

# Race Results

# Summer Sizzler 2014

Name	Race		Time	Pos	Club
	No	Category			
Carwyn Jones	44	Male Senior	00.15.17	1	Cardiff AAC
Daniel Bodman	894	Male Senior	00.15.57	2	Aberdare VAAC
Ashleigh Harper	76	Male Senior	00.15.59	3	Aberdare VAAC
Joe Beech	886	Male Senior	00.16.03	4	Bridgend AC
Martin Rees	7	Male Vet 60	00.16.06	5	Les Croupiers
Stephen Paterson	85	Male Senior	00.16.30	6	Les Croupiers
Oliver Williams	875	Male Senior	00.16.31	7	Les Croupiers
Rob Sage	835	Male Senior	00.16.34	8	Les Croupiers
Stuart Crees	87	Male Senior	00.16.37	9	Les Croupiers
Tom Jeffery	34	Male Senior	00.16.40	10	Les Croupiers
Ben Sears	869	Male Senior	00.16.43	11	Pontypridd Roadents
Andrew Hodgson	865	Male Vet 40	00.16.46	12	Bridgend AC
Craig J Hudson	55	Male Senior	00.16.52	13	Newport Harriers
Jason Bragg	864	Male Senior	00.16.59	14	Aberdare VAAC
Richard Wilder	848	Male Vet 40	00.17.03	15	San Domenico RRC
Matt Hurford	802	Male Vet 40	00.17.04	16	Les Croupiers
Adam Bull	862	Male Junior	00.17.05	17	Aberdare VAAC
Gavin Gates	870	Male Senior	00.17.05	18	Bridgend AC
Doug Nicholls	63	Male Senior	00.17.12	19	San Domenico RRC
Dan Bradshaw	77	Male Senior	00.17.27	20	Aberdare VAAC
Nick Tulp	51	Male Senior	00.17.30	21	Les Croupiers
Oliver Nokes	823	Male Senior	00.17.34	22	Royal Navy
Pete Croall	895	Male Senior	00.17.39	23	San Domenico RRC
Paul Talbot	16	Male Vet 45	00.17.44	24	Neath Harriers
Anthony Williams	4	Male Vet 50	00.17.47	25	Aberdare VAAC
Peter Osborne	20	Male Vet 50	00.17.50	26	Llanelli AAC
Phil Bristow	876	Male Vet 50	00.17.51	27	San Domenico RRC
Richie Bullen	879	Male Vet 50	00.17.52	28	Les Croupiers
Clara Evans	831	Female Seniors	00.17.53	29	Pontypridd Roadents
Stuart McIlroy	59	Male Vet 40	00.17.54	30	Les Croupiers
Nick Mahoney	62	Male Senior	00.17.58	31	Chichester
Andrew Blair	17	Male Vet 45	00.18.00	32	Les Croupiers
Rowan Hobbs	18	Male Senior	00.18.00	33	Brackla Harriers
Graham Schultz	3	Male Senior	00.18.06	34	Les Croupiers
Richard Lloyd	9	Male Senior	00.18.10	35	Aberdare VAAC
Alun Danies	45	Male Senior	00.18.12	36	Les Croupiers
Morris Attard	825	Male Senior	00.18.16	37	Outdoor Fitness Running Club
Steve Rhind	821	Male Vet 50	00.18.17	38	Hendre Lake RC
Matt Hopkins	54	Male Senior	00.18.19	39	Les Croupiers
David Moore	846	Male Senior	00.18.20	40	Brackla Harriers
Nicky Burgess	830	Male Senior	00.18.22	41	RAF St Athan
David Coles	21	Male Vet 50	00.18.24	42	Les Croupiers
Elio Lepore	96	Male Vet 60	00.18.25	43	Les Croupiers
Stephen Jenkins	816	Male Senior	00.18.26	44	Bridgend AC
Matthew Evans	49	Male Senior	00.18.27	45	Aberdare VAAC
Adrian Lewis	822	Male Vet 40	00.18.29	46	Aberdare VAAC
Richard Self	854	Male Vet 45	00.18.31	47	Les Croupiers
Kris Button	10	Male Senior	00.18.35	48	Merthyr
Neema Mal	5	Male Senior	00.18.38	49	Les Croupiers
