

ssafa 5K Series Cardiff (2) 24th June 2015

Lifelong support
for our Forces
and their families

1.	309	Pete Avent	Bridgend	SM	15:51
2.	262	Huw Evans	Les Croupiers	M40	15:57
3.	221	Abed Tewelpebrnan	Newport	SM	16:08
4.	345	Daryl Barnby	MMRT	SM	16:09
5.	207	Daniel Bodman	Aberdare	SM	16:14
6.	301	Lee Aherne	Parc Bryn Bach	M45	16:15
7.	259	Peter Ryder	Cardiff AAC	SM	16:19
8.	255	Rhys Boorman	Aberdare	SM	16:24
9.	335	Jerome Edwards	Les Croupiers	M40	16:26
10.	328	Martin Rees	Les Croupiers	M60	16:28
11.	294	Doug Nicholls	Sam Domenico	SM	16:44
12.	293	Elliott Hardee	Cardiff university	SM	16:51
13.	228	Gary Brown	Penarth	SM	17:04
14.	284	Richard Wilder	Sam Domenico	M40	1706
15.	225	Richard Jackson-Hookins	Penarth	SM	17:08
16.	332	Matt Hurford	Les Croupiers	M40	17:08
17.	347	Ake Fagereng	Les Croupiers	SM	17:12
18.	312	Rhys Annett	San Domenico	SM	17:18
19.	278	Darren Bishop	Pontypridd	SM	17:27
20.	211	Martin Williams	Les Croupiers	M50	17:41
21.	346	Nick Mahoney	Les Croupiers	SM	17:43
22.	333	Stuart Crees	Les Croupiers	SM	17:43
23.	216	Jamie Wardrop	San Domenico	SM	17:44
24.	235	Thomas Henry	Llisbury	SM	17:45
25.	277	James Manson	Cardiff Triathletes	SM	17:46
26.	229	Alun Davies	Les Croupiers	SM	17:55
27.	324	Paul Talbot	Neath	M45	18:03
28.	300	Hugh Saunders	Cardiff University	SM	18:07
29.	308	Lucy Marland	Cardiff AAC	SL	18:08
30.	268	Laurence Pole	Pontypridd	M40	18:09
31.	201	Brian Dias	Les Croupiers	SM	18:10
32.	246	James Richardson	RAF St Athan	SM	18:12
33.	247	James Sutton	RAF St Athan	SM	18:12
34.	266	Katie Beecher	Les Croupiers	W35	18:15
35.	287	Matt Hopkins	Les Croupiers	SM	18:18
36.	319	Alex Care	Sam Domenico	SM	18:20
37.	321	Adrian Lewis	Aberdare	M40	18:21
38.	281	Ceri Davies	Sam Domenico	SM	18:23
39.	226	Clara Evans	Pontypridd	SL	18:26
40.	248	Jack Churchman	RAF St Athan	SM	18:33
41.	329	Elio Lepore	Les Croupiers	M60	18:34
42.	323	Fiona Bussell	San Domenico	W35	18:35
43.	330	Matt Govier	Les Croupiers	M40	18:36
44.	341	Matthew Hooper	Les Croupiers	SM	18:38
45.	244	David Coles	Les Croupiers	M55	18:41
46.	340	Glyn Sansom	San Domenico	M50	18:44
47.	327	Gareth Llorman	UA	SM	18:47

48.	316	Philip Hughes	Sam Domenico	SM	18:48
49.	230	Neema Mal	Les Croupiers	SM	18:49
50.	217	Simon Gill	Lliswerry	SM	18:52
51.	285	Sally Wilder	Sam Domenico	W35	18:53
52.	310	David Cooper	Cardiff University	SM	18:54
53.	260	Ben Farag	Les Croupiers	M50	18:55
54.	241	Gethin Powell	White Rock Runners	SM	18:58
55.	233	Adam Salter	UA	SM	19:00
56.	249	Jon Crabtree	RAF St Athan	SM	19:01
57.	213	Louise Howells	Lliswerry	W35	19:05
58.	206	Steven Hooper	Pontypridd	M45	19:06
59.	296	Rich Holmes	Les Croupiers	SM	19:13
60.	203	Gabriella Maine	Les croupiers	SL	19:15
61.	270	Marcus Meyrick	Les Croupiers	M45	19:19
62.	243	Ian Bell	Sam Domenico	M50	19:20
63.	236	Steve Payne	Caerphilly	SM	19:43
64.	231	Gethin Parker	Les Croupiers	SM	19:46
65.	261	Huw Roberts	Bridgend	M55	19:49
66.	297	Janet Holmes	Les Croupiers	SL	19:52
67.	212	Cassidy Skinner	Newport	SL	19:56
68.	286	David Goodall	White Rock Runners	M60	19:57
69.	227	Paul Graham	Pontypridd	SM	20:00
70.	283	Jamie Clode	Bridgend	SM	20:12
71.	273	Evatt Cummings	Les Croupiers	M45	20:19
72.	288	Emily Lagomarsino	Cardiff University	SL	20:21
73.	325	John O'Shea	Les Croupiers	M60	20:25
74.	289	Greg Newhams	Bridgend	M55	20:27
75.	271	Nick Stocker	Bridgend	M45	20:36
76.	239	Chris Seal	Penarth	SM	20:41
77.	254	Tony Mackay	Pegasus	M50	20:51
78.	202	Dominic Shields	Sam Domenico	M50	20:52
79.	279	Gareth Jenkins	Cwm Ogwr	SM	20:55
80.	314	Aine Kenny	Les Croupiers	SL	20:58
81.	264	Neil Davies	UA	M55	21:08
82.	253	Cath Tailby	Penarth	W45	21:12
83.	291	Christopher Nellins	Penarth	M60	21:13
84.	224	Carol Rees	Les Croupiers	W40	21:13
85.	315	James Delaney	Sam Domenico	M60	21:14
86.	218	Sarah Lauder	Lliswerry	W35	21:15
87.	205	Tim Washbrook	UA	SM	21:20
88.	337	Julie Scholey	Les Croupiers	W55	21:22
89.	298	Danielle Phillips	Parc Bryn Bach	SL	21:27
90.	215	John Ross	Sam Domenico	M45	21:36
91.	267	Dafydd Lewis	?	M40	21:38
92.	311	Rowena White	Sam Domenico	W40	21:41
93.	344	Tim Green	Les Croupiers	M45	21:44
94.	223	Paul Goncalves	Lliswerry	M40	21:45
95.	220	Roy Silver	Les Croupiers	M55	21:48
96.	302	Paul Chapman	Les Croupiers	M45	21:49
97.	336	Tim O'Sullivan	Les Croupiers	M50	21:51
98.	313	Mark Taylor	Penarth	M45	22:07
99.	306	Stephen Quin	Les Croupiers	M40	22:12

