewis			Male	5 mile (unattached)	4	38-24	
112	Dean	Lewis	38		Male	5 mile (unattached)	300	38--25	
113	Paul	Brown	38		Male	5 mile (unattached)	67	38--26	
114	Georgina	Govier	46		Female	5 mile (unattached)	92	38--26	First female masters
115	Stephanie	Davies	15	Pontypridd Roadents	Female	5 mile (attached)	244	38--36	
116	Gareth	Morgan	39		Male	5 mile (unattached)	206	38--39	
117	Keith	Williams	46		Male	5 mile (attached)	343	38--42	
118	Stuart	Baker	37		Male	5 mile (unattached)	271	38--43	
119	Brindley	Aherne	61		Male	5 mile (unattached)	143	38-46	
120	Robert	Adams			Male	5 mile (unattached)	308	38--46	
121	Gwen	Hopkins	24		Male	5 mile (unattached)	226	38--48	
122	Leah	Spurlock	22		Female	5 mile (unattached)	304	38-57	

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123	Andrew	Biston		Male	5 mile (unattached)	21	39--01
124	Simon	Fish	26	Male	5 mile (unattached)	270	39--04
125	Kevin	Plank	38	Male	5 mile (unattached)	338	39--06
126	Paul	Sheppard	38	Male	5 mile (unattached)	155	39--06
127	Alan	Woollam	60	Male	5 mile (unattached)	107	39--07
128	Helen	Watkinson	30	Female	5 mile (attached)	183	39--14
129	Andrew	Firth	26	Male	5 mile (unattached)	273	39--18
130	David	Williams	46	Male	5 mile (unattached)	129	39--19
131	Lee	Stenner	24	Male	5 mile (unattached)	204	39--21
132	Dennis	Blunt	62	Male	5 mile (unattached)	125	39--29
133	David	Hebbes	60	Male	5 mile (unattached)	119	39--37
134	Kathryn	Stoate	33	Female	5 mile (unattached)	112	39--38
135	Richard	Roberts	37	Male	5 mile (unattached)	184	39--54
136	Marc	Griffiths	28	Male	5 mile (unattached)	348	39--56
137	Janette	Morgan	27	Female	5 mile (unattached)	55	39--58
138	Desmond	Davies	59	Male	5 mile (attached)	166	40--06
139	Tom	Hale	19	Male	5 mile (unattached)	275	40--11
140	Daniel	Evans	27	Male	5 mile (unattached)	188	40--20
141	Rebecca	Marsh		Female	5 mile (unattached)	10	40--23
142	Geoffrey	Frost	29	Male	5 mile (unattached)	51	40--39
143	Jason	Nisbett	39	Male	5 mile (unattached)	279	40--40
144	Allison	Jones	33	Female	5 mile (unattached)	322	40--41
145	Catrin	Parri		Female	5 mile (unattached)	28	40--56
146	Tony	Jay	48	Male	5 mile (unattached)	58	40--58
147	Elsbeth	Jenkins		Female	5 mile (attached)	25	40--58
148	Jeremy	Ashdown	35	Male	5 mile (unattached)	74	41--01
149	Tim	Washbrook	30	Male	5 mile (unattached)	262	41--02
150	Irene	Cooper	55	Female	5 mile (unattached)	222	41--03
151	David	Jones	56	Male	5 mile (unattached)	223	41--03
152	Allen	Bevan	53	Male	5 mile (unattached)	121	41--17
153	Gareth	Harris	41	Male	5 mile (unattached)	159	41--17
154	Lee	Llewellyn	31	Male	5 mile (unattached)	60	41--30
155	Annette	Davies	48	Female	5 mile (unattached)	130	41--39
156	Teleri	Jenkins	38	Female	5 mile (unattached)	247	41--39
157	Paul	Simplar		Male	5 mile (unattached)	317	41--40
158	Anthony	Hale	39	Male	5 mile (unattached)	207	41--43
159	Rachel	Bowen	32	Female	5 mile (unattached)	80	41--46
