

## SSAFA RACE 3

20th July 2016

POS	Race No:	NAME	CLUB	TIME	CATEG
1	433	Abed Tewelderhan	Newport AC	15-02	
2	415	Carwyn Jones	Cardiff AAC	15-05	
3	379	Michael Kallenburg	Cardiff AAC	15-09	
4	368	Ciaran Lewis	Cardiff AAC	15-17	
5	360	Adam Bull	Aberdare VAC	15-33	
6	357	Tez Goitom	Les Croups	15-39	
7	396	James Hunt	Cardiff AAC	15-43	
8	325	Stephen Morris	Cardiff AAC	15-44	
9	331	Adam Davies	U/A	15-48	
10	361	Daniel Bodman	Aberdare VAC	15-52	
11	443	Paul Graham	Ponty Roadts	16-24	
12	399	Jamie Wardrop	San Dom	16-36	
13	458	Martin Rees	Les Croups	16-46	MV60
14	391	Oliver Williams	Les Croups	16-46	
15	332	James Morgan	Cardiff AAC	16-53	
16	323	Matthew Evans	Aberdare VAC	16-54	
17	440	Richard Jackson-Hookin	Pen & Dinas	16-55	
18	374	Joseph Reardon	Neath AC	16-55	
19	356	Jack Eggington	Cardiff AAC	16-56	
20	364	Billy Hayton	Ponty Roadts	16-56	
21	425	Phil Cook	Les Croups	16-58	MV45
22	442	Stuart Crees	Les Croups	16-59	
23	439	Ben Botler-Madden	Pen & Dinas	17-02	
24	380	Kit Edwards	U/A	17-09	
25	437	Darren Bishop	Ponty Roadts	17-17	
26	444	Clara Evans	Ponty Roadts	17-23	1st Wmn
27	450	Ian Owen	San Dom	17-37	
28	340	Richard Wilder	San Dom	17-43	MV40
29	363	Andrew Blair	Les Croups	17-44	MV50
30	375	James Manson	Cardiff Tri	17-48	
31	321	Brian Dias	Cardiff AAC	17-54	
32	347	Ceri Davies	San Dom	18-05	
33	366	Ben Jones	U/A	18-14	
34	406	Adrian Lewis	Aberdare VAC	18-20	MV45
35	438	Johny Lam	San Dom	18-21	MV40
36	449	Michael Riley	Les Croupiers	18-23	
37	336	Gabrielius Stuckus	Les Croupiers	18-26	
38	398	Gethin Powell	White Rock	18-28	
39	409	Laurence Pole	Ponty Roadts	18-31	MV40
40	327	James Gold	Cardiff AAC	18-33	
41	456	Paul Talbot	Neath AC	18-34	MV45
42	339	Simon Miles	Ponty Roadts	18-41	MV40
43	355	Lloyd Sheppard	RVAC	18-51	
44	358	Elio Lepore	Les Croupiers	19-05	MV60
45	381	Stephen Hooper	Ponty Roadts	19-08	MV50
46	455	Kevin Plank	San Dom	19-11	MV45

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47	435	Jamie Bishop	Ponty Roadts	19-13		
48	421	Andy Wilton	San Dom	19-14		
49	431	Laura Clements	U/A	19-16	2nd Wmn	
50	388	Rob Hunt	Bridgend	19-21	MV50	
51	417	Angharad Mair	Les Croupiers	19-21	FV55	3rd Wmn
52	389	Nigel James	U/A	19-25	MV45	
53	397	Janet Holmes	Les Croupiers	19-38	FV35	
54	344	Rob Evans	Les Croupiers	19-39	MV60	
55	408	Michael Cope	ParcBrynbach	19-54	MV40	
56	362	Laura Wright	Cardiff AAC	19-55		
57	341	Marcus Meyrick	Les Croupiers	19-55	MV45	
58	351	Darren Stevens	Merthyr	20-13	MV45	
59	322	Lauren Cooper	ParcBrynbach	20-18		
60	365	Mark Durkin	Pen & Dinas	20-22		
61	370	Ian Bell	San Dom	20-46	MV55	
62	448	Simon Lamb	San Dom	20-51	MV45	
63	371	Huw Roberts	Bridgend	20-52	MV55	
64	343	Ben Hughes	Cardiff AAC	20-54		
65	334	Huw James	Cardiff AAC	21-03	MV45	
66	423	Ian Warburton	Pen & Dinas	21-04	MV50	
67	349	Neil Davies	U/A	21-08	MV55	
68	378	Tim Fry	Cardiff AAC	21-15		
69	390	Catherine Barker	Pen & Dinas	21-24	FV40	
70	392	David Walker	U/A	21-26	MV60	
71	441	Libby Bohomen	Les Croupiers	21-28	FV45	
72	320	Dominic Shields	San Dom	21-31	MV50	
73	395	Glenn Powell	Penarth & Dinas	21-33		
74	429	Malcolm Bradley	Pen & Dinas	21-34	MV65	
75	416	Carol Rees	Les Croupiers	21-34	FV45	
76	430	Catherine Tailby	Pen & Dinas	21-36	FV45	
77	385	Julie Cashell	ParcBrynbach	21-40	FV40	
78	410	Ruth Cann	Pen & Dinas	21-43	FV35	
79	411	Ffion Gregson-Lewis	Cardiff AAC	21-48		
80	432	Victoria Belcher	Newport AC	21-51		
81	387	Paul Morton	Pen & Dinas	21-54		
82	335	Christopher Nellins	Pen & Dinas	21-59	MV60	
83	326	Bethany Gold	Cardiff AAC	22-14		
84	412	Lisa Cleary	Pen & Dinas	22-25	FV50	
85	403	Neil Fitzgerald	Ponty Roadts	22-28	MV45	
86	418	Tim Green	Les Croupiers	22-29	MV50	
87	420	Richard Sewell	Les Croupiers	22-33	MV55	
88	436	Tim O'Sullivan	Les Croupiers	22-34	MV55	
89	452	Julie Scholey	Les Croupiers	22-45	FV55	
90	457	Jeffrey Hanson	Rhondda	22-50	MV50	
91	338	Gwen Richards	Ponty Roadts	22-51		
92	367	Ian Thorne	Pegasus	22-52	MV45	

