

Summer Sizzler 5K

Line Through = Disqualified

Place	Name	Hometown	Type	Bib #	Time	Pace	Speed	Sex	Age	ID Number
1	MATTHEW EDMONDS	MICKY MORRIS RACING TEAM, GBR	RUNNER	533	00:15:44	03:08	19.1kph	M	34	7026392
2	RICHARD JACKSON-HOOKINS	LES CROUPIERS RC, GBR	RUNNER	547	00:15:56	03:11	18.8kph	M	36	7051931
3	MARK RUSHBROOK		RUNNER	670	00:16:00	03:11	18.8kph	M	37	
4	TIM IVESON	BUILTH AND DISTRICT, GBR	RUNNER	546	00:16:20	03:15	18.4kph	M	36	7018163
5	SIMON LEWIS	PONTYPRIDD ROADENTS AC, GBR	RUNNER	555	00:16:21	03:16	18.4kph	M	41	7029970
6	DOUG NICHOLLS	LES CROUPIERS RC, GBR	RUNNER	571	00:16:22	03:16	18.3kph	M	39	7092654
7	GARY BROWN	PENARTH & DINAS, GBR	RUNNER	643	00:16:31	03:18	18.2kph	M	38	
8	LEE AHERNE	PARC BRYN BACH, GBR	RUNNER	640	00:16:32	03:18	18.2kph	M	52	
9	BEN BUTLER-MADDEN	PENARTH & DINAS RUNNERS, GBR	RUNNER	629	00:16:33	03:18	18.1kph	M	37	
10	RICHARD JONES	LISWERRY RUNNERS, GBR	RUNNER	637	00:16:34	03:18	18.1kph	M	46	
11	LEWIS ROBERTS	WORCESTER AC, GBR	RUNNER	665	00:16:34	03:18	18.1kph	M	24	
12	ED DONOVAN	LES CROUPIERS RC, GBR	RUNNER	532	00:16:37	03:19	18.1kph	M	39	7017698
13	RICHARD ROSS	LES CROUPIERS RC, GBR	RUNNER	677	00:16:37	03:19	18.1kph	M	46	
14	JOE THOMAS	BRIDGEND AC, GBR	RUNNER	600	00:16:53	03:22	17.8kph	M	39	
15	STUART CREES	LES CROUPIERS, GBR	RUNNER	669	00:16:54	03:22	17.8kph	M	40	
16	JAMIE PARRY	PARC BRYN BACH RC, GBR	RUNNER	574	00:17:01	03:24	17.6kph	M	31	
17	ALISTAIR DOWNES	SAN DOMENICO, GBR	RUNNER	634	00:17:29	03:29	17.2kph	M	30	
18	ANDREW BLAIR	LES CROUPIERS RC, GBR	RUNNER	433	00:17:35	03:30	17.1kph	M	53	7022978
19	DUNCAN MCLAUCHLAN	LES CROUPERS RC, GBR	RUNNER	599	00:17:37	03:31	17.0kph	M	37	
20	JAMIE VANSTONE	PONTYCLUN ROAD RUNNERS, GBR	RUNNER	584	00:17:38	03:31	17.0kph	M	38	3489278
21	ADRIAN LEWIS	ABERDARE VAAC, GBR	RUNNER	528	00:17:40	03:31	17.0kph	M	46	
22	CHRISTOPHER JEYNES	BRACKLA HARRIERS, GBR	RUNNER	596	00:17:40	03:31	17.0kph	M	41	
23	TAMARA BEACH	LES CROUPIERS RC, GBR	RUNNER	414	00:17:58	03:35	16.7kph	F	23	
24	ROWAN HOBBS	BRACKLA HARRIERS, GBR	RUNNER	620	00:18:02	03:36	16.6kph	M	36	
25	MATTHEW HURFORD	LES CROUPIERS RC, GBR	RUNNER	628	00:18:12	03:38	16.5kph	M	45	
26	LAURENT BONO	LES CROUPIERS RC, GBR	RUNNER	438	00:18:23	03:40	16.3kph	M	33	7043973
27	TOM WEBB	PARC BRYN BACH RC, GBR	RUNNER	585	00:18:40	03:43	16.1kph	M	15	7044559
