

2012 Cardiff 10k

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
1	2975	00:29:50	Kevin	Heywood	M			1	00:29:49
2	38	00:29:52	Abdul	Aziz-Abdulrahman	M		Sudan	2	00:29:51
3	14	00:30:06	Dewi	Griffiths	M		Swansea Harriers	3	00:30:06
4	2	00:30:40	Phil	Wylie	M		Bristol & West AC	4	00:30:39
5	12	00:30:51	Martin	Whitehouse	M		Notts AC	5	00:30:51
6	33	00:31:00	Shaun	Antell	M		Bristol & West AC	6	00:31:00
7	9	00:31:01	Carwyn	Jones	M		Cardiff AAC	7	00:31:01
8	106	00:31:03	David	Roper	M		Cheltenham AC	8	00:31:03
9	27	00:31:04	Jack	Parslow	M		Dacorum	9	00:31:04
10	20	00:31:12	David	Mountford	M		Liverpool Harriers	10	00:31:11
11	11	00:31:26	Richard	Gardiner	M		Aberdare Valley AC	11	00:31:24
12	13	00:31:29	Stephen	Davies	M		Belgrave Harriers	12	00:31:29
13	23	00:31:33	Kevin	Rojas	M		Brighton & Hove City AC	13	00:31:32
14	22	00:31:46	Martyn	Bean	M		Brighton & Hove City AC	14	00:31:45
15	3187	00:31:50	Robert	Galt	M			15	00:31:49
16	4	00:31:57	Peter	Emase	M		Kenya	16	00:31:57
17	34	00:31:58	Matt	Blunden	M		Notts AC	17	00:31:57
18	1842	00:32:00	Iain	Quinn	M			18	00:31:59
19	8	00:32:19	Nat	Lane	M		Cardiff AAC	19	00:32:19
20	10	00:32:20	Michael	Kallenberg	M		Cardiff AAC	20	00:32:20
21	32	00:32:27	Howard	Bristow	M		Brighton & Hove City AC	21	00:32:26
22	44	00:32:31	Caryl	Jones	F		Swansea Harriers	22	00:32:28
23	29	00:32:37	Steven	Rees	M		Port Talbot	23	00:32:36
24	19	00:32:43	Joseph	Dalgleish	M		Stroud	24	00:32:42
25	18	00:32:57	Matt	Collins	M		Fairwater Runners	25	00:32:55
26	2538	00:33:11	David	Coales	M	40		26	00:33:09
27	26	00:33:12	Martin	Rees	M	55	Swansea Harriers	28	00:33:11
28	28	00:33:13	Jerome	Edwards	M		Les Croupiers	27	00:33:10
29	3218	00:33:27	Steve	Hebblethwaite	M			29	00:33:26
30	136	00:33:43	Darryll	Barnby	M		Fairwater Runners	30	00:33:41
31	17	00:33:53	Guy	Smith	M		Swansea Harriers	31	00:33:53
32	39	00:33:55	Elsidig	Ibrahim	M		Cardiff AAC	32	00:33:54
33	1035	00:33:58	Henry	Wright	M			33	00:33:54
34	3108	00:33:58	Stuart	Crees	M		Les Croupiers	34	00:33:56
35	2640	00:33:58	Peter	Coles	M	50	Pontypridd Roadents	35	00:33:58
36	6	00:34:00	Mark	Jennings	M		Fairwater Runners	36	00:33:59
37	4005	00:34:11	Emrys	Penny	M		The Noah's Ark Appeal	37	00:34:10
38	108	00:34:47	Daniel	Jones	M			38	00:34:46
39	3058	00:34:52	Oliver	Williams	M		San Domenico	39	00:34:50
40	49	00:34:52	Kate	Goodhead	F		Bristol & West AC	40	00:34:51
41	3230	00:34:59	Richard	Edwards	M			41	00:34:56
42	2639	00:35:01	Chris	Millington	M		San Domenico	42	00:34:59
43	3070	00:35:07	Ian	Davies	M			43	00:35:05
44	2646	00:35:11	Stephen	Thomas	M	40	Aberdare AC	44	00:35:11
45	3046	00:35:13	Dave	James	M	50	Les Croupiers	45	00:35:12
46	3706	00:35:18	William	New	M			46	00:35:15
47	3250	00:35:21	Tim	Lunnon	M		Brighton & Hove City AC	47	00:35:18
48	3493	00:35:23	Richard	Wilder	M		San Domenico	48	00:35:22
49	3220	00:35:26	Chris	Fulcher	M	45		49	00:35:26
50	2705	00:35:29	Chris	Harry	M	45	Lliswerry Runners	50	00:35:28
51	628	00:35:51	Dean	Johnston	M			51	00:35:49
52	61	00:35:53	Rob	Sage	M		Les Croupiers	52	00:35:52
53	2302	00:35:57	Alan	Davies	M	60		53	00:35:55
54	2092	00:36:02	Stuart	Wadlow	M			54	00:36:00
55	3010	00:36:03	Adam	Roberts	M			55	00:36:01
56	3079	00:36:09	Chris	Mallinson	M			56	00:36:07
57	3015	00:36:19	Eamonn	Kirk	M	40		57	00:36:16
58	2023	00:36:24	Gareth	Lynch	M		Les Croupiers	58	00:36:22
59	2455	00:36:27	Alistair	Lindsay	M	40	Wells City Harriers	60	00:36:25
60	46	00:36:27	Kate	Roberts	F		Bridgend AC	59	00:36:25
61	3459	00:36:31	Richard	Bullen	M	50	Les Croupiers	62	00:36:28
62	3463	00:36:35	Owen	Flage	M	40	Oldham Harriers	63	00:36:33
63	1741	00:36:36	Ashleigh	Harper	M			61	00:36:28
64	3745	00:36:39	Raul	Reismann	M			64	00:36:37
65	639	00:36:45	Jack	Corrigan	M			65	00:36:41
66	2653	00:36:50	Iwan	Jones	M		Coventry Godiva Harriers	67	00:36:48
67	2657	00:36:51	Joanna	Thompson	F	50	Team Bath AC	68	00:36:48
68	58	00:36:52	Martin	Williams	M	45	Les Croupiers	69	00:36:50
69	2051	00:36:53	Miles	Thomas	M			66	00:36:45
70	2126	00:36:54	Phillip	Kendrick	M		Brecon AC	70	00:36:52
71	629	00:36:57	Gareth	Green	M			71	00:36:54
72	2172	00:37:03	Royston	Whitehouse	M		Neath Harriers	72	00:37:01
73	2210	00:37:08	David	Vaudin	M	55		73	00:37:06
74	3019	00:37:10	David	Hodgins	M	40		74	00:37:06
75	3256	00:37:17	Lee	Morris	M		3M Road Runners	75	00:37:13
76	2458	00:37:19	Tom	Jeffery	M		Les Croupiers	77	00:37:18
77	817	00:37:23	Charles	Kaminaris	M			76	00:37:18
78	2600	00:37:25	Scott	Watkins	M			79	00:37:22
79	3137	00:37:27	Gary	Brown	M		Penarth & Dinas	78	00:37:20
80	3097	00:37:31	Amy	Wilkinson	F			82	00:37:29

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
81	3453	00:37:33	Andrew	Dwyer	M	40		81	00:37:28
82	3255	00:37:35	Georgia	Wood	F			83	00:37:33
83	1151	00:37:35	Daniel	Leigh	M			80	00:37:27
84	3050	00:37:38	Mark	Joyce	M		Les Croupiers	85	00:37:34
85	1081	00:37:40	Steve	Sanders	M			84	00:37:33
86	2797	00:37:44	Jenny	Carter	F	35		87	00:37:41
87	3438	00:37:45	Daniel	Triggs	M			86	00:37:36
88	1091	00:37:50	Wayne	Bowen	M			88	00:37:46
89	3722	00:37:51	Marc	Smerdon	M			89	00:37:46
90	2022	00:37:53	Clare	Phillips	F	40	Port Talbot	91	00:37:53
91	3497	00:37:57	Tom	Hutchison	M	55	Team Bath AC	92	00:37:55
92	631	00:38:00	Kevin	Summerhayes	M			90	00:37:52
93	815	00:38:00	Christopher	Jenkins	M			93	00:37:55
94	2363	00:38:06	Jack	Easthope	M		Klockner Pentaplast	95	00:38:03
95	1824	00:38:10	David	Richardson	M			94	00:38:03
96	47	00:38:14	Shan	Mansfield	F	35	RAF	96	00:38:10
97	2107	00:38:17	Daniel	Bradshaw	M			97	00:38:11
98	2098	00:38:20	Lyndon	Tudor Maisey	M		Les Croupiers	99	00:38:17
99	3063	00:38:20	Michael	Harris	M			98	00:38:11
100	1033	00:38:30	Adrian	Pearce	M			101	00:38:26
101	2755	00:38:32	Lewis	Brunt	M			100	00:38:21
102	1809	00:38:33	Phillip	Jenkins	M	45		103	00:38:31
103	2034	00:38:35	Zosia	Brown	F			104	00:38:32
104	2030	00:38:35	Rhydian	Reston	M			105	00:38:33
105	3587	00:38:38	Andrew	How	M			106	00:38:36
106	2565	00:38:40	Mike	Murphy	M	55	Les Croupiers	107	00:38:38
107	3741	00:38:43	Jamie	Westcombe	M			108	00:38:38
108	1084	00:38:47	Andrew	Rose	M			110	00:38:41
109	3421	00:38:47	Emyr	Roberts	M			102	00:38:31
110	2633	00:38:48	Eddie	Campbell-Adams	M			111	00:38:44
111	3533	00:38:48	Matthew	Whitehouse	M			109	00:38:40
112	3242	00:38:49	Vicky	Tester	F		Westbury Harriers	112	00:38:47
113	3173	00:38:52	Pete	Croall	M			113	00:38:49
114	1846	00:38:55	Michelle	Kerfoot	F	40		114	00:38:50
115	107	00:38:58	Russell	Finch	M			115	00:38:54
116	3564	00:38:58	Fenella	Langridge	F			116	00:38:55
117	59	00:39:03	Sandy	Johnson	M	60	Les Croupiers	117	00:38:59
118	3332	00:39:07	Wesley	Sleat	M			119	00:39:03
119	3458	00:39:10	Tyrone	Fowler	M		Newport Harriers	123	00:39:09
120	2106	00:39:12	Keith	Hill	M	50		118	00:39:00
121	1031	00:39:13	Andrew	Jenkins	M			121	00:39:06
122	3457	00:39:13	Paul	Price	M	45		125	00:39:11
123	2659	00:39:15	Andrew	Jones	M			120	00:39:05
124	2673	00:39:16	Benjamin	Jones	M			127	00:39:14
125	35	00:39:16	Brian	Dias	M		Cardiff AAC	126	00:39:12
126	2501	00:39:20	Leigh	James	F		Slough	129	00:39:18
127	37	00:39:21	Nicholas	Jones	M		Cardiff AAC	124	00:39:10
128	3549	00:39:26	Alun	Evans	M	45		130	00:39:24
129	600	00:39:26	Louise	Jensen	F	50		128	00:39:18
130	3368	00:39:31	Matt	Thurling	M	40		131	00:39:25
131	1816	00:39:32	Naomi	Webber	F			132	00:39:29
132	2343	00:39:33	Daniel	Tudela	M		Klockner Pentaplast	122	00:39:07
133	2510	00:39:40	Robert	Davies	M	40		133	00:39:31
134	697	00:39:43	Sean	Hart	M			134	00:39:35
135	57	00:39:46	Andrew	Blair	M	45	Les Croupiers	135	00:39:42
136	816	00:39:49	Andrew	Mundy	M			136	00:39:44
137	1092	00:39:51	Huw	Littlewood	M			137	00:39:46
138	2394	00:39:51	Huw	Roberts	M	55	Bridgend AC	138	00:39:48
139	1542	00:39:54	Iwan	Jones	M			140	00:39:49
140	3575	00:40:00	Billy	Mcintosh	M	45		139	00:39:49
141	638	00:40:00	Matthew	Bond	M			142	00:39:56
142	626	00:40:04	Alan	Thomas	M			141	00:39:55
143	2266	00:40:04	Shane	Roach	M	40		144	00:40:00
144	50	00:40:04	Sharon	Leech	F	40	Carmarthen Harriers	145	00:40:02
145	1936	00:40:09	Gareth	Beck	M	45		143	00:39:58
146	2062	00:40:11	Dameon	Windsor	M			147	00:40:06
147	1085	00:40:12	Graham	Shultz	M			146	00:40:05
148	2955	00:40:12	William	Edwards	M	40	Porthcawl Runners	148	00:40:07
149	1089	00:40:13	Paul	Cooper	M			149	00:40:10
150	2980	00:40:26	Graham	Bond	M	45		150	00:40:15
151	2305	00:40:30	Darren	Jones	M		Cardiff AAC	155	00:40:28
152	1508	00:40:33	Nick	Lewis	M			152	00:40:25
153	3452	00:40:35	Dean	House	M	45	Pegasus RC	159	00:40:32
154	1786	00:40:36	Steven	Reading	M			153	00:40:26
155	2232	00:40:37	Phil	Meyler	M	55	Pontypridd Roadents	160	00:40:32
156	3118	00:40:37	Colin	Mcqueen	M	50	Brackla Harriers	158	00:40:32
157	818	00:40:38	John	Towsend	M			157	00:40:31
158	1032	00:40:40	Huw	Mathias	M			161	00:40:34
159	945	00:40:44	Andy	Nye	M			154	00:40:27
160	3725	00:40:47	David Paul	Rees	M			151	00:40:21

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
161	1785	00:40:52	Robert	Hartshorn	M	45		162	00:40:42
162	2333	00:40:55	Julian	Maine	M	50		165	00:40:50
163	508	00:40:56	Craig	Summerfield	M			156	00:40:29
164	1034	00:40:57	Jason	Tompkins	M			166	00:40:51
165	2163	00:40:59	Louise	Flynn	F	60		164	00:40:50
166	2180	00:41:01	David	Mcelhill	M			168	00:40:52
167	2804	00:41:03	Keith	Gittins	M	50		163	00:40:49
168	3036	00:41:04	Paul	Morris	M	50	Les Croupiers	170	00:40:59
169	627	00:41:05	Bleddyn	Jones	M			169	00:40:56
170	2202	00:41:09	Mark	Bracegirdle	M	45		171	00:41:00
171	1090	00:41:12	Wayne	Morgan	M			175	00:41:08
172	3561	00:41:13	Gavin	Brace	M			173	00:41:07
173	2383	00:41:15	Dafydd	Hill	M			167	00:40:52
174	2413	00:41:15	Matt	James	M			178	00:41:11
175	2655	00:41:16	Phillip	Freeman	M		Cardiff Tri	177	00:41:10
176	1516	00:41:18	Kevin Anthony	Jones	M	45		174	00:41:08
177	36	00:41:19	Mark	Finlayson	M			179	00:41:12
178	3353	00:41:21	Paul	Evans	M			181	00:41:14
179	837	00:41:23	Aaron	Edwards	M			182	00:41:19
180	2933	00:41:26	Simon	Rolfs	M		Derby AC	185	00:41:24
181	1690	00:41:30	Christopher	Thompson	M			183	00:41:19
182	630	00:41:32	Jonathon	Macmillan	M	40		186	00:41:24
183	2658	00:41:32	Michael	Thompson	M	50	Team Bath AC	188	00:41:29
184	2170	00:41:33	Simon David	Partridge	M	55	Neath Harriers	191	00:41:31
185	3544	00:41:38	Gareth	Harries	M			190	00:41:30
186	3532	00:41:39	Andrew	Fairclough	M			192	00:41:31
187	1580	00:41:39	Ross	Mcmeeking	M			187	00:41:25
188	2712	00:41:40	David	Moore	M			189	00:41:29
189	2508	00:41:40	David	Rose	M	65		195	00:41:36
190	3289	00:41:41	Ben	Brookshaw	M	40		193	00:41:33
191	2005	00:41:43	Lewis	Sidenham	M			197	00:41:40
192	2162	00:41:46	Alan	Mason	M	50	Les Croupiers	196	00:41:39
193	122	00:41:51	Simon	Wilkins	M			201	00:41:43
194	833	00:41:55	Tom	Foley	M			180	00:41:13
195	3343	00:41:56	James	Stephenson	M			211	00:41:55
196	3339	00:41:57	Robert	Clarke	M			205	00:41:49
197	2439	00:41:58	Terry	O'Brien	M	55		194	00:41:36
198	2743	00:41:59	Mark	Horsman	M			208	00:41:53
199	944	00:41:59	Neil	Hunter	M			200	00:41:42
200	2555	00:41:59	Paul	Merchant	M	55		212	00:41:55
201	1041	00:42:01	Gareth	Poston	M			207	00:41:52
202	3190	00:42:04	Hywel	White	M			204	00:41:48
203	3534	00:42:04	Mark	Hurford	M			172	00:41:07
204	2756	00:42:06	Andrew	Frayling	M			198	00:41:41
205	1968	00:42:07	Peter	Stunell	M			213	00:41:57
206	1013	00:42:10	David	Hughes	M			206	00:41:50
207	2664	00:42:15	Rhodri	Harris	M			176	00:41:10
208	2694	00:42:17	Mark	Coles	M			184	00:41:21
209	983	00:42:18	Charro	Wood	M			220	00:42:13
210	3545	00:42:21	Owain	Parry	M			218	00:42:12
211	3527	00:42:22	Rhian	Jenkins	F			221	00:42:15
212	878	00:42:22	Alistair	Thompson Brown	M			202	00:41:43
213	1094	00:42:25	Gafin	Griffiths	M		Les Croupiers	222	00:42:18
214	3102	00:42:26	Rob	Lawrence	M			217	00:42:11
215	3727	00:42:27	Susan	Baldry	F	45		225	00:42:19
216	2687	00:42:27	Peter	Moody	M	65	Camarthen & District Harriers	227	00:42:23
217	1766	00:42:29	Shaun	Davies	M			223	00:42:18
218	1986	00:42:29	Adam	Lloyd	M			215	00:42:02
219	1833	00:42:30	Morgan	Jones	M			209	00:41:55
220	3746	00:42:31	Adam	Robak	M			228	00:42:26
221	116	00:42:37	Duncan	Campbell	M			210	00:41:55
222	2376	00:42:39	Richard	Baker	M			233	00:42:33
223	3260	00:42:41	Dean	Batte	M			230	00:42:31
224	1776	00:42:42	Kevin	Plank	M	40		232	00:42:32
225	3272	00:42:44	David	Garwood	M			237	00:42:38
226	2987	00:42:45	Ethan	John	M			236	00:42:38
227	2400	00:42:45	Michael	Learoyd	M	50		238	00:42:39
228	4428	00:42:46	Philippe	Roberts	M	40	Love Running	235	00:42:37
229	1929	00:42:46	Simon	Williams	M			199	00:41:41
230	118	00:42:46	David	Jones	M			216	00:42:11
231	1897	00:42:48	Daniel	Jones	M			219	00:42:12
232	3349	00:42:50	Lee	Arthurs	M			214	00:41:58
233	1038	00:42:51	Lance	Cassemis	M			241	00:42:45
234	2760	00:42:52	Jonathan	Chadwick	M			245	00:42:49
235	811	00:42:54	Andrew	Griffiths	M			240	00:42:43
236	4334	00:42:55	Charlie	Heaton	M		RSPCA	229	00:42:28
237	53	00:42:56	Michael H	Davies	M	60	Les Croupiers	244	00:42:49
238	3241	00:42:57	Aled	Davies	M		Cardigan RC	242	00:42:45
239	643	00:42:57	Alan	Dowell	M			249	00:42:52
240	1098	00:42:58	Matthew	Joy	M			243	00:42:48

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241	2873	00:43:01	Gavin	Williams	M			224	00:42:19
242	2026	00:43:01	Martyn	Bidwell	M	45		246	00:42:50
243	1631	00:43:03	Gary	Kirrane	M			203	00:41:47
244	3391	00:43:04	Peter	Walters	M	50 Trots		251	00:42:55
245	3267	00:43:05	Henry	Giraldo	M			256	00:42:59
246	2732	00:43:05	Jonathon	Mitchell	M			248	00:42:51
247	2714	00:43:05	Terry	Caveney	M	50 Les Croupiers		247	00:42:50
248	2395	00:43:06	Robert	Dunn	M			234	00:42:35
249	708	00:43:06	James	Harvey	M			254	00:42:57
250	1095	00:43:07	John	Redmond	M			257	00:42:59
251	810	00:43:08	Dean	Roberts	M	40		250	00:42:54
252	3713	00:43:09	Jeremy	Theobald	M			258	00:43:00
253	2264	00:43:12	Gwyn	Jones	M			252	00:42:55
254	2497	00:43:14	Nick	Lord	M			262	00:43:06
255	2750	00:43:15	Glenn	Hughes	M			260	00:43:02
256	3402	00:43:17	Marcus	Coles	M	Les Croupiers		255	00:42:58
257	3441	00:43:19	Andrew	Marchant	F	45		259	00:43:00
258	1030	00:43:19	Jason	Griffiths	M			226	00:42:22
259	2821	00:43:20	Robert	John	M			261	00:43:05
260	2032	00:43:23	Jack	Parry-Jones	M	40		266	00:43:16
261	3721	00:43:25	Matthew	Beck	M			264	00:43:14
262	1010	00:43:29	Max	Weedon	M			265	00:43:14
263	3348	00:43:30	Paul	Hayward	M			239	00:42:40
264	2616	00:43:31	Christian	Trevelyan	M	40		273	00:43:22
265	2877	00:43:32	Brian	James	M	50		270	00:43:21
266	2094	00:43:33	Malcolm	Bradley	M	60		253	00:42:57
267	3525	00:43:33	Will	Cooksley	M			272	00:43:22
268	3146	00:43:34	Thomas	Lawson	M	45		269	00:43:21
269	3708	00:43:34	David	Lawson	M			267	00:43:20
270	3017	00:43:35	Gwyn	Roberts	M			271	00:43:22
271	843	00:43:37	Adam	Hole	M			280	00:43:33
272	2083	00:43:37	Huw	Roberts-Thomas	M			277	00:43:31
273	967	00:43:39	Neil	Spencer	M			278	00:43:31
274	1777	00:43:40	Anthony	David	M			276	00:43:29
275	2958	00:43:42	Mark	Wheeler	M			274	00:43:25
276	1710	00:43:42	Rob	Scott	M			279	00:43:32
277	2530	00:43:43	Sarah	Tudor	F	35		285	00:43:39
278	1513	00:43:44	Adam	Cooke	M			282	00:43:36
279	1712	00:43:45	Jason	Evans	M			231	00:42:32
280	2828	00:43:45	Gabriella	Maine	F			281	00:43:36
281	1811	00:43:49	Michael	Thomas	M	50		284	00:43:38
282	2942	00:43:53	William	Davies	M	60		286	00:43:41
283	3442	00:43:54	Martin	Gallimore	M			287	00:43:42
284	835	00:43:55	Michael	Davies	M	40		292	00:43:51
285	2632	00:43:59	Ian	Hartfield	M			298	00:43:56
286	1573	00:43:59	Hefin	Gruffydd	M	50		295	00:43:54
287	4134	00:44:01	Runner		4134 M			288	00:43:48
288	2461	00:44:02	Celia	White	F	45 Inqli Runners		294	00:43:53
289	3227	00:44:03	Barry	Phillips	M			289	00:43:48
290	3374	00:44:05	Fay	Benefield	F			296	00:43:54
291	3401	00:44:06	Sian	Kirk	F	Swansea Harriers		297	00:43:55
292	1086	00:44:10	Ben	Conick	M			305	00:44:04
293	2995	00:44:11	Louise	Howells	F			300	00:44:00
294	1083	00:44:13	Adam	Jolley	M			306	00:44:07
295	2663	00:44:14	Neil	Harris	M	50 Porthcawl Runners		263	00:43:09
296	2713	00:44:15	Woolerton	Bob	M	65		313	00:44:13
297	3490	00:44:16	Gareth	Roberts	M			275	00:43:25
298	3155	00:44:19	Ben	Mccreadie	M			308	00:44:08
299	809	00:44:19	Clive	Denton	M	45		310	00:44:10
300	3404	00:44:20	Rod	Perons	M	45 Les Croupiers		312	00:44:12
301	908	00:44:20	Tom	Buckland	M			290	00:43:49
302	2841	00:44:24	Matthew	Hooper	M			320	00:44:20
303	792	00:44:24	Dafydd	Trystan	M			309	00:44:08
304	2139	00:44:25	Zina	Marchant	F	60 Team Bath AC		321	00:44:21
305	3181	00:44:26	Christopher	Seal	M			307	00:44:07
306	2852	00:44:27	David	Williams	M			319	00:44:18
307	2746	00:44:27	Martin	Holmes	M			303	00:44:02
308	4118	00:44:28	Julia	Platts	F	Diabetes UK		317	00:44:14
309	2764	00:44:29	Keith	James	M			325	00:44:25
310	554	00:44:30	Neema	Mal	M	Les Croupiers		283	00:43:37
311	2289	00:44:31	Richard	Ball	M			322	00:44:22
312	3147	00:44:31	Julian	Fricke	M			315	00:44:14
313	505	00:44:32	Dean	Ferrier	M			268	00:43:20
314	121	00:44:32	Neil	Stovold	M	San Domenico		316	00:44:14
315	1533	00:44:33	Antony	Metcalfe	M	40		302	00:44:01
316	3677	00:44:34	Andrew	Jones	M	Klockner Pentaplast		330	00:44:30
317	2246	00:44:35	Mark	Evans	M	45		301	00:44:01
318	2550	00:44:36	Dean	Birt	M			331	00:44:31
319	3032	00:44:38	Tony	Sudworth	M	50		326	00:44:25
320	1527	00:44:42	Stephen	Pickard	M			327	00:44:27

