



**SAFESTYLE**  
SECURITY SERVICES



**SSAFA 5K SERIES 2023  
WINNER**

*Thank you all for your support!*

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**Male**

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1<sup>ST</sup> Danial Hamilton - Pontypridd Roadents (1196)

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2<sup>nd</sup> Jacob Tasker – Ogmere Phoenix Runners (1186)

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3<sup>rd</sup> Ben Hughes U20 – Cardiff AC (1184)

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1<sup>st</sup> U20 Daniel May – Cardiff AC (985)

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1<sup>st</sup> Master M35 to 44 – Justin Crocker Parc Bryn Bach RC (1160)

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1<sup>st</sup> Master M45 to 54 – Matthew Jackins Aberdare Valley AAC (1095)

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1<sup>st</sup> Master M55+David James Les Croupiers RC (948)

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**Female**

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1<sup>st</sup> Ewelina Eieselska - Parc Bryn Bach (588)

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2<sup>nd</sup> Nicola Jukes - Parc Bryn Bach (567)

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3<sup>rd</sup> Delyth Williams – Sam Domenico (550)

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1<sup>st</sup> U20 Katy Griffiths – Bridgend AC (368)

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1<sup>st</sup> Master F35 to 44 to Leah Stephens – Les Croupiers RC (546)

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1<sup>st</sup> Master F45 to 54 Catherine Barker – Penarth & Dinas RC (548)

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1<sup>st</sup> Master M55+ Kay Chapman – Les Croupiers RC (506)

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