

Radyr & Morganstown Trail Half Marathon. Course: Race Splits

Position	No.	First Name	Surname	Gender	Age Cat.	Start	Check Point 1	Check Point 2	Finish
1	123	David	Lawson	M	Open	0:00:00 (0:00:00)	0:42:31 (0:42:31)	1:19:03 (0:36:32)	1:45:05 (0:26:02)
2	126	Alex	Hirst	M	Open	0:00:00 (0:00:00)	0:43:08 (0:43:08)	1:21:12 (0:38:04)	1:46:56 (0:25:44)
3	51	James	Hansell	M	Open	0:00:00 (0:00:00)	0:42:56 (0:42:56)	1:21:16 (0:38:20)	1:47:02 (0:25:46)
4	142	Gethin	Edwards	M	Open	0:00:00 (0:00:00)	0:43:40 (0:43:40)	1:25:12 (0:41:32)	1:52:07 (0:26:55)
5	21	Chris	Nottingham	M	Open	0:00:00 (0:00:00)	0:46:59 (0:46:59)	1:25:46 (0:38:47)	1:52:48 (0:27:02)
6	67	Karl	James	M	V45	0:00:00 (0:00:00)	0:46:57 (0:46:57)	1:26:00 (0:39:03)	1:53:53 (0:27:53)
7	119	James	O'Shea	M	Open	0:00:00 (0:00:00)	0:43:33 (0:43:33)	1:31:17 (0:47:44)	1:58:12 (0:26:55)
8	63	David	Bailyes	M	V45	0:00:00 (0:00:00)	0:47:34 (0:47:34)	1:29:09 (0:41:35)	1:58:32 (0:29:23)
9	34	Gareth	Jones	M	Open	0:00:00 (0:00:00)	0:48:24 (0:48:24)	1:31:43 (0:43:19)	2:00:44 (0:29:01)
10	14	James	Tombs	M	Open	0:00:00 (0:00:00)	0:48:04 (0:48:04)	1:31:15 (0:43:11)	2:00:49 (0:29:34)
11	36	Jacob	Harvey	M	V45	0:00:00 (0:00:00)	0:48:31 (0:48:31)	1:31:55 (0:43:24)	2:02:33 (0:30:38)
12	91	Aled	Davies	M	Open	0:00:00 (0:00:00)	0:48:24 (0:48:24)	1:31:52 (0:43:28)	2:02:51 (0:30:59)
13	72	Simon	Darke	M	V45	0:00:00 (0:00:00)	0:48:27 (0:48:27)	1:34:35 (0:46:08)	2:03:08 (0:28:33)
14	58	Tom	Duck	M	Open	0:00:00 (0:00:00)	0:49:35 (0:49:35)	1:33:36 (0:44:01)	2:03:16 (0:29:40)
15	27	Jack	Caunt	M	Open	0:00:00 (0:00:00)	0:48:33 (0:48:33)	1:32:00 (0:43:27)	2:03:52 (0:31:52)
16	30	Alex	Cornett	M	Open	0:00:00 (0:00:00)	0:49:42 (0:49:42)	1:35:21 (0:45:39)	2:04:22 (0:29:01)
17	125	Sally	Wilder	F	Open	0:00:00 (0:00:00)	0:50:12 (0:50:12)	1:35:40 (0:45:28)	2:05:00 (0:29:20)
18	104	Andrew	Pearson	M	V45	0:00:00 (0:00:00)	0:49:32 (0:49:32)	1:34:15 (0:44:43)	2:07:34 (0:33:19)
19	74	Ben	Adams	M	Open	0:00:00 (0:00:00)	0:52:52 (0:52:52)	1:37:19 (0:44:27)	2:07:45 (0:30:26)
20	59	Peter	Llewellyn	M	Open	0:00:00 (0:00:00)	0:52:56 (0:52:56)	1:39:28 (0:46:32)	2:10:46 (0:31:18)