2012 Cardiff 10k

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
321	794	00:44:44	Cerith	Griffiths	F			328	00:44:27
322	2303	00:44:48	Graham	Weekes	M	45		299	00:43:58
323	2308	00:44:50	Colin	Rawbone	M			329	00:44:30
324	115	00:44:51	Dafydd	Rees	M			318	00:44:17
325	3739	00:44:53	Frazer	Downie	M			335	00:44:42
326	2656	00:44:56	Stuart	Kramer	M	45	Spirit Of Monmouth	337	00:44:43
327	3461	00:44:57	Jamie	Davies	M		Llisswerry Runners	324	00:44:24
328	1942	00:45:00	Rhys	Bradley	M			304	00:44:02
329	1549	00:45:00	Tim	Green	M	45		338	00:44:48
330	812	00:45:01	Pal	Charles	M	50		339	00:44:48
331	1097	00:45:02	Andrew	Ellison	M			346	00:44:53
332	3365	00:45:02	Neil	Nixon	M	50		332	00:44:37
333	2868	00:45:03	Mark	Street	M	40		336	00:44:43
334	2381	00:45:03	Oisín	O'Reilly	M			340	00:44:49
335	2704	00:45:05	Maria	Richards	F	35	Islwyn RC	349	00:44:58
336	1096	00:45:06	Neil	Williams	M			348	00:44:58
337	3623	00:45:07	Stephen	Quinn	M	40		345	00:44:53
338	1881	00:45:07	James	Hockly	M			291	00:43:50
339	2974	00:45:08	Ceri	Planchant	M			353	00:44:59
340	3753	00:45:08	Graham	Mack	M			356	00:45:02
341	2876	00:45:11	Janusz	Janiec	M	45		311	00:44:11
342	2716	00:45:14	Caroline	Jones	F	50	Trots	363	00:45:09
343	3412	00:45:14	Rich	Skyrme	M			357	00:45:03
344	949	00:45:18	Marc	Adams	M			293	00:43:53
345	3385	00:45:19	Ian	Payne	M	45		362	00:45:08
346	984	00:45:23	Steven	Griffin	M			370	00:45:18
347	2851	00:45:24	Hannah	Cronin	F			374	00:45:20
348	3537	00:45:25	David	Hughes	M	50		355	00:45:02
349	2029	00:45:25	Vince	Oak	M	45		366	00:45:12
350	1924	00:45:28	Scott	Ludbrook	M			354	00:45:01
351	2724	00:45:29	Dafydd	Morse	M			341	00:44:50
352	3199	00:45:30	Tom	Peacock	M			343	00:44:52
353	2910	00:45:31	Gareth	Redding	M	45		369	00:45:18
354	3530	00:45:31	Nick	Scott	M			333	00:44:38
355	834	00:45:32	Russell	Smith	M			342	00:44:51
356	2761	00:45:33	Jonathan	Portelli	M			379	00:45:26
357	3751	00:45:34	Stuart	Baker	M			350	00:44:59
358	3496	00:45:36	Richard	Jonas	M			364	00:45:10
359	564	00:45:37	David	Bryan	M			373	00:45:19
360	1644	00:45:37	Neil	James	M	40		376	00:45:22
361	985	00:45:38	Luke	Jones	M			395	00:45:36
362	2754	00:45:39	Matt	Fisher	M			334	00:44:41
363	3729	00:45:39	Andrea	Hurman	F	45		361	00:45:07
364	2286	00:45:39	Jenny	Buckland	F	45		378	00:45:26
365	1534	00:45:39	Colin	Ward	M	55		381	00:45:29
366	3591	00:45:40	Neil	Fitzsimons	M			387	00:45:32
367	4298	00:45:42	Andrew	Underhill	M		Cardiff & Vale Health Charity	352	00:44:59
368	3382	00:45:43	Gareth	Mabey	M			359	00:45:05
369	55	00:45:44	Malin	Falck	F	35	Les Croupiers	383	00:45:30
370	2524	00:45:46	Claudia	Marquez	F			380	00:45:29
371	1650	00:45:46	Paul	Evans	M			358	00:45:03
372	2466	00:45:47	Alan	Fishwick	M	45		388	00:45:32
373	3590	00:45:49	Lloyd	Morgan	M		San Domenico	392	00:45:35
374	3609	00:45:51	Jonathan	Hall	M	40		403	00:45:44
375	3560	00:45:53	Jamie	Hall	M			404	00:45:45
376	920	00:45:54	John	Sheppard	M			405	00:45:45
377	760	00:45:54	Matt	Greenough	M			390	00:45:33
378	764	00:45:54	Andrew	Jonson	M			391	00:45:34
379	2025	00:45:56	Roy	Board	M	45		382	00:45:29
380	3248	00:45:57	James	Lewis	M			396	00:45:37
381	149	00:45:59	Hanza	Dabab	M			386	00:45:32
382	1007	00:45:59	Jonathon	Patrick	M			399	00:45:40
383	3001	00:46:00	Richard	Bushell	M			408	00:45:49
384	1008	00:46:01	Shon	Evans	M			402	00:45:44
385	2900	00:46:02	Gill	Aldworth	F	40	Brecon AC	372	00:45:19
386	1028	00:46:04	Rhys	Donovan	M			365	00:45:12
387	524	00:46:04	Hywell	Thomas	M			368	00:45:15
388	3314	00:46:05	Nicola	Thomas	F	45		410	00:45:51
389	913	00:46:05	Simon	Robinson	M			385	00:45:31
390	3581	00:46:05	Marcia	Smith	F		San Domenico	367	00:45:14
391	1500	00:46:06	Seamus	Gallagher	M			411	00:45:53
392	3489	00:46:07	Darran	Waters	M	40		397	00:45:39
393	2369	00:46:10	Andrew	Battle	M		Klockner Pentaplast	418	00:45:59
394	3029	00:46:12	Mark	Ridout	M			360	00:45:05
395	2109	00:46:12	Ffion	Davies	F			406	00:45:46
396	836	00:46:12	Andy	Davis	M	45		423	00:46:07
397	660	00:46:14	Paul	Titchener	M			413	00:45:56
398	3151	00:46:16	Rhys	Thomas	M			371	00:45:19
399	2251	00:46:17	Chris	Rock	M	40		421	00:46:03
400	591	00:46:19	Dan	Keil	M			416	00:45:58

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
401	1510	00:46:19	Kirk	Freeman	M			425	00:46:09
402	741	00:46:19	Mark	Donovan	M			424	00:46:08
403	2517	00:46:20	Marc	Street	M			415	00:45:57
404	3486	00:46:21	Peter	Connolly	M			417	00:45:59
405	1101	00:46:22	Anthony	Lockyer	M			430	00:46:10
406	1519	00:46:22	Michael	Elliston	M	40		427	00:46:09
407	3541	00:46:22	Maria	Campden	F	35		414	00:45:57
408	1964	00:46:22	Bryan	Hughes	M	50		384	00:45:31
409	2619	00:46:23	Ceri	Jones	F	40		426	00:46:09
410	710	00:46:24	Sian	Prescott	F			436	00:46:14
411	940	00:46:24	Andrew	Strong	M			377	00:45:22
412	4370	00:46:24	Natasha	Jaskolski	F		2Wishuponastar	375	00:45:21
413	780	00:46:25	Ryan	Sollis	M			393	00:45:35
414	712	00:46:25	Ben	Tidy	M			438	00:46:16
415	3573	00:46:26	Shaun	Galloway	M			400	00:45:42
416	4116	00:46:27	John	Davies	M		Diabetes UK	347	00:44:54
417	946	00:46:29	Darran	Porter	M			429	00:46:10
418	665	00:46:30	James	Leaves	M			433	00:46:12
419	3281	00:46:33	Graham	Huxable	M	45		420	00:46:03
420	893	00:46:37	Michael	Arnold	M			432	00:46:10
421	1079	00:46:37	Christopher	Strong	M			344	00:44:53
422	2292	00:46:38	Matthew	Evans	M			437	00:46:15
423	3757	00:46:40	Eryl	Jones	M	45		455	00:46:35
424	1551	00:46:41	Bernadette	Wilkinson	F	45		448	00:46:28
425	2647	00:46:43	Philip	Stamp	M	45		451	00:46:30
426	2691	00:46:44	Neil	Reynolds	M			434	00:46:12
427	4326	00:46:45	Tristan	Willis	M		Llamau	389	00:45:33
428	3513	00:46:46	Alexander	Boughton	M			440	00:46:18
429	3053	00:46:46	Jeanette	Morgan	F			450	00:46:30
430	3338	00:46:47	Llew	Rhys	M			462	00:46:39
431	2661	00:46:47	Brian	Hall	M	45		401	00:45:44
432	2004	00:46:47	Nick	Meek	M	40		444	00:46:25
433	3512	00:46:48	Michael	Flynn	M			461	00:46:39
434	2219	00:46:49	Ian	Harding	M			459	00:46:37
435	686	00:46:50	Ross	Gurney	M			464	00:46:40
436	932	00:46:50	David	Lewis	M			409	00:45:49
437	3521	00:46:51	Eleri	Rogers	F			470	00:46:44
438	4417	00:46:55	Robert	Goodwin	M		Love Running	419	00:46:02
439	1174	00:46:57	Shaun	Pritchard	M			412	00:45:54
440	2680	00:46:57	Andrew	Ott	M		Penarth & Dinas	453	00:46:33
441	2089	00:46:59	Shaun	O'Hanlon	M			454	00:46:34
442	3605	00:47:01	Richard	Amos	M			469	00:46:43
443	3586	00:47:01	Jay	Musgrove	M			314	00:44:13
444	2827	00:47:01	Gareth	Cowen	M			428	00:46:09
445	1039	00:47:01	Scott	Gray	M			422	00:46:04
446	2399	00:47:03	Darien	Jay	M			456	00:46:36
447	2940	00:47:04	Liam John	Davies	M	50		474	00:46:45
448	3237	00:47:06	Rob	Beves	M	45	Chepstow Harriers	467	00:46:41
449	2589	00:47:07	Owen	Pearse	M			458	00:46:37
450	1503	00:47:08	Mike	Pritchard	M	55		482	00:46:56
451	1832	00:47:10	Michael	Griffiths	M	55		452	00:46:33
452	2168	00:47:10	Ben	Sykes	M			323	00:44:23
453	2577	00:47:10	Sion	John	M			489	00:47:04
454	3166	00:47:11	Juban	O'Sullivan	M			473	00:46:45
455	1082	00:47:14	Nic Weng	Kan	M			495	00:47:08
456	2688	00:47:15	Julie	Scholey	F	50	Les Croupiers	493	00:47:07
457	585	00:47:15	Rachel	Morgan	F			468	00:46:43
458	1839	00:47:16	Josh	Gooch	M			394	00:45:35
459	3410	00:47:17	Andrew	Reynolds	M			494	00:47:08
460	1995	00:47:18	Meirin	Evans	M			471	00:46:45
461	4222	00:47:19	Antoinette	Dumayne	F		Tenovus	475	00:46:47
462	1180	00:47:19	Will	Thomas	M			445	00:46:26
463	3040	00:47:20	Rachel	Walsh	F			481	00:46:54
464	891	00:47:21	Greg	Davies	M			483	00:46:57
465	3207	00:47:21	Callum	Melrose	M			480	00:46:50
466	948	00:47:23	Ian	Wilson	M			487	00:47:03
467	2623	00:47:23	Michael	Jones	M			441	00:46:18
468	952	00:47:25	Barri	Hamer	M			488	00:47:03
469	1557	00:47:25	Martyn	Smith	M			435	00:46:14
470	3390	00:47:25	Dave	Goddard	M			457	00:46:36
471	1050	00:47:26	Artur	Spole	M			508	00:47:19
472	154	00:47:27	Chris	Sweetman	M			499	00:47:12
473	3363	00:47:29	Jason	Gill	M			486	00:47:02
474	1838	00:47:29	Peter	Wilson	M			407	00:45:48
475	3018	00:47:29	Jake	Lynch	M			509	00:47:19
476	3197	00:47:30	William	Thomas	M			449	00:46:29
477	2507	00:47:32	David	Griffin	M	45		466	00:46:41
478	3263	00:47:33	Tom	Gregory	M			506	00:47:18
479	3422	00:47:33	Ifor	Owen	M	40		505	00:47:17
480	3474	00:47:35	Emma	Lane	F	35		447	00:46:27

2012 Cardiff 10k

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
481	3535	00:47:35	Tim	Clarke	M	50		442	00:46:22
482	2543	00:47:37	Jeff	Deere	M	55		524	00:47:28
483	1507	00:47:38	Robert	Bevan	M	40		525	00:47:29
484	2879	00:47:38	James	Protheroe	M			484	00:46:59
485	1783	00:47:38	Rhys	Davies	M			515	00:47:24
486	3577	00:47:40	Jamie	Clarke	M			398	00:45:39
487	953	00:47:42	Paul	Madden	M			510	00:47:21
488	655	00:47:43	Andrew	Dodd	M			478	00:46:50
489	3221	00:47:44	Chris	Pollock	M	45		485	00:47:01
490	838	00:47:45	Greg	Churcher	M			543	00:47:40
491	1702	00:47:46	Joe	Turner	M	50		431	00:46:10
492	1577	00:47:46	Andy	Yu	M			465	00:46:41
493	831	00:47:46	Paul	Nicholas	M			490	00:47:05
494	3585	00:47:47	Kieryn	Smithers	M			351	00:44:59
495	1691	00:47:47	Patrick	Ward	M			496	00:47:10
496	1042	00:47:48	Tom	Dixon	M			527	00:47:32
497	842	00:47:48	Nathan	Williams	M			492	00:47:06
498	661	00:47:48	Rob	Davies	M			522	00:47:27
499	2676	00:47:49	Elaine	Willis	F			534	00:47:36
500	2965	00:47:49	Gareth	Petersen	M			439	00:46:18
501	3557	00:47:49	Chris	Long	M			503	00:47:15
502	1752	00:47:49	Gareth	Potter	M			502	00:47:14
503	2268	00:47:50	Paul	Chapman	M	40		538	00:47:38
504	1697	00:47:50	Steve	Curtis	M			497	00:47:10
505	1178	00:47:53	Dave	Fletcher	M	40		479	00:46:50
506	1932	00:47:53	Marc	Durkin	M			529	00:47:33
507	1604	00:47:54	Alan	Groves	M	40		476	00:46:48
508	1140	00:47:54	Andrew	Delnevo	M			491	00:47:06
509	2276	00:47:55	Benjamin	Morris	M			443	00:46:24
510	3082	00:47:57	Alan	O'Kennedy	M			514	00:47:24
511	3693	00:47:58	Lyndon	Mcerlaine	M			519	00:47:26
512	2576	00:47:58	Alex	Weeks	M			552	00:47:50
513	2008	00:48:00	Chris	Williamson	M	55		551	00:47:49
514	2626	00:48:01	Graham	Webster	M	55		539	00:47:38
515	129	00:48:03	Andy	Irish	M			512	00:47:24
516	2021	00:48:04	Dylan	Williams	M			517	00:47:25
517	2079	00:48:05	Edward	Peacock	M			523	00:47:27
518	148	00:48:05	Andrew	Bishop	M	50		555	00:47:51
519	3206	00:48:06	Matthew	Hall	M			554	00:47:50
520	2562	00:48:07	Jonathan	Pritchard	M	40		528	00:47:33
521	1990	00:48:07	Kevin	Dutton	M	40		518	00:47:26
522	2377	00:48:07	Julie	Evans	F	40		501	00:47:14
523	2053	00:48:09	Keith	Harper	M	50		541	00:47:39
524	3325	00:48:10	Brian	Stevendale	M	45		511	00:47:22
525	1080	00:48:11	Anthony	Omar	M			446	00:46:26
526	2939	00:48:12	Louis	Kelly	M			559	00:47:53
527	766	00:48:12	Anthony	Pickles	M			558	00:47:53
528	1982	00:48:14	Justine	Goss	F	45		553	00:47:50
529	1944	00:48:14	David	Hebbes	M	60		570	00:47:59
530	3740	00:48:14	Tim	Phillips	M			530	00:47:33
531	790	00:48:14	Cai	Jones	M			568	00:47:57
532	2138	00:48:14	Ieuan	Bennett	M	45		540	00:47:38
533	951	00:48:15	Pierre-Michael	Delamotte	M			571	00:48:00
534	800	00:48:15	Martin	Kitchener	M			507	00:47:18
535	1113	00:48:15	Victoria	Pope	F			566	00:47:56
536	1779	00:48:16	Bleddyn	Carrington	M			477	00:46:49
537	2733	00:48:16	Alan	Watts	M			460	00:46:38
538	3389	00:48:17	STbastien	Rateau	M			561	00:47:54
539	2618	00:48:18	Rhys	Parfitt	M			504	00:47:16
540	2679	00:48:19	David	Ott	M	45 Penarth & Dinas		567	00:47:56
541	2690	00:48:20	Glen	Roberts	M			580	00:48:10
542	1583	00:48:21	Elaine	Wharmby	F	45		576	00:48:06
543	711	00:48:21	Rhodri	Pugh	M			585	00:48:12
544	3276	00:48:23	Lucy	Morgan	F			582	00:48:11
545	2143	00:48:23	Gerwyn Robert	Taylor	M			577	00:48:06
546	2808	00:48:23	Daniel	Cloke	M			521	00:47:27
547	2731	00:48:24	Andrew	Snaddon	M			547	00:47:45
548	2849	00:48:24	Graham	Craig	M			520	00:47:26
549	570	00:48:25	Simon	Hodges	M			535	00:47:36
550	2408	00:48:27	Chris	Bloodworth	M	50		594	00:48:18
551	2843	00:48:27	Gareth	Evans	M			516	00:47:25
552	1630	00:48:28	Chris	Smith	M			549	00:47:48
553	2443	00:48:31	Waseem	Chaudhry	M	45		557	00:47:52
554	2627	00:48:32	Sarah	Bartlett	F	35		599	00:48:21
555	1596	00:48:33	Philip	Johnson	M	45		587	00:48:14
556	3212	00:48:33	John	Kelly	M	50		591	00:48:15
557	2500	00:48:34	David	Kalinka	M			472	00:46:45
558	2695	00:48:35	Mark	Grovell	M			575	00:48:06
559	2136	00:48:36	Brinley	Aherne	M			588	00:48:14
560	1952	00:48:36	Leigh	Adams	M			600	00:48:21

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
561	3511	00:48:37	Laura	Thomas	F			572	00:48:01
562	3164	00:48:39	Kerry	Evans	F	35		592	00:48:16
563	1784	00:48:40	David	Williams	M			590	00:48:15
564	1133	00:48:42	Matthew	Hutchin	M			548	00:47:47
565	3016	00:48:42	Paul	Bridges	M			589	00:48:14
566	3692	00:48:42	Helen	Adams	F	40		578	00:48:07
567	3135	00:48:46	Andrew	Sidney	M			623	00:48:34
568	2846	00:48:47	Ceri	Marrin	F			586	00:48:13
569	2027	00:48:47	Mark	Arnold	M	40		634	00:48:41
570	3377	00:48:48	George	Cooksley	M			532	00:47:34
571	3518	00:48:49	Ainsley	Bowen	M			604	00:48:24
572	1935	00:48:50	Nicola	Beck	F	40		598	00:48:19
573	644	00:48:50	Ashley	Rider	M			610	00:48:28
574	2390	00:48:51	Paul	Bartlett	M			573	00:48:04
575	1006	00:48:51	Michael	Lewis	M			621	00:48:33
576	3271	00:48:51	Dawn	Lee	F	40		628	00:48:38
577	996	00:48:52	Mike	Smith	M			602	00:48:23
578	2374	00:48:52	Nick	Simmons	M			614	00:48:30
579	694	00:48:52	Chi	Yau	M	40		513	00:47:24
580	509	00:48:52	Paul	Martin	M			605	00:48:24
581	672	00:48:53	Abbie	Thomas	F			500	00:47:14
582	3144	00:48:53	Ruth	Owens	F			624	00:48:35
583	2986	00:48:53	Dean	Hawkins	M			593	00:48:17
584	2948	00:48:53	John	Ivins	M	45		583	00:48:12
585	3448	00:48:55	Dave	Simson	M	45		560	00:47:53
586	2334	00:48:55	Romana	Maine	F	50		635	00:48:42
587	1675	00:48:55	Warren	Abraham	M			612	00:48:28
588	2566	00:48:57	Ian	Wells	M	40		603	00:48:24
589	2759	00:48:58	David	Cross	M	55		622	00:48:33
590	786	00:48:58	Stephen	Hughes	M			574	00:48:04
591	1909	00:49:01	Mark	Morgan	M	40		498	00:47:12
592	2795	00:49:03	Curon	Evans	M	40		526	00:47:31
593	3161	00:49:03	Joel	Thomson	M			609	00:48:28
594	2780	00:49:04	James	Newbury	M	40		463	00:46:40
595	886	00:49:05	Edward	Feast	M			597	00:48:18
596	2651	00:49:06	Matthew	Reypert	M			607	00:48:25
597	2709	00:49:07	David	Hutchinson	M	45		633	00:48:40
598	518	00:49:07	Aaron	Warner	M			563	00:47:55
599	997	00:49:08	Huw	Rees	M			630	00:48:39
600	1102	00:49:08	Jonathon	Hartery	M			639	00:48:46
601	1637	00:49:09	Amanda	Jones	F	45		655	00:48:57
602	1726	00:49:09	Victoria	Webb	F	35		656	00:48:58
603	2798	00:49:10	Matt	Cooper	M			638	00:48:45
604	954	00:49:11	Sharon	Palmer	F			649	00:48:55
605	750	00:49:11	Nicola	Poole	F			651	00:48:56
606	527	00:49:12	Geraint	Evans	M			640	00:48:47
607	1965	00:49:13	Marc	Williams	M			564	00:47:55
608	1636	00:49:14	Steven	Gwatkin	M			544	00:47:41
609	3025	00:49:15	Tristan	Griffin	M	45		611	00:48:28
610	3423	00:49:16	Samantha	Ashton	F			641	00:48:47
611	523	00:49:16	John	Williams	M			596	00:48:18
612	2667	00:49:17	Sheung Yin	Au Yeung	M			676	00:49:12
613	2625	00:49:17	Andrea	Webster	F	55		648	00:48:54
614	791	00:49:17	Rhys	Ffrancon	M			667	00:49:05
615	519	00:49:18	Chris	Alison	M			579	00:48:07
616	3637	00:49:20	Andrew	Mcgarth	M			625	00:48:35
617	3386	00:49:20	Ross	Dawkins	M			653	00:48:57
618	2020	00:49:21	Christopher	Pidgeon	M			673	00:49:10
619	3027	00:49:21	Robert	Janney	M			658	00:48:58
620	3540	00:49:22	Rhys	John	M			616	00:48:32
621	2913	00:49:23	Lowri	Morgan Jones	F	35		646	00:48:53
622	2313	00:49:23	Sion	Jones	M			647	00:48:53
623	659	00:49:24	Gareth	Jenkins	M			608	00:48:25
624	3278	00:49:24	Eryl	Williams	M			536	00:47:36
625	2799	00:49:24	Ian	Thorne	M	45		637	00:48:45
626	1044	00:49:24	William	Griffiths	M			672	00:49:09
627	1104	00:49:25	Richard	Saltmarsh	M			661	00:49:03
628	2419	00:49:26	Alan	Mercer	M	40		642	00:48:48
629	2243	00:49:26	Helen	Passant	F	40		632	00:48:40
630	3167	00:49:27	Ben	Carter	M			669	00:49:07
631	1526	00:49:28	Lawrence	Davies	M			542	00:47:40
632	1132	00:49:28	Richard	Godrey	M			618	00:48:33
633	2142	00:49:28	Rebecca	Holland	F			546	00:47:44
634	1134	00:49:29	Steve	Hull	M			620	00:48:33
635	1072	00:49:30	Nick	Humpage	M			533	00:47:36
636	1572	00:49:30	Hannah Jean	Mcquarrie	F			643	00:48:48
637	2169	00:49:32	Thomas	Delme	M	60		629	00:48:38
638	3717	00:49:32	Fiona	Rutherford	F	40		671	00:49:08
639	2719	00:49:33	Gemma	Chapple	F			664	00:49:05
640	2474	00:49:33	Stephen	King	M			562	00:47:55

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
641	3204	00:49:33	Gareth	Boulton	M			652	00:48:56
642	1640	00:49:34	Daniel	Hurford	M			531	00:47:34
643	3160	00:49:35	Andrew	Freedman	M	55		677	00:49:12
644	4083	00:49:35	Gareth Lloyd	English	M		Cry	665	00:49:05
645	586	00:49:36	Philip	Morgan	M			663	00:49:05
646	1009	00:49:36	Gwyn	Evans	M			684	00:49:19
647	4119	00:49:36	Drew	Webber	F		Diabetes UK	613	00:48:30
648	2259	00:49:37	Stephen	Thomas	M	40		689	00:49:24
649	3322	00:49:37	Chris	Grey	M			686	00:49:21
650	2000	00:49:38	Donna	Thomas	F	35		682	00:49:17
651	2622	00:49:39	Andrew	Kidd	M			626	00:48:36
652	3229	00:49:39	Stuart	Foyle	M			627	00:48:36
653	1967	00:49:40	David	Hands	M	40		601	00:48:21
654	2874	00:49:40	Marc	Fitzgibbon	M			679	00:49:12
655	1651	00:49:41	Chris	Darby	M			545	00:47:41
656	841	00:49:41	Lewis	Flurrell	M			715	00:49:37
657	2785	00:49:42	Mieko	Thomas	F			636	00:48:42
658	679	00:49:43	Richard	Duffield	M			615	00:48:31
659	3370	00:49:45	Cerian	Phelps	F			668	00:49:07
660	4410	00:49:46	Alex	Grove	M		Love Running	678	00:49:12
661	2489	00:49:47	Sam	Lovell	M			675	00:49:11
662	1991	00:49:47	David	Boucher	M	60		565	00:47:55
663	3004	00:49:48	Jim	Osman	M	40		650	00:48:55
664	1649	00:49:48	Ashley	Weller	M			706	00:49:33
665	3355	00:49:49	Peter	Quinn	M	60		680	00:49:15
666	152	00:49:49	Sheena	Ali	F		San Domenico	657	00:48:58
667	1652	00:49:49	Stephen	Head	M	40		550	00:47:48
668	2594	00:49:51	Will	Mclain	M			556	00:47:51
669	4319	00:49:51	Laura	Powell	F		Llamau	631	00:48:39
670	125	00:49:52	Bryony	Gurmin	F			710	00:49:35
671	2787	00:49:52	Tim	Murphy	M	45		683	00:49:17
672	2449	00:49:55	Charlotte	John	F			704	00:49:30
673	2047	00:49:55	Ian	Smith	M	45		660	00:49:02
674	3013	00:49:56	Gail	Evans	F			717	00:49:37
675	2674	00:49:56	Karl	Jones	M	45		749	00:49:50
676	2370	00:49:57	Lee	Gillgrass	M		Klockner Pentaplast	739	00:49:47
677	2365	00:49:57	Gareth	Howells	M		Klockner Pentaplast	741	00:49:47
678	3730	00:49:58	Rachel	Harris	F			697	00:49:26
679	4402	00:49:58	Joshua	Harding-Jones	M		Love Running	662	00:49:04
680	3291	00:50:00	Lisa	Cousins	F	40		731	00:49:44
681	2917	00:50:01	Ross	Brown	M			698	00:49:26
682	3194	00:50:03	Claire	Jacobs	F	35		709	00:49:35
683	3543	00:50:03	Alexander	James	M			670	00:49:07
684	1862	00:50:03	Catrin	Davies	F			725	00:49:40
685	4125	00:50:05	Christopher	Frowen	M		Diabetes UK	569	00:47:58
686	4332	00:50:05	Elise	Colley	F		RSPCA	617	00:48:32
687	3413	00:50:07	Ruth	Treharne	F	45	Islwyn RC	745	00:49:49
688	3414	00:50:07	Kim	Wehden	M	50	Islwyn RC	747	00:49:49
689	2282	00:50:08	Tony	Mackay	M	45		703	00:49:30
690	3567	00:50:08	Adam	Greendale	M			654	00:48:57
691	598	00:50:09	Scott	Mckenzie	M			727	00:49:41
692	2817	00:50:10	Mike	Fill	M	45		700	00:49:27
693	2001	00:50:12	Daniel	Johnson	M			722	00:49:39
694	1963	00:50:13	John	Stone	M	55		723	00:49:39
695	4423	00:50:13	Martin	Pearce	M		Love Running	584	00:48:12
696	2248	00:50:14	Christopher	Mapstone	M			780	00:50:04
697	3059	00:50:15	Chris	Gough	M			674	00:49:11
698	3735	00:50:15	Courtney	Taylor	M	55		724	00:49:40
699	2835	00:50:15	David	Richards	M	40		720	00:49:39
700	3405	00:50:16	G	Davies	M	45		691	00:49:24
701	1529	00:50:16	Louise	Hughes	F	45		695	00:49:25
702	1005	00:50:17	Mark	Casey	M			774	00:50:01
703	2319	00:50:18	Lewis	Tomlins	M			537	00:47:37
704	850	00:50:18	Paul	Foley	M	45		719	00:49:38
705	3309	00:50:18	Paul	Miles	M	40		708	00:49:35
706	2221	00:50:19	Jon	Bell	M			705	00:49:33
707	2166	00:50:21	Harry	Robert	M			797	00:50:15
708	2291	00:50:21	Lyn	Evans	F	50	Penarth & Dinas	762	00:49:56
709	587	00:50:21	Chad	Carr	M			581	00:48:10
710	1782	00:50:22	Owen	Hyner	M			785	00:50:08
711	2127	00:50:22	Robert	Cox	M	50		716	00:49:37
712	2929	00:50:23	Alistair	Thomson	M		UPL	685	00:49:19
713	2959	00:50:23	Shaun Paul	Williams	M			718	00:49:38
714	1660	00:50:23	Martin	Bulpitt	M			751	00:49:51
715	1709	00:50:24	Helen	Beale	F			787	00:50:10
716	3231	00:50:24	Anthony	Williams	M	40		694	00:49:25
717	1569	00:50:25	Nova	Jefferies	F			754	00:49:52
718	1997	00:50:26	John	Ferriday	M			772	00:50:00
719	3416	00:50:26	Owain	Roberts	M			688	00:49:22
720	3066	00:50:26	Paul	Gander	M			760	00:49:55

