

2014 Cardiff 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
1	0:30:22	15	Jon Hopkins	M		Cardiff AAC (NS)	1	0:30:21
2	0:30:24	4	Peter Huck	M		Liverpool Harriers	2	0:30:24
3	0:30:28	7	Tom Nerson	M		Bristol & West AC	3	0:30:27
4	0:30:38	3256	Dan Nash	M		East Cornwall Harriers	4	0:30:37
5	0:30:44	9	Ieuan Thomas	M		Cardiff AAC	5	0:30:43
6	0:31:16	8	Joshua Griffiths	M		Swansea Harriers (NS)	6	0:31:16
7	0:31:35	11	Chris Carpanini	M		Swansea Harriers	7	0:31:34
8	0:31:41	1781	Phil Burden	M		Taunton AC	8	0:31:40
9	0:32:07	927	Steve Rees	M		Neath Harriers	9	0:32:06
10	0:32:10	5	Phil Matthews	M		Swansea Harriers	10	0:32:10
11	0:32:18	13	Shaun Antell	M		Bideford AAC	11	0:32:17
12	0:32:19	3065	Matthew Edmonds	M		Newport Harriers	12	0:32:18
13	0:32:23	521	Matthew Harvey	M		Neath Harriers	13	0:32:22
14	0:32:35	41	Richie Gardiner	M	40	Aberdare Valley AAC	14	0:32:33
15	0:32:37	4054	Stephen Paterson	M		Les Croupiers	15	0:32:35
16	0:32:57	4207	Oliver Williams	M		Les Croupiers	16	0:32:54
17	0:32:59	40	Dan Rothwell	M		Swansea Harriers	17	0:32:58
18	0:33:04	17	James Rodgers	M		North Somerset AC	18	0:33:03
19	0:33:15	2219	Michael Towler	M		Avon Valley Runners	19	0:33:13
20	0:33:22	1390	Lewis Chalk	M		Stubbington Green Runners	20	0:33:21
21	0:33:27	2558	Tom Marley	M		Cardiff AAC	21	0:33:25
22	0:33:39	1424	Matthew Gordon	M		Havant AC	22	0:33:37
23	0:33:48	3335	Jerome Edwards	M		Les Croupiers	23	0:33:47
24	0:33:55	4037	Tes Goitom	M		Les Croupiers	24	0:33:53
25	0:33:55	4052	Edward Donovan	M		Les Croupiers	25	0:33:54
26	0:33:59	2061	Tim Iveson	M		Builth and District RC	26	0:33:57
27	0:33:59	2378	Gerry Hogg	M	50	Running Forever Running Club	27	0:33:57
28	0:34:01	2602	Lee Aherne	M	45	Parc Bryn Bach Running Club	29	0:33:59
29	0:34:01	2107	Gary Wyn Davies	M		Aberystwyth AC	28	0:33:59
30	0:34:14	26	Rachel Felton	F	35	Shaftesbury Barnet	30	0:34:13
31	0:34:20	1439	David Coales	M	40	Team Bath AC	31	0:34:17
32	0:34:24	1678	Ashleigh Harper	M		Aberdare Valley AAC	32	0:34:23
33	0:34:27	3360	Joe Beech	M			33	0:34:26
34	0:34:33	2340	Daniel Jones	M		Team Bath AC	34	0:34:31
35	0:34:34	1771	Chris Millington	M		Les Croupiers	35	0:34:31
36	0:34:35	1540	James Watson	M	40	Taunton AC	36	0:34:33
37	0:34:38	1191	Rich Ayling	M		Avon Valley Runners	37	0:34:34
38	0:34:44	4331	James Nunn	M		Cardiff Triathlon	38	0:34:41
39	0:34:45	1981	Lauren Deadman	F		Havering	39	0:34:45
40	0:34:51	329	Dean Johnston	M			40	0:34:49
41	0:34:54	3761	Stuart Crees	M		Les Croupiers	41	0:34:52
42	0:34:57	2296	Leighton Rawlinson	M		MMRT	43	0:34:54
43	0:34:58	1	Ciaran Lewis	M		Cardiff AAC	44	0:34:57
44	0:34:59	1391	Rob Greenwood	M		Stubbington Green Runners	42	0:34:54
45	0:35:08	3719	Peter Coles	M	50	Pontypridd Roadents	45	0:35:07
46	0:35:14	3939	Steven Waldron	M			46	0:35:14
47	0:35:21	3490	James Dean	M			47	0:35:18
48	0:35:27	451	Oliver Noakes	M		Royal Navy	48	0:35:23
49	0:35:37	4206	Phil Cook	M	45	Les Croupiers	49	0:35:35
50	0:35:42	3372	Matt Grantham	M		Lliswerry Runners	51	0:35:39
51	0:35:44	3924	Keith Shapland	M		Bideford AAC	50	0:35:37
52	0:35:45	1577	Daniel Bailey	M		Victory AC	53	0:35:43
53	0:35:47	1376	Craig Lewis	M			52	0:35:40
54	0:35:51	30	Fiona Park	F		Arena 80	54	0:35:51
55	0:35:53	34	Emma Wookey	F		Lliswerry Runners	55	0:35:52
56	0:35:57	4007	Richard Edwards	M			56	0:35:54
57	0:35:59	327	Gareth Green	M			57	0:35:56
58	0:36:02	4165	Dewi Owen	M		Eryri	58	0:35:57
59	0:36:06	36	Nicola Brookland	F	40	Bristol & West AC	60	0:36:06
60	0:36:08	3402	Christopher Jenkins	M		Neath Harriers	59	0:36:05
61	0:36:09	453	Andy Stay	M		Royal Navy	61	0:36:07
62	0:36:11	2687	Royston Whitehouse	M	50	Neath Harriers	62	0:36:09
63	0:36:19	1210	Mikey Bryant	M			63	0:36:15
64	0:36:22	3043	Rich Baker	M	40		64	0:36:20
65	0:36:26	2712	Alan Davies	M	60	3Ms Gorseinon	65	0:36:24
66	0:36:27	2297	Ruth Barnes	F	35	Avon Valley Runners	66	0:36:26
67	0:36:37	39	Jason Kiely	M		Cardiff AAC	67	0:36:35
68	0:36:39	1534	Martin Williams	M	50	Les Croupiers	68	0:36:36
69	0:36:43	1054	Doug Nicholls	M		San Domenico	70	0:36:41
70	0:36:44	1811	Richard Bullen	M	50	Les Croupiers	71	0:36:41
71	0:36:46	3332	Jon Higgins	M		Royal Sutton Coldfield AC	69	0:36:41
72	0:36:49	967	Eamonn Kirk	M	40	Swansea Harriers	72	0:36:44
73	0:36:50	1276	Christopher Brobin	M		Stubbington Green Runners	73	0:36:45
74	0:36:57	1362	Nicholas Tulp	M		Les Croupiers	74	0:36:54
75	0:36:57	2627	Lyndon Tudor Maisey	M		Les Croupiers	75	0:36:54

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Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
76	0:36:59	4053	Andrew Blair	M	50	Les Croupiers	77	0:36:56
77	0:37:05	35	Jessica Parry-Williams	F		Les Croupiers	79	0:37:05
78	0:37:10	2212	Peter Osborne	M	50	Llanelli AAC	83	0:37:06
79	0:37:10	452	Aled Jones	M		Royal Navy	84	0:37:06
80	0:37:11	1753	Tony Davies	M			81	0:37:05
81	0:37:11	3737	Guto Llewelyn	M			78	0:37:04
82	0:37:14	3169	Aled Burd	M			76	0:36:54
83	0:37:14	1950	Tim Lowrie	M		Avon Valley Runners	85	0:37:10
84	0:37:14	3447	Eddie Campbell-Adams	M	40		82	0:37:05
85	0:37:21	2699	Emyr Roberts	M	40		80	0:37:05
86	0:37:25	3554	Gareth Poston	M			87	0:37:22
87	0:37:26	3742	Paul Talbot	M	45	Neath Harriers	89	0:37:24
88	0:37:28	4195	Mo Badjan	M			90	0:37:27
89	0:37:30	1783	Tim York	M			91	0:37:28
90	0:37:33	518	Daniel Petit	M			86	0:37:20
91	0:37:34	898	Edward Land	M		Aberystwyth AC	93	0:37:32
92	0:37:37	3477	Andrew Dwyer	M	45		92	0:37:32
93	0:37:40	415	Tim Dredge	M			88	0:37:24
94	0:37:46	575	Brett Thornbury	M			94	0:37:38
95	0:37:48	4082	Joe Connors	M		Westbury Harriers	95	0:37:40
96	0:37:53	1074	James Bruce	M	40	Les Croupiers	97	0:37:49
97	0:37:54	1999	Ross McMeeking	M			96	0:37:48
98	0:37:55	2616	Ben Butler-Madden	M		Penarth & Dinas Runners	98	0:37:51
99	0:37:57	3195	Michael Harris	M		Caerleon RC	99	0:37:53
100	0:38:04	1586	Alun Davies	M		Les Croupiers	101	0:38:00
101	0:38:05	3720	Robert Davies	M	40	Islwyn RC	100	0:37:55
102	0:38:09	2286	David Williams	M			104	0:38:03
103	0:38:11	944	Stephen Jenkins	M			103	0:38:01
104	0:38:12	3092	Nicholas Mahoney	M			105	0:38:06
105	0:38:13	3370	Rhys Annett	M		San Domenico	106	0:38:10
106	0:38:15	1461	Ben Farag	M	50	Les Croupiers	107	0:38:11
107	0:38:17	1695	Steven Warren Dinham	M		Port Talbot Harriers	110	0:38:14
108	0:38:22	1636	Neil Reynolds	M			108	0:38:12
109	0:38:23	3223	Kez Cleal	M			111	0:38:18
110	0:38:25	4109	Elio Lepore	M	60	Les Croupiers	113	0:38:22
111	0:38:28	330	Greg Millard	M			114	0:38:24
112	0:38:31	3886	Paul O'Callaghan	M			109	0:38:14
113	0:38:33	1485	Andrew Brain	M	40	Run4All	115	0:38:27
114	0:38:36	3544	Tom Barr	M			112	0:38:20
115	0:38:41	328	Brian Williams	M			116	0:38:34
116	0:38:42	433	Matt O'Keefe	M			117	0:38:35
117	0:38:44	3116	Paul Davies	M	50	Run4All	118	0:38:40
118	0:38:45	3255	Johnny Lam	M	40	San Domenico	120	0:38:41
119	0:38:46	3409	David Hazell	M			122	0:38:44
120	0:38:47	2847	David Vaudin	M	55		123	0:38:44
121	0:38:48	454	James Wright	M		Royal Navy	121	0:38:44
122	0:38:50	1078	Kneath Philippart	M	55	Swansea Harriers	124	0:38:46
123	0:38:51	548	Huw Littlewood	M			119	0:38:41
124	0:38:51	3491	Laurence Pole	M	40	Pontypridd Roadents	125	0:38:48
125	0:39:01	3343	Dean Powell	M			127	0:38:55
126	0:39:04	3513	Richard Willmot	M			126	0:38:52
127	0:39:05	2200	Geraint Williams	M	40	Aberdare Valley AAC	128	0:38:58
128	0:39:06	4100	Angela Speight	F			132	0:39:04
129	0:39:07	2675	Rhydian Reston	M			130	0:39:02
130	0:39:08	1699	Stephen Davies	M	55	Mansfield Harriers	131	0:39:03
131	0:39:09	3797	Michael Ramsey	M	50		129	0:39:00
132	0:39:09	4008	Neema Mal	M		Les Croupiers	133	0:39:06
133	0:39:12	1897	Marcus Coles	M	40	Les Croupiers	134	0:39:07
134	0:39:15	3534	Jamie Pugh	M			135	0:39:09
135	0:39:16	3868	John Craven	M			137	0:39:11
136	0:39:17	3902	Ioan Phillips	M			102	0:38:01
137	0:39:19	1108	Jonathan Salisbury	M	45		138	0:39:12
138	0:39:22	1930	Glyn Sansom	M	50	San Domenico	144	0:39:19
139	0:39:25	4060	Tom Martin	M			142	0:39:17
140	0:39:28	2717	Adam Mathlin	M			140	0:39:16
141	0:39:28	2881	Daniel Tudela	M		Knocker Pentaplast	143	0:39:18
142	0:39:29	4043	Michael Murphy	M	60	Les Croupiers	147	0:39:24
143	0:39:30	306	Ross Phillips	M			136	0:39:11
144	0:39:31	1634	Dale Crutcher	M			148	0:39:25
145	0:39:31	1613	Simon Rolfs	M			145	0:39:19
146	0:39:32	2977	Rowan Hobbs	M			139	0:39:14
147	0:39:33	1611	Natalie Benjamin	F			141	0:39:17
148	0:39:34	3746	Nathan Kersley	M			146	0:39:22
149	0:39:36	1716	Warren Jackson-Hookins	M			149	0:39:31
150	0:39:39	4040	Mick McGeoch	M	55	Les Croupiers	153	0:39:35

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Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
151	0:39:42	1931	Fiona Price	F	45	Avon Valley Runners	152	0:39:32
152	0:39:43	1849	Dave Burton	M	45		154	0:39:38
153	0:39:44	2898	Jack Easthope	M		Knocker Pentaplast	151	0:39:32
154	0:39:45	2638	Vincent Nazareth	M	50	Les Croupiers	156	0:39:40
155	0:39:48	3550	Tim Owen	M	50	Bridgend AC	159	0:39:43
156	0:39:48	881	Andy Yu	M			160	0:39:44
157	0:39:53	3295	Tom Rogers	M			157	0:39:41
158	0:39:53	3296	Ben Burns	M			158	0:39:41
159	0:39:55	2467	Steven Lane	M	40	Islwyn RC	161	0:39:45
160	0:39:56	1979	Nick Dowell	M		Pontypridd Roadents	162	0:39:46
161	0:39:58	2327	John Townsend	M			155	0:39:39
162	0:39:59	93	David Hughes	M			164	0:39:50
163	0:39:59	809	Richard Sharratt	M			150	0:39:32
164	0:40:01	2121	Nick Lewis	M		White Rock Runners	166	0:39:54
165	0:40:04	2814	Cerri-Anne Santos	F		Swansea Harriers	167	0:39:55
166	0:40:04	1031	Joaquim Moreira	M			168	0:39:57
167	0:40:06	2388	Lynette Porter	F	50	Bitton Road Runners	169	0:39:58
168	0:40:08	964	Sharon Leech	F	40	Carmarthen Harriers	172	0:40:05
169	0:40:09	3381	David Cooper	M			163	0:39:47
170	0:40:09	644	Chris Medcalf	M			171	0:40:04
171	0:40:12	2189	Richard Rees	M			178	0:40:12
172	0:40:16	3071	Graham Schultz	M		Les Croupiers	176	0:40:10
173	0:40:18	1462	John Fitzpatrick	M		Penarth & Dinas Runners	183	0:40:17
174	0:40:20	1370	Sean Hart	M			170	0:40:00
175	0:40:22	3885	Hywel Edwards	M	40		181	0:40:13
176	0:40:24	1929	Rachel Williams	F			179	0:40:12
177	0:40:25	2855	Dale Williams	M		Brecon AC	180	0:40:12
178	0:40:27	2322	Jacqueline Rockcliffe	F	40	Avon Valley Runners	182	0:40:17
179	0:40:30	4116	James Williams	M			186	0:40:25
180	0:40:32	3337	Gareth Day	M			165	0:39:53
181	0:40:33	807	Jac Skuse	M			173	0:40:06
182	0:40:34	955	Paul Collins	M			174	0:40:08
183	0:40:37	808	Charlie Heatan	M			175	0:40:10
184	0:40:41	3936	Alexander Capleton	M	40	Les Croupiers	177	0:40:11
185	0:40:42	2776	Ian Atherton	M			188	0:40:27
186	0:40:52	2682	Thomas Stride	M			190	0:40:29
187	0:40:53	3312	Richard Griffiths	M			187	0:40:25
188	0:40:53	1825	Marc Williams	M			193	0:40:44
189	0:40:57	2811	Nicola Gething	F	40	Parc Bryn Bach Running Club	195	0:40:53
190	0:40:59	574	Aaron Edwards	M			189	0:40:29
191	0:41:00	3278	Tom Holmes	M			185	0:40:24
192	0:41:04	3780	Simon Lerigo	M			192	0:40:40
193	0:41:05	3999	Richard Jackson-Hookins	M		Penarth & Dinas Runners	202	0:41:01
194	0:41:06	754	James McLoughlin	M			197	0:40:55
195	0:41:07	572	Alex Foley	M			196	0:40:53
196	0:41:08	1587	Susan Watson	F	45	Les Croupiers	203	0:41:02
197	0:41:08	3592	Anthony Lydall	M			199	0:40:57
198	0:41:09	2498	Andrew Brasington	M	50	Brecon AC	194	0:40:47
199	0:41:10	52	Ian Southwell	M			184	0:40:22
200	0:41:12	332	Tom McCarthy	M			206	0:41:07
201	0:41:15	1469	Lenny Sayers	M			205	0:41:06
202	0:41:19	868	Jordan Bullock	M			200	0:40:59
203	0:41:21	520	Rachel Matthews	F			208	0:41:13
204	0:41:21	2401	Adam Robak	M			207	0:41:08
205	0:41:23	741	Ricci Watson	M			214	0:41:19
206	0:41:24	4153	Shane Molloy	M		Bridgend AC	209	0:41:13
207	0:41:25	2678	Danny Ridley	M			213	0:41:18
208	0:41:28	1345	Brian Hall	M	45		215	0:41:19
209	0:41:30	1972	Louise Howells	F	35	Lliswerry Runners	218	0:41:26
210	0:41:31	647	Andrew Ellison	M			217	0:41:24
211	0:41:34	3444	Simon Curtis	M			210	0:41:14
212	0:41:34	2653	Andrew Birch	M			227	0:41:31
213	0:41:38	434	Mo Hashish	M			224	0:41:29
214	0:41:38	645	Sam Huckin	M			225	0:41:30
215	0:41:42	3968	Liam O'Brien	M			201	0:41:00
216	0:41:45	3932	Matthew Burgess	M			191	0:40:33
217	0:41:45	933	Gethin Parker	M			229	0:41:32
218	0:41:45	753	Neil Hunter	M			230	0:41:33
219	0:41:46	3944	Michael Lai	M			223	0:41:29
220	0:41:49	2677	Angharad Mair	F	50	Les Croupiers	236	0:41:41
221	0:41:49	2571	Gavin Williams	M			231	0:41:35
222	0:41:50	4077	Geraint Hampton	M			212	0:41:15
223	0:41:52	3517	Ffion Davies	F		Pontypridd Roadents	220	0:41:28
224	0:41:54	2539	Kieran Loverance	M			222	0:41:29
225	0:41:55	4045	Howard Kent	M	60	Les Croupiers	240	0:41:51

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Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
226	0:41:56	1917	Gareth Rowlands	M			234	0:41:40
227	0:41:56	2927	Andrew Miles	M	50		238	0:41:50
228	0:41:58	3538	Rhys Thomas	M			237	0:41:45
229	0:41:59	843	Tim Moss	M			216	0:41:23
230	0:42:01	547	Paul Cooper	M			239	0:41:50
231	0:42:06	1205	George Eadon	M			235	0:41:41
232	0:42:08	652	Mat Joy	M			250	0:42:01
233	0:42:09	2156	James Hockly	M			226	0:41:31
234	0:42:09	3779	Antoinette Nurse	F	40		243	0:41:55
235	0:42:10	1707	Kevin Plank	M	40		248	0:42:01
236	0:42:14	3580	Jeffrey Hanson	M	50		253	0:42:05
237	0:42:14	3440	Gary Hunt	M			244	0:41:55
238	0:42:17	1760	Dafydd Nelson	M			255	0:42:10
239	0:42:19	3283	Thomas Jones	M			257	0:42:12
240	0:42:20	2018	Louise Flynn	F			247	0:42:00
241	0:42:20	3483	Ieuan Davies	M	45		254	0:42:06
242	0:42:20	915	Marcus Meyrick	M	40		258	0:42:14
243	0:42:24	549	Adam James	M			259	0:42:14
244	0:42:24	4029	John Lloyd	F		Running with Nancy	228	0:41:31
245	0:42:25	3244	Mark Carroll	M			204	0:41:03
246	0:42:27	2756	Wayne Beynon	M			263	0:42:19
247	0:42:28	4316	Andrew Bowsher	M		Les Croupiers	251	0:42:02
248	0:42:30	2633	David Lawson	M			264	0:42:20
249	0:42:30	3993	Ian Blockley	M			252	0:42:04
250	0:42:32	1107	Richard Thomas	M	40		246	0:41:57
251	0:42:32	1992	Paul Watkins	M	45		211	0:41:14
252	0:42:34	646	Russ Buchan	M			267	0:42:26
253	0:42:35	2093	James Harvey	M			260	0:42:15
254	0:42:38	174	James Hewett	M			198	0:40:56
255	0:42:38	1600	Damian Pathy	M	50		261	0:42:16
256	0:42:45	3333	Leon Burns	M			242	0:41:54
257	0:42:45	3583	Eoin Butler	M		White Rock Runners	279	0:42:35
258	0:42:46	2552	Steve Lewis	M	40		274	0:42:30
259	0:42:46	778	Jason Gill	M			270	0:42:28
260	0:42:48	83	Jaime Hindle	M	40		221	0:41:28
261	0:42:49	997	Felicity Cronin	F			256	0:42:11
262	0:42:51	506	David Cappell	M			271	0:42:29
263	0:42:52	345	Matt Greenough	M			285	0:42:41
264	0:42:53	456	Eilidh Bell	F		Royal Navy	292	0:42:48
265	0:42:53	625	Aled Brown	M			265	0:42:23
266	0:42:54	2374	Luke Attwood	M	40		281	0:42:37
267	0:42:56	1414	Gary Morgan	M			293	0:42:50
268	0:42:56	435	Keston Hughes Jones	M			273	0:42:30
269	0:42:59	560	Martyn Winsor	M			276	0:42:32
270	0:42:59	3339	Hywel White	M	40		275	0:42:31
271	0:43:00	4062	Rhys Griffith	M		Hendre Lake Running Club	282	0:42:38
272	0:43:00	3304	David Goodall	M	60		283	0:42:39
273	0:43:00	1915	David Wilmot	M			268	0:42:27
274	0:43:01	2676	Shaun Farbon	M		Les Croupiers	278	0:42:35
275	0:43:01	3918	Simon Darke	M	55	Sunderland Strollers	280	0:42:36
276	0:43:02	2391	Ioan Pettit	M			291	0:42:48
277	0:43:03	1986	Phillip Mears	M	45	White Rock Runners	295	0:42:54
278	0:43:03	320	Mark Robins	M	45		288	0:42:46
279	0:43:03	2829	David Jones	M	50		272	0:42:29
280	0:43:06	2177	Terry O'Brien	M	55		249	0:42:01
281	0:43:07	2766	Gavin Burrough	M			289	0:42:47
282	0:43:09	1489	Oliver Morris	M			296	0:42:55
283	0:43:10	3415	Jonathan Hillsden	M			262	0:42:18
284	0:43:12	3152	Graham Mack	M	55	Merthyr Running Club	303	0:43:01
285	0:43:12	124	Hannah Rogers	F			266	0:42:25
286	0:43:15	455	Emma Bakewell	F		Royal Navy	312	0:43:11
287	0:43:16	1747	Nigel Clarke	M	45		294	0:42:51
288	0:43:17	3793	Joseph Batte	M			290	0:42:47
289	0:43:19	1914	Philip Meyler	M	55	Pontypridd Roadents	287	0:42:45
290	0:43:20	4220	Richard Bushell	M			302	0:42:59
291	0:43:21	3368	David Owen	M			298	0:42:56
292	0:43:23	1163	Chris Jarvis	M			286	0:42:41
293	0:43:24	3766	Peter Hopson	M	40		314	0:43:13
294	0:43:24	315	Robert James	M	45		306	0:43:04
295	0:43:25	3867	Hazel Craven	F	35	Les Croupiers	320	0:43:17
296	0:43:26	2046	James Manson	M			313	0:43:11
297	0:43:27	2639	Tom Rushmer	M			317	0:43:14
298	0:43:28	926	Lloyd Cottrell	M			321	0:43:17
299	0:43:28	908	Jon Bell	M			232	0:41:36
300	0:43:29	653	Dan Tonge	M			329	0:43:24

2014 Cardiff 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
301	0:43:29	905	Nerys Samuel	F			233	0:41:36
302	0:43:31	710	Gareth Bartlett	M			300	0:42:59
303	0:43:31	1679	Rhodri Williams	M			284	0:42:40
304	0:43:31	760	Paul Thomas	M			305	0:43:04
305	0:43:33	55	Neil Buckman	M			241	0:41:53
306	0:43:33	4196	Ed Geraghty	M			315	0:43:13
307	0:43:34	2730	R Beech	M	50	Brackla Harriers	326	0:43:19
308	0:43:34	3978	Alex Mancuso	M			330	0:43:24
309	0:43:34	133	Gareth Davies	M	45		343	0:43:34
310	0:43:35	2813	Dafydd Morse	M			318	0:43:14
311	0:43:36	1277	Philip Brobin	M		Cardiff AAC	333	0:43:27
312	0:43:36	1791	Rhodri Davies	M			332	0:43:26
313	0:43:37	3792	Dean Batte	M	40		310	0:43:07
314	0:43:38	648	Lloyd Gibbs	M			316	0:43:14
315	0:43:39	4169	Matt Fisher	M			325	0:43:18
316	0:43:42	3289	Peter Moody	M	70	Carmarthen Harriers	336	0:43:31
317	0:43:43	4229	Tom Connolly	M			277	0:42:34
318	0:43:44	3165	Hefin Gruffydd	M	50	Pontypridd Roadents	334	0:43:30
319	0:43:44	2302	Robert Hartshorn	M	45		327	0:43:21
320	0:43:46	1347	Mark Standley	M			352	0:43:46
321	0:43:48	3172	Mike Tilsley	M	45	MK Lakeside Runners	346	0:43:39
322	0:43:49	571	Andrew Griffiths	M			331	0:43:25
323	0:43:50	2545	Kev Windsor	M	40	Run4All	340	0:43:34
324	0:43:50	4320	James Pearce	M		Lliswerry Runners	309	0:43:05
325	0:43:51	261	Russell Gibson	M			335	0:43:30
326	0:43:51	2820	David Browning	M	50		354	0:43:48
327	0:43:52	810	Graham Lewis	M			328	0:43:24
328	0:43:52	707	Ruth Kasaman	F			353	0:43:47
329	0:43:53	3726	Gareth Elwyn Jones	M	45		299	0:42:58
330	0:43:54	4201	Etienne Humbert	F			301	0:42:59
331	0:43:54	3422	Ian Bird	M		Port Talbot Harriers	322	0:43:17
332	0:43:54	1381	Tomos Lewis	M			307	0:43:05
333	0:43:55	2457	Louise McKee	F	50		350	0:43:43
334	0:43:56	1553	Angus Thomson	M	45		359	0:43:53
335	0:43:59	4039	Terry Caveney	M	55	Les Croupiers	357	0:43:51
336	0:43:59	2229	Dylan Thomas	M	40		345	0:43:39
337	0:44:00	576	Jack Griffiths	M			337	0:43:31
338	0:44:01	918	Roy Board	M	45		324	0:43:18
339	0:44:03	2782	Peter Williams	M			356	0:43:48
340	0:44:04	4078	Dean Ferrier	M	45		339	0:43:33
341	0:44:06	2743	Jamie Lewis	M			349	0:43:41
342	0:44:07	2128	Jonathan Olsen	M			304	0:43:03
343	0:44:09	4167	Rhys Cahill	M			341	0:43:34
344	0:44:11	288	Dean Evans	M			338	0:43:32
345	0:44:11	649	John Redmond	M			374	0:44:04
346	0:44:13	489	Tom Low	M			269	0:42:27
347	0:44:16	4135	Andrew Sepahpon	M			311	0:43:09
348	0:44:17	1859	Neil Davies	M	55		371	0:44:02
349	0:44:18	651	Simon Cartlidge	M			380	0:44:11
350	0:44:19	2510	Michael Davies	M	60	Les Croupiers	381	0:44:12
351	0:44:21	4070	Ryan Ford	M			308	0:43:05
352	0:44:24	2625	Michael Jones	M	45		377	0:44:07
353	0:44:24	605	Geraint Hobbs	M			364	0:43:56
354	0:44:25	1721	Aled Hopton	M			365	0:43:58
355	0:44:25	2115	Dylan Williams	M			362	0:43:55
356	0:44:27	3950	Kieran Moroney	M			245	0:41:55
357	0:44:28	3943	Robert Williams	M	40		372	0:44:03
358	0:44:28	755	Shaun Russell	M			370	0:44:00
359	0:44:28	354	Mark Jepras	M			373	0:44:03
360	0:44:29	413	Tony Barber	M			347	0:43:40
361	0:44:29	859	Kirk Freeman	M		White Rock Runners	393	0:44:19
362	0:44:29	3578	James Jones	M			388	0:44:18
363	0:44:31	2484	Ferdinand Iannucci	M	60		344	0:43:38
364	0:44:31	561	Derrick Wiggin	M			375	0:44:04
365	0:44:32	4059	Lisa Cleary	F	50	Penarth & Dinas Runners	391	0:44:19
366	0:44:32	3803	Andrea Hurman	F	45	Penarth & Dinas Runners	390	0:44:19
367	0:44:34	1780	Brian Paynter	M	40		389	0:44:19
368	0:44:34	3815	Eryl Williams	M			348	0:43:40
369	0:44:35	2785	Paolo Viel	M			392	0:44:19
370	0:44:37	2320	John O'Shea	M	55	Les Croupiers	402	0:44:31
371	0:44:38	1858	Ian Rowe	M	40		378	0:44:10
372	0:44:39	3445	Samuel Tilley	M			386	0:44:17
373	0:44:40	2238	Christopher Bloom	M			384	0:44:16
374	0:44:42	488	Joshua Basey	M			297	0:42:56
375	0:44:43	3151	Steven Sargent	M			367	0:43:59

2014 Cardiff 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
376	0:44:43	3109	Malcolm Bradley	M	60	Penarth & Dinas Runners	358	0:43:52
377	0:44:44	1561	Alan Cox	M	55		366	0:43:59
378	0:44:45	3891	Ben Harker	M			219	0:41:26
379	0:44:45	932	Mark Evans	M	45		382	0:44:13
380	0:44:52	3394	Alex Cornett	M			408	0:44:36
381	0:44:54	2396	Mark Watson	M	45		417	0:44:42
382	0:44:54	2217	Max Girdler	M			319	0:43:14
383	0:44:55	2605	Michael Jones	M			355	0:43:48
384	0:44:57	2355	Gethin White	M			404	0:44:33
385	0:44:58	1951	Joshua Smith	M			361	0:43:54
386	0:45:00	162	Alayna Davies	F	40		409	0:44:36
387	0:45:00	3990	Matthew Mazzitelli	M	40		405	0:44:33
388	0:45:00	290	Iain Hendry	M	40		395	0:44:21
389	0:45:02	4151	Greg Holder	M			422	0:44:47
390	0:45:02	1298	Tom Ashurst	M			369	0:44:00
391	0:45:03	1994	Jennifer Ford	F		Avon Valley Runners	429	0:44:52
392	0:45:03	1403	Liam Bryson	M	40		383	0:44:14
393	0:45:04	1436	Matthew James	M			351	0:43:45
394	0:45:05	3919	Gareth Hall	M			415	0:44:41
395	0:45:05	3164	Stephen Dyke	M			399	0:44:28
396	0:45:06	935	Daniel Hurford	M			323	0:43:18
397	0:45:06	3067	James O'Brien	M			419	0:44:43
398	0:45:07	3558	Scott Edwards	M			432	0:44:53
399	0:45:07	3187	Edward James Kershaw-Naylor	M			421	0:44:47
400	0:45:09	3895	Huw James	M	45		418	0:44:43
401	0:45:09	4119	Nigel Taylor	M			423	0:44:47
402	0:45:09	4005	Andrew Kettley	M		Rhondda Valley Runners	426	0:44:51
403	0:45:11	2265	Luke Endsor	M			407	0:44:34
404	0:45:11	2883	Helge Schoenfeld	F		Knocker Pentaplast	438	0:44:55
405	0:45:12	3539	Tom Burns	M		Cardiff AAC	441	0:44:57
406	0:45:12	1259	Tony Smith	M	50		443	0:44:58
407	0:45:14	1341	Lewis Stephens	M			450	0:45:03
408	0:45:15	4222	Leo Forster	M			414	0:44:40
409	0:45:15	2614	Mark Howells	M			360	0:43:53
410	0:45:16	568	Clive Denton	M			442	0:44:58
411	0:45:16	3548	Emma Matthews	F		Builth and District RC	456	0:45:07
412	0:45:16	1240	Cai Maxwell	M			433	0:44:54
413	0:45:16	3997	Arfon Edwards	M			403	0:44:31
414	0:45:17	3063	Kirk Ford	M			445	0:44:58
415	0:45:18	890	Michelle Church	F	40		452	0:45:05
416	0:45:18	815	Tom Preston	M			342	0:43:34
417	0:45:19	3282	Owen Hagger	M		Pontypool Runners	431	0:44:53
418	0:45:20	4018	Lyn Thomas	M		Running with Nancy	397	0:44:24
419	0:45:22	3590	Keith Miller	M	55		401	0:44:30
420	0:45:22	654	Gavin Perkins	M			466	0:45:14
421	0:45:22	2972	Kayna Tregay	F			439	0:44:55
422	0:45:26	4159	Owen Evans	M		Cardiff Triathlon	413	0:44:39
423	0:45:26	2009	Stuart Buswell	M	45		463	0:45:12
424	0:45:26	2960	Huw Parry	M	55	Les Croupiers	376	0:44:04
425	0:45:27	3424	Adam Charlton	M			451	0:45:03
426	0:45:28	3253	Andrew Hooper	M	45		457	0:45:09
427	0:45:28	3480	Julian Stead	M			447	0:45:01
428	0:45:29	3807	Courtney Taylor	M	55	San Domenico	435	0:44:54
429	0:45:30	1877	Harrison Stevens	M			448	0:45:01
430	0:45:32	406	David Bryan	M			467	0:45:15
431	0:45:32	3417	Martin Mackintosh	M	50		468	0:45:19
432	0:45:32	4197	Mark Nicholls	M			461	0:45:12
433	0:45:33	1150	Paul Griffin	M	45		454	0:45:07
434	0:45:33	2493	Nathan Smith	M			424	0:44:49
435	0:45:34	3565	Rod Perons	M	50	Les Croupiers	473	0:45:23
436	0:45:34	2274	Lauren Tait	F			458	0:45:10
437	0:45:35	3257	Rebecca Bennett	F		Swansea Harriers	434	0:44:54
438	0:45:37	580	Arron Humphrey	M			363	0:43:55
439	0:45:37	1855	Helen Passant	F	40		460	0:45:10
440	0:45:39	1040	Sarah Bell	F	35		459	0:45:10
441	0:45:41	3280	Stephen Alexander	M	45	Les Croupiers	462	0:45:12
442	0:45:41	1892	Stephen Edwards	M			478	0:45:28
443	0:45:43	1203	Kim Robertson	F	40		474	0:45:23
444	0:45:43	2434	Trevor Daniels	M	45		471	0:45:21
445	0:45:44	4041	Julie Scholey	F	55	Les Croupiers	488	0:45:36
446	0:45:44	1352	James Ford	M			437	0:44:55
447	0:45:44	104	Sion Ford	M			385	0:44:16
448	0:45:45	1838	Simon Egleton	M			398	0:44:24
449	0:45:45	4122	Brian James	M			469	0:45:20
450	0:45:46	1983	Gill Aldworth	F	40	Brecon AC	483	0:45:33

