

## 2014 Cardiff Bay 5 Mile

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
1	0:24:39	20	Steven Connor	M		Aldershot F&D	1	0:24:39
2	0:25:05	24	Liam Lloyd	M		Swansea Harriers	2	0:25:05
3	0:25:07	5	Michael Kallenberg	M		Cardiff AAC	3	0:25:07
4	0:25:30	7	James Mills	M		Cardiff AAC	4	0:25:30
5	0:25:37	3	Chris Carpanini	M		Swansea Harriers	5	0:25:37
6	0:26:13	9	Daniel Rothwell	M		Swansea Harriers	6	0:26:13
7	0:26:19	994	Tom Roberts	M		Merionedd	7	0:26:19
8	0:26:28	1102	Gareth Thomas	M		San Domenico	8	0:26:28
9	0:26:37	4	Elsidig Ibrahim	M	40	Cardiff AAC	9	0:26:36
10	0:26:46	13	Tish Jones	F		Belgrave Harriers	10	0:26:46
11	0:27:00	8	Martin Rees	M	60	Les Croupiers	11	0:27:00
12	0:27:10	331	James Elgar	M		Lliswerry Runners	12	0:27:10
13	0:27:14	1226	Oliver Williams	M			13	0:27:13
14	0:27:32	241	Stuart Crees	M	35	Les Croupiers	14	0:27:31
15	0:27:42	21	Georgie Bruinvells	F		Aldershot F&D	15	0:27:42
16	0:27:56	614	Dean Johnston	M	35	Neath Harriers	16	0:27:55
17	0:28:06	15	Lucy MacAllister	F		Bristol & West AC	18	0:28:04
18	0:28:12	1203	Richard Wilder	M	40	San Domenico	19	0:28:12
19	0:28:17	396	Gavin Gates	M			20	0:28:16
20	0:28:20	255	Richard Dando	M	35	Bridgend AC	21	0:28:18
21	0:28:24	18	Andrea Whitcombe	F	40	Swansea Harriers	22	0:28:23
22	0:28:35	19	Emma Wookey	F		Lliswerry Runners	23	0:28:33
23	0:28:39	901	Mike Pfeiffer	M	45		24	0:28:35
24	0:28:39	121	Jason Bragg	M		Aberdare Valley AAC	17	0:28:02
25	0:28:39	12	Jenny Jagger	F		Bristol & West AC	25	0:28:39
26	0:28:49	337	Mark Emery	M			26	0:28:47
27	0:28:51	666	Eamonn Kirk	M	40	Swansea Harriers	28	0:28:48
28	0:28:51	1307	Michael Dury	M	35	Islwyn RC	27	0:28:48
29	0:28:56	371	Steffan Ford	M	35	Team Trisports	29	0:28:55
30	0:28:58	16	Jessica Parry-Williams	F		Les Croupiers	30	0:28:58
31	0:29:04	119	Dan Bradshaw	M			31	0:29:03
32	0:29:06	853	Doug Nicholls	M	35		32	0:29:05
33	0:29:11	17	Kate Roberts	F		Swansea Harriers	33	0:29:10
34	0:29:17	101	Darren Bishop	M		Pontypridd Roadents	35	0:29:15
35	0:29:18	1400	Michael Evans	M			34	0:29:11
36	0:29:27	744	James Manson	M	35		37	0:29:25
37	0:29:30	1184	Craig Western	M			36	0:29:22
38	0:29:41	662	Jason Kiely	M			38	0:29:41
39	0:29:45	484	Mickey Havard	M	45	San Domenico	39	0:29:44
40	0:29:47	980	David Richardson	M			40	0:29:45
41	0:29:48	167	Ben Butler-Madden	M			42	0:29:47
42	0:29:48	1260	Phil Bristow	M	50	San Domenico	41	0:29:47
43	0:29:50	322	Darren Edwards	M	35	Aberdare Valley AAC	43	0:29:50
44	0:29:53	1084	Paul Talbot	M	45	Neath Harriers	44	0:29:52
45	0:30:03	134	Gary Brown	M			46	0:30:01
46	0:30:05	1186	Dan Whaites	M			45	0:30:00
47	0:30:14	628	Jack Jones	M			47	0:30:11
48	0:30:17	313	Andrew Dwyer	M	45		48	0:30:14
49	0:30:31	87	Jon Belcher	M	35		49	0:30:29
50	0:30:37	1406	Morris Attard	M	35		50	0:30:36
51	0:30:39	1020	Graham Schultz	M	35		51	0:30:38
52	0:30:41	1015	Glyn Sansom	M	50		53	0:30:41
53	0:30:42	1367	Mitchell Buckland	M			55	0:30:42
54	0:30:42	1351	Nathan Price	M	35		54	0:30:42
55	0:30:45	1345	Nathian Allen	M	35		56	0:30:42
56	0:30:49	180	James Casburn	M			57	0:30:46
57	0:30:52	903	Kneath Philippart	M	55		58	0:30:49
58	0:30:53	693	Craig Lewis	M			52	0:30:41
59	0:30:58	734	Nicholas Mahoney	M			59	0:30:56
60	0:31:00	762	Cian McCafferty	M			60	0:31:00
61	0:31:01	674	Johnny Lam	M	40		61	0:31:01
62	0:31:04	915	Laurence Pole	M	35		62	0:31:02
63	0:31:06	1080	Lewis Sydenham	M			63	0:31:05
64	0:31:11	14	Shan Mansfield	F		Swansea Harriers	64	0:31:10
65	0:31:21	1164	Terry Watkins	M	40		65	0:31:12
66	0:31:21	1039	Garry Slater	M	40		70	0:31:19
67	0:31:21	1242	Alun Wood	M		Islwyn RC	66	0:31:16
68	0:31:23	772	Sean McNally	M			67	0:31:18
69	0:31:25	861	Malcolm O'Brien	M			68	0:31:19
70	0:31:26	79	Claire Beatty	F	35	Les Croupiers	71	0:31:24
71	0:31:27	1240	James Wiltshire	M			72	0:31:25
72	0:31:34	202	Clem Clement	M	50		74	0:31:30
73	0:31:36	828	Niall Moroney	M			75	0:31:32
74	0:31:37	1012	Jonathan Salisbury	M	45		73	0:31:30
75	0:31:38	23	Ceri-Anne Santos	F		Swansea Harriers	78	0:31:38

## 2014 Cardiff Bay 5 Mile

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
76	0:31:41	601	Steve Jenkins	M	45		77	0:31:38
77	0:31:43	1347	Michael Ramsey	M	50		79	0:31:41
78	0:31:48	1204	Sally Wilder	F		San Domenico	80	0:31:44
79	0:31:49	971	Rhydian Reston	M	35		81	0:31:44
80	0:31:50	658	Nathan Kersley	M			76	0:31:38
81	0:31:54	749	Paul Marke	M			82	0:31:48
82	0:31:54	1267	Simon Gill	M		Lliswerry Runners	84	0:31:51
83	0:31:57	891	James Pearce	M	35		83	0:31:49
84	0:31:58	832	Adam Morton	M			87	0:31:57
85	0:31:59	596	Jonathan Jenkins	M	35		85	0:31:54
86	0:32:07	727	Brian Lovett	M	45		91	0:32:05
87	0:32:09	793	Andrew Mitchell	M			69	0:31:19
88	0:32:10	252	Anthony Cullinane	M	40		93	0:32:08
89	0:32:11	1401	Stuart Mclroy	M	40	Les Croupiers	89	0:32:02
90	0:32:13	1211	Dale Williams	M	35	Brecon AC	95	0:32:09
91	0:32:15	778	Chris Medcalf	M	40	San Domenico	94	0:32:08
92	0:32:16	1166	Susan Watson	F	45	Les Croupiers	97	0:32:12
93	0:32:18	109	Rachel Bourne	F			99	0:32:14
94	0:32:20	860	Terry O'Brien	M	55		98	0:32:13
95	0:32:21	261	Alun Davies	M		Les Croupiers	102	0:32:17
96	0:32:22	1122	Daniel Thrift	M			100	0:32:15
97	0:32:23	35	Bruno Albert	M			90	0:32:04
98	0:32:23	22	Fenella Langridgr	F		Winchester	103	0:32:23
99	0:32:23	754	Nicholas Mason	M			92	0:32:06
100	0:32:26	148	Susannah Bulpin	F	40	San Domenico	104	0:32:23
101	0:32:30	421	Matt Govier	M	40	Cardiff AAC	88	0:31:59
102	0:32:31	379	Andrew Frayling	M	35		86	0:31:56
103	0:32:33	108	Robert Borley	M			105	0:32:30
104	0:32:39	279	Martin Davies	M	50		106	0:32:34
105	0:32:41	458	Brian Hall	M	45		109	0:32:36
106	0:32:44	837	John Mullaney	M		Aberdare Valley AAC	96	0:32:09
107	0:32:46	878	Andrew Palmer	M	45	Penarth & Dinas Runners	110	0:32:42
108	0:32:48	1262	Nicola Gething	F	40	Parc Bryn Bach	111	0:32:45
109	0:32:48	1241	Alistair Wood	M	45		101	0:32:16
110	0:32:53	413	Dan Glen	M			113	0:32:50
111	0:32:53	967	Richard Rees	M			116	0:32:53
112	0:32:54	690	Adam Lewis	M			107	0:32:36
113	0:32:55	249	Peter Crowther	M	55		112	0:32:47
114	0:32:56	1017	Lenny Sayers	M	35		115	0:32:53
115	0:32:58	703	Paul Lewis	M	45	Swansea Harries	114	0:32:53
116	0:33:02	344	Clara Evans	F			117	0:32:58
117	0:33:02	784	Philip Meyler	M	55	Pontypridd Roadents	118	0:32:58
118	0:33:04	1284	Runner 1284	M	55		121	0:33:00
119	0:33:06	147	Jordan Bullock Pt	M			119	0:32:59
120	0:33:07	827	Kieran Moroney	M			123	0:33:03
121	0:33:07	165	Eoin Butler	M		White Rock Runners	120	0:33:00
122	0:33:08	811	Lloyd Morgan	M	35		124	0:33:05
123	0:33:08	1214	Gavin Williams	M	35		122	0:33:02
124	0:33:10	961	Andrew Reddy	M		Aberdare Valley AAC	108	0:32:36
125	0:33:17	399	David Gaughan	M			125	0:33:12
126	0:33:18	735	Angharad Mair	F	50	Les Croupiers	126	0:33:15
127	0:33:20	526	Jay Hoffman	M	35	Outdoor Fitness	127	0:33:16
128	0:33:21	254	Georgina Dando	F	35	Bridgend AC	131	0:33:18
129	0:33:23	283	Neil Davies	M	40		129	0:33:17
130	0:33:25	924	Sian Powell	F			128	0:33:16
131	0:33:25	280	Martin Davies	M	40		130	0:33:18
132	0:33:26	1281	Ronald Morris	M	60	San Domenico	135	0:33:23
133	0:33:27	622	Darren Jones	M	35		133	0:33:21
134	0:33:28	667	SiŌn Kirk	F		Swansea Harriers	136	0:33:24
135	0:33:29	463	Jeffrey Hanson	M	50		139	0:33:26
136	0:33:30	1031	Dominic Shields	M	45	San Domenico	137	0:33:25
137	0:33:35	654	Lloyd Kenefick	M		Barry & Vale Harriers	141	0:33:29
138	0:33:35	847	Christopher Nellins	M	60	Penarth & Dinas Runners	140	0:33:28
139	0:33:36	1301	Jake Bowen	M			134	0:33:21
140	0:33:44	369	Louise Flynn	F			138	0:33:25
141	0:33:47	757	Deborah Matthews	F	45	Swansea Harriers	143	0:33:42
142	0:33:48	969	Dan Reilly	M			142	0:33:32
143	0:33:49	642	Samuel Jones	M		Aberdare Valley AAC	145	0:33:43
144	0:33:51	742	Simon Mansfield	M	45		150	0:33:49
145	0:33:52	615	Adam Jones	M	45	Chiltern Harriers AC	144	0:33:42
146	0:33:53	646	Thomas Jones	M			152	0:33:51
147	0:33:53	702	Nick Lewis	M			148	0:33:44
148	0:33:54	1085	Richard Tanner	M			146	0:33:44
149	0:33:57	621	Christopher Jones	M	50	Lliswerry Runners	147	0:33:44
150	0:34:00	215	Andrew Cole	M	35		132	0:33:19

