

Summer Sizzler 5K

Wednesday 6th August 2025

Place	Name	Club	Gender	Bib #	Gun Time	Chip Time	Division Rank
1	OLIVER WILLIAMS	LES CROUPIERS RC	M: 1	162	00:16:00	00:15:59	Overall Male Runner: 1
2	HUW HUDSON	PENARTH & DINAS RUNNERS	M: 2	129	00:16:28	00:16:27	Overall Male Runner: 2
3	OLIVER PRICE	PONTY ROADENTS	M: 3	165	00:16:35	00:16:34	Overall Male Runner: 3
4	NIKI PULEIO	OGMORE PHOENIX	M: 4	133	00:16:48	00:16:47	Male 40 - 49: 1
5	LEO HOLMES	LES CROUPIERS RC	M: 5	108	00:17:13	00:17:12	
6	MATTHEW TURNER	SAN DOMENICO RC	M: 6	136	00:17:15	00:17:14	
7	WARING HARRY	SAN DOMENICO RC	M: 7	181	00:17:16	00:17:15	
8	HUW DAVIES	SAN DOMENICO RC	M: 8	156	00:18:03	00:18:02	
9	MICHAEL RILEY	LES CROUPIERS RC	M: 9	135	00:18:05	00:18:03	
10	ALFIE SARGEANT	LES CROUPIERS RC	M: 10	94	00:18:10	00:18:09	Male 0 - 19: 1
11	ROSS FLANIGAN	PENARTH & DINAS RUNNERS	M: 11	117	00:18:10	00:18:09	Male 50 - 59: 1
12	HUMPHREY SHEIL	CDF RUNNERS	M: 12	150	00:18:13	00:18:12	
13	LEWIS GARETH	CDF RUNNERS	M: 13	183	00:18:13	00:18:12	
14	LUKE WOODHOUSE	NEATH HARRIERS	M: 14	142	00:18:30	00:18:28	
15	MIKE GEORGE	CDF RUNNERS	M: 15	132	00:18:36	00:18:34	
16	TOM HALL	LES CROUPIERS RC	M: 16	62	00:18:39	00:18:37	
17	KEVIN CHALKE	PENARTH & DINAS RUNNERS	M: 17	127	00:18:41	00:18:40	Male 60 - 69: 1
18	GRYFF THOMAS	ABERDARE VALLEY AAC	M: 18	61	00:18:50	00:18:48	
19	CARL NEALON	LES CROUPIERS RC	M: 19	104	00:18:53	00:18:51	
20	JACK HOCKING	CDF RUNNERS	M: 20	166	00:18:56	00:18:54	
21	EMILY HUTCHINSON	LES CROUPIERS RC	F: 1	118	00:18:59	00:18:58	Overall Female Runner: 1
22	EMYR MORGAN	LES CROUPIERS RC	M: 21	138	00:19:02	00:19:00	
23	PHILIP HODGE	LES CROUPIERS RC	M: 22	153	00:19:02	00:19:01	
24	LAURENCE POLE	PONTY ROADENTS	M: 23	164	00:19:08	00:19:06	
25	GWYN JOHNSON	PONTY ROADENTS	M: 24	158	00:19:09	00:19:07	
26	RICHARD BAKER	LES CROUPIERS RC	M: 25	182	00:19:09	00:19:07	
27	RILEY NEALON	CARDIFF AAC	M: 26	161	00:19:10	00:19:08	
28	ALEX HAYCOCK	CDF RUNNERS	M: 27	119	00:19:11	00:19:09	
29	TRACY JENKINS	PORTHCAWL RUNNERS	F: 2	114	00:19:15	00:19:13	Overall Female Runner: 2
30	KEVIN PLANK	SAN DOMENICO RC	M: 28	144	00:19:16	00:19:14	
31	IAN DRIVER	SAN DOMENICO RC	M: 29	96	00:19:20	00:19:18	
32	JULIE CHAMBERLAIN	CARDIFF AAC	F: 3	113	00:19:22	00:19:20	Overall Female Runner: 3
33	JESSICA WADEY	LES CROUPIERS RC	F: 4	174	00:19:40	00:19:38	
34	LISA FAUNCH	CLUB RUN WALES	F: 5	103	00:19:45	00:19:43	Female 35 - 44: 1
35	MARK THOMAS	ABERDARE VALLEY AAC	M: 30	59	00:19:49	00:19:47	
36	RHYDIAN DARCY	CDF RUNNERS	M: 31	134	00:20:00	00:19:57	
37	RHIAN JONES	PENARTH & DINAS RUNNERS	F: 6	140	00:20:09	00:20:07	
38	SAM JONES	CDF RUNNERS	M: 32	49	00:20:11	00:20:09	
39	RHYDIAN DAVIES	CDF RUNNERS	M: 33	179	00:20:13	00:20:10	
40	SEAN PRICE	LES CROUPIERS RC	M: 34	169	00:20:14	00:20:12	
41	RICHARD BULLEN	LES CROUPIERS RC	M: 35	149	00:20:16	00:20:13	
42	SARAH WOODLEY-WILLIAMS	SAN DOMENICO RC	F: 7	105	00:20:17	00:20:14	
43	MEGAN POULSON	SAN DOMENICO RC	F: 8	89	00:20:38	00:20:35	
44	RICHARD SELF	LES CROUPIERS RC	M: 36	112	00:20:48	00:20:45	
45	ANDY WILTON	SAN DOMENICO RC	M: 37	126	00:20:49	00:20:46	
46	ALICE ROTHWELL	LES CROUPIERS RC	F: 9	139	00:20:59	00:20:56	
47	CATHERINE WHITTLE	SAN DOMENICO RC	F: 10	93	00:21:02	00:20:59	
48	OWAIN GRIFFITHS	LES CROUPIERS RC	M: 38	178	00:21:04	00:21:01	
49	SIMON HODGE		M: 39	123	00:21:06	00:21:03	
50	CAROLE GODDARD	LES CROUPIERS RC	F: 11	145	00:21:08	00:21:04	Female 45 - 54: 1
51	MICHAEL BULL	LES CROUPIERS RC	M: 40	172	00:21:08	00:21:05	
52	JANNEKE VAN BEIJNUM	LES CROUPIERS RC	F: 12	137	00:21:09	00:21:06	
53	IAN BELL	SAN DOMENICO RC	M: 41	46	00:21:11	00:21:08	
54	BEN GOODING	SAN DOMENICO RC	M: 42	92	00:21:11	00:21:08	
55	JOSEPH SCUTT	SAN DOMENICO RC	M: 43	34	00:21:18	00:21:14	
56	NICHOLAS WOODHOUSE	NEATH HARRIERS	M: 44	141	00:21:28	00:21:24	
57	OLIVIA OVERTON	LES CROUPIERS RC	F: 13	171	00:21:29	00:21:26	
58	PAUL NEWTON	SAN DOMENICO RC	M: 45	130	00:21:44	00:21:40	
59	DAVID CUNDY	LES CROUPIERS RC	M: 46	167	00:21:57	00:21:53	Male 70 - 120: 1

