

EventDescr	Team Pos	Team Time	Team Name	Pos in Team	RaceNo	Name	Overall Pos	Finish Time
5k	1	01:37:54	Cool Running	1	2838	Neil Willis	13	00:22:13
5k	1	01:37:54	Cool Running	2	2836	Lewis Hodder	20	00:23:45
5k	1	01:37:54	Cool Running	3	2828	Joe Whaley	25	00:24:10
5k	1	01:37:54	Cool Running	4	2837	Alison Matthews	67	00:27:46
5k	2	01:40:30	Huntleigh Diagnostic Mo'S	1	2867	Robert Mccarthy	7	00:21:03
5k	2	01:40:30	Huntleigh Diagnostic Mo'S	2	2865	Edward Timson	35	00:25:22
5k	2	01:40:30	Huntleigh Diagnostic Mo'S	3	2735	Dallas Hayvice	39	00:25:43
5k	2	01:40:30	Huntleigh Diagnostic Mo'S	4	2741	Sarah Spence	78	00:28:22
5k	3	01:56:47	Shelite Warriors	1	2909	Rhys Barter	40	00:25:50
5k	3	01:56:47	Shelite Warriors	2	2920	Thomas Searby	124	00:30:07
5k	3	01:56:47	Shelite Warriors	3	2919	Kieran Searby	128	00:30:09
5k	3	01:56:47	Shelite Warriors	4	2915	Stuart Jones	132	00:30:41
5k	4	01:57:59	Cool Running	1	2833	Craig Thomas	71	00:28:01
5k	4	01:57:59	Cool Running	2	2825	Cecilia Fritz	85	00:28:45
5k	4	01:57:59	Cool Running	3	2819	Johanne Edwards	130	00:30:36
5k	4	01:57:59	Cool Running	4	2832	Richard Lam	131	00:30:37
5k	5	01:59:47	Cheifballs	1	2815	Gareth Hemming	53	00:26:42
5k	5	01:59:47	Cheifballs	2	2814	Dai Jones	102	00:29:29
5k	5	01:59:47	Cheifballs	3	2817	Melissa James	136	00:30:56
5k	5	01:59:47	Cheifballs	4	2813	Gavin Kelleher	183	00:32:40
5k	6	02:00:40	Bash Street Kids	1	2785	Rosina Stone	68	00:27:51
5k	6	02:00:40	Bash Street Kids	2	2784	Lyndon Davies	106	00:29:39
5k	6	02:00:40	Bash Street Kids	3	2790	Chris Evans	129	00:30:18
5k	6	02:00:40	Bash Street Kids	4	2787	Jackie Weaving	192	00:32:52
5k	7	02:01:03	Cardiff Powerplate Studio	1	2803	Lauren Regan	62	00:27:30
5k	7	02:01:03	Cardiff Powerplate Studio	2	2797	Teresa Davies	116	00:29:52
5k	7	02:01:03	Cardiff Powerplate Studio	3	2802	Amanda Taylor	150	00:31:22
5k	7	02:01:03	Cardiff Powerplate Studio	4	2804	Pippa Craven	173	00:32:19
5k	8	02:04:02	Abuhb Speech Therapy	1	2782	Alex Conroy	80	00:28:24
5k	8	02:04:02	Abuhb Speech Therapy	2	2780	Cathy Bruton	99	00:29:14
5k	8	02:04:02	Abuhb Speech Therapy	3	2779	Sophie Price	198	00:33:12
5k	8	02:04:02	Abuhb Speech Therapy	4	2781	Marie Marsh	199	00:33:12
5k	9	02:06:17	Cwmbran Crawlers	1	2842	Keren Beard	61	00:27:27
5k	9	02:06:17	Cwmbran Crawlers	2	2848	Catherine Edwards	170	00:32:15
5k	9	02:06:17	Cwmbran Crawlers	3	2846	Lena Masterson	172	00:32:16
5k	9	02:06:17	Cwmbran Crawlers	4	2839	Joanne Everson	234	00:34:19
5k	10	02:12:19	Team Rees	1	2944	Paul Wallen	48	00:26:38
5k	10	02:12:19	Team Rees	2	2946	Carys Ashcroft	142	00:31:11
5k	10	02:12:19	Team Rees	3	2937	Marilyn Phenis	320	00:36:50
5k	10	02:12:19	Team Rees	4	2945	Alan Davies	345	00:37:40
5k	11	02:13:00	Run Like Clowns Are Chasing You!	1	2902	Ryan Williams	49	00:26:39
5k	11	02:13:00	Run Like Clowns Are Chasing You!	2	2901	Stina Watkins	76	00:28:16
5k	11	02:13:00	Run Like Clowns Are Chasing You!	3	2903	Liz Bryant	381	00:39:02
5k	11	02:13:00	Run Like Clowns Are Chasing You!	4	2904	Ross Jenkins	384	00:39:03
5k	12	02:18:39	Shelite Warriors	1	2921	Charlotte Weaver	202	00:33:17
5k	12	02:18:39	Shelite Warriors	2	2912	Liam Malson	240	00:34:21
5k	12	02:18:39	Shelite Warriors	3	2913	Jolene Hulbert	241	00:34:21
5k	12	02:18:39	Shelite Warriors	4	2918	Lisa Jones	317	00:36:40
5k	13	02:18:57	Cool Running	1	2820	Tracy Edmunds	149	00:31:20
5k	13	02:18:57	Cool Running	2	2823	Gareth Bolding	261	00:35:01