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
721	3494	00:50:27	Stephen	Blacker	M	45		690	00:49:24
722	853	00:50:27	Daniel	Jones	M			734	00:49:45
723	3547	00:50:27	Simon	Marriott	M	40		692	00:49:24
724	855	00:50:27	Ryan	Lee	M			735	00:49:45
725	520	00:50:28	Dean	Hendry	M			595	00:48:18
726	2287	00:50:28	Guy	Taylor	M			777	00:50:03
727	641	00:50:29	Michael	Socratis	M			810	00:50:24
728	3427	00:50:29	Neil	Kelly	M	45		645	00:48:53
729	982	00:50:29	Richard	Watson	M			811	00:50:25
730	3233	00:50:30	Steve	Edwards	M	50		771	00:49:59
731	3572	00:50:31	Emma	King	F		Spirit Of Monmouth	770	00:49:59
732	2979	00:50:31	Gareth	Phillips	M	50		784	00:50:07
733	1175	00:50:31	Bruce	Massie	M			701	00:49:28
734	2700	00:50:32	Mark	Janas	M	45		782	00:50:06
735	1110	00:50:32	Rebecca	Gray	F			792	00:50:12
736	3158	00:50:33	Hayley	Bryon	F			766	00:49:58
737	1947	00:50:35	Kristina	Godwin	F			808	00:50:23
738	3420	00:50:35	Janine	Roberts	F	35		786	00:50:09
739	839	00:50:36	Jack	Davies	M			761	00:49:55
740	2608	00:50:37	Rob	Jenkins	M			755	00:49:52
741	4338	00:50:38	Sebastian	Waters	M		RSPCA	711	00:49:36
742	56	00:50:38	Ralph	Davey	M	65	Les Croupiers	721	00:49:39
743	2839	00:50:39	Heledd	Williams	F			805	00:50:21
744	777	00:50:39	Anna	Mcdonald	F			659	00:49:00
745	2386	00:50:39	Richard	Evans	M			769	00:49:59
746	580	00:50:40	Rhys	Doolan	M			768	00:49:59
747	648	00:50:41	Graham	Carr	M			801	00:50:17
748	2411	00:50:41	Beberley	Warburton	F	50		806	00:50:21
749	2041	00:50:42	David	Hodges	M	50		809	00:50:24
750	2717	00:50:43	Henderson	Michael	M	50		746	00:49:49
751	663	00:50:43	Chris	Waygood	M			687	00:49:22
752	3460	00:50:44	Nick	Davies	M	50	Lliswerry Runners	752	00:49:51
753	728	00:50:44	Kevin	Windsor	M			743	00:49:48
754	3234	00:50:45	Laura	Edwards	F			796	00:50:14
755	1586	00:50:46	Sarah	Ridsdale	F			794	00:50:13
756	3180	00:50:49	Liam	Richards	M			729	00:49:41
757	3091	00:50:51	Steven	Thomas	M			807	00:50:23
758	3732	00:50:52	Tom	Groves	M			781	00:50:05
759	1656	00:50:52	Dan	Harte	M			707	00:49:34
760	3434	00:50:52	Huw	Parry	M	45		737	00:49:46
761	1754	00:50:53	Brian	Saxby	M	50		765	00:49:57
762	2476	00:50:53	Helen	Wilson	F			773	00:50:00
763	4226	00:50:54	Dean	Mcneil-Jones	M	40	Tenovus	714	00:49:37
764	2238	00:50:54	Oona	Crawford	F	55		814	00:50:29
765	2520	00:50:55	Gavin	Petrelli	M			804	00:50:21
766	2064	00:50:55	Robert	Lacey	M			732	00:49:44
767	2984	00:50:56	Tom	Dyer	M			702	00:49:29
768	3728	00:50:57	Leah	Watts	F			813	00:50:26
769	2765	00:50:58	Anita	Tucknutt	F	35		847	00:50:49
770	2970	00:50:59	Sarah	Vaughan	F			740	00:49:47
771	3052	00:50:59	Joseph	Davidson	M			748	00:49:49
772	120	00:50:59	Callum	Phillips	M			753	00:49:51
773	3695	00:51:00	Chris	Armstrong	M			828	00:50:37
774	783	00:51:00	James	Edwards	M			790	00:50:11
775	4098	00:51:01	Martin	Lewis	M		Diabetes UK	606	00:48:25
776	3103	00:51:02	Eleri	Gibbon	F			619	00:48:33
777	1048	00:51:02	Mark	Nickolls	M			842	00:50:47
778	1602	00:51:03	Gwen	Hughes Marshall	F	40		791	00:50:11
779	2453	00:51:04	James	Dean	M	45		841	00:50:46
780	1623	00:51:05	Dorian	Rees	M	45		815	00:50:31
781	3184	00:51:06	Mathew	Owen	M			789	00:50:10
782	2603	00:51:06	Stuart	Harries	M			843	00:50:48
783	560	00:51:08	Johanna	Tucker	F			839	00:50:44
784	2904	00:51:09	Allister	Donovan	M			644	00:48:51
785	1045	00:51:09	Ross	Townley	M			849	00:50:53
786	3064	00:51:10	Nicky	Hamlyn	M			865	00:51:03
787	1181	00:51:10	Josh	Basey	M			800	00:50:17
788	1674	00:51:11	David	Williams	M			823	00:50:35
789	3208	00:51:11	Alex	Clayton	M			878	00:51:06
790	2117	00:51:11	Matthew	Lewis	M			759	00:49:54
791	2751	00:51:11	Christopher	James	M			862	00:51:02
792	1914	00:51:12	Emily	Luke	F			744	00:49:48
793	1810	00:51:14	Liz	Ashby	F			699	00:49:27
794	1664	00:51:15	Curt	Price	M	40		835	00:50:43
795	1713	00:51:15	Matthew	Woodcock	M			827	00:50:36
796	3089	00:51:17	Paul	Carter	M			845	00:50:49
797	917	00:51:18	Dave	Johnson	M			666	00:49:05
798	3261	00:51:18	Philip	Reardon Smith	M	40		883	00:51:10
799	3467	00:51:18	Linsay	George	F	40		779	00:50:03
800	849	00:51:19	Lloyd	Griffiths	M			831	00:50:41

2012 Cardiff 10k

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
801	1999	00:51:19	Sharon	Casey	F	45		826	00:50:36
802	2401	00:51:19	Malcolm	Poole	M	45		778	00:50:03
803	1088	00:51:19	Angelique	Owen	F			873	00:51:04
804	101	00:51:20	Peter	Lewis	M			775	00:50:01
805	2800	00:51:21	David	Thomas	M	45		866	00:51:03
806	3198	00:51:21	Simone	Traylen	F			802	00:50:20
807	1874	00:51:21	Geoff	Lewis	M	40		846	00:50:49
808	3552	00:51:22	Neil	Smith	M			799	00:50:16
809	2847	00:51:24	George	Chappelle	M			730	00:49:43
810	3033	00:51:24	John	Martin	M	50		767	00:49:59
811	3627	00:51:24	Martin	Davies	M	45		763	00:49:56
812	2306	00:51:25	Leigh	Pember	F	40		795	00:50:14
813	1036	00:51:26	Peris	Cale	M			756	00:49:53
814	1182	00:51:27	Tom	Low	M			819	00:50:32
815	862	00:51:28	Andrew	Bayton	M			832	00:50:41
816	776	00:51:29	Virginia	Mcdonald	F			750	00:49:50
817	3285	00:51:29	Lisa	Owen	F			864	00:51:03
818	858	00:51:29	Dave	Kempton	M	50		852	00:50:56
819	2480	00:51:29	Dan	Cherry	M			872	00:51:04
820	2336	00:51:29	Mark	Gubb	M			856	00:50:59
821	726	00:51:30	Zoe	Davies	F			822	00:50:34
822	3724	00:51:30	Richard	Davies	M	45		897	00:51:21
823	993	00:51:33	Darren	Payne	M	40		758	00:49:54
824	104	00:51:33	Sarah	Meredith	F	35		693	00:49:25
825	3542	00:51:35	Robbie	Mcgee	M			681	00:49:17
826	624	00:51:37	Michael	Chalkley	M			923	00:51:37
827	2451	00:51:38	Graeme	Francis	M			783	00:50:06
828	3375	00:51:39	Esyr	Jones	M			726	00:49:41
829	3528	00:51:39	Tomos	Morgan	M			742	00:49:48
830	1655	00:51:40	Ryan	Price	M			899	00:51:21
831	2610	00:51:41	Gill	Jack	F	45		880	00:51:06
832	4054	00:51:41	Andrew	Skinner	M	45	Brainstrust	728	00:49:41
833	513	00:51:43	David	Bock	M			816	00:50:31
834	4072	00:51:44	John	Jenkins	M	45	Brainstrust	821	00:50:34
835	3685	00:51:44	Rebecca	Williams	F			764	00:49:57
836	599	00:51:44	Vicki	Roylance	F	40		891	00:51:17
837	1705	00:51:44	Richard	Crook	M			875	00:51:04
838	1051	00:51:45	Chrissie	Rees	F	40		851	00:50:56
839	3101	00:51:46	Zara	Cumpstone	F	35		896	00:51:20
840	606	00:51:47	David	Griffiths	M			840	00:50:46
841	987	00:51:48	Simon	Maddocks	M			788	00:50:10
842	3763	00:51:49	Craig	Yearsley	M			939	00:51:46
843	2872	00:51:49	Ian	Worthy	M			919	00:51:35
844	3681	00:51:49	Geraint	Treharne	M			889	00:51:16
845	3671	00:51:52	Julie	Edwards	F		Klockner Pentaplast	793	00:50:12
846	1835	00:51:52	Reenal	Popat	F			932	00:51:40
847	1820	00:51:53	Steve	Grounds	M	55		922	00:51:37
848	1941	00:51:54	Colin	Spence	M	60		818	00:50:32
849	3509	00:51:55	Nancy	Thomas	F			713	00:49:36
850	3686	00:51:55	Lyn	Thomas	M			712	00:49:36
851	2886	00:51:55	Levi	Segovia	M	40		906	00:51:25
852	1742	00:51:56	Richard	Connor	M			696	00:49:26
853	1923	00:51:56	Joshua	Morris	M			825	00:50:36
854	558	00:51:57	Nathoo	Imran	M			869	00:51:03
855	555	00:51:57	Nader	Mal	M			871	00:51:04
856	3720	00:51:57	Simon	James	M			855	00:50:59
857	2922	00:51:58	Nathan	Thomas	M			834	00:50:42
858	2889	00:51:58	Gwenfair	Griffith	F			848	00:50:52
859	763	00:51:59	Anthony	Hunt	M			930	00:51:39
860	2236	00:51:59	Amanda	Morgan	F			942	00:51:46
861	2481	00:51:59	Robert	Jones	M			948	00:51:49
862	3039	00:52:01	Steven	Tune	M			853	00:50:56
863	844	00:52:02	Ricci	Harrison	M			957	00:51:57
864	2930	00:52:03	Matt	Holly	M			868	00:51:03
865	2909	00:52:06	Lee	Deakin	M	40		736	00:49:46
866	2423	00:52:07	Andrew	Canham	M			894	00:51:18
867	1771	00:52:08	Elizabeth	Boucher	F	35		824	00:50:36
868	3303	00:52:09	Luke	Hurley	M			900	00:51:22
869	3304	00:52:09	Kasey	Hurley	M			901	00:51:22
870	3611	00:52:09	Steve	Ward	M	50		933	00:51:41
871	596	00:52:10	Dave	Roylance	M	40		936	00:51:43
872	2073	00:52:10	Ian	Cope	M	45		913	00:51:31
873	1773	00:52:10	Matthew	Hughes	M			914	00:51:31
874	3186	00:52:10	Julie	Jones	F			854	00:50:59
875	4064	00:52:11	Ceri	Morris	M		Brainstrust	757	00:49:54
876	2037	00:52:13	Pun	Wong	M			812	00:50:25
877	2498	00:52:13	Nigel	Davies	M	50		830	00:50:41
878	796	00:52:13	Jennifer	Evans	F			928	00:51:39
879	2398	00:52:14	Tony	Jay	M	50		944	00:51:47
880	691	00:52:14	Matthew	Reynolds	M			844	00:50:48

2012 Cardiff 10k

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
881	514	00:52:14	Carl	Richards	M			893	00:51:17
882	1158	00:52:15	Neil	Wright	M			882	00:51:07
883	1160	00:52:15	Anna	Labuz	F			881	00:51:07
884	2544	00:52:15	David	Howells	M	50		925	00:51:38
885	1628	00:52:16	Martyn	Jones	M	45		935	00:51:42
886	2031	00:52:17	Robert	Cawley	M	40		924	00:51:38
887	828	00:52:17	Lee	Owen	M			776	00:50:01
888	989	00:52:17	Claire	Phillips	F			829	00:50:41
889	1928	00:52:18	Andy	Cockeram	M	45		938	00:51:45
890	3222	00:52:19	Helen Elizabeth	Coates	F			884	00:51:13
891	2225	00:52:19	Lowri	Newman	F	40		833	00:50:42
892	2865	00:52:20	Gareth	Ahmum	M			887	00:51:15
893	3546	00:52:20	Mike	Green	M	40		972	00:52:04
894	2923	00:52:20	Ellie	Johnson	F			958	00:51:59
895	3129	00:52:20	Mark	Williamson	M			877	00:51:05
896	2115	00:52:20	Liz	Brookes	F	35		860	00:51:02
897	2532	00:52:21	Helen	Griffiths	F			927	00:51:39
898	2990	00:52:21	Neil	Muxworthy	M	40		870	00:51:03
899	3002	00:52:21	Jeff	Grenfell	M	40		867	00:51:03
900	1843	00:52:21	Ben	Timpson	M			836	00:50:43
901	3687	00:52:21	Jeremy	Isaac	M	45		959	00:51:59
902	2931	00:52:21	Robert	Jones	M			898	00:51:21
903	871	00:52:23	Cathryn	Chubb	F	35		926	00:51:38
904	1797	00:52:23	Stephen	Himbury	M	45		931	00:51:40
905	921	00:52:24	Sarah	Ladd	F			993	00:52:17
906	1706	00:52:25	Kathryn	Drinkall	F	35		940	00:51:46
907	1514	00:52:26	Ryan	Stuckey	M			973	00:52:04
908	2989	00:52:26	Matthew	Jones	M			904	00:51:25
909	3718	00:52:29	Ricky	Maitioli	M	45		863	00:51:02
910	3168	00:52:31	Bethan	Frugtniet	F			983	00:52:11
911	2161	00:52:31	Nick	Mitchell	M	55		964	00:52:00
912	1563	00:52:32	Andrew	Johnson	M	50		950	00:51:52
913	2300	00:52:33	Jonathan	Thomas	M	50		929	00:51:39
914	2586	00:52:33	Katrina	Harper	F	45		990	00:52:15
915	1065	00:52:34	Paul	Harvey	M			895	00:51:20
916	3075	00:52:34	Nigel	Taylor	M			817	00:50:32
917	2471	00:52:35	Steve	Llewellyn	M			963	00:52:00
918	105	00:52:36	Charlotte	Robertson	F			946	00:51:48
919	4001	00:52:36	Edward	Jeffries	M		The Noah's Ark Appeal	733	00:49:44
920	2415	00:52:37	Sue	Lee	F	40		879	00:51:06
921	765	00:52:38	Allen	Bevan	M			995	00:52:18
922	1568	00:52:39	James	Perks	M	45		798	00:50:15
923	119	00:52:39	Midge	Ferguson	M	45		820	00:50:33
924	1901	00:52:39	Christopher	Davies	M			945	00:51:48
925	2960	00:52:40	Emma	Davies	F	40		885	00:51:13
926	4002	00:52:40	Dafydd	Rowlands	M		The Noah's Ark Appeal	738	00:49:46
927	2446	00:52:42	Adrian	Cross	M			909	00:51:27
928	1815	00:52:42	Carol	Rees	F	40		988	00:52:14
929	2465	00:52:42	Andrew	Croll	M	40		803	00:50:20
930	1934	00:52:43	Tim	Barker	M	40		903	00:51:23
931	2969	00:52:43	Liz	Vaughan	F			915	00:51:32
932	3610	00:52:44	Barry	Clarke	M	40		943	00:51:46
933	3179	00:52:44	Jennifer	Butcher	F			976	00:52:07
934	3178	00:52:44	Gwyn	Myring	M			979	00:52:08
935	1543	00:52:45	Sara	Charles	F	35		1010	00:52:33
936	2049	00:52:46	Steven	Evans	M	40		953	00:51:55
937	3026	00:52:47	Catherine	Rooke	F	45		991	00:52:16
938	3358	00:52:47	Zac	Saxby	M			949	00:51:52
939	2571	00:52:48	Steve	Goodfellow	M	45	Penarth & Dinas	982	00:52:11
940	4044	00:52:49	James	Pritchard	M		Save the Children	858	00:51:00
941	3210	00:52:49	Keith	Mall	M			1039	00:52:49
942	1887	00:52:50	Gareth	Mcmullen	M	45		916	00:51:33
943	840	00:52:50	Michael	Lewis	M			1031	00:52:45
944	923	00:52:50	Lowri	Francis	F			1022	00:52:40
945	2934	00:52:53	Hannah Louise	Pole	F			941	00:51:46
946	1888	00:52:53	John	Evans	M	40		861	00:51:02
947	2010	00:52:53	Nicholas	Hunt	M	40		874	00:51:04
948	2084	00:52:53	Sean	Thomas	M	40		918	00:51:34
949	2373	00:52:53	Jan	Pigott	F	50		967	00:52:02
950	525	00:52:55	Nadine	Hill	F			920	00:51:36
951	612	00:52:56	Martin	O'Brien	M			955	00:51:56
952	3342	00:52:56	Eric	Evans	M	60		1029	00:52:44
953	146	00:52:57	Rafal	Rozniakowski	M			859	00:51:01
954	1796	00:52:58	Amanda	Thomas	F	40		989	00:52:14
955	1066	00:52:58	Simon	Duggan	M			937	00:51:44
956	3618	00:52:59	Mark	Grebbell	M			911	00:51:30
957	2744	00:52:59	Chris	Emsley	M			971	00:52:03
958	3510	00:53:00	Paul	Kinnersley	M	65		912	00:51:31
959	2011	00:53:01	Rhodri	Williams	M			975	00:52:06
960	2090	00:53:01	Sophie	Gott	F	35		997	00:52:19

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
961	782	00:53:02	Daniel	Parry	M			857	00:51:00
962	2478	00:53:02	Elizabeth	Beech	F	50		838	00:50:44
963	1071	00:53:02	Scott	Morgan	M			876	00:51:04
964	2587	00:53:02	Mark	Harper	M	40		1032	00:52:45
965	3359	00:53:04	Neil	Chipper	M	50		970	00:52:03
966	2631	00:53:04	Alex	Bevan	M			902	00:51:23
967	3277	00:53:05	Sylwester	Jop	M			969	00:52:03
968	3150	00:53:05	John	Howells	M			978	00:52:08
969	2416	00:53:06	Luke	Heslop	M			994	00:52:18
970	1799	00:53:06	Andrew	Parsons	M	40		1049	00:52:54
971	557	00:53:08	Owain	Right	M			986	00:52:13
972	3617	00:53:10	Mike	Hartwell	M	45		934	00:51:41
973	3080	00:53:11	Philip	Lewis	M	45		886	00:51:14
974	2541	00:53:11	Lance	Edwards	M	50		1000	00:52:20
975	2015	00:53:12	Roderick	Landymore	M	65		1065	00:53:05
976	3226	00:53:12	Steve	Twigg	M			984	00:52:12
977	2214	00:53:14	Samantha	Stevenson	F			917	00:51:33
978	969	00:53:14	Richard	Pickett	M			1009	00:52:32
979	2548	00:53:14	Mark	Wilson	M	50		907	00:51:25
980	1108	00:53:15	James	Patching	M			1050	00:52:55
981	1109	00:53:16	David	Pierce	M			1053	00:52:56
982	662	00:53:16	Tristan	Harris	M			908	00:51:26
983	124	00:53:16	Stephen	Wyatt	M			1006	00:52:26
984	3694	00:53:17	Richard	Brown	M	60		1035	00:52:46
985	2911	00:53:18	Colin	Blackwell	M	50		850	00:50:53
986	2152	00:53:18	Mark	Medland	M	45	Almost Athletes	1005	00:52:25
987	970	00:53:18	Paul	Newbury	M			1016	00:52:36
988	2723	00:53:19	Rachel	Morse	F			1020	00:52:39
989	3600	00:53:20	Bethan	Roberts	F			996	00:52:18
990	3051	00:53:20	James	Westgarth	M			980	00:52:10
991	890	00:53:20	Carlos	Jones	M			1013	00:52:34
992	3403	00:53:21	Andrew	Cleverley	M	45	Outdoor Fitness	1026	00:52:42
993	2217	00:53:23	Gordon	Stainer	M	60		1002	00:52:21
994	137	00:53:23	Allison		F			962	00:52:00
995	1043	00:53:23	Alex	Morgan	M			1071	00:53:06
996	2402	00:53:25	Rachel	Sheldon	F			1037	00:52:47
997	1950	00:53:26	Malcolm	Downes	M	50		1067	00:53:05
998	2196	00:53:27	Megan	Poulson	F			1054	00:52:56
999	1138	00:53:27	Will	Davies	M			890	00:51:17
1000	3044	00:53:28	Tudor	Davies	M	50		985	00:52:12
1001	559	00:53:29	Leanne	Moore	F			1068	00:53:05
1002	3136	00:53:29	Stephanie	Richards	F			1082	00:53:13
1003	3192	00:53:29	Carys	John	F			1070	00:53:06
1004	2511	00:53:30	Mark	Hartwell	M	45		992	00:52:16
1005	1666	00:53:30	Marie	Price	F			1080	00:53:12
1006	1680	00:53:30	Claire	Fisher	F	35		1081	00:53:13
1007	3446	00:53:30	Simon	Moss	M			1024	00:52:40
1008	2506	00:53:30	Sian	Griffin	F	45		1023	00:52:40
1009	3326	00:53:31	Charlotte	Cooper	F			1085	00:53:14
1010	1719	00:53:32	Nilima	Parry-Jones	F	40		1096	00:53:19
1011	2559	00:53:32	Greg	Bowes	M	55		1028	00:52:44
1012	1522	00:53:32	Rachel	Biggar	F			921	00:51:36
1013	3417	00:53:34	Lynda	Thomas	F			1113	00:53:28
1014	2947	00:53:34	Stephen	Leyman	M	40		1087	00:53:15
1015	924	00:53:34	Gareth	Davies	M			1084	00:53:14
1016	1857	00:53:34	Ceri	Bradshaw	M			981	00:52:11
1017	922	00:53:34	Gareth	Smith	M			1108	00:53:24
1018	2837	00:53:34	Anthony	Isles	M			910	00:51:29
1019	1627	00:53:38	Liz	Callicott	F			998	00:52:20
1020	3286	00:53:38	Christopher	Palmer	M			1059	00:53:01
1021	959	00:53:39	David	Phillips	M			1099	00:53:21
1022	3538	00:53:41	Alison	Fiander	F	50		1052	00:52:55
1023	761	00:53:41	Huw	Price	M			1103	00:53:22
1024	1173	00:53:41	Martyn	Hurley	M			1018	00:52:38
1025	2384	00:53:42	Geraint	Hill	M			1093	00:53:18
1026	2081	00:53:43	Peter	Johnson	M			977	00:52:08
1027	3245	00:53:44	Helen	Price	F	35		956	00:51:57
1028	4107	00:53:44	Richard	Musk	M		Diabetes UK	1045	00:52:52
1029	2766	00:53:45	Richard	Chudleigh	M			1008	00:52:30
1030	4219	00:53:46	Oliver	Mills	M		Tenovus	1038	00:52:49
1031	3109	00:53:46	Alan	Bretos	M	45		1076	00:53:09
1032	526	00:53:46	Sally	Jones	F			1025	00:52:42
1033	1736	00:53:46	Rhydian	Hooper	M			1015	00:52:35
1034	3022	00:53:47	Brian	Morris	M	40		999	00:52:20
1035	133	00:53:47	Brian	Morris	M	40		1001	00:52:21
1036	905	00:53:47	Ceryn	Evans	M			1060	00:53:02
1037	3225	00:53:48	Ricky	Waite	M	40		1021	00:52:39
1038	3466	00:53:49	Robert	Smith	M	50		892	00:51:17
1039	2561	00:53:50	Shelagh	Adkins	F	65	Caerleon	1098	00:53:20
1040	2823	00:53:50	Hannah	Jones	F			905	00:51:25

