

## 2015 Cardiff Bay 5 Mile

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
1	0:23:56	1	Adam Hickey	M		Southend AC	1	0:23:55
2	0:24:26	4	Tom Marshall	M		Cardiff AAC	2	0:24:26
3	0:24:40	9	Owain Jones	M		Bristol & West AC	3	0:24:39
4	0:25:04	11	Mike Kershaw	M		Cardiff AAC	4	0:25:03
5	0:25:08	8	Steven Mitchell	M		Bristol & West AC	5	0:25:08
6	0:25:11	3	Marc Hobbs	M		Swansea Harriers	6	0:25:11
7	0:25:18	5	Chris Carpanini	M		Swansea Harriers	7	0:25:16
8	0:25:27	44	Matthew Whithfield	M	35	Bristol & West AC	8	0:25:27
9	0:25:46	17	Matthew Harvey	M		Swansea Harriers	9	0:25:45
10	0:26:23	1702	Sam Humphreys	M		Victoria Park Harriers & Tower Hamle	10	0:26:23
11	0:26:42	21	Huw Evans	M	40	Les Croupiers	11	0:26:41
12	0:26:47	1706	Mukhtaar Farhan	M		Cardiff AAC	12	0:26:47
13	0:27:03	1752	Daryll Barnby	M		Micky Morris Racing Team	13	0:27:02
14	0:27:05	19	Martin Rees	M	60	Swansea Harriers	14	0:27:04
15	0:27:06	15	Elsidig Ibrahim	M	40	Cardiff AAC	15	0:27:05
16	0:27:13	13	Tom Marley	M		Cardiff AAC	16	0:27:12
17	0:27:14	1515	Henry Wright	M	35		17	0:27:13
18	0:27:19	1643	Gavin Gates	M	35	Bridgend AC	18	0:27:18
19	0:27:28	34	Lauren Deadman	F		Havering	19	0:27:27
20	0:27:39	155	James Nunn	M	35	Les Croupiers	20	0:27:37
21	0:27:42	247	Joe Beech	M			21	0:27:41
22	0:28:02	192	Richard Waldron	M		Southampton AC	22	0:28:01
23	0:28:11	151	Iwan Morton	M	35	Pont-y-Pwl Runners	23	0:28:09
24	0:28:12	75	Mikey B	M		Swansea Harriers	24	0:28:10
25	0:28:15	36	Emma Wookey	F		Lliswerry Runners	25	0:28:14
26	0:28:20	1461	Richard Wilder	M	40		26	0:28:18
27	0:28:31	198	Oliver Williams	M		Les Croupiers	27	0:28:29
28	0:28:32	1389	Miles Thomas	M			28	0:28:29
29	0:28:33	1701	Gari Herring	M			29	0:28:31
30	0:28:35	73	Aitor Alvarez-Fernandez	M		Oxford Athletics	30	0:28:35
31	0:28:42	37	Jess Parry-Williams	F		Les Croupiers	31	0:28:41
32	0:28:44	125	Laurence Humphreys	M		Fairwater Runners	32	0:28:42
33	0:28:48	41	Kate Roberts	F		Swansea Harriers	33	0:28:47
34	0:28:54	506	Craig Dummer	M	35		34	0:28:53
35	0:28:57	168	Matthew Rees	M		Swansea Harriers	35	0:28:55
36	0:28:58	1627	Aaron Pritchard	M		Somer AC	36	0:28:57
37	0:29:17	336	James Casburn	M			37	0:29:16
38	0:29:23	42	Fiona Clark	F		Arena 80	39	0:29:22
39	0:29:24	170	Steve Rhind	M	50	Hendre Lake Running Club	38	0:29:22
40	0:29:30	1451	Matthew Wheeler	M		Cardiff Triathletes	40	0:29:27
41	0:29:32	150	Paul Morgan	M		Port Talbot Harriers	41	0:29:31
42	0:29:32	39	Kat Marshall	F		Cardiff AAC	42	0:29:31
43	0:29:36	1447	Dan Whaites	M			43	0:29:32
44	0:29:41	1181	Laurence Pole	M	40		44	0:29:37
45	0:29:44	1472	Iwan Williams	M			45	0:29:41
46	0:29:46	193	Terry Watkins	M	40	Pont-y-Pwl Runners	47	0:29:45
47	0:29:47	540	Clara Evans	F		Pontypridd Roadents	48	0:29:46
48	0:29:50	1440	Leighton Webb	M			46	0:29:43
49	0:29:50	1736	Nathan Price	M			49	0:29:47
50	0:29:50	1746	Paul Talbot	M	45	Neath Harriers	51	0:29:49
51	0:29:52	144	Michael Mansfield	M	40	Gloucester AAC	50	0:29:47
52	0:29:52	121	Mark Horsman	M	35	Outdoor Fitness	52	0:29:50
53	0:29:55	689	Kieran Hayles	M			53	0:29:50
54	0:30:04	974	Lucy Marland	F			54	0:30:03
55	0:30:12	82	Ben Butler-Madden	M		Penarth & Dinas Runners	55	0:30:08
56	0:30:14	78	Jon Belcher	M	35	Lliswerry Runners	56	0:30:11
57	0:30:18	90	Alun Davies	M		Les Croupiers	58	0:30:13
58	0:30:19	893	Rhys Knight	M			57	0:30:12
59	0:30:21	814	Mark Jenkins	M	40		60	0:30:19
60	0:30:24	684	Matthew Hartley	M			59	0:30:18
61	0:30:33	111	Matt Govier	M	40	Les Croupiers	61	0:30:29
62	0:30:34	1773	Gary Buckland	M			62	0:30:30
63	0:30:36	511	Andrew Dwyer	M	45		63	0:30:34
64	0:30:38	140	Daniel Lewis	M	35	San Domenico	64	0:30:35
65	0:30:40	1655	Donovan Williams-Hale	M		Bridgend AC	65	0:30:37
66	0:30:59	703	Thomas Henry	M			67	0:30:57
67	0:31:04	1327	Josh Smith	M			69	0:30:59
68	0:31:05	1796	Runner 1796	M			70	0:31:01
69	0:31:08	1245	Rhydian Reston	M	35		68	0:30:58
70	0:31:08	95	Paul Davies	M	50	RUN4ALL Neath	73	0:31:06
71	0:31:09	136	Sam Joseph	M		Swansea Harriers	66	0:30:40
72	0:31:10	715	John Hill	M			71	0:31:04
73	0:31:10	134	Sam Jones	M		Parc Bryn Bach	72	0:31:04
74	0:31:16	1511	Alun Wood	M			75	0:31:07
75	0:31:16	395	John Courtney	M	40		76	0:31:10

## 2015 Cardiff Bay 5 Mile

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
76	0:31:16	241	Emma Baxter	F			77	0:31:11
77	0:31:17	748	Brian Hosty	M	35		78	0:31:13
78	0:31:17	1620	Adrien Pilat	M		Nike Run Club Cardiff	74	0:31:07
79	0:31:17	328	Alec Care	M			79	0:31:14
80	0:31:19	167	James Rees	M	35	Goyt Valley Striders	82	0:31:17
81	0:31:20	1605	Nicola Gething	F	45	Parc Bryn Bach	81	0:31:16
82	0:31:24	1094	Malcolm O'Brien	M			83	0:31:19
83	0:31:25	100	Brian Dias	M		Les Croupiers	85	0:31:23
84	0:31:27	141	Nick Lewis	M		White Rock Runners	84	0:31:20
85	0:31:28	950	Robert Lovegrove	M			80	0:31:16
86	0:31:29	1258	Adam Robak	M	35		86	0:31:27
87	0:31:30	1221	George Rainsford	M			87	0:31:27
88	0:31:35	172	Jonathan Salisbury	M	45	Penarth & Dinas Runners	88	0:31:29
89	0:31:36	626	Darius Gray	M			89	0:31:30
90	0:31:37	139	Arwel Lewis	M	55	Eryri Harriers	91	0:31:35
91	0:31:40	1469	Gavin Williams	M	35		90	0:31:35
92	0:31:44	1675	Richard Bullen	M	50	Les Croupiers	94	0:31:40
93	0:31:50	310	Susannah Bulpin	F	40	San Domenico	95	0:31:47
94	0:31:53	231	Stuart Baker	M	35		92	0:31:38
95	0:31:53	1462	Sally Wilder	F	35		96	0:31:50
96	0:31:55	1726	Michael Murphy	M	60	Les Croupiers	97	0:31:52
97	0:31:59	1339	Lewis Stallard	M	35		93	0:31:40
98	0:32:01	452	Martin Davies	M	40		98	0:31:54
99	0:32:03	1718	Richard Elgor	M		Lliswerry Runners	99	0:31:57
100	0:32:05	1621	Bleddyn Jones	M	35	Lliswerry Runners	100	0:32:00
101	0:32:07	1768	Johnny Lam	M	40	San Domenico	103	0:32:03
102	0:32:08	1021	Marcus Meyrick	M	40		102	0:32:03
103	0:32:09	1111	Alexander Owen	M			101	0:32:00
104	0:32:11	624	Paul Graham	M			105	0:32:08
105	0:32:14	1712	Huw Roberts	M	55	Bridgend AC	106	0:32:11
106	0:32:17	494	Josh Dixon	M			104	0:32:08
107	0:32:26	200	Chris Wood	M		White Rock Runners	108	0:32:20
108	0:32:26	271	Phil Boorman	M	45		107	0:32:15
109	0:32:28	1150	James Pearce	M	35		109	0:32:23
110	0:32:33	143	Brian Lovett	M	45	San Domenico	112	0:32:30
111	0:32:35	1681	Joseph Tobin	M		Swansea Harriers	113	0:32:32
112	0:32:38	946	Ben Lodey	M			110	0:32:24
113	0:32:40	910	Sharon Leech	F	45		115	0:32:38
114	0:32:43	40	Carys Hughes	F		Les Croupiers	118	0:32:41
115	0:32:44	1046	John Morgan	M	50		117	0:32:40
116	0:32:45	505	Antoinette Dumayne	F		Lliswerry Runners	116	0:32:39
117	0:32:49	159	Ross Phillips	M		Caerphilly Runners	120	0:32:47
118	0:32:51	101	Mark Dunscombe	M	50	Aberdare VAAC	121	0:32:47
119	0:32:52	179	David Standing	M		Fairwater Runners	119	0:32:46
120	0:32:57	1287	Adam Salter	M			124	0:32:54
121	0:32:58	562	Bethan Everson	F		Shapwick Runners	111	0:32:29
122	0:33:00	1180	Kevin Plank	M	40		123	0:32:49
123	0:33:06	441	John Davies	M			122	0:32:48
124	0:33:08	218	Samantha Aplin	F		Eastleigh Running Club	127	0:33:03
125	0:33:10	1024	Simon Miles	M	35		125	0:32:57
126	0:33:15	619	David Goodall	M	60		128	0:33:07
127	0:33:16	683	Andrew Hartley	M			114	0:32:33
128	0:33:33	1647	Peter Ovey	M	45	Lliswerry Runners	132	0:33:22
129	0:33:34	1603	Andrew Dickens	M	45	Pont-y-Pwl Runners	139	0:33:32
130	0:33:34	1209	Mathew Pritchard	M	40		136	0:33:31
131	0:33:35	1385	Lewis Thomas	M			131	0:33:21
132	0:33:36	299	Andrew Brunjes	M	35		134	0:33:27
133	0:33:36	1033	Anna Moon	F			130	0:33:18
134	0:33:36	371	Clem Clement	M	55		135	0:33:29
135	0:33:37	635	Rhys Griffith	M			133	0:33:26
136	0:33:37	1002	Sean McNally	M	35		140	0:33:32
137	0:33:39	1293	Lenny Sayers	M	35		141	0:33:33
138	0:33:41	654	Walid Hadid	M			146	0:33:38
139	0:33:43	1238	Richard Rees	M		Team Rees Runners	148	0:33:41
140	0:33:45	117	Nick Harris	M		Cwm Ogwr	145	0:33:37
141	0:33:47	114	Gina Hardman	F	40	Bridgend AC	147	0:33:39
142	0:33:48	412	Ryan Cullen	M			129	0:33:14
143	0:33:48	248	Ian Bell	M	40		151	0:33:44
144	0:33:49	588	Andrew Frayling	M	40		138	0:33:32
145	0:33:51	85	David Cornock	M	50	Barnes Runners	144	0:33:36
146	0:33:52	531	Luke Endsor	M			150	0:33:44
147	0:33:57	1614	Andrew Sepahpar	M	45		152	0:33:48
148	0:34:00	1795	Runner 1795	M			137	0:33:31
149	0:34:03	1379	Gavin Thomas	M	35		142	0:33:33
150	0:34:04	655	Brian Hall	M	50		155	0:33:51