21	16	Simon	Thomas	M	V45	0:00:00 (0:00:00)	0:51:48 (0:51:48)	1:37:42 (0:45:54)	2:10:48 (0:33:06)
22	141	Matt	Fisher	M	Open	0:00:00 (0:00:00)	0:52:21 (0:52:21)	1:39:01 (0:46:40)	2:11:05 (0:32:04)
23	121	Chris	Holland	M	V45	0:00:00 (0:00:00)	0:52:30 (0:52:30)	1:40:05 (0:47:35)	2:11:25 (0:31:20)
24	52	Will	Redmond	M	Open	0:00:00 (0:00:00)	0:52:23 (0:52:23)	1:39:36 (0:47:13)	2:12:00 (0:32:24)
25	130	Rhodri	Evans	M	Open	0:00:00 (0:00:00)	0:52:08 (0:52:08)	1:40:14 (0:48:06)	2:12:05 (0:31:51)
26	38	Huw	Pullen	M	Open	0:00:00 (0:00:00)	0:52:58 (0:52:58)	1:40:16 (0:47:18)	2:12:39 (0:32:23)
27	57	Richard	Weber	M	V45	0:00:00 (0:00:00)	0:54:40 (0:54:40)	1:42:01 (0:47:21)	2:12:45 (0:30:44)
28	77	Tom	Parker	M	Open	0:00:00 (0:00:00)	0:52:14 (0:52:14)	1:40:02 (0:47:48)	2:13:56 (0:33:54)
29	29	Mathew	Ham	M	Open	0:00:00 (0:00:00)	0:52:52 (0:52:52)	1:41:22 (0:48:30)	2:14:31 (0:33:09)

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30	9	Tyron	Gibbon	M	V45	0:00:00 (0:00:00)	0:52:28 (0:52:28)	1:40:07 (0:47:39)	2:14:35 (0:34:28)
31	37	Richard	Jones	M	Open	0:00:00 (0:00:00)	0:53:11 (0:53:11)	1:42:30 (0:49:19)	2:14:45 (0:32:15)
32	129	Tony	Mackay	M	V45	0:00:00 (0:00:00)	0:58:17 (0:58:17)	1:47:30 (0:49:13)	2:18:08 (0:30:38)
33	115	Matt	Paul	M	Open	0:00:00 (0:00:00)	0:54:28 (0:54:28)	1:45:08 (0:50:40)	2:18:13 (0:33:05)
34	127	Rhodri	Codd	M	Open	0:00:00 (0:00:00)	0:55:12 (0:55:12)	1:44:36 (0:49:24)	2:19:31 (0:34:55)
35	107	Chris	Turnbull	M	Open	0:00:00 (0:00:00)	0:54:26 (0:54:26)	1:41:45 (0:47:19)	2:19:40 (0:37:55)
36	108	Lennard	Lee	M	Open	0:00:00 (0:00:00)	0:54:26 (0:54:26)	1:41:42 (0:47:16)	2:19:42 (0:38:00)
37	143	Catherine	Powell	F	Open	0:00:00 (0:00:00)	0:55:48 (0:55:48)	1:49:26 (0:53:38)	2:19:46 (0:30:20)
38	39	Jeremy	Dickson	M	V45	0:00:00 (0:00:00)	0:54:30 (0:54:30)	1:40:44 (0:46:14)	2:19:49 (0:39:05)
39	116	Leighton	Hill	M	Open	0:00:00 (0:00:00)	0:58:54 (0:58:54)	1:49:31 (0:50:37)	2:20:23 (0:30:52)
40	114	Rhys	Williams	M	Open	0:00:00 (0:00:00)	0:58:56 (0:58:56)	1:49:38 (0:50:42)	2:20:24 (0:30:46)
41	120	Carol	Rees	F	V45	0:00:00 (0:00:00)	0:58:33 (0:58:33)	1:49:29 (0:50:56)	2:20:28 (0:30:59)
