

# Cardiff Bay 5 Results – 2009

Place	First Name	Surname	Age	Club Name	Gender	Event Distance	Race No	Time	Prizewinners
1	Stephen	Paterson	31	San Domenico	Male	5 mile (attached)	163	26-17	First Male
2	Philip	Matthews	30	Swansea Harriers	Male	5 mile (attached)	102	26-40	Second Male
3	Peter	Coles		Pontypridd Roadents	Male	5 mile (attached)	152	27--08	First Male Masters
4	David	Williams	38	Les Croupiers	Male	5 mile (attached)	236	27--35	
5	Phil	Cook	40	Les Croupiers	Male	5 mile (attached)	510	28--03	
6	Nick	Dukes		Les Croupiers	Male	5 mile (attached)	35	28--11	
7	Jason	Scannion	37	Pontypridd Roadents	Male	5 mile (attached)	255	28--18	
8	Ian	Berry	37	Winchester & District AC	Male	5 mile (attached)	72	28--35	
9	Mikey	Bryant	23	Avon Valley Runners	Male	5 mile (attached)	265	29--07	
10	Stephen	Davies	51	Mansfield Harriers & A.C.	Male	5 mile (attached)	235	29--22	
11	Steven	Pritchard	32	Pontypridd Roadents	Male	5 mile (attached)	323	29--38	
12	David	Coles	49	Les Croupiers	Male	5 mile (attached)	104	29--49	
13	Matt	Hurford	36		Male	5 mile (attached)	79	29--51	
14	Robert	Smith	51		Male	5 mile (unattached)	57	30--00	
15	Steven	Hooper	43	Pontypridd Roadents A.C	Male	5 mile (attached)	42	30--11	
16	Alun	Evans	44		Male	5 mile (unattached)	233	30--30	
17	Jon	Sizer	51		Male	5 mile (unattached)	114	30--48	
18	Ben	Farag	47	Les Croupiers	Male	5 mile (attached)	66	30--52	
19	Alun	Rees	35	Neath	Male	5 mile (attached)	245	30--54	
20	Glyn	Sansom	47	San Domenico	Male	5 mile (attached)	137	30--55	
21	Arthur	Johns	60	Poole Runners	Male	5 mile (attached)	242	30--56	
22	Mark	Dunscombe	47	Sarn Helen	Male	5 mile (attached)	63	31--00	
23	Paulo	Simoes		Les Croupiers	Male	5 mile (attached)	41	31--05	
24	Gerard	Crispie		Les Croupiers	Male	5 mile (attached)	239	31--13	
25	Clem	Clement	50		Male	5 mile (attached)	291	31--24	
26	Michael	Murphy	55		Male	5 mile (attached)	182	31--27	
27	Marcus	Coles	36	Les Croupiers	Male	5 mile (attached)	97	31--45	
28	Jonathan	Wright	39		Male	5 mile (unattached)	177	31--46	
29	David	Proud	42		Male	5 mile (attached)	106	31--48	
30	Andy	Evans	30		Male	5 mile (unattached)	320	31--49	
31	James	Potts	41	San Domenico	Male	5 mile (attached)	140	31--57	
32	Jack	Childs	15		Male	5 mile (unattached)	220	31--57	
33	Alistair	Wood	40		Male	5 mile (attached)	500	31--59	
34	Darren	Morgan	41	Village Vipers	Male	5 mile (attached)	309	32--00	
35	Andy	Davies	46	Pontypridd Roadents	Male	5 mile (attached)	243	32--01	
36	Lee	Watts	34		Male	5 mile (attached)	324	32--09	
37	John	Courtney	36		Male	5 mile (unattached)	230	32--26	
38	Kelly	Morgan	31		Female	5 mile (attached)	227	32--31	First female
39	Shayne	Sawyers	38	Les Croupiers	Male	5 mile (attached)	232	32--32	
40	Richard	Laydon	45		Male	5 mile (unattached)	514	32--42	

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41	Ray	Morgan	28		Male	5 mile (attached)	201	32--57
42	Alexander	Kyte			Male	5 mile (unattached)	40	33--06
43	Stephen	Owen	52	Les Croupiers	Male	5 mile (attached)	61	33--12
44	Leon	Murnieks	33	Royal Navy Reserve	Male	5 mile (attached)	303	33--30
