

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

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	<u>Teams</u>		<u>England</u>	<u>Wales</u>					
	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					