28	JACOB GRIFFITHS	BRACKLA HARRIERS, GBR	RUNNER	541	00:18:40	03:43	16.1kph	M	16	3348075
29	GERAINT WILLIAMS	RUN4ALL NEATH, GBR	RUNNER	590	00:18:41	03:44	16.1kph	M	33	3171875
30	RICHARD BULLEN	LES CROUPIERS RC, GBR	RUNNER	515	00:18:42	03:44	16.0kph	M	57	7020841
31	MICHAEL RILEY	LES CROUPIERS RC, GBR	RUNNER	579	00:18:46	03:45	16.0kph	M	40	2942256
32	RICH BAKER	LES CROUPIERS, GBR	RUNNER	672	00:18:48	03:45	16.0kph	M	47	
33	BENJAMIN MACEY	CARDIFF AAC, GBR	RUNNER	557	00:18:51	03:46	15.9kph	M	13	7035339
34	NATHAN CHRISTOFORATO	PENARTH AND DINAS RUNNERS, GBR	RUNNER	523	00:18:53	03:46	15.9kph	M	35	7042104
35	VINCE NAZARETH	LES CROUPIERS, GBR	RUNNER	648	00:18:57	03:47	15.8kph	M	56	
36	JOHNNY LAM	SAN DOMINECO, GBR	RUNNER	642	00:18:58	03:47	15.8kph	M	46	
37	NICK STOCKER	BRIDGEND AC, GBR	RUNNER	673	00:19:03	03:48	15.8kph	M	48	
38	DARYL BEGGS	LES CROUPIERS, GBR	RUNNER	653	00:19:09	03:49	15.7kph	M	38	
39	IAN BELL	SAN DOMENICO RC, GBR	RUNNER	420	00:19:12	03:50	15.6kph	M	57	7035465
40	GARETH LYNCH	LES CROUPIERS, GBR	RUNNER	666	00:19:19	03:51	15.5kph	M	43	
41	HELEN SHARPE	FIFE AC, GBR	RUNNER	652	00:19:22	03:52	15.5kph	F	37	
42	MATT GOVIER	LES CROUPIERS RC, GBR	RUNNER	626	00:19:25	03:52	15.5kph	M	46	
43	MARK EVANS		RUNNER	684	00:19:31	03:54	15.4kph	M	36	
44	RHYDIAN DAVIES		RUNNER	675	00:19:54	03:58	15.1kph	M	24	
45	STEVEN PREDDY	LES CROUPIERS RC, GBR	RUNNER	577	00:20:02	04:00	15.0kph	M	48	7041974
46	MICHAEL MURPHY	LES CROUPIERS RC, GBR	RUNNER	567	00:20:07	04:01	14.9kph	M	64	7021365
47	SIAN KIRK	SWANSEA HARRIERS, GBR	RUNNER	553	00:20:10	04:01	14.9kph	F	32	7023113
48	MARIA ZUBIZARRETA	LES CROUPIERS RC, GBR	RUNNER	304	00:20:11	04:02	14.9kph	F	48	7020899
49	COLIN MCQUEEN	BRACKLA HARRIERS, GBR	RUNNER	562	00:20:19	04:03	14.8kph	M	56	7027333
50	JANET HOLMES	LES CROUPIERS, GBR	RUNNER	649	00:20:23	04:04	14.7kph	F	37	
51	RICHARD STOKE	BRACKLA, GBR	RUNNER	647	00:20:27	04:05	14.7kph	M	37	
52	HUW ROBERTS	BRIDGEND, GBR	RUNNER	632	00:20:30	04:06	14.6kph	M	61	
53	MATTHEW BUNCE	BRACKLA HARRIERS, GBR	RUNNER	516	00:20:42	04:08	14.5kph	M	45	7038323
54	CLAIRE JACOBS	LES CROUPIERS RC, GBR	RUNNER	548	00:20:42	04:08	14.5kph	F	45	7037040
55	CATHERINE BARKER	PENARTH & DINAS, GBR	RUNNER	659	00:20:53	04:10	14.4kph	F	42	
56	GARETH TAYLOR	BRACKLA HARRIERS, GBR	RUNNER	624	00:20:58	04:11	14.3kph	M	37	

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57	RYAN BUNCE	BRACKLA HARRIERS, GBR	RUNNER	517	00:21:01	04:12	14.3kph	M	20	7044227
