

Cardiff parkrun # 173 - 25/06/2011

Pos	parkrunner	Time	Age Cat	Age Grade	Gender	Pos	Club	Note	Tot Runs
1	Jonathan Mark PHILLIPS	16:36	SM30-34	78.11 %	M	1		First Timer!	1
2	Rich BAKER	16:57	VM40-44	80.53 %	M	2		New PB!	19
3	Andrew Mark REYNOLDS	17:05	SM25-29	75.51 %	M	3	Port Talbot Harriers & AC	PB stays at 00:16:48	9
4	Stephen MORRIS	17:09	SM20-24	75.22 %	M	4	Wrexham AAC	PB stays at 00:17:06	24
5	Edward R TAKATA	17:16	SM25-29	74.71 %	M	5	Cardiff AAC	PB stays at 00:16:00	107
6	Krzysztof CHROSTEK	17:22	SM20-24	74.28 %	M	6		PB stays at 00:17:12	5
7	Hywel JONES	17:26	SM20-24	74.76 %	M	7	Aberdare Valley AAC	First Timer!	1
8	Gavin MANTLE	17:29	SM25-	73.78 %	M	8		New PB!	2



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9	Matthew HURFORD	17:30	SM35-39	76.86 %	M	9	Les Croupiers RC	PB stays at 00:17:26	21
10	Gareth AYRES	17:32	SM25-29	73.57 %	M	10	Port Talbot Harriers & AC	PB stays at 00:17:11	2
11	Stuart John WADLOW	17:33	SM30-34	74.74 %	M	11	Islwyn RC	PB stays at 00:17:28	4
12	Richard WILDER	17:34	SM35-39	76.57 %	M	12	San Domenico RRC	PB stays at 00:16:30	126 
13	Kenvin MORRIS	17:36	VM45-49	81.82 %	M	13		First Timer!	1
14	Oliver M WILLIAMS	17:40	SM25-29	73.02 %	M	14	San Domenico RRC	PB stays at 00:17:00	60 
15	Tom JEFFERY	17:41	SM25-29	73.04 %	M	15	Les Croupiers RC	New PB!	8
16	Eddie HISCOCKS	17:46	SM30-34	73.83 %	M	16	Lliswerry Runners	PB stays at 00:17:25	41
17	Stefan TROMMLER	18:08	SM20-24	71.14 %	M	17	Cardiff University AC	PB stays at 00:17:47	20
18	Mark RICHMOND	18:09	SM35-39	74.66 %	M	18	San Domenico RRC	PB stays at 00:17:54	53 
19	Frank HANDY	18:15	SM25-29	70.68 %	M	19	New Forest Runners	PB stays at 00:17:29	43
20	Neil LEWIS	18:17	VM40-44	75.21 %	M	20		New PB!	8

21	Daniel BODMAN	18:23	SM20-24	70.90 %	M	21	Aberdare Valley AAC	PB stays at 00:16:51	16
22	Paul REES	18:32	VM45-49	77.07 %	M	22	Port Talbot Harriers & AC	First Timer!	1
23	Michael DURY	18:42	SM35-39	70.50 %	M	23	Islwyn RC	PB stays at 00:17:20	29
24	Paul DAVIES	18:44	VM45-49	76.25 %	M	24	Port Talbot Harriers & AC	First Timer!	1
25	Craig SPROD	18:47	SM20-24	69.39 %	M	25	Aberdare Valley AAC	New PB!	3
26	Jeffrey COX	18:50	VM45-49	77.08 %	M	26		PB stays at 00:18:07	94
27	Alex DONALD	18:56	SM30-34	68.49 %	M	27	Cardiff AAC	PB stays at 00:17:42	7
28	Daniel MILES	19:01	SM25-29	67.92 %	M	28	Cardiff Triathletes	PB stays at 00:18:47	21
29	Howard OWEN	19:02	SM30-34	67.95 %	M	29		PB stays at 00:19:01	24
30	Elio LEPORE	19:02	VM55-59	82.14 %	M	30	Les Croupiers RC	PB stays at 00:18:22	51
31	Unknown								
32	Sally WILDER	19:15	SW30-34	76.97 %	F	1	San Domenico RRC	PB stays at 00:18:17	67
33	Laurence PEARCE	19:16	SM30-34	68.08 %	M	32		PB stays at 00:18:19	19

