

## Radyr & Morganstown Trail Races 2022. Course: Half - mass start Splits

Position	No.	First Name	Surname	Gender	Age Cat.	Start	Check Point 1	Checkpoint 3	Finish
1	26	James	O'shea	M	V45	0:00:00 (0:00:00)	0:44:42 (0:44:42)	1:31:33 (0:46:51)	1:55:07 (0:23:34)
2	32	Chris	Medcalf	M	V45	0:00:00 (0:00:00)	0:45:14 (0:45:14)	1:31:30 (0:46:16)	1:55:42 (0:24:12)
3	102	Mark	Palmer	M	V45	0:00:00 (0:00:00)	0:45:36 (0:45:36)	1:33:07 (0:47:31)	1:57:34 (0:24:27)
4	122	George	Tordoff	M	V45	0:00:00 (0:00:00)	0:47:33 (0:47:33)	1:38:02 (0:50:29)	2:05:01 (0:26:59)
5	105	Gareth	Hardman	M	V45	0:00:00 (0:00:00)	0:52:49 (0:52:49)	1:45:05 (0:52:16)	2:12:33 (0:27:28)
6	79	Adrian	Orringe	M	V45	0:00:00 (0:00:00)	0:51:26 (0:51:26)	1:45:57 (0:54:31)	2:13:29 (0:27:32)
7	4	Ben	Adams	M	V45	0:00:00 (0:00:00)	0:56:18 (0:56:18)	1:48:27 (0:52:09)	2:15:07 (0:26:40)
8	75	Alan	Matthews	M	V45	0:00:00 (0:00:00)	0:53:46 (0:53:46)	1:48:08 (0:54:22)	2:18:43 (0:30:35)
9	49	Andrew	Pearson	M	V45	0:00:00 (0:00:00)	0:53:01 (0:53:01)	1:47:24 (0:54:23)	2:19:31 (0:32:07)
10	66	Kevin	Bounds	M	V45	0:00:00 (0:00:00)	0:53:10 (0:53:10)	1:51:34 (0:58:24)	2:21:06 (0:29:32)
11	57	Phil	Avery	M	V45	0:00:00 (0:00:00)	0:55:50 (0:55:50)	1:54:29 (0:58:39)	2:23:51 (0:29:22)
12	116	Andy	Jenkins	M	V45	0:00:00 (0:00:00)	0:57:50 (0:57:50)	2:00:53 (1:03:03)	2:35:58 (0:35:05)
13	65	Martyn	Owen	M	V45	0:00:00 (0:00:00)	0:57:52 (0:57:52)	2:02:15 (1:04:23)	2:36:23 (0:34:08)
14	115	Keryn	Treharne	M	V45	0:00:00 (0:00:00)	0:58:30 (0:58:30)	2:02:02 (1:03:32)	2:40:46 (0:38:44)
15	8	Jon	Morgan	M	V45	0:00:00 (0:00:00)	1:03:29 (1:03:29)	2:08:40 (1:05:11)	2:42:35 (0:33:55)
16	14	Martin Allen	Williams	M	V45	0:00:00 (0:00:00)	1:06:41 (1:06:41)	2:15:12 (1:08:31)	2:48:16 (0:33:04)
17	68	Phill	Morgan	M	V45	0:00:00 (0:00:00)	1:06:59 (1:06:59)	2:17:01 (1:10:02)	2:52:51 (0:35:50)
18	77	Niall	Hughes	M	V45	0:00:00 (0:00:00)	1:08:41 (1:08:41)	2:23:17 (1:14:36)	3:01:16 (0:37:59)
19	67	Jason	Barnett	M	V45	0:00:00 (0:00:00)	1:13:55 (1:13:55)	2:30:30 (1:16:35)	3:08:12 (0:37:42)
20	62	Mark	Kingsbury	M	V45	0:00:00 (0:00:00)	1:15:33 (1:15:33)	2:30:02 (1:14:29)	3:10:36 (0:40:34)
21	23	Russ	Pearce	M	V45	0:00:00 (0:00:00)	1:18:14 (1:18:14)	2:38:08 (1:19:54)	3:17:38 (0:39:30)
22	113	Anthony	Williams	M	V45	0:00:00 (0:00:00)	1:18:04 (1:18:04)	2:38:55 (1:20:51)	3:18:42 (0:39:47)
23	5	John	Payne	M	V45	0:00:00 (0:00:00)	1:20:01 (1:20:01)	3:02:08 (1:42:07)	4:00:57 (0:58:49)
24	104	Carwyn	Evans	M	V45	0:00:00 (0:00:00)	1:29:09 (1:29:09)	3:13:42 (1:44:33)	4:03:44 (0:50:02)