

## SSAFA 5K Cardiff Series Winners 1999-2018

<b>Date</b>	<b>Men</b>	<b>Ladies</b>
20 May, 1999	Steve Brace (Bridgend) 15:06	Ceri Grech (Cardiff) 18:22
24 June, 1999	Darren Hiscox (Bridgend) 15:02	Frances Gill (Neath) 17:51
22 July, 1999	Darren Hiscox (Bridgend) 14:43	Frances Gill (Neath) 17:25
25 May, 2000	Marc Jenkins (Bridgend) 15:23	Jacqueline Brace (Bridgend) 19:14
22 June, 2000	Shaun Tobin (Swansea) 15:10	Frances Gill (Neath) 17:30
27 July, 2000	Darren Hiscox (Bridgend) 15:09	Zara Hyde-Peters (Havant) 16:25 (rec)
23 May, 2001	Martin Rees (Swansea) 14:51	Louise Copp (Cardiff) 17:10
20 June, 2001	Andrew Hunt (Cardiff) 14:57	Louise Copp (Cardiff) 17:23
25 July, 2001	Andres Jones (Cardiff) 14:49	Annmarie Hutchinson (Neath) 16:58
22 May, 2002	Christian Stephenson (Cardiff) 14:42	Wendy Edwards (Les Croupiers) 19:20
19 June, 2002	Darren Hiscox (Swansea) 15:12	Annmarie Hutchinson (Neath) 17:02
24 July, 2002	Ben Noad (Bristol) 14:29 (rec)	Rachel Goddard (Swansea) 17:41
21 May, 2003	Mark Jennings (Cardiff) 14:58	Annmarie Hutchinson (Neath) 16:55
18 June, 2003	Mark Jennings (Cardiff) 15:01	Annmarie Hutchinson (Neath) 16:43
23 July, 2003	Alex Hains (Cardiff) 14:50	Annmarie Hutchinson (Neath) 16:34
26 May, 2004	Jonathan Phillips (Cardiff) 14:59	Rachel Goddard (Swansea) 17:41
23 June, 2004	Simon Jones (Cardiff) 15:06	Rachel Goddard (Swansea) 17:51
21 July, 2004	Simon Jones (Cardiff) 14:54	Rachel Goddard (Swansea) 17:51
25 May, 2005	Richard Gardiner (Cardiff) 14:56	Jo Pritchard (Les Croupiers) 19:19
22 June, 2005	Jonathan Phillips (Cardiff) 14:50	Jo Pritchard (Les Croupiers) 19:15
20 July, 2005	Jorge Thomas (Cardiff) 15:24	Jo Pritchard (Les Croupiers) 19:22
24 May, 2006	James Thie (Cardiff) 15:08	Frances Gill (Neath) 18:49
21 June, 2006	Alex Hains (Cardiff) 15:03	Ruth Davies (Les Croupiers) 18:40
26 July, 2006	Richard Gardiner (Cardiff) 14:55	Angela Tyrell (San Domenico) 18:13
23 May, 2007	Mark Jennings (Cardiff) 15:17	Angela Tyrell (San Domenico) 18:14
20 June, 2007	Michael Johnson (Cardiff) 15:14	Leanne Fitzgerald (Cardiff) 18:36
25 July, 2007	Michael Johnson (Cardiff) 14:45	Leanne Fitzgerald (Cardiff) 18:49
21 May, 2008	Carwyn Jones (Cardiff) 14:55	Angela Tyrell (San Domenico) 17:46
25 June, 2008	Daniel Gurmin (Swansea) 15:14	Gwenno Brown (Cardiff) 18:40
23 July, 2008	Daniel Gurmin (Swansea) 15:02	Leah Dixon (Neath) 18:06
20 May, 2009	Chris Moss (Cardiff) 14:53	Angela Heeley (San Domenico) 17:46
24 June, 2009	Chris Moss (Cardiff) 14:52	Angela Heeley (San Domenico) 18:06
22 July, 2009	Michael Johnson (Cardiff) 14:45	Angela Heeley (San Domenico) 18:28
19 May, 2010	Darren Hiscox (Bridgend) 15:36	Nicola Knapp (Swansea) 17:34
23 June, 2010	Carwyn Jones (Cardiff) 14:55	Jacqueline Brace (Bridgend) 20:21
21 July, 2010	Richard Gardiner (Cardiff) 15:10	Katie Beecher (Les Croupiers) 18:43
18 May, 2011	Daniel Gurmin (Swansea) 15:37	Sally Wilder (San Domenico) 18:40
22 June, 2011	Jonathan Peters (Cardiff) 15:51	Sally Wilder (San Domenico) 19:03
27 July, 2011	Michael Kershaw (Cardiff) 15:56	Sally Wilder (San Domenico) 18:53
16 May, 2012	James Thie (Cardiff) 15:25	Debbie Rees (Cardiff) 18:00
20 June, 2012	Elsidig Ibrahim (Cardiff) 16:12	Nicola Knapp (Swansea) 17:40
25 July, 2012	Stephen Davies (Belgrave) 14:47	Maria Zubizarreta (Les Croupiers) 19:53
22 May 2013	Jonathan Peters (Cardiff) 15:03	Alaw Beynon-Thomas (Swansea) 17:46
26 June 2013	Carwyn Jones (Cardiff) 15:04	Susannah Bulpin (San Domenico) 19:10
24 July, 2013	Jerome Edwards (Les Croups) 16:13	Susannah Bulpin (San Domenico) 19:17
21 May 2014	Adam Davies (Newport) 15:43	Clara Evans (Ponty Roadents) 18:50
25 June 2014	Carwyn Jones (Cardiff) 15:33	Clara Evans (Ponty Roadents) 18:23
23 July 2014	Tom Marshall (Cardiff) 15:29	Clara Evans (Ponty Roadents) 18:27
20 May 2015	Carwyn Jones (Cardiff) 15:17	Alaw Beynon-Thomas (Swansea) 17:04
24 June 2015	Peter Avent (Bridgend) 15:51	Lucy Marland (Cardiff) 18:08
22 July 2015	Tes Goitem (Les Croups) 15:50	Lucy Marland (Cardiff) 17:53

