

2011 Tata Steel Cardiff Bay 5

Pos	No	Time	Forename	Surname	M/F	Cat	Club
1	614	00:25:34	Richard	Gardiner	M		Aberdare AC
2	515	00:25:46	Phillip	Matthews	M		Swansea Harriers
3	682	00:27:34	Jerome	Edwards	M		Les Croupiers
4	589	00:28:06	Edward	Donovan	M		Les Croupiers
5	673	00:28:12	Daniel	Bodman	M		Pontypridd Roadents
6	400	00:28:29	Stephen	Thomas	M	40	Islwyn RC
7	567	00:28:32	Richard	Bullen	M	50	Les Croupiers
8	564	00:28:46	Richard	Wilder	M		San Domenico
9	660	00:29:13	Oliver	Williams	M		
10	394	00:29:14	Stephen	Shields	M		San Domenico
11	618	00:29:56	Michael	Evans	M		
12	548	00:29:59	Ryan	Shallish	M	19	
13	181	00:30:11	Chris	Abbott	M		
14	669	00:30:17	Michael	Dury	M		Islwyn RC
15	409	00:30:21	Andrew	Dwyer	M	40	
16	337	00:30:22	John	Sutherland	M		Les Croupiers
17	200	00:30:28	David	Davies	M	45	
18	124	00:30:32	Ashley	Jones	M		
19	624	00:30:37	Glyn	Sansom	M	45	San Domenico
20	441	00:30:53	Arthur	Johns	M	60	
21	521	00:30:57	Clem	Clement	M	50	Penarth & Dinas Runners
22	66	00:30:59	Rob	Hughes	M		
23	607	00:31:08	Benjamin	Hopkins	M		
24	739	00:31:10	William	McIntosh	M	45	
25	438	00:31:12	Phil	Bristow	M	50	San Domenico
26	563	00:31:15	Sally	Wilder	F		San Domenico
27	143	00:31:17	Andrew	Herbert	M	40	
28	480	00:31:18	Matthew	Parkes	M		Bridgend AC
29	195	00:31:32	Thomas	Gunton	M		
30	189	00:31:32	Anthony	Dewing	M		
31	650	00:31:37	Paul	Price	M	45	
32	507	00:31:41	Rhydian	Reston	M		
33	492	00:31:43	David	Stone	M		Cardiff University Athletics
34	698	00:31:45	Johnny	Lam	M		San Domenico
35	36	00:31:48	John	Lloyd	M	45	
36	453	00:31:49	Robert	Thomas	M		
37	63	00:31:49	Guy	Mawson	M	40	San Domenico
38	215	00:31:54	David	Bright	M	40	Tata Steel
39	653	00:31:55	Martin	Davies	M	50	Lliswerry Runners
40	670	00:32:00	Ed	Ashley	M		
41	661	00:32:01	Liz	Ashton	F		Les Croupiers
42	699	00:32:03	Mike	Worlock	M	45	Port Talbot Harriers
43	193	00:32:05	Gareth	Jones	M		Tata Steel
44	255	00:32:10	Wesley	Sleat	M		
45	407	00:32:13	Steven	Smith	M		
46	680	00:32:14	Chris	Steer	M		
47	542	00:32:19	Paul	Sperrin	M	50	Bitton Road Runners
48	272	00:32:22	Craig	Harper	M		
49	446	00:32:22	Isaac	Joseph	M		Recovery Cymru
50	51	00:32:31	Jason	Evans	M		Porthcawl Runnerslife
51	477	00:32:32	William	Edward	M		Porthcawl Runnerslife
52	450	00:32:37	Howard	Owen	M		
53	463	00:32:39	Nick	Lewis	M		
54	506	00:32:41	Mitchell	Buckland	M	19	Carling Boys
55	119	00:32:44	Mike	Anthony	M	50	
56	535	00:32:44	James	Moggridge	M	19	
57	637	00:32:44	Alun	Evans	M	45	
58	546	00:32:50	Lindsay	Emyr	F	40	Les Croupiers
59	565	00:32:51	David	Hughes	M		Pontypridd Roadents
60	455	00:32:57	Gareth	Swann	M	19	Sospan Road Runners
61	652	00:32:58	James	Delaney	M	50	San Domenico
62	627	00:32:59	Thomas	Murphy	M	19	Pontypridd Roadents
63	585	00:33:03	Anthony	Davis	M		Brackla Harriers
64	602	00:33:05	Terry	Caveney	M	50	Les Croupiers
65	298	00:33:06	Tony	Sudworth	M	50	
66	481	00:33:18	Barri	Edwards	M	40	
67	427	00:33:19	Peter	Curran	M	45	
68	312	00:33:21	Kevin	Jones	M	45	Vegan Runners
69	741	00:33:25	Hannah	McBrown	F		Outdoor Fitness
70	349	00:33:26	Richard	Oyler	M		
71	702	00:33:27	Garry	Brobyn	M		
72	437	00:33:29	Dean	House	M	45	
73	31	00:33:33	Laurence	Pole	M		Pontypridd Roadants
74	588	00:33:34	Grant	Burrows	M	40	
75	248	00:33:35	Lee	Finlay	M		