160	Lisa	Saunders	43	Female	5 mile (unattached)	266	41--52
161	Stuart	McDean	33	Male	5 mile (unattached)	344	41--53
162	Anne	Tatnell		Female	5 mile (attached)	37	41--54
163	James	Dibley	39	Male	5 mile (unattached)	94	42--00

Brackla Harriers

Les Croupiers

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164	Clare	Edwards			Female	5 mile (unattached)	314	42--03
165	Christina	Rees	38		Female	5 mile (unattached)	87	42--08
166	Pete	Regan	47		Male	5 mile (unattached)	126	42--08
167	Terry	Vickery	69		Male	5 mile (unattached)	50	42--11
168	Janice	Clement	51	Penarth & Dinas Runners	Female	5 mile (attached)	292	42--19
169	Linda	Williams	49		Female	5 mile (unattached)	512	42--20
170	Rebecca	Knight	36		Female	5 mile (attached)	312	42--32
171	Lauren	Old	24		Female	5 mile (unattached)	290	42--33
172	Ian	Warner	51		Male	5 mile (unattached)	64	42--38
173	Kirsty	Thomas	23		Female	5 mile (unattached)	211	42--42
174	Mary	Donnelly	47	Brackla Harriers Bridgend	Female	5 mile (attached)	151	42--43
175	Tony	Hall	61		Male	5 mile (unattached)	145	42--52
176	Mark	Barry	46		Male	5 mile (unattached)	241	43--02
177	Alison	Hunt	41		Female	5 mile (unattached)	297	43--11
178	Chris	Rumoron	20		Male	5 mile (unattached)	316	43--18
179	David	Jenkins	24		Male	5 mile (unattached)	261	43--25
180	Tracey	Newman	39	Les Croupiers	Female	5 mile (attached)	208	43--25
181	Alexandra	Willey	19		Female	5 mile (unattached)	200	43--30
182	Philip	Keith	42	Penarth & Dinath Runners	Male	5 mile (attached)	90	43--38
183	Javier	Sierra	37		Male	5 mile (unattached)	47	43--39
184	R	Davies	48		Female	5 mile (unattached)	513	43--42
185	Denys	MacDonald			Male	5 mile (unattached)	32	43--49
186	Maria	McMahon	36		Female	5 mile (unattached)	216	43--57
187	Nigel	Ferrand	53		Male	5 mile (attached)	285	44--07
188	Lynne	Sullivan	28	Women's Running Network	Female	5 mile (attached)	259	44--12
189	Phil	Stone	61		Male	5 mile (unattached)	282	44--18
190	Owen	Thomas	36		Male	5 mile (unattached)	49	44--18
191	Adrian	Lewis	36		Male	5 mile (unattached)	214	44--30
192	Gary	Rees	61		Male	5 mile (unattached)	221	44--33
193	Alex	King	30		Male	5 mile (unattached)	237	44--45
194	Liz	Davey			Female	5 mile (unattached)	34	45--02
195	Sarah	Williams	34		Female	5 mile (unattached)	103	45--09
196	Emma	Heal			Female	5 mile (unattached)	18	45--17
197	Sally	Bower	32		Female	5 mile (unattached)	197	45--18
198	Jason	Lane	37		Male	5 mile (unattached)	252	45--19
199	Suzanne	Lane			Female	5 mile (unattached)	19	45--20
200	Gerard	Pitt	36		Male	5 mile (unattached)	54	45--25
201	Lynne	Ashby	49		Female	5 mile (unattached)	249	45--27
202	Stephen	Robbins	30		Male	5 mile (unattached)	124	45--33
203	Amanda	Barrington		Women's Running Network	Female	5 mile (attached)	15	45--36
204	Aranka	Pratt	60		Female	5 mile (unattached)	138	45--40

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205	Mike	Macklin		Male	5 mile (unattached)	17	45--41