42	140	Malcolm	Bradley	M	V45	0:00:00 (0:00:00)	0:54:45 (0:54:45)	1:48:31 (0:53:46)	2:20:56 (0:32:25)
43	110	Hayden	Stephenson	M	Open	0:00:00 (0:00:00)	0:53:30 (0:53:30)	1:45:02 (0:51:32)	2:20:59 (0:35:57)
44	149	Rebecca	Playle	F	V45	0:00:00 (0:00:00)	0:55:33 (0:55:33)	1:48:08 (0:52:35)	2:21:32 (0:33:24)
45	76	Mark	Kennedy	M	Open	0:00:00 (0:00:00)	0:54:36 (0:54:36)	1:47:09 (0:52:33)	2:21:34 (0:34:25)
46	31	John-Rhys	Davies	M	Open	0:00:00 (0:00:00)	0:53:48 (0:53:48)	1:45:38 (0:51:50)	2:22:08 (0:36:30)
47	33	James	Coleman	M	Open	0:00:00 (0:00:00)	0:55:49 (0:55:49)	1:48:18 (0:52:29)	2:22:16 (0:33:58)
48	23	Tom	West	M	Open	0:00:00 (0:00:00)	0:55:54 (0:55:54)	1:48:12 (0:52:18)	2:22:17 (0:34:05)
49	88	Vicki	Wilson	F	V45	0:00:00 (0:00:00)	0:55:07 (0:55:07)	1:45:55 (0:50:48)	2:22:29 (0:36:34)
50	97	Aled	Rees	M	Open	0:00:00 (0:00:00)	0:55:15 (0:55:15)	1:47:38 (0:52:23)	2:23:20 (0:35:42)
51	89	Carl	Hodgetts	M	Open	0:00:00 (0:00:00)	0:55:25 (0:55:25)	1:47:12 (0:51:47)	2:23:40 (0:36:28)
52	32	Lloyd	Hamilton	M	V45	0:00:00 (0:00:00)	0:55:44 (0:55:44)	1:48:24 (0:52:40)	2:24:43 (0:36:19)
53	78	David	Williams	M	Open	0:00:00 (0:00:00)	0:54:40 (0:54:40)	1:48:18 (0:53:38)	2:25:36 (0:37:18)
54	54	Sam	Redmond	M	Open	0:00:00 (0:00:00)	0:58:18 (0:58:18)	1:49:19 (0:51:01)	2:27:09 (0:37:50)
55	18	Tom	Bourton	M	Open	0:00:00 (0:00:00)	0:59:08 (0:59:08)	1:52:16 (0:53:08)	2:27:15 (0:34:59)
56	90	Kathryn	Peall	F	Open	0:00:00 (0:00:00)	0:58:48 (0:58:48)	1:52:48 (0:54:00)	2:27:50 (0:35:02)
57	60	Richard	Campbell	M	Open	0:00:00 (0:00:00)	0:56:36 (0:56:36)	1:52:20 (0:55:44)	2:28:05 (0:35:45)
58	47	Ben	Anstis	M	Open	0:00:00 (0:00:00)	0:59:29 (0:59:29)	1:54:25 (0:54:56)	2:30:01 (0:35:36)
59	117	Christopher	Hudson	M	Open	0:00:00 (0:00:00)	0:56:45 (0:56:45)	1:52:23 (0:55:38)	2:30:15 (0:37:52)
60	93	Anna	Helsing	F	V45	0:00:00 (0:00:00)	0:54:31 (0:54:31)	1:52:30 (0:57:59)	2:32:03 (0:39:33)

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61	53	Fiona	Redmond	F	Open	0:00:00 (0:00:00)	0:59:22 (0:59:22)	1:54:37 (0:55:15)	2:32:09 (0:37:32)
