

## 2013 Cardiff Bay 5

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
1	0:24:46	445	Tom Marshall	M		CARDIFF AAC	1	0:24:46
2	0:24:51	447	Carwyn Jones	M		CARDIFF AAC	2	0:24:51
3	0:25:43	485	James Mills	M		CARDIFF AAC	3	0:25:43
4	0:25:53	519	Graham Breen	M		LES CROUPIERS	4	0:25:52
5	0:26:11	419	Jerome Edwards	M		LES CROUPIERS	5	0:26:10
6	0:26:20	399	Elsidig Ibrahim	M	40	BUTETOWN RUNNERS	6	0:26:20
7	0:26:22	400	Abdulaziz Abdulrahmaan	M		BUTETOWN RUNNERS	7	0:26:22
8	0:26:37	543	Stefan Simms	M	45	FAIRWATER RUNNERS	8	0:26:36
9	0:26:54	574	Rob Sage	M		LES CROUPIERS	9	0:26:53
10	0:27:18	530	Phil Cook	M	40	LES CROUPIERS	10	0:27:17
11	0:27:23	332	Oliver Williams	M		LES CROUPIERS	11	0:27:23
12	0:27:51	443	Kate Roberts	F		BRIDGEND ATHLETIC CLUB	12	0:27:51
13	0:28:00	455	Matthew Hurford	M	40	LES CROUPIERS	13	0:27:59
14	0:28:07	513	Michael Evans	M			14	0:28:06
15	0:28:34	532	Michael Lovell	M		CHEPSTOW HARRIERS	15	0:28:33
16	0:28:40	396	Steffan Ford	M		TEAM TRISPORTS	16	0:28:39
17	0:28:43	417	Stephen Thomas	M	40	ABERDARE VAAC	17	0:28:43
18	0:28:51	531	Martin Williams	M	45	LES CROUPIERS	18	0:28:49
19	0:29:08	446	Chris Prothero	M		CARDIFF AAC	19	0:29:08
20	0:29:16	196	Jeremy Davies	M	45	NEATH HARRIERS	20	0:29:14
21	0:29:30	294	Daniel Miles	M			21	0:29:28
22	0:29:43	605	Shelley Childs	M		ABERYSTWYTH AC	22	0:29:41
23	0:29:51	452	Phil Bristow	M	50	SAN DOMENICO	24	0:29:48
24	0:29:53	558	Neil Lewis	M	40		25	0:29:50
25	0:30:01	697	Runner 697	M			23	0:29:46
26	0:30:02	608	Graham Bond	M	45		27	0:29:59
27	0:30:12	563	Morris Attard	M			29	0:30:09
28	0:30:14	466	Gary Brown	M		PENARTH & DINAS RUNNERS	28	0:30:07
29	0:30:19	81	Richard Jackson-Hookins	M		PENARTH & DINAS RUNNERS	30	0:30:11
30	0:30:20	590	Alun Evans	M	45	RHONDDA VALLEY RUNNERS	33	0:30:18
31	0:30:21	568	Mitchell Buckland	M	J		34	0:30:19
32	0:30:22	121	Mark Horsman	M		OUTDOOR FITNESS	32	0:30:17
33	0:30:23	477	Robert Davies	M	40	ISLWYN RC	31	0:30:13
34	0:30:37	6	Darren Edwards	M		CELTIC TRI	35	0:30:35
35	0:30:38	526	Johnny Lam	M	40	SAN DOMENICO	36	0:30:35
36	0:30:43	357	Marc Smerdon	M			39	0:30:42
37	0:30:44	328	Craig Western	M			26	0:29:55
38	0:30:44	578	Pete Croall	M		SAN DOMENICO	37	0:30:41
39	0:30:45	576	Simon Gill	M		LLISWERRY RUNNERS	38	0:30:41
40	0:30:53	616	Jack Adams	M			40	0:30:48
41	0:30:55	449	Sally Wilder	F		SAN DOMENICO	42	0:30:53
42	0:30:57	392	Paul Sperrin	M	55	BITTON ROAD RUNNERS	43	0:30:54
43	0:31:00	186	Thomas Roberts	M			41	0:30:53
44	0:31:09	560	Tyrone Fowler	M	J	NEWPORT HARRIERS	46	0:31:09
45	0:31:11	614	Alan Lipowski	M			45	0:31:07
46	0:31:12	551	Warren Jackson-Hookins	M			44	0:30:55
47	0:31:17	471	Nathan Price	M	J		47	0:31:15
48	0:31:26	301	Terry O'Brien	M	55		48	0:31:19
49	0:31:30	488	John Davies	M	55	SAN DOMENICO	49	0:31:26
50	0:31:34	144	Alistar Wood	M	40	SAN DOMENICO	50	0:31:28
51	0:31:39	182	Clem Clement	M	50	PENARTH & DINAS RUNNERS	51	0:31:30
52	0:31:40	262	Morwenna Herdman	F			53	0:31:38
53	0:31:53	213	Phil Boorman	M	40		54	0:31:38
54	0:31:55	463	Ronald Morris	M	60	SAN DOMENICO	56	0:31:52
55	0:31:56	546	Gareth Harman	M	J		55	0:31:44
56	0:31:57	402	Jihad Dabab	M	J	BUTETOWN RUNNERS	52	0:31:36
57	0:31:58	426	Brian Dias	M		LES CROUPIERS	57	0:31:56
58	0:32:06	386	Martin Webborn	M	50		58	0:32:03
59	0:32:09	505	Sharon Leech	F	40	CARMARTHEN HARRIERS	61	0:32:07
60	0:32:10	199	Richard Bristow	M	45	SAN DOMENICO	59	0:32:05
61	0:32:18	475	Gary Howgate	M	40	LES CROUPIERS	62	0:32:14
62	0:32:20	601	Simon Dimmer	M	50	FOREST OF DEAN	60	0:32:06
63	0:32:25	220	Ben Butler-Madden	M			63	0:32:15
64	0:32:43	617	Martin Davies	M		LLISWERRY RUNNERS	66	0:32:39
65	0:32:46	490	Peter Stunell	M	40	LES CROUPIERS	67	0:32:42
66	0:32:56	377	Hefin Gruffydd	F	50		68	0:32:51
67	0:33:00	208	Michael Attfield	M			64	0:32:23
68	0:33:09	480	Brendan Jones	M	40	LES CROUPIERS	70	0:33:06
69	0:33:10	381	Thomas Link	M			65	0:32:26
70	0:33:12	503	Angela Jones	F	45		71	0:33:10
71	0:33:14	254	David Goodall	M	60		69	0:33:04
72	0:33:26	44	Robert Wilcox	M	45	PENARTH & DINAS RUNNERS	72	0:33:18
73	0:33:30	669	Vince Oak	M	50		73	0:33:24
74	0:33:34	355	Stephen Morath	M		PENARTH & DINAS RUNNERS	75	0:33:25
75	0:33:34	648	Jamie Davies	M	J	LLISWERRY RUNNERS	76	0:33:30

