

EventDescr	Team Pos	Team Time	Team Name	Pos in Team	RaceNo	Name	Overall Pos	Finish Time
10k	1	02:48:42	Caerphilly Runners	1	16127	David Hazell	12	00:39:21
10k	1	02:48:42	Caerphilly Runners	2	16114	Michael Jones	14	00:40:05
10k	1	02:48:42	Caerphilly Runners	3	16128	Richard Hazell	47	00:43:49
10k	1	02:48:42	Caerphilly Runners	4	16121	Steve Payne	75	00:45:27
10k	2	03:08:17	Team Rees	1	16330	Anwen Rees	9	00:38:59
10k	2	03:08:17	Team Rees	2	16329	James Kemp	53	00:44:17
10k	2	03:08:17	Team Rees	3	16338	Carys Parr	181	00:49:24
10k	2	03:08:17	Team Rees	4	16332	Michelle George	445	00:55:37
10k	3	03:12:12	Gocompare	1	16158	Matt Coleman	42	00:43:23
10k	3	03:12:12	Gocompare	2	16152	Matt May	115	00:47:26
10k	3	03:12:12	Gocompare	3	16156	Ceri Morgan	233	00:50:38
10k	3	03:12:12	Gocompare	4	16151	Ella Hastings	237	00:50:45
10k	4	03:13:52	Caerphilly Runners	1	16115	Ange Fitzgerald	104	00:46:53
10k	4	03:13:52	Caerphilly Runners	2	16124	Jason Garrahan	165	00:48:53
10k	4	03:13:52	Caerphilly Runners	3	16132	Sara Williams	166	00:48:58
10k	4	03:13:52	Caerphilly Runners	4	16129	Chrissie Rees	170	00:49:08
10k	5	03:14:05	Team Pegasus	1	16326	Tony Mackay	48	00:43:54
10k	5	03:14:05	Team Pegasus	2	16322	Paula Allen	164	00:48:51
10k	5	03:14:05	Team Pegasus	3	16328	Andrew Williamson	214	00:50:17
10k	5	03:14:05	Team Pegasus	4	16325	John Payne	242	00:51:03
10k	6	03:19:08	Wrp Hens	1	16414	Rachel Morris	189	00:49:47
10k	6	03:19:08	Wrp Hens	2	16415	Karen Warlow	190	00:49:47
10k	6	03:19:08	Wrp Hens	3	16416	Sam Buckley	191	00:49:47
10k	6	03:19:08	Wrp Hens	4	16419	Susan Lazarus	192	00:49:47
10k	7	03:24:13	Team Ig-Uk	1	16294	Huw Durham	152	00:48:31
10k	7	03:24:13	Team Ig-Uk	2	16293	Jonathan Barrell	232	00:50:37
10k	7	03:24:13	Team Ig-Uk	3	16295	Justin Priddy	267	00:51:39
10k	7	03:24:13	Team Ig-Uk	4	16307	Ffion Lewis	333	00:53:26
10k	8	03:24:45	Nephros	1	16232	Usman Khalid	121	00:47:36
10k	8	03:24:45	Nephros	2	16228	John Martin	159	00:48:45
10k	8	03:24:45	Nephros	3	16229	John Hares	222	00:50:30
10k	8	03:24:45	Nephros	4	16230	Adam Midgley	536	00:57:54
10k	9	03:36:18	Caerphilly Runners	1	16118	Rachel Dawkes	260	00:51:26
10k	9	03:36:18	Caerphilly Runners	2	16123	Andrew Townsend	277	00:51:53
10k	9	03:36:18	Caerphilly Runners	3	16133	Katie Fox	373	00:54:09
10k	9	03:36:18	Caerphilly Runners	4	16116	Susie Gurner	584	00:58:50
10k	10	03:37:32	Gocompare	1	16155	Ellen Sugden	319	00:52:56
10k	10	03:37:32	Gocompare	2	16154	Ian Campodonic	321	00:53:07