2014 Cardiff 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
451	0:45:46	2523	Kevin Leonard	M	40		428	0:44:52
452	0:45:46	1616	John Marshall	M			465	0:45:13
453	0:45:47	3771	Judith Van Der Voort	F	50		416	0:44:42
454	0:45:47	4031	Gary John	M			493	0:45:38
455	0:45:47	337	Alistar Mcintosh	M			464	0:45:12
456	0:45:47	411	Paul Thomas	M			411	0:44:37
457	0:45:52	4312	Tom West	M			453	0:45:06
458	0:45:52	2289	Peter Heckles	M			476	0:45:26
459	0:45:52	864	Chris Williamson	M	55		446	0:45:01
460	0:45:55	1539	Leigh Adams	M	40		480	0:45:31
461	0:45:56	2342	Eryl Jones	M	45		510	0:45:50
462	0:45:57	3784	Lee Waters	M			430	0:44:53
463	0:45:59	3105	Robert Janney	M			500	0:45:43
464	0:45:59	1538	Chun Cho	M			481	0:45:33
465	0:46:00	582	Russell Smith	M			479	0:45:28
466	0:46:00	570	Paul Charles	M			497	0:45:42
467	0:46:01	1015	Rebecca Emmerson	F			503	0:45:45
468	0:46:02	2096	Richard Matthews	M			406	0:44:33
469	0:46:03	2204	Christopher Rothwell	M	40		495	0:45:38
470	0:46:05	814	Chris Strong	M			394	0:44:21
471	0:46:08	1115	Peter Llewelyn	M			472	0:45:22
472	0:46:11	3634	Joe Godding	M		Love Running	487	0:45:36
473	0:46:12	3168	Darren Waters	M	40		496	0:45:39
474	0:46:13	2815	Gary Hall	M			425	0:44:50
475	0:46:13	1124	Cheryl Evans	F		Les Croupiers	518	0:45:56
476	0:46:14	2956	Elliott Thomas	M	40		502	0:45:44
477	0:46:14	4250	Anna Lawson	F			524	0:45:59
478	0:46:14	106	Dafydd Jones	M			477	0:45:27
479	0:46:16	1958	Jon Chilcott	M			523	0:45:59
480	0:46:17	2180	Lucy Hennessy	F			526	0:46:01
481	0:46:18	1287	Jeremy Holmes	M	50		532	0:46:03
482	0:46:19	3076	Anthony Hobbs	M	45	Run4All	484	0:45:34
483	0:46:20	82	Sian Prescott	F			507	0:45:47
484	0:46:20	2489	Steffan Thomas	M			490	0:45:37
485	0:46:21	4194	Artur Spole	M			540	0:46:13
486	0:46:21	1688	Helen Adams	F	40		498	0:45:42
487	0:46:21	2540	Richard Jenkins	M	45		491	0:45:38
488	0:46:22	743	Maria Richards	M	40		542	0:46:14
489	0:46:22	1224	Daffydd Weetman	M			485	0:45:34
490	0:46:23	4148	Brian Watson	M			508	0:45:48
491	0:46:24	427	David Moore	M			509	0:45:49
492	0:46:25	414	Dave Fletcher	M	45		489	0:45:36
493	0:46:26	650	Richard Belcher	M			549	0:46:18
494	0:46:26	969	Paul Bowen	M	40		515	0:45:53
495	0:46:27	758	Lewis Skivens	M			506	0:45:46
496	0:46:27	3957	Paul Burleton	M	40	Les Croupiers	530	0:46:02
497	0:46:29	436	Jon Stoneman	M			528	0:46:01
498	0:46:30	3275	Vladimir Buchman	M	55		504	0:45:46
499	0:46:31	3123	Stephen Norman	M			536	0:46:08
500	0:46:32	291	Evan Hendry	M			516	0:45:55
501	0:46:33	3185	Steven Williams	M	55	Avon Valley Runners	470	0:45:21
502	0:46:34	422	Andy Ferris	M			535	0:46:07
503	0:46:36	487	William Thomas	M			427	0:44:51
504	0:46:36	2664	Sarah McCarthy	F	40	Les Croupiers	558	0:46:20
505	0:46:37	3926	Stephen Ingleson	M	40		546	0:46:15
506	0:46:37	2380	William Wootten	M			511	0:45:50
507	0:46:38	3700	Simon Crook	M		Tenovus	387	0:44:17
508	0:46:40	2850	Alwyn Thomas	M			550	0:46:18
509	0:46:41	2833	Rhys Miller	M			557	0:46:20
510	0:46:42	3258	Rebecca Evans	F			420	0:44:45
511	0:46:43	2438	Ian Bell	M	50		545	0:46:15
512	0:46:44	1973	Nerys Conway	F			534	0:46:07
513	0:46:45	744	Joe Mulchary	M			583	0:46:37
514	0:46:46	504	Gareth Jenkins	M			492	0:45:38
515	0:46:46	1451	Peter Vidler	M	40		520	0:45:58
516	0:46:47	762	Michael Roberts	M			436	0:44:54
517	0:46:50	3673	Jerry Demel	M	40	Love Running	604	0:46:49
518	0:46:50	364	Stephen Taylor	M	40		581	0:46:36
519	0:46:51	298	Jack Morgan	M			396	0:44:22
520	0:46:52	759	Andy Watson	M			587	0:46:40
521	0:46:54	3398	Richard Edge	M			494	0:45:38
522	0:46:56	2361	Matthew Henson	M			593	0:46:42
523	0:46:56	349	Andrew Johnson	M			571	0:46:31
524	0:46:57	3714	Alun Curnow	M			601	0:46:48
525	0:46:59	1005	Paul Chapman	M	45	Les Croupiers	603	0:46:48

2014 Cardiff 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
526	0:47:02	731	Malcolm Graham	M	45		547	0:46:16
527	0:47:03	3373	Thomas Grantham	M			600	0:46:47
528	0:47:03	1969	Leyton Doyle	M	40		554	0:46:19
529	0:47:03	1770	David Reed	M			501	0:45:43
530	0:47:04	131	Matt Kennedy	M			551	0:46:18
531	0:47:04	4330	Xuzen Tan	F			522	0:45:59
532	0:47:04	2533	Owen Ifor	M	40		577	0:46:33
533	0:47:05	3981	Tony Mackay	M	50	Pegasus RC	624	0:46:59
534	0:47:05	2153	Michael Perry	M			529	0:46:02
535	0:47:05	2346	Oliver Clifford	M			531	0:46:02
536	0:47:06	2745	Mark Jones	M			585	0:46:39
537	0:47:06	3141	Kim Provis	M	55		606	0:46:50
538	0:47:06	2660	Peter Dorrington	M			582	0:46:36
539	0:47:07	1021	Danothy Bennett	M			573	0:46:32
540	0:47:07	909	David Williams	M			486	0:45:35
541	0:47:07	3763	Okan Baysan	M	40		567	0:46:28
542	0:47:08	1212	Nick Hayward	M			572	0:46:32
543	0:47:09	2834	Jenny Buckland	F	45	Outdoor Fitness	579	0:46:35
544	0:47:09	292	Mathew Bunce	M	40		570	0:46:31
545	0:47:09	1122	Nicholas Gale	M			561	0:46:24
546	0:47:10	842	Steve Smith	M			620	0:46:58
547	0:47:11	2382	John Darlington	M	45		590	0:46:41
548	0:47:11	3520	Sara Griffiths	F			499	0:45:43
549	0:47:11	711	Chris Morgan	M			594	0:46:44
550	0:47:12	2862	Hussain Rubban	M			553	0:46:19
551	0:47:12	2371	Bruce Thompson	M	50		555	0:46:19
552	0:47:12	3025	Liz Beech	F	50	Brackla Harriers	588	0:46:40
553	0:47:13	1418	Matt Tooby	M			559	0:46:23
554	0:47:15	879	Stuart Ingram	M			527	0:46:01
555	0:47:16	2225	Robert Parsons	M	50		566	0:46:28
556	0:47:17	946	Phillip Lowther	M	45	Aberystwyth AC	610	0:46:52
557	0:47:20	3243	Holly Billington	F			525	0:45:59
558	0:47:20	79	Ian Jenkins	M			521	0:45:59
559	0:47:21	517	Bruan Treharne	M			400	0:44:28
560	0:47:22	2466	Aled Ap Iwan	M			548	0:46:17
561	0:47:23	2029	Gwyn Roberts	M			623	0:46:58
562	0:47:24	3024	Andrew Mainwaring	M	40		602	0:46:48
563	0:47:24	550	Gary Davidson	M			654	0:47:14
564	0:47:24	1359	Ryan James	M			635	0:47:05
565	0:47:25	3915	Liz Neville	F			613	0:46:54
566	0:47:25	265	Huw Dunstall	M			631	0:47:03
567	0:47:27	4326	Richard Hanson	M		Les Croupiers	598	0:46:45
568	0:47:28	3914	Nicola Poole	F	40	Les Croupiers	642	0:47:10
569	0:47:29	2752	Matt Cooper	M			609	0:46:51
570	0:47:29	1756	Geoff Smith	M			619	0:46:57
571	0:47:31	2713	Deri Roberts	M			605	0:46:49
572	0:47:34	2426	Anthony Davies	M			645	0:47:11
573	0:47:35	2885	Juergen Bundschuh	M		Knocker Pentaplast	663	0:47:25
574	0:47:36	1744	Stuart Williams	M	40		621	0:46:58
575	0:47:38	2875	David George	M	40		646	0:47:11
576	0:47:39	3882	Gethin Powell	M			517	0:45:55
577	0:47:39	1495	Graham Webster	M	55		638	0:47:07
578	0:47:40	3753	Andrew Bishop	M	50		661	0:47:22
579	0:47:42	3607	Anthony Pickles	M			544	0:46:15
580	0:47:42	3540	Mathew Bevan	M			625	0:46:59
581	0:47:42	1083	Ben Rabey	M			660	0:47:21
582	0:47:42	2037	Tracie S Williams	F	40	Lliswerry Runners	608	0:46:51
583	0:47:44	606	Lewis Hurrell	M			655	0:47:15
584	0:47:45	1574	David Burston	M			652	0:47:13
585	0:47:45	742	Dave Timson	M			684	0:47:37
586	0:47:46	2769	John Frankish	M	50		632	0:47:04
587	0:47:46	3416	Cellan Thomas	M	40		543	0:46:15
588	0:47:46	2962	Gamzy Matitu	M			671	0:47:29
589	0:47:47	569	Dean Roberts	M			662	0:47:22
590	0:47:47	244	Maria Campden	F	40		630	0:47:03
591	0:47:47	735	Shaun McClure	M			574	0:46:33
592	0:47:48	367	Alex Ahmed	M			679	0:47:34
593	0:47:48	1857	Bethan Lawson	F	45		677	0:47:34
594	0:47:48	3478	Stewart Baker	M	40		648	0:47:11
595	0:47:49	2007	Donna Thomas	F	40	Les Croupiers	651	0:47:13
596	0:47:49	3821	Steve Martin	M			538	0:46:10
597	0:47:51	1301	Charlotte Jesson	F			597	0:46:44
598	0:47:51	1063	Mike Pritchard	M	55		644	0:47:11
599	0:47:53	681	Rebecca Humphrey	F			700	0:47:46
600	0:47:54	4056	Abbie Crocker	F			689	0:47:40

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Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
601	0:47:54	2905	Lee Barratt	M		Knocker Pentaplast	694	0:47:43
602	0:47:55	1639	Angela Morris	F	45		562	0:46:25
603	0:47:56	522	Will Willdridge	M			449	0:45:02
604	0:47:58	3975	Chris Pollock	M	45	Penarth & Dinas Runners	568	0:46:29
605	0:47:58	4216	Sarah Fry	F			649	0:47:12
606	0:47:58	1098	Andrew Cleverley	M	45	Outdoor Fitness	711	0:47:52
607	0:47:59	2341	Shona Abbott	F			665	0:47:25
608	0:47:59	3685	Michael Jones	M		Tenovus	698	0:47:46
609	0:47:59	1182	Jeremy Creasey	M	45	Spirit of Monmouth	636	0:47:05
610	0:48:00	3693	Stephen Spackman	M		Tenovus	702	0:47:47
611	0:48:00	1324	Richard Fairburn	M	45		653	0:47:13
612	0:48:02	3778	Huw Rees	M			629	0:47:03
613	0:48:04	1094	Grant Griffiths	M			670	0:47:28
614	0:48:04	3654	Martin Pearce	M		Love Running	591	0:46:42
615	0:48:05	1517	Alice Mayo	F			690	0:47:41
616	0:48:05	1016	Jon Murray	M	60		668	0:47:26
617	0:48:05	1662	Tim Dawe	M	40		674	0:47:31
618	0:48:06	3916	Brian Jones	M	40		713	0:47:53
619	0:48:06	2681	Robert Davies	M	50		704	0:47:48
620	0:48:08	1736	Ruth Owens	F		Penarth & Dinas Runners	616	0:46:56
621	0:48:09	1946	Chris Holloway	M			701	0:47:47
622	0:48:09	3160	Gareth James	M			692	0:47:41
623	0:48:11	1764	David Stockwell	M	55		639	0:47:08
624	0:48:12	2613	Andrew Harries	M	50		634	0:47:05
625	0:48:12	4156	Owain Parry	M			682	0:47:37
626	0:48:14	1089	Michael Slee	M	50		650	0:47:13
627	0:48:14	241	Hywel Thomas	M			519	0:45:58
628	0:48:15	3781	Will Potter	M			440	0:44:57
629	0:48:15	1686	Matthew Evans	M			681	0:47:36
630	0:48:15	3427	Andrew Mclean	M	45		541	0:46:14
631	0:48:17	2848	John Weeks	M	55		720	0:47:55
632	0:48:17	1318	Sion John	M			537	0:46:08
633	0:48:20	2110	Jason Archibald	M	40		637	0:47:06
634	0:48:20	670	Anthony Lockyer	M			739	0:48:13
635	0:48:20	3739	Rachel Walsh	F	35		697	0:47:45
636	0:48:21	2362	Joshua Mayo	M			412	0:44:37
637	0:48:22	3048	Hannah Hill Man	F		Outdoor Fitness	686	0:47:38
638	0:48:23	2805	John Poyner	M	50		656	0:47:20
639	0:48:24	977	Matt Bajowski	M			678	0:47:34
640	0:48:25	2556	Shaun Kelleher	M			569	0:46:30
641	0:48:26	4134	Amanda Soady	F			657	0:47:20
642	0:48:28	674	Colin Johns	M			611	0:46:52
643	0:48:28	2161	Nick Barnett	M			658	0:47:21
644	0:48:29	4046	Alan Mann	F	55	Les Croupiers	752	0:48:19
645	0:48:29	3499	Paul Rothwell	M			673	0:47:29
646	0:48:30	888	Neil James	M	40		719	0:47:55
647	0:48:30	1674	Stephen Davies	M			717	0:47:54
648	0:48:31	4025	Steve Airey	M		Running with Nancy	680	0:47:34
649	0:48:31	483	Sai Gopal	M			659	0:47:21
650	0:48:31	595	Lloyd Gengell	M			617	0:46:57
651	0:48:32	3971	Christian Dalton	M			612	0:46:52
652	0:48:33	196	Ryland Cooper	M	45		746	0:48:16
653	0:48:33	1274	Alex Weeks	M			560	0:46:24
654	0:48:34	2517	Victoria Webb	F	40		727	0:48:02
655	0:48:35	2283	Stephen Jenkins	M	45		667	0:47:25
656	0:48:35	813	Anthony Omar	M			410	0:44:37
657	0:48:35	1640	Andy Bartlett	M	50		716	0:47:53
658	0:48:37	855	Andrew Nicholson	M			368	0:44:00
659	0:48:38	1845	Rob Harrison	M			696	0:47:44
660	0:48:38	4228	David Connolly	M			672	0:47:29
661	0:48:38	371	Russel Eddy	M			764	0:48:24
662	0:48:40	738	Sean Haywood	M			664	0:47:25
663	0:48:40	1310	Steve Phillips	M			576	0:46:33
664	0:48:41	2015	Tim O'Hanrahan	M			475	0:45:24
665	0:48:41	1876	Stuart Dent	M	45		737	0:48:11
666	0:48:43	3188	Pete Richards	M	60		777	0:48:31
667	0:48:45	4318	Cristian Morales	M			512	0:45:51
668	0:48:45	1550	Ian Thorne	M	45		695	0:47:43
669	0:48:46	1542	Luke Zasikowski	M			755	0:48:20
670	0:48:46	1608	Simon Hill	M	50		715	0:47:53
671	0:48:47	2472	Joe Worth	M			552	0:46:19
672	0:48:48	3277	Angharad Bevan	F			726	0:48:02
673	0:48:48	970	Antony Metcalfe	M	40		444	0:44:58
674	0:48:48	2932	Jonathan Riffart	M			666	0:47:25
675	0:48:51	1351	Norman Josephine	F	40		738	0:48:12

2014 Cardiff 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
676	0:48:51	3521	Heidi Williams	F	35	Pontypridd Roadents	750	0:48:18
677	0:48:53	1582	Robert Lacey	M			776	0:48:30
678	0:48:53	3516	Catrin Davies	F		Pontypridd Roadents	773	0:48:29
679	0:48:53	408	Tom Lea	M			740	0:48:14
680	0:48:54	912	Tim Barker	M	45		708	0:47:50
681	0:48:54	3437	Osian Griffith	M			592	0:46:42
682	0:48:55	2538	Sally Owen	F	45	Running with Nancy	722	0:47:59
683	0:48:55	2513	Paul Morris	M	55	Les Croupiers	808	0:48:45
684	0:48:58	1766	Charles Coray	M	50		786	0:48:38
685	0:48:59	1527	Jonathan Critcher	M			379	0:44:10
686	0:49:00	203	John Sheppard	M	40		647	0:47:11
687	0:49:00	3365	Andrew Baldwin	M			829	0:48:54
688	0:49:00	3591	Andrew Jeffs	M	45		706	0:47:49
689	0:49:01	2284	Joel Evans	M			505	0:45:46
690	0:49:02	2995	Zoe Gay	F	35		797	0:48:42
691	0:49:02	4125	Harriet Jones	F			796	0:48:42
692	0:49:02	2553	Rob Morgan	M			798	0:48:42
693	0:49:03	4140	Arwyn Williams	M			827	0:48:53
694	0:49:05	2104	Michael Crocker	M			693	0:47:41
695	0:49:05	1995	Neil Fitzgerald	M	45		792	0:48:41
696	0:49:06	382	Martyn Hurley	M			743	0:48:15
697	0:49:07	3209	Bruno Bastos	M			513	0:45:51
698	0:49:08	2858	Rob Jenkins	M		Pegasus RC	800	0:48:42
699	0:49:09	1646	Katherine King	F	45		775	0:48:30
700	0:49:10	682	James White	M			846	0:49:04
701	0:49:11	2345	Janine H Jones	F	35		749	0:48:18
702	0:49:12	2060	George Graves	M			691	0:47:41
703	0:49:12	1496	Andrea Webster	F	55		791	0:48:40
704	0:49:12	3359	Lucy Clementson-Mills	F			799	0:48:42
705	0:49:12	4115	Lewis White	M			455	0:45:07
706	0:49:16	1484	Megan Poulson	F			699	0:47:46
707	0:49:16	1103	Elizabeth Boucher	F	35		732	0:48:06
708	0:49:17	3764	Timothy Cummings	M	40		712	0:47:52
709	0:49:17	2889	Carley Simmonds	F		Knocker Pentaplast	735	0:48:11
710	0:49:17	3543	Richard Cooke	M			733	0:48:10
711	0:49:18	383	Bruce Massie	M	40		770	0:48:28
712	0:49:18	727	Robert Smith	M	50		757	0:48:21
713	0:49:19	3186	Sophie Irvine	F		Les Croupiers	514	0:45:53
714	0:49:20	2518	Caitlin Exton	F			766	0:48:25
715	0:49:20	1252	Kathryn Glenn	F			815	0:48:48
716	0:49:20	2465	Bill O'Keefe	M	40	Les Croupiers	793	0:48:41
717	0:49:21	3242	Andy Davies	M			724	0:48:00
718	0:49:21	2353	Peter Davies	M			728	0:48:03
719	0:49:22	1991	Jan Watkins	F	40		730	0:48:04
720	0:49:22	335	Paul Nowaczek	M	40		599	0:46:46
721	0:49:22	1519	Laura Whittington	F		Lliswerry Runners	812	0:48:47
722	0:49:22	2397	Kate Thompson	F			790	0:48:40
723	0:49:23	4085	Kate Hopkins-Sparkes	F			824	0:48:52
724	0:49:23	1782	Tatiana Armas	F		Taunton AC	805	0:48:44
725	0:49:24	2767	Sebastien Fleurance	M			859	0:49:18
726	0:49:25	2988	Joseph Owen	M			714	0:47:53
727	0:49:26	4131	Sarah Gouldsmith	F			731	0:48:06
728	0:49:26	761	Barri Hamer	M			810	0:48:47
729	0:49:26	4313	Owen Davies	M			675	0:47:32
730	0:49:27	982	Owen Pearse	M			836	0:48:58
731	0:49:27	2987	Debbie Owen	F	55		718	0:47:55
732	0:49:27	2103	Gavin Williams	M			627	0:47:02
733	0:49:27	172	Charlotte Sweet	F			707	0:47:49
734	0:49:28	3545	Mike Evans	M	45		734	0:48:10
735	0:49:30	3567	Gareth Poole	M	55		852	0:49:12
736	0:49:30	564	Nicholas Ling	M			787	0:48:39
737	0:49:30	198	Lela Williams	F			556	0:46:19
738	0:49:31	3508	Hayley Alderman	F			626	0:47:00
739	0:49:32	2089	Richard Mansell	M		Les Croupiers	709	0:47:51
740	0:49:32	2171	Nick Hurley	M	45		760	0:48:22
741	0:49:32	3570	Emma Bowen	F	40		840	0:49:00
742	0:49:33	1667	Jeremy Lewis	M	45		705	0:47:49
743	0:49:34	3559	Sadequr Rahman	M	40	White Rock Runners	865	0:49:20
744	0:49:34	1032	Leon Williams	M			831	0:48:55
745	0:49:35	578	Adam Hole	M			844	0:49:03
746	0:49:35	4022	Luc Morgan	M		Running with Nancy	788	0:48:39
747	0:49:36	3593	Gareth Denton	M	40		858	0:49:17
748	0:49:36	3888	Joshua Reynolds	M		Tenovus	533	0:46:06
749	0:49:37	1837	Lina Lesutiene	F		Aberystwyth AC	853	0:49:13
750	0:49:38	1226	Andrew Canham	M			784	0:48:36

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Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
751	0:49:39	2953	Antony Lewis	M	45		595	0:46:44
752	0:49:39	1327	Kellinu Portelli	M	45	Les Croupiers	890	0:49:30
753	0:49:40	3880	Abi Anderson	F			640	0:47:09
754	0:49:40	256	Sabrina Revell	F			683	0:47:37
755	0:49:40	4209	Jason Hammond	M			564	0:46:26
756	0:49:41	655	Lathfur Rahman	M			897	0:49:34
757	0:49:41	1218	Lisa Griffiths	F		Outdoor Fitness	910	0:49:41
758	0:49:42	314	April Harvard	F			801	0:48:43
759	0:49:43	584	Nick Payne	M			850	0:49:12
760	0:49:44	3498	Andy Matthews	M	45		771	0:48:28
761	0:49:45	1659	Dean Birt	M	40	Pontypridd Roadents	886	0:49:28
762	0:49:46	2423	Darien Jay	M		Westbury Harriers	762	0:48:23
763	0:49:46	1379	Jackie Taylor	F	45		839	0:48:59
764	0:49:48	2931	Catherine Bradley	F			767	0:48:25
765	0:49:49	407	Mark Lewis	M			891	0:49:32
766	0:49:50	2874	Rebecca Davies	F			893	0:49:32
767	0:49:51	1375	Darryn Hill	M	40		802	0:48:43
768	0:49:53	442	Gareth Thomas	M			565	0:46:26
769	0:49:54	2005	Jozef McLaughlin	M			748	0:48:17
770	0:49:54	3881	Lisa Haf Davies	F			830	0:48:54
771	0:49:54	309	Jon Roberts	M			832	0:48:55
772	0:49:54	2256	Michael Shaw	M			772	0:48:29
773	0:49:56	113	Robert Stephens	M	45		826	0:48:52
774	0:49:56	857	Alan Rockliffe	M	55		795	0:48:42
775	0:49:56	3832	Jessica Kingston	F		Team 2 Wish	761	0:48:23
776	0:49:57	3211	James Rothery	M			482	0:45:33
777	0:49:57	1605	James Spooner	M			806	0:48:45
778	0:49:57	2105	Mary Beech	F	50	Brackla Harriers	879	0:49:25
779	0:49:57	3150	Gareth Boulton	M			622	0:46:58
780	0:49:58	3137	Helen Oliver	F		Winchester and District AC	586	0:46:39
781	0:49:59	105	Desmond Jones	M	40		851	0:49:12
782	0:49:59	4212	Anthony Horne	M			584	0:46:38
783	0:50:00	1806	Martin Longman	M	45		871	0:49:22
784	0:50:00	443	Morgan Lewis	M			575	0:46:33
785	0:50:01	4058	Huw Williams	M			862	0:49:19
786	0:50:02	1793	John Cronin	M	55		765	0:48:24
787	0:50:04	1438	Jonathan Wells	M			841	0:49:00
788	0:50:04	502	Mark Donovan	M			685	0:47:38
789	0:50:05	659	Grant Williams	M			900	0:49:35
790	0:50:05	2869	Gareth Davies	M			774	0:48:29
791	0:50:06	2920	Lee Gilgrass	M		Knocker Pentaplast	921	0:49:46
792	0:50:06	66	Steve James	M			703	0:47:47
793	0:50:07	3587	Adriian Harwood	M	50		901	0:49:35
794	0:50:08	3637	Stuart Hardisty	M		Love Running	866	0:49:21
795	0:50:08	2425	Steven Hall	M			816	0:48:48
796	0:50:09	2542	Robert Floyd	M			899	0:49:34
797	0:50:09	3083	Alun Jeremiah	M			580	0:46:35
798	0:50:09	2537	Dominic Perks	M			563	0:46:26
799	0:50:10	1976	James Whelan	M			633	0:47:04
800	0:50:10	409	Simon Hodges	M			745	0:48:15
801	0:50:11	1899	Alice George	F			931	0:49:52
802	0:50:13	1136	Ann Phillips	F	45		811	0:48:47
803	0:50:14	3525	Claire Maksimovic	F		Pontypridd Roadents	909	0:49:40
804	0:50:15	1112	Adrian Cross	M			725	0:48:01
805	0:50:15	1828	Mike Watkins	M	50	Muller RC	888	0:49:29
806	0:50:15	3142	Ian Tarr	M	45		744	0:48:15
807	0:50:16	2839	Jonathon Hatfield	M	40		710	0:47:52
808	0:50:16	1248	William David	M	40		747	0:48:16
809	0:50:17	4091	Sarah Jackson	F			848	0:49:11
810	0:50:17	398	Steve Terry	M			922	0:49:47
811	0:50:18	1022	Kate Russell	F	35	Les Croupiers	954	0:50:01
812	0:50:18	363	Robert Pickles	M			959	0:50:03
813	0:50:18	662	Gareth Holbrook	M			779	0:48:32
814	0:50:19	4097	Calum Ellis	M			849	0:49:11
815	0:50:20	3773	Cathy Tuke	F			628	0:47:02
816	0:50:21	4030	Hannah Pole	F			834	0:48:57
817	0:50:22	1545	Andrew Rowe	M			902	0:49:36
818	0:50:22	1677	Beverley Warbourton	F	50		930	0:49:51
819	0:50:22	310	Mike Davies	M			872	0:49:22
820	0:50:23	2704	Jeffrey Aston	M	65	Les Croupiers	958	0:50:03
821	0:50:24	3430	Aaron Azu	M			842	0:49:01
822	0:50:26	2763	Colin Crooks	M	55	Pegasus RC	951	0:50:00
823	0:50:26	3099	Stephen Wheel	M			925	0:49:48
824	0:50:28	3040	Kelly Jones	F			979	0:50:15
825	0:50:29	3531	Tom Long	M		White Rock Runners	804	0:48:44

2014 Cardiff 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
826	0:50:30	3561	Laura Thomas	F			641	0:47:09
827	0:50:30	3636	Joshua Harding-Jones	M		Love Running	913	0:49:43
828	0:50:31	1067	Jonathan Clarke	M			935	0:49:54
829	0:50:31	4143	Tim Parfitt	M			974	0:50:12
830	0:50:32	657	Stuart Kibble	M			946	0:49:59
831	0:50:32	4098	Gerwyn Ellis	M			876	0:49:24
832	0:50:32	1832	Jon Lewis	M			980	0:50:16
833	0:50:34	3269	Matt Grovell	M			723	0:47:59
834	0:50:34	2856	Charly Riviere	M			578	0:46:33
835	0:50:34	508	Brian Cotton	M			916	0:49:43
836	0:50:34	505	Helen Davies	F			884	0:49:28
837	0:50:35	2080	Gareth Phillips	M	55		855	0:49:13
838	0:50:35	3383	Rhys Redford	M			914	0:49:43
839	0:50:36	1833	Robbie Rietz	M			539	0:46:12
840	0:50:36	2228	Carl Pocknell	M	45		923	0:49:47
841	0:50:36	1954	Alain Renders	M	45		785	0:48:36
842	0:50:36	1801	Ben Sykes	M			614	0:46:54
843	0:50:38	3234	Richard Baker	M	40		847	0:49:10
844	0:50:41	767	Jim Cold	M			947	0:49:59
845	0:50:42	734	Jack Merril	M			885	0:49:28
846	0:50:42	699	Richard Saltmarsh	M			867	0:49:21
847	0:50:43	3713	Darren Floyd	M	40		754	0:48:19
848	0:50:43	3515	Frank Dacey	M			968	0:50:08
849	0:50:44	1400	Ari Kannivelu	M			759	0:48:21
850	0:50:44	769	Pierre-Michael Delamotte	M			962	0:50:05
851	0:50:45	188	Ryan Collins	M			676	0:47:32
852	0:50:45	507	Lorna Domchowski	F			905	0:49:38
853	0:50:45	1488	Toby Bradshaw	M	40		822	0:48:52
854	0:50:45	1944	Nick Williams	M			952	0:50:01
855	0:50:46	1295	Fiona Creasey	F	45		932	0:49:52
856	0:50:48	376	Phil Decker	M			687	0:47:38
857	0:50:48	1104	Nigel Davies	M	55		904	0:49:38
858	0:50:49	3389	Simon Reed	M			967	0:50:08
859	0:50:50	2243	Heather Garratt	F	35		984	0:50:18
860	0:50:51	3393	James Llewellyn	M			999	0:50:24
861	0:50:52	129	Phillipa Knowles	F	40		860	0:49:18
862	0:50:52	1491	Curt Price	M	40		957	0:50:03
863	0:50:53	1133	Ryan Spencer	M	40		994	0:50:23
864	0:50:54	3982	Ella Boorman	F		Lliswerry Runners	953	0:50:01
865	0:50:54	75	Steffan Harries	M			903	0:49:38
866	0:50:54	2768	Phillip Thomas	M			756	0:48:20
867	0:50:54	931	Jo Rudling	F	40		985	0:50:19
868	0:50:54	3397	Julian Heathfield	M	40		940	0:49:56
869	0:50:55	3736	Marcel Felix	M	45		941	0:49:56
870	0:50:56	2275	Christopher Jenkins	M	50		818	0:48:51
871	0:50:56	1890	Amanda Nicholson	F	45		820	0:48:51
872	0:50:56	3745	Malcolm Lewis	M	60		977	0:50:14
873	0:50:56	1903	Gabrielle Spicer	F			936	0:49:54
874	0:50:57	2417	Benjamin Craggs	M			889	0:49:30
875	0:50:57	1904	Raymond Spicer	M	50		939	0:49:54
876	0:50:57	2381	David Winchurch	M			643	0:47:10
877	0:50:58	2661	Rhys Boulton	M			729	0:48:04
878	0:51:01	873	Barry Clarke	M	40		1014	0:50:31
879	0:51:01	313	Rob Brown	M			955	0:50:02
880	0:51:02	4242	Jason Alexander	M			1024	0:50:34
881	0:51:03	3227	Rachael Newport	F			908	0:49:40
882	0:51:05	543	Scott Lanning	M			769	0:48:28
883	0:51:05	557	Ken Pudney	M			1027	0:50:36
884	0:51:05	3768	Mair Chivers	F	50		917	0:49:44
885	0:51:05	829	Gareth Newman	M			589	0:46:40
886	0:51:05	1948	Gary Bowen-Thomson	M	40	Outdoor Fitness	991	0:50:22
887	0:51:06	3767	Peter Chivers	M	50		919	0:49:45
888	0:51:06	1810	Yvonne Bullen	F	50	Les Croupiers	982	0:50:16
889	0:51:07	1399	Nick Jacques	M	50		928	0:49:49
890	0:51:07	2159	Richard Barnett	M			949	0:50:00
891	0:51:07	2176	Rob Jenkins	M			833	0:48:56
892	0:51:07	4000	Lindsey Hunt	F		Penarth & Dinas Runners	971	0:50:11
893	0:51:08	4092	Lara Watson	F			993	0:50:23
894	0:51:08	164	Angharad Price	F			933	0:49:53
895	0:51:08	3530	Sean Lewis	M			1018	0:50:31
896	0:51:09	740	Peter Lewis	M			937	0:49:54
897	0:51:09	3201	Simon Stokes	M			856	0:49:14
898	0:51:09	1851	Leigh Lawry	M			945	0:49:58
899	0:51:10	2066	Richard Williams	M			615	0:46:55
900	0:51:12	1645	Mathew James	M			926	0:49:48

