

2012 St David's Day 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club
1	0:32:27	916	Joseph Dalgleish	M		STROUD AC
2	0:33:30	1209	Ross Macdonald	M		SWANSEA HARRIERS
3	0:33:39	1119	Luke Moghaddas-Davies	M		CARDIFF TRI
4	0:34:23	1150	Asheigh Harper	M		
5	0:35:12	1184	Alexander Goerzen	M		
6	0:35:17	30	Harrison Belfield	M		CARDIFF TRI
7	0:35:28	990	Stephen Thomas	M	40	ISLWYN
8	0:36:07	1136	Daniel Bodman	M		ABERDARE AC
9	0:36:18	947	Andy Gardiner	M		SAN DOMENICO
10	0:36:34	1075	Richard Dando	M		BRIDGEND AC
11	0:36:54	1068	Holly Lawrence	F		SWANSEA HARRIERS
12	0:38:38	595	Philip Lawrence	M		
13	0:38:58	1196	Dan Whaites	M		
14	0:39:06	980	Gareth Battle	M		
15	0:39:20	581	Paulo Simoes	M		
16	0:39:27	1033	Paul Harris	M	45	LLISWERRY RUNNERS
17	0:39:30	56	Richard Clark	M		
18	0:39:32	77	James Manson	M		
19	0:39:44	904	Steve Pemberton	M		LLISWERRY RUNNERS
20	0:39:51	821	Dean Webster	M		3M GORSEINON RR
21	0:39:54	1157	Morgan Farr	M		
22	0:39:56	1124	Stephen Maguire	M		Severn AC
23	0:39:59	873	Ceri Griffiths	M	45	BRACKLA HARRIERS
24	0:39:59	834	Philip Probert	M	45	
25	0:40:03	339	Michael Harris	M		
26	0:40:14	158	Sharon Leech	F	40	CARMARTHEN HARRIERS
27	0:40:15	323	Alexander Whittaker	M		
28	0:40:18	284	Keith Richards	M		
29	0:40:34	1238	Runner 1238	M		
30	0:40:39	305	William Edwards	M		
31	0:40:44	455	Rob Hughes	M		
32	0:40:45	454	Nick Lewis	M		
33	0:40:45	224	Logan Maidment	M		
34	0:40:59	1158	Tyrone Fowler	M		NEWPORT HARRIERS
35	0:41:00	154	Jonathan Airey	M		
36	0:41:09	133	Kevin Jones	M	45	VEGAN RUNNERS UK
37	0:41:15	658	Lloyd Thomas	M		
38	0:41:20	220	Chris Long	M		
39	0:41:33	1218	Runner 1218	M		
40	0:41:34	989	Ioan Llyr Smallwood	M		
41	0:41:40	194	Darren Hall	M		
42	0:41:44	792	David Standing	M		
43	0:41:51	1195	Elgan Jones	M		
44	0:42:01	543	Anthony Welsh	M		
45	0:42:06	261	Darryll Parry	M		
46	0:42:07	360	Kevin Plank	M	40	
47	0:42:08	1180	Thomas Foley	M		
48	0:42:09	227	Nathan Kersley	M		
49	0:42:18	1076	Tim Lane	M		
50	0:42:19	304	Peter Hopson	M	40	
51	0:42:23	836	Tom Pearson	M		SAN DOMENICO
52	0:42:36	949	Nicholas Lord	M		
53	0:42:39	342	Anthony Leyden	M		
54	0:42:42	827	Sarah Herbert	F		
55	0:42:49	816	Andrew Hazell	M		
56	0:42:53	1205	David Ainslie	M		
57	0:42:58	295	Robert Capel	M		
58	0:42:58	885	Douglas Celerier	M		
59	0:43:00	161	Jeremy Keogh	M		
60	0:43:08	1167	Karl Korezynski	M		
61	0:43:09	1182	Ken Roberts	M		
62	0:43:18	701	Alex Touchard	M		
63	0:43:20	609	Jonathan Sliczny	M		GRIFFITHSTOWN HARRIERS
64	0:43:20	435	David Atkinson	M	50	
65	0:43:21	614	Stuart Fawkes	M		
66	0:43:28	953	Richard Holmes	M		
67	0:43:33	1130	Jamie Rees	M		
68	0:43:34	1038	Sean Gavin	M		NORTH WALES RR
69	0:43:35	219	Dafydd Rees	M		
70	0:43:42	991	Samantha Toop	F		PONTYPOOL RUNNERS
71	0:43:42	380	Ian Copley	M	50	BARNSELY AC
72	0:43:45	914	Daniel Luffman	M		
73	0:43:46	403	Jonathan Chadwick	M		
74	0:43:48	801	Phil Smith	M		
75	0:43:53	21	Ben Bowen	M		

2012 St David's Day 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club
76	0:43:55	71	Mark Loosemore	M	40	
77	0:43:58	97	Eryl Williams	M		
78	0:43:58	107	Matthew Gwenter	M		
79	0:43:59	379	Daniel Garner	M		
80	0:44:04	291	Shaun Suller	M		
81	0:44:04	1176	Russell Smith	M		exert fitness
82	0:44:05	156	Vicky Shufflebottom	F		
83	0:44:06	1107	Colin Rawbone	M		
84	0:44:09	791	James Harvey	M		
85	0:44:14	57	Carl Colwill	M	50	
86	0:44:18	995	David Martin	M		
87	0:44:24	1197	Sara Hermanis	F		
88	0:44:26	1193	Sam Dumbleton	M	40	
89	0:44:26	81	Steve Hodson	M	40	
90	0:44:28	1064	Jane Lewis	F	40	
91	0:44:33	944	Andrew Williams	M		
92	0:44:35	590	John Davies	M		
93	0:44:37	657	Guy Guest	M		
94	0:44:45	122	Iwan Davies	M		
95	0:44:45	808	David Morrison	M		
96	0:44:46	874	Gareth Jeffries	M		
97	0:44:50	103	Penny Mccormick	F	35	
98	0:44:50	45	Jonathan Gaunt	M	40	
99	0:44:56	382	Jon James	M	40	
100	0:44:58	876	Joshua Collins	M		
101	0:45:02	297	Rich Baker	M		
102	0:45:04	1011	Carl Edwards	M	40	PONTYPRIDD ROADENTS
103	0:45:09	1046	Andy Davies	M	45	PONTYPRIDD ROADENTS
104	0:45:10	1092	Gareth Bennett	M	40	
105	0:45:14	968	Anthony Williams	M	45	
106	0:45:18	877	Zane Poyner	M		
107	0:45:19	276	Peta Phillips	F	35	
108	0:45:23	890	Davoud Valivand	M		
109	0:45:28	1286	Mike Davies	M	50	CAERLEON RC
110	0:45:28	1051	Gary Kirrane	M		
111	0:45:31	396	Michael Janes	M		
112	0:45:32	533	Michael Davies	M	45	
113	0:45:37	749	Stuart Wood	M		
114	0:45:38	414	Matt Fisher	M		
115	0:45:39	462	Claire Aherne	F		
116	0:45:41	721	Thomas Roberts	M		
117	0:45:41	1179	Michael Davies	M	40	
118	0:45:42	1135	Brian Jones	M	45	USK RUNNERS
119	0:45:51	573	Rachel Garland	F		
120	0:45:52	782	Philip Read	M		
121	0:45:53	723	Andrew Dring	M		
122	0:45:53	168	Stephen Fisher	M	55	
123	0:45:56	771	Mitchell Harris	M		
124	0:45:58	255	Ian Wilson	M		