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34	Steven SHEARD	19:17	SM35-39	68.80 %	M	33	Cardiff AAC	PB stays at 00:17:22	9
35	Robert John DAVIES	19:22	SM35-39	69.97 %	M	34	Islwyn RC	PB stays at 00:18:28	43
36	Peter KELLAM	19:23	VM45-49	73.17 %	M	35	Les Croupiers RC	PB stays at 00:17:59	23
37	Sean TRELOAR	19:36	VM40-44	71.26 %	M	36	Port Talbot Harriers & AC	First Timer!	1
38	Tom PEARSON	19:37	SM35-39	68.05 %	M	37	San Domenico RRC	PB stays at 00:19:24	4
39	Gareth PHILLIPS	19:38	VM45-49	74.53 %	M	38		New PB!	3
40	Simon HAZEL	19:39	VM40-44	69.97 %	M	39	Les Croupiers RC	PB stays at 00:19:23	64
41	Bernard HENDERSON	19:40	VM55-59	78.81 %	M	40	Port Talbot Harriers & AC	First Timer!	1
42	David PROUD	19:42	VM40-44	70.90 %	M	41	Les Croupiers RC	PB stays at 00:19:06	41
43	Matt GOVIER	19:42	SM35-39	68.78 %	M	42		PB stays at 00:18:33	15
44	John HOPKINS	19:44	VM45-49	72.97 %	M	43	Port Talbot Harriers & AC	First Timer!	1
45	Sandra PINKHAM	19:46	VW45-49	82.55 %	F	2	Port Talbot Harriers & AC	First Timer!	1
46	Howard CARPENTER	19:48	VM55-59	78.96 %	M	44	Neath Harriers	PB stays at	8

			59					00:19:09	
47	Unknown								
48	Gerard CRISPIE	19:48	VM45-49	73.91 %	M	46	Les Croupiers RC	PB stays at 00:18:39	28
49	Steven Warren DINHAM	19:50	SM30-34	65.38 %	M	47	Port Talbot Harriers & AC	First Timer!	1
50	Philip BOORMAN	19:51	VM40-44	69.77 %	M	48		PB stays at 00:18:59	14
51	Paul MORRIS	19:53	VM50-54	75.36 %	M	49	Les Croupiers RC	PB stays at 00:19:03	79
52	Hector Ortiz SUAREZ	19:57	SM20-24	64.66 %	M	50		New PB!	2
53	Peter John WIRTZFELD	19:59	VM50-54	74.98 %	M	51	Worthing Striders	First Timer!	5
54	Peter CURRAN	20:00	VM45-49	72.58 %	M	52		PB stays at 00:19:42	12
55	Stuart BELLIS	20:01	SM35-39	66.69 %	M	53		New PB!	2
56	Liz KIRWAN	20:02	SW30-34	73.88 %	F	3	Les Croupiers RC	PB stays at 00:19:31	34
57	David James WILLIAMS	20:04	SM20-24	64.29 %	M	54	Aberdare Valley AAC	PB stays at 00:18:44	6
58	Vincent NAZARETH	20:04	VM45-49	72.92 %	M	55		PB stays at 00:19:54	7
59	Dave GREAVES	20:05	SM35-	66.97 %	M	56	South Wales Police	PB stays at	28






