

 Lifelong support for our Forces and their families		SSAFA Cardiff 5K Race Series 2018			Race 2 RESULTS	
POS.	BIB	Name	Club	Category	Time	
1	297	Paul Graham	Ponty Roadents	SM	15:55	
2	357	Glyn Fletcher	Les Croupiers	SM	16:06	
3	284	Joseph Reardon	Aberdare Valley	MU20	16:08	
4	262	Brad Courtney-Pinn	Ponty Roadents	SM	16:20	
5	255	Morgan James	Cardiff	MU20	16:21	
6	280	Daniel Bodman	Aberdare Valley	SM	16:23	
7	247	Darren Bishop	Ponty Roadents	SM	16:25	
8	264	Simon Lewis	Ponty Roadents	M40	16:28	
9	267	Symon Murphy	N/A	SM	16:31	
10	374	Richard Baker	Les Croupiers	M45	16:31	
11	241	Vaughan Edwards	Cardif Harlequins	M40	16:49	
12	230	Jake Brook Smith	Ponty Roadents	MU20	16:50	
13	312	Richard Ross	Les Croupiers	M45	16:51	
14	309	Gary Brown	Penarth & Dinas	SM	16:56	
15	321	Mark Morsman	Cardigan RC	M40	16:58	
16	252	James Gold	Cardiff AAC	MU20	17:06	
17	240	Phil Cook	Les Croupiers	M45	17:09	
18	343	Sam Ryall	Ponty Roadents	M40	17:10	
19	246	Alistair Downes	San Domenico	SM	17:11	
20	271	Lucy Marland	Cardiff AAC	SW	17:16	
21	245	Alex Jackson	Cardiff AAC	MU20	17:18	
22	364	Stuart Crees	Les Croupiers	M40	17:22	
23	290	Christopher Millington	N/A	SM	17:40	
24	227	Rhys Yppard	Les Croupiers	SM	17:41	
25	293	Donovan Williams Hale	Bridgend	MU20	17:45	
26	333	Rhys Hardman	Cardiff Archers	MU20	17:49	
27	287	Andrew Blair	Les Croupiers	M50	17:50	
28	330	James Manson	Cardiff Triathletes	M40	17:52	
29	311	Laurent Bono	Les Croupiers	SM	18:00	
30	269	Nathan Christoforato	Penarth & Dinas	SM	18:04	
31	229	Neil Brook Smith	Ponty Roadents	M45	18:05	
32	350	Jamie Vanstone	Ogmore Phoenix	SM	18:08	
33	366	Phil Williams	Ponty Roadents	M40	18:09	
34	234	Louis Camileri	Cardiff Archers	MU20	18:10	
35	335	Laurence Pole	Ponty Roadents	M40	18:13	
36	300	Ben Rayment	Cardiff Archers	MU20	18:14	
37	336	John Morris	Les Croupiers	SM	18:24	
38	232	Matthew Verran	Cardiff AAC	MU20	18:28	
39	354	Jeffrey Cox	Les Croupiers	M55	18:36	
40	231	Paul Joshua	San Domenico	SM	18:41	
41	377	Ben Farrell	Cardiff AAC	MU20	18:53	
42	378	Darragh Hanley Crofts	Pegasus	SM	18:57	
43	315	Sam Jones	Ponty Roadents	SM	19:04	
44	379	Nick Stocker	Bridgend	M45	19:06	
45	308	Daniel Luffman	Les Croupiers	M45	19:10	
46	285	Harry Vowles	Cardiff AAC	MU20	19:16	
47	380	Georgina Dando	Bridgend	W40	19:18	
48	316	Jamie Bishop	Ponty Roadents	SM	19:20	
49	342	Kevin Plank	San Domenico	M45	19:21	
50	304	Ian Bell	San Domenico	M55	19:22	
51	237	Nathaniel Palmer	Les Croupiers	M45	19:23	
52	340	Stephen Noyvirt	Cardiff AAC	MU20	19:28	

