

Summer Sizzler 5K

5th August 2026

Place	Name	Club	Gender	Bib #	Gun Time	Chip Time	Division Rank
1	OLIVER WILLIAMS	LES CROUPIERS	M: 1	243	00:15:56	00:15:55	Overall Male Runner: 1
2	PETER NIMMO		M: 2	187	00:16:20	00:16:19	Overall Male Runner: 2
3	DOUG NICHOLLS	PONTYPRIDD ROADENTS	M: 3	235	00:16:22	00:16:22	Overall Male Runner: 3
4	LEE AHERNE	PARC BRYN BACH	M: 4	208	00:16:55	00:16:54	Male 60 - 69: 1
5	DAVID CRAIG	LES CROUPIERS	M: 5	230	00:16:57	00:16:56	Male 40 - 49: 1
6	GEORGE COLLINSON	LES CROUPIERS	M: 6	190	00:17:14	00:17:13	
7	HUW HUDSON	PENARTH & DINAS RUNNERS	M: 7	154	00:17:17	00:17:16	
8	ALFIE SARGEANT	LES CROUPIERS	M: 8	162	00:17:25	00:17:23	Male 0 - 19: 1
9	CRAIG HOPKINS	GRIFFITHSTOWN HARRIERS	M: 9	264	00:17:40	00:17:38	Male 50 - 59: 1
10	DUNCAN SHELTON	PENARTH & DINAS RUNNERS	M: 10	272	00:17:44	00:17:42	
11	IAN OWEN	SAN DOMENICO RC	M: 11	232	00:17:45	00:17:42	
12	RICHARD CARTWRIGHT	PENARTH & DINAS RUNNERS	M: 12	212	00:17:49	00:17:47	
13	JOSH BRATHERTON		M: 13	249	00:18:02	00:18:00	
14	MEGAN MCBRIEN	LES CROUPIERS	F: 1	211	00:18:10	00:18:10	Overall Female Runner: 1
15	TOM CHARLES		M: 14	256	00:18:13	00:18:08	
16	STEVE DREWITT	FAIRWATER RUNNERS	M: 15	199	00:18:20	00:18:17	
17	JAMES CRADDOCK	LES CROUPIERS	M: 16	258	00:18:22	00:18:20	
18	CHRISTOPHER MARTEY	CHEPSTOW HARRIERS	M: 17	229	00:18:23	00:18:19	
19	WAYNE HUMPHREYS	LES CROUPIERS	M: 18	248	00:18:27	00:18:24	
20	KATY ROY	BRISTOL AND WEST	F: 2	224	00:18:35	00:18:31	Overall Female Runner: 2
21	GARETH BATTLE	OGMORE PHOENIX RUNNERS	M: 19	262	00:18:40	00:18:36	
22	LINDY ETZENSPERGER		F: 3	269	00:18:41	00:18:37	Overall Female Runner: 3
23	SCOTT BRAIN		M: 20	227	00:18:42	00:18:39	
24	JAMES DODD	SAN DOMENICO RC	M: 21	242	00:18:43	00:18:41	
25	PHIL HODGE	LES CROUPIERS	M: 22	171	00:18:50	00:18:46	
26	GARETH RICHARDS	BRACKLA HARRIERS	M: 23	268	00:18:58	00:18:54	
27	MEGAN PARRY	SAN DOMENICO RC	F: 4	265	00:18:59	00:18:56	
28	IAN DRIVER	SAN DOMENICO RC	M: 24	299	00:19:00	00:18:56	
29	JACK WOODHOUSE	BRIDGEND AC	M: 25	214	00:19:08	00:19:06	
30	GAVIN DAVID	BRACKLA HARRIERS	M: 26	204	00:19:09	00:19:04	
31	ANH QUAN TRAN	CDF RUNNERS	M: 27	287	00:19:12	00:19:12	
32	EMYR MORGAN	LES CROUPIERS	M: 28	168	00:19:16	00:19:14	
33	JOHN SEAWARD	CAERPHILLY RUNNERS	M: 29	239	00:19:16	00:19:14	
34	GARY THOMAS	BRACKLA HARRIERS	M: 30	207	00:19:19	00:19:14	
35	BEN BECKINGSALE	LES CROUPIERS	M: 31	270	00:19:19	00:19:15	
36	STUART CREES	LES CROUPIERS	M: 32	182	00:19:20	00:19:19	
37	KEVIN PLANK	SAN DOMENICO RC	M: 33	173	00:19:21	00:19:17	
38	JAMES THOMAS	PENARTH & DINAS RUNNERS	M: 34	260	00:19:24	00:19:21	
39	ANDY PEARCE	PENARTH & DINAS RUNNERS	M: 35	191	00:19:26	00:19:23	
40	TIM FRY	LLISWERRY RUNNERS	M: 36	177	00:19:43	00:19:36	
41	WAI YU	SAN DOMENICO RC	M: 37	285	00:19:48	00:19:42	
42	ALEX SPRAGUE		M: 38	225	00:19:56	00:19:53	
43	JOHN HICKMAN	CAERPHILLY RUNNERS	M: 39	195	00:19:57	00:19:51	
44	JAMES NEILSON		M: 40	294	00:19:59	00:19:56	
45	JESSICA BENJAMIN	CDF RUNNERS	F: 5	244	00:20:01	00:19:54	
46	OLIVIA OVERTON	LES CROUPIERS	F: 6	273	00:20:03	00:19:58	
47	MATTHEW GWENTER	PENARTH & DINAS RUNNERS	M: 41	178	00:20:04	00:20:00	
48	ROSS FLANIGAN	PENARTH & DINAS RUNNERS	M: 42	179	00:20:04	00:20:01	
49	ALASTAIR FRENCH	PENARTH & DINAS RUNNERS	M: 43	246	00:20:05	00:19:58	
50	PAUL DEATON	PENARTH & DINAS RUNNERS	M: 44	251	00:20:08	00:20:04	
51	IAN OGILVIE	BRACKLA HARRIERS	M: 45	280	00:20:11	00:20:05	
52	ABIGAIL JONES	PENARTH & DINAS RUNNERS	F: 7	220	00:20:17	00:20:11	
53	JEFF COX	LES CROUPIERS	M: 46	291	00:20:20	00:20:18	
54	TOM COX		M: 47	292	00:20:23	00:20:23	
55	MARK WESTLAKE		M: 48	222	00:20:25	00:20:20	
56	JANNEKE VAN BEIJNUM	LES CROUPIERS	F: 8	167	00:20:28	00:20:24	Female 45 - 54: 1
57	CATHERINE BARKER	PENARTH & DINAS RUNNERS	F: 9	200	00:20:33	00:20:28	
58	ALEXANDER ORFORD	PONTYPRIDD ROADENTS	M: 49	296	00:20:36	00:20:31	
59	IAN BELL	SAN DOMENICO RC	M: 50	184	00:20:36	00:20:30	
60	LUCY ENTWISTLE	PENARTH & DINAS RUNNERS	F: 10	252	00:20:39	00:20:31	Female 35 - 44: 1

