Cardiff 10km - Masters International 2016

Race Position	Number	Surname	First Name	International Age Cat	Club	Country	International Age Position	Race Time	Chip Time
8	5601	Jones	Owain	M35 - 44	Bristol & West	Wales	1 M35	30-49	30-47
19	5622	Scott	Terry	M45 - 54	Tyne Bridge	England	1 M45	32-03	31-58
24	5624	Ward	Paul	M45 - 54	Telford	England	2 M45	32-24	32-22
29	5604	Prior	Chris	M35 - 44	Sale	Wales	2 M35	32-34	32-21
30	5618	Powell	Mark	M35 - 44	Leicester	England	3 M35	32-35	32-32
31	5602	Matthews	Phil	M35 - 44	Swansea	Wales	4 M35	32-37	32-35
38	5603	Weston	Daniel	M35 - 44	Wrexham	Wales	5 M35	33-04	33-01
41	5619	Jeffress	Kevin	M35 - 44	Sunderland	England	6 M35	33-16	33-12
45	5620	Footman	Martin	M35 - 44	Worthing	England	7 M35	33-28	33-24
60	5623	Smith	Dave	M45 - 54	Wolverhampton	England	3 M45	34-02	33-59
61	5605	Simms	Stefan	M45 - 54	Micky Morris RC	Wales	4 M45	34-02	33-59
71	5653	Barnes	Ruth	F35 - 44	Avon Valley	England	1 F35	34-18	34-15
81	5606	Pfeiffer	Mike	M45 - 54	Brecon	Wales	5 M45	34-41	34-37
83	5617	Brown	Aaron	M35 - 44	Tipton Harriers	England	8 M35	34-42	34-37
84	5608	Bell	Duncan	M45 - 54	Chepstow	Wales	6 M45	34-42	34-38
87	5626(182)	Tony	Dunn	M45 - 54	Cornwall	England	7 M45	34-42	34-38
100	5607	Peet	Andy	M45 - 54	Wigston	Wales	8 M45	35-32	35-25
102	5627	Critchlow	Julian	M55 - 64	Watford Harriers	England	1 M55	35-36	35-30
108	5638	Buller	Helen	F35 - 44	Worthing	Wales	2 F35	36-02	36-00
109	5611	Davies	Alan	M55 - 64	Llanelli	Wales	2 M55	36-03	35-59
112	5609	Lloyd	Ifan	M55 - 64	Swansea	Wales	3 M55	36-17	36-13
		Bridgeland	Mike	M55 - 64		England	4 M55	36-25	36-21
116	5553	Matthews	Katherine	F35 - 44	Chepstow	Wales	3 F35	36-37	36-31
127	5654	Macready	Emma	F35 - 44	Worthing	England	4 F35	36-51	36-47
128	5610	Sheen	Rob	M55 - 64	Leicester	Wales	5 M55	36-52	36-48
138	5661	Vernon	Mandy	F45 - 54	Trentham	England	1 F45	37-17	37-13
146	5655	Fowler	Eleanor	F35 - 44	Nuneaton Harriers	England	5 F35	37-32	37-29
149	5660	Elms	Clare	F45-54	Dulwich	England	2 F45	37-34	37-30
154	5632	Oxland	David	M65+	Notts	England	1 M65+	37-40	37-31
159	5628	Teece	Philip	M55 - 64	Darlington	England	6 M55	37-54	37-46
178	5549	Mair	Angharad	F55 - 64	Les Croupiers RC	Wales	1 F55	38-25	38-18

