



 Lifelong support for our Forces and their families		SSAFA Cardiff 5K Race Series 2018			Race 3 RESULTS
POS.	BIB	Name	Club	Category	Time
1	479	Sam Blake	Cardiff AAC	SM	15:38
2	436	Joseph Reardon	Aberdare Valley	MU20	15:53
3	416	Daniel Bodman	Aberdare Valley	SM	15:54
4	503	Mark Rushbrook	N/A	SM	16:07
5	432	Paul Graham	Ponty Roadents	SM	16:11
6	421	Darren Bishop	Ponty Roadents	SM	16:13
7	540	Richard Baker	Les Croupiers	M45	16:14
8	546	Glyn Fletcher	Les Croupiers	SM	16:17
9	446	Dylan Nazareth	Cardiff Archers	MU20	16:17
10	528	Jack Blackburn	Ponty Roadents	SM	16:19
11	433	Simon Lewis	Ponty Roadents	M40	16:20
12	424	Matthew Jacklin	Aberdare Valley	M40	16:21
13	511	Alex Price	Swansea Harriers	SM	16:26
14	401	Lee Aherne	Parc Bryn Bach	M50	16:27
15	440	Billy Hayton	Ponty Roadents	SM	16:29
16	391	Vaughan Edwards	Cardiff Harlequins RC	M40	16:36
17	409	Jake Brook Smith	Ponty Roadents	MU20	16:44
18	494	Gary Brown	Penarth & Dinas	SM	16:45
19	396	David Lawson	MDC	SM	16:47
20	461	Sam Lewis Jones	Parc Bryn Bach	SM	16:56
21	417	Joel Price	Blaenau Gwent AC	MU20	16:56
22	414	Ben Butler-Madden	Penarth & Dinas	SM	16:59
23	509	Alistair Downes	San Domenico	SM	17:17
24	450	Daniel Austin	Cardiff Archers	MU20	17:20
25	453	Alex Jackson	Cardiff AAC	MU20	17:21
26	425	Chris Oxley	San Domenico	SM	17:22
27	422	James Gold	Cardiff AAC	MU20	17:25
28	393	Phil Cook	Les Croupiers	M45	17:27
29	484	Mark Horsman	Cardigan RC	M40	17:29
30	512	Tom James	N/A	SM	17:37
31	480	Andrew Blair	Les Croupiers	M50	17:57
32	444	Lucy Marland	Cardiff AAC	SW	18:00
33	473	Billy Graham	Cardiff Archers	MU20	18:01
34	410	Neil Brook-Smith	Ponty Roadents	M45	18:01
35	513	James Manson	Cardiff Triathletes	M40	18:02
36	447	Laurent Bono	Les Croupiers	SM	18:08
37	530	Tamara Beach	Les Croupiers	SW	18:12
38	488	Michael Morgan	Penarth & Dinas	SM	18:15
39	463	Laurence Pole	Ponty Roadents	M40	18:17
40	487	Nathan Christoforato	Penarth & Dinas	SM	18:18
41	411	Geraint Williams	Run4All Neath	SM	18:31