58	AINE KENNY	LES CROUPIERS, GBR	RUNNER	671	00:21:02	04:12	14.3kph	F	37	
59	RONALD MORRIS	SAN DOMENICO RC, GBR	RUNNER	601	00:21:04	04:12	14.2kph	M	68	
60	KIT LAMBERT	PENARTH & DINAS RUNNER, GBR	RUNNER	554	00:21:05	04:12	14.2kph	M	38	7042510
61	MICK MCGEOCH	LES CROUPIERS RC, GBR	RUNNER	594	00:21:14	04:14	14.1kph	M	62	
62	DOMINIC SHIELDS	SAN DOMENICO, GBR	RUNNER	636	00:21:20	04:15	14.1kph	M	53	
63	IAN CUTHBERT	BRACKLA HARRIERS, GBR	RUNNER	527	00:21:27	04:17	14.0kph	M	59	7038211
64	STEVE CHADWELL	LES CROUPIERS RC, GBR	RUNNER	520	00:21:31	04:18	14.0kph	M	47	3619469
65	BEN HOOPER		RUNNER	603	00:21:32	04:18	13.9kph	M	20	
66	GARETH JENKINS	OGMORE PHOENIX RUNNERS, GBR	RUNNER	550	00:21:39	04:19	13.9kph	M	34	7030701
67	ANGELA CHAMPION	LES CROUPIERS RC, GBR	RUNNER	521	00:21:43	04:20	13.8kph	F	42	7022453
68	MEGAN POULSON	SAN DOMENICO RC, GBR	RUNNER	615	00:21:46	04:21	13.8kph	F	26	
69	MALCOLM BRADLEY	PENARTH & DINAS RUNNERS, GBR	RUNNER	442	00:21:48	04:21	13.8kph	M	68	7026103
70	MARY FRANCIS	BRACKLA HARRIERS, GBR	RUNNER	616	00:21:50	04:21	13.7kph	F	53	
71	RICHARD BEECH	BRACKLA, GBR	RUNNER	644	00:21:52	04:22	13.7kph	M	58	
72	LOUISE HUNT	PENARTH AND DINAS RUNNERS, GBR	RUNNER	545	00:21:54	04:22	13.7kph	F	37	7032419
73	JENNY ADAMS	LES CROUPIERS RC, GBR	RUNNER	403	00:21:56	04:23	13.7kph	F	0	7045387
74	NICK WEBB	PARC BRYN BACH RC, GBR	RUNNER	586	00:21:57	04:23	13.7kph	M	47	7044558
75	TERRY CAENEY	LES CROUPIERS RC, GBR	RUNNER	610	00:21:59	04:23	13.7kph	M	58	
76	JENNY MARTIN	LES CROUPIERS RC, GBR	RUNNER	559	00:22:02	04:24	13.6kph	F	39	7020718
77	ALEX CAPLETON	LES CROUPIERS, GBR	RUNNER	651	00:22:06	04:25	13.6kph	M	44	
78	STEPHEN WOOD	PEGASUS, GBR	RUNNER	674	00:22:12	04:26	13.5kph	M	41	
79	DAVID. E WILLIAMS	LES CROUPIERS RC, GBR	RUNNER	589	00:22:15	04:26	13.5kph	M	55	7022987
80	BETHAN APGLYN	PENARTH AND DINAS RUNNERS, GBR	RUNNER	408	00:22:16	04:27	13.5kph	F	30	7041828
81	CHRIS BEVAN		RUNNER	683	00:22:22	04:28	13.4kph	M	52	
82	NIGEL BLEACH	SERIOUSLY MAD RUNNERS, GBR	RUNNER	435	00:22:27	04:29	13.4kph	M	50	
83	AILEEN LYONS	LES CROUPIERS RC, GBR	RUNNER	593	00:22:28	04:29	13.4kph	F	31	
84	MARTIN CROSHAW		RUNNER	526	00:22:30	04:29	13.3kph	M	46	
85	ANDY FISHER	BRACKLA HARRIERS, GBR	RUNNER	536	00:22:32	04:30	13.3kph	M	118	7036525
86	CLIVE OSMOND	LES CROUPIERS RC, GBR	RUNNER	573	00:22:36	04:31	13.3kph	M	58	7022776