## 2015 Cardiff Bay 5 Mile

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
151	0:34:06	810	Huw Jenkins	M	40		158	0:33:56
152	0:34:07	1227	Matt Reardon	M	35		154	0:33:50
153	0:34:08	375	Jamie Clode	M			161	0:33:59
154	0:34:09	1291	Steven Sargent	M			153	0:33:49
155	0:34:11	779	Sophie Irvine	F			156	0:33:55
156	0:34:11	253	Mike Bessell	M	35		167	0:34:06
157	0:34:12	1117	Ross Owen	M			162	0:34:01
158	0:34:12	577	Louise Flynn	F			143	0:33:34
159	0:34:14	438	Gareth Davies	M	40		166	0:34:06
160	0:34:14	456	Neil Davies	M	45		157	0:33:56
161	0:34:15	1299	Stephen Scott	M	45		149	0:33:44
162	0:34:16	391	Alex Cornett	M			170	0:34:11
163	0:34:19	843	Gavin Jones	M			165	0:34:05
164	0:34:20	162	Sean Pritchard	M		Swansea Harriers	169	0:34:10
165	0:34:21	1667	Paul Moon	M		Griffithstwon Harriers	171	0:34:11
166	0:34:22	180	Wayne Stewart	M	45	Forest of Dean	173	0:34:13
167	0:34:23	597	Paul Fry	M			126	0:33:00
168	0:34:24	1110	Stephen Otter	M			160	0:33:59
169	0:34:25	146	Phillip Mears	M	45	White Rock Runners	176	0:34:20
170	0:34:29	675	Neil Harris	M	40		175	0:34:17
171	0:34:29	120	Geoff Hill	M		Swansea Harriers	185	0:34:28
172	0:34:31	1394	Ross Thomas	M			163	0:34:03
173	0:34:33	312	Paul Burleton	M	40		183	0:34:28
174	0:34:34	1657	Tony Mackay	M	50	Pegasus	172	0:34:12
175	0:34:35	920	Chris Lewis	M			159	0:33:58
176	0:34:35	808	Christopher Jenkins	M	50		178	0:34:24
177	0:34:35	981	Paul Mason	M	45		177	0:34:23
178	0:34:36	165	Kevin Raymond	M	50	Cwm Ogwr	181	0:34:27
179	0:34:38	1022	Andrew Miles	M	55		186	0:34:31
180	0:34:42	633	Chris Grey	M			180	0:34:27
181	0:34:45	1025	Keith Miller	M	55		188	0:34:34
182	0:34:47	76	Adam Bebb	M		Pontypridd Roadents	184	0:34:28
183	0:34:47	1014	Javier Meco	M	45		191	0:34:43
184	0:34:47	319	Stuart Buswell	M	45	Team Rees Runners	193	0:34:45
185	0:34:48	1788	Andrew Proctor	M	35		190	0:34:41
186	0:34:57	1460	Robert Wilcox	M	45		196	0:34:50
187	0:35:00	982	Dave Mathews	M			187	0:34:34
188	0:35:00	924	Jamie Lewis	M			198	0:34:53
189	0:35:02	1248	Jamie Rhys-Martin	M	35		174	0:34:13
190	0:35:06	1303	John M Seaward	M			204	0:35:02
191	0:35:07	80	Jacqueline Brace	F	55	Bridgend AC	205	0:35:04
192	0:35:07	81	Michael Bunston	M	45	Islwyn RC	203	0:35:01
193	0:35:09	1101	Michael Olson	M			182	0:34:28
194	0:35:09	306	W J Bryson	M	45		202	0:34:59
195	0:35:11	83	Nigel Clarke	M	45	Hereford Couriers	200	0:34:56
196	0:35:11	1148	Brian Paynter	M	40		168	0:34:09
197	0:35:11	702	Lucy Hennessy	F			201	0:34:58
198	0:35:13	1280	Steve Ruck	M	40		179	0:34:25
199	0:35:14	232	Darren Barfield	M	35		206	0:35:07
200	0:35:15	939	John Lloyd	M	50		189	0:34:34
201	0:35:16	174	Dominic Shields	M	50	San Domenico	210	0:35:13
202	0:35:22	145	Ben McCreddie	M		Lliswerry Runners	207	0:35:08
203	0:35:23	1708	Gareth Jenkins	M		Cwm Ogwr	197	0:34:52
204	0:35:24	786	Claire Jacobs	F	40	Les Croupiers	213	0:35:21
205	0:35:28	548	Jason Evans	M	40		164	0:34:03
206	0:35:29	1798	Runner 1798	M			212	0:35:16
207	0:35:31	405	Gerry Crispie	M	50	Les Croupiers	215	0:35:27
208	0:35:32	850	Keri Jones	F	40	Lliswerry Runners	211	0:35:16
209	0:35:33	183	Nigel Taylor	M	35	Cardiff Triathletes	214	0:35:23
210	0:35:33	275	Ben Bowker	M	35		192	0:34:44
211	0:35:36	334	Simon Cartlidge	M	40		219	0:35:30
212	0:35:36	938	Daniel Lloyd	M	40		194	0:34:47
213	0:35:37	131	Arthur Johns	M	65	Poole Runners	220	0:35:32
214	0:35:38	839	David Jones	M	60		217	0:35:28
215	0:35:40	194	Daffydd Weetman	M	40	Islwyn RC	223	0:35:34
216	0:35:41	1611	Cristina Merla	F		La Reca Stello	225	0:35:36
217	0:35:43	124	Clare Hughes	F	40	Bridgend AC	224	0:35:34
218	0:35:44	1745	Ed Morris	M			222	0:35:33
219	0:35:46	71	Gill Aldworth	F	40	Brecon AC	227	0:35:37
220	0:35:46	804	Chris Jarvis	M		Lliswerry Runners	199	0:34:54
221	0:35:47	173	Chris Seal	M		Penarth & Dinas Runners	218	0:35:29
222	0:35:47	1368	Courtney Taylor	M	60		221	0:35:32
223	0:35:48	922	Dafydd Lewis	M	40		229	0:35:40
224	0:35:50	1686	Gareth Barrington	M	40	Lliswerry Runners	208	0:35:08
225	0:35:51	437	Donna Davies	F	35	Clevedon AC	226	0:35:37

## 2015 Cardiff Bay 5 Mile

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
226	0:35:52	798	Matthew James	M			232	0:35:42
227	0:35:54	1744	Patrick Larkin	M			231	0:35:42
228	0:35:54	1155	Pille-Riin Pedmanson	F			216	0:35:27
229	0:35:54	113	Hefin Gruffydd	M	50	Pontypridd Roadents	230	0:35:41
230	0:35:57	1191	Glenn Powell	M	35		209	0:35:09
231	0:35:58	166	Ben Rees	M		White Rock Runners	233	0:35:44
232	0:35:58	1261	Heledd Roberts	F			241	0:35:49
233	0:35:59	1741	Gwyn Jones	M	50	Les Croupiers	239	0:35:48
234	0:35:59	1252	Maria Richards	F	40	Pont-y-Pwl Runners	242	0:35:50
235	0:36:03	970	Johannes Marais	M			240	0:35:48
236	0:36:04	1703	Laura Morgan	F		Victoria Park Harriers & Tower Hamle	244	0:35:53
237	0:36:05	1200	Brendan Price	M	40		246	0:35:56
238	0:36:08	1220	Nathan Raffour	M			249	0:36:03
239	0:36:11	1425	Nathan Walmsley	M	40		236	0:35:46
240	0:36:13	326	Michael Card	M			195	0:34:47
241	0:36:14	1414	Jamie Vanstone	M	35		253	0:36:09
242	0:36:15	492	Paul Dibble	M	55		237	0:35:47
243	0:36:17	137	Andrew Kettley	M		Rhondda Valley Runners	254	0:36:10
244	0:36:20	815	Richard Jenkins	M	45		252	0:36:09
245	0:36:21	941	Owen Lloyd	M			250	0:36:05
246	0:36:22	1433	Lee Waters	M	35		245	0:35:54
247	0:36:24	928	Sean Lewis	M			235	0:35:45
248	0:36:24	1378	Elliott Thomas	M	40		255	0:36:18
249	0:36:26	102	Christopher Economides	M	60	Penarth & Dinas Runners	256	0:36:19
250	0:36:28	556	Paul Evans	M	35		251	0:36:05
251	0:36:29	1109	Ian O'Sullivan	M			259	0:36:22
252	0:36:31	189	David Unsworth	M		Lliswerry Runners	260	0:36:25
253	0:36:32	690	Nick Hayward	M	35		258	0:36:22
254	0:36:32	1019	Philip Meyler	M	55		238	0:35:48
255	0:36:34	297	Paul Brown	M	40		261	0:36:26
256	0:36:34	91	Chris Davies	M	40	Clevedon AC	257	0:36:20
257	0:36:34	1263	Katherine Roberts	F	45	Les Croupiers	263	0:36:28
258	0:36:34	704	Matthew Henson	M			247	0:36:01
259	0:36:38	651	Chris Gubby	M			262	0:36:27
260	0:36:39	1450	Liam Wharmby	M			243	0:35:51
261	0:36:40	1774	Mitch Buckland	M			234	0:35:44
262	0:36:43	251	Daniel Bennett	M			266	0:36:36
263	0:36:46	1626	Tim Parfitt	M	45		228	0:35:38
264	0:36:48	817	Sadie Jenkins	F	40		267	0:36:37
265	0:36:48	1196	Sian Powell	F			269	0:36:38
266	0:36:48	93	Martin Davies	M	55	Lliswerry Runners	268	0:36:38
267	0:36:51	947	Lea Lohk	F	50		279	0:36:49
268	0:36:52	1374	Alex Thomas	M		Risca Runners	273	0:36:43
269	0:36:54	622	Marcia Gouveia	F		San Domenico	281	0:36:50
270	0:36:55	201	Julia Abbott	F			277	0:36:47
271	0:36:55	1276	Rebecca Rothwell	F			278	0:36:48
272	0:36:56	1251	Gareth Richards	M			265	0:36:32
273	0:36:59	1190	Eleanor Powell	F		Cardiff Triathletes	276	0:36:47
274	0:37:07	761	Louise Hunt	F		Penarth & Dinas Runners	280	0:36:50
275	0:37:08	1743	Helen Oliver	F			289	0:36:57
276	0:37:09	107	Seamus Gallagher	M	40	San Domenico	296	0:37:01
277	0:37:09	263	Nigel Bleach	M	45		286	0:36:56
278	0:37:09	587	Mark Francis	M	50		264	0:36:32
279	0:37:10	1613	Christopher Thomas	M	55	Eddw Vale RC	274	0:36:45
280	0:37:13	997	Ian McGarry	M			293	0:36:59
281	0:37:16	877	Paul Josua	M			248	0:36:02
282	0:37:17	1171	Paul Phillips	M			297	0:37:03
283	0:37:19	1504	Peter Wilson	M	35		295	0:37:01
284	0:37:20	96	Tom Davies	M		San Domenico	287	0:36:56
285	0:37:20	961	Kevin MacDonald	M	45		299	0:37:06
286	0:37:23	1079	Elizabeth Neville	F			270	0:36:38
287	0:37:23	769	Andrea Hurman	F	45	Penarth & Dinas Runners	300	0:37:06
288	0:37:24	191	Keith Verheyden	M	55	FERC	301	0:37:08
289	0:37:25	966	Firouz Mal	M	55		294	0:37:00
290	0:37:27	1638	Brent Skippen	M	35		285	0:36:55
291	0:37:27	1631	Roseann Charles	F		Griffithstwon Harries	306	0:37:18
292	0:37:29	315	Steve Burrell	M	45		310	0:37:21
293	0:37:32	1125	Rhys Parfitt	M			312	0:37:23
294	0:37:33	516	Amy Edwards	F			317	0:37:25
295	0:37:33	345	Paul Chapman	M	45		311	0:37:23
296	0:37:33	992	Sarah McCarthy	F	40	Les Croupiers	305	0:37:14
297	0:37:36	186	Dylan Thomas	M	40	White Rock Runners	283	0:36:55
298	0:37:37	1335	Bill Snowdon	M	60		309	0:37:20
299	0:37:37	461	Rhos Davies	M	35		307	0:37:20
300	0:37:39	1396	Alicia-Jayne Thorbjorn	F			275	0:36:46

## 2015 Cardiff Bay 5 Mile

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
301	0:37:39	1720	Sam Price	F			322	0:37:35
302	0:37:40	930	John Light	M	35		304	0:37:13
303	0:37:42	1047	Lucy Morgan	F	40		303	0:37:11
304	0:37:44	1115	James Owen	M			290	0:36:58
305	0:37:46	838	Dave Jones	M	50		321	0:37:34
306	0:37:49	1437	Tim Watkins	M			288	0:36:57
307	0:37:49	142	Thomas Long	M		White Rock Runners	272	0:36:40
308	0:37:50	1624	Jackie Veitch	F	45		302	0:37:11
309	0:37:51	313	David Burnett	M	40		291	0:36:58
310	0:37:54	104	Paul Evans	M	35	Brecon AC	329	0:37:45
311	0:37:54	990	Michelle Mccann	F			298	0:37:05
312	0:37:55	1105	Robert Orr	M	35		271	0:36:40
313	0:37:55	1666	Robert Powell	M	45		315	0:37:25
314	0:37:58	385	Jaye Connelly	F			330	0:37:46
315	0:37:59	106	Mark Faulkner	M	55	Lliswerry Runners	320	0:37:32
316	0:38:02	1174	Timothy Phillips	M	55		326	0:37:43
317	0:38:03	555	Matthew Evans	M			325	0:37:43
318	0:38:05	1676	Susan Bowes	F	35		319	0:37:31
319	0:38:06	526	Phil Edwards	M			331	0:37:48
320	0:38:08	307	Jenny Buckland	F	45	Outdoor Fitness	324	0:37:39
321	0:38:10	92	Josh Davies	M		Penarth & Dinas Runners	308	0:37:20
322	0:38:10	1448	Elaine Wharmby	F	50		343	0:38:02
323	0:38:10	688	Jonathon Hatfield	M	40		318	0:37:29
324	0:38:10	1083	Amanda Nicholson	F	45		338	0:37:59
325	0:38:11	1305	Richard Sewell	M	45		337	0:37:56
326	0:38:12	537	Carl Evans	M			316	0:37:25
327	0:38:14	1518	Nathan Yorke	M			284	0:36:55
328	0:38:16	1695	Nathan Lewis	M		Big Nath	282	0:36:53
329	0:38:16	1086	Nik Ahmad Farid Nik Ariff Fathilla	M			341	0:38:02
330	0:38:18	1760	Alex Brown	M			333	0:37:51
331	0:38:19	1321	Michael Slee	M	50		346	0:38:07
332	0:38:19	1665	Andrew Caple	M	45	Nike Run Club Cardiff	323	0:37:38
333	0:38:22	616	Lydia Gilmour	F		Cardiff University Athletics & CCC	314	0:37:24
334	0:38:22	1642	Darryl Evans	M			332	0:37:50
335	0:38:24	796	Lee James	M	40		347	0:38:10
336	0:38:27	999	Matthew McGregor	M	35		359	0:38:17
337	0:38:29	1785	Tareq Dabab	M		Butetown Runners	355	0:38:15
338	0:38:29	178	Paul Slocombe	M		Dragons Running club	352	0:38:15
339	0:38:31	1682	Ryan Franklin	M			345	0:38:05
340	0:38:32	831	Bryan Jones	M	50		292	0:36:59
341	0:38:34	519	David Edwards	M			357	0:38:16
342	0:38:35	722	Graham Hillman	M			336	0:37:56
343	0:38:36	984	Kieran Matthews	M			361	0:38:17
344	0:38:36	1737	Nathan Price	M	35		378	0:38:33
345	0:38:36	305	Lisa Brydon	F	35		340	0:37:59
346	0:38:36	940	Max Lloyd	M			366	0:38:22
347	0:38:37	1521	Luke Zasikowski	M	35		313	0:37:23
348	0:38:37	1234	Gareth Rees	M			363	0:38:20
349	0:38:39	1253	Michael Richards	M			351	0:38:15
350	0:38:39	1059	Daniel Morrirt	M			335	0:37:55
351	0:38:39	160	Chris Pollock	M	50	Penarth & Dinas Runners	360	0:38:17
352	0:38:40	618	Amy Gomer	F			374	0:38:29
353	0:38:40	927	Robert Lewis	M	60		381	0:38:36
354	0:38:43	736	Dawn Holmes	F	40		369	0:38:25
355	0:38:44	857	Martyn Jones	M	50		364	0:38:22
356	0:38:44	1748	Stephen Wood	M	35	Pegasus	353	0:38:15
357	0:38:46	1503	Danielle Wilson	F			382	0:38:36
358	0:38:46	1628	Richard James Tudor	M	45	Olney	356	0:38:16
359	0:38:46	1722	Hendry McAllister	M			387	0:38:41
360	0:38:48	86	Brian Cotton	M	35	Cwm Ogwr	386	0:38:41
361	0:38:49	830	Brian Jones	M	40		344	0:38:03
362	0:38:51	727	Leanne Hockey	F		White Rock Runners	327	0:37:45
363	0:38:51	1392	Richard Thomas	M	35		370	0:38:25
364	0:38:51	502	Michael Downey	M			377	0:38:32
365	0:38:52	709	Luke Heslop	M	35		389	0:38:43
366	0:38:52	698	Dave Hebbes	M	65		384	0:38:38
367	0:38:52	1364	Richard Tanner	M			339	0:37:59
368	0:38:54	543	Deborah Evans	F	50		385	0:38:41
369	0:38:55	321	Chris Caldwell	M	45		383	0:38:37
370	0:38:56	1680	Mark David Taylor	M	45	Penarth & Dinas Runners	362	0:38:18
371	0:38:56	74	Richard Ashton	M		White Rock Runners	354	0:38:15
372	0:38:56	355	Emma China	F			394	0:38:48
373	0:38:58	1766	Kelly Owen	F	35	Cwm Ogwr	395	0:38:49
374	0:38:59	782	John Ivins	M			376	0:38:32
375	0:39:00	94	Mike Davies	M	55	Caerleon Running Club	350	0:38:13