45	Steve	Pickering			Male	5 mile (unattached)	11	33--38
46	Andrew	Jones	29		Male	5 mile (unattached)	150	33--42
47	Dominic	Shields	44	San Domenico	Male	5 mile (attached)	127	33--54
48	Shaun	Connor	40		Male	5 mile (attached)	187	33--57
49	Rod	Harris	44		Male	5 mile (unattached)	202	34--03
50	James	Clune	62	Thornbury Running Club	Male	5 mile (attached)	213	34--05
51	Brian	Dias	24	Cardiff AC	Male	5 mile (attached)	142	34--14
52	Jon	Belcher	33		Male	5 mile (unattached)	81	34--26
53	Alan	Mann	51	Les Croupiers	Male	5 mile (attached)	340	34--32
54	Richard	Marsh			Male	5 mile (unattached)	9	34--39
55	Johnny	Lamb	37		Male	5 mile (unattached)	280	34--42
56	Nicholas	Williams	46		Male	5 mile (attached)	272	34--45
57	Dale	Gardiner	32		Male	5 mile (unattached)	330	34--48
58	John	Magee	35		Male	5 mile (attached)	342	35--12
59	Paul	Rees	44		Male	5 mile (unattached)	346	35--12
60	Adam	Lewis	17		Male	5 mile (unattached)	289	35--21
61	Loretta	Daley	43		Female	5 mile (attached)	341	35--24 Second Female
62	Will	Morgan	30		Male	5 mile (unattached)	315	35--25
63	Nuria	Gavalda	32		Female	5 mile (unattached)	71	35--28
64	Victor	Vinyals	37		Male	5 mile (unattached)	78	35--28
65	Alun	Jones	37		Male	5 mile (attached)	260	35--36
66	Paul	Bigmore	54	Brackla Harriers	Male	5 mile (attached)	198	35--41
67	Richard	Vaughan			Male	5 mile (unattached)	7	35--47
68	Jonathan	Lee	44	Caerleon Running Club	Male	5 mile (attached)	199	35--48
69	Eleri	Price	32	Les Croupiers	Female	5 mile (attached)	501	35--49
70	Andy	Mundy	35	Les Croupiers	Male	5 mile (attached)	53	35--52
71	Amy	Edwards	27		Female	5 mile (attached)	139	35--59
72	Barri	Edwards	40		Male	5 mile (unattached)	123	36--01
73	Matthew	Davies	20		Male	5 mile (unattached)	302	36--03
74	David	McKechan	26		Male	5 mile (unattached)	191	36--10
75	Steven	Evans	36	No name provided	Male	5 mile (attached)	68	36--17
76	Anthony	Perry	33		Male	5 mile (unattached)	258	36--20
77	Hector	Duran	28		Male	5 mile (unattached)	73	36--21
78	Nick	Wager	36		Male	5 mile (unattached)	231	36--23
79	Stuart	Davidson	57	Bridgend AC	Male	5 mile (attached)	194	36--25
80	Jamie	Lewis	27		Male	5 mile (unattached)	69	36--27
81	David	Hutchinson	42		Male	5 mile (unattached)	128	36--40

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82	Martin	Evans	21		Male	5 mile (unattached)	274	36--42
83	Gareth	Snook	47	British Airways AC	Male	5 mile (attached)	171	36--47
84	James	Mackichan			Male	5 mile (unattached)	13	36--48
85	Angela	O'Neill	47		Female	5 mile (unattached)	133	36--56
86	Brendan	Jones			Male	5 mile (unattached)	153	36--59
87	Neil	Tatnell		Les Croupiers	Male	5 mile (attached)	36	37--07
88	Jeff	Davies	43		Male	5 mile (unattached)	86	37--15
89	Jonathan	Edwards	27		Male	5 mile (unattached)	257	37--20
90	Darmn	Bushlye	28		Male	5 mile (unattached)	306	37--21
91	Steve	Sully	28		Male	5 mile (unattached)	215	37--28
92	Andrew	Williams	23		Male	5 mile (unattached)	116	37--29
93	David	Boucher	57		Male	5 mile (unattached)	240	37--31
94	Paul	Rogers	51		Male	5 mile (unattached)	192	37--33
95	Robert	Darrock	29		Male	5 mile (unattached)	186	37--42
