

# Cardiff Bay 5 Results – 2010

Pos	RaceNo	Time	Name	Gender	Cat	Club
1	280	00:26:07	Haggai Chepkwony	M	40	
2	580	00:26:47	Matthew Collins	M		Cardiff AAC
3	554	00:27:56	Jason Scanlon	M		Pontypridd Roadents
4	540	00:27:59	Daniel Thomas	M		Swansea Harriers
5	296	00:28:04	Alan Davies	M	55	Swansea Harriers
6	336	00:28:18	Stephen Thomas	M	40	Islwyn Running Club
7	308	00:28:34	Edward Donovan	M		Les Croupiers
8	436	00:28:37	Ifan Lloyd	M	50	Swansea Harriers
9	414	00:29:05	Matthew Wells	M		Brackla Harriers
10	555	00:29:07	Steve Ferguson	M		Plymouth Harriers
11	416	00:29:21	Lyndon Tudor-Maisey	M		Les Croupiers
12	590	00:29:29	Daryll Barne	M		Fairwater Runners
13	594	00:29:46	Michael Evans	M		
14	129	00:29:48	Oliver Williams	M		
15	415	00:29:49	Matt Hurford	M		Les Croupiers
16	383	00:29:52	Chris Pristavec	M		
17	278	00:29:56	David Coles	M	50	Les Croupiers
18	476	00:30:14	Aaron S Jones	M	50	
19	105	00:30:15	Stephen Shields	M		San Domenico
20	408	00:30:23	Mickey Havard	M	40	San Domenico
21	310	00:30:31	Huw Evans	M		Penarth & Dinas Runners
22	547	00:30:34	James Parfitt	M		Corsham
23	155	00:30:44	Alistair Wood	M	40	San Domenico
24	299	00:30:46	Darren Jones	M	19	Cardiff AAC
25	434	00:30:47	Runner 434	M		
26	189	00:30:50	Steven Hooper	M	40	Pontypridd Roadents
27	412	00:30:51	Peter Kellam	M	40	Les Croupiers
28	409	00:30:54	Rhodri Evans	M		Pontypridd Roadents
29	448	00:30:59	Sandy Johnston	M	60	Les Croupiers
30	405	00:31:02	Glyn Sansom	M	45	San Domenico
31	511	00:31:02	Phil Hamer	M		
32	245	00:31:04	Jon Sizer	M	50	Bridgend AC
33	460	00:31:09	Paul Coker	M	50	Les Croupiers
34	510	00:31:12	Sally Haselhurst	F		San Domenico
35	217	00:31:16	Peter Hoare	M	40	
36	459	00:31:18	Runner 459	M		
37	382	00:31:22	Matthew Doherty	M		
38	509	00:31:24	John Davies	M	55	Les Croupiers
39	627	00:31:25	Elysia Ridley	F		Swansea Harriers
40	531	00:31:28	Paul Lewis	M	40	3Ms
41	521	00:31:29	Paul Price	M	45	
42	442	00:31:31	Dean House	M	45	
43	530	00:31:36	Andrew Thomas	M	40	Sospan Road Runners
44	499	00:31:44	Robert Davies	M		Islwyn RC
45	261	00:31:46	James Potts	M	40	San Domenico
46	307	00:31:52	Ronald Morris	M	60	San Domenico
47	650	00:31:56	Elie Lepore	M	55	Les Croupiers
48	557	00:32:01	Paul Rees	M	45	Port Talbot
49	438	00:32:03	Laura Jackson	F		Cardif Tri
50	432	00:32:21	Christopher Nellins	M	55	Penarth & Dinas Runners
51	152	00:32:22	Timothy Moss	M		Penarth & Dinas Runners
52	429	00:32:22	Sam Lipetz-Robic	M	19	Outdoor Fitness Running Club
53	298	00:32:23	Simon Davies	M		
54	286	00:32:30	Nick Shires	M	50	
55	576	00:32:31	Kelly Morgan	F		Pontypridd Roadents
