

SSAFA Cardiff 5K Race Series

Race 2
RESULTS

1	267	Abed Teweldebrhan	Newport Harriers	SM	15:39
2	312	James Hunt	Cardiff AAC	SM	15:43
3	231	Daniel Bodman	Aberdare Valley AAC	SM	16:03
4	246	Oliver Williams	Les Croupiers RC	SM	16:24
5	294	Richard Jackson-Hookins	Penarth & Dinas Runners	SM	16:33
6	280	Joseph Reardon	Aberdare Valley AAC	SM	16:35
7	251	Lee Aherne	Parc Bryn Bach Runners	M50	16:36
8	265	Peter Ryder	Aberdare Valley AAC	SM	16:38
9	327	Doug Nicholls	Les Croupiers RC	SM	16:43
10	325	Glyn Fletcher	Les Croupiers RC	SM	16:49
11	298	Paul Graham	Pontypridd Roadents	SM	16:52
12	264	Sean Lewis	Brackla Harriers	SM	17:26
13	299	Clara Evans	Cardiff AAC	W35	17:27
14	304	Daryll Barnby	MMRT	SM	17:33
15	315	Stuart Crees	Les Croupiers RC	SM	17:49
16	253	Luke Williams	San Domenico	SM	17:51
17	260	Iestyn Edwards	Cardiff AAC	SM	18:11
18	281	Adrian Lewis	Aberdare Valley AAC	M45	18:13
19	305	Emyr Morgan	Les Croupiers RC	M45	18:17
20	261	Gary Brown	Penarth & Dinas Runners	SM	18:18
21	213	Lauren Cooper	Parc Bryn Bach	SW	18:19
22	250	Mark Joyce	Les Croupiers RC	M40	18:38
23	272	Phil Cook	Les Croupiers RC	M45	18:41
24	284	Richard Wilder	San Domenico	M40	18:42
25	252	Frazer Richards	Caerphilly Runners	SM	18:53
26	308	Michael Riley	Les Croupiers RC	SM	19:02
27	263	Arwel Evans	Rhedwyr Hebog	SM	19:03
28	303	Rhys Hardman	Bridgend AC	U15	19:19
29	239	James Gold	Cardiff AAC	U17	19:21
30	323	Matt Hopkins	Les Croupiers RC	SM	19:24
31	221	Kristie O'Connell	Pontypridd Roadents	SW	19:32
32	207	Brian Dias	Cardiff AAC	SM	19:35
33	319	Angharad Mair	Les Croupiers RC	W55+	19:40
34	313	Robert Hunt	Bridgend AC	M50	19:43
35	326	Glyn Sansom	San Domenico	M55	19:57
36	307	Robert Evans	Les Croupiers RC	M60+	19:59
37	258	Sian Kirk	Swansea Harriers	SW	20:00
38	256	Lucy Hennessy	Cardiff AAC	W35	20:01
39	324	Matt Hooper	Les Croupiers RC	SM	20:06
40	249	Dave Matthews	Penarth & Dinas Runners	SM	20:12
41	328	Jamie Suller	U/A	SM	20:18
42	329	Sean McDonnell	U/A	SM	20:21