## 2015 Cardiff Bay 5 Mile

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
376	0:39:01	517	Bridie Edwards	F	40	Les Croupiers	404	0:38:57
377	0:39:03	1376	Andrew Thomas	M	50		396	0:38:49
378	0:39:04	1213	Kim Provis	M	55		328	0:37:45
379	0:39:04	1197	John Poyner	M	50		348	0:38:10
380	0:39:09	753	David Hughes	M	40		403	0:38:56
381	0:39:10	359	Chris Chouls	M	45		391	0:38:43
382	0:39:10	1792	Runner 1792	M			358	0:38:17
383	0:39:10	1377	Arwel Thomas	M			375	0:38:29
384	0:39:10	1255	Mark Rickard	M	40		373	0:38:28
385	0:39:12	1739	Nicholas Hurley	M			334	0:37:54
386	0:39:13	880	Harneshpal Karamjit Singh	M			371	0:38:27
387	0:39:14	147	Callum Melrose	M		Lliswerry Runners	380	0:38:35
388	0:39:16	164	Andrew Ralph	M	50	Lliswerry Runners	397	0:38:50
389	0:39:21	1790	Steve Goodfellow	M	50	Penarth & Dinas Runners	379	0:38:33
390	0:39:26	1006	Luke Peter McRoy-Jones	M			405	0:39:00
391	0:39:27	1724	Samuel Simmonds	M			400	0:38:54
392	0:39:28	1403	Edward Timson	M	50		421	0:39:14
393	0:39:28	414	Alistair Cummings	M	35		420	0:39:14
394	0:39:28	1078	Liam Nelson	M			424	0:39:20
395	0:39:29	636	Alexander Griffiths	M			402	0:38:56
396	0:39:29	1764	Cai Williams	M		RUN4ALL Neath	342	0:38:02
397	0:39:31	593	Paul French	M			365	0:38:22
398	0:39:31	774	David Hutchinson	M	45		425	0:39:22
399	0:39:31	627	Iain Gray	M	50		423	0:39:18
400	0:39:32	148	Lloyd Morgan	M	40	San Domenico	388	0:38:43
401	0:39:33	1632	Megan Baker	F		Stroud AC	428	0:39:25
402	0:39:34	302	Benjamin Bryan	M			427	0:39:25
403	0:39:35	1039	Cheryl Morgan	F	40	Pontypridd Roadents	429	0:39:27
404	0:39:38	411	Geraint Cuddihy	M		Team Rees Runners	438	0:39:34
405	0:39:40	110	Richard Garratt	M	40	Cwm Ogwr	436	0:39:31
406	0:39:41	1366	Hannah Tattersall	F			409	0:39:05
407	0:39:41	550	John Evans	M			349	0:38:11
408	0:39:42	1365	Ian Tarr	M	50		367	0:38:23
409	0:39:42	560	Tomos Evans	M			390	0:38:43
410	0:39:42	1313	David Sinclair	M	40		406	0:39:01
411	0:39:44	551	Julia Evans	F	50		442	0:39:36
412	0:39:44	604	Heather Garratt	F	35	Cwm Ogwr	441	0:39:35
413	0:39:46	1133	Carys Parr	F	35	Team Rees Runners	372	0:38:27
414	0:39:48	600	Nicholas Gale	M			439	0:39:35
415	0:39:50	317	Lorraine Burvill	F	40		422	0:39:17
416	0:39:51	129	Ian Jenkins	M	40	White Rock Runners	392	0:38:43
417	0:39:51	1791	Richard Stradwick	M	35		408	0:39:03
418	0:39:52	634	Laura Grey	F			440	0:39:35
419	0:39:53	228	Feroz Baig	M			451	0:39:47
420	0:39:56	1354	Michael Surcombe	M	40		368	0:38:24
421	0:39:56	1269	Alan Rockliffe	M	55		413	0:39:10
422	0:39:56	714	Gray Hill	M			419	0:39:12
423	0:39:57	1351	Paula Strong	F	35	San Domenico	457	0:39:52
424	0:39:58	1649	Mark Keats	M		Pegasus	445	0:39:42
425	0:40:00	1092	Matt Noyes	M			430	0:39:27
426	0:40:02	980	Jenny Martin	F	35	Les Croupiers	432	0:39:29
427	0:40:02	1776	Ross Irvine	M			417	0:39:12
428	0:40:02	745	James Hopkins-Monks	M			415	0:39:10
429	0:40:03	1689	Andrew Cockeram	M	45	Lliswerry Runners	444	0:39:39
430	0:40:04	1203	Matthew Price	M			410	0:39:09
431	0:40:05	482	Michael Desmond	M	60		398	0:38:51
432	0:40:07	1696	Aaron Lewis	M	35		393	0:38:44
433	0:40:10	569	Jonathan Ferguson	M		Team Rees Runners	399	0:38:52
434	0:40:12	1233	Chrissie Rees	F	40	Caerphilly Runners	416	0:39:11
435	0:40:14	886	Sian Khalil	F	45	Pontypridd Roadents	407	0:39:02
436	0:40:15	1205	Sian Price	F		Parc Bryn Bach	458	0:39:53
437	0:40:15	1348	Bradley Stokes	M			459	0:39:54
438	0:40:15	1645	Kathryn Glenn	F			434	0:39:30
439	0:40:15	1477	Laura Williams	F			418	0:39:12
440	0:40:16	1622	Ian Wood	M			473	0:40:04
441	0:40:17	1656	David McDonald	M	45	Les Croupiers	401	0:38:56
442	0:40:18	642	Kate Griffiths	F		Welsh Athletics	412	0:39:09
443	0:40:19	1393	Rose Thomas	F	60	Rhayader Running Club	466	0:39:58
444	0:40:19	1623	Robert Jones	M		Dragons Running club	475	0:40:05
445	0:40:20	787	Nick Jacques	M	50		478	0:40:07
446	0:40:20	1756	Rebecca Emmerson	F			467	0:39:59
447	0:40:20	1093	Terry O'Brien	M	55		411	0:39:09
448	0:40:22	1322	Nick Sloper	M	40		465	0:39:58
449	0:40:25	628	Laurence Gray	M	35		453	0:39:48
450	0:40:27	455	Molly Davies	F			488	0:40:24

## 2015 Cardiff Bay 5 Mile

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
451	0:40:27	270	James Bonder	M			450	0:39:47
452	0:40:28	423	Michelle Davey	F	45	Pont-y-Pwl Runners	484	0:40:18
453	0:40:30	182	Simon Talbot	M		Newport Harriers	468	0:40:01
454	0:40:31	988	Laura Mcallister	F	50		456	0:39:51
455	0:40:32	1247	Judi Rhys	F	55	Les Croupiers	489	0:40:27
456	0:40:34	1658	Tim Monckton	M		Penarth & Dinas Runners	482	0:40:17
457	0:40:36	1431	Abbie Waters	F		Team Rees Runners	497	0:40:33
458	0:40:36	1733	Mat Lloyd-Jones	M	40		481	0:40:15
459	0:40:37	1506	Alison Winter	F			496	0:40:33
460	0:40:38	719	Tom Hill	M			433	0:39:29
461	0:40:39	834	Chris Jones	M			463	0:39:57
462	0:40:39	1601	Runner 1601	M			487	0:40:23
463	0:40:40	781	Leon Ivin	M			447	0:39:43
464	0:40:41	1034	Leanne Moore	F			486	0:40:21
465	0:40:41	195	Stephen Wheel	M	35	Blackweir Harriers	414	0:39:10
466	0:40:41	818	Stephen Jenkins	M	45		469	0:40:01
467	0:40:42	993	Luke McCarthy-Reed	M			426	0:39:23
468	0:40:42	410	Colin Crooks	M	55		461	0:39:55
469	0:40:43	1608	Ben Frayne	M			462	0:39:56
470	0:40:43	917	Angela Lewis	F	35	Pontypridd Roadents	498	0:40:35
471	0:40:45	572	Bethan Finlayson	F	35		490	0:40:28
472	0:40:46	758	Emyr Humphreys	M	35		437	0:39:32
473	0:40:49	1473	James Williams	M			431	0:39:28
474	0:40:50	1654	Huw Williams	M	50	Bridgend AC	501	0:40:36
475	0:40:52	614	Matthew Gilder	M			479	0:40:11
476	0:40:52	1751	Scott Morgan	M	45		448	0:39:44
477	0:40:52	816	Rob Jenkins	M	40		493	0:40:30
478	0:40:54	676	Richard Harris	M			483	0:40:18
479	0:40:54	828	Bernadette Jones	F	40	Pontypridd Roadents	474	0:40:05
480	0:40:54	1763	Calum Vennad	M		Les Croupiers	507	0:40:49
481	0:40:55	503	Leyton Doyle	M	40		443	0:39:38
482	0:40:57	399	Rob Cox	M	50		454	0:39:49
483	0:40:59	617	David Gilson	M	45		446	0:39:42
484	0:40:59	1429	Kristian Walters	M	35		508	0:40:49
485	0:41:00	1319	Thomas Slater	M			435	0:39:31
486	0:41:04	1301	Amy Sears	F			485	0:40:20
487	0:41:05	1206	Mark Pridgeon	M	55		476	0:40:07
488	0:41:05	529	Keely Elliott	F	35		504	0:40:43
489	0:41:08	1081	Daniel Newton	M	40		492	0:40:29
490	0:41:08	1278	Dave Roylance	M	40		511	0:40:51
491	0:41:08	163	Sadequr Rahman	M	40	White Rock Runners	455	0:39:51
492	0:41:09	259	Christian Bishop	M			480	0:40:11
493	0:41:09	388	Matthew Cook	M	35		460	0:39:54
494	0:41:10	896	Tim Knott	M			495	0:40:32
495	0:41:10	265	Christopher Bloodworth	M	55		520	0:40:56
496	0:41:12	1738	Trinity Price	F			536	0:41:09
497	0:41:15	1398	Ian Thorne	M	45		500	0:40:36
498	0:41:15	214	Paula Allen	F	35		528	0:41:03
499	0:41:15	591	Andrew Freedman	M	55		532	0:41:05
500	0:41:17	1297	Selina Scotford	F			529	0:41:04
501	0:41:17	700	Gareth Helson	M	35		530	0:41:04
502	0:41:18	545	Haydn Evans	M	50		515	0:40:53
503	0:41:18	1049	Mike Morgan	M			449	0:39:45
504	0:41:18	187	Lyn Thomas	M	35	Running With Nancy	470	0:40:02
505	0:41:19	908	Darren Leader	M	35		464	0:39:57
506	0:41:19	685	Dylan Harvey	M	35		452	0:39:47
507	0:41:20	103	Lizzi Elton-Walters	F		Bristol & West AC	531	0:41:04
508	0:41:21	320	Nick Butler	M	35		514	0:40:53
509	0:41:21	1338	Ryan Spencer	M	40		526	0:41:03
510	0:41:22	1353	Paul Sullivan	M			516	0:40:54
511	0:41:22	1118	Sally Owen	F	45		477	0:40:07
512	0:41:22	1729	Kirsty Hett	F			517	0:40:54
513	0:41:24	439	Gavin Davies	M			512	0:40:51
514	0:41:25	1097	William O'Keefe	M	40		471	0:40:03
515	0:41:25	956	Amanda Lynch	F	45	Penarth & Dinas Runners	502	0:40:37
516	0:41:26	1244	Paul Reilly	M			553	0:41:23
517	0:41:27	1674	Yvonne Bullen	F	50	Les Croupiers	525	0:40:59
518	0:41:29	396	Lisa Cousins	F	40		499	0:40:36
519	0:41:30	1264	Neil Roberts	M	45		505	0:40:47
520	0:41:32	788	Angela James	F	40		523	0:40:57
521	0:41:33	1250	Anna Richards	F		Pont-y-Pwl Runners	543	0:41:18
522	0:41:33	1678	Phil Powell	M			545	0:41:19
523	0:41:33	1341	Ceri Stephens	M			472	0:40:04
524	0:41:35	967	Richard Mann	M			494	0:40:30
525	0:41:37	188	Rhys Thorne	M		Caerphilly Runners	551	0:41:20