2011 Tata Steel Cardiff Bay 5

Pos	No	Time	Forename	Surname	M/F	Cat	Club
76	171	00:33:36	Jeremy	Keogh	M		
77	555	00:33:40	Michael	Lewis	M		Fareham Crusaders
78	323	00:33:42	Cedric	David	M		Vegan Runners
79	392	00:33:47	John	Magee	M		Les Croupiers
80	91	00:33:47	Stephen	Owen	M	50	Les Croupiers
81	125	00:33:52	Justn	Williams	M		
82	499	00:33:56	Alan	Cox	M	50	
83	617	00:34:03	Eurof	Davies	M	45	Les Croupiers
84	431	00:34:06	Owen	Clark	M		Penarth & Dinas Runners
85	172	00:34:07	Wayne	Marsland	M		Tata Steel
86	296	00:34:09	Matthew	Thomas	M		
87	84	00:34:11	Ceri	Davies	M		San Domenico
88	662	00:34:11	Michael	Bunston	M	40	Islwyn RC
89	377	00:34:17	Thomas	Hole	M		
90	460	00:34:17	Stephen	Warrell	M	40	
91	489	00:34:19	Cheryl	Hudgell	F	35	Les Croupiers
92	213	00:34:19	David	Bown	M		Tata Steel
93	479	00:34:22	Tom	Pearson	M		
94	513	00:34:23	Richard	Baker	M		
95	523	00:34:24	Karl	Sepahpour	M		
96	4	00:34:37	Richard	Laydon	M		
97	536	00:34:37	Seamus	Gallagher	M		San Domenico
98	448	00:34:40	Jacqueline	Brace	F	45	Bridgend AC
99	71	00:34:52	Patrick	Ward	M		
100	380	00:34:55	Paul	Silk	M		
101	352	00:34:57	Richard	Vaughan	M		
102	166	00:34:58	Christian	Burge	M		
103	240	00:34:59	Delyth	Davies	F		
104	595	00:35:02	Lisa	Cleary	F	45	Penarth & Dinas Runners
105	225	00:35:07	Colin	Wilmott	M	50	
106	667	00:35:07	Jay	Hottman	M		
107	216	00:35:08	Chris	Darkins	M		Tata Steel
108	95	00:35:10	Liam	Bryson	M	40	
109	384	00:35:12	Gareth	Snook	M	45	British Airways AC
110	203	00:35:13	Ian	Jenkins	M		Tata Steel
111	643	00:35:15	Jamie	Lewis	M		OF RC
112	375	00:35:20	Ben	Rowlands	M		
113	554	00:35:23	Gareth	Rees	M	45	Les Croupiers
114	2	00:35:28	Acer	Price	M		
115	532	00:35:31	Philip	Hughes	M		
116	353	00:35:37	Antony	Furlong	M		
117	208	00:35:38	Matthew	Coombs	M		Tata Steel
118	164	00:35:39	Adam	Purchase	M		
119	456	00:35:40	Lee	Stenner	M		
120	227	00:35:40	Jason	Protheroe	M	40	
121	502	00:35:40	Tom	Price	M	19	Carling Boys
122	600	00:35:41	Dominic	Shields	M	45	San Domenico
123	234	00:35:41	Ben	Sykes	M		
124	537	00:35:42	Keith	Verheyden	M	50	Fetch Everyone
125	683	00:35:43	Craig	Andrews	M		
126	622	00:35:43	Dave	Breen	M	55	Porthcawl Runners Life
127	642	00:35:45	Malcolm	Bradley	M		
128	246	00:35:52	Adam	Cooke	M		
129	134	00:35:53	Michael	Reese	M	40	
130	596	00:35:53	Steve	Matthews	M	45	
131	476	00:35:54	Phillip	Mears	M	40	Pegasus
132	388	00:35:58	Andrea	Hurman	F	40	Penarth & Dinas Runners
133	591	00:35:59	Robert	Ford	M	55	Pontypridd Roadents
134	677	00:36:03	Eilir	Williams	M		Outdoor Fitness
135	136	00:36:05	David	Willis	M		
136	137	00:36:05	Tom	Duck	M		
137	584	00:36:09	Kevin C	Fulthorpe	M	55	
138	107	00:36:10	Christian	Williams	M		
139	148	00:36:11	John	Thomas	M	45	Chepstow Harriers
140	304	00:36:11	Wendy	Owen	F	35	San Domenico
141	318	00:36:13	Marc	Evans	M		San Domenico
142	574	00:36:18	Mike	Rose	M	45	Tata Steel
143	406	00:36:18	Amy	Edwards	F		Rhondda Valley Runners
144	646	00:36:29	Gerry	O'Beirne	M	50	Les Croupiers
145	186	00:36:32	Stewart	Harris	M		
146	703	00:36:34	Tim	Washbrook	M		
147	301	00:36:35	Ryan	Hayhurst	M		
148	183	00:36:36	Michael	Healey	M		
149	332	00:36:40	Owen	Pearse	M		
150	212	00:36:42	Cameron	Doster	M		Tata Steel