62	65	Richard	Ashton	M	Open	0:00:00 (0:00:00)	0:58:59 (0:58:59)	1:53:44 (0:54:45)	2:32:34 (0:38:50)
63	24	Alex	Hearnden	M	V45	0:00:00 (0:00:00)	0:55:40 (0:55:40)	1:57:06 (1:01:26)	2:35:01 (0:37:55)
64	109	Grace	Newbould	F	Open	0:00:00 (0:00:00)	0:59:56 (0:59:56)	1:56:08 (0:56:12)	2:35:08 (0:39:00)
65	95	Paul	Cooper	M	Open	0:00:00 (0:00:00)	0:55:29 (0:55:29)	1:57:45 (1:02:16)	2:42:05 (0:44:20)
66	92	William	Seagrim	M	Open	0:00:00 (0:00:00)	0:54:59 (0:54:59)	1:57:15 (1:02:16)	2:42:11 (0:44:56)
67	94	Tom	Cooper	M	Open	0:00:00 (0:00:00)	0:55:04 (0:55:04)	1:57:18 (1:02:14)	2:42:13 (0:44:55)
68	113	Julia	Konova	F	Open	0:00:00 (0:00:00)	1:08:44 (1:08:44)	2:05:11 (0:56:27)	2:44:23 (0:39:12)
69	106	Geraint	Evans	M	V45	0:00:00 (0:00:00)	1:07:19 (1:07:19)	2:04:45 (0:57:26)	2:44:58 (0:40:13)
70	105	Alex	Evans	F	Open	0:00:00 (0:00:00)	1:07:18 (1:07:18)	2:04:47 (0:57:29)	2:45:00 (0:40:13)
71	28	Darren	Griffiths-Warner	M	V45	0:00:00 (0:00:00)	0:56:22 (0:56:22)	2:00:08 (1:03:46)	2:45:07 (0:44:59)
72	81	Paul	Satchell	M	V45	0:00:00 (0:00:00)	1:08:36 (1:08:36)	2:06:50 (0:58:14)	2:49:40 (0:42:50)
73	5	Rachael	Finlayson	F	V45	0:00:00 (0:00:00)	1:09:29 (1:09:29)	2:09:07 (0:59:38)	2:49:50 (0:40:43)
74	17	Lisa	Thomas	F	V45	0:00:00 (0:00:00)	1:09:06 (1:09:06)	2:08:55 (0:59:49)	2:49:51 (0:40:56)
75	80	Anna	Auchterlonie	F	Open	0:00:00 (0:00:00)	1:09:20 (1:09:20)	2:08:28 (0:59:08)	2:50:38 (0:42:10)
76	56	Paul	Newman	M	V45	0:00:00 (0:00:00)	1:07:26 (1:07:26)	2:08:35 (1:01:09)	2:50:39 (0:42:04)
77	73	Paul	Oconnell	M	V45	0:00:00 (0:00:00)	1:10:02 (1:10:02)	2:09:21 (0:59:19)	2:51:01 (0:41:40)
78	40	Mat	Payne	M	V45	0:00:00 (0:00:00)	1:08:57 (1:08:57)	2:08:03 (0:59:06)	2:51:03 (0:43:00)
79	3	Tony	Lancaster	M	V45	0:00:00 (0:00:00)	1:09:56 (1:09:56)	2:09:26 (0:59:30)	2:51:03 (0:41:37)
80	68	Owain	Thomas	M	Open	0:00:00 (0:00:00)	0:59:18 (0:59:18)	1:57:35 (0:58:17)	2:51:25 (0:53:50)
81	61	Rachel	Owen	F	Open	0:00:00 (0:00:00)	1:08:22 (1:08:22)	2:09:52 (1:01:30)	2:51:58 (0:42:06)
82	111	Paul	O'Neill	M	V45	0:00:00 (0:00:00)	1:09:46 (1:09:46)	2:10:24 (1:00:38)	2:54:28 (0:44:04)
