

2012 Tata Cardiff Bay 5

09 May 2012

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
1	0:25:38	3	Marc Hobbs	M		Swansea Harriers	1	0:25:38
2	0:25:49	405	Chris Carpanini	M		Newport Harriers	2	0:25:48
3	0:26:51	6	Arfon Humphries	M		Swansea Harriers	3	0:26:51
4	0:27:03	470	Guy Smith	M		Swansea Harriers	4	0:27:03
5	0:27:18	198	Luke Moghaddas-Davies	M		Cardiff Triathlon	6	0:27:18
6	0:27:20	471	Stefan Simms	M	40	Fairwater Runners	5	0:27:17
7	0:28:02	1	Martin Rees	M	55	Swansea Harriers	7	0:28:02
8	0:28:20	4	Andrea Whitcombe	F	40	Swansea Harriers	8	0:28:21
9	0:28:30	542	Daniel Bodman	M		Pontypridd Roadents	9	0:28:29
10	0:28:52	100	Stephen Shields	M		San Domenico	10	0:28:51
11	0:29:06	112	Oliver Williams	M		San Domenico	11	0:29:06
12	0:29:12	376	Stephen Thomas	M	40	Islwyn Running Club	12	0:29:12
13	0:29:15	704	Elsidig Ibrahim	M	40	Cardiff AAC	13	0:29:15
14	0:29:17	453	Richard Wilder	M		San Domenico	14	0:29:17
15	0:29:49	436	Bernd Kulesa	M	40	3Ms	15	0:29:48
16	0:29:50	442	Mickey Havard	M	45	San Domenico	16	0:29:49
17	0:29:54	158	Richard Greaves	M			17	0:29:52
18	0:29:57	160	Andy Gardiner	M		South Wales Police AC	18	0:29:55
19	0:30:00	5	Holly Lawrence	F			19	0:30:00
20	0:30:12	134	Rory O'Neill	M		Clapham Chasers RC	20	0:30:12
21	0:30:40	476	Stuart Wadlow	M		Outdoor Fitness	21	0:30:39
22	0:30:54	402	Daniel Miles	M		Cardiff Triathletes	22	0:30:52
23	0:31:01	399	Peter Croall	M			23	0:30:58
24	0:31:05	462	Nigel Barnes	M	45		24	0:31:03
25	0:31:10	339	Gary Brown	M		Penarth & Dinas Runners	25	0:31:05
26	0:31:14	378	Andrew Dwyer	M	40		26	0:31:10
27	0:31:17	174	Clem Clement	M	50	Penarth & Dinas Runners	27	0:31:14
28	0:31:20	465	Tyrone Fowler	M		Newport Harriers	28	0:31:18
29	0:31:24	277	Phil Bristow	M	50	San Domenico	29	0:31:22
30	0:31:25	452	Sally Wilder	F		San Domenico	30	0:31:24
31	0:31:56	162	Paul Sperrin	M	50	Bitton Road Runners	31	0:31:53
32	0:31:58	663	Mark Owen	M	45	NEWT	33	0:31:54
33	0:32:04	487	Robert Davies	M	40	Islwyn Running Club	32	0:31:54
34	0:32:06	179	Jeffrey Allan Cox	M	45	San Domenico	34	0:32:06
35	0:32:13	32	John Lloyd	M	45		35	0:32:07
36	0:32:17	593	Alun Evans	M	45		37	0:32:15
37	0:32:23	308	Ceri Griffiths	M	45	Brackla Harriers	36	0:32:14
38	0:32:24	409	Mitchell Bucklnad	M			39	0:32:21
39	0:32:24	313	Graham Bond	M	45		38	0:32:21
40	0:32:36	427	Kevin A Jones	M	45	Vegan Runners UK	41	0:32:33
41	0:32:38	190	Alistair Wood	M	40	San Domenico	40	0:32:33
42	0:32:43	467	Hannah McBrown	F		Outdoor Fitness	42	0:32:38
43	0:32:52	119	Christopher Nellins	M	55	Penarth & Dinas Runners	45	0:32:47
44	0:32:57	391	Gareth Swann	M			44	0:32:46
45	0:32:58	137	Marc Johnson	M			43	0:32:46
46	0:33:04	520	Simon Bird	M			46	0:32:47
47	0:33:17	303	John Diffey	M	45	San Domenico	48	0:33:14
48	0:33:27	432	John Davies	M	55		50	0:33:23
49	0:33:28	161	Mark Loosemore	M	40		51	0:33:26
50	0:33:29	104	Brian Dias	M		Cardiff AAC	52	0:33:28
51	0:33:29	480	Brendan Jones	M	40	Les Croupiers	49	0:33:22
52	0:33:34	435	Michael Lewis	M			55	0:33:32
53	0:33:38	93	Cedric David	M		Vegan Runners UK	53	0:33:30
54	0:33:45	235	Ronald Morris	M	60	San Domenico	57	0:33:43
55	0:33:45	499	Nathan Price	M			56	0:33:43
56	0:33:48	636	Tom Duck	M			54	0:33:31
57	0:34:05	165	Howard Owen	M			47	0:33:10
58	0:34:08	410	Jacqueline Brace	F	50	Bridgend AC	59	0:34:08
59	0:34:13	623	Philip Davies	M	50	CRP	58	0:34:03
60	0:34:15	342	Jon Belcher	M			60	0:34:11
61	0:34:20	287	Mark Horsman	M		Outdoor Fitness	61	0:34:12
62	0:34:22	503	Jihad Dabab	M		Butetown Runners	62	0:34:16
63	0:34:29	665	Jason Griffiths	M	40	Tatasteel Multisport	66	0:34:26
64	0:34:34	485	Kim Webster	M	50	Islwyn Running Club	65	0:34:24
65	0:34:34	240	Adam Morton	M			69	0:34:31
66	0:34:36	662	Richie Hart	M	45	Tatasteel Multisport	64	0:34:19
67	0:34:38	353	Marcus Yarlett-Coles	M		Les Croupiers	68	0:34:28
68	0:34:40	381	James Foulkes-Nock	M			70	0:34:34
69	0:34:42	550	Richard Laydon	M			63	0:34:19
70	0:34:43	282	John Magee	M		Les Croupiers	67	0:34:27
71	0:34:44	204	Peter Curran	M	45		73	0:34:39
72	0:34:47	163	David Goodall	M	55		72	0:34:39
73	0:34:47	317	Philip Read	M			75	0:34:43
74	0:34:48	199	Tony Sudworth	M	50		74	0:34:42
75	0:34:50	454	Warren jackson-Hookins	M		Gosport RR	71	0:34:37

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Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
76	0:34:52	310	Laura Edwards	F			76	0:34:44
77	0:34:55	324	Simon Gill	M			78	0:34:51
78	0:34:55	356	Sarah Lauder	F			79	0:34:51
79	0:34:56	43	Wayne Stewart	M	45		77	0:34:44
80	0:35:00	469	Shaun Davies	M			80	0:34:56
81	0:35:03	589	Chris Slight	M			81	0:34:58
82	0:35:08	370	Jonathan Chadwick	M			85	0:35:07
83	0:35:10	510	Ben Sykes	M			83	0:35:05
84	0:35:10	386	David Thomas	M	45	Outdoor Fitness	82	0:35:00
85	0:35:12	135	Richard Baker	M			86	0:35:07
86	0:35:16	468	Terry Caveney	M	50	Les Croupiers	87	0:35:09
87	0:35:19	21	Paul Dibble	M	55		89	0:35:17
88	0:35:20	146	Philip Leavy	M			84	0:35:05
89	0:35:21	463	Lisa Cleary	F	45	Penarth & Dinas Runners	88	0:35:14
90	0:35:26	331	Richard Jones	M		Cornelly Striders	91	0:35:20
91	0:35:34	507	Sharon Ford	F	40	Porthcawl Runners	93	0:35:27
92	0:35:37	131	Wendy Owen	F	40	San Domenico	94	0:35:34
93	0:35:42	486	James Delaney	M	55	San Domenico	95	0:35:39
94	0:35:42	627	Matthew Bridgeman	M			92	0:35:26
95	0:35:45	642	Charles Stevenson	M			90	0:35:19
96	0:36:01	94	Nick Day	M			98	0:35:57
97	0:36:06	708	Michael Healey	M			96	0:35:49
98	0:36:10	576	Jon James	M	40		99	0:36:05
99	0:36:11	513	Steve Goodfellow	M	45	Penarth & Dinas Runners	102	0:36:06
100	0:36:14	472	Malcolm Bradley	M			101	0:36:05
101	0:36:15	590	Carl Edwards	M	40	Pontypridd Roadents	104	0:36:09
102	0:36:15	449	Dean Cox	M			97	0:35:56
103	0:36:19	247	Terry O'Brien	F	55		103	0:36:06
104	0:36:19	441	Grant Burrows	M	40		105	0:36:16
105	0:36:25	641	John Thomas	M	45	Chepstow Harriers	106	0:36:20
106	0:36:28	444	Andy Davies	M	45	Pontypridd Roadents	107	0:36:21
107	0:36:30	207	Andrea Hurman	F	45	Penarth & Dinas Runners	108	0:36:23
108	0:36:37	610	Adam Purchase	M		CRP	100	0:36:05
109	0:36:38	644	Simon Youett	M			109	0:36:31
110	0:36:49	206	Stephen Owen	M	50	Les Croupiers	110	0:36:34
111	0:36:55	115	Mike Pritchard	M	55		113	0:36:46
112	0:36:59	500	John Owen	M			116	0:36:56
113	0:37:01	304	David Lewis	M			111	0:36:44
114	0:37:13	314	Ffion Davies	F		Pontypridd Roadents	118	0:37:07
115	0:37:17	451	Richard Jackson-Hookins	M			117	0:37:03
116	0:37:20	362	Rebecca Williams	F		Outdoor Fitness	120	0:37:12
117	0:37:22	524	James Blackmore	M		Bridport Runners	122	0:37:16
118	0:37:23	246	Richard French	M	50		123	0:37:21
119	0:37:24	630	Gareth Williams	M		Magent 3 Peaks Men	112	0:36:46
120	0:37:24	203	Stephen Cray	M	50		114	0:36:53
121	0:37:29	91	Joshua Davies	M		Penarth & Dinas Runners	125	0:37:22