206	Alex	Clayton	20	Female	5 mile (unattached)	319	45--44
207	Helen	Hunt	59	Female	5 mile (unattached)	174	45--45
208	Geraint	Griffiths	42	Male	5 mile (unattached)	110	45--47
209	Bryan	Isaac	59	Male	5 mile (unattached)	218	45--47
210	Bernadette	Jones		Female	5 mile (attached)	16	45--57
211	Jacqueline	Morris		Female	5 mile (unattached)	20	46--00
212	Margaret	Sutherland	29	Female	5 mile (unattached)	88	46--00
213	Alan	Bladen	73	Male	5 mile (attached)	331	46--09
214	Gillian	Murphy	55	Female	5 mile (attached)	511	46--09
215	Kirsty	Hett	23	Female	5 mile (unattached)	288	46--10
216	Melvill	Lewis	45	Male	5 mile (unattached)	70	46--11
217	Paul	Connor	31	Male	5 mile (unattached)	178	46--21
218	Melissa	John	34	Female	5 mile (attached)	325	46--22
219	Matthew	Powell	26	Male	5 mile (unattached)	313	46--23
220	Bernard	Crotty	48	Male	5 mile (unattached)	251	46--26
221	Paula	Murphy	38	Female	5 mile (unattached)	76	46--31
222	Joanne	Gamba	26	Female	5 mile (attached)	284	46--32
223	Tamsin	Mann	29	Female	5 mile (unattached)	286	46--41
224	Nicola	Parry	41	Female	5 mile (attached)	256	46--42
225	Fadi	Baydoun	36	Male	5 mile (unattached)	294	46--49
226	Anne	Roberts	54	Female	5 mile (unattached)	234	46--50
227	Kathryn	Thomas	34	Female	5 mile (unattached)	111	46--54
228	Caroline	Cartwright	43	Female	5 mile (unattached)	162	47--03
229	Tara	Moruzzi		Female	5 mile (unattached)	189	47--03
230	Peter	Brown	27	Male	5 mile (attached)	225	47--10
231	Paul	Moruzzi	37	Male	5 mile (unattached)	146	47--10
232	Katie	Davies	25	Female	5 mile (unattached)	298	47--11
233	Matthew	Flans	30	Male	5 mile (unattached)	264	47--16
234	Rhian	Williams	39	Female	5 mile (unattached)	117	47--21
235	Clare	Lewis	37	Female	5 mile (unattached)	109	47--50
236	Richard	Hamling	38	Male	5 mile (unattached)	147	47--54
237	Peta	Dyke		Female	5 mile (unattached)	2	47--55
238	Clive	Evans		Male	5 mile (unattached)	46	47--57
239	Edward	Newman	62	Male	5 mile (attached)	209	47--58
240	Rhiannon	Richards	30	Female	5 mile (unattached)	136	47--58
241	Melanie	Woolam	60	Female	5 mile (unattached)	108	48--04
242	Patricia	Davidson	52	Female	5 mile (attached)	193	48--09
243	Rachael	Daniel	40	Female	5 mile (unattached)	228	48--24
244	Nathan	Jackson	38	Male	5 mile (unattached)	333	48--26
245	Michael	Shaw	31	Male	5 mile (unattached)	339	48--29

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246	Ceri	Jones	48		Female	5 mile (unattached)	98	48--30
247	Kate	Sanders	39		Female	5 mile (unattached)	96	48--31
248	Carl	Sealy	36	No name provided	Male	5 mile (attached)	224	48--32
249	Robert	Smith	51		Male	5 mile (unattached)	57	48--45
250	David	Tapper	64		Male	5 mile (unattached)	144	48--49
251	Julie	Kemp	46		Female	5 mile (unattached)	156	49--10
252	Lisa	Worton	40		Female	5 mile (unattached)	122	49--42
253	Gerry	O'Neill	59		Female	5 mile (unattached)	131	49--44
254	Andrea	Goodfellow	41	WRN	Female	5 mile (attached)	83	49--49
