

## SSAFA Cardiff 5K Race Series

Race 3  
RESULTS

1	413	Carwyn Jones	Cardiff AAC	SM	15:15
2	360	Oliver Williams	Les Croupiers	SM	15:46
3	472	Sam Lloyd-Perks	Wolves & Biston	SM	15:49
4	423	Craig Williams	MMRT/Cardiff	SM	15:59
5	348	James Penrose	Cardiff Archers	U17M	16:17
6	398	Morgan James	Cardiff AAC	SM	16:18
7	352	Richard Jackson-Hookins	Penarth & Dinas	SM	16:19
8	401	Muktaar Farhan	Cardiff AAC	SM	16:19
9	427	Jack Egginton	Cardiff AAC	SM	16:28
10	411	Darren Bishop	Pontypridd Roadents	SM	16:34
11	424	Lee Aherne	Parc Bryn Bach	M50	16:36
12	429	Matthew Jacklin	Aberdare Valley	M40	16:40
13	476	Rich Baker	Les Croupiers	M45	16:44
14	372	Clara Evans	Cardiff AAC	SW	17:15
15	416	Chris Carpanini	Swansea Harriers	SM	17:18
16	421	Stephen Mathers	Parc Bryn Bach	SM	17:19
17	489	Paul Lacey	Cardiff AAC	SM	17:25
18	447	Phil Cook	Les Croupiers	M45	17:31
19	415	Alaw Beynon-Thomas	Swansea Harriers	SW	17:33
20	418	Sam Curwen	Cardiff AAC	U20M	17:37
21	422	Iestyn Edwards	Cardiff AAC	SM	17:43
22	354	Gary Brown	Penarth & Dinas	SM	17:44
23	366	Lucy Marland	Cardiff AAC	SW	17:46
24	454	Adrian Lewis	Aberdare Valley	M45	17:54
25	396	John Morris	TROTS	SM	17:56
26	414	Carys Hughes	Cardiff AAC	SW	18:00
27	389	James Manson	Cardiff Tri	M40	18:01
28	373	Morgan Glyndwr James	Cardiff AAC	U17M	18:03
29	403	Dave James	Les Croupiers	M55	18:05
30	440	Richard Wilder	San Domenico	M40	18:07
31	481	Aeron Evans	U/A	SM	18:18
32	347	Andrew Penrose	Cardiff Archers	U15B	18:19
33	446	Rob Sage	Les Croupiers	M40	18:22
34	339	Simon Miles	Pontypridd Roadents	M40	18:23
35	441	Stephen Jenkins	Bridgend AC	M40	18:24
36	353	Jinny Jones	U/A	SW	18:25
37	431	Christopher Lewis	Run 4 All Neath	SM	18:26
38	408	Seth Kelly	Cardiff AAC	SW	18:31
39	432	Jonathan Astley	Parc Bryn Bach	SM	18:33
40	386	Rhys Morgan		SM	18:33
41	338	Lauren Cooper	Parc Bryn Bach	SW	18:34
42	417	Phil Bristow	San Domenico	M55	18:38

43	350	Zoe McParlin	Cardiff AAC	SW	18:41
44	370	Chris Oxley	U/A	SM	18:43
45	351	Gareth Jones	Pontypridd Roadents	SM	18:45
46	443	Chris Lloyd	Run 4 All Neath	SM	18:51
47	466	Mark Joyce	Les Croupiers	M40	18:52
48	445	Laurence Pole	Pontypridd Roadents	M40	18:58
49	435	Alfie Davies	Cardiff AAC	U17M	19:11
50	334	Brian Dias	Cardiff AAC	SM	19:20
51	483	Angharad Mair	Les Croupiers	W55	19:23
52	395	Eli Scoble	Cardiff AAC	U17M	19:28
53	448	David Proud	Les Croupiers	M50	19:33
54	359	Mia Goddard	Cardiff AAC	U15G	19:34
55	470	Elie Lepore	Les Croupiers	M60+	19:35
56	340	Dave Mathews	Penarth & Dinas	SM	19:40
57	457	Glyn Sansom	San Domenico	M55	19:45
58	361	Sam Howell-Jones	Pontypridd Roadents	SM	19:46
59	409	Robert Evans	Les Croupiers	M60+	19:48
60	335	Seren Rayment	Cardiff Archers	U17G	19:49
61	410	Lucy Hennessy	Cardiff AAC	W35	19:59
62	433	Ian Kent	Parc Bryn Bach	SM	20:00
63	486	Sean McDonnell	U/A	SM	20:00
64	459	Owen Davies	Lliswerry	SM	20:23
65	381	Jon Roberts	U/A	SM	20:24
66	451	David Walker	U/A	M60+	20:26
67	378	Michael Murphy	Les Croupiers	M60+	20:28
68	375	Heledd Roberts	San Domenico	SW	20:31
69	376	Claire Jacobs	Les Croupiers	W40	20:32
70	358	Liz Davies	Cardiff AAC	SW	20:34
71	467	Joseph Joyce	Cardiff AAC	U15B	20:36
72	437	Mike Worlock	Port Talbot Harriers	M50	20:39
73	428	Richie Mann	San Domenico	SM	20:42
74	404	Graham Mack	Merthyr	M60+	20:57
75	471	Steven Preddy	Les Croupiers	M45	21:09
76	485	Ben Hooper	U/A	SM	21:10
77	425	Antony Phillips	Bridgend AC	M50	21:10
78	484	Matthew Hooper	Les Croupiers	SM	21:11
79	379	Ben Gooding	Pegasus Running Club	SM	21:12
80	400	Catherine Barker	Penarth & Dinas	W40	21:13
81	367	Stephen Wood	Pegasus Running Club	M40	21:16
82	385	Ruth Cann	Penarth & Dinas	W35	21:20
83	342	Christopher Nellins	Penarth & Dinas	M60+	21:26
84	460	Steve Chadwell	U/A	M40	21:29
85	346	Mark Bate	Pegasus Running Club	SM	21:30
86	450	Malcolm Bradley	Penarth & Dinas	M60+	21:33
87	412	Carol Rees	Les Croupiers	W45	21:33
88	382	Andrew Cleverley	Pegasus Running Club	M50	21:33
89	405	Rhian Jones	Cardiff AAC	U20W	21:48
90	402	Simon Partridge	Neath Harriers	M60+	21:55