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
1041	2110	00:53:50	Darryn	Hill	M	40		951	00:51:53
1042	4409	00:53:51	Tomos	Grove	M		Love Running	1083	00:53:13
1043	860	00:53:51	Calum	Dimmich	M			1064	00:53:04
1044	147	00:53:52	Annette	Davies	F	50		1094	00:53:19
1045	2850	00:53:53	Steve	Young	M	40		1107	00:53:23
1046	3259	00:53:53	Elaine	Richardson	F			1109	00:53:24
1047	512	00:53:53	Mike	Powell	M			1027	00:52:42
1048	3214	00:53:53	Jason	Hooper	M			1063	00:53:03
1049	3491	00:53:53	Michael	Lewis	M	45		1056	00:52:58
1050	2157	00:53:54	Caroline	Clifford	F			1102	00:53:22
1051	3712	00:53:54	Simon	Williams	M			1017	00:52:36
1052	2318	00:53:56	Gareth	Davies	M			1033	00:52:45
1053	2293	00:53:56	Dawn	James	F	50		1100	00:53:21
1054	2253	00:53:56	John	Williams	M	60		974	00:52:06
1055	2514	00:53:57	David	Howells	M	55		888	00:51:16
1056	103	00:53:57	Jose	Felix	M			987	00:52:13
1057	4405	00:53:57	Andy	Davies	M		Love Running	965	00:52:00
1058	1707	00:53:57	Heather	Higgins	F			1092	00:53:17
1059	3383	00:54:00	Iestyn	Hampson - Jones	M			952	00:51:53
1060	4414	00:54:01	Rachel	Smith	F	40	Love Running	961	00:51:59
1061	748	00:54:01	Andrew	Clark	M			1106	00:53:23
1062	2294	00:54:02	Mark	Rivett	M	50		1072	00:53:07
1063	510	00:54:02	Youssef	Elarbi	M			1048	00:52:52
1064	2814	00:54:04	Ryan	Clift	M			1073	00:53:08
1065	2634	00:54:05	Richard	Price	M			1014	00:52:35
1066	3484	00:54:05	Alma	Dury	F			1120	00:53:32
1067	773	00:54:05	Dean	Griffiths	M			966	00:52:01
1068	3095	00:54:06	Kathryn	Petersen	F	40		1104	00:53:22
1069	3437	00:54:07	Michael	Dury	M			1125	00:53:34
1070	2272	00:54:07	Jamie	Way	M			1051	00:52:55
1071	3707	00:54:08	Andrea	Goodfellow	F			1119	00:53:31
1072	2515	00:54:10	Robert	Poole	M	40		1152	00:53:54
1073	2198	00:54:10	Rachel	Drayton	F			1040	00:52:50
1074	3213	00:54:11	Heidi	Anderson	F	35		1101	00:53:21
1075	2546	00:54:12	Kate	Gallaghan	F	45		1138	00:53:42
1076	4123	00:54:14	Singh	Dilbagi	M		Diabetes UK	1047	00:52:52
1077	3524	00:54:14	David	Morgan	M	50		1004	00:52:24
1078	123	00:54:15	Andrew	Shaw	M			1142	00:53:44
1079	3283	00:54:16	Mark	Pick	M			1116	00:53:29
1080	1667	00:54:18	Catherine	Ball	F	40		1155	00:53:57
1081	3612	00:54:18	Elliott	Rees	M			1055	00:52:57
1082	135	00:54:18	William	Owen	M			1105	00:53:23
1083	1019	00:54:19	Peter	Lewis	M			1058	00:53:00
1084	3193	00:54:20	Sebastian	Belli	M			1153	00:53:56
1085	592	00:54:20	Iwan	Hopkins	M			1157	00:53:59
1086	3244	00:54:21	Rob	Tully	M			947	00:51:48
1087	529	00:54:21	Tomos	Griffiths	M			1030	00:52:44
1088	4051	00:54:23	Leon	Hughes	M		Brainstrust	1086	00:53:15
1089	689	00:54:23	Mike	Wheeler	M			1043	00:52:51
1090	1696	00:54:23	Geoff	Ogden	M	40		1132	00:53:37
1091	3028	00:54:25	Dafydd	Ap Emyr	M			1034	00:52:46
1092	3310	00:54:26	Atul	Gaitonde	M	45		1188	00:54:19
1093	141	00:54:27	Ray	James	M	50		837	00:50:44
1094	3324	00:54:27	Alun	Job	M			968	00:52:02
1095	975	00:54:28	Lindsey	Bowles	F			1145	00:53:47
1096	3107	00:54:29	Matthew	Hanson	M			1133	00:53:41
1097	2982	00:54:29	Dean	Peacock	M			1111	00:53:26
1098	2074	00:54:30	Tyrone	Pope	M			1011	00:52:34
1099	1112	00:54:31	Andrew	Wain	M			1007	00:52:27
1100	1056	00:54:31	Natalie	Eveans	F	40		1141	00:53:43
1101	2763	00:54:32	Rose	Thomas	F	60		1128	00:53:35
1102	2045	00:54:32	Shane	Allen	M	45		1126	00:53:34
1103	2201	00:54:33	Alison	Inwood	F			1019	00:52:38
1104	3174	00:54:33	Rhydian	Yeoman	M			1091	00:53:17
1105	3090	00:54:33	Paul	Jones	M			1192	00:54:22
1106	2199	00:54:34	Paul	Tadecicco	M	60		1163	00:54:04
1107	2609	00:54:34	Daniel	Biscombe	M			960	00:51:59
1108	4408	00:54:35	Mathew	Miles	M		Love Running	1134	00:53:41
1109	2665	00:54:35	Rhiannon	Harris	F			1121	00:53:32
1110	1955	00:54:36	Steve	Bush	M	60		1079	00:53:12
1111	1076	00:54:37	Sheridan	Harris	F			1062	00:53:03
1112	1087	00:54:40	Amanda	Howells	F			1196	00:54:25
1113	3249	00:54:40	Jayne	Roy	F	40		1156	00:53:59
1114	566	00:54:40	Paul	Gray	M			1124	00:53:32
1115	2184	00:54:41	Katie	James	F	35		1130	00:53:37
1116	2183	00:54:41	Jon	James	M			1131	00:53:37
1117	1717	00:54:42	Steven	Evans	M			1097	00:53:20
1118	1608	00:54:42	Simon	Wheeler	M			1123	00:53:32
1119	3465	00:54:42	Michael	Cuddy	M	65		1112	00:53:26
1120	2888	00:54:43	Hakim	Dhibi	M			1209	00:54:32

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
1121	4085	00:54:43	Thomas	Grant	M	40	Cry	1176	00:54:14
1122	3196	00:54:44	Sue	Trigg	F	45		1115	00:53:28
1123	3548	00:54:44	Gareth	Thompson	M			954	00:51:55
1124	604	00:54:45	Andy	Ferries	M			1144	00:53:46
1125	3149	00:54:45	Laura	Farrow	F			1211	00:54:32
1126	2966	00:54:46	Daren	Harding	M	40		1066	00:53:05
1127	52	00:54:47	Kellinu	Portelli	M	45	Les Croupiers	1208	00:54:31
1128	54	00:54:47	Clare	Johnson	F		Les Croupiers	1213	00:54:33
1129	1100	00:54:47	Luthfur	Rahman	M			1214	00:54:35
1130	1106	00:54:47	Gavin	Hargrave	M			1044	00:52:51
1131	3209	00:54:48	Sian	O'Regan	F			1090	00:53:17
1132	649	00:54:48	Travis	Whittaker	M			1199	00:54:25
1133	1831	00:54:50	Sam	Tabiner	M			1183	00:54:16
1134	2097	00:54:50	Louise	Tabiner	F			1184	00:54:17
1135	4065	00:54:50	Rebecca	Joy	F		Brainstrust	1135	00:53:41
1136	2393	00:54:50	Amanda	Richmond	F	40		1164	00:54:04
1137	3636	00:54:51	Paul	Rees	M	40		1175	00:54:14
1138	126	00:54:54	Brendan	Naicker	M			1247	00:54:51
1139	1922	00:54:54	Kate	Braybrook	F			1042	00:52:51
1140	1653	00:54:54	Timothy	Jenkins	M	45		1194	00:54:24
1141	577	00:54:54	Tom	Rea	M			1146	00:53:47
1142	3684	00:54:55	Dean	Williams	M			1077	00:53:09
1143	1863	00:54:57	Anne	Hall	F	40		1197	00:54:25
1144	4052	00:54:57	Vanessa	Russell	F	40	Brainstrust	1147	00:53:48
1145	3529	00:54:58	Mark	Roberts	M			1148	00:53:49
1146	4037	00:54:59	Peter	Heckles	M		Save the Children	1170	00:54:11
1147	3268	00:55:00	Nicky	Moore	F	35		1078	00:53:11
1148	2915	00:55:00	Clare	Severn	F			1174	00:54:13
1149	1105	00:55:01	Tom	Riley	M			1226	00:54:40
1150	2102	00:55:02	Rhodri	Thomas	M			1127	00:53:34
1151	2332	00:55:02	Charlotte	Khalil	F	50		1012	00:52:34
1152	1921	00:55:02	Jo	Rudling	F	40		1229	00:54:41
1153	757	00:55:04	Chris	Pickles	M			1172	00:54:12
1154	3598	00:55:05	Vladimir	Buchman	M	55		1041	00:52:50
1155	2185	00:55:05	James	Ackland	M			1075	00:53:09
1156	861	00:55:06	Gemma	Thomas	F			1258	00:54:59
1157	1027	00:55:07	Karen	Morgan	F			1206	00:54:30
1158	775	00:55:07	Toci	Wood	M			1114	00:53:28
1159	3341	00:55:08	Gwenith	Owen	F	45		1160	00:54:00
1160	2128	00:55:08	Nigel	Price	M	55		1180	00:54:16
1161	3742	00:55:08	Victoria Pauline	Crompton	F		Army Widows	1186	00:54:18
1162	3584	00:55:09	Nicola	Payne	F			1046	00:52:52
1163	690	00:55:11	Greame	Roberts	M			1137	00:53:42
1164	3705	00:55:11	Beth	Lewis	F			1201	00:54:26
1165	3539	00:55:12	Sian	Hartstill	F			1140	00:53:42
1166	3347	00:55:14	Lucie	Connors	F			1227	00:54:40
1167	1069	00:55:14	Keith	Parsons	M			1088	00:53:16
1168	2878	00:55:16	Wayne	Miles	M	45		1242	00:54:49
1169	1037	00:55:17	Alys	Carlisle	F			1036	00:52:47
1170	2099	00:55:17	Lisa	Brindley	F			1122	00:53:32
1171	2468	00:55:18	Annalie	Gunner	F			1129	00:53:35
1172	4432	00:55:18	Laurence	Carrington	M		Love Running	1089	00:53:17
1173	2452	00:55:19	Terry	Vickery	M	70		1260	00:55:00
1174	704	00:55:19	Tom	Roberts	M			1189	00:54:20
1175	705	00:55:20	Ellie	Turner	F			1190	00:54:20
1176	2859	00:55:20	Matthew	Hole	M			1248	00:54:51
1177	138	00:55:22	Malcolm	Boyles	M	50		1240	00:54:47
1178	964	00:55:22	Rachael	Ludlow	F			1261	00:55:00
1179	2133	00:55:23	Ian	Warner	M	50		1244	00:54:50
1180	1012	00:55:23	Aoife	Corbett	F			1268	00:55:02
1181	1962	00:55:24	Jane	Petterson	F	40		1212	00:54:33
1182	3020	00:55:25	Andrew	Hollins	M			1218	00:54:37
1183	3078	00:55:25	Ann Marie	Ginwalla	F	35		1253	00:54:54
1184	774	00:55:25	Sarah	Hewitt	F			1136	00:53:41
1185	2826	00:55:26	Chris	Weaver	M			1162	00:54:03
1186	3269	00:55:29	Judith	Wilkinson	F	55	Tamar Trotters	1256	00:54:58
1187	2884	00:55:29	Bronwen	Boyce	F	35		1237	00:54:46
1188	3280	00:55:29	Liam	Cleary	M			1173	00:54:12
1189	1740	00:55:30	David	Jones	M	40		1220	00:54:38
1190	2648	00:55:30	Michael	Williams	M			1003	00:52:22
1191	3265	00:55:30	Richard	Street	M	55	Pegasus RC	1249	00:54:51
1192	4004	00:55:31	Andrew	Whitney	M		The Noah's Ark Appeal	1283	00:55:14
1193	1858	00:55:31	Katherine	Bradshaw	F			1169	00:54:10
1194	1878	00:55:32	Joe	Aldworth	M			1181	00:54:16
1195	597	00:55:33	Ruth	Thomas	F			1275	00:55:07
1196	3099	00:55:33	Mark	Mattingley	M			1166	00:54:07
1197	4329	00:55:34	Steve	Rees	M		RSPCA	1057	00:52:58
1198	3074	00:55:35	Richard	Cook	M	45		1118	00:53:31
1199	3120	00:55:36	Michelle	Amblin	F	35		1246	00:54:51
1200	3139	00:55:37	Sean	Bergiers	M			1204	00:54:28

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
1201	935	00:55:37	Neil	Mcintyre	M			1185	00:54:17
1202	3138	00:55:37	Matthew	Evans	M			1205	00:54:29
1203	3411	00:55:39	Melanie	Hill	F	40		1234	00:54:45
1204	799	00:55:39	Keith	Whitfield	M			1215	00:54:35
1205	1764	00:55:40	Simon	James	M	45		1225	00:54:39
1206	2013	00:55:40	Stephen	Murphy	M	55		1228	00:54:41
1207	3392	00:55:40	Debbie	Jones	F	35		1074	00:53:08
1208	1024	00:55:41	Stuart	Morgan	M			1069	00:53:05
1209	808	00:55:42	Caroline	Joll	F			1221	00:54:38
1210	3700	00:55:42	Robert	Mears	M			1178	00:54:15
1211	2019	00:55:43	Mary	Beech	F	45		1110	00:53:26
1212	895	00:55:43	Jamie	Hopkins	M			1285	00:55:16
1213	3132	00:55:46	Philippa	Francis	F	45		1286	00:55:17
1214	2536	00:55:47	Christopher	James	M	40		1251	00:54:52
1215	2288	00:55:47	Jo	Tidy	F			1318	00:55:37
1216	693	00:55:48	Liam	Woodland	M			1187	00:54:19
1217	3426	00:55:50	Andrew David	Morgan	M	45		1179	00:54:15
1218	1763	00:55:51	Carys-Sian	Rees	F			1274	00:55:06
1219	2518	00:55:52	Sarah	Lane	F	35		1321	00:55:41
1220	2742	00:55:52	Rob	Sanderson	M			1158	00:54:00
1221	2403	00:55:53	Simon	English	M	40		1284	00:55:16
1222	2116	00:55:53	Haley	Howell	F	45		1224	00:54:38
1223	2741	00:55:54	Beverley	Meek-Welsh	F	50		1304	00:55:29
1224	4003	00:55:55	Hugo	Slorach	M		The Noah's Ark Appeal	1154	00:53:57
1225	2753	00:55:57	Dafydd	Harries	M			1139	00:53:42
1226	2582	00:55:58	Ashley	Hayward	M	60		1273	00:55:06
1227	1047	00:55:59	Mehmet	Muftuoglu	M			1332	00:55:47
1228	4320	00:55:59	Andrew	Boughton-Lawrence	M		Llamau	1233	00:54:44
1229	2271	00:56:00	Helen	John	F	45		1314	00:55:36
1230	1801	00:56:00	Jonathan	Smith	M	50		1143	00:53:45
1231	3034	00:56:01	Sally	Martin	F			1216	00:54:36
1232	1943	00:56:03	James	Beynon	M	40		1279	00:55:12
1233	698	00:56:03	Peter	Kehoe	M			1311	00:55:34
1234	2813	00:56:03	Justin	Foward	M			1167	00:54:08
1235	1958	00:56:04	Cathrine	Jones	F	40		1292	00:55:21
1236	683	00:56:04	Danny	Donovan	M			1243	00:54:49
1237	2459	00:56:05	Leigh	Branagh	M	40	LC Cobras	1149	00:53:50
1238	2686	00:56:05	Alan	Marrin	M			1263	00:55:00
1239	3293	00:56:06	Julian	Patey	M	40		1171	00:54:12
1240	3593	00:56:07	Carlos	Feoli	M			1207	00:54:30
1241	2499	00:56:07	Mike	Bosley	M	45		1289	00:55:17
1242	2585	00:56:08	Hannah	Johnson	F			1269	00:55:02
1243	3519	00:56:08	Ross	Owen	M			1095	00:53:19
1244	1535	00:56:08	Tim	Bush	M			1235	00:54:45
1245	3211	00:56:09	Daniel	Griffiths	M			1151	00:53:54
1246	968	00:56:10	Rhys	Spencer	M			1288	00:55:17
1247	63	00:56:10	Matt	Johnson	M			1117	00:53:30
1248	779	00:56:11	Paul	Nowaczek	M	40		1165	00:54:06
1249	3583	00:56:11	Nick	Williams	M	40		1325	00:55:45
1250	1739	00:56:12	Paul	Davies	M			1168	00:54:08
1251	3761	00:56:13	Karl	Jefferies	M			1267	00:55:01
1252	60	00:56:13	Iona	Davies	F		Les Croupiers	1348	00:55:59
1253	4443	00:56:14	Nicola	Terentis	F		Bipolar UK	1222	00:54:38
1254	3287	00:56:14	Stephen	Wheel	M			1150	00:53:52
1255	680	00:56:14	Lloyd	Williams	M			1264	00:55:00
1256	3176	00:56:15	Ashley	Mcavoy	M			1277	00:55:10
1257	1057	00:56:16	Kaye	Oslen	F	35		1301	00:55:28
1258	2278	00:56:17	Tim	Brice	M			1337	00:55:49
1259	1910	00:56:17	Andrew	Unsworth	M			1259	00:54:59
1260	3337	00:56:19	Bradley	Harrington	M			1343	00:55:56
1261	2699	00:56:20	Nicholas	Hurley	M	40		1250	00:54:52
1262	793	00:56:20	Ioan	Bellin	M			1363	00:56:08
1263	829	00:56:20	Kelly	Owen	F			1161	00:54:03
1264	567	00:56:20	Peter	Wright	M			1281	00:55:13
1265	642	00:56:21	Ben	Hayes	M			1378	00:56:15
1266	2702	00:56:21	Sue	Charles	F	35	Blackweir Harriers	1182	00:54:16
1267	988	00:56:21	Jonathan	Jones	M			1232	00:54:43
1268	1552	00:56:23	Rachel	Phillips	F	40		1262	00:55:00
1269	848	00:56:23	Ashley	Smith	M			1319	00:55:38
1270	854	00:56:23	Owen	Hooper	M			1320	00:55:38
1271	2961	00:56:23	Steve	Ballett	M	55		1296	00:55:24
1272	2141	00:56:25	Jessica	Whiteman	F			1230	00:54:41
1273	3378	00:56:25	Andy	Walsh	M			1367	00:56:10
1274	3096	00:56:26	Matt	Hillard	M			1238	00:54:46
1275	4424	00:56:26	David	Wilson	M		Love Running	1200	00:54:26
1276	2643	00:56:26	Ross	Flay	M			1278	00:55:11
1277	3076	00:56:27	Danielle	Wilson	F			1195	00:54:24
1278	3536	00:56:27	Sally	Willicombe	F			1245	00:54:50
1279	2777	00:56:27	Ben	Harling	M			1276	00:55:08
1280	2406	00:56:27	Christine	White	F	60		1328	00:55:46

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
1281	2682	00:56:28	Anna	Bellamy	F	35		1293	00:55:21
1282	755	00:56:28	Mike	Rabaiotti	M			1270	00:55:03
1283	2681	00:56:28	Sarah	Mynott	F	40		1294	00:55:22
1284	955	00:56:29	Pamela	Bland	F			1368	00:56:10
1285	2542	00:56:30	Anwen	Williams	F	35		1370	00:56:12
1286	2916	00:56:30	John	Baker	M	45		1316	00:55:36
1287	2556	00:56:31	Lisa Jane	Saunders	F	45		1322	00:55:42
1288	2855	00:56:31	Liz	Sim	F	35		1231	00:54:43
1289	3485	00:56:31	Emily	Abington	F			1193	00:54:24
1290	4401	00:56:32	Stuart	Hardisty	M		Love Running	1210	00:54:32
1291	2788	00:56:34	Paul	Sim	M			1236	00:54:46
1292	3608	00:56:34	Stephen	Lockwood	M	55		1159	00:54:00
1293	3639	00:56:35	Peter	Korzelius	M	60		1310	00:55:33
1294	3254	00:56:35	James	Barton	M			1353	00:56:01
1295	2569	00:56:35	Catherine	Smith	F	35		1302	00:55:28
1296	1564	00:56:37	James	Nixon	M			1366	00:56:09
1297	4333	00:56:38	Phillip	O'Neill	M		RSPCA	1257	00:54:59
1298	2856	00:56:38	Dana	Mills	F			1356	00:56:02
1299	2564	00:56:40	Gillian	Murphy	F	55	Les Croupiers	1361	00:56:05
1300	2440	00:56:40	Andrew	Champion	M	40		1198	00:54:25
1301	2793	00:56:41	Nigel	Cope	M	55		1266	00:55:00
1302	3683	00:56:41	Joanne	Edwards	F			1203	00:54:27
1303	2715	00:56:43	Hugh	Price	M	60		1255	00:54:55
1304	1960	00:56:44	Stuart	Gale	M			1300	00:55:28
1305	2054	00:56:44	Ben	Rigby	M			1295	00:55:22
1306	4322	00:56:47	Jason	Martin	M		Llamau	1306	00:55:32
1307	846	00:56:48	Dean	James	M			1436	00:56:44
1308	1538	00:56:48	Simon	Jones	M			1396	00:56:25
1309	2119	00:56:49	Martyn	Price	M	40		1346	00:55:58
1310	3251	00:56:51	Holly	Jenkins	F			1297	00:55:27
1311	2028	00:56:52	Stephen	Jenkins	M	40		1271	00:55:04
1312	2580	00:56:53	Iestyn	Jones	M			1390	00:56:21
1313	2971	00:56:54	Andrew	Mackenzie	M			1364	00:56:09
1314	4339	00:56:55	Kerry	Briggs	F		RSPCA	1432	00:56:41
1315	3569	00:56:55	Danielle	Lewis	F			1413	00:56:33
1316	506	00:56:56	Richard	Miller-Williams	M			1401	00:56:28
1317	2897	00:56:56	Rebeca	James	F			1202	00:54:26
1318	2887	00:56:57	Merrick	Jones	M	40		1355	00:56:02
1319	3495	00:56:57	Nick	Morgan	M			1061	00:53:03
1320	1912	00:56:57	Andrew	Martin	M			1331	00:55:47
1321	2462	00:56:58	Mark	Pole	M	40		1219	00:54:37
1322	938	00:56:58	Gareth	Dixon	M			1352	00:56:01
1323	1668	00:56:59	Idrees	Ahmed	M			1437	00:56:44
1324	2158	00:57:00	Gareth	Hill	M	55		1340	00:55:52
1325	3445	00:57:01	Dorian	Waters	F	45		1375	00:56:13
1326	3288	00:57:01	Jonathan	Goodall	M			1414	00:56:33
1327	1566	00:57:01	Andrew	Hill	M			1341	00:55:53
1328	1633	00:57:02	Sarah	Angel	F	40		1312	00:55:35
1329	910	00:57:02	Lewin	Thomas	M			1403	00:56:28
1330	1531	00:57:02	Martin	Howard	M			1458	00:57:00
1331	3523	00:57:02	Gemma	Crutcher	F			1333	00:55:48
1332	1141	00:57:02	Jenni	Delnevo	F			1191	00:54:21
1333	2919	00:57:02	Laura	Evans	F			1239	00:54:46
1334	1619	00:57:02	Katie	Walker	F			1223	00:54:38
1335	614	00:57:04	Anthony	Harris	M			1349	00:55:59
1336	3282	00:57:04	Phillipa	Cole	F	40		1254	00:54:54
1337	607	00:57:04	Steve	Gummer	M			1358	00:56:02
1338	2762	00:57:07	Michael	Portelli	M	50		1429	00:56:39
1339	3165	00:57:07	Jane	Truscott	F	40		1265	00:55:00
1340	2812	00:57:09	Matthew	Bird	M			1280	00:55:12
1341	1547	00:57:09	Sarah	Gatley	F			1387	00:56:19
1342	2472	00:57:10	Tim	Nichols	M			1416	00:56:34
1343	3744	00:57:10	Mark	Davies	M			1241	00:54:47
1344	2802	00:57:10	Jade	Wakley	F			1383	00:56:18
1345	2805	00:57:11	James	Wakley	M			1381	00:56:17
1346	667	00:57:11	Claire	Green	F			1336	00:55:49
1347	1889	00:57:11	Laura	Phillips	F			1177	00:54:14
1348	4330	00:57:12	Marie	Rees	F	45	RSPCA	1217	00:54:36
1349	1159	00:57:12	Richard	Lambert	M			1354	00:56:01
1350	1732	00:57:14	Vanessa	Davies	F			1407	00:56:30
1351	4304	00:57:15	Marie	Rees	F		Cardiff & Vale Health Charity	1453	00:56:57
1352	1593	00:57:15	Gavin	Black	M	40		1440	00:56:48
1353	1957	00:57:16	Rhys	Morgan	M			1291	00:55:20
1354	1517	00:57:16	Michelle	Rivett	F	40		1303	00:55:29
1355	3381	00:57:17	Mike	Mccullagh	M	45		1373	00:56:12
1356	3380	00:57:18	Hayley	Rogers	F	45		1374	00:56:12
1357	1880	00:57:18	Danothy	Bennett	M			1347	00:55:58
1358	3425	00:57:18	Mark	Anthony	M	45		1323	00:55:43
1359	1854	00:57:18	Sara	Morgan	F	35		1398	00:56:26
1360	2932	00:57:19	Richard	Knowles	M			1382	00:56:18

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
1361	1951	00:57:19	Atul	Kalhan	M	40		1460	00:57:01
1362	879	00:57:20	Daniel	Tyte	M			1369	00:56:11
1363	1769	00:57:21	Stuart	Peggie	M			1307	00:55:33
1364	1781	00:57:21	David	Farrant	M			1469	00:57:07
1365	2323	00:57:21	Hannah	Murch	F			1388	00:56:21
1366	2988	00:57:22	Aaron	John	M			1482	00:57:15
1367	3038	00:57:22	Christopher	George	M	45		1365	00:56:09
1368	1694	00:57:23	Andrea	Entwhistle	F	35		1344	00:55:57
1369	3294	00:57:23	James	Hourihan	M			1326	00:55:45
1370	2533	00:57:24	Elen	Howells	F			1379	00:56:16
1371	688	00:57:24	Ffion	Jones	F			1380	00:56:16
1372	1974	00:57:27	Peter	Tune	M			1351	00:56:01
1373	1966	00:57:27	Matt	Bajowski	M			1338	00:55:49
1374	2683	00:57:28	Helen	Jenkins	F	35		1327	00:55:46
1375	3175	00:57:28	Jason	Pask	M	40		1399	00:56:27
1376	3116	00:57:29	Kellie	Morgan-Rowe	F			1357	00:56:02
1377	658	00:57:29	Steve	Watkins	M			1372	00:56:12
1378	709	00:57:30	Owain	Lewis	M			1486	00:57:20
1379	3603	00:57:30	Lucy	Morgan	F	35		1305	00:55:31
1380	4129	00:57:31	Haydn	Jones	M		Diabetes UK	1421	00:56:36
1381	1560	00:57:32	Sian	Llewellyn-Thomas	F	45		1317	00:55:37
1382	302	00:57:32	Andrew	Beacon	M	45		1308	00:55:33
1383	681	00:57:32	Brian	Dyer	M			1384	00:56:18
1384	3716	00:57:32	Nick	Bennett	M			1408	00:56:30
1385	2159	00:57:32	Andrew	Beacon	M	45		1309	00:55:33
1386	1064	00:57:33	Cerys	Rees	F			1386	00:56:19
1387	1166	00:57:34	Dennis	Page	M			1442	00:56:49
1388	2574	00:57:35	Gruffydd	Rees	M			1299	00:55:27
1389	2350	00:57:35	Justin	O'Sullivan	M		Klockner Pentaplast	1282	00:55:13
1390	1641	00:57:36	Nerys	Hurford	F	35		1313	00:55:36
1391	1677	00:57:36	Simon	Kenny	M			1428	00:56:38
1392	3264	00:57:38	Matt	O'Donoghue	M			1467	00:57:04
1393	3154	00:57:39	Alan	Crutcher	M	50		1394	00:56:24
1394	1511	00:57:39	Geraint	Hulbert	M			1252	00:54:53
1395	2055	00:57:39	Joe	Donovan	M			1315	00:55:36
1396	3594	00:57:39	Cathryn	Jones	F			1290	00:55:18
1397	2599	00:57:40	Sarah	Wake	F			1415	00:56:34
1398	1908	00:57:40	Catharine	Cooksley	F			1376	00:56:14
1399	3122	00:57:41	Tom	Lawson	M			1391	00:56:22
1400	2650	00:57:43	Iain	Osborne	M		Cardiff Tri	1491	00:57:21
1401	610	00:57:43	Chris	Hassell	M			1426	00:56:38
1402	611	00:57:44	Katherine	Morris	F			1430	00:56:39
1403	3215	00:57:45	Adrian	Evans	M	40		1335	00:55:48
1404	1853	00:57:45	Matthew	Wood	M	40		1362	00:56:07
1405	3626	00:57:47	Ellen	Pawar	F	40		1466	00:57:03
1406	863	00:57:47	Leighton	Tovey	M	50		1524	00:57:41
1407	986	00:57:47	Angharad	Elin	F			1455	00:56:58
1408	979	00:57:49	Sam	Hockey	M			1360	00:56:05
1409	2941	00:57:49	Peter	Maksimovic	M	50		1272	00:55:05
1410	2035	00:57:49	Hollie	Hines	F			1456	00:56:58
1411	2710	00:57:49	Ashley	Howells	M			1443	00:56:51
1412	1610	00:57:49	Jonathan	Griffiths	M			1412	00:56:33
1413	2146	00:57:49	Carl	Wyatt	M			1329	00:55:46
1414	1821	00:57:50	Hannah	Blackburn	F			1330	00:55:47
1415	2103	00:57:50	Ceri	Evans	M			1484	00:57:19
1416	2151	00:57:50	Colin	Malam	M	40		1424	00:56:38
1417	2537	00:57:51	Lee	Mclaren	M			1350	00:56:00
1418	677	00:57:51	Dan	White	M			1371	00:56:12
1419	2059	00:57:52	Marc	Griffiths	M			1461	00:57:01
1420	778	00:57:53	Alan	Hopes	M			1462	00:57:01
1421	2689	00:57:53	Millie	Wilmot	F			1514	00:57:38
1422	3054	00:57:54	Kate	Martin	F			1510	00:57:37
1423	541	00:57:54	Lyndon	Elliot	M	40		1404	00:56:29
1424	545	00:57:54	Jason	Watkins	M			1406	00:56:30
1425	3371	00:57:55	Dion	Jenkins	M			1512	00:57:38
1426	2926	00:57:55	Nikita	Pavlov	M			1287	00:55:17
1427	2962	00:57:55	Annie	Conroy	F	65	Les Croupiers	1499	00:57:26
1428	3621	00:57:55	Madeleine	Newcomb	F	60		1495	00:57:23
1429	866	00:57:56	Jessica	Trim	F			1478	00:57:13
1430	4081	00:57:56	Stephen	Hardacre	M	55	Cry	1393	00:56:24
1431	880	00:57:56	Eoghan	Mortell	M			1438	00:56:46
1432	581	00:57:57	Eric	Morgan	M			1427	00:56:38
1433	859	00:57:58	Marco	Carpanini	M			1483	00:57:17
1434	3006	00:57:58	Mary	Beckett	F			1448	00:56:54
1435	561	00:58:00	Nicola	Bell	F			1508	00:57:36
1436	128	00:58:01	Jen	Irish	F			1493	00:57:22
1437	990	00:58:01	Fran	Nadin	F			1392	00:56:24
1438	3714	00:58:02	Mark	Brown	M	45		1459	00:57:00
1439	3357	00:58:03	Rhys	Howell	M			1464	00:57:03
1440	3595	00:58:05	Selina	Bodycombe-Jones	F			1395	00:56:25