125	0:45:58	373	Gillian Cummins	F		
126	0:45:59	1003	George Chappelle	F		
127	0:46:00	810	Andrew Whiting	M		
128	0:46:01	129	Mike Pritchard	M	55	
129	0:46:02	1110	Sophie Thomas	F		
130	0:46:02	482	James Reed	M		
131	0:46:02	775	Richard Oram	M		
132	0:46:04	880	Joe Vose	M		
133	0:46:05	67	Clare Hartley-Marjoram	F		
134	0:46:06	830	Waseem Chaudhry	M	45	
135	0:46:06	1186	Christopher Slight	M		
136	0:46:09	1081	Shaun Galloway	M		
137	0:46:10	1128	Jon Bennett	M		
138	0:46:10	642	Anna Moon	F		
139	0:46:15	924	Matt O'Keefe	M		
140	0:46:15	753	Daniel O'Keefe	M		
141	0:46:16	375	Antony Metcalfe	M	40	
142	0:46:19	233	Amanda Jones	F	45	
143	0:46:28	746	Gareth Rowlands	M		
144	0:46:30	167	Paul Hussey	M		
145	0:46:32	466	Liam Davies	M	50	FETCH EVERYONE
146	0:46:35	536	Ian Hartfield	M		
147	0:46:39	316	Tim Robbins	M		
148	0:46:40	203	Michael Elliston	M	40	
149	0:46:40	351	Richard Pratt	M		
150	0:46:40	206	Peter Stunell	M		

2012 St David's Day 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club
151	0:46:42	17	Paul Dibble	M	55	
152	0:46:43	232	William Pritchard	M		
153	0:46:43	361	Wouter Poortinga	M	40	LES CROUPIERS
154	0:46:44	39	Stephen Halsall	M	40	
155	0:46:45	903	Michael Clayden	M		
156	0:46:45	964	Tim Fry	M		
157	0:46:48	113	Morgan Jones	M		
158	0:46:49	883	Nick Clewer	M	40	
159	0:46:53	234	Victoria Webb	F	35	
160	0:47:02	850	Ryan Hartley	M		
161	0:47:09	832	Philip Coombes	M	45	
162	0:47:11	265	Toby Fyfe	M		
163	0:47:11	803	Dean Cox	M		
164	0:47:12	623	Rhys Hobbs	M		
165	0:47:12	671	Michael Davies	M		
166	0:47:13	78	Claire Manson	F		
167	0:47:15	1060	Ross Matthews	M		
168	0:47:22	884	James Cargill	M		
169	0:47:23	930	Owen Thomas	M		
170	0:47:23	927	Adrian Leen	M		
171	0:47:23	388	Damian Cuke	M		
172	0:47:25	529	Alex Poulter	M		
173	0:47:25	855	Yiannis Gregoriou	M		
174	0:47:26	570	Richard Dykes	M		
175	0:47:27	802	Charlotte Howells	F		
176	0:47:29	666	Alexander Garrod	M		
177	0:47:29	945	Graham Mack	M	55	
178	0:47:34	651	Oliver Wicks	M		
179	0:47:36	251	Paul Vincent	M	45	
180	0:47:37	717	Leigh Stimpson	M	40	
181	0:47:38	615	Ben Lee-Smith	M		
182	0:47:41	857	Elizabeth Neville	F		
183	0:47:41	858	Brian Jones	M	40	
184	0:47:41	867	Nathan Harrington	M		
185	0:47:44	1029	Robert King	M		
186	0:47:45	1188	Matthew Eagle	M		
187	0:47:46	288	Lawrence Davies	M		
188	0:47:48	952	Janet Lewis	F		
189	0:47:53	767	Zach Dorman	M		
190	0:47:53	212	Rob Green	M		
191	0:47:53	1137	Michael Haines	M		
192	0:47:53	726	Andrew Sidney	M		
193	0:47:54	340	Kristan Hughes	M		
194	0:47:57	548	Gwyndaf Parry	M		
195	0:47:58	622	Dimitris Agrafiotis	M		
196	0:47:59	940	Aaron Burton	M		
197	0:47:59	1055	Anna Belcher	F		
198	0:48:01	44	Daniel Jones	M		BMF
199	0:48:07	1016	Toon Kuppens	M		
200	0:48:09	571	Lidia Lasecka	F		
201	0:48:09	919	Top Moston	M		
202	0:48:15	286	Andrew Williams	M		
203	0:48:20	902	Vicky Beech	F		
204	0:48:21	699	Rhys Matthews	M		
205	0:48:21	1034	Peta Daniels	F	45	LLISWERRY RUNNERS
206	0:48:28	371	Chris Selby	M		
207	0:48:29	148	Claire Ellis	F		
208	0:48:35	932	Kieran Ellery	M		
209	0:48:45	407	David Capel	M	55	
210	0:48:47	1171	Lewis Hurrell	M		
211	0:48:47	1057	Gerwyn Jones	M		
212	0:48:50	993	Amy Haley	F		
213	0:48:54	1027	Andre Marquis	M		
214	0:48:54	1109	Craig Westwater	M		
215	0:48:55	37	Tim Green	M	45	
216	0:49:00	580	Matthew Walters	M		
217	0:49:01	431	Llyr Owen	M		
218	0:49:01	449	Patrick Ward	M		
219	0:49:03	1010	Janet Edwards	F	40	PONTYPRIDD ROADENTS
220	0:49:04	1151	Megan Poulson	F		
221	0:49:04	1236	No name given No name givne	M	40	
222	0:49:06	901	Anders Nilsson	M		
223	0:49:08	1123	Huw Fletcher	M	45	
224	0:49:10	985	Andrew Morrison	M	45	
225	0:49:10	965	Luke Thomas	M		

2012 St David's Day 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club
226	0:49:11	1005	Rhys Gosling	M		
227	0:49:12	783	William Leith	M		
228	0:49:13	310	Thomas Docherty	M		
229	0:49:14	1215	Jason Foster	M	40	
230	0:49:17	225	Sarah Bartlett	F	35	
231	0:49:23	1098	Sion Phillips	F	35	
232	0:49:23	806	Adrian Colley	M	50	
233	0:49:24	1142	David Hutchinson	M	45	
234	0:49:26	691	Michael James	M		
235	0:49:28	332	Peri Jones	F		
236	0:49:28	1000	Gerard Powell	M	40	
237	0:49:28	946	Lewis Edmunds	M		
238	0:49:29	681	Sarah Plummer	F	45	
239	0:49:30	872	Jack Yiacoumi	M	40	
240	0:49:32	661	Drew Webber	M		
241	0:49:34	504	Gail Evans	F		
242	0:49:36	956	Matthew Walduck	M		
243	0:49:39	1147	Ian Payne	M	45	
244	0:49:40	393	Hannah Withers	F	35	
245	0:49:44	423	Ian Newsham	M	45	
246	0:49:45	433	Owain Jones	M		
247	0:49:45	191	Dave Moyle	M		
248	0:49:45	1115	Daniel Payton	M		
249	0:49:47	1143	Jason Cahill	M		
250	0:49:47	41	Joel Paton	M		
251	0:49:48	917	Darren Hughes	M		
252	0:49:48	899	Andrew Hughes	M	40	
253	0:49:50	1121	Simon Thomas	M		
254	0:49:51	1116	Elizabet Stokes	F	40	GRIFFITHSTOWN HARRIERS