91	449	Emily Chirighin	Cardiff AAC	U15G	21:56
92	383	Ronald Morris	Les Croupiers	M60+	22:03
93	453	David Williams	Les Croupiers	M50	22:12
94	452	Angela Champion	Les Croupiers	W40	22:17
95	479	Jenny Martin	Les Croupiers	W35	22:29
96	341	Layla Griffiths	Cardiff AAC	U15G	22:31
97	478	Adrian Taylor	Merthyr	M55	22:41
98	387	Mark Morgan	U/A	M45	22:50
99	474	Megan Poulson	San Domenico	SW	22:51
100	434	Graham Webster	Les Croupiers	M60+	22:52
101	439	Karl Johnson	Ogmore Phoenix Runners	SM	22:54
102	458	Julie Scholey	Les Croupiers	W55	22:55
103	357	Elaine Wharmby	Pegasus Running Club	W50	22:58
104	438	Steve Goodfellow	Penarth & Dinas	M50	22:58
105	390	Claire Manson	Cardiff Tri	W35	23:00
106	436	Stephen Quin	Les Croupiers	M45	23:04
107	349	Ian Thorne	Pegasus Running Club	M45	23:07
108	430	Lolly Evans	Les Croupiers	W45	23:10
109	480	Andrew Cooper	Merthyr	M45	23:14
110	399	Elen James	Cardiff AAC	U15W	23:21
111	477	Dean Thomas	Merthyr	M45	23:32
112	345	Nathan Williams	Aberdare Valley	SM	23:34
113	393	James Sibley	Axe Valley Runners	SM	23:38
114	463	Richard Sewell	Les Croupiers	M60+	23:44
115	406	Ellie Powell	Cardiff AAC	U20W	23:49
116	456	Lisa Cleary	Penarth & Dinas	W50	23:56
117	419	Tim O'Sullivan	Les Croupiers	M55	23:56
118	380	Em Bissex	Pegasus Running Club	W40	23:59
119	469	Sophie Lias	Cardiff AAC	U15G	24:01
120	388	Rosie Bristow	Pegasus Running Club	W40	24:04
121	364	Paul Chapman	Les Croupiers	M45	24:05
122	462	Bethan Apglyn	Penarth & Dinas	SW	24:19
123	465	Jon Morgan	Les Croupiers	M55	24:37
124	482	Eve Gallop-Evans	Les Croupiers	W50	24:38
125	442	Luke Heslop	Pegasus Running Club	M40	24:39
126	391	Dennis Collins	Rhondda Valley Runners	M50	24:53
127	365	Caitlin Chapman	Cardiff AAC	U17W	24:55
128	343	Shirley Howman	Penarth & Dinas	W55	24:58
129	455	Yvonne Williams	Penarth & Dinas	W55	25:24
130	420	Andrew Hollins	Pegasus Running Club	M40	25:25
131	444	Graeme Donnan	Les Croupiers	M60+	25:31
132	336	Rachel Rayment	U/A	W45	25:33
133	363	Michael Rossiter	Les Croupiers	M55	25:35
134	426	Tom Griffiths	U/A	SM	25:38
135	368	Sally Groves	Pegasus Running Club	W50	25:42
136	475	Julie Smith	Merthyr	W45	25:54
137	374	Dan Groves	Pegasus Running Club	M45	25:55
138	369	Abby Groves	Pegasus Running Club	W35	25:56

139	377	Gill Murphy	Les Croupiers	SM	25:56
140	407	John Kelly	U/A	M55	26:24
141	362	Christina Rossiter	Les Croupiers	W55	26:48
142	468	Elizabeth Randall	Les Croupiers	W35	27:12
143	356	Garry Wharmby	Pegasus Running Club	M50	27:22
144	384	Sally Bissex	Pegasus Running Club	W35	27:26
145	461	Karen Chadwell	Les Croupiers	W45	27:46
146	397	Gwenno Thomas	Les Croupiers	W40	27:55
147	392	Mark Douglas	Pontypridd Roadents	SM	28:15
148	487	Tim Webb	Pegasus Running Club	M60+	29:07
149	473	Jeff Aston	Les Croupiers	M60+	29:27
150	464	Colin Crooks	Pegasus Running Club	M60+	29:40
151	355	Tracey Newman	Les Croupiers	W45	29:44
152	371	Dominika Zaplata	Cardiff AAC	SW	30:56
153	488	Olivia Webb	Pegasus Running Club	SW	31:41
154	337	Laura Pinney	Pontypridd Roadents	W40	34:41
155	394	Sarah Meah	Les Croupiers	W50	34:41
156	344	Laura McReedy	Pontypridd Roadents	W55	34:42