

Summer Sizzler 5K

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
1	PAUL GRAHAM	PONTYPRIDD ROADENTS AC, GBR	M: 1	Runner	519	00:15:25	03:04	19.5kph	Overall Male Runner: 1
2	BEN BUTLER-MADDEN	PENARTH AND DINAS RUNNERS, GBR	M: 2	Runner	398	00:15:49	03:09	19.0kph	Overall Male Runner: 2
3	CHARLOTTE ARTER	CARDIFF AAC, GBR	F: 1	Runner	515	00:15:50	03:09	19.0kph	Overall Female Runner: 1
4	SIMON LEWIS	PONTYPRIDD ROADENTS AC, GBR	M: 3	Runner	396	00:15:53	03:10	18.9kph	Overall Male Runner: 3
5	JENNY NESBITT	CARDIFF AAC, GBR	F: 2	Runner	397	00:15:56	03:11	18.8kph	Overall Female Runner: 2
6	MURPHY SYMON	PONTYPRIDD ROADENTS, GBR	M: 4	Runner	543	00:16:11	03:14	18.5kph	:
7	BISHOP DARREN	PONTYPRIDD ROADENTS, GBR	M: 5	Runner	546	00:16:12	03:14	18.5kph	:
8	RICHARD ROSS	LES CROUPIERS RC, GBR	M: 6	Runner	575	00:16:31	03:18	18.2kph	Male 40 - 49: 1
9	GERAINT WILLIAMS	RUN 4 ALL NEATH, GBR	M: 7	Runner	514	00:16:37	03:19	18.1kph	:
10	ERSKINE MIKE	LES CROUPIERS RC, GBR	M: 8	Runner	570	00:16:37	03:19	18.1kph	:
11	RICH BAKER	LES CROUPIERS RC, GBR	M: 9	Runner	548	00:16:37	03:19	18.1kph	Male 40 - 49: 2
12	WOOD NICK	DARTFORD HARRIERS, GBR	M: 10	Runner	539	00:16:39	03:19	18.0kph	:
13	STUART CREES	LES CROUPIERS RC, GBR	M: 11	Runner	404	00:16:41	03:20	18.0kph	Male 40 - 49: 3
14	PHIL HAMBLETON	LES CROUPIERS RC, GBR	M: 12	Runner	413	00:17:00	03:23	17.7kph	:
15	SEAN TAYLOR	MMRT, GBR	M: 13	Runner	408	00:17:06	03:25	17.6kph	Male 40 - 49: 4
16	MARK HORSMAN	PONTYPRIDD ROADENTS AC, GBR	M: 14	Runner	523	00:17:14	03:26	17.4kph	Male 40 - 49: 5
17	STEPHEN BARTLETT	PONTYPRIDD ROADENTS AC, GBR	M: 15	Runner	562	00:17:21	03:28	17.3kph	Male 50 - 59: 1
18	RYAN CULLEN	SAN DOMENICO RCC, GBR	M: 16	Runner	399	00:17:26	03:29	17.2kph	:
19	BEN RAY	CARDIFF ARCHERS, GBR	M: 17	Runner	517	00:17:27	03:29	17.2kph	Male 0 - 16: 1
20	LES BALL	LINCOLN WELLINGTON, GBR	M: 18	Runner	510	00:17:32	03:30	17.1kph	Male 50 - 59: 2
21	NATHAN CHRISTOFORATO	PENARTH AND DINAS RUNNERS, GBR	M: 19	Runner	516	00:17:37	03:31	17.0kph	:
22	BEN KENNEDY	LES CROUPIERS RC, GBR	M: 20	Runner	414	00:17:41	03:32	17.0kph	:
23	MATT GOVIER	LES CROUPIERS RC, GBR	M: 21	Runner	571	00:17:45	03:32	16.9kph	Male 40 - 49: 6
24	OLIVER WHITBY	RM, GBR	M: 22	Runner	579	00:17:46	03:33	16.9kph	:
25	ANDREW BLAIR	LES CROUPIERS RC, GBR	M: 23	Runner	429	00:17:58	03:35	16.7kph	Male 50 - 59: 3
26	SIMON MILES	PONTYPRIDD ROADENTS AC, GBR	M: 24	Runner	518	00:18:18	03:39	16.4kph	Male 40 - 49: 7
27	CARYS HUGHES	CARDIFF AAC, GBR	F: 3	Runner	578	00:18:21	03:40	16.4kph	Overall Female Runner: 3
28	MARK JOYCE	LES CROUPIERS RC, GBR	M: 25	Runner	536	00:18:24	03:40	16.3kph	Male 40 - 49: 8