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			39					00:19:44	
60	Cedric M DAVID	20:06	SM35-39	66.00 %	M	57	Vegan Runners	PB stays at 00:19:53	18
61	Kevin PLANK	20:08	VM40-44	67.80 %	M	58		New PB!	10
62	Alan PERKINS	20:08	VM60-64	79.64 %	M	59	Port Talbot Harriers & AC	First Timer!	1
63	Alistair WOOD	20:18	VM40-44	68.23 %	M	60	San Domenico RRC	PB stays at 00:18:04	86
64	Andrew JONES	20:19	SM35-39	65.71 %	M	61		PB stays at 00:19:22	5
65	Kevin Anthony JONES	20:21	VM45-49	69.70 %	M	62	Vegan Runners	New PB!	32
66	Ian HOSKINS	20:21	SM35-39	66.09 %	M	63	3M Gorseinon RRC	PB stays at 00:19:34	9
67	James DELANEY	20:22	VM55-59	76.10 %	M	64	San Domenico RRC	PB stays at 00:19:52	18
68	Terry CAVENEY	20:23	VM50-54	72.94 %	M	65	Les Croupiers RC	PB stays at 00:19:35	19
69	Robert WILLIAMS	20:25	SM25-29	63.18 %	M	66		New PB!	3
70	Ricky JONES	20:37	SM25-29	62.57 %	M	67	Pegasus RC (Cardiff)	PB stays at 00:18:51	11
71	Philip Gwyn JONES	20:40	VM40-44	66.05 %	M	68		PB stays at 00:19:51	13

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72	Tom BOURTON	20:47	SM30-34	62.79 %	M	69		PB stays at 00:19:56	4
73	Adrian CORBETT	20:51	VM50-54	71.86 %	M	70	Outdoor Fitness Running Club	PB stays at 00:20:03	40
74	Richard LONG	20:51	VM40-44	66.99 %	M	71	Cardiff AAC	PB stays at 00:19:48	23
75	Guy MAWSON	20:52	VM40-44	65.42 %	M	72	San Domenico RRC	PB stays at 00:19:18	22
76	Thomas WATKINS	20:55	SM20-24	61.67 %	M	73		New PB!	2
77	Dominic SHIELDS	20:58	VM45-49	68.12 %	M	74	San Domenico RRC	PB stays at 00:19:33	142
78	Tom LINES	21:02	SM25-29	61.41 %	M	75		New PB!	5
79	David E WILLIAMS	21:02	VM45-49	69.02 %	M	76	Les Croupiers RC	PB stays at 00:20:07	73
80	Andrew POWELL-CHANDLER	21:04	VM45-49	69.46 %	M	77		PB stays at 00:20:22	11
81	David CORNISH	21:07	VM45-49	67.17 %	M	78	Port Talbot Harriers & AC	First Timer!	1
82	Jihad DABAB	21:19	JM15-19	63.33 %	M	79		PB stays at 00:21:16	2
83	Allan Stephen JONES	21:20	VM55-59	73.28 %	M	80	Brackla Harriers	PB stays at 00:20:18	41



84	Richard SEWELL	21:25	VM50-54	71.13 %	M	81	Les Croupiers RC	PB stays at 00:19:56	63	
85	Mark HUTCHINGS	21:31	VM45-49	66.92 %	M	82		PB stays at 00:21:09	15	
86	Daniel GREAVES	21:34	JM14	73.18 %	M	83		New PB!	14	
87	Daniel LUFFMAN	21:34	SM35-39	62.36 %	M	84		PB stays at 00:20:08	61	
88	Martin LYNCH	21:39	VM40-44	64.97 %	M	85		New PB!	17	
89	Bryn Mathew RUSTON	21:41	VM40-44	64.87 %	M	86		PB stays at 00:21:16	6	
90	Gary BODMAN	21:42	VM45-49	66.90 %	M	87	Les Croupiers RC	PB stays at 00:21:00	76	
91	Ceri BRAMBLEY-TUCKER	21:44	VW40-44	72.16 %	F	4	Port Talbot Harriers & AC	First Timer!	1	
92	Mario RABAIOTTI	21:48	VM45-49	66.59 %	M	88	Port Talbot Harriers & AC	New PB!	2	
93	Norman JONES	21:51	VM50-54	68.57 %	M	89		PB stays at 00:20:13	25	
94	Nick WILLIAMS	21:57	VM45-49	66.14 %	M	90	Les Croupiers RC	PB stays at 00:19:52	103	
95	John PLAIN	22:00	VM60-64	74.17 %	M	91	Les Croupiers RC	PB stays at 00:20:18	22	
96	Simon BLACKBURN	22:01	VM50-	66.99 %	M	92		PB stays at	8	