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Pos	No	Time	Forename	Surname	M/F	Cat	Club
151	752	00:36:45	Monty	Lee	M		
152	488	00:36:47	Andrew	Proctor	M		
153	264	00:36:47	Liam	Davies	M	50	Fetch Everyone
154	270	00:36:49	Howard	Rees	M	60	
155	221	00:36:53	Paul	Dibble	M	50	
156	733	00:36:58	Lorraine	Langdon	M		Outdoor Fitness
157	33	00:37:04	Timothy	Brice	M		
158	313	00:37:10	Jo	Skilton	M	50	San Domenico
159	711	00:37:11	Neil	Stovold	M		
160	179	00:37:12	Alan	Sharp	M		
161	490	00:37:13	Alun	Wood	M		
162	342	00:37:19	Neil	Smith	M		
163	550	00:37:19	Michael	Lewis	M		Fareham Crusaders
164	39	00:37:20	Michael	Pritchard	M	55	
165	338	00:37:24	Michael	Hurley	M	55	
166	451	00:37:26	David	Evans	M		
167	414	00:37:31	Jane	Travaglia	F	40	Outdoor Fitness
168	748	00:37:31	Jonathan	Walker	M	19	
169	156	00:37:32	Richie	Hart	M	40	
170	547	00:37:34	Brian	Dias	M		Cardiff AC
171	633	00:37:35	Angela	Green	F		
172	619	00:37:38	John	Jones	M		
173	250	00:37:39	Christopher	Morgan	M	40	
174	534	00:37:41	Mark	Caffell	M	40	
175	242	00:37:47	Nicholas	Ling	M	40	
176	625	00:37:47	Gina	Hardman	F	40	Bridgend AC
177	155	00:37:47	Anthony	Batts	M	40	
178	396	00:37:48	Timothy	Knight	M		
179	167	00:37:48	James	Owen	M		
180	712	00:37:49	David	Hutchinson	M	40	
181	498	00:37:51	John	Sibcy	M		
182	655	00:37:54	Tom	MacDonald	M		Tata Steel
183	22	00:37:55	Antony	Phillips	M	45	Porthcawl Runnerslife
184	714	00:37:58	Lucy	Dolman	F		Penarth & Dinas Runners
185	90	00:38:00	Helen	Price	F	35	
186	518	00:38:01	Helen	Wilson	F		
187	418	00:38:05	Darryl	Thomas	M		
188	514	00:38:05	Jamal	Sanani	M		Butetown Runners
189	268	00:38:08	David	Hebbes	M	60	
190	482	00:38:08	Sheung Yin	Au Yeung	M		
191	3	00:38:10	Tim	Beswick	M		
192	173	00:38:10	Christopher	Thomas	M	50	
193	126	00:38:11	Neil	Morgan	M		
194	544	00:38:11	Karen	Gregory	F		Cardiff University Athletics
195	145	00:38:12	Dafydd	Brown	M	40	
196	483	00:38:12	Steve	Hill	M	45	Penarth & Dinas Runners
197	434	00:38:12	Aled	Jones	M	40	
198	182	00:38:14	Alan	Fishwick	M	45	
199	233	00:38:14	Annette	Davies	F	50	Fetch Everyone
200	517	00:38:15	Gwen	Smith	F	45	Swansea Harriers
201	708	00:38:18	Nick	Francis	M	40	
202	247	00:38:18	Patrick	Sear	M		
203	500	00:38:19	Pallio	Ryan	M	19	Ginger Roosters
204	191	00:38:19	Gavin	Matthews	M		
205	664	00:38:20	Helen	Mann	F		
206	324	00:38:20	Helen	Watkinson	F	35	Vegan Runners
207	158	00:38:23	Mason	Jones	M	40	
208	606	00:38:25	Martin	Ruck	M	40	
209	612	00:38:27	Fadi	Baydoun	M		
210	339	00:38:28	Gareth	Jones	M		
211	387	00:38:33	Marc	Jones	M	45	
212	578	00:38:34	Simon	Grogan	M		
213	176	00:38:38	Gethin	Davies	M		
214	640	00:38:39	Nathan	Price	M		
215	316	00:38:40	Steve	Whitmarsh-Knight	M	65	
216	350	00:38:40	Tony	Witchell	M	50	
217	601	00:38:43	Natash	Doyle	F		
218	538	00:38:45	Johanne	Edwards	F		
219	666	00:38:54	Aisling	Plantt	F		Outdoor Fitness
220	111	00:38:56	Joe	Rees	M		
221	413	00:38:57	Daniel	Smith	M		
222	412	00:38:57	Grenville	Smith	M	55	
223	524	00:38:57	Tony	Ryan	M		Ginger Roosters
224	17	00:38:59	Loretta	Daley	F	45	Les Croupiers
225	599	00:39:00	Andrew	Bentham	M		