56	288	00:32:35	Matthew Stroud	M		
57	668	00:32:37	Wesley Sleat	M		
58	570	00:32:40	Mike Murphy	M	55	Les Croupiers
59	514	00:32:40	Gerard Crispie	M	45	Les Croupiers
60	583	00:32:40	Heather Graz	F	35	Chepstow Harriers
61	410	00:32:46	Stuart Jones	M		Penarth & Dinas Runners
62	282	00:32:47	Owen Clark	M		Penarth & Dinas Runners
63	369	00:32:48	Terry Caveney	M	50	Les Croupiers
64	272	00:32:51	John Diffey	M	45	Les Croupiers
65	639	00:32:56	Andrew Smith	M		
66	384	00:33:00	Robert Borley	M		
67	582	00:33:03	Michael Graz	M	40	Chepstow Harriers
68	498	00:33:07	Dean Porter	M	40	
69	284	00:33:16	Marcus Coles	M		Les Croupiers
70	588	00:33:24	Ashley Evans	M	19	Splott ABC
71	471	00:33:25	James Moggeridge	M	19	
72	177	00:33:25	Stephen Owen	M	50	Les Croupiers
73	481	00:33:25	Phil Bristow	M	45	San Domenico
74	512	00:33:31	Stephen Cale	M	45	
75	529	00:33:33	Jane Coker	F	50	Les Croupiers
76	214	00:33:35	Eurof Davies	M	45	Les Croupiers
77	248	00:33:35	David Hughes	M		
78	331	00:33:36	Paul Sheppard	M		
79	638	00:33:38	Richard laydon	M	45	
80	213	00:33:42	Barri Edwards	M	40	
81	203	00:33:48	Dameon Windsor	M		
82	560	00:33:49	Paul Jelley	M	45	Port Talbot
83	556	00:33:53	David Parfitt	M	40	Port Talbot
84	550	00:33:55	Gareth Morgan	M	40	
85	641	00:33:58	Darren Stevens	M		

# Cardiff Bay 5 Results – 2010

Pos	RaceNo	Time	Name	Gender	Cat	Club
86	480	00:34:01	Adrian Cook	M	40	
87	443	00:34:03	Michael Davies	M	60	Les Croupiers
88	624	00:34:06	Nicholas Pounder	M		Pontypridd Roadents
89	579	00:34:07	Dominic Shields	M	45	San Domenico
90	493	00:34:14	Eurof Davies	M		Les Croupiers
91	413	00:34:24	Charlotte Wells	F		Brackla Harriers
92	631	00:34:25	Tim O'Sullivan	M	50	Les Croupiers
93	591	00:34:28	Charlie Coray	M	45	
94	578	00:34:38	Steve Williams	M		
95	227	00:34:41	Alan Mason	M	50	Les Croupiers
96	532	00:34:43	Deborah Reed	F	40	3Ms
97	636	00:34:51	Ian Waddell	M	45	Goyt Valley Striders
98	490	00:34:53	Paul Frost	M	45	
99	294	00:34:54	John Courtney	M		
100	138	00:35:01	Ceri Stephens	M		
101	573	00:35:01	Brendan Jones	M	40	Les Croupiers
102	715	00:35:02	Wayne Marsland	M		
103	392	00:35:02	Runner 392	M		
104	527	00:35:03	Craig Harper	M		
105	356	00:35:04	Rod Harris	M	40	
106	567	00:35:11	John Magee	M		Les Croupiers
107	701	00:35:20	Darren Williams	M		Port Talbot Harriers
108	496	00:35:30	Huw Lewis	M	19	
109	454	00:35:44	Alan Mann	M	50	Les Croupiers
110	266	00:35:45	Neil Stovold	M		
111	670	00:35:48	Steven Evans	M		
112	243	00:35:51	Helen Holloway	F	40	
113	182	00:35:58	Wayne Jones	M		