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61	NICHOLAS MORGAN	PENARTH & DINAS RUNNERS	M: 51	201	00:20:51	00:20:51	
62	STEPHEN LLOYD		M: 52	210	00:20:56	00:20:50	
63	PETER TREVITT	PENARTH & DINAS RUNNERS	M: 53	221	00:20:57	00:20:57	
64	KEVIN CHALKE	PENARTH & DINAS RUNNERS	M: 54	193	00:21:01	00:20:54	
65	ALEX SEASTRAM	SAN DOMENICO RC	M: 55	277	00:21:04	00:20:59	
66	RICH PARKER	CDF RUNNERS	M: 56	253	00:21:16	00:21:08	
67	GARETH EVANS	PONTYPRIDD ROADENTS	M: 57	297	00:21:21	00:21:17	
68	NEIL PEARSON	CALDICOT RC	M: 58	196	00:21:24	00:21:13	
69	JON HUSSEY		M: 59	209	00:21:25	00:21:19	
70	HESHAM ZWAWI	PENARTH & DINAS RUNNERS	M: 60	217	00:21:28	00:21:18	
71	JOHN SHEWRING	PENARTH & DINAS RUNNERS	M: 61	169	00:21:30	00:21:23	
72	KERRI DAVID	BRACKLA HARRIERS	F: 11	205	00:21:36	00:21:29	
73	RACHEL BOVINGTON	SAN DOMENICO RC	F: 12	228	00:21:38	00:21:30	
74	MARK ENGLISH	CALDICOT RC	M: 62	197	00:21:41	00:21:29	
75	RHIAN JONES	PENARTH & DINAS RUNNERS	F: 13	157	00:21:44	00:21:37	
76	ELAINE WHARMBY	BRACKLA HARRIERS	F: 14	202	00:21:46	00:21:38	Female 55 - 64: 1
77	LAINY HECKLEY	LLISWERRY RUNNERS	F: 15	238	00:21:55	00:21:49	
78	STUART DRAPER	BRACKLA HARRIERS	M: 63	290	00:22:07	00:21:58	
79	CAROL REES	LES CROUPIERS	F: 16	216	00:22:12	00:22:02	
80	STEVE CHADWELL	LES CROUPIERS	M: 64	231	00:22:13	00:22:05	
81	KATY GARNHAM-LEE	PENARTH & DINAS RUNNERS	F: 17	281	00:22:17	00:22:10	
82	HOWARD KENT	LES CROUPIERS	M: 65	160	00:22:17	00:22:07	Male 70 - 90: 1
83	EWAN VAUGHAN		M: 66	86	00:22:25	00:22:14	
84	MARIA ZUBIZARRETA ALBANI	LES CROUPIERS	F: 18	85	00:22:28	00:22:20	
85	JANE SHELTON	PENARTH & DINAS RUNNERS	F: 19	106	00:22:32	00:22:24	
86	PHILIP TUCKER	BRACKLA HARRIERS	M: 67	282	00:22:45	00:22:36	
87	HANNAH DAVIES	PENARTH & DINAS RUNNERS	F: 20	247	00:22:50	00:22:40	
88	LOLLY EVANS	LES CROUPIERS	F: 21	289	00:22:52	00:22:44	
89	CLIVE OSMOND	LES CROUPIERS	M: 68	170	00:23:02	00:22:54	
90	GEOFF TWIGG	PENARTH & DINAS RUNNERS	M: 69	254	00:23:14	00:23:06	
91	DONNA HAMER	LES CROUPIERS	F: 22	213	00:23:23	00:23:12	
92	PETER WARREN	LES CROUPIERS	M: 70	266	00:23:34	00:23:26	
93	NIAL HUGHES	SAN DOMENICO RC	M: 71	114	00:23:36	00:23:26	