Geriant Williams	6	Male Vet 40	00.18.48	50	Aberdare VAAC
Colin McQueen	50	Male Vet 50	00.18.51	51	Brackla Harriers
Johnny Lam	82	Male Vet 40	00.18.53	52	San Domenico RRC
Sally Wilder	847	Female Seniors	00.18.54	53	San Domenico RRC
Darren Hutchings	23	Male Senior	00.18.55	54	Merthyr
Paul Graham	832	Male Senior	00.18.57	55	Pontypridd Roadents
Daniel Glen	872	Male Junior	00.18.59	56	Bridgend AC
Tim Owen	850	Male Vet 50	00.19.05	57	Bridgend AC
Andy Wilton	19	Male Senior	00.19.08	58	San Domenico RRC
Mark Dunscombe	849	Male Senior	00.19.11	59	Aberdare VAAC
David Richardson	75	Male Senior	00.19.16	60	u/a
Jon Crabtree	827	Male Senior	00.19.19	61	RAF St Athan
Clem Clement	73	Male Vet 50	00.19.38	62	Penarth & Dinas Runners

Robert Evans	818	Male Vet 50	00.19.42	63	Ebbw Vale RC
Andrew Palmer	884	Male Vet 45	00.19.43	64	Penarth & Dinas Runners
Kelly Morgan	897	Female Vet 35	00.19.49	65	Aberdare VAAC
Rhys Lee	14	Male Junior	00.19.50	66	Merthyr
Paul Davies	868	Male Senior	00.19.55	67	Merthyr
Ffion Davies	855	Female Seniors	00.19.59	68	Pontypridd Roadents
Jamie Clode	817	Male Senior	00.20.07	69	Bridgend AC
Ian Water	826	Male Senior	00.20.09	70	RAF St Athan
Dominic Shields	842	Male Vet 45	00.20.14	71	San Domenico RRC
Christopher Nellins	813	Male Vet 60	00.20.16	72	Penarth & Dinas Runners
Malcolm Bradbury	853	Male Vet 60	00.20.25	73	Penarth & Dinas Runners
Howard Kent	15	Male Vet 60	00.20.25	74	Les Croupiers
Caitlin Pearson	97	Female Seniors	00.20.26	75	Les Croupiers
Ceri anne Davies	893	Female Vet 45	00.20.27	76	Pontypridd Roadents
Charlotte Johns	32	Female Vet 45	00.20.32	77	Brackla Harriers
Tim West	61	Male Senior	00.20.34	78	u/a
Nina Brocklebank	852	Female Vet 40	00.20.35	79	3M Gorseinon
Emma Challenge	46	Female Seniors	00.20.36	80	Merthyr
Roland Matthews	52	Male Vet 45	00.20.36	81	Brackla Harriers
Janet Holmes	72	Female Seniors	00.20.40	82	Les Croupiers
Darren Rees-Morgan	48	Male Vet 40	00.20.41	83	Brackla Harriers
Rich Holmes	71	Male Senior	00.20.41	84	u/a
Howard Carpenter	37	Male Vet 60	00.20.45	85	Neath Harriers
Jacob Hartwell	828	Male Junior	00.20.47	86	RAF St Athan
Hazel Craven	69	Female Vet 35	00.20.48	87	Les Croupiers
Clare Hughes	38	Female Vet 35	00.20.49	88	Bridgend AC
Clive Osmond	896	Male Vet 50	00.20.49	89	Les Croupiers
Andrew Murphy	13	Male Senior	00.20.50	90	Merthyr
David E Williams	35	Male Vet 50	00.20.53	91	Les Croupiers
Alan Mason	40	Male Vet 50	00.20.55	92	Les Croupiers
Paul Maksimovic	93	Male Senior	00.20.57	93	Pontypridd Roadents
Graham Mack	858	Male Vet 55	00.20.58	94	Merthyr
Richard Beech	887	Male Vet 50	00.20.58	95	Brackla Harriers
James Delaney	95	Male Vet 55	00.21.02	96	San Domenico RRC
Marcia Gouveia	843	Female Seniors	00.21.03	97	San Domenico RRC
A Taylor	8	Male Vet 50	00.21.04	98	Merthyr