114	406	00:36:06	Victoria McHale	F		San Domenico
115	561	00:36:16	David Williams	M	45	Les Croupiers
116	314	00:36:18	Andy Davies	M	45	Pontypridd Roadents
117	730	00:36:20	Ian Jenkins	M		
118	275	00:36:22	Clive Denton	M	40	
119	587	00:36:24	Jamie Evans	M	19	Splott
120	515	00:36:30	Richard Pugsley	M		BBC Runners
121	220	00:36:37	Richard Sewell	M	40	Les Croupiers
122	368	00:36:39	Antony Furlong	M		Penarth & Dinas Runners
123	260	00:36:42	Sian Kirk	F		Swansea Harriers
124	586	00:36:43	Caroline Harris	F	45	
125	562	00:36:44	Gary Bodman	M	45	Les Croupiers
126	543	00:36:44	Liz Ashton	F		Les Croupiers
127	632	00:36:48	Johnny Lam	M		
128	162	00:36:51	Suzanne Brooke	F	35	
129	541	00:36:56	Cedric David	M		Vegan Runners
130	455	00:36:58	Loretta Daley	F	40	Les Croupiers
131	503	00:36:59	David Hutchinson	M	40	
132	309	00:36:59	Wendy Owen	F	35	San Domenico
133	653	00:37:02	Simon Llewellyn	M		
134	663	00:37:03	Julie Scholey	F	50	Les Croupiers
135	313	00:37:05	Stephanie Davies	F	19	Pontypridd Roadents
136	242	00:37:05	Simon Hudson	M		
137	418	00:37:07	Michael Purcey	M	40	
138	104	00:37:08	Andrea Hurman	F	40	Penarth & Dinas Runners
139	304	00:37:09	Guy Mawson	M		
140	479	00:37:11	Brian Dids	M		
141	393	00:37:21	Lewis Taylor	M	19	
142	654	00:37:24	Stephen Quin	M		Les Croupiers
143	323	00:37:27	Matthew Harvey	M		
144	411	00:37:42	Amy Edwards	F		Rhondda and Valley Runners
145	523	00:37:43	Mark Ridout	M		
146	472	00:37:43	Neil Middleton	M		
147	546	00:37:44	Lisa Cleary	F	45	Penarth & Dinas Runners
148	355	00:37:48	Richard Marsh	M		
149	370	00:37:51	Ross Duffield	M		
150	193	00:38:02	Gareth Swann	M	19	Sospan Road Runners
151	357	00:38:04	Rebecca Marsh	F		
152	713	00:38:06	Max Malpass	M		
153	277	00:38:07	Frank Williams	M	55	Les Croupiers
154	305	00:38:08	Margaret pobjoy	F		
155	253	00:38:09	Georgina Williams	F	40	
156	264	00:38:14	Liam J Davies	M	50	
157	312	00:38:15	Hollie Ryder	F	19	Notts AC
158	337	00:38:18	Steve Hill	M	45	Penarth & Dinas Runners
159	491	00:38:18	Anthony Batts	M	40	Corus
160	494	00:38:19	Gerry O'Beime	M	50	Les Croupiers
161	362	00:38:23	Hussain Rubban	M		
162	180	00:38:27	Tim Washbrook	M		
163	482	00:38:28	Ian Porter	M		
164	716	00:38:28	Brinley Hewitt-Thomas	M		
165	645	00:38:29	Paul Furlong	M	60	
166	729	00:38:32	Alan Fishwick	M	45	the OG+F's
167	485	00:38:34	Huw Williams	M	45	
168	262	00:38:35	Tom Ogden	M		
169	147	00:38:36	Marc Evans	M		
170	181	00:38:38	Craig Jones	M		

# Cardiff Bay 5 Results – 2010

Pos	RaceNo	Time	Name	Gender	Cat	Club
171	721	00:38:43	Adam Abraham	M		Les Croupiers
172	659	00:38:45	Aled Hopton	M		