255	0:49:54	708	Catherine Davies	F	45	
256	0:49:55	1225	Gideon Jonesa	M	50	
257	0:49:56	620	Olivia Hayward	F		
258	0:49:58	318	Gavin Evans	M		
259	0:49:58	1106	Stephen Johnson	M	50	BLACKWEIR HARRIERS
260	0:49:59	328	Rebecca Warde	F		
261	0:49:59	542	Jason Hill	M	40	
262	0:49:59	587	Colin Hughes	M		
263	0:50:01	1069	Alan Watts	M		
264	0:50:02	1173	Ashley Smith	M		
265	0:50:04	740	Paul Bridges	M		
266	0:50:10	1097	Paul Whatt	M		
267	0:50:12	564	Joe Lewis	F	35	
268	0:50:12	1111	Steven Mccorquodale	M		
269	0:50:18	162	Ian Bason	M	45	
270	0:50:18	358	Gareth Redding	M	45	
271	0:50:18	1160	Nick Williams	M		
272	0:50:18	755	Gareth Roberts	M		
273	0:50:21	439	Rhian Llewellyn	F	40	
274	0:50:23	673	Alastair Milburn	M	40	
275	0:50:26	405	Manish Jadeja	M	40	
276	0:50:27	951	Matthew Morgan	M		
277	0:50:28	799	Matt Ross	M		
278	0:50:31	1187	Scott Cunningham	M	40	
279	0:50:32	696	Mark Gylby	M	40	
280	0:50:32	1148	Matthew Paune	M		
281	0:50:33	149	Andrew Ellis	M		
282	0:50:33	190	Jof Williams	M		
283	0:50:36	519	Matt Ford	M		
284	0:50:36	437	Thomas Bray	M		
285	0:50:40	192	Jason Palkowski	M		
286	0:50:42	633	Phil Heaton	M	50	
287	0:50:43	145	Dan Johns	M		
288	0:50:44	138	Michael Davies	M	50	
289	0:50:46	770	Lloyd Griffiths	M		
290	0:50:48	468	Dafydd Taylor	M		
291	0:50:50	925	Gary Mcadoo	M	45	
292	0:50:53	662	Steve Webber	M		
293	0:50:56	637	Mark Davies	M	45	
294	0:50:56	123	Cath Williams	F		
295	0:50:57	663	Hywel Williams	M		
296	0:50:59	1113	Gareth Llewellyn	M		
297	0:51:01	522	James Watkins	M		
298	0:51:02	812	Dominic Bird	M		
299	0:51:03	1129	David Evans	M	45	
300	0:51:07	710	Andrew Jones	M		

2012 St David's Day 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club
301	0:51:08	592	Gareth Potter	M		
302	0:51:09	1062	Elizabeth Beech	F	50	
303	0:51:09	521	Zoe Roberts	F		
304	0:51:10	68	Brendan Walker	M	45	
305	0:51:13	1019	John Carroll	M	45	
306	0:51:15	1091	Andrew Hermon	M	45	
307	0:51:15	631	Natalie Proctor	F		
308	0:51:15	992	Gillian Jack	F	45	
309	0:51:17	22	Angela Fairbank	F		
310	0:51:18	450	Tom James	M		
311	0:51:20	383	Caroline James	F		
312	0:51:21	1054	Ian Szeligiewicz	M		
313	0:51:21	882	James Nee	M		
314	0:51:22	886	Patricia Broomfield	F	35	
315	0:51:23	430	Owain Griffith	M		
316	0:51:24	593	Barry Clarke	M	40	
317	0:51:24	1108	Mary Beech	F	45	
318	0:51:26	1065	Richard Jefferies	M	40	
319	0:51:31	578	Sam Curtis	M		
320	0:51:31	607	John De Maid	M		
321	0:51:32	1050	Stephen Arnold	M		
322	0:51:34	843	Chris Mcdonald	M		
323	0:51:36	102	Paul Harwood	M		
324	0:51:36	1061	Andrew Hollins	M		
325	0:51:37	445	Dean Robinson	M		
326	0:51:39	1189	Guto Arran	M		
327	0:51:40	697	Lucy Holland	F		
328	0:51:42	549	Hollie Higa	F		
329	0:51:45	618	Geraint Roberts	M		
330	0:51:46	851	Paul Folland	M	40	
331	0:51:48	1134	Iwan Griffiths	M		
332	0:51:48	69	Neil Milvain	M		
333	0:51:48	1066	Richard Davies	M	45	
334	0:51:48	1002	Marc King	M		
335	0:51:53	516	Lee Deakin	M		
336	0:51:53	859	Matt Jones	M		
337	0:51:53	748	Steven Dunlop	M		
338	0:51:54	92	Alice Palmer	F		
339	0:51:54	1190	Herman Mansoor	M		
340	0:51:55	967	Suzanne Williams	F	40	
341	0:51:59	742	Bernadette Wilkinson	F	45	SAN DOMENICO
342	0:52:00	434	Phil Duckworth	M	40	
343	0:52:01	110	Ian Harding	M		
344	0:52:02	1056	Malcolm Jeremiah	M		
345	0:52:02	530	Arwel Jones	M		
346	0:52:04	325	Tim Barker	M	40	
347	0:52:04	496	Lucy Henshall	F	35	
348	0:52:05	647	Sarah Vaughan	F		WOKING AC
349	0:52:06	560	Mr Rees	M		
350	0:52:07	652	Rhett Fraser	M		
351	0:52:09	844	Ryan Mantle	M		
352	0:52:10	376	Kerry Baker	F		
353	0:52:13	1052	Richard Allen	M		
354	0:52:14	353	Damian Crowley	M		
355	0:52:14	1192	Simon Cook	M		
356	0:52:20	86	Thomas Jones	M		
357	0:52:20	1210	Martin Jones	M		
358	0:52:21	1017	Paul Dursley	M	55	LLISWERRY RUNNERS
359	0:52:23	488	Wendy Wylie	F	40	
360	0:52:26	1217	Sajid Qeshi	M		
361	0:52:26	540	Angharad Danter	F	35	
362	0:52:28	209	Anwen James	F		
363	0:52:30	62	Gareth Cowen	M		
364	0:52:30	485	Sarah Evans	F	35	
365	0:52:31	421	Simon Williams	M	45	
366	0:52:31	422	Sue Williams	F	40	
367	0:52:31	366	Nuala Briers	F		
368	0:52:33	788	Arman Rahman	M		
369	0:52:34	63	Darren Chappell	M		BMF
370	0:52:34	1140	Ruth Epstein	F	35	breckon mulitsports
371	0:52:35	298	Jane Petterson	F	40	
372	0:52:35	185	Duncan Chard	M	45	
373	0:52:47	1229	Robert Smith	M	50	
374	0:52:50	436	Gregg Anthony Jones	M		
375	0:52:53	1170	Owen Hooper	M		

2012 St David's Day 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club
376	0:52:53	747	Charnine Rees	F		
377	0:52:53	32	Filippo Marozzelli	M		
378	0:52:54	1015	Ross Davies	M		
379	0:52:54	888	Caroline Hill	F		
380	0:52:54	520	Sarah Rudolf	F	35	
381	0:52:54	322	Dafydd Morgan	M		
382	0:52:55	896	Natalie Richards	F		
383	0:52:56	1040	Stephen Abson	M	50	