			54					00:21:37	
97	Kate HYATT	22:04	SW25-29	67.07 %	F	5		PB stays at 00:21:59	4
98	Cain THOMAS	22:05	SM35-39	60.91 %	M	93	Village Vipers	PB stays at 00:21:31	6
99	John ROSS	22:07	VM40-44	63.60 %	M	94		New PB!	41
100	Unknown								
101	Mark HOLCROFT	22:12	SM35-39	59.38 %	M	96		First Timer!	9
102	Gwyn JONES	22:14	VM45-49	64.77 %	M	97		PB stays at 00:21:33	27
103	Matthew John SPARKES	22:16	SM30-34	58.38 %	M	98		First Timer!	1
104	Neil Robert SHEARMAN	22:17	SM35-39	59.91 %	M	99		PB stays at 00:20:25	8
105	Carol MOSELEY	22:17	SW30-34	66.87 %	F	6	Port Talbot Harriers & AC	First Timer!	1
106	Mandy MORRIS	22:19	VW35-39	67.89 %	F	7	Port Talbot Harriers & AC	First Timer!	1
107	Gareth John BALE	22:20	SM30-34	57.91 %	M	100		First Timer!	1
108	Tony CARZANA	22:24	VM60-64	74.18 %	M	101	Pegasus RC (Cardiff)	PB stays at 00:20:49	55
109	Richard WERR	22:34	VM40-	61.37 %	M	102		PB stays at	30

			44						00:21:38	
110	Roy SILVER	22:36	VM55-59	67.99 %	M	103	Les Croupiers RC	PB stays at 00:22:03	36	
111	Glyn GRIFFITHS	22:39	VM45-49	63.58 %	M	104	Eryri Harriers	New PB!	3	
112	Gareth Stephen EDWARDS	22:39	SM20-24	56.95 %	M	105		PB stays at 00:22:31	2	
113	Matt ALLEN	22:40	SM35-39	59.78 %	M	106		PB stays at 00:22:21	11	
114	Pauline WILLIAMS	22:43	VW50-54	76.38 %	F	8	Port Talbot Harriers & AC	First Timer!	1	
115	Unknown									
116	David WEBB	22:47	VM45-49	62.69 %	M	108		First Timer!	1	
117	Graham ROBLIN	22:51	VM45-49	62.51 %	M	109		PB stays at 00:21:22	15	
118	Susan WALES	22:52	VW45-49	70.55 %	F	9		New PB!	5	
119	Raymond Owen JAMES	22:55	VM50-54	64.36 %	M	110	Port Talbot Harriers & AC	First Timer!	1	
120	Raymond J LEWIS	22:59	VM55-59	68.02 %	M	111		PB stays at 00:22:30	52	
121	James Nathan HODGSON	23:01	SM30-34	56.19 %	M	112		PB stays at 00:20:48	24	
122	Chris KIRWAN	23:05	SM25-	55.96 %	M	113		PB stays at	14	