122	0:37:31	502	Gary Bowen-Thomson	M	40	Outdoor Fitness	124	0:37:21
123	0:37:33	333	Ashley Young	M			127	0:37:31
124	0:37:36	250	Philip John	M			130	0:37:33
125	0:37:37	117	Alexander Garrod	M			128	0:37:31
126	0:37:37	318	Christopher Mogg	M	40		129	0:37:32
127	0:37:38	624	Gareth Poston	M		CRP	126	0:37:28
128	0:37:42	2	Andrew Cleverley	M	45	Outdoor Fitness	132	0:37:35
129	0:37:44	273	Joanne Skilton	F	50	San Domenico	131	0:37:34
130	0:37:45	296	Helen Mann	F			119	0:37:10
131	0:37:45	633	Gareth Fairie	M			115	0:36:55
132	0:37:50	475	Emma Williams	F			121	0:37:14
133	0:37:59	570	Ben Maunder	M			133	0:37:51
134	0:38:14	466	Vicky Beech	F			136	0:38:09
135	0:38:14	595	Jonathan Mansell	M			135	0:37:59
136	0:38:17	428	Mike Green	M	40	Les Croupiers	140	0:38:15
137	0:38:18	257	Simon Westlake	M	45		139	0:38:14
138	0:38:22	519	Jack Hayward	M			142	0:38:15
139	0:38:25	525	Dan Whitehall	M			137	0:38:10
140	0:38:26	157	Craig Evans	M			141	0:38:15
141	0:38:26	591	Jan Edwards	F	40	Pontypridd Roadents	144	0:38:18
142	0:38:28	443	Alun Wood	M			148	0:38:23
143	0:38:30	212	Liam Davies	M	50	Fetch Everyone	145	0:38:19
144	0:38:31	394	Adam Wardle	M		Cardiff Triathletes	146	0:38:23
145	0:38:36	477	Nicola Thomas	F	45	Porthcawl Runners	143	0:38:18
146	0:38:36	181	Leigh Stimpson	M	40		134	0:37:54
147	0:38:36	528	Hiroko Tagahira	F	35	Cardiff Triathletes	150	0:38:27
148	0:38:41	358	Nigel Foulkes-Nock	M	40		149	0:38:26
149	0:38:45	45	Henk Van Twillert	M			151	0:38:31
150	0:38:50	113	Tim Washbrook	M			154	0:38:38

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Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
151	0:38:53	325	Rachel Bowen	F			156	0:38:44
152	0:38:54	75	Dona Hen Price	M			161	0:38:52
153	0:38:55	445	Andrew Dunscombe	M	45	Pontypridd Roadents	153	0:38:36
154	0:38:57	625	Andrew Reynolds	M		CRP	147	0:38:23
155	0:39:00	337	Rita Kingdon	F		Whitchurch Village Vipers	157	0:38:47
156	0:39:02	316	Rebecca Milton	F			138	0:38:12
157	0:39:02	87	Boo Sam Price	M			167	0:39:00
158	0:39:03	396	Tony Harvey	M			155	0:38:39
159	0:39:03	92	Rachel Harriss	F		Penarth & Dinas Runners	165	0:38:55
160	0:39:05	84	Belis Price	M			168	0:39:04
161	0:39:05	156	Owen Pearse	M			152	0:38:34
162	0:39:09	448	Ryan Evans	M			159	0:38:50
163	0:39:10	281	Ross Flanigan	M	40		166	0:38:59
164	0:39:16	141	Ian Thorne	M	40		172	0:39:07
165	0:39:19	193	Gareth Snook	M	50	British Airways AC	177	0:39:13
166	0:39:19	242	Lowri Newman	F	40		173	0:39:07
167	0:39:21	166	Stephen Wood	M		Pegasus RC	170	0:39:06
168	0:39:21	439	David Hutchinson	M	45		169	0:39:05
169	0:39:22	275	Gareth Lewis	M			158	0:38:47
170	0:39:24	484	Ruth Treherne	F	45	Islwyn Running Club	176	0:39:13
171	0:39:25	218	Brian Greaves	M	55		171	0:39:06
172	0:39:29	17	Lyn Thomas	M			163	0:38:53
173	0:39:29	18	Nancy Thomas	F			162	0:38:52
174	0:39:30	546	Lou Quinn	M			164	0:38:53
175	0:39:30	640	Alan Hall	M			160	0:38:52
176	0:39:31	143	Emily Luke	F		Penarth & Dinas Runners	180	0:39:23
177	0:39:32	187	Dave Ott	M	45	Penarth & Dinas Runners	175	0:39:13
178	0:39:40	109	David Hebbes	M	60		174	0:39:10
179	0:39:44	37	Rebecca Watts	F			178	0:39:14
180	0:39:48	658	Stephen Hughes	M	40	CRP	179	0:39:15
181	0:39:51	584	Robert Smith	M	50		181	0:39:25
182	0:39:57	25	Yvonne Williams	F	55	Penarth & Dinas Runners	188	0:39:49
183	0:39:58	571	Kerry Withan	F	40		185	0:39:37
184	0:40:00	664	Anthony Batts	M	40		189	0:39:54