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
1441	3060	00:58:05	Carl	Brain	M	45		1298	00:55:27
1442	3333	00:58:05	Jo	Williams	F	35		1502	00:57:32
1443	2296	00:58:06	Paul	Sydenham	M	55		1422	00:56:36
1444	3316	00:58:06	Nigel	Thomas	M	55		1423	00:56:37
1445	2644	00:58:08	Jane	Williams	F	40		1385	00:56:19
1446	903	00:58:08	James	Hayward	M			1452	00:56:55
1447	904	00:58:08	Jo	Nash	F			1451	00:56:55
1448	2672	00:58:09	Richard	Wilks	M			1397	00:56:26
1449	2222	00:58:09	Julian	Wooster	M	40		1511	00:57:38
1450	2204	00:58:11	Lewis	Stephens	M			1435	00:56:43
1451	2624	00:58:12	Sarah	Iles	F	40		1419	00:56:36
1452	756	00:58:12	Gavin	Michael	M			1441	00:56:48
1453	3361	00:58:12	Jon-Marc	Roberts	M			1457	00:56:58
1454	2321	00:58:12	Nicholas	Murphy	M	45		1334	00:55:48
1455	2519	00:58:12	Lee	Dawkins	M			1550	00:57:49
1456	1927	00:58:13	Rachel	Davies	F	35		1506	00:57:35
1457	3516	00:58:14	Rachael	Rees	F	35		1564	00:57:57
1458	2885	00:58:15	Karl	Jones	M	40		1431	00:56:39
1459	805	00:58:15	Rachel	Williams	F			1475	00:57:11
1460	3110	00:58:17	Sian	Smeeth	F			1532	00:57:43
1461	3266	00:58:18	Annette	Morris	F	35		1504	00:57:33
1462	102	00:58:18	Ciampero	Caramella	M			1417	00:56:35
1463	3045	00:58:19	Richard	Stephens	M	40		1494	00:57:23
1464	3634	00:58:20	Runner			3634 M		1433	00:56:42
1465	2156	00:58:20	Hayley	Griffiths	F	45		1470	00:57:08
1466	3592	00:58:20	Danielle	Rayner	F		Penarth & Dinas	1339	00:55:52
1467	1987	00:58:22	Andrew	Reid	M	45		1500	00:57:26
1468	2870	00:58:23	Jessica	Morris	F			1513	00:57:38
1469	3354	00:58:23	Mike	Watkins	M	45		1529	00:57:42
1470	2869	00:58:23	Stephen	Morris	M	50		1515	00:57:39
1471	3360	00:58:25	Cai	Parry	M			1476	00:57:11
1472	2711	00:58:26	Dimitri	Batrouni	M			1465	00:57:03
1473	803	00:58:27	Maneesh	Kumar	M			1554	00:57:52
1474	2778	00:58:28	Matthew	Body	M			1463	00:57:02
1475	3362	00:58:32	Shaun	Wilcox	M			1324	00:55:43
1476	622	00:58:33	Glyn	Grant	M			1409	00:56:32
1477	3117	00:58:35	Gwynfor	Davies	M	55		1621	00:58:29
1478	4430	00:58:35	Sam	Harris	M		Love Running	1410	00:56:32
1479	3566	00:58:35	Jonathan	Spicer	M			1418	00:56:36
1480	3424	00:58:35	Chris	Chouls	M	40		1359	00:56:02
1481	3697	00:58:36	Jason	Chapman	M			1479	00:57:14
1482	1931	00:58:36	Catrin	Hughes	F			1402	00:56:28
1483	754	00:58:37	Rona	Grzybowska	F			1477	00:57:13
1484	2437	00:58:38	Philip	Allen	M	50		1520	00:57:40
1485	1856	00:58:38	Brett	Turton	M			1523	00:57:41
1486	3613	00:58:38	Ed	Ashley	M			1521	00:57:40
1487	902	00:58:38	Kimberly	Horton	F			1557	00:57:53
1488	1844	00:58:38	Helene	Guldborg	F	45		1490	00:57:21
1489	1669	00:58:39	Andrew	Newton	M	50		1537	00:57:44
1490	2866	00:58:39	Kat	Addison	F			1377	00:56:15
1491	1055	00:58:40	Sarah	John	F			1535	00:57:44
1492	3580	00:58:40	Lisa	Stephens	F			1496	00:57:24
1493	110	00:58:41	Runner			110 M		1444	00:56:51
1494	2725	00:58:41	Jason	Barnett	M	45		1592	00:58:12
1495	2815	00:58:42	Karen	Price	F	35		1593	00:58:13
1496	3275	00:58:42	Adam	Jago-Williams	M			1569	00:58:01
1497	2063	00:58:42	Geraint	Evans	M	50		1579	00:58:07
1498	3399	00:58:43	Richard	Williams	M			1468	00:57:04
1499	1147	00:58:43	Chris	Butler	M			1480	00:57:14
1500	1972	00:58:44	Tim	Letheren	M			1342	00:55:53
1501	2554	00:58:44	Ravindra	Lanke	M	40		1612	00:58:24
1502	2316	00:58:44	Adam	Morgan	M			1439	00:56:47
1503	1765	00:58:44	Stacey	Corcoran	F			1527	00:57:41
1504	2442	00:58:45	Andrew	Morris	M	40		1507	00:57:35
1505	1989	00:58:46	Kristina	Evans	F			1561	00:57:56
1506	4419	00:58:46	Phil	Bosman	M		Love Running	1434	00:56:42
1507	1818	00:58:47	Chris	Morris	M			1472	00:57:09
1508	1847	00:58:48	Andrew	Lustig	M			1345	00:55:58
1509	127	00:58:49	Bethan	Roberts	F			1547	00:57:48
1510	911	00:58:50	Joe	Bishop	M			1595	00:58:16
1511	1073	00:58:51	Liam	Rohan	M			1445	00:56:51
1512	583	00:58:51	Nic	Edwards	M			1607	00:58:21
1513	1077	00:58:51	Simon	Morgan	M			1568	00:58:00
1514	1078	00:58:52	Rod	Hill	M			1567	00:58:00
1515	1075	00:58:54	Donna	Harris	F			1485	00:57:19
1516	857	00:58:55	Thomas	Gregory	M			1583	00:58:09
1517	1068	00:58:55	Matthew	Harris	M			1454	00:56:58
1518	3723	00:58:56	Claire	Wright	F			1411	00:56:33
1519	2312	00:58:57	Petra	Barry	F	35		1608	00:58:21
1520	2737	00:58:58	Sharon	Williams	F	45		1425	00:56:38

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
1521	2912	00:58:59	Clare	Banks	F	35		1501	00:57:30
1522	1562	00:59:02	Geraint	Fisher	M			1629	00:58:36
1523	2509	00:59:02	Katie	Lewis	F	35		1591	00:58:12
1524	2649	00:59:02	Susan	Hayes	F	45		1596	00:58:16
1525	3084	00:59:02	Daniel	Smart	M			1400	00:56:27
1526	1829	00:59:03	Darrell	Walkley	M	40		1633	00:58:38
1527	2444	00:59:03	Michelle	Ward	F	40	Forest Of Dean AC	1619	00:58:29
1528	1899	00:59:03	Ben	Hill	M			1582	00:58:09
1529	3482	00:59:04	Carwyn	Rees	M	45		1498	00:57:26
1530	3607	00:59:04	Andy	Lambert	M	45		1405	00:56:29
1531	2597	00:59:04	Michael	Griffiths	M	50		1389	00:56:21
1532	3128	00:59:04	Stuart	Jones	M			1549	00:57:49
1533	3478	00:59:04	Ceri Ann	Jenkins	F	35		1481	00:57:15
1534	912	00:59:06	Robin	Aske	M			1626	00:58:33
1535	882	00:59:06	Geraint	John	M			1560	00:57:56
1536	2607	00:59:06	Rebecca	George	F			1489	00:57:21
1537	544	00:59:06	Kian	Williams	M			1528	00:57:42
1538	2583	00:59:07	Helen	Taylor	F	35		1597	00:58:17
1539	957	00:59:07	Steve	Mcdonald	M			1646	00:58:48
1540	3440	00:59:08	Peter	Hathoway	M			1522	00:57:40
1541	542	00:59:08	Steven	Williams	M			1534	00:57:43
1542	3439	00:59:08	Amelia	Johnstone	F	35		1526	00:57:41
1543	2791	00:59:09	Dave	Westley	M	55		1420	00:56:36
1544	2503	00:59:10	Helen	Grimshaw	F			1559	00:57:55
1545	3140	00:59:11	Sophie	Young	F			1556	00:57:53
1546	742	00:59:11	Adam	Davies	M			1539	00:57:45
1547	3688	00:59:11	Kelly	Way	F			1566	00:57:59
1548	747	00:59:12	Tim	Muggeridge	M			1620	00:58:29
1549	1658	00:59:14	Claire	Sansome	F	35		1563	00:57:56
1550	2203	00:59:14	Nick	Johnson	M			1658	00:58:57
1551	543	00:59:15	Chris	Simmonds	M			1552	00:57:50
1552	2269	00:59:15	Michael	Brace	M			1585	00:58:09
1553	2277	00:59:15	Rebecca	Collins	F			1586	00:58:09
1554	1011	00:59:16	Claire	Brown	F			1654	00:58:55
1555	3398	00:59:17	Ian	Williams	M			1571	00:58:02
1556	2863	00:59:17	Gary	Williams	M	50		1588	00:58:10
1557	1746	00:59:17	Irene	Cooper	F	55		1540	00:57:46
1558	2046	00:59:18	David	Jones	M	60		1541	00:57:46
1559	3021	00:59:18	David	Morris	M			1553	00:57:51
1560	1933	00:59:18	Scott	Davies	M			1558	00:57:53
1561	1565	00:59:18	Heidy	Davies	F	45		1450	00:56:54
1562	1074	00:59:19	Julie	Ellis	F			1538	00:57:45
1563	3340	00:59:22	Laura	Trafford	F			1587	00:58:10
1564	2809	00:59:23	Kathryn	Malfatti	F			1652	00:58:52
1565	2968	00:59:23	Mark	Painter	M	50		1449	00:56:54
1566	2260	00:59:23	Samantha	Haines	F			1643	00:58:46
1567	1840	00:59:24	Alison	Jones	F	35		1517	00:57:39
1568	2389	00:59:24	Rachel	Townsend	F	40		1575	00:58:04
1569	4416	00:59:24	Mathew	Swaffield	M		Love Running	1492	00:57:22
1570	3430	00:59:24	Amanda Catryn	Cooper	F	40		1516	00:57:39
1571	1849	00:59:25	Stephen	Bartley	M	55		1488	00:57:21
1572	3061	00:59:26	Paul	Overfield	M			1497	00:57:24
1573	3503	00:59:26	Liz	Beech	F			1473	00:57:09
1574	2880	00:59:27	Claire	Solman	F	40		1573	00:58:04
1575	3596	00:59:29	Jay	Diaz	M			1542	00:57:46
1576	845	00:59:30	Simon	Morgan	M			1645	00:58:48
1577	795	00:59:30	Angela	Cox	F			1616	00:58:27
1578	3125	00:59:32	Lucy	Hutton	F	40		1609	00:58:23
1579	4210	00:59:32	Ian	Davies	M	50	Tenovus	1471	00:57:09
1580	3284	00:59:32	Debbie	Plinner	F	40		1578	00:58:05
1581	1879	00:59:32	Jordan	Harvey	M			1634	00:58:38
1582	2739	00:59:33	Rhys	Weeks	M			1518	00:57:40
1583	2738	00:59:33	Robert	Weeks	M	45		1519	00:57:40
1584	3098	00:59:35	Paula	Walters	F	35		1509	00:57:37
1585	868	00:59:35	Becky	Coles	F			1653	00:58:53
1586	3604	00:59:36	Siwan	Richards	F	35		1447	00:56:52
1587	625	00:59:36	Claire	Baker	F			1611	00:58:24
1588	3257	00:59:36	Moira	Trezise	F	50		1446	00:56:52
1589	112	00:59:38	Allan	Price	M			1562	00:57:56
1590	1787	00:59:39	Sharon	Reading	F	45		1580	00:58:07
1591	3141	00:59:40	Michelle	David	F	40		1628	00:58:33
1592	2976	00:59:40	Craig	Palmer	M			1627	00:58:33
1593	1904	00:59:40	Rob	Vaughan	M			1543	00:57:46
1594	2701	00:59:41	Charlotte	Jayne-Nickson	F			1623	00:58:30
1595	1618	00:59:41	Tomos	Williams	M			1544	00:57:46
1596	2208	00:59:41	John	Dyson	M	45		1487	00:57:20
1597	2601	00:59:41	Pauline	Thomas	F	70		1685	00:59:16
1598	3111	00:59:41	Peter	Smeeth	M			1674	00:59:07
1599	2275	00:59:42	Priten	Solanki	M			1651	00:58:51
1600	1570	00:59:42	Cerys	Bowen	F			1505	00:57:34

2012 Cardiff 10k

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
1601	1018	00:59:42	John	Fairclough	M			1720	00:59:34
1602	2082	00:59:44	Janet	Nilsen	F	40		1617	00:58:27
1603	2006	00:59:44	Alex	Criddle	M			1618	00:58:28
1604	1703	00:59:45	Llinos	Thomas	F			1610	00:58:23
1605	1023	00:59:45	Carys	Joshua	F			1590	00:58:12
1606	3320	00:59:45	Ruth	Hale	F			1530	00:57:43
1607	3169	00:59:45	Steven	Stone	M			1576	00:58:04
1608	3318	00:59:46	Ceri Anne	Brown	F			1533	00:57:43
1609	3344	00:59:47	Lisa	Mcdonald	F	45		1536	00:57:44
1610	3247	00:59:47	James	Griffiths	M			1604	00:58:19
1611	2502	00:59:47	Carl	Rose	M	40		1659	00:58:57
1612	2811	00:59:47	Yvonne	Majewska	F			1686	00:59:16
1613	1561	00:59:48	Carolyn	Nixon	F			1699	00:59:22
1614	696	00:59:49	Candice	Woodland	F			1602	00:58:19
1615	2660	00:59:49	Sarah	Williams	F	35		1642	00:58:46
1616	874	00:59:51	C J	Adams	M			1670	00:59:05
1617	926	00:59:51	Gwawr	Davies Jones	F			1703	00:59:24
1618	1988	00:59:51	Paul	Knight	M	50		1691	00:59:18
1619	3148	00:59:52	Layla	Fear	F			1672	00:59:05
1620	3726	00:59:53	Ben	Baldry	M	45		1716	00:59:32
1621	3369	00:59:53	Bethan	Davies	F			1721	00:59:35
1622	3300	00:59:53	John	Cronin	M	50		1570	00:58:01
1623	3069	00:59:55	Jack	Kinnersley	M			1615	00:58:26
1624	899	00:59:55	Greg	Sorokin	M			1712	00:59:30
1625	130	00:59:56	Chris	Jevons	M			1546	00:57:47
1626	1017	00:59:56	Anthony	Perera	M			1525	00:57:41
1627	1149	00:59:57	Jo	Webb	F			1606	00:58:20
1628	1061	00:59:57	Jools	Edwards	F	40		1664	00:59:02
1629	678	00:59:58	Mark	Ley	M			1640	00:58:45
1630	2547	00:59:59	Patrick	Gallaghan	M	45		1630	00:58:37
1631	3670	00:59:59	Ben	Edwards	M		Klockner Pentaplast	1601	00:58:18
1632	2043	00:59:59	Michael	Creedon	M	40		1635	00:58:38
1633	2283	01:00:00	Jemma	Thomas	F			1638	00:58:41
1634	2338	01:00:01	Lowri	Mitchell	F			1677	00:59:12
1635	1971	01:00:01	Kathryn	Paradis-Letheren	F			1474	00:57:10
1636	797	01:00:01	Ed	Heery	M			1657	00:58:56
1637	927	01:00:02	Justin	Reed	M			1747	00:59:47
1638	2584	01:00:03	Richard	Wright	M			1639	00:58:42
1639	1111	01:00:04	Sarah	Stevens	F			1614	00:58:25
1640	619	01:00:05	Daniel	Sumpter	M			1655	00:58:55
1641	2832	01:00:06	Robert	Hay	M	45		1551	00:57:50
1642	1114	01:00:07	Jenna	Ponting	F			1707	00:59:26
1643	2068	01:00:07	Lee	Durkee	M			1671	00:59:05
1644	2414	01:00:08	Cheryl	Roberts	F	35		1598	00:58:17
1645	3240	01:00:08	Dean	Chapman	M	45		1581	00:58:08
1646	2404	01:00:09	Manohar	Singh	M	45		1656	00:58:56
1647	546	01:00:10	Justin	Evans	M			1641	00:58:45
1648	2883	01:00:12	Lydia	Smith	F	40	LC Cobras	1565	00:57:57
1649	64	01:00:14	Matt	Johnson 2	M			1503	00:57:33
1650	1747	01:00:14	Ron	Davies	M	40		1625	00:58:32
1651	664	01:00:17	Craig	Coggins	M			1661	00:58:59
1652	1528	01:00:17	Rhian	Price Jones	F			1545	00:57:46
1653	856	01:00:17	Rachel	Kempton	F			1742	00:59:44
1654	2635	01:00:18	Sophie	Mclain	F			1605	00:58:20
1655	3501	01:00:19	Gary	Davies	M			1572	00:58:03
1656	3258	01:00:20	Mark	Elliott	M			1754	00:59:50
1657	2003	01:00:20	Anna	Phillips	F			1718	00:59:32
1658	4073	01:00:22	Rhiannon	Mogridge	M		Brainstrust	1669	00:59:04
1659	1635	01:00:22	Rebecca	Anthony	F			1701	00:59:23
1660	2167	01:00:22	Sian	Sykes	F			1548	00:57:49
1661	3620	01:00:24	Nicola	Murray	F			1662	00:58:59
1662	2488	01:00:24	Kath	Cox	F	40	Shapwick Runners	1755	00:59:51
1663	4038	01:00:24	John	Davies	M		Save the Children	1694	00:59:20
1664	918	01:00:25	Nory	Makhlouf	M			1589	00:58:10
1665	3143	01:00:25	Saranne	Morrissey	F			1732	00:59:40
1666	2857	01:00:25	Christian	Morales	M			1727	00:59:37
1667	669	01:00:25	Beki	Warren	F			1667	00:59:03
1668	1683	01:00:26	Jennifer	Park	F			1632	00:58:37
1669	2858	01:00:26	Soraya	Camarero	F			1726	00:59:37
1670	668	01:00:26	Deb	Jones	F			1668	00:59:03
1671	2070	01:00:26	Susan	Peirce	F	40		1600	00:58:18
1672	3077	01:00:26	Kristian	Morgan	M			1622	00:58:29
1673	2534	01:00:26	Kim	Rickard	F	45		1682	00:59:14
1674	1004	01:00:27	Lewis	Hughes	F			1660	00:58:58
1675	2147	01:00:27	Mervyn	Weightman-Bent	M	50		1665	00:59:02
1676	2964	01:00:27	Nigel	Thomas	M	55		1647	00:58:50
1677	2796	01:00:28	Victoria	Murray	F			1700	00:59:23
1678	4060	01:00:28	Chris	Manley	M	50	Brainstrust	1695	00:59:20
1679	1744	01:00:29	Alastair	Mckenzie-Kerr	M			1709	00:59:28
1680	623	01:00:29	Hayley	Chalkley	F			1688	00:59:17

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
1681	1743	01:00:29	Bethan	Mckenzie-Kerr	F			1710	00:59:28
1682	1841	01:00:29	Karen	Guldborg	F	45		1679	00:59:13
1683	1029	01:00:30	Ellie	Howes	F			1594	00:58:15
1684	2385	01:00:31	Michelle	Dacey	F	40		1676	00:59:11
1685	3202	01:00:33	Rhian	Davies	F	35		1584	00:58:09
1686	958	01:00:33	Holly	North	F			1786	01:00:14
1687	2101	01:00:34	Richard	Hale	M	40		1599	00:58:18
1688	2317	01:00:34	Carrie	Robinson	M			1636	00:58:40
1689	3195	01:00:34	Georgina	Townsend	F			1689	00:59:17
1690	976	01:00:35	Gareth	Russell	M			1733	00:59:40
1691	4008	01:00:35	Gerard	Ray	M	55	The Noah's Ark Appeal	1531	00:57:43
1692	713	01:00:37	Lisa	Innes	F			1808	01:00:27
1693	1907	01:00:37	Garry	Morgan	M	40		1577	00:58:04
1694	2792	01:00:38	Subramanian	Palaniappan	M			1746	00:59:47
1695	2803	01:00:38	Sharon	Gittins	F	50		1693	00:59:19
1696	2703	01:00:38	Helen	Welch	F	40	Pontypridd Rodents	1741	00:59:44
1697	1969	01:00:39	Susan	Cowan	F	35		1764	00:59:54
1698	3631	01:00:39	David	Notton	M			1680	00:59:13
1699	1898	01:00:41	Samuel	Johnston	M			1696	00:59:21
1700	1925	01:00:42	Carole	Davies Hooper	F	50		1776	00:59:59
1701	3093	01:00:42	Cari	Randall	F			1644	00:58:46
1702	2993	01:00:43	Sarah	Turpy	F	40		1649	00:58:50
1703	804	01:00:43	Sue	Bartlett	F			1735	00:59:41
1704	2867	01:00:44	Steven	Bateman	M	40		1603	00:58:19
1705	1603	01:00:45	Samuel	Pearce	M			1631	00:58:37
1706	515	01:00:45	Lisa	Mathias	F			1714	00:59:30
1707	3315	01:00:45	Robert	Harding	M	60		1750	00:59:48
1708	3123	01:00:46	Rebecca	Lawson	F			1705	00:59:25
1709	3124	01:00:46	Katherine	Jenkins	F			1704	00:59:25
1710	2058	01:00:47	Amanda	Cook	F			1648	00:58:50
1711	3562	01:00:47	Dave	Green	M	40		1574	00:58:04
1712	961	01:00:48	Daniel	Bray	M			1809	01:00:27
1713	1938	01:00:48	Annwen	Swan	F			1729	00:59:38
1714	2226	01:00:48	Tracy	Nixon	F			1690	00:59:17
1715	722	01:00:48	Rene	Amaro	M			1555	00:57:52
1716	3408	01:00:49	Amy	Andrews	F			1770	00:59:55
1717	3030	01:00:50	Sharon	Halpin	F	35		1717	00:59:32
1718	2231	01:00:50	Sophie	Hedges	F			1724	00:59:36
1719	2228	01:00:50	Caroline	Stephens	F			1725	00:59:37
1720	4431	01:00:51	Chris	Lawrence	M		Love Running	1650	00:58:50
1721	1973	01:00:51	Rebecca	Evans	F			1779	01:00:03
1722	2052	01:00:53	Paul	Straiton	M			1745	00:59:46
1723	3292	01:00:53	Christine	Faulkner	F	45		1698	00:59:22
1724	1850	01:00:54	Alun	Hathaway	M			1803	01:00:24
1725	1685	01:00:54	Sion	Hathaway	M	40		1804	01:00:24
1726	3480	01:00:56	Ian	Jones	M	40		1723	00:59:36
1727	62	01:00:57	Geoff	Wright	M	60	Les Croupiers	1789	01:00:18
1728	972	01:00:58	Harry	Chan	M			1681	00:59:14
1729	2039	01:00:59	Deborah	James	F	45		1760	00:59:53
1730	2605	01:00:59	Rachel	Harries	F	40		1737	00:59:42
1731	2341	01:00:59	Jocelyn	Peacock	F		Klockner Pentaplast	1706	00:59:26
1732	2949	01:01:01	Gabriel	Cronin	M			1673	00:59:06
1733	3435	01:01:01	Monica	Hooper	F	50		1792	01:00:19
1734	3273	01:01:02	Joanne	Burchell	F	35		1624	00:58:31
1735	1822	01:01:02	Tracy	Trevelyan	F	45		1687	00:59:17
1736	1686	01:01:06	Dean	Saxton	M			1782	01:00:07
1737	3579	01:01:08	Nanette	Bartram	F	45		1722	00:59:36
1738	3112	01:01:08	Sarah Lynn	Thompson	F	35		1751	00:59:49
1739	1689	01:01:10	Cathinka	Guldborg	F	45		1757	00:59:52
1740	3576	01:01:10	Ian	Williams	M			1711	00:59:29
1741	870	01:01:11	Jade	Phelps	F			1811	01:00:28
1742	2845	01:01:13	Jane	Chappelle	F	45		1780	01:00:04
1743	3397	01:01:15	Richard	Morton	M	40		1734	00:59:40
1744	3336	01:01:16	Jason	Small	M			1740	00:59:43
1745	1981	01:01:18	Nicola	Davies	F	40		1702	00:59:24
1746	2125	01:01:19	Geoffrey	Pearce	M	55		1719	00:59:33
1747	2833	01:01:20	Alex	Hay	M	45		1666	00:59:02
1748	3762	01:01:22	Angharad	Price	F			1815	01:00:37
1749	2669	01:01:23	Bethany	Clarke	F			1675	00:59:07
1750	2434	01:01:25	Rhian	Llewellyn	F	45	Les Croupiers	1730	00:59:39
1751	873	01:01:25	Lara	Simmons	F			1817	01:00:41
1752	2454	01:01:27	Richard	Williams	M	55		1802	01:00:22
1753	2464	01:01:27	Bethan	Waters	F	35		1794	01:00:20
1754	695	01:01:28	Jason	Roissetter	M			1778	01:00:02
1755	1757	01:01:29	David	Collier	M	45		1858	01:01:12
1756	928	01:01:29	Lucy	Frankum	F			1871	01:01:19
1757	613	01:01:30	Hywel	Rees	M			1867	01:01:15
1758	2693	01:01:30	Laura	Mackenzie	F			1663	00:59:01
1759	3384	01:01:30	Ciara	Flynn	F			1844	01:01:00
1760	2781	01:01:30	Glynne	Leach	M	55		1784	01:00:10

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
1761	2831	01:01:31	Lisa	Pugh	F			1785	01:00:13
1762	1157	01:01:31	Annemarie	Harris	F			1787	01:00:15
1763	3217	01:01:32	Ceri	Lea	F	40		1613	00:58:25
1764	3629	01:01:33	Carlos	Feoli	M	40		1771	00:59:56
1765	1020	01:01:33	Awen	Iorwerth	F			1835	01:00:54
1766	2387	01:01:33	Wendy	Wylie	F	40		1796	01:00:21
1767	4227	01:01:34	Rosie	Dow	F		Tenovus	1736	00:59:41
1768	2549	01:01:34	Pamela-Mary	Wilsib	F	50		1744	00:59:45
1769	2920	01:01:35	Lorraine	Andrews	F	40		1762	00:59:54
1770	113	01:01:35	Graham	Johnson	M		Klockner Pentaplast	1697	00:59:22
1771	3295	01:01:36	Graham	Bateman	M	65		1814	01:00:36
1772	2123	01:01:37	Sue	Hobbs	F	45		1678	00:59:12
1773	1070	01:01:37	Tony	Crib	M			1731	00:59:39
1774	3407	01:01:37	Nathan	Rees	M			1806	01:00:26
1775	1592	01:01:38	Steven	Parry	M			1748	00:59:47
1776	771	01:01:39	Ross	England	M			1793	01:00:20
1777	3243	01:01:40	Richard	Jones	M			1763	00:59:54
1778	3201	01:01:40	Darren	Waters	M	40		1752	00:59:49
1779	3570	01:01:41	Martin	Hughes	M			1684	00:59:16
1780	1792	01:01:42	Hanna	Beynon	F			1795	01:00:21
1781	618	01:01:43	Mark	Todd	M			1637	00:58:40
1782	772	01:01:44	Kathryn	Harries	F			1777	01:00:00
1783	3400	01:01:44	Sam	Sayer	F	35		1758	00:59:53
1784	3373	01:01:45	Angharad	Bevan	F			1728	00:59:37
1785	995	01:01:45	Janet	Hopkins	F			1781	01:00:06
1786	3086	01:01:46	Kevin	O'Connor	M			1765	00:59:55
1787	3393	01:01:46	Louise	Jones	F	35		1683	00:59:15
1788	2342	01:01:49	Leigh	Walker	F		Klockner Pentaplast	1772	00:59:56
1789	1001	01:01:50	Katie	Chandler	F			1801	01:00:22
1790	1003	01:01:50	Sioned	Pearce	F			1799	01:00:22
1791	1002	01:01:50	Roger	Chandler	M	60		1797	01:00:21
1792	2944	01:01:51	Paul	Williams	M	40		1708	00:59:27
1793	3675	01:01:52	Lee	Berry	M		Klockner Pentaplast	1713	00:59:30
1794	2077	01:01:52	Andrew	Harris	F	45		1826	01:00:48
1795	2578	01:01:53	Sarah	Thomas	F	40		1820	01:00:46
1796	2820	01:01:54	Matthew	Woodward	M			1739	00:59:43
1797	3331	01:01:56	Paulukp	Woodpaulukpw	M	45		1791	01:00:19
1798	801	01:01:56	Natalie	Forde	F			1837	01:00:54
1799	3189	01:01:57	Andrea	Bevan	F			1827	01:00:50
1800	1177	01:01:57	David	Kinnaird	M	40		1833	01:00:53
1801	1998	01:01:57	Mark	Hegarty	M	40		1775	00:59:58
1802	3691	01:01:58	Liam	Ryan	M			1807	01:00:26
1803	3481	01:01:59	Bethan	Evans	F			1769	00:59:55
1804	1885	01:02:01	Ceri	Garwood	F			1855	01:01:08
1805	533	01:02:01	David	Griffiths	M			1805	01:00:24
1806	2066	01:02:02	Anna	Paterson	F			1840	01:00:58
1807	605	01:02:02	Catherine	Duddridge	F			1845	01:01:02
1808	4035	01:02:04	Jay	Timmons	M		Save the Children	1869	01:01:17
1809	2205	01:02:05	Simon	Clarke	M	45		1832	01:00:53
1810	3270	01:02:07	Sallie	West	F	45	3M Road Runners	1749	00:59:48
1811	1758	01:02:07	Sian	Thomas	F	40		1790	01:00:18
1812	3219	01:02:07	Vickie	Nixon	F	50		1905	01:01:42
1813	3313	01:02:07	Christopher	James	M	45		1924	01:01:54
1814	4366	01:02:10	Emma	Cummins	F	35	2Wishuponastar	1783	01:00:08
1815	4007	01:02:10	Steven	Jefferies	M	55	The Noah's Ark Appeal	1692	00:59:18
1816	4089	01:02:12	Sara	Beach	F		Diabetes UK	1773	00:59:56
1817	4126	01:02:12	Helen	Wallace	F		Diabetes UK	1774	00:59:56
1818	609	01:02:13	Mark	Melzak	M			1859	01:01:12
1819	2412	01:02:14	Kevin	Protheroe	M	55		1866	01:01:15
1820	2441	01:02:15	Sian	Hayward	F	50		1850	01:01:06
1821	2095	01:02:15	Claire	Jenkins	F			1738	00:59:42
1822	751	01:02:16	Tom	Williams	M			1830	01:00:51
1823	1791	01:02:18	Sheena	Carlisle	F	40		1838	01:00:58
1824	3296	01:02:19	Andy	Beazley	M	45		1870	01:01:19
1825	2629	01:02:19	Steve	Western	M			1932	01:02:03
1826	2854	01:02:20	Enid	Rowlands	F	55		1759	00:59:53
1827	3429	01:02:20	Debra Louise	Farrar	F	40		1812	01:00:35
1828	2108	01:02:21	John	Bradshaw	M	55		1839	01:00:58
1829	3428	01:02:21	Alun Cenydd	Frost	M	40		1813	01:00:36
1830	568	01:02:21	Colin	Wood	M			1863	01:01:13
1831	2298	01:02:22	Dafydd	Jones	M	40		1916	01:01:51
1832	1789	01:02:23	Charlotte	Davey	F			1825	01:00:48
1833	1790	01:02:23	Jon	Swell	M			1824	01:00:48
1834	2382	01:02:23	Susan	Gibbs	F	45		1857	01:01:11
1835	2794	01:02:26	Joe	Cope	M			1823	01:00:47
1836	2218	01:02:29	Ruth	Stainer	F	55		1897	01:01:34
1837	4262	01:02:31	Katie	Pritchard	F		Save the Children	1819	01:00:42
1838	692	01:02:32	Adrian	Sopp	M	45		1848	01:01:06
1839	621	01:02:34	Jamie	Hawkins	F			1715	00:59:31
1840	2069	01:02:36	Melanie	Garrett	F			1800	01:00:22

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
1841	1778	01:02:36	Ben	Jordan	M			1798	01:00:21
1842	4395	01:02:36	Ross	Matthews	M		Richard Lewis Toy Story	1756	00:59:52
1843	4387	01:02:37	Matt	Downton	M		Richard Lewis Toy Story	1767	00:59:55
1844	4398	01:02:37	Louise	O'Hanlon	F	40	Richard Lewis Toy Story	1766	00:59:55
1845	4386	01:02:38	Anthony	Davies	M		Richard Lewis Toy Story	1768	00:59:55
1846	4382	01:02:38	Stephen	Barry	M		Richard Lewis Toy Story	1761	00:59:54
1847	847	01:02:39	Tim	Parry	M	40		1918	01:01:51
1848	716	01:02:41	Ashok	Aggarwal	M	55		1964	01:02:35
1849	3578	01:02:41	Michael	Baker	M	45		1881	01:01:24
1850	2957	01:02:41	Adrian	Greedy	M	45		1753	00:59:49
1851	1616	01:02:41	James	Francis	M			1816	01:00:38
1852	2042	01:02:43	Christopher	Stanton	M	60		1907	01:01:43
1853	2140	01:02:44	Gary	Mascetti	M			1890	01:01:30
1854	531	01:02:45	Louise	King	F			1836	01:00:54
1855	1060	01:02:46	Paula	Murphy	F	40		1847	01:01:05
1856	2407	01:02:46	Mark	Griffiths	M			1743	00:59:45
1857	1607	01:02:49	Nicola	Hughes	F			1846	01:01:03
1858	971	01:02:51	Jac	Pristland	M			1852	01:01:06
1859	1806	01:02:51	Geraint	Criddle	M			1887	01:01:28
1860	2255	01:02:54	Angela	Manning	F	45		1969	01:02:37
1861	3554	01:02:54	Kelly	Davies	F	35		1864	01:01:14
1862	933	01:02:55	Chaudhry Muhammad	Fara Rafique	M			1810	01:00:28
1863	962	01:02:55	Max	Fernandez	M			1834	01:00:53
1864	2943	01:02:55	Jenny	Laithwaite	F			1829	01:00:51
1865	2135	01:02:56	Victoria	Shingler	F			1911	01:01:46
1866	3106	01:02:56	Rhianydd	Edwards	F	40		1947	01:02:19
1867	3105	01:02:56	Ceinwen	Rees	F	35		1948	01:02:19
1868	4390	01:03:01	Hayley	Jones	F		Richard Lewis Toy Story	1788	01:00:17
1869	2563	01:03:01	Sarah	Murphy	F			1818	01:00:42
1870	2893	01:03:02	Liam	Payne	M			1849	01:01:06
1871	2894	01:03:03	Emma	Rigby	F			1853	01:01:06
1872	3477	01:03:04	Ross	Jones	M			1821	01:00:46
1873	1698	01:03:04	Karolina	Strnadova	F	35		1878	01:01:23
1874	1837	01:03:04	Judy	Wong	F			1912	01:01:46
1875	2983	01:03:05	Ruth	Hurley	F	40		1925	01:01:56
1876	1546	01:03:06	Rhian	Yates	F			1938	01:02:12
1877	1201	01:03:07	Runner		1201 M			1895	01:01:33
1878	2273	01:03:07	Jo	Lewis	F	35		1880	01:01:24
1879	3156	01:03:08	Lisa	James	F	35		1879	01:01:24
1880	1544	01:03:08	Elizabeth	Saunders	F			1868	01:01:16
1881	3447	01:03:08	Mike	Friel	M	55		1910	01:01:46
1882	888	01:03:09	Lucy	Thomas	F			1954	01:02:22
1883	2487	01:03:09	Kirsten	Bell	F	40	Shapwick Runners	1967	01:02:36
1884	1620	01:03:09	Laura	Speake	F	40		1899	01:01:36
1885	4216	01:03:11	Myfanwy	Bowering	F		Tenovus	1876	01:01:22
1886	2197	01:03:12	Susan	Bracegirdle	F	45		1989	01:02:59
1887	2297	01:03:13	Richard	Simpson	M	45		1898	01:01:35
1888	2531	01:03:14	Joanna	Cavill	F	35		1915	01:01:49
1889	4036	01:03:15	Rachel	Wrathall	F		Save the Children	1883	01:01:25
1890	1581	01:03:16	Chris	Turner	M	60		1966	01:02:35
1891	2638	01:03:16	Odette	Pendrell	F	35		1906	01:01:43
1892	864	01:03:17	Melanie	Parker	F	35		1963	01:02:33
1893	1720	01:03:18	Thomas	Marsh	M			1943	01:02:17
1894	1541	01:03:18	Laura	Jackson	F			1851	01:01:06
1895	2593	01:03:19	Jenny	Graham	F			1841	01:00:59
1896	3171	01:03:19	Ffion	Evans	F			1842	01:00:59
1897	1722	01:03:22	Shaun	Seeley	M			1893	01:01:32
1898	1626	01:03:23	Geraint	Jenkins	M			1956	01:02:26
1899	1836	01:03:23	Rima	Popat	F			2005	01:03:11
1900	4079	01:03:23	Jodie	Hardacre	F		Cry	1919	01:01:51
1901	2829	01:03:24	Helen	Greenslade	F			1933	01:02:07
1902	109	01:03:25	Charlotte	Williams	F			1828	01:00:51
1903	4377	01:03:27	Lisa	Rees	F	40	2Wishuponastar	1874	01:01:20
1904	4378	01:03:27	Nemin	Salam	F		2Wishuponastar	1875	01:01:21
1905	2307	01:03:28	Rachel	Skelsey-Beard	F	40		1888	01:01:28
1906	2907	01:03:29	Louise	Daintith	F			1945	01:02:18
1907	3719	01:03:31	Richard	Evans	M	40		1891	01:01:30
1908	3451	01:03:31	Keith	Ball	M			1843	01:01:00
1909	2078	01:03:32	Anthony	Fry	M	40		1886	01:01:26
1910	2445	01:03:32	Christian	James	M			1822	01:00:46
1911	1026	01:03:33	Jo	Jones	F			1983	01:02:54
1912	3346	01:03:34	Damian	Thomas	M			1862	01:01:13
1913	3345	01:03:34	Nerys	Jones	F			1861	01:01:13
1914	684	01:03:35	Sarah	Hill	F			1955	01:02:22
1915	2165	01:03:35	Richard	Pitt	M			1951	01:02:20
1916	3433	01:03:36	Matthew	Swindell	M	40		1882	01:01:25
1917	4335	01:03:36	Sarah	Lethbridge	F		RSPCA	1877	01:01:23
1918	2016	01:03:37	Julia	Bramble	F	35		1982	01:02:52
1919	2397	01:03:39	Deborah	Collins	F	35		1958	01:02:27
1920	2906	01:03:39	Michael	Rice	M			1960	01:02:28

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
1921	3094	01:03:40	Robert	Molcher	M			1831	01:00:52
1922	3364	01:03:40	Menna	Cule	F	35		1996	01:03:02
1923	3756	01:03:42	Ethan	Moss	M			1903	01:01:41
1924	657	01:03:42	Chris	Bimson	M			1952	01:02:20
1925	3696	01:03:43	Fyn	Day	M			1930	01:02:03
1926	3238	01:03:43	Sian	Birks	F			1941	01:02:14
1927	2552	01:03:45	Rachel	Lord	F	45		1936	01:02:11
1928	2301	01:03:45	David	Locke	M	65		2047	01:03:41
1929	2551	01:03:45	Mari	Herbert	M	45		1937	01:02:12
1930	2902	01:03:46	Joanne	Lighthart	F	40		1940	01:02:12
1931	2903	01:03:47	Laura	Lees	F			1939	01:02:12
1932	1920	01:03:47	Aileen	Wilson	F			1865	01:01:15
1933	3023	01:03:47	Natasha	Louca-Jones	F	35		1889	01:01:30
1934	3142	01:03:47	Millie	Davies	F	35		1892	01:01:30
1935	4441	01:03:48	Neil	Ellis	M		Bipolar UK	1928	01:02:02
1936	2432	01:03:48	Julie	Kemp	F	45	Women's Running Network	1902	01:01:40
1937	4442	01:03:49	Louise	Deeley	F	40	Bipolar UK	1931	01:02:03
1938	2024	01:03:49	Jayne	Jones	F	40		2012	01:03:14
1939	3449	01:03:49	Rosie	Simson	F			1977	01:02:47
1940	942	01:03:50	Caroline	Kelly	F			1981	01:02:52
1941	2745	01:03:50	David	Thomas	M	40		1894	01:01:32
1942	3298	01:03:50	Louise	Gardner	F	35		1909	01:01:44
1943	3616	01:03:50	Grace	Augustine	F			1885	01:01:25
1944	3615	01:03:51	Ceri	Hughes	M			1884	01:01:25
1945	1103	01:03:51	Lynne	Cunningham	F			2009	01:03:13
1946	3588	01:03:52	Adam	Rowbotham	M			1854	01:01:07
1947	4373	01:03:53	Bethan	Amos	F		2Wishuponastar	1904	01:01:41
1948	4384	01:03:54	Tony	Chan	M		Richard Lewis Toy Story	1856	01:01:09
1949	4393	01:03:54	Angharad	Lloyd	F		Richard Lewis Toy Story	1860	01:01:12
1950	1915	01:03:56	Hanan	Jamil	M			2049	01:03:43
1951	767	01:03:58	Hannah	Murphy	F			1972	01:02:40
1952	2114	01:03:59	Catherine	Hortop	F			1961	01:02:29
1953	2181	01:04:01	Lynne	Sellers	F	45		2024	01:03:23
1954	2176	01:04:03	Mari	Humphreys	F	40		2008	01:03:13
1955	789	01:04:03	Bethan	Jenkins	F			2053	01:03:46
1956	3550	01:04:03	Stewart	Greenwell	M	60		1896	01:01:34
1957	4371	01:04:04	Angharad	Taylor	F	35	2Wishuponastar	1922	01:01:53
1958	1148	01:04:04	Liz	Webb	F			1959	01:02:28
1959	3172	01:04:04	Rhian	Lewis	F	40		1908	01:01:44
1960	700	01:04:04	Tom	Ali	M			2072	01:04:04
1961	699	01:04:05	Sara	Tun	F	40		1965	01:02:35
1962	2677	01:04:06	Anthony	Hall	M	60		1913	01:01:47
1963	3551	01:04:07	Gillian	Greenwell	F	45		1901	01:01:38
1964	670	01:04:08	Cath	David	F			1935	01:02:09
1965	2270	01:04:09	Ross	Newman	M	40		1917	01:01:51
1966	2496	01:04:10	Yasasvy	Adapa	M			2071	01:04:03
1967	1903	01:04:10	Ieuan	Counsell	M	45		1921	01:01:52
1968	3121	01:04:11	Amanda	Robinson	F	40		1923	01:01:53
1969	3754	01:04:11	Keith	Lewis	M			1934	01:02:07
1970	2290	01:04:12	Gareth	Pitman	M	40		1962	01:02:30
1971	1716	01:04:12	Liz	Wilson	F	55		1949	01:02:19
1972	4009	01:04:13	Sioned	Jones	F		The Noah's Ark Appeal	1872	01:01:20
1973	2853	01:04:13	Owain	Rowlands	M			1914	01:01:47
1974	4000	01:04:13	Llio	Owen	F		The Noah's Ark Appeal	1873	01:01:20
1975	3456	01:04:15	Aled	Evans	M	40		1920	01:01:52
1976	2896	01:04:16	Sarah	Williams	F	40		1975	01:02:46
1977	2905	01:04:16	Anna	Smith	F	35		1973	01:02:46
1978	2596	01:04:17	Andrea	Walker	F	35		1942	01:02:15
1979	3200	01:04:19	Lee	Evans	M			1900	01:01:37
1980	2666	01:04:20	Catrin	Harris	F			2014	01:03:16
1981	2230	01:04:22	Helen	Thomas	F	40		2052	01:03:46
1982	1760	01:04:22	Michael	Dawkes	M	55		1926	01:01:56
1983	727	01:04:23	Gareth	Rees	M			1929	01:02:03
1984	2560	01:04:24	Ellie	Pritchard	F			2045	01:03:39
1985	4115	01:04:25	Kate	Woods	F		Diabetes UK	1980	01:02:51
1986	1058	01:04:25	Amanda	Jones	F	40		2036	01:03:29
1987	2431	01:04:27	Gerald	Kemp	M	45		1985	01:02:58
1988	2485	01:04:27	Jonathan	Treeby	M			2017	01:03:17
1989	2484	01:04:27	Jaime	Treeby	F			2015	01:03:17
1990	536	01:04:28	Jen	Gosling	F			2025	01:03:24
1991	1115	01:04:29	Samantha	Williams	F			2055	01:03:48
1992	3755	01:04:30	Andrew	Lewis	M			1957	01:02:26
1993	4082	01:04:30	Gareth	Moseley	M	40	Cry	2066	01:04:01
1994	1918	01:04:31	Brid	O'Dwyer	F			1946	01:02:19
1995	1521	01:04:31	Annabel	Hanratty	F			1950	01:02:19
1996	2378	01:04:31	Alexandra	Wallis-Evans	F			1944	01:02:17
1997	2014	01:04:33	Anthea	Liddington	F	35		2043	01:03:37
1998	4130	01:04:34	Elizabeth	Swain	F		Diabetes UK	2004	01:03:10
1999	2085	01:04:35	Beverly	Chalmers	F	45		1997	01:03:03
2000	2654	01:04:36	Michelle	Hurley-Tyers	F			2000	01:03:05

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
2001	3329	01:04:36	Helen	Smart	F			2001	01:03:06
2002	2789	01:04:37	Amanda	Corbett	F			1927	01:01:59
2003	4070	01:04:38	Lee	O'Donoghue	M		Brainstrust	1953	01:02:20
2004	978	01:04:40	Amanda	Bathory	F			1998	01:03:04
2005	2189	01:04:42	Victoria	Moore	F			1999	01:03:05
2006	2186	01:04:42	Rachel	Mcaleer	F			2003	01:03:06
2007	2707	01:04:43	Rachel	Knight	F			2042	01:03:35
2008	2963	01:04:45	Neil Leonard	Price	M	60	Islwyn RC	1995	01:03:02
2009	2768	01:04:46	Charlotte	Wathan	F			2067	01:04:01
2010	1143	01:04:47	Emma	Hayward	F			2010	01:03:13
2011	3436	01:04:47	Sarah Jane	Maples	F	35		2064	01:03:59
2012	1165	01:04:48	Joanne	Kenyoen	F			2065	01:03:59
2013	3682	01:04:48	Jenny	Hughes	F			1987	01:02:58
2014	4068	01:04:48	Nancy	Mollett	F	40	Brainstrust	2011	01:03:14
2015	2540	01:04:48	Samantha	Hall	F			2023	01:03:21
2016	2767	01:04:49	Nina	Rees	F			2100	01:04:34
2017	2215	01:04:49	Matthew	Talboys	M			2002	01:03:06
2018	1977	01:04:49	Rose	Lewis	F			2059	01:03:52
2019	2747	01:04:50	Jennifer	Marsh	F			2013	01:03:15
2020	2862	01:04:52	Judith	Paget	F	50		2056	01:03:49
2021	2604	01:04:53	Claire	Nurse	F	35		1971	01:02:38
2022	2864	01:04:54	Abby	Williams	F			2032	01:03:26
2023	3464	01:04:54	Craig	Watkins	M			2016	01:03:17
2024	2220	01:04:54	Jason	Watkins	M	55		2019	01:03:18
2025	2697	01:04:54	Jo	Allsopp	F	40		2033	01:03:26
2026	2696	01:04:54	Brian	Allsopp	M	40		2031	01:03:26
2027	4069	01:04:55	Nadeem	Butt	M		Brainstrust	1970	01:02:37
2028	2630	01:04:58	Delyth	Owen	F			2076	01:04:08
2029	998	01:04:58	Thomas	Connolly	M			2078	01:04:09
2030	1993	01:04:59	Helen	Shaw	F	40		1990	01:02:59
2031	1870	01:05:00	Sam	Yates	F	40		2018	01:03:17
2032	1135	01:05:03	Matthew	Haywood	M			2074	01:04:06
2033	4071	01:05:05	Blaine	Fish	M		Brainstrust	1978	01:02:48
2034	4218	01:05:06	Jones	Luke	M		Tenovus	1992	01:03:01
2035	4211	01:05:06	Carly	Jones	F		Tenovus	1993	01:03:02
2036	1805	01:05:06	Charlotte	Spencer	F	35		1984	01:02:58
2037	1574	01:05:08	Timothy	Dykes	M			2050	01:03:44
2038	2223	01:05:08	Liz	Vincent	F	35		2040	01:03:31
2039	3574	01:05:08	Emma	Davies	F			2048	01:03:43
2040	2224	01:05:08	Sharon	Edwards	F	35		2041	01:03:31
2041	2774	01:05:08	Gareth	Humphreys	M			1979	01:02:49
2042	2061	01:05:12	Michael	James	M	70		2079	01:04:10
2043	3376	01:05:12	Hayley	Hill	F			2030	01:03:26
2044	3157	01:05:18	Elizabeth	Cook	F	35		2007	01:03:12
2045	2513	01:05:18	Matthew	Reece	M			1976	01:02:47
2046	3455	01:05:22	Delyth	Evans	F	40		1968	01:02:37
2047	1067	01:05:25	Alan	Spare	M			2081	01:04:12
2048	3443	01:05:26	Dan	Winder	M			2027	01:03:24
2049	3444	01:05:27	Catherine	Stephens-Ward	F			2026	01:03:24
2050	2227	01:05:27	Sarah	Jones	F	35		2058	01:03:50
2051	2122	01:05:28	Eleanor	Brown	F			2075	01:04:08
2052	2436	01:05:30	Clare	Allen	F	40		1974	01:02:46
2053	2329	01:05:30	Sarah	Warrilow	F	35		2022	01:03:20
2054	1632	01:05:32	Laura	Greenberg	F			2095	01:04:26
2055	1585	01:05:32	Scott	Jones	M			1988	01:02:58
2056	1584	01:05:32	Amelia	Byatt	F			1986	01:02:58
2057	1053	01:05:33	Claire	Thomas	F	40		2111	01:04:39
2058	1052	01:05:33	Stephanie	Jones	F	40		2109	01:04:38
2059	4063	01:05:33	Jane	Ling	F		Brainstrust	2028	01:03:24
2060	3302	01:05:36	Katrin-Sian	Williams	F			2123	01:04:58
2061	876	01:05:38	Jason	Iles	M			2120	01:04:54
2062	1609	01:05:40	Robert	Tomlins	M			2084	01:04:14
2063	1606	01:05:41	Tim	Beswick	M	40		2085	01:04:15
2064	4403	01:05:41	Steve	Davies	M	45	Love Running	2046	01:03:40
2065	2721	01:05:41	Jane	Grey	F	50		2087	01:04:18
2066	4392	01:05:44	Richard	Lewis	M		Richard Lewis Toy Story	1994	01:03:02
2067	4391	01:05:44	Delyth	Lewis	F		Richard Lewis Toy Story	1991	01:03:00
2068	3071	01:05:45	Rhian	Jardine	F	35		2097	01:04:26
2069	2482	01:05:46	Sian	Jones	F		Outdoor Fitness	2094	01:04:24
2070	3502	01:05:46	Karen	Thomas	F			2035	01:03:29
2071	3317	01:05:46	Howard	Morris	M	55		2034	01:03:27
2072	3419	01:05:47	Tammy	Mountain	F	35		2092	01:04:23
2073	3418	01:05:47	Vivian	Evans	M	40		2093	01:04:24
2074	2720	01:05:48	Lois	Mortimer	F	45		2096	01:04:26
2075	2924	01:05:48	Hannah	Griffiths	F			2051	01:03:45
2076	2568	01:05:49	Andy	Richards	M			2080	01:04:10
2077	2628	01:05:52	Helen	Walker	F	45		2044	01:03:37
2078	4418	01:05:53	Marisa	Turner	F		Love Running	2061	01:03:53
2079	867	01:05:53	Danielle	Turner	F			2133	01:05:10
2080	869	01:05:54	Ellie	Jones	F			2136	01:05:11

