

Cardiff parkrun # 213 - 24/03/2012



Pos ▼	parkrunner ▼	Time ▼	Age	Age	Gender	Pos ▼	Club ▼	Note ▼	Tot Runs ▼
			Cat ▼	Grade ▼	Gender ▼				
1	Sigmund FRIGATE	16:20	VM40-44	84.18 %	M	1		PB stays at 00:16:14	38
2	Stuart CREES	16:28	SM30-34	79.66 %	M	2	Les Croupiers RC	PB stays at 00:16:12	60 50
3	Gareth AYRES	16:43	SM25-29	77.17 %	M	3	Port Talbot Harriers & AC	PB stays at 00:16:30	4
4	Rob SAGE	16:53	SM35-39	78.08 %	M	4	Les Croupiers RC	PB stays at 00:16:31	79 50
5	Carl Thomas HILL	17:14	SM20-24	75.15 %	M	5		New PB!	2
6	Alexander James ROYFFE	17:15	SM25-29	74.88 %	M	6		New PB!	2
7	Stephen SHIELDS	17:27	SM30-34	74.50 %	M	7	San Domenico RRC	PB stays at 00:16:44	23
8	Phil GEORGE	17:33	SM35-39	76.64 %	M	8	Les Croupiers RC	PB stays at 00:16:42	54 50
9	Johannes GERLING	17:37	SM20-24	73.23 %	M	9		New PB!	3
10	Oliver M WILLIAMS	17:41	SM25-29	72.95 %	M	10	San Domenico RRC	PB stays at 00:16:56	94 50

Pos	parkrunner	Time	Age Cat	Age Grade	Gender	Pos	Club	Note	Tot Runs
11	Alastair MCGEOCH-WILLIAMS	17:42	SM25-29	72.88 %	M	11		PB stays at 00:17:25	26
12	Scott HOWELL	17:45	VM50-54	83.76 %	M	12	Les Croupiers RC	PB stays at 00:17:31	8
13	Paul DODD	17:56	VM50-54	84.94 %	M	13	Chepstow Harriers	First Timer!	9
14	Richard EDWARDS	17:57	SM20-24	71.87 %	M	14		New PB!	2
15	Laurie CARTER	17:59	VM55-59	85.45 %	M	15	Chepstow Harriers	PB stays at 00:17:53	21
16	Alex PRICE	18:01	JM14	78.72 %	M	16	Aberdare Valley AAC	New PB!	9
17	Ben MOON	18:06	SM30-34	71.82 %	M	17	Mynyddwyr De Cymru	PB stays at 00:17:13	28
18	Craig SPROD	18:11	SM20-24	71.68 %	M	18	Aberdare Valley AAC	New PB!	6
19	Scott FRAME	18:17	SM30-34	70.74 %	M	19		New PB!	20
20	Morris ATTARD	18:27	SM35-39	71.91 %	M	20	Outdoor Fitness Running Club	New PB!	19
21	James LOFTHOUSE	18:28	JM15-19	74.19 %	M	21		New PB!	11
22	Henning KUHLMANN	18:34	SM20-	69.75 %	M	22		PB stays at	3

Pos	parkrunner	Time	Age Cat	Age Grade	Gender	Pos	Club	Note	Tot Runs
			24					00:18:28	
23	Ceri GRIFFITHS	18:36	VM45-49	76.79 %	M	23	Brackla Harriers	New PB!	2
24	Mark RICHMOND	18:43	SM35-39	72.40 %	M	24	San Domenico RRC	PB stays at 00:17:31	79
25	Ryan HILLIER-SMITH	18:50	SM20-24	68.50 %	M	25		PB stays at 00:17:43	4
26	Andrew JONES	18:58	SM35-39	70.39 %	M	26		PB stays at 00:18:54	33
27	Chris LEWIS	19:01	SM35-39	70.73 %	M	27	Port Talbot Harriers & AC	First Timer!	1
28	Unknown								
29	Neil LEWIS	19:07	VM40-44	72.45 %	M	29		PB stays at 00:18:05	28
30	Robert HOOK	19:09	VM45-49	75.81 %	M	30	Chepstow Harriers	First Timer!	12
31	Stuart MCILROY	19:11	VM40-44	71.16 %	M	31	Les Croupiers RC	PB stays at 00:17:36	44
32	Nick MATTHEW	19:12	SM20-24	67.19 %	M	32		First Timer!	1
33	Matthew HURFORD	19:13	SM35-39	70.51 %	M	33	Les Croupiers RC	PB stays at 00:17:26	33

