

Summer Sizzler 5K

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
1	MATTHEW VERRAN	SWANSEA HARRIERS, GBR	M: 1	RUNNER	146	00:15:57	03:11	18.8kph	Overall Male Runner: 1
2	DANIEL BODMAN	PARC BRYN BACH RC, GBR	M: 2	RUNNER	174	00:16:01	03:12	18.7kph	Overall Male Runner: 2
3	ROSS MATTHEWS	PARC BRYN BACH RC, GBR	M: 3	RUNNER	175	00:16:08	03:13	18.6kph	Overall Male Runner: 3
4	KIT EDWARDS		M: 4	RUNNER	177	00:16:17	03:15	18.4kph	:
5	OWAIN SCHIAVONE	ABERYSTWYTH AC, GBR	M: 5	RUNNER	151	00:16:21	03:16	18.3kph	Male 40 - 49: 1
6	GEORGE COLLINSON	LES CROUPIERS RC, GBR	M: 6	RUNNER	24	00:16:22	03:16	18.3kph	:
7	DOUG NICHOLLS	PONTYPRIDD ROADENTS, GBR	M: 7	RUNNER	164	00:16:23	03:16	18.3kph	Male 40 - 49: 2
8	MARK EMERY	BRIDGEND AC, GBR	M: 8	RUNNER	70	00:16:30	03:18	18.2kph	Male 40 - 49: 3
9	LEE AHERNE	PARC BRYN BACH RC, GBR	M: 9	RUNNER	158	00:16:46	03:21	17.9kph	Male 50 - 59: 1
10	EDWARD DONOVAN	LES CROUPIERS RC, GBR	M: 10	RUNNER	172	00:17:00	03:23	17.7kph	Male 40 - 49: 4
11	MARK HORSMAN	PONTYPRIDD ROADENTS, GBR	M: 11	RUNNER	157	00:17:04	03:24	17.6kph	Male 40 - 49: 5
12	DAVID CRAIG	LES CROUPIERS RC, GBR	M: 12	RUNNER	150	00:17:16	03:27	17.4kph	Male 40 - 49: 6
13	RHYS MCNABB	CARDIFF AAC, GBR	M: 13	RUNNER	167	00:17:18	03:27	17.3kph	Male 0 - 19: 1
14	IAN SOUTHWELL	PENARTH & DINAS, GBR	M: 14	RUNNER	166	00:17:29	03:29	17.2kph	Male 40 - 49: 7
15	LUCY MARLAND	CARDIFF AMATEUR AC, GBR	F: 1	RUNNER	99	00:18:07	03:37	16.6kph	Overall Female Runner: 1
16	DAVE JAMES	LES CROUPIERS RC, GBR	M: 15	RUNNER	161	00:18:15	03:38	16.5kph	Male 60 - 69: 1
17	GARETH RICHARDS	OGMORE PHOENIX RUNNERS, GBR	M: 16	RUNNER	148	00:18:20	03:39	16.4kph	Male 50 - 59: 2
18	ALAW BEYNON-THOMAS	LES CROUPIERS RC, GBR	F: 2	RUNNER	152	00:18:23	03:40	16.3kph	Overall Female Runner: 2
19	BEN HOOPER		M: 17	RUNNER	155	00:18:33	03:42	16.2kph	:
20	RHYDIAN LLOYD-FRANCIS	BRIDGEND AC, GBR	M: 18	RUNNER	147	00:18:37	03:43	16.1kph	Male 0 - 19: 2
21	GEMMA TUTTON	SWANSEA HARRIERS AC, GBR	F: 3	RUNNER	138	00:18:40	03:43	16.1kph	Overall Female Runner: 3
22	ALED HUGHES	OGMORE PHOENIX RUNNERS, GBR	M: 19	RUNNER	80	00:18:41	03:44	16.1kph	Male 40 - 49: 8
23	LOUISE FLYNN	LES CROUPIERS RC, GBR	F: 4	RUNNER	72	00:18:47	03:45	16.0kph	Female 35 - 44: 1
24	MICHAEL RILEY	LES CROUPIERS RC, GBR	M: 20	RUNNER	132	00:18:53	03:46	15.9kph	Male 40 - 49: 9
25	KATIE BEECHER	LES CROUPIERS RC, GBR	F: 5	RUNNER	526	00:19:28	03:53	15.4kph	Female 35 - 44: 2
26	MATT HOPKINS	LES CROUPIERS RC, GBR	M: 21	RUNNER	78	00:19:36	03:55	15.3kph	Male 40 - 49: 10
27	JAMES BRUCE	LES CROUPIERS RC, GBR	M: 22	RUNNER	614	00:19:41	03:56	15.3kph	Male 40 - 49: 11
28	GARETH LOGAN	LES CROUPIERS RC, GBR	M: 23	RUNNER	173	00:19:43	03:56	15.2kph	:
29	OSIAN EMMERSON	CARDIFF ARCHERS, GBR	M: 24	RUNNER	71	00:19:50	03:57	15.1kph	Male 0 - 19: 3
30	NATHANIEL PALMER	LES CROUPIERS RC, GBR	M: 25	RUNNER	128	00:19:52	03:58	15.1kph	Male 50 - 59: 3
31	CASSIE JONES	CDF RUNNERS, GBR	F: 6	RUNNER	85	00:20:10	04:01	14.9kph	:
32	ELLIE CLEMENCE	LES CROUPIERS RC, GBR	F: 7	RUNNER	9	00:20:19	04:03	14.8kph	:
33	ANDREW MARTIN		M: 26	RUNNER	171	00:20:38	04:07	14.5kph	Male 50 - 59: 4
34	KATY GRIFFITHS	BRIDGEND AC, GBR	F: 8	RUNNER	162	00:20:44	04:08	14.5kph	Female 0 - 19: 1
35	TERRY O'BRIEN		M: 27	RUNNER	113	00:20:48	04:09	14.4kph	Male 60 - 69: 2
36	STEVE CHADWELL	LES CROUPIERS RC, GBR	M: 28	RUNNER	621	00:20:57	04:11	14.3kph	Male 50 - 59: 5
37	NEVE JONES	CARDIFF AMATEUR AC, GBR	F: 9	RUNNER	84	00:21:10	04:14	14.2kph	Female 0 - 19: 2

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38	KAY CHAPMAN	LES CROUPIERS RC, GBR	F: 10	RUNNER	648	00:21:41	04:20	13.8kph	Female 55 - 64: 1
39	JON HUSSEY	RHOOSE RUNNERS, GBR	M: 29	RUNNER	82	00:21:43	04:20	13.8kph	Male 40 - 49: 12
40	PETER GILLIBRAND	LES CROUPIERS RC, GBR	M: 30	RUNNER	170	00:21:46	04:21	13.8kph	:
41	ANDY CREBER	CHEPSTOW HARRIERS, GBR	M: 31	RUNNER	26	00:21:49	04:21	13.8kph	Male 60 - 69: 3
42	WAYNE RANDALL	OGMORE PHOENIX RUNNERS, GBR	M: 32	RUNNER	149	00:21:51	04:22	13.7kph	Male 50 - 59: 6
43	DAVID GEORGE	LES CROUPIERS RC, GBR	M: 33	RUNNER	76	00:21:58	04:23	13.7kph	Male 50 - 59: 7
44	HOWARD KENT	LES CROUPIERS RC, GBR	M: 34	RUNNER	87	00:22:09	04:25	13.5kph	Male 70 - 120: 1
45	STEVEN PREDDY	LES CROUPIERS RC, GBR	M: 35	RUNNER	131	00:22:39	04:31	13.3kph	Male 50 - 59: 8
46	MICK MCGEOCH	LES CROUPIERS RC, GBR	M: 36	RUNNER	106	00:22:43	04:32	13.2kph	Male 60 - 69: 4
47	PAUL CHAPMAN	LES CROUPIERS RC, GBR	M: 37	RUNNER	629	00:22:56	04:35	13.1kph	Male 50 - 59: 9
48	TIFFANY JONES	RUN4ALL, NEATH, GBR	F: 11	RUNNER	160	00:23:08	04:37	13.0kph	:
49	MICHAEL MURPHY	LES CROUPIERS RC, GBR	M: 38	RUNNER	168	00:23:10	04:37	13.0kph	Male 60 - 69: 5
50	CONOR CRISPIE		M: 39	RUNNER	40	00:23:11	04:38	12.9kph	:
51	NEIL DAVIES		M: 40	RUNNER	61	00:23:20	04:39	12.9kph	Male 60 - 69: 6
52	SARAH DAVIES	OGMORE PHEONIX RUNNERS, GBR	F: 12	RUNNER	159	00:23:25	04:40	12.8kph	Female 45 - 54: 1
53	CLIVE OSMOND	LES CROUPIERS RC, GBR	M: 41	RUNNER	118	00:23:35	04:42	12.7kph	Male 60 - 69: 7
54	RACHEL HOOPER	LES CROUPIERS RC, GBR	F: 13	RUNNER	154	00:23:35	04:42	12.7kph	Female 55 - 64: 2
55	BRYONY EAMES		F: 14	RUNNER	64	00:23:37	04:43	12.7kph	:
56	MARK HERBERT	LES CROUPIERS RC, GBR	M: 42	RUNNER	77	00:23:41	04:44	12.7kph	Male 40 - 49: 13
57	PHILIP MILES	PARC BRYN BACH RC, GBR	M: 43	RUNNER	153	00:23:55	04:46	12.5kph	Male 70 - 120: 2
