

Asics Home Nations - Results Final V3.xlsx

Race 1

Position	Bib	Name	Gender	Age Group	Club / Team	Time
1	104	Ruby Woolfe	F	SENF	Sportshoes.Com	17:18
2	189	Sean Martin	M	M35	Pontypridd Roadents	17:40
3	207	Josh Webb	M	SENM	Caerphilly Runners	18:04
4	208	Dane Williams	M	SENM	Parc Bryn Bach RC	18:05
5	108	Drew Bartle	M	SENM	Swansea Harriers	18:14
6	206	Jai Tsim	M	SENM	Pontypridd Roadents	18:17
7	175	Jude Brown	M	SENM	Bristol & West	18:18
8	178	Michael Darke	M	M40	CDF Runners	18:29
9	183	Victor Garrick	M	SENM	Asics Front Runners	18:37
10	196	Laurence Pole	M	M45	Pontypridd Roadents	18:40
11	186	Rhys Jones	M	SENM	Cardiff Triathletes	18:53
12	191	Joshua Morgan	M	SENM	Swansea Harriers	19:09
13	182	Emily Fell	F	SENF	CDF Runners	19:38
14	180	Neil Drew	M	M35	Asics Front Runners	19:52
15	202	David Shewring	M	SENM	Pontyclun Roadrunners	19:58
16	74	Stephanie Hambleton	F	SENF	Les Croupiers	20:11
17	192	Tom Morgan	M	M35	Cdf Runners	20:21
18	209	Rhys Williams	M	SENM	San Domenico Running Club	20:22
19	179	Emma Downie	F	SENF	Newbury AC	20:23
20	204	Ewan Stenhouse	M	M40	Cdf Runners	20:29
21	181	Paul Edwards	M	SENM	None	20:40
22	187	Neve Jones	F	F40	Cardiff Athletics	21:24
23	185	Jon Hussey	M	M40	Rhose Runners	21:30
24	197	Catherine Powell	F	F65	Pontypridd Roadents	21:41
25	199	Keith Roberts	M	M45	Llswerry Runners	22:14
26	203	Darpan Singh	M	SENM	Pontyclun Road Runners	23:38
27	198	Chris Pratt	M	SENM	Asics Front Runners	23:48
28	194	Bretti Paxton	F	SENF	Pontypridd Roadents	25:21
29	174	Sally Brider	F	SENF	Asics Front Runners	28:08
30	210	Hayley Woolnough	F	SENF	Asics Front Runners	28:08
31	188	Vicky Ledbury	F	F35	Asics Front Runners	29:47
32	200	Kelly Ruck	F	SENF	Forest Of Dean AC	29:48

