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R1 bib & series runner no.	Name	Club	CAT	R1 series points	R2 series points	R3 series points	Series total
144	Matthew Verran	Swansea Harriers	SM	297	290		587
37	Ross Jones	Aberdare Valley AAC	SM	276	270		546
34	Jai Tsim	Pontypridd Roadents AC	SM	261	244		505
127	Joseph Turner	Penarth & Dinas Runners	SM	233	176		409
150	Tom Slater	MOD St Athan	SM	188	201		389
149	Ryan Grimes	MOD St Athan	SM	187	167		354
3	Arren Roach	CDF Runners	SM	167	141		308

R1 bib & series runner no.	Name	Club	CAT	R1 series points	R2 series points	R3 series points	Series total
169	Olivia Tsim	Pontypridd Roadents	SW	282	283		565
152	Kate Roberts	Swansea Harriers	SW	277	268		545
135	Amy Griffiths	Les Croupiers	SW	254	241		495
62	Laura Worrall	Ogmore Phoenix Runners	SW	154	125		279

R1 bib & series runner no.	Name	Club	CAT	R1 series points	R2 series points	R3 series points	Series total
107	Ben Butler-Madden	Pontypridd Roadents AC	M35	290	289		579
31	Chris Oxley	San domenico	M35	285	282		567
95	Steven Taylor	Swansea Harriers	M35	280	276		556
79	Edward Donovan	Les Croupiers	M35	275	274		549

35	Julie Chamberlain	Cardiff Athletics	W35	243	214	457
30	Leigh James	Bridgend AC	W35	238	219	457
73	Lauren Old	UA	W35	182	148	330
84	Dawn Hopkins	Ogmore Phoenix Runners	W35	160	135	295
71	Carolyn Lewis	Pegasus RC	W35	155	134	289

24	David Craig	Les Croupiers	M45	281	275	556
112	Richard Wilder	San Domenico	M45	268	254	522
50	Gareth Richards	Ogmore Phoenix runners	M45	263	243	506
28	Aled Hughes	Ogmore Phoenix	M45	251	247	498
56	Brian Lovett	San Domenico RC	M45	237	200	437
133	Steven Barker	Penarth and Dinas Runners	M45	226	191	417

155	Nicola Jukes	Parc Bryn Bach RC	W45	241	217	458
116	Catherine Barker	Penarth and Dinas Runners	W45	235	199	434
164	Carole Goddard	Les Croupiers	W45	212	194	406
105	Ruth Sutton	Pontypridd Roadents AC	W45	213	185	398
136	Sarah Davies	Ogmore Phoenix Runners	W45	195	158	353
64	Sarah Lyle	Pegasus Running Club	W45	186	162	348



SSAFA Cardiff 5K Series 2022

SERIES STANDINGS

131	Andrew Blair	Les Croupiers	M55	270	257	527
94	Philip Hodge	Les Croupiers RC	M55	250	238	488
55	Jeffrey Cox	Les Croupiers Running Club	M55	242	231	473
74	David.E Williams	Les Croupiers Running Club	M55	209	186	395
168	Frank Atherton	Penarth & Dinas RC	M55	221	159	380
96	Jonathan Churchill	Pegasus RC	M55	185	164	349



**SSAFA Cardiff 5K Series
2022**

**SERIES
STANDINGS**

77	Kay Chapman	Les Croupiers	W55	228	190	418
121	Debbie Rees	Penarth & Dinas Runners	W55	175	140	315



SSAFA Cardiff 5K Series 2022

SERIES STANDINGS

123	Lucas Salvage	Lliswerry Runners	MU20	260	249	509
87	Vaughn Hughes	Newport Harriers AC	MU20	257	250	507
27	Alfie Osborne	Cardiff Athletics	MU20	259	245	504
49	Rhydian Lloyd-Francis	Bridgend AC	MU20	249	236	485



**SSAFA Cardiff 5K Series
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**SERIES
STANDINGS**

46	Katy Griffiths	Bridgend AC	WU20	203	195	398
42	Allie Adams	Rhondda Athletics Club	WU20	200	172	372