

: 30 Mar 2017

120 Runners

Female Veteran 15km

Place	No.	Name (Club)	Time	Time Dif	Av Spd
1	51	Vicky Jones	1:22:09		10.96
2	133	Josie Hunsdon	1:28:40	6:31	10.15
3	85	Gwen Smith	1:35:32	13:23	9.42
4	21	Gemma Dummett	1:43:31	21:22	8.69
5	64	Jen Morse	1:44:50	22:41	8.59
6	49	Hannah Jones	1:52:18	30:09	8.01
7	34	Anna Harries	1:53:23	31:14	7.94
8	71	Claudia Radulescu	1:53:24	31:15	7.94

Male Senior 15km

Place	No.	Name (Club)	Time	Time Dif	Av Spd
1	129	Nathan Flear	1:02:35		14.38
2	28	Nino Gatti	1:10:21	7:46	12.79
3	74	Michael Roderick	1:12:29	9:54	12.42
4	106	John Camani	1:14:28	11:53	12.09
5	132	Alex Lewis	1:15:05	12:30	11.99
6	116	Kevin Burton	1:16:21	13:46	11.79
7	115	Nick Venabels	1:16:55	14:20	11.70
8	29	Daniel Gilbert	1:18:31	15:56	11.46
9	80	Christopher Simons	1:18:51	16:16	11.41
10	57	ray majer	1:24:56	22:21	10.60
11	108	Liam Allcock	1:25:27	22:52	10.53
12	22	Ceri Durke	1:26:26	23:51	10.41
13	107	Lawrence Jones	1:30:55	28:20	9.90
14	75	David Rosser	1:34:30	31:55	9.52
15	114	Neil Harries	1:38:12	35:37	9.16
16	7	Ben Bowen	1:42:06	39:31	8.81
17	62	Daniel Morgan	1:42:30	39:55	8.78

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Male Veteran 15km : 18 Runners : 15 Kms

Place	No.	Name (Club)	Time	Time Dif	Av Spd
1	127	Gareth Payne	1:00:44		14.82
2	99	Steven Williams	1:07:32	6:48	13.33
3	137	Steve Smith	1:08:00	7:16	13.24
4	25	Mike Evans	1:08:45	8:01	13.09
5	82	Richard Simpson	1:16:53	16:09	11.71
6	139	Gareth Phillips	1:21:44	21:00	11.01
7	134	Richard Govier	1:25:11	24:27	10.57
8	100	Mike Winch	1:26:50	26:06	10.36
9	136	Kris Williams	1:27:01	26:17	10.34
10	8	Sam Broad	1:27:11	26:27	10.32
11	135	Stuart	1:28:18	27:34	10.19
12	138	Phil Williams	1:28:57	28:13	10.12
13	94	carl trowbridge	1:30:20	29:36	9.96
14	2	Mark Alexander	1:36:23	35:39	9.34
15	86	Jason Taylor	1:41:28	40:44	8.87
16	128	Huw Jones	1:42:16	41:32	8.80
17	68	Aldo Picek	1:42:47	42:03	8.76
18	125	Dave Brennan	1:46:48	46:04	8.43

Female Senior 7.5km

Place	No.	Name (Club)	Time	Time Dif	Av Spd
1	19	Charlie Davis	42:20		10.63
2	89	Angharad Thomas	44:50	2:30	10.04
3	53	Elinor King	48:45	6:25	9.23
4	36	Nicola Hendy	49:10	6:50	9.15
5	95	Hayley Williams	50:34	8:14	8.90
6	46	Lisa Jenkins	50:44	8:24	8.87
7	55	Amelia Lewis	54:17	11:57	8.29
8	131	Hannah Gale	55:06	12:46	8.17
9	123	Catrin Davies	55:59	13:39	8.04
10	20	Rachel Dennis-Jones	1:01:02	18:42	7.37
11	111	Sophie Peacock	1:04:29	22:09	6.98
12	17	Lyndsey Davies	1:08:57	26:37	6.53