255	Anne	Donald	60	Les Croupiers	Female	5 mile (attached)	293	49--54
256	Judith	Baydoun	54		Female	5 mile (unattached)	295	50--06
257	Nia	Williams	27		Female	5 mile (unattached)	268	50--13
258	Jill	Davies			Female	5 mile (unattached)	22	50--17
259	Rhys	Player	23		Male	5 mile (unattached)	287	50--18
260	Kate	Niblett		Women's Running Network (Penarth Group)	Female	5 mile (attached)	39	50--20
261	Tina	Lloyd	44		Female	5 mile (unattached)	89	50--33
262	Louise	Murnieks	31		Female	5 mile (unattached)	321	50--39
263	Stephen	Ribbon			Male	5 mile (unattached)	14	50--48
264	Claire	Hansen			Female	5 mile (unattached)	8	50--50
265	Rebecca	Davies	27		Female	5 mile (unattached)	299	50--51
266	Claire	Bradford	36		Female	5 mile (unattached)	179	50--52
267	Zoe	Harris	24		Female	5 mile (unattached)	269	50--55
268	Molly	Melhuish			Female	5 mile (unattached)	5	50--57
269	George	Powell	42		Male	5 mile (unattached)	48	51--17
270	Sian	Ackland	43	Brackla Harriers	Female	5 mile (attached)	203	51--26
271	Shirley	Rose	45	Brackla Harriers	Female	5 mile (attached)	310	51--26
272	Gerald	Kemp	44		Male	5 mile (unattached)	334	52-00
273	Helen	O'Sullivan	42		Female	5 mile (unattached)	336	52--02
274	John	O'Sullivan	46		Male	5 mile (unattached)	337	52--03
275	Patricia	Searle			Female	5 mile (unattached)	43	52--05
276	Kelly	Pritchard			Female	5 mile (unattached)	33	52--07
277	Bethan	Hicks	31		Female	5 mile (unattached)	149	52--08
278	Anneli	Smitham	31		Female	5 mile (unattached)	148	52--08
279	John	Williams	55		Male	5 mile (unattached)	175	52--22
280	David	McDonald	40	Les Croupiers	Male	5 mile (attached)	135	52--47
281	Beverley	Kuksa-Roberts	26		Female	5 mile (unattached)	328	54--24
282	Michael	Brain	57		Male	5 mile (unattached)	329	54--25
283	Ruth	Cox	36		Female	5 mile (unattached)	185	54--34
284	Lisa	McCallion	27		Female	5 mile (unattached)	305	55--18
285	Susan	Taylor	44		Female	5 mile (attached)	311	55--19
286	Kerry	Livesy	60		Male	5 mile (unattached)	229	55--20

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287	Graham	Hogg	53		Male	5 mile (unattached)	91	56--06
288	Freya	Kendall			Female	5 mile (unattached)	29	56--08
289	David	Bailey	73	Serpentine	Male	5 mile (attached)	45	56--14
290	Lesley	Bigmore	51		Female	5 mile (unattached)	210	57--12
291	Sian	James	51		Female	5 mile (unattached)	167	57--29
292	Kim	Lewis	50		Female	5 mile (unattached)	168	57--29
293	Eleanor	Bram	18		Female	5 mile (unattached)	134	57--43
294	C	Bram	33		Male	5 mile (unattached)	335	57--43
295	Joanne	Jones	22		Female	5 mile (unattached)	113	58--31
296	Gwenda	Marshall	50		Female	5 mile (unattached)	100	61--19
297	Paul	Nesbitt	45		Male	5 mile (unattached)	77	61--19
298	Menna	Williams	25		Female	5 mile (unattached)	267	61--30
299	Nicola	James	48		Female	5 mile (unattached)	173	62--41
300	Tania	Lewis	40		Female	5 mile (attached)	296	66--32