87	GRAHAM FOSTER	BRACKLA HARRIERS, GBR	RUNNER	618	00:22:38	04:31	13.3kph	M	55	
88	STEVEN BARKER	PENARTH AND DINAS RUNNERS, GBR	RUNNER	678	00:22:39	04:31	13.2kph	M	45	
89	CLAIRE GEORGE	LES CROUPIERS RC, GBR	RUNNER	537	00:22:41	04:32	13.2kph	F	47	7044443
90	CARL MILLER	LES CROUPIERS RC, GBR	RUNNER	564	00:22:44	04:32	13.2kph	M	56	7045602
91	MARK TAYLOR	PENARTH & DINAS RUNNERS, GBR	RUNNER	630	00:22:46	04:33	13.2kph	M	49	
92	ROLAND MATTHEWS	BRACKLA HARRIERS, GBR	RUNNER	561	00:22:51	04:34	13.1kph	M	55	7020029
93	RACHEL DAVIES	HEADINGTON ROAD RUNNERS, GBR	RUNNER	612	00:22:55	04:34	13.1kph	F	23	
94	NEIL DAVIES		RUNNER	613	00:22:56	04:35	13.1kph	M	60	
95	GRACE NEWBOULD	WOMEN RUNNING PENARTH, GBR	RUNNER	568	00:23:01	04:36	13.0kph	M	0	
96	DARREN BLANKS		RUNNER	434	00:23:02	04:36	13.0kph	M	31	
97	YVONNE BULLEN	LES CROUPIERS RC, GBR	RUNNER	514	00:23:04	04:36	13.0kph	F	54	7020842
98	RICHARD SEWELL	LES CROUPIERS, GBR	RUNNER	664	00:23:05	04:36	13.0kph	M	61	
99	JACK AYOUB	BRIDGEND, GBR	RUNNER	631	00:23:13	04:38	12.9kph	M	66	
100	LUKE HESLOP	PEGASUS, GBR	RUNNER	676	00:23:16	04:39	12.9kph	M	42	
101	GWYN JONES	LES CROUPIERS, GBR	RUNNER	663	00:23:24	04:40	12.8kph	M	54	
102	PETER HEATH	LES CROUPIERS RC, GBR	RUNNER	598	00:23:29	04:41	12.8kph	M	34	
103	GABRIELLA GREEN	LES CROUPIERS RC, GBR	RUNNER	540	00:23:38	04:43	12.7kph	M	0	7041551
104	LAUREN FOULKES	LES CROUPERS RC, GBR	RUNNER	609	00:23:41	04:44	12.7kph	F	34	
105	SARAH BURDETT	LES CROUPIERS RC, GBR	RUNNER	518	00:23:42	04:44	12.7kph	F	31	7042635
106	DAVE BICKER		RUNNER	607	00:23:44	04:44	12.6kph	M	52	
107	ANDY DAVIES	PONTYPRIDD ROADENTS AC, GBR	RUNNER	614	00:23:52	04:46	12.6kph	M	55	
108	LOLLY EVANS	LES CROUPIERS, GBR	RUNNER	662	00:23:54	04:46	12.6kph	F	47	
109	RUTH DEARDS	LES CROUPIERS RC, GBR	RUNNER	681	00:23:56	04:47	12.5kph	F	48	

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110	MARK BEECH	PELSALL RUNNERS, GBR	RUNNER	679	00:23:57	04:47	12.5kph	M	33	
111	JANE OGILVIE	BRACKLA HARRIERS, GBR	RUNNER	622	00:23:57	04:47	12.5kph	F	53	
112	MARC JAMES	GOG TRIATHLON, GBR	RUNNER	595	00:24:11	04:50	12.4kph	M	45	
113	HELYN SALT		RUNNER	581	00:24:17	04:51	12.4kph	F	45	
114	CAROLINE BEST	PONTY ROADENTS, GBR	RUNNER	657	00:24:20	04:51	12.3kph	F	28	
115	MARY BEECH	BRACKLA HARRIERS, GBR	RUNNER	416	00:24:28	04:53	12.3kph	F	55	7033009
