

Summer Sizzler Results 2010

Name	Race No	Category	Total Time	Pos	Club
Julian Baker	622	Male Senior	00.16.16	1	Les Croupiers
Edward Donovan	626	Male Senior	00.16.48	2	Les Croupiers
Daniel Bodman	628	Male Senior	00.16.53	3	Pontypridd Roadents
Nick Frost	627	Male Vet 50	00.17.00	4	Pontypridd Roadents
Gareth Green	620	Male Senior	00.17.47	5	San Domenico RRC
Oliver Williams	607	Male Senior	00.17.51	6	
Matt Hurford	618	Male Senior	00.17.52	7	Les Croupiers
Martin Williams	642	Male Vet 40	00.17.56	8	Les Croupiers
Matt Hopkins	624	Male Senior	00.17.59	9	Les Croupiers
Mark Windsor	637	Male Senior	00.18.03	10	San Domenico RRC
Calum Cheshire	640	Male Senior	00.18.11	11	Les Croupiers
Tom Jeffrey	632	Male Senior	00.18.15	12	Les Croupiers
John Howells	639	Male Senior	00.18.21	13	
Peter Kellam	641	Male Vet 40	00.18.22	14	Les Croupiers Triathletes
Gareth Lynch	629	Male Senior	00.18.28	15	Les Croupiers
Glyn Sansom	646	Male Vet 40	00.18.38	16	San Domenico RRC
Sally Haselhurst	533	Female Senior	00.18.40	17	San Domenico RRC
Kelly Morgan	536	Female Senior	00.18.43	18	Pontypridd Roadents
Scott Hemmens	621	Male Senior	00.18.55	19	Les Croupiers
Rob Scott	623	Male Senior	00.19.00	20	Les Croupiers
Peter Turnbull	606	Male Vet 40	00.19.02	21	Les Croupiers
James Bruce	608	Male Senior	00.19.07	22	Les Croupiers
Chris Sparrow	635	Male Senior	00.19.32	23	Rhondda Valley Runners
Eurof Davies	617	Male Vet 40	00.19.41	24	Les Croupiers
Alun Evans	643	Male Vet 40	00.19.51	25	
Dominic Shields	625	Male Vet 40	00.19.53	26	San Domenico RRC
Michael H Davies	619	Male Vet 60	00.19.56	27	Les Croupiers
John Mhee	647	Male Senior	00.20.00	28	Les Croupiers
Steve Owen	603	Male Vet 50	00.20.03	29	Les Croupiers
Maria Zubizarreta	524	Female Vet 35	00.20.05	30	Les Croupiers
Steve Alexander	612	Male Vet 40	00.20.12	31	Les Croupiers
James Delaney	630	Male Vet 50	00.20.21	32	San Domenico RRC
Michael McDonald	602	Male Senior	00.20.27	33	
Brian Dias	609	Male Senior	00.20.37	34	Cardiff AAC
Brendan Jones	634	Male Vet 40	00.20.38	35	Les Croupiers
Liz Ashton	537	Female Senior	00.20.39	36	Les Croupiers
Mick McGeoch	638	Male Vet 50	00.20.42	37	Les Croupiers
Graeme Donnan	615	Male Vet 50	00.20.56	38	Les Croupiers
David Morris	636	Male Senior	00.21.06	39	
Ruth Barrett	535	Female Senior	00.21.07	40	San Domenico RRC
Sarah McCarthy	539	Female Vet 35	00.21.27	41	Les Croupiers

Scott Howey	644 Male Vet 50	00.21.27	41 Les Croupiers
Philip Hughes	631 Male Senior	00.21.38	43 San Domenico RRC
Jeff Aston	611 Male Vet 60	00.21.39	44 Les Croupiers
Karl Johns	613 Male Senior	00.22.03	45 Les Croupiers
Gary Bodman	633 Male Vet 40	00.22.03	45 Les Croupiers
Dave E Williams	601 Male Vet 40	00.22.29	47 Les Croupiers
Tony Carzana	614 Male Vet 60	00.22.37	48 Pegasus RC
Alun Williams	645 Male Senior	00.22.44	49 Les Croupiers
Sasha Macken	538 Female Vet 35	00.22.46	50 Les Croupiers
Angharad Danter	525 Female Vet 35	00.24.58	50 Outdoor Fitness
Lisa Muller	526 Female Vet 55	00.25.03	52 Les Croupiers
Gillian McCue	534 Female Senior	00.25.28	53 Les Croupiers
Ian Warner	604 Male Vet 50	00.25.32	54
Katie Stevenson	531 Female Vet 35	00.26.21	55 Outdoor Fitness
Helen Griffiths	532 Female Senior	00.26.28	56 Outdoor Fitness
Juliet Sidney	529 Female Vet 35	00.26.59	57
Neil Sidney	605 Male Senior	00.28.18	58