185	0:40:01	29	Geraint Williams	F			184	0:39:35
186	0:40:03	65	Angharad Evans	F	35		183	0:39:33
187	0:40:03	457	Chris Pollock	M	45		182	0:39:30
188	0:40:04	532	Lawrence Leek	M			193	0:40:00
189	0:40:06	73	Helen Watkinson	F		Vegan Runners UK	192	0:39:59
190	0:40:12	583	Astrid Nunn	F			195	0:40:00
191	0:40:13	315	Catrin Davies	F		Pontypridd Roadents	201	0:40:08
192	0:40:13	647	James Peplee-Williams	M			187	0:39:48
193	0:40:14	464	Gareth Jenkins	M			186	0:39:48
194	0:40:15	147	Timothy Brice	M			199	0:40:05
195	0:40:17	429	Keri-Lyn Jones	F	40	Ebbw Vale	202	0:40:09
196	0:40:22	111	Wayne Edmond	M	60		196	0:40:02
197	0:40:24	80	Fiona Rutherford	F	40		190	0:39:55
198	0:40:33	561	Allan Davies	M			198	0:40:05
199	0:40:36	188	Eleanor Johnson	F			206	0:40:23
200	0:40:37	615	Nicky Hamlyn	M			194	0:40:00
201	0:40:38	322	Sally Martin	F			197	0:40:03
202	0:40:43	620	Ben Burggraap	M			204	0:40:16
203	0:40:44	651	Adam Fletcher	M			210	0:40:33
204	0:40:45	493	Kelly Waite	F		Islwyn Running Club	211	0:40:34
205	0:40:46	650	Rhys Gladwyn	M	40		208	0:40:33
206	0:40:47	646	Jenny Rose	F			205	0:40:17
207	0:40:49	635	Andrew Mein	M			209	0:40:33
208	0:40:49	496	Nathan Price	M			216	0:40:47
209	0:40:52	505	Scott Morgan	M	45		200	0:40:07
210	0:40:55	302	Romana Maine	F	55	Porthcawl Runners	203	0:40:11
211	0:40:58	518	Grant Maunder	M	40		191	0:39:58
212	0:41:00	398	Rhodri Lord	M			215	0:40:45
213	0:41:01	440	Amanda Barrington	F	45	Penarth & Dinas Runners	218	0:40:53
214	0:41:02	230	William Davies	M			207	0:40:25
215	0:41:03	517	Monty Lee	M			221	0:41:02
216	0:41:04	332	Jeremy Isaac	M	45		213	0:40:43
217	0:41:04	249	Rachel Biggar	F			214	0:40:44
218	0:41:05	365	Leah Perkins	F			219	0:40:58
219	0:41:23	395	Luke Heslop	M			212	0:40:38
220	0:41:25	434	Brinley Aherne	M			226	0:41:11
221	0:41:27	155	Zoe Sperrin	F			220	0:40:59
222	0:41:34	243	Jessica Element	F			224	0:41:08
223	0:41:34	38	Phillip Watts	M			222	0:41:04
224	0:41:35	425	Jane Blethyn	F	55	Women Running Penarth	228	0:41:19
225	0:41:36	577	Caroline Jones	F			233	0:41:31

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Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
226	0:41:38	585	Keith Parsons	M	50		217	0:40:51
227	0:41:40	251	Nicola Martin	F			230	0:41:28
228	0:41:41	352	Alexandra Otley	M			223	0:41:06
229	0:41:43	220	Martin Fido	M	40		229	0:41:21
230	0:41:46	383	Peter Young	M	60		235	0:41:35
231	0:41:46	397	Claire Maksimovic	F			225	0:41:09
232	0:41:47	649	Paul Davies	M			227	0:41:16
233	0:41:51	544	Sarah Dodd	F	35		234	0:41:34
234	0:41:52	149	Christopher Beynon	M			231	0:41:28
235	0:41:53	543	Kim Phelps	F			241	0:41:44
236	0:41:57	551	Anthony Carzana	M			232	0:41:30
237	0:41:57	438	Marc Jones	M			239	0:41:42
238	0:42:03	213	Annette Davies	F	50	Fetch Everyone	245	0:41:47
239	0:42:04	139	Beverley Warburton	F	50		248	0:41:53
240	0:42:04	567	Simon Williams	M	45		250	0:42:00
241	0:42:04	323	David Crandon	M	45		247	0:41:52
242	0:42:05	245	Julie Edwards	F			236	0:41:38
243	0:42:07	461	Dafydd Brown	M	40		238	0:41:40
244	0:42:07	411	Colwyn Price	M	40		254	0:42:06
245	0:42:12	707	Robert George	M	45		246	0:41:52
246	0:42:13	372	Pankaj Bakshi	M	55		243	0:41:45
247	0:42:17	236	Phil Huckle	M	50		258	0:42:11
248	0:42:18	197	Bernadette Wilkinson	F	45	San Domenico	251	0:42:02
249	0:42:21	592	Ross Owen	M			244	0:41:45
250	0:42:22	185	Lisa Cousins	F	40		256	0:42:07