## 2014 Cardiff Bay 5 Mile

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
151	0:34:02	1334	Richard Euan	M			154	0:33:52
152	0:34:03	529	Jon Holland	M			155	0:33:52
153	0:34:03	1274	Gina Hardman	F	40	Bridgend AC	157	0:33:59
154	0:34:07	641	Richard Jones	M		Lliswerry Runners	156	0:33:54
155	0:34:09	312	Steve Dury	M	40		158	0:34:00
156	0:34:10	93	Mike Bessell	M			160	0:34:03
157	0:34:12	1417	Richard Laydon	M	50		149	0:33:46
158	0:34:16	587	Shaun James	M			151	0:33:49
159	0:34:18	911	Ruth Phillips	F		Lliswerry Runners	164	0:34:15
160	0:34:20	158	Gavin Burrough	M			167	0:34:19
161	0:34:22	479	James Harvey	M			163	0:34:12
162	0:34:24	61	John Bainbridge	M	35		153	0:33:52
163	0:34:25	311	Antoinette Dumayne	F		Lliswerry Runners	161	0:34:04
164	0:34:25	367	Steve Flanagan	M	40		165	0:34:16
165	0:34:27	1296	James Delaney	M	55	San Domenico	169	0:34:21
166	0:34:30	269	John Davies	M			168	0:34:19
167	0:34:31	1004	Christopher Rothwell	M	40		173	0:34:28
168	0:34:31	446	Hefin Gruffydd	M	50		171	0:34:22
169	0:34:33	143	Liam Bryson	M	40		162	0:34:11
170	0:34:39	963	Ben Rees	M			159	0:34:01
171	0:34:42	221	Matthew Coles	M			172	0:34:24
172	0:34:42	117	Malcolm Bradley	M	60		176	0:34:35
173	0:34:46	385	Paul Fry	M			174	0:34:30
174	0:34:48	723	Ben Lodey	M			177	0:34:35
175	0:34:51	717	John Lloyd	M	45		180	0:34:42
176	0:34:52	1068	Neil Stovold	M		San Domenico	182	0:34:44
177	0:34:53	263	Andy Davies	M	50	Pontypridd Roadents	183	0:34:47
178	0:34:55	132	Sam Broughton	M			179	0:34:36
179	0:34:56	1257	Stephen Lewis	M	40		187	0:34:52
180	0:34:58	317	Christopher Economides	M	60	Penarth & Dinas Runners	188	0:34:54
181	0:34:58	794	Paul Mitchell	M	35		166	0:34:18
182	0:34:59	670	Rhys Knight	M			170	0:34:21
183	0:35:02	789	Keith Miller	M	55		178	0:34:35
184	0:35:03	752	Nick Masefield	M		Les Croupiers	185	0:34:50
185	0:35:04	345	Debbie Evans	F	45		186	0:34:51
186	0:35:07	1418	Jerry Connors	M			195	0:35:06
187	0:35:08	423	Paul Graham	M			194	0:35:03
188	0:35:08	136	Paul Brown	M	40		191	0:35:00
189	0:35:08	332	Richard Elgar	M			192	0:35:01
190	0:35:10	1082	Ben Sykes	M	35		193	0:35:01
191	0:35:11	800	Anna Moon	F			189	0:34:56
192	0:35:11	1247	Henry Wright	M	35		175	0:34:31
193	0:35:12	1212	David.E Williams	M	50		190	0:34:59
194	0:35:14	362	Dean Ferrier	M	45		184	0:34:49
195	0:35:14	562	Ferdi Iannucci	M	55		196	0:35:07
196	0:35:15	1420	Michael Dixon	M			200	0:35:14
197	0:35:16	62	Knill Baird-Murray	M	50		181	0:34:43
198	0:35:18	1319	Bebb Price	M	40		205	0:35:18
199	0:35:20	1283	Rob Huzsh	M	35		197	0:35:07
200	0:35:23	196	Michelle Church	F	40		203	0:35:15
201	0:35:24	709	David Llewellyn	M	40		202	0:35:15
202	0:35:24	1208	Chris Williams	M			201	0:35:15
203	0:35:24	785	Marcus Meyrick	M	40	Les Croupiers	206	0:35:18
204	0:35:27	1178	Daffydd Weetman	M	35	Islwyn RC	198	0:35:11
205	0:35:29	1092	Courtney Taylor	M	55		199	0:35:11
206	0:35:31	997	Gemma Roche-Clarke	F			208	0:35:24
207	0:35:40	1405	Dylan Thomas	M	40		204	0:35:17
208	0:35:41	936	Mathew Pritchard	M	40		214	0:35:38
209	0:35:42	883	Gethin Parker	M	35		210	0:35:28
210	0:35:42	390	Seamus Gallagher	M	35		212	0:35:35
211	0:35:44	150	Thomas Bungard	M			207	0:35:21
212	0:35:46	1094	Mark Taylor	M	45	Penarth & Dinas Runners	216	0:35:38
213	0:35:47	1358	Jamie Davies	M		Lliswerry Runners	217	0:35:39
214	0:35:48	613	Daniel Johnson	M			215	0:35:38
215	0:35:49	420	Marcia Gouveia	F		San Domenico	220	0:35:43
216	0:35:50	268	Helen-Marie Davies	F	35		211	0:35:34
217	0:35:50	1394	Andrew Muirhead	M	50		218	0:35:40
218	0:35:51	1380	John Coffey	M			223	0:35:50
219	0:35:57	1157	Rachel Walsh	F	35		226	0:35:52
220	0:35:58	381	Kirk Freeman	M	35		224	0:35:51
221	0:35:58	315	John Dyer	M	40		228	0:35:54
222	0:35:58	1411	Fiona Evans	F	40		222	0:35:48
223	0:36:02	873	Meurig Owen	M	35		230	0:35:56
224	0:36:02	546	Philip Hughes	M			229	0:35:55
225	0:36:03	648	Ceri Jones	F	40	Aberdare Valley AAC	209	0:35:27

## 2014 Cardiff Bay 5 Mile

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
226	0:36:05	1288	Christopher Gosling	M			233	0:36:02
227	0:36:08	1045	Joshua Smith	M			213	0:35:36
228	0:36:08	682	Sarah Lavender	F			225	0:35:52
229	0:36:09	162	Stuart Buswell	M	45		237	0:36:07
230	0:36:09	201	Lisa Cleary	F	45		231	0:35:58
231	0:36:09	126	Joe Broad	M			221	0:35:46
232	0:36:10	1101	Elliott Thomas	M	40		232	0:35:58
233	0:36:11	1237	Christopher Williamson	M	55		227	0:35:54
234	0:36:14	872	Mark Owen	M	40		219	0:35:42
235	0:36:15	243	Gerry Crispie	M	50		241	0:36:10
236	0:36:16	81	Nicola Beck	F	40		240	0:36:10
237	0:36:17	1311	Martin Mellor	M	55	Neath Harriers	238	0:36:09
238	0:36:19	770	Callum McGivern	M			234	0:36:05
239	0:36:26	1331	Darran Burgenn	M			236	0:36:06
240	0:36:29	153	Paul Burleton	M	40		239	0:36:09
241	0:36:30	926	John Poyner	M	50		243	0:36:17
242	0:36:31	556	Andrea Hurman	F	45	Penarth & Dinas Runners	245	0:36:20
243	0:36:33	551	Louise Hunt	F		Penarth & Dinas Runners	235	0:36:05
244	0:36:35	661	Andrew Kettley	M			253	0:36:31
245	0:36:36	206	Jamie Clode	M		Bridgend AC	254	0:36:31
246	0:36:39	1326	Peter Mcan	M			257	0:36:37
247	0:36:41	1304	Aine Kenny	F		Les Croupiers	252	0:36:30
248	0:36:43	1357	Joe Lockett	M			246	0:36:21
249	0:36:44	253	Mohammed Dabab	M	40	Butetown Runners	249	0:36:28
250	0:36:48	305	Paul Dibble	M	55		259	0:36:40
251	0:36:51	647	Warren Jones	M	45		258	0:36:39
252	0:36:55	289	Shaun Davies	M			262	0:36:45
253	0:36:58	113	Ben Bowker	M			247	0:36:22
254	0:36:59	1323	Michael O'Brien	M			255	0:36:32
255	0:37:01	777	Phillip Mears	M	45	White Rock Runners	265	0:36:52
256	0:37:03	1341	Gareth Jenkins	M		Cwm Ogwr RC	260	0:36:42
257	0:37:05	1191	Liam Wharmby	M			264	0:36:50
258	0:37:05	1263	Chris Seal	M		Penarth & Dinas Runners	250	0:36:29
259	0:37:07	124	Nigel Brinn	M	45		242	0:36:13
260	0:37:12	231	Alex Cornett	M			269	0:36:57
261	0:37:15	321	Amy Edwards	F			277	0:37:05
262	0:37:17	334	Jecca Ellis	F			268	0:36:55
263	0:37:19	163	Harry Busz	M			244	0:36:17
264	0:37:21	386	Paul Furlong	M	65		287	0:37:13
265	0:37:23	635	Neil Jones	M	35		285	0:37:13
266	0:37:26	237	Alan Cox	M	55		272	0:37:01
267	0:37:27	46	Marcello Anderson	M			279	0:37:10
268	0:37:28	743	Claire Manson	F			273	0:37:02
269	0:37:28	123	Kate Braybrook	F	35		283	0:37:12
270	0:37:29	1168	Phill Watts	M			248	0:36:27
271	0:37:30	1111	Lyn Thomas	M	35	TRWN	251	0:36:29
272	0:37:31	600	Stephen Jenkins	M	35		286	0:37:13
273	0:37:31	130	Tyrone Broome	M	50	Lliswerry Runners	263	0:36:48
274	0:37:33	1344	Victoria Jones	F	40		276	0:37:02
275	0:37:34	365	Paul Fisher	M	35		256	0:36:36
276	0:37:34	1397	Jon Pearson	M	35		298	0:37:21
277	0:37:36	561	Mark Hutchings	M	50		297	0:37:20
278	0:37:39	1165	Tim Watkins	M			261	0:36:45
279	0:37:40	696	Dean Lewis	M	40		294	0:37:18
280	0:37:41	210	Debbie Cockram	F	50	Fairwater Runners	303	0:37:32
281	0:37:42	531	Victoria Holloway	F	40		280	0:37:10
282	0:37:42	753	Janine Mason	F			299	0:37:25
283	0:37:43	978	Stacey Richards	F			314	0:37:41
284	0:37:43	1189	Elaine Wharmby	F	50		301	0:37:27
285	0:37:44	850	Lowri Newman	F	45		289	0:37:14
286	0:37:47	418	Steve Goodfellow	M	50		292	0:37:15
287	0:37:50	1364	David Evans	M	40		281	0:37:11
288	0:37:51	1363	Gwen Richards	F			271	0:37:00
289	0:37:52	363	Bethan Finlayson	F	35		305	0:37:35
290	0:37:52	1167	Alan Watts	M	35		274	0:37:02
291	0:37:53	694	Dafydd Lewis	M	40		295	0:37:19
292	0:37:53	707	John Light	M	35		308	0:37:36
293	0:37:54	875	Sally Owen	F	40	TRWN	266	0:36:52
294	0:37:55	427	Brian Greaves	M	55		275	0:37:02
295	0:37:55	406	Lloyd Gibbs	M			278	0:37:07
296	0:37:55	44	Abbie Anderson	F			290	0:37:14
297	0:37:55	36	Hayley Alderman	F			291	0:37:14
298	0:37:56	567	Ceri Isaac	M			267	0:36:55
299	0:37:57	991	Iolo Roberts	M	40		318	0:37:43
300	0:37:57	285	Nick Davies	M	50	Lliswerry Runners	288	0:37:14