## 2015 Cardiff Bay 5 Mile

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
526	0:41:37	876	Amber Jordan	F			509	0:40:50
527	0:41:38	1275	Julia Rose	F			491	0:40:29
528	0:41:42	1266	Lance Robertson	M	40		513	0:40:52
529	0:41:43	1347	Ashley Stokes	M			522	0:40:56
530	0:41:45	1767	Paul Adams	M	35		527	0:41:03
531	0:41:46	1452	Sean Wheeler	M			549	0:41:20
532	0:41:46	118	Fern Hayles	F		Caerleon Running Club	562	0:41:32
533	0:41:47	752	David Hughes	M	50		510	0:40:51
534	0:41:49	1694	Andy Sutton	M	35	San Domenico	519	0:40:54
535	0:41:49	393	Shaun Cotter	M	45		568	0:41:40
536	0:41:50	823	Andrew Johnson	M			533	0:41:05
537	0:41:50	1315	Nicola Sinclair	F	35	Lliswerry Runners	557	0:41:27
538	0:41:50	1225	Danielle Rayner	F		Penarth & Dinas Runners	524	0:40:58
539	0:41:52	1362	Gerda Tallon	F	55		569	0:41:40
540	0:41:56	421	Angharad Danter	F	40		540	0:41:14
541	0:41:56	641	Helen Griffiths	F	35		541	0:41:15
542	0:41:57	578	Michelle Flynn	F			503	0:40:39
543	0:41:58	401	Laura Cozens	F			555	0:41:27
544	0:41:59	1165	Kathryn Petersen	F	45	Penarth & Dinas Runners	564	0:41:38
545	0:42:00	513	Wayne Edmond	M	60		538	0:41:10
546	0:42:01	1246	Simon Reynolds	M	35		534	0:41:07
547	0:42:01	1494	Sara Williams	F	35		560	0:41:30
548	0:42:01	608	Anna Gee	F	35		563	0:41:34
549	0:42:02	282	Toby Bradshaw	M	40		506	0:40:47
550	0:42:02	603	Rebecca Gardner	F			518	0:40:54
551	0:42:02	637	Emma Griffiths	F			539	0:41:12
552	0:42:03	1035	Charlotte Moran	F	35		548	0:41:20
553	0:42:03	1185	Ashley Pook	F			583	0:41:51
554	0:42:04	580	Hayley Ford	F			552	0:41:22
555	0:42:05	340	John Chandler	M	50		561	0:41:31
556	0:42:07	1496	Sarah Williams	F	40		566	0:41:39
557	0:42:09	1646	Ruth Ovey	F	40	Lliswerry Runners	575	0:41:43
558	0:42:09	219	Nick Ashby	M	40		571	0:41:40
559	0:42:11	1783	Sue Charles	F	40	Greyfriars Harriers	584	0:41:52
560	0:42:12	255	Rachel Biggar	F			559	0:41:29
561	0:42:13	900	Helen Lane	F	45		544	0:41:19
562	0:42:14	738	Kirsty Holtham-Morgan	F	35		611	0:42:08
563	0:42:15	109	Jason Garrahan	M	40	Caerphilly Runners	598	0:42:01
564	0:42:15	1135	Sian Parry	F	45		590	0:41:55
565	0:42:16	1381	Iwan Thomas	M	40		609	0:42:06
566	0:42:16	964	Jake Maddocks	M			581	0:41:48
567	0:42:18	98	Nathan Dee	M		Pegasus	567	0:41:39
568	0:42:18	257	Holly Billington	F			521	0:40:56
569	0:42:20	1107	Nicholas Orum	M	35		535	0:41:07
570	0:42:22	72	Phil Allen	M	55	Pegasus	586	0:41:52
571	0:42:22	1753	Beb Price	M	40		537	0:41:09
572	0:42:24	998	Andy McGrath	M	40		601	0:42:02
573	0:42:25	951	Bea Lovegrove-Owen	F	35	Pontypridd Roadents	622	0:42:17
574	0:42:26	846	Huw Jones	M			619	0:42:16
575	0:42:27	564	Shannel Mitchell	F	35	Lliswerry Runners	614	0:42:10
576	0:42:27	478	Sophie Deere	F			579	0:41:47
577	0:42:28	891	Barrie Kirkness	M	35		572	0:41:40
578	0:42:28	1324	Charlotte Smith	F	35		565	0:41:38
579	0:42:30	858	Matthew Jones	M			554	0:41:24
580	0:42:32	1723	Jim McAlister	M			547	0:41:20
581	0:42:33	679	Clive Harrison	M	55		604	0:42:04
582	0:42:34	712	Jon Hilder	M			542	0:41:16
583	0:42:36	1051	Pippa Morgan	F	35		588	0:41:54
584	0:42:37	1320	Neil Slatter	M	50		578	0:41:44
585	0:42:38	1139	Laura Parsons	F			606	0:42:04
586	0:42:39	130	Matthew Jenkins	M	40	Dragons Running club	624	0:42:20
587	0:42:39	1435	Michael Watkins	M			621	0:42:17
588	0:42:40	663	Paul Hancox	M	50		574	0:41:41
589	0:42:40	327	Llaima Cŷrdenas	F		Women Running Penarth	550	0:41:20
590	0:42:42	1145	Bretti Paxton	F			613	0:42:09
591	0:42:42	1099	Stefan Oliver	M			582	0:41:50
592	0:42:43	1443	Alex Weeks	M	35		605	0:42:04
593	0:42:43	1698	Bryonie Jemmett	F	35		625	0:42:22
594	0:42:44	366	Ysanne Clark	F			627	0:42:23
595	0:42:44	1498	Yvonne Williams	F	60		593	0:41:56
596	0:42:45	450	Mark Davies	M	40		556	0:41:27
597	0:42:45	579	Bethan Ford	F			580	0:41:47
598	0:42:46	209	Brinley Aherne	M	65		595	0:42:00
599	0:42:46	303	Christopher Bryan	M			637	0:42:31
600	0:42:47	1187	Christopher Potts	M			618	0:42:15



## 2015 Cardiff Bay 5 Mile

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
601	0:42:47	1126	Joanna Parish	F			558	0:41:29
602	0:42:47	1740	Tony Grandon	M	60		570	0:41:40
603	0:42:47	1770	Sally Angell	F			603	0:42:04
604	0:42:48	332	Norman Carter	M	65		639	0:42:32
605	0:42:49	1483	Melanie Williams	F			610	0:42:08
606	0:42:49	1156	Kerry Pellatt	F	40		630	0:42:26
607	0:42:49	1016	Neil Melhuish	M	50		591	0:41:55
608	0:42:49	1292	Lisa Jane Saunders	F	45		589	0:41:54
609	0:42:51	357	Julie Chivell	F	35		632	0:42:27
610	0:42:51	673	Keith Harper	M	50		629	0:42:24
611	0:42:52	1771	Alberto Fox	M	35		612	0:42:09
612	0:42:52	349	Suzie Cheung	F	35		649	0:42:41
613	0:42:53	1397	Gareth Thorne	M	55		634	0:42:29
614	0:42:53	1136	Nilima Parry-Jones	F	45	Cwmbbran Harriers	643	0:42:38
615	0:42:54	330	Jules Carpenter	F	40		573	0:41:41
616	0:42:55	644	Mark Griffiths	M	40		546	0:41:19
617	0:42:55	1660	Scott Bowen	M	40		596	0:42:00
618	0:42:56	1210	Mike Pritchard	M	55		617	0:42:12
619	0:42:56	322	Ewan Cameron	M	55		607	0:42:05
620	0:42:57	213	Katie Allen	F	40		651	0:42:42
621	0:42:57	1735	Mark Carpenter	M	40		577	0:41:44
622	0:42:57	235	Amanda Barrington	F	50		608	0:42:06
623	0:42:58	1027	Helen Milner	F	35		647	0:42:41
624	0:42:58	840	Desmond Jones	M	40		594	0:41:59
625	0:43:00	1442	Victoria Webb	F	40		576	0:41:44
626	0:43:01	190	Jeff Unsworth	M	50	Lliswerry Runners	642	0:42:38
627	0:43:02	1416	Rachel Vernall	F	45		638	0:42:31
628	0:43:02	1270	Kim Rockcliffe	F	55		620	0:42:16
629	0:43:04	1662	Vicky Stroud	F	35		641	0:42:37
630	0:43:05	398	Alison Green	F	35		602	0:42:03
631	0:43:06	444	Leeann Davies	F	35		640	0:42:33
632	0:43:07	1311	Russell Sims	M	35		623	0:42:18
633	0:43:08	288	Michelle Brennan	F		Dragons Running club	660	0:42:53
634	0:43:10	422	Marie Davey	F	35		592	0:41:56
635	0:43:10	1732	Graham George Crowley-Miller	M			599	0:42:01
636	0:43:10	1071	Paul Murray	M			626	0:42:23
637	0:43:11	1492	Rhys Williams	M			587	0:41:53
638	0:43:11	1373	Amelia Tee	F			597	0:42:00
639	0:43:12	273	Matthew Booth	M			628	0:42:24
640	0:43:13	1161	Sarah Perons	F	50	Les Croupiers	585	0:41:52
641	0:43:15	1055	Chris Morris	M	40		654	0:42:45
642	0:43:16	1371	Stefanie Taylor	F			646	0:42:40
643	0:43:16	1514	Moira Wooles	F			631	0:42:26
644	0:43:17	969	David Mansfield	M	60		662	0:42:55
645	0:43:18	249	Matthew Bell	M			666	0:42:58
646	0:43:18	276	Joe Bowker	M			633	0:42:29
647	0:43:18	1411	Sian Turner	F		Lliswerry Runners	667	0:42:59
648	0:43:18	1778	Heather Webber	F	35		615	0:42:11
649	0:43:20	582	Matthew Ford	M	35		635	0:42:29
650	0:43:21	427	Amy Davies	F	35		670	0:43:03
651	0:43:22	599	Andrew Gage	M	35		636	0:42:30
652	0:43:23	1707	Lindsey Davies	F	40		616	0:42:11
653	0:43:24	657	Ian Hall	M	35		648	0:42:41
654	0:43:25	771	Jon Hussey	M	35		665	0:42:56
655	0:43:26	1283	Clare Sage	F			663	0:42:55
656	0:43:28	1640	Esyr Jones	M		RUN4ALL Neath	600	0:42:02
657	0:43:30	1163	Carrie Perry	F	35		677	0:43:12
658	0:43:33	867	Richard Jones	M	35		656	0:42:48
659	0:43:34	1715	Tania Miranda	F	40	Penarth & Dinas Runners	650	0:42:42
660	0:43:35	1705	Paul Folland	M	45		672	0:43:05
661	0:43:36	260	Gerald Bishop	M	35		664	0:42:56
662	0:43:37	826	Shelley Johnson	F		Team Rees Runners	645	0:42:40
663	0:43:37	1727	Gillian Murphy	F	60	Les Croupiers	682	0:43:16
664	0:43:38	552	Llinos Evans	F	45		644	0:42:39
665	0:43:40	1731	Tony Price	M		Roverway Club	701	0:43:34
666	0:43:45	500	Marc Dowding	M			702	0:43:35
667	0:43:45	892	Ceri Knight	F	40	Pont-y-Pwl Runners	698	0:43:30
668	0:43:45	1186	Sarah Pope	F	50	Women Running Penarth	661	0:42:54
669	0:43:46	1141	W R Parsons	M	65	Team Rees Runners	652	0:42:43
670	0:43:46	851	Leah Jones	F			669	0:43:00
671	0:43:46	1314	Kristian Sinclair	M	35		692	0:43:27
672	0:43:49	1183	Gareth Ponting	M	45		690	0:43:26
673	0:43:50	985	Philip Matthews	M	60		681	0:43:15
674	0:43:51	775	Stuart Hutchison	M	40		659	0:42:51
675	0:43:53	1641	Michael James Komor	M			658	0:42:50

## 2015 Cardiff Bay 5 Mile

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
676	0:43:54	800	Nicky James	M	35		689	0:43:26
677	0:43:54	504	Shelley Doyle	F			657	0:42:49
678	0:43:57	1162	Beth Perriman	F	35		668	0:43:00
679	0:43:59	509	Ronan Dunne	M	40		684	0:43:18
680	0:43:59	820	Helen Jewitt	F	35		696	0:43:28
681	0:43:59	1230	Bethan Rees	F			705	0:43:36
682	0:44:00	1499	Nathan Williams	M			707	0:43:38
683	0:44:01	1457	Dan Whitehall	M			653	0:42:44
684	0:44:01	220	Helena Ashwin	F	40	Forest Monster	671	0:43:05
685	0:44:03	1053	Sara Morgan	F	35		680	0:43:13
686	0:44:03	1004	Emma McRae	F			679	0:43:13
687	0:44:04	1380	Gwenno Thomas	F	40		706	0:43:38
688	0:44:06	662	Jake Hancox	M			674	0:43:07
689	0:44:07	171	David Rogers	M	35	Team Rees Runners	655	0:42:47
690	0:44:09	309	Louise Bullock	F	40		738	0:44:03
691	0:44:10	156	Kenneth Wayne Oliver	M	55	Islwyn RC	686	0:43:22
692	0:44:11	1759	Ollie Williams	M			713	0:43:43
693	0:44:12	84	Marie Coles	F	35	Caerphilly Runners	715	0:43:45
694	0:44:12	575	Ange Fitzgerald	F	35		723	0:43:50
695	0:44:13	1198	Eleanor Preece	F			675	0:43:09
696	0:44:14	373	Janice Clement	F	55		699	0:43:31
697	0:44:14	668	Mary Hare	F	50		678	0:43:13
698	0:44:15	481	Andrew Derricott	M			711	0:43:43
699	0:44:15	379	Christie Coleman	M	45		695	0:43:28
700	0:44:16	1787	Richard Davies	M	50		716	0:43:46
701	0:44:16	695	Katie Healey	F			697	0:43:29
702	0:44:16	849	Julie Jones	F	40		726	0:43:53
703	0:44:16	1757	Nathan Potter	M			728	0:43:57
704	0:44:17	1045	Jenna Morgan	F			725	0:43:52
705	0:44:17	1436	Mike Watkins	M	40		673	0:43:07
706	0:44:17	1758	Diane Potter	F	45	Lliswerry Runners	730	0:43:58
707	0:44:19	289	Natalie Bridger	F		Team Rees Runners	758	0:44:15
708	0:44:19	1777	Sara Shiel	F			720	0:43:47
709	0:44:20	1279	Vicki Roylance	F	40		739	0:44:04
710	0:44:21	1669	Patrick Anderson	M	40		676	0:43:09
711	0:44:22	1691	Marie-Claire Hackett	F	40		733	0:44:00
712	0:44:25	1769	Jonathan Rees	M			685	0:43:21
713	0:44:26	1781	Kevin Charles Fulthorpe	M	60	RAF	749	0:44:11
714	0:44:28	558	Sheryl Evans	F	45	Hereford Couriers	714	0:43:44
715	0:44:29	267	Jessica Boanas	F	40		747	0:44:08
716	0:44:30	221	Stephanie Atkins	F	60		740	0:44:04
717	0:44:31	547	Jamie Evans	M			704	0:43:36
718	0:44:31	754	Howard Hughes	M	45	Team Rees Runners	694	0:43:28
719	0:44:32	169	Brett Regulski	M	55	Chepstow Harriers	693	0:43:28
720	0:44:33	829	Bethan Jones	F			718	0:43:47
721	0:44:34	899	Leanne Lancaster	F			768	0:44:20
722	0:44:34	809	Helen Jenkins	F			741	0:44:04
723	0:44:36	1408	Sarah Tugwell	F	35		732	0:43:59
724	0:44:36	790	Emma James	F	40		731	0:43:59
725	0:44:37	1630	Lee Bennett	M	40		708	0:43:39
726	0:44:38	339	Louisa Chalabi	F			763	0:44:18
727	0:44:38	1402	Andrew Timms	M	40		767	0:44:19
728	0:44:39	780	Terry Irvine	M	55		737	0:44:02
729	0:44:39	887	Zoe Kind	F	40		734	0:44:01
730	0:44:40	1699	Laura Evans	F			776	0:44:25
731	0:44:40	1241	Peter Regan	M	50		770	0:44:21
732	0:44:41	716	Melanie Hill	F	40		761	0:44:17
733	0:44:41	1497	Steffan Williams	M	35		691	0:43:26
734	0:44:43	729	Peter Hodges	M	50		683	0:43:18
735	0:44:43	813	Marianne Jenkins	F	45		748	0:44:10
736	0:44:45	246	Gemma Bebb	F		Pontypridd Roadents	719	0:43:47
737	0:44:46	1697	Gareth Malson	M			687	0:43:22
738	0:44:47	566	Angela Farmer	F	45		753	0:44:13
739	0:44:47	848	Jeff Jones	M	40		779	0:44:30
740	0:44:47	1670	Alys Carlisle	F	40		703	0:43:36
741	0:44:47	751	Stephanie Howlett	F	35		781	0:44:31
742	0:44:48	1288	Glynn Salter	M	40		751	0:44:12
743	0:44:49	158	Huw Phillips	M	40	Cardiff AAC	744	0:44:06
744	0:44:50	480	Lynette Denton	F	40	Caerphilly Runners	724	0:43:50
745	0:44:50	358	Emma Chivers	F	40		755	0:44:14
746	0:44:50	1765	Jan Williams	F	55	RUN4ALL Neath	688	0:43:24
747	0:44:50	553	Lucy Evans	F			784	0:44:36
748	0:44:51	1454	Stuart Whiffin	M			743	0:44:05
749	0:44:51	953	Emma Loyns	F	35		742	0:44:05
750	0:44:53	1750	Matthew Harris	M	50		712	0:43:43