251	0:42:24	354	David Evans	M	40		237	0:41:40
252	0:42:27	706	Lawrence Burton	M			263	0:42:23
253	0:42:29	631	Vaughan Jones	M			240	0:41:42
254	0:42:30	568	Lee Butcher	M			262	0:42:22
255	0:42:31	648	Christopher Williams	M			255	0:42:06
256	0:42:33	387	Ruth Thomas	F	45	Outdoor Fitness	264	0:42:24
257	0:42:36	563	Jerry Connors	M			271	0:42:35
258	0:42:37	406	Gareth Thompson	M			249	0:41:57
259	0:42:40	529	Andrew Williams	M			270	0:42:35
260	0:42:43	276	Andrew Ott	M		Penarth & Dinas Runners	267	0:42:25
261	0:42:44	223	Mark Davies	M	45		257	0:42:10
262	0:42:44	660	Alys Carlisle	F	40	Tatasteel Multisport	260	0:42:16
263	0:42:46	335	Helen Peake	F			252	0:42:05
264	0:42:46	334	Gareth Peake	M			253	0:42:05
265	0:42:48	292	Sara Davies	F	45		261	0:42:17
266	0:42:49	594	Shane Lee	M			275	0:42:47
267	0:42:54	347	Kim Williams	M	50		265	0:42:24
268	0:42:55	541	Richard Davies	M	45		273	0:42:38
269	0:42:57	573	Stuart Dolbel	M	40		277	0:42:54
270	0:42:57	515	Claire Dale	F	35		259	0:42:14
271	0:42:59	233	Kim Fung	M	55		276	0:42:50
272	0:42:59	565	Tom Connors	M			280	0:42:58
273	0:43:00	300	Kerry Pellatt	F	35		268	0:42:27
274	0:43:04	51	Claire Jenkins	F			269	0:42:31
275	0:43:10	412	David Soar	M			266	0:42:25
276	0:43:12	473	Anne Wendt	F		Penarth & Dinas Runners	274	0:42:39
277	0:43:14	101	Alison Kibblewhite	F	40		281	0:43:01
278	0:43:15	64	Aeron Rees	M			282	0:43:01
279	0:43:17	183	Adrian Hayward	M	40		272	0:42:36
280	0:43:22	293	Martin Jones	M			285	0:43:10
281	0:43:22	344	Stuart Pugh	M			278	0:42:55
282	0:43:23	268	David Jones	M	45		279	0:42:57
283	0:43:24	653	Dean Vincent	M			287	0:43:14
284	0:43:30	132	Angharad Danter	F	35		289	0:43:18
285	0:43:31	392	Sian Edwards	F	40		288	0:43:17
286	0:43:32	19	Danielle Rayner	F		Penarth & Dinas Runners	290	0:43:26
287	0:43:35	552	Anthony Howells	M			242	0:41:45
288	0:43:36	607	Andrew Hodgson	M	50		284	0:43:02
289	0:43:38	483	Jeff Stephens	M	40		293	0:43:31
290	0:43:47	511	Matthew Harris	M	45		283	0:43:01
291	0:43:47	654	Andrew Williams	M	40		294	0:43:37
292	0:43:53	176	Ian John Warner	M	50		286	0:43:14
293	0:44:00	35	Martin Williams	M			300	0:43:50
294	0:44:04	126	Rhys Steel	M			292	0:43:30
295	0:44:04	549	Shaun Wilcox	M			291	0:43:28
296	0:44:07	574	Nigel Thompson	M	40		303	0:44:04
297	0:44:09	321	John Martin	M	50		295	0:43:37
298	0:44:10	103	Geoff Ogden	M	40		296	0:43:44
299	0:44:11	171	Peter Regan	M	45		297	0:43:45
300	0:44:17	459	Ronnie Connors	M			307	0:44:16

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Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
301	0:44:21	70	Rachel Phillips	F	40		301	0:43:53
302	0:44:24	89	Albert Price	M			310	0:44:23
303	0:44:31	327	Ben Shreeve	M			298	0:43:47
304	0:44:32	330	John O'Shea	M	55	Les Croupiers	299	0:43:48
305	0:44:34	548	Tom Quinn	M			302	0:43:59
306	0:44:35	90	Tim Barker	M	40		309	0:44:19
307	0:44:35	152	Bethan Jones	F	35		304	0:44:07
308	0:44:37	725	Stephen Connors	M			306	0:44:09
309	0:44:43	58	Tom Price	M			315	0:44:43
310	0:44:49	609	John Martin	M	40	CRP	308	0:44:17
311	0:44:50	14	Gavin Owen	M			314	0:44:38
312	0:44:53	244	Ben Edawrds	M			311	0:44:25
313	0:44:54	632	Darren Hall	M		Concast (Graham Rolounds Team)	305	0:44:07
314	0:44:59	150	James Doyle	M			313	0:44:35
315	0:45:01	498	Trinity Price	F			320	0:45:00
316	0:45:04	458	Simey Connors	M			321	0:45:01
317	0:45:10	530	Michael Hillard	M			324	0:45:05