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Pos	parkrunner	Time	Age Cat	Age Grade	Gender	Pos	Club	Note	Tot Runs
34	Rob TAYLOR	19:14	SM30-34	67.59 %	M	34	Chepstow Harriers	PB stays at 00:19:09	3
35	Jihad DABAB	19:23	JM15-19	68.79 %	M	35	Butetown Runners	PB stays at 00:19:12	17
36	Lou SUMMERS	19:24	VW40-44	81.10 %	F	1	Chepstow Harriers	PB stays at 00:19:19	11
37	Gafin GRIFFITHS	19:25	SM30-34	66.78 %	M	36	Les Croupiers RC	New PB!	13
38	Marc JOHNSON	19:31	SM20-24	66.78 %	M	37		PB stays at 00:19:26	4
39	Jac Gardiner SMITH	19:31	JM14	74.30 %	M	38	Aberdare Valley AAC	PB stays at 00:19:29	2
40	Phil BRISTOW	19:32	VM50-54	76.11 %	M	39	San Domenico RRC	PB stays at 00:18:31	132
41	Sean PRICE	19:35	VM45-49	74.72 %	M	40	Rhondda AAC	PB stays at 00:18:38	13
42	Tess LOFTUS	19:41	SW20-24	75.19 %	F	2		PB stays at 00:19:33	9
43	Martin Colin SILVA	19:42	SM20-24	65.48 %	M	41		First Timer!	1
44	Suzanne TURVEY	19:44	SW20-24	75.00 %	F	3	Cardiff University AC	First Timer!	1

Pos	parkrunner	Time	Age	Age	Gender	Pos	Club	Note	Tot
▼	▼	▼	Cat ▼	Grade ▼	Gender ▼	▼	▼	▼	Runs ▼
45	David E WILLIAMS	19:51	VM45-49	73.72 %	M	42	Les Croupiers RC	PB stays at 00:19:44	109 
46	Martin PINNELL	19:53	VM55-59	77.28 %	M	43	Les Croupiers RC	PB stays at 00:19:30	68 
47	Mike RIDD	19:57	SM25-29	64.75 %	M	44		New PB!	6
48	Robin SMITH	19:57	SM25-29	64.75 %	M	45		New PB!	4
49	Paul MORRIS	19:59	VM50-54	75.65 %	M	46	Les Croupiers RC	PB stays at 00:19:03	113 
50	Unknown								
51	Nicky MCWILLIAM	20:03	VW35-39	75.48 %	F	4	Les Croupiers RC	PB stays at 00:19:58	32
52	Alan PERKINS	20:04	VM60-64	80.65 %	M	48	Port Talbot Harriers & AC	New PB!	4
53	Andrew POWELL-CHANDLER	20:07	VM45-49	72.74 %	M	49		PB stays at 00:19:47	37
54	Julian Steven HOUSE	20:08	SM35-39	66.80 %	M	50		PB stays at 00:19:04	7
55	Mario RABAIOTTI	20:10	VM45-49	71.98 %	M	51	Port Talbot Harriers & AC	New PB!	5
56	Michael TONG	20:17	VM40-	69.35 %	M	52		New PB!	6

Pos	parkrunner	Time	Age Cat	Age Grade	Gender	Pos	Club	Note	Tot Runs
			44						
57	Alexander CAPLETON	20:18	SM35-39	65.76 %	M	53	Les Croupiers RC	PB stays at 00:19:33	37
58	Angharad RHYS	20:20	SW30-34	72.95 %	F	5	Les Croupiers RC	New PB!	43
59	Libby O'DUFFY	20:21	VW40-44	76.74 %	F	6	Les Croupiers RC	PB stays at 00:19:12	36
60	Tom LINES	20:22	SM25-29	63.42 %	M	54		PB stays at 00:19:51	18
61	Phil DAVIES	20:31	SM35-39	64.66 %	M	55		PB stays at 00:20:03	29
62	David Reginald GOODALL	20:33	VM55-59	76.72 %	M	56		PB stays at 00:20:07	47
63	Richard John Neil MARVIN	20:34	VM45-49	68.96 %	M	57	Port Talbot Harriers & AC	First Timer!	1
64	Michelle Karen GREY	20:35	SW30-34	71.98 %	F	7	Port Talbot Harriers & AC	First Timer!	1
65	Brendan JONES	20:41	VM40-44	66.96 %	M	58	Les Croupiers RC	PB stays at 00:19:06	64
66	Ronald MORRIS	20:42	VM60-64	78.82 %	M	59	San Domenico RRC	PB stays at 00:18:47	60
67	Luke SKINNER	20:47	SM20-	62.07 %	M	60		New PB!	6

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Pos	parkrunner	Time	Age Cat	Age Grade	Gender	Gender Pos	Club	Note	Tot Runs
			24						
68	Peter CURRAN	20:49	VM45-49	69.74 %	M	61		PB stays at 00:19:42	17
69	James THOMPSON	20:53	SM20-24	62.41 %	M	62		First Timer!	1
70	Unknown								
71	Russell CROCKER	20:59	SM35-39	64.58 %	M	64		PB stays at 00:20:12	28
72	Steve CHADWELL	21:01	VM40-44	64.95 %	M	65		New PB!	19
73	Kevin Anthony JONES	21:02	VM45-49	67.91 %	M	66	Vegan Runners	PB stays at 00:19:39	65
74	Michael David HAINES	21:04	SM20-24	61.23 %	M	67		PB stays at 00:20:17	2
75	David PROUD	21:06	VM40-44	66.67 %	M	68	Les Croupiers RC	PB stays at 00:19:06	52
76	Nick MASEFIELD	21:06	SM20-24	61.14 %	M	69		New PB!	10
77	Ian WILLIAMS	21:08	VM45-49	67.11 %	M	70	Port Talbot Harriers & AC	PB stays at 00:20:56	6
78	Mark HORSMAN	21:08	SM30-34	61.75 %	M	71	Outdoor Fitness Running Club	New PB!	3

