

## 5 kilometres Ranking List 2010

1	Phil Cook	17:04	Bushy parkrun 284	1.01.10
2	Nick Dukes	17:08	Cardiff parkrun 101	30.01.10
3	Richard Wilder	17:53	Cardiff parkrun 98	2.01.10
4	Rob Sage	17:59	Cardiff parkrun 98	2.01.10
5	Richard Self	18:37	Cardiff parkrun 101	30.01.10
6	Philip George	18:54	Cardiff parkrun 98	2.01.10
7	Andy Cleves	19:10	Cardiff parkrun 101	30.01.10
8	* Libby O'Duffy	19:12	Cardiff parkrun 101	30.01.10
9	Peter Kellam	19:14	Cardiff parkrun 100	23.01.10
10	Mick Tabor	19:30	Cardiff parkrun 100	23.01.10
11	Scott Hemmens	19:30	Cardiff parkrun 99	16.01.10
12	* Maria Zubizarreta	19:32	Cardiff parkrun 100	23.01.10
13	Sandy Johnston	19:34	Cardiff parkrun 101	30.01.10
14	Paulo Simoes	19:50	Cardiff parkrun 100	23.01.10
15	+ Andrew Blair	19:50	Cardiff parkrun 100	23.01.10
16	Brendan Jones	19:51	Cardiff parkrun 98	2.01.10
17	Paul Morris	19:52	Cardiff parkrun 101	30.01.10
18	Wouter Poortinga	19:56	Cardiff parkrun 98	2.01.10
19	David Proud	19:58	Cardiff parkrun 99	16.01.10
20	+ Brian Kerry	20:06	Cardiff parkrun 101	30.01.10
21	* David E Williams	20:23	Cardiff parkrun 100	23.01.10
22	Ben Pitman	20:29	Basingstoke parkrun 81	16.01.10
23	John O'Shea	20:46	Cardiff parkrun 99	16.01.10
24	Richard Sewell	20:54	Cardiff parkrun 100	23.01.10
25	Cheryl Hudgell	20:56	Cardiff parkrun 99	16.01.10
26	Alan Mason	21:00	Cardiff parkrun 101	30.01.10
27	John Magee	21:05	Cardiff parkrun 99	16.01.10
28	Claire Beatty	21:07	Cardiff parkrun 100	23.01.10
29	Marcia Migay	21:08	Cardiff parkrun 100	23.01.10
30	Liz Ashton	21:15	Cardiff parkrun 100	23.01.10
31	Tim O'Sullivan	21:38	Cardiff parkrun 98	2.01.10
32	* Rod Perons	21:54	Cardiff parkrun 98	2.01.10
33	Martin Pinnell	21:57	Cardiff parkrun 101	30.01.10
34	Sian Evans	22:23	Cardiff parkrun 100	23.01.10
35	Graeme Donnan	22:24	Cardiff parkrun 101	30.01.10
36	Mick McGeoch	22:31	Cardiff parkrun 100	23.01.10
37	* Stephen Quin	22:34	Cardiff parkrun 101	30.01.10
38	Jenny Topalian	22:35	Cardiff parkrun 101	30.01.10
39	Michael Rossiter	22:39	Cardiff parkrun 99	16.01.10
40	Alun E Williams	22:50	Cardiff parkrun 99	16.01.10
41	John Plain	22:54	Cardiff parkrun 100	23.01.10
42	Nick Williams	23:00	Cardiff parkrun 100	23.01.10
43	Des Davies	23:10	Cardiff parkrun 100	23.01.10
44	* Chris Morgan	23:11	Cardiff parkrun 101	30.01.10
45	Frank Williams	23:43	Cardiff parkrun 101	30.01.10
46	+ Jan Hall	23:44	Cardiff parkrun 101	30.01.10
47	Jenny Hughes	23:57	Cardiff parkrun 101	30.01.10
48	Gary Bodman	24:14	Cardiff parkrun 98	2.01.10
49	Sara MacBride-Stewart	24:36	Cardiff parkrun 99	16.01.10
50	Tina Rossiter	25:01	Cardiff parkrun 101	30.01.10
51	Sasha Macken	25:15	Cardiff parkrun 98	2.01.10
52	Ralph Davey	25:27	Cardiff parkrun 101	30.01.10
53	Mark Engstrom	26:17	Cardiff parkrun 100	23.01.10
54	Clare Johnson	26:52	Cardiff parkrun 101	30.01.10
55	* Abby Forster	27:26	Cardiff parkrun 101	30.01.10
56	Gillian McCue	27:44	Cardiff parkrun 101	30.01.10
57	Gillian Murphy	28:04	Cardiff parkrun 101	30.01.10
58	Tony Dorsett	28:17	Cardiff parkrun 98	2.01.10
59	Carys Davies	28:53	Cardiff parkrun 101	30.01.10
60	Errol Alexis	29:03	Cardiff parkrun 101	30.01.10
61	Joanne Gamba	29:03	Milton Keynes parkrun 2	23.01.10
62	Geoff Wright	29:35	Cardiff parkrun 101	30.01.10
63	Mal Rowson	29:44	Cardiff parkrun 100	23.01.10
64	Kerry Francis	29:55	Cardiff parkrun 101	30.01.10

65	Christine Faulkner	29:58	Cardiff parkrun 101	30.01.10
66	Anne Donald	30:34	Cardiff parkrun 100	23.01.10
67	Eirian Arwyn	35:04	Cardiff parkrun 100	23.01.10

\* = New PB; + = No previous PB