

Summer Sizzler 5 Km

Wednesday 2nd August 2017

pos	no.	name	club	age group	time	
1	916	Adam Bull	Aberdare VAAC	SM	00:15:23	1st Male
2	915	Dan Bodman	Aberdare VAAC	SM	00:15:34	2nd Male
3	999	Joel Redman	Cardiff AAC	SM	00:15:43	3rd Male
4	994	Sam Lloyd-Perks	Cardiff AAC	SM	00:15:57	
5	989	Rich Baker	Les Croupiers	MV45	00:16:13	1st MV40
6	946	Ben Buttler-Madden	Penarth & Dinas	SM	00:16:16	
7	983	David J Williams	Les Croupiers	SM	00:16:19	
8	971	Alex Price	Swansea Harriers	U20M	00:16:24	
9	986	Lee Aherne	Parc Bryn Bach	MV50	00:16:29	1st MV50
10	936	Joseph Reardon	Aberdare VAAC	U15B	00:16:44	
11	973	Richard Jackson-Hookins	Penarth & Dinas	SM	00:16:51	
12	956	Simon Lewis	u/a	MV40	00:17:07	
13	974	Sean Lewis	Brackla Harriers	SM	00:17:09	
14	997	Stuart Crees	Les Croupiers	SM	00:17:21	
15	935	Craig Jones	Swansea Harriers	SM	00:17:30	
16	914	Andrew How	Hendre Lake RC	SM	00:17:38	
17	992	Mike Erskine	Les Croupiers	SM	00:17:41	
18	934	Emyr Morgan	Les Croupiers	MV45	00:17:45	
19	957	Iestyn Edwards	Cardiff AAC	U17M	00:17:46	
20	826	Lucy Marland	Cardiff AAC	SW	00:17:48	1st Lady
21	836	Carys Mai Hughes	Cardiff AAC	SW	00:17:51	2nd Lady
22	937	Christopher Jeynes	Brackla Harriers	MV40	00:18:02	
23	982	Matt Pryor	Les Croupiers	MV40	00:18:10	
24	952	Daniel Lewis	San Domenico	MV40	00:18:13	
25	955	David Moore	Brackla Harriers	MV40	00:18:16	
26	976	Phil Bristow	San Domenico	MV55	00:18:17	
27	920	Phil Welch	Bridgend AC	SM	00:18:18	
28	984	Michael Riley	Les Croupiers	SM	00:18:20	
29	961	Mark Joyce	Les Croupiers	MV40	00:18:45	
30	967	Rowan Hobbs	Brackla Harriers	SM	00:18:51	
31	803	Zoe McParlin	Cardiff AAC	SW	00:18:56	3rd Lady
32	928	Dan Luffman	Les Croupiers	MV40	00:18:58	
33	933	Colin McQueen	Brackla Harriers	MV55	00:19:02	
34	912	Brian Dias	Cardiff AAC	SM	00:19:21	
35	850	Katie Beecher	Les Croupiers	FV35	00:19:27	1st FV35
36	985	Jamie Clode	Bridgend AC	SM	00:19:28	
37	970	Howard Owen	Les Croupiers	SM	00:19:29	
38	925	Dave Matthews	Penarth & Dinas	SM	00:19:30	
39	979	Elio Lepore	Les Croupiers	MV60	00:19:32	1st MV60
40	987	David Proud	Les Croupiers	MV50	00:19:34	
41	910	John Lloyd	Brackla Harriers	MV50	00:19:39	
42	954	Geraint Williams	u/a	MV45	00:19:46	
43	988	Gareth Jenkins	Ogmore Phoenix	SM	00:19:48	
44	993	Rob Evans	Les Croupiers	MV60	00:19:51	
45	980	Dean Cox	u/a	SM	00:19:54	
46	975	Gareth Taylor	Brackla Harriers	SM	00:20:07	