## 2013 Cardiff Bay 5

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
76	0:33:36	521	Richard vaughan	M	40	LES CROUPIERS	78	0:33:32
77	0:33:36	570	Gary Buckland	M			79	0:33:33
78	0:33:37	606	Seamus Gallagher	M		SAN DOMENICO	77	0:33:31
79	0:33:39	404	Gina Hardman	F	40	BRIDGEND ATHLETIC CLUB	81	0:33:37
80	0:33:40	215	Tom Bourton	M		IRC CARDIFF	74	0:33:24
81	0:33:40	252	Sandra Gill	F	40		80	0:33:35
82	0:33:55	628	Mike Lewis	M			83	0:33:51
83	0:33:56	484	Lisa Clearly	F	45	PENARTH & DINAS RUNNERS	82	0:33:41
84	0:33:59	647	Bleddyn Jones	M		LLISWERRY RUNNERS	85	0:33:55
85	0:34:02	200	Marcia Smith	F		SAN DOMENICO	87	0:33:58
86	0:34:05	205	Malcolm Bradley	M	60	PENARTH & DINAS RUNNERS	84	0:33:52
87	0:34:07	589	Martin Mellor	M	50	RHONDDA VALLEY RUNNERS	86	0:33:57
88	0:34:08	203	John Gardener	M	70	PEMBROKESHIRE HARRIERS	88	0:34:07
89	0:34:13	230	James Corcoran	M			89	0:34:09
90	0:34:14	350	Calum Vennard	M		LES CROUPIERS	91	0:34:11
91	0:34:18	508	James Delanny	M	55	SAN DOMENICO	92	0:34:13
92	0:34:19	373	James Harvey	M			90	0:34:11
93	0:34:20	633	Neil Stovold	M		SAN DOMENICO	94	0:34:14
94	0:34:22	334	Simon Williams	M	45		96	0:34:16
95	0:34:22	12	Ffion Davies	F		PONTYPRIDD ROADENTS	95	0:34:15
96	0:34:26	442	Jacqueline Brace	F	50	BRIDGEND ATHLETIC CLUB	99	0:34:24
97	0:34:31	33	Rosie Thomas	M			97	0:34:19
98	0:34:32	524	Rhys Gandy	M			101	0:34:26
99	0:34:32	147	Shaun Davies	M			100	0:34:24
100	0:34:33	394	Chris Seal	M		PENARTH & DINAS RUNNERS	93	0:34:13
101	0:34:39	288	Helen Mann	F			103	0:34:34
102	0:34:39	54	Antoinette Dumayne	F	J	LLISWERRY RUNNERS	102	0:34:31
103	0:34:41	588	John Connors	M			107	0:34:41
104	0:34:48	384	Brian Hall	M	45		106	0:34:39
105	0:34:48	587	Gary Price	M	J		109	0:34:48
106	0:34:56	403	Hamza Dabab	M	J	BUTETOWN RUNNERS	104	0:34:34
107	0:35:01	525	Jamal Al-Dhali	M			112	0:34:57
108	0:35:09	395	David Green	M	40	PEGASUSU RC	111	0:34:57
109	0:35:10	75	Paul Dibble	M	55		113	0:35:01
110	0:35:10	626	Adam Wardle	M			115	0:35:04
111	0:35:12	638	Jeffrey Hanson	M	50		98	0:34:19
112	0:35:13	3	Mike Pritchard	M	55		117	0:35:08
113	0:35:17	287	Claire Maksimovic	F		PONTYPRIDD ROADENTS	118	0:35:11
114	0:35:18	197	Richard Sugarman	M	40		105	0:34:37
115	0:35:19	369	Mike Evans	M	55	CHEPSTOW HARRIERS	114	0:35:02
116	0:35:21	422	Christopher Economides	M	55	PENARTH & DINAS RUNNERS	120	0:35:19
117	0:35:28	316	Lee Stenner	M			121	0:35:20
118	0:35:31	241	Nathan Duke	M			108	0:34:41
119	0:35:34	662	Owen Evans	M		CARDIFF TRIATHLETES	119	0:35:18
120	0:35:39	547	Paul Maksinduis	M			123	0:35:33
121	0:35:40	23	Wendy Owen	F	40	SAN DOMENICO	124	0:35:34
122	0:35:44	405	Richard Amos	M		SAN DOMENICO	125	0:35:39
123	0:35:48	246	David Fowler	M			110	0:34:54
124	0:35:56	457	Aine Kenny	F		LES CROUPIERS	129	0:35:50
125	0:35:59	642	Elly Jennings	F	J		116	0:35:07
126	0:36:00	204	David Walker	M	55		128	0:35:48
127	0:36:01	270	Andrew Johnson	M			127	0:35:44
128	0:36:04	326	Keith Verheyden	M	50	FETCH EVERYONE	122	0:35:24
129	0:36:09	320	Hiroko Tagashira	F	40	CARDIFF TRIATHLETES	132	0:36:03
130	0:36:09	572	Tom Price	M	J		134	0:36:06
131	0:36:11	360	Keith Miller	M	55		126	0:35:41
132	0:36:11	410	Steve Hill	M	50	PENARTH & DINAS RUNNERS	130	0:35:57
133	0:36:14	545	Mark Lewis	M	40		133	0:36:04
134	0:36:16	555	Darran Waters	M	40		131	0:36:03
135	0:36:19	195	Phillip Mears	M	45	VIRGIN ACTIVE	135	0:36:06
136	0:36:25	604	Gary Bodman	M	50	LES CROUPIERS	141	0:36:23
137	0:36:29	571	Fred Evans	M			142	0:36:25
138	0:36:34	620	Bethan Finlayson	F	35		144	0:36:32
139	0:36:35	101	Richard Stanton	M		LLANDAFF CITY CHURCH	137	0:36:12
140	0:36:36	416	James Pearce	M		LLISWERRY RUNNERS	136	0:36:06
141	0:36:42	305	Jonathan Portelli	M			143	0:36:25
142	0:36:43	375	Paul Graham	M			148	0:36:35
143	0:36:45	603	Janet Dimmer	F	50	FOREST OF DEAN	140	0:36:22
144	0:36:48	517	Chris Pollock	M	45		146	0:36:34
145	0:36:49	61	Robert Anderson	M	70	LLISWERRY RUNNERS	149	0:36:36
146	0:36:50	492	James Esbester	M			139	0:36:17
147	0:36:50	637	Eleri Rogers	F	35		147	0:36:35
148	0:36:54	363	Chris Price	M	40	RHAYADER R C	153	0:36:45
149	0:36:56	98	Alan Cox	M	55		145	0:36:33
150	0:36:57	152	Joshua Davies	M		PENARTH & DINAS RUNNERS	150	0:36:39

