

Ssafa 5k Road Race Series

Cardiff

June 20th 2012

Race 2

Position	Race Number	Name	Club	Time	Category
1	323	Elsidig Ibrahim	Cardiff AAC	16:12	MV40
2	284	Matt Drury	Cardiff AAC	16:12	JM
3	296	Matt Collins	Fairwater Runners	16:22	SM
4	276	Stuart Crees	Les Croupiers	16:41	SM
5	336	Oliver Williams	San Domenico	16:46	SM
6	290	Tom Jeffery	Les Croupiers	17:02	SM
7	286	Stephen Shields	San Domenico	17:08	SM
8	323	Phil Cook	Les Croupiers	17:16	MV40
9	292	Gareth Lynch	Les Croupiers	17:32	SM
10	268	Nicola Knapp	Swansea Harriers	17:40	SW
11	335	Glyn Sansom	San Domenico	18:17	MV50
12	295	Neil Lewis	Unattached	18:18	MV40
13	330	David Headon	Les Croupiers	18:28	MV50
14	259	Mike Murphy	Les Croupiers	18:30	MV50
15	283	Pete Croall	San Domenico	18:48	SM
16	287	Huw Roberts	Bridgend AC	18:50	MV50
17	271	Alaw Beynon-Thomas	Swansea Harriers	18:57	SW
18	298	John O'Shea	Les Croupiers	19:01	MV50
19	288	Gareth Morgan	Unattached	19:04	MV40
20	310	David Proud	Les Croupiers	19:09	MV40
21	279	Brian Dias	Cardiff AAC	19:23	SM
22	270	Arwel Evans	Unattached	19:30	SM
23	262	Ian Waters	RAF St Athan	19:31	SM
24	272	Phil Meyler	Pontypridd Roadents	19:39	MV50
25	291	David Williams	Les Croupiers	19:43	MV45
26	289	Phillip Hughes	San Domenico	19:50	SM
27	258	Simon Partridge	Neath	19:53	MV50
28	312	Gafin Griffiths	Les Croupiers	19:58	SM
29	266	Ian Phillips	RAF St Athan	20:00	SM
30	293	Evatt Cummings	Les Croupiers	20:08	MV40
31	321	Mat Nightingale	Unattached	20:22	MV40
32	324	Maria Zubizaretta	Les Croupiers	20:24	FV40
33	277	Libby O'Duffy	Les Croupiers	20:25	FV40
34		TBC		20:25	
35	265	Dominic Shields	San Domenico	20:39	MV45
36	327	Nicky McWilliams	Les Croupiers	20:43	FV35
37	304	Jacqueline Brace	Bridgend AC	20:48	FV50
38	269	Gary John	Les Croupiers	20:50	MV50
39	306	Wendy Owen	San Domenico	20:50	FV40
40	326	Angharad Rhys	Les Croupiers	20:52	SW
41		TBC		20:52	
42	338	Anthony Pickles	Unattached	20:57	SM
43	297	Nick Scott	Unattached	20:59	SM
44	267	Rhodri Evans	Penarth & Dinas	21:01	SM
45	311	Malcolm Bradley	Penarth & Dinas	21:02	MV60

46	TBC		21:05
47	TBC		21:06
48	313 Peter Turnbull	Les Croupiers	21:17 MV45
49	317 Lisa Cleary	Penarth & Dinas	21:36 FV45
50	331 Tim O'Sullivan	Les Croupiers	21:43 MV50
51	261 Gareth Rees	Les Croupiers	21:46 MV45
52	307 Caitlin Pearson	Les Croupiers	21:46 SW
53	316 Andrea Hurman	Penarth & Dinas	21:53 FV45
54	328 Stephen Wood	Pegasus	22:18 SM
55	302 Emily Luke	Penarth & Dinas	22:21 SW
56	273 Andrew Sedgmond	Les Croupiers	22:29 MV50
57	301 Joshua Davies	Penarth & Dinas	23:04 SM
58	278 Rowena White	San Domenico	23:10 FV35
59	263 Joe Johnson	RAF St Athan	23:35 SM
60	294 Jeff Aston	Les Croupiers	23:57 MV60
61	322 Caz Nightingale	Les Croupiers	24:20 FV45
62	314 Colin Crooks	Pegasus	24:54 MV50
63	315 Yvonne Williams	Penarth & Dinas	25:00 FV50
64	325 Bernadette Wilkinson	San Domenico	25:06 FV45
65	300 Danielle Rayner	Penarth & Dinas	25:39 SW
66	285 Ian Warner	Unattached	25:53 MV50
67	303 Alison Cook	Penarth & Dinas	25:55 FV35
68	275 Malcolm Bullough	Unattached	26:14 MV50
69	257 Amanda Thompson	Les Croupiers	26:17 FV45
70	260 Gill Murphy	Les Croupiers	26:18 FV50
71	332 Kim Williams	San Domenico	26:21 FV50
72	299 Deiniol Williams	Pegasus	26:23 MV60
73	334 Janice Clement	Penarth & Dinas	26:34 FV50
74	318 Georgina Townsend	Unattached	27:06 SW
75	308 Claire Johnson	Les Croupiers	27:08 FV60
76	305 Tony Carzana	Pegasus	27:34 MV60
77	329 Sarah Stevens	Penarth & Dinas	27:42 SW
78	337 Libby Webb	Unattached	29:02 SW
79	340 Sophie Traherne	Unattached	29:06 SW
80	339 Hannah Murphy	Unattached	29:15 SW
81	281 Caroline Benett	Unattached	30:57 FV50
82	280 Bethan Benett	Unattached	31:30 SW