318	0:45:14	189	Paul Sydenham	M	55		317	0:44:53
319	0:45:14	241	Nigel Thomas	M	55		318	0:44:53
320	0:45:17	596	Kiel einiak	M			316	0:44:47
321	0:45:21	88	Bill Price	M			331	0:45:19
322	0:45:26	279	Andrew Champion	M	40		312	0:44:34
323	0:45:28	175	Janice Clement	F	50	Penarth & Dinas Runners	319	0:44:54
324	0:45:31	24	Gareth Anderson	M			325	0:45:07
325	0:45:37	512	Andrea Goodfellow	M	40	Women Running Penarth	326	0:45:11
326	0:45:37	291	Caroline Hayhurst	F	35		332	0:45:24
327	0:45:37	224	Heidy Davies	F	45		323	0:45:03
328	0:45:38	361	Caroline Facey	F	50		329	0:45:13
329	0:45:38	360	Kathryn Hourihane	F	35		327	0:45:13
330	0:45:40	169	Samantha Tarling	F			322	0:45:01
331	0:45:51	85	Kelly Owen	F			340	0:45:51
332	0:45:53	319	Andrew Herbert	M			328	0:45:13
333	0:45:54	407	Verinia Thomas	F		Wrekin Road Runners	334	0:45:34
334	0:45:59	266	Andrew Gallego	M			330	0:45:13
335	0:46:04	326	Suzanne Hoare	F			345	0:46:00
336	0:46:09	67	Jen Morris	F			344	0:45:59
337	0:46:09	195	Ian Peal	M	40		337	0:45:46
338	0:46:11	421	Amanda Thompson	F	50	Les Croupiers	349	0:46:07
339	0:46:12	612	Heather Rowland	F			335	0:45:35
340	0:46:12	562	Andrew Hermolle	M	45		342	0:45:58
341	0:46:12	634	Eilish Perkins	F	40		346	0:46:01
342	0:46:12	69	Ceri Parsons	F	45		343	0:45:59
343	0:46:14	426	Michelle Rivett	F	40	Les Croupiers	333	0:45:30
344	0:46:17	504	Nathan Thomas	M			350	0:46:09
345	0:46:20	605	Verity Watson	F			336	0:45:41
346	0:46:21	474	Clare O'Reilly	F		Penarth & Dinas Runners	338	0:45:48
347	0:46:24	79	Nia Thomas	F			353	0:46:18
348	0:46:32	450	Albert Price	M			355	0:46:30
349	0:46:34	216	David Randall	M	45		351	0:46:14
350	0:46:35	545	Karen Phillips	F	45		339	0:45:51
351	0:46:36	614	Gayle Budden	F			352	0:46:17
352	0:46:36	424	Simon Hudd	M	40		341	0:45:56
353	0:46:37	433	Manohar Singh	M	45		348	0:46:06
354	0:46:46	655	Malcolm Boyles	M	50		347	0:46:01
355	0:46:49	61	Jennifer Van Twillert	F			356	0:46:33
356	0:46:56	703	Jason Wood	M			354	0:46:29
357	0:47:03	437	Mike Macklin	M	55		359	0:46:40
358	0:47:03	702	Karna Wood	F			358	0:46:37
359	0:47:06	63	Marc Evans	M			357	0:46:35
360	0:47:07	531	Jonathan Ford	M			367	0:47:02
361	0:47:12	626	James Raleigh	M		CRP	363	0:46:56
362	0:47:17	351	Ashley Skidmore	M			360	0:46:49
363	0:47:23	446	Tom Jones	M			369	0:47:23
364	0:47:24	125	Ricahrd Jones	M			361	0:46:49
365	0:47:25	621	Paul Mason	M	45	CRP	362	0:46:53
366	0:47:27	422	Susan Smith	F	45	Penarth & Dinas Runners	365	0:46:57
367	0:47:28	286	Lisa Parry	F	35		368	0:47:02
368	0:47:33	285	Kay Nellins	F	55	Women Running Penarth	366	0:47:00
369	0:47:37	46	Anthony Nicholas	M	45		364	0:46:57
370	0:47:38	12	Allan Crawford	M	40		370	0:47:30
371	0:47:50	514	Tom Lee	M			374	0:47:47
372	0:47:52	59	Mik Price	M			377	0:47:52
373	0:47:52	404	Michael Fowler	M			371	0:47:41
374	0:47:59	41	Emma Kirby	F			373	0:47:46
375	0:47:59	237	Owen Thomas	M			378	0:47:53

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Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
376	0:48:02	578	Runner 578	M			375	0:47:49
377	0:48:03	309	Runner 309	M			376	0:47:51
378	0:48:13	262	Julie Hunt	F	45		372	0:47:44
379	0:48:20	270	Helen Welch	F	40	Pontypridd Roadents	380	0:48:01
380	0:48:29	222	Anthony Hall	M	60		379	0:47:59
381	0:48:39	108	Rachel Davies	F	35		382	0:48:12
382	0:48:44	289	Rhys Bennett	M			385	0:48:20
