

Summer Sizzler 5 Km

Wednesday 3rd August 2016

pos	no.	name	club	age group	time
1	952	Carwyn Jones	Cardiff AAC	SM	00:15:11
2	932	Adam Bull	Aberdare VAAC	SM	00:15:37
3	941	Matthew Rees	Swansea Harriers	SM	00:16:00
4	997	Ian Harris	Swansea Harriers	SM	00:16:07
5	850	Jamie Wardrop	San Domenico	SM	00:16:16
6	951	Oliver Williams	Les Croupiers	SM	00:16:30
7	849	Stuart Crees	Les Croupiers	SM	00:16:30
8	975	Doug Nicholls	Les Croupiers	SM	00:16:32
9	919	Joe Beech	Brackla Harriers	SM	0.:16:38
10	961	Tom Jeffrey	Les Croupiers	SM	00:16:40
11	973	Martin Rees	Les Croupiers	MV60	00:16:48
12	953	Jack Eggerton	Cardiff AAC	SM	00:16:56
13	976	Billy Hayton	Pontypridd Roadents	SM	00:16:58
14	968	Joseph Reardon	Neath Harriers	SM	00:17:01
15	990	Shane Simcox	Mallow AC	MV40	00:17:05
16	847	Clara Evans	Pontypridd Roadents	SW	00:17:08
17	989	Paul Graham	Pontypridd Roadents	SM	00:17:08
18	954	Rich Baker	u/a	MV40	00:17:14
19	963	Michael Bryant	Swansea Harriers	SM	00:17:15
20	942	Paul Morgan	Swansea Harriers	SM	00:17:37
21	853	Mike Erskine	Les Croupiers	SM	00:17:40
22	905	Andrew Blair	Les Croupiers	MV50	00:17:41
23	962	Rowan Hobbs	Brackla Harriers	SM	00:17:42
24	927	Thomas Ashford	St Athan	SM	00:17:55
25	965	Matt Hurford	Les Croupiers	MV40	00:17:56
26	948	Adrian Lewis	Aberdare VAAC	MV40	00:17:58
27	851	Johnny Lam	San Domenico	MV40	00:17:58
28	823	Carys Mai Hughes	Cardiff AAC	SW	00:17:59
29	908	Christopher Jeynes	Brackla Harriers	SM	00:18:11
30	988	Michael Riley	Les Croupiers	SM	00:18:12
31	964	Gabrielius Stuokus	Les Croupiers	SM	00:18:15
32	980	John Craven	Les Croupiers	SM	00:18:16
33	955	Gethin Powell	White Rock Runners	SM	00:18:24
34	935	Laurence Pole	Pontypridd Roadents	MV40	00:18:29
35	996	Matthew Davies	Run 4 All	SM	00:18:45
36	974	Paul Talbot	Neath Harriers	MV40	00:18:48
37	940	Richard Self	Les Croupiers	MV50	00:18:51
38	958	Dave James	Les Croupiers	MV50	00:18:54
39	994	Dave Coles	Les Croupiers	MV50	00:19:02
40	977	Jeff Thomas	Bridgend AC	MV50	00:19:04
41	999	Mark Evans	Les Croupiers	SM	00:19:09
42	957	James Bishop	Pontypridd Roadents	SM	00:19:14
43	925	Henry Lavery	St Athan	SM	00:19:17
44	931	Phil Bristow	San Domenico	MV50	00:19:19
45	926	Callum Hardwick	St Athan	SM	00:19:20
46	981	Marcus Meyrick	Les Croupiers	MV40	00:19:27

47	939	Dan Luffman	Les Croupiers	MV40	00:19:32
48	845	Georgina Dando	Bridgend AC	FV35	00:19:37
49	946	Rob Evans	Les Croupiers	MV60	00:19:48
50	901	David Proud	Les Croupiers	MV40	00:19:55
51	827	Carys Bill	Cardiff AAC	U20W	00:19:58
52	982	Nick Stocker	Bridgend AC	MV40	00:20:03
53	972	Jamie Clode	Bridgend AC	SM	00:20:06
54	920	Rhys Francis	Brackla Harriers	SM	00:20:09
55	846	Gemma Roche-Clarke	Bridgend AC	SW	00:20:14
56	928	James Queripel	St Athan	SM	00:20:16
57	936	Evatt Cummings	Bridgend AC	MV40	00:20:33
58	912	Ian Bell	San Domenico	MV50	00:20:42
59	983	Alun Davies	Les Croupiers	SM	00:20:47
60	848	Huw Rowlands	u/a	SM	00:20:53
61	969	Rich Steele	Brackla Harriers	SM	00:20:54
62	913	Nigel Bleach	u/a	MV40	00:21:02
63	918	Ron Morris	San Domenico	MV60	00:21:03
64	801	Maria Zubizarreta	Les Croupiers	FV45	00:21:06
65	838	Catherine Barker	Penarth & Dinas	FV35	00:21:23
66	933	Matt Bourne	Brackla Harriers	MV40	00:21:26
67	921	Mark Francis	Brackla Harriers	MV50	00:21:27
68	959	Andrew Ramsey	Caerphilly Runners	SM	00:21:34
69	914	Dominic Shields	San Domenico	MV50	00:21:38
70	841	Ruth Cann	Penarth & Dinas	FV35	00:21:42
71	929	Ian Cuthbert	Brackla Harriers	MV60	00:21:47
72	943	Matthew Churchill	Brackla Harriers	SM	00:21:50
73	825	Charlotte Johns	Brackla Harriers	FV45	00:21:51
74	945	Matthew Bunce	Brackla Harriers	MV40	00:21:56
75	852	Mark Thomas	Run 4 All	SM	00:22:03
76	903	Allan S Jones	Brackla Harriers	MV60	00:22:05
77	824	Lisa Cleary	Penarth & Dinas	FV45	00:22:06
78	924	Tim Green	Les Croupiers	MV50	00:22:10
79	834	Vanessa Turnbull	Caerphilly Runners	FV45	00:22:22
80	811	Jenny Martin	Les Croupiers	FV35	00:22:22
81	995	Stephen Wood	Pegasus	SM	00:22:25
82	842	Elaine Wharmby	Pegasus	FV45	00:22:28
83	978	Sam Jones	Pontypridd Roadents	SM	00:22:33
84	956	Clive Osmond	Les Croupiers	MV50	00:22:34
85	922	Graham Carrick	Pegasus	MV50	00:22:35
86	802	Zoe McParlin	Cardiff AAC	SW	00:22:35
87	916	Adrian Morgan	Les Croupiers	SM	00:22:37
88	902	Jonathon Lee	Penarth & Dinas	MV50	00:22:41
89	904	Roy Silver	Les Croupiers	MV60	00:22:46
90	934	Barry Morgan	u/a	SM	00:22:48
91	826	Andrea Starritt	Brackla Harriers	FV45	00:22:49
92	984	Stephen Quin	Les Croupiers	MV40	00:22:52
93	833	Sara Williams	Caerphilly Runners	FV35	00:22:57
94	844	Lolly Burvill	Les Croupiers	FV45	00:23:01
95	809	Helen Lane	u/a	FV45	00:23:01
96	814	Georgina Hawkins	u/a	SW	00:23:09
97	917	Richard Beech	Brackla Harriers	MV50	00:23:09