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
2081	2325	01:05:57	Neil	Price	M	45		2021	01:03:20
2082	4396	01:05:57	Chris	Newbrook	M		Richard Lewis Toy Story	2006	01:03:12
2083	1611	01:05:58	Sara	Gauder	F			2112	01:04:39
2084	3047	01:05:58	Ben	Phillips	M			2110	01:04:38
2085	1015	01:06:00	Spencer	Mckinney Iv	M			2159	01:05:38
2086	3126	01:06:00	Leo	Greenway	M			2060	01:03:53
2087	3127	01:06:01	Ian	Greenway	M	50		2062	01:03:54
2088	131	01:06:02	Mark	Rodgers	M			2037	01:03:30
2089	2729	01:06:02	Abigail	Rogers	F	35		2039	01:03:30
2090	155	01:06:04	Francesca	Evans	F	45		2020	01:03:19
2091	3350	01:06:05	Corrine	John	F	35		2088	01:04:20
2092	3085	01:06:06	Sophia	Diaz	F			2038	01:03:30
2093	3352	01:06:06	Ryan	John	M			2090	01:04:21
2094	4379	01:06:08	Lisa	Barnett	F	40	2Wishuponastar	2063	01:03:57
2095	1022	01:06:09	Charlotte	Perry	F			2153	01:05:33
2096	3409	01:06:10	Sian	Rees	F	45		2029	01:03:24
2097	534	01:06:11	Anurag	Joshi	M			2137	01:05:11
2098	2675	01:06:11	Meinir	Morgan-Thomas	F	55		2102	01:04:35
2099	530	01:06:14	Paul	Chapman-Ellis	M			2057	01:03:50
2100	2977	01:06:20	Sue	Hesketh-Jones	F	40		2115	01:04:41
2101	830	01:06:21	Jonathon	Edwards	M	50		2073	01:04:05
2102	4413	01:06:23	Sam	Shiells	M		Love Running	2091	01:04:21
2103	781	01:06:24	Caroline	Radcliffe	F	45		2155	01:05:34
2104	563	01:06:27	Brenig	Moore	M			2144	01:05:20
2105	2573	01:06:28	Jade	Rees	F			2089	01:04:20
2106	2752	01:06:28	Kathryn	Harries	F			2083	01:04:13
2107	2207	01:06:30	Trevor	Pickersgill	M	40		2077	01:04:09
2108	2379	01:06:30	Kathryn	Foot	F	35		2106	01:04:37
2109	1016	01:06:30	Sashin	Ahuja	M			2086	01:04:16
2110	885	01:06:31	Angharad	Rees-Whilliams	F	35		2170	01:05:44
2111	1883	01:06:32	Gavin	Baker	M			2167	01:05:41
2112	1647	01:06:32	Victoria	Loaiza Bateman	F			2166	01:05:41
2113	4394	01:06:32	Gavin	Lloyd	M		Richard Lewis Toy Story	2054	01:03:47
2114	2209	01:06:33	Kenneth	Price	M	40		2068	01:04:02
2115	2602	01:06:33	Wendy	Williams	F	35		2069	01:04:02
2116	2525	01:06:33	Christopher	Gregory	M			2070	01:04:03
2117	2937	01:06:34	Iestyn	Samuel	M			2122	01:04:57
2118	633	01:06:34	Kirsty	Exton	F			2082	01:04:13
2119	2670	01:06:35	Tamesin	Pagett	F	35		2104	01:04:36
2120	2776	01:06:36	Nicola	Lewis	F	35		2105	01:04:37
2121	1054	01:06:36	Clare	Malohney	F	35		2168	01:05:41
2122	2479	01:06:37	Claire	Cherry	F			2117	01:04:51
2123	1956	01:06:39	Abigail	Curtis	F			2142	01:05:15
2124	2134	01:06:42	Charles	Davies	M	75		2128	01:05:06
2125	4050	01:06:44	Jeni	Addicott	F		Brainstrust	2101	01:04:35
2126	4080	01:06:46	Samuel	Britton	M		Cry	2141	01:05:14
2127	980	01:06:46	Chris	Charles	M			2125	01:05:01
2128	1759	01:06:48	Ginny	Johnson	F	40		2119	01:04:53
2129	2256	01:06:49	Ceri	Cadwallader	F			2121	01:04:57
2130	1504	01:06:49	Garry	Wharmby	M	45		2124	01:04:58
2131	4128	01:06:50	Rachel	Loosemore	F		Diabetes UK	2108	01:04:37
2132	4124	01:06:50	Stephen	Southam	M		Diabetes UK	2107	01:04:37
2133	3351	01:06:52	Rebecca	Stephens	F			2132	01:05:10
2134	2040	01:06:52	Geraldine	Blake	F	40		2160	01:05:38
2135	2810	01:06:58	Micael	Thomas	F			2215	01:06:27
2136	2190	01:07:01	Rebecca	Hughes	F	35		2149	01:05:29
2137	3597	01:07:03	Caroline	Crabb	F			2114	01:04:40
2138	2642	01:07:03	Leona	Hopkins	F	35		2113	01:04:39
2139	973	01:07:05	Christopher	Jenkins	M			2145	01:05:20
2140	2473	01:07:06	Stephen	Robbins	M			2103	01:04:36
2141	2490	01:07:06	Daria	Loginova-Edwards	F			2147	01:05:24
2142	2918	01:07:07	Gary	Owen	M	40		2098	01:04:32
2143	2945	01:07:07	Rhiannon	Wade	F			2099	01:04:33
2144	2951	01:07:08	Felicity	Cronin	F			2139	01:05:13
2145	739	01:07:11	Sean	Adams	M			2173	01:05:47
2146	3041	01:07:11	Nicola	Adams	F	40		2174	01:05:47
2147	4006	01:07:17	Karen	Jones	F		The Noah's Ark Appeal	2157	01:05:37
2148	4421	01:07:17	Nicola	Salter	F		Love Running	2135	01:05:11
2149	4412	01:07:17	Amy	Salter	F		Love Running	2134	01:05:11
2150	2129	01:07:18	Bethan	Winter	F			2172	01:05:45
2151	2617	01:07:19	Philip	Bishop	M	50		2116	01:04:47
2152	3710	01:07:22	Natalie	Bateman	F			2126	01:05:03
2153	2274	01:07:24	Valerie	Whiting	F	40		2118	01:04:52
2154	2956	01:07:26	Sarah	Edwards	F	40	Porthcawl Runners	2140	01:05:14
2155	4407	01:07:27	Ruth	Miles	F	55	Love Running	2146	01:05:22
2156	3526	01:07:28	Lisa	Morgan	F	35		2220	01:06:31
2157	2749	01:07:28	Becky	Clarke	F			2127	01:05:06
2158	2456	01:07:29	Lauren	Davies	F			2208	01:06:25
2159	2871	01:07:29	Liang	Wang	M			2143	01:05:18
2160	1582	01:07:29	Laura	Parsons	F			2171	01:05:44

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
2161	1688	01:07:30	Kim	Peacock	M	50		2203	01:06:22
2162	1768	01:07:31	Robert	Morgan	M	40		2185	01:06:04
2163	1767	01:07:31	Tracey	Ryan-Morgan	F	45		2186	01:06:05
2164	3067	01:07:32	Heather	Stewart	F			2210	01:06:25
2165	2353	01:07:34	Jason	Davies	M		Klockner Pentaplast	2178	01:05:54
2166	2233	01:07:34	Bill	O'Keefe	M	40		2138	01:05:12
2167	1711	01:07:35	Sali	Davies	F	40		2195	01:06:14
2168	3736	01:07:37	Sally	Anderton	F	40		2190	01:06:10
2169	3737	01:07:38	Jen	Pinkerton	F	40		2192	01:06:10
2170	2206	01:07:40	Tracey	Vine	F			2223	01:06:33
2171	1886	01:07:41	Christina	Mcmullen	F	45		2207	01:06:25
2172	3153	01:07:41	Erin	Mulry	F			2150	01:05:31
2173	3152	01:07:42	Kelsey	Jones	F			2151	01:05:31
2174	3630	01:07:43	Michala	Birdsey	F			2201	01:06:18
2175	3748	01:07:44	Liz	Knowles	F	50		2196	01:06:14
2176	3327	01:07:44	Jeremy	Jones	M	50		2194	01:06:14
2177	1774	01:07:46	Suzie	Atkins	F			2169	01:05:41
2178	2240	01:07:46	Laura	Tippett	F			2228	01:06:42
2179	2326	01:07:50	Adrian	Thomas	M			2131	01:05:08
2180	4359	01:07:50	Davina	Marsland	F		2Wishuponastar	2162	01:05:39
2181	4361	01:07:50	Victoria	Le Poidevin	F	35	2Wishuponastar	2165	01:05:40
2182	1578	01:07:50	Jenna	Holt	F			2188	01:06:09
2183	3625	01:07:51	Leslie	Parratt	F	50		2161	01:05:39
2184	2091	01:07:51	Rhys	Stevenson	M			2179	01:05:55
2185	111	01:07:52	Angharad	Field	F			2226	01:06:39
2186	3431	01:07:52	Sarah	Harrold	F	40		2129	01:05:06
2187	1753	01:07:52	Cheryl	Hill	F	35		2130	01:05:07
2188	1756	01:07:53	Kay	Rockall	F			2180	01:05:55
2189	2825	01:07:53	Kirstie	Fagan	F			2230	01:06:46
2190	1733	01:07:53	Gareth	Evans	M			2163	01:05:40
2191	1523	01:07:53	Matt	Godfrey	M			2164	01:05:40
2192	4300	01:07:54	Karen	James	F	40	Cardiff & Vale Health Charity	2148	01:05:29
2193	2494	01:07:56	Claire	Griffiths	F			2213	01:06:26
2194	2493	01:07:56	Beth	Griffiths	F			2211	01:06:26
2195	2492	01:07:56	Mark	Griffiths	M	50		2209	01:06:25
2196	877	01:07:58	Chris	Adams	M	50		2257	01:07:17
2197	4055	01:07:59	Sue	Corsi	F	35	Brainstrust	2206	01:06:24
2198	2216	01:07:59	Grace	O'Sullivan	F			2199	01:06:16
2199	1629	01:08:01	Charlotte	Williams	F			2176	01:05:48
2200	3319	01:08:01	Anthony	Smith	M			2175	01:05:48
2201	3049	01:08:03	Lauren	Shooter	F			2229	01:06:43
2202	3475	01:08:03	Kate	Owen	F	40		2158	01:05:37
2203	2684	01:08:06	Colin	Rose	M	65		2205	01:06:23
2204	2351	01:08:06	Carley	Simmonds	F		Klockner Pentaplast	2187	01:06:08
2205	1512	01:08:07	Samantha	Perrott	F	35		2216	01:06:27
2206	3500	01:08:08	Gavin	Perry	M			2177	01:05:51
2207	3092	01:08:08	Nicola	Baker	F	45		2181	01:05:56
2208	3335	01:08:08	Sara	Daddow	F			2225	01:06:37
2209	3188	01:08:12	Jaime	Page	F			2268	01:07:30
2210	1826	01:08:13	Maria	Halley	F	45		2214	01:06:27
2211	4303	01:08:16	Steve	Rees	M		Cardiff & Vale Health Charity	2282	01:07:56
2212	744	01:08:17	Stuart	Bater	M			2236	01:06:53
2213	142	01:08:17	Karl	Thomas	M			2156	01:05:35
2214	4406	01:08:17	Gerwyn	Miles	M	55	Love Running	2191	01:06:10
2215	758	01:08:18	Gwenno	Kahan	F			2262	01:07:26
2216	1902	01:08:20	Jane	Harvey-Hill	F	35		2224	01:06:34
2217	2819	01:08:23	Carys	Roberts-Amos	F	35		2243	01:07:05
2218	1150	01:08:25	Rachel	Lake	F			2250	01:07:13
2219	762	01:08:25	Alun	Davies	M			2290	01:08:06
2220	3559	01:08:26	Emma	Jenkins	F	40		2184	01:05:59
2221	3558	01:08:26	Nathan	Jenkins	M			2183	01:05:59
2222	2996	01:08:26	Joanna	Tetley	F	35		2152	01:05:31
2223	702	01:08:27	Shirley	Roberts	F	55		2258	01:07:19
2224	4427	01:08:27	Denise	Davies	F	40	Love Running	2212	01:06:26
2225	4426	01:08:27	Stephen	Davies	M	45	Love Running	2217	01:06:27
2226	1681	01:08:27	Lisa	Hewlett	F	35		2271	01:07:32
2227	2671	01:08:28	Lisa	Reynolds	F			2244	01:07:06
2228	1621	01:08:28	Caroline	Baker	F	35		2245	01:07:07
2229	153	01:08:29	Derek	Cole	M	50		2154	01:05:33
2230	2967	01:08:30	Beca	Newis	F	40		2246	01:07:08
2231	2124	01:08:30	Sandra	Caramella-Vickery	F	40		2238	01:06:59
2232	1734	01:08:30	Helen	Finlayson	F			2204	01:06:23
2233	3468	01:08:31	Elizabeth	Logan	F			2247	01:07:09
2234	3469	01:08:31	Amy	Griffiths	F			2248	01:07:09
2235	1692	01:08:32	Stacey	Ward	F			2232	01:06:48
2236	3321	01:08:34	Alison	Gould	F	35		2237	01:06:58
2237	1576	01:08:35	Elsa	Tam	F			2227	01:06:39
2238	827	01:08:36	Elinor	Marsh	F			2202	01:06:20
2239	2557	01:08:36	Sally-Ann	Atkinson	F	35		2240	01:07:03
2240	1622	01:08:36	Celia	Randerson	F	35		2221	01:06:32

2012 Cardiff 10k

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
2241	2895	01:08:36	Steve	Marsh	M	55		2222	01:06:33
2242	2790	01:08:38	Martyn	Coxon	M			2267	01:07:30
2243	3290	01:08:38	Jill	Vincent	F	50		2189	01:06:10
2244	1153	01:08:40	Jennifer	Jenkins	F	35		2261	01:07:21
2245	3011	01:08:41	Jude	Penny	F	45		2182	01:05:56
2246	826	01:08:48	Elizabeth	Walker	F	40		2218	01:06:30
2247	825	01:08:49	Michael	Williams	M	45		2219	01:06:31
2248	3492	01:08:49	Rhian	Jones	F	35		2310	01:08:31
2249	900	01:08:52	Phil	Mcguire	M			2307	01:08:26
2250	2195	01:08:57	Peter	Davis	M			2193	01:06:12
2251	4389	01:08:57	Judith	John-Morris	F	50	Richard Lewis Toy Story	2198	01:06:14
2252	2380	01:08:57	Joanne	Murphy	F	35		2242	01:07:04
2253	4399	01:08:58	Non	Stevens	F		Richard Lewis Toy Story	2197	01:06:14
2254	3133	01:08:59	Kay	Gladwin	F	35		2326	01:08:46
2255	636	01:08:59	Leasa	Moore	F	40		2234	01:06:52
2256	2375	01:09:00	Helen	Williams	F	35		2233	01:06:51
2257	637	01:09:00	Ceri	Angel	F			2235	01:06:52
2258	3624	01:09:00	Anghorad	Rogers	F	40		2231	01:06:47
2259	2065	01:09:01	Nicola	Edwards	F	40		2259	01:07:20
2260	4397	01:09:02	Mike	Normansell	M		Richard Lewis Toy Story	2200	01:06:18
2261	3589	01:09:03	Rachel	Webster	F	40		2253	01:07:14
2262	881	01:09:14	Matt	Parr	M			2289	01:08:03
2263	1545	01:09:16	Juliana	Field	F			2286	01:08:02
2264	3297	01:09:17	Elizabeth	Williams	F	35		2249	01:07:11
2265	2096	01:09:24	Vivian	Davies	M	55		2334	01:08:59
2266	3232	01:09:27	Jody	Deegan	F			2241	01:07:03
2267	3553	01:09:27	Sara	Gilmour	F	50		2295	01:08:11
2268	3330	01:09:29	Nora	Ostler	F			2260	01:07:20
2269	593	01:09:29	Laura	Roberts	F	35		2337	01:09:05
2270	594	01:09:29	Paul	Roberts	M			2338	01:09:05
2271	814	01:09:30	Sarah	Harris	F	35		2305	01:08:23
2272	2100	01:09:33	Ola	Timpson	F			2272	01:07:34
2273	1751	01:09:34	David	Cook	M	40		2273	01:07:36
2274	3498	01:09:35	Tina	Morris	F			2256	01:07:17
2275	3031	01:09:36	Philip	Williams	M			2302	01:08:18
2276	2213	01:09:37	Angharad	Owens	F			2294	01:08:11
2277	1502	01:09:37	Jeff	Clapham	M	40		2254	01:07:14
2278	1770	01:09:38	Rachel	Hill	F			2283	01:07:56
2279	1715	01:09:41	Amber	Hatten	F			2344	01:09:11
2280	2779	01:09:43	Sharon	Newbury	F	35		2255	01:07:15
2281	4385	01:09:44	Phillip	Chick	M	50	Richard Lewis Toy Story	2239	01:07:00
2282	1142	01:09:45	Polo	Venetsianos	M			2332	01:08:57
2283	2620	01:09:45	Dawn	Dingle	F	40		2285	01:08:01
2284	2526	01:09:47	Asta	Vasalauskaite	F			2269	01:07:31
2285	2088	01:09:47	Kerry	Edwards	F			2270	01:07:31
2286	1600	01:09:47	Mark	Davies	M			2306	01:08:23
2287	1170	01:09:48	Heather	Gwilt	F			2251	01:07:14
2288	1171	01:09:48	Stephanie	Munro-Jones	F			2252	01:07:14
2289	4425	01:09:52	Rachel	Brown	F		Love Running	2278	01:07:46
2290	916	01:09:54	Dale	Keen	M			2274	01:07:37
2291	572	01:09:54	Diane	Fisher	F			2265	01:07:28
2292	576	01:09:55	Stacey	Robinson	F			2266	01:07:28
2293	1599	01:09:58	Lucie	Hicks	F			2277	01:07:46
2294	1598	01:09:59	Andrea	Edwards	F			2279	01:07:48
2295	915	01:10:01	Laurianne	Castelot	F			2275	01:07:39
2296	4132	01:10:01	Runner		4132	M		2263	01:07:26
2297	1550	01:10:02	Tomos	Davies	M			2288	01:08:02
2298	1049	01:10:03	Sebastian	Leis	M			2375	01:09:55
2299	2486	01:10:03	Cathryn	Ferris	F	40		2293	01:08:11
2300	4097	01:10:04	Nathan	Elinor	M		Diabetes UK	2264	01:07:28
2301	4261	01:10:05	Stacey	Jones	F	35	Save the Children	2299	01:08:15
2302	1802	01:10:05	Leah	Davies	F			2301	01:08:18
2303	2575	01:10:05	Simone	Joyce	F	40		2284	01:07:57
2304	1638	01:10:07	Sarah	Jones	F			2313	01:08:35
2305	813	01:10:08	Ian	Tabor	M	45		2374	01:09:55
2306	1890	01:10:08	Matthew	Jones	M			2312	01:08:34
2307	2652	01:10:08	Karen	Renwick	F			2316	01:08:37
2308	2598	01:10:09	Paul	Hayes	M			2341	01:09:08
2309	3057	01:10:11	Beth	Conant	F			2296	01:08:12
2310	3056	01:10:11	David	Tapper	M	65		2297	01:08:13
2311	725	01:10:12	Alex	Jones	M			2276	01:07:43
2312	144	01:10:13	Julian	Day	M	45		2311	01:08:31
2313	634	01:10:17	Lucy	Barrett	F			2280	01:07:54
2314	2771	01:10:19	Cath	Norman	F	35		2359	01:09:34
2315	1046	01:10:21	Jo	Nugent	M			2382	01:10:05
2316	2072	01:10:24	Janet	Whitehead	F	40		2309	01:08:29
2317	635	01:10:26	Julie	Oxley	F	50		2287	01:08:02
2318	646	01:10:27	James	Rance	M			2342	01:09:09
2319	645	01:10:28	Lauren	Thomas	F			2343	01:09:10
2320	590	01:10:30	Gareth	Foster	M			2300	01:08:16

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
2321	2212	01:10:30	Kim	Hallewell	F			2298	01:08:14
2322	4209	01:10:31	Sarah	Bryan	F		Tenovus	2317	01:08:40
2323	139	01:10:34	Debbie	Lynch	F	45		2291	01:08:07
2324	617	01:10:35	Sam	Meredith	F			2348	01:09:26
2325	719	01:10:37	Hemang	Mehta	M	45		2402	01:10:31
2326	1505	01:10:38	Fiona	Stevens	F	50		2303	01:08:21
2327	4420	01:10:38	Gary	Twell	M		Love Running	2314	01:08:35
2328	4221	01:10:41	Ruth	Thomas	F		Tenovus	2292	01:08:10
2329	3531	01:10:42	Cathy	Clode	F	40		2327	01:08:50
2330	2901	01:10:42	Steve	De La Nougerede	M	50	Lliswerry Runners	2355	01:09:30
2331	4362	01:10:43	Michelle	Gregory	F	35	2Wishuponastar	2329	01:08:56
2332	4363	01:10:43	Emma	Coates	F		2Wishuponastar	2328	01:08:56
2333	1731	01:10:47	Victoria	Wiksen	F			2345	01:09:12
2334	1875	01:10:47	Katie	Cleary	F			2358	01:09:31
2335	1876	01:10:47	Michael	Eckley	M	40		2357	01:09:31
2336	2104	01:10:52	Stuart	Mee	M			2325	01:08:46
2337	2105	01:10:52	Tim	Johnson	M			2324	01:08:46
2338	721	01:10:53	Kathryn	Amaro	F			2281	01:07:56
2339	1025	01:10:54	Cath	Avgherinou	F			2335	01:09:02
2340	1946	01:10:54	Lucy	Brooks	F			2378	01:09:59
2341	3114	01:10:54	Heather	Williams	F	35		2354	01:09:29
2342	3113	01:10:54	Matthew	Lewis	M			2353	01:09:29
2343	556	01:10:56	Paul	Mears	M			2321	01:08:44
2344	1131	01:10:56	Paul	Mears	M			2322	01:08:45
2345	745	01:10:56	Mark	Hamlin	M			2395	01:10:16
2346	884	01:10:56	Rhiannon	Rees-Whilliams	F			2384	01:10:08
2347	887	01:10:56	Elizabeth	King	F			2383	01:10:08
2348	3130	01:10:57	Sarah	Pope	F	60		2396	01:10:18
2349	2182	01:10:58	Sally	Herbert	F	40		2308	01:08:29
2350	4422	01:11:00	Alastair	Clarke	M	45	Love Running	2331	01:08:57
2351	2807	01:11:09	John Paul	Black	M			2363	01:09:38
2352	2806	01:11:09	Michael	Anderson	M			2364	01:09:39
2353	3073	01:11:10	Stephen	Pengelly	M			2366	01:09:43
2354	3072	01:11:10	Alana	Pengelly	F			2367	01:09:43
2355	3568	01:11:10	Kate	Foley	F			2356	01:09:30
2356	140	01:11:12	Christopher	Owens	M			2339	01:09:07
2357	2636	01:11:12	Andrew	Evans	M			2315	01:08:35
2358	2048	01:11:13	Caroline	Reid	F	45		2304	01:08:21
2359	2848	01:11:17	John	Whitehead	M	50		2427	01:11:17
2360	2698	01:11:17	Michelle	Graham	F	35		2319	01:08:41
2361	4331	01:11:19	Rhydian	Jones	M		RSPCA	2360	01:09:34
2362	4059	01:11:20	Missy	Manley	F		Brainstrust	2389	01:10:12
2363	4095	01:11:21	Peter	Holman	M		Diabetes UK	2323	01:08:45
2364	2784	01:11:21	Samantha	Froud	F	35		2368	01:09:43
2365	4264	01:11:22	Ruth	Mullineux	F		Save the Children	2318	01:08:41
2366	143	01:11:24	Joanna	Darby	F			2347	01:09:25
2367	2331	01:11:26	Sian	Khalil	F	45		2320	01:08:42
2368	2093	01:11:30	Dave	Ball	M	50		2330	01:08:56
2369	3471	01:11:30	Ashley	Steer	M			2336	01:09:04
2370	1509	01:11:33	Karen	Stoddart	F	45		2333	01:08:58
2371	2086	01:11:39	Sian	Davies	F			2370	01:09:53
2372	3432	01:11:41	Neil	Mayes	M	45		2381	01:10:05
2373	3163	01:11:44	Judith	Davies	F			2408	01:10:35
2374	2154	01:11:45	David	Bendon	M			2419	01:11:00
2375	4058	01:11:47	Jill	Manley	F	45	Brainstrust	2410	01:10:39
2376	865	01:11:47	Charlotte	Austin	F			2423	01:11:03
2377	3520	01:11:49	Carly	Thomas	F			2340	01:09:08
2378	1864	01:11:50	Rachel	Jones	F	35		2380	01:10:04
2379	632	01:11:51	Natasha	Mewett-Davies	F	40		2351	01:09:28
2380	595	01:11:54	Angela	Gough	F	55		2438	01:11:32
2381	3698	01:11:54	Helen	Smith	F			2387	01:10:10
2382	134	01:11:56	Anna	Mainwaring	F			2425	01:11:16
2383	2364	01:11:57	Geraint	Smith	M		Klockner Pentaplast	2409	01:10:36
2384	3676	01:11:57	Gerwyn	Pearson	M		Klockner Pentaplast	2361	01:09:36
2385	2155	01:12:00	Katie	Bendon	F			2428	01:11:17
2386	2396	01:12:01	Sonya	Osborne	F	50		2365	01:09:40
2387	4411	01:12:02	Michael	Bowen	M		Love Running	2432	01:11:25
2388	991	01:12:03	Jivan	Bhogal	F			2399	01:10:24
2389	2722	01:12:03	Anna	Cleworth	F	35		2415	01:10:49
2390	1612	01:12:04	Joanna	Coates	F			2349	01:09:27
2391	145	01:12:05	Carlie	Carrington-Stait	F			2346	01:09:24
2392	2991	01:12:05	Sarah	Bird	F	35		2397	01:10:19
2393	3565	01:12:09	Ella	Young	F			2362	01:09:37
2394	2999	01:12:10	Natalie	Bushell	F			2404	01:10:33
2395	4225	01:12:10	Aled	Webb	M		Tenovus	2406	01:10:34
2396	3000	01:12:10	Kathryn	Fear	F			2405	01:10:33
2397	4383	01:12:11	Lisa	Bishop	F		Richard Lewis Toy Story	2352	01:09:28
2398	4388	01:12:12	Janine	Hale	F	40	Richard Lewis Toy Story	2350	01:09:28
2399	3395	01:12:12	Mandy	Sprague	F	50		2371	01:09:54
2400	2315	01:12:12	Samantha	Rosie	F	45		2411	01:10:39