47	822	Claire Jacobs	Les Croupiers	FV40	00:20:12	
48	960	Joseph Joyce	Cardiff AAC	U13B	00:20:14	
49	981	Richie Mann	San Domenico	SM	00:20:17	
50	818	Jazmine Briganti	Brackla Harriers	SW	00:20:18	
51	944	Ian Cuthbert	Brackla Harriers	MV55	00:20:20	
52	927	Lloyd Francis	Brackla Harriers	U20M	00:20:21	
53	932	Marc Duekin	Penarth & Dinas	SM	00:20:28	
54	901	Michael Murphy	Les Croupiers	MV60	00:20:28	
55	924	Paul Morton	Penarth & Dinas	SM	00:20:34	
56	805	Sophie Knoyle	Cardiff Archers	U13G	00:20:37	
57	801	Aine Kenny	Les Croupiers	FV35	00:20:38	
58	917	Cosimo Ventafridda	Purosangue AC (Italy)	SM	00:20:45	
59	947	Nigel Bleach	SMR Barry	MV45	00:20:51	
60	903	Steven Preddy	Les Croupiers	MV45	00:20:53	
61	972	Evatt Cummings	Bridgend AC	MV45	00:21:08	
62	865	Matthew Godfrey	Les Croupiers	MV40	00:21:11	
63	919	Richard Beech	Brackla Harriers	MV55	00:21:13	
64	909	Christopher Nellins	Penarth & Dinas	MV60	00:21:19	
65	846	Ruth Cann	Penarth & Dinas	FV35	00:21:24	
66	939	Stephen Wood	Pegasus	MV40	00:21:33	
67	926	Mark Francis	Brackla Harriers	MV50	00:21:35	
68	813	Rowena White	San Domenico	FV40	00:21:41	
69	833	Charlotte Johns	Brackla Harriers	FV50	00:21:46	1st FV45
70	923	Ron Morris	San Domenico	MV65	00:21:56	
71	951	Andrew Cleverley	Pegasus	MV40	00:22:04	
72	817	Aimee Furguson	Brecon AC	SW	00:22:06	
73	815	Angela Champion	Les Croupiers	FV40	00:22:07	
74	807	Jenny Martin	Les Croupiers	FV35	00:22:13	
75	959	Gary John	Les Croupiers	MV60	00:22:24	
76	977	Steven Barker	Penarth & Dinas	MV40	00:22:29	
77	943	Stephen Quin	Les Croupiers	MV45	00:22:40	
78	996	Gwyn Jones	Les Croupiers	MV50	00:22:44	
79	852	Julie Scholey	Les Croupiers	FV55	00:22:54	1st FV55
80	857	Michelle Amblin	Les Croupiers	FV40	00:22:57	
81	968	Terry Caveney	Les Croupiers	MV55	00:22:57	
82	948	Graham Carrick	Pegasus	MV50	00:23:01	
83	953	Stephen Goodfellow	Penarth & Dinas	MV50	00:23:02	
84	837	Bethan Ap Glyn	Penarth & Dinas	SW	00:23:05	
85	922	Graham Webster	Les Croupiers	MV60	00:23:06	
86	862	Lolly Evans	Les Croupiers	FV45	00:23:10	
87	835	Sarah Kavanach	u/a	SM	00:23:11	
88	808	Susie Bowes	Les Croupiers	FV40	00:23:12	
89	962	Andy Davies	Pontypridd Roadents	MV50	00:23:14	
90	965	James Sibley	Axe Valley	SM	00:23:22	
91	950	Richard Sewell	Les Croupiers	MV60	00:23:31	
92	945	Graham Foster	Brackla Harriers	MV50	00:23:35	
93	829	Molly Reardon	Aberdare VAAC	U20W	00:23:37	
94	858	Jane Ash	Les Croupiers	FV40	00:23:46	
95	864	Molly Grimley	Cardiff AAC	SW	00:23:47	
96	842	Rosie Bristow	Pegasus	FV40	00:23:51	
97	918	Nathan Williams	Aberdare VAAC	SM	00:24:08	