173	315	00:38:46	Simon Williams	M	40	
174	727	00:38:46	Trevor Hill	M	45	the OG+F's
175	195	00:38:47	Brinley Aherne	M	60	
176	190	00:38:48	Tim Brice	M		
177	524	00:38:50	Nicola James	F		Penarth & Dinas Runners
178	609	00:38:55	Lawrence Pole	M		
179	175	00:38:59	Peter Young	M	55	
180	226	00:39:02	Kim Howell	F	55	Caerleon
181	224	00:39:03	Lee Stenner	M		
182	563	00:39:13	Ian Williams	M	40	Port Talbot
183	334	00:39:16	Martin Ruck	M	40	
184	377	00:39:17	Malin Falck	F	35	Neath Harriers
185	372	00:39:18	Beverley Warburton	F	45	
186	259	00:39:25	Alan Mason	M	50	Les Croupiers
187	317	00:39:38	Joshua Griffiths	M		
188	342	00:39:39	Sasha Macken	F	35	Les Croupiers
189	257	00:39:40	Paul Mason	M	40	
190	712	00:39:43	Christopher Lonergan	M		
191	366	00:39:43	Ruth Barrett	F		San Domenico
192	597	00:39:45	Matthew Mahoney	M		
193	599	00:39:47	Geoff Baxter	M		
194	338	00:39:54	David Hebbes	M	60	
195	542	00:39:55	Helen Watkinson	F		Vegan Runners
196	478	00:39:59	Helen Raven	F	40	Tata Steel
197	486	00:40:02	Sarah Wilde	F	35	
198	457	00:40:03	Dennis Blunt	M	60	
199	595	00:40:03	Sam Dumbleton	M		
200	717	00:40:04	Gethin Davies	M		
201	635	00:40:04	Helen Priest	F		
202	719	00:40:09	Gary Shilling	M	50	
203	156	00:40:13	Awel Davies	F		
204	504	00:40:24	Simon Talbot	M		Newport Harriers
205	533	00:40:27	Emily Luke	F		Penarth & Dinas Runners
206	658	00:40:29	jason Nisbett	M	40	
207	128	00:40:34	Joe Lewis	M		
208	179	00:40:37	Ian Worthy	M		
209	246	00:40:40	Eleanor Johnson	F	19	
210	495	00:40:42	David Paul	M		
211	365	00:40:43	Keith Williams	M	45	Les Croupiers
212	150	00:40:50	Kathryn Stoate	F		
213	192	00:40:51	Philip Swann	M	45	Sospan Road Runners
214	559	00:40:53	Bill Maksimovic	M		
215	201	00:40:54	Don Burrows	M	45	Sospan Road Runners
216	164	00:40:55	Rachel Beardsley	F	35	
217	343	00:40:56	Roger Morgan	F	40	
218	265	00:40:57	Annette Davies	F	50	
219	398	00:41:00	Robert Lloyd	M	45	
220	361	00:41:04	David Evans	M		
221	656	00:41:04	Stuart Mcdean	M		
222	183	00:41:04	David Perez	M	40	
223	206	00:41:06	Kevin O'Leary	M	50	
224	622	00:41:07	Matt Bedder	M		
225	528	00:41:08	M Davies	M	40	
226	176	00:41:09	David James	M		
227	526	00:41:11	Vicky Beech	F		
228	198	00:41:13	Lisa Jane Saunders	F	40	
229	340	00:41:24	Paul Frackrell	F	45	
230	475	00:41:29	Runner 475	M		
231	163	00:41:32	James Mackichan	M		
232	440	00:41:32	Peter Cottnam	M	45	Penarth & Dinas Runners
233	330	00:41:37	Lyn Evans	M	50	
234	589	00:41:38	Mitchell Buckland	M	19	St Josep's
235	621	00:41:39	Claire Furlong	F		
236	311	00:41:43	Mark Taylor	M	40	San Domenico