96	Derek	Rainbird	56	Parc Bryn Bach	Male	5 mile (attached)	44	37--52
97	Timothy	Brice			Male	5 mile (unattached)	12	37--55
98	Richard	Sewell	39		Male	5 mile (unattached)	349	37--57
99	Brendan	Bush	43		Male	5 mile (unattached)	332	37--58
100	David	MacDonald			Male	5 mile (unattached)	30	37--59
101	Steve	Howard	32		Male	5 mile (unattached)	276	38--01
102	Michael	Hammond	37		Male	5 mile (unattached)	350	38--07
103	Steve	Goodfellow	46		Male	5 mile (unattached)	84	38--13
104	Daniel	John	28		Male	5 mile (unattached)	301	38--14
105	David	Ott	43		Male	5 mile (unattached)	196	38--15
106	Howard	Owen	28		Male	5 mile (unattached)	157	38--16
107	James	Arrowsmith	28		Male	5 mile (unattached)	52	38--17
108	Philip	Williams	33		Male	5 mile (unattached)	253	38--18
109	Cedric	David	33		Male	5 mile (attached)	180	38--19
110	Dale	Lewis			Male	5 mile (unattached)	4	38--24
111	Dean	Lewis	38		Male	5 mile (unattached)	300	38--25
112	Paul	Brown	38		Male	5 mile (unattached)	67	38--26
113	Georgina	Govier	46		Female	5 mile (unattached)	92	38--26 First female masters
114	Gareth	Morgan	39		Male	5 mile (unattached)	206	38--39
115	Keith	Williams	46		Male	5 mile (attached)	343	38--42
116	Stuart	Baker	37		Male	5 mile (unattached)	271	38--43
117	Brindley	Aherne	61		Male	5 mile (unattached)	143	38--46
118	Robert	Adams			Male	5 mile (unattached)	308	38--46
119	Gwen	Hopkins	24		Male	5 mile (unattached)	226	38--48
120	Leah	Spurlock	22		Female	5 mile (unattached)	304	38--57
121	Andrew	Biston			Male	5 mile (unattached)	21	39--01
122	Simon	Fish	26		Male	5 mile (unattached)	270	39--04

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123	Paul	Sheppard	38		Male	5 mile (unattached)	155	39--06
124	Kevin	Plank	38		Male	5 mile (unattached)	338	39--06
125	Alan	Woollam	60		Male	5 mile (unattached)	107	39--07
126	Helen	Watkinson	30		Female	5 mile (attached)	183	39--14
127	Andrew	Firth	26		Male	5 mile (unattached)	273	39--18
128	David	Williams	46		Male	5 mile (unattached)	129	39--19
129	Lee	Stenner	24		Male	5 mile (unattached)	204	39--21
130	Dennis	Blunt	62		Male	5 mile (unattached)	125	39--29
131	David	Hebbes	60		Male	5 mile (unattached)	119	39--37
132	Kathryn	Stoate	33		Female	5 mile (unattached)	112	39--38
133	Richard	Roberts	37		Male	5 mile (unattached)	184	39--54
134	Marc	Griffiths	28		Male	5 mile (unattached)	348	39--56
135	Janette	Morgan	27		Female	5 mile (unattached)	55	39--58
136	Desmond	Davies	59		Male	5 mile (attached)	166	40--06
137	Tom	Hale	19		Male	5 mile (unattached)	275	40--11
138	Rebecca	Marsh			Female	5 mile (unattached)	10	40--23
139	Geoffrey	Frost	29		Male	5 mile (unattached)	51	40--39
140	Jason	Nisbett	39		Male	5 mile (unattached)	279	40--40
141	Allison	Jones	33		Female	5 mile (unattached)	322	40--41
142	Catrin	Parri			Female	5 mile (unattached)	28	40--56
143	Elspeth	Jenkins		Brackla Harriers	Female	5 mile (attached)	25	40--58
144	Jeremy	Ashdown	35		Male	5 mile (unattached)	74	41--01
145	Tim	Washbrook	30		Male	5 mile (unattached)	262	41--02
146	Irene	Cooper	55		Female	5 mile (unattached)	222	41--03
147	David	Jones	56		Male	5 mile (unattached)	223	41--03