98	978	Paul Chapman	Les Croupiers	MV45	00:24:11
99	855	Sarah Arthur	Les Croupiers	FV35	00:24:20
100	820	Caroline Best	Pontypridd Roadents	SW	00:24:21
101	938	Alex Ford	Brackla Harriers	MV65	00:24:22
102	991	Luke Heslop	Pegasus	MV40	00:24:25
103	913	Paul J Morgan	Brackla Harriers	MV55	00:24:28
104	958	Paul Edwards	Cardiff AAC	MV40	00:24:34
105	904	Jon Martin	Les Croupiers	MV40	00:24:36
106	830	Mary Beech	Brackla Harriers	FV50	00:24:38
107	860	Caitlin Chapman	Cardiff AAC	U17W	00:24:41
108	812	Sophie Gott	Hendre Lake RC	FV40	00:24:58
109	861	Yvonne Williams	Penarth & Dinas	FV60	00:25:05
110	810	Helen Griffiths	Hendre Lake RC	SW	00:25:15
111	828	Abby Groves	Pegasus	SW	00:25:18
112	825	Joanne Ease	Pegasus	SW	00:25:19
113	949	Andrew Hollins	Pegasus	MV40	00:25:23
114	827	Sally Groves	Pegasus	FV50	00:25:24
115	802	Gill Murphy	Les Croupiers	FV60	00:25:44
116	848	Naomi Clark	Les Croupiers	SW	00:26:00
117	911	David Hambley	u/a	MV60	00:26:02
118	806	Liz Randal	Les Croupiers	FV35	00:26:05
119	929	Ralph Davey	Les Croupiers	MV70	00:26:10
120	963	Jerome Ducrocq	u/a	MV40	00:26:12
121	964	Mark Evans	Brackla Harriers	MV50	00:26:13
122	990	Dan Groves	Pegasus	MV45	00:26:17
123	995	Gwilym Owen	Les Croupiers	MV45	00:26:29
124	814	Rachel Higginson	Les Croupiers	FV35	00:26:44
125	847	Hannah Hope	Les Croupiers	SW	00:26:54
126	930	Andrew Wilkins	Brackla Harriers	MV60	00:26:59
127	838	Andrea Goodfellow	Penarth & Dinas	FV45	00:27:08
128	854	Gwen Thomas	Les Croupiers	FV40	00:27:29
129	831	Kirsty McGowan	Les Croupiers	SW	00:27:32
130	819	Bretti Paxton	Pontypridd Roadents	SW	00:27:44
131	823	Susan Wilkins	Brackla Harriers	FV60	00:27:48
132	908	Rhys Littlechild	u/a	U13B	00:27:51
133	941	Jack Bicker	u/a	U13B	00:28:07
134	940	Samuel Bicker	Cardiff Archers	U13B	00:28:08
135	942	David Bicker	u/a	MV50	00:28:12
136	856	Kathleen Evans	Brackla Harriers	FV65	00:28:30
137	906	Jon Morgan	Les Croupiers	MV40	00:28:37
138	998	Nigel Leighton Jones	Llanelli	MV60	00:28:42
139	809	Donna Littlechild	Hendre Lake RC	FV35	00:28:46
140	905	Richard Crawford	Les Croupiers	MV65	00:29:10
141	816	Mary-Jane Granville	Pencoed Panthers	SW	00:29:22
142	839	Amanda Moore	Brackla Harriers	FV35	00:29:28
143	824	Tracey Newman	Les Croupiers	FV45	00:29:33
144	966	Tim Webb	Pegasus	MV65	00:29:38
145	849	Olivia Webb	Pegasus	SW	00:29:38
146	902	Jeff Aston	Les Croupiers	MV70	00:29:46
147	851	Ruth Davies	u/a	SW	00:30:08
148	821	Janice Francis	Brackla Harriers	FV50	00:30:12

149	931	Colin Crooks	Pegasus	MV60	00:30:31
150	834	Helen Kavanagh	Brackla Harriers	FV60	00:30:46
151	921	Geoff Wright	Les Croupiers	MV65	00:30:48
152	853	Amanda Thompson	Les Croupiers	FV55	00:31:08
153	841	Catrin Evans	Les Croupiers	FV40	00:31:21
154	840	Tanya Mason Hawes	Les Croupiers	SW	00:32:06
155	969	Stephen Blake	Pegasus	MV45	00:32:09
156	804	Amy Heard	Les Croupiers	SW	00:32:10
157	843	Aimee Giles	Les Croupiers	SW	00:32:39
158	859	Clare Johnston	Les Croupiers	FV70	00:32:52
159	844	Sandra Caveney	Les Croupiers	FV50	00:33:43
160	845	Hannah Caveney	u/a	SW	00:33:44
161	832	Sarah Meah	Les Croupiers	FV50	00:35:53
162	863	Molly Anne Clibbett	u/a	SW	00:35:53