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79	Dominic SHIELDS	21:09	VM45-49	68.09 %	M	72	San Domenico RRC	PB stays at 00:19:33	170 100
80	Allan Stephen JONES	21:10	VM55-59	74.49 %	M	73	Brackla Harriers	PB stays at 00:20:17	80 50
81	Simon HAZEL	21:13	VM40-44	65.28 %	M	74	Les Croupiers RC	PB stays at 00:19:21	94 50
82	Paul OWEN	21:15	VM45-49	68.86 %	M	75		First Timer!	1
83	Mandy MORRIS	21:21	VW35-39	71.19 %	F	8	Port Talbot Harriers & AC	New PB!	3
84	Neil Edward DAVIES	21:25	VM50-54	71.13 %	M	76		PB stays at 00:19:58	53 50
85	Steven SMITH	21:26	VM40-44	65.16 %	M	77		New PB!	2
86	Peter DEACON	21:28	VM55-59	71.58 %	M	78	Swansea Harriers AC	First Timer!	1
87	William MCLAIN	21:29	JM15-19	64.78 %	M	79		PB stays at 00:19:42	12 10
88	Wendy OWEN	21:32	VW40-44	71.05 %	F	9	San Domenico RRC	PB stays at 00:20:35	86 50
89	Alex WEBBER	21:35	JM15-19	64.48 %	M	80		PB stays at 00:21:26	10 10

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			Cat ▼	Grade ▼		Pos ▼	Club ▼		Runs ▼
90	Paul FROST	21:36	VM45-49	66.67 %	M	81		PB stays at 00:20:40	17
91	Michael HALSALL	21:37	SM35-39	62.22 %	M	82	Llanelli AAC	PB stays at 00:18:46	19
92	Anna MOON	21:37	SW20-24	68.47 %	F	10	Cardiff University AC	First Timer!	1
93	Andy DAVIES	21:39	VM45-49	67.59 %	M	83	Pontypridd Roadents AC	PB stays at 00:19:14	118
94	Timothy JONES	21:42	VM55-59	72.04 %	M	84		PB stays at 00:21:32	11
95	Ceri BRAMBLEY-TUCKER	21:46	VW40-44	72.28 %	F	11	Port Talbot Harriers & AC	PB stays at 00:21:44	9
96	Carl EDWARDS	21:51	VM40-44	63.92 %	M	85	Pontypridd Roadents AC	New PB!	2
97	Andrew David LOFTHOUSE	21:52	VM40-44	63.87 %	M	86		PB stays at 00:21:51	8
98	Gareth E GRIFFITHS	22:00	VM45-49	64.47 %	M	87		PB stays at 00:21:39	34
99	Rod PERONS	22:01	VM45-49	66.46 %	M	88	Les Croupiers RC	PB stays at 00:21:01	34
100	Naomi Sarah PROSSER	22:04	JW15-19	67.30 %	F	12	Hereford & County AC	PB stays at 00:21:05	13

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			Cat ▼	Grade ▼		Pos ▼	Club ▼		Runs ▼
101	Jamie EDWARDS	22:07	JM15-19	59.61 %	M	89		First Timer!	1
102	Pauline WILLIAMS	22:13	VW50-54	78.39 %	F	13	Port Talbot Harriers & AC	New PB!	2
103	Robert SMITH	22:16	VM50-54	66.77 %	M	90		PB stays at 00:21:30	16
104	Christopher MORGAN	22:17	VM40-44	63.13 %	M	91		PB stays at 00:21:36	12
105	Tim GREEN	22:21	VM45-49	63.46 %	M	92		PB stays at 00:21:47	36
106	Andrew James JONES	22:23	SM35-39	60.54 %	M	93		PB stays at 00:21:20	42
107	Andrew Stuart BISHOP	22:24	VM50-54	65.85 %	M	94		PB stays at 00:22:12	34
108	George CHAPPELLE	22:25	JM15-19	60.22 %	M	95		PB stays at 00:21:21	13
109	Caitlin PEARSON	22:25	SW20-24	66.02 %	F	14	Les Croupiers RC	PB stays at 00:22:16	31
110	Andrew Howard CLEVERLEY	22:27	VM45-49	63.18 %	M	96		PB stays at 00:21:32	57
111	Paul FURLONG	22:29	VM60-64	73.91 %	M	97	Penarth & Dinas Runners	PB stays at 00:22:20	35

