

SSAFA Cardiff 5K Race Series

Race 1
RESULTS

1	152	James Hunt	Cardiff AAC	SM	15:20
2	115	Abed Tewelderrhan	Newport	SM	15:24
3	160	Oliver Williams	Les Croupiers	SM	15:34
4	201	Ian Harris	Swansea Harriers	SM	15:49
5	44	Ellis Garamszesi	Wolverhampton	SM	15:55
6	23	Joel Redman	Cardiff AAC	SM	15:59
7	204	James Thie	Cardiff	M35	16:01
8	60	Joseph Reardon	Aberdare Valley	SM	16:11
9	104	Bradley Courtney-Pinn	Ponty Roadents	SM	16:12
10	191	Doug Nicholls	Les Croupiers	SM	16:13
11	35	Matthew Evans	Aberdare Valley	SM	16:14
12	132	Lee Aherne	Parc Bryn Bach	M50	16:18
13	105	Darren Bishop	Ponty Roadents	M35	16:40
14	124	Ben Butler-Madden	Penarth & Dinas	M35	16:44
15	172	Stuart Crees	Les Croupiers	M35	16:45
16	66	Lloyd Sheppard	Rhymney Valley	MJunior	16:57
17	182	Michael Gaunt	CVAC	SM	16:59
18	137	Caryl Jones	Swansea Harriers	SW	17:03
19	128	Andy Gardiner	Cheltenham	SM	17:04
20	145	Sam Curwen	Cardiff AAC	SM	17:05
21	58	Iestyn Edwards	Cardiff AAC	SM	17:10
22	125	Daryl Barnby	Micky Morris	SM	17:12
23	168	Paul Lacey	Cardiff AAC	SM	17:15
24	111	Paul Graham	Ponty Roadents	SM	17:28
25	180	Andrew Blair	Les Croupiers	M50	17:29
26	2	Gabrielius Stuokus	Les Croupiers	SM	17:35
27	37	Iwan Jones	Cardiff Triathletes	SM	17:37
28	112	Clara Evans	Cardiff AAC	SW	17:40
29	16	Donovan Williams-Hale	Bridgend	SM	17:43
30	63	Adrian Lewis	Aberdare Valley	M45	17:44
31	31	Lauren Cooper	Parc Bryn Bach	SW	17:47
32	52	Thomas Ashford	St Athan	SM	17:50
33	90	Gethin Powell	Ponty Roadents	SM	17:53
34	19	Sean Lewis	Brackla Harriers	SM	17:54
35	34	James Manson	Cardiff Triathletes	M40	17:59
36	15	Simon Miles	Ponty Roadents	M40	18:01
37	146	Ieuan Jones	Cardiff AAC	SM	18:06
38	179	Harold Baker	San Domenico	SM	18:21
39	195	Johnny Lam	San Domenico	M45	18:22
40	173	Rich Baker	N/A	M45	18:25
41	184	Lawrence Pole	Ponty Roadents	M40	18:26
42	175	Dave James	Les Croupiers	M55	18:28

43	189	Richard Wilder	San Domenico	M40	18:31
44	80	Phil Bristow	San Domenico	M55	18:37
45	127	Dave Matthews	Penarth & Dinas	SM	18:39
46	164	John Morris	TROTS	M35	18:41
47	110	Michael Ramsey	N/A	M50	18:44
48	74	Jeffrey Cox	Les Croupiers	M50	18:45
49	30	Frazer Richards	Caerphilly	SM	18:49
50	1	Brian Dias	Cardiff AAC	SM	18:54
51	197	Rhys Hardman	Bridgend	M13	18:59
52	153	Rob Hunt	Bridgend	M50	19:04
53	142	Daniel Lewis	San Domenico	M40	19:04
54	53	Callum Hardwick	St Athan	SM	19:07
55	87	Stephen May	Ponty Roadents	M45	19:11
56	181	Glyn Sansom	San Domenico	M55	19:14
57	141	Daryl Beggs	Les Croupiers	M35	19:15
58	190	Sally Wilder	San Domenico	W35	19:19
59	65	Bleddyn Jones	Islwyn	M35	19:25
60	36	James Gold	Cardiff AAC	MU15	19:29
61	73	Hugh Saunders	N/A	SM	19:36
62	85	Maria Zubizarreta	Les Croupiers	W45	19:37
63	84	Phil Cook	Les Croupiers	M45	19:38
64	161	Lucy Hennessy	Cardiff AAC	W35	19:40
65	59	Nigel James	N/A	M45	19:41
66	133	Terry O'Brien	N/A	M60+	19:42
67	122	David Proud	Les Croupiers	M45	19:42
68	202	Alec Care	San Domenico	SM	19:43
69	71	Greg Newhams	Bridgend	M55	19:43
70	68	Sean McDonnell	N/A	SM	19:44
71	177	Ian Bell	San Domenico	M55	19:47
72	10	Darren Stevens	Merthyr Run Club	M45	19:57
73	56	Robert Evans	Les Croupiers	M60+	19:58
74	12	Jamie Suller	N/A	M35	20:01
75	13	Kevin Chalke	Penarth & Dinas	M50+	20:07
76	38	Laura Wright	Cardiff AAC	WU17	20:09
77	155	Frank Atherton	Penarth & Dinas	M50	20:09
78	17	Kit Lambert	Penarth & Dinas	M35	20:16
79	67	Paul Morton	Penarth & Dinas	M35	20:17
80	41	Bethany Gold	Cardiff AAC	WU15	20:18
81	43	Heledd Roberts	San Domenico	SW	20:21
82	163	Caitlin Peers	CVAC	SW	20:23
83	9	Michael Murphy	Les Croupiers	M60+	20:24
84	83	David Walker	N/A	M60+	20:33
85	114	Graham Mack	Merthyr Run Club	M60+	20:33
86	147	Tim Fry	Cardiff AAC	SM	20:34
87	96	John Light	N/A	SM	20:35
88	77	John Ross	San Domenico	M50	20:36
89	169	Freya Roberts	Cardiff Arches	W12	20:38
90	162	Rachel Giancola	Cardiff Uni	SW	20:43