Female Veteran 7.5km

Place	No.	Name (Club)	Time	Time Dif	Av Spd
1	120	Lousie Rees James	42:03		10.70
2	41	Mandy Jack	43:36	1:33	10.32
3	122	Jen Aylward	43:39	1:36	10.31
4	52	Viv Jones	43:49	1:46	10.27
5	91	Kate Thomas	44:56	2:53	10.01
6	117	Joanne Popham	45:48	3:45	9.83
7	54	Emily King	46:54	4:51	9.59
8	5	Jodie Bateman	48:12	6:09	9.34
9	38	Susan Hughes Jones	48:13	6:10	9.33
10	70	Kaye Prothero-John	50:24	8:21	8.93
11	93	Victoria Thomas	50:41	8:38	8.88
12	13	Heledd Cynwal	50:42	8:39	8.88
13	103	Catherine yeoh	52:11	10:08	8.62
14	121	Denice Phillip	52:24	10:21	8.59
15	37	Sarah Hughes	52:30	10:27	8.57
16	81	Laura Simpson	53:52	11:49	8.35
17	6	Rhian Beresford	53:54	11:51	8.35
18	24	Donna Evans	54:02	11:59	8.33
19	130	Carol Jones	55:13	13:10	8.15
20	102	Tanya Worthington	55:25	13:22	8.12
21	66	Catherine Perkinton	56:02	13:59	8.03
22	124	Laura Lloyd Davies	56:05	14:02	8.02
23	126	Nicola Thomas	56:15	14:12	8.00
24	1	Karen Adams	56:18	14:15	7.99
25	33	Gillian Handscomb	56:22	14:19	7.98
26	88	Alison Thomas	56:23	14:20	7.98
27	56	ann majer	56:25	14:22	7.98
28	4	Alison Ballantine	56:26	14:23	7.97
29	23	Catrin Evans	58:16	16:13	7.72
30	58	Severine Mari-Pincott	58:23	16:20	7.71
31	98	Shirley Williams	59:07	17:04	7.61
32	63	Helen Morgan	59:07	17:04	7.61
33	72	Gail Rees	59:12	17:09	7.60
34	76	Kathryn Ruse	1:02:13	20:10	7.23
35	43	Fran James	1:03:06	21:03	7.13
36	90	Claire Thomas	1:04:34	22:31	6.97
37	96	Hazel Williams	1:07:23	25:20	6.68
38	45	Victoria Jasper	1:09:03	27:00	6.52

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39	32	Brigid Haines	1:12:57	30:54	6.17
40	61	Jeanette Mitchell	1:19:03	37:00	5.69
41	10	Pippa Clark	1:25:03	43:00	5.29

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Male Senior 7.5km

Place	No.	Name (Club)	Time	Time Dif	Av Spd
1	109	Harvey Millar	34:41		12.97
2	14	Dean David	45:20	10:39	9.93
3	119	Mark Callingham	45:47	11:06	9.83
4	27	Mike Foster	47:26	12:45	9.49
5	118	Simon Rees	49:35	14:54	9.08
6	104	Alfie Richards	1:08:05	33:24	6.61

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Male Veteran 7.5km

Place	No.	Name (Club)	Time	Time Dif	Av Spd
1	26	Stuart Evans	31:41		14.20
2	39	Martyn Hughes-Dowdle	32:37	0:56	13.80
3	31	Fred Guillet	37:39	5:58	11.95
4	16	Andrew Davies	39:01	7:20	11.53
5	12	Martin Croshaw	40:11	8:30	11.20
6	67	Deian Phillips	42:09	10:28	10.68
7	18	Rob Davies	42:12	10:31	10.66
8	42	Daniel James	49:09	17:28	9.16
9	92	Richard Thomas	49:33	17:52	9.08
10	84	Matthew Slee	51:04	19:23	8.81
11	44	Jez James	1:03:06	31:25	7.13
12	105	Lyndon Rees	1:08:03	36:22	6.61

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Female Senior 15km

Place	No.	Name (Club)	Time	Time Dif	Av Spd
1	110	Rhiannon Wallace	1:25:28		10.53
2	78	Laura Sharpe	1:31:22	5:54	9.85
3	11	Megan Colbeck	1:32:31	7:03	9.73
4	30	Natasha Greenway	1:36:40	11:12	9.31
5	113	Jana	1:38:13	12:45	9.16
6	50	Lucy Jones	1:42:44	17:16	8.76