2011 Tata Steel Cardiff Bay 5

Pos	No	Time	Forename	Surname	M/F	Cat	Club
226	19	00:39:00	Alan	Mann	M	50	Les Croupiers
227	553	00:39:03	Peter	Young	M		Aberdare
228	79	00:39:05	Brian	Macey	M	40	
229	685	00:39:08	Henry	Vaile	M		
230	603	00:39:09	Carl	Edwards	M	40	Pontypridd Roadents
231	520	00:39:09	Claire	House	F	35	San Domenico
232	319	00:39:20	Tim	Baker	M	40	
233	361	00:39:22	Keith	Brookes	M	45	
234	286	00:39:29	Jonathan	James	M	40	
235	373	00:39:30	Zoe	Stephens-Kedziola	F	35	
236	429	00:39:34	Matthew	Williams	M		
237	24	00:39:41	Simon	Williams	M	45	
238	130	00:39:42	Alys	Carlisle	M		
239	512	00:39:46	Lee	Cannan	M		
240	238	00:39:48	Geoffrey	Jones	M	40	
241	70	00:39:48	Wayne	Edmond	M	60	
242	371	00:39:52	Joshua	Davies	M		
243	281	00:39:56	Brinley	Aherne	F	60	
244	263	00:39:56	Beverley	Warburton	F	45	
245	720	00:39:57	Matthew	Whitney	M		
246	605	00:39:58	Janet	Edwards	F	40	Pontypridd Roadents
247	251	00:39:59	Lowri	Newman	F	40	
248	201	00:40:01	Ben	Holmes	M		Tata Steel
249	103	00:40:01	Shane	Webley	M		Hot Coilers
250	436	00:40:04	Mark	Brooks	M	40	
251	110	00:40:06	Robert	Prydie	M		
252	557	00:40:07	Jessica	Element	F		
253	491	00:40:08	Aled	Hopton	M		
254	357	00:40:09	Helen	Raven	F	40	
255	169	00:40:11	James	Davies	M	45	
256	732	00:40:14	Mr	Edward	M		
257	556	00:40:16	John	Edwards	M		
258	354	00:40:16	Daniel	Hole	M	19	
259	260	00:40:17	Runner		260	M	
260	275	00:40:17	Graham	Moore	M		
261	355	00:40:17	Steven	Price	M		
262	14	00:40:19	Gavin	Jones	M		
263	696	00:40:20	John	Martin	M	50	
264	97	00:40:21	Matthew	Coe	M		
265	454	00:40:23	Phillip	Swann	M	45	Sospan Road Runners
266	67	00:40:24	Kerry	McMullen	F	19	
267	104	00:40:24	Maison	Jones	M	40	Hot Coilers
268	101	00:40:24	Rhys	Gladwin	M	40	Hot Coilers
269	185	00:40:27	Leslie	Mayne	M	50	
270	641	00:40:28	Laura	Evans	F		
271	648	00:40:31	Victoria	Woodstord	F		San Domenico
272	258	00:40:31	Jonathan	Wells	M		
273	686	00:40:35	James	Williams	M		
274	639	00:40:35	Nathan	Price	M		
275	519	00:40:36	Stuart	Mcdean	M		
276	142	00:40:40	Ben	Burggraaf	M		
277	522	00:40:41	Janice	Clement	F	50	Penarth & Dinas Runners
278	466	00:40:41	Roger	Fawke	M	55	Islwyn RC
279	628	00:40:42	Barry	James	M	60	Porthcawl Runners Life
280	511	00:40:44	Rick	Hamer	M		
281	751	00:40:46	Jamie	Evans	M		
282	562	00:40:46	lawrence	Burton	M		
283	459	00:40:54	Marc	Shewring	M		
284	688	00:40:55	Polly	Summerhayes	F		
285	93	00:40:55	Sara	Morgan	F		Womens Running Network
286	267	00:40:55	Richard	Holmes	M		
287	615	00:40:57	Rhianydd	Gardiner	F	35	Aberdare AC
288	87	00:41:02	Gareth	Taylor	M		
289	68	00:41:03	Eleanor	Johnson	F	19	
290	632	00:41:04	Paul	Kinnersley	M	50	
291	197	00:41:05	Laine	Smith	M		
292	526	00:41:05	Robert	Lloyd	M	45	
293	509	00:41:09	Merrilee	Phillips	F	45	
294	325	00:41:13	Dean	Alcock	M		
295	239	00:41:16	Mark	Jackson	M	40	
296	163	00:41:17	Peris	Cale	M	40	
297	651	00:41:22	David	Webb	M		
298	449	00:41:23	Christopher	Mogg	M	40	
299	383	00:41:26	Steffen	Ossenkopp	M	45	
300	310	00:41:28	Anthony	Pritchard	M	40	