## 2013 Cardiff Bay 5

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
151	0:37:00	250	Sarah Fry	F	35	IRC CARDIFF	151	0:36:42
152	0:37:00	412	Jim Holland	M	40		154	0:36:46
153	0:37:02	7	Mark Edwards	M		CELTIC TRI	157	0:36:58
154	0:37:03	540	Runner 540	M			156	0:36:54
155	0:37:05	694	Philip Watts	M			138	0:36:16
156	0:37:08	36	David Hebbes	M	60		159	0:37:01
157	0:37:13	527	Nigel Foulkes-Nock	M	40	LLISWERRY RUNNERS	155	0:36:50
158	0:37:15	136	James Protheroe	M			160	0:37:02
159	0:37:17	573	Jamie Evans	M			166	0:37:14
160	0:37:18	420	Alan Mann	M	55	LES CROUPIERS	162	0:37:11
161	0:37:21	368	Andrea Hurman	F	45	PENARTH & DINAS RUNNERS	161	0:37:07
162	0:37:23	286	Angharad Mair	F	50		163	0:37:11
163	0:37:24	37	Lowri Newman	F	40		164	0:37:12
164	0:37:31	413	Alan Watts	M			152	0:36:45
165	0:37:34	401	Mahmoud Arabi	M		BUTETOWN RUNNERS	165	0:37:12
166	0:37:39	344	Brenda Avery	F	60	CHEPSTOW HARRIERS	169	0:37:30
167	0:37:39	421	Loretta Daley	F	45	LES CROUPIERS	170	0:37:32
168	0:37:42	595	Richard Strudwick	M			168	0:37:30
169	0:37:42	458	Dale Smith	M			167	0:37:18
170	0:37:47	187	Neil Price	M	60		171	0:37:32
171	0:37:49	285	Jake Lynch	M			158	0:37:00
172	0:37:50	90	Mark Brooks	M	40		174	0:37:39
173	0:37:50	259	David Heald	M	40		173	0:37:39
174	0:37:52	354	Rachel Morath	F		PENARTH & DINAS RUNNERS	175	0:37:43
175	0:37:57	476	Ian Lewis	M		ISLWYN RC	177	0:37:45
176	0:38:04	131	Tom Wigley	M			180	0:37:54
177	0:38:04	13	Catrin Davies	F		PONTYPRIDD ROADENTS	182	0:37:59
178	0:38:05	219	Steven Burke	M			176	0:37:44
179	0:38:09	621	Ian Thorne	M	45		179	0:37:50
180	0:38:13	528	Anna Ciolch	F			188	0:38:12
181	0:38:17	93	Martin Stark	M	45		183	0:38:02
182	0:38:17	65	Tim Brice	M			181	0:37:55
183	0:38:18	263	Victoria Holloway	F	40		185	0:38:09
184	0:38:19	145	Robert Davies	M	50		178	0:37:48
185	0:38:21	538	Runner 538	M			190	0:38:14
186	0:38:29	353	Rita Kingdon	F		BTF	189	0:38:13
187	0:38:30	376	Andrea Davies	F	35		187	0:38:11
188	0:38:31	634	Ian Jones	M			172	0:37:39
189	0:38:33	123	Brian Greaves	M	55	COSTAIN	184	0:38:03
190	0:38:35	630	Steve Goodfellow	M	50	PENARTH & DINAS RUNNERS	191	0:38:15
191	0:38:36	359	Mark Faulkner	M	50		186	0:38:10
192	0:38:45	649	Nick Davies	M	50	LLISWERRY RUNNERS	192	0:38:18
193	0:38:45	586	Tom Dee	M	J		194	0:38:42
194	0:38:46	658	Jerry Connors	M	J		196	0:38:46
195	0:38:49	464	Lisa Entwistle-Evans	F	35		193	0:38:41
196	0:38:59	456	Charlotte Thomas	F			195	0:38:45
197	0:39:00	914	Nasser Mohamed	M	J	BUTETOWN RUNNERS	204	0:39:00
198	0:39:04	31	Brinley Aherne	M	45		202	0:39:00
199	0:39:04	472	Nathan Price	M			205	0:39:01
200	0:39:04	569	Bobby Buckland	M			203	0:39:00
201	0:39:06	298	Bharat Narbad	M	45		201	0:38:57
202	0:39:06	529	Lisa Griffiths	F		OUTDOOR FITNESS	198	0:38:49
203	0:39:08	229	James Coffey	M			197	0:38:47
204	0:39:09	32	Lisa Cousins	F	40		206	0:39:01
205	0:39:11	231	Philip Cowell	M	45		207	0:39:05
206	0:39:15	453	Peter Burns	M	45		200	0:38:55
207	0:39:31	161	Owen Pearse	M			199	0:38:51
208	0:39:31	585	Ashleigh Price	M	J		215	0:39:28
209	0:39:38	425	Luke Heslop	M		LES CROUPIERS	211	0:39:25
210	0:39:40	486	Chris Mogg	M	40	CWM OGWR RC	208	0:39:19
211	0:39:43	411	Michelle Hoey	F		PENARTH & DINAS RUNNERS	210	0:39:20
212	0:39:48	424	Catherine Rooke	F	45		219	0:39:37
213	0:39:51	397	Gwen Smith	F	45		214	0:39:28
214	0:39:54	567	Mark Sutton	M	40		209	0:39:19
215	0:39:56	176	Hannah Pascoe	F			216	0:39:29
216	0:39:56	497	Dean Williams	M			220	0:39:38
217	0:39:57	82	Chris O'Brien	M	40		223	0:39:50
218	0:40:00	188	Anthony Batts	M	40		217	0:39:31
219	0:40:00	218	Luke Brazier	M			224	0:39:51
220	0:40:02	345	Sophie Hedges	F		PONTYPRIDD ROADENTS	225	0:39:56
221	0:40:06	62	Wayne Edmond	M	60		221	0:39:42
222	0:40:07	564	Matthew Reypert	M			218	0:39:36
223	0:40:09	549	Becky Griffiths	F	35		233	0:40:04
224	0:40:10	130	Helen Peake	F			232	0:40:03
225	0:40:12	506	Tim Knight	M			222	0:39:48