116	ROSIE BRISTOW	PEGASUS RC, GBR	RUNNER	444	00:24:53	04:58	12.1kph	F	41	7040337
117	SARAH ARTHUR		RUNNER	667	00:24:55	04:58	12.0kph	F	37	
118	BEVERLEY WARBURTON	PENARTH & DINAS, GBR	RUNNER	633	00:25:13	05:02	11.9kph	F	56	
119	KARL JOHNSON	OGMORE PHOENIX, GBR	RUNNER	641	00:25:20	05:03	11.8kph	M	33	
120	CLAIRE BELL	LES CROUPIERS RC, GBR	RUNNER	417	00:25:32	05:06	11.8kph	F	55	7044588
121	LYNNE EVANS	WOMEN RUNNING PENARTH, GBR	RUNNER	535	00:25:39	05:07	11.7kph	F	49	7026634
122	MANDY BARRINGTON	PENARTH & DINAS, GBR	RUNNER	635	00:25:45	05:08	11.7kph	F	53	
123	ELLIE GOODRIDGE	BRACKLA HARRIERS AC, GBR	RUNNER	604	00:26:00	05:11	11.5kph	F	27	
124	GILLIAN MURPHY	LES CROUPIERS RC, GBR	RUNNER	566	00:26:01	05:12	11.5kph	F	64	7021364
125	EU SEOW	LES CROUPIERS RC, GBR	RUNNER	621	00:26:02	05:12	11.5kph	F	33	
126	LIZ BEECH	BRACKLA, GBR	RUNNER	645	00:26:02	05:12	11.5kph	F	58	
127	MARK PRESTON		RUNNER	658	00:26:02	05:12	11.5kph	M	30	
128	HANNAH MILES	LES CROUPIERS RC, GBR	RUNNER	563	00:26:10	05:13	11.5kph	M	0	7044110
129	DAN GROVES	PEGASUS, GBR	RUNNER	682	00:26:27	05:17	11.3kph	M	48	
130	JOHN HUGGINS		RUNNER	592	00:26:31	05:18	11.3kph	M	60	
131	WENDY FOSTER	BRACKLA HARRIERS, GBR	RUNNER	619	00:26:31	05:18	11.3kph	F	54	
132	DAVID MCDONALD	LES CROUPIERS, GBR	RUNNER	638	00:26:39	05:19	11.3kph	M	49	
133	HELEN ROBERTSON	LES CROUPIERS RC, GBR	RUNNER	580	00:26:41	05:20	11.2kph	F	47	7044113
134	RALPH DAVEY	LES CROUPIERS, GBR	RUNNER	650	00:26:54	05:22	11.2kph	M	73	
135	SUSAN RALPH	BRACKLA HARRIERS, GBR	RUNNER	608	00:27:04	05:24	11.1kph	F	54	
136	GARRY WHARMBY		RUNNER	639	00:27:36	05:31	10.9kph	M	55	
137	HANNAH HOPES	LES CROUPIERS RC, GBR	RUNNER	543	00:27:40	05:31	10.8kph	F	35	7041986
138	GWENNO THOMAS	LES CROUPIERS, GBR	RUNNER	668	00:27:50	05:34	10.8kph	F	44	
139	TIM WERD	PEGASUS, GBR	RUNNER	646	00:28:05	05:36	10.7kph	M	68	
140	SARAH POPE	WOMEN RUNNING PENARTH, GBR	RUNNER	576	00:28:07	05:37	10.7kph	F	55	2758970
141	CLAIR CHARALAMBOUS	LES CROUPIERS RC, GBR	RUNNER	522	00:28:10	05:37	10.7kph	F	41	7045071
142	KIRSTY MCGOWAN	LES CROUPIERS RC, GBR	RUNNER	611	00:28:18	05:39	10.6kph	F	31	
143	LYNNE ELLIS	WOMEN RUNNING PENARTH, GBR	RUNNER	534	00:28:18	05:39	10.6kph	F	57	3491235
144	SUE PROSSER	BRACKLA HARRIERS, GBR	RUNNER	623	00:28:21	05:40	10.6kph	F	50	
145	KAREN CHADWELL	LES CROUPIERS RC, GBR	RUNNER	519	00:28:23	05:40	10.6kph	F	48	2804398