Ceri Jones	898	Female Vet 40	00.21.08	99	Aberdare VAAC
Maria Zubizarreta	861	Female Vet 40	00.21.16	100	Les Croupiers
Huw Parry	81	Male Vet 55	00.21.16	101	Les Croupiers
Michael H Davies	88	Male Vet 60	00.21.19	102	Les Croupiers
Angela Champion	803	Female Vet 35	00.21.32	103	Les Croupiers
Stephen Wood	70	Male Senior	00.21.33	104	Pegasus RC
Krisite OConnell	857	Female Seniors	00.21.40	105	Pontypridd Roadents
Stephen Alexander	24	Male Vet 45	00.21.46	106	Les Croupiers
Rachel Sion	65	Female Seniors	00.21.48	107	Hendre Lake RC
Stephen Quinn	67	Male Vet 40	00.21.49	108	Les Croupiers
Julie Scholey	80	Female Vet 55	00.21.51	109	Les Croupiers
Lucy Heather	838	Male Senior	00.21.53	110	Kenilworth Runners
Andrea Starritt	31	Female Vet 45	00.21.54	111	Brackla Harriers
Beth Lewis	867	Female Vet 35	00.21.55	112	Les Croupiers
Veronica Singleton-Lawley	878	Female Vet 50	00.21.57	113	Les Croupiers
Cheryl Evans	877	Female Seniors	00.21.59	114	Les Croupiers
Richard McLeccan	829	Male Senior	00.22.12	115	RAF St Athan
Ceri Davies	84	Male Senior	00.22.15	116	San Domenico RRC
Loretta Daley	57	Female Vet 45	00.22.19	117	Les Croupiers
Abby Forster	824	Female Seniors	00.22.21	118	u/a
Paul Chapman	78	Male Vet 45	00.22.25	119	Les Croupiers
Roy Silver	836	Male Vet 55	00.22.27	120	Les Croupiers
Dafydd Sion	64	Male Senior	00.22.31	121	u/a
Glenn Powell	79	Male Senior	00.22.32	122	Penarth & Dinas Runners
Lee Hopkins	863	Male Senior	00.22.34	123	Aberdare VAAC
Catrin Davies	856	Female Seniors	00.22.34	124	Pontypridd Roadents
Carol Rees	30	Female Vet 40	00.22.37	125	Les Croupiers
Claire Walters	22	Female Seniors	00.22.38	126	Merthyr
Sai Gopal	83	Male Vet 45	00.22.40	127	Les Croupiers
Hannah Withers	888	Female Seniors	00.22.40	128	San Domenico RRC
Jenny Martin	68	Female Vet 35	00.22.43	129	Les Croupiers

Mel Mickleburgh	25	Female Vet 35	00.22.48	130	Merthyr
Louise Evans	844	Female Vet 45	00.22.50	131	Ebbw Vale
Donna Thomas	29	Female Vet 40	00.22.59	132	Les Croupiers
Fiona Davies	43	Female Vet 55	00.22.59	133	Pontypridd Roadents
Claire Jones	42	Female Seniors	00.23.00	134	Les Croupiers
Martin Smith	86	Male Vet 60	00.23.02	135	Massey Furguson RC
Libby Lavis	36	Female Vet 55	00.23.04	136	Brackla Harriers
Liz Beech	885	Female Vet 50	00.23.05	137	Brackla Harriers
Ceri Morris	11	Male Senior	00.23.14	138	Aberdare VAAC
Jo Haddon	60	Female Seniors	00.23.16	139	Outdoor Fitness Running Club
Robert Wilson	883	Male Vet 55	00.23.19	140	Pegasus RC
Luke Hislop	889	Male Senior	00.23.36	141	Les Croupiers
Lisa Haf Davies	890	Female Seniors	00.23.37	142	u/a
Rachael Newport	871	Female Seniors	00.23.42	143	Bracknell AC
Aisling Pigott	94	Female Seniors	00.23.44	144	Outdoor Fitness Running Club
Lisa Griffiths	58	Female Seniors	00.23.45	145	Outdoor Fitness Running Club