237	545	00:41:45	Roger Fawke	M	55	Islwyn RC
238	477	00:41:50	Danny Parry	M		
239	605	00:41:54	G P Jones	M	40	
240	577	00:41:54	Brendan Bush	M	40	
241	346	00:42:02	Geraint Lewis	M	50	
242	487	00:42:03	Runner 487	M		
243	424	00:42:04	David Ott	M	40	
244	353	00:42:05	Helen Holloway	F	40	
245	254	00:42:11	Mark Passmore	M		Corus
246	132	00:42:14	Tom Lee	M	19	
247	640	00:42:17	Owen Lewis	M		
248	359	00:42:21	Jane Humpage	F	40	
249	399	00:42:24	Jon Lewis	M		
250	237	00:42:24	Angharad Danter	F	35	
251	391	00:42:26	Gillian Jack	F	45	
252	396	00:42:27	Lee Llewellyn	M		
253	341	00:42:32	Claire House	F	35	San Domenico
254	718	00:42:34	Joe Rees	M		
255	271	00:42:38	Dennis Boyett	M	60	

# Cardiff Bay 5 Results – 2010

Pos	RaceNo	Time	Name	Gender	Cat	Club
256	602	00:42:38	James Gough	M		
257	364	00:42:43	Ann Davies	F	50	
258	191	00:42:43	Ian John Warner	M	50	
259	419	00:42:45	Mark Rowlands	M	40	
260	273	00:42:48	Carl Venin	M	50	
261	706	00:42:50	Mark Bowman	M		
262	255	00:42:56	Steve New	M	40	100 marathan club
263	136	00:43:04	Fleur Jones	F		
264	345	00:43:04	Laura Henton	F		
265	538	00:43:07	Runner 538	M		
266	120	00:43:07	Lisa Cousins	F	35	
267	125	00:43:08	Jeremy Smith	M	40	
268	252	00:43:09	Hana Tuhami	F	19	
269	321	00:43:09	Claire Cowell	F		
270	633	00:43:11	Kelly Jones	F		
271	593	00:43:26	Alan Chai	M		
272	274	00:43:29	Kim Williams	F	50	
273	236	00:43:29	Helen Griffiths	F		Outdoor Fitness Running Club
274	247	00:43:30	Mat Davies	M	40	
275	723	00:43:38	Peter Lewis	M	40	
276	725	00:43:39	Huw Morgan	M		the OG+F's
277	519	00:43:43	Matthew Reypert	M		
278	172	00:43:46	Yvonne Williams	F	55	Penarth & Dinas Runners
279	293	00:43:49	Sadequr Rahman	M		
280	584	00:43:55	Alexandra Long	F		
281	142	00:43:58	Benjamin Tucker	M		
282	318	00:44:03	Anthony Beer	M	45	
283	661	00:44:10	Rachel Hennessey	F		
284	522	00:44:18	Lynne Ashby	F	50	
285	184	00:44:18	Sara Morgan	F		
286	647	00:44:19	Rebecca Furlong	M		
287	367	00:44:22	Brenda Evans	F	55	Carn Runners
288	634	00:44:24	Angelo Aviles	M		
289	267	00:44:28	Elaine Blannin	M	40	
290	596	00:44:28	Christine Weaver	F	35	
291	292	00:44:33	Anneli Smitham	F		
292	374	00:44:34	Peter Harrison	M		
293	373	00:44:34	Jon Howlin	M		
294	322	00:44:35	Abigail Farr	F		
295	704	00:44:42	Christopher O'Brien	M		
296	572	00:44:44	Runner 572	M		
297	225	00:44:48	Steve Howell	M	55	
298	655	00:44:49	Martin Whale	M	45	
299	422	00:44:52	Gav Hargrave	M		
300	660	00:44:55	Runner 660	M		
301	376	00:44:56	Angharad Cray	F	35	
302	375	00:44:58	Paul James	M		
303	202	00:44:59	Sarah Mullen	F		