## 2015 Cardiff Bay 5 Mile

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
751	0:44:53	512	Victoria Eades	F			793	0:44:44
752	0:44:54	1332	Shelly Smith	F			735	0:44:01
753	0:44:55	477	Christopher Deere	M			757	0:44:15
754	0:44:55	844	Gemma Jones	F			722	0:43:48
755	0:44:55	568	Katy Farr	F		Team Rees Runners	801	0:44:52
756	0:44:56	824	Lloyd Johnson	M		Team Rees Runners	792	0:44:44
757	0:44:57	105	Sam Evans	M		Les Croupiers	700	0:43:34
758	0:44:57	898	Bridget Lafferty	F			762	0:44:17
759	0:44:57	1400	Gillian Thwaites	F	35		721	0:43:48
760	0:44:58	245	Sarah Beamish	F	40		717	0:43:46
761	0:44:58	983	Jill Matthews	F	60		774	0:44:24
762	0:44:59	1177	Lauren Piercy	F			769	0:44:21
763	0:45:01	384	James Colman	M			752	0:44:12
764	0:45:02	464	Simon Davies	M	35		727	0:43:54
765	0:45:04	963	Nigel Mackerras	M	40		800	0:44:51
766	0:45:05	913	Charlotte Leigh	F	35		750	0:44:12
767	0:45:05	1761	Archie Dodwell	M			788	0:44:38
768	0:45:10	723	Victoria Hillman	F			780	0:44:31
769	0:45:12	1629	Brian Saxby	M	50		773	0:44:22
770	0:45:13	87	Francesca Crowther	F		Aberystwyth AC	790	0:44:43
771	0:45:13	392	Stuart Cornish	M	50		802	0:44:55
772	0:45:14	645	Mark Griffiths	M	35		789	0:44:42
773	0:45:14	495	James Doble	M	35		709	0:43:40
774	0:45:14	1091	Andrew Norton	M	45		710	0:43:40
775	0:45:16	1356	Luke Surrey	M	45		785	0:44:36
776	0:45:16	1419	Maggie Vinestock	F	50		782	0:44:31
777	0:45:17	229	Paul Bailey	M			736	0:44:02
778	0:45:18	446	Lowri Catherine Davies	F			791	0:44:43
779	0:45:20	972	Aled Marks	M	40		756	0:44:14
780	0:45:20	1671	Steve Moore	M			777	0:44:25
781	0:45:20	287	Luke Brennan	M			814	0:45:04
782	0:45:21	864	Paul Dominic Jones	M	40		787	0:44:37
783	0:45:21	872	Una Jones	F	50		786	0:44:36
784	0:45:22	1096	Sina Oelkers	F			806	0:44:58
785	0:45:22	1204	Sarah Price	F			795	0:44:46
786	0:45:23	223	Fran Austin	F			820	0:45:14
787	0:45:23	1199	Alan Preston	M	40		766	0:44:19
788	0:45:24	1089	Sophie Norrington	F	45		759	0:44:15
789	0:45:25	351	Samantha Chidgey	F			797	0:44:49
790	0:45:26	347	Claire Charlton	F	35		764	0:44:18
791	0:45:27	284	Nicola Brann	F	40		771	0:44:22
792	0:45:29	429	Andy Davies	M			745	0:44:07
793	0:45:29	1793	Runner 1793	M			837	0:45:24
794	0:45:29	1780	Aled Evans	M	40		833	0:45:23
795	0:45:30	583	Steve Ford	M	35		778	0:44:26
796	0:45:30	847	Hywel Jones	M	40		775	0:44:25
797	0:45:31	1131	Sarah Parker	F	45	White Rock Runners	765	0:44:19
798	0:45:31	863	Nicola Jones	F	40		825	0:45:16
799	0:45:31	621	Danielle Gough	F			729	0:43:58
800	0:45:33	1762	Dan Chapple	M			798	0:44:50
801	0:45:33	742	Ben Hopkins	M			760	0:44:15
802	0:45:34	197	Andy Wilkins	M	60	Brackla Harriers	803	0:44:55
803	0:45:34	1488	Phoenix Williams	M			746	0:44:07
804	0:45:34	783	Gillian Jack	F	50		808	0:44:59
805	0:45:34	1635	Megan Lewis	F			821	0:45:15
806	0:45:34	1617	Jennifer Hunter	F			804	0:44:57
807	0:45:35	266	Dennis Blunt	M	65		796	0:44:48
808	0:45:36	233	Tim Barker	M	45		754	0:44:14
809	0:45:38	803	Maxine January	F	50		836	0:45:23
810	0:45:43	862	Nerys Jones	F	40		828	0:45:19
811	0:45:43	457	Nicola Davies	F	40		829	0:45:20
812	0:45:48	1012	Vicky Mead	F	45		817	0:45:07
813	0:45:48	825	Michaela Johnson	F			794	0:44:45
814	0:45:49	1430	Ian Warner	M	55		772	0:44:22
815	0:45:49	1328	Julie Smith	F	45	Merthyr Running Club	805	0:44:58
816	0:45:51	1243	Paul Reid	M	35		841	0:45:28
817	0:45:51	1664	Dhana Caple	F	40	Nike Run Club Cardiff	812	0:45:02
818	0:45:52	1030	James Mitchell	M	35		858	0:45:44
819	0:45:53	767	Mark Hurley	M	35		807	0:44:59
820	0:45:54	806	Victoria Jeffery	F	45		832	0:45:22
821	0:45:54	836	Claire Jones	F	45		834	0:45:23
822	0:45:55	1505	Carolyn Windos	F	50	Cornelly Striders	835	0:45:23
823	0:45:57	1160	Jonathan Perons	M			783	0:44:36
824	0:45:57	149	Louis Morgan	M		Islwyn RC	864	0:45:51
825	0:45:58	822	Adam Johnson	M			839	0:45:26

## 2015 Cardiff Bay 5 Mile

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
826	0:45:58	1625	Lisa Newan	F			809	0:45:01
827	0:45:58	1345	Kathryn Stoate	F	35	Pontypridd Roadents	826	0:45:17
828	0:45:58	1064	Jade Mullane	F			810	0:45:01
829	0:45:59	408	Alan Cromack	M	45		840	0:45:26
830	0:45:59	978	Darren Martin	M	40		852	0:45:38
831	0:46:00	498	Jane Dorrian	F	40		823	0:45:16
832	0:46:00	693	Rhys Heal	M			822	0:45:15
833	0:46:00	1636	Elinor Lewis	F			856	0:45:41
834	0:46:03	240	Sarah Battrick	F			851	0:45:37
835	0:46:03	462	Rhys Davies	M			850	0:45:37
836	0:46:06	576	Alex Fitzpatrick	F			844	0:45:30
837	0:46:06	1074	Helen Myall	F			854	0:45:40
838	0:46:08	1413	Jenn Van Twillert	F			824	0:45:16
839	0:46:09	1369	Ian Taylor	M	50		885	0:46:02
840	0:46:09	311	Joe Burge	M			863	0:45:49
841	0:46:10	342	Rebecca Chant	F			842	0:45:29
842	0:46:11	901	Joseph Lane	M			818	0:45:09
843	0:46:16	1619	Darren Waters	M	40		819	0:45:12
844	0:46:18	1784	Gemal Dabab	M		Butetown Runners	860	0:45:44
845	0:46:18	942	Suzy Lloyd	F	35		869	0:45:54
846	0:46:19	827	Ann Johnston	F	35		811	0:45:02
847	0:46:19	571	Stephanie Ferry	F			845	0:45:31
848	0:46:20	1271	Jane Roe	F	55		848	0:45:32
849	0:46:20	1054	Ceri Morris	F			846	0:45:32
850	0:46:20	1458	Brigitte Widdas	F	45	Lliswerry Runners	884	0:46:02
851	0:46:20	199	Peter Wilson	M	45	Malvern Joggers	815	0:45:05
852	0:46:22	776	Graham Hutton	M	50		799	0:44:50
853	0:46:22	640	Hannah Griffiths	F			855	0:45:41
854	0:46:23	625	Richard Graham	M	55		874	0:45:57
855	0:46:24	915	Alice Lethbridge	F			887	0:46:03
856	0:46:25	1152	Owen Pearse	M			816	0:45:06
857	0:46:26	1418	Stacey Vincent	F			880	0:46:00
858	0:46:27	1417	Paul Vincent	M	50		881	0:46:01
859	0:46:28	428	Andrew Davies	M	40		813	0:45:03
860	0:46:28	1404	Jenny Tincombe	F	35		853	0:45:38
861	0:46:28	154	Stephen New	M	45	Islwyn RC	827	0:45:18
862	0:46:29	1240	Bethan Reeves	F			890	0:46:05
863	0:46:29	212	Joanne Allen	F	45	Shropshire Shufflers	893	0:46:08
864	0:46:30	499	Mark Douglas	M	35		875	0:45:57
865	0:46:30	1692	Emily Wong	F			918	0:46:23
866	0:46:30	1749	Tim Webb	M	65	Pegasus	849	0:45:33
867	0:46:30	1661	Lewis John James	M		Dragons Running club	900	0:46:14
868	0:46:31	764	Marie Hurford	F		Pont-y-Pwl Runners	896	0:46:11
869	0:46:31	1167	David Phillips	M	60		871	0:45:55
870	0:46:31	1182	Sarah Pontin	F	35		859	0:45:44
871	0:46:31	1098	Lauren Old	F			888	0:46:03
872	0:46:32	534	Bethan Evans	F			873	0:45:56
873	0:46:35	889	Philip Kinsella	M	40		877	0:45:59
874	0:46:37	885	Maad Khalil	M	55		838	0:45:24
875	0:46:38	653	Fiona Guy	F			903	0:46:16
876	0:46:41	1633	Damian Burgess	M			830	0:45:22
877	0:46:41	1634	Kate Davies	F			831	0:45:22
878	0:46:42	1512	Hedd Wood	F	40		904	0:46:16
879	0:46:42	374	Joanne Clements	F	45		905	0:46:17
880	0:46:42	458	Owain Davies	M			867	0:45:53
881	0:46:42	686	Ella Hastings	F			865	0:45:51
882	0:46:43	1154	Kelly Peck	F	35		902	0:46:15
883	0:46:43	440	Geoff Davies	M	50		870	0:45:54
884	0:46:43	1175	Morwenna Phillips	F		Lliswerry Runners	866	0:45:53
885	0:46:43	1169	Elinor Phillips	F		Lliswerry Runners	868	0:45:53
886	0:46:44	1300	Patricia Searle	F	50		861	0:45:46
887	0:46:45	493	Carlo Dileone	M			895	0:46:09
888	0:46:45	996	Marc Mcdonough	M	35		894	0:46:09
889	0:46:45	856	Mair Jones	F			872	0:45:55
890	0:46:45	979	Faye Martin	F	35		862	0:45:47
891	0:46:46	1349	Julie Stokes	F	45	Lliswerry Runners	923	0:46:28
892	0:46:46	726	Sue Hobbs	F	45		915	0:46:23
893	0:46:48	1789	Andrea Goodfellow	F	45		879	0:46:00
894	0:46:49	1309	Helen Simmonds	F		Islwyn RC	906	0:46:17
895	0:46:49	318	Isabel Buswell	F	45	Team Rees Runners	843	0:45:29
896	0:46:50	470	Diane Davies	F	45		931	0:46:36
897	0:46:50	1149	Arron Peacock	M	35		933	0:46:37
898	0:46:52	1137	Sian Parry-Weeks	F	35		899	0:46:13
899	0:46:53	565	Lee Eynon	M			847	0:45:32
900	0:46:54	525	Peggy Edwards	F	45		922	0:46:27