58	ALAN MASON	LES CROUPIERS RC, GBR	M: 44	RUNNER	102	00:24:10	04:49	12.4kph	Male 60 - 69: 8
59	SAI GOPAL	LES CROUPIERS RC, GBR	M: 45	RUNNER	178	00:24:14	04:50	12.4kph	Male 50 - 59: 10
60	NICHOLAS ROUX		M: 46	RUNNER	134	00:24:17	04:51	12.4kph	:
61	JOANNE DAVIES		F: 15	RUNNER	57	00:24:18	04:51	12.3kph	:
62	JENNY MARTIN	LES CROUPIERS RC, GBR	F: 16	RUNNER	100	00:24:37	04:55	12.2kph	Female 35 - 44: 3
63	ANDREA WEBSTER	LES CROUPIERS RC, GBR	F: 17	RUNNER	139	00:24:57	04:59	12.0kph	Female 65 - 120: 1
64	JULIE SCHOLEY	LES CROUPIERS RC, GBR	F: 18	RUNNER	136	00:25:59	05:11	11.5kph	Female 55 - 64: 3
65	GERRY CRISPIE	LES CROUPIERS RC, GBR	M: 47	RUNNER	34	00:26:15	05:14	11.4kph	Male 60 - 69: 9
66	STEVE LEWIS	LES CROUPIERS RC, GBR	M: 48	RUNNER	92	00:26:18	05:15	11.4kph	Male 60 - 69: 10
67	PHILIP BRETT	HEATH MASSIVE RUN CLUB, GBR	M: 49	RUNNER	613	00:26:23	05:16	11.4kph	Male 40 - 49: 14
68	MARK WORRALL	OGMORE PHOENIX RUNNERS, GBR	M: 50	RUNNER	144	00:26:32	05:18	11.3kph	Male 60 - 69: 11
69	KELLY CROFTS	LES CROUPIERS RC, GBR	F: 19	RUNNER	43	00:27:46	05:33	10.8kph	Female 35 - 44: 4
70	JULIE LEWIS	LES CROUPIERS RC, GBR	F: 20	RUNNER	88	00:28:00	05:35	10.7kph	Female 65 - 120: 2
71	GILLIAN MURPHY	LES CROUPIERS RC, GBR	F: 21	RUNNER	169	00:28:32	05:42	10.5kph	Female 65 - 120: 3
72	FIROUZ MAL	LES CROUPIERS RC, GBR	M: 51	RUNNER	94	00:28:50	05:45	10.4kph	Male 60 - 69: 12

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73	DAWN HOPKINS	OGMORE PHOENIX RUNNERS, GBR	F: 22	RUNNER	79	00:28:51	05:46	10.4kph	Female 35 - 44: 5
74	MICHAEL H DAVIES	LES CROUPIERS RC, GBR	M: 52	RUNNER	49	00:28:53	05:46	10.4kph	Male 70 - 120: 3
75	BENNETT MCVEIGH		M: 53	RUNNER	108	00:29:29	05:53	10.2kph	Male 50 - 59: 11
76	ANGHARAD PARRY-JONES	LES CROUPIERS RC, GBR	F: 23	RUNNER	130	00:30:11	06:02	9.9kph	Female 45 - 54: 2
77	NICK HARRIS	OGMORE PHOENIX RUNNERS, GBR	M: 54	RUNNER	165	00:30:13	06:02	9.9kph	:
78	KIRSTY MCGOWAN	LES CROUPIERS RC, GBR	F: 24	RUNNER	107	00:31:00	06:11	9.7kph	Female 35 - 44: 6
79	JON MARTIN	LES CROUPIERS RC, GBR	M: 55	RUNNER	101	00:31:58	06:23	9.4kph	Male 40 - 49: 15
80	TRACEY NEWMAN	LES CROUPIERS RC, GBR	F: 25	RUNNER	110	00:33:13	06:38	9.0kph	Female 45 - 54: 3
81	CLARE JOHNSON	LES CROUPIERS RC, GBR	F: 26	RUNNER	156	00:34:26	06:53	8.7kph	Female 65 - 120: 4
82	ZOE JACOBS	LES CROUPIERS RC, GBR	F: 27	RUNNER	176	00:34:40	06:55	8.7kph	:
83	GEOFF WRIGHT	LES CROUPIERS RC, GBR	M: 56	RUNNER	145	00:34:42	06:56	8.6kph	Male 70 - 120: 4
84	CLAIR CHARALAMBOUS	LES CROUPIERS RC, GBR	F: 28	RUNNER	6	00:34:46	06:57	8.6kph	Female 45 - 54: 4
85	EMILY ROUX	WOMEN RUNNING PENARTH, GBR	F: 29	RUNNER	133	00:35:30	07:05	8.5kph	:
86	LAURA WORRALL	OGMORE PHOENIX RUNNERS, GBR	F: 30	RUNNER	143	00:47:29	09:29	6.3kph	: