

Race Results – Summer Sizzler 5K 2015

Name	Race No	Category	Age	Total Time	Pos	Club
Tes Goitom	497	Male Senior	28	00.15.53	1	Les Croupiers
Oliver Williams	468	Male Senior	29	00.16.20	2	Les Croupiers
Ian Harris	496	Male Senior	31	00.16.23	3	3M Gorseinon
Chris Millington	469	Male Senior	33	00.16.29	4	Les Croupiers
Joe Beech	442	Male Senior	24	00.16.31	5	Bridgend AC
Martin Rees	482	Male Vet 60	62	00.16.32	6	Les Croupiers
Gavin Gates	408	Male Senior	36	00.16.33	7	Bridgend AC
Doug Nicholls	485	Male Senior	36	00.16.34	8	San Domenico RRC
Tom Jeffery	471	Male Senior	33	00.16.37	9	Les Croupiers
Matthew Evans	414	Male Senior	31	00.16.49	10	Aberdare VAAC
Glyn Fletcher	476	Male Senior	35	00.16.56	11	u/a
Nick Tulp	461	Male Senior	28	00.17.03	12	Les Croupiers
Mark Emery	405	Male Senior	33	00.17.04	13	Bridgend AC
Matt Hurford	455	Male Vet 40	42	00.17.06	14	Les Croupiers
John Howells	438	Male Senior	30	00.17.13	15	BSE Triathletes
Richard Wilder	453	Male Vet 40	42	00.17.14	16	San Domenico RRC
Richard Jackson-Hookins	449	Male Senior	33	00.17.25	17	Penarth & Dinas Runners
Mark Finlayson	484	Male Senior	39	00.17.41	18	Les Croupiers
Joseph Reardon	463	Male Junior	12	00.17.43	19	Celtic Tri
Martin Williams	474	Male Vet 50	50	00.17.45	20	Les Croupiers
Nick Mahoney	493	Male Senior	22	00.17.55	21	Les Croupiers
Andrew Blair	441	Male Vet 50	50	00.18.00	22	Les Croupiers
Laurence Pole	459	Male Vet 40	41	00.18.13	23	Pontypridd Roadents
Daniel Glen	407	Male Junior	19	00.18.23	24	Bridgend AC
David Coles	494	Male Vet 50	55	00.18.26	25	Les Croupiers
Brian Dias	404	Male Senior	30	00.18.27	26	Les Croupiers
Elio Lepore	427	Male Vet 60	61	00.18.33	27	Les Croupiers
David Moore	421	Male Vet 40	40	00.18.38	28	Brackla Harriers
Sean Lewis	480	Male Senior	21	00.18.41	29	Brackla Harriers
Ake Fagereng	491	Male Senior	33	00.18.45	30	Les Croupiers
Philip Hughes	430	Male Senior	32	00.18.46	31	San Domenico RRC
Clara Evans	841	Female Seniors	21	00.18.47	32	Pontypridd Roadents
Richard Self	478	Male Vet 50	50	00.18.48	33	Les Croupiers
James White	434	Male Vet 40	42	00.18.50	34	San Domenico RRC
Paul Graham	470	Male Senior	23	00.18.53	35	Pontypridd Roadents
Angela Leck	835	Female Vet 35	38	00.18.56	36	Les Croupiers
Matt Govier	450	Male Vet 40	43	00.18.56	37	Les Croupiers
Matt Pryce	452	Male Vet 40	40	00.18.57	38	Les Croupiers
John Morgan	412	Male Vet 50	52	00.19.05	39	Bridgend AC
David Proud	483	Male Vet 40	48	00.19.15	40	Les Croupiers
Hywel Edwards	481	Male Vet 40	44	00.19.18	41	u/a
Daniel Luffman	437	Male Vet 40	42	00.19.24	42	Les Croupiers
Marcus Meyrick	443	Male Vet 40	45	00.19.30	43	Les Croupiers
Ian Bell	435	Male Vet 50	54	00.19.44	44	San Domenico RRC
Lloyd Jones	464	Male Junior	11	00.19.45	45	Cardiff AAC
Janet Holmes	803	Female Seniors	34	00.19.49	46	Les Croupiers
Jamie Clode	473	Male Senior	33	00.19.51	47	Bridgend AC
Tim Owen	410	Male Vet 50	52	00.20.04	48	Bridgend AC
Robert Evans	415	Male Vet 60	63	00.20.19	49	Les Croupiers