383	0:48:47	661	Scott Turner	M		Tatasteel Multisport	383	0:48:17
384	0:48:56	72	Jason Grimes	M	40		389	0:48:43
385	0:48:59	27	Lyndon Griffiths	M	40		390	0:48:45
386	0:48:59	645	Nikhil Kumar	M			381	0:48:11
387	0:49:02	388	Sian Jones	F		Outdoor Fitness	384	0:48:18
388	0:49:05	306	Rachel Lord	F	45		387	0:48:41
389	0:49:05	307	Mari Herbert	F	45		388	0:48:42
390	0:49:09	456	Susan Phillips	F			391	0:48:49
391	0:49:10	366	Jane Lewis	F	40		392	0:48:50
392	0:49:13	611	Desmond Alford	M	40		386	0:48:40
393	0:49:17	726	Runner 726	M			397	0:49:06
394	0:49:26	99	Emily Smith	F			396	0:49:02
395	0:49:30	301	Gerry O'Neill	M	60		399	0:49:18
396	0:49:30	214	Julie Kemp	F	45	Womens Running Network	398	0:49:10
397	0:49:30	151	William Burge	M			393	0:48:50
398	0:49:33	501	Gary Buckland	M			400	0:49:18
399	0:49:37	98	Joanne Allen	F	40	Shropshire shufflers	394	0:48:57
400	0:49:38	172	Jemma Thomas	F			395	0:49:01
401	0:49:40	295	Anthony Carzana	M	60	Pegasus RC	402	0:49:37
402	0:49:51	572	Sarah Hancock	F			401	0:49:29
403	0:50:09	506	Joanne Hill	F			413	0:50:01
404	0:50:09	382	Mary Donnelly	F	45		412	0:50:01
405	0:50:17	144	David Cook	M	40		414	0:50:01
406	0:50:20	581	Martine Welsh	F	40		407	0:49:52
407	0:50:21	136	Mandi Delar	F			403	0:49:38
408	0:50:21	145	Kay Evans	F			408	0:49:52
409	0:50:23	495	Briony Worthington-Jones	M			411	0:49:59
410	0:50:24	494	Paul Hossack	M			410	0:49:58
411	0:50:26	36	Samantha Cope	F			405	0:49:48
412	0:50:26	168	Neil Price	M	60		404	0:49:42
413	0:50:26	114	Nigel Cope	F	55		406	0:49:49
414	0:50:32	26	Andrew Beacon	M	40		415	0:50:03
415	0:50:34	164	Lyndon Clarke	M			409	0:49:52
416	0:50:44	271	Jess Bowen	F			417	0:50:11
417	0:50:50	305	Diane Potter	F	45		418	0:50:12
418	0:50:52	521	John Cribb	M	55		416	0:50:06
419	0:50:57	177	Kate Owen	F	40		420	0:50:16
420	0:50:57	455	Dan Mais	M			419	0:50:16
421	0:50:58	522	Karen Davies	F			421	0:50:24
422	0:50:58	173	Marie-Claire Hopkin	F	40	Dragons Running Club	422	0:50:24
423	0:51:04	431	Lynn Booth	F	50	Sole Sisters	424	0:50:45
424	0:51:09	128	Stephen Franks	M			423	0:50:34
425	0:51:21	408	Tracey Newman	F	40	Les Croupiers	425	0:50:55
426	0:51:21	348	Angela Manning	M	45		427	0:51:09
427	0:51:39	709	Jeanette Pearce	F	45		428	0:51:18
428	0:51:40	312	Carl Sealy	M			429	0:51:19
429	0:51:43	186	Leah Ott	F	40		426	0:50:57
430	0:51:50	229	Sarah Thomas	F			432	0:51:31
431	0:51:51	178	Tina Lloyd	F	45		430	0:51:27
432	0:51:52	167	Gerald Kemp	M	45		431	0:51:30
433	0:52:03	516	jane Roe	F	50		435	0:51:41
434	0:52:05	96	Jane Llewellyn	F	50		434	0:51:36
435	0:52:08	491	Michael Cassidy	M			439	0:52:08
436	0:52:09	523	Mennon McCarthy	F	40		433	0:51:34
437	0:52:12	106	Rosemary Williams	F	60		437	0:51:49
438	0:52:18	600	Gregory Gardner	M		CRP	436	0:51:47
439	0:52:44	547	Mel Davies	M			440	0:52:09
440	0:52:48	31	Abigail Shaw	F			441	0:52:25
441	0:52:52	47	Wayne Vincent	M	45		438	0:52:04
442	0:53:07	215	Lenn Judd	M	55		442	0:52:27
443	0:53:09	221	Angela O'Neill	M	50		444	0:52:44
444	0:53:11	278	Fiona Stevens	F	45		445	0:52:44
445	0:53:16	371	Rachel Lake	F		Outdoor Fitness	446	0:53:09
446	0:53:18	582	Tina Clifford	F	35		448	0:53:14
447	0:53:20	509	Rebecca Richards	F			447	0:53:14
448	0:53:21	534	Jack Theaker	M			443	0:52:43
449	0:53:26	564	William Connors	M	40		452	0:53:24
450	0:53:37	66	Julie Dunbar	F	50		450	0:53:16

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Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