83	4	Stu	Hern	M	V45	0:00:00 (0:00:00)	1:09:49 (1:09:49)	2:12:12 (1:02:23)	2:55:19 (0:43:07)
84	6	Kerry	Snell	F	Open	0:00:00 (0:00:00)	1:09:41 (1:09:41)	2:12:20 (1:02:39)	2:55:23 (0:43:03)
85	41	Adam	Ballard	M	V45	0:00:00 (0:00:00)	1:09:02 (1:09:02)	2:08:12 (0:59:10)	2:56:42 (0:48:30)
86	75	Susie	Gurner	F	Open	0:00:00 (0:00:00)	1:12:35 (1:12:35)	2:16:45 (1:04:10)	2:59:07 (0:42:22)
87	69	Bronwen	Boyce	F	Open	0:00:00 (0:00:00)	1:10:18 (1:10:18)	2:15:45 (1:05:27)	2:59:19 (0:43:34)
88	112	Sivachidambaram	Sadasivam	M	Open	0:00:00 (0:00:00)	1:10:24 (1:10:24)	2:15:37 (1:05:13)	2:59:22 (0:43:45)
89	71	Kelly	Davies	F	Open	0:00:00 (0:00:00)	1:10:21 (1:10:21)	2:15:42 (1:05:21)	2:59:23 (0:43:41)
90	70	Natalie	Evans	F	V45	0:00:00 (0:00:00)	1:12:22 (1:12:22)	2:17:29 (1:05:07)	3:01:07 (0:43:38)
91	25	Joanne	Jackson	F	V45	0:00:00 (0:00:00)	1:12:22 (1:12:22)	2:17:34 (1:05:12)	3:01:08 (0:43:34)

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92	45	Patricia	Searle	F	V45	0:00:00 (0:00:00)	1:12:25 (1:12:25)	2:16:47 (1:04:22)	3:01:11 (0:44:24)
93	84	Jo	Jones	F	Open	0:00:00 (0:00:00)	1:08:57 (1:08:57)	2:16:50 (1:07:53)	3:02:25 (0:45:35)
94	66	David	Thomas	M	Open	0:00:00 (0:00:00)	1:08:54 (1:08:54)	2:16:42 (1:07:48)	3:02:32 (0:45:50)
95	42	Faye	Chamberlain	F	V45	0:00:00 (0:00:00)	1:14:47 (1:14:47)	2:18:02 (1:03:15)	3:04:50 (0:46:48)
96	98	Andrew	McMullen	M	V45	0:00:00 (0:00:00)	1:15:46 (1:15:46)	2:22:56 (1:07:10)	3:06:10 (0:43:14)
97	118	Lucy	Roblin	F	Open	0:00:00 (0:00:00)	1:12:48 (1:12:48)	2:19:53 (1:07:05)	3:06:34 (0:46:41)
98	82	Josephine	Haddon	F	Open	0:00:00 (0:00:00)	1:12:57 (1:12:57)	2:22:28 (1:09:31)	3:07:10 (0:44:42)
99	83	Ruth	Thomas	F	V45	0:00:00 (0:00:00)	1:12:54 (1:12:54)	2:22:25 (1:09:31)	3:07:15 (0:44:50)
100	124	Cath	James	F	Open	0:00:00 (0:00:00)	1:12:20 (1:12:20)	2:19:25 (1:07:05)	3:08:13 (0:48:48)
101	15	Lee	Mccabe	M	V45	0:00:00 (0:00:00)	1:10:45 (1:10:45)	2:18:52 (1:08:07)	3:09:26 (0:50:34)
102	35	Owen	Jones	M	Open	0:00:00 (0:00:00)	1:15:50 (1:15:50)	2:23:28 (1:07:38)	3:13:54 (0:50:26)
103	8	Caroline	Nightingale	F	V45	0:00:00 (0:00:00)	1:25:39 (1:25:39)	2:31:47 (1:06:08)	3:17:02 (0:45:15)
