

# TEAM CHALLENGE

## 2023 RESULTS

CARDIFF  
**CDF 10K**  
CAERDYDD

### 1ST PLACE - ENVAGERS

TOP FIVE FINISHERS (BY GUN TIME):	FINISH (CHIP) TIME:
1) ANDREW HOW	00:34:17
2) WAYNE HUMPHREYS	00:38:58
3) MIKE EVANS	00:40:51
4) REBEKAH MILES	00:50:30
5) OWAIN SHEPPARD	00:52:57
<b>COMBINED TEAM TIME:</b>	<b>3:37:33</b>

### 2ND PLACE - The Great Defenders

TOP FIVE FINISHERS (BY GUN TIME):	FINISH (CHIP) TIME:
1) ANDY GARDINER	00:36:13
2) HARRIET JONES	00:45:43
3) SIMON PINNELL	00:47:32
4) RICHARD WEBER	00:48:12
5) RACHEL WALSH	00:53:12
<b>COMBINED TEAM TIME:</b>	<b>3:50:52</b>

### 3RD PLACE - Roath Park Runners

TOP FIVE FINISHERS (BY GUN TIME):	FINISH (CHIP) TIME:
1) BOB MAYER	00:45:46
2) SREEJITH THAKIDIYIL MANGALAN	00:46:30
3) ROBERT CAWLEY	00:46:31
4) PAUL DAVIES	00:48:37
5) GARETH AITKEN	00:52:54
<b>COMBINED TEAM TIME:</b>	<b>4:00:18</b>

## 4TH PLACE - Cymric

### TOP FIVE FINISHERS (BY GUN TIME):

- 1) HELEDD DAVIES
- 2) ELIN WIN
- 3) LOWRI MORGAN
- 4) MEGAN PRICE
- 5) KELLY FLEMING

### FINISH (CHIP) TIME:

00:46:29  
00:46:53  
00:48:21  
00:50:09  
00:52:37

### COMBINED TEAM TIME:

4:04:29

## 5TH PLACE - Cardiff and Vale College

### TOP FIVE FINISHERS (BY GUN TIME):

- 1) LEWIS CLARKE
- 2) AIDAN O'CALLAGHAN
- 3) RAFAEL TERUEL SERRANO
- 4) ZOE GAY
- 5) MATT THOMPSON

### FINISH (CHIP) TIME:

00:37:53  
00:44:06  
00:52:51  
00:53:05  
00:55:28

### COMBINED TEAM TIME:

4:03:23

## 6TH PLACE - HWM-Water

### TOP FIVE FINISHERS (BY GUN TIME):

- 1) ANDREA STEFKOVA
- 2) DAVID GRIFFITHS
- 3) DAFYDD CADENNE
- 4) JOSH EVANS
- 5) JAMES WESTACOTT

### FINISH (CHIP) TIME:

00:48:51  
00:51:26  
00:51:05  
01:00:08  
00:59:03

### COMBINED TEAM TIME:

4:30:33

## 7TH PLACE - RBC Brewin Dolphin Wales

### TOP FIVE FINISHERS (BY GUN TIME):

- 1) PAUL MATHIAS
- 2) KIERAN MCGUIRE
- 3) MARTIN WETHERILL
- 4) BETH RICHARDS
- 5) RACHEL MATHIAS

### FINISH (CHIP) TIME:

00:43:48  
00:55:43  
00:56:16  
00:58:58  
01:02:03

### COMBINED TEAM TIME:

4:36:48

## 8TH PLACE - Hunter Selection Ltd

### TOP FIVE FINISHERS (BY GUN TIME):

1) JEDD ABRAHAM

### FINISH (CHIP) TIME:

00:52:20

2) JACK LAVIS

00:52:04

3) TOMAS REES

00:56:50

4) DAVID BIGGS

00:58:06

5) DARREN CAMPBELL

01:01:07

### COMBINED TEAM TIME:

4:40:27

## 9TH PLACE - Angel, Abergavenny

### TOP FIVE FINISHERS (BY GUN TIME):

1) MEGAN NICHOLLS

00:48:34

2) KEVIN MCFADDEN

00:50:33

3) MARK NICHOLLS

00:56:06

4) JO NUGENT

01:07:25

5) EMILY BANNISTER

01:07:30

### COMBINED TEAM TIME:

4:50:08

## 10TH PLACE - Welsh Rugby Union

### TOP FIVE FINISHERS (BY GUN TIME):

1) PAUL HORROCKS

00:55:30

2) WOJCIECH GAWRYLA

01:06:32

3) SHEENA JENKINS

01:08:19

4) STEPHANIE SMITH

01:08:32

5) TINA WILLIAMSON

01:10:22

### COMBINED TEAM TIME:

5:29:15

## 11TH PLACE - BPU Unleashed

### TOP FIVE FINISHERS (BY GUN TIME):

1) CAROLYN WINDOS

00:53:13

2) ULYSSES HENDERSON

01:05:15

3) DANIEL OSBORNE

01:11:43

4) GEORGIA LAFLAIN

01:14:56

5) TANYNA DAVEY

01:19:30

### COMBINED TEAM TIME:

5:44:37