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▼	▼	▼	Cat ▼	Grade ▼	Gender ▼	▼	▼	▼	Runs ▼
112	Nick POUNDER	22:36	SM35-39	59.07 %	M	98	Pontypridd Roadents AC	First Timer!	1
113	Tareq MOHAMMED	22:37	JM14	69.79 %	M	99	Butetown Runners	New PB!	5
114	Nick WILLIAMS	22:37	VM45-49	64.70 %	M	100	Les Croupiers RC	PB stays at 00:19:52	121 100
115	Martin JEEPS	22:40	SM30-34	57.21 %	M	101		New PB!	5
116	Gwyn JONES	22:42	VM45-49	63.95 %	M	102		PB stays at 00:21:25	60 50
117	Maria Ann CAMPDEN	22:43	VW35-39	66.62 %	F	15		PB stays at 00:22:20	11
118	Gareth PHILLIPS	22:50	SM30-34	56.93 %	M	103		PB stays at 00:20:59	21
119	Ross MCMEEKING	22:53	SM30-34	56.52 %	M	104		PB stays at 00:21:14	11
120	Rachel BANFIELD	22:54	SW25-29	64.63 %	F	16	Les Croupiers RC	PB stays at 00:21:47	20
121	James JONES	23:01	SM20-24	56.63 %	M	105		PB stays at 00:21:04	4
122	Jan EDWARDS	23:03	VW40-44	67.75 %	F	17	Pontypridd Roadents AC	New PB!	2
123	John Darren FERRIDAY	23:07	SM35-	57.75 %	M	106	Pegasus RC (Cardiff)	PB stays at	37

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			39					00:22:19	
124	Tony BURT	23:08	VM65-69	75.36 %	M	107	Brackla Harriers	PB stays at 00:22:34	6
125	Etienne LODGE	23:09	JM14	68.18 %	M	108		New PB!	8
126	Dafydd MIDDLETON	23:10	JM14	61.22 %	M	109		New PB!	31
127	Patricia JONES	23:11	VW55-59	80.23 %	F	18	Brackla Harriers	New PB!	65
128	Unknown								
129	Victoria BESWICK	23:16	SW25-29	63.61 %	F	19		First Timer!	1
130	Russell THORNE	23:19	VM45-49	61.76 %	M	111		PB stays at 00:22:39	29
131	Ian THORNE	23:23	VM40-44	60.16 %	M	112		New PB!	22
132	Jeremy EDWARDS	23:25	VM50-54	62.99 %	M	113		PB stays at 00:22:58	43
133	Tony MILLIN	23:31	VM45-49	60.31 %	M	114		New PB!	17
134	Clare JONES	23:32	SW30-34	62.89 %	F	20		PB stays at 00:23:28	3
135	Rachel BIGGAR	23:33	SW20-	62.85 %	F	21		New PB!	6

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			24						
136	Rhys LIVESY	23:36	SM30-34	55.30 %	M	115		PB stays at 00:23:34	2
137	Megan BUNNEY	23:39	JW15-19	65.54 %	F	22	Aberdare Valley AAC	New PB!	5
138	Allen BUNNEY	23:40	VM40-44	59.44 %	M	116	Aberdare Valley AAC	PB stays at 00:20:11	8
139	Rhys D HUGHES	23:42	SM20-24	54.43 %	M	117		New PB!	3
140	Ian STRATTON	23:47	VM40-44	59.15 %	M	118	Brackla Harriers	PB stays at 00:23:35	22
141	Paul WESSON	23:49	VM40-44	59.06 %	M	119		New PB!	23
142	John AYRES	23:50	VM55-59	65.03 %	M	120	Port Talbot Harriers & AC	New PB!	2
143	Ute MEISTER	23:51	VW45-49	67.23 %	F	23		PB stays at 00:22:57	45
144	Andrew JONES	23:53	SM30-34	54.29 %	M	121		PB stays at 00:23:21	8
145	Stephen QUIN	23:53	VM40-44	57.15 %	M	122	Les Croupiers RC	PB stays at 00:20:48	39
146	Andrew PRICE	23:55	SM35-	55.47 %	M	123		PB stays at	2