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Race 2

Position	Bib	Name	Gender	Age Group	Club / Team	Time
1	158	Ben Rawlins	M	SENM	Westbury Harriers	15:25
2	110	Kieran Batty	M	SENM	Bristol & West	15:45
3	127	Justin Crocker	M	M40	Parc Bryn Bach RC	15:49
4	107	Tom Baird	M	SENM	Pontypridd Roadents	15:51
5	116	Sam Boreham	M	U17M	Haverhill Running Club	15:53
6	148	Symon Murphy	M	M40	Pontypridd Roadents	15:55
7	164	Joe Thomas	M	M40	Pontypridd Roadents	16:00
8	169	Matthew Verran	M	SENM	Swansea Harriers	16:06
9	166	Daniel Triggs	M	M35	Neath Harriers	16:07
10	56	Adam Stokes	M	M35	Bristol & West	16:09
11	130	Vaughan Edwards	M	M40	Les Croupiers	16:09
12	149	Tom Newman	M	SENM	Bristol & West	16:09
13	106	Aled Anderson	M	SENM	Bristol & West	16:10
14	173	Owain Zerilli	M	SENM	Les Croupiers	16:11
15	136	Craig J Hudson	M	SENM	Newport Harriers	16:11
16	140	Tadhgh Keating	M	SENM	Les Croupiers	16:14
17	113	Nicky Bennett	M	SENM	Ogmore Phoenix Runners	16:16
18	114	Darren Bishop	M	M40	Pontypridd Roadents	16:18
19	122	Andrew Cleverly	M	SENM	Swansea Harriers	16:20
20	161	Cory Sherwin	M	SENM	Forest Of Dean AC	16:21
21	162	Rhys Simmonds	M	U20M	Cardiff Athletics	16:22
22	134	Billy Hayton	M	SENM	Pontypridd Roadents	16:25
23	137	Matthew Jacklin	M	M45	Aberdare	16:27
24	117	Ben Butler-Madden	M	M40	Pontypridd Roadents	16:29
25	144	Ron Mann	M	SENM	Asics Front Runners	16:29
26	141	Reuben Keating	M	SENM	Les Croupiers	16:32
27	105	Lee Aherne	M	M55	Parc Bryn Bach RC	16:39
28	171	Tom Waters	M	SENM	Cardiff Athletics	16:41
29	123	George Collinson	M	SENM	Les Croupiers	16:43
30	142	Ben Kennedy	M	SENM	Les Croupiers	16:43
31	128	Ryan Cullen	M	M35	Pontypridd Roadents	16:44
32	133	Matt Hall	M	SENM	Les Croupiers	16:48
33	165	Daniel Thrift	M	SENM	Pontypridd Roadents	16:49
34	131	Arwel Evans	M	SENM	Les Croupiers	16:51
35	129	Gary Wyn Davies	M	M35	Aberystwyth AC	16:59
36	167	Nick Tuftnell	M	M45	Bristol & West	16:59
37	119	Callum Champion	M	SENM	Llanelli AAC	17:02
38	147	Joshua Morgan	M	U20M	Swansea Harriers	17:02
39	109	Oliver Bartlett	M	SENM	Sale Harriers	17:02
40	145	Lloyd Manning-James	M	SENM	Pontypridd Roadents	17:04
41	160	Huw Riley	M	U20M	Cardiff Athletics	17:08
42	118	Carl Cable	M	M50	None	17:11
43	135	Luke Hollyman	M	SENM	None	17:13
44	152	Art Payne	M	SENM	Cambridge And Coleridge	17:16
45	138	Martin Johns	M	SENM	Llswerry Runners	17:16
46	154	Alex Price	M	SENM	Les Croupiers	17:18
47	143	Nicholas Liu	M	SENM	Pontypridd Roadents	17:19
48	115	Jonny Bonville-Ginn	M	SENM	Cdf Runners	17:21
49	139	Daniel Jones	M	SENM	Sarn Helen	17:22
50	146	John Moran	M	SENM	Swansea Harriers	17:22
51	112	Jon Belcher	M	M45	Llswerry Runners	17:26

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Position	Bib	Name	Gender	Age Group	Club / Team	Time
52	156	Nikola Puleio	M	M40	Ogmore Phoenix Runners	17:30
53	153	Sean Petty	M	U20M	Bridgend AC	17:35
54	121	Reece Clarke	M	SENM	Cardiff University	17:35
55	132	Leroy Griffiths	M	U20M	Rhondda Aac	17:53
56	120	Nathan Christoforato	M	M35	Penarth And Dinas Runners	18:08

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Race 3

Position	Bib	Forename	Gender	Age Group	Club / Team	Time
1	96	Annabel Simpson	W	SENW	Scotland	15:51
2	91	Jennifer Nesbitt	W	SENW	Wales	15:53
3	73	Georgie Grgec	W	SENW	Sportsshoes.Com	15:54
4	100	Ellie Wallace	W	SENW	England	16:01
5	72	Jessica Gibbon	W	SENW	England	16:02
6	88	Alex Millard	W	SENW	Sportsshoes.Com	16:03
7	61	Holly Archer	W	SENW	Sportsshoes.Com	16:09
8	80	Rebecca Johnson	W	SENW	England	16:11
9	99	Elle Twentyman	W	SENW	England	16:14
10	68	Megan Davies	W	SENW	Scotland	16:20
11	82	Gemma Kersey	W	SENW	Sportsshoes.Com	16:23
12	97	Olivia Tsim	W	SENW	Wales	16:27
13	83	Megan Keith	W	SENW	Scotland	16:28
14	89	Rebecca Murray	W	SENW	Sportsshoes.Com	16:33
15	93	Steph Pennycook	W	SENW	Scotland	16:36
16	62	Chelsea Baker	W	SENW	Bristol & West	16:51
17	87	Emma Mccolm	W	SENW	Preston Harriers	16:52
18	67	Lauren Cooper	W	SENW	Parc Bryn Bach RC	16:55
19	77	Sophie Harris	W	SENW	Wales	16:58
20	94	Sarah Potter	W	SENW	Sportsshoes.Com	16:58
21	211	Rosie Hamilton-James	W	SENW	Birmingham Uni	16:59
22	95	Kate Roberts	W	SENW	Wales	17:14
23	102	Sarah Winstone	W	SENW	Southampton Athletic Club	17:20
24	85	Moli Lyons	W	SENW	Cardiff Athletics	17:34
25	69	Liz Dimmond	W	SENW	Asics Front Runners	17:43
26	212	Freya Bennett	W	SENW	Birmingham Uni	17:55
27	86	Claire Martin	W	SENW	Telford AC	18:00
28	213	Hannah Seager	W	SENW	Birmingham Uni	18:12
29	78	Ffion Higginson	W	SENW	Bridgend AC	18:43
30	101	Caroline Warrington	W	SENW	Bromsgrove & Redditch AC	18:48
31	75	Bethan Hardman	W	SENW	Cardiff Archers	19:06
32	92	Katie O'Hare	W	SENW	Axe Valley Runners	19:19
33	81	Nicola Jukes	W	SENW	Parc Bryn Bach RC	19:34
34	79	Leigh James	W	SENW	Bridgend AC	19:37
35	70	Rebecca Evans	W	SENW	Cardiff Athletics	20:14