## 2015 Cardiff Bay 5 Mile

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
901	0:46:55	609	Amy Genders	F			917	0:46:23
902	0:46:55	1077	Catherine Nelson	F			945	0:46:46
903	0:46:56	430	Anthony Davies	M	35		947	0:46:49
904	0:46:57	335	Laura Carwardine	F			857	0:45:43
905	0:46:57	528	Alexandra Ellam	F	35		889	0:46:04
906	0:46:59	394	Hannah Cottey	F			901	0:46:14
907	0:46:59	123	Ben Hughes	M		Team Rees Runners	883	0:46:02
908	0:47:01	1189	Adrienne Powell	F			940	0:46:44
909	0:47:01	1714	John-Paul Macleod	M			929	0:46:34
910	0:47:02	1116	Kate Owen	F	45		882	0:46:02
911	0:47:03	454	Melissa Davies	F	35		934	0:46:37
912	0:47:03	730	Helen Hodgson	F	45		938	0:46:40
913	0:47:03	1159	Karen Penny	F	45	Lliswerry Runners	897	0:46:12
914	0:47:03	916	Alun Lewis	M	45		878	0:45:59
915	0:47:05	1011	Jon Mead	M	55		920	0:46:24
916	0:47:06	491	Claris Monica Diaz	F			912	0:46:22
917	0:47:07	697	Alex Hearnden	M	45		892	0:46:06
918	0:47:07	643	Marc 'Griff' Griffiths	M			932	0:46:37
919	0:47:09	1734	Joanna Hanks	F			943	0:46:46
920	0:47:09	1318	Colette Skuse	F	35		916	0:46:23
921	0:47:11	1325	Hanna Smith	F			948	0:46:49
922	0:47:12	1441	Lisa Webb	F			898	0:46:13
923	0:47:14	589	John Frayne	M	60		924	0:46:28
924	0:47:14	592	Lauren Freeman	F			954	0:46:54
925	0:47:16	894	Sophie Knight	F			921	0:46:27
926	0:47:21	811	Jo Jenkins	F	40		876	0:45:57
927	0:47:22	921	Claire Lewis	F	45	San Domenico	928	0:46:34
928	0:47:23	1063	Becky Mudie	F	40		891	0:46:05
929	0:47:23	354	Peter Childs	M	65		942	0:46:46
930	0:47:23	1331	Ruth Smith	F	55		946	0:46:48
931	0:47:25	1170	Gillian Phillips	F	45		950	0:46:49
932	0:47:26	175	Meryl Sinclair	F	45	Brecon AC	926	0:46:32
933	0:47:26	135	Susan Jones	F	45	Brecon AC	927	0:46:32
934	0:47:28	115	Adrian Harford	M	50	Dragons Running club	965	0:47:10
935	0:47:28	785	P Jackson	M	60		909	0:46:20
936	0:47:29	557	Peter Evans	M	40		911	0:46:21
937	0:47:30	912	Jenna Leggett	F			886	0:46:03
938	0:47:31	89	Debbie Cumming	F	50	Caerleon Running Club	955	0:46:57
939	0:47:41	1449	Garry Wharmby	M	50		953	0:46:51
940	0:47:42	237	David Bartlett	M	35		973	0:47:15
941	0:47:42	895	Sophie Knott	F			951	0:46:50
942	0:47:42	954	Sophie Lozano	F			968	0:47:12
943	0:47:42	717	Natalie Hill	F			913	0:46:22
944	0:47:44	902	Mathew Lane	M			963	0:47:09
945	0:47:44	784	Debbie Jackson	F	45		919	0:46:24
946	0:47:45	832	Byron Jones	M	45		990	0:47:31
947	0:47:45	732	Katie Holdham	F			936	0:46:39
948	0:47:46	659	Darren Halpin	M	40		910	0:46:21
949	0:47:47	731	Dave Holdham	M	50		939	0:46:41
950	0:47:47	793	Helen James	F	45		907	0:46:18
951	0:47:48	791	Evan James	M			908	0:46:18
952	0:47:49	1100	Jodie Olson	F			961	0:47:07
953	0:47:50	1323	Andrew Smith	M	40		914	0:46:23
954	0:47:52	1069	Sean Murphy	M	45		930	0:46:34
955	0:47:52	1214	Bradley Pugh	M			1008	0:47:48
956	0:47:52	1444	Mervyn Weightman-Bent	M	55		935	0:46:39
957	0:47:52	873	Wendy Jones	F	55		958	0:47:06
958	0:47:52	647	Matt Grindle	M			985	0:47:26
959	0:47:52	520	Hayley Edwards	F		Lliswerry Runners	993	0:47:37
960	0:47:53	1344	Sarah Stewart	F			949	0:46:49
961	0:47:53	1679	Sarah Williams	F	35		971	0:47:14
962	0:47:53	629	Vicki Gray	F			1002	0:47:43
963	0:47:54	1610	Mark Taubert	M	40		975	0:47:17
964	0:47:55	1357	Miguel Sutcliffe	M	45		977	0:47:19
965	0:47:55	660	Sharon Halpin	F	40		925	0:46:30
966	0:47:59	1259	Catryn Roberts	F	35		995	0:47:39
967	0:48:01	337	Nathan Casburn	M	40		944	0:46:46
968	0:48:02	708	Steve Herbert	M	40		957	0:47:00
969	0:48:02	291	Rosie Bristow	F	35		962	0:47:07
970	0:48:02	875	Robert Michael Jones	M	65		978	0:47:20
971	0:48:03	841	Donna Jones	F	45		969	0:47:12
972	0:48:04	1215	Emma Pugh	F	35		1022	0:47:59
973	0:48:05	1474	Jess Williams	F			988	0:47:28
974	0:48:06	1372	Trish Tazzini-Lloyd	F	40		956	0:46:58
975	0:48:07	425	Sian David	F			970	0:47:13

## 2015 Cardiff Bay 5 Mile

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
976	0:48:07	1121	David Palmer	M	35		937	0:46:40
977	0:48:07	496	Wayne Donovan	M			941	0:46:45
978	0:48:08	929	Jaime Lewis	F	35		964	0:47:09
979	0:48:09	623	Louise Graham	F	35	Pontypridd Roadents	967	0:47:11
980	0:48:11	1463	Kayleigh Wilding	F			982	0:47:23
981	0:48:13	866	Richard Jones	M	40		979	0:47:21
982	0:48:13	648	Estelle Grissi	F			994	0:47:38
983	0:48:14	304	John Bryan	M	50		1021	0:47:58
984	0:48:14	789	David James	M	45		989	0:47:30
985	0:48:15	341	Katie Chandler	F			1005	0:47:46
986	0:48:15	613	Julie Gibson	F	45		980	0:47:22
987	0:48:16	1391	Rhiannon Thomas	F	35		1020	0:47:56
988	0:48:16	1316	Manohar Singh	M	50		952	0:46:51
989	0:48:17	1207	Nicola Prior	F	45		996	0:47:39
990	0:48:18	1005	Simon McRae	M			1011	0:47:50
991	0:48:19	602	Bev Gardner	F	45		1014	0:47:51
992	0:48:20	1272	Clare Rogers	F	45		981	0:47:22
993	0:48:22	746	Jenna Horn	F			966	0:47:10
994	0:48:24	1242	Andy Reid	M	45		1009	0:47:49
995	0:48:25	598	Anthony Fry	M	40		960	0:47:06
996	0:48:27	923	Jackie Lewis	F	60		976	0:47:17
997	0:48:29	1232	Caroline Rees	F	40		1012	0:47:51
998	0:48:30	865	Rachel Jones	F	35		991	0:47:35
999	0:48:30	1704	Julia Peek	F	35		1023	0:48:01
1000	0:48:31	611	Sue Gershenson	F	45		1015	0:47:51
1001	0:48:33	1219	Ceri Raffill	F	35		983	0:47:24
1002	0:48:37	1003	Roger McPherson	M	50		959	0:47:06
1003	0:48:37	1648	Melanie Bent	F	50		986	0:47:27
1004	0:48:39	474	Helen Dawson	F	35		1016	0:47:51
1005	0:48:39	965	Duduetsang Makuse	F			1025	0:48:05
1006	0:48:41	1029	Karen Minto	F	50	White Rock Runners	987	0:47:28
1007	0:48:41	1710	Hazel Wheeler	F	40	RUN4ALL Neath	972	0:47:14
1008	0:48:42	323	Fiona Campbell	F	35	Pontypridd Roadents	1003	0:47:43
1009	0:48:43	1060	Daniel Morse	M			974	0:47:15
1010	0:48:43	632	Sarah Gregory	F			1010	0:47:49
1011	0:48:44	269	Kemesha Bogle	F			1019	0:47:56
1012	0:48:45	868	Roger Jones	M	60		1034	0:48:24
1013	0:48:45	338	Kaz Ceeney	F	55	Lliswerry Runners	1030	0:48:17
1014	0:48:45	1178	Paula Piper	F			1006	0:47:47
1015	0:48:47	1797	Runner 1797	M			1050	0:48:42
1016	0:48:48	610	Michelle George	F	40	Team Rees Runners	1013	0:47:51
1017	0:48:54	1616	Emma Williams	F	35	Taff Attack Racing	1039	0:48:29
1018	0:48:54	699	Edmund Heery	M	55		984	0:47:25
1019	0:48:55	665	Gillian Handley	F	50	Lliswerry Runners	1017	0:47:55
1020	0:48:56	1274	Susan Rogers	F	40		1026	0:48:05
1021	0:48:59	674	Chris Harris	M			1024	0:48:04
1022	0:48:59	523	Joanne Edwards	F	40		1004	0:47:45
1023	0:49:00	807	Byron Jenkins	M	45		992	0:47:35
1024	0:49:00	931	Zoe Lingham	F	35		1032	0:48:18
1025	0:49:02	639	Geraint Griffiths	M	45		1027	0:48:13
1026	0:49:04	510	Amy Dunningham	F			1049	0:48:41
1027	0:49:05	1023	Mick Miles	M	50		1007	0:47:47
1028	0:49:06	515	Aled Edwards	M	60		1051	0:48:42
1029	0:49:07	1267	Sara Robinson	F			998	0:47:42
1030	0:49:08	1427	Angela Walsh	F		Porthcawl Runners	1035	0:48:25
1031	0:49:12	740	Michael Honey	M	35		1041	0:48:31
1032	0:49:12	739	Joanne Honey	F	35		1043	0:48:32
1033	0:49:12	362	Laura Churchill	F	40		1064	0:48:56
1034	0:49:12	1262	Julie Roberts	F	50		1040	0:48:29
1035	0:49:13	1786	Tom Brookes	M			997	0:47:41
1036	0:49:14	224	Michelle Austin	F			1066	0:48:57
1037	0:49:14	217	Danielle Angell	F			1068	0:48:57
1038	0:49:14	718	Rachel Hill	F			1069	0:48:57
1039	0:49:15	1307	Christopher Shephard	M			999	0:47:42
1040	0:49:15	1095	Phil O'Connell	M			1000	0:47:42
1041	0:49:16	777	Mark Iles	M	45		1001	0:47:43
1042	0:49:16	904	Helyn Latimer	F	45		1073	0:49:00
1043	0:49:16	1050	Neil Morgan	M	35		1028	0:48:16
1044	0:49:18	119	Jeremy Haynes	M	45	3M Gorseinon RR	1018	0:47:55
1045	0:49:19	883	Sarah Kembrey	F	35	Lliswerry Runners	1074	0:49:01
1046	0:49:22	949	Elizabeth Lott	F			1067	0:48:57
1047	0:49:22	1067	Catherine Murphy	F			1070	0:48:58
1048	0:49:23	1401	Martine Timms	F	40		1081	0:49:07
1049	0:49:23	533	Samantha Ennis	F			1065	0:48:56
1050	0:49:26	1140	Martyn Parsons	M	40		1044	0:48:32

## 2015 Cardiff Bay 5 Mile

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
1051	0:49:26	1076	Joanne Nelms	F	40	Caerphilly Runners	1037	0:48:26
1052	0:49:27	277	Jane Bowns	F	40		1076	0:49:04
1053	0:49:30	590	Zoe Frayne	F			1057	0:48:44
1054	0:49:32	1713	Jennifer Ward	F			1062	0:48:52
1055	0:49:33	1390	Nigel Thomas	M	60		1071	0:48:59
1056	0:49:33	1360	Paul Sydenham	M	55		1072	0:48:59
1057	0:49:33	750	Lee Howes	M			1029	0:48:16
1058	0:49:33	1127	Andrew Parker	M	45		1052	0:48:43
1059	0:49:35	445	Louise Davies	F	45		1031	0:48:17
1060	0:49:35	975	Chris Marshall	M	40		1042	0:48:31
1061	0:49:36	368	Sarah Clarke	F		Women Running Penarth	1088	0:49:13
1062	0:49:36	907	Susan Lazarus	F	50		1087	0:49:12
1063	0:49:37	1432	Kate Waters	F		Lliswerry Runners	1058	0:48:45
1064	0:49:37	378	Sian Cole	F			1089	0:49:13
1065	0:49:38	1445	Andrew Weltch	M	50		1045	0:48:34
1066	0:49:40	1128	Elizabeth Parker	F	40		1061	0:48:49
1067	0:49:40	1290	Claire Saralis	F			1093	0:49:15
1068	0:49:40	1289	Andrew Saralis	M			1094	0:49:15
1069	0:49:41	948	Rachel Lord	F	45		1033	0:48:24
1070	0:49:41	1508	Chantelle Wiseman	F		Penarth & Dinas Runners	1059	0:48:46
1071	0:49:41	706	Mari Herbert	F	45		1036	0:48:25
1072	0:49:41	570	Stephanie Ferguson	F		Team Rees Runners	1056	0:48:44
1073	0:49:44	903	Chris Larrington	M			1084	0:49:08
1074	0:49:45	1459	Anthony Wilby	M			1038	0:48:28
1075	0:49:46	721	Annie Hillman	F	40		1092	0:49:15
1076	0:49:46	333	Natalie Cartlidge	F	40		1095	0:49:18
1077	0:49:48	1480	Lisa Williams	F	40	Pontypridd Roadents	1060	0:48:47
1078	0:49:49	989	Ian Mccann	M	40		1047	0:48:38
1079	0:49:49	586	Janice Francis	F	45		1086	0:49:11
1080	0:49:50	574	Ceri Fish	F			1075	0:49:04
1081	0:49:53	1056	Esther Morris	F			1110	0:49:40
1082	0:49:53	184	Colin Tebby	M	55	Lliswerry Runners	1100	0:49:28
1083	0:49:55	501	Rhys Dowling	M			1048	0:48:40
1084	0:49:57	324	Triona Campbell	F			1054	0:48:44
1085	0:50:00	861	Natalie Jones	F	35		1046	0:48:35
1086	0:50:02	1637	Daniel Skillern	M			1063	0:48:54
1087	0:50:02	539	Christine Evans	F	60		1108	0:49:38
1088	0:50:03	1659	Victoria Bowen	F	35		1082	0:49:07
1089	0:50:03	1075	Bharat Narbad	M	45		1053	0:48:44
1090	0:50:03	1519	Nesta Yorke	F	40		1055	0:48:44
1091	0:50:07	1717	Richard Nuell	M	60	Portishead RC	1090	0:49:13
1092	0:50:09	1456	Christine White	F	65		1077	0:49:06
1093	0:50:11	216	Neil Andrews	M	40		1109	0:49:40
1094	0:50:11	855	Lucy Jones	F	35		1111	0:49:40
1095	0:50:13	734	Sian Hollins	F	40		1102	0:49:32
1096	0:50:14	508	Ciara Dunne	F	35		1104	0:49:34
1097	0:50:14	1602	Derek Butler	M			1105	0:49:34
1098	0:50:15	1491	Rhiannon Williams	F	40		1113	0:49:42
1099	0:50:15	1384	Lauren Thomas	F			1106	0:49:36
1100	0:50:16	1173	Sian Gwenllian Phillips	F			1126	0:49:50
1101	0:50:18	365	Kath Clark	F	55		1078	0:49:06
1102	0:50:18	594	Victoria French	F	35		1079	0:49:06
1103	0:50:19	1410	Leslie Turner	M	55		1107	0:49:37
1104	0:50:20	1336	Kim Spargo	F			1080	0:49:06
1105	0:50:21	1478	Liam Williams	M			1099	0:49:27
1106	0:50:21	544	Hannah Evans	F	35		1085	0:49:10
1107	0:50:24	1211	Gaz Pritchard	M	35		1083	0:49:08
1108	0:50:25	1208	Gail Pritchard	F	40		1119	0:49:47
1109	0:50:25	1257	C Roach-Bartlett	F	45	Les Croupiers	1091	0:49:15
1110	0:50:26	870	Stephanie Jones	F			1116	0:49:43
1111	0:50:26	1285	David Salt	M	60		1133	0:50:04
1112	0:50:26	353	Jenny Childs	F	40		1122	0:49:49
1113	0:50:32	524	Kirsty Edwards	F		Lliswerry Runners	1142	0:50:15
1114	0:50:34	671	Natasha Harley	F			1096	0:49:22
1115	0:50:38	1677	Natalie Griffiths	M		Cwm Ogwr	1098	0:49:26
1116	0:50:40	472	Julia Davis	F	40		1149	0:50:27
1117	0:50:42	1172	Sally Phillips	F	50	Caerphilly Runners	1115	0:49:43
1118	0:50:45	549	Jo Evans	F	40		1103	0:49:33
1119	0:50:45	361	Paula Church	F	35	Team Rees Runners	1123	0:49:49
1120	0:50:45	664	Bethan Handley	F		Team Rees Runners	1121	0:49:48
1121	0:50:47	1359	Aoife Swain	F			1132	0:50:04
1122	0:50:48	1188	Gafyn Poulton	M			1131	0:50:00
1123	0:50:48	1254	Sarah Richards	F	35		1157	0:50:36
1124	0:50:49	1134	Alyson Jayne Parry	F	45		1125	0:49:50
1125	0:50:51	1123	Lisa Palmer	F			1097	0:49:24