Pos	parkrunner	Time	Age Cat	Age Grade	Gender	Pos	Club	Note	Tot Runs
			39					00:23:54	
147	Mithu RAHMAN	23:56	SM35-39	55.78 %	M	124		PB stays at 00:22:58	4
148	John DAVIES	23:58	VM60-64	68.71 %	M	125	Port Talbot Harriers & AC	First Timer!	1
149	Unknown								
150	Matthew Peter TURNBULL	24:01	JM14	59.06 %	M	127	Cardiff AAC	PB stays at 00:23:02	42 10
151	Raymond J LEWIS	24:01	VM55-59	65.09 %	M	128		PB stays at 00:22:30	61 50
152	Ceri DAVIES	24:03	SM35-39	54.82 %	M	129	San Domenico RRC	PB stays at 00:19:48	42
153	Matt PLUME	24:06	SM35-39	54.70 %	M	130		New PB!	4
154	Joyce DODD	24:09	VW55-59	77.02 %	F	24	Chepstow Harriers	First Timer!	9
155	Stephanie DAVIES	24:13	JW15-19	62.42 %	F	25	Pontypridd Roadents AC	PB stays at 00:21:14	104 100
156	Joseph HAWES	24:16	SM25-29	53.16 %	M	131		PB stays at 00:23:43	6
157	Bill SNOWDON	24:18	VM55-59	64.33 %	M	132		PB stays at 00:23:21	54 50

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158	Joshua DURSLEY	24:21	JM14	58.25 %	M	133		PB stays at 00:23:10	14	10
159	Unknown									
160	Luke HESLOP	24:27	SM35-39	53.92 %	M	135		PB stays at 00:23:36	51	50
161	Chris SMITH	24:27	SM25-29	52.76 %	M	136		PB stays at 00:23:20	9	
162	Marc DURKIN	24:30	SM25-29	52.65 %	M	137		PB stays at 00:23:52	23	
163	John POPPLE	24:32	VM40-44	55.64 %	M	138		PB stays at 00:22:15	18	
164	Sian Marie JONES	24:36	SW25-29	60.16 %	F	26		PB stays at 00:23:44	2	
165	Colin CROOKS	24:37	VM55-59	62.97 %	M	139		PB stays at 00:24:14	28	
166	Breda CRONIN	24:39	VW40-44	62.07 %	F	27		New PB!	3	
167	Nia Gwyneth POTTER	24:39	VW35-39	60.85 %	F	28		PB stays at 00:24:05	14	
168	Chris WILLIAMSON	24:43	VM55-59	62.71 %	M	140		First Timer!	1	
169	Fiona RUTHERFORD	24:44	VW40-	63.61 %	F	29		New PB!	3	

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			44						
170	Adrian HAYWARD	24:45	VM40-44	55.15 %	M	141		PB stays at 00:22:48	19
171	Lauren TAIT	24:46	SW25-29	59.76 %	F	30		New PB!	7
172	Unknown								
173	Laure BOUTRAIS-LODGE	24:50	VW40-44	61.61 %	F	31		PB stays at 00:24:44	13
174	Tom DUDLEY	24:51	SM25-29	51.91 %	M	143		PB stays at 00:24:11	4
175	Derek FISHWICK	24:54	VM55-59	62.25 %	M	144	Cardiff AAC	PB stays at 00:23:00	21
176	Ian Andrew SWANSON	25:00	VM60-64	64.73 %	M	145	Port Talbot Harriers & AC	PB stays at 00:24:49	9
177	Oliver TUTAS	25:04	VM45-49	56.58 %	M	146	David Lloyd Redway Runners	PB stays at 00:24:35	60
178	Owen HAGGER	25:07	SM25-29	51.43 %	M	147		PB stays at 00:24:09	5
179	Mary BEECH	25:09	VW45-49	65.87 %	F	32		PB stays at 00:24:57	22
180	Nige TAYLOR	25:15	SM35-39	52.21 %	M	148		New PB!	3

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			Cat ▼	Grade ▼					Runs ▼	
181	Keith TREHARNE	25:23	VM65-69	67.30 %	M	149	Brackla Harriers	PB stays at 00:23:38	75	50
182	Karen WILLIAMS	25:26	SW25-29	58.19 %	F	33		PB stays at 00:24:23	6	
183	Unknown									
184	Gary HOBBS	25:33	VM40-44	55.06 %	M	151	Village Vipers	PB stays at 00:23:00	22	
185	Paul Dominic JONES	25:38	SM35-39	52.08 %	M	152		PB stays at 00:24:08	8	
186	Mark DAVIES	25:44	VM45-49	55.51 %	M	153		PB stays at 00:24:33	54	50
187	John ROSS	25:45	VM45-49	55.08 %	M	154		PB stays at 00:22:07	71	50
188	Unknown									
189	David Jonathan GRANT	25:50	SM30-34	50.52 %	M	156		PB stays at 00:25:16	10	
190	Simon HEARN	25:51	SM20-24	49.90 %	M	157		PB stays at 00:24:29	7	
191	Julie HARVEY	25:55	VW50-54	68.04 %	F	34		PB stays at 00:25:19	33	
192	Robert CAWLEY	25:56	VM40-44	53.41 %	M	158		PB stays at 00:23:15	30	


