

**MRC W2016 - OVERALL FINAL**

Overall	In Div	In Category	Bib	Name	Proudly Representing	Category	Adjusted Time	Clock Time
1	1	1	205	UWS-8	Wales	IM3.8+	6:16.8	6:16.8
2	1	1	101	Cardiff Met/Cardiff Uni	Wales	ELI.4x-	6:22.8	6:22.8
3	2	1	108	LLA-Thomas	Wales	J18.4x-	6:25.3	6:25.3
4	2	2	203	CFC-Leask	Wales	IM3.8+	6:26.1	6:26.1
5	3	1	211	LLA-Biju	Wales	J18.8+	6:29.1	6:29.1
6	3	2	100	CFC-Leask	Wales	ELI.4x-	6:29.1	6:29.1
7	4	3	102	WRG-Smith	England	ELI.4x-	6:34.8	6:34.8
8	5	2	103	ABV-Young	England	J18.4x-	6:37.9	6:37.9
9	6	1	116	MNS-Lucy	Wales	ELI.4-	6:38.0	6:38.0
10	4	1	200	CBR-Brooks	England	ELI.8+	6:38.9	6:38.9
11	7	1	131	HCS-Dixon	England	J16.4x-	6:40.0	6:40.0
12	8	1	111	LLA-Wing	Wales	IM3.4x-	6:41.3	6:41.3
13	9	3	106	HCS-Powell	England	J18.4x-	6:41.5	6:41.5
14	10	2	113	UWS-4X	Wales	ELI.4-	6:44.6	6:44.6
15	5	2	201	WRR-Tunnacliffe-Jones	England	ELI.8+	6:44.9	6:44.9
16	6	2	212	MNS-OldMon s	Wales	J18.8+	6:46.3	6:46.3
17	11	3	114	CBR-Warren	England	ELI.4-	6:47.4	6:47.4
18	12	T/O	118	SUA-Nelson D	England	MasD.4-	6:50.2	7:17.2
19	13	4	104	CAR-Hadfield	Wales	J18.4x-	6:50.5	6:50.5
20	7	3	208	HER-King	England	IM3.8+	6:50.9	6:50.9
21	14	1	145	HER-Freeman G	England	MasG.4+	6:54.7	8:05.7
22	15	5	107	HER-Towle	England	J18.4x-	7:00.2	7:00.2
23	16	2	109	BIR-Allaway	England	IM3.4x-	7:02.2	7:02.2
24	17	2	144	Bew Hughes F	England	MasF.4+	7:04.0	8:00.0
25	8	4	207	ROS-Leeman	England	IM3.8+	7:04.1	7:04.1
26	18	4	115	MNS-Soanes	Wales	ELI.4-	7:04.7	7:04.7
27	9	T/O	216	MNS-Edwards	Wales	J15.8+	7:06.3	7:06.3
29	19	3	143	HER-Moore E	England	MasE.4+	7:13.0	7:53.0
30	20	2	132	BIR-Finch	England	J16.4x-	7:13.4	7:13.4
31	21	1	135	HAB-Du Toit	Wales	W.J18.8+	7:13.8	7:13.8
32	22	1	138	UWS-Smith	Wales	W.IM3.8+	7:14.6	7:14.6
33	23	1	146	ROS-Wild E	England	Mx.MasE.4x-	7:16.4	7:57.4
34	11	5	206	MIN-Connell	England	IM3.8+	7:18.7	7:18.7
35	24	T/O	133	LLA-Roberts	Wales	W.ELI.8+	7:19.6	7:19.6
36	12	6	202	BEW-Raymant	England	IM3.8+	7:20.3	7:20.3
37	13	T/O	219	LLA-Jenkins	Wales	W.J18.4x-	7:20.8	7:20.8
38	14	1	224	LLA-Gallo	Wales	W.J16.4x-	7:20.9	7:20.9
39	15	7	204	CBR-Mellor	England	IM3.8+	7:21.7	7:21.7
40	25	3	110	WRG-Berry	England	IM3.4x-	7:22.6	7:22.6
41	26	2	147	LLA-Weeks F	Wales	Mx.MasF.4x-	7:23.2	8:20.2
42	27	1	124	CFC-Kennedy	Wales	IM3.4+	7:24.3	7:24.3
43	28	T/O	119	ROS-Allen E	England	MasE.8+	7:25.9	8:04.9