## 2014 Cardiff Bay 5 Mile

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
301	0:37:58	1087	Ian Tarr	M	45		307	0:37:36
302	0:37:59	874	Ross Owen	M			282	0:37:11
303	0:38:00	917	Kellinu Portelli	M	45		310	0:37:38
304	0:38:00	354	Olga Eyre	F			311	0:37:38
305	0:38:00	921	Glenn Powell	M	35		296	0:37:20
306	0:38:00	580	Matthew James	M			302	0:37:29
307	0:38:02	133	Andrew Brown	M	35		293	0:37:16
308	0:38:03	1108	Laura Thomas	F			329	0:37:54
309	0:38:04	67	Tim Barker	M	45		306	0:37:35
310	0:38:04	274	Liam Davies	M	55	Fetch Everyone	304	0:37:35
311	0:38:05	995	Alan Robinson	M			316	0:37:43
312	0:38:06	1124	Richard Tidy	M	35		330	0:37:54
313	0:38:07	515	Thomas Hill	M			270	0:36:58
314	0:38:09	1264	Marc Leadley	M	40		309	0:37:38
315	0:38:10	442	Darren Griffiths-Warner	M	45		312	0:37:39
316	0:38:12	768	Dave McElhill	M			334	0:37:57
317	0:38:13	665	Rita Kingdon	F			332	0:37:54
318	0:38:13	349	Matthew Evans	M			320	0:37:46
319	0:38:13	599	Richard Jenkins	M	40		326	0:37:51
320	0:38:14	90	Danothy Bennett	M			340	0:38:01
321	0:38:15	937	Mike Pritchard	M	55		335	0:37:58
322	0:38:17	1312	Sarah Fry	F	40		341	0:38:02
323	0:38:18	500	Iestyn Henson	M	45		322	0:37:46
324	0:38:18	1220	Krist Williams	M	35		336	0:37:59
325	0:38:19	491	Nick Hayward	M	35		324	0:37:50
326	0:38:21	41	Michelle Allen	F		Cardiff AAC	352	0:38:16
327	0:38:22	1287	Ruth Owens	F		Penarth & Dinas Runners	328	0:37:52
328	0:38:22	636	Patrick Jones	M			325	0:37:51
329	0:38:24	1036	Rachel Sion	F			342	0:38:03
330	0:38:26	95	Matthew Bevan	M			344	0:38:06
331	0:38:26	1232	Tracie Williams	F	40		313	0:37:41
332	0:38:27	1213	Gareth Williams	M			353	0:38:17
333	0:38:27	440	Matthew Griffiths	M	35		284	0:37:12
334	0:38:30	225	Darryl Cook	M			319	0:37:44
335	0:38:30	511	Gray Hill	M			327	0:37:51
336	0:38:30	1197	Paul Whitmarsh	M	35	Penarth & Dinas Runners	333	0:37:57
337	0:38:31	1384	Eleanor Garrett	F			349	0:38:15
338	0:38:31	1255	Martyn Jones	M	45	Lliswerry Runners	321	0:37:46
339	0:38:32	923	Richard Powell	M	40		300	0:37:26
340	0:38:33	496	Dave Hebbes	M	60		346	0:38:12
341	0:38:33	1268	Sarah Lauder	F		Lliswerry Runners	315	0:37:42
342	0:38:33	358	Mark Faulkner	M	55		348	0:38:13
343	0:38:34	387	Rachel Gaisford	F	40		356	0:38:20
344	0:38:39	608	Sion John	M	35		362	0:38:25
345	0:38:40	952	Mithu Rahman	M	40	White Rock Runners	368	0:38:33
346	0:38:41	171	Dave Cannon	M	35		363	0:38:26
347	0:38:42	1028	Richard Sewell	M	40		361	0:38:25
348	0:38:43	1062	Dean Stitfall	M			339	0:38:01
349	0:38:43	501	Matthew Henson	M			360	0:38:24
350	0:38:43	1276	Ian Bevan	M	45		359	0:38:23
351	0:38:44	1332	Gwyn Jones	M	50		370	0:38:33
352	0:38:45	338	Becky Emmerson	F			376	0:38:37
353	0:38:45	564	Sarah Iles	F	40		338	0:38:01
354	0:38:46	672	Willem Knijn	M	60		337	0:38:01
355	0:38:46	790	Martin Millett	M	40		375	0:38:36
356	0:38:46	550	Lindsey Hunt	F		Penarth & Dinas Runners	350	0:38:15
357	0:38:48	405	Michael Gibbons	M	55		364	0:38:28
358	0:38:49	1316	Kelly Owen	F	35	Cwm Ogwr RC	365	0:38:28
359	0:38:51	1119	Mr Thompson	M	35	Les Croupiers	373	0:38:35
360	0:38:53	508	Helen Hicks	F	40		351	0:38:15
361	0:38:54	1061	Andrew Stiles	M			343	0:38:06
362	0:38:55	1003	Kathryn Rosen	F			380	0:38:47
363	0:38:55	1386	Andrew Ralph	M			379	0:38:45
364	0:38:55	1353	Nathan Price	M			384	0:38:55
365	0:38:56	438	Lisa Griffiths	F			378	0:38:42
366	0:38:58	509	Paul Hicks	M	45		355	0:38:20
367	0:39:01	402	Richard Gayle	M			323	0:37:47
368	0:39:04	72	Stephen Bartle	M	50		317	0:37:43
369	0:39:05	1327	Darran Waters	M	40		369	0:38:33
370	0:39:07	724	Dewi Lord	M			381	0:38:50
371	0:39:08	1026	Amy Sears	F			367	0:38:30
372	0:39:10	76	Anthony Batts	M	45		374	0:38:35
373	0:39:12	814	Luc Morgan	M			347	0:38:12
374	0:39:13	867	David Osborn	M	55		357	0:38:20
375	0:39:17	1070	Martyn Strange	M	55		385	0:38:57

## 2014 Cardiff Bay 5 Mile

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
376	0:39:19	1246	Paul Worrall	M	40		391	0:39:03
377	0:39:19	71	Tori Barry	F			388	0:39:00
378	0:39:19	325	Jeremy Edwards	M	50		331	0:37:54
379	0:39:21	183	Jason Chai	M			366	0:38:30
380	0:39:22	34	Steven Airey	M	40		358	0:38:22
381	0:39:23	314	Gemma Dyer	F			372	0:38:34
382	0:39:23	655	Dusty Kennedy	M	45		377	0:38:39
383	0:39:24	271	Joshua Davies	M		Penarth & Dinas Runners	383	0:38:54
384	0:39:25	619	Bryan Jones	M	50		345	0:38:11
385	0:39:26	407	Anna Gilmour	F	35		394	0:39:09
386	0:39:27	1373	Suzy Bettles	F	40		404	0:39:24
387	0:39:27	731	Katie Lysons	F			397	0:39:11
388	0:39:28	473	Richard Harris	M			400	0:39:17
389	0:39:29	824	Sion Morgan Jones	M			386	0:38:58
390	0:39:29	1121	Ian Thorne	M	45		387	0:39:00
391	0:39:30	412	Simon Givens	M	40		395	0:39:09
392	0:39:32	157	Steve Burrell	M	45		371	0:38:33
393	0:39:32	998	Alan Rockliffe	M	55		401	0:39:18
394	0:39:32	935	Mark Pridgeon	M	55		402	0:39:20
395	0:39:33	942	Kim Provis	M	55		396	0:39:11
396	0:39:33	233	Peter Cottnam	M	50		389	0:39:01
397	0:39:33	766	Luke McCarthy-Reed	M			392	0:39:04
398	0:39:40	1222	Laura Williams	F			354	0:38:18
399	0:39:41	900	James Perrett	M			412	0:39:35
400	0:39:43	733	Liam Mahedy	M	35		403	0:39:20
401	0:39:44	330	Lawrence Egan	M			409	0:39:33
402	0:39:46	726	George Lossock	M			407	0:39:25
403	0:39:48	393	Heather Garratt	F	35		393	0:39:08
404	0:39:48	755	Nick Massey	M			390	0:39:02
405	0:39:51	698	Edward Lewis	M			415	0:39:40
406	0:39:51	450	Steve Gummer	M	40		399	0:39:15
407	0:39:52	1176	Alex Weeks	M	35		414	0:39:38
408	0:39:56	1352	Trinity Price	F			430	0:39:56
409	0:40:00	301	Arianwen Denham	F			408	0:39:30
410	0:40:05	235	Lisa Cousins	F	40		427	0:39:54
411	0:40:05	1404	David Hutchinson	M	45		423	0:39:49
412	0:40:05	1324	Rachel Spence	F	40		428	0:39:55
413	0:40:09	514	Steve Hill	M	50	Penarth & Dinas Runners	406	0:39:24
414	0:40:09	1313	James Price	M			420	0:39:45
415	0:40:10	104	Jonathan Blewitt	M			435	0:40:06
416	0:40:13	905	Claire Phillips	F		Penarth & Dinas Runners	417	0:39:42
417	0:40:15	632	Lois Gwenllian Jones	F			398	0:39:13
418	0:40:15	1392	Rhys Morgan	M			429	0:39:55
419	0:40:15	893	Owen Pearse	M			382	0:38:51
420	0:40:17	172	Nadine Cannon	F			438	0:40:07
421	0:40:19	205	Andrew Cleverley	M	45		433	0:40:04
422	0:40:19	33	Brinley Aherne	M	65		437	0:40:07
423	0:40:22	557	Jon Hussey	M			445	0:40:15
424	0:40:23	1379	Tom Coffey	M			432	0:39:59
425	0:40:23	1382	Monty Lee	M			431	0:39:58
426	0:40:24	540	Guto Howells	M			425	0:39:53
427	0:40:25	730	Amanda Lynch	F	45	Penarth & Dinas Runners	421	0:39:48
428	0:40:26	229	Ruth Cordy	F			448	0:40:18
429	0:40:27	1317	Sam Price	M			460	0:40:26
430	0:40:27	904	Ann Phillips	F	45		410	0:39:34
431	0:40:27	434	Alexander Griffiths	M			416	0:39:42
432	0:40:28	98	Holly Billington	F			413	0:39:36
433	0:40:31	1300	Laura Boutrais-Lodge	F	40		405	0:39:24
434	0:40:31	542	Gareth Howlin	M	35		441	0:40:10
435	0:40:34	94	Nathan Betts	M			443	0:40:11
436	0:40:37	1142	Jeff Unsworth	M	50	Llisbury Runners	463	0:40:27
437	0:40:37	502	Andrew Herbert	M			424	0:39:50
438	0:40:38	968	Samantha Rehmatulla	F			411	0:39:34
439	0:40:39	375	Kirsty Foster	F	40		459	0:40:25
440	0:40:41	506	Luke Heslop	M	35		442	0:40:11
441	0:40:45	582	Ray James	M	50		419	0:39:44
442	0:40:46	618	Brett Jones	M	50		467	0:40:37
443	0:40:51	866	Kenneth Wayne Oliver	M	50	Islwyn RC	449	0:40:18
444	0:40:52	186	Paul Chapman	M	45		465	0:40:35
445	0:40:53	823	Lucy Morgan	F	35		469	0:40:38
446	0:40:53	656	Penny Kennedy	F	45		440	0:40:10
447	0:40:57	1343	Marc Jones	M	45		481	0:40:48
448	0:40:58	972	Simon Reynolds	M	35		422	0:39:49
449	0:40:58	120	Toby Bradshaw	M	40		462	0:40:27
450	0:40:59	579	Lee James	M	40		479	0:40:48