2014 Cardiff 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
901	0:51:13	205	Ben Rice	M			874	0:49:23
902	0:51:13	958	Matthew Rees	M			896	0:49:33
903	0:51:13	3581	Sandra Hustin	F	45		1070	0:50:58
904	0:51:13	1968	Mark Davies	M	40		1008	0:50:29
905	0:51:14	2535	James Shell	M			783	0:48:35
906	0:51:15	3315	Greg Nicholas	M			998	0:50:24
907	0:51:16	2612	Brilee Edwards	F	40		789	0:48:40
908	0:51:17	2109	Alison Whittaker	F	55	Les Croupiers	1071	0:51:00
909	0:51:17	640	James Leadbeater	M			887	0:49:28
910	0:51:19	227	Kate Phillips	F	35		1033	0:50:40
911	0:51:19	1900	Sarah Wake	F			1012	0:50:30
912	0:51:20	1419	Kerri Matthews	F	35		688	0:47:39
913	0:51:22	2074	Geraint Evans	M			819	0:48:51
914	0:51:22	85	Chris Bangs	M			943	0:49:58
915	0:51:23	4146	Glenn Powell	M		Penarth & Dinas Runners	721	0:47:58
916	0:51:23	2239	Chris Leach	M	55		813	0:48:47
917	0:51:23	562	Phillipa Lovering	F			1021	0:50:33
918	0:51:23	1942	Alexander Gray	M			618	0:46:57
919	0:51:24	3143	Oliver Axon	M			1029	0:50:37
920	0:51:24	2926	Paul Dibble	M	55		782	0:48:33
921	0:51:24	2511	Craig Pearce	M	40		966	0:50:07
922	0:51:26	2773	Matt Hudson	M			778	0:48:31
923	0:51:27	2137	Paul D Watts	M	55	Lliswerry Runners	1003	0:50:26
924	0:51:27	1755	Sally Esp	F			1054	0:50:54
925	0:51:27	664	Andrew Herbet	M			1006	0:50:27
926	0:51:28	1215	Marianne Jenkins	F	45		929	0:49:50
927	0:51:28	1151	Tom Bryant	M		TROTS	607	0:46:50
928	0:51:30	2702	Ruth Cordy	F			1109	0:51:21
929	0:51:30	2372	Michael Hinchliffe	M	40		828	0:48:54
930	0:51:30	4032	Simon Kilbly	M			983	0:50:16
931	0:51:31	294	Chrissie Rees	F	40		742	0:48:15
932	0:51:32	4096	Thomas Davey	M			996	0:50:24
933	0:51:33	1081	Andrew Wellbeloved	M			1116	0:51:23
934	0:51:33	2187	Ian Cope	M	50		997	0:50:24
935	0:51:34	2055	Mark Krawiecki	M	50		817	0:48:51
936	0:51:34	1357	Luke Heslop	M		Les Croupiers	1086	0:51:07
937	0:51:34	1687	Lyn Evans	M	55	Penarth & Dinas Runners	1038	0:50:43
938	0:51:36	4132	Mari Roberts	F			741	0:48:14
939	0:51:36	56	Mike Axon	M	45		1044	0:50:48
940	0:51:36	1661	Harriet Naughton	F	35		1095	0:51:12
941	0:51:37	949	David Leonard	M			907	0:49:39
942	0:51:37	1562	Mark Powell	M			758	0:48:21
943	0:51:40	1543	Jeff Deere	M	60		1050	0:50:52
944	0:51:41	785	Hywel Thomas	M			875	0:49:23
945	0:51:43	2959	Mark Painter	M	50		837	0:48:58
946	0:51:43	889	Marc Williams	M			1047	0:50:51
947	0:51:44	2526	Patrick Jones	M			992	0:50:23
948	0:51:44	2453	Haydn Evans	M	50		969	0:50:09
949	0:51:45	4200	Sophie Harris	F			1045	0:50:50
950	0:51:45	1579	Ian Williams	M			1032	0:50:40
951	0:51:46	1186	Timothy Phillips	M	55		894	0:49:32
952	0:51:47	1895	Colin Barrett	M	55		1039	0:50:44
953	0:51:47	4230	Ray Edwards	M			927	0:49:49
954	0:51:47	2603	Andy Silk	M	55	Chepstow Harriers	1085	0:51:07
955	0:51:48	2069	Rhydian Ball	M			981	0:50:16
956	0:51:49	2383	Amanda Thomas	F	40		1023	0:50:33
957	0:51:49	1796	Brinley Aherne	M	65		1031	0:50:40
958	0:51:50	2700	Janine Roberts	F	40		1108	0:51:19
959	0:51:50	637	Rachel Lloyd	F			768	0:48:27
960	0:51:50	2916	Sophie Albert	F		Klnocker Pentaplast	1153	0:51:39
961	0:51:50	1884	Russell Lewis	M	45		669	0:47:28
962	0:51:50	2522	Nigel Derbyshire	M	65		1139	0:51:33
963	0:51:54	2648	Richard Jenkins	M			988	0:50:20
964	0:51:54	2578	Mathew Lloyd-Jones	M			934	0:49:53
965	0:51:55	2244	Richard Garratt	M	40		1117	0:51:23
966	0:51:57	2343	Ben Abbandonato	M			857	0:49:15
967	0:51:57	4199	Laurent Delaunay	M			1077	0:51:04
968	0:51:57	3184	Samuel Morgan	M			781	0:48:32
969	0:51:59	3239	Gethin Price	M			906	0:49:39
970	0:51:59	2211	Midge Ferguson	M	45		973	0:50:11
971	0:51:59	4249	Charlie Lovett	M			596	0:46:44
972	0:52:00	3572	Joanna Raper	F			1000	0:50:25
973	0:52:00	1119	Hannah Gittings	F			986	0:50:20
974	0:52:02	783	Geraint Evans	M			924	0:49:47
975	0:52:03	2477	Keith Blackman	M			1126	0:51:27

2014 Cardiff 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
976	0:52:03	2853	Lewis Coburn	M			1061	0:50:56
977	0:52:03	3264	Rob Vale	M			835	0:48:57
978	0:52:05	1982	Aidan Davies	M		Islwyn RC	1115	0:51:23
979	0:52:06	3575	Sarah McLoughlin	F	45	Les Croupiers	1181	0:51:52
980	0:52:07	3361	Steve Riddler	M	50		1055	0:50:54
981	0:52:07	1743	Ieuan Bennett	M	50		809	0:48:46
982	0:52:07	745	Richard Handley	M			1193	0:51:58
983	0:52:07	3125	Niall Bradley	M			814	0:48:47
984	0:52:07	1105	Matt Isom	M			763	0:48:23
985	0:52:08	746	Anders Goldsmith	M			1199	0:52:00
986	0:52:08	3474	Christopher Gittings	M			1143	0:51:34
987	0:52:08	4333	Geoff Ogden	M	40		1122	0:51:25
988	0:52:08	612	Neil Zennadi	M			944	0:49:58
989	0:52:10	4232	Kaarina Ruta	F			1147	0:51:36
990	0:52:11	3594	Robert Williams	M	40		825	0:48:52
991	0:52:11	3595	Mirjam Williams	F			821	0:48:51
992	0:52:12	2172	Glyn Drucker	M	40		1010	0:50:30
993	0:52:12	1286	Adrian Hayward	M	40	Lliswerry Runners	1063	0:50:56
994	0:52:12	871	Ronald Davies	M	40	Lliswerry Runners	1064	0:50:56
995	0:52:12	3951	Lauren Leach	F			950	0:50:00
996	0:52:13	263	Owen Gibson	M			963	0:50:06
997	0:52:14	2609	Catrin Evans	F			1160	0:51:41
998	0:52:14	2160	Natasha Greenway	F			1120	0:51:25
999	0:52:15	3009	Jamie Smith	M			882	0:49:27
1000	0:52:17	1196	Rhys Parfitt	M		Pont-Y-Pwl Runners	1025	0:50:35
1001	0:52:17	4227	Anita Tucknull	F			1142	0:51:33
1002	0:52:17	2088	Stephen Beale	M	45		881	0:49:26
1003	0:52:18	3865	Lois Gwenllian Jones	F			863	0:49:19
1004	0:52:18	1506	Kate Saunders	F			1167	0:51:45
1005	0:52:19	3811	Cain Francis	M			1037	0:50:42
1006	0:52:19	2097	Rhys Harries	M			1043	0:50:48
1007	0:52:19	2162	Matthew Richards	M			843	0:49:02
1008	0:52:20	1715	Matthew Jenkins	M			1125	0:51:27
1009	0:52:21	243	Fiona Rutherford	F	45		1148	0:51:36
1010	0:52:21	4044	Jenniefer Martin	M		Les Croupiers	803	0:48:44
1011	0:52:21	423	Richard Blackwell	M			956	0:50:03
1012	0:52:22	3972	Mark Andrew	M			868	0:49:21
1013	0:52:23	2047	Stewart Harding	M			1028	0:50:37
1014	0:52:24	1326	Stephen Head	M	40		1026	0:50:35
1015	0:52:24	4114	Christopher Cartwright	M			751	0:48:18
1016	0:52:24	763	Gavin Simon	M			1187	0:51:56
1017	0:52:24	3552	John Davies	M			838	0:48:58
1018	0:52:24	3371	Jason Hopkins	M			873	0:49:22
1019	0:52:24	770	David Jones	M			1192	0:51:58
1020	0:52:25	1817	Harriet Diment	F			1177	0:51:49
1021	0:52:25	103	David Watts	M			892	0:49:32
1022	0:52:26	3717	Richard Roberts	M	40		976	0:50:13
1023	0:52:26	1691	Jonathon Pritchard	M	40		960	0:50:04
1024	0:52:26	166	Andrew Deneen	M			1203	0:52:03
1025	0:52:26	2797	Rachel Biggar	F			1219	0:52:12
1026	0:52:27	4071	Paul Phillips	M			864	0:49:20
1027	0:52:27	3347	Robert Jones	M			938	0:49:54
1028	0:52:28	510	Tara Barnard	F			1111	0:51:22
1029	0:52:28	134	Stuart Ropke	M	45		1056	0:50:55
1030	0:52:28	3183	Howard Coole	M	45		845	0:49:04
1031	0:52:28	3229	Owen Jenkins	M			970	0:50:09
1032	0:52:29	1060	Darren Griffiths-Warner	M	45		1169	0:51:47
1033	0:52:30	2216	Simon Petfield	M	45		1009	0:50:30
1034	0:52:30	437	Lee Brown	M			1074	0:51:00
1035	0:52:30	696	Julie Harris	F			1002	0:50:26
1036	0:52:31	1820	Tom McCann	M			1105	0:51:18
1037	0:52:31	1219	Michael Wilson	M			1046	0:50:50
1038	0:52:31	1819	Simon McCann	M	45	Village Vipers	1106	0:51:18
1039	0:52:32	4338	Lucy Jones	F			1127	0:51:28
1040	0:52:33	831	Ciprian Stoica	M			1200	0:52:01
1041	0:52:33	3401	Andrew Marvelley	M			948	0:50:00
1042	0:52:33	3300	Mark Trew	M	45		961	0:50:04
1043	0:52:33	2759	Jaye Connelly	F			880	0:49:25
1044	0:52:35	4129	Nicky Lawrenson	F			1135	0:51:31
1045	0:52:36	1657	Fiona Evans	F	45	Cwm Ogwr Running Club	1131	0:51:29
1046	0:52:36	2694	Charlotte Lewis	F			1090	0:51:09
1047	0:52:36	3284	Leona Hopkins	F	35		1124	0:51:26
1048	0:52:37	4089	Luke Griffiths	M			972	0:50:11
1049	0:52:37	3146	Philip Mckechnie	M			1004	0:50:26
1050	0:52:38	2548	Martin McAleavy	M	45		989	0:50:21

2014 Cardiff 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
1051	0:52:39	962	Matthew Harris	M			1230	0:52:18
1052	0:52:40	3387	Lee Davies	M			1020	0:50:32
1053	0:52:40	623	David Kempton	M			1082	0:51:06
1054	0:52:40	3873	Ian Osullivan	M			1154	0:51:40
1055	0:52:40	2119	Sian Williams	F			1101	0:51:15
1056	0:52:41	2224	Ed Peacock	M			1087	0:51:08
1057	0:52:41	2620	Fiona Jones	F			1178	0:51:49
1058	0:52:41	2731	Shay Lewis	M			1175	0:51:49
1059	0:52:41	590	Chianne Bilsby	F			1099	0:51:14
1060	0:52:42	76	Adam Jones	M			1114	0:51:23
1061	0:52:43	2812	Rachel Morse	F			1171	0:51:47
1062	0:52:43	1559	Dave Gillespie	M			1128	0:51:28
1063	0:52:43	475	Sridhar Kamath	M			1190	0:51:57
1064	0:52:43	939	Matthew Woodcock	M			1088	0:51:08
1065	0:52:43	4284	Lee Griffiths	M	40	BRAINSTRUST	1166	0:51:45
1066	0:52:43	3922	Steve Tucker	M	45		1176	0:51:49
1067	0:52:44	2816	Natasha Louca-Jones	F	35		1080	0:51:05
1068	0:52:44	4011	Julian Forsyth	M	40		990	0:50:21
1069	0:52:45	840	John O'Connell	M			1259	0:52:29
1070	0:52:45	1477	Christopher Williams	M	40		915	0:49:43
1071	0:52:45	3390	Emily Reed	F			1205	0:52:04
1072	0:52:45	1045	Richard Crook	M			1035	0:50:41
1073	0:52:46	3452	Richard Thomas	M			854	0:49:13
1074	0:52:47	175	Joel Barwick	M			911	0:49:42
1075	0:52:48	3818	Jamie Hayden	M			1053	0:50:52
1076	0:52:49	3555	Gareth Robinson	M			920	0:49:46
1077	0:52:49	660	Rebecca Joyce	F			1040	0:50:44
1078	0:52:49	2693	Cerys John	F			1210	0:52:06
1079	0:52:49	3181	Lauren Regan	F			898	0:49:34
1080	0:52:50	607	Andy Bayton	M			1234	0:52:18
1081	0:52:50	2034	Nicola Gray	F	45	Lliswerry Runners	1198	0:52:00
1082	0:52:51	2703	Mark Hartwell	M	50		1036	0:50:41
1083	0:52:51	2610	Stephen Williams	M	40		1057	0:50:55
1084	0:52:51	1147	Gareth Thomas	M			918	0:49:44
1085	0:52:51	3820	Heli Leppala	F	35		1186	0:51:56
1086	0:52:52	2697	James Wallace	M			942	0:49:57
1087	0:52:52	667	Chris Pike	M			1078	0:51:05
1088	0:52:53	1285	Andrew Cowley	M			1017	0:50:31
1089	0:52:53	3969	Karl Perry	M	45		1096	0:51:13
1090	0:52:53	3216	Andrew Skinner	M	45		753	0:48:19
1091	0:52:53	1431	Anna Bellamy	F	35		1062	0:50:56
1092	0:52:54	1570	Phillip Best	M	55		1069	0:50:58
1093	0:52:55	3805	Neil Chipper	M	50	Lliswerry Runners	1227	0:52:16
1094	0:52:55	1521	Iestyn Davies	M			965	0:50:07
1095	0:52:56	3170	David Bicker	M	45		964	0:50:07
1096	0:52:58	541	Paul Bowden	M			995	0:50:23
1097	0:52:58	3288	Mark Clatworthy	M	40		1172	0:51:47
1098	0:52:59	3684	Carly Jones	F		Tenovus	1217	0:52:11
1099	0:53:01	3564	Graham Morgan	M	55		1235	0:52:18
1100	0:53:01	960	Mark Coleman	M	40		1266	0:52:33
1101	0:53:01	3829	Cuong Hoa Tran	M		Team 2 Wish	895	0:49:32
1102	0:53:01	1578	Jordan Owen	M			1206	0:52:04
1103	0:53:03	3451	David Burnett	M			1239	0:52:20
1104	0:53:03	2777	Bleddyn Edwards	M	40		1007	0:50:28
1105	0:53:04	1051	Edward Timson	M	50		1232	0:52:18
1106	0:53:04	2954	Leon Bancroft	M			1013	0:50:31
1107	0:53:05	4152	Bernard Brown	M	60		1311	0:52:52
1108	0:53:05	1805	Marie Price	F	35		1283	0:52:38
1109	0:53:05	1842	Claire Fisher	F	35		1284	0:52:38
1110	0:53:05	4299	Brian Saxby	M	50		1188	0:51:57
1111	0:53:06	4033	Alisha Price	F			1182	0:51:52
1112	0:53:06	2028	John Demaid	M			1083	0:51:07
1113	0:53:07	155	Gareth McMullen	M	50		1104	0:51:17
1114	0:53:08	916	Shaun Cotter	M	45		1151	0:51:38
1115	0:53:08	886	Richard Street	M	55	Pegasus RC	1094	0:51:11
1116	0:53:08	3860	Steve Wallace	M		Team 2 Wish	878	0:49:25
1117	0:53:09	3163	Andrew Grierson	M			1140	0:51:33
1118	0:53:09	793	Adam Christian	M			1052	0:50:52
1119	0:53:09	936	Robert Cawley	M	45		1297	0:52:44
1120	0:53:11	1130	Richard Sugarman	M	40		1163	0:51:43
1121	0:53:12	2337	Thomas Payne	M			1015	0:50:31
1122	0:53:12	3833	Emma Cummins	F		Team 2 Wish	1231	0:52:18
1123	0:53:12	2352	Martin Spicer	M			1194	0:51:58
1124	0:53:13	1625	Richard Price	M			1076	0:51:04
1125	0:53:14	2185	Dylan Evans	M			780	0:48:32

2014 Cardiff 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
1126	0:53:15	3285	Gemma Cridland	F			1137	0:51:31
1127	0:53:15	482	Anita Aggarwal	F			1191	0:51:57
1128	0:53:16	3954	Neil Gould	M			1215	0:52:10
1129	0:53:16	3955	Rachel Gould	F	35		1216	0:52:10
1130	0:53:16	594	Ryan Evans	M			1123	0:51:26
1131	0:53:17	3699	Jon May	M		Tenovus	1058	0:50:55
1132	0:53:18	558	Richard Pudney	M			1306	0:52:49
1133	0:53:18	255	Gary Smedley	M			1102	0:51:15
1134	0:53:19	3563	Grahame Jones	M	40		1107	0:51:19
1135	0:53:19	3879	Heidi Morris	F	40		1051	0:50:52
1136	0:53:19	3468	Hannah Jones	F			1245	0:52:23
1137	0:53:20	1041	Carl Rogers	M			1233	0:52:18
1138	0:53:21	2714	Jonathan Williams	M			870	0:49:22
1139	0:53:22	4142	Stephen Goodfellow	M			1145	0:51:36
1140	0:53:24	1886	Mary Hare	F	45		1308	0:52:50
1141	0:53:24	4088	Ben Worsey	M			1282	0:52:38
1142	0:53:25	4086	Keith Leslie	M	45		1357	0:53:11
1143	0:53:26	3238	Richard Borges	M			1084	0:51:07
1144	0:53:26	4184	Christopher Mapstone	M			1309	0:52:50
1145	0:53:27	1042	Richard Martin	M			1257	0:52:27
1146	0:53:27	1658	Kevin Butt	M	45		1042	0:50:48
1147	0:53:27	4305	Jon Walsh	M	55		1296	0:52:44
1148	0:53:27	934	Nerys Hurford	F	35		1185	0:51:55
1149	0:53:28	1829	Jamie Harbridge	M	40		1256	0:52:27
1150	0:53:29	2393	Sam Morgan	M			978	0:50:15
1151	0:53:29	4130	Ian Harding	M			736	0:48:11
1152	0:53:29	3622	Adam Carbis	M		Love Running	1066	0:50:57
1153	0:53:30	3115	Jon Robbins	M			883	0:49:27
1154	0:53:31	351	Claudio Diogo	M			1164	0:51:45
1155	0:53:31	2727	Michael James	M	55		1156	0:51:40
1156	0:53:32	352	Mackinder Dosanjh	M	40		1168	0:51:46
1157	0:53:32	118	Thea Davies	F			1262	0:52:31
1158	0:53:33	3237	Richard Brown	M	60	Sheen Shufflers	1276	0:52:36
1159	0:53:36	1795	Lisa Saunders	F	45		1289	0:52:41
1160	0:53:36	2640	Cheryl Morgan	F	40	Pontypridd Roadents	1329	0:53:00
1161	0:53:37	3294	Andrew Gage	M			1264	0:52:32
1162	0:53:38	2054	Andrew Walters	M			1318	0:52:56
1163	0:53:38	3920	Steve Austins	M			1274	0:52:35
1164	0:53:38	2935	Ralph Cannon	M	45		1005	0:50:27
1165	0:53:40	1887	Alex Hearnden	M	45		1344	0:53:07
1166	0:53:41	3810	Steve Twigg	M	40		1209	0:52:05
1167	0:53:42	281	Adam Daniel	M			1146	0:51:36
1168	0:53:42	3748	Aaron Evans	M			1222	0:52:13
1169	0:53:42	816	Michael Kitchin	M			1195	0:51:59
1170	0:53:43	86	Lisa Innes	F			1244	0:52:23
1171	0:53:44	1841	Sarah Jeremiah	F	35		1218	0:52:11
1172	0:53:44	3358	Helen Price	F	35		1073	0:51:00
1173	0:53:45	3127	Harry Brunt	M			1001	0:50:25
1174	0:53:45	333	Alan Hopes	M	40		1093	0:51:10
1175	0:53:46	1718	Lesley Christina Taylor	F	45		1315	0:52:55
1176	0:53:46	1085	Bethan Ford	F			1240	0:52:21
1177	0:53:46	1873	Robert Ling	M			1019	0:50:32
1178	0:53:46	4328	Peter Edmonston	M			877	0:49:24
1179	0:53:47	2870	Marc Griffiths	M	40		1286	0:52:38
1180	0:53:47	1143	Jodie Williams	F		Les Croupiers	1346	0:53:07
1181	0:53:47	1440	Sandra Maslen	F	40	Team Bath AC	1174	0:51:48
1182	0:53:47	858	Kim Rockcliffe	F	50		1155	0:51:40
1183	0:53:48	2957	Steven Pike	M			1134	0:51:31
1184	0:53:48	4042	Gillian Murphy	F	60	Les Croupiers	1406	0:53:31
1185	0:53:48	3556	Stuart Hooper	M			1022	0:50:33
1186	0:53:48	2106	Sara Morgan	F	35	Pontypridd Roadents	1332	0:53:01
1187	0:53:49	3117	Annie Ginwalla	F	35		1220	0:52:13
1188	0:53:49	4069	Timothy Kemble	M			1268	0:52:34
1189	0:53:49	2108	Rhys Littlejohns	M			1075	0:51:01
1190	0:53:50	1101	Danielle Rayner	F		Penarth & Dinas Runners	1183	0:51:53
1191	0:53:51	3494	Gareth Gooding	M			1048	0:50:51
1192	0:53:51	2446	Dan Watkins	M			1072	0:51:00
1193	0:53:52	1510	Tom Dyer	M			861	0:49:18
1194	0:53:52	1099	James Francis	M			1272	0:52:35
1195	0:53:52	1529	Iwan Gethin Jones	M			1322	0:52:57
1196	0:53:52	3081	Sharleen Kennedy-Steer	F			1228	0:52:16
1197	0:53:52	4183	Andrew Samuel	M		Team 2 Wish	1333	0:53:02
1198	0:53:53	2321	Mark Hegarty	M	40		1301	0:52:47
1199	0:53:53	737	Lisa Roberts	F			1091	0:51:09
1200	0:53:56	3193	Dave Walker	M	60		975	0:50:13

2014 Cardiff 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
1201	0:53:56	1878	Mitchell Hough	M			1313	0:52:53
1202	0:53:56	191	Tristan Williams	M			1041	0:50:44
1203	0:53:56	2823	Rebecca Mair Lansdowne	F			1196	0:51:59
1204	0:53:56	1348	Matthew Norman	M	45		1371	0:53:17
1205	0:53:57	293	Mark Jones	M	50		1383	0:53:21
1206	0:53:57	614	Simon Bolton	M			1173	0:51:47
1207	0:53:58	3002	James Llewellyn	M			1224	0:52:14
1208	0:53:58	2280	Kate Morgan	F			1254	0:52:27
1209	0:53:58	3974	Kathryn Petersen	F	45	Penarth & Dinas Runners	1260	0:52:29
1210	0:53:59	963	Viv Evans	F	45		1213	0:52:09
1211	0:53:59	283	Ian Bishop	M			823	0:48:52
1212	0:53:59	77	Mark Jacks	M			1275	0:52:36
1213	0:53:59	524	Carly Allchurch	F			1119	0:51:24
1214	0:54:00	611	Russell Adams	M			1179	0:51:50
1215	0:54:00	3849	Sarah Black-Smith	F		Team 2 Wish	1011	0:50:30
1216	0:54:01	3853	Jo Garzoni	F		Team 2 Wish	1016	0:50:31
1217	0:54:01	2312	Sarah Coote	F			1030	0:50:39
1218	0:54:01	137	Clare James	F	40		1255	0:52:27
1219	0:54:02	3369	Carys Parr	F			1150	0:51:37
1220	0:54:02	2991	Emma Price	F	35	Rhayader Running Club	1326	0:53:00
1221	0:54:02	3510	David Jones	M			1189	0:51:57
1222	0:54:02	2990	Chris Price	M	40	Rhayader Running Club	1330	0:53:00
1223	0:54:03	523	Andrew Hopkins	M			1226	0:52:16
1224	0:54:03	213	Steve Gummer	M	40		987	0:50:20
1225	0:54:04	600	Guy Hardwick	M			1223	0:52:13
1226	0:54:05	583	Morgan Smith	M			1412	0:53:34
1227	0:54:05	2657	George Kynaston	M			1307	0:52:50
1228	0:54:06	544	Shelly Davies	F			1386	0:53:22
1229	0:54:07	1114	Tom Bennett	M	40		1347	0:53:07
1230	0:54:07	4332	Mark Oakman	M			1351	0:53:08
1231	0:54:08	51	Matt Thomas	M	40		1377	0:53:19
1232	0:54:08	1206	Gavin Davies	M			1049	0:50:51
1233	0:54:08	1322	Julian Wooster	M	45		1340	0:53:05
1234	0:54:09	3734	Mark Harper	M	40		1060	0:50:56
1235	0:54:09	3233	Lloyd Wheeler	M			1288	0:52:40
1236	0:54:11	2079	Atul Kalhan	M	40		1287	0:52:39
1237	0:54:11	3230	Shelagh Adkins	F	65	Caerleon RC	1319	0:52:56
1238	0:54:11	3672	David Wilson	M		Love Running	1118	0:51:24
1239	0:54:11	3329	Dom Hutchings	M	45		1343	0:53:06
1240	0:54:13	4336	Claire Curtin	F			1236	0:52:19
1241	0:54:14	2205	Dafydd Lewis	M	40		1097	0:51:13
1242	0:54:14	2683	Thomas Higgins	M			1204	0:52:03
1243	0:54:16	994	Paul Sullivan	M			1353	0:53:10
1244	0:54:17	1421	Michael Darke	M			1065	0:50:57
1245	0:54:17	421	David Wilton	M	40		1427	0:53:39
1246	0:54:19	2370	Geraint Worqan	M			1348	0:53:07
1247	0:54:19	3949	Dave Thomas	M			912	0:49:42
1248	0:54:19	1938	Huw Jones	M			1068	0:50:58
1249	0:54:19	1848	John Thomson	M			1267	0:52:33
1250	0:54:21	844	Liz James	F			1502	0:54:10
1251	0:54:21	1689	Andrew Williamson	M	40		1089	0:51:08
1252	0:54:21	2983	Nathan Dee	M			1378	0:53:19
1253	0:54:22	336	Andy Mudie	M			1170	0:51:47
1254	0:54:22	2663	Felice Cirino	M			1247	0:52:23
1255	0:54:23	2448	Andrew Morris	M	45		1325	0:53:00
1256	0:54:23	1080	Catherine Salen	F	45		1366	0:53:14
1257	0:54:23	1117	Sarah Gatley	F			1443	0:53:45
1258	0:54:23	1118	James Beynon	M	40		1439	0:53:45
1259	0:54:24	3560	Rhodri John	M			1241	0:52:22
1260	0:54:24	3598	Barry James	M	60	Porthcawl Runners	1360	0:53:11
1261	0:54:24	3597	Rhian James	F			1359	0:53:11
1262	0:54:25	4315	Karen Warlow	F	45		1482	0:54:01
1263	0:54:26	3090	Zoe Follon	F	40		1505	0:54:11
1264	0:54:27	2390	Matthew McCabe	M			1354	0:53:10
1265	0:54:27	346	Allen Bevan	M	55		1211	0:52:07
1266	0:54:27	3870	Jamie Mills	M			869	0:49:21
1267	0:54:27	2624	Max Jasper	M			1212	0:52:08
1268	0:54:27	4337	Liam Jones	M			1381	0:53:21
1269	0:54:29	2698	Melanie Williams	F			1339	0:53:05
1270	0:54:29	3140	Ian Williams	M			1331	0:53:01
1271	0:54:29	1102	Joshua Davies	M		Penarth & Dinas Runners	1265	0:52:33
1272	0:54:31	3756	Kelly Nock	F			1317	0:52:56
1273	0:54:31	1035	Joanne Marshall	F	40		1428	0:53:39
1274	0:54:31	1839	Adam Greenslade	M			1382	0:53:21
1275	0:54:33	285	James Lolin	M			794	0:48:41

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Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
1276	0:54:33	4335	Katie McDonald	F			1292	0:52:42
1277	0:54:33	2175	Sara Arnold	F	40	Islwyn RC	1110	0:51:22
1278	0:54:34	4170	Kerry Briggs	F		Les Croupiers	1458	0:53:53
1279	0:54:35	1372	Kirsty Holtham-Morgan	F	35		1295	0:52:44
1280	0:54:36	287	John Dennison	M			807	0:48:45
1281	0:54:37	1069	Judith Wilkinson	F	55	Tamar Trotters	1430	0:53:39
1282	0:54:37	3876	Vasanth Sampath	M			1384	0:53:21
1283	0:54:39	2789	Katie James	F			1144	0:51:35
1284	0:54:39	3251	Robert Hay	M	50		1092	0:51:10
1285	0:54:40	116	Lee Simmonds	M			1452	0:53:50
1286	0:54:40	340	John Beecham	M	45		1202	0:52:02
1287	0:54:40	445	Matt Banks	M			1372	0:53:17
1288	0:54:40	446	Mackenzie Hallett	M			1370	0:53:16
1289	0:54:41	87	Richard Edwards	M	45		1352	0:53:09
1290	0:54:41	3960	Rhydian Hoddinott	M			1112	0:51:22
1291	0:54:42	1408	Aidan Norman	M			1480	0:54:01
1292	0:54:42	3336	Penny McCormick	F	35		1510	0:54:12
1293	0:54:42	3760	Gareth Beard	M			1512	0:54:13
1294	0:54:42	3297	Ben Rogers	M			1079	0:51:05
1295	0:54:43	3052	Elinor Young	F		Les Croupiers	1067	0:50:58
1296	0:54:44	2843	David Sinclair	M	40		1100	0:51:15
1297	0:54:45	2427	Chris Ashton	M	50		1463	0:53:56
1298	0:54:46	2366	Steve Bird	M	45		1132	0:51:29
1299	0:54:47	1652	Steven Gatenby	M	50		1133	0:51:30
1300	0:54:47	3235	Norman Carter	M	65		1136	0:51:31
1301	0:54:47	2652	Kathryn Kearney	F	50	Run4All	1414	0:53:35
1302	0:54:47	3994	Alex Tovey	M	40	Run4All	1413	0:53:34
1303	0:54:48	4314	Anna Thomas	F			1312	0:52:53
1304	0:54:49	279	Rhian Edwards	F	35		1294	0:52:43
1305	0:54:49	1036	Warren Abraham	M	40		1560	0:54:30
1306	0:54:51	428	Gareth Llewellyn	M			1261	0:52:30
1307	0:54:51	412	Lloyd Thomas	M	40		1485	0:54:02
1308	0:54:53	4189	Bethan Owen	F			1500	0:54:08
1309	0:54:53	2317	Alison Winter	F			1472	0:53:59
1310	0:54:53	2617	Gareth James	M			1376	0:53:19
1311	0:54:53	1472	James Williams	M			1208	0:52:05
1312	0:54:53	2618	Laura Basini-Gazzi	F			1379	0:53:19
1313	0:54:53	2471	Thomas Worth	M			1250	0:52:24
1314	0:54:54	2309	Chris Horton	M			1103	0:51:15
1315	0:54:57	2409	Ashleigh Twomey	F			1481	0:54:01
1316	0:54:57	1554	Andrew Way	M	40		1165	0:51:45
1317	0:54:57	1465	Simon Hayes	M			1568	0:54:34
1318	0:54:59	3691	Shaunna Ryan	F		Tenovus	1487	0:54:02
1319	0:54:59	4120	Danielle Wilson	F			1469	0:53:57
1320	0:54:59	169	Victoria Wood	F			1380	0:53:19
1321	0:55:00	974	Hannah Thomas	F			1229	0:52:16
1322	0:55:00	1258	Joseff Smith	M			1576	0:54:36
1323	0:55:00	2521	Alan Marrin	M	60		1473	0:53:59
1324	0:55:01	3582	My-Yen Butler	F		White Rock Runners	1369	0:53:16
1325	0:55:01	1422	Matthew Skuse	M	40		1489	0:54:04
1326	0:55:02	676	Paul Carter	M			1335	0:53:03
1327	0:55:02	4050	Paul Carter	M			1336	0:53:03
1328	0:55:04	3044	Helen Davies	F			1508	0:54:11
1329	0:55:05	3380	Dorian Waters	M	45		1328	0:53:00
1330	0:55:05	3001	John Dyson	M	45		1361	0:53:12
1331	0:55:06	3039	Carys Davies	F	35		1511	0:54:13
1332	0:55:06	262	Amanda Kemp	F			1365	0:53:14
1333	0:55:06	2549	Matthew Dadgar	M			1121	0:51:25
1334	0:55:06	3340	Greg Davies	M			1338	0:53:04
1335	0:55:07	295	Mark Denton	M	40		1184	0:51:54
1336	0:55:07	1919	Mark Griffiths	M	40		1059	0:50:56
1337	0:55:08	2120	Adrian Bragger	M	50		1417	0:53:35
1338	0:55:08	1346	Sarah Williams	F	35		1520	0:54:16
1339	0:55:08	720	Tom Entwistle	M			1466	0:53:57
1340	0:55:08	3029	Laurie Higgins	F			1457	0:53:52
1341	0:55:09	3657	Sarah Pryor	F	35	Love Running	1559	0:54:30
1342	0:55:09	271	Elizabeth Bray	F	35		1323	0:52:57
1343	0:55:09	3856	Leigh Smith	M		Team 2 Wish	1214	0:52:09
1344	0:55:10	1569	Andrew Brown	M			1324	0:52:59
1345	0:55:10	1128	Barry Williams	M			1367	0:53:15
1346	0:55:10	3731	Sophie McLain	F			1161	0:51:42
1347	0:55:12	4274	Darren Teague	M			1402	0:53:30
1348	0:55:12	3496	Stefan Stoilkovic	M			1404	0:53:30
1349	0:55:12	3602	Gav Hargrave	M			1581	0:54:39
1350	0:55:14	2958	Laura Pike	F			1321	0:52:57