304	112	00:45:00	Aled Wynne	M		
305	381	00:45:07	Andrew Champion	M	40	
306	171	00:45:08	Sian Lewis	F	35	
307	135	00:45:09	Mike Pritchard	M	50	
308	159	00:45:11	Robert Stroud	M		
309	625	00:45:12	Victor Sim	M	50	
310	598	00:45:13	Michael Yong	M		
311	344	00:45:13	Shaun Wilcox	M		
312	525	00:45:15	Clare Robinson	F		
313	450	00:45:16	Terry Vickery	M	70	San Domenico
314	709	00:45:18	Matthew Davies	M		
315	492	00:45:21	Jason Watkins	M	50	Team Tata
316	513	00:45:21	Joe Lewis	M		
317	283	00:45:24	Sarah Stevens	F		Penarth & Dinas Runners
318	571	00:45:27	Gill Murphy	F	55	Les Croupiers
319	107	00:45:27	Anne Sharpe	F	40	
320	407	00:45:28	Annie Conroy	F	60	Les Croupiers
321	553	00:45:32	Eilish Perkins	F		
322	649	00:45:34	Craig Parry	M		
323	223	00:45:35	Jolon Kemp Walker	M	19	
324	451	00:45:45	Amanda Barrington	F	45	
325	148	00:45:47	Danielle Rayner	F		
326	453	00:45:47	Christian Carpenter	M		
327	116	00:46:02	Ian Barry	M		
328	379	00:46:06	Gail Havard	F	40	
329	483	00:46:07	Sebastian Graca Don Silva	M		
330	581	00:46:08	Runner 581	M		
331	300	00:46:12	Nia Honeyburn	F	45	
332	256	00:46:13	Paul Sydenham	M	50	
333	325	00:46:18	Paul Moruzzi	M		
334	734	00:46:19	Runner 734	M		
335	420	00:46:25	Zoe Emery	F	35	
336	435	00:46:28	Carys Davies	F	40	Les Croupiers
337	385	00:46:30	Gerald Curtis	M	55	
338	502	00:46:35	Errol Alexis	M	70	Les Croupiers
339	113	00:46:37	Steve Austins	M		
340	626	00:46:39	Keith Ball	M		

# Cardiff Bay 5 Results – 2010

Pos	RaceNo	Time	Name	Gender	Cat	Club
341	151	00:46:39	Lauren Jones	F		
342	722	00:46:53	Andrew Williams	M	40	
343	161	00:46:55	Bernadette Jones	F	40	WRN
344	329	00:46:56	Lisa Williams	F	35	
345	328	00:46:56	Heather Smith	F	35	
346	258	00:47:01	Ian Peal	M		
347	501	00:47:01	Gary Collier	M	65	
348	643	00:47:11	Nigel Ferrand	M	50	
349	302	00:47:14	Ievan Counsell	M		
350	702	00:47:16	Catherine Richards	F	50	
351	197	00:47:24	Andrew Herbert	M		
352	244	00:47:24	Tony Hall	M	60	
353	664	00:47:27	Aled Evans	M		
354	508	00:47:29	Ahmad Moosa	M		
355	187	00:47:41	Helen Hunt	F	60	
356	153	00:47:43	Clare Evans	F	35	
357	500	00:47:52	Simon Hudd	M	40	
358	607	00:47:57	Kim Fungj	M		
359	124	00:47:58	Cerys Norris	F		
360	122	00:48:01	Trish Bell	F	40	
361	188	00:48:07	Aranka Pratt	F	60	
362	565	00:48:07	Phil Kinnerslay	M		
363	710	00:48:08	Joanne Orton	F		
364	249	00:48:09	Sarah Neale	F		Corus
365	441	00:48:13	Patricia Cottnam	F	45	Penarth & Dinas Runners
366	285	00:48:21	Ronald Davies	M	55	
367	174	00:48:21	Mal Rowson	F	60	Les Croupiers
368	350	00:48:29	Gerry O'Neill	M	55	
369	233	00:48:32	Runner 233	M		