<b>Date</b>	<b>Men</b>	<b>Ladies</b>
18 May 2016	Carwyn Jones (Cardiff) 15:12	Megan McBrien (Sutton Coldfield) 17:57
22 June 2016	Carwyn Jones (Cardiff) 15:02	Abigail Howarth (Leigh) 17:02
20 July 2016	Abed Teweldebrhan (Newport) 15:02	Clara Evans (Ponty Roadents) 17:23
24 May 2017	James Hunt (Cardiff) 15:20	Caryl Jones (Swansea) 17:03
21 June 2017	Abed Teweldebrhan (Newport) 15:39	Clara Evans (Cardiff) 17:27
26 July 2017	Carwyn Jones (Cardiff) 15:15	Clara Evans (Cardiff) 17:15
23 May 2018	Dan Bodman (Aberdare V) 15:47	Lucy Marland (Cardiff) 17:47
20 June 2018	Paul Graham (Pontypridd R) 15:55	Lucy Marland (Cardiff) 17:17
25 July 2018	Sam Blake (Cardiff) 15:38	Lucy Marland (Cardiff) 18:00

**A few stats:**

Most individual wins (Men): 8 (eight) Carwyn Jones

Most individual wins (Ladies): 6 (six) Angela Heeley (nee Tyrell) and Clara Evans

**Course records:** Ben Noad 14:29 (2002) and Zara Hyde-Peters 16:25 (2000)

**And 3 World Bests:**

Martin Rees: 15:00 (M50 – July 2003); 15:38 (M55 – May 2008); 16:17 (M60 – May 2013)