

Race Results ~ Summer Sizzler 5k 2012

Name	Race No	Category	Total Time	Pos	Club
Huw Evans	630	Male Vet 40	00.16.27	1	Les Croupiers
Edward Donovan	652	Male Senior	00.16.29	2	Les Croupiers
Stuart Crees	690	Male Senior	00.16.37	3	Les Croupiers
Tom Jeffery	654	Male Senior	00.16.55	4	Les Croupiers
Matthew Wells	667	Male Senior	00.17.16	5	Bridgend AC
Darren Morrow	628	Male Senior	00.17.24	6	RAF St Athan
Martin Williams	649	Male Vet 40	00.17.26	7	Les Croupiers
Andrew Hodgson	615	Male Vet 40	00.17.30	8	Bridgend AC
Matt Hurford	662	Male Senior	00.17.54	9	Les Croupiers
Matt Hopkins	646	Male Senior	00.18.04	10	Les Croupiers
Terry Jones	644	Male Senior	00.18.06	11	Porthcawl Runners
Christopher Jenkins	675	Male Senior	00.18.30	12	Porthcawl Runners
James Bruce	638	Male Senior	00.18.39	13	Les Croupiers
Andrew Jones	691	Male Senior	00.18.47	14	
Mick McGeoch	653	Male Vet 50	00.18.52	15	Les Croupiers
Ceri Griffiths	614	Male Vet 40	00.18.53	16	Brackla Harriers
James White	669	Male Senior	00.18.54	17	San Domenico RRC
Ian Ogilvie	657	Male Vet 40	00.18.57	18	Brackla Harriers
Richard Dyke	641	Male Vet 40	00.19.07	19	Brackla Harriers
Katie Beecher	663	Female Seniors	00.19.17	20	Les Croupiers
Colin McQueen	617	Male Vet 50	00.19.21	21	Brackla Harriers
Jen Salter	688	Female Vet 35	00.19.26	22	Les Croupiers
Ruth Barrett	655	Female Seniors	00.19.30	23	San Domenico RRC
Gabriella Maine	627	Female Seniors	00.19.44	24	Porthcawl Runners
Ronald Morris	613	Male Vet 60	00.19.46	25	San Domenico RRC
Maria Zubizarreta	612	Female Vet 35	00.19.54	26	Les Croupiers
Mick Tabor	664	Male Vet 50	00.19.58	27	Les Croupiers
John Magee	676	Male Senior	00.20.05	28	Les Croupiers
David E Williams	661	Male Vet 40	00.20.08	29	Les Croupiers
Allan Stephen Jones	601	Male Vet 50	00.20.22	30	Brackla Harriers
Robert Scott	639	Male Senior	00.20.24	31	Porthcawl Runners
Aileen Lyons	674	Female Seniors	00.20.27	32	Les Croupiers
Emma Lynch	631	Male Senior	00.20.34	33	Brackla Harriers
Dominic Shields	622	Male Vet 40	00.20.37	34	San Domenico RRC
Gary John	604	Male Vet 50	00.20.40	35	Les Croupiers
David Goodall	666	Male Vet 50	00.20.41	36	
Howard Kent	680	Male Vet 60	00.20.42	37	Les Croupiers
Nicky McWilliam	682	Female Vet 35	00.20.49	38	Les Croupiers
Charlotte Johns	633	Female Vet 45	00.21.05	39	Brackla Harriers
Kris Denholm	650	Male Vet 40	00.21.11	40	Brackla Harriers
James Delaney	626	Male Vet 50	00.21.18	41	San Domenico RRC
Stephen Hitchen	686	Male Senior	00.21.23	42	Les Croupiers
Alex Webber	684	Male Senior	00.21.29	43	Pegasus RC
David Davies	672	Male Senior	00.21.36	44	Denbigh Harriers
Angharad Rhys	681	Female Seniors	00.21.42	45	Les Croupiers
Malin Falck	659	Female Vet 35	00.21.48	46	Les Croupiers
Stephen Quin	607	Male Vet 40	00.22.02	47	Les Croupiers
Nick Pounder	673	Male Senior	00.22.16	48	Pontypridd Roadents
Tim Green	606	Male Vet 40	00.22.22	49	Les Croupiers
Aine Kenny	651	Female Seniors	00.22.23	50	Les Croupiers
Graeme Donnan	605	Male Vet 50	00.22.29	51	Les Croupiers
Eleri Lougher	668	Female Seniors	00.22.33	52	Brackla Harriers
Andrew Sedgmond	621	Male Vet 50	00.22.37	53	Les Croupiers
Roy Silver	620	Male Vet 50	00.22.46	54	Les Croupiers

John Ferriday	679	Male Senior	00.23.02	55	Pegasus RC
Julie Scholey	678	Female Vet 45	00.23.04	56	Les Croupiers
Simon Carter	645	Male Senior	00.23.14	57	Brackla Harriers
Tony Burt	635	Male Vet 60	00.23.27	58	Brackla Harriers
Sue Wales	629	Female Vet 45	00.23.33	59	
Nathan Jeremy	685	Male Senior	00.23.42	60	Pegasus RC
Stephen Wood	687	Male Senior	00.23.42	61	Pegasus RC
Malcolm Jones	636	Male Vet 60	00.24.19	62	Brackla Harriers
Colin Crrooks	677	Male Vet 50	00.24.34	63	Pegasus RC
Helen Beale	640	Female Seniors	00.24.35	64	Porthcawl Runners
Patricia Jones	602	Female Vet 55	00.24.41	65	Brackla Harriers
Alex Spragg	683	Male Senior	00.24.41	66	Pegasus RC
Tony Carzana	619	Male Vet 60	00.24.56	67	Pegasus RC
Bernadette Wilkinson	660	Female Vet 45	00.25.12	68	San Domenico RRC
Ralph Davey	647	Male Vet 60	00.25.29	69	Les Croupiers
Anne Follan	603	Female Vet 35	00.25.33	70	Pontypridd Roadents
Keith Trehaine	634	Male Vet 60	00.25.41	71	Brackla Harriers
Tim Webb	670	Male Vet 60	00.25.45	72	Pegasus RC
Amanda Thompson	611	Female Vet 45	00.25.45	73	Les Croupiers
Louise Piper-Jones	642	Female Seniors	00.25.55	74	Porthcawl Runners
Richard Okeefe	671	Male Senior	00.25.58	75	
Amy Hillier	656	Female Seniors	00.26.03	76	
Deiniol Williams	616	Male Vet 60	00.26.13	77	Pegasus RC
Richard Street	637	Male Vet 50	00.27.07	78	
Oliver Davies	665	Male Senior	00.27.41	79	
Clare Johnson	609	Female Vet 55	00.27.54	80	Les Croupiers
Hayley Deeks	643	Female Seniors	00.29.17	81	
Gary Howgate	689	Male Vet 40	00.29.44	82	Les Croupiers
Tracey Newman	608	Female Vet 35	00.30.20	83	Les Croupiers
Nicola Baker	648	Female Vet 45	00.30.25	84	Porthcawl Runners
Linda Lloyd	632	Female Vet 45	00.31.41	85	Brackla Harriers