2014 Cardiff 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
1351	0:55:14	1660	Vicki Woods	F			1251	0:52:25
1352	0:55:15	679	Curtis Evans	M			1460	0:53:54
1353	0:55:15	2762	Steffan Lewis	M			1225	0:52:15
1354	0:55:16	426	Andrew Williams	M			1589	0:54:42
1355	0:55:16	473	Sanjeev Agarwal	M			1492	0:54:05
1356	0:55:16	2334	Catherine Evans	F			1270	0:52:35
1357	0:55:17	3364	Simon Tee	M	45	Lliswerry Runners	1358	0:53:11
1358	0:55:17	577	Gareth Davies	M			1391	0:53:27
1359	0:55:17	4273	Katie Wilkey	F			1419	0:53:36
1360	0:55:18	3313	Kevin Oreilly	M	55	Tamar Trotters	1467	0:53:57
1361	0:55:18	3841	Andrew Clark	M		Team 2 Wish	1238	0:52:19
1362	0:55:18	1185	Peter Thacker	M			1423	0:53:37
1363	0:55:18	1184	Kellie Harding	F			1422	0:53:37
1364	0:55:20	192	Fiona Neale	F			1641	0:55:00
1365	0:55:20	4063	Rebecca Groves	F			1450	0:53:49
1366	0:55:20	618	Willam Lewis	M			1447	0:53:48
1367	0:55:21	1741	Simon Morgan	M			1316	0:52:56
1368	0:55:21	3495	Carys Davies	F			1484	0:54:01
1369	0:55:22	2264	Mark Elliott	M			1355	0:53:10
1370	0:55:23	739	Richard Vangasse	M			1285	0:52:38
1371	0:55:23	303	Steve Sullivan	M	40		1207	0:52:05
1372	0:55:25	316	Jay Diaz	M			1648	0:55:03
1373	0:55:26	2268	Wendy Wylie	F	45		1579	0:54:38
1374	0:55:26	481	Blessom Thomas	M			1141	0:51:33
1375	0:55:26	597	Adele Breacher	F			1462	0:53:55
1376	0:55:27	586	Greg Churcher	M			1634	0:54:58
1377	0:55:27	2939	Lauren Green	F			1475	0:53:59
1378	0:55:27	1371	Katy Chau	F			1400	0:53:30
1379	0:55:28	343	Katherine Devine	F	40		1483	0:54:01
1380	0:55:28	338	Rhys Powell	M			1486	0:54:02
1381	0:55:29	4202	William Griffiths	M			1572	0:54:35
1382	0:55:30	2846	Unknown Runner	F			1665	0:55:12
1383	0:55:30	3547	Jonathan Thomas	M	50		1387	0:53:23
1384	0:55:32	2632	Jake Sumner	M			1493	0:54:05
1385	0:55:33	1180	Wayne Edmond	M	60		1416	0:53:35
1386	0:55:33	3310	Brett Jones	M	40		1290	0:52:41
1387	0:55:34	870	Andrew Freedman	M	55		1524	0:54:17
1388	0:55:34	3884	Kay Chapman	F	45		1479	0:54:01
1389	0:55:35	1474	Rachel Davies	F	35		1611	0:54:51
1390	0:55:36	1017	Andy Cockeram	M	45	Lliswerry Runners	1532	0:54:19
1391	0:55:36	716	Heike Doring	F			1098	0:51:13
1392	0:55:37	1901	David Goode	M			1081	0:51:06
1393	0:55:38	627	Gavin Lane	M			1657	0:55:06
1394	0:55:38	2035	Kim John-Michael	F	40		1600	0:54:47
1395	0:55:38	2623	Sandra Parry	F	45		1548	0:54:26
1396	0:55:38	4035	Cathryn Weatherhead	F		Les Croupiers	1201	0:52:01
1397	0:55:39	1604	Rhys James	M			1549	0:54:26
1398	0:55:39	878	Jake Hancox	M			1138	0:51:33
1399	0:55:40	3210	Sophie Jones	F			1349	0:53:08
1400	0:55:40	3475	David Vlcek	M			1405	0:53:31
1401	0:55:40	539	Nick Barford	M			1302	0:52:47
1402	0:55:40	438	Sarah Scott	F			1504	0:54:11
1403	0:55:41	275	Laura Santana	F			1570	0:54:35
1404	0:55:42	712	Alan Evans	M			1488	0:54:03
1405	0:55:42	4051	Clare Rutter	F			1519	0:54:15
1406	0:55:43	1551	Richard Davies	M	50		1595	0:54:45
1407	0:55:43	2966	Oliver Shingler	M			1454	0:53:51
1408	0:55:44	1312	Kerry Ann Sheppard	F			1642	0:55:01
1409	0:55:44	2442	Rhys Owens	M			1277	0:52:37
1410	0:55:45	634	Lloyd Griffiths	M			1246	0:52:23
1411	0:55:46	3759	Christian Vaughan-Morris	M			1314	0:52:53
1412	0:55:46	3707	Steve Thomas	M			1453	0:53:50
1413	0:55:47	1863	Nick Morgan	M			1334	0:53:03
1414	0:55:47	3173	Vaida Andrijauskaite	F			1582	0:54:39
1415	0:55:48	786	Tomos Griffiths	M			1237	0:52:19
1416	0:55:49	2519	Linda Exton	F	50		1619	0:54:54
1417	0:55:50	656	Martin Vaugan	M			1129	0:51:28
1418	0:55:50	663	Andrew Hamblin	M			1253	0:52:26
1419	0:55:50	1822	Emily Littlehales	F			1368	0:53:16
1420	0:55:50	2350	Martin Coyle	M			1162	0:51:43
1421	0:55:51	170	Nicholas Miles	M			1507	0:54:11
1422	0:55:52	1432	Emily Phillips	F			1421	0:53:37
1423	0:55:52	2485	Ray Beckett	M			1149	0:51:36
1424	0:55:53	2993	Joanna Thomas	F			1436	0:53:44
1425	0:55:53	4057	Gillian Jack	F			1664	0:55:11

2014 Cardiff 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
1426	0:55:54	2117	Claire Lewis	F	45	San Domenico	1636	0:54:58
1427	0:55:56	3527	Sophie Deere	F			1682	0:55:17
1428	0:55:57	619	Oliver Connett	M			1034	0:50:40
1429	0:55:57	260	Alan Townsend	M			1461	0:53:55
1430	0:55:58	2266	Darren Seeney	M	45		1468	0:53:57
1431	0:55:59	1443	Annes Wyn	F			1418	0:53:36
1432	0:55:59	617	Daniel Connett	M			1389	0:53:26
1433	0:55:59	3473	Geraint Lewis	M	50		1424	0:53:37
1434	0:56:00	3207	Christopher Jones	M			1374	0:53:18
1435	0:56:00	930	Lorraine Andrews	F	45		1614	0:54:52
1436	0:56:00	2174	Steven Bowerman	M	50		1586	0:54:42
1437	0:56:01	2263	Katie St Aubyn	F			1221	0:52:13
1438	0:56:02	130	Nick Bennett	M	40		1680	0:55:16
1439	0:56:02	2351	Ian Callaway	M	40		1304	0:52:48
1440	0:56:02	3129	Gareth Dawe	M			1305	0:52:49
1441	0:56:02	1328	Michael Williams	M			1249	0:52:24
1442	0:56:02	3045	Steffan Williams	M			1451	0:53:50
1443	0:56:03	3819	Lucy Lane	F			1420	0:53:37
1444	0:56:03	2802	Ryan Minard	M			1408	0:53:32
1445	0:56:03	2828	Jakub Palenik	M			1514	0:54:14
1446	0:56:04	3153	Martin Teague	M	50		1397	0:53:29
1447	0:56:04	3154	Shannon Teague	M			1394	0:53:29
1448	0:56:05	717	Ceri Frayne	F			1159	0:51:41
1449	0:56:05	3341	Claire Brown	F			1736	0:55:39
1450	0:56:06	4127	Mohamed El Rashidy	M			1658	0:55:07
1451	0:56:06	3816	Sarah Withers	F	50		1522	0:54:16
1452	0:56:07	2596	Matthew Levan	M			1717	0:55:32
1453	0:56:07	3941	Ben Harling	M			1320	0:52:56
1454	0:56:07	4176	Owen Smith	M			1573	0:54:36
1455	0:56:08	777	Chad James	M			1337	0:53:03
1456	0:56:10	1544	Jeff Edwards	M			1541	0:54:24
1457	0:56:10	2036	Richard Holroyd	M	40		1713	0:55:31
1458	0:56:11	60	Bethan Rees	F			1437	0:53:44
1459	0:56:11	3132	Colin Rodgers	M	60		1197	0:52:00
1460	0:56:12	1012	Greg Dacey	M	45		1494	0:54:05
1461	0:56:12	441	Tim Knott	M			1299	0:52:45
1462	0:56:12	3274	Gareth Horrell	M			1672	0:55:13
1463	0:56:13	3504	Kate Owen	F	45		1536	0:54:22
1464	0:56:13	2770	David Hughes	M			1496	0:54:06
1465	0:56:13	3497	Ian Holt	M	40		1523	0:54:17
1466	0:56:13	983	Sushin Kelly	M			1525	0:54:17
1467	0:56:13	2164	Gemma Dummett	F			1697	0:55:24
1468	0:56:13	3533	Gethin Roberts	M			1678	0:55:16
1469	0:56:13	378	Lewis Woodrow	M			1252	0:52:26
1470	0:56:14	2967	Gareth Harfoot	M			1303	0:52:48
1471	0:56:14	2431	Peter Forbes	M			1558	0:54:29
1472	0:56:14	2971	Jonaliza Aroma	F			1749	0:55:45
1473	0:56:15	1050	Robin Jeffreys	M	55		1392	0:53:28
1474	0:56:16	1668	Louisa Chalabi	F			1709	0:55:29
1475	0:56:16	1284	Trevor John	M	40		1588	0:54:42
1476	0:56:16	393	Johanne Tucker	F			1635	0:54:58
1477	0:56:17	379	Samuel Gaffney	M			1258	0:52:28
1478	0:56:18	3047	Coral Rees	F	35	Islwyn RC	1478	0:54:00
1479	0:56:19	3484	Kevin Gallagher	M			1569	0:54:34
1480	0:56:19	3055	Dale O'Brien	M			1130	0:51:28
1481	0:56:20	1011	Michelle Dacey	F	45		1515	0:54:14
1482	0:56:21	3489	Michelle Smalley	F	35		1652	0:55:03
1483	0:56:21	2984	Kirsty Foster	F	40		1734	0:55:38
1484	0:56:22	2611	Dan Wheatley	M			1279	0:52:37
1485	0:56:22	392	Leanne Moore	F			1653	0:55:04
1486	0:56:22	2575	Sara Davies	F			1280	0:52:38
1487	0:56:22	2573	Anwen Lewis	F			1278	0:52:37
1488	0:56:24	78	Tom Houdmont	M			1650	0:55:03
1489	0:56:24	1800	Elizabeth Steed	F	50		1743	0:55:43
1490	0:56:25	2876	Eirian Jones	F	40		1761	0:55:51
1491	0:56:25	395	Pete Wright	M			1499	0:54:08
1492	0:56:25	884	Matthew Potter	M			1152	0:51:38
1493	0:56:26	3925	Gemma Steele	F			1624	0:54:55
1494	0:56:26	3362	Gareth Jones	M	40		1396	0:53:29
1495	0:56:26	132	Aaron Hill	M			1615	0:54:52
1496	0:56:26	2365	Karin Wahl-Jorgensen	F	40		1750	0:55:46
1497	0:56:26	1033	Hettie Deboo-Browne	F			1626	0:54:55
1498	0:56:26	2592	Gary Dowthwaite	M	40		1407	0:53:31
1499	0:56:27	3588	Richard Hodges	M			1606	0:54:48
1500	0:56:27	2961	Leon Hughes	M			1751	0:55:47

2014 Cardiff 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
1501	0:56:27	2127	Howard Hughes	M	45		1655	0:55:05
1502	0:56:27	284	Keith Dominican	M			1113	0:51:22
1503	0:56:27	4171	Gawain Barnard	M			1593	0:54:44
1504	0:56:27	462	James Hemron	M			1681	0:55:17
1505	0:56:28	2591	Gavin Jones	M			1411	0:53:33
1506	0:56:28	563	Nicholas Palmer	M			1645	0:55:02
1507	0:56:29	3446	Richard Jones	M			1716	0:55:31
1508	0:56:29	818	Alex Cue	M			1242	0:52:22
1509	0:56:29	819	Jaymi Cue	M			1248	0:52:24
1510	0:56:30	2226	James Hopkins-Monks	M			1538	0:54:22
1511	0:56:30	2024	Kenny Davies	M	45		1770	0:55:54
1512	0:56:30	232	Gemma Brett	F			1363	0:53:12
1513	0:56:30	1183	Huw Carpenter	M			1537	0:54:22
1514	0:56:30	2486	Emma Thomas	F	35		1603	0:54:48
1515	0:56:31	2705	Richard Evans	M			1763	0:55:51
1516	0:56:31	2913	Paul Foley	M		Knocker Pentaplast	1291	0:52:42
1517	0:56:32	865	Stephen Murphy	M	55		1345	0:53:07
1518	0:56:33	3303	Nicholas Santos	M			1847	0:56:29
1519	0:56:33	3448	Stu Waine	M			1158	0:51:41
1520	0:56:33	2237	Gareth Calver	M			1733	0:55:38
1521	0:56:33	3696	Paul Brown	M		Tenovus	1539	0:54:22
1522	0:56:34	928	Nicola Davies	F	40		1521	0:54:16
1523	0:56:34	3463	Freddie Dewey	M			1410	0:53:33
1524	0:56:35	973	Sarah Thomas	F			1455	0:53:52
1525	0:56:35	3301	David Powell	M	45		1816	0:56:15
1526	0:56:36	2754	Gareth Loudon	M	45		1385	0:53:21
1527	0:56:36	3302	Louise Powell	F	45		1817	0:56:15
1528	0:56:36	3851	Karan Vickers-Hulse	F		Team 2 Wish	1281	0:52:38
1529	0:56:36	3566	Jonathan Evans	M			1495	0:54:06
1530	0:56:37	538	Natalie Cartlidge	F			1671	0:55:13
1531	0:56:38	1607	Melanie Hill	F	40		1646	0:55:02
1532	0:56:38	714	Jennifer Evans	F			1623	0:54:55
1533	0:56:39	1457	Carwyn Williams	M			1465	0:53:56
1534	0:56:39	4113	Claire Evans	F			1793	0:56:06
1535	0:56:40	567	Andrew Whittaker	M			1668	0:55:12
1536	0:56:40	4066	Sophie Thompson	F			1431	0:53:40
1537	0:56:40	2254	Rhian Morgan	F			1644	0:55:01
1538	0:56:41	1761	Nicholas Harris	M	45		1620	0:54:55
1539	0:56:41	2755	Delwen Loudon	F			1390	0:53:27
1540	0:56:41	1925	Daniel Griffiths	M			1388	0:53:25
1541	0:56:41	2577	Hannah Tattersall	F			1528	0:54:18
1542	0:56:42	585	Justin Bryan	M			1605	0:54:48
1543	0:56:42	53	Matt Russell	M	40		1776	0:55:56
1544	0:56:44	1028	Laura Mackey	F			1180	0:51:51
1545	0:56:44	1732	Anthony Jones	M			1544	0:54:24
1546	0:56:44	2133	James Lundie	M			1688	0:55:19
1547	0:56:45	2794	Simon James	M	45		1788	0:56:03
1548	0:56:45	1334	Dafydd Middleton	M			1243	0:52:23
1549	0:56:45	399	Adam Harries	M			1476	0:54:00
1550	0:56:46	387	David Kinnaird	M	40		1643	0:55:01
1551	0:56:46	3433	Richard Mann	M			1527	0:54:17
1552	0:56:47	430	Neil Killen	M			1547	0:54:25
1553	0:56:48	70	Jon Lee	M			1584	0:54:41
1554	0:56:48	1388	John Frayne	M	60		1298	0:52:45
1555	0:56:49	1642	Keith Harper	M	50		1805	0:56:11
1556	0:56:49	1974	Kevin Barrow	M	40		1675	0:55:15
1557	0:56:49	2952	Bryonie Jemmett	F	35		1555	0:54:28
1558	0:56:50	784	Frank Lewis	M			1509	0:54:11
1559	0:56:50	1595	Sarah-Lynn Thompson	F	35	Les Croupiers	1535	0:54:20
1560	0:56:50	869	Dan Chapple	M			1822	0:56:17
1561	0:56:50	370	Jason Scott-Young	M	45		1432	0:53:41
1562	0:56:51	365	Brian Kelly	M	40		1433	0:53:42
1563	0:56:51	2684	Rob Pratt	M			1747	0:55:45
1564	0:56:52	3727	Nia Salisbury	F	35		1774	0:55:56
1565	0:56:53	1373	Richard Brough	M	40		1563	0:54:32
1566	0:56:54	686	Jason Hansen	M			1578	0:54:38
1567	0:56:55	3518	Paul French	M			1526	0:54:17
1568	0:56:56	1275	Julie Perrott	F			1704	0:55:28
1569	0:56:56	2685	Robert Morgan	M	45		1769	0:55:54
1570	0:56:57	2072	Miguel Sutcliffe	M	45		1616	0:54:53
1571	0:56:57	2295	Anna-Marie Krawiecka	F			1516	0:54:14
1572	0:56:58	304	Clare Kelly	F			1435	0:53:43
1573	0:56:58	2736	Michael Whatley	M			1327	0:53:00
1574	0:56:59	1956	Vincent Renders	M			1639	0:54:59
1575	0:57:00	787	Sally Jones	F			1444	0:53:45

2014 Cardiff 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
1576	0:57:00	553	Angelique Owen	F			1574	0:54:36
1577	0:57:01	552	Amanda Howells	F			1575	0:54:36
1578	0:57:03	2764	Connor Gauci	M			1273	0:52:35
1579	0:57:03	3224	Luke Brazier	M			1440	0:53:45
1580	0:57:03	2114	Sarah Brooks	F			1441	0:53:45
1581	0:57:04	2232	Miles Hooper	M			1399	0:53:30
1582	0:57:04	2308	Clare Lipetz	F	40		1742	0:55:43
1583	0:57:05	1500	Ffion Martin	F			1700	0:55:25
1584	0:57:06	2188	Andrew Reid	M	45		1722	0:55:34
1585	0:57:06	496	Karen Bracegirdle	F	50		1867	0:56:39
1586	0:57:06	685	Raj Patel	M			1608	0:54:50
1587	0:57:07	4173	Helen Snow	F			1373	0:53:18
1588	0:57:07	2040	Beth Collins	F		White Rock Runners	1696	0:55:24
1589	0:57:07	2094	Laura Rhoden	F			1695	0:55:24
1590	0:57:07	1339	Ynyr Roberts	M			1792	0:56:05
1591	0:57:09	3799	Jessica Walwin	F		Team Bath AC	1661	0:55:10
1592	0:57:09	1921	Alex Moore	F	40		1561	0:54:30
1593	0:57:09	3231	Bill Parsons	M	65		1592	0:54:44
1594	0:57:09	626	David Matthews	M			1732	0:55:38
1595	0:57:11	3350	Tudur Davies	M	50		1456	0:53:52
1596	0:57:12	4168	Ed Brown	M			1395	0:53:29
1597	0:57:12	827	Catherine Childs	F			1293	0:52:42
1598	0:57:13	1526	Keith Lewis	M	55		1705	0:55:28
1599	0:57:13	449	Alex Middleton	M			1752	0:55:48
1600	0:57:13	3837	Matthew Smart	M		Team 2 Wish	1464	0:53:56
1601	0:57:13	448	Mat Salmon	M			1758	0:55:50
1602	0:57:13	1615	Jemma Thomas	F			1542	0:54:24
1603	0:57:14	4160	Kelly Evans	F		Cardiff Triathlon	1841	0:56:28
1604	0:57:15	4174	Chris Hope	M	40		1540	0:54:22
1605	0:57:15	1384	Craig Phillips	M			1449	0:53:49
1606	0:57:15	3507	Jo Hutchings	F	45		1583	0:54:40
1607	0:57:15	3470	Paul Henton	M	40		1647	0:55:02
1608	0:57:15	3901	Alex Walden	M			1263	0:52:32
1609	0:57:16	2936	Lillian Borley	F			1693	0:55:22
1610	0:57:16	3524	Leila Thomas	F			1503	0:54:10
1611	0:57:16	96	Thomas Jordan	M			1543	0:54:24
1612	0:57:16	3471	Sharon Henton	F	40		1651	0:55:03
1613	0:57:16	2506	Paul Baker	M			1554	0:54:27
1614	0:57:17	2734	Melanie Ganderton	F	35		1857	0:56:32
1615	0:57:17	3247	Gary Olding	M	45		1637	0:54:58
1616	0:57:17	3317	Bradley Stokes	M			1545	0:54:25
1617	0:57:17	2716	Hayley Jackson	F	40	Parc Brynbach Running Club	1621	0:54:55
1618	0:57:18	2323	Katie Willan	F			1491	0:54:04
1619	0:57:18	3519	Jonathan Williams	M	50		1712	0:55:30
1620	0:57:18	688	Paul Fitzmartin	M			1580	0:54:38
1621	0:57:18	3316	Rachel Casali	F	35		1781	0:55:58
1622	0:57:18	726	Jennifer Allan	F			1829	0:56:21
1623	0:57:20	883	Richard Ashton	M			1310	0:52:52
1624	0:57:20	732	Becky Vangasse	F			1403	0:53:30
1625	0:57:20	4190	Andrea Entwistle	F	35		1780	0:55:58
1626	0:57:21	3466	Nisim Shoal	M	45		1517	0:54:14
1627	0:57:21	4188	Lucy Williams	F			1591	0:54:44
1628	0:57:21	3786	Dewi Pennell	M			1699	0:55:25
1629	0:57:21	3352	Michael Hayden	M	50		1498	0:54:07
1630	0:57:21	1593	James Morgans	M			1564	0:54:33
1631	0:57:21	1644	Joanna Reed	F			1663	0:55:11
1632	0:57:21	4325	Frances Samuel	F			1811	0:56:13
1633	0:57:22	3279	Michael Watkins	M			1557	0:54:29
1634	0:57:22	1666	Rhian Lees	F			1669	0:55:12
1635	0:57:22	3053	Hywel Butts	M			1840	0:56:27
1636	0:57:22	3376	David Crowe	M			1364	0:53:12
1637	0:57:22	3956	Christopher Palmer	M			1551	0:54:27
1638	0:57:22	2078	Wayne Powell	M			1754	0:55:48
1639	0:57:23	3069	Laura Bell	F			1806	0:56:11
1640	0:57:23	1157	David Miller	M	50		1269	0:52:34
1641	0:57:23	704	Matthew Thomas	M			1659	0:55:08
1642	0:57:23	3643	Ben Jones	M		Love Running	1566	0:54:34
1643	0:57:23	1626	Beth Rees	F			1703	0:55:27
1644	0:57:24	2316	Ian Warner	M	55		1587	0:54:42
1645	0:57:24	691	David Bock	M			1594	0:54:45
1646	0:57:24	264	Robin Gibson	M	50		1445	0:53:46
1647	0:57:25	2985	Peter Vokes	M			1425	0:53:38
1648	0:57:25	2347	Bethan Emanuel	F	40		1844	0:56:28
1649	0:57:26	835	Amy Price	F			1942	0:57:13
1650	0:57:26	1932	Sean Price	M	45	Avon Valley Runners	1891	0:56:49

2014 Cardiff 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
1651	0:57:26	1174	Peter Regan	M	50		1755	0:55:49
1652	0:57:27	3286	Nathan Jenkins	M			1602	0:54:48
1653	0:57:27	3787	Iwan Jones	M	45		1398	0:53:30
1654	0:57:27	1997	Damon Ormonde	M			1599	0:54:47
1655	0:57:27	1628	Romesh Jeyaseelanayaqam	M			1718	0:55:32
1656	0:57:27	477	Viju Varajarajan	F			1931	0:57:06
1657	0:57:27	3681	Lee Hamilton	M		Tenovus	1356	0:53:11
1658	0:57:28	470	Khitish Mohanty	M			1932	0:57:06
1659	0:57:28	4036	Clare Johnson	F	65	Les Croupiers	1885	0:56:47
1660	0:57:28	2395	Peter Davies	M	45		1459	0:53:54
1661	0:57:28	2358	Eric Evans	M	65		1813	0:56:13
1662	0:57:30	3311	Alison Ling	F			1827	0:56:20
1663	0:57:30	2541	Chloe Evans	F			1679	0:55:16
1664	0:57:30	1336	Michelle Shapland	F	40	Lliswerry Runners	1567	0:54:34
1665	0:57:31	1902	Martin Long	M	45		1799	0:56:10
1666	0:57:31	1957	Kathryn Addison	F			1375	0:53:18
1667	0:57:32	3995	Anna Rogers	F			1434	0:53:42
1668	0:57:32	3649	David Mansfield	M	60	Love Running	1609	0:54:50
1669	0:57:32	3800	Jenni Roberts	F			1271	0:52:35
1670	0:57:33	3503	Mark Barry	M	50		1794	0:56:06
1671	0:57:33	1052	Robert Kinsella	M			1300	0:52:45
1672	0:57:34	163	Chris Bloodworth	M	50		1941	0:57:11
1673	0:57:34	2150	Huw Davies	M	40		1692	0:55:22
1674	0:57:34	1926	Karen Price	F	35		1823	0:56:17
1675	0:57:35	4048	Lisa Davies	F			1853	0:56:30
1676	0:57:37	3923	Gerda Tallon	F	55		1715	0:55:31
1677	0:57:37	3934	Ziyang Yang	M			1471	0:53:59
1678	0:57:37	1571	Kevin Mulcock	M		Cwm Ogwr Running Club	1855	0:56:31
1679	0:57:37	2102	Chris Von Ruhland	M	50		1835	0:56:24
1680	0:57:38	2291	Jennet Holmes	F	40	Pontypridd Roadents	1850	0:56:29
1681	0:57:38	3114	Sarah Stutes	F			1415	0:53:35
1682	0:57:40	3089	Paul Follon	M	40		1962	0:57:25
1683	0:57:40	3218	Tim Rees	M			1341	0:53:05
1684	0:57:40	1864	Sam Morgan	M			1627	0:54:56
1685	0:57:40	3180	Dom Taylor Taylor	M			1553	0:54:27
1686	0:57:41	3007	Eirwyn Morgan	M			1656	0:55:05
1687	0:57:43	2402	James Cannon	M			1677	0:55:15
1688	0:57:43	139	Kennedy Dosomah	M			1772	0:55:55
1689	0:57:43	3095	Samantha Keenan	F	35		1848	0:56:29
1690	0:57:43	3998	Abigail Hodge	F	35		1686	0:55:18
1691	0:57:43	1612	Richard Knowles	M	60		1633	0:54:57
1692	0:57:43	1223	Richard Evans	M	40		1869	0:56:41
1693	0:57:44	1332	Julie Harvey	F	55		1442	0:53:45
1694	0:57:45	3658	Annie Ritson	F		Love Running	1597	0:54:46
1695	0:57:45	3749	David Crandon	M	45		1426	0:53:39
1696	0:57:45	3948	Dominic Barne	M			1350	0:53:08
1697	0:57:47	1064	Dirk Schmaljohann	M	45		1625	0:54:55
1698	0:57:47	1988	Juliet Bartlett	F			1719	0:55:32
1699	0:57:47	509	Erin Wood	F			1874	0:56:42
1700	0:57:48	2969	Alicia Eccles	F			1429	0:53:39
1701	0:57:48	3015	Ieuan Kingston	M			1342	0:53:06
1702	0:57:48	3596	Sarah Eilbeck	F	35		1607	0:54:50
1703	0:57:49	3758	Chris Roberts	M	45		1550	0:54:26
1704	0:57:49	3202	Kevin Morgan	M	40		1470	0:53:58
1705	0:57:50	1872	Georgina Townsend	F			1571	0:54:35
1706	0:57:51	3374	Pamela Grantham	F	45	Lliswerry Runners	1787	0:56:03
1707	0:57:51	385	Chris Pearce	M			1923	0:57:02
1708	0:57:52	2563	Emma Jenkins	F	40		1953	0:57:18
1709	0:57:53	2443	Molly Probert	F		Cardiff AAC	1596	0:54:45
1710	0:57:54	3783	Martin New	M	60		1864	0:56:38
1711	0:57:54	3562	Cathrine Jones	F	40		1707	0:55:29
1712	0:57:55	2184	Richard Evans	M			1775	0:55:56
1713	0:57:55	641	Antony Savva	M			1964	0:57:25
1714	0:57:55	1934	Gabor Bacsfalusi	M			1832	0:56:23
1715	0:57:56	3000	Trevor Pickersgill	M	45		1786	0:56:02
1716	0:57:56	540	Owen Burn	M			1401	0:53:30
1717	0:57:57	996	Gabriel Cronin	M			1630	0:54:56
1718	0:57:58	3980	Timothy Francis	M			1362	0:53:12
1719	0:57:59	2354	Gerwyn White	M			1556	0:54:29
1720	0:57:59	782	Darren Beare	M			1622	0:54:55
1721	0:58:00	490	Lauren Webb	F			1834	0:56:23
1722	0:58:00	3840	Simon Ball	M		Team 2 Wish	1649	0:55:03
1723	0:58:01	3192	Gwenan Thomas	F	35		1585	0:54:41
1724	0:58:01	3191	Kathryn Stoate	F	35		1861	0:56:35
1725	0:58:01	3414	Amanda Morgan	F			1710	0:55:29

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Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
1726	0:58:04	3600	Peter Yu	M			1448	0:53:49
1727	0:58:04	1518	Angela Farmer	F	45		1947	0:57:15
1728	0:58:04	2800	Robert Coles	M			1720	0:55:33
1729	0:58:05	2799	Marie Coles	F	35		1721	0:55:33
1730	0:58:05	2728	Christopher James	M	45		1814	0:56:15
1731	0:58:06	3487	Paul Binding	M			1778	0:55:57
1732	0:58:07	1735	Adam Rowbotham	M			1824	0:56:18
1733	0:58:07	2673	Kieran Jenkins	M			1920	0:57:01
1734	0:58:07	2479	Ahmed Suhail	M	45		1914	0:57:00
1735	0:58:07	671	Sarah Stevens	F			1783	0:56:00
1736	0:58:08	598	Grant Coles	M			1991	0:57:39
1737	0:58:08	880	Andrew Lustig	M			1889	0:56:49
1738	0:58:08	4179	Nick Davies	M			2012	0:57:47
1739	0:58:09	494	Jacqueline Roome	F	40		2005	0:57:43
1740	0:58:10	4324	Robin Green	M			1726	0:55:36
1741	0:58:11	1464	James Reichelt	M			1157	0:51:40
1742	0:58:11	3161	Julie Anne Quinn	F			1860	0:56:35
1743	0:58:12	3601	Matt Plume	M			1901	0:56:54
1744	0:58:12	1916	Michael Driscoll	M			1922	0:57:02
1745	0:58:13	207	Lowri Francis	F	35		1971	0:57:27
1746	0:58:13	820	Daniel Snow	M			1497	0:54:07
1747	0:58:14	1176	Sian Lewis	F			1908	0:56:56
1748	0:58:15	2003	Vincent McLaughlin	M	45		1863	0:56:37
1749	0:58:16	701	Jenna Ponting	F			1842	0:56:28
1750	0:58:16	1808	Christoph Laucht	M			1851	0:56:30
1751	0:58:16	2788	George Ross	M			1666	0:55:12
1752	0:58:16	1177	Rebecca Thomas	F			1534	0:54:20
1753	0:58:16	1980	Judith Boyes	F	50		1833	0:56:23
1754	0:58:17	62	Paul McCann	M			1764	0:55:52
1755	0:58:17	3406	Alice Springall	F			1629	0:54:56
1756	0:58:18	1409	Andrew Norman	M	40		1985	0:57:38
1757	0:58:18	2415	Sian Jones	F			1849	0:56:29
1758	0:58:18	954	Christine Faulkner	F	45		1925	0:57:02
1759	0:58:20	2642	Jodi Carr	F			1961	0:57:23
1760	0:58:20	240	Clare Rees	F			1393	0:53:28
1761	0:58:21	2125	Graham Davies	M			1737	0:55:39
1762	0:58:22	581	Jade Phelps	F			1886	0:56:47
1763	0:58:23	2191	Keith Andrews	M	40		1513	0:54:13
1764	0:58:23	3738	Sarah Perons	F	50	Les Croupiers	1937	0:57:09
1765	0:58:24	2045	Adam Johnson	M			1753	0:55:48
1766	0:58:24	2737	Louise Grieb	F			1900	0:56:54
1767	0:58:25	301	Cathy Gould	F			1660	0:55:09
1768	0:58:25	3537	Matt Davies	M			1601	0:54:48
1769	0:58:26	3512	Joanna Davies	F			1906	0:56:55
1770	0:58:26	2801	Susan Peirce	F	45		1773	0:55:55
1771	0:58:26	3605	Ruth Thomas	F			1741	0:55:42
1772	0:58:27	4319	Lucy Hopkins	F			1838	0:56:25
1773	0:58:29	1624	Denise Bradley	F	50	Cwm Ogwr Running Club	1955	0:57:20
1774	0:58:29	3623	Daniel Carter	M		Love Running	1911	0:56:59
1775	0:58:30	3911	Andrew Bradshaw	M			1690	0:55:21
1776	0:58:30	2492	Leonie Jones	F			1809	0:56:12
1777	0:58:31	929	Suzu Lloyd	F	35		1899	0:56:53
1778	0:58:31	1306	Rebecca Fitzpatrick	F			1604	0:54:48
1779	0:58:32	2436	Rhian Williams	F			1902	0:56:54
1780	0:58:33	2146	Stephanie Atkins	F	60		1790	0:56:03
1781	0:58:33	1564	Laura Cozens	F			1546	0:54:25
1782	0:58:33	1047	Martyn Rees	M	50		1673	0:55:13
1783	0:58:34	3509	Kate Shearson	F			1789	0:56:03
1784	0:58:35	1222	Bethan Jenkins	F			2008	0:57:46
1785	0:58:35	194	Jamie Garland	M			1706	0:55:28
1786	0:58:35	3190	Brian Lee	M	45		1890	0:56:49
1787	0:58:36	642	Dean James	M			2041	0:58:06
1788	0:58:36	3890	Kiel Lillie	M			1905	0:56:55
1789	0:58:36	1369	Peter Hodges	M	50		1759	0:55:50
1790	0:58:37	171	Sarah Hewett	F	35		1800	0:56:10
1791	0:58:37	231	Kimberley Horton	F			1687	0:55:19
1792	0:58:37	1815	Tony Hicks	M	50		1965	0:57:26
1793	0:58:37	500	Liam Nash	M			1714	0:55:31
1794	0:58:38	3136	Hollie Edwards	F			1808	0:56:11
1795	0:58:38	3281	Rebecca Gretton	F	35		1654	0:55:04
1796	0:58:40	1499	Paul Kinnersley	M	55		1518	0:54:14
1797	0:58:41	464	Satish Gokhale	M			2007	0:57:44
1798	0:58:41	643	Mel Parker	M			1919	0:57:01
1799	0:58:42	2651	Michael Kearney	M	50	Run4All	1973	0:57:29
1800	0:58:44	3259	Frank Evans	M	65		1883	0:56:47