301	Mia	McCarthy-Brewer	31		Female	5 mile (unattached)	281	68--13
302	Jenny	Green	25		Female	5 mile (unattached)	283	68--15
303	Susan	McCall	64	Serpentine	Female	5 mile (attached)	101	74--36
	Stephanie	Avery		Sole Sisters (north Bristol)	Female	5 mile (attached)	27	
	Edward	Ball	44	Rhondda Valley Runners	Male	5 mile (attached)	195	
	Annie	Conroy	63	Les Croupiers	Female	5 mile (attached)	164	
	Paul	Davies	45	Port Talbot Hammers	Male	5 mile (attached)	345	
	Peter	Davies		Bridgend Athletic	Male	5 mile (attached)	38	
	Wayne	Hoskins	51	Islwyn	Male	5 mile (attached)	248	
	Rhys	Pitman		Pontypridd Roadents	Male	5 mile (attached)	26	
	Neil	Price	60	Islwyn R/C	Male	5 mile (attached)	62	
	Paul	Talbot	42	Neath	Male	5 mile (attached)	115	
	Rachel	Woolley	26	Village Vipers	Female	5 mile (attached)	165	
	Peter	Young	57	No name provided	Male	5 mile (attached)	105	
	Andrew	Beaton	36		Male	5 mile (unattached)	95	
	Lindy	Beaton	46		Female	5 mile (unattached)	93	
	Mark	Brooks			Male	5 mile (unattached)	154	
	Tracey	Brophy	31		Female	5 mile (unattached)	263	
	Scott	Burton	32		Male	5 mile (unattached)	85	
	Pilar	Clemente-Fernandez	29		Female	5 mile (unattached)	118	
	Helen Elizabeth	Coates	27		Female	5 mile (unattached)	158	
	Lisa	Cousins	37		Female	5 mile (unattached)	327	
	Gavin	Davies	20		Male	5 mile (unattached)	318	
	Liam	Davies	51		Male	5 mile (unattached)	132	
	Anna	De-Snyder	26		Female	5 mile (unattached)	170	
	Michael	Doster	24		Male	5 mile (unattached)	277	
	Claire	Evans	47		Female	5 mile (unattached)	141	

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Helene	Gicquel	36	Female	5 mile (unattached)	176
Thomas Rhys	Goodfellow	20	Male	5 mile (unattached)	169
Darren	Hackett	36	Male	5 mile (unattached)	181
Paula	Haines	25	Female	5 mile (unattached)	172
Lisa	Hayward		Female	5 mile (unattached)	23
Julian	Hoare	37	Male	5 mile (unattached)	246
Wendy	Hobbs	39	Female	5 mile (unattached)	161
Courtney	Howells	18	Female	5 mile (unattached)	65
Lidia	Ibanez	32	Female	5 mile (unattached)	99
Cordelia	John	37	Female	5 mile (unattached)	326
Jill	Jones	46	Female	5 mile (unattached)	205
Juliette	King	33	Female	5 mile (unattached)	238
Paul	Lawrence	26	Male	5 mile (unattached)	347
Leigh	Llewellyn	32	Male	5 mile (unattached)	82
Lorna	McDonald		Female	5 mile (unattached)	31
Victoria	McHale	27	Female	5 mile (unattached)	219
David	Murphy	40	Male	5 mile (unattached)	75
Stephanie	Nicolaou	22	Female	5 mile (unattached)	190
Christine	O'Sullivan		Female	5 mile (unattached)	24
Sioned Mai	Owen	26	Female	5 mile (unattached)	120
Michael	Perdikakis		Male	5 mile (unattached)	6
Philip	Probert	42	Male	5 mile (unattached)	217
Wayne	Saunders	34	Male	5 mile (unattached)	307
Mark	Smith	41	Male	5 mile (unattached)	278
Jane	Travaglia	41	Female	5 mile (unattached)	56
Sue	Valenton	39	Female	5 mile (unattached)	212
Matthew	Whitehouse		Male	5 mile (unattached)	3
David	Wilson	27	Male	5 mile (unattached)	160