91	166	Evatt Cummings	Bridgend	M45	20:45
92	28	Seren Rayment	Cardiff Archers	WU17	20:46
93	103	Catherine Barker	Penarth & Dinas	W40	20:48
94	51	Patrick Kennedy	Linda Martin	SM	20:51
95	46	John Crabtree	St Athan	SM	20:55
96	7	Diane Brownhill	Swansea Harriers	W40	20:56
97	72	Kieran McDonnell	Les Croupiers	M60+	20:57
98	119	Robert King	Parc Bryn Bach	M35	20:58
99	18	Dominic Shields	San Domenico	M50	21:00
100	49	Jamie Gray	St Athan	SM	21:03
101	143	Christopher Nellins	Penarth & Dinas	M60+	21:08
102	11	Mackenzie Selway	N/A	W14	21:17
103	118	Ann Evans	Merthyr Run Club	W55	21:18
104	86	Liz May	Ponty Roadents	W35	21:24
105	178	Ruth Cann	Penarth & Dinas	W35	21:27
106	194	Malcolm Bradley	Penarth & Dinas	M60+	21:29
107	40	Sam Howell-Jones	Ponty Roadents	SM	21:32
108	102	Angela Champion	Les Croupiers	W40	21:39
109	50	Iain Ballatine	St Athan	SM	21:44
110	95	Tony Mackay	Pegasus	M50	21:46
111	101	Simon Lamb	San Domenico	M45	21:48
112	171	Libby Bohemen	Les Croupiers	W45	21:49
113	106	Ian Prime	Congleton Harriers	M50	21:53
114	196	Cath Tailby	Penarth & Dinas	W45	21:54
115	14	Mick McGeoch	Les Croupiers	M60	21:55
116	157	Jon Lewis	Penarth & Dinas	M40	21:57
117	39	Mark Bate	Pegasus	SM	21:59
118	26	Carol Rees	Les Croupiers	W45	22:01
119	24	Christopher Seal	Penarth & Dinas	SM	22:04
120	123	Neil Morgan	Merthyr Run Club	M40	22:08
121	97	Ben Gooding	Pegasus	M35	22:09
122	94	Hefin Gruffydd	Ponty Roadents	M55	22:10
123	57	Stephen Wood	Pegasus	M40	22:13
124	22	Mark Christopher Evans	Brackla Harriers	M50	22:14
125	48	Steve Furber	St Athan	SM	22:17
126	88	Gary John	Les Croupiers	M60+	22:18
127	8	Nina Brocklebank	3m Gorseinon Runner	W45	22:19
128	120	Adrian Taylor	Merthyr Run Club	M55	22:20
129	203	Olivia Blok	San Domenico	SW	22:30
130	199	Elaine Wharmby	Pegasus	SW	22:34
131	176	Jenny Martin	Les Croupiers	W35	22:35
132	93	Bethan Ford	Ponty Roadents	SW	22:41
133	25	Graham Carrick	Pegasus	M50	22:49
134	167	Hannah Pretty	Cardiff AAC	SW	22:54
135	76	Peter Trott	Penarth & Dinas	M45	22:55
136	156	Mark Taylor	Penarth & Dinas	SM	22:59
137	99	Glenn Powell	Penarth & Dinas	M35	23:06
138	138	Ian Thorne	Pegasus	M45	23:09