Evatt Cummings	411	Male Vet 40	46	00.20.24	50	Les Croupiers
Christopher Jeynes	431	Male Senior	38	00.20.26	51	Brackla Harriers
Mick McGeoch	416	Male Vet 50	59	00.20.29	52	Les Croupiers
Maria Zubizarreta	801	Female Vet 45	45	00.20.30	53	Les Croupiers
Neil Davies	439	Male Vet 50	57	00.20.37	54	u/a
Christopher Nellins	446	Male Vet 60	61	00.20.44	55	Penarth & Dinas Runners
Chris Selby	413	Male Vet 40	42	00.20.56	56	San Domenico RRC
David Walker	472	Male Vet 60	60	00.20.57	57	u/a
Dominic Shields	432	Male Vet 50	50	00.20.58	58	San Domenico RRC
David E Williams	487	Male Vet 50	52	00.20.59	59	Les Croupiers
Darren Rees-Morgan	447	Male Vet 40	44	00.21.05	60	Brackla Harriers
Gemma Roche-Clarke	847	Female Seniors	29	00.21.06	61	Bridgend AC
Carol Rees	822	Female Vet 35	44	00.21.11	62	Les Croupiers

Angela Champion	833	Female Vet 35	39	00.21.17	63	Les Croupiers
Clive Osmond	462	Male Vet 50	55	00.21.31	64	Les Croupiers
Jacqueline Brace	810	Female Vet 55	56	00.21.33	65	Bridgend AC
Dafydd Lewis	460	Male Vet 40	41	00.21.36	66	u/a
Gareth Davies	409	Male Vet 40	45	00.21.50	67	Bridgend AC
Richard Beech	467	Male Vet 50	55	00.21.53	68	Brackla Harriers
Julie Scholey	846	Female Vet 55	56	00.21.54	69	Les Croupiers
Allan Jones	458	Male Vet 60	61	00.21.58	70	Brackla Harriers
Graham Webster	445	Male Vet 50	59	00.22.13	71	Les Croupiers
Sai Gopal	492	Male Vet 40	46	00.22.15	72	Les Croupiers
Hannah Withers	811	Female Vet 35	41	00.22.22	73	San Domenico RRC
Andy Fisher	424	Male Vet 50	50	00.22.28	74	Brackla Harriers
Paul Morris	440	Male Vet 50	56	00.22.30	75	Les Croupiers
Alan Mason	486	Male Vet 50	55	00.22.34	76	Les Croupiers
Roland Matthews	425	Male Vet 50	52	00.22.35	77	Brackla Harriers
Donna Thomas	842	Female Vet 35	41	00.22.38	78	Les Croupiers
Martin Smith	490	Male Vet 60	63	00.22.55	79	Massey Furguson RC
Alun Evans	417	Male Senior	30	00.23.03	80	u/a
Luke Heslop	488	Male Senior	39	00.23.03	81	Les Croupiers
Jenny Martin	849	Female Vet 35	36	00.23.05	82	Les Croupiers
Michelle Amblin	840	Female Vet 35	39	00.23.08	83	Les Croupiers
Graeme Donnan	454	Male Vet 60	62	00.23.12	84	Les Croupiers
Gwyn Jones	477	Male Vet 50	51	00.23.22	85	Les Croupiers
Beth Lewis	827	Female Vet 35	38	00.23.25	86	Les Croupiers
Elizabeth Beech	839	Female Vet 55	55	00.23.27	87	Brackla Harriers
Helen Lane	809	Female Vet 45	45	00.23.42	88	u/a
Graham Foster	457	Male Vet 50	52	00.23.48	89	Brackla Harriers
Elaine Wharmby	844	Female Vet 45	51	00.23.49	90	Pegasus RC
John Plain	402	Male Vet 60	66	00.23.53	91	Les Croupiers
Sophie Deere	845	Female Seniors	20	00.23.55	92	Brackla Harriers
Ian Cuthbert	456	Male Vet 50	56	00.24.00	93	Brackla Harriers
Chris Deere	479	Male Junior	17	00.24.04	94	Brackla Harriers
Huw Williams	403	Male Vet 50	50	00.24.09	95	Bridgend AC
Carl Lewis	465	Male Senior	32	00.24.10	96	Caerphilly Runners
Julia Evans	843	Female Vet 45	54	00.24.22	97	Pegasus RC
Mary Beech	821	Female Vet 45	52	00.24.31	98	Brackla Harriers