			29					00:21:28	
123	Rebecca Sian WILLIAMS	23:07	SW25-29	64.02 %	F	10		First Timer!	1
124	Neil HENDRY	23:08	VM55-59	66.43 %	M	114	Penarth & Dinas Runners	PB stays at 00:21:56	19
125	Gary HYATT	23:08	VM60-64	71.18 %	M	115	Les Croupiers RC	PB stays at 00:22:35	4
126	Nia Rhyann SUTTON	23:09	SW25-29	63.93 %	F	11		New PB!	3
127	Unknown								
128	Andy PLUMPTON	23:21	SM35-39	57.60 %	M	117		PB stays at 00:22:27	6
129	Andrew ROACH	23:27	SM30-34	55.15 %	M	118		PB stays at 00:21:15	19
130	Claire BEATTY	23:30	SW30-34	63.26 %	F	12	Les Croupiers RC	PB stays at 00:19:52	40
131	Fran MACHIN	23:31	VW35-39	63.57 %	F	13	Les Croupiers RC	New PB!	5
132	Ian WILLIAMS	23:36	VM45-49	60.10 %	M	119	Port Talbot Harriers & AC	First Timer!	1
133	Ceri DAVIES	23:36	SM35-39	55.86 %	M	120	San Domenico RRC	PB stays at 00:19:48	16
134	Matt BAUER	23:46	SM30-34	54.56 %	M	121		PB stays at 00:20:42	14
135	Jeremy EDWARDS	23:48	VM45-	61.48 %	M	122		PB stays at	14

			49					00:23:34	
136	Paul ROGERS	23:51	VM50-54	63.87 %	M	123		First Timer!	1
137	Andy DAVIES	23:51	VM45-49	60.87 %	M	124	Pontypridd Roadents AC	PB stays at 00:19:14	91
138	Paul FURLONG	23:52	VM60-64	68.99 %	M	125		PB stays at 00:22:20	19
139	Gemma BRIGHT	23:53	SW25-29	61.97 %	F	14		New PB!	4
140	Unknown								
141	Gillian MCCUE	24:05	SW30-34	61.73 %	F	15	Les Croupiers RC	PB stays at 00:23:09	29
142	Stephen HAYWARD	24:06	SM20-24	53.53 %	M	127		New PB!	3
143	Unknown								
144	Steven MORRIS	24:15	SM25-29	53.20 %	M	129		First Timer!	1
145	Unknown								
146	Ryan BELCHER	24:18	SM30-34	53.98 %	M	131		First Timer!	1
147	David HODGES	24:25	VM45-49	59.45 %	M	132	Les Croupiers RC	PB stays at 00:23:47	14
148	Patricia JONES	24:31	VW55-59	75.59 %	F	16	Brackla Harriers	PB stays at 00:23:51	33
149	Flaine WHARMBY	24:34	VW45-	66.42 %	F	17		PB stays at	2



			49					00:24:26	
150	Dawn COBBETT	24:35	VW50-54	70.58 %	F	18	Worthing Striders	PB stays at 00:24:21	12
151	Owen EVANS	24:40	SM30-34	52.43 %	M	133		PB stays at 00:22:51	20
152	John AYRES	24:43	VM55-59	62.17 %	M	134	Port Talbot Harriers & AC	First Timer!	1
153	Robert CAWLEY	24:47	VM40-44	55.88 %	M	135		PB stays at 00:23:15	20
154	Glyn HICKS	24:49	VM60-64	65.21 %	M	136	Islwyn RC	PB stays at 00:22:40	5
155	Geraint HUXTABLE	24:50	SM25-29	51.95 %	M	137		New PB!	3
156	David EVANS	24:55	VM40-44	55.18 %	M	138		PB stays at 00:24:37	2
157	Adrian HAYWARD	24:58	SM35-39	54.27 %	M	139		PB stays at 00:22:48	13
158	Shaun James BARRETT	24:58	VM40-44	55.94 %	M	140		New PB!	6
159	Martin RANDALL	25:01	SM25-29	51.57 %	M	141		PB stays at 00:24:32	15
160	Stuart TRIMBY	25:03	SM30-34	52.36 %	M	142		PB stays at 00:22:30	15
161	Richard David ARNOLD	25:03	SM30-34	51.76 %	M	143		PB stays at 00:24:36	2