384	0:52:56	1039	Lisa Lee	F		
385	0:52:56	1099	Joanne Belcuer	F	35	
386	0:52:56	359	Adrian Hayward	M	40	
387	0:52:56	453	Matt Hutcherson	M		
388	0:52:57	287	Warren Abraham	M		
389	0:52:59	362	Mark Passmore	M		
390	0:52:59	741	Jo Tidy	F		
391	0:53:00	591	Victoria Bannon	F		
392	0:53:01	574	Helen Jones	F		
393	0:53:01	894	Andy Gocher	M		
394	0:53:01	215	Oliver Rapport	M		
395	0:53:02	171	Jan Pigott	F	50	
396	0:53:02	1041	Chris Tucker	M	40	
397	0:53:07	703	Nicholas Smith	M		
398	0:53:08	921	Geraint Wilson	M		
399	0:53:12	495	Owen Tovey	M		
400	0:53:14	1074	Holly Roberts	F		
401	0:53:14	1125	Dave Timpson	M	45	
402	0:53:15	668	Richard Brookes	M		
403	0:53:17	42	Jan Keelan	F	45	
404	0:53:20	1149	Adam Leewarden	M		
405	0:53:21	986	David Kaged	M	50	
406	0:53:21	1132	Alun Davies	M		
407	0:53:23	557	Kevin Hancock	M		
408	0:53:25	1025	Sarah Withers	F	45	
409	0:53:26	1073	Daren Harding	M	40	
410	0:53:29	586	Leigh Adams	M		
411	0:53:29	1161	Huw Evans	M		
412	0:53:31	456	Stephen Layman	M	40	
413	0:53:33	253	Geraint Williams	M		
414	0:53:33	1235	Cate Gascoigne	F		
415	0:53:33	389	John Stone	M	55	
416	0:53:34	698	Leonie Cooper	F		
417	0:53:34	311	Mark Keats	M		PEGASUS
418	0:53:35	170	Mark Rivett	M	50	
419	0:53:36	891	Joanne Thomas	F		
420	0:53:36	996	Nicola Martin	F		
421	0:53:37	312	Jane Blethyn	F	55	WOMEN RUNNING PENARTH
422	0:53:38	1024	Simon Rimell	M	40	
423	0:53:39	780	Jason Stokes	M		
424	0:53:42	1155	Peter Richards	M	45	
425	0:53:43	207	Benjamin Perriman	M		
426	0:53:43	327	Marc Williams	M		
427	0:53:43	1100	Dawn Parry	F	45	
428	0:53:45	1083	Ross Brown	M		
429	0:53:45	601	Emily Cross	F		
430	0:53:45	829	Louise Henley	F		
431	0:53:47	409	Nichola Holley	F	35	
432	0:53:48	998	Denzil Lawrence	M	45	
433	0:53:51	208	Elizabeth Perriman	F		
434	0:53:52	174	David Adams	M		
435	0:53:53	235	Jason Priddy	M		
436	0:53:54	461	Chris Aherne	M		
437	0:53:55	1203	Johan Edwards	M		
438	0:53:56	608	Angharrad Williams	F		
439	0:53:57	759	Heather Perry	F	35	
440	0:53:58	368	Mark Roberts	M		
441	0:53:59	153	Donna Pinch	F	35	
442	0:54:01	785	Louise Wiltshire	F		
443	0:54:02	981	Suzy Battle	F		
444	0:54:02	931	Christopher Williams	M		
445	0:54:03	561	Nicola Gatiss	F	35	
446	0:54:04	321	Benjamin Marshall	M		
447	0:54:05	1228	Dan Whitehall	M		
448	0:54:07	1227	Niall Armstron	M		
449	0:54:10	988	Colin Capner	M	40	
450	0:54:11	299	Vaughan Budd	M		

2012 St David's Day 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club
451	0:54:11	865	Rod Jones	M		
452	0:54:15	231	Wendy Davies	F	40	
453	0:54:18	994	Anna Stickland	F	35	
454	0:54:25	74	Richard Lewis	M		
455	0:54:26	18	Sarah Goddard	F	35	
456	0:54:26	1198	Tim Spencer	M		
457	0:54:27	789	Nia Potter	F	35	
458	0:54:30	576	Matthew Jones	M		
459	0:54:30	1105	Sue Charles	F	35	BLACKWEIR HARRIERS
460	0:54:31	871	George Yiacomui	M	40	
461	0:54:32	1088	Sarah Perons	F	50	LES CROUPIERS
462	0:54:35	99	Andrew Champion	M	40	
463	0:54:36	807	Helen Colley	F	35	
464	0:54:37	9	Melanie Ganderton	F	35	
465	0:54:37	875	Seonaid Butler	F		
466	0:54:38	1139	James Joves	M		
467	0:54:41	115	Michael Newton	M	45	
468	0:54:45	1181	Michael Lewis	M		exert fitness
469	0:54:50	201	Ian Tucker	M	45	
470	0:54:51	539	Jessica Whiteman	F		
471	0:54:51	28	Jonathan Griffiths	M		
472	0:54:52	1028	Kelly Collins	F		
473	0:54:56	602	Andrew Parkes	M	45	
474	0:54:58	720	Runa Bakshi	F		
475	0:55:00	378	Raymond Garner	M	60	
476	0:55:01	418	Paul Hamlin	M		
477	0:55:02	51	Colin Newman	M	60	
478	0:55:02	314	Lisa Cousins	F	40	
479	0:55:04	474	Gethyn Evans	M	55	
480	0:55:06	837	Paul Brooks	M	40	
481	0:55:07	550	Bethan Griffiths	F		
482	0:55:07	619	John Szulik	M		
483	0:55:07	897	Wendy Bell	F	40	
484	0:55:07	34	Martin Lumsden	M	40	
485	0:55:07	36	Geoff Ogden	M	40	
486	0:55:10	997	Sue Lee	F	40	
487	0:55:15	112	Christopher Davies	M		
488	0:55:18	280	Anthony Hearn	M	40	
489	0:55:22	1080	Peter Syrenne	M		
490	0:55:22	664	Becki Bawler	F		
491	0:55:28	541	Caroline Cartwright	F	45	
492	0:55:28	1079	Tara Bradford	F		
493	0:55:29	900	Richard Haystead	M		
494	0:55:31	324	Joseph Docherty	M	60	
495	0:55:31	939	Nikki Burge	F	35	
496	0:55:32	1045	Neil Chipper	M	50	LLISWERRY RUNNERS
497	0:55:34	636	Heidy Davies	F	45	
498	0:55:35	179	Lewis Masling	M		
499	0:55:38	1174	Jessica Watson	F		exert fitness
500	0:55:39	494	Roberta Bellini	F		
501	0:55:40	1070	April Iles	F		
502	0:55:43	506	Niamh Ingram	F		
503	0:55:44	451	Martyn Thomas	M	45	
504	0:55:47	1101	Cai Parry	F		
505	0:55:47	1026	Sophie Norman	F	40	
506	0:55:49	83	Chris Silvester	M		
507	0:55:49	866	Mark Greening	M		
508	0:55:49	82	Hayley Pierce	F		
509	0:55:49	117	Morgan Ellis	M		
510	0:55:50	447	Helen Coles	F		
511	0:55:51	605	Lorraine Lloyd	F	35	
512	0:55:51	460	Nicholas Barker	M		
513	0:55:51	868	Mark Cox	M		
514	0:55:51	93	Martyn Geering	M		