10k	10	03:37:32	Gocompare	3	16153	Anders Nilsson	324	00:53:10
10k	10	03:37:32	Gocompare	4	16159	Elizabeth Amos	558	00:58:19
10k	11	03:41:43	249 (Hq) Sqn	1	16082	Elizabeth Walsh	188	00:49:44
10k	11	03:41:43	249 (Hq) Sqn	2	16083	Anthony Colwill	196	00:49:51
10k	11	03:41:43	249 (Hq) Sqn	3	16078	Andrew Morgan	668	01:01:03
10k	11	03:41:43	249 (Hq) Sqn	4	16081	Viki Wilkinson	671	01:01:05
10k	12	03:41:55	#Teamwrg	1	16073	Butt Neil	106	00:46:55
10k	12	03:41:55	#Teamwrg	2	16451	Tom Taylor	404	00:54:50
10k	12	03:41:55	#Teamwrg	3	16070	Jonathan Anderson	539	00:58:01
10k	12	03:41:55	#Teamwrg	4	16068	Lucy Thomas	725	01:02:09
10k	13	03:43:41	The German Mo Society	1	16374	Jan Hermann	353	00:53:46
10k	13	03:43:41	The German Mo Society	2	16375	Maren Wolff	396	00:54:42
10k	13	03:43:41	The German Mo Society	3	16377	Maxi Dietrich	522	00:57:36
10k	13	03:43:41	The German Mo Society	4	16376	Melanie Wegener	523	00:57:37
10k	14	03:44:43	Womens Running Penarth	1	16409	Aled Thomas	199	00:49:57
10k	14	03:44:43	Womens Running Penarth	2	16413	Vicky Gee	329	00:53:21
10k	14	03:44:43	Womens Running Penarth	3	16408	Nicola Phillips	590	00:58:53

10k	14	03:44:43	Womens Running Penarth	4	16410	Jo Rogers	744	01:02:32
10k	15	03:45:45	Team Ig-Uk	1	16300	David Jackson	389	00:54:24
10k	15	03:45:45	Team Ig-Uk	2	16301	Mike Harris	428	00:55:19
10k	15	03:45:45	Team Ig-Uk	3	16299	Andy Kemmett	531	00:57:48
10k	15	03:45:45	Team Ig-Uk	4	16309	Dan Bevan	550	00:58:14
10k	16	03:51:07	Prem1Er Fitness	1	16262	Dan Graves	503	00:56:56
10k	16	03:51:07	Prem1Er Fitness	2	16260	Paul Edwards	521	00:57:34
10k	16	03:51:07	Prem1Er Fitness	3	16261	Tim Davies	544	00:58:04
10k	16	03:51:07	Prem1Er Fitness	4	16265	Sarah Williams	573	00:58:33
10k	17	03:51:42	Team Pegasus	1	16324	Colin Crooks	253	00:51:14
10k	17	03:51:42	Team Pegasus	2	16319	Tim Webb	356	00:53:49
10k	17	03:51:42	Team Pegasus	3	16320	Stephen Wood	492	00:56:33
10k	17	03:51:42	Team Pegasus	4	16321	Katie Foward	997	01:10:06
10k	18	03:55:04	And The Winner Is	1	16085	Curtis Evans	182	00:49:30
10k	18	03:55:04	And The Winner Is	2	16090	Mike Archer	273	00:51:43
10k	18	03:55:04	And The Winner Is	3	16091	David Evans	768	01:02:55
10k	18	03:55:04	And The Winner Is	4	16086	Jessica Waters	1024	01:10:56
10k	19	03:59:22	Nuaire	1	16239	Ally McIntosh	429	00:55:21
10k	19	03:59:22	Nuaire	2	16242	Callum Graham	547	00:58:09
10k	19	03:59:22	Nuaire	3	16240	Rhys Powell	653	01:00:28