162	Ian STRATTON	25:04	VM40-44	55.72 %	M	144	Brackla Harriers	PB stays at 00:23:47	11
163	Stephen BOUDIER	25:05	SM35-39	53.22 %	M	145		PB stays at 00:24:57	38
164	David PARIS	25:06	VM40-44	55.64 %	M	146		PB stays at 00:23:13	20
165	Bill SNOWDON	25:09	VM55-59	61.63 %	M	147		PB stays at 00:23:29	39
166	Alma DURY	25:12	SW25-29	58.73 %	F	19		New PB!	22
167	Julia REES	25:14	SW25-29	58.65 %	F	20	Port Talbot Harriers & AC	First Timer!	1
168	Hamza DABAB	25:15	JM15-19	54.26 %	M	148		First Timer!	1
169	Mark DAVIES	25:16	VM45-49	56.13 %	M	149		PB stays at 00:24:33	25
170	Sammy PEACOCK	25:17	JM14	64.67 %	M	150		New PB!	2
171	Lisa Jane SAUNDERS	25:20	VW45-49	63.03 %	F	21		PB stays at 00:24:13	35
172	Ian Andrew SWANSON	25:21	VM60-64	63.84 %	M	151	Port Talbot Harriers & AC	PB stays at 00:24:49	5
173	Keith TREHARNE	25:22	VM65-69	66.75 %	M	152	Brackla Harriers	PB stays at 00:23:38	42
174	Unknown								
175	Joanna RUMSEY	25:26	SW25-29	58.19 %	F	22		PB stays at 00:25:10	17




176	Lee MCCABE	25:27	SM35-39	53.24 %	M	154		New PB!	15
177	Phil HART	25:30	VM50-54	57.84 %	M	155		PB stays at 00:25:02	14
178	Alan James ROBERTS	25:31	VM55-59	60.22 %	M	156	Port Talbot Harriers & AC	First Timer!	1
179	Rachel FROST	25:34	VW40-44	60.82 %	F	23		PB stays at 00:23:58	24
180	Dawn LAU	25:42	VW35-39	58.43 %	F	24		PB stays at 00:24:25	20
181	Nicola TRIGG	25:44	VW45-49	64.18 %	F	25		PB stays at 00:25:33	14
182	Nick ALFORD	25:46	SM30-34	50.19 %	M	157		New PB!	4
183	Mary BEECH	25:47	VW45-49	64.06 %	F	26		PB stays at 00:25:01	14
184	Sean O MAOLTUILE	25:51	SM30-34	50.48 %	M	158		PB stays at 00:24:08	14
185	Unknown								
186	Jim PATCHING	25:56	SM30-34	50.13 %	M	160		PB stays at 00:24:09	14
187	Mark KEATS	25:57	SM25-29	49.71 %	M	161	Pegasus RC (Cardiff)	PB stays at 00:25:21	8
188	Kate ROBERTS	25:59	SW30-34	57.09 %	F	27		PB stays at 00:24:30	18

189	Tim GREEN	26:02	VM45-49	54.48 %	M	162		New PB!	6
190	Victoria WOODSFORD	26:06	SW30-34	56.83 %	F	28	San Domenico RRC	PB stays at 00:24:51	3
191	Guy FLAVELL	26:14	SM35-39	51.65 %	M	163		PB stays at 00:24:10	21
192	Eddie MANTLE	26:19	VM50-54	57.88 %	M	164		PB stays at 00:26:06	2
193	Amy HILLIER	26:23	SW20-24	56.10 %	F	29		First Timer!	1
194	Tony GRANDON	26:26	VM60-64	61.22 %	M	165		PB stays at 00:22:37	25
195	Heather PERRY	26:34	VW35-39	56.27 %	F	30		PB stays at 00:24:39	9
196	Luke HESLOP	26:35	SM35-39	49.59 %	M	166		PB stays at 00:25:13	19
197	Matthew John OYLER	26:52	SM35-39	50.43 %	M	167		New PB!	2
198	Don O'DRISCOLL	26:52	VM45-49	53.60 %	M	168		PB stays at 00:25:09	29
199	Justin Paul BLACKMORE	26:53	SM25-29	47.99 %	M	169		First Timer!	1
200	Unknown								
201	Amy DAVIES	26:56	SW25-29	54.95 %	F	31		PB stays at 00:25:28	10