2011 Tata Steel Cardiff Bay 5

Pos	No	Time	Forename	Surname	M/F	Cat	Club
301	129	00:41:29	Simon	Tucker	M		
302	577	00:41:29	Martyn	Strange	M	55	
303	663	00:41:29	Michael	Renwick	M	60	Penarth & Dinas Runners
304	593	00:41:31	Natalie	Richards	F		
305	178	00:41:33	Dean	Vincent	M		
306	23	00:41:33	Sarah	Dodd	F		
307	115	00:41:34	Martin	Latronico	M		
308	598	00:41:35	Craig	Weeks	M		
309	572	00:41:38	Steve	Evans	M		
310	715	00:41:42	Fran	Mullett	M		
311	634	00:41:44	Stuart	Taylor	M		
312	516	00:41:45	Charlotte	Evans	F		
313	478	00:41:50	Christopher	Carter	M		
314	390	00:41:52	Caroline	Facey	F	45	
315	372	00:41:58	John	Coles	M		
316	108	00:41:59	Huw	Morgan	M	45	
317	113	00:41:59	Ross	Bamsey	M		
318	471	00:42:01	Gareth	Giddings	M	40	
319	665	00:42:03	Rhiannon	Law	F		Outdoor Fitness
320	505	00:42:04	Bebb	Price	M		Carling Boys
321	381	00:42:05	Mark	Collins	M	40	
322	253	00:42:08	Julie	Edwards	F	35	
323	141	00:42:11	Richard	Brown	M		
324	626	00:42:13	Gav	Hargrave	M		
325	408	00:42:13	Daniel	Palmer	M		
326	140	00:42:13	Mark	Greenslade	M		
327	1	00:42:14	Runner		1	M	
328	25	00:42:14	Ashley	Evins	M		
329	580	00:42:14	Rhian	Davies	F	35	
330	582	00:42:14	Jane	Griffiths	F		
331	188	00:42:15	Paul	Maddox	M		
332	697	00:42:15	Sally	Martin	F		
333	558	00:42:17	Nigel	Thompson	M	40	
334	745	00:42:18	Richard	Davies	M	45	
335	252	00:42:19	Ben	Edwards	M		
336	128	00:42:21	Christopher	O'Brien	M		
337	638	00:42:24	Lisa	Saunders	F	45	
338	80	00:42:28	Andy	Gove	M		
339	435	00:42:28	Mark	Davies	M	45	
340	15	00:42:30	Steve	Goodfellow	M	45	
341	587	00:42:31	Runner		587	M	
342	165	00:42:31	James	Drake	M		
343	723	00:42:31	Vikki	Keeping	F		
344	340	00:42:32	Kerry	Pellatt	F	35	
345	370	00:42:33	Danielle	Rayner	F		
346	231	00:42:34	Richard	Lewis	M		
347	504	00:42:40	Tom	Janes	M		Carling Boys
348	305	00:42:43	Stephen	New	M	45	
349	571	00:42:43	Hayley	Stephens	F	35	
350	658	00:42:44	Kim	Williams	F	50	
351	210	00:42:45	Charlotte	Edwards	F		Tata Steel
352	117	00:42:47	Ahmad	Moosa	M		
353	317	00:42:48	Ben	Whitmarsh-Knight	M		
354	579	00:42:48	Mark	Griffiths	M		
355	701	00:42:50	David	Stevens	M		
356	65	00:42:52	Simon	James	M		
357	35	00:42:53	Bernadette	Jones	F	40	Womens Running Network
358	452	00:42:56	Bernadette	Wilkinson	F	45	San Domenico
359	575	00:42:57	Nia	Thomas	F		
360	257	00:42:58	Andrew	Reis	M	45	
361	401	00:42:59	Kim	Fung	M		
362	592	00:43:00	Michael	Hoey	M		Penarth & Dians Runners
363	398	00:43:01	Andrew	Parkes	M	40	
364	78	00:43:07	David	Mansfield	M	55	
365	647	00:43:10	Manohar	Singh	M	45	
366	656	00:43:10	Andrew	Williams	M		
367	671	00:43:10	Alma	Dury	F		
368	472	00:43:13	Paul	Jenkins	M	40	
369	29	00:43:13	Amanda	Barrington	F	45	Penarth & Dinas Runners
370	616	00:43:13	Philippa	Francis	F		
371	743	00:43:15	Lucy	Nevitt	F	35	San Domenico
372	334	00:43:15	Lauen	Jones	F		
373	6	00:43:17	Clare	Ruggiero	F	35	
374	162	00:43:17	Peter	Lewis	M	40	
375	94	00:43:22	Sian	Llewellyn	F	35	