Pos ▼	parkrunner ▼	Time ▼	Age	Age	Gender ▼	Gender		Note ▼	Tot Runs ▼
			Cat ▼	Grade ▼		Pos ▼	Club ▼		
193	Anton KOSSACK	25:56	SM25-29	49.74 %	M	159		PB stays at 00:25:54	15
194	Ria CHAPMAN	25:57	SW20-24	57.03 %	F	35		First Timer!	1
195	Kim WILLIAMS	26:00	VW50-54	66.99 %	F	36		PB stays at 00:25:09	33
196	Amelia CHAPMAN	26:01	SW20-24	56.89 %	F	37		First Timer!	1
197	Jeff MARK	26:03	VM40-44	52.40 %	M	160		PB stays at 00:24:22	20
198	Jane BLETHYN	26:04	VW55-59	68.54 %	F	38	WRN Penarth	PB stays at 00:25:37	2
199	Lydia ASHWORTH	26:06	SW20-24	56.70 %	F	39		New PB!	5
200	Julia EVANS	26:08	VW50-54	64.92 %	F	40	Womens Running Network	PB stays at 00:25:22	12
201	Ffion POWELL	26:10	JW14	65.22 %	F	41	Bridgend AC	PB stays at 00:25:28	8
202	Michael USHER	26:10	SM20-24	49.30 %	M	161		PB stays at 00:25:37	9
203	Emma WILSON	26:10	SW25-29	56.56 %	F	42		New PB!	7

Pos	parkrunner	Time	Age Cat	Age Grade	Gender	Pos	Club	Note	Tot Runs
204	Anne WESSON	26:12	VW40-44	58.40 %	F	43		New PB!	23
205	Nigel Leighton JONES	26:16	VM55-59	59.52 %	M	162		PB stays at 00:25:32	55 50
206	Katherine HUNTER	26:18	SW20-24	56.27 %	F	44		PB stays at 00:24:46	8
207	Danielle WILSON	26:20	SW25-29	56.20 %	F	45		PB stays at 00:25:41	2
208	Michelle RIVETT	26:22	VW40-44	58.03 %	F	46	Vegan Runners	New PB!	38
209	Natasha POWELL	26:24	JW14	61.68 %	F	47	Bridgend AC	New PB!	7
210	Terry VICKERY	26:25	VM70-74	68.45 %	M	163		PB stays at 00:25:10	76 50
211	Anthony POWELL	26:28	VM40-44	52.77 %	M	164	Porthcawl Runnerslife	PB stays at 00:16:56	13
212	Marcia SMITH	26:29	SW30-34	55.95 %	F	48		PB stays at 00:25:55	4
213	Andrew GALLEGO	26:32	SM30-34	48.87 %	M	165		PB stays at 00:26:21	9
214	Daniel James MORGAN	26:33	JM15-19	52.42 %	M	166		PB stays at 00:25:26	9
215	Gavin OWEN	26:34	SM25-	48.56 %	M	167		First Timer!	1

Pos ▼	parkrunner ▼	Time ▼	Age	Age	Gender ▼	Gender		Note ▼	Tot
			Cat ▼	Grade ▼		Pos ▼	Club ▼		Runs ▼
			29						
216	Edward MAXWELL-LYTE	26:37	SM25-29	48.47 %	M	168		First Timer!	1
217	Luke MCROY-JONES	26:42	JM14	54.31 %	M	169		New PB!	7
218	Mike ATKIN	26:45	VM45-49	54.70 %	M	170		New PB!	2
219	Simon HANNA	26:46	VM45-49	54.23 %	M	171		PB stays at 00:25:25	54
220	June PRICE	26:49	VW35-39	56.43 %	F	49	Womens Running Network	First Timer!	1
221	Kate TURNER	26:57	VW35-39	55.66 %	F	50		First Timer!	1
222	Gemal MOHAMMED	27:00	JM14	55.06 %	M	172	Butetown Runners	New PB!	2
223	Mark FAULKNER	27:01	VM50-54	55.95 %	M	173		First Timer!	1
224	Matthew PENNELL	27:04	SM30-34	48.46 %	M	174		New PB!	3
225	Suzanne HOARE	27:09	SW20-24	54.51 %	F	51		First Timer!	1
226	Anne WENDT	27:12	SW25-29	54.41 %	F	52	Penarth & Dinas Runners	PB stays at 00:25:11	13
227	Ellie HOWES	27:15	JW14	59.76 %	F	53		First Timer!	1

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Pos ▼	parkrunner ▼	Time ▼	Age	Age	Gender ▼	Gender		Note ▼	Tot
			Cat ▼	Grade ▼		Pos ▼	Club ▼		Runs ▼
228	Ruth COPELAND	27:15	SW25-29	54.31 %	F	54		First Timer!	1
229	Nia TOMOS	27:17	SW20-24	54.25 %	F	55		New PB!	13
230	Unknown								
231	Natalie ROBERTSON	27:23	SW30-34	54.17 %	F	56		PB stays at 00:24:07	22
232	Unknown								
233	Heidy DAVIES	27:27	VW45-49	57.86 %	F	57		PB stays at 00:26:32	28
234	Derrick STEPHENSON	27:31	VM55-59	56.33 %	M	177		PB stays at 00:23:29	16
235	Felicity MAY	27:32	SW25-29	53.75 %	F	58		New PB!	2
236	Dafydd SION	27:35	SM25-29	46.83 %	M	178		PB stays at 00:24:52	18
237	Kelly MARSH	27:36	SW30-34	53.62 %	F	59		PB stays at 00:26:19	40
238	Jannete STEVENS	27:38	SW20-24	53.56 %	F	60		New PB!	2
239	Carol OWEN	27:44	VW45-49	59.74 %	F	61		PB stays at 00:27:34	12

