

Summer Sizzler 5K

Overall Male Runner

Place	Bib #	Name	Time	Type	City
1	519	PAUL GRAHAM	00:15:25	Runner	Pontypridd Roadents AC
2	398	BEN BUTLER-MADDEN	00:15:49	Runner	Penarth and Dinas Runners
3	396	SIMON LEWIS	00:15:54	Runner	Pontypridd Roadents AC

Overall Female Runner

Place	Bib #	Name	Time	Type	City
1	515	CHARLOTTE ARTER	00:15:51	Runner	Cardiff AAC
2	397	JENNY NESBITT	00:15:57	Runner	Cardiff AAC
3	578	CARYS HUGHES	00:18:22	Runner	Cardiff AAC

Male 40 - 49

Place	Bib #	Name	Time	Type	City
1	575	RICHARD ROSS	00:16:33	Runner	Les Croupiers RC
2	548	RICH BAKER	00:16:40	Runner	Les Croupiers RC
3	404	STUART CREES	00:16:42	Runner	Les Croupiers RC

Male 50 - 59

Place	Bib #	Name	Time	Type	City
1	562	STEPHEN BARTLETT	00:17:23	Runner	Pontypridd Roadents AC
2	510	LES BALL	00:17:33	Runner	Lincoln Wellington
3	429	ANDREW BLAIR	00:18:01	Runner	Les Croupiers RC

Male 60 - 120

Place	Bib #	Name	Time	Type	City
1	558	DAVID JAMES	00:18:55	Runner	Les Croupiers RC
2	434	DAVID WALKER	00:20:16	Runner	Les Croupiers RC
3	432	MICHAEL MURPHY	00:20:39	Runner	Les Croupiers RC

Female 35 - 44

Place	Bib #	Name	Time	Type	City
1	561	LIZ MAY	00:21:07	Runner	Pontypridd Roadents AC
2	444	RUTH CANN	00:21:25	Runner	Penarth and Dinas Runners
3	549	CATHERINE BARKER	00:21:28	Runner	Penarth and Dinas Runners

Female 45 - 54

Place	Bib #	Name	Time	Type	City
1	436	MARIA ZUBIZARRETA	00:20:21	Runner	Les Croupiers RC
2	447	MARIA RICHARDS	00:22:01	Runner	Torfaen Runners
3	483	KAY CHAPMAN	00:22:24	Runner	Cardiff AAC

Female 55 - 120

Place	Bib #	Name	Time	Type	City
1	445	AELWEN BLYTHE	00:21:31	Runner	Les Croupiers RC
2	534	LIBBY LAVIS	00:23:34	Runner	Brackla Harriers
3	577	JULIE SCHOLEY	00:23:46	Runner	Les Croupiers RC

Male 0 - 16

Place	Bib #	Name	Time	Type	City
1	517	BEN RAY	00:17:30	Runner	Cardiff Archers
2	535	JOSEPH JOYCE	00:18:37	Runner	Cardiff AAC
3	525	LEWIS JACOBS	00:20:22	Runner	Rhondda AC

Female 0 - 16

Place	Bib #	Name	Time	Type	City
1	438	BETHAN MEYRICK	00:20:26	Runner	Cardiff AAC
2	524	CRISTAL JACOBS	00:28:31	Runner	Rhondda AC