2011 Tata Steel Cardiff Bay 5

Pos	No	Time	Forename	Surname	M/F	Cat	Club
376	657	00:43:31	Michael	Hillard	M		
377	83	00:43:31	Nick	Witchell	M		
378	367	00:43:41	Darren	Fudge	M		
379	374	00:43:41	Chris	Rodger	M		
380	72	00:43:43	Stacey	Ward	F		
381	159	00:43:46	Andrew	Williams	M	40	
382	730	00:43:50	Heather	Dennis	F	35	Penarth & Dinas Runners
383	527	00:43:54	Paul	Griffiths	M		
384	46	00:43:55	Martin	Jones	M		
385	322	00:43:57	Ruth	Smith	F	50	
386	105	00:43:58	Chris	Hourimane	M		Hot Coilers
387	76	00:43:58	Robert	Higgins	M		
388	149	00:43:59	Gary	Shilling	M	50	
389	147	00:44:00	William	Holland	M		Team Green
390	676	00:44:02	Alun	Cairns	M	40	
391	265	00:44:05	Paul	Hayhurst	M		
392	508	00:44:07	Chris	Phillips	M	45	
393	433	00:44:07	Kelly	Owen	F		
394	127	00:44:09	Gareth	Faire	M		
395	621	00:44:10	Endaf	Amos	M		
396	393	00:44:10	Sun Yau	Tsim	M		
397	206	00:44:18	Gavin	Lewis	M		Tata Steel
398	461	00:44:23	Steve	McDonald	M		
399	299	00:44:24	Sian	Jones	F		
400	77	00:44:25	Amanda	Thompson	F	50	Les Croupiers
401	85	00:44:26	Justin	Hostettler-Davies	M		
402	727	00:44:28	Luke	Heslop	M		
403	749	00:44:28	Gillian	Gunnell	M	45	
404	311	00:44:29	Michelle	Rivett	F	35	
405	610	00:44:34	David	Capel	M	60	
406	737	00:44:43	Noel	Hadden	M		Team Marc
407	740	00:44:43	Sarah	Shiel	F		
408	363	00:44:51	Lyndon	Griffiths	M	40	
409	560	00:44:52	Nanette	John	F	50	
410	678	00:44:55	Ian	Evans	M	60	
411	291	00:44:56	Philip	George	M	50	
412	138	00:44:56	Kelly	Willcock	F		
413	266	00:44:56	Dylan	Harris	M		
414	12	00:44:58	Alyn	Morgan	M		
415	52	00:44:59	Aled	Wynne	M		
416	207	00:44:59	Vincent	Lewis	M	40	Tata Steel
417	679	00:45:02	Peter	Browning	M		
418	168	00:45:03	Philip	Taylor	M	40	
419	241	00:45:07	Geoff	Ogden	M	40	
420	385	00:45:08	Jonathan	Lewis	M		
421	302	00:45:09	Kerry	Baker	F		
422	684	00:45:16	Stephen	Drayton	M		
423	404	00:45:16	Rhys	Steel	M		
424	705	00:45:17	Thomas	Seagan	M		
425	180	00:45:18	Jeremy	Sheahan	M	19	
426	417	00:45:23	Richard	Stevens	M	40	
427	220	00:45:26	Martin	Randall	M		
428	92	00:45:26	Joanna	Rumsey	F		
429	282	00:45:30	Mike	Friel	M	55	
430	135	00:45:30	Jonathan	Baeten	M		
431	545	00:45:31	Malcolm	Boyles	M	45	Tata Steel
432	551	00:45:31	Steven	Smith	M		
433	362	00:45:32	Adrian	Lewis	M		
434	695	00:45:34	Anthony	Evans	M		Tata Steel
435	303	00:45:36	Rhiannon	Williams	F	35	
436	269	00:45:41	Geraint	Griffiths	M	40	Tata Steel
437	360	00:45:45	Carys	Davies	F	40	Les Croupiers
438	416	00:45:45	Peter	Regan	M	45	
439	718	00:45:49	Gareth	Evans	M		
440	649	00:45:54	Richard	Coles	M	40	
441	645	00:45:55	Julie	Coles	F	40	
442	608	00:45:55	Kate	Owen	F	40	
443	689	00:45:58	Robert	Helyar	M	45	
444	533	00:46:00	Ian	Evans	M	40	Tata Steel
445	217	00:46:01	Tracey	Newman	F	40	Les Croupiers
446	62	00:46:01	Gayle	Wootton	F		Womens Running Network
447	358	00:46:05	Tony	Hall	M	60	
448	123	00:46:07	Eilish	Perkins	F	40	
449	57	00:46:08	Rachel	Howells	F		
450	59	00:46:08	Kelly	Greenaway	F		