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Race 4

Pos	Bib#	Athlete	Gender	Age Group	Team	Time
1	55	Jake Smith	M	SENM	Sunday Plodcast	14:05
2	2	Richard Allen	M	SENM	Sportsshoes.Com	14:09
3	15	Callum Elson	M	SENM	Puresport	14:10
4	28	Dominic James	M	SENM	Puresport	14:11
5	50	Kieran Reilly	M	SENM	Puresport	14:12
6	3	Will Battershill	M	SENM	Birmingham Uni	14:13
7	9	Ben Cole	M	SENM	Tonbridge	14:14
8	34	James Kingston	M	SENM	Tonbridge	14:16
9	44	Daniel Nash	M	SENM	Wales	14:19
10	7	Dan Jarvis	M	SENM	Bedford & County	14:19
11	10	Jonathan Cornish	M	SENM	England	14:20
12	41	Angus McMillan	M	SENM	Scotland	14:28
13	54	Lloyd Sheppard-Brown	M	SENM	Wales	14:29
14	24	Ricky Harvie	M	SENM	England	14:31
15	4	Cameron Bell	M	SENM	England	14:32
16	57	Oliver Smart	M	SENM	Birmingham Uni	14:33
17	40	Ben McMillan	M	SENM	Scotland	14:38
18	8	Jonathan Butler	M	SENM	Wales	14:40
19	32	Callum Jones	M	SENM	England	14:42
20	25	Alex Howard	M	SENM	Tonbridge	14:42
21	52	Brett Rushman	M	SENM	Birmingham Uni	14:43
22	27	James Hunt	M	SENM	Sportsshoes.Com	14:44
23	35	Alasdair Kinloch	M	SENM	Scotland	14:45
24	30	Morgan James	M	SENM	Birmingham Uni	14:46
25	12	Callum Davidson	M	SENM	Sportsshoes.Com	14:53
26	14	Adam Ede	M	SENM	Abingdon AC / Cardiff Met	14:54
27	20	Scott Halsted	M	SENM	Sunday Plodcast	14:55
28	37	Phillip Matthews	M	SENM	Parc Bryn Bach RC	14:56
29	6	Adam Bowden	M	M35	Sportsshoes.Com	15:00
30	33	Charlie Jones	M	SENM	Western Tempo	15:03
31	46	Aaron Phelps	M	SENM	Sunday Plodcast	15:05
32	18	Thomas Gostelow	M	SENM	Sunday Plodcast	15:12
33	13	Matthew Dubery	M	SENM	Tonbridge	15:17
34	49	Matthew Rees	M	SENM	Puresport	15:23
35	5	Daniel Bodman	M	SENM	Parc Bryn Bach RC	15:27
36	26	Simeon Howson	M	SENM	Bristol & West AC	15:32
37	48	Cathaoir Purvis	M	SENM	North Belfast Harriers	15:32
38	22	Jamie Harper	M	SENM	Western Tempo	15:41
39	42	Isaac Mould	M	SENM	Swindon Harriers	15:42
40	45	Dylan Nazareth	M	SENM	Les Croupiers Running Club	15:46
41	51	Samuel Richards	M	SENM	Pontypridd Roadents Ac	15:51
42	47	Aaron Pritchard	M	SENM	Team Bath	15:53
43	58	Eliot Taylor	M	SENM	Western Tempo	15:56
44	23	Matthew Harvey	M	SENM	Swansea Harriers	15:57
45	36	Simon Lewis	M	SENM	Pontypridd Roadents	15:58