29	JOSEPH JOYCE	CARDIFF AAC, GBR	M: 26	Runner	535	00:18:33	03:42	16.2kph	Male 0 - 16: 2
30	POLE LAURENCE	PONTYPRIDD ROADENTS, GBR	M: 27	Runner	554	00:18:51	03:46	15.9kph	Male 40 - 49: 9
31	DAVID JAMES	LES CROUPIERS RC, GBR	M: 28	Runner	558	00:18:53	03:46	15.9kph	Male 60 - 120: 1
32	LAURENT BONO	LES CROUPIERS RC, GBR	M: 29	Runner	402	00:19:10	03:49	15.7kph	:
33	IAN OGILVIE	BRACKLA HARRIERS, GBR	M: 30	Runner	560	00:19:18	03:51	15.5kph	Male 50 - 59: 4
34	HUGHES ALED	OGMORE PHOENIX RUNNERS, GBR	M: 31	Runner	544	00:19:25	03:52	15.5kph	Male 40 - 49: 10
35	COLIN MCQUEEN	BRACKLA HARRIERS, GBR	M: 32	Runner	430	00:19:31	03:54	15.4kph	Male 50 - 59: 5

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36	NATHANIEL PALMER	LES CROUPIERS RC, GBR	M: 33	Runner	604	00:19:38	03:55	15.3kph	Male 40 - 49: 11
37	DAVID PROUD	LES CROUPIERS RC, GBR	M: 34	Runner	573	00:19:49	03:57	15.1kph	Male 50 - 59: 6
38	CERI DAVIES	LES CROUPIERS RC, GBR	M: 35	Runner	603	00:19:50	03:57	15.1kph	Male 40 - 49: 12
39	STEVEN PREDDY	LES CROUPIERS RC, GBR	M: 36	Runner	440	00:19:51	03:58	15.1kph	Male 40 - 49: 13
40	BEN JONES	CDF RUNNERS, GBR	M: 37	Runner	433	00:19:56	03:59	15.1kph	:
41	PETER TURNBULL	LES CROUPIERS RC, GBR	M: 38	Runner	435	00:20:00	03:59	15.0kph	Male 50 - 59: 7
42	SHELLEY BRACE	LES CROUPIERS RC, GBR	F: 4	Runner	431	00:20:08	04:01	14.9kph	:
43	DAVID WALKER	LES CROUPIERS RC, GBR	M: 39	Runner	434	00:20:13	04:02	14.9kph	Male 60 - 120: 2
44	SALLY PUGSLEY	LES CROUPIERS RC, GBR	F: 5	Runner	441	00:20:14	04:02	14.8kph	:
45	CASSIE EVANS	CDF RUNNERS, GBR	F: 6	Runner	439	00:20:15	04:02	14.8kph	:
46	MARIA ZUBIZARRETA	LES CROUPIERS RC, GBR	F: 7	Runner	436	00:20:15	04:02	14.8kph	Female 45 - 54: 1
47	LEWIS JACOBS	RHONDDA AC, GBR	M: 40	Runner	525	00:20:18	04:03	14.8kph	Male 0 - 16: 3
48	SEAN PRICE	LES CROUPIERS RC, GBR	M: 41	Runner	605	00:20:20	04:03	14.8kph	Male 50 - 59: 8
49	BETHAN MEYRICK	CARDIFF AAC, GBR	F: 8	Runner	438	00:20:21	04:04	14.7kph	Female 0 - 16: 1
50	BENNETT JAMES	N/A, GBR	M: 42	Runner	607	00:20:22	04:04	14.7kph	:
51	RYAN BUNCE	BRACKLA HARRIERS, GBR	M: 43	Runner	530	00:20:29	04:05	14.7kph	:
52	MICHAEL MURPHY	LES CROUPIERS RC, GBR	M: 44	Runner	432	00:20:35	04:06	14.6kph	Male 60 - 120: 3
53	BUNCE MATTHEW	BRACKLA HARRIERS, GBR	M: 45	Runner	529	00:20:47	04:09	14.4kph	Male 40 - 49: 14
54	BARKER STEVEN	PENARTH AND DINAS RUNNERS, GBR	M: 46	Runner	550	00:20:50	04:09	14.4kph	Male 40 - 49: 15
55	GARY ADAMS	BRACKLA HARRIERS, GBR	M: 47	Runner	565	00:20:52	04:10	14.4kph	Male 40 - 49: 16
56	ROBBIE OLIVER	BRACKLA HARRIERS, GBR	M: 48	Runner	511	00:20:53	04:10	14.4kph	:
57	LIZ MAY	PONTYPRIDD ROADENTS AC, GBR	F: 9	Runner	561	00:21:03	04:12	14.3kph	Female 35 - 44: 1
58	TIM DAVIES	PONTYPRIDD ROADENTS AC, GBR	M: 49	Runner	538	00:21:07	04:13	14.2kph	:
59	RUTH CANN	PENARTH AND DINAS RUNNERS, GBR	F: 10	Runner	444	00:21:17	04:15	14.1kph	Female 35 - 44: 2
60	CATHERINE BARKER	PENARTH AND DINAS RUNNERS, GBR	F: 11	Runner	549	00:21:21	04:16	14.1kph	Female 35 - 44: 3
61	AELWEN BLYTHE	LES CROUPIERS RC, GBR	F: 12	Runner	445	00:21:26	04:17	14.0kph	Female 55 - 120: 1
62	DAVID GEORGE	LES CROUPIERS RC, GBR	M: 50	Runner	437	00:21:28	04:17	14.0kph	Male 0 - 16: 4
63	CHADWELL STEVE	LES CROUPIERS RC, GBR	M: 51	Runner	553	00:21:33	04:18	13.9kph	Male 40 - 49: 17
64	STEPHANIE CONNAIRE	LES CROUPIERS RC, GBR	F: 13	Runner	442	00:21:38	04:19	13.9kph	:
65	GARETH JENKINS	OGMORE PHOENIX RUNNERS, GBR	M: 52	Runner	559	00:21:40	04:20	13.8kph	:
66	PRICE ANGHARAD	LES CROUPIERS RC, GBR	F: 14	Runner	564	00:21:48	04:21	13.8kph	:
67	AILEEN LYONS	LES CROUPIERS RC, GBR	F: 15	Runner	572	00:21:49	04:21	13.8kph	:
68	CHRISTOPHER NELLINS	PENARTH AND DINAS RUNNERS, GBR	M: 53	Runner	574	00:21:52	04:22	13.7kph	Male 60 - 120: 4
69	MARIA RICHARDS	TORFAEN RUNNERS, GBR	F: 16	Runner	447	00:22:01	04:24	13.6kph	Female 45 - 54: 2

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70	IAN CUTHBERT	BRACKLA HARRIERS, GBR	M: 54	Runner	520	00:22:05	04:24	13.6kph	Male 60 - 120: 5
71	NICK HARRIS	OGMORE PHOENIX RUNNERS, GBR	M: 55	Runner	545	00:22:07	04:25	13.6kph	:
72	MICK MCGEOCH	LES CROUPIERS RC, GBR	M: 56	Runner	521	00:22:08	04:25	13.6kph	Male 60 - 120: 6
73	GWYN JONES	LES CROUPIERS RC, GBR	M: 57	Runner	540	00:22:09	04:25	13.6kph	Male 50 - 59: 9
74	KAY CHAPMAN	CARDIFF AAC, GBR	F: 17	Runner	483	00:22:16	04:27	13.5kph	Female 45 - 54: 3
75	GRAHAM FOSTER	BRACKLA HARRIERS, GBR	M: 58	Runner	567	00:22:32	04:30	13.3kph	Male 50 - 59: 10
76	LOLLY EVANS	LES CROUPIERS RC, GBR	F: 18	Runner	555	00:22:33	04:30	13.3kph	Female 45 - 54: 4
77	GWYNFOR PALFREY	BLAENAU GWENT ATHLETICS CLUB, GBR	M: 59	Runner	484	00:22:36	04:31	13.3kph	Male 50 - 59: 11
78	CLIVE OSMOND	LES CROUPIERS RC, GBR	M: 60	Runner	446	00:22:36	04:31	13.3kph	Male 50 - 59: 12
79	DOMINIC SHIELDS	SAN DOMENICO RCC, GBR	M: 61	Runner	526	00:22:42	04:32	13.2kph	Male 50 - 59: 13
80	CARL MILLER	LES CROUPIERS RC, GBR	M: 62	Runner	527	00:22:45	04:32	13.2kph	Male 50 - 59: 14
81	PAUL MORRIS	LES CROUPIERS RC, GBR	M: 63	Runner	455	00:22:57	04:35	13.1kph	Male 0 - 16: 5
82	MIKE DAVIES	LES CROUPIERS RC, GBR	M: 64	Runner	581	00:22:59	04:35	13.1kph	Male 60 - 120: 7
83	LIBBY CREES	LES CROUPIERS RC, GBR	F: 19	Runner	453	00:23:00	04:35	13.0kph	Female 45 - 54: 5