10k	19	03:59:22	Nuaire	4	16241	Jon Morgan-Heath	857	01:05:24
10k	20	04:03:40	Sorenson Media	1	16283	Martin Spicer	372	00:54:08
10k	20	04:03:40	Sorenson Media	2	16282	Mark Pendered	640	00:59:58
10k	20	04:03:40	Sorenson Media	3	16281	Elin Pendered	802	01:03:46
10k	20	04:03:40	Sorenson Media	4	16284	Sean Robinson	874	01:05:48
10k	21	04:04:32	Islwyn Mo Sisters!	1	16182	Kelly Hilliard	90	00:46:17
10k	21	04:04:32	Islwyn Mo Sisters!	2	16184	Elizabeth Millington	497	00:56:37
10k	21	04:04:32	Islwyn Mo Sisters!	3	16174	Nicola Richards	1012	01:10:49
10k	21	04:04:32	Islwyn Mo Sisters!	4	16175	Andrea Thomas	1013	01:10:49
10k	22	04:10:47	Greg Jones Pt	1	16161	Greg Jones	718	01:02:01
10k	22	04:10:47	Greg Jones Pt	2	16165	Matthew Hurcombe	719	01:02:01
10k	22	04:10:47	Greg Jones Pt	3	16162	Christine Thomas	772	01:03:00
10k	22	04:10:47	Greg Jones Pt	4	16163	Samantha Thomas	800	01:03:45
10k	23	04:11:03	Team Ig-Uk	1	16306	Mari Jones	593	00:58:56
10k	23	04:11:03	Team Ig-Uk	2	16298	Adrian Coates	639	00:59:54
10k	23	04:11:03	Team Ig-Uk	3	16308	Esther Young	878	01:05:56
10k	23	04:11:03	Team Ig-Uk	4	16305	Lauren Childs	895	01:06:17
10k	24	04:15:29	Booty Beauties	1	16097	Justine Griffiths	598	00:59:02
10k	24	04:15:29	Booty Beauties	2	16100	Olivia Munro	833	01:04:43
10k	24	04:15:29	Booty Beauties	3	16106	Dominique Wedge	864	01:05:32
10k	24	04:15:29	Booty Beauties	4	16102	Anne Marie Littlestone	892	01:06:12
10k	25	04:23:17	The Vinhegars	1	16383	Alec Vinh	826	01:04:35
10k	25	04:23:17	The Vinhegars	2	16384	Kian Vinh	828	01:04:36
10k	25	04:23:17	The Vinhegars	3	16385	Kyle Vinh	909	01:06:59
10k	25	04:23:17	The Vinhegars	4	16380	Ngoc-Nga Vinh	917	01:07:07
10k	26	04:32:50	#Teamwg	1	16064	Alex Hicks	805	01:03:55
10k	26	04:32:50	#Teamwg	2	16072	Lucy Robinson	941	01:07:42
10k	26	04:32:50	#Teamwg	3	16066	Mary Walker	998	01:10:09
10k	26	04:32:50	#Teamwg	4	16065	Richard Jones	1027	01:11:04
10k	27	04:35:48	Womens Running Penarth	1	16411	Angela Stevens	775	01:03:02
10k	27	04:35:48	Womens Running Penarth	2	16403	Karen George	960	01:08:25
10k	27	04:35:48	Womens Running Penarth	3	16407	Leann Booker	1046	01:12:10
10k	27	04:35:48	Womens Running Penarth	4	16406	Sian Davies	1047	01:12:11
10k	28	04:37:15	Team Richards	1	16340	Heledd Walters	773	01:03:00
10k	28	04:37:15	Team Richards	2	16339	Rhian Lane	923	01:07:11
10k	28	04:37:15	Team Richards	3	16343	Vanessa Hayden	1076	01:13:32

10k	28	04:37:15	Team Richards	4	16345	Amy Deering	1077	01:13:32