148	Allen	Bevan	53		Male	5 mile (unattached)	121	41--17
149	Gareth	Harris	41		Male	5 mile (unattached)	159	41--17
150	Lee	Llewellyn	31		Male	5 mile (unattached)	60	41--30
151	Annette	Davies	48		Female	5 mile (unattached)	130	41--39
152	Teleri	Jenkins	38		Female	5 mile (unattached)	247	41--39
153	Paul	Simplar			Male	5 mile (unattached)	317	41-40
154	Anthony	Hale	39		Male	5 mile (unattached)	207	41--43
155	Rachel	Bowen	32		Female	5 mile (unattached)	80	41--46
156	Lisa	Saunders	43		Female	5 mile (unattached)	266	41--52
157	Stuart	McDean	33		Male	5 mile (unattached)	344	41--53
158	Anne	Tatnell		Les Croupiers	Female	5 mile (attached)	37	41--54
159	James	Dibley	39		Male	5 mile (unattached)	94	42--00
160	Clare	Edwards			Female	5 mile (unattached)	314	42--03
161	Christina	Rees	38		Female	5 mile (unattached)	87	42--08
162	Terry	Vickery	69		Male	5 mile (unattached)	50	42--11
163	Janice	Clement	51	Penarth & Dinas Runners	Female	5 mile (attached)	292	42--19

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164	Linda	Williams	49		Female	5 mile (unattached)	512	42--20
165	Rebecca	Knight	36		Female	5 mile (attached)	312	42--32
166	Lauren	Old	24		Female	5 mile (unattached)	290	42--33
167	Ian	Warner	51		Male	5 mile (unattached)	64	42--38
168	Kirsty	Thomas	23		Female	5 mile (unattached)	211	42--42
169	Mary	Donnelly	47	Brackla Harriers Bridgend	Female	5 mile (attached)	151	42--43
170	Tony	Hall	61		Male	5 mile (unattached)	145	42--52
171	Mark	Barry	46		Male	5 mile (unattached)	241	43--02
172	Alison	Hunt	41		Female	5 mile (unattached)	297	43--11
173	Chris	Rumoron	20		Male	5 mile (unattached)	316	43--18
174	Tracey	Newman	39	Les Croupiers	Female	5 mile (attached)	208	43--25
175	David	Jenkins	24		Male	5 mile (unattached)	261	43--25
176	Alexandra	Willey	19		Female	5 mile (unattached)	200	43--30
177	Philip	Keith	42	Penarth & Dinath Runners	Male	5 mile (attached)	90	43--38
178	Javier	Sierra	37		Male	5 mile (unattached)	47	43--39
179	R	Davies	48		Female	5 mile (unattached)	513	43--42
180	Denys	MacDonald			Male	5 mile (unattached)	32	43--49
181	Maria	McMahon	36		Female	5 mile (unattached)	216	43--57
182	Nigel	Ferrand	53		Male	5 mile (attached)	285	44--07
183	Lynne	Sullivan	28	Women's Running Network	Female	5 mile (attached)	259	44--12
184	Owen	Thomas	36		Male	5 mile (unattached)	49	44--18
185	Phil	Stone	61		Male	5 mile (unattached)	282	44--18
186	Adrian	Lewis	36		Male	5 mile (unattached)	214	44--30
187	Gary	Rees	61		Male	5 mile (unattached)	221	44--33
188	Alex	King	30		Male	5 mile (unattached)	237	44--45
189	Liz	Davey			Female	5 mile (unattached)	34	45--02
190	Sarah	Williams	34		Female	5 mile (unattached)	103	45--09
191	Emma	Heal			Female	5 mile (unattached)	18	45--17
192	Sally	Bower	32		Female	5 mile (unattached)	197	45--18
193	Jason	Lane	37		Male	5 mile (unattached)	252	45--19
194	Suzanne	Lane			Female	5 mile (unattached)	19	45--20
195	Gerard	Pitt	36		Male	5 mile (unattached)	54	45--25
196	Lynne	Ashby	49		Female	5 mile (unattached)	249	45--27
197	Stephen	Robbins	30		Male	5 mile (unattached)	124	45--33
198	Amanda	Barrington		Women's Running Network	Female	5 mile (attached)	15	45--36
199	Aranka	Pratt	60		Female	5 mile (unattached)	138	45--40
200	Mike	Macklin			Male	5 mile (unattached)	17	45--41
201	Alex	Clayton	20		Female	5 mile (unattached)	319	45--44
202	Helen	Hunt	59		Female	5 mile (unattached)	174	45--45
203	Geraint	Griffiths	42		Male	5 mile (unattached)	110	45--47
204	Bryan	Isaac	59		Male	5 mile (unattached)	218	45--47

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205	Bernadette	Jones		Penarth Womens Running Group	Female	5 mile (attached)	16	45--57
206	Jacqueline	Morris			Female	5 mile (unattached)	20	46--00
207	Margaret	Sutherland	29		Female	5 mile (unattached)	88	46--00
208	Pete	Regan	47		Male	5 mile (unattached)	126	46--08
209	Alan	Bladen	73		Male	5 mile (attached)	331	46--09
210	Gillian	Murphy	55		Female	5 mile (attached)	511	46--09
211	Kirsty	Hett	23		Female	5 mile (unattached)	288	46--10
212	Melvill	Lewis	45		Male	5 mile (unattached)	70	46--11
213	Paul	Connor	31		Male	5 mile (unattached)	178	46--21
214	Melissa	John	34		Female	5 mile (attached)	325	46--22
215	Matthew	Powell	26		Male	5 mile (unattached)	313	46--23
216	Bernard	Crotty	48		Male	5 mile (unattached)	251	46--26
217	Paula	Murphy	38		Female	5 mile (unattached)	76	46--31
218	Joanne	Gamba	26		Female	5 mile (attached)	284	46--32
219	Tamsin	Mann	29		Female	5 mile (unattached)	286	46--41
220	Nicola	Parry	41	Pontypridd Roadents	Female	5 mile (attached)	256	46--42
221	Fadi	Baydoun	36		Male	5 mile (unattached)	294	46--49
222	Anne	Roberts	54		Female	5 mile (unattached)	234	46--50
223	Kathryn	Thomas	34		Female	5 mile (unattached)	111	46--54
224	Caroline	Cartwright	43		Female	5 mile (unattached)	162	47--03
225	Tara	Moruzzi			Female	5 mile (unattached)	189	47--03
226	Paul	Moruzzi	37		Male	5 mile (unattached)	146	47--10
227	Peter	Brown	27		Male	5 mile (attached)	225	47--10
228	Katie	Davies	25		Female	5 mile (unattached)	298	47--11
229	Matthew	Flans	30		Male	5 mile (unattached)	264	47--16
230	Rhian	Williams	39		Female	5 mile (unattached)	117	47--21
231	Clare	Lewis	37		Female	5 mile (unattached)	109	47--50
232	Richard	Hamling	38		Male	5 mile (unattached)	147	47--54
233	Peta	Dyke			Female	5 mile (unattached)	2	47--55
234	Clive	Evans			Male	5 mile (unattached)	46	47--57
235	Rhiannon	Richards	30		Female	5 mile (unattached)	136	47--58
236	Edward	Newman	62	Coffin Dodgers Running Club	Male	5 mile (attached)	209	47--58
237	Melanie	Woollam	60		Female	5 mile (unattached)	108	48--04
238	Patricia	Davidson	52	Brackla Harriers	Female	5 mile (attached)	193	48--09
239	Rachael	Daniel	40		Female	5 mile (unattached)	228	48--24
240	Nathan	Jackson	38		Male	5 mile (unattached)	333	48--26
241	Michael	Shaw	31		Male	5 mile (unattached)	339	48--29
242	Ceri	Jones	48		Female	5 mile (unattached)	98	48--30
243	Kate	Sanders	39		Female	5 mile (unattached)	96	48--31
244	Carl	Sealy	36	No name provided	Male	5 mile (attached)	224	48--32
245	David	Tapper	64		Male	5 mile (unattached)	144	48--49

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246	Julie	Kemp	46		Female	5 mile (unattached)	156	49--10
247	Lisa	Worton	40		Female	5 mile (unattached)	122	49--42
248	Gerry	O'Neill	59		Female	5 mile (unattached)	131	49--44
249	Andrea	Goodfellow	41	WRN	Female	5 mile (attached)	83	49--49
250	Anne	Donald	60	Les Croupiers	Female	5 mile (attached)	293	49--54
251	Judith	Baydoun	54		Female	5 mile (unattached)	295	50--06
252	Nia	Williams	27		Female	5 mile (unattached)	268	50--13
253	Jill	Davies			Female	5 mile (unattached)	22	50--17
254	Rhys	Player	23		Male	5 mile (unattached)	287	50--18
255	Kate	Niblett		Penarth Womens Running Group	Female	5 mile (attached)	39	50--20
256	Tina	Lloyd	44		Female	5 mile (unattached)	89	50--33
257	Louise	Murnieks	31		Female	5 mile (unattached)	321	50--39
258	Stephen	Ribbon			Male	5 mile (unattached)	14	50--48
259	Claire	Hansen			Female	5 mile (unattached)	8	50--50
260	Rebecca	Davies	27		Female	5 mile (unattached)	299	50--51
261	Claire	Bradford	36		Female	5 mile (unattached)	179	50--52
262	Zoe	Harris	24		Female	5 mile (unattached)	269	50--55
263	Molly	Melhuish			Female	5 mile (unattached)	5	50--57
264	George	Powell	42		Male	5 mile (unattached)	48	51--17
265	Sian	Ackland	43	Brackla Harriers	Female	5 mile (attached)	203	51--26
266	Shirley	Rose	45	Brackla Harriers	Female	5 mile (attached)	310	51--26
267	Gerald	Kemp	44		Male	5 mile (unattached)	334	52-00
268	Helen	O'Sullivan	42		Female	5 mile (unattached)	336	52--02
269	John	O'Sullivan	46		Male	5 mile (unattached)	337	52--03
270	Patricia	Searle			Female	5 mile (unattached)	43	52--05
271	Kelly	Pritchard			Female	5 mile (unattached)	33	52--07
272	Anneli	Smitham	31		Female	5 mile (unattached)	148	52--08
273	Bethan	Hicks	31		Female	5 mile (unattached)	149	52--08
274	John	Williams	55		Male	5 mile (unattached)	175	52--22
275	David	McDonald	40	Les Croupiers	Male	5 mile (attached)	135	52--47
276	Beverley	Kuksa-Roberts	26		Female	5 mile (unattached)	328	54--24
277	Michael	Brain	57		Male	5 mile (unattached)	329	54--25
278	Ruth	Cox	36		Female	5 mile (unattached)	185	54--34
279	Lisa	McCallion	27		Female	5 mile (unattached)	305	55--18
280	Susan	Taylor	44		Female	5 mile (attached)	311	55--19
281	Kerry	Livesy	60		Male	5 mile (unattached)	229	55--20
282	Graham	Hogg	53		Male	5 mile (unattached)	91	56--06
283	Freya	Kendall			Female	5 mile (unattached)	29	56--08
284	David	Bailey	73	Serpentine	Male	5 mile (attached)	45	56--14
285	Lesley	Bigmore	51		Female	5 mile (unattached)	210	57--12
286	Sian	James	51		Female	5 mile (unattached)	167	57--29

# Cardiff Bay 5 Results – 2009

287	Kim	Lewis	50		Female	5 mile (unattached)	168	57--29
288	Eleanor	Bram	18		Female	5 mile (unattached)	134	57--43
289	C	Bram	33		Male	5 mile (unattached)	335	57--43
290	Joanne	Jones	22		Female	5 mile (unattached)	113	58--31
291	Paul	Nesbitt	45		Male	5 mile (unattached)	77	61--19
292	Gwenda	Marshall	50		Female	5 mile (unattached)	100	61--19
293	Menna	Williams	25		Female	5 mile (unattached)	267	61--30
294	Nicola	James	48		Female	5 mile (unattached)	173	62--41
295	Tania	Lewis	40		Female	5 mile (attached)	296	66--32
296	Mia	McCarthy-Brewer	31		Female	5 mile (unattached)	281	68--13