515	0:55:51	264	Emma Ridgeon	F		
516	0:55:52	33	Amy King	F		
517	0:55:56	589	Kate Woods	F		
518	0:55:56	773	Nanette John	F	50	
519	0:55:59	1166	David Jones	M	45	
520	0:56:01	596	Paul Cooper	M	50	
521	0:56:01	963	Ian Blatchford	M		
522	0:56:02	446	Ross Jones	M		
523	0:56:04	523	Andrew Atack	M		
524	0:56:07	793	Gaynor Looker	F	50	
525	0:56:07	1159	Christian Gee	M		

2012 St David's Day 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club
526	0:56:08	692	Annie Conroy	F	65	LES CROUPIERS
527	0:56:09	1239	Runner 1239	M		
528	0:56:10	457	Mike Bosley	M	45	
529	0:56:10	238	Andrew Davies	M		
530	0:56:10	798	Angela Cox	F		
531	0:56:12	247	Matthew Simmonds	M	40	
532	0:56:14	427	Stacy Francis	F		
533	0:56:16	688	Roger Mcpherson	M	45	
534	0:56:19	1035	Karen George	F	45	
535	0:56:19	1177	Robert Watts	M		
536	0:56:20	1168	Lee Green	M		exert fitness
537	0:56:21	1206	Franchesca Beard	F		
538	0:56:21	724	Marion Reniez	F		
539	0:56:22	1221	Rhys Cleverly	M		
540	0:56:22	458	Anna Miles	F		
541	0:56:23	130	Alex Pollard	F		
542	0:56:23	660	Tim Graham	M		
543	0:56:24	1220	Sion Cleverly	M		
544	0:56:26	228	Tim Farrer	M		
545	0:56:27	1156	Peter Lewis	M	50	
546	0:56:31	583	Saskia Eynon	F	40	
547	0:56:34	639	Rene Amaro	M	50	
548	0:56:36	923	Ruth Mansfield	F		
549	0:56:40	308	Sue Cregan	F	45	
550	0:56:41	160	Ian John Warner	M	50	
551	0:56:43	1095	Lyndon Griffiths	M		
552	0:56:45	776	Kathryn Maguire	F		
553	0:56:46	121	Catherine Butler	F		
554	0:56:51	1237	Samantha Rodenthurst	F		
555	0:56:53	1012	Michael Fowler	M		
556	0:56:56	960	Barry Williams	M	40	
557	0:56:57	399	June Price	F	35	WOMEN RUNNING PENARTH
558	0:56:58	309	Caroline Hayhurst	F	35	
559	0:56:59	1063	Yvonne Forsey	F	50	LLISWERRY RUNNERS
560	0:57:01	7	Kate Shaw	F	40	
561	0:57:01	1082	Chris Binding	M		
562	0:57:02	667	Emma Frost	F		
563	0:57:05	761	Gemma Acreman	F		
564	0:57:06	585	Andrew Powell	M		
565	0:57:07	1199	Peter Shanley	M	45	
566	0:57:07	813	Matthew Nash	M		
567	0:57:10	142	Michael Lewis	M	45	
568	0:57:13	738	Rachael Davies	F		
569	0:57:13	864	Ellen Sugden	F	35	
570	0:57:14	879	Cai Jones	M		
571	0:57:16	66	Natalie Hindmarsh	F	35	LES CROUPIERS
572	0:57:19	841	Lucie Taylor	F		
573	0:57:20	343	Katie Firth	F	40	
574	0:57:20	818	Richard Evans	M		
575	0:57:20	959	Kris Hill	F	35	
576	0:57:21	528	Rhiannon Harris	F	45	
577	0:57:21	861	Ceri Morgan	F		
578	0:57:21	252	Christian Sylvester	M		
579	0:57:23	1023	Cuong-Hoa Tran	M		
580	0:57:23	862	Adair Cameron	M		
581	0:57:24	1043	Chris Hayhurst	M		
582	0:57:26	787	Samantha Hyett	F	35	
583	0:57:26	863	Jeremy Cryer	M	40	
584	0:57:27	159	Emma Gunter	F	35	
585	0:57:30	341	Emma Hearing	F		
586	0:57:34	84	Sadie Jones	F		
587	0:57:34	75	Hollie Thomas	F		
588	0:57:35	363	Sarah Passmore	F		
589	0:57:35	973	Jason Garrahan	M	40	
590	0:57:36	1096	Dorrett Evans	F	55	
591	0:57:36	1094	Robin Alldred	M	50	
592	0:57:36	978	Tony Farr	M	45	
593	0:57:37	975	Nik Gamble	F	40	
594	0:57:40	406	Laura Roberts	F		
595	0:57:43	531	Keith Davies	M	50	
596	0:57:45	472	Sharon Reading	F	45	FIT FOR LIFE
597	0:57:46	486	Martin Graff	M	50	
598	0:57:47	1162	Aled Gui	M		
599	0:57:48	1133	Mark Whittle	M		SAN DOMENICO
600	0:57:48	860	Mark Hopkins	M	45	

2012 St David's Day 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club
601	0:57:48	135	Stephen Bagshaw	M		
602	0:57:50	8	Karen Kershaw	F	50	
603	0:57:50	263	Rosalind Codd	F		
604	0:57:51	476	Paul Kelemen	M	40	
605	0:57:52	769	Catherine Chabert	F	50	
606	0:57:52	126	Andy Berry	M	40	
607	0:57:53	795	Chloe Slade	F		
608	0:57:56	695	Elizabeth Bilney	F	35	
609	0:57:57	848	Gavin Harris	M		
610	0:57:57	893	Tracy Gocher	F	40	
611	0:58:01	659	Philip George	M	50	
612	0:58:04	1234	Lorraine O'Driscoll	F	35	
613	0:58:10	195	Wayne Ganderton	M	40	
614	0:58:10	768	Jay Diaz	M		
615	0:58:12	922	Stephen Skidmore	M		
616	0:58:15	1022	Geinor Bean	F	35	
617	0:58:15	471	Nicolas Mattick	M		
618	0:58:15	544	Jo Lewis	F	35	
619	0:58:16	478	Marcus Hacker	M		
620	0:58:17	672	Anne Wendt	F		PENARTH & DINAS
621	0:58:17	372	Rachael Earp	F	35	
622	0:58:19	501	Danielle Hardy	F		
623	0:58:21	736	Barry Dare	M	60	
624	0:58:26	933	Layla Fear	F		
625	0:58:27	987	Hannah Hillman	F		
626	0:58:28	676	Lindsay Thomas	F		
627	0:58:29	675	Ruth Bale	F		
628	0:58:30	718	Michelle Campbell-Davies	F		
629	0:58:31	257	Sara Rees	F	35	
630	0:58:31	184	Freya Evans	F	35	
631	0:58:32	175	Jonathan Forey	M	40	
632	0:58:33	632	Jan Heaton	F	45	
633	0:58:35	463	Julie Rees	F	40	
634	0:58:35	23	Nazmul Islam	M		
635	0:58:36	731	Owain Jones	M		
636	0:58:36	1212	Sally Bethell	F	35	
637	0:58:37	1213	Andy Bethell	M	45	
638	0:58:38	1194	Peter Maksimhovic	M	50	
639	0:58:40	369	Vivienne Tuck	F	40	
640	0:58:40	744	Angela Farmer	F	45	
641	0:58:40	655	Hanan Jamil	M		
642	0:58:42	568	Christelle H Damart	F	40	