10k	29	04:43:21	Islwyn Mo Sisters!	1	16183	Sam Hicks	1014	01:10:49
10k	29	04:43:21	Islwyn Mo Sisters!	2	16181	Vicki Jones	1016	01:10:50
10k	29	04:43:21	Islwyn Mo Sisters!	3	16177	Rachel Jones	1017	01:10:51
10k	29	04:43:21	Islwyn Mo Sisters!	4	16180	Katheryn Dennes	1018	01:10:51
10k	30	04:43:31	Islwyn Mo Sisters!	1	16185	Rachel Jones	1019	01:10:51
10k	30	04:43:31	Islwyn Mo Sisters!	2	16176	Angela Price	1021	01:10:53
10k	30	04:43:31	Islwyn Mo Sisters!	3	16186	Chelsea Taylor	1022	01:10:53
10k	30	04:43:31	Islwyn Mo Sisters!	4	16178	Denise Hadigate	1023	01:10:54
10k	31	04:46:53	Pinkies+	1	16252	Catherine Roberts	984	01:09:38
10k	31	04:46:53	Pinkies+	2	16253	Angharad Jones	985	01:09:38
10k	31	04:46:53	Pinkies+	3	16254	Sian Newton	987	01:09:39
10k	31	04:46:53	Pinkies+	4	16256	Zoe Williams	1135	01:17:58
10k	32	04:49:02	Mo, 'Fro And Go'	1	16222	Nicola Evans	1049	01:12:15
10k	32	04:49:02	Mo, 'Fro And Go'	2	16224	Caroline Howells	1050	01:12:15
10k	32	04:49:02	Mo, 'Fro And Go'	3	16220	Adelle Griffiths	1051	01:12:16
10k	32	04:49:02	Mo, 'Fro And Go'	4	16221	Anna Griffiths	1052	01:12:16
10k	33	04:53:23	The Devil'S Rejects	1	16369	Rhys Jones	927	01:07:12
10k	33	04:53:23	The Devil'S Rejects	2	16366	Suzanne Murray	928	01:07:17
10k	33	04:53:23	The Devil'S Rejects	3	16363	Antony Thomas	1145	01:19:27
10k	33	04:53:23	The Devil'S Rejects	4	16367	Lee Verrall	1146	01:19:27
10k	34	04:59:31	Booty Beauties	1	16107	Jayne Edmonds	951	01:08:11
10k	34	04:59:31	Booty Beauties	2	16099	Sarah Maunder	1096	01:14:46
10k	34	04:59:31	Booty Beauties	3	16101	Michelle Deen	1097	01:14:46
10k	34	04:59:31	Booty Beauties	4	16096	Annie Gale	1164	01:21:48
10k	35	05:00:04	Team Pbl	1	16314	Phil Bessant	684	01:01:23
10k	35	05:00:04	Team Pbl	2	16311	Michael Bessant	799	01:03:44
10k	35	05:00:04	Team Pbl	3	16315	Owen Bessant	1171	01:23:21
10k	35	05:00:04	Team Pbl	4	16317	Natalie Abbinett	1190	01:31:36
10k	36	05:05:33	Occhealth	1	16245	Laura Murphy	1091	01:14:10
10k	36	05:05:33	Occhealth	2	16246	Vicky Jones	1092	01:14:10
10k	36	05:05:33	Occhealth	3	16247	Portland Jones	1093	01:14:11
10k	36	05:05:33	Occhealth	4	16248	Rachael Murphy	1169	01:23:02
10k	37	05:17:51	The Devil'S Rejects	1	16370	Laura Townsend	1147	01:19:27
10k	37	05:17:51	The Devil'S Rejects	2	16364	Alison Seymour	1148	01:19:28
10k	37	05:17:51	The Devil'S Rejects	3	16365	Ron Murray	1149	01:19:28
10k	37	05:17:51	The Devil'S Rejects	4	16368	Neil Beighton	1150	01:19:28