Pos	parkrunner	Time	Age Cat	Age Grade	Gender	Pos	Club	Note	Tot Runs
240	Claire 1 LEWIS	27:44	VW45-49	57.81 %	F	62		PB stays at 00:26:36	56 
241	Louise Clare THORNE	27:46	VW35-39	54.50 %	F	63		PB stays at 00:27:29	5
242	Meilyr Hedd AP IFAN	27:46	SM25-29	46.52 %	M	179		New PB!	7
243	Matthew Rhys JONES	27:54	SM25-29	46.24 %	M	180		PB stays at 00:25:45	9
244	Gabriella GREEN	27:58	VW40-44	55.84 %	F	64		PB stays at 00:27:40	2
245	Ginnie WINTER	28:01	SW30-34	53.18 %	F	65		PB stays at 00:25:54	9
246	Unknown								
247	Jane CHAPPELLE	28:12	VW45-49	58.04 %	F	66		PB stays at 00:27:19	15
248	Sian SYKES	28:17	SW30-34	52.68 %	F	67		New PB!	7
249	Unknown								
250	Mark LETTON	28:21	VM40-44	48.15 %	M	183		PB stays at 00:26:09	23
251	Emma Louise HORSNELL	28:26	SW20-24	52.05 %	F	68		New PB!	3

Pos ▼	parkrunner ▼	Time ▼	Age	Age	Gender ▼	Gender		Note ▼	Tot Runs ▼
			Cat ▼	Grade ▼		Pos ▼	Club ▼		
252	Susan HOBBS	28:28	VW45-49	55.80 %	F	69		PB stays at 00:26:53	49
253	Gerry O'NEILL	28:32	VM60-64	56.72 %	M	184		New PB!	5
254	Emma DAVIES	28:39	SW30-34	52.01 %	F	70		PB stays at 00:26:52	12
255	Alison Rose HUGHES	28:39	SW30-34	51.77 %	F	71		New PB!	4
256	Chris SAUNDERS	28:40	SM35-39	46.28 %	M	185		PB stays at 00:25:58	36
257	Joannes DAVIES	28:42	SW20-24	51.57 %	F	72		PB stays at 00:23:41	37
258	Edward HAYES	28:44	SM30-34	45.42 %	M	186		PB stays at 00:28:05	2
259	Lizzi ELTON-WALTERS	28:50	SW20-24	51.33 %	F	73		PB stays at 00:28:39	14
260	Nia Ann THOMAS	28:51	SW20-24	51.30 %	F	74		First Timer!	1
261	David F GRIFFITHS	29:01	VM55-59	54.80 %	M	187		PB stays at 00:25:28	8
262	Iona PROSSER	29:07	JW14	53.98 %	F	75	Hereford & County AC	PB stays at 00:25:41	5

Pos ▼	parkrunner ▼	Time ▼	Age	Age	Gender ▼	Gender		Note ▼	Tot
			Cat ▼	Grade ▼		Pos ▼	Club ▼		Runs ▼
263	Garry WHARMBY	29:17	VM45-49	49.57 %	M	188		PB stays at 00:29:11	16
264	Susan JONES	29:23	SW30-34	50.37 %	F	76		First Timer!	1
265	Colin BOWN	29:27	SM35-39	45.05 %	M	189		New PB!	2
266	Mark ANSLOW	29:29	SM25-29	43.81 %	M	190		PB stays at 00:27:40	6
267	Jeff TAYLOR	29:35	VM50-54	50.25 %	M	191		PB stays at 00:22:14	50
268	Lisa PSAILA	29:38	SW25-29	49.94 %	F	77		First Timer!	1
269	Katie JONES	29:39	SW25-29	49.92 %	F	78		PB stays at 00:28:47	20
270	Clare O'REILLY	29:45	SW30-34	49.80 %	F	79	Penarth & Dinas Runners	PB stays at 00:28:07	11
271	Kate OWEN	29:47	VW40-44	52.43 %	F	80		PB stays at 00:28:44	12
272	Unknown								
273	Unknown								
274	Martyn CARPENTER	30:08	VM50-54	50.55 %	M	194		PB stays at 00:30:05	10