146	JON MARTIN	LES CROUPIERS RC, GBR	RUNNER	560	00:28:23	05:40	10.6kph	M	41	7041345
147	ANDREW WILKINS	BRACKLA HARRIERS, GBR	RUNNER	587	00:28:29	05:41	10.5kph	M	64	7035786
148	RHYS LITTLECHILD	CAAC, GBR	RUNNER	660	00:28:30	05:41	10.5kph	M	10	
149	DEBBIE REES	PENARTH & DINAS, GBR	RUNNER	656	00:28:52	05:46	10.4kph	F	53	
150	ROSHAN KHAN		RUNNER	625	00:28:59	05:47	10.4kph	M	63	
151	BETHAN JENKINS	CARDIFF UNIVERSITY, GBR	RUNNER	549	00:29:23	05:52	10.2kph	F	23	
152	SUSAN WILKINS	BRACKLA HARRIERS, GBR	RUNNER	588	00:29:27	05:53	10.2kph	F	61	7039157
153	IAN BARRETT	LES CROUPIERS RC, GBR	RUNNER	412	00:29:29	05:53	10.2kph	M	33	3730908
154	KELLY HOPPER	BRACKLA HARRIERS, GBR	RUNNER	544	00:29:50	05:57	10.1kph	F	0	7044732
155	GEOFF WRIGHT	LES CROUPIERS RC, GBR	RUNNER	591	00:29:55	05:58	10.0kph	M	69	7020898
156	SAMUEL BICKER	CARDIFF ARCHERS, GBR	RUNNER	606	00:30:05	06:00	10.0kph	M	16	
157	NIGEL LEIGHTON JONES	LLANELLI ATHLETIC, GBR	RUNNER	685	00:30:07	06:01	10.0kph	M	63	
158	JULIA DAVIS	LES CROUPIERS RC, GBR	RUNNER	529	00:30:21	06:04	9.9kph	F	47	3412940
159	HELEN KAVANAGH	BRACKLA HARRIERS, GBR	RUNNER	552	00:30:24	06:04	9.9kph	F	61	7043368
160	KAREN JONES	LES CROUPIERS RC, GBR	RUNNER	551	00:30:27	06:05	9.9kph	F	40	7042900
161	DONNA LITTLECHILD	HENDRE LAKE, GBR	RUNNER	661	00:31:09	06:13	9.6kph	F	39	
162	DAVID GEORGE	LES CROUPIERS RC, GBR	RUNNER	538	00:31:11	06:14	9.6kph	M	49	7044264
163	TRACEY NEWMAN	LES CROUPIERS RC, GBR	RUNNER	570	00:31:17	06:15	9.6kph	F	48	7020727
164	CLARE JOHNSON	LES CROUPIERS, GBR	RUNNER	655	00:32:03	06:24	9.4kph	F	73	
165	KATHLEEN PRIDDLE	BRACKLA HARRIERS AC, GBR	RUNNER	602	00:32:06	06:25	9.3kph	F	68	
166	SHAAN MIRZA		RUNNER	565	00:32:12	06:26	9.3kph	M	24	
167	SAMANTHA BUFTON		RUNNER	605	00:32:33	06:30	9.2kph	F	33	
168	JAN FRANCIS	BRACKLA HARRIERS, GBR	RUNNER	617	00:32:37	06:31	9.2kph	F	53	
169	COLIN CROOKS	PEGASUS, GBR	RUNNER	654	00:33:02	06:36	9.1kph	M	63	

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170	LAURA HAMMOND		RUNNER	542	00:34:24	06:52	8.7kph	F	33	
171	AMANDA THOMPSON	LES CROUPIERS RC, GBR	RUNNER	627	00:36:36	07:19	8.2kph	F	58	
172	ANDREW MAPSTONE		RUNNER	558	00:37:04	07:24	8.1kph	M	0	
173	KERRI LUCAS		RUNNER	597	00:37:05	07:24	8.1kph	F	30	
174	GEMMA BENNETT		RUNNER	680	00:38:29	07:41	7.8kph	F	35	
175	TERESA ALBANI	TODOS SOMOS CORREDORES, PRY	RUNNER	345	00:40:18	08:03	7.4kph	F	76	