643	0:58:42	887	Gemma Trickey	F		
644	0:58:43	1084	Anthony Mackay	M	45	
645	0:58:45	408	Christian Czyrko	M		
646	0:58:46	825	Claire Masterson	F		
647	0:58:47	109	Stephen Thorne	M	45	
648	0:58:47	415	Jaimie Leighfield	F		
649	0:58:49	969	Lee Griffiths	M		
650	0:58:50	111	Christine Faulkner	F	40	LES CROUPIERS
651	0:58:53	765	Jessica Bewick	F		
652	0:58:53	764	Emma Roberts	F		
653	0:58:53	100	Non Butler	F	35	
654	0:58:54	229	Wendy Redmond	F	35	
655	0:58:56	114	Rhys Steel	M		
656	0:58:57	617	Linda Greenfield	F	45	
657	0:58:57	1030	Michelle Jayne	F	35	
658	0:58:57	189	Helen Jones	F		
659	0:58:59	535	David Rees	M		
660	0:58:59	534	Madeline Rees	F		
661	0:59:02	563	Laura Shaw	F		
662	0:59:02	211	Vanessa Walz	F		
663	0:59:03	817	Sian Hartstill	F		
664	0:59:07	350	Jill Hancock	F	45	
665	0:59:09	334	Helen John	F	45	
666	0:59:09	143	Richard Williams	M	50	
667	0:59:10	306	Bethan Jones	F	40	
668	0:59:14	1233	Gwenn Rees	F	40	
669	0:59:18	475	Mohammed Dabab	M		BUTETOWN RUNNERS
670	0:59:19	1093	Elen Howells	F		
671	0:59:20	712	Donna Thomas	F	35	
672	0:59:20	941	Lorna Hill	F	40	
673	0:59:22	610	Louisa Hayhurst	F		
674	0:59:25	505	Naomi Warne	F		
675	0:59:25	459	Leynie Meagher	F		

2012 St David's Day 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club
676	0:59:26	241	Steve Keen	M		
677	0:59:27	503	Leigh Simmonds	M		
678	0:59:27	502	Sarah Warner	F	35	
679	0:59:27	182	Hannah Smith	F		
680	0:59:31	826	Andrew Lemin	M		
681	0:59:34	840	Martyn Bevan	M	55	
682	0:59:34	303	Matthew Jones	M		
683	0:59:37	1138	James Rees	M		
684	0:59:37	552	Aoife Treacy	F		
685	0:59:41	730	Laura Meilak_Jones	F		
686	0:59:42	774	Huw John	M		
687	0:59:43	1175	Morgan Smith	M		exert fitness
688	0:59:43	301	Stuart Tutt	M	45	
689	0:59:43	1031	Christopher Wright	M		
690	0:59:44	526	Jamie Williams	M		
691	0:59:44	525	Sara Williams	F	35	
692	0:59:45	908	Emma Coates	F		
693	0:59:48	144	Sean James	M		
694	0:59:48	779	Amanda Cook	F		
695	0:59:48	163	Alastair Jewson	M	45	
696	0:59:48	164	Samuel Jewson	M		
697	0:59:51	293	Joanna Webb	F		
698	0:59:51	1102	Rhianedd Parry	F		
699	0:59:58	870	Colin Lougher	M	50	
700	0:59:58	926	John Charlton	M	40	
701	0:59:59	120	Lisa Mcdougall	F		
702	1:00:01	514	Peter Furness	M		
703	1:00:05	377	Wayne Evans	M		
704	1:00:10	1086	Nicole Shapley	F	35	WOMEN RUNNING PENARTH
705	1:00:14	854	Rodoula Gregoriou	F		
706	1:00:17	999	Kayleigh Lawrence	F		
707	1:00:18	565	Dennis Hill	M	55	
708	1:00:23	1183	Jane Klemen	F		
709	1:00:23	524	Hayley Atack	F	35	
710	1:00:26	911	Sharon Halpin	F	35	
711	1:00:28	654	Emma Richards	F		
712	1:00:29	510	Gemma Sandy	F		
713	1:00:29	971	Mark O'Shaghnessy	M	55	
714	1:00:32	656	Martine Welsh	F	40	
715	1:00:34	1118	Bethan Karroumi	F	35	
716	1:00:36	948	Helen Grimshaw	F		
717	1:00:40	786	Simon Clarke	M	45	
718	1:00:40	962	Craig Lynes	M		
719	1:00:42	150	Martin Hillier	M	60	
720	1:00:44	690	Chris Roberts	M		
721	1:00:45	317	Alex Criddle	M		
722	1:00:45	728	Michael Williams	M	45	
723	1:00:46	313	Nick Leney	M		
724	1:00:48	600	Simon Clegg	M	40	
725	1:00:48	554	Nicola Tonge	F	35	
726	1:00:49	842	Javier Salinas	M	40	
727	1:00:52	54	Katy Whiting	F		
728	1:00:55	197	Victoria Foley	F		
729	1:00:55	198	Lewis Foley	M		
730	1:00:56	707	Susan Hayes	F	45	
731	1:00:56	800	Sian Moseley	F		
732	1:00:57	977	Andrew Morgan	M	40	
733	1:00:58	976	Louise Morgan	F	35	
734	1:00:58	484	Henning Kuhlmann	M		
735	1:00:58	452	Rhian Morrey	F		
736	1:00:59	734	Justin Wood	M		
737	1:01:00	221	Nadim Rehman	M		
738	1:01:00	714	Ann Rees	F	45	
739	1:01:01	222	Laura Rehman	F		
740	1:01:03	473	Beverly Chalmers	F	45	
741	1:01:05	982	Caroline Barnett-Phillips	F	40	
742	1:01:07	487	Simon Morgan	M	45	
743	1:01:08	412	Jamie Way	M		
744	1:01:08	713	Lynwen Williams	F	35	
745	1:01:10	49	Simon Rea	M		
746	1:01:15	735	Wendy Browning	F	40	
747	1:01:15	733	Paul Coombes	M		
748	1:01:17	354	Anthony Bowen	M	45	
749	1:01:20	693	Millie Wilmot	F		
750	1:01:21	108	Kellie Bennett	F	35	

2012 St David's Day 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club
751	1:01:22	267	Karen Cheesman	F	50	
752	1:01:26	1104	Janet Jones	F		
753	1:01:27	845	Jade Howells	F		
754	1:01:30	337	Elin Lewis	F		
755	1:01:32	364	Dean Hancock	M		
756	1:01:33	546	Huw Padfield	M		
757	1:01:33	547	John Deer	M		
758	1:01:33	1114	Richard Weight	M		
759	1:01:35	1232	Keith Bell	M		
760	1:01:36	1072	Rhiannon Proctor	F		
761	1:01:36	464	Geraint Rees	M	40	
762	1:01:38	210	Emma Barrow	F		
763	1:01:39	1202	Chris Crowley	M	45	
764	1:01:39	905	Sue Hobbs	F	45	
765	1:01:41	47	Steven Mock	M		
766	1:01:41	6	Rebecca Kent	F		
767	1:01:42	278	Genette Derrick	F	40	
768	1:01:42	597	Christopher Williams	M		
769	1:01:43	582	Andrew Gallego	M		
770	1:01:44	180	Irene Cooper	F	55	
771	1:01:44	181	David Jones	M	55	
772	1:01:45	489	Susan Gibbs	F	45	