43	302	Gareth Hardman	Bridgend AC	M55	20:24
44	234	Ben Farrell	Cardiff AAC	U15	20:24
45	237	Michael Murphy	Les Croupiers RC	M60+	20:25
46	205	Seren Rayment	Cardiff Archers	U15	20:26
47	242	Bethany Gold	Cardiff AAC	U17	20:31
48	223	Paul Morton	Penarth & Dinas Runners	SM	20:33
49	286	David Walker	U/A	M60+	20:34
50	259	Darren Stevens	Merthyr Runners	M45	20:41
51	314	Graham Mack	Merthyr Runners	M60+	20:42
52	297	Owen Davies	Lliswerry Runners	SM	20:44
53	240	James Thomas	Parc Bryn Bach Runners	SM	20:47
54	220	Sam Howell-Jones	Pontypridd Roadents	SM	20:50
55	254	Evatt Cummings	Bridgend AC	M45	20:57
56	296	Colin Caesar	Penarth & Dinas Runners	M45	21:03
57	217	Heledd Roberts	San Domenico	SW	21:17
58	301	Aine Kenny	Les Croupiers RC	W35	21:18
59	271	Catherine Barker	Penarth & Dinas Runners	W40	21:19
60	333	Steven Preddy	Les Croupiers RC	M45	21:24
61	241	Nick Hayward	San Domenico	SM	21:33
62	245	Dominic Shields	San Domenico	M50	21:35
63	273	Angela Champion	Les Croupiers RC	W40	21:46
64	212	Jacqueline Brace	Bridgend AC	W55+	21:48
65	285	Malcolm Bradley	Penarth & Dinas Runners	M60+	21:49
66	270	Ruth Cann	Penarth & Dinas Runners	W35	21:52
67	235	Christopher Nellins	Penarth & Dinas Runners	M60+	21:54
68	317	Neil Davies	U/A	M55	21:56
69	225	Liam Wharmby	U/A	SM	21:58
70	322	Jeffrey Hanson	Rhondda AAC	M55	22:00
71	218	Mick McGeoch	Les Croupiers RC	M60+	22:02
72	232	Carol Rees	Les Croupiers RC	M45	22:06
73	288	Ben Gooding	Pegasus	SM	22:15
74	209	Mike Gwynne	Pontypridd Roadents	M45	22:22
75	211	Stephen Wood	Pegasus	M40	22:29
76	222	Graham Carrick	Pegasus	M50	22:33
77	275	Dave Martin	U/A	M40	22:34
78	310	Rhian Jones	Cardiff AAC	SW	22:35
79	248	Tony Mackay	Pegasus	M50	22:36
80	224	Samuel Jackson	Parc Bryn Bach	SM	22:38
81	226	Elaine Wharmby	Pegasus	W50	22:50
82	244	Lisa Cleary	Penarth & Dinas Runners	W50	22:59
83	276	Nicholas Pounder	Pontypridd Roadents	M40	23:03
84	316	Richard Sewell	Les Croupiers RC	M60+	23:15
85	233	Louise Hunt	Penarth & Dinas Runners	W35	23:23
86	291	Jenny Martin	Les Croupiers RC	W35	23:26
87	330	Andrew Fletcher	U/A	SM	23:28
88	247	Tim Davies	Pontypridd Roadents	SM	23:34
89	266	Ian Thorne	Pegasus	M45	23:45
90	268	Lolly Evans	Les Croupiers RC	W45	23:48

91	321	Olivia Blok	San Domenico	SW	23:51
92	282	Andrew Cooper	Merthyr Runners	M45	24:10
93	229	Paul Chapman	Les Croupiers RC	M45	24:16
94	210	Julie Broughton	Les Croupiers RC	W50	24:18
95	300	Ray Davies	U/A	M55	24:27
96	287	Em Bissex	Pegasus	W40	24:36
97	311	Ellie Powell	Cardiff AAC	SW	24:47
98	289	Jon Morgan	Les Croupiers RC	M50	24:53
99	320	Eve Gallop-Evans	Les Croupiers RC	W50	24:54
100	318	Joanne Davies	U/A	SW	25:24
101	230	Luke Heslop	Les Croupiers RC	M40	25:49
102	269	Yvonne Williams	Penarth & Dinas Runners	W55+	25:53
103	236	Joanne East	Pegasus	SW	25:55
104	255	Rosie Bristow	Pegasus	W40	25:56
105	215	Andrew Hollins	Pegasus	M40	26:01
106	257	Ralph Davey	Les Croupiers RC	M60+	26:03
107	228	Caitlin Chapman	Cardiff AAC	U20	26:09
108	206	Rachel Rayment	U/A	W45	26:12
109	238	Gill Murphy	Les Croupiers RC	M60+	26:22
110	331	Christie Coleman	Cwm Ogwr	W50	26:38
111	295	Cameron Large	Penarth & Dinas Runners	M45	27:26
112	227	Garry Wharmby	Pegasus	M55	27:48
113	332	Mari Herbert	U/A	00:00	27:55
114	309	Michael Elford	Merthyr Runners	M45	27:58
115	277	Phil Allen	Pegasus	M55	28:18
116	274	Jaya Jones	Cardiff AAC	U20	29:24
117	243	Tracey Newman	Les Croupiers RC	W45	29:29
118	208	Dean Coombes	Pegasus	SM	29:53
119	290	Jon Martin	Les Croupiers RC	M40	30:17
120	219	Chris Stacey	Les Croupiers RC	M55	30:33
121	306	Jeff Aston	Les Croupiers RC	M60+	31:56
122	278	Colin Crooks	Pegasus	M60+	32:49
123	216	Laura Pinney	Pontypridd Roadents	W40	37:14
124	283	Sarah Meah	Les Croupiers RC	W50	37:15
125	293	Laura McCarthy	Pontypridd Roadents	W45	37:16