2011 Tata Steel Cardiff Bay 5

Pos	No	Time	Forename	Surname	M/F	Cat	Club
451	543	00:46:09	Huw	Morgan	M		
452	462	00:46:12	Mike	Macklin	M	55	
453	389	00:46:15	Elaine	Diosi	F		Pontypridd Roadants
454	487	00:46:17	Neil	Blackman	M	40	
455	700	00:46:20	John	Owen	M		
456	96	00:46:21	Nery	Jones	F	35	
457	430	00:46:21	Andrew	Champion	M	40	
458	629	00:46:30	Gareth	Jenkins	M		
459	458	00:46:30	Louise	Gardner	F	35	
460	611	00:46:31	Steve	Evans	M	60	Thornbury RC
461	493	00:46:33	Nicky	Moscrop	M	55	
462	494	00:46:34	Hannah	Moscrop	F		
463	335	00:46:34	Bethan	Jones	F		
464	20	00:46:35	J	Rees	M		
465	21	00:46:35	Gemma	Jones	F		
466	423	00:46:36	Aled	Evans	M		
467	82	00:46:38	Joanne	Allen	F	40	Shropshire Shufflers
468	205	00:46:39	Dafydd	Roberts	M		Tata Steel
469	576	00:46:44	Maggie	Strange	F	55	
470	681	00:46:45	Christos	Panou	M		
471	457	00:46:45	Gail	Havard	F	40	
472	497	00:46:46	Angharrad	Williams	F		
473	496	00:46:46	Jon	Sliczny	M		Griffithstown Harriers
474	236	00:46:51	Neil	Watson	M	45	
475	315	00:46:53	Paul	Griffiths	M	40	
476	336	00:46:55	Rachel	Phillips	F	40	Chepstow Harriers
477	273	00:46:58	Hari	Mistry	M		
478	55	00:47:05	Jessica	Underwood	F	40	
479	468	00:47:07	Jayne	Beeslee	F	45	
480	345	00:47:12	Clare	Bairstow	F	45	
481	726	00:47:18	Jo	Sproll	F	40	
482	706	00:47:18	Joe	Cartwright	M	50	
483	668	00:47:18	Al-Lin	Kee	M	40	Les Croupiers
484	314	00:47:23	Helen	Welch	F	35	Pontypridd Roadants
485	644	00:47:24	Hannah	Howe	F		Womens Running Network
486	486	00:47:28	Claire	Date	F		
487	440	00:47:29	Gemma	Wheeler	F	19	
488	397	00:47:30	Neil	Morgan	M		
489	348	00:47:33	Adam	Scott	M		
490	56	00:47:35	Steven	Underwood	M	40	
491	347	00:47:35	Huw	Rees	M		
492	467	00:47:47	Amy	Cross	F		
493	597	00:47:49	Ceri	Jones	M	40	
494	199	00:47:55	James	Raleigh	M		
495	540	00:48:00	Ievan	Counsell	M		
496	109	00:48:05	Keith	Garner	M	45	
497	209	00:48:07	Brian	Oates	M	40	Tata Steel
498	132	00:48:09	Lucy	Patten	F		
499	308	00:48:13	Elaine	Sampson	F		
500	309	00:48:13	Graham	Richardson	M	45	
501	341	00:48:13	Rhian	Williams	F	45	
502	636	00:48:19	Ceri	Clarke	F		
503	276	00:48:23	Karli	Howells	F		
504	47	00:48:27	Catherine	James	F		
505	139	00:48:31	David	Thomson	M		
506	144	00:48:34	Alexander	Best	M		
507	742	00:48:46	Paul	Warburton	M	60	Rhondda valley Runners
508	613	00:48:49	Judith	Baydoun	F	55	
509	198	00:48:52	Jason	Watkins	M	50	
510	7	00:48:54	Natasha	Pall	F		
511	366	00:48:56	Sian	Jones	F		Outdoor Fitness
512	581	00:49:00	Jerome	Evans	M		
513	211	00:49:01	Ryan	Thomas	M	40	Tata Steel
514	320	00:49:01	Kate	Thomas	F	40	Chepstow Harriers
515	321	00:49:01	John	Bibby	M	40	
516	510	00:49:02	Errol	Alexis	M	75	Les Croupiers
517	734	00:49:02	Gareth	Hughes	M		
518	285	00:49:02	Louise	Flahavin	F	35	
519	284	00:49:02	Lara	Jones	F	35	
520	75	00:49:04	Carl	Jones	M	40	
521	675	00:49:06	Esyllt	Hughes	F		
522	583	00:49:09	Gemma	Stephens	F		
523	344	00:49:15	Jane	Llewellyn	F	50	
524	566	00:49:15	Richard	Crook	M	40	
525	118	00:49:16	Michael	Waite	M	40	

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Pos	No	Time	Forename	Surname	M/F	Cat	Club
526	687	00:49:17	Victoria	John	F	35	BRJ
527	623	00:49:24	Sian	Hollins	F	35	
528	422	00:49:26	Ben	Gooding	M		
529	420	00:49:26	Emma	Bissex	F		
530	421	00:49:26	Sally	Bissex	F		
531	559	00:49:28	Stuart	Dolbel	M	40	
532	120	00:49:32	Chris	Cook	M		
533	569	00:49:34	Rachel	Lord	M	40	
534	568	00:49:35	Mark	Herbert	M	40	
535	444	00:49:37	Gareth	Jospeh	M	45	Recovery Cymru
536	228	00:49:40	Rhian	Protheroe	F	40	
537	378	00:49:40	Gemma	Passmore	F		
538	594	00:49:41	Katie	Hilbourne	F		
539	18	00:49:56	Andrea	Goddfellow	F	40	
540	300	00:50:03	David	Parry	M		
541	229	00:50:04	Michael	Hall	M		
542	445	00:50:08	Robbie	Joseph	M	45	Recovery Cymru
543	283	00:50:10	Lorna	Perry	F	45	
544	356	00:50:11	Hayley	Price	F		
545	278	00:50:11	Leanne	Casley	F	40	
546	609	00:50:12	Andrew	Capel	M		
547	98	00:50:19	Sian	Lonergan	F	40	
548	750	00:50:20	Rose	Gunnell	F	19	
549	174	00:50:27	Gavin	Rogers	M		
550	529	00:50:29	Louise	Foster-Key	F		
551	346	00:50:33	Wendy	Jones	F	40	
552	331	00:50:33	Cheryl	Roberts	F	45	
553	552	00:50:36	Simon	Hudd	M	45	
554	146	00:50:37	Neil	Wheeler	M	40	Tata Steel
555	439	00:50:37	Sophie	Wheeler	F	19	
556	694	00:50:38	Ruth	Martin	F	55	Almost Athletes
557	432	00:50:43	Jonathan	Edwards	M	45	
558	391	00:50:48	Tara	Dunbar	F		
559	297	00:50:54	Marie-Claire	Hopkins	F	40	
560	184	00:51:04	Nicola	Westcott	F	40	
561	704	00:51:11	Gavin	Wood	M		
562	376	00:51:19	Francesca	Dickson	F		
563	719	00:51:19	Stephanie	Gill	F		
564	528	00:51:20	Kelly	Davies	F		
565	738	00:51:32	Emma	Davies	F		
566	442	00:51:34	Julie	Dunbar	F	50	
567	261	00:51:34	Neil	Hopcutt	M	50	
568	293	00:51:35	Stephen	McHugh	M	50	
569	106	00:51:50	Rahul	Jagdale	M		
570	160	00:51:57	Dean	Jobling	M		
571	161	00:51:57	Roger	Thomas	M		
572	69	00:52:11	Kelly-Jo	James	F		
573	244	00:52:34	Vicky	Greest	F	35	Womens Running Network
574	501	00:52:36	Tom	Price	M		Carling Boys
575	16	00:52:36	Hendry	Price	M	19	
576	114	00:52:41	Lee	Bennett	M		
577	724	00:52:48	Mark	Enoch	M	40	
578	717	00:52:48	Alun	Hoare	M	560	
579	570	00:52:50	Abigail	Shaw	F		
580	50	00:52:54	Rachel	Silver	F		
581	539	00:52:58	Fiona	Stevens	F		
582	531	00:52:58	Gerard	Pitt	M		
583	561	00:53:02	Joan	Jones	F	55	
584	465	00:53:07	Paul	Roberts	M		
585	728	00:53:11	Helen	McTavish	F	45	
586	154	00:53:30	Angharad	Johnson	F		
587	722	00:53:35	Audra	Maio	F	40	Outdoor Fitness
588	604	00:53:37	Helen	Renchetti	F	35	
589	133	00:53:47	Philip	Bridges	M		
590	410	00:53:49	Mohammed	Dabab	M		
591	237	00:53:54	Gemma	Hill	F		
592	192	00:54:00	Darren	Phillips	M		
593	88	00:54:02	Katrina	Tyalar	F	35	
594	464	00:54:20	Joanne	Jones	F	35	
595	112	00:54:23	Steve	Easton	M	45	
596	654	00:54:28	Karen	Ceeney	M	50	Lliswerry Runners
597	37	00:55:23	Tina	Lloyd	F	45	
598	58	00:55:38	Sarah	Lund	F		
599	99	00:55:45	Olivia	Lonergan	F	19	
600	121	00:56:01	Kush	Pardesi	M		