Paul Lewis	448	Male Vet 40	42	00.24.35	99	u/a
Cheryl Morgan	825	Female Vet 35	44	00.24.40	100	Brackla Harriers
Helen Little	817	Female Vet 35	42	00.24.42	101	Brackla Harriers
Julie Broughton	837	Female Vet 45	49	00.24.53	102	Les Croupiers
Sarah Perons	829	Female Vet 45	54	00.24.58	103	Les Croupiers
Malcolm Jones	423	Male Vet 60	63	00.25.12	104	Brackla Harriers
Eve Gallop-Evans	828	Female Vet 45	51	00.25.13	105	Les Croupiers
Ian Stratton	466	Male Vet 40	47	00.25.24	106	Brackla Harriers
Phil Allen	426	Male Vet 50	55	00.25.30	107	Pegasus RC
Colin Crooks	495	Male Vet 60	60	00.25.33	108	Pegasus RC
Ralph Davey	406	Male Vet 60	70	00.25.36	109	Les Croupiers
Bethan Meyrick	823	Female Junior	11	00.25.52	110	Cardiff AAC
Lottie Vaughan	820	Female Seniors	20	00.26.01	111	Brackla Harriers
Grace Newbould	807	Female Seniors	27	00.26.02	112	Womens Running Penarth
Jeff Aston	436	Male Vet 60	68	00.26.07	113	Les Croupiers
Zoe Kind	848	Female Vet 35	42	00.26.08	114	Les Croupiers
Carolyn Williams	818	Female Vet 45	52	00.26.17	115	run4all Neath
Kay Nellins	824	Female Vet 55	60	00.26.19	116	Women Running Penarth
Gary Owen	428	Male Vet 40	48	00.26.21	117	run4all Neath
Andy Williams	420	Male Vet 60	61	00.26.23	118	Brackla Harriers
Ian Warner	429	Male Vet 50	57	00.26.23	119	u/a
Burt	422	Male Vet 60	72	00.26.24	120	Brackla Harriers
Gwenno Thomas	836	Female Vet 35	41	00.26.31	121	Les Croupiers
Sarah Pope	832	Female Vet 45	52	00.26.48	122	Women Running Network
Amanda Thompson	830	Female Vet 55	55	00.26.49	123	Les Croupiers
Lynne Evans	831	Female Vet 45	46	00.26.50	124	Women Running Penarth
Christopher Hill	418	Male Vet 50	50	00.26.59	125	Lliswerry
Tracey Newman	804	Female Vet 45	45	00.27.01	126	Les Croupiers
Claire Nelson	826	Female Seniors	34	00.27.45	127	Women Running Network
Patricia Jones	838	Female Vet 55	61	00.27.50	128	Brackla Harriers
Lynne Ellis	805	Female Vet 45	54	00.28.04	129	Women Running Penarth

Garry Wharmby	475	Male Vet 50	52	00.28.14	130	Pegasus RC
Jonathan Perons	451	Male Senior	20	00.28.31	131	Les Croupiers
Amanda Moore	815	Female Seniors	33	00.28.40	132	Brackla Harriers
Dirk Schmaljohann	444	Male Vet 40	47	00.28.44	133	Les Croupiers
Donna Littlechild	812	Female Vet 35	36	00.28.54	134	Hendre Lake RC
Clare Johnson	850	Female Vet 55	70	00.28.57	135	Les Croupiers
Claire Poole	814	Female Vet 35	38	00.29.12	136	Brackla Harriers
Mark ODare	419	Male Vet 40	49	00.29.40	137	Pontypridd Roadents
Helen Welch	834	Female Vet 35	43	00.30.39	138	Pontypridd Roadents
Tim Webb	489	Male Vet 60	65	00.31.43	139	Pegasus RC
Jo Gwynne	819	Female Vet 35	43	00.33.52	140	Pontypridd Roadents
Mike Gwynne	433	Male Vet 40	45	00.33.53	141	Pontypridd Roadents
Lucy Bicker	813	Female Vet 35	41	00.34.15	142	u/a
Teresa Albani	802	Female Vet 55	73	00.38.14	143	u/a
Claire Houston	806	Female Vet 35	36	00.39.06	144	Pontypridd Roadents
Geraldine ODare	816	Female Vet 45	51	00.39.10	145	Pontypridd Roadents