98	821	Michelle Amblin	Les Croupiers	FV35	00:23:23
99	816	Grace Newbould	Women Running Penarth	SW	00:23:24
100	923	Dylan Carrick	u/a	U20M	00:23:27
101	967	Richard Sewell	Les Croupiers	MV50	00:23:28
102	812	Liz Beech	Brackla Harriers	FV55	00:23:30
103	910	John Plain	Les Croupiers	MV60	00:23:35
104	843	Paula Allen	Pegasus	FV35	00:23:37
105	819	Gwen Richards	Pontypridd Roadents	SW	00:23:40
106	930	Graham Foster	Brackla Harriers	MV50	00:23:41
107	907	Michael Hughes	Brackla Harriers	SM	00:23:55
108	817	Eve Gallop Evans	Les Croupiers	FV45	00:23:56
109	822	Sian Khalil	Pontypridd Roadents	FV45	00:23:59
110	960	Ian Strattev	Brackla Harriers	MV40	00:24:11
111	966	Steven Barker	u/a	MV40	00:24:15
112	839	Molly Reardon	Neath Harriers	U20W	00:24:28
113	813	Mary Beech	Brackla Harriers	FV45	00:24:31
114	818	Rosie Bristow	Pegasus	FV35	00:24:45
115	947	Greag Hone	u/a	SM	00:24:54
116	950	Graeme Donnan	Les Croupiers	MV60	00:25:03
117	938	Christie Coleman	Cwm Ogwr	MV40	00:25:10
118	991	Luke Heslop	Les Croupiers	MV40	00:25:12
119	937	Graham Bingham	Pontypridd Roadents	MV50	00:25:23
120	987	Finn Denny	u/a	SM	00:25:36
121	986	Nick Denny	Pontypridd Roadents	SM	00:25:36
122	835	Jessica Boanas	u/a	FV35	00:25:45
123	998	Colin Crooks	Pegasus	MV60	00:25:53
124	971	John Huggins	u/a	MV50	00:26:00
125	831	Sally Groves	Pegasus	FV45	00:26:10
126	906	James Rowland	u/a	SM	00:26:21
127	993	Chris Chadnell	Brackla Harriers	MV40	00:26:22
128	828	Lynne Evans	Women Running Penarth	FV45	00:26:23
129	808	Melanie Hall	Brackla Harriers	SW	00:26:26
130	820	Julia Herbert	Pontypridd Roadents	FV35	00:26:28
131	911	Andrew Wilkins	Brackla Harriers	MV60	00:27:01
132	810	Susan Wilkins	Brackla Harriers	FV55	00:27:10
133	949	Phil Allen	Pegasus	MV50	00:27:30
134	909	Jeff Aston	Les Croupiers	MV60	00:27:40
135	807	Tracey Newman	Les Croupiers	FV45	00:28:11
136	979	Gary Wharmby	Pegasus	MV50	00:28:43
137	837	Amanda Thompson	Les Croupiers	FV55	00:28:49
138	992	Nigel Leighton Jones	Llanelli	MV60	00:28:52
139	829	Clare Johnson	Les Croupiers	FV65	00:29:23
140	970	Ashley Comlui	u/a	SM	00:30:52
141	915	Jon Matyin	u/a	SM	00:31:13
142	815	Janice Francis	Brackla Harriers	FV45	00:31:52
143	836	Lucy Bicker	u/a	FV35	00:32:42
144	832	Sarah James	Pegasus	FV35	00:32:58
145	985	Denn Coombes	Pegasus	SM	00:33:30
146	806	Amy Heard	u/a	SW	00:34:31
147	830	Sarah Boothby	Pontypridd Roadents	SW	00:36:26
148	804	Hannah Barnett	u/a	SW	00:42:05

149	840	Sarah Meah	Les Croupiers	FV45	00:42:07
150	803	Sandra Caveney	Les Croupiers	FV45	00:42:08