370	228	00:48:33	Robert Davies	M	50	Islwyn Running Club
371	569	00:48:34	Manohar Singh	M	40	
372	430	00:48:40	Alan Bladen	M	70	Les Croupiers
373	268	00:48:42	Gary Davies	M	40	
374	218	00:48:43	Gareth Giddings	M		
375	401	00:48:43	Tim Mitchell	M		
376	400	00:48:44	Harryono Judodihardjo	M	40	
377	196	00:48:44	Pamela J Clancy	F	50	
378	130	00:48:49	Christine O'Sullivan	F	45	
379	222	00:48:51	Richard Williams	M	50	
380	215	00:48:51	Melinda Russell	F	45	
381	157	00:48:51	Rhodri Williams	M		
382	517	00:48:53	Nigel D Thompson	M		
383	534	00:48:55	Runner 534	M		
384	354	00:48:56	Mike Davies	M	40	
385	168	00:48:56	Elaine Diosi	F		
386	506	00:48:57	Neil Price	M	60	Islwyn RC
387	423	00:48:57	Gerard Pitt	M		
388	234	00:48:58	Aiysha Tufail	F		
389	646	00:49:10	Felicity Furlong	F	55	
390	143	00:49:12	Bethan Jones	F		
391	232	00:49:12	Kelly Marsh	F		
392	703	00:49:16	Man Yee Woo	F		
393	169	00:49:21	Helen Welch	F		
394	186	00:49:25	Tess Spence	F	40	
395	575	00:49:46	Allister Pitt	M	40	Parc Bryn Bach Running Club
396	207	00:49:52	Vahe Zarifian	M	55	
397	108	00:49:52	Nicholas Cousins	M	50	
398	551	00:49:56	Martin Powell	M	45	
399	251	00:50:01	Nerys Jones	F	35	
400	628	00:50:09	Gemma Briggs	F		
401	568	00:50:10	Ian Henton	M		
402	117	00:50:12	Gerald Kemp	M	40	
403	103	00:50:12	Julie Kemp	F	45	WRN
404	549	00:50:18	Marc Case	M		
405	548	00:50:18	Geoff Jones	M	45	
406	229	00:50:20	Rhian Williams	F	40	
407	204	00:50:21	Julie Dunbar	F		
408	205	00:50:21	Steve McHugh	M	50	
409	339	00:50:22	Dave Parry	M		
410	433	00:50:23	Lisa Harwood	F	35	Les Croupiers
411	319	00:50:23	Tara Moruzzi	F	35	
412	324	00:50:24	Rachel Wheatley	F		
413	507	00:50:27	Nikhil Kumar	M		
414	269	00:50:28	Claire Lewis	F		
415	505	00:50:35	Michael Hobbs	M		
416	131	00:50:40	Owen Thomas	M		
417	667	00:50:46	Brian Jones	M	40	Celtic Tri
418	484	00:51:01	Jane Llewellyn	F	50	
419	404	00:51:41	Elaine Mawbey	F		
420	209	00:51:44	Tina Lloyd	F	45	
421	212	00:51:46	David Stazkier	M	40	
422	708	00:51:48	Rahul Jagdale	M		
423	403	00:51:55	Chris Pickles	M	55	
424	394	00:51:58	Gwenno Kahan	M	55	
425	185	00:51:59	Jill Davies	F	55	

# Cardiff Bay 5 Results – 2010

Pos	RaceNo	Time	Name	Gender	Cat	Club
426	351	00:52:11	Angela O'Neill	F	55	
427	707	00:52:24	Sheetal Bhosale	F		
428	219	00:52:36	Runner 219	M		
429	137	00:52:39	Gareth Thomas	M		
430	166	00:52:43	Meleri Beynon	F		
431	165	00:52:44	Sian Burgess	F		
432	386	00:52:50	Glenys Curtis	F	55	
433	427	00:52:52	Lauren Carlyle	F		
434	126	00:53:30	Thomas Adams	M		
435	199	00:53:35	Sue Boumer	F	40	Sole Sisters (North Bristol)