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60	JON HUSSEY	RHOOSE RUNNERS	M: 47	115	00:22:14	00:22:09	
61	ANDREW UNDERHILL	SAN DOMENICO RC	M: 48	29	00:22:17	00:22:13	
62	MARK HERBERT	LES CROUPIERS RC	M: 49	160	00:22:19	00:22:14	
63	STEVE CHADWELL	LES CROUPIERS RC	M: 50	180	00:22:20	00:22:15	
64	MATTHEW PARRY	SAN DOMENICO RC	M: 51	102	00:22:40	00:22:35	
65	CLIVE OSMOND	LES CROUPIERS RC	M: 52	95	00:22:57	00:22:52	
66	KELLY RUCK	FOREST OF DEAN HARRIERS	F: 14	148	00:23:05	00:23:00	
67	LOLLY EVANS	LES CROUPIERS RC	F: 15	143	00:23:06	00:23:01	
68	TOM FIRTH	SAN DOMENICO RC	M: 53	154	00:23:12	00:23:07	
69	TOM BAKER	SAN DOMENICO RC	M: 54	86	00:23:19	00:23:14	
70	PHIL SMITH	LES CROUPIERS RC	M: 55	176	00:23:32	00:23:26	
71	RONALD MORRIS	SAN DOMENICO RC	M: 56	97	00:23:37	00:23:32	
72	JULIANA REIMBERG	CDF RUNNERS	F: 16	79	00:23:40	00:23:35	
73	RUPERT TOPPIN	CDF RUNNERS	M: 57	85	00:23:40	00:23:35	
74	SIMON WILLIAMSON	PENARTH & DINAS RUNNERS	M: 58	107	00:23:41	00:23:36	
75	SIMON LAMB	SAN DOMENICO RC	M: 59	91	00:23:42	00:23:36	
76	ALAN MASON	LES CROUPIERS RC	M: 60	99	00:23:47	00:23:41	
77	MIKE ROSSITER	LES CROUPIERS RC	M: 61	151	00:23:52	00:23:46	
78	NIALL HUGHES	SAN DOMENICO RC	M: 62	58	00:23:53	00:23:47	
79	MICHAEL MURPHY	LES CROUPIERS RC	M: 63	146	00:23:59	00:23:53	
80	MIKE EVANS	CHEPSTOW HARRIERS	M: 64	159	00:24:09	00:24:03	
81	LISA CLEARY	PENARTH & DINAS RUNNERS	F: 17	173	00:24:30	00:24:24	Female 55 - 64: 1
82	JULIE SCHOLEY	LES CROUPIERS RC	F: 18	106	00:24:42	00:24:35	Female 65 - 120: 1
83	CATRIONA HAYES	PENARTH & DINAS RUNNERS	F: 19	155	00:24:50	00:24:43	
84	RUPERT ELLIOT		M: 65	175	00:25:33	00:25:26	
85	SARAH BURDETT	LES CROUPIERS RC	F: 20	100	00:25:34	00:25:27	
86	JENNY MARTIN	LES CROUPIERS RC	F: 21	121	00:25:40	00:25:33	
87	PAUL RAYMOND	BRIDGEND AC	M: 66	131	00:25:51	00:25:44	
88	ANDREA WEBSTER	LES CROUPIERS RC	F: 22	152	00:25:53	00:25:46	
89	LAURA BELL		F: 23	56	00:25:54	00:25:47	
90	RICHARD SEWELL	PENARTH & DINAS RUNNERS	M: 67	177	00:26:14	00:26:06	
91	MICK MCGEOCH		M: 68	170	00:26:35	00:26:27	
92	ANGHARAD PRICE-MORRIS	LES CROUPIERS RC	F: 24	111	00:27:14	00:27:07	
93	GILLIAN MURPHY	LES CROUPIERS RC	F: 25	147	00:30:36	00:30:29	
94	DEBORAH PRICE	LES CROUPIERS RC	F: 26	168	00:30:43	00:30:35	
95	ANGHARAD PARRY-JONES	LES CROUPIERS RC	F: 27	157	00:31:33	00:31:25	
96	GEOFF WRIGHT	LES CROUPIERS RC	M: 69	125	00:34:01	00:33:53	
97	TRACEY NEWMAN	CLUB RUN WALES	F: 28	163	00:34:08	00:34:00	
98	JEFF ASTON	LES CROUPIERS RC	M: 70	98	00:39:17	00:39:09	