94	THOMAS FIRTH	SAN DOMENICO RC	M: 72	284	00:23:41	00:23:32	
95	MARK HERBERT	LES CROUPIERS	M: 73	257	00:23:45	00:23:34	
96	BETHAN THOMAS	BRACKLA HARRIERS	F: 23	206	00:23:47	00:23:40	
97	RONALD MORRIS	SAN DOMENICO RC	M: 74	158	00:23:57	00:23:51	
98	TERRY CAENEY	LES CROUPIERS	M: 75	241	00:24:03	00:23:52	
99	MIKE ROSSITER	LES CROUPIERS	M: 76	166	00:24:08	00:24:00	
100	JEMMA SEDGMOND	LES CROUPIERS	F: 24	161	00:24:12	00:23:59	
101	MALCOLM BRADLEY	PENARTH & DINAS RUNNERS	M: 77	175	00:24:15	00:24:05	
102	JENNIFER NEILSON		F: 25	293	00:24:29	00:24:19	
103	MICHELLE AMBLIN	LES CROUPIERS	F: 26	295	00:24:31	00:24:18	
104	PHIL SMITH	LES CROUPIERS	M: 78	223	00:24:48	00:24:36	
105	RACHEL HOOPER	LES CROUPIERS	F: 27	263	00:24:53	00:24:44	
106	DANIELLE CROWLEY	PENARTH & DINAS RUNNERS	F: 28	259	00:25:01	00:24:49	
107	HANNAH BRYAN	LES CROUPIERS	F: 29	234	00:25:06	00:24:52	
108	MICHAEL MURPHY	LES CROUPIERS	M: 79	185	00:25:10	00:25:01	
109	JANE OGILVIE	BRACKLA HARRIERS	F: 30	279	00:25:11	00:25:01	
110	LIBBY CREES	LES CROUPIERS	F: 31	181	00:25:24	00:25:12	
111	BRONWEN CALNAN	PENARTH & DINAS RUNNERS	F: 32	245	00:25:39	00:25:28	
112	REBEKAH MILES	LES CROUPIERS	F: 33	108	00:25:41	00:25:29	
113	ALAN MASON	LES CROUPIERS	M: 80	180	00:26:23	00:26:12	
114	GERALDINE TUCKER	BRACKLA HARRIERS	F: 34	298	00:26:47	00:26:34	
115	MELANIE HALL	BRACKLA HARRIERS	F: 35	286	00:27:04	00:26:52	
116	JULIE SCHOLEY	LES CROUPIERS	F: 36	203	00:27:45	00:27:30	Female 65 - 84: 1
117	EMMA HEALY	PENARTH & DINAS RUNNERS	F: 37	194	00:28:07	00:27:58	
118	CHARLOTTE PHILIPPS	PENARTH & DINAS RUNNERS	F: 38	155	00:28:23	00:28:08	
119	SUSAN RALPH	BRACKLA HARRIERS	F: 39	278	00:28:52	00:28:40	
120	GERARD CRISPIE	LES CROUPIERS	M: 81	276	00:30:50	00:30:37	

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Place	Name	Club	Gender	Bib #	Gun Time	Chip Time	Division Rank
121	JOHN CUNNANE	PONTYCLUN ROAD RUNNERS	M: 82	250	00:30:53	00:30:39	
122	MICK MCGEOCH	LES CROUPIERS	M: 83	271	00:31:14	00:31:02	
123	TRACEY NEWMAN	CLWB RUN WALES	F: 40	176	00:33:04	00:32:49	
124	GEOFF WRIGHT	LES CROUPIERS	M: 84	159	00:35:29	00:35:17	
125	EMMA THOMAS		F: 41	240	00:37:53	00:37:40	
126	JEFF ASTON	LES CROUPIERS	M: 85	174	00:39:49	00:39:34	