297	Jenny	Green	25		Female	5 mile (unattached)	283	68--15
298	Susan	McCall	64	Serpentine	Female	5 mile (attached)	101	74--36
	Matthew	Whitehouse			Male	5 mile (unattached)	3	
	Michael	Perdikakis			Male	5 mile (unattached)	6	
	Lisa	Hayward			Female	5 mile (unattached)	23	
	Christine	O'Sullivan			Female	5 mile (unattached)	24	
	Rhys	Pitman		Pontypridd Roadents	Male	5 mile (attached)	26	
	Stephanie	Avery		Sole Sisters (north Bristol)	Female	5 mile (attached)	27	
	Lorna	McDonald			Female	5 mile (unattached)	31	
	Peter	Davies		Bridgend Athletic	Male	5 mile (attached)	38	
	Jane	Travaglia	41		Female	5 mile (unattached)	56	
	Tony	Jay	48		Male	5 mile (unattached)	58	
	Edward	Donovan	30	San Domenico	Male	5 mile (attached)	59	
	Neil	Price	60	Islwyn R/C	Male	5 mile (attached)	62	
	Courtney	Howells	18		Female	5 mile (unattached)	65	
	David	Murphy	40		Male	5 mile (unattached)	75	
	Leigh	Llewellyn	32		Male	5 mile (unattached)	82	
	Scott	Burton	32		Male	5 mile (unattached)	85	
	Lindy	Beaton	46		Female	5 mile (unattached)	93	
	Andrew	Beaton	36		Male	5 mile (unattached)	95	
	Lidia	Ibanez	32		Female	5 mile (unattached)	99	
	Peter	Young	57	No name provided	Male	5 mile (attached)	105	
	Paul	Talbot	42	Neath	Male	5 mile (attached)	115	
	Pilar	Clemente-Fernandez	29		Female	5 mile (unattached)	118	
	Sioned Mai	Owen	26		Female	5 mile (unattached)	120	
	Liam	Davies	51		Male	5 mile (unattached)	132	
	Claire	Evans	47		Female	5 mile (unattached)	141	
	Mark	Brooks			Male	5 mile (unattached)	154	
	Helen Elizabeth	Coates	27		Female	5 mile (unattached)	158	
	David	Wilson	27		Male	5 mile (unattached)	160	
	Wendy	Hobbs	39		Female	5 mile (unattached)	161	



# Cardiff Bay 5 Results – 2009

Annie	Conroy	63	Les Croupiers	Female	5 mile (attached)	164
Rachel	Woolley	26	Village Vipers	Female	5 mile (attached)	165
Thomas Rhys	Goodfellow	20		Male	5 mile (unattached)	169
Anna	De-Snyder	26		Female	5 mile (unattached)	170
Paula	Haines	25		Female	5 mile (unattached)	172
Helene	Gicquel	36		Female	5 mile (unattached)	176
Darren	Hackett	36		Male	5 mile (unattached)	181
Daniel	Evans	27		Male	5 mile (unattached)	188
Stephanie	Nicolaou	22		Female	5 mile (unattached)	190
Edward	Ball	44	Rhondda Valley Runners	Male	5 mile (attached)	195
Jill	Jones	46		Female	5 mile (unattached)	205
Sue	Valenton	39		Female	5 mile (unattached)	212
Philip	Probert	42		Male	5 mile (unattached)	217
Victoria	McHale	27		Female	5 mile (unattached)	219
Juliette	King	33		Female	5 mile (unattached)	238
Stephanie	Davies	15	Pontypridd Roadents	Female	5 mile (attached)	244
Julian	Hoare	37		Male	5 mile (unattached)	246
Wayne	Hoskins	51	Islwyn	Male	5 mile (attached)	248
Tracey	Brophy	31		Female	5 mile (unattached)	263
Michael	Doster	24		Male	5 mile (unattached)	277
Mark	Smith	41		Male	5 mile (unattached)	278
Wayne	Saunders	34		Male	5 mile (unattached)	307
Gavin	Davies	20		Male	5 mile (unattached)	318
Cordelia	John	37		Female	5 mile (unattached)	326
Lisa	Cousins	37		Female	5 mile (unattached)	327
Paul	Davies	45	Port Talbot Hammers	Male	5 mile (attached)	345
Paul	Lawrence	26		Male	5 mile (unattached)	347