Cardiff 10km - Masters International 2016

Race Position	Number	Surname	First Name	International Age Cat	Club	Country	International Age Position	Race Time	Chip Time
188	5613	Marks	Richard	M65+	Sarn Helen	Wales	2 M65+	38-42	38-37
205	5656	Cambridge	Lucy	F35 - 44	Wolverhampton	England	6 F35	39-08	39-05
208		Lepore	Elio	M55 - 64	Les Croupiers RC	Wales	7 M55	39-15	
225	5640	Kearney	Sarah	F35 - 44	Wirral	Wales	7 F35	39-42	39-33
228	5560	Jones	Angela	F45 - 54	Usk Runners	Wales	3 F45	39-47	39-41
237	5633	Daley	Arthur	M65+	Gloucester	England	3 M65	40-04	40-01
243	5658	Urwin-Mann	Sarah	F45 - 54	Reading	England	4 F45	40-17	40-12
250	5562	Morgan	Niki	F45 - 54	Chepstow	Wales	5 F45	40-25	40-17
259	5559	Gething	Nicola	F45 - 54	Parc Bryn Bach RC	Wales	6 F45	40-35	40-27
280	5634	Michael	Des	M65+	Barnett	England	4 M65+	41-00	40-55
304	5614	Johnstone	Sandy	M65+	Les Croupiers RC	Wales	5 M65+	41-25	41-21
330	5637	Davies	Helen-Marie	F35 - 44	Swansea	Wales	8 F35	42-00	41-53
338	5664	Barber	Penelope	F55 - 64	Tipton Harriers	England	2 F55	42-06	42-01
345	5665	Gibbs	Dawn	F55 - 64	York	England	3 F55	42-16	42-07
359	5636	Parkinson	Bryan	M65+	Bingley	England	6 M65+	42-37	42-29
	5646	Brace	Jacquie	F55 - 64	Bridgend	Wales	4 F55	43-05	42-59
406	5659	McCarthy	Maureen	F45 - 54	West Suffolk	England	7 F45	43-21	43-17
429	5666	Hughes	Jenny	F55 - 64	Arena	England	5 F55	43-42	43-34
436	5663	Hesketh	Marian	F55 - 64	Preston	England	6 F55	43-46	43-36
442	5615	Gardener	John	M65+	Pembrokeshire Harriers	Wales	7 M65+	43-51	43-46
497	5616	Allen	Paul	M65+	Halesowen	Wales	8 M65+	44-49	44-40
515	5668	Tabor	Ros	F65+	Dulwich	England	1 F65+	45-16	45-08
542	5669	Leech	Sharon	F45 - 54	Carmarthen	Wales	8 F45	45-41	45-07
573	5669	Moody	Margaret	F65+	Basingstoke	England	2 F65+	46-18	46-10
600	5648	Lawley	Veronica	F55 - 64	Les Croupiers RC	Wales	7 F55	46-38	46-30
636	5647	Scholey	Julie	F55 - 64	Les Croupiers RC	Wales	8 F55	47-12	47-03
886	5650	Avery	Brenda	F65+	Chepstow	Wales	3 F65+	50-09	50-00
1068	5651	Monk	Margaret	F65+	Parc Bryn Bach RC	Wales	4 F65+	52-14	52-02
1111	5670	Eliott	Penny	F65+	Waverley Harriers	England	5 F65+	52-29	52-17
1154	5652	Thomas	Rose	F65+	Rhayader	Wales	6 F65+	53-02	52-50
1868	5629	Mingay	Paul	M55 - 64	Tiptree RR	England	8 M55	59-12	59-03

Cardiff 10km - Masters International 2016

	Teams		**England**	**Wales**
	M35		3 Powell	1 Jones
			6 Jeffres	2 Prior
			7 Footman	4 Matthews
			16	**7**
			8 Brown	5 Weston
	M45		1 Scott	4 Simms
			2 Ward	5 Pfeffer
			3 Smith	6 Bell
			6	**15**
			7 Dunn	8 Peet
	M55		1 Critchlow	2 Davies
			4 Bridgeland	3 Lloyd
			6 Teece	4 Sheen
			11	**9**
			8 Mingay	7 Lepore
	M65+		1 Oxland	2 Marks
			3 Daley	5 Johnstone
			4 Michael	7 Gardener
			8	14
			6 Parkinson	8 Allen
		MENS TOTALS	**41**	**45**

Cardiff 10km - Masters International 2016

	Teams		**England**	**Wales**					
	F35		1 Barnes	2 Buller					
			4 MaCready	3 Matthews					
			5 Fowler	7 Kearney					
			10	**12**					
			6 Cambridge	8 Davies					
	F45		1 Vernon	3 Jones					
			2 Elms	5 Morgan					
			4 Urwin-Manns	6 Gething					
			7	**14**					
			7 McCarthy	8 Leech					
	F55		2 Barber	1 Mair					
			3 Gibbs	4 Brace					
			5 Hughes	7 Lawley					
			10	**12**					
			6 Hesketh	8 Scholey					
	F65+		1 Tabor	3 Avery					
			2 Moody	4 Monk					
			5 Elliot	6 Thomas					
			8	13					
		WOMENS TOTAL	**35**	**51**					
		OVERALL TOTALS	**76**	**96**					