Lolly Burvill	874	Male Vet 40	00.23.47	146	Les Croupiers
Ian Stratton	74	Male Vet 45	00.23.56	147	Brackla Harriers
Colin Crooks	91	Male Vet 55	00.23.57	148	Pegasus RC
Yvonne Williams	840	Male Vet 60	00.24.09	149	Pegasus RC
Ray James	873	Male Vet 50	00.24.11	150	Port Talbot Harriers
Kate Russell	882	Female Vet 35	00.24.25	151	Les Croupiers
Sally Reid	851	Female Vet 45	00.24.26	152	3M Gorseinon
Graeme Donnan	859	Male Vet 60	00.24.28	153	Les Croupiers
Alan Mann	56	Male Vet 55	00.24.31	154	Les Croupiers
Jeff Aston	833	Male Vet 60	00.24.34	155	Les Croupiers
Christopher Hill	834	Male Vet 45	00.24.41	156	Lliswerry
Julia Evans	66	Female Vet 50	00.24.42	157	Pegasus RC
Philip Thomas	89	Male Vet 45	00.24.57	158	u/a
Deborah Otley	892	Female Vet 50	00.24.58	159	Pontypridd Roadents
Simon Hudd	866	Male Vet 45	00.25.04	160	u/a
Yvonne Bullen	880	Female Vet 50	00.25.17	161	Les Croupiers
Rebecca Thomas	90	Female Youth	00.25.25	162	u/a
Phil Allen	12	Male Vet 50	00.25.37	163	Pegasus RC
Christopher Payne	27	Male Senior	00.25.39	164	u/a
Helen Griffiths	891	Female Seniors	00.25.43	165	Hendre Lake RC
Huw Williams	837	Male Vet 45	00.25.46	166	Bridgend AC
Amanda Thompson	801	Female Vet 50	00.25.57	167	Les Croupiers
Sarah Pope	860	Female Vet 50	00.26.02	168	Women Running Penarth
Claire Maksimovic	92	Female Seniors	00.26.12	169	Pontypridd Roadents
Alice Premier	815	Female Seniors	00.26.31	170	Women Running Penarth
Karen Warlow	2	Female Vet 45	00.26.36	171	Women Running Penarth
Donna Littlechild	53	Female Vet 35	00.26.45	172	Hendre Lake RC
Alex Christen	806	Female Seniors	00.26.47	173	u/a
Sarah Clarke	900	Female Seniors	00.26.51	174	Women Running Penarth
Tim Webb	33	Male Vet 60	00.26.55	175	Pegasus RC
Kay Nellins	812	Female Vet 55	00.27.01	176	Women Running Penarth
Tracey Newman	804	Female Vet 40	00.27.02	177	Les Croupiers
Lynne Evans	41	Female Vet 45	00.27.03	178	Women Running Penarth
Leanne Greenway	26	Female Vet 35	00.27.17	179	Merthyr
Olivia Webb	28	Female Seniors	00.27.22	180	Les Croupiers
Ruth Smith	810	Female Vet 55	00.27.38	181	Women Running Penarth
Samantha Buckley	1	Female Vet 45	00.28.23	182	Women Running Penarth
Bridgette Griffiths	819	Female Vet 45	00.28.30	183	Pontypridd Roadents
Katherine Hart	39	Female Seniors	00.28.58	184	u/a
Simon Davies	47	Male Senior	00.29.04	185	Les Croupiers
Jayne Premier	814	Female Vet 55	00.29.36	186	Women Running Penarth
Sian Tossell	841	Male Vet 45	00.29.47	187	Brackla Harriers
Nicola John	881	Female Vet 45	00.29.48	188	Les Croupiers
Amanda Moore	845	Male Senior	00.31.30	189	Brackla Harriers
Sarah Meah	899	Female Vet 45	00.31.44	190	Les Croupiers
Lisa Jones	811	Female Vet 40	00.31.44	191	u/a
Jo-ann Gwynne	820	Female Vet 40	00.36.00	192	Pontypridd Roadents
Helen Williams	839	Female Vet 40	00.37.27	193	Les Croupiers