## 2013 Cardiff Bay 5

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
226	0:40:13	653	D Rees	M	40		213	0:39:27
227	0:40:14	311	David Rowlands	M	45		212	0:39:27
228	0:40:14	659	Simon Griffiths	M			229	0:40:01
229	0:40:14	660	Laura Warren	F			228	0:40:01
230	0:40:18	214	Ella Boorman	F	J		231	0:40:03
231	0:40:23	561	Gavin Davies	M			240	0:40:19
232	0:40:23	562	Alexandra Clayton	F			241	0:40:20
233	0:40:24	356	Danielle Rayner	F		PENARTH & DINAS RUNNERS	236	0:40:07
234	0:40:26	342	Alun Wood	M			235	0:40:06
235	0:40:33	370	Denise Evans	F	45	CHEPSTOW HARRIERS	239	0:40:17
236	0:40:33	553	Tony Price	M	J		249	0:40:32
237	0:40:34	609	Andy Reid	M	55	TEAM BATH AC	242	0:40:21
238	0:40:39	348	Ben Frayne	M			246	0:40:30
239	0:40:39	347	Ceri Frayne	F			247	0:40:31
240	0:40:41	336	Frank Williams	M	60		237	0:40:11
241	0:40:41	597	Alys Carlisle	F	40	TATA STEEL	238	0:40:16
242	0:40:43	106	Charlotte Smith	F	35	PONTYPRIDD ROADENTS	244	0:40:22
243	0:40:43	117	Rhys Smith	M			243	0:40:22
244	0:40:44	379	Steffan Jones	M			227	0:39:59
245	0:40:44	4	Tim Barker	M	40		234	0:40:04
246	0:40:47	302	Geoff Ogden	M	40	ICE WALES CYMRU	226	0:39:58
247	0:40:56	53	Lyn Evans	M	50	PENARTH & DINAS RUNNERS	248	0:40:32
248	0:41:00	118	Rachel Biggar	F			251	0:40:44
249	0:41:13	592	Steven Connors	M			262	0:41:11
250	0:41:14	310	Chrissie Rees	F	40	ACTIVEVIBE	250	0:40:32
251	0:41:14	650	Steve Sullivan	M	40		245	0:40:29
252	0:41:16	159	Mark Davies	M	45		254	0:40:56
253	0:41:17	559	Mark Mahodey	M	40		255	0:41:00
254	0:41:19	414	Jon James	M	40	PONTYPRIDD ROADENTS	256	0:41:00
255	0:41:21	309	Carly Reagon	F	35		230	0:40:02
256	0:41:22	619	Anne Wendt	F		PENARTH & DINAS RUNNERS	257	0:41:00
257	0:41:24	24	Eleanor Johnson	F		CARDIFF UNIVERSITY	261	0:41:11
258	0:41:27	454	Andrew Cleverley	M	45	OUTDOOR FITNESS	264	0:41:14
259	0:41:33	461	Mathew Bevan	M			265	0:41:19
260	0:41:36	361	Brian Cotton	M			252	0:40:45
261	0:41:38	183	Janice Clement	F	55	PENARTH & DINAS RUNNERS	263	0:41:14
262	0:41:47	227	Jamie Clode	M			259	0:41:07
263	0:41:48	15	Mari Griffiths	F		DRAGONS RUNNING CLUB	266	0:41:28
264	0:41:52	329	Stephen Wheel	M			260	0:41:10
265	0:41:53	225	Martin Chorley	M			267	0:41:28
266	0:41:55	273	Bernadette Jones	F	40	PONTYPRIDD ROADENTS	269	0:41:35
267	0:41:55	283	Stephen Lloyd	M	50		268	0:41:32
268	0:41:58	295	Sara Morgan	F	35	PONTYPRIDD ROADENTS	270	0:41:36
269	0:42:05	235	Greg Davies	M			258	0:41:06
270	0:42:06	594	Sue Potter	F	45		275	0:41:58
271	0:42:08	51	Geraint Rowlands	M	45		273	0:41:40
272	0:42:09	217	Catherine Bradley	F			253	0:40:45
273	0:42:11	554	Helen Williams	F		ISLWYN RC	279	0:41:58
274	0:42:15	473	Huw Williams	M	45	BRIDGEND ATHLETIC CLUB	285	0:42:07
275	0:42:15	221	Hope Cadman	F			280	0:42:00
276	0:42:20	226	Heather Clarke	F			284	0:42:03
277	0:42:25	516	Kathryn Petersen	F	40		288	0:42:11
278	0:42:28	460	Ffion Strong	F			293	0:42:15
279	0:42:28	317	Ian Stone	M			292	0:42:14
280	0:42:29	308	Steven Rajam	M			272	0:41:38
281	0:42:29	129	Adrian Evans	M	40	COSTAIN	278	0:41:58
282	0:42:30	185	Helen Raven	F	40		281	0:42:01
283	0:42:31	657	Sara Shiel	F			294	0:42:20
284	0:42:32	552	Rachael Laloh	F	35		283	0:42:03
285	0:42:33	481	Stuart Dolbez	M	40		289	0:42:12
286	0:42:35	666	Runner 666	M			274	0:41:58
287	0:42:36	665	Runner 665	M			277	0:41:58
288	0:42:37	238	Philip Davies	M			287	0:42:10
289	0:42:37	507	Craig Williams	M			291	0:42:13
290	0:42:37	565	E Ray	M	J		290	0:42:13
291	0:42:38	566	Ruth Sutton	F	35		282	0:42:02
292	0:42:38	210	Luc Blackford	M			271	0:41:37
293	0:42:40	652	B Star	M			276	0:41:58
294	0:42:43	478	Steffan Roberts	M			297	0:42:26
295	0:42:49	382	Erin Thomas	F			296	0:42:24
296	0:42:52	366	Sean Edwards	M	40		298	0:42:26
297	0:42:54	339	Sarah Williams	F	35		305	0:42:45
298	0:42:55	52	Sioned Mai Fidler	F			286	0:42:07
299	0:42:57	201	Claire Lewis	F	45	SAN DOMENICO	302	0:42:42
300	0:43:05	380	Allen Bevan	M	55		299	0:42:33