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Pos ▼	parkrunner ▼	Time ▼	Age	Age	Gender ▼	Gender		Note ▼	Tot
			Cat ▼	Grade ▼		Pos ▼	Club ▼		Runs ▼
275	Adam CASWELL	30:17	SM20-24	42.60 %	M	195		PB stays at 00:28:00	3
276	Rachel WOODWARD	30:18	SW20-24	48.84 %	F	81		PB stays at 00:26:31	7
277	Unknown								
278	Huw WILLIAMS	30:22	VM45-49	47.42 %	M	197		PB stays at 00:28:28	5
279	Tony HOLLING	30:34	VM55-59	50.71 %	M	198	Port Talbot Harriers & AC	PB stays at 00:26:27	3
280	Unknown								
281	Unknown								
282	Michael BAKER	30:48	VM45-49	47.51 %	M	201		PB stays at 00:30:25	5
283	Daniel Alex JONES	30:54	SM30-34	41.86 %	M	202		New PB!	9
284	Unknown								
285	Benjamin VINCE	31:08	SM20-24	41.86 %	M	204		PB stays at 00:24:13	6
286	Geoff WRIGHT	31:13	VM60-64	52.27 %	M	205	Les Croupiers RC	PB stays at 00:25:13	118
287	Karen PENNY	31:19	VW45-49	51.20 %	F	82		First Timer!	1



Pos ▼	parkrunner ▼	Time ▼	Age	Age	Gender ▼	Gender		Note ▼	Tot
			Cat ▼	Grade ▼		Pos ▼	Club ▼		Runs ▼
288	Alexandra DOHERTY	31:22	SW20-24	47.18 %	F	83	Les Croupiers RC	PB stays at 00:25:58	13
289	Liz COURT	31:42	VW60-64	61.20 %	F	84		PB stays at 00:30:17	2
290	Alan CRIPPS	31:44	VM60-64	50.53 %	M	206		PB stays at 00:29:54	41
291	Laila QUATTRINI	31:51	VW35-39	47.72 %	F	85		New PB!	3
292	Christine EVANS	31:52	VW55-59	59.21 %	F	86		First Timer!	1
293	Christina MCMULLEN	31:52	VW45-49	49.84 %	F	87		New PB!	7
294	Joanna JONES	32:05	SW25-29	46.13 %	F	88		PB stays at 00:28:29	5
295	Catherine Ellen DUDDRIDGE	32:14	SW25-29	45.92 %	F	89		First Timer!	1
296	Nikki MCLAUGHLIN	32:16	SM30-34	40.19 %	M	207		First Timer!	1
297	Gary HOWELL	32:17	SM30-34	40.63 %	M	208		PB stays at 00:20:43	10
298	Xiaoying CHEN	32:20	SW30-34	45.77 %	F	90		PB stays at 00:30:51	14

Pos	parkrunner	Time	Age Cat	Age Grade	Gender	Pos	Club	Note	Tot Runs
299	Anurag PINTO	32:20	VW35-39	46.80 %	F	91		PB stays at 00:30:38	18
300	Jemma Louise JONES	32:25	SW20-24	45.66 %	F	92		PB stays at 00:30:20	13
301	Olivia WEBB	32:29	SW20-24	45.56 %	F	93		PB stays at 00:32:07	2
302	Tim WEBB	32:30	VM60-64	50.21 %	M	209	Pegasus RC (Cardiff)	PB stays at 00:26:12	5
303	Unknown								
304	Sarah JAMES	32:45	VW40-44	48.04 %	F	94		PB stays at 00:31:48	18
305	Catherine THOMAS	32:45	VW40-44	47.68 %	F	95		New PB!	2
306	Unknown								
307	Marianne BURRIDGE	33:25	VW50-54	52.12 %	F	96	Fairwater Runners	PB stays at 00:27:33	53
308	Preety NAIK	33:29	SW30-34	44.25 %	F	97		PB stays at 00:30:48	23
309	Lorna EDWARDS	33:44	VW45-49	49.11 %	F	98		First Timer!	1
310	Unknown								
311	Laura Elizabeth	34:13	SW30-	43.35 %	F	99		PB stays at	6

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Pos	parkrunner	Time	Age Cat	Age Grade	Gender	Gender Pos	Club	Note	Tot Runs
	ROBERTS		34					00:31:54	
312	Lisa PARRY	34:21	VW35-39	44.06 %	F	100		PB stays at 00:27:26	29
313	Daphne AUSTERBERRY	34:46	VW65-69	62.99 %	F	101		PB stays at 00:34:03	9
314	Fiona CAMPBELL	34:57	VW35-39	42.92 %	F	102		First Timer!	1
315	Louie CARDINALE	37:25	JM14	47.57 %	M	213		PB stays at 00:32:11	3
316	Diane MITCHELL	37:33	VW50-54	46.38 %	F	103		PB stays at 00:31:37	69
317	Joanna HALL	38:02	SW25-29	38.91 %	F	104		PB stays at 00:33:39	4
318	Peter EVANS	44:24	VM60-64	37.09 %	M	214		First Timer!	1
319	Desmond DAVIES	44:31	VM60-64	36.65 %	M	215	Les Croupiers RC	PB stays at 00:20:25	130

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