44	16	3	210	CSW-Tomos	Wales	J18.8+	7:26.2	7:26.2
45	29	T/O	117	CBR-Brooks	England	ELI.4+	7:29.1	7:29.1
46	17	8	209	UWS-Ross	Wales	IM3.8+	7:31.3	7:31.3
47	30	6	105	CSW-Bain	Wales	J18.4x-	7:32.1	7:32.1
48	31	2	125	LLA-Torres	Wales	IM3.4+	7:32.6	7:32.6
49	32	1	129	MNS-Jenkins	Wales	J18.4+	7:32.9	7:32.9
50	33	T/O	148	ROS-Hughes	England	W.MasE.8+	7:34.6	8:15.6
51	34	4	112	CSW-Wheel	Wales	IM3.4x-	7:35.6	7:35.6
52	25	1	234	HER-Rowney D	England	W.MasD.4x-	7:35.9	8:04.9
53	35	3	120	UWS-4+	Wales	IM3.4+	7:38.9	7:38.9
54	36	1	152	MNS-Herbert	Wales	J15.4+	7:41.5	7:41.5
55	37	2	127	MNS-Irving	Wales	J18.4+	7:41.9	7:41.9
56	38	3	130	CSW-Ludbrook	Wales	J16.4x-	7:43.0	7:43.0
57	32	2	235	ROS-Ball D	England	W.MasD.4x-	7:45.5	8:14.5
58	39	4	121	PAI-FALCONER	England	IM3.4+	7:46.5	7:46.5
59	40	T/O	134	CSW-Brace C	Wales	Mx.MasC.8+	7:48.2	8:02.2
60	41	2	142	ROS-Sykes	England	W.IM3.8+	7:49.7	7:49.7
61	42	2	150	MNS-Edwards	Wales	J15.4+	7:50.4	7:50.4
62	18	1	226	CFC-Bedford	Wales	W.IM3.4x-	7:51.3	7:51.3
63	43	5	122	HER-King	England	IM3.4+	7:51.6	7:51.6
64	44	6	123	Bewdley Paul	England	IM3.4+	7:51.7	7:51.7
65	19	1	236	ROS-Phillips	England	W.J15.4x+	7:52.2	7:52.2
66	20	2	227	HER-Meredith	England	W.IM3.4x-	7:52.4	7:52.4
67	21	2	223	LLA-Hill	Wales	W.J16.4x-	7:52.6	7:52.6
68	22	1	218	LLA-Erith	Wales	W.ELI.4+	7:56.1	7:56.1
69	45	2	137	HAB-Hunter	Wales	W.J18.8+	7:56.7	7:56.7
70	46	3	140	CBR-Irons	England	W.IM3.8+	7:58.5	7:58.5
71	47	1	155	ROS-Clatworthy	England	J14.4x+	7:58.7	7:58.7
72	48	4	139	MIN-Cooke	England	W.IM3.8+	8:00.0	8:00.0
73	23	3	225	WRG-Mortimer	England	W.J16.4x-	8:03.3	8:03.3
74	24	3	228	WRG-Treener	England	W.IM3.4x-	8:04.7	8:04.7
75	37	3	233	CSW-Lewis D	Wales	W.MasD.4x-	8:04.7	8:33.7
76	26	1	229	UWS-Westoby	Wales	W.IM3.4+	8:09.0	8:09.0
77	27	1	242	ROS-Vine	England	W.J14.4x+	8:09.2	8:09.2
78	28	2	239	HCS-Dallow	England	W.J15.4x+	8:09.3	8:09.3
79	29	1	221	HAB-Frankel	Wales	W.J18.4+	8:12.5	8:12.5
80	30	2	217	LLA-Roberts	Wales	W.ELI.4+	8:13.6	8:13.6
81	31	3	237	LLA-O Gorman	Wales	W.J15.4x+	8:14.2	8:14.2
82	49	7	126	UWS-Smith	Wales	IM3.4+	8:19.3	8:19.3
83	33	2	243	ROS-Matthews	England	W.J14.4x+	8:20.7	8:20.7
85	34	4	238	BIR-Swann	England	W.J15.4x+	8:24.8	8:24.8
86	35	5	241	HAB-Frankel	Wales	W.J15.4x+	8:26.4	8:26.4
87	36	2	231	ROS-Howell	England	W.IM3.4+	8:31.3	8:31.3
88	38	6	240	HER-Painter	England	W.J15.4x+	8:37.0	8:37.0

89	51	5	141	UWS-Decean	Wales	W.IM3.8+	8:37.8	8:37.8
90	39	3	230	CSW-Brace	Wales	W.IM3.4+	8:40.7	8:40.7
91	40	4	232	BIR-Oakes	England	W.IM3.4+	8:45.7	8:45.7
92	52	2	154	LLA-Staffurth	Wales	J14.4x+	8:46.2	8:46.2
93	53	3	153	BIR-Chapman	England	J14.4x+	8:47.3	8:47.3
	50	T/O	149	CMU-Wren	Wales	NOV.4+	DNS	DNS
	43	2	222	HAB-Blackstock	Wales	W.J18.4+	DNS	DNS
	42	3	220	HAB-Du Toit	Wales	W.J18.4+	DNS	DNS
	54	T/O	136	LLA-Singleton	Wales	W.J16.8+	DNS	DNS
	41	4	213	MNS-Hayter	Wales	J18.8+	DNS	DNS
	56	3	151	MNS-Michie	Wales	J15.4+	DNS	DNS
	55	3	128	MNS-Woody	Wales	J18.4+	DNS	DNS