2011 Tata Steel Cardiff Bay 5

Pos	No	Time	Forename	Surname	M/F	Cat	Club
601	204	00:56:01	Andrew	Osborne	M	45	Tata Steel
602	368	00:56:02	Gregory	Cope	F		
603	150	00:56:22	Nathalie	Defrance	F		
604	224	00:56:31	David	Hill	M		
605	243	00:56:31	Christine	Smith	F	55	
606	693	00:56:52	Dawn	Booth	F		
607	692	00:56:53	Alice	Phillips	F	35	
608	672	00:57:14	Alison	Jones	F	45	Celtic Tri
609	674	00:57:14	Brian	Jones	M	40	Celtic Tri
610	735	00:57:28	Darren	Massey	M		
611	30	00:57:47	Samantha	Vogel	F	40	
612	249	00:57:54	Karina	Hicks	F		
613	326	00:57:54	Alex	Hicks	M		
614	290	00:57:55	Paty	Wysom	F	55	
615	292	00:58:14	Mary	Jones	F	40	
616	630	00:58:14	Emma	Davies	F	35	
617	11	00:58:35	Georgia	Morgan	F	19	
618	403	00:58:36	Greg	Dix	M	40	
619	402	00:58:36	Tanya	Dix	F	40	
620	44	00:58:36	Ally	Forbes	F		
621	725	00:58:38	Rhiannon	Griffiths	M	19	
622	13	00:58:40	Jemma	Jones	F		
623	74	00:58:46	Glenda	Thomas	F	40	
624	359	00:58:58	Lisa	Bellchambers	F		Womens Running Network
625	485	00:59:43	Janine	Johnson	F		
626	280	00:59:51	Jackie	Williams	F	35	
627	541	01:00:35	Scott	Burton	M		
628	586	01:00:36	Leanne	Freeman	F	35	
629	590	01:00:36	Joanna	Harding	F	40	Outdoor Fitness
630	9	01:00:52	Michael	Lewis	M		
631	8	01:00:52	Andy	Edwards	M		
632	10	01:00:52	Angie	mandeville	F		
633	635	01:01:11	Nicole	Samuel	F	19	
634	721	01:01:37	Erica	Hoare	F		
635	710	01:01:38	Maria	Rees	F	40	
636	54	01:01:54	Leighanne	Heaysman	F		
637	53	01:01:54	Adam	Ambridge	M		
638	746	01:02:09	Pamela	Walker	F	40	
639	747	01:02:10	Martin	Walker	M	50	
640	86	01:02:50	Sara	Gresko	F		
641	631	01:03:29	Elizabeth	Connolly	F	45	
642	399	01:04:35	Shree	Duke	M		
643	330	01:04:35	Rhian	Jones	M		
644	329	01:04:35	Karen	Mattick	F		
645	415	01:04:35	Amy	Byrne	F		
646	152	01:04:59	Nastaha	Smith	F		
647	379	01:05:00	Susan	Burton	F		
648	41	01:05:00	Kate	Whitworth	F		
649	49	01:05:42	Ruth	Silver	F	55	
650	691	01:05:55	Naomi	Somers	F	55	
651	690	01:05:55	Suzane	Hazell	F	60	
652	707	01:14:41	Joanna	Hartley	F		
653	153	01:14:42	Heeren	Patel	M		
654	744	01:26:59	Hilary	Coombes	F	55	
655	484	01:26:59	Frances	Johnson	F		