## 2015 Cardiff Bay 5 Mile

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
1126	0:50:51	681	Rob Harrison	M	40	Cardiff Triathletes	1130	0:49:55
1127	0:50:52	805	Mark Jefferis	M	50		1101	0:49:31
1128	0:50:52	1020	Dawne Meynell-Western	F	35	Rhondda Valley Runners	1143	0:50:18
1129	0:50:53	1151	Sian Pearce	F	35		1128	0:49:52
1130	0:50:54	1653	Hannah Fowler	F	40	Pencoed Tri	1144	0:50:18
1131	0:50:55	1510	May Yee Wong	F			1114	0:49:43
1132	0:50:56	687	Chris Hatfield	M	70		1117	0:49:44
1133	0:50:56	944	Victoria Lloyd	F	40		1127	0:49:51
1134	0:50:57	1409	Lesley Turner	F	55		1156	0:50:36
1135	0:51:01	1057	Hayley Morris	F			1120	0:49:48
1136	0:51:01	650	Steve Grother	M	45		1118	0:49:46
1137	0:51:03	1388	Melanie Thomas	F	40		1148	0:50:25
1138	0:51:04	1282	Liam Ryan	M	45		1145	0:50:20
1139	0:51:06	952	Gwyn Lowe	M	35		1153	0:50:34
1140	0:51:07	469	Carys Davies	F			1152	0:50:28
1141	0:51:07	1277	Naomi Rowe	F	40	Team Rees Runners	1138	0:50:10
1142	0:51:09	1516	Philippa Wright	F	35		1112	0:49:41
1143	0:51:11	968	Angela Manning	F	50		1167	0:50:55
1144	0:51:11	367	Catrin Clarke	F	50	Women Running Penarth	1124	0:49:49
1145	0:51:12	1482	Luke Williams	M			1129	0:49:54
1146	0:51:20	837	Daniel Alex Jones	M			1155	0:50:35
1147	0:51:21	416	Natasha Dagnall	F	35		1161	0:50:43
1148	0:51:21	1493	Ryan Williams	M			1160	0:50:42
1149	0:51:23	1711	Esme Young	F			1146	0:50:21
1150	0:51:24	692	Suzanne Hayward	F	45		1136	0:50:08
1151	0:51:24	691	Steven Hayward	M	50		1137	0:50:09
1152	0:51:25	649	Sharon Grother	F	40		1139	0:50:10
1153	0:51:25	485	Christine Diamond	F	40	Dragons Running club	1166	0:50:50
1154	0:51:26	1464	Sue Wilkins	F	55		1162	0:50:48
1155	0:51:27	1673	Volents Lloyd	F	35		1190	0:51:23
1156	0:51:27	1130	Kelly Parker	F	35		1159	0:50:40
1157	0:51:28	475	Abby Dee	F			1140	0:50:12
1158	0:51:28	1446	Carol Wert	F	45		1163	0:50:49
1159	0:51:29	937	Chloe Lloyd	F			1147	0:50:24
1160	0:51:32	1606	Gaynor mayers	F	50		1189	0:51:20
1161	0:51:35	1652	Clare Everett	F	35	Dragons Running club	1164	0:50:50
1162	0:51:36	1650	Gwyn Everett	M	45	Dragons Running club	1165	0:50:50
1163	0:51:36	1337	Alice Spencer	F	35		1186	0:51:17
1164	0:51:39	1061	Andrew Moseley	M			1141	0:50:13
1165	0:51:40	1639	Henri Cousins	M			1182	0:51:14
1166	0:51:41	1037	Marina Morani	F			1135	0:50:07
1167	0:51:41	1501	Robert Wilmshurst	M			1134	0:50:07
1168	0:51:41	1295	Denise Sciubba	F	50		1176	0:51:11
1169	0:51:44	1218	Rachel Rabbitt	F	40		1150	0:50:27
1170	0:51:44	559	Stephanie Evans	F			1177	0:51:12
1171	0:51:44	535	Bleddyn Evans	M			1178	0:51:12
1172	0:51:45	909	Simon Lee	M	45		1187	0:51:20
1173	0:51:47	1146	Helen Payne	F	35		1171	0:51:00
1174	0:51:49	1439	John-Henry Wayling	M	40		1202	0:51:43
1175	0:51:51	1361	Sian Sykes	F	35		1191	0:51:23
1176	0:51:52	1685	Essex Harvard	M	45		1154	0:50:34
1177	0:51:54	1700	Ruth Everett	F			1168	0:50:57
1178	0:51:56	420	Melanie Daniels	F	40		1151	0:50:28
1179	0:51:58	1358	Vicki Sutton	F			1158	0:50:37
1180	0:51:58	1068	Louise Murphy	F			1173	0:51:07
1181	0:51:59	1229	Simon Redfern	M	45		1180	0:51:14
1182	0:52:00	1228	Caroline Redfern	F	50		1181	0:51:14
1183	0:52:06	350	Sarah Chew	F			1174	0:51:10
1184	0:52:06	1375	Andrea Thomas	F	40		1204	0:51:46
1185	0:52:06	812	Lee Jenkins	M	40		1200	0:51:42
1186	0:52:08	1607	Nigel Read	M	40		1179	0:51:13
1187	0:52:16	1235	Gaynor A Rees	F	50		1169	0:50:58
1188	0:52:16	484	Rhian Deverill	F			1215	0:52:03
1189	0:52:16	1268	Claire Roche	F	45		1170	0:50:59
1190	0:52:19	1284	Jill Saggars	F			1193	0:51:26
1191	0:52:22	881	Lauren Keen	F			1213	0:51:56
1192	0:52:24	279	Sarah Bradbury	F	35		1209	0:51:49
1193	0:52:25	749	Matt Howells	M	40		1208	0:51:49
1194	0:52:27	766	Katie Hurley	F			1192	0:51:23
1195	0:52:28	413	Amy Cullen`	F			1210	0:51:49
1196	0:52:32	1329	Lisa Smith	F			1217	0:52:10
1197	0:52:35	298	Chris Brudenell	M	45		1183	0:51:14
1198	0:52:36	400	Sophie Cox	F			1196	0:51:32
1199	0:52:38	1489	Rhian Williams	F	45		1175	0:51:11
1200	0:52:41	262	Jayne Bissmire	F			1238	0:52:29



## 2015 Cardiff Bay 5 Mile

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
1201	0:52:41	1124	Tanya Papworth-Morgan	F			1172	0:51:04
1202	0:52:42	631	Jaime Greening	F	35		1201	0:51:43
1203	0:52:42	724	Jodi Hilton	F			1199	0:51:42
1204	0:52:43	530	Laura Ellis	F			1184	0:51:17
1205	0:52:43	696	Angela Hearing	F	35		1203	0:51:46
1206	0:52:44	620	Dorren Goodman	F	45	Women Running Penarth	1185	0:51:17
1207	0:52:44	914	Sonia Lemon	F			1188	0:51:20
1208	0:52:46	661	Catherine Hammacott	F			1197	0:51:38
1209	0:52:46	1420	Sarah Vining	F	40		1242	0:52:39
1210	0:52:46	720	Kelly Hillard	F	35		1234	0:52:27
1211	0:52:47	1087	Helena Nilsson	F			1222	0:52:17
1212	0:52:47	1239	Sarah Rees	F	35		1212	0:51:55
1213	0:52:47	1088	Susanne Nilsson	F	55		1223	0:52:18
1214	0:52:47	112	Jonathan Green	M	40	Team Rees Runners	1207	0:51:48
1215	0:52:47	630	Suzanne Green	F	40	Team Rees Runners	1205	0:51:48
1216	0:52:48	656	Carolyn Hall	F	45		1232	0:52:26
1217	0:52:49	1157	Nikki Penn	F	40		1198	0:51:41
1218	0:52:50	1153	Jeff Peck	M			1226	0:52:22
1219	0:52:51	1013	Sarah Meah	F	50		1228	0:52:24
1220	0:52:51	497	Justin Doran	M			1206	0:51:48
1221	0:52:52	991	Menna McCarthy	F	45		1224	0:52:18
1222	0:52:52	1273	Louise Rogers	F	35	Team Rees Runners	1195	0:51:32
1223	0:52:56	1179	Gary Pitman	M	40		1231	0:52:25
1224	0:52:58	1073	Theresa Murray	F			1241	0:52:36
1225	0:52:59	285	Brian Brayford	M	65		1194	0:51:26
1226	0:52:59	490	Lauren Diamond	F			1229	0:52:25
1227	0:52:59	488	Ian Diamond	F	45		1230	0:52:25
1228	0:53:00	1672	Johanieta Moore	F			1216	0:52:05
1229	0:53:05	1222	Andrew Ralph	F	45		1214	0:52:03
1230	0:53:07	859	Matthew Jones	M	40		1247	0:52:46
1231	0:53:10	874	Kate Jones	F			1250	0:52:56
1232	0:53:12	977	Darren Martin	M			1218	0:52:16
1233	0:53:13	652	Lynsey Gunning	F			1221	0:52:17
1234	0:53:13	1224	Mark Rawlins	M			1220	0:52:17
1235	0:53:14	879	Lindsey Kale	F	45		1211	0:51:50
1236	0:53:16	833	Catrin Jones	F	40		1237	0:52:27
1237	0:53:18	819	Rebecca Jevons	F			1235	0:52:27
1238	0:53:21	360	Tracey Chouls	F	40		1239	0:52:30
1239	0:53:23	206	Louisa Addiscott	F	40	The Dragons running club	1219	0:52:16
1240	0:53:24	799	Nia James	F	35		1249	0:52:52
1241	0:53:26	1304	Amy Sergeant	F			1253	0:53:05
1242	0:53:26	205	Andrew Addiscott	M	45		1225	0:52:20
1243	0:53:26	325	Rebecca Cannings-John	F	35		1240	0:52:33
1244	0:53:27	1426	Tracy Walmsley	F	40		1252	0:53:01
1245	0:53:28	383	Viv Collins	F	45		1233	0:52:26
1246	0:53:28	382	Suzie Collins	F			1236	0:52:27
1247	0:53:30	1779	John-Boy Owen	M	40		1263	0:53:27
1248	0:53:38	943	Tina Lloyd	F	45		1227	0:52:23
1249	0:53:40	1609	Janet Davies	F	40		1254	0:53:15
1250	0:53:40	1342	Fiona Stevenson	F	35		1248	0:52:46
1251	0:53:42	222	Charlotte Atwell	F			1243	0:52:39
1252	0:53:43	932	James Llewellyn	M			1244	0:52:40
1253	0:53:50	607	Aaron Gaughan	M	35		1272	0:53:46
1254	0:53:50	672	Anita Harper	F	45		1265	0:53:34
1255	0:53:50	1168	Denise Phillips	F	40		1267	0:53:41
1256	0:53:53	372	Elena Clement	F			1245	0:52:43
1257	0:53:53	1513	Martin Woodfield	M	50		1246	0:52:44
1258	0:54:03	242	Lisa Baynton	F	40		1269	0:53:43
1259	0:54:05	1423	Holly Walker	F			1251	0:52:59
1260	0:54:07	801	Sian James	F	40		1258	0:53:23
1261	0:54:07	1651	Rebecca Dyas	F		Dragons Running club	1259	0:53:23
1262	0:54:13	364	Emma Clark	F			1260	0:53:24
1263	0:54:16	1082	Frances Newton	F	40		1266	0:53:36
1264	0:54:17	567	Katrina Farmer	F	40		1268	0:53:42
1265	0:54:19	1223	Phillip Rawlings	M	35		1261	0:53:24
1266	0:54:22	707	Sally Herbert	F	45		1255	0:53:20
1267	0:54:27	1355	Dawn Surrey	F	40		1273	0:53:46
1268	0:54:30	278	Rebecca Bowring	F	40		1276	0:54:01
1269	0:54:30	773	David Hutchings	M	50		1264	0:53:33
1270	0:54:33	755	Karen Hughes	F	40		1256	0:53:20
1271	0:54:35	792	Faith James	F	35	Les Croupiers	1262	0:53:26
1272	0:54:36	256	Carly Bigham	F			1277	0:54:05
1273	0:54:43	1090	Mary Northcott	F	45		1274	0:53:51
1274	0:54:43	1615	Douglas Dalwood	M	55		1257	0:53:21
1275	0:54:51	1052	Sara Morgan	F	35	Pontypridd Roadents	1284	0:54:20