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Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
1801	0:58:44	1282	Roger Guy	M	50		1438	0:53:45
1802	0:58:44	471	Dhruv Mehta	M			1997	0:57:40
1803	0:58:44	1835	Anwen Rowlands	F			1565	0:54:34
1804	0:58:45	992	Martin Randerson	M			1727	0:55:36
1805	0:58:45	3854	Bethan Phillips	F		Team 2 Wish	1812	0:56:13
1806	0:58:45	530	Heather Williams	F			1798	0:56:09
1807	0:58:45	3208	Bethan Frugtniet	F			1711	0:55:30
1808	0:58:47	3762	Monica Hooper	F	55		1940	0:57:11
1809	0:58:47	2671	Sion Gwilym	M			1879	0:56:46
1810	0:58:49	1865	Andrew Ryan	M			2023	0:57:53
1811	0:58:49	2328	Anna Phillips	F			1724	0:55:36
1812	0:58:49	3619	Matthew Dauncey	M		Cymorth I Cerys	1409	0:53:32
1813	0:58:50	2543	Joanne Davies	F	40		1748	0:55:45
1814	0:58:50	2181	Saul Heaton-Jones	M	50		1474	0:53:59
1815	0:58:50	689	Martyn Grey	M			1972	0:57:28
1816	0:58:50	2600	Simon Murray	M			1446	0:53:46
1817	0:58:51	3646	Bethany Kirkland	F		Love Running	1766	0:55:52
1818	0:58:52	2497	Tony Jay	M	50		1895	0:56:51
1819	0:58:52	334	Martyn Price	M	40		1821	0:56:17
1820	0:58:52	789	Rosie Griffiths	F			1698	0:55:24
1821	0:58:54	2650	Alice George	F			1662	0:55:10
1822	0:58:54	3677	Martin Bowen Jones	M	50	Tenovus	1729	0:55:37
1823	0:58:54	3568	Robert Thomas	M	40		1689	0:55:21
1824	0:58:55	1249	Michael Parkins	M			1612	0:54:51
1825	0:58:56	2463	Adam Green	M			1701	0:55:27
1826	0:58:56	2747	Cherim Trew	F	35		1490	0:54:04
1827	0:58:56	1619	Mark Brown	M	50		1907	0:56:55
1828	0:58:57	678	Rebecca O'Dell	F			1989	0:57:39
1829	0:58:57	1953	Gareth Edwards	M			1948	0:57:15
1830	0:58:57	1555	Jonathan Hann	M	40		1552	0:54:27
1831	0:58:58	1952	Simon Harris	M	55		1949	0:57:16
1832	0:58:58	2975	Kevin Rees	M			1691	0:55:22
1833	0:58:59	2118	Bernadette Jones	F	40	Pontypridd Roadents	1501	0:54:09
1834	0:58:59	3453	Claire Hartrey	F			1506	0:54:11
1835	0:59:00	2227	John Evans	M	65		1684	0:55:17
1836	0:59:00	1928	Samuel Pearce	M			1852	0:56:30
1837	0:59:01	3432	Mark Todd	M	40		1631	0:54:57
1838	0:59:01	4076	Rebecca Evans	F			1978	0:57:32
1839	0:59:01	3423	Glyn Grant	M	50		1638	0:54:58
1840	0:59:02	321	Paul Newbury	M			1928	0:57:03
1841	0:59:02	2965	Jeremy Haynes	M	45		1628	0:54:56
1842	0:59:03	4175	Rebecca Davies	F			1533	0:54:19
1843	0:59:03	867	Simon Hanna	M	50		1477	0:54:00
1844	0:59:03	1893	Leah Cooper	F			1618	0:54:53
1845	0:59:04	1885	Julian Bill	M	45		1725	0:55:36
1846	0:59:05	4215	Matthew Smith	M			1933	0:57:07
1847	0:59:05	296	Lyn Denton	F	40		1762	0:55:51
1848	0:59:05	149	Mary Wangiel	F			1577	0:54:37
1849	0:59:06	768	Ken Griffiths	M			2076	0:58:25
1850	0:59:07	666	Paul Ralley	M			2003	0:57:42
1851	0:59:07	2748	Daniel Edwards	M			1531	0:54:19
1852	0:59:07	1053	Lewys Bosley	M			1530	0:54:18
1853	0:59:07	2998	Bea Lovegrove-Owen	F	35	Pontypridd Roadents	1529	0:54:18
1854	0:59:07	184	Simon McNamara	M			1784	0:56:00
1855	0:59:08	3407	Mr Stephens	M			2148	0:58:45
1856	0:59:08	384	Jenni Morris	F			2062	0:58:19
1857	0:59:09	3198	Bethan Roberts	F	45		1768	0:55:53
1858	0:59:09	2470	Tree Brotherton	F	50		1872	0:56:41
1859	0:59:09	4155	Abi Ridgway	F			2124	0:58:39
1860	0:59:10	3757	David Calvert	M			1632	0:54:57
1861	0:59:10	3306	Tom Walker	M			1951	0:57:17
1862	0:59:10	592	Hannah Matthews	F			1957	0:57:21
1863	0:59:11	1683	Richard Simpson	M	50		1828	0:56:20
1864	0:59:11	1152	Esther Bryant	F			1562	0:54:32
1865	0:59:11	1467	Craig Grant	M	45		1976	0:57:31
1866	0:59:12	2456	Tzevai Chong	M			1826	0:56:20
1867	0:59:12	3438	Lucy Herdman	F			1866	0:56:38
1868	0:59:13	3785	Andrew Moore	M			1640	0:54:59
1869	0:59:13	2310	Jones Aimee	F	35		2088	0:58:29
1870	0:59:13	2311	Angela Jones	F	35		2093	0:58:30
1871	0:59:13	54	Cerian Rowlands	F			2075	0:58:25
1872	0:59:13	3858	Steffan Gwynne	M		Team 2 Wish	1667	0:55:12
1873	0:59:14	2619	Philip Cooley	M			1945	0:57:15
1874	0:59:14	3859	Helen Gwynne	F		Team 2 Wish	1670	0:55:13
1875	0:59:14	3526	Julie Hill	F	45		1728	0:55:37

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Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
1876	0:59:16	1503	Ed Peerless	M			1904	0:56:55
1877	0:59:17	1211	Katherine Quant	F	35		2072	0:58:24
1878	0:59:19	3378	Laura Scale	F	35		1617	0:54:53
1879	0:59:19	3428	Servane Le Goff	F	40		1777	0:55:57
1880	0:59:19	4339	Nicholas Hoare	M			1936	0:57:08
1881	0:59:20	4016	Hannah Griffiths	F			2150	0:58:45
1882	0:59:20	559	Simon McQueenie	M			2164	0:58:52
1883	0:59:20	2996	Carys Joshua	F			1871	0:56:41
1884	0:59:21	2136	Tracey Smith	F	40		1791	0:56:05
1885	0:59:21	3789	Mirain Jones	F			1694	0:55:23
1886	0:59:21	952	Darrell Walkley	M	40		2020	0:57:50
1887	0:59:21	2976	Gethin Gwyn	M	40		1938	0:57:09
1888	0:59:21	851	Nic Edwards	F	35		2064	0:58:19
1889	0:59:22	3912	Jessica Allen	F			1735	0:55:39
1890	0:59:22	876	Linda Jones	M			1765	0:55:52
1891	0:59:22	2534	Andrew Shell	M			1876	0:56:43
1892	0:59:23	2771	Danielle Notley	F	35		1996	0:57:40
1893	0:59:24	718	Jack Li	M			1738	0:55:40
1894	0:59:24	2566	Fiona Reid	F			1830	0:56:21
1895	0:59:24	3351	Nicola Powell	F	45		1804	0:56:11
1896	0:59:24	2781	Sarah Richards	F			1730	0:55:37
1897	0:59:24	2780	Paul Richards	M	50		1731	0:55:37
1898	0:59:25	258	Kathryn Hudson	F			1960	0:57:22
1899	0:59:26	1349	Tom Tysoe	M			1723	0:55:35
1900	0:59:26	604	Kate Davies	F			2009	0:57:46
1901	0:59:27	2241	Jan Pigott	F	55		1785	0:56:02
1902	0:59:27	458	Mudit Kumar	M			2051	0:58:10
1903	0:59:27	1861	Andrew Morris	M			1782	0:55:59
1904	0:59:28	3662	Sam Shiells	M		Love Running	2037	0:58:02
1905	0:59:28	3354	Sarah James	F	40		1927	0:57:02
1906	0:59:28	3933	Tom Davies	M			1702	0:55:27
1907	0:59:28	2033	Michael Jones	M	45		1610	0:54:51
1908	0:59:28	1299	David Keith	M	45		1878	0:56:45
1909	0:59:30	4210	Danielle Hopkins	F			1815	0:56:15
1910	0:59:30	308	Matt Nelms	M	40		1820	0:56:16
1911	0:59:31	3846	Bethan Amos	F		Team 2 Wish	1803	0:56:10
1912	0:59:31	3733	David Hayden	M	55		1740	0:55:41
1913	0:59:32	3937	Beverley Robinson	F			1909	0:56:59
1914	0:59:32	2449	Daniel Davies	M			2010	0:57:47
1915	0:59:32	1413	David Samways	M			1910	0:56:59
1916	0:59:33	3958	Emma Samways	F	35		1917	0:57:00
1917	0:59:33	353	Juan Carlos Feoli	M	40		2013	0:57:48
1918	0:59:33	4112	Bethan Edwards	F			2183	0:59:00
1919	0:59:35	532	Jo Moore	F			2045	0:58:07
1920	0:59:35	501	Tim Muggeridge	M			1760	0:55:50
1921	0:59:36	3940	Ceridwen Wilson	F	50		2120	0:58:37
1922	0:59:37	3377	Sian Thomas	F	40		2129	0:58:40
1923	0:59:37	1273	Daniel Helme	M			2031	0:57:59
1924	0:59:38	3535	Sian Davies	F	35		2024	0:57:53
1925	0:59:39	3091	Jill Hancock	F	50		2110	0:58:36
1926	0:59:39	200	Gareth Smith	M	40		2018	0:57:49
1927	0:59:39	2394	Rachel Ellis	F			1929	0:57:05
1928	0:59:40	3645	Clare Kingdon	F		Love Running	2142	0:58:43
1929	0:59:43	2992	Dan Whitehall	M			1683	0:55:17
1930	0:59:43	2867	Charlotte Watkins	F	40	Porthcawl Runners	1990	0:57:39
1931	0:59:44	112	Nick Dennies	M			2145	0:58:45
1932	0:59:44	3034	Mick Roner	M	45		1825	0:56:20
1933	0:59:44	324	Harry Chan	M			2006	0:57:44
1934	0:59:46	3514	Glynn Salter	M	40		1801	0:56:10
1935	0:59:46	307	Harry Nelms	M			1854	0:56:30
1936	0:59:46	2914	Scott Carter	M		Knocker Pentaplast	1598	0:54:46
1937	0:59:46	3989	Gwynfor Davies	M	60		2243	0:59:27
1938	0:59:47	1048	Wendy Tyler	F	45		1839	0:56:27
1939	0:59:47	4106	Ffion Evans	F			1674	0:55:14
1940	0:59:48	4205	Sue Cottrell	F			1956	0:57:20
1941	0:59:49	1111	Rhian Llewellyn	F	45	Les Croupiers	2105	0:58:34
1942	0:59:49	2392	Rebecca Pettit	F	45		2195	0:59:08
1943	0:59:50	498	Dane McDonagh	M			1795	0:56:07
1944	0:59:51	683	Liam Curtin	M			1708	0:55:29
1945	0:59:53	4087	Azriel Abramovich	M	40		1882	0:56:46
1946	0:59:53	2732	Chris Larkin	M			1930	0:57:05
1947	0:59:53	2924	Ceri Angel	F			2071	0:58:23
1948	0:59:53	273	Sara Weston	F	35		1970	0:57:27
1949	0:59:53	546	Stephanie Peek	F			1913	0:57:00
1950	0:59:54	3426	Coral Mclean	F	45		2029	0:57:54

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Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
1951	0:59:54	730	Rhodri Thomas	M			2168	0:58:54
1952	0:59:54	2827	Susan Phillips	F	55		2074	0:58:24
1953	0:59:55	3363	Harriet Davies	F			2094	0:58:30
1954	0:59:56	2464	Singh Manohar	M	45		2162	0:58:51
1955	0:59:57	3066	Triona Fahey	F			2038	0:58:02
1956	0:59:58	267	Mike Hyland	M	55		1745	0:55:44
1957	0:59:58	2223	Samantha Morgan	F	35		2066	0:58:20
1958	0:59:59	2039	Ashley Pridgeon	M			1987	0:57:38
1959	0:59:59	4245	Jerry Luke	M			1590	0:54:43
1960	1:00:00	566	Chris O'Shea	M			2114	0:58:36
1961	1:00:02	680	Julia Wilson	F			2147	0:58:45
1962	1:00:02	1356	Matt Lewis	M			1685	0:55:18
1963	1:00:03	2441	Bridget Delaney	F			2107	0:58:34
1964	1:00:04	3618	Phoebe Walford	F		Cymorth I Cerys	1613	0:54:51
1965	1:00:04	1333	David Middleton	M	55		1739	0:55:41
1966	1:00:05	1566	Beth Griffiths	F	50		2193	0:59:06
1967	1:00:05	2689	Rhys Pellard	M			2245	0:59:28
1968	1:00:05	2930	Daniel Salamon	M			1981	0:57:36
1969	1:00:05	2709	Jeff Morgan	M			1986	0:57:38
1970	1:00:06	1836	Michael Jones	M			1744	0:55:44
1971	1:00:06	3119	Eleanor Walpole	F			1877	0:56:45
1972	1:00:08	2708	Ruth Hanks	F			1998	0:57:40
1973	1:00:08	4322	Nicholas Harrison	M			2170	0:58:55
1974	1:00:08	1264	Cerys Jehan	F	35		2032	0:58:00
1975	1:00:09	74	Darren Mills	M	40		2033	0:58:00
1976	1:00:09	2529	Micael Brain	M			1746	0:55:45
1977	1:00:10	862	Daniel Saxton	M		Pontypridd Roadents	2139	0:58:42
1978	1:00:10	1280	Paul Knight	M	55		2211	0:59:15
1979	1:00:11	1834	Edmund Heery	M	55		2083	0:58:27
1980	1:00:12	3391	Joanne Williams	F	35		2100	0:58:32
1981	1:00:13	1533	Anthony Broome	M			2188	0:59:03
1982	1:00:14	2504	Hugh Price	M	60		1893	0:56:50
1983	1:00:15	3667	Eleanor Morgan	F	50	Love Running	1967	0:57:27
1984	1:00:15	2318	Clare Small	F			2022	0:57:52
1985	1:00:16	2287	David Grant	M			1807	0:56:11
1986	1:00:16	1959	Chris Richards	M			1958	0:57:21
1987	1:00:16	3236	Josephine Brown	F		Sheen Shufflers	2221	0:59:18
1988	1:00:16	300	Joanne Nelms	F	40		1912	0:56:59
1989	1:00:17	355	Wayne Donovan	M			2091	0:58:30
1990	1:00:18	356	Hassun Salim	M			2092	0:58:30
1991	1:00:19	2480	Rubin Gibson	M	65		1757	0:55:50
1992	1:00:19	226	Ceri Lynch	F	35		2081	0:58:26
1993	1:00:19	4150	Paul Tanner	M			1983	0:57:37
1994	1:00:19	1056	Iwan Evans	M			1862	0:56:35
1995	1:00:20	2218	Chloe Rabson	F			2126	0:58:39
1996	1:00:20	2509	Anthony Matthews	M	50		2119	0:58:37
1997	1:00:20	750	Oliver Burridge	M			1870	0:56:41
1998	1:00:21	752	Samuel Scarisbrick	M			1873	0:56:41
1999	1:00:21	4118	Kirti Odera	F			1881	0:56:46
2000	1:00:21	1996	Chloe Maxwell	F			2000	0:57:41
2001	1:00:21	4323	Alex Jenkins	M			2034	0:58:01
2002	1:00:22	4279	Luke Chapman	M		BRAINSTRUST	1676	0:55:15
2003	1:00:22	3431	John Deakin	M	70	Barry and Vale Harriers	2035	0:58:01
2004	1:00:22	4219	Hayley McGrath	F			1756	0:55:50
2005	1:00:22	2100	Nick Gower-Jones	M	40		1966	0:57:26
2006	1:00:23	1804	Sarah Mynott	F	45		2078	0:58:26
2007	1:00:23	3078	David Craig	M			1859	0:56:33
2008	1:00:24	1713	Jonathan Morgan	M			2040	0:58:04
2009	1:00:24	1250	Sharon Eastlake	F	35		2271	0:59:42
2010	1:00:24	1643	Owen Davies	M			1875	0:56:42
2011	1:00:24	3839	Gareth Lawless	M		Team 2 Wish	1969	0:57:27
2012	1:00:25	2844	Dewi Jones	M			1963	0:57:25
2013	1:00:26	616	Kaylee Thomas	F			2101	0:58:33
2014	1:00:26	1269	Terence Marshall	M	40		2054	0:58:11
2015	1:00:27	3817	Richard Withers	M	50		2117	0:58:37
2016	1:00:27	4182	Justine Jones	F	45		2299	0:59:54
2017	1:00:29	3189	Clare Beaney	F	35		1944	0:57:15
2018	1:00:30	639	Emily Parfitt	F			2174	0:58:56
2019	1:00:31	3467	Amy Davies	F			2248	0:59:29
2020	1:00:31	2929	Steven Salamon	M	50		2036	0:58:02
2021	1:00:32	217	David Griffiths	M			1888	0:56:48
2022	1:00:32	2630	Robert Munkley	M	45		1943	0:57:13
2023	1:00:36	1481	Jennifer Park	F			2279	0:59:43
2024	1:00:36	3241	Elin Hughes	F			1946	0:57:15
2025	1:00:37	182	Natasha Walsh	F			1974	0:57:30

2014 Cardiff 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
2026	1:00:37	3796	Nicole Sedgley	F			2216	0:59:17
2027	1:00:38	2002	Judith Jones	F	40	Outdoor Fitness	2300	0:59:55
2028	1:00:39	3327	Sarah Arthur	F			1916	0:57:00
2029	1:00:39	3328	Steven Arthur	M			1918	0:57:00
2030	1:00:39	2447	Sian Hayward	F	55		2214	0:59:17
2031	1:00:40	1445	Gruffudd Owen	M			2140	0:58:43
2032	1:00:40	3536	Tom Bushell	M			1926	0:57:02
2033	1:00:41	3625	Deb Croall	F	35	Love Running	2028	0:57:54
2034	1:00:41	2942	Iain Wise	M			1802	0:56:10
2035	1:00:42	901	Lily Browne	F			2089	0:58:29
2036	1:00:42	899	Chris Browne	M	45		2090	0:58:30
2037	1:00:43	565	Lorraine Williams	F			2213	0:59:16
2038	1:00:44	2364	Andrew Hollins	M	40		1797	0:56:09
2039	1:00:44	368	Fadi Baydoun	M	40		1959	0:57:22
2040	1:00:44	781	Sam Vining	M			1994	0:57:40
2041	1:00:45	2819	Jeremy Widdas	M	45		1767	0:55:53
2042	1:00:46	2052	Michael Smith	M	40		2106	0:58:34
2043	1:00:47	877	Paul Hancox	M	50		1868	0:56:40
2044	1:00:47	278	Sarah Evans	F			2136	0:58:42
2045	1:00:47	2474	Simon Hudd	M	45		2152	0:58:46
2046	1:00:48	2012	Charlotte Azzopardi	F			1779	0:55:57
2047	1:00:48	4147	Eleanor Preece	F			2265	0:59:38
2048	1:00:48	2437	Louise Graham	F	35		2222	0:59:20
2049	1:00:48	497	Paula Cole	F	40		2359	1:00:22
2050	1:00:48	1193	Kate Avery	F	40		2227	0:59:22
2051	1:00:48	1072	Bruce Etherington	M			2080	0:58:26
2052	1:00:48	492	Helen Harbord	F	35		2363	1:00:23
2053	1:00:50	3772	Chris Butler	M	55		1837	0:56:25
2054	1:00:51	3139	Alex Haycock	M			2130	0:58:40
2055	1:00:51	3138	Holly Lewis	F			2128	0:58:40
2056	1:00:51	4203	Craig Moses	M			2381	1:00:32
2057	1:00:51	4204	Clare Moses	F			2383	1:00:32
2058	1:00:52	1935	Cara Douglas-Jones	F			1934	0:57:08
2059	1:00:53	1924	Michelle Ward	F	40	Forest of Dean AC	2288	0:59:50
2060	1:00:54	847	Steffan Edwards	M			2172	0:58:55
2061	1:00:54	2532	Bethan Underwood	F	35		1831	0:56:22
2062	1:00:54	2081	Sian Griffin	F	45		1858	0:56:33
2063	1:00:56	3740	Terry Vickery	M	70		2301	0:59:57
2064	1:00:56	2658	Stephen Wynne	M	50		1810	0:56:12
2065	1:00:56	533	Justine Davies	F			2019	0:57:50
2066	1:00:56	3965	Julia Sanders	F	50		2272	0:59:42
2067	1:00:57	1524	Amiee Thomas	F	40		2307	0:59:59
2068	1:00:57	1963	Nick Ashby	M	40		1845	0:56:28
2069	1:00:57	3085	Roger McPherson	M	50		1796	0:56:07
2070	1:00:57	2643	Ifan Gwilym	M			2230	0:59:22
2071	1:00:57	3404	Lee Morris	M			1856	0:56:32
2072	1:00:58	630	Ricci Harrison	M			2196	0:59:08
2073	1:00:58	588	Michael Lewis	F			2197	0:59:09
2074	1:00:58	1230	Kevin Protheroe	M	55		2108	0:58:34
2075	1:00:58	2564	Sarina Adams	F			2030	0:57:55
2076	1:00:59	3479	Steve Burrow	M	40		1843	0:56:28
2077	1:00:59	1435	Sarah Calway	M			2294	0:59:52
2078	1:00:59	2588	Sean O'Hanlon	M			1975	0:57:31
2079	1:01:00	1568	Caroline Lloyd	F			2232	0:59:23
2080	1:01:00	1294	Joanna Burton	F			2226	0:59:20
2081	1:01:01	821	Matthew Trueman	M			1903	0:56:55
2082	1:01:02	2418	David Swallow	M	60		2154	0:58:46
2083	1:01:02	2233	Matthew Powell	M	40		2082	0:58:27
2084	1:01:02	2419	Claire Swallow	F	50		2156	0:58:47
2085	1:01:03	280	Samantha Daniel	F			2176	0:58:57
2086	1:01:03	817	Rod Hill	M			2002	0:57:41
2087	1:01:04	2824	Simon Huw Lloyd	M	40		2194	0:59:07
2088	1:01:04	3436	Stephen Graham	M			2132	0:58:41
2089	1:01:05	4123	James Walsh	M			2236	0:59:25
2090	1:01:06	325	Euros Hogsden	M			2192	0:59:04
2091	1:01:06	3419	Sandeep Kamath	M			2063	0:58:19
2092	1:01:06	4141	Andrea Goodfellow	F			2052	0:58:10
2093	1:01:06	1794	Lynne Cronin	F	50		1999	0:57:41
2094	1:01:07	1178	Geraint Ward	M			1939	0:57:09
2095	1:01:07	1470	James Rees	M			2356	1:00:20
2096	1:01:07	3863	Nia Jones	F	40		2233	0:59:24
2097	1:01:08	1664	Leighton Jones	M			1984	0:57:37
2098	1:01:09	1812	Nikki Guyer	F	35		2011	0:57:47
2099	1:01:09	1792	Megan Cronin	F			2004	0:57:43
2100	1:01:09	1697	Emma Robson	F			2135	0:58:42

2014 Cardiff 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
2101	1:01:09	3382	Nicky Williams	F			1977	0:57:31
2102	1:01:10	3586	Lesley Johnston	F	45		1894	0:56:50
2103	1:01:10	3087	Rachel Sherriff	F	35		2206	0:59:14
2104	1:01:11	3088	Julie Gay	F			2208	0:59:15
2105	1:01:11	4102	David Hills	M			2059	0:58:16
2106	1:01:11	1617	Paul Williams	M			1924	0:57:02
2107	1:01:11	1847	Mia Harris	F			1921	0:57:02
2108	1:01:11	3921	Jamie Sefton	M			1982	0:57:37
2109	1:01:12	872	Roger Derbyshire	M	65		2368	1:00:25
2110	1:01:12	3318	Joanne Dendle	F	40		2104	0:58:34
2111	1:01:12	493	Elizabeth Bufton	F			2409	1:00:46
2112	1:01:12	3991	John Cook	M	40		1935	0:57:08
2113	1:01:13	57	Llyr Griffiths-Davies	M			2146	0:58:45
2114	1:01:13	1987	David Bartlett	M			2180	0:58:59
2115	1:01:13	3276	Laura Weston	F			1898	0:56:52
2116	1:01:13	792	Louise King	F			1968	0:57:27
2117	1:01:13	2076	Cheryl Powell	F	45		2247	0:59:28
2118	1:01:14	2598	James Smith	M			2098	0:58:32
2119	1:01:14	4327	Sadie Walters	F			2113	0:58:36
2120	1:01:15	1754	Betsan Llwyd	F	50		2284	0:59:46
2121	1:01:16	3355	Kathryn Miles	F	35		2160	0:58:51
2122	1:01:17	2315	Laura Mackenzie	F			2347	1:00:17
2123	1:01:18	1444	Rhydian Gwyn Lewis	M			2173	0:58:56
2124	1:01:18	3574	Alaw Sioned Roberts	F			2311	1:00:00
2125	1:01:18	3631	John Edwards	M		Love Running	2086	0:58:28
2126	1:01:21	826	Lisa Thompson	F			1896	0:56:52
2127	1:01:22	1200	Sarah Beamish	F	40		1836	0:56:25
2128	1:01:22	1508	Lona Hanzel	F	40		2267	0:59:39
2129	1:01:22	3573	Agnieszka Wojciechowska	F			2131	0:58:40
2130	1:01:22	214	Laura Davies	F			1993	0:57:39
2131	1:01:23	72	Andrew Swan	M			2189	0:59:03
2132	1:01:23	3056	John Norman	M	40		2016	0:57:49
2133	1:01:23	724	Angela Cox	F			2268	0:59:40
2134	1:01:24	2027	Allan Kettleday	M	60		2060	0:58:18
2135	1:01:24	3774	Hayley Reed	F			2001	0:57:41
2136	1:01:25	173	Anna O'Neill	F			2179	0:58:59
2137	1:01:25	4164	Robert Pennell	M			2251	0:59:30
2138	1:01:25	2641	Emma Kiss	F			1892	0:56:49
2139	1:01:27	4193	Darryl Bowen	M			2297	0:59:54
2140	1:01:27	4192	Peter Gully	M			2298	0:59:54
2141	1:01:27	1220	Jonathan Stonehouse	M	40		2423	1:00:50
2142	1:01:28	2299	Carl Reed	M			2337	1:00:13
2143	1:01:28	2298	Danielle Reed	F			2339	1:00:13
2144	1:01:28	601	Daniel Hardwick	M			2263	0:59:36
2145	1:01:28	2400	Kevin James	M			2234	0:59:25
2146	1:01:28	2290	Bally Attilia	F		Women Running Penarth	2015	0:57:49
2147	1:01:28	3626	Rodney Davis	M	45	Love Running	2163	0:58:51
2148	1:01:28	2733	Abi Trask	F	35		2127	0:58:40
2149	1:01:29	4149	Gary Wright	M			2047	0:58:08
2150	1:01:29	187	Darryl Pinkard	M			2058	0:58:16
2151	1:01:30	629	Fallon Williams	F			2281	0:59:44
2152	1:01:30	1905	Katja Empson	F	35		2046	0:58:07
2153	1:01:30	1656	Lucy Coates	F	35		1897	0:56:52
2154	1:01:31	4019	Anthony Lawrence	M		Running with Nancy	2376	1:00:29
2155	1:01:31	3665	Mathew Swaffield	M		Love Running	2111	0:58:36
2156	1:01:31	2551	Sean Jones	M			2257	0:59:33
2157	1:01:32	2852	Nia Thomas	F			1954	0:57:18
2158	1:01:33	4244	Morgan Deere	M			1952	0:57:18
2159	1:01:33	2473	Callum Barnes	M			2190	0:59:04
2160	1:01:34	1236	Tori Brunt	F			2264	0:59:37
2161	1:01:34	144	Chris Jones	M	45		2270	0:59:42
2162	1:01:35	3782	Martin Green	M	50		2280	0:59:44
2163	1:01:36	4010	Carrie Perry	F	35		2324	1:00:06
2164	1:01:36	1283	William Guy	M			1865	0:56:38
2165	1:01:37	282	Simeon Lolin	M	45		1846	0:56:29
2166	1:01:38	2994	Allan Pitt	M			2026	0:57:53
2167	1:01:38	2199	Gwenno Thomas	F	40	Les Croupiers	2121	0:58:38
2168	1:01:38	1823	Ann Johnston	F	35		1915	0:57:00
2169	1:01:39	1044	Jason Sheppard	M			2440	1:00:59
2170	1:01:39	2359	Sian Robins	F			2235	0:59:25
2171	1:01:39	1610	Alan Cromack	M	45		2027	0:57:53
2172	1:01:39	2360	Neil Robins	M	40		2239	0:59:26
2173	1:01:40	2587	Stephen O'Hanlon	M	45		2053	0:58:11
2174	1:01:40	3226	Mark Galozzi-Hibbert	M			2261	0:59:35
2175	1:01:41	1821	Rachel Owen	F	45		2069	0:58:22

2014 Cardiff 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
2176	1:01:41	90	Kate Stewart	F	50		2333	1:00:10
2177	1:01:41	4001	Sian David	F			2186	0:59:02
2178	1:01:41	1187	Gillian Phillips	F	45		2240	0:59:26
2179	1:01:42	1394	Ashley Steer	M			2266	0:59:39
2180	1:01:42	2590	Kelly Ibrahim	F			2419	1:00:49
2181	1:01:42	2589	John Paul Ibrahim	M			2418	1:00:49
2182	1:01:43	2872	Hayley Edwards	F		Lliswerry Runners	2157	0:58:47
2183	1:01:44	312	Kev Bower	M			2403	1:00:44
2184	1:01:44	603	Sarah Richards	F			2305	0:59:58
2185	1:01:45	1975	Matt Jones	M	40		2319	1:00:02
2186	1:01:47	706	Aaron Matthews	M			2043	0:58:07
2187	1:01:47	3788	Manon Jones	F	45		2021	0:57:51
2188	1:01:47	849	Andrew Martin	M	40		2285	0:59:47
2189	1:01:48	1714	Emily Morgan	F			2246	0:59:28
2190	1:01:49	2735	Aloma Blackmore	F			2364	1:00:23
2191	1:01:50	1585	Zoe Holloway	F			1995	0:57:40
2192	1:01:51	2997	Kate Woods	F			2204	0:59:12
2193	1:01:52	1603	Joanne Watson	F			2134	0:58:41
2194	1:01:52	3321	Bernard Crotty	M	50		2215	0:59:17
2195	1:01:53	1960	Michael Lewis	M	50		2079	0:58:26
2196	1:01:53	635	Jenna Hortop	F			2095	0:58:31
2197	1:01:53	1251	Marc Griffiths	M			2476	1:01:12
2198	1:01:53	2330	Louise Saddler	F	40	Islwyn RC	2122	0:58:38
2199	1:01:54	3769	Elin Blake	F			2390	1:00:36
2200	1:01:54	136	Neil Williams	M	55		2328	1:00:07
2201	1:01:54	846	Rachel Phillips	F	35		2296	0:59:53
2202	1:01:54	3147	Zoe Noakes	F			2276	0:59:43
2203	1:01:55	599	Aled Edwards	M			2323	1:00:05
2204	1:01:55	3167	Barbora Stepankova	F			2068	0:58:22
2205	1:01:55	1088	Raymond Stephens	M	60		2351	1:00:18
2206	1:01:58	3309	Melanie Corish	F	40		2348	1:00:18
2207	1:01:58	615	Robin Clayton	M			2287	0:59:48
2208	1:01:58	1775	Nigel Hammersley	M			2182	0:58:59
2209	1:01:59	1565	Mark Griffiths	M	50		2441	1:00:59
2210	1:02:00	796	David Griffiths	M			2056	0:58:14
2211	1:02:00	1405	Harry Baker	M	50		1988	0:57:38
2212	1:02:01	4252	Runner 4252	M			2096	0:58:31
2213	1:02:02	463	Vivek Goel	M			2158	0:58:49
2214	1:02:02	1171	Richard Pitt	M	40		2322	1:00:05
2215	1:02:02	3620	Simon Braybrook	M		Love Running	2218	0:59:17
2216	1:02:03	4080	Steven Walsh	M			2123	0:58:38
2217	1:02:03	1673	David Vega	M	50		1880	0:56:46
2218	1:02:03	2982	Christopher Evans	M			2244	0:59:27
2219	1:02:03	1129	Simon Fry	M	40		2014	0:57:49
2220	1:02:04	1558	Lorraine Clark	F	40		1884	0:56:47
2221	1:02:05	3835	Angharad Taylor	F		Team 2 Wish	2137	0:58:42
2222	1:02:05	4110	Katie Adams	F			2112	0:58:36
2223	1:02:06	3808	Sion Clwyd Roberts	M	45		2231	0:59:23
2224	1:02:07	2026	Frances Sharp	F			2184	0:59:01
2225	1:02:07	2937	Leah Morris	F			2373	1:00:28
2226	1:02:07	3068	Rhodri Kilcoyne	M			2049	0:58:08
2227	1:02:08	440	Gareth Hubbard	M			2133	0:58:41
2228	1:02:09	1058	Lee Durkee	M		Pont-Y-Pwl Runners	2370	1:00:26
2229	1:02:09	2900	Jocelyn Peacock	F		Klnocker Pentaplast	2159	0:58:50
2230	1:02:09	766	Peter Bland	M			2084	0:58:28
2231	1:02:10	305	Emma Hosgood	F	35		2167	0:58:53
2232	1:02:10	1727	Christian Roache	M			2466	1:01:08
2233	1:02:11	1556	Katie Gallimore	F			1992	0:57:39
2234	1:02:11	4275	Andy Varley	M			2209	0:59:15
2235	1:02:13	3804	Laura Henderson	F			2357	1:00:21
2236	1:02:14	2195	Scott Davies	M			2224	0:59:20
2237	1:02:14	1389	Catherine Doyle	F	40		2210	0:59:15
2238	1:02:15	2750	Alan Jones	M	40		2237	0:59:26
2239	1:02:16	3307	Tom Craddock	M			2361	1:00:22
2240	1:02:16	3121	Lisa Clarke	F	40		2250	0:59:30
2241	1:02:16	2550	Sarah Thomas	F	40		2252	0:59:30
2242	1:02:17	425	Ben Morgan	M			2309	1:00:00
2243	1:02:17	3938	Freya Knowles	F			2256	0:59:32
2244	1:02:18	469	Sandeep Hemmadi	F			2434	1:00:58
2245	1:02:18	467	Monica Chawathe	F			2437	1:00:59
2246	1:02:19	4162	Aileen Wilson	F			2369	1:00:25
2247	1:02:19	484	Sathya Yuvaraj	M			2241	0:59:27
2248	1:02:19	2420	Emma Williams	F			2334	1:00:11
2249	1:02:20	69	Matthew Watts	M			2336	1:00:12
2250	1:02:20	2947	Gareth Davies	M	55		2310	1:00:00