84	ANDY DAVIES	PONTYPRIDD ROADENTS AC, GBR	M: 65	Runner	542	00:23:03	04:36	13.0kph	Male 50 - 59: 15
85	PAUL CHAPMAN	LES CROUPIERS RC, GBR	M: 66	Runner	486	00:23:04	04:36	13.0kph	Male 50 - 59: 16
86	SARAH BURDETT	LES CROUPIERS RC, GBR	F: 20	Runner	485	00:23:10	04:37	13.0kph	:
87	JENNY MARTIN	LES CROUPIERS RC, GBR	F: 21	Runner	449	00:23:13	04:38	12.9kph	Female 35 - 44: 4
88	JANE OGILVIE	BRACKLA HARRIERS, GBR	F: 22	Runner	533	00:23:17	04:39	12.9kph	Female 45 - 54: 6
89	KATE MOORE	BLAENAU GWENT ATHLETICS CLUB, GBR	F: 23	Runner	482	00:23:25	04:40	12.8kph	Female 35 - 44: 5
90	LIBBY LAVIS	BRACKLA HARRIERS, GBR	F: 24	Runner	534	00:23:25	04:40	12.8kph	Female 55 - 120: 2
91	JULIE SCHOLEY	LES CROUPIERS RC, GBR	F: 25	Runner	577	00:23:40	04:43	12.7kph	Female 55 - 120: 3
92	GRAHAM WEBSTER	LES CROUPIERS RC, GBR	M: 67	Runner	513	00:23:48	04:45	12.6kph	Male 60 - 120: 8
93	CLAIRE JARROM	LES CROUPIERS RC, GBR	F: 26	Runner	537	00:23:56	04:47	12.5kph	Female 35 - 44: 6
94	STEPHEN WOOD	PEGASUS RC, GBR	M: 68	Runner	487	00:23:59	04:47	12.5kph	Male 40 - 49: 18
95	LEWIS STEVE	LES CROUPIERS RC, GBR	M: 69	Runner	522	00:24:05	04:49	12.5kph	Male 60 - 120: 9
96	RICHARD SEWELL	LES CROUPIERS RC, GBR	M: 70	Runner	460	00:24:06	04:49	12.5kph	Male 60 - 120: 10
97	EVE GALLOP-EVANS	LES CROUPIERS RC, GBR	F: 27	Runner	490	00:24:13	04:50	12.4kph	Female 55 - 120: 4
98	HESLOP LUKE	PEGASUS RC, GBR	M: 71	Runner	576	00:24:16	04:51	12.4kph	Male 40 - 49: 19
99	THOMAS CAROLINE	BLAENAU GWENT ATHLETICS CLUB, GBR	F: 28	Runner	528	00:24:36	04:55	12.2kph	Female 35 - 44: 7
100	ETHAN MEYRICK	CARDIFF AAC, GBR	M: 72	Runner	443	00:24:36	04:55	12.2kph	Male 0 - 16: 6
101	MARK HERBERT	LES CROUPIERS RC, GBR	M: 73	Runner	566	00:24:47	04:57	12.1kph	:
102	RACHEL HIGGINSON	LES CROUPIERS RC, GBR	F: 29	Runner	557	00:24:48	04:57	12.1kph	Female 35 - 44: 8
103	PULLEN DAVID	N/A, GBR	M: 74	Runner	568	00:25:05	05:00	12.0kph	Male 50 - 59: 17

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104	MARY BEECH	BRACKLA HARRIERS, GBR	F: 30	Runner	492	00:25:15	05:02	11.9kph	Female 55 - 120: 5
105	DAVID PHILLIPS	LES CROUPIERS RC, GBR	M: 75	Runner	495	00:25:21	05:04	11.8kph	:
106	KHAN ROSHAN	LES CROUPIERS RC, GBR	M: 76	Runner	601	00:25:31	05:06	11.8kph	Male 60 - 120: 11
107	HELEN ROBERTSON	LES CROUPIERS RC, GBR	F: 31	Runner	489	00:25:33	05:06	11.7kph	Female 45 - 54: 7
108	JOANNA FRIEDLI	LES CROUPIERS RC, GBR	F: 32	Runner	499	00:25:34	05:06	11.7kph	Female 45 - 54: 8
109	TRACEY CREEDON	LES CROUPIERS RC, GBR	F: 33	Runner	494	00:25:43	05:08	11.7kph	Female 35 - 44: 9
110	HANNAH MILES	LES CROUPIERS RC, GBR	F: 34	Runner	493	00:25:46	05:09	11.6kph	:
111	DENTON LIZ	LES CROUPIERS RC, GBR	F: 35	Runner	541	00:25:50	05:09	11.6kph	Female 55 - 120: 6
112	DARRAN STEADMAN	BLAENAU GWENT ATHLETICS CLUB, GBR	M: 77	Runner	491	00:25:54	05:10	11.6kph	Male 50 - 59: 18
113	KATHERINE AXTEN		F: 36	Runner	488	00:26:02	05:12	11.5kph	:
114	GLENN POWELL	PENARTH AND DINAS RUNNERS, GBR	M: 78	Runner	563	00:26:10	05:13	11.5kph	Male 40 - 49: 20
115	SUSAN RALPH	BRACKLA HARRIERS, GBR	F: 37	Runner	498	00:26:27	05:17	11.3kph	Female 55 - 120: 7
116	LYNNE EVANS	WOMEN RUNNING PENARTH, GBR	F: 38	Runner	501	00:26:44	05:20	11.2kph	Female 45 - 54: 9
117	GILL MURPHY	LES CROUPIERS RC, GBR	F: 39	Runner	497	00:26:51	05:22	11.2kph	Female 55 - 120: 8
118	LYNNE ELLIS	WOMEN RUNNING PENARTH, GBR	F: 40	Runner	503	00:27:13	05:26	11.0kph	Female 55 - 120: 9
119	PHIL GROVES	PEGASUS, GBR	M: 79	Runner	551	00:27:15	05:26	11.0kph	Male 50 - 59: 19
120	CLAIRE BELL	LES CROUPIERS RC, GBR	F: 41	Runner	500	00:27:51	05:34	10.8kph	Female 55 - 120: 10
121	GWENNO THOMAS	LES CROUPIERS RC, GBR	F: 42	Runner	509	00:27:52	05:34	10.8kph	Female 45 - 54: 10
122	ROSA CARPANINI	BRACKLA HARRIERS, GBR	F: 43	Runner	512	00:27:57	05:35	10.7kph	:
123	SARAH POPE	WOMEN RUNNING PENARTH, GBR	F: 44	Runner	496	00:28:02	05:36	10.7kph	Female 55 - 120: 11
124	ANDREW WILKINS	BRACKLA HARRIERS, GBR	M: 80	Runner	532	00:28:15	05:38	10.6kph	Male 60 - 120: 12
125	CRISTAL JACOBS	RHONDDA AC, GBR	F: 45	Runner	524	00:28:23	05:40	10.6kph	Female 0 - 16: 2
126	RUTH ROBERTSON	LES CROUPIERS RC, GBR	F: 46	Runner	602	00:28:33	05:42	10.5kph	Female 45 - 54: 11
127	CAVENEY SANDRA	LES CROUPIERS RC, GBR	F: 47	Runner	556	00:28:51	05:46	10.4kph	Female 55 - 120: 12
128	WILKINS SUSAN	BRACKLA HARRIERS, GBR	F: 48	Runner	531	00:29:11	05:50	10.3kph	Female 55 - 120: 13
129	KAREN CHADWELL	LES CROUPIERS RC, GBR	F: 49	Runner	552	00:29:47	05:57	10.1kph	Female 45 - 54: 12
130	CLAIRE GEORGE	LES CROUPIERS RC, GBR	F: 50	Runner	504	00:30:37	06:07	9.8kph	Female 45 - 54: 13
131	CLARE JOHNSON	LES CROUPIERS RC, GBR	F: 51	Runner	580	00:31:19	06:15	9.6kph	Female 55 - 120: 14
132	CROOKS COLIN	PEGASUS RC, GBR	M: 81	Runner	569	00:31:46	06:21	9.4kph	Male 60 - 120: 13
133	JON MARTIN	LES CROUPIERS RC, GBR	M: 82	Runner	502	00:31:48	06:21	9.4kph	Male 40 - 49: 21
134	CAROL ROUGHLEY		F: 52	Runner	505	00:35:18	07:03	8.5kph	:
135	MARK DOUGLAS	PONTYPRIDD ROADENTS AC, GBR	M: 83	Runner	547	00:35:19	07:03	8.5kph	Male 40 - 49: 22
136	JOANNE BISHOP		F: 53	Runner	507	00:38:17	07:39	7.8kph	Female 35 - 44: 10
137	VALERIE BEWICK		F: 54	Runner	508	00:43:47	08:45	6.9kph	Female 55 - 120: 15
138	TERESA ALBANI	TODOS SOMOS CORREDORES, PRY	F: 55	Runner	506	00:44:25	08:52	6.8kph	Female 55 - 120: 16