202	Paul WESSON	26:58	VM40-44	51.79 %	M	171		PB stays at 00:26:38	2
203	Sara SHIEL	26:59	SW25-29	54.85 %	F	32		PB stays at 00:26:55	3
204	Anne WESSON	27:01	VW35-39	56.38 %	F	33		First Timer!	1
205	Claire Michelle PUGH	27:02	SW25-29	54.75 %	F	34		First Timer!	1
206	Tom FROST	27:03	JM14	56.56 %	M	172		New PB!	3
207	Jocelyn PEACOCK	27:06	VW40-44	56.95 %	F	35		New PB!	2
208	Cathy HINCHLY	27:13	VW45-49	58.67 %	F	36		New PB!	5
209	Rhian WOODMAN	27:21	SW20-24	54.11 %	F	37		New PB!	3
210	Tony HOLLING	27:25	VM55-59	56.05 %	M	173	Port Talbot Harriers & AC	First Timer!	1
211	Hannah PHILLIPS	27:29	SW20-24	53.85 %	F	38		First Timer!	1
212	Christine MILES	27:30	VW50-54	64.73 %	F	39	Womens Running Network	PB stays at 00:25:28	65
213	Dean GREGORY	27:32	SM30-34	47.40 %	M	174		New PB!	2
214	Christopher James PRICE	27:33	SM20-24	46.82 %	M	175		First Timer!	1

215	Gwenno THOMAS	27:35	VW35-39	54.68 %	F	40	Les Croupiers RC	PB stays at 00:26:16	36
216	Sophie MCLAIN	27:57	JW15-19	54.08 %	F	41		PB stays at 00:24:59	4
217	Kelly MARSH	28:02	SW25-29	52.79 %	F	42		PB stays at 00:27:40	21
218	Gareth BEARD	28:03	SM30-34	46.35 %	M	176		PB stays at 00:24:33	11
219	Sarah POWELL	28:04	SW30-34	52.73 %	F	43		New PB!	5
220	Claire 1 LEWIS	28:08	VW45-49	56.75 %	F	44		PB stays at 00:26:36	36
221	Susan HOBBS	28:28	VW40-44	55.56 %	F	45		PB stays at 00:26:53	29
222	Ai-Lin KEE	28:29	VW40-44	54.18 %	F	46	Les Croupiers RC	New PB!	32
223	Chris SAUNDERS	28:30	SM35-39	46.26 %	M	177		New PB!	8
224	Geoff WRIGHT	28:39	VM60-64	56.95 %	M	178	Les Croupiers RC	PB stays at 00:26:16	86
225	Mohammed DABAB	28:49	SM35-39	46.67 %	M	179		PB stays at 00:23:49	2
226	Colin CROOKS	28:55	VM55-59	53.14 %	M	180		PB stays at 00:27:13	2
227	Unknown								