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POS.	BIB	Name	Club	Category	Time
53	295	Paul Morton	Penarth & Dinas	SM	19:31
54	281	Richard Edge	Pegasus	M40	19:43
55	273	Mia Goddard	Cardiff AAC	WU20	19:46
56	328	Owen Davies	Llyswern	SM	19:48
57	339	Matthew Hooper	Les Croupiers	SM	19:49
58	289	Darren Stevens	Merthyr Run Club	M45	19:51
59	363	Gareth Lynch	Les Croupiers	M40	19:53
60	256	Bethany Gold	Cardiff AAC	WU20	19:53
61	299	James Bruce	Les Croupiers	M40	19:59
62	324	Tim Fry	Cardiff AAC	M40	20:00
63	341	David Walker	Les Croupiers	M60+	20:01
64	331	Erin Andrews	Cardiff Archers	WU20	20:10
65	298	Timothy West	N/A	SM	20:12
66	325	Catherine Barker	Penarth & Dinas	M40	20:13
67	338	John Light	San Domenico	SM	20:15
68	291	Allen Bunney	Aberdare Valley	M50	20:22
69	362	Robert King	Parc Bryn Bach	M40	20:23
70	276	Colin Caesar	Penarth & Dinas	M45	20:25
71	348	Nick Denny	Ponty Roadents	M40	20:26
72	327	Lloyd Mack	Merthyr Run Club	SM	20:29
73	320	Nick Hayward	San Domenico	M40	20:30
74	266	Diane Brownhill	N/A	M45	20:37
75	233	Huw Griffiths	Bridgend	SM	20:38
76	274	Claire Jacobs	Les Croupiers	W40	20:48
77	243	Megan Friedl	Cardiff AAC	WU20	20:50
78	292	James Sibley	San Domenico	SM	20:51
79	258	Dominic Shields	San Domenico	M50	20:54
80	346	Liam Wharmby	Pegasus	SM	21:06
81	250	Christopher Nellins	Penarth & Dinas	M60+	21:10
82	359	Andrew Murphy	Merthyr Run Club	SM	21:13
83	319	Ben Gooding	Pegasus	SM	21:14
84	326	Graham Mack	Merthyr Run Club	M60+	21:15
85	270	Liz Davies	Cardiff AAC	W35	21:16
86	353	Ruth Cann	Penarth & Dinas	W35	21:19
87	282	Rhys Walker	Aberdare Valley	SM	21:23
88	251	Mick McGeogh	Les Croupiers	M60+	21:25
89	323	Steven Barker	Penarth & Dinas	M45	21:26
90	253	Carol Rees	Les Croupiers	W45	21:27
91	310	Huw Roberts	Bridgend	M60+	21:28
92	373	Carys Durie	San Domenico	SW	21:28
93	365	Libby Crees	Les Croupiers	W45	21:36
94	332	Bethan Hardman	Cardiff Archers	WU20	21:37
95	226	Angela Champion	Les Croupiers	W40	21:43
96	224	Bethan Meyrick	Cardiff AAC	WU20	21:44
97	223	Marcus Meyrick	Les Croupiers	W45	21:44
98	265	Nina Brocklebank	Swansea Harriers	W45	21:48
99	296	Aine Kenny	Les Croupiers	W35	21:51
100	351	Susan Bowes	Les Croupiers	W40	21:52
101	301	Tim Davies	Ponty Roadents	SM	21:53
102	254	Huw James	Cardiff AAC	M45	21:59
103	334	Delyth Williams	San Domenico	SW	22:01
104	344	Elaine Wharmby	Pegasus	W50	22:03

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POS.	BIB	Name	Club	Category	Time	
105	306	Steven Bedford	Les Croupiers	M45	22:06	
106	369	Dave Matthew	N/A	M45	22:15	
107	314	Jennifer Martin	Les Croupiers	W35	22:16	
108	259	Marcia Gouveia	San Domenico	W35	22:31	
109	375	Jack Farrell	Cardiff AAC	MU20	22:34	
110	286	Graham Carrick	Pegasus	M50	22:36	
111	278	Louise Hunt	Penarth & Dinas	W35	22:38	
112	352	Andrew Cooper	Merthyr Run Club	SM	22:45	
113	367	James Delaney	San Domenico	M60+	22:46	
114	337	Ray Davies	Aberdare Valley	M55	22:46	
115	361	Adrian Taylor	Merthyr Run Club	M55	22:49	
116	376	Mike Farrell	Cardiff AAC	M45	22:50	
117	257	Stephen Wood	Pegasus	M50	22:51	
118	307	Julie Scholey	Les Croupiers	W55	22:54	
119	302	Caitlin Chapman	Cardiff AAC	WU20	22:55	
120	371	Richard Sewell	Les Croupiers	W60	23:00	
121	279	Lisa Cleary	Penarth & Dinas	W50	23:22	
122	248	Rachel Walters	Ponty Roadents	W45	23:33	
123	249	Carl Walsh	Rhondda Valley	M45	23:34	
124	260	Jon Morgan	Les Croupiers	M55	23:38	
125	356	Ian Thorne	Pegasus	M50	23:49	
126	261	Gabriella Green	Les Croupiers	W45	23:55	
127	228	Luke Heslop	Pegasus	M40	23:59	
128	329	Claire Mason	Cardiff AAC	W35	24:02	
129	358	Molly Grimley	Cardiff AAC	WU20	24:05	
130	272	Sarah Burdett	Les Croupiers	SW	24:18	
131	283	Molly Reardon	Aberdare Valley	WU20	24:53	
132	235	Graeme Donnan	Les Croupiers	M60+	24:55	
133	263	Beverley Warburton	Penarth & Dinas	W55	25:05	
134	239	Daniel Groves	Pegasus	M45	25:14	
135	303	Kay Chapman	Cardiff AAC	W50	25:24	
136	268	Karl Johnson	Ogmore Phoenix	SM	25:43	
137	322	Hannah Miles	Les Croupiers	SW	26:06	
138	305	Claire Bell	Les Croupiers	W50	26:17	
139	242	Joanna Friedl	Les Croupiers	W45	26:24	
140	368	Jaya Jones	Cardiff AAC	WU20	26:30	
141	355	Julie Smith	Merthyr Run Club	W45	26:54	
142	349	Finn Johnson Denny	N/A	MU20	27:18	
143	360	Tricia Cottnam	Penarth & Dinas	W55	27:29	
144	317	Sally Bissex	Pegasus	W35	27:31	
145	318	Emma Bissex	Pegasus	W40	27:31	
146	288	Catherine Llewellyn	Merthyr Run Club	W50	27:53	
147	381	Ms Helsing	Penarth & Dinas	W55	27:58	
148	345	Garry Wharmby	Pegasus	M55	28:07	
149	347	Kathryn Cook	N/A	SW	28:08	
150	275	Carole Goddard	N/A	W40	28:49	
151	277	Sandra Stevens	Merthyr Run Club	W60	28:51	
152	313	Jon Martin	Les Croupiers	M40	29:01	
153	294	Stephen Blake	Pegasus	M50	30:40	
154	370	Clare Johnson	Les Croupiers	W60	33:49	
155	372	Colin Crooks	Pegasus	M60+	34:19	