773	1:01:45	1204	Ffion Haf Lewis	F		
774	1:01:46	151	Teresa Hillier	F	45	
775	1:01:47	200	Johanna Tucker	F	45	
776	1:01:48	465	Leanne Probert	F		
777	1:01:48	1226	JP Davies	M	45	
778	1:01:50	59	Gareth Miles	M	40	
779	1:01:51	1048	Bethan Williams	F		
780	1:01:53	760	Gwyn Jackson	M	60	
781	1:01:54	616	Karina Wood	F		
782	1:01:54	1117	Ian Payton	M		
783	1:01:58	152	Emma Davies	F		
784	1:01:59	1163	Richard Jones	M		
785	1:02:02	300	Paul Tutt	M		
786	1:02:04	1004	Tony King	M	50	
787	1:02:05	508	Wendy Harrison	F	45	
788	1:02:08	344	Rachel Davies	F	35	
789	1:02:08	556	Lucy Richards	F		
790	1:02:11	440	Richard Weinhold	M	60	
791	1:02:12	757	Sarah Gronow	F	35	
792	1:02:18	315	Katie Smith	F		
793	1:02:20	938	Lowri Mitchell	F		
794	1:02:21	684	Victoria Kirby	F		
795	1:02:21	683	Emma Kirby	F		
796	1:02:25	711	Emyr Pugh-Evans	M	40	
797	1:02:26	1112	Colin Bown	M		
798	1:02:26	955	Richard Morris	M		
799	1:02:28	1191	Erwin Mansoor	M		
800	1:02:28	319	Richard Panniers	M		
801	1:02:35	1201	Leslie Cheverton	M		
802	1:02:39	704	Matthew Pennell	M		
803	1:02:39	784	Sioned Cox	F		
804	1:02:40	125	Urvisha Perez	F		
805	1:02:40	119	Pablo Perez	M		
806	1:02:42	732	Erica Atkins	F		
807	1:02:44	1200	Leona Shanley	F	40	rhonada valley runners
808	1:02:45	290	Shiona Oldham	F		
809	1:02:45	425	Stacey Watkins	F		
810	1:02:45	289	Emma Roome	F		
811	1:02:46	426	Amy John	F		
812	1:02:49	625	Harvey Jones	M	40	
813	1:02:50	1145	Diane Lewis	M		
814	1:02:55	155	David James	M	40	
815	1:02:59	1044	Sindhuja Sankaran	F		
816	1:03:05	367	Debbie Davies	F	35	
817	1:03:07	1120	Simaon Hudd	M	40	
818	1:03:08	628	Carly Reagon	F	35	LES CROUPIERS
819	1:03:10	1146	Jonathon Richards	M		
820	1:03:14	248	Leanne Tayler	F		
821	1:03:14	249	Daniella Woolf	F		
822	1:03:14	754	Laura Keast	F		
823	1:03:16	188	Mari Herbert	F	45	
824	1:03:17	187	Rachel Lord	F	45	
825	1:03:18	772	Abigail Shaw	F		

2012 St David's Day 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club
826	1:03:20	1224	Cath Hicks	F		
827	1:03:21	442	Stacy Botwood	F		
828	1:03:24	838	Kris Harris	M		
829	1:03:31	892	Judith Prosser	F	35	
830	1:03:34	835	Amanda Baxter	F	35	
831	1:03:35	271	Chris Mcshane	M	45	
832	1:03:37	1208	Lleucu Cooke	F		
833	1:03:38	513	Lisa Stokes	F		
834	1:03:40	634	Karis Brelsford	F		
835	1:03:40	1207	Catrin Cooke	F		
836	1:03:44	567	Nicki Bowen	F		
837	1:03:45	479	James Rudolf	M		
838	1:03:49	686	Clare O'Reilly	F		
839	1:03:50	441	Jodie Phillips	F		
840	1:03:51	515	Rhian Wicks	F		
841	1:03:56	745	Bethan Jenkins	F		
842	1:04:04	1013	Lauren Williams	F		
843	1:04:04	1049	Lauren Rowe	F		
844	1:04:05	532	Lucy Davies	F	40	
845	1:04:07	1018	Lynda Dursley	F	50	
846	1:04:07	413	Kelly Way	F		
847	1:04:10	73	Rebecca George	F		
848	1:04:13	1085	Rachel Lahey	F		
849	1:04:18	470	Derith Rhisiart	F	45	
850	1:04:22	302	Valerie Billing	F	35	
851	1:04:27	928	Andy Beazley	M	45	
852	1:04:29	226	Meinir Morgan-Thomas	F	55	
853	1:04:30	627	Jodie Morgan	F	40	
854	1:04:31	702	Odette Phillips	F		
855	1:04:39	929	Graham Bateman	M	40	
856	1:04:40	499	Jean Mcpherson	F		
857	1:04:44	1211	Sean Tizzard	M	40	
858	1:04:46	743	Jude Penny	F	45	
859	1:04:47	983	Janine Barnett-Phillips	F	40	
860	1:04:51	52	Katie Newman	F		
861	1:04:52	1037	Paola Grossi	F	35	
862	1:04:55	910	Phil Williams	M		
863	1:04:55	490	Sid Johnson	M	60	
864	1:05:00	606	Jason Lloyd	M	40	
865	1:05:18	245	Gary Olding	M	40	
866	1:05:19	500	Florence Charles	F		
867	1:05:19	169	Michael Brookes	M	45	
868	1:05:20	527	Joanne Dendle	F	40	
869	1:05:30	1219	Kerry Dare-Edwards	F	40	
870	1:05:31	1214	Jason Sheppard	M		
871	1:05:31	979	Hannah Nevett	F		
872	1:05:32	935	Kathryn Peters	F	40	
873	1:05:34	974	Adam Gauci	M		
874	1:05:35	551	Matt James	M		
875	1:05:37	687	Sarah Edwards	F	40	PORTHCAWL RUNNERSLIFE
876	1:05:37	569	Timothy Dykes	M		
877	1:05:38	766	Sarah Murphy	F		
878	1:05:45	819	Melanie Evans	F	35	
879	1:05:53	575	Hilary Jones	F	50	
880	1:05:56	553	Emma Magee	F		
881	1:05:57	279	Annette Ellis	F	40	
882	1:06:01	448	Heidi Joyce	F	40	
883	1:06:07	820	Danielle Llewellyn	F		
884	1:06:07	1053	Muireann Hussell	F	35	
885	1:06:09	1185	Alan Webb	M		
886	1:06:11	847	Kate Owen	F	40	
887	1:06:15	243	David Kew	M		
888	1:06:16	244	Rikki White	M		
889	1:06:16	348	Phil Groves	M	50	
890	1:06:16	347	Sally Groves	F	45	
891	1:06:20	1067	Karen Lewis	F		
892	1:06:36	694	Hayley Jones	F		
893	1:06:37	679	Helen Bryant	F		
894	1:06:39	391	Emma Combellack	F		
895	1:06:39	387	Matthew Watkins	M		
896	1:06:40	392	Ian Combellack	M	50	READING JOGGERS
897	1:06:51	236	Robert Chambers	M	45	
898	1:06:51	737	Briony Lusted	F		
899	1:06:57	725	Kay Gladwin	F	35	
900	1:06:58	1223	Sophie King	F		

2012 St David's Day 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club
901	1:07:03	613	Michael Wallington	M	45	