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Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
2251	1:02:20	1572	Lee Gillen	M	40		2138	0:58:42
2252	1:02:20	2946	Ffion Davies	F			2314	1:00:00
2253	1:02:20	1573	Emma Parker	F	35		2143	0:58:43
2254	1:02:20	2499	Simon Oakes	M			2017	0:57:49
2255	1:02:21	542	Sara Gauder	F			2433	1:00:57
2256	1:02:21	3702	Gary Parsons	M		Tenovus	2306	0:59:58
2257	1:02:21	3930	Dale Coles	M			1950	0:57:16
2258	1:02:21	3979	Marilyn Rankin	F	65		2262	0:59:36
2259	1:02:21	234	Verity Coleman	F			2185	0:59:02
2260	1:02:22	3732	Will McLain	M			2161	0:58:51
2261	1:02:22	146	Damian Muir	M			2048	0:58:08
2262	1:02:22	3077	Adnan Higgi	M			2405	1:00:45
2263	1:02:22	218	Antony Harris	M			2125	0:58:39
2264	1:02:23	3003	Sophie Sheedy	F			2343	1:00:15
2265	1:02:23	3270	Jimmy Man	M			2187	0:59:02
2266	1:02:24	4006	Sarah Devlin	F			2344	1:00:16
2267	1:02:24	919	Helen Manley	F			2302	0:59:57
2268	1:02:24	1314	Veronika Royle	F	35		2207	0:59:14
2269	1:02:26	1663	Craig Jones	M			2171	0:58:55
2270	1:02:26	2884	Jordi Garriga	M		Knocker Pentaplast	2061	0:58:18
2271	1:02:26	2646	Ian Hay	M			2242	0:59:27
2272	1:02:27	1437	Samantha Wells	F	35		2498	1:01:24
2273	1:02:29	2796	Sarah Rees	F	35		2470	1:01:09
2274	1:02:29	2968	Natasha Davies	F	40		2065	0:58:20
2275	1:02:29	2025	Nia Wyn Davies	F			2141	0:58:43
2276	1:02:30	1910	Mark Rivett	M	55		2191	0:59:04
2277	1:02:30	2138	Anna Dent	F			2536	1:01:54
2278	1:02:30	1199	Mervyn Weightman-Bent	M	55	Lliswerry Runners	1979	0:57:33
2279	1:02:31	457	Ashok Aggarwal	M			2472	1:01:11
2280	1:02:31	223	Stelios Georgiou	M			2342	1:00:15
2281	1:02:31	1881	Chris Williams	M			2327	1:00:06
2282	1:02:32	4198	Callum Gibbs	M			2516	1:01:37
2283	1:02:32	4126	Gareth Davies	M			2199	0:59:10
2284	1:02:32	1137	Luke McRoy-Jones	M			1819	0:56:16
2285	1:02:32	1360	Paul Dominic Jones	M	40		1818	0:56:16
2286	1:02:32	2379	Tj Manzo	M			2025	0:57:53
2287	1:02:33	224	Joesph Chapman	M			2349	1:00:18
2288	1:02:33	2373	Hannah Brown	F			2217	0:59:17
2289	1:02:34	975	Rebecca Fayle	F			2290	0:59:50
2290	1:02:34	2377	Jonathan Callaghan	M	45		2416	1:00:48
2291	1:02:34	3035	Paul Reynolds	M	50		2325	1:00:06
2292	1:02:34	3036	Michele Reynolds	F	50		2326	1:00:06
2293	1:02:35	1344	Ita McCusker	F	40		2203	0:59:11
2294	1:02:35	2272	Rebecca Chant	F			2044	0:58:07
2295	1:02:35	2325	Natalie Pusey	F			2097	0:58:32
2296	1:02:35	2326	Lauren Matherick	F			2099	0:58:32
2297	1:02:36	3110	Maeve Middleton	F			2397	1:00:40
2298	1:02:38	636	Emma Sparks	F			2212	0:59:15
2299	1:02:38	3822	John Samuel	M	55		2165	0:58:52
2300	1:02:39	1694	Victoria Massocchi	F			2200	0:59:10
2301	1:02:39	3744	Richard Webster	M			2260	0:59:35
2302	1:02:39	1765	Matthew Hardy	M			2202	0:59:11
2303	1:02:40	3927	Craig Marvellay	M			1980	0:57:34
2304	1:02:40	3148	Cathy Bettinson	F			2225	0:59:20
2305	1:02:40	3111	Phil Stone	M	65		2399	1:00:41
2306	1:02:41	418	Chris Short	M	50		2362	1:00:23
2307	1:02:41	1773	Leon Donnelly	M			2329	1:00:07
2308	1:02:43	2668	Gareth White	M			2396	1:00:39
2309	1:02:44	2222	Sarah Griffiths	F			2426	1:00:51
2310	1:02:45	2010	Isabel Buswell	F	45		2358	1:00:21
2311	1:02:45	3271	Robert Gatheridge	M	55		2291	0:59:50
2312	1:02:47	3529	Olivia Hamzelou	F			2149	0:58:45
2313	1:02:48	2000	Martyn Thomas	M	55		2275	0:59:43
2314	1:02:48	622	Rachel Kempton	F			2479	1:01:15
2315	1:02:48	3528	Nader Hamzelou	M	45		2153	0:58:46
2316	1:02:51	2165	Amy Rees	F			2273	0:59:42
2317	1:02:52	1475	Liam Ryan	M	45		2258	0:59:33
2318	1:02:52	2512	Hann Sheree	F	45	Fairwater Runners	2341	1:00:14
2319	1:02:54	2313	Helen Dawson	F	35	Bedford Harriers	2352	1:00:19
2320	1:02:54	1850	Martyn Parsons	M	40		2429	1:00:53
2321	1:02:55	3505	Paul Jones	M	40		2073	0:58:24
2322	1:02:57	863	Angela Manning	F	45		2529	1:01:47
2323	1:02:57	3250	Joe Underwood	M			2398	1:00:41
2324	1:02:57	830	Ceri Francis	F			2103	0:58:33
2325	1:02:58	828	Jonathan Davies	M			2102	0:58:33

2014 Cardiff 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
2326	1:02:58	3420	Natalie Phillips	F			2178	0:58:58
2327	1:02:58	2294	David Wake	M			2286	0:59:48
2328	1:02:59	3482	Christopher James	M	50		2450	1:01:03
2329	1:02:59	3964	Graham Bateman	M	45		2500	1:01:24
2330	1:02:59	3661	Kevin Savory	M	55	Love Running	2315	1:00:01
2331	1:02:59	3963	Andy Beazley	M	50		2501	1:01:24
2332	1:03:00	3961	Sharon Moore	F	45		2050	0:58:09
2333	1:03:01	2462	Lucia Chiariello	F	50		2366	1:00:24
2334	1:03:01	4049	Cheryl Jones	F			2532	1:01:53
2335	1:03:01	2253	Gwen Evans	F	35		2495	1:01:23
2336	1:03:01	270	Jael Hill	F	40		2421	1:00:49
2337	1:03:02	2636	Rhian Bowen	F			2377	1:00:30
2338	1:03:02	2637	Rachel Mcaleer	F			2378	1:00:30
2339	1:03:02	2276	Vlad Macdonald-Munteanu	M			2057	0:58:15
2340	1:03:03	1227	Ceri Garwood	F			2388	1:00:33
2341	1:03:03	1404	Sian Llewellyn	F	40		2144	0:58:44
2342	1:03:03	3405	Danielle Wadley	F			2115	0:58:37
2343	1:03:04	608	Joanne Masterson	F			2442	1:01:00
2344	1:03:04	2428	Rebecca Donkin	F			2118	0:58:37
2345	1:03:05	1046	Heather Higgins	F			2444	1:01:00
2346	1:03:06	2721	Ellen Wakelam	F			2455	1:01:04
2347	1:03:06	299	Anna Markall	F	40		2289	0:59:50
2348	1:03:06	2722	Alexander Jungmayr	M			2457	1:01:04
2349	1:03:08	2285	Gareth Ponting	M	45		2459	1:01:05
2350	1:03:08	791	Jane Greenall	F			2427	1:00:52
2351	1:03:09	2822	Katherine Owen	F			2175	0:58:57
2352	1:03:09	3013	Liam Bufton	M			2087	0:58:28
2353	1:03:11	323	Jac Priestland	M			2465	1:01:08
2354	1:03:12	747	Ailsa Burr ridge	F	45		2254	0:59:31
2355	1:03:12	3027	Daniel Costello	M			2067	0:58:21
2356	1:03:13	2970	Dafydd Owens	M			2389	1:00:36
2357	1:03:13	2458	Helen King	F	35		2116	0:58:37
2358	1:03:15	199	Rob Jaynes	M			2503	1:01:26
2359	1:03:15	202	Gareth Davies	M			2085	0:58:28
2360	1:03:16	3057	Monika Peace	F	35		2475	1:01:12
2361	1:03:17	3775	Jane Chappelle	F	50		2591	1:02:28
2362	1:03:17	2645	Rachel Davies	F			2166	0:58:52
2363	1:03:18	2544	Rebecca Jones	F			2483	1:01:16
2364	1:03:20	3615	Martin Beazer	F		Cymorth I Cerys	2039	0:58:04
2365	1:03:20	555	Halley Parsons	F			2431	1:00:56
2366	1:03:21	1515	Richard Newman	M			2312	1:00:00
2367	1:03:21	2560	Sarah Price	F			2436	1:00:58
2368	1:03:22	2674	Sarah Lowe	F			2070	0:58:22
2369	1:03:22	3616	Lewis Richards	M		Cymorth I Cerys	2042	0:58:06
2370	1:03:23	3952	Chris Davies	M			2151	0:58:46
2371	1:03:25	2837	Gareth Colley	M	50		2340	1:00:13
2372	1:03:25	3130	Harries Leah	F			2451	1:01:03
2373	1:03:26	2818	Brigitte Widdas	F	45	Lliswerry Runners	2109	0:58:35
2374	1:03:27	3149	Sasha Jenkins	F	40		2384	1:00:33
2375	1:03:27	3379	Heidi Joyce	F	40		2385	1:00:33
2376	1:03:27	2868	Alison Griffiths	F	40		2228	0:59:22
2377	1:03:28	2644	Andrew Lenahan	M			2623	1:02:50
2378	1:03:28	3408	Tayah Heydon	F			2420	1:00:49
2379	1:03:29	765	Pam Bland	F			2321	1:00:05
2380	1:03:29	4172	Naomi Rowe	F	40		2424	1:00:50
2381	1:03:30	3716	Melanie Webb	F	40		2533	1:01:53
2382	1:03:30	3022	Jarrold Baker	M			2318	1:00:02
2383	1:03:31	1382	April Wood	F			2316	1:00:01
2384	1:03:31	3897	Lucy Mortimer	F			2332	1:00:10
2385	1:03:32	286	Steve Peterson	M			2077	0:58:25
2386	1:03:33	3324	Tom Rayner	M			2220	0:59:18
2387	1:03:35	989	Wyn Jones	M	40		2360	1:00:22
2388	1:03:36	447	Jemma Russant	F			2563	1:02:11
2389	1:03:36	2043	Ellie Waite	F	35		2524	1:01:43
2390	1:03:36	3647	Laura Lee	F		Love Running	2394	1:00:39
2391	1:03:38	2864	Ann-Marie Browning	F	45		2477	1:01:13
2392	1:03:39	2842	Benjamin Price	M			2198	0:59:09
2393	1:03:39	751	Sue Morgan	F	50		2308	1:00:00
2394	1:03:40	3441	Ali Hunt	F			2528	1:01:44
2395	1:03:40	3319	Samantha Smith	F	40		2460	1:01:05
2396	1:03:41	2013	Katie-Louise Chapple	F			2338	1:00:13
2397	1:03:41	1912	Harriet Williams	F			2631	1:02:56
2398	1:03:41	3041	David Blake	M			2412	1:00:47
2399	1:03:41	1913	Rhys Dutfield	M			2634	1:02:56
2400	1:03:42	3460	Diane George	F	50		2395	1:00:39

2014 Cardiff 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
2401	1:03:42	1319	Helyn Latimer	F	45		2404	1:00:45
2402	1:03:42	1127	Paul Griffiths	M	45		2489	1:01:20
2403	1:03:42	151	Gavin Jones	M			2415	1:00:48
2404	1:03:43	3051	Vanessa Russell	F	40		2169	0:58:54
2405	1:03:43	3249	Robert Cooper	M			2425	1:00:50
2406	1:03:43	3104	Jack Leigh	M			2353	1:00:19
2407	1:03:43	142	Sioned Hughes	F	40		2534	1:01:53
2408	1:03:44	2255	Llyr Morus	M	40		2554	1:02:05
2409	1:03:44	3005	Pete Mitchell	M	40		1771	0:55:55
2410	1:03:44	2203	Amy Dunningham	F			2578	1:02:21
2411	1:03:46	3899	Samantha Jones	F			2181	0:58:59
2412	1:03:46	3909	Leon Hughes	M		BRAINSTRUST	2177	0:58:57
2413	1:03:46	2695	Nia Jones	F			2155	0:58:47
2414	1:03:47	545	Sophie Mitchell	F			2201	0:59:10
2415	1:03:48	3877	Alyson Parry	F	45		2603	1:02:36
2416	1:03:48	450	Dan Jones	M			2580	1:02:23
2417	1:03:48	3984	Leah Jones	F			2461	1:01:06
2418	1:03:49	1279	Peter Galbraith	M	60		2238	0:59:26
2419	1:03:50	3128	Helen Metcalfe	F	35		2582	1:02:25
2420	1:03:51	1316	Rachel Walpole	F	45		2374	1:00:28
2421	1:03:51	2580	Toni Van Der Linde	F	40		2375	1:00:29
2422	1:03:53	101	Claire Brown	F	35		2456	1:01:04
2423	1:03:53	2654	Hannah Casley	F			2481	1:01:16
2424	1:03:53	2459	Chris Hatfield	M	65		2509	1:01:29
2425	1:03:54	472	Shana Lewis	F			2205	0:59:14
2426	1:03:55	1090	Peter Hopkins	M			2350	1:00:18
2427	1:03:55	3103	Emma Hunt	F			2379	1:00:30
2428	1:03:57	3080	David Hill	M			2269	0:59:41
2429	1:03:58	3457	Gwyn Branson	M			2331	1:00:09
2430	1:03:59	1170	Caroline Dunn	F			2463	1:01:06
2431	1:03:59	1998	David Hallett	M	40		2335	1:00:12
2432	1:03:59	1145	Emily Nash	F	35		2464	1:01:08
2433	1:04:00	2808	Sion Gwyn	M			2255	0:59:31
2434	1:04:01	2807	Gweirydd Davies	M			2253	0:59:31
2435	1:04:03	1852	Idrees Ahmed	M			2494	1:01:22
2436	1:04:03	3004	Matt O'Donoghue	M			2371	1:00:27
2437	1:04:04	2131	Jenny Evans	F	35		2487	1:01:18
2438	1:04:04	2562	Lorraine Brown	F	50		2480	1:01:15
2439	1:04:05	1541	Victoria Shingler	F			2569	1:02:13
2440	1:04:05	1816	Paul Sydenham	M	55		2492	1:01:21
2441	1:04:05	632	Matthew Twiseldon	M			2393	1:00:39
2442	1:04:05	529	Hannah Stokes	F			2249	0:59:30
2443	1:04:06	195	Abbe Cooper	F			2717	1:03:48
2444	1:04:07	2399	Matt Cann	M			2504	1:01:26
2445	1:04:07	4214	Julie Hobby	F			2229	0:59:22
2446	1:04:08	4020	Chris Lawrence	M		Running with Nancy	2648	1:03:06
2447	1:04:08	2726	Amy Morgan	F			2380	1:00:31
2448	1:04:08	1654	Andrea Moffat	F	45		2628	1:02:54
2449	1:04:09	2134	John Davies	M			2430	1:00:55
2450	1:04:10	168	Gareth Gwilyn	M			2715	1:03:47
2451	1:04:11	3488	Jo Williams	F	35		2282	0:59:44
2452	1:04:12	4094	Laura Walton	F	40		2525	1:01:43
2453	1:04:12	4095	Andrea Burnell	F	45		2526	1:01:44
2454	1:04:12	375	Alex Finch	M			2447	1:01:02
2455	1:04:13	2300	Emily Whatley	F			2295	0:59:52
2456	1:04:13	1685	Frank Pesticco	M	40		2560	1:02:10
2457	1:04:17	2887	Charlotte Jones	F		Knocker Pentaplast	2330	1:00:08
2458	1:04:18	3687	Kimberley McKay	F		Tenovus	2408	1:00:46
2459	1:04:18	713	Jeremy Jones	M			2365	1:00:24
2460	1:04:19	1343	Lara Braqger	F			2452	1:01:03
2461	1:04:20	1323	Pat Davies	F	50		2507	1:01:28
2462	1:04:20	2670	Betiwyn Davies	F	50		2223	0:59:20
2463	1:04:21	2277	Hilde Van Helsdingen	F			2259	0:59:35
2464	1:04:21	2940	Laurence Hall	M			2407	1:00:46
2465	1:04:21	2672	Kirsty McQueen	F			2406	1:00:46
2466	1:04:22	947	Lorraine Williams	F	45		2274	0:59:42
2467	1:04:23	948	Jon Williams	M	50		2278	0:59:43
2468	1:04:23	4108	Rebecca Hopkins	F			2313	1:00:00
2469	1:04:23	1247	Alice Richardson	F			2354	1:00:20
2470	1:04:24	1560	Sammy Jones	F			2473	1:01:12
2471	1:04:24	3028	Esther Dawson	F	40		2510	1:01:31
2472	1:04:25	1217	Rebecca Lewis	F			2497	1:01:23
2473	1:04:25	431	Ian Graham	M			2550	1:02:04
2474	1:04:29	838	Amanda Williams	F			2766	1:04:14
2475	1:04:29	3608	Mia Rees	F			2372	1:00:28

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Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
2476	1:04:30	3985	Olivia Webb	F		Pegasus RC	2549	1:02:03
2477	1:04:30	1724	Ellie Marks	F			2432	1:00:56
2478	1:04:31	3019	Kirsty Baker	F			2574	1:02:18
2479	1:04:31	2032	David Murphy	M	40		2317	1:00:02
2480	1:04:31	725	Aoife McDermott	F			2620	1:02:47
2481	1:04:31	3112	Sallyanne Filer	F	50	Porthcawl Runners	2586	1:02:27
2482	1:04:31	3546	Lisa Finighan	F	40		2355	1:00:20
2483	1:04:31	2031	Paula Murphy	F	40		2320	1:00:03
2484	1:04:31	1471	Luke Ward	M	40		2675	1:03:21
2485	1:04:32	2407	Joanne Phillips	F	35		2411	1:00:47
2486	1:04:32	2408	Emma Kelly	F			2413	1:00:47
2487	1:04:32	3831	Emma Williams	F		Team 2 Wish	2546	1:02:00
2488	1:04:33	836	Caroline Smart	F			2771	1:04:18
2489	1:04:33	837	Bethan Battrick	M			2774	1:04:18
2490	1:04:33	2806	Diep Dang	F	40		2219	0:59:17
2491	1:04:33	2414	Rhian Thomas	F			2616	1:02:44
2492	1:04:34	311	Simon Fisher	M			2694	1:03:33
2493	1:04:35	302	Sam Sullivan	F			2490	1:01:20
2494	1:04:35	2246	Nathan Robison-Thomas	M			2660	1:03:13
2495	1:04:35	3947	Andrew Keyte	M	40		2303	0:59:58
2496	1:04:35	3946	Sam Stone	M			2304	0:59:58
2497	1:04:35	3262	Colin Blackwell	M	55		2292	0:59:51
2498	1:04:36	2945	Beth Williams	F	40		2293	0:59:51
2499	1:04:37	348	Sara Robinson	F			2345	1:00:17
2500	1:04:37	1763	Gareth Jones	M	40		2680	1:03:23
2501	1:04:38	1209	Emma Brearley	F	35	San Domenico	2530	1:01:50
2502	1:04:38	1731	Tom Smith	M			2486	1:01:18
2503	1:04:39	1434	Kelly Steed	F			2478	1:01:14
2504	1:04:39	3385	Abi Roche	F	45		2467	1:01:09
2505	1:04:39	3386	Hilary Jones	F	50		2469	1:01:09
2506	1:04:41	4047	Sarah Meah	M	50	Les Croupiers	2744	1:04:00
2507	1:04:42	1889	Javier Meco	M	45		2545	1:02:00
2508	1:04:42	3648	Nicola Loten	F		Love Running	2527	1:01:44
2509	1:04:42	677	Lee Clarke	M			2677	1:03:22
2510	1:04:42	4311	Craig Evans	M			2443	1:01:00
2511	1:04:43	4310	Louise Wheadon	F			2446	1:01:01
2512	1:04:44	1423	Bethan Waters	F	40		2453	1:01:03
2513	1:04:44	866	Jayne Jones	F	40		2699	1:03:36
2514	1:04:44	1653	Katherine Pitt	F			2417	1:00:48
2515	1:04:44	2886	Simon Fuchs	M		Knocker Pentaplast	2283	0:59:45
2516	1:04:44	1354	Hayley Carter	F	35	Cwm Ogwr Running Club	2737	1:03:58
2517	1:04:45	2871	Ted Powell	M			2568	1:02:12
2518	1:04:48	2293	Zheng Zhang	F			1887	0:56:48
2519	1:04:48	1649	Jackie Jones	F	45		2656	1:03:10
2520	1:04:49	2980	Philip Bolton	M	60		2704	1:03:38
2521	1:04:50	1398	Rebecca Cannings	F	35		2506	1:01:27
2522	1:04:50	1192	Joanne Dorey	F	45		2678	1:03:23
2523	1:04:50	1990	Russell Evans	M			2277	0:59:43
2524	1:04:51	2058	Gareth Shears	M			2531	1:01:50
2525	1:04:51	2197	Ian Russell	M			2401	1:00:44
2526	1:04:51	3399	Gareth James	M			2410	1:00:47
2527	1:04:52	2014	Christopher Evans	M			2583	1:02:26
2528	1:04:52	3023	Heather Thomas	F	50		2570	1:02:14
2529	1:04:54	4028	Tina Lloyd	F		Running with Nancy	2745	1:04:00
2530	1:04:54	1446	Ynyr Williams	M	55		2681	1:03:25
2531	1:04:54	1772	Allan Donnelly	M	55		2577	1:02:20
2532	1:04:54	1267	Rebecca Blakeway	F			2514	1:01:36
2533	1:04:56	2482	Betsan Dafydd	F			2535	1:01:54
2534	1:04:56	966	Karl Thomas	M			2508	1:01:29
2535	1:04:57	3809	Ifan Sion	M			2571	1:02:15
2536	1:04:59	703	Ian Lorring	M			2391	1:00:37
2537	1:05:00	2688	Owen Gent	M			2615	1:02:44
2538	1:05:00	3511	Anys Jones	F			2712	1:03:43
2539	1:05:00	3166	Rhys Williams	M			2693	1:03:33
2540	1:05:01	2659	Julie Stokes	F	45		2488	1:01:20
2541	1:05:02	4251	Yolanda Sanger	F			2392	1:00:37
2542	1:05:02	2718	Ian Dennison	M	45		2493	1:01:21
2543	1:05:02	3603	Lisa Thomas	F	45		2682	1:03:26
2544	1:05:03	3261	Charlotte Perry	F	35		2753	1:04:05
2545	1:05:04	3260	Olivia Linton	F			2754	1:04:05
2546	1:05:04	1504	Irene Crew	F	45		2674	1:03:21
2547	1:05:04	3079	Gemma Hill	F			2414	1:00:48
2548	1:05:05	3144	Jessie Atkinson	F			2449	1:01:02
2549	1:05:05	4067	Charlene Selmer	F			2454	1:01:03
2550	1:05:05	2307	Thomas Gardner	M			2512	1:01:35

2014 Cardiff 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
2551	1:05:07	1142	Alison Martin	F	35		2542	1:01:57
2552	1:05:07	1862	Kevin Birt	M			2559	1:02:09
2553	1:05:08	1164	Vicki Gray	F			2735	1:03:56
2554	1:05:08	1228	Emma Thomas	F	35		2639	1:03:00
2555	1:05:11	2152	Jane Dorrian	M	40		2367	1:00:24
2556	1:05:12	2048	Richard Rymon-Welsh	M			2565	1:02:11
2557	1:05:12	4014	Navneet Sinha	M			2632	1:02:56
2558	1:05:12	1442	Laura Lafave	F	40		2760	1:04:08
2559	1:05:12	525	Carrie Bonser	F			2576	1:02:19
2560	1:05:13	2531	Helen Jenkins	F	40	Tunbridge Wells Harriers	2585	1:02:26
2561	1:05:14	2163	Chloe Gosling	F			2544	1:01:57
2562	1:05:14	2245	Catherine Robison-Thomas	F			2729	1:03:53
2563	1:05:15	388	Helen Hodges	F			2613	1:02:42
2564	1:05:15	3220	Ian Hughes	M	45		2400	1:00:41
2565	1:05:16	3724	Tracy Trevelyan	F	45		2511	1:01:34
2566	1:05:18	3018	Joanna Williams	F			2596	1:02:30
2567	1:05:18	3308	Miss King	F	40		2597	1:02:30
2568	1:05:19	59	Meirion Morgan	M			2626	1:02:51
2569	1:05:20	107	James Corbin	M	40		2793	1:04:31
2570	1:05:20	1567	Claire Griffiths	F			2777	1:04:20
2571	1:05:20	3075	Laetitia Davies	F			2666	1:03:16
2572	1:05:21	3942	Michelle Jones	F	40		2485	1:01:17
2573	1:05:22	1141	Lucy Elliott	F			2518	1:01:39
2574	1:05:23	1330	Lorna Elliott	F			2521	1:01:40
2575	1:05:23	4211	Alice Brindley	F			2555	1:02:06
2576	1:05:23	4181	Helen Jones	F	35		2520	1:01:39
2577	1:05:23	1505	Kevin Winterbottom	M	40		2553	1:02:05
2578	1:05:25	1840	Jamie Everitt	M			2387	1:00:33
2579	1:05:25	121	Fran Simpson	F	35		2673	1:03:19
2580	1:05:25	2897	Greta Davies	F		Knocker Pentaplast	2482	1:01:16
2581	1:05:26	923	Rachel Hill	F			2747	1:04:01
2582	1:05:26	2030	Becky Wilson	F			2749	1:04:02
2583	1:05:28	2059	Max Bergmanski	M	55		2720	1:03:49
2584	1:05:29	2720	Andrew Woodley	M	50		2765	1:04:14
2585	1:05:29	715	Maneesh Kumar	M			2746	1:04:01
2586	1:05:30	709	Liz Knowles	F			2513	1:01:36
2587	1:05:31	3640	Sarah Jackson	F	40	Love Running	2595	1:02:29
2588	1:05:31	3639	Steve Hilsden	M	55	Love Running	2605	1:02:36
2589	1:05:33	4133	Anjazi Mullick	F			2561	1:02:10
2590	1:05:35	269	David Jones	M			2499	1:01:24
2591	1:05:36	596	Ryan Young	M			2711	1:03:43
2592	1:05:36	3872	Robyn Richards	M			2346	1:00:17
2593	1:05:37	3174	John Thomas	M	65		2538	1:01:55
2594	1:05:37	2655	Rhys Morgan	M			2422	1:00:49
2595	1:05:38	3869	Natalie Jones	F	35		2474	1:01:12
2596	1:05:39	1778	Penny Davies	F	40		2629	1:02:55
2597	1:05:40	58	Spencer Jones	M			2659	1:03:12
2598	1:05:40	2524	Lewis Rees-Williams	M			2624	1:02:50
2599	1:05:41	1387	Zoe Frayne	F			2519	1:01:39
2600	1:05:42	350	Martin Fidler Jones	M			2552	1:02:04
2601	1:05:42	3299	Rachel Lord	F	45		2573	1:02:17
2602	1:05:43	804	Chelsea Lane	F			2484	1:01:17
2603	1:05:43	3122	Stephen Towner	M			2428	1:00:52
2604	1:05:43	3298	Mari Herbert	F	45		2575	1:02:18
2605	1:05:43	495	Alyson Price	F	35		2858	1:05:18
2606	1:05:44	4208	Leigh Roan	M			2588	1:02:27
2607	1:05:44	4213	Amanda Davies	F			2587	1:02:27
2608	1:05:45	690	Stacy Botwood	F			2789	1:04:27
2609	1:05:47	2621	Helena Awuakye	F	35		2562	1:02:11
2610	1:05:47	1383	Jason Baker	M			2505	1:01:27
2611	1:05:47	3549	Steve Warner	M	45		2635	1:02:56
2612	1:05:48	4138	Melanie Bent	F			2611	1:02:39
2613	1:05:48	424	Karen King	F	40		2687	1:03:27
2614	1:05:48	4075	Richard Chivers	M	40		2579	1:02:23
2615	1:05:48	2386	Vee Lawrence	F			2471	1:01:11
2616	1:05:49	65	Darren McKenna	M	40		2702	1:03:37
2617	1:05:50	3120	Charlotte Thomas	F			2496	1:01:23
2618	1:05:51	1575	Kathryn Warden	F			2515	1:01:36
2619	1:05:51	3182	Gareth Booy	M			2551	1:02:04
2620	1:05:51	2691	Islwyn Meredydd Owen	M	55		2382	1:00:32
2621	1:05:51	2690	Sioned Fidler	F			2386	1:00:33
2622	1:05:52	2656	Sarah Powell	F			2458	1:01:04
2623	1:05:52	1428	Zoe Kind	F	40		2572	1:02:17
2624	1:05:53	4187	Leasa Moore	F	40		2690	1:03:30
2625	1:05:53	825	Lisa Vyas	F			2618	1:02:44

2014 Cardiff 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
2626	1:05:53	2201	Jennifer Proctor	F	35		2491	1:01:21
2627	1:05:54	824	Suzanne Sarjeant	F			2617	1:02:44
2628	1:05:56	1854	Colin Tebby	M	55	Lliswerry Runners	2543	1:01:57
2629	1:05:56	3898	Tatum Price	F	35		2448	1:01:02
2630	1:05:56	4161	Joe Marsden	M			2567	1:02:12
2631	1:05:57	2258	Marie Davey	F	35		2610	1:02:39
2632	1:05:57	3986	Mandy Downton	F			2748	1:04:01
2633	1:05:59	1097	Emma Adams	F	35		2767	1:04:15
2634	1:05:59	444	Amy Cullen	F			2599	1:02:31
2635	1:06:00	1985	Helen Payton	F	45		2627	1:02:54
2636	1:06:01	2412	Amy Doswell	F			2642	1:03:04
2637	1:06:01	2744	Elizabeth Mounfield	F			2703	1:03:38
2638	1:06:02	822	Joanne Jenkins	F			2517	1:01:38
2639	1:06:02	416	Sian Reardon	F			2844	1:05:11
2640	1:06:02	3033	Lee Alder-Dyke	M			2402	1:00:44
2641	1:06:03	246	Jo Hill	F	40		2537	1:01:55
2642	1:06:03	248	Sian Powell	F	45		2541	1:01:56
2643	1:06:04	4128	Fiona McCoughlin	F			2683	1:03:26
2644	1:06:04	417	Emma Pritchard	F	35		2847	1:05:12
2645	1:06:04	1353	David Thomas	M			2684	1:03:27
2646	1:06:04	3633	Elfed Godding	M	55	Love Running	2868	1:05:28
2647	1:06:05	2020	Ceri Tomlins	F	35		2653	1:03:09
2648	1:06:05	2004	Jakob McLaughlin	M			2780	1:04:24
2649	1:06:05	2021	Hywel Davies	M			2654	1:03:09
2650	1:06:05	1684	Christine Conner	F	50		2601	1:02:33
2651	1:06:07	2085	Alison Markey	F	40		2871	1:05:30
2652	1:06:07	220	Amanda Richards	F	45		2727	1:03:52
2653	1:06:07	222	Robert Peart	M			2723	1:03:51
2654	1:06:07	219	Johanieta Moore	F			2730	1:03:53
2655	1:06:07	221	Kate Powell	F			2728	1:03:52
2656	1:06:07	1361	Michael Scourfield	M			2602	1:02:34
2657	1:06:07	4237	Nicola Bevan	F			2736	1:03:57
2658	1:06:08	2116	Alison Kitchnener	F	45		2788	1:04:27
2659	1:06:08	342	Caroline Radcliffe	F	45		2685	1:03:27
2660	1:06:11	209	Victoria Reed	F	35		2778	1:04:20
2661	1:06:11	277	Megan Cooper	F			2756	1:04:06
2662	1:06:12	3026	Helen Madsen	F	35		2439	1:00:59
2663	1:06:12	3060	Sophie Jones	F			2641	1:03:03
2664	1:06:12	2955	Harrison Barrett	F			2445	1:01:01
2665	1:06:12	3061	Leighton Jones	M	55		2640	1:03:02
2666	1:06:13	3443	Claire Wilson	F			2655	1:03:09
2667	1:06:13	3612	Steve Roberts	M	40	Cymorth I Cerys	2435	1:00:58
2668	1:06:15	1441	Rebecca Fry	F			2462	1:01:06
2669	1:06:15	1947	Sally Evans	F	35		2622	1:02:49
2670	1:06:16	3823	James Tucker	M	45		2719	1:03:49
2671	1:06:16	2528	Stephen Lane	M	60		2438	1:00:59
2672	1:06:16	1262	Kelly Bladon	F			2598	1:02:31
2673	1:06:18	3506	Sarah Parry	F	40		2647	1:03:06
2674	1:06:18	4015	Sian Evans	F			2790	1:04:28
2675	1:06:18	3159	Vicki Male	F			2502	1:01:25
2676	1:06:19	3992	Ceri Phillips	M	55		2593	1:02:28
2677	1:06:19	2761	Angela Walsh	F		Porthcawl Runners	2768	1:04:15
2678	1:06:20	1335	Demi Griffiths	F			2714	1:03:47
2679	1:06:20	2262	Bernie St Aubyn	F	50		2600	1:02:32
2680	1:06:22	1263	Holly Broad	F			2606	1:02:37
2681	1:06:22	2779	Chris Hughes	M			2608	1:02:38
2682	1:06:22	3747	Dale Gregory	M	55		2468	1:01:09
2683	1:06:25	3931	Sarah Davies	F	35		2644	1:03:04
2684	1:06:25	1288	Craig Macdonald	M			2630	1:02:56
2685	1:06:27	3743	Nia Holland	F			2679	1:03:23
2686	1:06:27	1581	Gemma Murphy	F			2665	1:03:16
2687	1:06:28	1590	Neil Murphy	M			2664	1:03:15
2688	1:06:28	3135	Anna Williams	F			2709	1:03:43
2689	1:06:28	3134	Jemma Ellery	F			2705	1:03:39
2690	1:06:29	1261	Karin Cuthbert	F	55		2558	1:02:08
2691	1:06:29	1260	Frank Cuthbert	M	60		2557	1:02:08
2692	1:06:30	63	Keith Watts	M			2776	1:04:19
2693	1:06:31	2410	Tim Ng	M			2696	1:03:34
2694	1:06:32	71	Steve Thomas	M	60		2783	1:04:24
2695	1:06:32	1965	Claire Jones	F	45	Merthyr Running Club	2523	1:01:42
2696	1:06:32	534	Katie Vaun	F			2540	1:01:56
2697	1:06:33	2208	Lyndsey John	F			2796	1:04:33
2698	1:06:34	511	Jonathan Edwards	M			2692	1:03:33
2699	1:06:35	1709	Mari Hughes	F	50		2827	1:04:56
2700	1:06:37	2490	Kathryn Bates	F	40	Pontypridd Roadents	2841	1:05:09