104	12	Hannah	Hopes	F	Open	0:00:00 (0:00:00)	1:15:45 (1:15:45)	2:31:59 (1:16:14)	3:22:33 (0:50:34)
105	22	Hannah	Miles	F	Open	0:00:00 (0:00:00)	1:15:42 (1:15:42)	2:31:54 (1:16:12)	3:22:34 (0:50:40)
106	19	John	Payne	M	V45	0:00:00 (0:00:00)	1:15:40 (1:15:40)	2:31:52 (1:16:12)	3:22:36 (0:50:44)
107	62	Huw	Roberts-Thomas	M	Open	0:00:00 (0:00:00)	1:09:55 (1:09:55)	2:22:51 (1:12:56)	3:23:06 (1:00:15)
108	99	Geoff	Cook	M	V45	0:00:00 (0:00:00)	1:14:54 (1:14:54)	2:34:47 (1:19:53)	3:28:00 (0:53:13)
109	122	Gwilym	Owen	M	V45	0:00:00 (0:00:00)	1:15:32 (1:15:32)	2:35:03 (1:19:31)	3:29:17 (0:54:14)
110	100	Tony	Williams	M	V45	0:00:00 (0:00:00)	1:15:36 (1:15:36)	2:35:15 (1:19:39)	3:31:48 (0:56:33)
111	46	Tony	Grandon	M	V45	0:00:00 (0:00:00)	1:26:46 (1:26:46)	2:41:29 (1:14:43)	3:33:24 (0:51:55)
112	48	Claire	Griffiths	F	Open	0:00:00 (0:00:00)	1:27:01 (1:27:01)	2:43:04 (1:16:03)	3:35:22 (0:52:18)
113	50	Lisa	Watson	F	Open	0:00:00 (0:00:00)	1:27:08 (1:27:08)	2:43:16 (1:16:08)	3:35:23 (0:52:07)
114	44	Antony	Wilford	M	V45	0:00:00 (0:00:00)	1:30:46 (1:30:46)	2:52:35 (1:21:49)	3:41:10 (0:48:35)
115	85	Lyndsey	Jenkins	F	Open	0:00:00 (0:00:00)	1:28:57 (1:28:57)	2:52:28 (1:23:31)	3:41:10 (0:48:42)
116	128	Suzanne	Thomas	F	V45	0:00:00 (0:00:00)	1:26:57 (1:26:57)	2:52:39 (1:25:42)	3:41:36 (0:48:57)
117	79	Lisa	Clayton	F	V45	0:00:00 (0:00:00)	1:28:34 (1:28:34)	2:48:54 (1:20:20)	3:43:32 (0:54:38)
118	2	Kate	Evans	F	V45	0:00:00 (0:00:00)	1:28:38 (1:28:38)	2:49:16 (1:20:38)	3:43:33 (0:54:17)
119	131	Kate	Darlington	F	Open	0:00:00 (0:00:00)	1:28:42 (1:28:42)	2:57:25 (1:28:43)	3:51:17 (0:53:52)
120	87	Susie	Harding	F	Open	0:00:00 (0:00:00)	1:32:17 (1:32:17)	2:57:43 (1:25:26)	3:51:54 (0:54:11)
121	86	Jen	Danger Harding	F	Open	0:00:00 (0:00:00)	1:32:13 (1:32:13)	2:57:43 (1:25:30)	3:51:55 (0:54:12)
122	102	Shona	Allford	F	Open	0:00:00 (0:00:00)	1:27:05 (1:27:05)	3:01:14 (1:34:09)	3:59:32 (0:58:18)

Position	No.	First Name	Surname	Gender	Age Cat.	Start	Check Point 1	Check Point 2	Finish
123	101	Karl	Luke	M	Open	0:00:00 (0:00:00)	1:27:04 (1:27:04)	3:01:20 (1:34:16)	3:59:33 (0:58:13)