## 2013 Cardiff Bay 5

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
301	0:43:08	64	Mark Yates	M	45		306	0:42:46
302	0:43:12	267	Sophie Irvine	F			301	0:42:41
303	0:43:14	266	Bob Irvine	M	55		303	0:42:42
304	0:43:15	202	Brenda Evans	F	60	CARN RUNNERS	309	0:43:10
305	0:43:18	583	Tohabon Owen	M			310	0:43:13
306	0:43:19	172	Annette Davies	F	50		295	0:42:21
307	0:43:26	191	David Hutchinson	M	45		308	0:42:55
308	0:43:30	112	Nicola Murray	F	45	LLISWERRY RUNNERS	307	0:42:49
309	0:43:34	338	Rhodri Williams	M			300	0:42:41
310	0:43:34	38	Rhys Roberts	M			313	0:43:21
311	0:43:35	646	Runner 646	M			304	0:42:45
312	0:43:38	92	Sarah Weaver	F	35		315	0:43:23
313	0:43:41	274	Lisa Jones	F			312	0:43:21
314	0:43:45	278	Susannah Kingdon	F	40	WOMEN RUNNING PENARTH	318	0:43:35
315	0:43:46	510	Ross Hollerin	M			316	0:43:29
316	0:43:49	174	Bethan Jones	F			314	0:43:21
317	0:43:56	80	Mervyn Weightman-Bent	M	55	LLISWERRY RUNNERS	311	0:43:14
318	0:44:04	306	Michael Portelli	M	50		320	0:43:46
319	0:44:15	122	Matt Grey	M	40		319	0:43:42
320	0:44:20	629	John Lewis	M	50		317	0:43:30
321	0:44:22	78	Michael Griffiths	M	50		323	0:44:03
322	0:44:25	470	Trinity Price	F	J		327	0:44:22
323	0:44:29	67	Rachel Phillips	F	45	SOUTHVILLE RUNNING CLUB	324	0:44:04
324	0:44:31	631	James Williams	M			322	0:44:00
325	0:44:39	615	Sue Hampshire	F			330	0:44:31
326	0:44:43	119	Clare Sandford	F			321	0:43:52
327	0:44:43	372	Adam Rickart	M			332	0:44:32
328	0:44:43	371	Julia Tappin	F			334	0:44:33
329	0:44:52	613	kalem Hale	M	J		336	0:44:34
330	0:44:55	233	Heidy Davies	F	45		338	0:44:35
331	0:44:58	113	Atul Kalhan	M	40		345	0:44:49
332	0:45:02	358	Karen Penny	F	45		331	0:44:32
333	0:45:03	83	Sarah Jones	F	40		346	0:44:51
334	0:45:03	331	Emma Williams	F		OUTDOOR FITNESS	335	0:44:33
335	0:45:04	76	Andrew Beacon	M	45		329	0:44:24
336	0:45:04	556	Claire Dale	F	35		325	0:44:16
337	0:45:05	170	Georgiana Popa	F			349	0:44:53
338	0:45:06	96	Ruth Smith	F	50	WOMEN RUNNING PENARTH	348	0:44:52
339	0:45:07	268	Darren Jobbins	M		TEAM JAIDEN	343	0:44:48
340	0:45:08	330	Andrew Wicks	M			341	0:44:44
341	0:45:08	184	Nerys Jones	F	35		340	0:44:43
342	0:45:09	180	Mark Glover	M			326	0:44:22
343	0:45:09	177	Simon Glover	M			328	0:44:22
344	0:45:13	156	Joanne Allen	F	40	SHROPSHIRE SHUFFLERS	356	0:45:08
345	0:45:17	622	Clare O'Reilly	F		PENARTH & DINAS RUNNERS	352	0:44:56
346	0:45:20	165	Angela Evans	F			358	0:45:11
347	0:45:20	140	Allan Crawford	M	45		350	0:44:53
348	0:45:23	423	Matthew Goode	M			337	0:44:35
349	0:45:24	581	Craig Elding	M			351	0:44:56
350	0:45:24	190	Rhian Llewellyn	M	45	LES CROUPIERS	347	0:44:51
351	0:45:25	548	Brian Jones	M	50		357	0:45:09
352	0:45:26	160	Ange Fitzgerald	F	35		353	0:44:57
353	0:45:28	596	Daniel Mais	M			342	0:44:46
354	0:45:28	142	Mark Griffiths	M			333	0:44:33
355	0:45:29	640	Helen Davies	M		RUNNING WITH NANCY	339	0:44:39
356	0:45:43	465	Laura Jawad	F			366	0:45:31
357	0:45:45	579	Manohar Singh	M	45		365	0:45:27
358	0:45:49	240	Claire Douglas	F	35		369	0:45:37
359	0:45:49	499	Nathan Lewis	M			363	0:45:20
360	0:45:49	500	Gareth Malson	M			362	0:45:20
361	0:45:51	698	Jamie Way	M			354	0:44:58
362	0:45:52	150	Kelly Way	F			355	0:44:59
363	0:45:52	661	Simon Connors	M	J		371	0:45:47
364	0:45:53	137	Nigel Thomas	M	55		360	0:45:19
365	0:45:53	138	Paul Sydenham	M	55		361	0:45:19
366	0:45:55	611	Cecilia Thomas	F	55		364	0:45:24
367	0:45:55	237	Rachel Davies	F	35		367	0:45:34
368	0:45:56	493	Hughie Dogherty	M	J		374	0:45:51
369	0:45:56	494	Thomas Dogherty	M			373	0:45:50
370	0:45:58	632	Andrea Goodfellow	F	45	PENARTH & DINAS RUNNERS	368	0:45:36
371	0:46:07	249	Katherine Frost	F	35		359	0:45:17
372	0:46:07	625	Michaela Richter	F			370	0:45:45
373	0:46:13	335	Eleri Williams	F	J		372	0:45:47
374	0:46:14	253	Kathryn Gladwyn	F	40		377	0:45:55
375	0:46:14	407	Adam Fletcher	M		ISLWYN RC	378	0:45:55

## 2013 Cardiff Bay 5

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
376	0:46:24	498	Daniel Boucher	M		TEAM JAIDEN	381	0:46:05
377	0:46:25	125	Barry Woodman	M	40	COSTAIN	376	0:45:53
378	0:46:27	255	Nimit Goyal	M			386	0:46:18
379	0:46:28	314	Inderpal Singh	M			384	0:46:17
380	0:46:31	139	Simon Hudd	M	45		375	0:45:51
381	0:46:32	257	Christopher Harris	M			385	0:46:17
382	0:46:34	663	Kelly Evans	F			383	0:46:15
383	0:46:39	515	Ian Evans	M	40		380	0:46:01
384	0:46:43	390	Marcus Gaskell	M	40		379	0:45:58
385	0:47:07	105	Jenna Gaughan	F			394	0:46:50
386	0:47:13	260	Peter Heckles	M			387	0:46:19
387	0:47:13	512	Karen Smith	F			395	0:46:52
388	0:47:14	153	Lyndon Clarke	M			388	0:46:29
389	0:47:15	127	Anthony Fry	M	40		390	0:46:40
390	0:47:17	523	Sarah Day	F	35		396	0:46:58
391	0:47:17	318	Maggie Strange	F	55		401	0:47:06
392	0:47:17	600	Rod Perons	M	50	LES CROUPIERS	391	0:46:44
393	0:47:18	599	Sarah Perons	F	50	LES CROUPIERS	392	0:46:44
394	0:47:18	511	Glenda George	F	40		397	0:46:58
395	0:47:21	509	Lisa Williams	F	35		398	0:47:02
396	0:47:25	514	Gordon Hollerin	M	55		402	0:47:08
397	0:47:25	378	Nadine Cannon	F			389	0:46:37
398	0:47:30	276	Amanda Jones	F	40	ACTIVEVIBE	393	0:46:48
399	0:47:40	244	Bethan Ford	F			404	0:47:20
400	0:47:45	343	Jayne Young	F			414	0:47:34
401	0:47:52	299	Aled Nurton	M			400	0:47:06
402	0:47:52	327	Annabel West	F			399	0:47:06
403	0:47:52	451	Lyndon Anderson	M	40		405	0:47:20
404	0:47:58	598	Scott Turner	M		TATA STEEL	413	0:47:32
405	0:47:59	228	Lucy Cochrane	F			410	0:47:26
406	0:48:00	541	Robert Chesterman	M			406	0:47:23
407	0:48:00	542	Naomi Chesterman	F			407	0:47:23
408	0:48:02	639	Runner 639	M			403	0:47:14
409	0:48:05	693	Tracey Newman	F	40	LES CROUPIERS	344	0:44:48
410	0:48:10	313	Martyn Seaward	M			412	0:47:31
411	0:48:10	624	Llinos Wells	F			408	0:47:24
412	0:48:12	224	Gareth Charles	M			416	0:47:38
413	0:48:12	74	Lisa Hill	F			409	0:47:25
414	0:48:17	584	Bebb Price	M	40		434	0:48:13
415	0:48:18	518	Steve Evans	M	60	THORNBURY RC	417	0:47:41
416	0:48:22	239	Charlotte Dewey	F			431	0:48:11
417	0:48:23	194	Ben Sykes	M			427	0:48:00
418	0:48:24	544	Martin Smidman	M	55		419	0:47:53
419	0:48:25	155	Rosemary Williams	F	60		423	0:47:57
420	0:48:25	232	Anna Cunnah	F			426	0:47:59
421	0:48:26	198	Jane Llewellyn	F	55		428	0:48:05
422	0:48:26	248	Mike Friel	M	55		421	0:47:54
423	0:48:26	126	Jason Turnbull	M	40		382	0:46:10
424	0:48:27	325	Michelle Unsworth	F	45	LLISWERRY RUNNERS	432	0:48:11
425	0:48:29	364	Chris Rodger	M			422	0:47:54
426	0:48:33	256	Paul Griffiths	M		PAUL GRIFFITHS	439	0:48:28
427	0:48:33	346	Helen Welch	F	40	PONTYPRIDD ROADENTS	429	0:48:09
428	0:48:35	388	Nick Roe	M	55		425	0:47:58
429	0:48:36	655	Andrew Tipper	M	40		420	0:47:54
430	0:48:37	289	Johanna Mapherson	F	40		415	0:47:34
431	0:48:38	408	Debbie Cumming	F	45	CAERLEON RUNNING CLUB	438	0:48:22
432	0:48:41	656	Joe Tipper	M			424	0:47:58
433	0:48:42	189	Mal Rowson	F	60	LES CROUPIERS	433	0:48:12
434	0:48:46	148	David Salt	M	60		430	0:48:10
435	0:48:48	277	Joanna Kenyon	F			436	0:48:19
436	0:48:48	290	Sarah-Jane Maples	F	35	LLANDAFF CITY CHURCH	437	0:48:19
437	0:48:51	216	Jess Bowen	F			418	0:47:46
438	0:48:52	179	Tony Hall	M	65		435	0:48:15
439	0:48:58	116	Maxine White	F			440	0:48:32
440	0:49:04	42	Andrew Gove	M			442	0:48:42
441	0:49:09	635	Sarah Evans	F	35		443	0:48:54
442	0:49:12	365	Fay Rodger	F			441	0:48:37
443	0:49:16	321	Sonya Taylor	F	50		446	0:49:03
444	0:49:25	104	Elizabeth Nicolle	F	35		447	0:49:04
445	0:49:27	303	Lisa Otter	F			445	0:49:02
446	0:49:31	271	Catherine Johnston	F			448	0:49:05
447	0:49:32	459	Sian Pearce	F			452	0:49:21
448	0:49:36	695	Becca Emerson	F			444	0:48:56
449	0:49:42	114	Sophie Chamberlain	F			449	0:49:16
450	0:49:46	41	Carl Sealy	M			411	0:47:30

## 2013 Cardiff Bay 5

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
451	0:49:58	10	Gerald Kemp	M	45		450	0:49:19
452	0:50:04	522	Michelle George	F	40		456	0:49:32
453	0:50:04	236	Jayne Davies	F	40		455	0:49:32
454	0:50:05	618	Kaz Ceeney	F	55	LLISWERRY RUNNERS	451	0:49:20
455	0:50:10	223	Andrew Capel	M			453	0:49:30
456	0:50:10	222	David Capel	M	60		454	0:49:30
457	0:50:20	124	Andrew Haskell	M	45		458	0:49:37
458	0:50:21	296	John Morgan	M	60		457	0:49:36
459	0:50:41	636	Jessie Price	F	J	RUNNING WITH NANCY	459	0:49:57
460	0:50:44	135	Thomas Davies	M	J		462	0:50:05
461	0:50:50	591	Wayne Vincent	M	50		460	0:49:58
462	0:50:52	9	Julie Kemp	M	50		463	0:50:14
463	0:50:54	641	Erin Jennings	F	J		461	0:50:02
464	0:51:07	651	A Jones	M	40		464	0:50:24
465	0:51:07	275	Steph Jones	F	50	ACTIVEVIBE	465	0:50:25
466	0:51:07	322	Lauren Thomas	F			469	0:50:52
467	0:51:11	539	Runner 539	M			466	0:50:30
468	0:51:24	489	Cara Gates	F	40		472	0:51:11
469	0:51:38	644	Lyn Thomas	M			468	0:50:52
470	0:51:48	292	Alison Menzies	F	45		480	0:51:41
471	0:51:48	293	James Menzies	M	50		481	0:51:41
472	0:51:48	520	Sarah Woesford	F			473	0:51:13
473	0:51:49	19	Carla Rogers	F			475	0:51:13
474	0:51:49	462	Sian Tossell	F	45	BRACKLA HARRIERS	476	0:51:23
475	0:51:50	304	Kate Owen	F	40		471	0:51:09
476	0:51:50	284	Jocelle Lovell	F	40		470	0:51:09
477	0:52:00	582	Robin Masefield	M			478	0:51:32
478	0:52:00	580	Chloe Elding	F			477	0:51:32
479	0:52:01	151	Hanan Jamil	M			474	0:51:13
480	0:52:04	264	Nadine Holloway	F			479	0:51:37
481	0:52:28	128	Daryne Keogh	M	40		483	0:51:55
482	0:52:48	406	Barry James	M	60	PORTHCAWL RUNNERS	482	0:51:55
483	0:52:48	398	Rhian James	M			484	0:51:55
484	0:52:54	495	Patrick Doherty	M			488	0:52:49
485	0:52:59	654	Jane Star	F	45		485	0:52:17
486	0:53:03	72	Ian Jenkins	M	40		486	0:52:42
487	0:53:12	18	Rhian Jones	F			467	0:50:41
488	0:53:39	207	Amy Andrews	F			487	0:52:48
489	0:53:45	11	Fiona Campbell	F	35		491	0:53:21
490	0:53:56	700	Runner 700	M			489	0:53:10
491	0:53:57	272	Mark Jones	M			490	0:53:11
492	0:54:05	491	Anthony Wilby	M			492	0:53:30
493	0:54:14	58	Stephen New	M	45	ISLWYN RC	494	0:53:40
494	0:54:14	479	Hayley Stephens	F	35		493	0:53:40
495	0:54:42	367	Alan Bladen	M	75	LES CROUPIERS	495	0:54:09
496	0:54:49	387	Jane Roe	F	50		498	0:54:30
497	0:54:50	154	Jane Tapsell	F	45		496	0:54:20
498	0:54:52	333	Jamie Williams	M			502	0:54:52
499	0:54:52	247	James Francis	M			503	0:54:52
500	0:54:53	602	Stephen Wigley	M			504	0:54:53
501	0:55:07	134	Jonathan Davies	M			497	0:54:27