2014 Cardiff 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
2701	1:06:37	4107	Myra Price	F			2671	1:03:19
2702	1:06:38	3671	Eleanor Williams	F		Love Running	2706	1:03:39
2703	1:06:39	94	Hayley Francis	F			2716	1:03:48
2704	1:06:39	1641	Julian Hunt	F	35		2637	1:02:57
2705	1:06:39	771	Peter Furness	M			2907	1:05:56
2706	1:06:40	2411	Sophie Morris	F			2710	1:03:43
2707	1:06:40	4231	Louis Tong	M			2667	1:03:17
2708	1:06:40	1528	Moawia Bin-Sufyan	M			2661	1:03:13
2709	1:06:43	3723	Tracey Maton	F			2772	1:04:18
2710	1:06:45	2416	Elin Jones	F			2818	1:04:50
2711	1:06:47	3421	Alex James	F			2751	1:04:03
2712	1:06:47	1406	Simon Davies	M			2548	1:02:01
2713	1:06:47	2252	Owen James	M			2750	1:04:03
2714	1:06:48	236	Mark Hicks	M			2689	1:03:28
2715	1:06:49	2795	Thomas Wood	M			2721	1:03:50
2716	1:06:49	2817	Alice Cooper	F			2718	1:03:49
2717	1:06:49	119	Emma Wall	F	35		2810	1:04:43
2718	1:06:49	1027	Kate Mackey	F			2539	1:01:56
2719	1:06:49	2851	Matthew Collins	M	45		2609	1:02:38
2720	1:06:50	2857	Kathryn Tennetta	F			2604	1:02:36
2721	1:06:50	235	Becki Ayoubkhani	F			2691	1:03:31
2722	1:06:51	4111	Samuel Britton	M			2590	1:02:28
2723	1:06:51	1172	Andrew Jones	M			2792	1:04:31
2724	1:06:51	1266	Simon Jones	M			2834	1:05:01
2725	1:06:52	823	Byron Jenkins	M			2592	1:02:28
2726	1:06:52	2941	Heidi Rasmussen	F			2607	1:02:37
2727	1:06:53	272	Phillippa Farmer	F	35		2803	1:04:40
2728	1:06:53	2166	Kathryn Amaro	F	55		2732	1:03:54
2729	1:06:54	1026	Alan Mackey	M	50		2547	1:02:00
2730	1:06:55	1490	Kath Smith	F	50		2934	1:06:14
2731	1:06:56	2854	David Williams	M			2791	1:04:30
2732	1:06:56	2505	Lisa Baker	F	35		2755	1:04:06
2733	1:06:57	3252	Victoria Hooper	F	35		2840	1:05:08
2734	1:06:57	3935	Jim Sullivan	M	50		2646	1:03:05
2735	1:06:57	610	Cj Adams	M			2815	1:04:47
2736	1:06:58	276	Joanna Harris	F			2820	1:04:52
2737	1:06:58	3246	David Guinee	M			2652	1:03:08
2738	1:06:59	3094	Andrew Turpy	M	45		2643	1:03:04
2739	1:07:00	2570	Keri Lewis	M			2564	1:02:11
2740	1:07:01	3664	Jennifer Stevens	F		Love Running	2741	1:03:59
2741	1:07:04	4084	Catherine Richards	F			2581	1:02:25
2742	1:07:04	3900	Russell Oliver	M	45		2625	1:02:50
2743	1:07:05	3553	Sara Davies	F			2700	1:03:37
2744	1:07:05	1395	Eric Charlton	M	60		2556	1:02:08
2745	1:07:05	3983	Adrienne Powell	F			2933	1:06:14
2746	1:07:06	1867	Matthew Pitman	M			2759	1:04:07
2747	1:07:06	638	Kerry Creed	F			2701	1:03:37
2748	1:07:07	1169	Matthew Jones	M			2522	1:01:40
2749	1:07:08	1824	Sally Pensom	F	40		2795	1:04:32
2750	1:07:08	3082	Alex Nunn	M			2830	1:04:57
2751	1:07:08	1166	Georgia Weekes	F			2932	1:06:14
2752	1:07:09	1125	Kevin Reaney	M	45		2743	1:03:59
2753	1:07:09	2753	Matt Clements	M			2619	1:02:46
2754	1:07:10	3532	Julian Hope	M	40		2770	1:04:17
2755	1:07:13	3604	Lauren Childs	F			2856	1:05:17
2756	1:07:14	2917	Stephen Myers	M		Knocker Pentaplast	2055	0:58:13
2757	1:07:15	2527	Catherine Jones	F	45		2784	1:04:25
2758	1:07:16	1138	Samantha Stewart	F			2914	1:06:01
2759	1:07:16	2267	Jacqueline Seeney	F	45		2849	1:05:15
2760	1:07:17	3225	James Hanna	M			2589	1:02:27
2761	1:07:17	2711	Howard Morris	M	55		2763	1:04:11
2762	1:07:18	3086	James McPherson	M			2594	1:02:28
2763	1:07:18	3814	Sian Lowri Price	F			2662	1:03:14
2764	1:07:19	3576	Vamsidhar Rachapalli	M			2895	1:05:45
2765	1:07:19	3196	Louise Price	F	35		2734	1:03:55
2766	1:07:21	3688	Louise Morris	F		Tenovus	2722	1:03:51
2767	1:07:21	208	Catrin Hart	F			2954	1:06:35
2768	1:07:21	675	Christopher Kent	M			2731	1:03:53
2769	1:07:22	856	Matthew Swindell	M	40		2614	1:02:42
2770	1:07:23	795	Paul Johnson	M			2839	1:05:06
2771	1:07:25	2062	Grace Newbould	F			2638	1:02:58
2772	1:07:26	1082	Sue Stokes	F	45		2938	1:06:19
2773	1:07:28	1768	Jocelyn Andrews	F	50		2668	1:03:17
2774	1:07:28	1767	Dilys Morris Jones	M	50		2670	1:03:18
2775	1:07:30	2112	Jessica Astley	F			2808	1:04:42

2014 Cardiff 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
2776	1:07:32	1826	Hayley Owen	F	40		2742	1:03:59
2777	1:07:33	3679	Llinos Greening	F		Tenovus	2752	1:04:03
2778	1:07:34	396	Bren Moore	M			2854	1:05:16
2779	1:07:34	697	Lisa Russell	F			2853	1:05:16
2780	1:07:35	84	Max Woolf	M			2931	1:06:14
2781	1:07:37	3273	Sebastian Haigh	M			2663	1:03:15
2782	1:07:37	3323	Judith Paget	F	50		2769	1:04:16
2783	1:07:38	3842	Laura Blinman	F		Team 2 Wish	2669	1:03:18
2784	1:07:38	2696	Toni Harding	F			2733	1:03:54
2785	1:07:38	2369	Rebekah Hewett	F			2911	1:05:58
2786	1:07:39	2742	Ryan John	M			2566	1:02:12
2787	1:07:39	2130	Kelly Smith	F	35		2823	1:04:53
2788	1:07:39	801	Janet Hopkins	F			2757	1:04:06
2789	1:07:39	3973	Emma Callow	F	40		2799	1:04:36
2790	1:07:40	3492	Cerys John	F			2800	1:04:36
2791	1:07:40	4246	Ellie Karystiani	F			2658	1:03:10
2792	1:07:41	788	Georgios Exarchos	M			2862	1:05:23
2793	1:07:41	3171	Lisa Rees	F	40		2761	1:04:10
2794	1:07:44	4027	Sarah Jones	F		Running with Nancy	2959	1:06:47
2795	1:07:44	4026	Jenny Jones	F		Running with Nancy	2960	1:06:47
2796	1:07:45	2016	Neil Andrews	M	40		2612	1:02:40
2797	1:07:45	1512	Mike Denyer	M			2584	1:02:26
2798	1:07:45	3752	Eleri Thomas	F	35		2688	1:03:27
2799	1:07:45	1940	Fiona Evans	F	50		2922	1:06:08
2800	1:07:47	1321	James Gough	M			2779	1:04:22
2801	1:07:47	2288	Rhian Jones	F			2898	1:05:46
2802	1:07:48	860	Ruth Cochran	F	45		2941	1:06:20
2803	1:07:48	2879	Ali Demir	F		Knocker Pentaplast	2621	1:02:48
2804	1:07:48	3660	Nicola Savory	F	50	Love Running	2649	1:03:06
2805	1:07:49	1197	Maria-Luisa Meredith	F	45		2900	1:05:52
2806	1:07:49	318	Andrew Jones	M	40		3001	1:07:28
2807	1:07:50	925	Stifyn Parri	M	50		2875	1:05:32
2808	1:07:51	3338	Peter Munson	M			2695	1:03:34
2809	1:07:51	3331	Bryony McNamara	F			2843	1:05:11
2810	1:07:51	1416	Phill Haynes	M			2725	1:03:52
2811	1:07:51	2751	Leah Ferris	F			2851	1:05:16
2812	1:07:54	2432	Kate O'Hara	F			2916	1:06:02
2813	1:07:54	216	Chris Hassell	M			2739	1:03:59
2814	1:07:55	215	Katherine Morris	F			2738	1:03:58
2815	1:07:58	1785	Sarah Jones	F			2650	1:03:07
2816	1:07:58	1909	Christina Tom	F			2645	1:03:05
2817	1:08:01	3113	Sian Hughes	F	40		2651	1:03:08
2818	1:08:02	3929	Jon Bailey	M			2636	1:02:56
2819	1:08:02	2092	Carl Hier	M	50		2947	1:06:27
2820	1:08:02	3928	Rhi Coles	F			2633	1:02:56
2821	1:08:03	2515	Natalie Jones	F			2833	1:05:01
2822	1:08:03	2635	Emma Hill	F			2835	1:05:02
2823	1:08:06	148	Neil Muir	M	50		2724	1:03:51
2824	1:08:07	1393	Caroline Rees	F	40		2740	1:03:59
2825	1:08:07	2863	Wendy Hoskins	F	45		2785	1:04:26
2826	1:08:07	2922	Sandra Waring	F	50		2786	1:04:26
2827	1:08:08	3794	Richard Barlow	M	45		2787	1:04:27
2828	1:08:10	1647	Catrin Davies	F	40		2814	1:04:46
2829	1:08:10	719	Robert Morgan	M			2877	1:05:33
2830	1:08:11	1802	Sian Sykes	F	35		2836	1:05:03
2831	1:08:11	242	Ross Southard	M			2672	1:03:19
2832	1:08:11	620	Chris Adams	M			2995	1:07:19
2833	1:08:13	3458	Beverley Griffiths	F			2872	1:05:30
2834	1:08:13	3158	Peter Murphy	M			2686	1:03:27
2835	1:08:13	4303	Louisa Williams	F			2726	1:03:52
2836	1:08:15	2387	Christina Elwill	F			2811	1:04:44
2837	1:08:18	4226	Aled Evans	M			2713	1:03:46
2838	1:08:19	513	Hannah Gregory	F			2852	1:05:16
2839	1:08:20	512	Rachel Turner	F			2855	1:05:17
2840	1:08:20	99	Chris Stanlake	M			2873	1:05:31
2841	1:08:21	3698	Ben Parsons	M		Tenovus	2913	1:05:59
2842	1:08:22	1363	Collette Brown	F	40		2801	1:04:39
2843	1:08:24	3988	Natalie Dibartolo	F			2897	1:05:46
2844	1:08:25	2314	Richard Lee	M	40		2825	1:04:55
2845	1:08:26	2840	Paul Cox	M			2798	1:04:34
2846	1:08:26	1844	Benjamin Jefferies	M			2762	1:04:11
2847	1:08:26	1633	Jane Boyd	F	50		2797	1:04:33
2848	1:08:26	3155	Sonja Watkins	F	50		2657	1:03:10
2849	1:08:27	1813	Steve Harris	M	55		2707	1:03:41
2850	1:08:28	4278	Joanna Davies	F		BRAINSTRUST	2676	1:03:22

2014 Cardiff 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
2851	1:08:29	2292	Mike Last	M	60		2859	1:05:20
2852	1:08:31	2586	Anthony Jeffrey-Bates	M			2698	1:03:35
2853	1:08:31	2585	Aleksandra Kazmierczak	F			2697	1:03:35
2854	1:08:32	1229	Sian Vaughan	F	35		2845	1:05:11
2855	1:08:32	3652	Sarah Mcgivern	F		Love Running	2880	1:05:35
2856	1:08:33	1758	Stephanie Jenkins	F			2892	1:05:43
2857	1:08:33	1757	Graham Jenkins	M	55		2893	1:05:43
2858	1:08:35	528	Felicity Quance	F			2981	1:07:07
2859	1:08:36	1317	Joshua Canter	M			2867	1:05:27
2860	1:08:37	2155	Dai Williams	M	55		2708	1:03:41
2861	1:08:39	4300	Runner 4300	M			3063	1:08:20
2862	1:08:40	4334	Rachel Ellery	F			2899	1:05:50
2863	1:08:41	1941	Carolyn Brushett	F	40		2837	1:05:05
2864	1:08:41	2403	Elizabeth Roddis	F	40		2838	1:05:05
2865	1:08:41	150	Kirsty McColl	M			2764	1:04:13
2866	1:08:41	904	Haydn Jones	M	60		2917	1:06:02
2867	1:08:41	460	Sushama Hemmadi	F			2999	1:07:22
2868	1:08:42	3834	Davina Marsland	F		Team 2 Wish	2850	1:05:15
2869	1:08:43	3320	Tom Poulton	M			2775	1:04:19
2870	1:08:43	1014	Caroline Lewis	F	40		2929	1:06:13
2871	1:08:43	1013	David Lewis	M			2930	1:06:14
2872	1:08:44	917	Mark Wagner	M			2822	1:04:53
2873	1:08:44	3836	Angharad Smart	F		Team 2 Wish	2869	1:05:28
2874	1:08:50	4012	Diane Forsyth	F	35		2944	1:06:25
2875	1:08:51	2899	Jason Davies	M		Knocker Pentaplast	2807	1:04:42
2876	1:08:51	1745	Mark Davies	M	45		2946	1:06:26
2877	1:08:52	3031	Sean Murphy	M	45		2782	1:04:24
2878	1:08:56	3765	Nichola Prentice	F			2817	1:04:48
2879	1:08:56	1532	Dean Chapman	M	45		2773	1:04:18
2880	1:08:57	1970	Huw Phillips	M	40	Merthyr Running Club	2758	1:04:07
2881	1:08:58	800	Andrew Coombs	M			2888	1:05:40
2882	1:08:58	1153	Nia Russell	F			2961	1:06:48
2883	1:08:59	3812	Buddug Britton	F			2951	1:06:33
2884	1:08:59	2157	Nicola Ashley	F			2962	1:06:49
2885	1:09:00	3425	Caroline Tinsley	F	35		2926	1:06:10
2886	1:09:02	4158	Charlotte Stephenson	F	35		2891	1:05:41
2887	1:09:02	1984	Catrin Morris	F			2819	1:04:52
2888	1:09:03	692	Ashely Taylor	M			2957	1:06:44
2889	1:09:05	1971	Carrie Volausek	F			3008	1:07:36
2890	1:09:06	2631	Richard Walker	M	40		3016	1:07:39
2891	1:09:08	2981	Lisa Poole	F			2894	1:05:44
2892	1:09:08	4309	P Karhkey Pathak	M			2928	1:06:12
2893	1:09:09	81	Sophie Hayden	F			2920	1:06:06
2894	1:09:10	2989	Gwenllian Evans	F	40		2831	1:04:59
2895	1:09:10	3367	Lisa Richardson	F	45		2832	1:05:00
2896	1:09:12	2963	Edith Matitu	F	35		3090	1:08:54
2897	1:09:13	3987	Carly Prankerd	F			2953	1:06:35
2898	1:09:13	4157	Deborah Hart	F	40		2923	1:06:09
2899	1:09:13	2507	Alison Graham	M	40		2924	1:06:10
2900	1:09:14	2056	Emma Pollock	F	35		2992	1:07:16
2901	1:09:14	3388	Jennifer Pollock	F	35		2991	1:07:16
2902	1:09:15	3305	Anwen Rees	F	35		2965	1:06:52
2903	1:09:17	2179	Colin Rose	M	65		2948	1:06:29
2904	1:09:17	2017	Claire Orford	F	40		2994	1:07:18
2905	1:09:18	3874	Phil Jarvis	M	40		2812	1:04:45
2906	1:09:19	2861	Ryan Price	M			2963	1:06:49
2907	1:09:22	2860	Allan John Price	M	45		2966	1:06:52
2908	1:09:23	1366	Huw Jones	M			2874	1:05:32
2909	1:09:23	2450	John Louch	M			2876	1:05:33
2910	1:09:23	1671	Kate Jones	F	50		2901	1:05:53
2911	1:09:23	1003	Emma Wilson	F			3022	1:07:42
2912	1:09:25	602	Sarah Wareham	F			2912	1:05:59
2913	1:09:25	114	Gemma Smart	F			3072	1:08:34
2914	1:09:25	797	Jeanette Gosling	F			2921	1:06:08
2915	1:09:26	1598	Peter Cordingley	M			2904	1:05:53
2916	1:09:26	1597	Lauren Cordingley	F	35		2903	1:05:53
2917	1:09:26	2594	Katherine Adsett	F	35		2857	1:05:18
2918	1:09:27	2783	Niall Hughes	M			2781	1:04:24
2919	1:09:29	4283	Jane Ling	F	35	BRAINSTRUST	2804	1:04:41
2920	1:09:29	4280	Jeni Addicott	F	35	BRAINSTRUST	2805	1:04:41
2921	1:09:30	190	Kathryn Roux	F			2939	1:06:19
2922	1:09:30	185	Sarah Chung	F			2940	1:06:19
2923	1:09:31	2269	Susan Startzel	F	40		3010	1:07:37
2924	1:09:31	4282	Martin Ridley	M		BRAINSTRUST	2806	1:04:41
2925	1:09:31	4281	Joanne Ridley	F	35	BRAINSTRUST	2809	1:04:42

2014 Cardiff 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
2926	1:09:32	894	Michelle Rivett	F	40	Les Croupiers	2794	1:04:31
2927	1:09:33	3522	Sara Jones	F	40		2908	1:05:57
2928	1:09:34	476	Kristian Bell	M			3116	1:09:31
2929	1:09:34	2270	Brian Startzel	M	40		3018	1:07:40
2930	1:09:36	2746	Kirsty Edwards	F		Lliswerry Runners	2885	1:05:37
2931	1:09:36	1396	Peter Tancock	M			2802	1:04:40
2932	1:09:37	2723	Michael Rees	M			2902	1:05:53
2933	1:09:37	238	Anna Goralska	F	35		2813	1:04:45
2934	1:09:39	4121	Isobel Eddy	F			2826	1:04:55
2935	1:09:40	3037	Fiona Thomas	F	35		2936	1:06:17
2936	1:09:42	1380	Nia Erain	F			2870	1:05:29
2937	1:09:42	123	Rosie Rogers	F			2970	1:06:55
2938	1:09:43	1908	Leah Wallace	F			2943	1:06:24
2939	1:09:44	2662	Sara Dineen	F	35		2842	1:05:11
2940	1:09:46	389	Sian Thomas	F			2980	1:07:06
2941	1:09:46	4154	Lea Klein	F			2996	1:07:19
2942	1:09:47	2006	Anne Rice-Jones	F	50		2816	1:04:48
2943	1:09:47	485	Selva Muthu	M			2969	1:06:55
2944	1:09:49	4024	Bethan Summers	F		Running with Nancy	3092	1:08:55
2945	1:09:50	2565	Mike Dellanna	M			2958	1:06:46
2946	1:09:50	102	Cameron Coles	M			2972	1:06:58
2947	1:09:50	2022	Leah Davies	F			2918	1:06:04
2948	1:09:51	2452	Natalie Staffurth	F			3011	1:07:37
2949	1:09:51	702	Rhiannon Spiers	F			3071	1:08:34
2950	1:09:52	3959	Rowenna Hoddinott	F			2949	1:06:32
2951	1:09:52	3621	Rachel Brown	F		Love Running	2846	1:05:12
2952	1:09:54	268	Jennifer Jones	F			2889	1:05:40
2953	1:09:54	266	Lisa Hyland	F			2890	1:05:41
2954	1:09:55	2923	Hanan Jamil	M			3025	1:07:47
2955	1:09:55	2319	Karen Phillips	F	45	Les Croupiers	2905	1:05:53
2956	1:09:56	1651	Sally Anderton	F	45		3059	1:08:17
2957	1:09:56	2435	Jodi Hilton	F			2950	1:06:32
2958	1:09:56	2669	Manon Davies	F			2829	1:04:56
2959	1:09:58	429	Vara Prasad	M			3015	1:07:39
2960	1:10:00	390	Natalie Robinson	F			2998	1:07:20
2961	1:10:00	3096	Susan Lawrence	F	55		2915	1:06:01
2962	1:10:02	143	Amanda Oliver	F	40		3050	1:08:10
2963	1:10:02	3342	Allan Morgan	M			3009	1:07:36
2964	1:10:02	2495	Jessica Williams	F			2882	1:05:36
2965	1:10:03	4277	Kate Davies	F		BRAINSTRUST	2828	1:04:56
2966	1:10:03	2896	Giles Peacock	M		Knocker Pentaplast	2937	1:06:17
2967	1:10:03	2569	Owen Pearson	M			2824	1:04:54
2968	1:10:04	3606	Esther Morris	F			3026	1:07:49
2969	1:10:04	80	Andrew Beaney	M			3078	1:08:39
2970	1:10:05	2516	Caryl Dyer	F			2975	1:07:03
2971	1:10:06	2186	Gillian Thomas	F	55		2952	1:06:34
2972	1:10:06	391	Fi Draper	F			3085	1:08:48
2973	1:10:07	4217	Mercedes Benjamin	F			2879	1:05:35
2974	1:10:09	3032	Anthony Wilby	M			3017	1:07:39
2975	1:10:10	3485	Steven Vine	M	50		3068	1:08:26
2976	1:10:14	2921	Jessica Bradley	F			2967	1:06:52
2977	1:10:15	1557	Sarah Horner	F			3033	1:07:56
2978	1:10:16	3334	Suzanne Monks	F	35		3028	1:07:52
2979	1:10:16	1407	Olivia Tysoe	F			2942	1:06:24
2980	1:10:16	527	Ceri-Anne Beecham	F			2886	1:05:39
2981	1:10:17	1350	Julia Tysoe	F	40		2945	1:06:26
2982	1:10:18	794	Teresa Russell	F			2978	1:07:04
2983	1:10:20	4144	Lizzie Long	F			2887	1:05:39
2984	1:10:20	729	Charles Quist	M	60		3106	1:09:19
2985	1:10:20	1452	Susan Jeffs	F	45		3006	1:07:33
2986	1:10:20	3093	Mary Northcott	F	45		2984	1:07:08
2987	1:10:22	2503	Andrew Owens	M	50		3097	1:09:03
2988	1:10:23	2335	Anna Hill	F	45		3044	1:08:05
2989	1:10:25	2336	Andrew Davis	M			3047	1:08:06
2990	1:10:27	3059	Sarah Bryan	F			3030	1:07:54
2991	1:10:27	4017	Marie Brown	F		Team 2 Wish	3032	1:07:55
2992	1:10:27	4003	Glenn Parry	M			2884	1:05:37
2993	1:10:27	4340	Victoria Cockerham	F			2883	1:05:37
2994	1:10:28	2278	Lynsey Thain	F			2848	1:05:14
2995	1:10:28	2832	Sally Moscrop	F			3066	1:08:22
2996	1:10:31	369	Taylor Nicola	F	40		2997	1:07:20
2997	1:10:32	2193	Lucy Clarke	F			2863	1:05:23
2998	1:10:32	1430	Shelley Deacon	F	35		2896	1:05:46
2999	1:10:32	3178	Jonathan Davies	M			3093	1:08:56
3000	1:10:33	3826	Rebecca Wallace	F		Team 2 Wish	2964	1:06:51

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Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
3001	1:10:34	2597	Bethan Bounds	F			2971	1:06:58
3002	1:10:35	2866	Kofi Obuobie	M	50		3114	1:09:30
3003	1:10:36	3469	Mr Butcher	M			3069	1:08:27
3004	1:10:37	3613	Amy Dauncey	F	35	Cymorth I Cerys	2860	1:05:20
3005	1:10:37	3682	Julie Hill	F		Tenovus	2919	1:06:04
3006	1:10:38	3030	Fay Morley	F	35		2990	1:07:16
3007	1:10:38	1879	Amanda Szulik	F	35		3110	1:09:25
3008	1:10:39	1029	Chris Thomas	M	55		3057	1:08:16
3009	1:10:39	2234	Menai Eveans	F	40		2865	1:05:24
3010	1:10:39	2235	Anoushka Streets	F	35		2864	1:05:24
3011	1:10:39	2236	Sian Moynihan	F	40		2866	1:05:25
3012	1:10:40	3638	Lowri Harris	F		Love Running	3012	1:07:37
3013	1:10:41	2758	Lauren Connelly	F			3005	1:07:31
3014	1:10:42	2192	Estelle Grissi	F			2878	1:05:34
3015	1:10:43	465	Archana Kamath	M			3131	1:09:58
3016	1:10:44	913	Ian Jenkins	M	40		2910	1:05:57
3017	1:10:44	984	Vicki Roylance	F	40		2925	1:06:10
3018	1:10:44	3118	Lewis Evans	M	55		2906	1:05:54
3019	1:10:45	3599	Hannah Menard	F			2935	1:06:16
3020	1:10:46	3197	Hywel Rees	M			2976	1:07:04
3021	1:10:49	3131	Ian Watts	M	40		2983	1:07:07
3022	1:10:50	1650	Jenny Pinkerton	F	45		3102	1:09:12
3023	1:10:51	3228	Kathryn Edwards	F	45		2956	1:06:38
3024	1:10:52	2679	Julie Herbert	F	45		3105	1:09:17
3025	1:10:52	3801	Jodie Hill	F			3055	1:08:13
3026	1:10:53	1866	Ady Harold	F			2881	1:05:35
3027	1:10:53	1955	Anne Renders	F	45		2974	1:07:03
3028	1:10:55	4163	Nerys Pennell	F			3094	1:09:00
3029	1:10:55	111	Darryl Hillman	M			3136	1:10:04
3030	1:10:56	374	Andrew Hill	M			3117	1:09:33
3031	1:10:57	4166	Chris Cousins	M			2986	1:07:11
3032	1:10:59	3632	Andrew Gibbs	M	45	Love Running	3037	1:07:57
3033	1:11:00	2749	Alex Aldworth	M			2861	1:05:22
3034	1:11:01	3523	Sarah Cadman	F	40		3067	1:08:25
3035	1:11:02	2183	Michael Annenberg	M			3132	1:09:59
3036	1:11:04	499	Stuart Bater	M			3023	1:07:43
3037	1:11:04	1989	Ian Thomas	M			2909	1:05:57
3038	1:11:04	2615	Kate Wood	F			3123	1:09:44
3039	1:11:05	3862	Natalie Yau	F		Team 2 Wish	3000	1:07:24
3040	1:11:06	110	Jak Smaldon-Dronfield	M			3144	1:10:16
3041	1:11:07	4178	Nia James	F			3046	1:08:06
3042	1:11:07	3996	Joanne Jones	F	35		3149	1:10:21
3043	1:11:09	728	Joanna Jones	F	35		3141	1:10:10
3044	1:11:10	2496	Sophie Perry	F			3021	1:07:41
3045	1:11:10	2649	Rhys Perry	M			3020	1:07:40
3046	1:11:11	3953	Laura Rendell	F		Lliswerry Runners	2987	1:07:12
3047	1:11:12	152	Lauren Shooter	F			3107	1:09:22
3048	1:11:13	3721	Anita Morgan-Williams	F	35		3019	1:07:40
3049	1:11:14	3179	Toria Starr	F			3039	1:08:00
3050	1:11:16	2124	Matt Mansell	M			3041	1:08:02
3051	1:11:17	322	Tara Brown	F			3103	1:09:13
3052	1:11:20	4307	Alexandra Day	F		Love Running	3065	1:08:21
3053	1:11:21	3272	Amy Herman	F			3129	1:09:50
3054	1:11:23	2210	Elizabeth Davies	F	40		3135	1:10:04
3055	1:11:24	2169	Eleri Jones	F			3027	1:07:51
3056	1:11:26	3486	Yasmine Abdalla	F			3086	1:08:49
3057	1:11:27	2520	Kieth Ball	M			3096	1:09:03
3058	1:11:27	3617	Lily Hughes	F		Cymorth I Cerys	2927	1:06:11
3059	1:11:27	2398	Laura Bates	F			3029	1:07:54
3060	1:11:28	3790	Esyllt Jones	F			3004	1:07:31
3061	1:11:28	943	Tracey Rankine	F	40		3038	1:08:00
3062	1:11:29	2385	Alison Thomas	F	40		3034	1:07:56
3063	1:11:29	1827	Hayley Owen	F	40		3036	1:07:57
3064	1:11:29	2349	Clare Berry	F			3155	1:10:25
3065	1:11:29	2348	James Smith	M			3157	1:10:25
3066	1:11:31	4286	Samantha Mainwaring	F	35	BRAINSTRUST	2977	1:07:04
3067	1:11:31	4285	Shelley Hopkins	F		BRAINSTRUST	2979	1:07:04
3068	1:11:32	526	Cathryn Davey	F			3091	1:08:54
3069	1:11:33	1868	Sue Lane	F	40		2989	1:07:14
3070	1:11:33	3706	David Preece	M			2988	1:07:14
3071	1:11:35	1748	Carl Elliott	M	65	Lliswerry Runners	3014	1:07:38
3072	1:11:35	1525	Roni Marjerision	F	35	Lliswerry Runners	3013	1:07:37
3073	1:11:39	1752	Wayne Vincent	M	50		2982	1:07:07
3074	1:11:40	3579	Claire Jones	F			3174	1:10:40
3075	1:11:42	1726	Georgia Lehane	F			3137	1:10:05

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Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
3076	1:11:42	3012	Dean Bufton	M	40		2973	1:07:01
3077	1:11:49	3101	Jade Rees	F			3054	1:08:12
3078	1:11:49	3102	Joyce Simone	F	45		3053	1:08:12
3079	1:11:50	2986	Christine Vokes	F	65		3042	1:08:03
3080	1:11:51	2430	Lee Jenkins	M	40		3043	1:08:03
3081	1:11:51	2934	Nicholas James	M			2985	1:07:10
3082	1:11:51	480	Soban George	M			3031	1:07:54
3083	1:11:54	115	Clara Edwards	F			3192	1:11:03
3084	1:11:54	3366	Stephen Richardson	M			3024	1:07:44
3085	1:11:55	2831	Nicky Moscrop	F	55		3128	1:09:49
3086	1:11:55	2126	Amanda Tonks	F	35		3088	1:08:50
3087	1:11:56	4304	Vivian Davies	F	55		3156	1:10:25
3088	1:11:56	1511	Rhian Shooter	F			2955	1:06:36
3089	1:12:02	317	Trevor Flint	M	60		3225	1:11:41
3090	1:12:04	1751	Jennifer Murphy	F	55		3076	1:08:39
3091	1:12:06	2194	Lee Evans	M			3007	1:07:33
3092	1:12:08	377	Rowena Jenkins	F			3180	1:10:45
3093	1:12:10	3010	Paul Smith	M			2968	1:06:53
3094	1:12:10	2964	Febin Akshaya	M	40		3056	1:08:16
3095	1:12:12	2680	Laura McQueen	F			3074	1:08:36
3096	1:12:13	3795	Phil Gregory	M	60		3095	1:09:02
3097	1:12:21	3108	Neil Price	M	65		2993	1:07:18
3098	1:12:21	749	Emma Burr ridge	F			3079	1:08:41
3099	1:12:22	341	Kassie Williams	F			3120	1:09:41
3100	1:12:23	3828	Jacqui Marsh	F		Team 2 Wish	3064	1:08:20
3101	1:12:23	3038	Stephen Morris	M	50		3045	1:08:05
3102	1:12:26	2508	Gary Mascetti	M	55		3227	1:11:42
3103	1:12:28	748	Claire Leaves	F			3087	1:08:49
3104	1:12:28	609	Gareth Giles	M			3168	1:10:36
3105	1:12:29	2715	Dina Kyriakidou	F	35		3126	1:09:48
3106	1:12:37	4055	Anna Powell	F			3197	1:11:07
3107	1:12:38	515	Lucy Jones	F			3208	1:11:29
3108	1:12:41	3751	Siobhan Hennessy	F			3002	1:07:28
3109	1:12:42	3750	Martin Graff	M	55		3003	1:07:29
3110	1:12:42	2424	Kay Evans	F	45		3035	1:07:57
3111	1:12:46	976	Jemma White	F			3115	1:09:31
3112	1:12:48	4225	David Hale	M			3101	1:09:11
3113	1:12:48	4224	Ruth Carroll	F			3100	1:09:10
3114	1:12:49	135	Edwina O Clark	F			3082	1:08:46
3115	1:12:49	3830	May-Yee Wong	F		Team 2 Wish	3099	1:09:08
3116	1:12:50	1831	Ashley Howells	M	40		3051	1:08:11
3117	1:12:52	591	Jason Batty	M			3183	1:10:49
3118	1:12:52	100	Owain Harry	M			3134	1:10:00
3119	1:12:52	589	Daniell Batty	F			3186	1:10:50
3120	1:12:55	486	Hemang Mehta	M			3228	1:11:42
3121	1:12:56	3442	Claire Yandall	F			3052	1:08:11
3122	1:12:58	201	Gwawr Davies Jones	F	35		3209	1:11:29
3123	1:12:59	4004	Steve Collins	M	45		3130	1:09:55
3124	1:12:59	147	Emma Dennison	F			3070	1:08:32
3125	1:13:00	159	Kerry Vicker	F	35		3048	1:08:07
3126	1:13:00	158	Vikki Perkins	F	40		3049	1:08:08
3127	1:13:00	4117	Shaheen Haris	F			3080	1:08:42
3128	1:13:01	3254	Kieran Matthews	M		Rhondda Valley Runners	3098	1:09:07
3129	1:13:03	1368	Lizzy Hodges	F	50		3145	1:10:16
3130	1:13:03	1614	Helen Swain	F	40		3040	1:08:02
3131	1:13:05	88	Christopher Brandon	M			3211	1:11:32
3132	1:13:06	2568	Andrew Brown	M			3207	1:11:28
3133	1:13:08	2559	Rebecca Marley	F			3081	1:08:42
3134	1:13:14	1750	Cheryl Roberts	F	40		3073	1:08:36
3135	1:13:14	1725	Saskia Lehane	F			3219	1:11:37
3136	1:13:14	4074	Nicola Lewis	F	35		3062	1:08:19
3137	1:13:14	4073	Rhys Lewis	M			3061	1:08:19
3138	1:13:14	1007	Anest Lane	F			3083	1:08:46
3139	1:13:14	1670	Aarron Higgins	M			3075	1:08:36
3140	1:13:15	1140	Ffion Roberts	F			3084	1:08:47
3141	1:13:15	2906	Lee Berry	M		Knocker Pentaplast	3109	1:09:24
3142	1:13:18	945	Howard Morris	M	55		3058	1:08:17
3143	1:13:18	2455	Megan Evans	F			3224	1:11:41
3144	1:13:20	2933	Hazel Roberts	F			3077	1:08:39
3145	1:13:28	3855	Alison Clements	F		Team 2 Wish	3162	1:10:28
3146	1:13:28	1244	Suzanne David	F	40		3154	1:10:25
3147	1:13:29	2281	Charlotte Smith	F	35		3200	1:11:13
3148	1:13:32	1606	Anna Brown	F	35		3133	1:09:59
3149	1:13:33	1320	Emma Gough	F	35		3139	1:10:07
3150	1:13:34	186	Adam Worthington	M			3159	1:10:26