5k	13	02:18:57	Cool Running	3	2835	Joesephine Woodfield	262	00:35:01
5k	13	02:18:57	Cool Running	4	2829	Gillian Phillips	341	00:37:35
5k	14	02:21:27	Mo Limits	1	2879	Emily Cawte	105	00:29:36
5k	14	02:21:27	Mo Limits	2	2875	Andrew Fletcher	117	00:29:53
5k	14	02:21:27	Mo Limits	3	2877	Tom Davison	318	00:36:44

5k	14	02:21:27	Mo Limits	4	2878	Gil Rider	477	00:45:14
5k	15	02:21:31	Go Mo - William And Chloe	1	2862	William Burke	32	00:25:03
5k	15	02:21:31	Go Mo - William And Chloe	2	2861	Glen Meek	33	00:25:04
5k	15	02:21:31	Go Mo - William And Chloe	3	2860	Kate Burke	484	00:45:42
5k	15	02:21:31	Go Mo - William And Chloe	4	2863	Chloe Burke	485	00:45:42
5k	16	02:28:55	The Payne'S	1	2979	Harvey Payne	325	00:37:03
5k	16	02:28:55	The Payne'S	2	3010	Oscar Payne	327	00:37:05
5k	16	02:28:55	The Payne'S	3	2977	Elinor Payne	332	00:37:23
5k	16	02:28:55	The Payne'S	4	2978	Oliver Payne	333	00:37:24
5k	17	02:29:37	The Mighty Mo'S	1	2967	Sarah Shepheard	249	00:34:38
5k	17	02:29:37	The Mighty Mo'S	2	2961	Sian Pearce	366	00:38:19
5k	17	02:29:37	The Mighty Mo'S	3	2962	Amanda Adey	367	00:38:20
5k	17	02:29:37	The Mighty Mo'S	4	2965	Sam Morgan	368	00:38:20
5k	18	02:29:48	Dyno Dynamos	1	2854	Joshua Carter	95	00:29:02
5k	18	02:29:48	Dyno Dynamos	2	2852	Andrea Burt	385	00:39:11
5k	18	02:29:48	Dyno Dynamos	3	2858	Lee Ramsay	400	00:39:41
5k	18	02:29:48	Dyno Dynamos	4	2857	Chris Smith	427	00:41:54
5k	19	02:39:06	Team Lou 2015	1	2932	Ceri Tomlins	265	00:35:03
5k	19	02:39:06	Team Lou 2015	2	2933	Alexandra Mitchell	266	00:35:03
5k	19	02:39:06	Team Lou 2015	3	2930	Laurie Evans	465	00:44:30
5k	19	02:39:06	Team Lou 2015	4	2934	Lyndsey Prothero	466	00:44:30
5k	20	02:41:04	Womens Running Penarth	1	3017	Samantha Hjalmarson	329	00:37:08
5k	20	02:41:04	Womens Running Penarth	2	3000	Judy Davey	382	00:39:02
5k	20	02:41:04	Womens Running Penarth	3	2986	Denise Symes	383	00:39:02
5k	20	02:41:04	Womens Running Penarth	4	3020	Geraldine Edwards	487	00:45:52
5k	21	02:42:59	The Mo Medics	1	2970	Chris Day	303	00:36:10
5k	21	02:42:59	The Mo Medics	2	2971	Meredith Day	304	00:36:11
5k	21	02:42:59	The Mo Medics	3	2969	Laura Day	479	00:45:19
5k	21	02:42:59	The Mo Medics	4	2972	Sian Day	480	00:45:19
5k	22	02:43:42	Cool Running	1	2821	Michelle Edmunds	343	00:37:36
5k	22	02:43:42	Cool Running	2	2822	Gerald Kelly	415	00:40:32
5k	22	02:43:42	Cool Running	3	2824	Julie Newport	442	00:42:47
5k	22	02:43:42	Cool Running	4	2831	Michelle Harding	443	00:42:47
5k	23	02:44:34	Team Scoobella	1	2948	Thomas Evans	289	00:35:52
5k	23	02:44:34	Team Scoobella	2	2949	Harry Evans	378	00:38:55
5k	23	02:44:34	Team Scoobella	3	2950	Janie Evans	470	00:44:53
5k	23	02:44:34	Team Scoobella	4	2947	Debbie Evans	471	00:44:54
5k	24	02:48:20	Cheifballs	1	2811	Chris Courtney	404	00:39:58
5k	24	02:48:20	Cheifballs	2	2808	Steffan Hopkins	428	00:41:59
5k	24	02:48:20	Cheifballs	3	2807	Harvey Blyth	429	00:42:00
5k	24	02:48:20	Cheifballs	4	2806	Gareth Penny	464	00:44:23
5k	25	02:48:35	Shelite Warriors	1	2914	Gary Searby	393	00:39:22
5k	25	02:48:35	Shelite Warriors	2	2916	Tracy James	447	00:43:04
5k	25	02:48:35	Shelite Warriors	3	2917	Devril Nunn	448	00:43:04
5k	25	02:48:35	Shelite Warriors	4	2911	Samantha Hughes	449	00:43:05
5k	26	03:26:57	Mo Mo Limit	1	2880	Jenni Kampf	203	00:33:18
5k	26	03:26:57	Mo Mo Limit	2	2882	Sarah Miles	521	00:57:51
5k	26	03:26:57	Mo Mo Limit	3	2883	Dylan Miles	522	00:57:52
5k	26	03:26:57	Mo Mo Limit	4	2885	Steve Moore	523	00:57:56