228	Mark JONES	28:57	SM35-39	46.46 %	M	182	PB stays at 00:26:39	4
229	Rhian MATHIAS	28:59	SW20-24	51.06 %	F	47	First Timer!	1
230	Sue WILSHERE	29:40	VW60-64	65.17 %	F	48	PB stays at 00:26:36	47
231	Unknown							
232	Chloe BOORMAN	29:52	JW14	53.46 %	F	49	PB stays at 00:29:24	8
233	Phil LOVE	29:54	VM45-49	47.77 %	M	184	PB stays at 00:28:24	18
234	Lucy ROBLIN	30:10	SW30-34	49.39 %	F	50	First Timer!	1
235	Jeff TAYLOR	30:21	VM50-54	48.60 %	M	185	PB stays at 00:22:44	26
236	Rebecca LEACH	30:28	VW45-49	52.41 %	F	51	First Timer!	1
237	Gavin MICHAEL	30:29	SM25-29	42.37 %	M	186	First Timer!	1
238	Alison Jayne DAVIDSON	30:31	VW40-44	50.96 %	F	52	PB stays at 00:30:23	5
239	Benjamin THORNE	30:32	JM14	46.45 %	M	187	New PB!	3
240	Aine DUNPHY	30:39	VW45-49	52.09 %	F	53	PB stays at 00:28:17	16
241	Adrian STRAIN	30:40	VM40-	45.87 %	M	188	PB stays at	4

			44				00:30:26	
242	Oliver TUTAS	30:45	VM45-49	46.12 %	M	189	PB stays at 00:26:32	26
243	Christine UNDERHILL	30:46	VW50-54	56.39 %	F	54	PB stays at 00:28:35	65 
244	Unknown							
245	Unknown							
246	Neil HOLLEY	31:22	VM40-44	43.84 %	M	192	PB stays at 00:23:44	10
247	Sheryll Gail HOLLEY	31:28	VW40-44	49.05 %	F	55	PB stays at 00:28:34	15
248	Kelly THOMAS	31:35	SW25-29	46.86 %	F	56	PB stays at 00:27:26	55 
249	David SMITH	32:37	SM30-34	39.75 %	M	193	First Timer!	1
250	Ian SMITH	33:02	VM40-44	41.93 %	M	194	New PB!	3
251	Diane MITCHELL	33:41	VW50-54	51.51 %	F	57	PB stays at 00:31:41	50 
252	Emma BARRETT	33:47	VW35-39	44.25 %	F	58	First Timer!	1
253	Lisa JONES	33:47	VW35-39	44.84 %	F	59	First Timer!	1
254	Craig COLLIGAN	33:48	VM50-54	43.98 %	M	195	PB stays at 00:33:36	3

255	Anest GLYN	34:09	JW14	46.75 %	F	60		New PB!	2
256	Unknown								
257	Vicci PUGH	34:58	SW20-24	42.33 %	F	61		PB stays at 00:31:15	2
258	Kim BREWSTER	35:34	SW20-24	41.61 %	F	62		First Timer!	1
259	Alex THORNE	35:42	JM15-19	38.38 %	M	197		PB stays at 00:35:19	3
260	Tony DORSETT	35:58	VM70-74	49.03 %	M	198	Les Croupiers RC	PB stays at 00:26:48	125
261	Bethan FROST	36:08	JW14	46.03 %	F	63		PB stays at 00:34:11	3
262	Lucy Haf PEACOCK	36:09	JW14	47.21 %	F	64		First Timer!	1
263	Levi SEGOVIA	36:11	SM35-39	37.45 %	M	199		PB stays at 00:23:50	8
264	Alvi Jess SEGOVIA	36:12	JM14	49.17 %	M	200		First Timer!	1
265	Sara THORNE	36:13	VW45-49	45.61 %	F	65		New PB!	3
266	Preety NAIK	36:28	SW30-34	40.63 %	F	66		First Timer!	1
267	Amanda SMITH	37:03	SW25-29	39.95 %	F	67		First Timer!	1
268	Marianne BURRIDGE	37:25	VW50-54	46.37 %	F	68	Fairwater Runners	PB stays at 00:27:33	27
269	Stuart KHOKHAR	38:01	SM25-	33.08 %	M	201		PB stays at	2



270	Chris MILLER	38:01	29 SM30- 34	34.50 %	M	202	00:30:45 PB stays at 00:30:42	2
271	Mellissa NASH	39:59	SW30- 34	37.27 %	F	69	PB stays at 00:34:19	2