436	417	00:53:36	Sue Ellis	F	50	Sole Sisters (North Bristol)
437	740	00:53:49	Arun Ratish	M		
438	728	00:53:54	Florence Van De Wiel	F		
439	592	00:54:10	Kate Niblett	F	35	WRN
440	230	00:54:14	Philip Caple	M	45	
441	291	00:54:26	Paul Lilley	M	50	
442	290	00:54:26	Rachel Lilley	F		
443	231	00:54:28	Emma Wilson	F		
444	115	00:54:30	Elinor Jones	F		
445	724	00:54:34	Mick Power	M	55	
446	428	00:55:05	Susan Judodihardjo	F	40	
447	287	00:55:05	Julie Martin	F	45	
448	279	00:55:06	Suzanne Emery	F	35	
449	360	00:55:19	Ceri Evans	F		
450	741	00:55:21	Varun Gomez	M		
451	110	00:55:23	Alison Robertson	F		
452	387	00:55:30	Patricia Saerle	F	45	
453	669	00:55:35	Diane McTavish	F	45	
454	497	00:55:51	Cathy Sampson	F	45	
455	149	00:55:51	Caroline Havarad	F	40	
456	637	00:55:54	Dawn Booth	F		
457	488	00:55:58	Peta O'Brien	F		
458	489	00:55:58	Mark O'Brien	M		Tata
459	358	00:56:01	Scott Burton	M		
460	558	00:56:04	Christina Maksimovic	F	50	
461	665	00:56:05	Alison Jones	F	40	Celtic Tri
462	118	00:56:06	Leah Barrett	F		
463	301	00:56:21	Fiona Stevens	F		
464	306	00:56:21	Emma Davies	F	35	
465	566	00:56:21	Mary Jones	F	40	
466	388	00:56:21	Andrew Dwyer	M	40	
467	371	00:56:54	Pam Burrows	F	50	Sospan Road Runners
468	651	00:56:57	Chris Jones	M	45	Port Talbot
469	666	00:56:57	Amie Jones	F		Port Talbot
470	662	00:57:17	Laura Hurding	F		
471	520	00:57:24	Steve Evans	M	60	
472	445	00:57:25	Bryony Evans	F		
473	303	00:57:27	Thomas Hains	M		
474	470	00:57:28	Rachel Horton	F		
475	726	00:57:30	Debbie Escott	F	35	the OG+F's
476	648	00:57:37	Roger Kendall	M	65	
477	623	00:57:37	Pete Morgan	M	65	
478	326	00:58:17	Marie-Claire Hopkin	F	35	
479	101	00:59:29	Sally Attwood	F	45	
480	629	00:59:48	Alvin Chan	M	40	
481	537	00:59:53	Elin McCallum	F	35	
482	604	01:00:18	John Cassidy	M		
483	241	01:00:25	Ian Howse	M		
484	240	01:00:25	Lisa Howse	F	35	
485	518	01:00:27	Peter O'Sullivan	M	45	
486	642	01:00:29	Joanne Sproul	M	40	
487	535	01:00:38	Lyn Williams	F	50	
488	439	01:00:46	Runner 439	M		
489	720	01:00:46	Jhaveri Munish	M		
490	644	01:00:51	Helen McTavish	F	45	
491	389	01:01:15	Linda James	M	45	
492	380	01:01:15	Runner 380	M		
493	601	01:03:58	John Cassidy	M	19	
494	574	01:06:26	Graham Johnson	M	65	Serpentine RC
495	600	01:06:57	Sue Baun	F		
496	127	01:07:28	Kerry-Anne Batchelor	F		
497	145	01:07:28	Sarah Radford	F		
498	536	01:08:20	Gwydion Lyn	M		
499	585	01:17:04	Peter Judodihardjo	M	19	
500	144	01:17:40	Charlotte Casidy	F	19	
501	133	01:18:09	Kathleen Owen	F	19	
502	352	01:18:18	Whitney Rafferty	F	19	