902	1:07:04	912	Paul Gwilliam	M		
903	1:07:04	913	Donna Giles	F		
904	1:07:04	1127	Owain Williams	M	45	
905	1:07:05	604	Joanna Betterton	F		
906	1:07:05	1126	Mazi Williams	M		
907	1:07:08	385	Nicola Crowston	F		
908	1:07:09	1122	Karla Evans	F		
909	1:07:14	1144	Runner 1144	M		
910	1:07:14	566	Dawn Daniel	F		
911	1:07:22	88	Emma Roberts	F		
912	1:07:22	90	Robbie Mcgee	M		
913	1:07:25	646	Rhian Mitchell	F		
914	1:07:25	428	Rachel Miles	F		
915	1:07:26	1059	Sian Jones	F		
916	1:07:26	116	Sara Draper	F		
917	1:07:29	282	Victoria Ford	F	40	
918	1:07:32	706	Carys Frampton	F		
919	1:07:38	650	David Cook	M	40	
920	1:07:47	815	Sarah Hazell	F		
921	1:07:50	296	Sharon Kilgour	F	40	
922	1:07:51	1230	Hannah Gascoyne	F		
923	1:07:52	1231	Roger Kenball	M	60	
924	1:07:52	599	Kirsty Squires	F		
925	1:07:52	598	Amy Naish	F		
926	1:07:56	38	Victoria Halsall	F		
927	1:08:09	292	Kathryn Willan	F		
928	1:08:21	678	Karen Cowell	F	40	
929	1:08:21	689	Pamela Roberts	F	40	
930	1:08:22	1153	Gabrielle Williams	F		
931	1:08:23	1152	Sam Osborne	M		
932	1:08:24	1021	Wednesday Morgan	F		
933	1:08:25	384	Renata Lamb	F		
934	1:08:28	432	Sion Pugh	M		
935	1:08:34	1089	Jonathan Perons	M		
936	1:08:45	729	Jane Southern	F	50	USK RUNNERS
937	1:08:48	680	Dawn Taber	F	45	
938	1:08:53	400	Sean Crockett	M	45	
939	1:09:02	881	Elizabeth Morgan	F		
940	1:09:03	846	Hannah Davis	F		
941	1:09:07	638	Kathryn Amaro	F	50	
942	1:09:10	649	Huw Mitchell	M		
943	1:09:12	173	Annie Dendy	F		MALVERN JOGGERS
944	1:09:15	1169	Nichole Gormley	F		
945	1:09:21	804	John Phillips	M		
946	1:09:22	752	Emily Evans	F		
947	1:09:23	355	Dave Lowes	M		
948	1:09:23	356	Samantha Lowes	F		
949	1:09:32	53	Jodie West	F		
950	1:09:41	778	Gavin Wood	M		
951	1:09:42	777	Rhiannon Griffiths	F		
952	1:09:43	909	Bethany Harper	F		
953	1:09:45	410	Gerard Pitt	M		
954	1:10:02	416	Janet Carling	F	55	
955	1:10:02	217	Joanna Couper	F	45	
956	1:10:07	889	Sarah-Jane Maples	F	35	
957	1:10:12	621	Claire Jones	F	35	
958	1:10:14	429	Sara Gingell	F		
959	1:10:16	204	Sarah Cole	F	45	
960	1:10:28	824	Jo-Anne Holod	F		
961	1:10:28	823	Sharon Moore	F	45	
962	1:10:29	822	Tracy Tanner	F	40	
963	1:10:46	1020	Rhiannon Kemp	F		
964	1:10:49	1036	Sarah Hedges	F	35	
965	1:10:50	653	Gill Richards	F	55	
966	1:10:52	739	Sarah Pope	F	50	
967	1:10:57	94	Caren Laing	F	35	
968	1:10:59	942	Sarah Morgan	F	40	
969	1:11:00	794	Ann-Marie Browning	F	45	
970	1:11:19	402	Stacey Baird	F		
971	1:11:36	395	Alan Lovering	M		
972	1:11:44	898	Rachel Riachardson	F	40	
973	1:11:59	218	Lynne Hopkins	F	50	
974	1:12:02	230	Sandra Dumitrescu	F	45	
975	1:12:07	1222	Sandra Anderson	F	50	

2012 St David's Day 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club
976	1:12:07	1	Gideon Jonesa	M	50	
977	1:12:14	1014	Claire Smith	F		
978	1:12:21	796	Lisa McMullen	F	35	
979	1:12:22	797	Hefin Hammett	F	35	
980	1:12:22	719	Lowri Griffiths	F	35	
981	1:12:22	751	Sarah Jones	F	35	
982	1:12:22	756	Anwen Ellis	F	35	
983	1:12:39	72	Fay Mccaffer	F	40	
984	1:12:39	65	Valerie Whiting	F	40	
985	1:12:39	961	Helen Mcnally	F	35	
986	1:12:44	1216	Claire Thomas	F		
987	1:12:46	43	Gemma Parsons	F		
988	1:12:59	1058	Janette Davies	F	50	
989	1:13:04	1009	Mark Flagg	M	45	
990	1:13:16	954	Amanda Pallister	F	35	
991	1:13:16	1006	Cheryl Bailyes	F		
992	1:13:24	307	Anne Ivory	F	55	
993	1:13:26	635	Bethan North	F		
994	1:13:34	132	Emma Thomas	F		
995	1:13:34	131	Huw Aeron Thomas	M	55	
996	1:13:36	1008	Mark Gibbs	M	45	
997	1:13:36	1007	Lisa Clare	F	35	
998	1:13:38	1001	Leah Morantz	F		
999	1:13:39	55	Catherine Moulougo	F		
1000	1:13:40	1131	Richard George	M		
1001	1:13:50	381	Benjamin Hodges	M		
1002	1:13:59	294	Lynne Stead	F		
1003	1:14:22	537	Sian Hobson	F	35	
1004	1:14:22	1154	Claire Jones	F	35	
1005	1:14:28	705	Sian Williams	F		
1006	1:14:55	199	Nia Williams	F	35	
1007	1:14:55	262	Mari Sibley	F	40	
1008	1:15:22	424	Laura Norris	F		
1009	1:15:36	411	Rhianon Rowland	F		
1010	1:15:37	674	Laura Evans	F	35	
1011	1:15:47	270	Gillian Sutherland	F	60	
1012	1:15:47	727	Anthony Wilby	M		
1013	1:15:48	266	Sheila Brown	F	65	
1014	1:15:48	269	Tracy Norris	F	45	
1015	1:15:48	268	Maggi Gibson	F	50	
1016	1:15:48	624	Rebecca Jones	F	40	BLACK PEAR JOGGERS
1017	1:16:00	176	Rosemary Mills	F		
1018	1:16:00	805	Jay Ivory	M	55	
1019	1:16:36	127	Karen Parkhill	F		
1020	1:16:43	274	Rachel James	F	40	
1021	1:17:53	1087	Jessica Harrington	F		
1022	1:17:55	492	Rachael Kelly	F		
1023	1:18:45	493	Karen Lloyd	F	35	
1024	1:18:45	491	Debbie Jenkins	F		
1025	1:19:49	1172	Danielle Batty	F		
1026	1:22:31	25	Amanda Gartshore	F	50	
1027	1:24:23	1165	Sarah Jones	F		
1028	1:24:23	1164	Meussa Mortimore	M		
1029	1:25:39	958	Anne Hill	F	60	
1030	1:27:03	517	Lucy Eager	F	40	
1031	1:29:55	512	Gemma Sandy	F		
1032	1:29:56	128	Teresa Carter	F	45	