139	78	Tim Davies	Ponty Roadents	SM	23:11
140	121	Lolly Burvill	Les Croupiers	W45	23:12
141	116	Katherine Collins	Parc Bryn Bach	W35	23:16
142	75	Louise Hunt	Penarth & Dinas	M35	23:18
143	32	Graham Webster	Les Croupiers	M60+	23:19
144	158	Stephen Goodfellow	Penarth & Dinas	M50	23:22
145	174	Ellie Powell	Cardiff AAC	WU20	23:23
146	69	Andy Davies	Ponty Roadents	M50	23:30
147	165	Richard Sewell	Les Croupiers	M60+	23:36
148	117	Dean Thomas	Merthyr Run Club	M45	23:40
149	61	Molly Reardon	Aberdare Valley	SW	23:42
150	100	Jenny Yate	N/A	SW	23:55
151	42	Christopher Coleman	Cwm Ogwr	M50	23:57
152	144	Andrea Hurman	Penarth & Dinas	W50	23:58
153	134	Andrew Sedgmond	Les Croupiers	M60+	24:00
154	29	James Delaney	San Domenico	M60+	24:04
155	131	Ray Davies	N/A	M55	24:06
156	33	Claire Manson	Cardiff Triathletes	W35	24:08
157	170	Simon Roberts	N/A	M45	24:10
158	129	Tim O'Sullivan	Les Croupiers	M55	24:11
159	108	Paul Chapman	Les Croupiers	M45	24:13
160	64	Andrew Cooper	Merthyr Run Club	M45	24:16
161	193	Claire Jarrom	Les Croupiers	SW	24:16
162	185	Ann Johnston	Penarth & Dinas	W35	24:17
163	109	Eve Gallop-Evans	Les Croupiers	W50	24:18
164	62	Jon Morgan	Les Croupiers	M50	24:22
165	151	Mike Rossiter	Les Croupiers	M55	24:31
166	20	Nadine Ritterskamp	Les Croupiers	SW	24:48
167	81	Rosie Bristow	Pegasus	W40	25:16
168	183	Cameron Lange	Penarth & Dinas	M0	25:30
169	198	Yvonne Williams	Penarth & Dinas	W55	25:41
170	45	Sally Groves	Pegasus	W50	25:52
171	154	Stephen Farmer	Penarth & Dinas	M50	25:55
172	92	Joanne East	Pegasus	SW	26:00
173	55	Kirstin Stanbury	St Athan	SW	26:04
174	136	Finn Johnson-Denny	N/A	MJunior	26:04
175	135	Nick Denny	Ponty Roadents	M35	26:49
176	113	Julie Smith	Merthyr Run Club	W45	27:10
177	159	Andrea Goodfellow	Penarth & Dinas	W45	27:11
178	188	Luke Heslop	Les Croupiers	M40	27:18
179	126	Karen Seary	Cardiff AAC	W50	27:38
180	187	Phil Allen	Pegasus	M0	27:53
181	200	Gary Wharmby	Pegasus	SM	28:06
182	21	Bretti Paxton	Ponty Roadents	SW	28:30
183	27	Colin Crooks	Pegasus	M60+	28:46
184	79	Jennifer Stone	Cardiff AAC	W50	28:56
185	148	Tim Wurd	Pegasus	M60+	28:59
186	130	Jaya Jones	Cardiff AAC	WU17	29:02

187	5	Julia Herbert	Ponty Roadents	W40	29:24
188	107	Tracey Newman	Les Croupiers	W45	29:54
189	98	Charlotte Bethell	Pegasus	SW	29:56
190	82	Christopher Stacey	Les Croupiers	M55	30:02
191	3	Gwyn Jones	Les Croupiers	M50	30:06
192	89	Sarah Morgan	Pegasus	W40	30:25
193	149	Libby Webb	Pegasus	SW	30:50
194	54	Cherelle Smith	St Athan	SW	30:50
195	47	Anni Williamson	St Athan	SW	33:10
196	91	Sarah Boothry	Ponty Roadents	SW	34:24
197	150	Stephen Blake	Pegasus	M45	34:40
198	4	Laura Pinney	Ponty Roadents	W40	35:12
199	140	Laura McCarthy	Ponty Roadents	W55	35:12
200	139	Claire Thorne	Pegasus	SW	47:39
201	70	Sarah Meah	Les Croupiers	W50	47:39
DNF	192	Jeff Aston	Les Croupiers	M60+	
DNS	6	Graham Bingham	Ponty Roadents	M50	
DNS	186	Sarah Pryor	Pegasus	W40	