## 2014 Cardiff Bay 5 Mile

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
451	0:40:59	1019	Dirk Schmaljohann	M	45		475	0:40:42
452	0:41:01	175	Huw Carpenter	M			446	0:40:17
453	0:41:02	230	Richard Corken	M	35		426	0:39:53
454	0:41:04	1233	Yvonne Williams	F	55		464	0:40:31
455	0:41:05	51	Matt Atkins	M	35		418	0:39:43
456	0:41:06	932	Helen Price	F	35		444	0:40:13
457	0:41:07	1008	Dave Roylance	M	40		480	0:40:48
458	0:41:12	566	Terry Irvine	M	55		436	0:40:06
459	0:41:13	1229	Sara Williams	F	35		492	0:41:03
460	0:41:14	31	Matthew Adams	M			455	0:40:24
461	0:41:15	560	Dom Hutchings	M	45		453	0:40:22
462	0:41:15	1219	Kieron Williams	M			451	0:40:20
463	0:41:19	1370	Claire Date	F	35		493	0:41:04
464	0:41:19	958	Danielle Rayner	F		Penarth & Dinas Runners	484	0:40:50
465	0:41:19	1253	Luke Zasikowski	M	35		450	0:40:20
466	0:41:20	1033	Andy Silk	M	55		494	0:41:05
467	0:41:21	160	Lolly Burvill	F	40	Les Croupiers	461	0:40:27
468	0:41:21	1412	Robin Evans	M	45		486	0:40:51
469	0:41:21	389	Nicholas Gale	M			472	0:40:39
470	0:41:23	1365	Aldo Vervaecke	M	40		434	0:40:05
471	0:41:23	1251	Mike Yeo	M	40		447	0:40:17
472	0:41:25	1230	Sarah Williams	F	35		502	0:41:14
473	0:41:27	1173	Victoria Webb	F	40		468	0:40:38
474	0:41:29	966	Chrissie Rees	F	40		482	0:40:48
475	0:41:29	507	Katie Hewitt	F			457	0:40:25
476	0:41:30	1125	Edward Timson	M	50		478	0:40:47
477	0:41:30	477	Peter Harrop	M	50		496	0:41:07
478	0:41:30	1127	Russell Tomkins	M			512	0:41:24
479	0:41:32	140	Christopher Bryan	M			452	0:40:20
480	0:41:33	1146	Rachel Vernall	M	45		506	0:41:20
481	0:41:36	1037	Michael Skidmore	M	35		439	0:40:10
482	0:41:36	671	Tim Knight	M			504	0:41:16
483	0:41:36	813	Lowri Morgan	F			471	0:40:38
484	0:41:38	1419	Delme Price	M			507	0:41:20
485	0:41:41	525	Michelle Hoey	F	35	Penarth & Dinas Runners	488	0:40:56
486	0:41:43	1185	Dave Westley	M	55		489	0:40:57
487	0:41:44	97	Rachel Biggar	F			514	0:41:26
488	0:41:45	80	Stephen Beatty	M	40		485	0:40:51
489	0:41:46	45	Jamie Anderson	M			487	0:40:56
490	0:41:46	761	Laura McAllister	F	45		458	0:40:25
491	0:41:46	949	Sophie Quinney	F	35		456	0:40:25
492	0:41:47	1314	Chris Griffiths	M			523	0:41:29
493	0:41:48	1333	Tom Janes	M			509	0:41:22
494	0:41:50	380	Andrew Freedman	M	55		500	0:41:12
495	0:41:51	575	Evan James	M			499	0:41:11
496	0:41:51	888	Sarah Passmore	F			454	0:40:23
497	0:41:51	318	Wayne Edmond	M	60		476	0:40:45
498	0:41:52	1318	Gary Price	M			517	0:41:27
499	0:41:52	933	Jonathan Price	M			473	0:40:39
500	0:41:52	293	Jamie Davies	M			524	0:41:33
501	0:41:54	1056	Torrin Stafford	M	35		491	0:41:01
502	0:41:56	711	James Llewellyn	M			549	0:41:56
503	0:41:57	88	Ian Bell	M	40		519	0:41:28
504	0:41:57	1413	James Doble	M	35		518	0:41:27
505	0:41:57	103	Jane Blethyn	F	55	Penarth & Dinas Runners	501	0:41:13
506	0:41:59	516	Graham Hillman	M			495	0:41:05
507	0:41:59	493	Alex Hearnden	M	45		497	0:41:07
508	0:41:59	1338	Nigel Thompson	M	40		474	0:40:41
509	0:42:00	796	Stephen Mithan	M	40		466	0:40:37
510	0:42:01	234	Brian Cotton	M	35		515	0:41:26
511	0:42:01	486	Mike Haworth	M			528	0:41:41
512	0:42:02	298	Nathan Dee	M			548	0:41:56
513	0:42:02	839	Hannah Murch	F			526	0:41:36
514	0:42:08	111	Dafydd Bowen	M	35		525	0:41:34
515	0:42:09	348	Lyn Evans	M	55		529	0:41:41
516	0:42:09	49	Richard Ashton	M			520	0:41:29
517	0:42:12	38	Hayley Ali	F			511	0:41:24
518	0:42:12	538	Melanie Howard	F	40		490	0:40:58
519	0:42:13	610	Andrew Johnson	M	50		535	0:41:45
520	0:42:14	155	Andrew Burnford	M	40		516	0:41:27
521	0:42:14	603	Lizzie Jenner	F	55		531	0:41:42
522	0:42:14	302	Michael Desmond	M	60		503	0:41:15
523	0:42:17	1054	Ryan Spencer	M	40		527	0:41:37
524	0:42:18	262	Andy Davies	M			513	0:41:24
525	0:42:19	1309	Nathan Lewis	M			470	0:40:38

## 2014 Cardiff Bay 5 Mile

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
526	0:42:19	863	Han O'Connor	F			536	0:41:46
527	0:42:21	256	Michael Darke	M			498	0:41:10
528	0:42:21	846	Frazer Myatt-Bennett	M			557	0:42:10
529	0:42:21	1117	Stephen Thomas	M	45		574	0:42:21
530	0:42:22	896	Kerry Pellatt	F	40		544	0:41:53
531	0:42:23	277	Mark Davies	M	45		530	0:41:41
532	0:42:23	865	Geoff Ogden	M	40		483	0:40:50
533	0:42:25	1199	Tom Whittal-Williams	M	45		534	0:41:44
534	0:42:28	398	David Gaughan	M	55		576	0:42:22
535	0:42:29	1099	Andrew Thomas	M	45		564	0:42:14
536	0:42:29	1109	Linda Thomas	F	45		565	0:42:14
537	0:42:29	1016	Jane Saunders	F	45		540	0:41:49
538	0:42:31	1095	Natalie Taylor	F			532	0:41:42
539	0:42:33	521	Leanne Hockey	F			538	0:41:47
540	0:42:33	549	Jo Hunt	F	40		545	0:41:55
541	0:42:34	1161	Charlotte Warren	F			542	0:41:51
542	0:42:35	75	Gavin Batten	M			522	0:41:29
543	0:42:35	394	Richard Garratt	M	40		547	0:41:55
544	0:42:36	320	Gareth Edmunds	M			508	0:41:20
545	0:42:36	617	Ben Jones	M	35		505	0:41:17
546	0:42:37	139	Stuart Brown	M	35		559	0:42:11
547	0:42:39	795	Shannel Mitchell	F			546	0:41:55
548	0:42:40	1339	Derek Walker	M	40		554	0:42:08
549	0:42:41	907	Leanne Phillips	F	40	Lliswerry Runners	543	0:41:51
550	0:42:42	1315	Rebecca Griffiths	F			578	0:42:25
551	0:42:43	939	Colin Prosser	M	50		477	0:40:45
552	0:42:43	333	Catherine Emma Ellis	F		Team Bath AC	556	0:42:10
553	0:42:43	372	Shaun Forde	M			593	0:42:43
554	0:42:44	173	David Capel	M	65		541	0:41:50
555	0:42:44	1001	Emily Rogers	F			575	0:42:21
556	0:42:47	335	Lizzi Elton-Walters	F		Bristol & West AC	573	0:42:20
557	0:42:48	1040	Thomas Slater	M			521	0:41:29
558	0:42:48	309	Frazer Downie	M			562	0:42:13
559	0:42:49	203	Janice Clement	F	55		568	0:42:16
560	0:42:49	999	Kim Rockcliffe	F	50		553	0:42:05
561	0:42:50	887	Laura Parsons	F			580	0:42:30
562	0:42:50	955	Helen Raven	F	45		566	0:42:15
563	0:42:51	306	Christopher Dimmock	M			597	0:42:48
564	0:42:51	1014	Rhydian Sandbrook	M			582	0:42:31
565	0:42:51	1342	Jason Quest	M	35		533	0:41:43
566	0:42:52	1175	Richard Webster	M	35		572	0:42:19
567	0:42:52	1194	Dan Whitehall	M			558	0:42:10
568	0:42:53	1239	Ian Wills	M	45		569	0:42:16
569	0:42:57	472	Rhydwyn Harris	M	45	Islwyn RC	551	0:42:00
570	0:42:57	927	Chris Pratt	M	40		563	0:42:14
571	0:42:58	741	David Mansfield	M	60		587	0:42:34
572	0:43:00	195	Martin Chorley	M			555	0:42:08
573	0:43:01	452	Roger Guy	M	50		571	0:42:19
574	0:43:04	697	Delyth Lewis	F			596	0:42:47
575	0:43:05	1169	Jamie Way	M	35		550	0:41:56
576	0:43:07	834	Becky Mudie	F	35		584	0:42:33
577	0:43:10	1389	Rob Kissick	M			552	0:42:02
578	0:43:12	69	Shaun Barrett	M	45		537	0:41:47
579	0:43:13	910	Rachel Phillips	F	45		583	0:42:32
580	0:43:13	1340	Steven Connors	M			592	0:42:43
581	0:43:13	1371	Mark Andrew	M			510	0:41:23
582	0:43:16	1291	Stuart Harder	M			560	0:42:12
583	0:43:17	166	My-Yen Butler	F		White Rock Runners	581	0:42:30
584	0:43:18	1396	Sam Sullivan	M			594	0:42:44
585	0:43:20	131	Julie Broughton	F	45	Les Croupiers	570	0:42:17
586	0:43:21	909	Paul Phillips	M			579	0:42:25
587	0:43:24	729	Andrew Lustig	M	35		591	0:42:42
588	0:43:27	843	Nicola Murray	F	45		590	0:42:41
589	0:43:28	1308	Gareth Malson	M			539	0:41:47
590	0:43:30	713	Nicholas Llewellyn	M	40		617	0:43:18
591	0:43:31	685	Merrick Layton	M	40		561	0:42:12
592	0:43:35	425	Nicola Gray	F	45		598	0:42:51
593	0:43:38	1292	Daniel Boucher	M			585	0:42:34
594	0:43:38	781	Bill Meiklejohn	M	60		589	0:42:35
595	0:43:39	545	Elinor Hughes	F			603	0:42:55
596	0:43:40	574	David James	M	45		623	0:43:23
597	0:43:41	638	Rhys Jones	M			577	0:42:23
598	0:43:42	1354	Mike Farrell	M	40		612	0:43:12
599	0:43:43	751	Leanne Martin	F			630	0:43:34
600	0:43:43	913	Jan Pigott	F	50		599	0:42:53



## 2014 Cardiff Bay 5 Mile

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
601	0:43:46	116	James Bradbourn	M			613	0:43:14
602	0:43:48	439	Mark Griffiths	M	35		567	0:42:16
603	0:43:48	1293	Stephen Evans	M	35		634	0:43:38
604	0:43:48	1156	Mike Walmsley	M	40		588	0:42:35
605	0:43:49	643	Sian Jones	F			618	0:43:18
606	0:43:49	339	Karen Emmott	F	45	Lliswerry Runners	606	0:43:00
607	0:43:50	432	Andrew Grierson	M	35		604	0:42:56
608	0:43:54	857	Kelly Nock	F			622	0:43:22
609	0:43:55	444	Rebecca Groves	F			615	0:43:17
610	0:43:55	640	Richard Jones	M	35		605	0:42:58
611	0:43:57	403	Amy Genders	F			635	0:43:41
612	0:43:57	115	Malcolm Boyles	M	50		624	0:43:25
613	0:43:58	1071	Richard Street	M	55		602	0:42:55
614	0:43:58	264	Annette Davies	F	50	Fetch Everyone	626	0:43:27
615	0:43:58	536	James Hopkins-Monks	M			601	0:42:54
616	0:43:59	481	Ella Hastings	F			595	0:42:46
617	0:44:00	1383	Kathryn Petersen	F	40		637	0:43:44
618	0:44:05	382	Robin Frew	M	50		607	0:43:00
619	0:44:09	164	Kitty Busz	F			609	0:43:07
620	0:44:10	822	Steffan Morgan	M			650	0:43:58
621	0:44:10	1162	Sebastian Waters	M			661	0:44:08
622	0:44:12	882	Elizabeth Parker	F	40		621	0:43:22
623	0:44:13	522	Vikki Hockey	F			625	0:43:26
624	0:44:14	1310	Aaron Lewis	M			586	0:42:34
625	0:44:14	1407	Richard Davies	M	45		611	0:43:11
626	0:44:14	1273	Andrea Pace	F	45	Penarth & Dinas Runners	636	0:43:41
627	0:44:17	1421	Shane Lee	M			668	0:44:16
628	0:44:18	1206	Bernadette Wilkinson	F	45	San Domenico	616	0:43:17
629	0:44:18	1278	Adam Church	M	35		608	0:43:06
630	0:44:18	1120	Sinead Thomson	F		Lliswerry Runners	600	0:42:54
631	0:44:20	982	Graham Richardson	M	45		639	0:43:46
632	0:44:20	981	Elaine Richardson	F	35		640	0:43:46
633	0:44:20	908	Lowri Phillips	F		San Domenico	619	0:43:19
634	0:44:21	1298	Matthew Gatehouse	M	35		660	0:44:08
635	0:44:21	1059	Melanie Steller	F			658	0:44:08
636	0:44:21	1058	David Steller	M			659	0:44:08
637	0:44:24	343	Chris Evans	M	35		620	0:43:20
638	0:44:25	232	Shaun Cotter	M	45		652	0:44:01
639	0:44:25	775	Jessica Mead	F			629	0:43:30
640	0:44:27	1029	Michelle Shapland	F	40	Lliswerry Runners	638	0:43:44
641	0:44:30	1135	Richard Tregear	M	35		610	0:43:10
642	0:44:31	490	Adrian Hayward	M	40		646	0:43:53
643	0:44:31	871	Kate Owen	F	40		645	0:43:52
644	0:44:33	821	Sara Morgan	F	35		654	0:44:02
645	0:44:34	83	Tariq Bedgood	M			672	0:44:24
646	0:44:34	417	Andrea Goodfellow	F	45		651	0:44:00
647	0:44:40	370	Bethan Ford	F			641	0:43:48
648	0:44:40	1258	Amanda Thompson	F	50	Les Croupiers	670	0:44:22
649	0:44:45	53	Jennifer Aylward	F	45		642	0:43:51
650	0:44:47	931	Emma Price	F	35	Rhayader RC	627	0:43:29
651	0:44:47	930	Chris Price	M	40	Rhayader RC	628	0:43:30
652	0:44:48	625	Gemma Jones	F			614	0:43:15
653	0:44:49	1021	Selina Scotford	F			631	0:43:35
654	0:44:51	985	Mark Rivett	M	55		655	0:44:02
655	0:44:51	569	Hayley Jackson	F	40		657	0:44:07
656	0:44:51	65	Simon Ball	M	40		632	0:43:35
657	0:44:51	63	Jonathan Ball	M	35		633	0:43:36
658	0:44:54	219	Tom Cole	M			689	0:44:49
659	0:44:58	1306	Peter Yu	M			695	0:44:52
660	0:45:03	1096	Rhian Taylor	F			684	0:44:40
661	0:45:04	191	Miles Chidlow	M	40		663	0:44:09
662	0:45:04	1403	Brylim Gregory	M	35		667	0:44:13
663	0:45:04	1402	Mosty Gregory	M	45		665	0:44:13
664	0:45:07	127	Alex Brokenshaw	M			649	0:43:57
665	0:45:07	73	Gregory Barton	M			648	0:43:57
666	0:45:07	659	Lucy Kesek	F			643	0:43:51
667	0:45:07	660	Paulne Kesek	F	50		644	0:43:51
668	0:45:09	916	Ceri Poole	F			697	0:44:54
669	0:45:12	300	Adie Delaney	F			656	0:44:05
670	0:45:13	1249	Neal Xiberras	M	35		653	0:44:02
671	0:45:13	466	Mary Hare	F	45		669	0:44:21
672	0:45:13	199	Heather Clarke	F			683	0:44:39
673	0:45:15	411	Annie Ginwalla	F	35		666	0:44:13
674	0:45:15	1160	Ian Warner	M	55		647	0:43:55
675	0:45:16	586	Sara James	F			682	0:44:36

## 2014 Cardiff Bay 5 Mile

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
676	0:45:18	1210	Craig Williams	M			705	0:44:59
677	0:45:19	52	Steve Austins	M	35		662	0:44:09
678	0:45:19	1366	William Evans	M			691	0:44:50
679	0:45:20	750	Steve Marsh	M	55		677	0:44:34
680	0:45:21	58	Emma Bailey	F			716	0:45:16
681	0:45:21	353	Stuart Eynon	M	40		679	0:44:35
682	0:45:23	459	Rhian Hall	F			671	0:44:24
683	0:45:23	563	Mark Iles	M	45		678	0:44:35
684	0:45:27	286	Nicola Davies	F	40		664	0:44:13
685	0:45:27	868	Cordelia Overland	F			707	0:45:00
686	0:45:28	947	Julie Anne Quinn	F			715	0:45:14
687	0:45:28	718	Sarah Lloyd	F			686	0:44:46
688	0:45:28	414	Beth Glover	F			687	0:44:47
689	0:45:29	1170	Kelly Way	F			676	0:44:31
690	0:45:30	1144	Hannah Vanstone	F			675	0:44:27
691	0:45:32	1295	Lisa Newman	M			673	0:44:25
692	0:45:33	1195	Emma Whitehouse	F			711	0:45:06
693	0:45:38	1192	Sophie Wheeler	F			713	0:45:12
694	0:45:38	1088	Thomas Tatchell	M			717	0:45:17
695	0:45:41	680	Chris Larrington	M			693	0:44:50
696	0:45:42	976	Clare Richards	F			718	0:45:20
697	0:45:43	548	Helen Hunt	F	60		700	0:44:56
698	0:45:49	862	Lauren O'Connell	F			690	0:44:50
699	0:45:49	597	Mark Jenkins	M	35		685	0:44:46
700	0:45:50	1075	Miguel Sutcliffe	M	45		726	0:45:27
701	0:45:50	517	Victoria Hillman	F			702	0:44:56
702	0:45:51	534	Lucy Hopkins	F			692	0:44:50
703	0:45:53	488	Jo Hayes	F			737	0:45:44
704	0:45:55	959	Amir Razak	M			688	0:44:48
705	0:45:57	176	Chris Carter	M	35		701	0:44:56
706	0:45:57	810	Lisa Morgan	F	40		738	0:45:45
707	0:45:58	267	Helen Davies	F			709	0:45:03
708	0:45:59	1320	Megan Price	F			729	0:45:33
709	0:46:00	1179	Mervyn Weightman-Bent	M	55	Lliswerry Runners	680	0:44:36
710	0:46:00	78	Sarah Beamish	F	40		681	0:44:36
711	0:46:01	965	Charnine Rees	F			674	0:44:27
712	0:46:03	257	Michelle Davey	F	45		746	0:45:51
713	0:46:04	1079	Mark Sweet	M			714	0:45:13
714	0:46:07	276	Louise Davies	F			720	0:45:21
715	0:46:07	854	Mark Nicol	M	40		748	0:45:56
716	0:46:08	1067	Ian Stone	M	35		725	0:45:26
717	0:46:10	720	Suzy Lloyd	F	35		696	0:44:53
718	0:46:12	1348	Karen Smith	F	35		699	0:44:55
719	0:46:12	650	Lesley Judd	F	50		694	0:44:52
720	0:46:12	1163	Michael Watkins	M			698	0:44:55
721	0:46:13	1395	Ellis Hiles	M			727	0:45:29
722	0:46:16	1018	Laura Scale	F	35		739	0:45:46
723	0:46:16	1149	Sarah Vining	F	40		761	0:46:05
724	0:46:17	1064	Bradley Stokes	M			706	0:44:59
725	0:46:17	1000	Clare Rogers	F	45		740	0:45:46
726	0:46:18	497	Gareth Helson	M	35		710	0:45:04
727	0:46:19	266	Heidy Davies	F	45		722	0:45:25
728	0:46:20	879	Ben Palmer	M			731	0:45:36
729	0:46:20	996	Beverley Robinson	F			703	0:44:58
730	0:46:20	1013	Emma Samways	F	35		704	0:44:58
731	0:46:21	1138	Steven Tune	M	35		734	0:45:41
732	0:46:23	528	Annie Holland	F			743	0:45:48
733	0:46:23	530	Sharon Holland	F	45		744	0:45:48
734	0:46:23	449	Hanna Guise	F			724	0:45:26
735	0:46:23	899	Karen Penny	F	45	Lliswerry Runners	728	0:45:31
736	0:46:24	1126	Laura Tolley	F			708	0:45:02
737	0:46:24	340	Bethan Enticott	F	35		730	0:45:34
738	0:46:26	836	Jade Mullane	F			753	0:45:59
739	0:46:29	308	Stuart Dolbel	M	45		712	0:45:10
740	0:46:30	1049	Rosie Smith	F			723	0:45:25
741	0:46:35	1361	Ben Thomas	M			721	0:45:22
742	0:46:36	787	Christine Miles	F	55		773	0:46:17
743	0:46:37	1294	Ian Morgan	M	35		778	0:46:23
744	0:46:38	1089	Hannah Tattersall	F			766	0:46:10
745	0:46:39	738	Peter Mann	M			776	0:46:22
746	0:46:39	1266	Lee Mortimer	M			719	0:45:20
747	0:46:40	485	Samantha Hawksworth	F	35	Pont-y-Pwl & District Runners	774	0:46:18
748	0:46:41	1227	Rhian Williams	F			750	0:45:56
749	0:46:42	852	Tracey Newman	F	40		756	0:46:01
750	0:46:43	227	Ashley Copeman	M			769	0:46:12

## 2014 Cardiff Bay 5 Mile

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
751	0:46:44	1083	Darren Talbot	M	40		751	0:45:57
752	0:46:45	739	Richard Mann	M			786	0:46:28
753	0:46:48	1069	Maggie Strange	F	55		784	0:46:27
754	0:46:51	137	Rhian Brown	F			763	0:46:06
755	0:46:51	1393	Aled Evans	M	40		785	0:46:28
756	0:46:53	82	Rachel Beckley	F	35		749	0:45:56
757	0:46:53	714	Rhian Llewellyn	F	45		745	0:45:50
758	0:46:56	445	Sally Groves	F	50		775	0:46:19
759	0:46:57	428	Gabriella Green	F	45		767	0:46:11
760	0:46:59	759	Steve Maurice	M	50		736	0:45:44
761	0:46:59	189	Gareth Charles	M	35		772	0:46:14
762	0:46:59	547	Scott Hughes	M			732	0:45:37
763	0:47:01	1136	Helen Trollope	F	35		762	0:46:05
764	0:47:01	85	Melanie Beer	F			752	0:45:57
765	0:47:01	668	Ceri Knight	F	35	Pont-y-Pwl & District Runners	735	0:45:44
766	0:47:03	356	Angela Farmer	F	45		783	0:46:27
767	0:47:03	524	Peter Hodges	M	50		733	0:45:40
768	0:47:04	691	Carla Lewis	F			792	0:46:37
769	0:47:05	40	Joanne Allen	F	40	Shropshire Shufflers	797	0:46:44
770	0:47:07	295	Helen Dawson	F	35		760	0:46:04
771	0:47:09	169	Fiona Campbell	F	35		742	0:45:47
772	0:47:10	951	Ceri Raffill	F	35		787	0:46:30
773	0:47:11	391	Rebecca Gardner	F			747	0:45:53
774	0:47:11	581	Rachel James	F	35		796	0:46:44
775	0:47:12	1022	Heather Scullion	F			779	0:46:25
776	0:47:12	633	Mair Jones	F			788	0:46:32
777	0:47:13	84	Beth Beemer	F	35		741	0:45:47
778	0:47:14	806	Geraint Morgan	M	45		790	0:46:35
779	0:47:14	359	Lowri Feeney	F	35		754	0:46:00
780	0:47:15	773	Roger McPherson	M	50		758	0:46:02
781	0:47:15	1209	Christian Williams	M			816	0:47:15
782	0:47:16	630	Joanne Jones	F	45		755	0:46:01
783	0:47:17	1155	Hayley Waller	F	40		757	0:46:02
784	0:47:18	236	Alun Cowles	M			811	0:47:13
785	0:47:18	1006	Naomi Rowe	F	40		813	0:47:13
786	0:47:19	637	Rachel Jones	F	35		810	0:47:11
787	0:47:20	539	James Howell	M	40		770	0:46:12
788	0:47:20	801	Andrew Moore	M			777	0:46:22
789	0:47:20	700	Jackie Lewis	F	60		794	0:46:39
790	0:47:21	1081	Paul Sydenham	M	55		780	0:46:25
791	0:47:21	825	Yasmin Morgan-Griffiths	F			764	0:46:08
792	0:47:22	1113	Nigel Thomas	M	60		781	0:46:26
793	0:47:24	441	Llyr Griffiths-Davie	M			765	0:46:09
794	0:47:25	848	Kay Nellins	F	55	Women Running Penarth	789	0:46:32
795	0:47:26	174	Thomas Caplin	M			806	0:47:06
796	0:47:26	639	Richard Jones	M			771	0:46:13
797	0:47:27	1216	James Williams	M			759	0:46:02
798	0:47:27	692	Claire Lewis	F	45		782	0:46:26
799	0:47:33	943	Brad Pugh	M			768	0:46:11
800	0:47:38	185	Rebecca Chant	F			803	0:46:59
801	0:47:45	856	Janet Nilsen	F	45		793	0:46:39
802	0:47:49	424	Elaina Gray	F			809	0:47:10
803	0:47:51	1305	Dave Collett	M			800	0:46:55
804	0:47:52	1205	Samuel Wilkins	M			791	0:46:36
805	0:47:54	583	Rhian James	F			802	0:46:57
806	0:47:54	573	Barry James	M	60		801	0:46:57
807	0:47:54	181	Justine Cass	F	40		818	0:47:16
808	0:47:54	141	John Bryan	M	50		795	0:46:42
809	0:47:55	884	Marie Parker	F	35		798	0:46:50
810	0:47:55	1409	Olivia Harriss	F			828	0:47:33
811	0:47:56	1131	Hannah Townsend	F			812	0:47:13
812	0:47:58	192	Paul Childs	M	35		799	0:46:51
813	0:47:58	323	Hayley Edwards	F		Lliswerry Runners	815	0:47:15
814	0:48:04	1269	Darren Jobbins	M			804	0:47:02
815	0:48:05	341	Kristina Enticott	F	35		814	0:47:14
816	0:48:05	1279	Dean Williams	M			805	0:47:03
817	0:48:06	740	Angela Manning	F	45		836	0:47:46
818	0:48:12	974	Sophie Rhodes	F			823	0:47:23
819	0:48:13	272	Kelly Davies	F			827	0:47:28
820	0:48:13	1271	Zoe Frayne	F			822	0:47:23
821	0:48:14	1272	John Frayne	M	60		824	0:47:25
822	0:48:17	689	Laura Lees	F			832	0:47:39
823	0:48:18	892	Sian Pearce	F	35		834	0:47:42
824	0:48:21	956	Elizabeth Rawding	F	45		807	0:47:07
825	0:48:25	1356	Sarah Thomas	F	40		837	0:47:48

## 2014 Cardiff Bay 5 Mile

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
826	0:48:26	719	Sophie Lloyd	F			819	0:47:16
827	0:48:30	1098	Andrew Thomas	M	50		808	0:47:07
828	0:48:30	906	Huw Phillips	M	40	Cardiff AAC	838	0:47:56
829	0:48:33	55	Emily Baggs	F		White Rock Runners	835	0:47:45
830	0:48:34	54	George Badger	M			848	0:48:13
831	0:48:34	222	Ben Collard	M			849	0:48:13
832	0:48:34	570	Pete Jackson	M	60		817	0:47:15
833	0:48:34	350	Peter Evans	M	40		820	0:47:16
834	0:48:36	194	Chun Cho	M			839	0:47:56
835	0:48:37	1158	Liang Wang	M			841	0:47:59
836	0:48:37	602	Geraint Jenkins	M			840	0:47:59
837	0:48:41	1303	Steve Evans	M	60		821	0:47:20
838	0:48:42	1399	Laura Evans	F			825	0:47:26
839	0:48:42	1398	Suzanne Beard	F			826	0:47:26
840	0:48:43	533	Monica Hooper	F	50		843	0:48:06
841	0:48:44	792	Louise Misell	F	40		842	0:48:03
842	0:48:44	1321	Ashleigh Price	F			853	0:48:19
843	0:48:45	437	Geraint Griffiths	M	45		845	0:48:10
844	0:48:46	1369	R Evans	F	45		829	0:47:38
845	0:48:48	808	Kirsty Morgan	F	40		854	0:48:24
846	0:48:48	990	Heulwen Roberts	F			847	0:48:13
847	0:48:54	745	Nadia Mansour	F			846	0:48:10
848	0:48:56	259	Sian David	F			859	0:48:34
849	0:48:57	553	Marie Hurford	F			830	0:47:38
850	0:48:57	554	Mark Hurford	M	35		831	0:47:39
851	0:48:57	510	Caryn Hill	F	35		855	0:48:27
852	0:48:57	675	Ceri Lane	F	35		856	0:48:27
853	0:48:57	716	Dafydd Lloyd	M			833	0:47:40
854	0:49:07	1202	Shaun Wilcox	M			852	0:48:19
855	0:49:11	988	Emma Roberts	F	35		857	0:48:29
856	0:49:13	1408	John Egan	M	60		870	0:48:54
857	0:49:15	499	Kelvin Henley	M	45		844	0:48:06
858	0:49:19	216	Lynn Cole	F	45		851	0:48:15
859	0:49:23	829	Rebecca Morris	F			850	0:48:14
860	0:49:25	1391	Navneet Simha	M			893	0:49:25
861	0:49:26	154	David Burnett	M	35		886	0:49:11
862	0:49:29	1328	Alun Thomas	M	45		885	0:49:11
863	0:49:29	336	Bethan Emanuel	F	40		873	0:49:00
864	0:49:30	242	Irene Crew	F	45		875	0:49:02
865	0:49:33	804	Debra Morgan	F			863	0:48:44
866	0:49:38	1282	Sean Evans	M			874	0:49:00
867	0:49:42	112	Lowri Bowen	F	35		882	0:49:08
868	0:49:43	361	Juancarlos Feoli	M	40		868	0:48:52
869	0:49:44	1228	Rhiannon Williams	F	40		860	0:48:35
870	0:49:45	1302	Vicki Bowen	F	35		861	0:48:38
871	0:49:46	1336	Thomas Wills	M			897	0:49:27
872	0:49:47	651	Harneshpal Karamjit Singh	M			858	0:48:33
873	0:49:48	1410	Andy Underwood	M			894	0:49:25
874	0:49:48	404	Cecile Gibbons	F	40		866	0:48:48
875	0:49:48	1159	Ian Warburton	M	45		862	0:48:39
876	0:49:49	1105	Karl Thomas	M	35		888	0:49:18
877	0:49:50	462	Gillian Handley	F	50		872	0:48:58
878	0:49:50	1243	Christine Wood	F			898	0:49:27
879	0:49:51	99	Moawia Bin-Sufyan	M			907	0:49:35
880	0:49:51	1110	Lucy Thomas	F	40	TRWN	867	0:48:51
881	0:49:51	725	Rachel Lord	F	45		865	0:48:48
882	0:49:51	184	Louisa Chalabi	F			896	0:49:26
883	0:49:52	504	Mari Herbert	F	45		864	0:48:48
884	0:49:52	886	Hannah Parry	F			900	0:49:28
885	0:49:54	881	Eleanor Parker	F			877	0:49:04
886	0:49:54	679	Max Lapit	M			911	0:49:42
887	0:49:56	520	Sue Hobbs	F	45		871	0:48:55
888	0:50:00	138	Sian Brown	F	55		904	0:49:32
889	0:50:01	47	Jocelyn Andrews	F	55		906	0:49:32
890	0:50:03	1285	Debbie Cumming	F	50	Caerleon RC	901	0:49:30
891	0:50:04	765	Menna McCarthy	F	45		909	0:49:40
892	0:50:05	422	Andrew Graham	M	40		869	0:48:53
893	0:50:06	912	Sian Gwenllian Phillips	F			887	0:49:14
894	0:50:07	214	Alison Cole	F	35		895	0:49:25
895	0:50:08	1002	Susan Rogers	F	40		910	0:49:41
896	0:50:09	767	Simone McCartney	F	45		878	0:49:05
897	0:50:11	351	Rhodri Evans	M	50	Penarth & Dinas Runners	876	0:49:03
898	0:50:12	774	Kirsty McQueen	F			892	0:49:24
899	0:50:12	1362	Tara Daisley-Deloy	F			891	0:49:24
900	0:50:13	634	Michelle Jones	F	50		884	0:49:10

## 2014 Cardiff Bay 5 Mile

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
901	0:50:13	1134	Shelley Traylor	F	35		914	0:49:50
902	0:50:16	1104	Helen Thomas	F	50		925	0:49:57
903	0:50:16	265	Hayley Davies	F	35		926	0:49:58
904	0:50:16	316	Rebekah Easton	F			899	0:49:27
905	0:50:17	152	Vickie Burgon	F	35		916	0:49:52
906	0:50:17	207	Samantha Clutterbuck	F			917	0:49:53
907	0:50:17	864	Nia O'Doherty	F			912	0:49:44
908	0:50:19	247	Graham Crowley-Miller	M			883	0:49:09
909	0:50:21	1252	Jayne Young	F			918	0:49:53
910	0:50:23	1057	Sam Standerwick	F	40		881	0:49:07
911	0:50:28	620	Catherine Jones	F	45		919	0:49:53
912	0:50:28	1207	Barry Williams	M	40		942	0:50:14
913	0:50:29	1090	Adelle Taylor	F			879	0:49:06
914	0:50:29	156	Fern Burrage	F			880	0:49:06
915	0:50:31	616	Alison Jones	F	50	Lliswerry Runners	889	0:49:21
916	0:50:32	151	Sarah-Jane Burgess	F	35		927	0:49:58
917	0:50:38	347	Lucy Evans	F			944	0:50:15
918	0:50:40	1388	Daniel Davies	M			940	0:50:14
919	0:50:49	984	Louise Ring	F			946	0:50:25
920	0:50:50	803	Amy Morgan	F			939	0:50:13
921	0:50:52	324	Jacqueline Edwards	F	45		935	0:50:05
922	0:50:55	408	Rebecca Gilmour	F			937	0:50:08
923	0:50:56	1250	Claire Yandall	F			930	0:50:02
924	0:50:57	190	Claire Charlton	F	35		890	0:49:23
925	0:50:59	576	Helen James	F	45		902	0:49:32
926	0:50:59	1414	Evan James	M			903	0:49:32
927	0:50:59	182	Kaz Ceeney	F	55		905	0:49:32
928	0:50:59	845	Helen Myall	F			929	0:50:01
929	0:51:00	96	Robert Bevan	M			931	0:50:02
930	0:51:00	208	Ruth Cochran	F	45		908	0:49:38
931	0:51:03	1277	Katie Donath	F			943	0:50:14
932	0:51:05	591	Victoria Jeffery	F	45		913	0:49:46
933	0:51:05	816	Neil Morgan	M	35		928	0:50:00
934	0:51:07	1042	Tim Sleath	M	50		920	0:49:55
935	0:51:07	1041	Harriet Sleath	F			921	0:49:55
936	0:51:09	1224	Luke Williams	M			938	0:50:12
937	0:51:13	329	Paul Edwards	M			924	0:49:57
938	0:51:13	102	Debbie Bishop	F			923	0:49:57
939	0:51:14	1143	Michelle Unsworth	F	45	Lliswerry Runners	962	0:50:50
940	0:51:14	1265	Sian Mytton	F			922	0:49:55
941	0:51:16	712	Jane Llewellyn	F	55		932	0:50:03
942	0:51:16	244	Kerry Crompton	F			915	0:49:52
943	0:51:16	1286	Richard Crook	M	45		933	0:50:03
944	0:51:17	355	Sue Eyre	F	50		941	0:50:14
945	0:51:23	732	Sion Maddocks	M			936	0:50:08
946	0:51:25	975	Marion Richard	F			934	0:50:03
947	0:51:26	1128	Sophie Tomkins	F			974	0:51:20
948	0:51:26	681	Helyn Latimer	F	45		961	0:50:50
949	0:51:28	1174	Joanne Webber	F	45		964	0:51:01
950	0:51:29	552	Simon Hunt	M	40		952	0:50:38
951	0:51:29	721	Tina Lloyd	F	45		957	0:50:42
952	0:51:29	1234	Zoe Williams	F			948	0:50:27
953	0:51:30	1368	Denise Wood	F	50		945	0:50:20
954	0:51:30	831	Dilys Morris-Jones	F	50		965	0:51:02
955	0:51:34	357	Katrina Farmer	F	40		953	0:50:38
956	0:51:37	1190	Garry Wharmby	M	50		977	0:51:21
957	0:51:38	934	Sarah Price	F			967	0:51:10
958	0:51:41	135	Joanna Brown	F			960	0:50:45
959	0:51:46	885	Alyson Jayne Parry	F	45		947	0:50:25
960	0:51:51	929	Adam Price	M			950	0:50:35
961	0:51:52	678	Susan Lane	F	40		949	0:50:30
962	0:51:52	106	Kemesha Bogle	F			978	0:51:22
963	0:51:58	1335	Sarah Scire	F			991	0:51:39
964	0:51:59	1218	Jonathan Williams	M	50		959	0:50:44
965	0:51:59	281	Melissa Davies	F	35		954	0:50:41
966	0:51:59	1244	Hedd Wood	F	40		955	0:50:41
967	0:51:59	590	Sarah Jarvis	F			963	0:50:53
968	0:52:00	1118	Wendy Thomas	F	50		951	0:50:37
969	0:52:00	125	Jon Britton	M			956	0:50:41
970	0:52:00	364	Charlotte Firth	F			958	0:50:42
971	0:52:01	1359	Manohar Singh	M	45		979	0:51:24
972	0:52:02	1051	Steven Smith	M	35		966	0:51:04
973	0:52:05	200	Michelle Clarke	F	35		997	0:51:51
974	0:52:07	1148	Jill Vincent	F	55		982	0:51:27
975	0:52:08	612	Ceri Johnson	F	45		972	0:51:15

## 2014 Cardiff Bay 5 Mile

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
976	0:52:09	328	Michael Edwards	M	40		984	0:51:32
977	0:52:09	258	Hannah David	F			985	0:51:32
978	0:52:15	217	Paul Cole	M	40		986	0:51:33
979	0:52:17	592	Byron Jenkins	M	45		980	0:51:25
980	0:52:17	595	Jo Jenkins	F	40		981	0:51:25
981	0:52:19	652	Gerald Kemp	M	45		968	0:51:11
982	0:52:19	653	Julie Kemp	F	50		970	0:51:13
983	0:52:20	786	Fabiana Milczarek	F			975	0:51:20
984	0:52:22	1097	Colin Tebby	M	55		976	0:51:20
985	0:52:23	1299	Chris Hill	M	35	Dragons Running Club	1002	0:51:58
986	0:52:23	588	Sian James	F			1001	0:51:58
987	0:52:23	565	Jayne Ireland	F	45		993	0:51:41
988	0:52:24	448	Helen Gubb	F	45		992	0:51:41
989	0:52:25	687	Kelly Lee	F			994	0:51:41
990	0:52:26	537	Jenna Horn	F			995	0:51:45
991	0:52:27	1048	Rhiannon Smith	F	35		1003	0:52:00
992	0:52:29	443	Sharon Grother	F	40		1008	0:52:09
993	0:52:30	1337	Kerrie Evans	F	35		969	0:51:13
994	0:52:30	1346	Tina Clifford	M	40		971	0:51:13
995	0:52:34	993	Owain Roberts	M			987	0:51:33
996	0:52:39	812	Louis Morgan	M			999	0:51:56
997	0:52:40	89	Suzanne Bellew	F	45		988	0:51:35
998	0:52:46	1153	Jon Wallace	M	35		973	0:51:16
999	0:52:50	92	Taylor Bennett	M			1022	0:52:29
1000	0:52:52	327	Kirsty Edwards	F		Lliswerry Runners	1010	0:52:09
1001	0:52:53	223	Helen Colling	F			1005	0:52:06
1002	0:52:55	598	Paul Jenkins	M			990	0:51:38
1003	0:52:55	275	Louise Davies	F	40		983	0:51:29
1004	0:52:58	842	Jane Murphy	F	45		989	0:51:35
1005	0:53:00	1047	Mair Smith	F			1004	0:52:01
1006	0:53:04	60	Claire Bainbridge	F	35		1011	0:52:16
1007	0:53:04	1270	Simon Davies	M			1026	0:52:41
1008	0:53:09	397	Aaron Gaughan	M			1037	0:53:05
1009	0:53:09	944	Emma Pugh	F	35		996	0:51:48
1010	0:53:12	246	Ruth Crossman	F	50		1012	0:52:17
1011	0:53:14	838	Ruth Mullineux	F			1032	0:52:53
1012	0:53:16	304	Claris Monica Diaz	F			998	0:51:56
1013	0:53:16	426	Vicki Gray	F			1009	0:52:09
1014	0:53:16	478	Andrew Hartley	M			1000	0:51:56
1015	0:53:20	877	Huw Padfield	M			1006	0:52:07
1016	0:53:20	299	John Deer	M			1007	0:52:07
1017	0:53:22	979	Bruce Richards	M	50		1033	0:52:54
1018	0:53:26	1147	Gill Vernon	F	60		1015	0:52:18
1019	0:53:26	623	Dee Jones	F	55		1017	0:52:18
1020	0:53:31	758	Kieran Matthews	M			1023	0:52:31
1021	0:53:32	624	Gareth Jones	M	55		1020	0:52:24
1022	0:53:33	1139	Caroline Turner	F			1013	0:52:17
1023	0:53:33	1145	Leigh Vella	M			1014	0:52:18
1024	0:53:35	858	Muhamad Yusuf Nor Rizan	M			1021	0:52:27
1025	0:53:39	1181	Beverley Welsh	F	40		1027	0:52:41
1026	0:53:39	889	Keri Payne	F	40		1025	0:52:40
1027	0:53:42	607	Mark John	M	50		1041	0:53:28
1028	0:53:42	1009	Nia Russell	F			1024	0:52:31
1029	0:53:44	748	Roni Margerison	F	35	Lliswerry Runners	1016	0:52:18
1030	0:53:45	273	Kelly Davies	F			1019	0:52:22
1031	0:53:45	32	Louise Ahern	F	45		1018	0:52:19
1032	0:53:59	594	Ian Jenkins	M	40		1029	0:52:51
1033	0:54:01	704	Tracy Lewis	F	40	Dragons Running Club	1043	0:53:34
1034	0:54:02	818	Rachel Morgan	F			1028	0:52:43
1035	0:54:05	433	Paula Griffin	F			1045	0:53:39
1036	0:54:05	950	Dr Vamsidhar Rachapalli	M	35		1030	0:52:51
1037	0:54:13	177	Ceri Cartwright	F	35		1049	0:53:47
1038	0:54:13	841	Beverly Murphy	F	50		1048	0:53:46
1039	0:54:14	859	Liam Oates	M			1031	0:52:53
1040	0:54:19	284	Nia Davies	F			1035	0:52:59
1041	0:54:20	287	Pat Davies	F	45		1034	0:52:58
1042	0:54:20	880	Andrew Parker	M	45		1038	0:53:15
1043	0:54:21	970	Laura Rendell	F			1044	0:53:37
1044	0:54:23	649	Heidi Joyce	F	40		1051	0:53:49
1045	0:54:24	1297	Helen Gilmore	F	50		1050	0:53:49
1046	0:54:24	644	Stephanie Jones	F	35		1036	0:53:03
1047	0:54:28	48	Michael Annenberg	M			1059	0:54:05
1048	0:54:32	555	Katie Hurley	F			1046	0:53:39
1049	0:54:32	240	Sophie Cox	F			1047	0:53:40
1050	0:54:35	849	Claire Nelson	F			1039	0:53:24

## 2014 Cardiff Bay 5 Mile

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
1051	0:54:35	1390	Amanda Best	F	45	Women Running Penarth	1040	0:53:24
1052	0:54:38	928	Amy Preen	F			1071	0:54:14
1053	0:54:39	819	Rhodri Morgan	M			1056	0:54:00
1054	0:54:40	1248	Darren Xiberras	M	40		1042	0:53:30
1055	0:54:41	1010	Phoebe Russell	F			1062	0:54:09
1056	0:54:41	260	Ally Davies	F			1063	0:54:09
1057	0:54:42	1256	Mary Northcott	F	40		1055	0:53:56
1058	0:54:44	1137	Victoria Tunbridge	F			1067	0:54:11
1059	0:54:49	470	Christian Harris	M	35		1066	0:54:11
1060	0:54:49	471	Lee Harris	M			1064	0:54:10
1061	0:54:49	475	Tyler Harris	F			1065	0:54:11
1062	0:54:52	451	Debra Guy	F	45		1060	0:54:08
1063	0:54:52	1198	Clare Whittal-Williams	F	50		1061	0:54:08
1064	0:54:56	1150	Brodie Wainwright	F			1070	0:54:14
1065	0:54:58	1115	Rhiannon Thomas	F	35		1076	0:54:32
1066	0:55:01	66	Gary Bamsey	M	50		1058	0:54:05
1067	0:55:01	918	Anna Powell	F	35		1077	0:54:41
1068	0:55:01	1261	Emily Wong	F			1080	0:54:53
1069	0:55:02	310	Michelle Ducker	F	40		1057	0:54:03
1070	0:55:06	1055	Jody Stafford	F			1074	0:54:22
1071	0:55:09	465	Emma Harber	F			1078	0:54:46
1072	0:55:09	902	David Phelps	M	45		1068	0:54:12
1073	0:55:14	1074	Bethan Summers	F	45		1069	0:54:12
1074	0:55:14	144	Paul Buckle	M	40		1052	0:53:49
1075	0:55:16	855	Elizabeth Nicolle	F	35		1053	0:53:52
1076	0:55:16	401	Jenna Gaughan	F			1054	0:53:53
1077	0:55:24	518	Joshua Hiscocks	M			1083	0:54:55
1078	0:55:26	59	Lisa Bailey	F	40		1072	0:54:16
1079	0:55:26	1038	Emma Skipp	F	35		1073	0:54:17
1080	0:55:31	1223	Lisa Williams	F	40		1075	0:54:26
1081	0:55:38	238	Kim Cox	F	40		1079	0:54:53
1082	0:55:38	584	Ruth James	F	45		1082	0:54:54
1083	0:55:52	737	Jimmy Man	M			1084	0:55:01
1084	0:55:52	447	Shu Ling Guan	F			1085	0:55:02
1085	0:55:57	1129	Joe Tomlins	M			1096	0:55:51
1086	0:56:00	807	Hannah Morgan	F			1086	0:55:03
1087	0:56:04	986	Anwen Roberts	F			1087	0:55:03
1088	0:56:05	962	Catrin Reed	F	35		1088	0:55:07
1089	0:56:06	1329	Tia Perry	M		TRWN	1090	0:55:20
1090	0:56:13	925	David Power	M	35		1081	0:54:54
1091	0:56:14	763	Martha Mccann	F			1089	0:55:14
1092	0:56:22	1103	Helen Thomas	F			1092	0:55:24
1093	0:56:35	1050	Sarah Smith	F	40		1104	0:56:24
1094	0:56:42	366	Sian Fisher	F		Islwyn RC	1094	0:55:45
1095	0:56:44	346	John Evans	M			1091	0:55:22
1096	0:56:46	1032	Lauren Shooter	F			1097	0:55:59
1097	0:56:47	429	Emma Greenhill	F			1109	0:56:38
1098	0:56:51	756	Jamie Mathias	M			1095	0:55:47
1099	0:56:55	188	Luke Chard	M			1106	0:56:32
1100	0:57:04	454	Leigh Gwyther	F	40		1110	0:56:41
1101	0:57:04	145	Tracy Buckle	F	40		1093	0:55:39
1102	0:57:07	938	Tracey Probert	F	40		1102	0:56:14
1103	0:57:07	669	Julie Knight	F	45		1103	0:56:15
1104	0:57:08	218	Sarah Cole	F			1098	0:56:03
1105	0:57:09	1116	Sarah Thomas	F			1099	0:56:06
1106	0:57:19	797	Jessica Mockler	F			1101	0:56:11
1107	0:57:25	664	Stephen King	M			1105	0:56:28
1108	0:57:26	296	Cathryn Dean	F			1112	0:56:50
1109	0:57:26	1355	Rebecca Price	F			1119	0:57:24
1110	0:57:28	498	Luke Hemming	M			1100	0:56:08
1111	0:57:38	629	Jeremy Jones	M	50		1108	0:56:32
1112	0:57:39	673	Liz Knowles	F	55		1107	0:56:32
1113	0:57:41	512	Lisa Hill	F			1113	0:56:55
1114	0:57:51	415	Rachael Godwin	F			1114	0:57:00
1115	0:57:51	779	Nathan Meehan	M			1115	0:57:00
1116	0:58:04	1025	Patricia Searle	F	50		1121	0:57:39
1117	0:58:04	1023	Amy Searle	F			1122	0:57:39
1118	0:58:07	291	Thomas Davies	M			1116	0:57:06
1119	0:58:11	270	Jonathan Davies	M			1117	0:57:11
1120	0:58:11	1289	Helen Bevan	F	40		1111	0:56:47
1121	0:58:12	989	Helen Roberts	F			1127	0:57:47
1122	0:58:19	1034	Sophie Silver	F			1120	0:57:38
1123	0:58:22	494	Adrian Heath	M	35		1126	0:57:45
1124	0:58:22	495	Helena Heath	F			1125	0:57:44
1125	0:58:24	914	Rebeccha-May Pinhorne	F			1118	0:57:18

## 2014 Cardiff Bay 5 Mile

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
1126	0:58:28	1027	Anita Sellick	F			1133	0:58:06
1127	0:58:33	922	Jessie Powell	F			1134	0:58:10
1128	0:58:58	954	Cathy Ratcliffe	F	50		1123	0:57:41
1129	0:59:00	342	Brad Evans	M			1124	0:57:43
1130	0:59:02	1183	Sarah Welton	F			1128	0:57:59
1131	0:59:02	946	Gemma Pullen	F			1129	0:58:00
1132	0:59:05	840	Caitlan Murison	F			1146	0:58:47
1133	0:59:10	352	Mark Everson	M	50		1137	0:58:18
1134	0:59:13	290	Susan Davies	F	55		1131	0:58:02
1135	0:59:13	419	Dorren Goodman	F	45		1130	0:58:02
1136	0:59:18	292	Gavin Davies	M			1132	0:58:03
1137	0:59:23	476	Victoria Harris	F			1142	0:58:41
1138	0:59:24	474	Robert Harris	M			1143	0:58:42
1139	0:59:30	1254	Sian Jones	F		Lliswerry Runners	1141	0:58:38
1140	0:59:39	960	Andrew Reakes	M	45		1135	0:58:12
1141	0:59:39	226	Kerry Cope	F			1136	0:58:12
1142	0:59:43	1200	Ffion Whittington	F			1139	0:58:32
1143	0:59:43	1193	Pamela Whelan	F	45		1138	0:58:22
1144	0:59:52	676	Emma Lane	F			1151	0:59:24
1145	0:59:59	1378	Rebecca Williams	F			1159	0:59:59
1146	1:00:05	1151	Geraint Walker	M			1140	0:58:38
1147	1:00:09	1375	Kaylea Price	F			1155	0:59:42
1148	1:00:09	940	Hannah Prothero	F			1145	0:58:47
1149	1:00:11	945	Mark Pugh	M	40		1147	0:58:48
1150	1:00:12	1259	Yvonne Wong	F			1160	1:00:04
1151	1:00:14	1385	Susan Harding	F	55		1144	0:58:47
1152	1:00:19	523	Elizabeth Hodges	F	50		1148	0:58:56
1153	1:00:25	1172	Sarah Webb	F	40		1150	0:59:21
1154	1:00:34	627	Hazel Jones	F	40		1153	0:59:34
1155	1:00:40	1154	Suzanne Wallace	F			1149	0:59:10
1156	1:00:42	919	Benjamin Powell	M			1154	0:59:35
1157	1:00:47	1053	Tina South	F	45		1152	0:59:26
1158	1:00:56	769	Jodi McGill	F			1157	0:59:45
1159	1:00:56	430	Jaime Greening	F	35		1156	0:59:45
1160	1:01:07	869	Andrew Owen	M	50		1158	0:59:57
1161	1:01:24	977	Rhian Richards	F			1165	1:00:40
1162	1:01:36	519	Beth Hoare	F			1164	1:00:39
1163	1:01:44	1275	Cathy Sampson	F	50		1162	1:00:33
1164	1:01:46	898	Gary Ross Peniket	M	40		1163	1:00:34
1165	1:01:46	897	Claire Peniket	F			1161	1:00:33
1166	1:01:48	1065	Heather Stone	F	40	North Devon Road Runners	1167	1:00:56
1167	1:01:54	91	Gill Bennett	F	50		1172	1:01:32
1168	1:01:55	483	Caroline Havard	F	45		1166	1:00:45
1169	1:02:06	1322	Ricky Wright	M			1168	1:00:59
1170	1:02:09	303	Brian Dias	M		Les Croupiers	1170	1:01:28
1171	1:02:10	1235	Helen Williams T36	F	40	Aberdare Valley AAC	1171	1:01:29
1172	1:02:20	870	Eamma Owen	F			1169	1:01:19
1173	1:02:56	1387	Lucy Underwood	F			1177	1:02:31
1174	1:03:09	400	Donna Gaughan	F	45		1173	1:01:44
1175	1:03:10	833	Sharon Moss	F	40		1174	1:01:46
1176	1:03:10	297	Laura Deaves	F			1175	1:01:56
1177	1:03:20	1106	Kate Thomas	F	45		1176	1:02:25
1178	1:03:26	377	Rachel Fowler	F			1181	1:03:08
1179	1:03:31	368	Aoife Flannagan	F			1178	1:03:03
1180	1:04:03	1360	Elly Thomas	F			1179	1:03:04
1181	1:04:06	809	Lisa Morgan	F	40		1180	1:03:06
1182	1:04:43	1063	Paula Stockley	F		3M Goreinon Road Runners	1182	1:03:51
1183	1:05:08	1325	Fiona Stevenson	F	35		1183	1:04:05
1184	1:05:08	395	Catherine Gates	F	35		1184	1:04:05
1185	1:05:11	42	Natalie Allen	F		Cardiff AAC	1188	1:05:06
1186	1:05:29	1130	Jessica Townley	F			1185	1:04:10
1187	1:05:57	578	Kelly-Jo James	F			1190	1:05:11
1188	1:05:57	1188	Laura Whapham	F			1189	1:05:10
1189	1:06:00	460	Steve Hall	M	35	TRWN	1187	1:05:01
1190	1:06:12	100	Hannah Bird	F	35		1186	1:04:55
1191	1:06:41	1349	Joanne Tumelty	F			1191	1:05:12
1192	1:06:42	1350	Brendan Cresswell	M			1192	1:05:14
1193	1:07:22	159	Scott Burton	M	35		1193	1:06:10
1194	1:08:06	388	Annie Gale	F	40		1194	1:06:50
1195	1:08:16	1187	Katrina Whale	F	35		1195	1:06:50
1196	1:08:16	710	Diane Llewellyn	F			1196	1:06:51
1197	1:09:10	1177	Natalie Weeks	F	35		1197	1:07:44
1198	1:09:10	782	Catherine Meredith	F	35		1198	1:07:45
1199	1:09:44	469	Felicity Harrett	F			1199	1:08:24
1200	1:09:44	1376	Chelsea Baker	F			1205	1:09:39



## 2014 Cardiff Bay 5 Mile

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
1201	1:09:44	1377	Jack Collings	M			1206	1:09:40
1202	1:09:44	1201	Laura Whittle	F			1200	1:08:25
1203	1:09:49	278	Mark Davies	M	50		1203	1:08:49
1204	1:09:49	783	Rachel Meyer	F			1201	1:08:26
1205	1:09:53	1091	Carys Taylor	F			1204	1:09:04
1206	1:10:04	1245	Heidi Woods	F			1202	1:08:42
1207	1:13:15	577	Kate James	F			1207	1:12:26
1208	1:13:15	1416	Sarah Passmore	F			1208	1:12:26
1209	1:13:15	468	Lynsey Hargreaves	F			1209	1:12:27
1210	1:19:07	288	Ruth Davies	F			1210	1:17:52
1211	1:31:00	431	Sharron Greenland	F			1211	1:29:59
1212	1:31:20	760	Skyla Mc Geer	F			1213	1:30:31
1213	1:31:21	776	Abigail Meakin	F			1212	1:30:30