## 2015 Cardiff Bay 5 Mile

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
1276	0:54:53	1132	Ellen Parker-Jones	F	40		1278	0:54:11
1277	0:54:54	1507	Kevin Winterbottom	M	40		1275	0:53:53
1278	0:54:55	1334	Tash Smith	F			1280	0:54:13
1279	0:54:58	538	Chris Evans	M			1283	0:54:15
1280	0:55:04	976	Helen Marshall	F	55		1285	0:54:27
1281	0:55:07	1668	Kate Powell	F			1279	0:54:12
1282	0:55:14	234	Jill Barnes	F	50		1270	0:53:45
1283	0:55:14	1486	Phil Williams	M	50		1271	0:53:45
1284	0:55:24	741	Marie-Claire Hopkin	F	40		1293	0:54:51
1285	0:55:35	615	Maria Gill	F	35		1303	0:55:15
1286	0:55:36	1465	Catherine Williams	F	35		1281	0:54:13
1287	0:55:36	1038	Abbie Morgan	F			1282	0:54:15
1288	0:55:38	1000	Stephanie Mcloone	F	35		1306	0:55:18
1289	0:55:40	1618	Adele Ball	F	35		1288	0:54:36
1290	0:55:41	1036	Rhian Moran	F	40		1292	0:54:49
1291	0:55:49	888	Stephen King	M			1286	0:54:29
1292	0:55:50	747	Grace Hosking	F			1290	0:54:39
1293	0:55:53	176	Lisa Skelton	F	40	Bootyees Ladies Running Club	1287	0:54:33
1294	0:55:53	404	Richard Cripps	M			1305	0:55:17
1295	0:55:54	230	Sian Baker	F	40		1311	0:55:27
1296	0:56:00	300	Jane Brunsdon	F	50	Team Rees Runners	1289	0:54:38
1297	0:56:02	945	Emily Lloyd Hamilton	F			1299	0:55:11
1298	0:56:04	331	Angela Carr	F			1294	0:54:54
1299	0:56:05	957	Darren Lynch	M			1300	0:55:13
1300	0:56:05	958	Lauren Lynch	F			1301	0:55:14
1301	0:56:07	442	Jonathan Davies	M			1291	0:54:47
1302	0:56:10	483	Sharon Desmond	F	55		1295	0:54:55
1303	0:56:11	1495	Sara Williams	F			1298	0:55:08
1304	0:56:12	522	Jacqueline Edwards	F	50		1296	0:55:05
1305	0:56:16	1249	Carmela Ricciardi-Powers	F	40		1297	0:55:06
1306	0:56:17	227	Angela Backhouse	F	35	Newquay Road Runners	1304	0:55:15
1307	0:56:18	581	Kate Ford	F	40		1326	0:56:02
1308	0:56:18	926	Nicky Lewis	F	40		1327	0:56:03
1309	0:56:18	1468	Gareth Williams	M	55		1302	0:55:15
1310	0:56:27	1415	Asta Vasalauskaite	F			1323	0:55:54
1311	0:56:29	468	Zoe Davies	F			1329	0:56:11
1312	0:56:32	1281	Nia Russell	F			1328	0:56:04
1313	0:56:36	573	Sarah Finnamore	F		Fairwater Runners	1314	0:55:31
1314	0:56:37	244	Rosie Beaman	F			1308	0:55:23
1315	0:56:37	243	James Beaman	M	35		1309	0:55:23
1316	0:56:41	1340	Linda Steele	F	65	Newquay Road Runners	1316	0:55:38
1317	0:56:41	1158	Jude Penny	F	45		1307	0:55:20
1318	0:56:41	959	Lewis Lynch	M		Team Rees Runners	1317	0:55:43
1319	0:56:42	1352	Caroline Sullivan	F	40		1322	0:55:52
1320	0:56:42	852	Leanne Jones	F			1321	0:55:51
1321	0:56:46	210	Chris Akhtar-Matthews Matthews	M			1324	0:55:54
1322	0:56:46	208	Louise Ahern	F	45	Lliswerry Runners	1315	0:55:33
1323	0:56:48	1122	Helen Palmer	F	35		1339	0:56:35
1324	0:56:48	1421	Carrie-Louise Volausek	F			1332	0:56:24
1325	0:56:50	1066	Samantha Munson	F			1310	0:55:26
1326	0:56:58	1687	Samatha Cross	F			1313	0:55:27
1327	0:56:58	1688	Andrew Cross	M	45		1312	0:55:27
1328	0:57:02	463	Shelley Davies	F			1335	0:56:29
1329	0:57:04	316	Alice Burrows	F			1330	0:56:13
1330	0:57:11	1517	Claire Yandall	F		White Rock Runners	1325	0:55:59
1331	0:57:12	132	Simon Bevan	M	45		1318	0:55:47
1332	0:57:12	744	Debra Hopkins-Monks	F			1331	0:56:19
1333	0:57:12	254	Helen Bevan	F	45		1319	0:55:47
1334	0:57:20	1487	Philip Williams	M	40		1320	0:55:51
1335	0:57:20	471	Rhodri Davies-Camplin	M			1334	0:56:25
1336	0:57:20	1108	Brydie O'Sullivan	F			1333	0:56:25
1337	0:57:28	955	Suzanne Luker-Davies	F	40		1344	0:57:06
1338	0:57:29	272	Darren Booth	M	45		1345	0:57:07
1339	0:57:29	1184	Jenna Ponting	F			1346	0:57:08
1340	0:57:35	842	Donna Wynne Jones	F	40		1336	0:56:29
1341	0:57:38	1693	Yvonne Wong	F			1359	0:57:32
1342	0:57:48	236	Sue Barter	F	40		1352	0:57:19
1343	0:57:49	756	Daniel Humphrey	M	45		1356	0:57:26
1344	0:57:55	853	Lisa Jones	F	45	Team Rees Runners	1337	0:56:34
1345	0:58:00	584	Katie Foward	F			1358	0:57:29
1346	0:58:02	476	John Deer	M			1342	0:56:59
1347	0:58:02	1120	Huw Padfield	M			1341	0:56:56
1348	0:58:04	424	Megan David	F			1362	0:57:34
1349	0:58:08	1683	Cathy Sampson	F	50		1340	0:56:49
1350	0:58:09	1043	Hayley Morgan	F	35		1338	0:56:34

## 2015 Cardiff Bay 5 Mile

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
1351	0:58:15	381	Penny Colligan	F	35		1353	0:57:22
1352	0:58:20	1438	Nick Watkins	M			1343	0:57:06
1353	0:58:26	434	Claire Louise Davies	F	50	Dragons Running club	1365	0:57:51
1354	0:58:28	1070	Tracey Murphy	F	50		1357	0:57:28
1355	0:58:30	1202	Marlane Price	F	65	Team Rees Runners	1360	0:57:32
1356	0:58:32	453	Meinir Davies	F	35		1349	0:57:18
1357	0:58:33	127	Barry James	M	60	Porthcawl Runners	1351	0:57:19
1358	0:58:35	433	Claire Davies	F	35		1370	0:58:11
1359	0:58:35	426	Alison Davies	F	35		1371	0:58:12
1360	0:58:36	514	Allyson Edmonds	F	45		1363	0:57:36
1361	0:58:36	314	Hayley Burns	F	35		1366	0:57:58
1362	0:58:36	1684	Caroline havard	F	45		1348	0:57:17
1363	0:58:42	1192	Jessie Powell	F			1350	0:57:19
1364	0:58:43	460	Rhianwen Davies	F			1355	0:57:25
1365	0:58:43	161	Colleen Preston-Evans	F	35	Bootyees Ladies Running Club	1354	0:57:23
1366	0:58:45	308	Tracy Buckle	F	40		1347	0:57:15
1367	0:58:45	1104	Claire Orford	F	40		1361	0:57:33
1368	0:58:57	973	Amanda Marks	F	40		1364	0:57:51
1369	0:59:02	1395	Natalie Thompson	F			1377	0:58:32
1370	0:59:02	97	Steven De La Nougerede	M	55	Lliswerry Runners	1369	0:58:09
1371	0:59:03	960	Mike Lyons	M	55		1378	0:58:33
1372	0:59:04	1201	Joanne Price	F	40	Lliswerry Runners	1368	0:58:04
1373	0:59:05	1382	Janet Thomas	F	50		1375	0:58:24
1374	0:59:05	518	Cheryle Edwards	F	55	Lliswerry Runners	1383	0:58:47
1375	0:59:07	1453	Pamela Whelan	F	45		1380	0:58:42
1376	0:59:15	1294	Paul Scanlon	M	45		1376	0:58:31
1377	0:59:23	711	Deborah Higginson	F			1385	0:58:52
1378	0:59:25	1102	Rebecca Omoyibo	F			1374	0:58:22
1379	0:59:31	1326	James Smith	M			1367	0:58:04
1380	0:59:36	377	Paul Cole	M	40		1382	0:58:45
1381	0:59:45	770	Sara Hurn	F	40		1386	0:59:11
1382	0:59:47	821	Sarah John	F	40		1388	0:59:13
1383	0:59:47	1709	Gemma Louise Wheeler	F			1372	0:58:19
1384	0:59:48	418	Jordanna Dally	F			1373	0:58:20
1385	0:59:53	911	Hannah Leggett	F			1381	0:58:43
1386	0:59:54	1470	Gillian Williams	F	55		1387	0:59:12
1387	0:59:55	1343	Naomi Stewart	F	50		1399	0:59:34
1388	0:59:58	1742	Christina Cunliffe	F			1384	0:58:48
1389	1:00:00	728	Elizabeth Hodges	F	50		1379	0:58:35
1390	1:00:03	1113	Eamma Owen	F			1389	0:59:20
1391	1:00:25	1143	Sam Pates	M			1395	0:59:32
1392	1:00:26	1476	Laura Williams	F			1393	0:59:32
1393	1:00:30	1084	Graham Nicholson	M	65		1409	1:00:09
1394	1:00:30	1085	Susan Nicholson	F	65		1408	1:00:09
1395	1:00:31	1306	Barbara Sharma	F	45	Newquay Road Runners	1392	0:59:29
1396	1:00:33	882	Sara Kelly	F	35		1394	0:59:32
1397	1:00:33	348	Natalie Chatwin	F			1397	0:59:32
1398	1:00:33	1422	Tim Walkden	M			1396	0:59:32
1399	1:00:33	1256	Laura Riley	F			1400	0:59:34
1400	1:00:42	406	Rhianne Critcher	F			1398	0:59:34
1401	1:00:46	1142	Michael Partridge	M			1401	0:59:38
1402	1:00:49	390	Kerry Cope	F			1390	0:59:26
1403	1:00:50	869	Sian Jones	F		Lliswerry Runners	1402	0:59:50
1404	1:00:51	1226	Andrew Reakes	M	50		1391	0:59:28
1405	1:00:54	1350	Heather Stone	F	40	Rhondda Valley Runners	1405	0:59:57
1406	1:01:06	409	Richard Crook	M	45		1404	0:59:55
1407	1:01:10	207	Gloria Afelumo	F			1407	0:59:59
1408	1:01:12	905	Charlotte Lawrence	F		Team Rees Runners	1403	0:59:52
1409	1:01:18	1212	Helen Prosser	F	40	Team Rees Runners	1406	0:59:59
1410	1:01:30	701	Sheryl Henderson	F	35		1410	1:00:10
1411	1:01:30	1716	Leigh McDonald	M	40	Run Mummy Run	1413	1:00:41
1412	1:01:38	1041	Emma Morgan	F	40		1411	1:00:30
1413	1:01:49	612	Karen Gibbon	F	45		1412	1:00:32
1414	1:01:50	601	Tracey Gammon	F	40		1423	1:01:28
1415	1:01:50	1747	Kelly Louise Jones	F			1415	1:00:46
1416	1:01:51	1193	Luke Powell	M			1416	1:00:47
1417	1:01:52	669	Hanna Haris	F			1414	1:00:42
1418	1:02:06	226	Maswadi Aziz	M			1425	1:01:35
1419	1:02:06	203	Khairulnazrin Abdullah	M			1424	1:01:35
1420	1:02:14	666	Helen Harbord	F	35	Merthyr Running Club	1420	1:01:14
1421	1:02:14	797	Lindsey James	F	40		1421	1:01:14
1422	1:02:18	1010	Md Nazrin Md Nazir	M			1426	1:01:46
1423	1:02:22	1663	Sharon Potter	F	35		1427	1:01:47
1424	1:02:24	238	Scarlett Barton	F			1417	1:01:00
1425	1:02:26	871	Stephanie Jones	F	40		1422	1:01:23

## 2015 Cardiff Bay 5 Mile

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
1426	1:02:28	725	Robert Hinds	M	45		1418	1:01:06
1427	1:02:28	527	Rhonwen Edwards	F			1419	1:01:06
1428	1:03:01	239	Jo Bates	F			1428	1:02:05
1429	1:03:08	403	Brendan Cresswell	M	50		1429	1:02:10
1430	1:03:15	1216	Katie Quinn	F			1435	1:02:50
1431	1:03:20	479	Laura Deininger	F			1434	1:02:47
1432	1:03:28	563	Mark Everson	M	50		1430	1:02:17
1433	1:03:29	301	Natalie Brunton	F			1431	1:02:21
1434	1:03:38	1644	Rhian Griffiths	F	35		1436	1:02:52
1435	1:03:39	878	Jacqui Jukes	F	45		1432	1:02:31
1436	1:03:39	1119	Vicci Owen	F			1433	1:02:31
1437	1:04:44	264	Hayley Blignaut	F	40		1441	1:04:09
1438	1:04:44	344	Nicola Chapman	F	40		1437	1:03:37
1439	1:04:51	108	Keith Gardner	M	55	Bryna Runaways	1444	1:04:26
1440	1:05:00	1176	Sophie Pierce	F			1440	1:03:50
1441	1:05:00	1040	Christina Morgan	F			1439	1:03:49
1442	1:05:16	283	Wendy Brady	F	40		1438	1:03:48
1443	1:05:20	1346	Paula Stockley	F		3M Gorseinon RR	1445	1:04:38
1444	1:05:26	658	Steve Hall	M	35		1442	1:04:10
1445	1:05:51	1466	Christina Williams	F	40		1443	1:04:23
1446	1:06:14	737	Natalie Holmes	F			1448	1:05:52
1447	1:06:15	1009	Melanie McVean	F	50		1446	1:04:59
1448	1:06:23	713	Anita Hill	F	45		1447	1:05:02
1449	1:06:42	1485	Paul Williams	M	55		1449	1:06:00
1450	1:06:49	1725	Michael O'Brien	M			1450	1:06:45
1451	1:07:45	759	Tracey Humphreys	F	50		1451	1:07:04
1452	1:08:36	986	Rachel Matthews	F			1452	1:07:13
1453	1:08:37	1026	Emily Mills	F			1453	1:07:13
1454	1:09:07	1434	Rachel Waters	F	40	Team Rees Runners	1454	1:08:10
1455	1:10:37	678	Bridie Harrison	F			1458	1:10:33
1456	1:10:37	1042	Ethan Morgan	M			1459	1:10:33
1457	1:10:38	1612	Nicola Michelle Ewings	F	45		1455	1:10:22
1458	1:10:56	1730	Jason Price	M		Roverway Club	1462	1:10:51
1459	1:11:22	1406	Jessica Townley	F			1457	1:10:23
1460	1:11:22	1112	Carys Owen	F			1456	1:10:23
1461	1:11:56	765	Barry Hurford	F	45		1460	1:10:44
1462	1:11:57	638	Gareth Griffiths	M	40		1461	1:10:44
1463	1:12:24	1001	Aileen McNally	F			1463	1:10:59
1464	1:15:47	1114	Elizabeth Owen	F			1464	1:14:37
1465	1:16:30	1330	Louise Smith	F			1466	1:15:33
1466	1:16:31	1333	Steven Smith	M	35		1465	1:15:33
1467	1:17:45	507	Danielle Dummett	F	40		1467	1:16:24
1468	1:17:45	962	Lauren Macgregor	F			1468	1:16:24
1469	1:23:54	387	Lisa Cook	F	35		1469	1:23:54