451	0:53:37	11	Stephen Mchugh	M	50		449	0:53:16
452	0:53:38	208	Neil Hopcutt	M	50		451	0:53:17
453	0:53:40	22	Leanne Casley	F	40		453	0:53:27
454	0:54:07	194	Ruth Martin	F	55	Almost Athletes	454	0:53:35
455	0:54:20	533	Sam Barclay	M			455	0:53:41
456	0:54:40	253	Christina McMullen	F	45		456	0:54:17
457	0:54:49	210	Bruce Richards	M	45		457	0:54:21
458	0:54:51	329	Karina Simmonds	F			458	0:54:27
459	0:54:52	497	Brittany Price	F			462	0:54:51
460	0:55:01	613	Keith Garner	M	45		459	0:54:42
461	0:55:01	705	Lynnette Burton	F	55		467	0:54:57
462	0:55:12	460	Jerry Connors	M			469	0:55:11
463	0:55:21	205	Lysette Martin	F			464	0:54:51
464	0:55:21	258	Richard Dyble	M			465	0:54:52
465	0:55:29	368	Jayde Adams	F			463	0:54:51
466	0:55:31	102	Ceri Jones	F	45		461	0:54:49
467	0:55:33	328	Karen Phillips	F	45	Les Croupiers	460	0:54:48
468	0:55:36	508	Ceri-Anne Fidler	F			466	0:54:52
469	0:55:54	403	Sean Crockett	M	70		468	0:55:10
470	0:56:03	225	Albert Morgan	M	55		470	0:55:22
471	0:56:32	227	Andrew Mackian	M	55		472	0:56:13
472	0:56:37	616	Iana Gadzhieva	F			471	0:56:00
473	0:56:58	608	Jason Midwinter	M		CRP	473	0:56:26
474	0:57:10	566	Katie Connors	F			478	0:57:09
475	0:57:25	637	Claire Grainger	F			476	0:56:43
476	0:57:29	657	Maria Bradley	F	40		475	0:56:42
477	0:57:30	721	Sarah Passmore	F			474	0:56:42
478	0:57:31	320	Kay Holmes	F	50		481	0:57:10
479	0:57:33	393	David Parkhouse	M			477	0:56:49
480	0:57:33	597	Beverley Johns	F	40		482	0:57:19
481	0:57:59	272	Greg Cope	M			479	0:57:10
482	0:57:59	274	Rhys Thomas	F			480	0:57:10
483	0:58:30	526	Cathy Sampson	F	45		483	0:57:55
484	0:58:30	527	Caroline Havard	F	45		484	0:57:55
485	0:58:56	481	N Diamond	M	40		486	0:58:13
486	0:58:56	482	A Diamond	F	40		485	0:58:13
487	0:58:57	599	Fiona Campbell	F	35		488	0:58:41
488	0:58:57	598	Nick Pounder	M		Pontypridd Roadents	487	0:58:40
489	0:59:21	367	Sarah Morton	F			489	0:58:45
490	0:59:23	350	Stephanie Every	F	55	Sisters (North Bristol)	491	0:59:05
491	0:59:24	42	Jennifer John	F			490	0:59:02
492	0:59:43	159	Emma Doyle	F			493	0:59:18
493	0:59:46	364	Helga Rother-Simmonds	F	35		494	0:59:21
494	0:59:48	16	Carl Jones	M	40		492	0:59:05
495	1:00:07	232	Emma Wilson	F			495	0:59:23
496	1:00:11	701	Rachael Hetherway	F	35		496	0:59:39
497	1:05:05	430	Kim Williams	F	45	Sole Sisters	497	1:04:47
498	1:05:18	97	Rhonwen Edwards	M			498	1:04:58
499	1:05:18	95	Emma Williams	F			499	1:04:58
500	1:07:49	389	Victoria Milne	F			500	1:07:07
501	1:08:48	121	Elizabeth Williams	F	40		502	1:08:08
502	1:08:48	123	Rachel Evans	F	40		501	1:08:08
503	1:08:48	105	Stephanie Jenkins	F	40		503	1:08:10
504	1:09:12	283	Marian Brown	F			504	1:08:25
505	1:09:55	170	Will Hayes	M			505	1:09:24
506	1:10:16	601	Dean Magill	M			506	1:09:45
507	1:15:27	261	Beth Wilson	F			507	1:14:48
508	1:17:01	479	Carrie Jenkins	F			508	1:16:36
509	1:18:02	33	Nicholas Watkins	M			511	1:17:44
510	1:18:02	30	Jodie Wall	F			512	1:17:44
511	1:18:06	142	Michelle Milne	F			510	1:17:24
512	1:18:06	219	Amy Preen	F			509	1:17:24
513	1:18:53	373	Julia Young	F	45		513	1:18:05
514	1:18:54	341	Julie Budden	F			514	1:18:05
515	1:23:37	180	Beth Morgan	F			515	1:22:54
516	1:23:37	263	Katie Baines	F			517	1:22:54
517	1:23:37	226	Phillip Jenkins	M			516	1:22:54
518	1:27:18	336	Heather Handley	F			518	1:26:54
519	1:27:18	478	Nina Richards	F			519	1:26:54