502	0:55:12	245	Briony Fortt	F	35	ACTIVEVIBE	499	0:54:31
503	0:55:13	324	Claire Thomas	F	40	ACTIVEVIBE	500	0:54:31
504	0:55:20	242	Helen Finlayson	F			505	0:54:55
505	0:55:23	643	Lucy Thomas	F	40		501	0:54:36
506	0:55:45	468	Bethan Summers	F	45		506	0:55:19
507	0:55:47	467	Steven Salamon	M	45		507	0:55:21
508	0:55:58	175	Lisa Bellchambers	F			510	0:55:30
509	0:56:06	68	Nathalie Brassington	F	40		508	0:55:29
510	0:56:06	389	Laura Kingdon	F			509	0:55:29
511	0:56:10	312	Cathy Sampson	F	50		512	0:55:34
512	0:56:10	132	Caroline Havard	F	45		513	0:55:35
513	0:56:21	209	Natalie Bateman	F	35	RUNNING WITH NANCY	511	0:55:32
514	0:56:21	645	Ginnie Bateman	F	35	RUNNING WITH NANCY	514	0:55:35
515	0:56:32	550	Kim Ralph	F			515	0:56:23
516	0:56:53	14	Sarah Hook	F	45		519	0:56:40
517	0:56:57	536	Runner 536	M			516	0:56:30
518	0:57:04	108	Sarah Griffiths	F			520	0:56:42
519	0:57:13	35	Bartosz Spyrko-Smietanko	M			518	0:56:36
520	0:57:13	34	Olivia Hodgson	F			517	0:56:36
521	0:57:28	307	Eleanor Preece	F		RED ARMY RUNNERS	521	0:56:44
522	0:57:29	39	Gerald Davies	M		RED ARMY RUNNERS	522	0:56:45
523	0:57:38	577	Julian Davies	M	40		523	0:56:54
524	0:57:59	168	Emma Pugh	F	35		524	0:57:42
525	0:58:19	627	Runner 627	M			526	0:57:52

## 2013 Cardiff Bay 5

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
526	0:58:20	141	Cathryn Crawford	F	40		525	0:57:52
527	0:58:20	323	Janet Thomas	F	40		527	0:57:53
528	0:58:21	409	Sammie Roberts	M			529	0:58:15
529	0:58:23	162	Amanda Tonks	F	35		528	0:57:58
530	0:58:54	43	Laura James	F	J		530	0:58:19
531	0:59:37	89	Sharon Ellwood	F	40		531	0:59:01
532	1:00:31	133	Mark Davies	M	50		533	0:59:53
533	1:00:52	109	Sian Gibson	M			535	1:00:30
534	1:00:57	440	Ceri Evans	F			534	1:00:19
535	1:01:05	610	natasha Pace	F			532	0:59:23
536	1:01:20	171	Carolyn Smith	F	35	OUTDOOR FITNESS	536	1:00:33
537	1:01:31	340	David Williams	M	50		537	1:00:36
538	1:01:31	341	Emma Williams	F			538	1:00:36
539	1:01:33	557	Kim Goodman	F			539	1:00:45
540	1:02:17	59	Karen Emmott	F	45	LLISWERRY RUNNERS	540	1:01:46
541	1:02:21	504	Gareth Lloyd	M			541	1:02:03
542	1:02:54	385	Tracy Thomas	F	40		542	1:02:31
543	1:03:44	534	Katie Griffiths	F	J		543	1:03:27
544	1:03:44	533	Brad Pugh	M	J		544	1:03:27
545	1:04:28	164	Zoe Harris	F	J		546	1:03:55
546	1:04:28	163	Rebecca Harris	F	J		545	1:03:54
547	1:04:32	901	Jill Taylor	F	40		547	1:04:02
548	1:04:33	902	Elaine Maggs	F	40		548	1:04:02
549	1:05:32	535	Irene vaughan	F	50		549	1:05:14
550	1:08:50	193	Mark Watkins	M	50		550	1:08:23
551	1:09:51	667	Jonathan Portelli	M			551	1:09:19