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POS.	BIB	Name	Club	Category	Time
42	485	Jeffrey Cox	Les Croupiers	M55	18:31
43	439	Josh Dixon	Les Croupiers	SM	18:36
44	404	Loui Camilleri	Cardiff Archers	MU20	18:40
45	469	Ben Ray	Cardiff Archers	MU20	18:43
46	535	Cian Ralphs	Cardiff AAC	MU20	18:44
47	418	Oliver Price	Blaenau Gwent AC	MU20	18:45
48	541	Mark Evans	Les Croupiers	SM	18:45
49	532	Johnny Lam	San Domenico	M45	18:48
50	402	Harry Vowles	Cardiff AAC	MU20	18:58
51	420	Jamie Bishop	Ponty Roadents	SM	18:59
52	518	Jon Ely	Penarth & Dinas	M40	18:59
53	504	Michael Riley	Les Croupiers	M40	19:00
54	456	Paul Morton	Penarth & Dinas	SM	19:02
55	419	Sam Jones	Ponty Roadents	SM	19:07
56	490	Ben Farrell	Cardiff AAC	MU20	19:08
57	507	Daniel Luffman	Les Croupiers	M45	19:09
58	537	Daryl Beggs	Les Croupiers	SM	19:10
59	445	Vincent Nazareth	Les Croupiers	M55	19:18
60	454	J Lepore	Les Croupiers	M60+	19:22
61	407	Kevin Chalke	Penarth & Dinas	M55	19:27
62	531	Gareth Lynch	Les Croupiers	M40	19:46
63	408	Lee Pollard	Tamar Trotters	SM	19:47
64	486	Tim Fry	Cardiff AAC	M40	19:50
65	472	David Walker	Les Croupiers	M60+	19:50
66	457	Mia Goddard	Cardiff AAC	WU20	19:51
67	413	Bethany Gold	Cardiff AAC	WU20	20:04
68	534	Timothy West	N/A	SM	20:10
69	428	Michael Murphy	Les Croupiers	M60+	20:16
70	519	Colin Caesar	Penarth & Dinas	M45	20:21
71	468	Darren Stevens	Merthyr Run Club	M45	20:28
72	492	Claire Jacobs	Les Croupiers	W40	20:29
73	394	Maria Zubizarreta	Les Croupiers	W45	20:31
74	389	Steven Preddy	Les Croupiers	M45	20:34
75	501	Catherine Barker	Penarth & Dinas	W40	20:37
76	465	Robert Evans	Les Croupiers	M60+	20:40
77	476	Gavin Shivers	N/A	M40	20:44
78	497	Huw Roberts	Bridgend	M60+	20:49
79	449	Isaac Jones	Cardiff AAC	MU20	20:50
80	516	Liam Wharmby	Pegasus	SM	20:51
81	398	Megan Friedl	Cardiff AAC	WU20	20:55
82	385	Bethan Meyrick	Cardiff AAC	WU20	20:58

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POS.	BIB	Name	Club	Category	Time
83	431	Dominic Shields	San Domenico	M50	20:60
84	397	Carys Durie	San Domenico	SW	21:01
85	435	Mick McGeogh	Les Croupiers	M60+	21:09
86	462	Sian Jones	Parc Bryn Bach	SW	21:19
87	388	Malcolm Bradley	Penarth & Dinas	M60+	21:30
88	481	Christopher Nellins	Penarth & Dinas	M60+	21:34
89	430	Ronald Morris	San Domenico	M60+	21:37
90	526	Claire Marksimovic	Ponty Roadents	SW	21:44
91	470	Jennifer Martin	Les Croupiers	W35	21:52
92	459	Megan Poulson	San Domenico	SW	21:59
93	523	Ruth Cann	Penarth & Dinas	W35	21:60
94	426	Justin Jowes	N/A	M45	22:02
95	460	Craig Buzzard	N/A	SM	22:03
96	455	David Williams	Les Croupiers	M55	22:06
97	505	Matt Godfrey	Les Croupiers	W40	22:10
98	514	Elaine Wharmby	Pegasus	W50	22:11
99	452	Louise Hunt	Penarth & Dinas	W35	22:18
100	544	Delyth Lewis	Les Croupiers	W35	22:23
101	387	Andrew Wall	Hendre Lake RC	M45	22:25
102	403	David George	Les Croupiers	M45	22:27
103	415	Bethan Apglyn	Penarth & Dinas	SW	22:30
104	498	Steven Barker	Penarth & Dinas	M45	22:35
105	451	Graham Carrick	Pegasus	M50	22:39
106	412	Gold Millie	Cardiff AAC	WU20	22:40
107	464	Carl Miller	Les Croupiers	M55	22:43
108	500	Stephen Wood	Pegasus	M40	22:48
109	542	Gwyn Jones	Les Croupiers	M50	22:56
110	529	Mark Taylor	Penarth & Dinas	M45	22:59
111	533	Richard Sewell	Les Croupiers	M60+	23:03
112	477	Lee Thomas	N/A	M40	23:07
113	491	Mike Farrell	Cardiff AAC	M45	23:08
114	502	Peter Trott	Penarth & Dinas	M50	23:10
115	536	Thomas Sargent	N/A	SM	23:16
116	549	Luke Heslop	Pegasus	M40	23:18
117	489	Jack Farrell	Cardiff AAC	MU20	23:22
118	493	Jon Lewis	Penarth & Dinas	M40	23:23
119	400	Peter Heath	Les Croupiers	SM	23:26
120	437	Molly Reardon	Aberdare Valley	WU20	23:40
121	543	Lisa Griffiths	Les Croupiers	W35	23:42
122	496	Caitlin Chapman	Cardiff AAC	WU20	23:45
123	399	Sarah Burdett	Les Croupiers	SW	23:54