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
2401	3396	01:12:12	Selwyn	Keenan	M	65		2373	01:09:54
2402	1179	01:12:12	Bryony	Shadbolt	F			2429	01:11:18
2403	2775	01:12:14	Nicola	Thomas	F			2424	01:11:04
2404	3628	01:12:14	Richard	Sexton	M	40		2376	01:09:57
2405	1724	01:12:14	Jessica	Morgan	F			2392	01:10:13
2406	1725	01:12:14	Nancy	Mason	F			2391	01:10:13
2407	1597	01:12:17	Nerys	Wilton-Jones	F			2369	01:09:44
2408	3674	01:12:22	Jonathan	Morgan	M		Klockner Pentaplast	2407	01:10:35
2409	4429	01:12:23	Lowri	Harris	F		Love Running	2398	01:10:21
2410	2354	01:12:25	Greta	Davies	F		Klockner Pentaplast	2413	01:10:45
2411	2748	01:12:25	Liane	Klingbeil	F			2372	01:09:54
2412	4084	01:12:28	Emily	Brown	F		Cry	2456	01:12:00
2413	2463	01:12:31	Rhian	Pole	F	35		2385	01:10:09
2414	1662	01:12:33	Anthony	Wilby	M			2379	01:10:02
2415	608	01:12:37	Laura	Davies	F			2443	01:11:37
2416	3450	01:12:37	Emma	Lodge	F			2426	01:11:16
2417	2553	01:12:39	Debbie	Price	F	35		2400	01:10:27
2418	1589	01:12:39	Anwen	Rees	F	35		2386	01:10:09
2419	937	01:12:40	Sarah	Chung	F			2414	01:10:46
2420	2842	01:12:41	Patricia	Blackwell	F	50		2393	01:10:14
2421	2992	01:12:41	Alexandra	Williams	F			2394	01:10:15
2422	3522	01:12:41	Lou	Stevens-Jones	F	45		2417	01:10:49
2423	1738	01:12:42	Dawn	Whitlock	F	40		2388	01:10:12
2424	1755	01:12:42	Jacqueline	West	F	45		2390	01:10:12
2425	150	01:12:51	Helen	Williams	F	35		2418	01:10:59
2426	652	01:12:54	Rebecca	Dodd	F			2436	01:11:30
2427	578	01:12:58	Adam	Cooper	M			2430	01:11:24
2428	2171	01:13:02	Philip	Manfield	M	50		2451	01:11:50
2429	2173	01:13:02	Steve	Bowkett	M	60		2412	01:10:39
2430	1788	01:13:02	Gary	Moon	M	40		2401	01:10:30
2431	4061	01:13:05	Emma	Ashmead	F		Brainstrust	2416	01:10:49
2432	1673	01:13:07	Julia	Mulholland	F	35		2420	01:11:00
2433	3216	01:13:08	Nicola	Dawson	F	35		2377	01:09:58
2434	930	01:13:12	Sian	Davies	F			2484	01:12:46
2435	974	01:13:12	Tara Ann	Brown	F			2444	01:11:37
2436	4376	01:13:12	Rhian	Collier	F		2Wishuponastar	2421	01:11:01
2437	1735	01:13:17	Justin	Wells	M			2449	01:11:48
2438	1536	01:13:22	Alison	Allen	F			2422	01:11:02
2439	2816	01:13:23	Martin	Berkeley	M	45		2442	01:11:36
2440	2985	01:13:24	Katy	Evans	F			2434	01:11:27
2441	2339	01:13:24	Aoife	Flannagan	F			2467	01:12:21
2442	516	01:13:26	Nadean	Kennedy	F			2461	01:12:09
2443	2730	01:13:26	Andrew	Evans	M	60		2453	01:11:54
2444	2322	01:13:28	Lianne	Dallimore	F	35		2482	01:12:43
2445	1146	01:13:29	Caitlin	Butler	F			2457	01:12:00
2446	1155	01:13:36	Paul	Hinchey	M	45		2466	01:12:20
2447	616	01:13:38	Jenny	Bumford	F			2478	01:12:37
2448	615	01:13:38	Ben	Field	M			2479	01:12:39
2449	3014	01:13:38	Gerard	Pitt	M			2403	01:10:33
2450	4336	01:13:39	Laura	Roberts	F		RSPCA	2431	01:11:25
2451	4337	01:13:39	Lisa	Derrick	F		RSPCA	2433	01:11:26
2452	3749	01:13:41	Emma	Gaughan	F			2481	01:12:42
2453	3750	01:13:41	Elizabeth	Nicolle	F			2480	01:12:42
2454	4067	01:13:43	Martin	Ridley	M		Brainstrust	2437	01:11:32
2455	4066	01:13:43	Joanne	Ridley	F	35	Brainstrust	2441	01:11:32
2456	4053	01:13:45	Rebecca	Proctor	F		Brainstrust	2435	01:11:29
2457	994	01:13:51	Helen	Payne	F	35		2462	01:12:11
2458	2588	01:14:01	Claire	Humphreys	F			2491	01:13:00
2459	1868	01:14:02	Beth	Morrish	F			2487	01:12:56
2460	1953	01:14:04	Katherine	Corellis	F			2450	01:11:49
2461	4374	01:14:05	Abigail	Smalley	F	40	2Wishuponastar	2454	01:11:55
2462	4367	01:14:05	Rhian	Burke	F	35	2Wishuponastar	2455	01:11:57
2463	3472	01:14:06	Lydia	Jones	F	35		2445	01:11:40
2464	3470	01:14:06	Stifyn	Parri	M	45		2446	01:11:40
2465	1567	01:14:06	Jilly	Snell	F			2483	01:12:46
2466	3068	01:14:07	Sarah	James	F	45		2447	01:11:43
2467	2130	01:14:08	Nia	Lewis	F	35		2476	01:12:35
2468	730	01:14:08	Kelly	Murray	F			2448	01:11:48
2469	2611	01:14:09	Caryl	Jones	F			2473	01:12:34
2470	1823	01:14:11	Ruth	Phillips	F			2468	01:12:21
2471	4220	01:14:16	Laura	Jenkins	F		Tenovus	2469	01:12:23
2472	2211	01:14:19	Jamie	Everitt	M			2458	01:12:04
2473	706	01:14:21	Chris	Nicholls	F	60		2500	01:13:22
2474	3372	01:14:23	Lee	Harrigan	M			2465	01:12:18
2475	2726	01:14:25	Cheryl	Verralo	F	50		2452	01:11:52
2476	4106	01:14:26	Christopher	Short	M		Diabetes UK	2439	01:11:32
2477	4105	01:14:26	Jackie	Short	F		Diabetes UK	2440	01:11:32
2478	1116	01:14:27	Nicola	Kelly	F			2504	01:13:46
2479	1896	01:14:30	Fiona	Campbell	F	35		2474	01:12:35
2480	1895	01:14:30	Nicholas	Pounder	M			2477	01:12:35

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
2481	3635	01:14:30	Runner		3635 M			2470	01:12:26
2482	2153	01:14:34	Katherine	Quant	F		35	2486	01:12:52
2483	4057	01:14:36	Michelle	Jenkins	F		45 Brainstrust	2459	01:12:08
2484	4076	01:14:40	Nicola	Connel	F			2463	01:12:11
2485	2706	01:14:47	Matthew	Osborne	M		40	2460	01:12:09
2486	2457	01:14:50	Lisa	Bradshaw	F		40	2464	01:12:17
2487	889	01:14:51	Sandra	Hughes	F			2512	01:14:04
2488	2592	01:14:51	Bethan	Whitehead	F			2498	01:13:18
2489	3504	01:14:53	Ginnie	Bateman	F			2472	01:12:33
2490	2875	01:15:05	Alison	Gilmour	F			2471	01:12:28
2491	4127	01:15:12	Michael	Crockett	M		Diabetes UK	2490	01:12:57
2492	4011	01:15:13	Lauren	West	F		Whizz Kidz	2510	01:14:02
2493	4042	01:15:16	Rebecca	Holder	F		Save the Children	2475	01:12:35
2494	2310	01:15:17	Gwawr	Edwards	F			2489	01:12:57
2495	2309	01:15:17	Gaynor	Isaac	F			2488	01:12:57
2496	2954	01:15:21	Andrew	Owens	M		45	2495	01:13:08
2497	4096	01:15:23	Julia	Holman	F		Diabetes UK	2485	01:12:47
2498	2076	01:15:28	Laura	Snelling	F			2501	01:13:31
2499	2718	01:15:32	Rachel	Christian	F		35	2526	01:14:52
2500	574	01:15:37	Paul	Thomas	M			2497	01:13:12
2501	571	01:15:37	Sian	Thomas	F			2496	01:13:12
2502	1679	01:15:37	Ross	Evans	M			2492	01:13:04
2503	3689	01:15:39	Sanjay	Chatwathe	M			2543	01:15:34
2504	1059	01:15:40	Jane	Starr	F		45	2525	01:14:45
2505	2340	01:15:43	Giles	Peacock	M		Klockner Pentaplast	2514	01:14:09
2506	2345	01:15:43	Markus	Wohlschlager	M		Klockner Pentaplast	2505	01:13:50
2507	2946	01:15:43	Jon	Antoniazzi	M			2493	01:13:06
2508	1970	01:15:45	Eleanor	Preece	F			2499	01:13:20
2509	2830	01:15:59	Edward	Rees	M			2523	01:14:42
2510	1930	01:16:01	Helen	Bonello	F			2506	01:13:54
2511	4415	01:16:03	Lizzie	Swaffield	F		Love Running	2511	01:14:02
2512	4404	01:16:07	Judy	Davies	F		45 Love Running	2513	01:14:07
2513	2606	01:16:08	Ann	Thomas	F			2517	01:14:19
2514	620	01:16:10	Paul	Sumpter	M			2494	01:13:07
2515	602	01:16:11	Katie	Jones	F			2546	01:15:50
2516	1748	01:16:12	Joanna	Hodges	F		35	2542	01:15:32
2517	535	01:16:14	Adam	Christian	M			2536	01:15:14
2518	2801	01:16:14	Sally	Richards	F			2502	01:13:37
2519	2250	01:16:16	Elisabeth	Rock	F		40	2532	01:15:01
2520	601	01:16:17	Anwen	Roberts	F			2547	01:15:54
2521	2668	01:16:21	Jason	Sheppard	M			2503	01:13:43
2522	1830	01:16:23	Nina	Anthony	F		40	2508	01:14:01
2523	1827	01:16:24	Julia	Morris	F		40	2509	01:14:01
2524	2192	01:16:25	Nerys	Samuel	F			2545	01:15:39
2525	539	01:16:28	Nicola	Parks	F			2540	01:15:29
2526	2994	01:16:30	Victoria	Lewis	F		35	2522	01:14:37
2527	1172	01:16:33	Lucy	Gwilt	F			2507	01:13:59
2528	584	01:16:35	Jenna	Neale	F			2549	01:16:05
2529	2522	01:16:38	Helen	Williams	F		40	2528	01:14:54
2530	2523	01:16:38	Caryl	Richards	F			2529	01:14:55
2531	565	01:16:39	Helen	Hodges	F			2516	01:14:17
2532	729	01:16:44	Rachel	Morgan	F			2518	01:14:24
2533	1548	01:16:45	Zoe	Smith	F			2531	01:14:58
2534	1804	01:16:51	Sabine	Ruehl	F			2524	01:14:44
2535	2067	01:16:56	Michael	Donovan	M		65	2515	01:14:16
2536	2460	01:16:58	Shelley	Davies	F			2519	01:14:30
2537	3048	01:17:14	Molly	Zacharias	F			2527	01:14:52
2538	3183	01:17:19	Deborah	Owen	F		50	2530	01:14:56
2539	1737	01:17:22	Lauren	Miles	F		40	2520	01:14:31
2540	1699	01:17:24	Joanne	Kemp	F		35	2521	01:14:33
2541	1803	01:17:26	Sophie	Straiton	F			2544	01:15:35
2542	2038	01:17:32	Daniel	James	M			2554	01:16:26
2543	3387	01:17:39	Ann-Marie	Naismith	F			2533	01:15:04
2544	3203	01:17:44	Melanie	Jehu	F		45	2537	01:15:20
2545	1848	01:17:45	Ceri	Hogg	F		35	2558	01:16:45
2546	3690	01:17:46	Monica	Chatwathe	F			2577	01:17:41
2547	1872	01:17:52	Steen	Clarke	M		60	2552	01:16:18
2548	1723	01:17:52	Deborah	Pitt	F		60	2551	01:16:18
2549	4075	01:17:53	Mike	Howells	M		40 Brainstrust	2538	01:15:24
2550	1916	01:17:53	Germaine	Walsh	F		35	2539	01:15:28
2551	3024	01:17:58	Katrina Jayne	Hawkins	F			2565	01:16:55
2552	4043	01:18:00	Natalie	Basey	F		Save the Children	2550	01:16:10
2553	1167	01:18:00	Mari	Jones	F			2563	01:16:54
2554	1798	01:18:05	Michelle	Rochester	F		40	2534	01:15:11
2555	2786	01:18:05	Sarah	Jones	F			2548	01:15:56
2556	3145	01:18:06	Daryl	Rochester	M			2535	01:15:12
2557	2491	01:18:10	Ceri	Grisdale Jones	F			2553	01:16:22
2558	1721	01:18:17	Emily	Margerison	F			2555	01:16:28
2559	2132	01:18:21	Anne	Sevenoaks	F		55	2556	01:16:44
2560	723	01:18:23	David	Amaro	M			2541	01:15:30

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
2561	687	01:18:24	Eva	Lokajova	F			2567	01:17:10
2562	1615	01:18:28	Hawys	Thomas	F			2566	01:17:00
2563	4224	01:18:30	Melonie	Webb	F	50	Tenovus	2564	01:16:55
2564	3703	01:18:35	Emma	Smith	F			2557	01:16:44
2565	3702	01:18:37	Paul	Nibleth	M			2560	01:16:46
2566	2299	01:18:37	Louise	Stark	F			2559	01:16:46
2567	685	01:18:44	Zuzana	Sabolova	F			2571	01:17:30
2568	2772	01:18:48	Nikola	Creasey	F			2583	01:18:01
2569	3505	01:19:06	Elly	Jennings	F			2561	01:16:46
2570	3499	01:19:09	Ruby	Heys	F			2562	01:16:52
2571	1121	01:19:26	Laura	Hallsmith	F			2570	01:17:26
2572	3037	01:19:30	Derith	Rhisiart	F	45		2568	01:17:14
2573	4228	01:19:34	Bethan	Palfrey	F	35	Tenovus	2578	01:17:45
2574	1984	01:19:35	Hayley	Cloud	F			2576	01:17:38
2575	2388	01:19:38	Louise	Jones	F			2586	01:18:18
2576	1772	01:19:38	Paula	Reece	F	45		2582	01:17:55
2577	1000	01:19:41	Jo	Davies	F	35		2592	01:18:35
2578	2348	01:19:41	Darren	Lewis	M		Klockner Pentaplast	2580	01:17:47
2579	2346	01:19:41	Toni	Georgievski	M		Klockner Pentaplast	2581	01:17:48
2580	2368	01:19:41	Lloyd	Dicks	M		Klockner Pentaplast	2579	01:17:47
2581	3508	01:19:53	Jessie	Price	F			2574	01:17:34
2582	1559	01:19:54	Lowri	Williams	F			2587	01:18:19
2583	1775	01:19:55	Bethan	Tame	F	35		2572	01:17:31
2584	769	01:19:59	Chris	O'Brien	M			2593	01:18:38
2585	3473	01:19:59	Cefyn	Johnson	M	60		2597	01:18:56
2586	2950	01:20:02	Edward	Cronin	M	50		2569	01:17:18
2587	1926	01:20:04	Gillian	Rees	F			2573	01:17:34
2588	2391	01:20:13	Alexandra	Dredge	F			2575	01:17:35
2589	4012	01:20:19	Stuart	West	M		Whizz Kidz	2599	01:19:10
2590	2662	01:20:28	Katie-Louise	Chapple	F			2594	01:18:40
2591	2311	01:20:30	Nerys	James	F			2584	01:18:10
2592	1532	01:20:30	Rhian	Thomas	F	35		2585	01:18:17
2593	3678	01:20:31	Charlotte	Jones	F		Klockner Pentaplast	2589	01:18:33
2594	2352	01:20:31	Scott	Carter	M		Klockner Pentaplast	2588	01:18:30
2595	3299	01:20:33	Wendy	Thomas	F	45		2603	01:19:25
2596	4375	01:20:51	Melanie	Mallan	F	40	2Wishuponastar	2595	01:18:41
2597	4368	01:20:52	Beth	Morgan	F	35	2Wishuponastar	2596	01:18:42
2598	569	01:21:00	Laura	Mullins	F			2591	01:18:34
2599	573	01:21:00	Natalie	Robinson	F			2590	01:18:33
2600	2080	01:21:00	Hayley	Bray	F	45		2598	01:18:57
2601	759	01:21:13	Andrew	Gannan	M			2606	01:19:45
2602	752	01:21:14	David	Scott	M			2607	01:19:46
2603	753	01:21:14	David	Barclay	M			2609	01:19:50
2604	732	01:21:28	Jayne	Moore	F			2600	01:19:14
2605	2347	01:21:41	Gabi	Moesges Haas	F		Klockner Pentaplast	2608	01:19:49
2606	666	01:21:45	Fiona	Bunce	F			2616	01:20:23
2607	1745	01:21:47	Margaret	Smith	F	45		2601	01:19:17
2608	2409	01:21:54	Sioned	Jones	F			2602	01:19:24
2609	1540	01:21:55	Barbara	Locke	F	55		2615	01:20:17
2610	538	01:22:01	Katherine	Syred	F			2613	01:20:09
2611	650	01:22:02	Georgie	Stubbs	F			2620	01:20:38
2612	2973	01:22:03	Claire	Humphries	F	40		2622	01:20:43
2613	579	01:22:05	Paul	Grayson-Davies	M			2605	01:19:39
2614	806	01:22:07	Peter	Morgan	M			2604	01:19:36
2615	999	01:22:09	Nikki	Stewart	F	35		2626	01:21:03
2616	673	01:22:10	Hollie	Bailey	F			2618	01:20:31
2617	674	01:22:10	Rob	Bailey	M			2617	01:20:31
2618	701	01:22:21	Kevan	Elleway	M	50		2623	01:20:49
2619	2335	01:22:22	Sally	Griffith	F	40		2639	01:21:51
2620	653	01:22:23	Natasha	Ali	F			2625	01:20:59
2621	3005	01:22:25	Jacquelyn	Williams	F	35		2637	01:21:38
2622	1671	01:22:29	Catherine	Timbrell	F	40		2610	01:19:56
2623	4217	01:22:29	Louise	Noyes	F	40	Tenovus	2619	01:20:34
2624	1672	01:22:29	Jerome	Timbrell	M	40		2611	01:19:57
2625	2244	01:22:37	Louise	Evans	F	35		2624	01:20:54
2626	707	01:22:37	Sue	Robson	F	55		2635	01:21:30
2627	1983	01:22:38	Teresa	Jones	F			2621	01:20:41
2628	1678	01:22:48	Duncan	Henderson	M	50		2630	01:21:05
2629	2033	01:22:48	Huw	Sullivan	M	40		2631	01:21:06
2630	1877	01:22:48	Jon	Wilkinson	M	45		2632	01:21:06
2631	1945	01:22:53	Anna	Hughes	F			2614	01:20:11
2632	1700	01:22:53	Orla	Nolan	F	45		2612	01:19:59
2633	654	01:22:53	Chloe	Lane	F			2634	01:21:29
2634	651	01:22:55	Kendall	Edmunds	M			2636	01:21:32
2635	2840	01:23:00	Claudia	Lancey	F			2627	01:21:03
2636	2595	01:23:01	Mishail	Farooq	F			2629	01:21:05
2637	2516	01:23:01	Megan	Howells	F			2628	01:21:04
2638	1780	01:23:18	Michaela	Jones	F			2640	01:21:51
2639	4364	01:23:32	Rebecca	Coles	F	35	2Wishuponastar	2633	01:21:25
2640	1762	01:23:42	Kim	Evans	F	50		2641	01:21:52

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
2641	3279	01:23:43	Samii	Davies	F			2647	01:22:26
2642	883	01:23:43	Alex	Gravell	F			2650	01:22:33
2643	114	01:24:02	Diana	Johnson	F		Klockner Pentaplast	2638	01:21:49
2644	1975	01:24:16	David	Hemmings	M			2649	01:22:33
2645	675	01:24:18	Grant	Strong	M			2653	01:22:39
2646	4215	01:24:25	Sonia	Pollak	F	35	Tenovus	2652	01:22:35
2647	2366	01:24:25	Sophie	Gregory	F		Klockner Pentaplast	2646	01:22:24
2648	1506	01:24:26	Kris	Jacob	M			2657	01:23:16
2649	2899	01:24:31	Ceres	Doyle	F	40		2651	01:22:35
2650	929	01:24:34	Carly	James	F			2661	01:24:10
2651	931	01:24:34	Lisa	Frankum	F			2662	01:24:10
2652	3673	01:24:41	Kirsty	Myers	F		Klockner Pentaplast	2655	01:22:53
2653	2337	01:24:41	Philippa	Simpson	F			2643	01:22:08
2654	3517	01:24:41	Barrie	Davies	M			2642	01:22:08
2655	1687	01:24:51	Sandra	Bartley	F	55		2644	01:22:17
2656	966	01:24:57	Kris	Thomas	M			2666	01:24:37
2657	963	01:24:57	Sean	Keane	M			2665	01:24:36
2658	2483	01:25:03	John	Jones	M			2648	01:22:31
2659	1145	01:25:06	Bethen	Barrett	F			2645	01:22:19
2660	1961	01:25:11	David	Braithwaite	M	60		2654	01:22:44
2661	2356	01:25:11	Katie	Payne	F		Klockner Pentaplast	2658	01:23:19
2662	1905	01:25:14	Angharad	Slade	F			2659	01:23:24
2663	522	01:25:25	Morgan	Goodenough	M			2660	01:24:10
2664	3582	01:25:25	Scott	Burton	M			2656	01:23:10
2665	2512	01:25:30	Lindsey	Bridgeman	F			2671	01:25:24
2666	875	01:25:45	Rhiannon	Adams	F			2670	01:25:02
2667	718	01:26:06	Jyoti	Bansal	F	45		2675	01:25:57
2668	717	01:26:06	Sanjeev	Aggarwal	M	40		2676	01:25:57
2669	1605	01:26:13	Jennifer	Griffiths	F			2667	01:24:38
2670	2188	01:26:14	Michelle	Stone	F			2668	01:24:38
2671	1590	01:26:55	Andrea	May	F	35		2663	01:24:24
2672	1708	01:26:55	Victoria	Harris	F	40		2664	01:24:25
2673	2267	01:27:18	Danielle	Davies	F			2678	01:26:43
2674	2295	01:27:21	Derrick	Harris	M	70		2669	01:24:53
2675	977	01:27:31	Jonathan	Sully	M			2672	01:25:47
2676	1553	01:27:40	Gemma	Davies	F			2674	01:25:53
2677	4360	01:27:57	Sian	Thomas	F		2Wishuponastar	2673	01:25:51
2678	4372	01:28:10	Claire	Hartley	F	40	2Wishuponastar	2677	01:26:03
2679	511	01:28:31	Leah	Crudge	F			2681	01:27:15
2680	517	01:28:36	Emily	Morgan	F			2682	01:27:21
2681	2735	01:28:53	Jonathan	Furminger	M	40		2679	01:26:43
2682	2736	01:28:53	Carol-Ann	Furminger	F	40		2680	01:26:43
2683	1063	01:28:56	Cath	Tbc	F			2685	01:27:42
2684	2728	01:28:57	Maggie	Hall	F	50		2684	01:27:41
2685	3159	01:29:11	Lisa	Watts	F	40		2683	01:27:40
2686	1996	01:29:23	Julia	Sanders	F	50		2686	01:27:55
2687	2330	01:29:24	Liz	Dowding	F	50		2687	01:27:55
2688	603	01:29:49	Carolyn	Mckenzie	F	50		2692	01:29:25
2689	1761	01:30:47	James	Mchardy	M			2691	01:29:08
2690	2361	01:30:50	Dave	Parry	M		Klockner Pentaplast	2689	01:28:22
2691	2358	01:30:50	Iauen	Price	M		Klockner Pentaplast	2688	01:28:22
2692	2362	01:30:50	John	Myers	M		Klockner Pentaplast	2690	01:28:59
2693	1176	01:32:05	Nicole	Kinnaird	F	35		2701	01:31:01
2694	562	01:32:10	June	Bryan	F			2697	01:29:46
2695	3672	01:32:11	Marianne	Myers	F		Klockner Pentaplast	2698	01:30:19
2696	3515	01:32:19	Nicola	Grabham	F			2693	01:29:27
2697	3514	01:32:19	Helen	Bartley	F			2694	01:29:27
2698	2237	01:32:31	Laura	Croft	F			2695	01:29:40
2699	2241	01:32:35	Nikki	Mortlock	F	40		2696	01:29:44
2700	1729	01:33:03	Catherine	Smith	F			2700	01:30:41
2701	1730	01:33:03	Kevin	Smith	M			2699	01:30:41
2702	3479	01:34:31	Allen	Watts	M	80	Sarn Athletics	2713	01:34:20
2703	1202	01:35:41	David	Foster	M			2703	01:33:28
2704	1139	01:35:41	Jeff	Vincent	M			2702	01:33:27
2705	4369	01:35:47	Kate	Pope	F		2Wishuponastar	2707	01:33:37
2706	1530	01:35:47	Louise	Britt	F			2706	01:33:34
2707	3308	01:36:20	Scott	Davies	M			2704	01:33:31
2708	3305	01:36:24	Kay	Hall	F			2705	01:33:34
2709	2360	01:36:29	Mrs	Price	F		Klockner Pentaplast	2710	01:34:02
2710	2355	01:36:29	Greta	Sister	F		Klockner Pentaplast	2709	01:34:02
2711	4040	01:36:34	Jamie	Chapman	M		Save the Children	2708	01:33:44
2712	746	01:36:38	James	Woodman	M			2717	01:35:12
2713	3606	01:36:47	Meinir	Evans	F	35		2716	01:35:07
2714	2131	01:36:47	Jennifer	George	F	35		2715	01:35:06
2715	2844	01:37:04	Sarah	Meredith	F			2714	01:34:27
2716	3759	01:37:14	Sharon	Mcnally	F			2711	01:34:19
2717	3632	01:37:14	Joanne	Kansiray	F			2712	01:34:20
2718	2824	01:38:49	Carol	Walters	F	65		2720	01:36:57
2719	4039	01:39:05	Charlie	Chapman	F		Save the Children	2719	01:36:15
2720	4263	01:39:05	Eurgain	Haf	F	40	Save the Children	2718	01:36:14

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
2721	740	01:39:39	Nick	Hudd	M			2722	01:38:13
2722	743	01:39:39	Paul	Russell	M			2721	01:38:13
2723	3614	01:42:01	Claire	Bailyes	F			2723	01:39:52
2724	3367	01:42:02	Rea	Mackey	F			2724	01:39:53
2725	3366	01:42:21	Stacey	Davies	F			2726	01:40:13
2726	132	01:42:21	Tracey	Phipps	F			2725	01:40:13
2727	3307	01:43:36	Lynwen	Maskell	F	35		2727	01:40:47
2728	3306	01:43:37	Caris	Jones	F	35		2728	01:40:47
2729	2056	01:44:35	Michelle	Donovan	F			2729	01:41:56
2730	2590	01:44:35	Ruth	Bishop	F	55		2730	01:42:01
2731	4365	01:49:35	Bethan	Thomas	F	35	2Wishuponastar	2731	01:47:16
2732	4049	01:55:48	Lee	Griffiths	M	40	Brainstrust	2732	01:55:48
2733	4324	02:01:52	Ruth	Bond	F		Llamau	2734	01:58:45
2734	4325	02:01:52	Kirstie	Coakley	F		Llamau	2735	01:58:45
2735	4323	02:01:52	Tristin	Willis	M		Llamau	2733	01:58:45