100.	263	Mark Evans	Brackla	M50	22:13
101.	237	Nick Pounder	Pontypridd	W40	22:17
102.	272	Chris Pratt	Cwm Ogwr	M40	22:19
103.	326	Andrea Hurman	Penarth	W45	22:23
104.	307	Philip Cowell	?	M50	22:24
105.	234	Raven Timms	Lliwerry	M40	22:27
106.	222	Hannah Withers	San Domenico	W40	22:32
107.	204	Louise Hunt	Penarth	SL	22:35
108.	208	Mick McGeogh	Les Croupiers	M55	22:37
109.	242	John Payne	Les Croupiers	M45	22:43
110.	299	Lee Philips	Bryn Bach Parc	M40	22:52
111.	350	Ruth Owen	Penarth	SL	22:55
112.	303	Lolly Burvill	Les Croupiers	W40	23:00
113.	245	Claire Maksimovic	Pontypridd	SL	23:03
114.	276	Claire Manson	Cardiff Triathletes	SL	23:21
115.	295	Lisa Griffiths	Outdoor Fitness	W35	23:23
116.	339	Elaine Wharmby	Pegasus	W50	23:28
117.	343	Jenny Martin	Les Croupiers	W35	23:36
118.	318	Loretta Daley	Les Croupiers	W45	23:37
119.	251	Simeon Lolin	Lliswerry	M45	23:46
120.	240	Andrew Sedgmond	Les Croupiers	M60	23:58
121.	248	Tim Moncckton	Penarth	SM	24:02
122.	282	Mark Keats	Pegasus	SM	24:17
123.	250	Lindsey Hunt	Penarth	SM	24:24
124.	265	Joanne Davies	UA	SL	24:33
125.	334	Luke Heslop	Les Croupiers	SM	24:39
126.	280	Yvonne Williams	Penarth	W60	24:47
127.	305	Saran Pryor	Pegasus	W40	24:58
128.	304	Karen Chadwell	Les Croupiers	W45	24:59
129.	214	Nadine Ritterskamp	Les Croupiers	SL	24:59
130.	320	Jeff Aston	Les Croupiers	M60	25:18
131.	342	Colin Crooks	Pegasus	M55	25:21
132.	232	Eleanor Preece	UA	SL	25:26
133.	322	Gemma Bebb	Pontypridd	SL	25:40
134.	274	Jama Jones	UA	SL	25:51
135.	275	Dave Martin	UA	M40	25:52
136.	257	Dirk Schmaljohann	Les Croupiers	M45	26:28
137.	290	Ian Warner	UA	M55	26:41
138.	292	Kay Nellins	Women Running Penarth	W60	26:56
139.	238	Tracey Newman	Les Croupiers	W45	26:56
140.	331	Amanda Thompson	Les Croupiers	W55	27:01
141.	256	Claire Lewis	Sam Domenico	W45	27:38
142.	349	Clare O'Reilly	Penarth	SL	28:28
143.	210	Lisa Williams	Pontypridd	W40	29:14
144.	219	Sarah Meah	Les Croupiers	W50	30:07
145.	317	Alan Mann	Les Croupiers	W55	30:08
146.	209	Sara Morgan	Pegasus	W35	30:24
147.	338	Garry Wharmby	Pegasus	M52	31:08
148.	258	Stephen Wood	Pegasus	SM	31:08
149.	252	Malcolm Sullough	UA	M60	35:04
150.					