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POS.	BIB	Name	Club	Category	Time
124	474	Gabriella Green	Les Croupiers	W45	23:55
125	475	Jon Morgan	Les Croupiers	M55	23:57
126	405	Rachel Walters	Rhondda Valley	W45	24:01
127	406	Carl Walsh	Rhondda Valley	M45	24:12
128	382	Neil Hendry	N/A	M60+	24:12
129	499	Ellie Powell	Cardiff AAC	WU20	24:16
130	383	Graeme Donnan	Les Croupiers	M60+	24:18
131	442	Paul Edwards	Cardiff AAC	M40	24:25
132	443	Georgina Edwards	Cardiff AAC	WU20	24:27
133	506	Linda Jones	N/A	W55+	24:27
134	521	Ian Thorne	Pegasus	M50	25:07
135	395	Rebecca Wall	N/A	WU20	25:10
136	508	Molly Grimley	Cardiff AAC	WU20	25:21
137	448	Beverley Warburton	Penarth & Dinas	W55	25:22
138	524	Sally Groves	Pegasus	W55+	25:33
139	539	Karl Johnson	Ogmore Phoenix	SM	25:44
140	386	Daniel Groves	Pegasus	M45	25:57
141	429	Gill Murphy	Les Croupiers	W55+	26:11
142	482	Helen Robertson	Les Croupiers	W45	26:14
143	495	Kay Chapman	Cardiff AAC	W50	26:41
144	510	Phil Allen	Pegasus	M55	27:16
145	423	Liz Denton	Les Croupiers	W55	27:46
146	466	Catherine Llewellyn	Merthyr Run Club	W50	27:50
147	517	Gwenno Thomas	Les Croupiers	M40	27:56
148	458	Carole Goddard	N/A	W40	27:57
149	441	Huw Williams	N/A	M50	28:11
150	515	Garry Wharmby	Pegasus	M55	28:17
151	547	Tim Webb	Pegasus	M60+	28:32
152	467	Sandra Stevens	Merthyr Run Club	W60	28:56
153	520	Debbie Rees	Penarth & Dinas	W50	29:05
154	545	Mandy Barrington	Penarth & Dinas	W50	29:19
155	522	Karen Chadwell	Les Croupiers	W45	29:20
156	471	Jon Martin	Les Croupiers	M40	29:25
157	427	Kirsty McGowan	Les Croupiers	SW	29:28
158	483	Karen Jones	Les Croupiers	W40	30:06
159	434	Tracey Newman	Les Croupiers	W45	30:35
160	525	Philip Groves	Pegasus	M55	30:53
161	538	Clare Johnson	Les Croupiers	W55+	30:60
162	527	Colin Crooks	Pegasus	M60+	31:18
163	548	Libby Webb	Pegasus	SW	32:24
164	438	Peter Horman	N/A	SM	33:35

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POS.	BIB	Name	Club	Category	Time	
165	478	Gemma Bennett	N/A	W35	37:36	