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Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
3151	1:13:34	4023	Hazel Jones	F		Running with Nancy	3281	1:12:37
3152	1:13:34	2601	Rachel Morgan	F			3165	1:10:31
3153	1:13:35	4104	Anirban Chakraborty	F			3121	1:09:43
3154	1:13:35	1291	Sian Jones	F		Lliswerry Runners	3173	1:10:39
3155	1:13:35	4306	Martyn Jones	M	45	Lliswerry Runners	3172	1:10:39
3156	1:13:37	1417	Huw Benjamin	M	45		3119	1:09:37
3157	1:13:37	3215	Jade Edwards	F			3060	1:08:19
3158	1:13:38	154	Nick Christou	M			3140	1:10:08
3159	1:13:38	2576	Sue Luker	F	35		3214	1:11:35
3160	1:13:40	2099	Andrew Reeks	M	40		3151	1:10:22
3161	1:13:40	326	Louise Button	F			3217	1:11:36
3162	1:13:40	2098	Aimee Reeks	F			3150	1:10:22
3163	1:13:41	2095	Belynda Terry	F	35		3283	1:12:40
3164	1:13:43	833	Amy Pereira	F			3316	1:13:08
3165	1:13:43	841	Allanah Jhonson	F			3315	1:13:08
3166	1:13:43	2760	Kelly Sibthorpe	F			3167	1:10:34
3167	1:13:44	419	Nick Van Nooden	M	45		3204	1:11:24
3168	1:13:45	1392	Sarah Edwards	F			3163	1:10:30
3169	1:13:45	3776	Sarah Reynolds	F			3164	1:10:31
3170	1:13:47	2572	Claire Rood	F			3231	1:11:44
3171	1:13:48	624	Casey Reader	F			3152	1:10:22
3172	1:13:53	2129	Julie Haigh	F	55		3089	1:08:50
3173	1:14:02	181	Cheryl Wakeman	F	50		3185	1:10:50
3174	1:14:02	2101	Neil Pye	M	40		3196	1:11:06
3175	1:14:05	360	Sioned Horton-Evans	F			3118	1:09:35
3176	1:14:06	420	Ali Saigar	M			3233	1:11:44
3177	1:14:08	3878	Pauline Tucker	F	50		3176	1:10:41
3178	1:14:10	394	Daniel Kerr	M			3241	1:11:53
3179	1:14:10	2198	Lowri Mifsud	F	35		3332	1:13:41
3180	1:14:13	2168	Megan Jones	F			3142	1:10:11
3181	1:14:14	2147	Matthew Grindle	M			3230	1:11:44
3182	1:14:14	2145	Erica Atkins	F			3232	1:11:44
3183	1:14:14	3705	Verity Imm	F		Tenovus	3104	1:09:16
3184	1:14:15	3456	Sally Hodgetts	F			3124	1:09:44
3185	1:14:15	3455	Fran Evans	F	35		3125	1:09:44
3186	1:14:17	2765	Matthew Price	M			3212	1:11:32
3187	1:14:17	4235	Tom Lewis	M			3175	1:10:41
3188	1:14:18	4236	Petra Vahalova	F			3177	1:10:42
3189	1:14:18	3824	Gar-Yee Wright	F		Team 2 Wish	3171	1:10:39
3190	1:14:18	3848	Clare Parkinson	F		Team 2 Wish	3170	1:10:38
3191	1:14:18	3850	Lisa Barnett	F		Team 2 Wish	3169	1:10:38
3192	1:14:20	2149	Butenhah Davies	F	40		3255	1:12:06
3193	1:14:22	2775	Rebecca Owen	F	40		3229	1:11:43
3194	1:14:24	1784	Simon Dawes	M	45		3226	1:11:42
3195	1:14:25	3411	Holly Elias	F			3158	1:10:26
3196	1:14:25	3412	Stephen Elias	M	45		3161	1:10:27
3197	1:14:26	1482	Geoff Walsh	M	60		3111	1:09:25
3198	1:14:27	3813	Mirain Rhys	F			3153	1:10:23
3199	1:14:30	68	Gavin Mcintosh	M			3357	1:14:30
3200	1:14:31	319	Nigel Howell	M	45		3345	1:14:11
3201	1:14:31	1268	Geraint Bolan	M			3138	1:10:06
3202	1:14:33	3798	Philip Kinsella	M	40		3108	1:09:23
3203	1:14:38	1786	Matthew Jones	M			3127	1:09:48
3204	1:14:43	3611	Bryony Roberts	M		Cymorth I Cerys	3112	1:09:26
3205	1:14:43	1096	Nicky Lewis	F	40		3301	1:12:59
3206	1:14:44	3614	Emma Beazer	F		Cymorth I Cerys	3113	1:09:27
3207	1:14:45	1483	Karen Walsh	F	55		3122	1:09:44
3208	1:14:46	1933	Phil Cox	M			3318	1:13:14
3209	1:14:46	2557	Llion Hughes	M	40		3188	1:10:58
3210	1:14:46	2271	Samantha Griffiths	F	35		3261	1:12:14
3211	1:14:46	3464	Lesley Naylor	F	40		3264	1:12:15
3212	1:14:47	3569	Katie Louise Bassett	F			3244	1:11:57
3213	1:14:47	3418	Louise Edmunds	F			3143	1:10:13
3214	1:14:47	1894	Carol Barrett	F	55		3239	1:11:49
3215	1:14:48	359	Laura Sprinks	F			3148	1:10:19
3216	1:14:50	210	Craig Roberts	M	40		3311	1:13:05
3217	1:14:51	3624	Alastair Clarke	M	45	Love Running	3245	1:11:58
3218	1:14:52	2634	Mary Egan	F	55		3201	1:11:16
3219	1:14:58	117	Vicky Bullimore	F	35		3296	1:12:51
3220	1:15:00	723	Peter Morgan	M			3319	1:13:15
3221	1:15:00	3314	Gillian Donald	F	65	Les Croupiers	3216	1:11:36
3222	1:15:01	3046	Louise Morgan	F			3213	1:11:33
3223	1:15:02	1255	Kim Rickard	F	45		3322	1:13:17
3224	1:15:02	1256	Denise Amos	F			3325	1:13:18
3225	1:15:02	1254	Elaine Davies	F			3324	1:13:18

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Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
3226	1:15:03	1602	Andrew Lewis-Smith	M	45		3237	1:11:48
3227	1:15:03	4099	Emma Pengelly	F			3215	1:11:36
3228	1:15:10	474	Anurag Saxena	M			3243	1:11:57
3229	1:15:11	1132	Kim Peacock	F	55		3184	1:10:49
3230	1:15:11	1281	Debra Guy	F	50		3146	1:10:17
3231	1:15:12	2122	Clare Whittal-Williams	F	50		3147	1:10:18
3232	1:15:12	3434	Sarah Pearce	F			3182	1:10:47
3233	1:15:14	1293	Hannah Eccleston	F			3179	1:10:45
3234	1:15:14	3892	Louise Gibbs	F	40		3205	1:11:25
3235	1:15:15	3893	Holie Kerton	F			3206	1:11:25
3236	1:15:15	1733	Helen Elliott	F			3181	1:10:46
3237	1:15:15	3894	Jenny Kerton	F			3202	1:11:24
3238	1:15:15	1378	Daniel Jones	M			3198	1:11:12
3239	1:15:18	373	Giuliana Cradle	F	35		3256	1:12:07
3240	1:15:20	2209	Charles David	M	80		3234	1:11:45
3241	1:15:21	1245	Kate Ward	F	35		3266	1:12:16
3242	1:15:22	128	Paul Shepherd	M	55		3279	1:12:35
3243	1:15:22	366	Tim Cook	M	40		3354	1:14:23
3244	1:15:23	2041	Katie Quinn	F			3314	1:13:07
3245	1:15:26	4186	Natalie Bridger	F			3292	1:12:47
3246	1:15:30	2196	Ruth Mullineux	F			3178	1:10:44
3247	1:15:31	4103	Chris George	M			3160	1:10:26
3248	1:15:33	2607	Andrea May	F	40		3221	1:11:37
3249	1:15:33	1776	Vicky Harris	F	40		3222	1:11:37
3250	1:15:34	1116	Sian Pearce	F	35		3275	1:12:26
3251	1:15:36	2821	Lucy Bunt	F			3203	1:11:24
3252	1:15:38	2973	Amy Lewis	F			3210	1:11:32
3253	1:15:38	4013	Nathan Woodhouse	M			3286	1:12:42
3254	1:15:38	2406	Jenna Swan	F			3191	1:11:02
3255	1:15:39	228	Rhian Brewster	F	35		3166	1:10:31
3256	1:15:42	2487	Michael Igoe	M			3240	1:11:50
3257	1:15:46	1630	Teresa Bowen	F	35		3223	1:11:39
3258	1:15:46	165	Gabrielle Walker	F			3378	1:15:22
3259	1:15:46	2475	Ann-Marie Maloney	F	40		3307	1:13:02
3260	1:15:46	2476	Rhian Saunders	F	35		3306	1:13:01
3261	1:15:46	1507	Caroline Walker	F			3282	1:12:38
3262	1:15:47	897	Julia Mulholland	F	40		3278	1:12:33
3263	1:15:47	3861	Rhian Bennett	F		Team 2 Wish	3270	1:12:20
3264	1:15:50	3020	Jenna Thomas	F			3287	1:12:43
3265	1:15:50	2595	Lauren Thomas	F			3288	1:12:43
3266	1:15:50	2567	Roisin Jones	F	35		3193	1:11:04
3267	1:15:50	2561	Helen Payne	F	35		3194	1:11:05
3268	1:15:52	519	Gronw Percy	M			3321	1:13:16
3269	1:15:56	479	Vasu Shanbaugh	M			3363	1:14:43
3270	1:15:56	2865	Paul Jones	M			3300	1:12:58
3271	1:15:57	3551	Rachael Brown	F			3218	1:11:36
3272	1:15:58	2301	Bethan Downs	F			3220	1:11:37
3273	1:15:59	252	Michael McEwan	M			3249	1:12:03
3274	1:15:59	1311	Robert Phillips	M	65		3276	1:12:27
3275	1:15:59	251	Tom Watts	M			3254	1:12:06
3276	1:16:00	61	Sian Thomas	F			3330	1:13:31
3277	1:16:06	2774	Michelle Winspear	F	35		3236	1:11:48
3278	1:16:06	2877	Victoria Ryan	F			3253	1:12:05
3279	1:16:07	2356	Marcia Donovan	F	40		3238	1:11:48
3280	1:16:09	1621	Kerstie Blatchly	F	35		3291	1:12:46
3281	1:16:10	362	Judith Baydoun	F	55		3302	1:12:59
3282	1:16:10	2902	Katie Payne	F		Knocker Pentaplast	3257	1:12:10
3283	1:16:10	2888	Ben Privett	M		Knocker Pentaplast	3267	1:12:17
3284	1:16:11	1620	Philip Blatchly	M	40		3294	1:12:47
3285	1:16:11	67	Leon Gelleburn	M			3336	1:13:58
3286	1:16:12	1774	Sarah Jordan	F			3274	1:12:26
3287	1:16:14	1967	Farah Khan	F	35		3190	1:10:58
3288	1:16:14	1966	Elizabeth King	F	35		3189	1:10:58
3289	1:16:14	1420	Jessica Clift	F			3187	1:10:58
3290	1:16:15	722	Elaine Adams	F			3356	1:14:27
3291	1:16:16	2706	Mike Borley	M			3349	1:14:18
3292	1:16:16	1708	Bethan Thornton	F			3195	1:11:06
3293	1:16:16	211	Joanna Evans	F			3364	1:14:50
3294	1:16:18	1201	Andrew Owen	M	50		3246	1:12:01
3295	1:16:18	249	Samantha Aston	F			3273	1:12:25
3296	1:16:19	254	Mark Richards	M			3271	1:12:23
3297	1:16:19	1084	Mari McNeill	F			3235	1:11:46
3298	1:16:20	1139	Daniel Jenkins	M			3369	1:15:04
3299	1:16:21	705	Robert Crocker	M			3343	1:14:06
3300	1:16:23	1632	Gwyneth Evans	F	40		3265	1:12:15

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Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
3301	1:16:24	1232	Sarah Briley	F			3199	1:11:13
3302	1:16:24	516	Helen Griffiths	F			3299	1:12:57
3303	1:16:26	951	Roger Bennett	M	50	Aberystwyth AC	3242	1:11:53
3304	1:16:30	2554	Tom Bounds	M			3358	1:14:31
3305	1:16:31	212	Sian Davies	F			3370	1:15:04
3306	1:16:33	1415	Elizabeth Heulwen Lewis	F			3277	1:12:33
3307	1:16:33	1146	Jenny Nash	F			3247	1:12:02
3308	1:16:33	3375	Henry Croft	M			3248	1:12:02
3309	1:16:34	1920	Katie Flood	F			3388	1:15:53
3310	1:16:34	736	Chloe Hacker	F			3334	1:13:49
3311	1:16:37	250	Bethan Thomas	F			3284	1:12:41
3312	1:16:37	253	Stuart Drucker	M	40		3285	1:12:41
3313	1:16:39	361	Matthew Parr	M			3258	1:12:10
3314	1:16:42	1429	John Barker	M			2821	1:04:53
3315	1:16:42	3557	Christopher Griffiths	M	45		3259	1:12:14
3316	1:16:42	1655	Anwen Rees	F	35		3293	1:12:47
3317	1:16:46	225	Nia Williams	F	35		3313	1:13:06
3318	1:16:48	1710	Nicola Roylance	F			3329	1:13:30
3319	1:16:48	2502	Steen Clarke	M	60		3250	1:12:04
3320	1:16:48	3344	Deborah Pitt	F	65		3252	1:12:04
3321	1:16:49	1079	Elizabeth Lewis	F	35		3323	1:13:17
3322	1:16:49	2405	Rachel Cichosz	F			3331	1:13:39
3323	1:16:56	3678	Marinder Dhillon	F		Tenovus	3327	1:13:24
3324	1:16:56	1682	Alys Gower	F			3298	1:12:56
3325	1:16:57	2536	Lynne Alldridge	F	50		3297	1:12:54
3326	1:16:59	1068	Sue-Ellen Powell	F			3384	1:15:40
3327	1:16:59	1010	Angela Lewis	F	35		3385	1:15:40
3328	1:17:02	1331	Rhiannon Pugh	F			3280	1:12:36
3329	1:17:03	514	Cerys Edwards	F			3340	1:14:02
3330	1:17:04	2903	Kelly Webb	F		Knocker Pentaplast	3308	1:13:03
3331	1:17:05	2891	David Anthony	M		Knocker Pentaplast	3312	1:13:06
3332	1:17:08	2665	Mark Oliver	M			3272	1:12:25
3333	1:17:09	4145	Hayley Hughes	F			3328	1:13:26
3334	1:17:14	73	Sujata Rai	F			3372	1:15:06
3335	1:17:14	372	Megan Cook	F			3339	1:14:02
3336	1:17:16	468	Saneesh Chandran	M			3326	1:13:18
3337	1:17:16	803	Paul Hinchey	M			3295	1:12:50
3338	1:17:17	2710	Duncan Armstrong	M	40		3251	1:12:04
3339	1:17:17	1289	Michael James	M	75	Les Croupiers	3406	1:16:35
3340	1:17:18	1037	Peter Donnison	M			3289	1:12:45
3341	1:17:18	2943	Helen Bevan	F	40		3351	1:14:19
3342	1:17:18	3502	Sian Bloomfield	F	50		3350	1:14:19
3343	1:17:18	1038	Bethan Donnison	F			3290	1:12:46
3344	1:17:19	1843	Allan Jefferies	M	50		3310	1:13:05
3345	1:17:19	2008	Anthony Williams	M	40		3268	1:12:19
3346	1:17:19	1358	Tina Williams	F	35		3269	1:12:19
3347	1:17:21	2389	Taufiqurrahman Shamsuddin	M			3335	1:13:50
3348	1:17:22	2339	Claire Dewar	F			3304	1:13:00
3349	1:17:25	2790	Samantha Martin	F			3347	1:14:17
3350	1:17:26	2087	Sue Gershenson	F	45		3260	1:12:14
3351	1:17:26	1225	Chris Gimber	M			3263	1:12:14
3352	1:17:27	1134	Dan Briley	M			3262	1:12:14
3353	1:17:27	386	Lydia Huws	F			3410	1:16:37
3354	1:17:35	3290	Chris Leyshon	M			3303	1:12:59
3355	1:17:35	3291	Charlene Leyshon	F			3305	1:13:00
3356	1:17:39	2555	Joanne Williams	F	35		3386	1:15:45
3357	1:17:52	3345	Caitlin Darke	F			3359	1:14:32
3358	1:17:53	97	Kiran Varsani	M			3368	1:15:03
3359	1:17:54	2647	Jonathan Haines	M	45		3320	1:13:16
3360	1:17:59	3410	Ruth Hazell	F			3352	1:14:22
3361	1:17:59	2413	Hannah Hopkins	F			3353	1:14:22
3362	1:18:03	3669	Dawn Ward	F	40	Love Running	3389	1:15:54
3363	1:18:03	3454	Mathew Thomas	M	40		3390	1:15:54
3364	1:18:06	3435	Chris Lee-Brassington	M			3317	1:13:13
3365	1:18:10	3871	Gabrielle Jones	F			3309	1:13:04
3366	1:18:23	798	Anurag Joshi	M			3394	1:16:07
3367	1:18:33	1923	Clare Ezard	F	40		3333	1:13:47
3368	1:18:34	1964	Mark Everson	M	50		3425	1:17:18
3369	1:18:37	587	Holly Cattle	F			3404	1:16:32
3370	1:18:39	2261	Sarah Trigg	F			3346	1:14:15
3371	1:18:43	3472	Jennie Edwards	F	50		3367	1:14:55
3372	1:18:44	2214	Frances Fisher	F			3397	1:16:11
3373	1:18:45	1156	Faye Harman	M			3337	1:13:59
3374	1:18:47	161	Jane Lalljee	F	40		3338	1:14:01
3375	1:18:52	160	Natasha Phillips	F	35		3342	1:14:06

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Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
3376	1:18:52	157	Cath Letton	F	40		3341	1:14:06
3377	1:18:52	805	Colin Lane	M			3355	1:14:26
3378	1:18:52	1300	John Evans	M			3371	1:15:04
3379	1:18:53	1693	Ellen Gettings	F			3380	1:15:25
3380	1:18:53	1692	Norman Gettings	M	55		3379	1:15:24
3381	1:18:54	180	Julia Greenfield	F	40		3344	1:14:11
3382	1:18:59	2928	Hannah Blackaby	F			3362	1:14:40
3383	1:18:59	2925	Tracey Bennett	F	45		3361	1:14:40
3384	1:19:00	2494	Christine Williams	F	50		3360	1:14:34
3385	1:19:01	3825	Judith Cutter	F		Team 2 Wish	3432	1:17:32
3386	1:19:03	1095	Michelle Matheron	F			3376	1:15:17
3387	1:19:03	1087	Sarah Jones	F			3377	1:15:17
3388	1:19:07	466	Jyoti Bansal	F			3467	1:18:53
3389	1:19:07	4308	B Pathak	M			3396	1:16:10
3390	1:19:09	3755	Alan Shaw	M	45		3444	1:17:58
3391	1:19:10	1609	Peter Hawkins	M	40		3373	1:15:14
3392	1:19:13	2629	Kelly Lee	F			3462	1:18:35
3393	1:19:13	1599	Amanda Hawkins	F	35		3375	1:15:17
3394	1:19:18	189	Sara Meredith	F			3393	1:16:04
3395	1:19:19	1190	Amy Naish	F			3452	1:18:16
3396	1:19:24	2051	Claire Powell	F			3348	1:14:18
3397	1:19:27	2468	Fiona Johansen	F	50		3403	1:16:27
3398	1:19:38	3008	Emily Morgan	F			3400	1:16:21
3399	1:19:41	2604	Rachel Dawkes	F			3412	1:16:43
3400	1:19:45	239	Justine Wooff	F	35		3365	1:14:51
3401	1:19:46	2483	Natasha Williams	F			3418	1:16:47
3402	1:19:46	1039	Simon Phillips	M			3392	1:16:00
3403	1:19:48	347	Rob Sherrington	M			3366	1:14:53
3404	1:19:49	1749	John Williams	M	75		3453	1:18:18
3405	1:19:51	848	Karen Griffiths	M	40		3443	1:17:53
3406	1:19:52	2830	Ann Jones	F	50		3469	1:18:57
3407	1:19:54	3133	Rhian Morrison	F			3401	1:16:21
3408	1:19:55	3945	Clare Butler	F	45		3399	1:16:20
3409	1:19:56	193	Angharad Stone	F			3415	1:16:45
3410	1:20:02	1871	Hayley Yarsley	F	35		3374	1:15:17
3411	1:20:06	3212	Ceri Lloyd	F	40		3381	1:15:33
3412	1:20:09	4065	Anne-Lise Simon	F			3395	1:16:08
3413	1:20:10	126	Emily Rogers	F			3426	1:17:23
3414	1:20:15	2835	Dee Garrett	F			3382	1:15:39
3415	1:20:15	2836	Mr James Garrett	M			3383	1:15:39
3416	1:20:24	1006	Ffion Emlyn	F	35		3391	1:15:56
3417	1:20:28	1455	Manon Gwynant	F			3398	1:16:18
3418	1:20:30	141	Louise Parry	F	35		3465	1:18:38
3419	1:20:30	554	Leeanne Wixey	F			3448	1:18:07
3420	1:20:31	478	Stephen Anthony	M			3407	1:16:35
3421	1:20:35	3644	Esther Joseph	F		Love Running	3411	1:16:43
3422	1:20:35	1494	Liz Free	F	35		3419	1:16:58
3423	1:20:35	3668	Rachel Treseder	F	35	Love Running	3414	1:16:44
3424	1:20:41	461	Gopinath Markandan	M			3413	1:16:44
3425	1:20:42	3712	Robert Evans	M	70		3454	1:18:20
3426	1:20:43	3711	Roger Kendall	M	70		3455	1:18:21
3427	1:20:51	380	Paul Woodrow	M	45		3421	1:17:03
3428	1:20:51	381	Ellie Woodrow	F			3422	1:17:03
3429	1:20:52	2167	Steven De La Nougerede	M	50	Lliswerry Runners	3408	1:16:36
3430	1:20:53	3395	Melanie Gill	F	40		3405	1:16:32
3431	1:20:59	1181	Zoe Harris	F			3387	1:15:49
3432	1:21:06	3501	Filippo Tobia Rocco	M			3439	1:17:45
3433	1:21:06	3500	Catriona Curl	F			3440	1:17:46
3434	1:21:08	4021	Lisa Morgan	F		Running with Nancy	3487	1:20:12
3435	1:21:17	2481	Andrew Beacon	M	45		3409	1:16:37
3436	1:21:22	3265	Lauren Newton	F			3441	1:17:47
3437	1:21:26	1777	Jo Pritchard	F			3431	1:17:30
3438	1:21:29	1635	Louise Davies	F			3471	1:19:10
3439	1:21:33	120	Hannah Richards	F	35		3476	1:19:26
3440	1:21:34	1246	Caroline Davies	F	45		3460	1:18:31
3441	1:21:35	3450	Geraint Walker	M			3423	1:17:07
3442	1:21:36	2938	Victoria Lewis	F	35		3433	1:17:41
3443	1:21:38	1454	Heledd Gwynant	F			3430	1:17:30
3444	1:21:39	887	Emma Evans	F			3402	1:16:25
3445	1:21:40	1563	Sian Giles	F	50		3417	1:16:46
3446	1:21:40	4105	Richard Norman	M			3416	1:16:46
3447	1:22:00	1238	Bina Taylor	F	35		3420	1:17:02
3448	1:22:01	3400	Robert Walsh	M			3437	1:17:42
3449	1:22:02	3330	James Walsh	M			3435	1:17:42
3450	1:22:02	2757	Rebecca Omoyibo	F			3438	1:17:42

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Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
3451	1:22:02	3843	Verity Samuel	F		Team 2 Wish	3434	1:17:42
3452	1:22:02	3844	Jessica Charbit	F		Team 2 Wish	3436	1:17:42
3453	1:22:02	854	Lindsay Hammer	M			3510	1:21:22
3454	1:22:06	4248	Lisa Standly	F			3484	1:19:47
3455	1:22:06	4247	Beth Giles	F			3483	1:19:46
3456	1:22:11	1453	Mair Gwynant	F	45		3445	1:18:01
3457	1:22:14	694	Paul Smith	M			3485	1:19:54
3458	1:22:14	693	Cathy Davies	F			3486	1:19:55
3459	1:22:19	4329	Sarah Mizen	F			3474	1:19:17
3460	1:22:20	177	Imogen Boness	F			3428	1:17:25
3461	1:22:21	2206	Laura Phillips	F			3429	1:17:25
3462	1:22:21	2911	Neil Hancock	M		Knocker Pentaplast	3456	1:18:28
3463	1:22:28	2738	Alison Gould	F	40		3424	1:17:17
3464	1:22:31	2692	Annie Gale	F	40		3466	1:18:52
3465	1:22:33	2907	Leigh Bull	F		Knocker Pentaplast	3464	1:18:37
3466	1:22:34	2890	Darren Lewis	M		Knocker Pentaplast	3463	1:18:36
3467	1:22:36	907	Helen Williams	F	35		3475	1:19:20
3468	1:22:44	3628	Neil Douglas	M	50	Love Running	3446	1:18:02
3469	1:22:44	3629	Karen Douglas	F	50	Love Running	3447	1:18:02
3470	1:22:46	2143	Jayne Hewlett	F	50	Running Forever Running Club	3478	1:19:34
3471	1:22:46	1807	Annie Brown	F	40		3458	1:18:29
3472	1:22:49	1216	Sue Barten	F	40		3461	1:18:31
3473	1:22:51	1213	Ben Ibinson	M			3442	1:17:48
3474	1:22:52	799	Sarah Kelly	F			3495	1:20:36
3475	1:22:58	1411	Phil Manfield	M	50		3540	1:22:58
3476	1:23:01	911	Sharon Potter	F	35		3451	1:18:13
3477	1:23:03	633	Andrew Porter	M			3535	1:22:32
3478	1:23:03	613	Jason Iles	M			3536	1:22:33
3479	1:23:05	64	Laura Curnow	F			3499	1:20:50
3480	1:23:09	1402	John Deer	M			3503	1:21:01
3481	1:23:09	1202	Huw Padfield	M			3502	1:21:01
3482	1:23:09	1188	Rebecca Phillips	F			3504	1:21:01
3483	1:23:15	2622	Marc Baker	M			3482	1:19:43
3484	1:23:17	2825	Laura Carberry	F			3459	1:18:29
3485	1:23:21	1302	Kristina Huss	F			3468	1:18:56
3486	1:23:21	3058	Kim Eavans	F	50		3498	1:20:48
3487	1:23:22	1061	David Pole	M	40		3479	1:19:40
3488	1:23:22	1062	Rhian Pole	F	35		3481	1:19:41
3489	1:23:24	4034	Linda Morgan	F			3473	1:19:16
3490	1:23:25	1427	Karen Logan	F	50		3450	1:18:10
3491	1:23:25	1337	Sion Roberts	M	45		3449	1:18:10
3492	1:23:36	2454	Helen McTavish	F	50		3521	1:21:59
3493	1:23:37	1179	Peter Jerome	M			3457	1:18:28
3494	1:23:38	4223	Laura Morhans	F			3477	1:19:33
3495	1:23:45	4185	Caroline Hughes	F			3480	1:19:40
3496	1:23:50	3630	Tania Drewitt	F		Love Running	3470	1:19:10
3497	1:23:51	167	Amy Waite	F			3544	1:23:27
3498	1:23:51	2778	Deborah Lawson	F	55		3520	1:21:54
3499	1:24:02	2686	Lauren Morgan	F			3530	1:22:19
3500	1:24:05	2338	Sarah Hodgson	F			3516	1:21:34
3501	1:24:08	2221	Jennifer Stacey	F			3472	1:19:15
3502	1:24:16	4321	Raid Ali	M			3515	1:21:31
3503	1:24:18	2461	Nick Kokkalis	M	50		3501	1:20:59
3504	1:24:24	1742	Jeff Evans	M	65		3491	1:20:22
3505	1:24:33	2113	Palwasha Najeeb	F			3488	1:20:14
3506	1:24:34	2086	Gloria Afelumo	F			3489	1:20:16
3507	1:24:36	2525	Hanna Haris	F			3490	1:20:18
3508	1:24:44	3857	Melanie Mallin	F		Team 2 Wish	3508	1:21:21
3509	1:24:45	3845	Bethan Thomas	F		Team 2 Wish	3506	1:21:09
3510	1:24:46	1719	Gavin Davies	M			3500	1:20:58
3511	1:24:48	1126	Aqii Griffiths	F	40		3534	1:22:27
3512	1:25:03	2584	Elena Fernandez	F			3509	1:21:21
3513	1:25:15	774	Kris Thomas	M			3493	1:20:31
3514	1:25:16	775	Darran Porter	M			3494	1:20:31
3515	1:25:20	631	Catherine Twiselton	M			3519	1:21:54
3516	1:25:31	1459	Kevin Traynor	M			3496	1:20:48
3517	1:25:31	1460	Mark Proctor	M			3497	1:20:48
3518	1:25:35	2433	Hannah Jarrett	F			3518	1:21:53
3519	1:25:38	3962	Scott Burton	M			3517	1:21:39
3520	1:25:40	3838	Delyth Morgan	F		Team 2 Wish	3532	1:22:23
3521	1:25:40	1717	Kim Ralph	F			3511	1:21:23
3522	1:25:40	4090	Linda Jackson-Hookins	F	55		3512	1:21:23
3523	1:25:40	3205	Kieran Mooney	M			3538	1:22:48
3524	1:25:40	3206	Gemma Peebles	F			3539	1:22:49
3525	1:25:41	2111	Victoria Owen	F			3523	1:22:02

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Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
3526	1:25:57	1410	Helen Howells	F			3505	1:21:02
3527	1:26:08	4317	Abhishek Srivastava	M			3550	1:25:18
3528	1:26:16	108	Anthony Flynn	M			3551	1:25:28
3529	1:26:22	1303	Natalie Brunton	F			3537	1:22:43
3530	1:26:25	1160	Nia Rowlands	F	40		3524	1:22:07
3531	1:26:25	1161	Nia Evans	F	35		3525	1:22:07
3532	1:26:26	1189	Emma Brawn	F			3507	1:21:17
3533	1:26:31	1121	Louise Hanna	F	45		3513	1:21:27
3534	1:26:31	1486	George Frantzeskou	M	55		3514	1:21:27
3535	1:26:34	993	Sian Randerson	F			3526	1:22:08
3536	1:26:48	990	Mari Jones	F			3531	1:22:21
3537	1:26:52	621	Rhiannon Adams	F			3549	1:24:40
3538	1:26:52	3245	Luke Brooks	M			3522	1:22:02
3539	1:27:02	1487	Steffan Davies	M	40		3567	1:26:34
3540	1:27:05	3203	Steve Hall	M		Running with Nancy	3559	1:26:04
3541	1:27:07	1676	Frances Watts	F	40		3558	1:25:52
3542	1:27:09	1627	Joanne Davies	F			3533	1:22:25
3543	1:27:11	1730	Louise Hartrey	F	35		3542	1:22:59
3544	1:27:11	237	Sarah Murphy	F	35		3529	1:22:17
3545	1:27:11	1195	Elizabeth Rawlins	F			3541	1:22:59
3546	1:27:14	988	Wendy Stamp	F	55		3548	1:24:33
3547	1:27:15	4137	Dorothy Johnson	F			3577	1:27:15
3548	1:27:15	503	James Woodman	M			3545	1:23:29
3549	1:27:17	3106	Joeseeph Donovan	M			3528	1:22:17
3550	1:27:18	3107	Michael Donovan	M	65		3527	1:22:17
3551	1:27:18	3011	Caroline Mitchell	F	35		3427	1:17:23
3552	1:27:22	1720	Bobby Mehta	M			3565	1:26:26
3553	1:27:53	839	Melissa Mendez	F			3574	1:27:05
3554	1:28:03	2500	Kay Jones	F	70		3543	1:23:21
3555	1:28:07	3322	Robert Lynch	M	40		3546	1:23:31
3556	1:28:46	183	Ryan Jarman	M			3552	1:25:36
3557	1:28:46	197	Eve Lewis	F			3554	1:25:36
3558	1:28:57	3715	Caitlin Johnstone	F			3581	1:27:46
3559	1:29:07	4191	Angela Richards	F	40		3547	1:24:19
3560	1:29:27	3610	Julie Mann	F	40		3570	1:26:49
3561	1:29:30	3609	Lisa Heydon	F	40		3571	1:26:52
3562	1:29:49	140	Clair Houston	F	35		3555	1:25:44
3563	1:29:49	138	Hayley McNamara	F			3557	1:25:45
3564	1:30:11	1509	Jessica Ruth Morris	F			3553	1:25:36
3565	1:30:22	3666	Wayne Taylor	M	45	Love Running	3563	1:26:10
3566	1:30:23	2892	Emma Weston	F		Knocker Pentaplast	3562	1:26:06
3567	1:30:23	2912	Nick Mabbutt	M		Knocker Pentaplast	3564	1:26:23
3568	1:30:24	2880	Andrew Jones	M		Knocker Pentaplast	3566	1:26:29
3569	1:30:51	3889	Maggie Thomas	F	45		3556	1:25:45
3570	1:31:01	3976	Michelle Morgan	F	40		3560	1:26:04
3571	1:31:01	3977	John Passmore	M	65		3561	1:26:05
3572	1:31:14	2882	Gabi Moesges-Haas	F		Knocker Pentaplast	3579	1:27:17
3573	1:31:17	3692	Claire Smith	F		Tenovus	3573	1:27:00
3574	1:31:17	3675	Rachel Berryman	F		Tenovus	3572	1:27:00
3575	1:31:22	1740	Catrin Standfield	F			3569	1:26:40
3576	1:31:31	2909	Mark Cull	M		Knocker Pentaplast	3578	1:27:16
3577	1:31:40	1131	Monique Kabel	F	45		3568	1:26:38
3578	1:31:48	2895	Geraint Smith	M		Knocker Pentaplast	3582	1:27:54
3579	1:32:04	1701	Nicola Cole	F	35		3576	1:27:11
3580	1:32:05	1700	Laura Pearson	F			3575	1:27:11
3581	1:32:13	2141	Emma DeClaire	F	40		3580	1:27:35
3582	1:32:49	145	Lee Muir	F			3586	1:28:21
3583	1:34:29	987	Kim Wood	F	35		3492	1:20:26
3584	1:35:02	1898	Karen Edwards	F			3596	1:33:26
3585	1:35:02	92	April Duckenfield	F			3597	1:33:26
3586	1:35:09	1242	Emily Gingell	F			3592	1:32:44
3587	1:35:09	1241	Carl Gingell	M			3591	1:32:44
3588	1:35:50	2230	Diana Johnson	F	70		3587	1:30:53
3589	1:36:07	2893	Gavin Jones	M		Knocker Pentaplast	3588	1:31:52
3590	1:36:10	344	Jim Collings	M			3598	1:33:28
3591	1:36:28	4136	Lesley Howell	F			3593	1:32:53
3592	1:36:35	176	Neil Simpson	M			3589	1:31:52
3593	1:36:41	125	Caroline Rogers	F	55		3600	1:33:52
3594	1:36:52	405	Leanne Foster	F			3605	1:34:11
3595	1:37:07	4276	Jacquelin Ayres	F			3590	1:32:03
3596	1:37:09	2919	Gavin Dobbs	M		Knocker Pentaplast	3594	1:33:15
3597	1:37:11	2915	Sian Callaghan	F		Knocker Pentaplast	3583	1:28:09
3598	1:37:12	2904	Kirsty Myers	F		Knocker Pentaplast	3584	1:28:13
3599	1:37:14	2918	Robert Haskell	M		Knocker Pentaplast	3595	1:33:19
3600	1:37:16	2901	John Myers	M		Knocker Pentaplast	3585	1:28:17

2014 Cardiff 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
3601	1:37:21	3325	Fiona Barnard	F	35		3606	1:34:55
3602	1:37:35	4072	Danielle Howell	F			3604	1:34:01
3603	1:37:35	4287	Sarah Pocock	F		BRAINSTRUST	3601	1:34:00
3604	1:37:35	4288	Lauren Beale	F		BRAINSTRUST	3603	1:34:00
3605	1:37:36	4289	Hollie Beale	F		BRAINSTRUST	3602	1:34:00
3606	1:38:51	3413	Humie Webbe	F	55		3599	1:33:47
3607	1:40:08	404	Rebecca Maher	F			3607	1:36:06
3608	1:40:23	3883	Alan Watts	M	85		3615	1:40:00
3609	1:40:57	1148	Ahmad Abdullah	M			3612	1:37:26
3610	1:41:18	403	Rhoswen Patterson	F			3610	1:37:16
3611	1:41:33	3635	Barrie Hancock	M	45	Love Running	3611	1:37:21
3612	1:41:41	2488	Rachel Graham	F			3609	1:37:07
3613	1:41:44	1165	Ruth Davies	M			3613	1:37:55
3614	1:41:46	1214	Cheryl Ibinson	F			3608	1:36:42
3615	1:42:25	2273	Polly Aplin	F			3617	1:42:25
3616	1:44:11	2784	Joanne Morse	F	35		3614	1:39:33
3617	1:46:00	401	Ollie Newman	M			3616	1:41:55
3618	1:49:42	1315	Gabriella Butler	F			3618	1:45:08
3619	2:01:29	2247	Pawla Clarke	F			3619	1:56:26
3620	2:01:39	3730	Lorien Redwood-Knight	F			3621	1:56:37
3621	2:01:40	3729	Deborah Redwood-Knight	F	45		3620	1:56:36
3622	2:07:48	397	Mel Jackson	F			3623	2:03:41
3623	2:07:48	402	Hillary Grey	F			3624	2:03:42
3624	2:07:49	400	John Ellis	M			3625	2:03:42
3625	2:07:49	178	Mandy Morris	F	50		3622	2:03:05