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93	330	Ion Lewis	Pen & Dinas	22-57	MV40
94	451	Jenny Martin	Les Croupiers	23-02	FV35
95	401	Caroline Bassett	Pegasus	23-03	
96	386	Graham Carrick	Pegasus	23-08	MV50
97	373	Molly Reardon	Neath AC	23-16	
98	447	Hayley Ford	San Dom	23-17	
99	333	Elen James	Cardiff AAC	23-24	
100	376	Claire Manson	Cardiff Tri	23-24	FV35
101	407	Steve Goodfellow	Pen & Dinas	23-26	MV53
102	384	Nigel Adams	Pen & Dinas	23-40	MV50
103	382	Paul Edwards	Cardiff AAC	23-41	MV40
104	462	Tim Mongton	Pen & Dinas	23-45	
105	446	Lolly Bervell	Les Croups	23-47	FV45
106	353	Sarah Pryor	Pegasus	23-54	FV40
107	426	Cameron Large	Pen & Dinas	24-05	MV45
108	372	Ellen Sugdon	Pegasus	23-25	FV35
109	402	Emma Bissex	Pegasus	24-41	FV40
110	369	Tim Davies	U/A	24-47	
111	413	Graeme Donnan	Les Croupiers	24-52	MV60
112	414	Yvonne Williams	Pen & Dinas	25-09	FV60
113	348	Joanne Davies	U/A	25-09	
114	404	Rosie Bristow	Pegasus	25-31	FV35
115	419	Claire Jarrom	Les Croupiers	25-34	
116	324	Harry Baker	U/A	25-39	MV50
117	354	Carson Pryce	Pegasus	25-40	
118	453	Anne Follan	RRR	25-44	FV45
119	352	Sally Groves	Pegasus	26-06	FV50
120	377	Joanne Meredith	Pegasus	26-24	
121	400	Phil Allen	Pegasus	26-29	MV50
122	454	Colin Crooks	Pegasus	26-30	MV60
123	428	Luke Heslop	Les Croupiers	26-45	MV40
124	346	Ian Warner	U/A	26-52	MV55
125	337	Ralph Davey	Les Croupiers	26-57	MV70
126	328	Karen Chadwell	Les Croupiers	27-02	FV45
127	342	Ben Hughes	Cardiff AAC	27-09	
128	460	Tim Webb	Pegasus	27-32	MV65
129	345	Ruth Robinson	San Dom	27-34	FV45
130	427	Jeff Aston	Les Croupiers	27-41	MV65
131	424	Catherine Llewellyn	Merthyr	27-48	FV50
132	383	Tracey Newman	Les Croupiers	27-50	FV45
133	459	Libby Webb	Pegasus	28-14	
134	445	Garry Wharmry	Pegasus	28-28	MV50
135	359	Raven Timms	Lliswery	28-50	FV40
136	461	Sarah Francis	Lliswery	28-50	FV40
137	329	Colin Simeon	Lliswery	28-50	MV45
138	350	Sandra Stevens	Merthyr	28-54	FV65

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139	434	Gemma Gauchi	U/A	29-10	
140	422	Clare Johnson	Les Croupiers	30-10	FV70
141	405	Tracy Buckle	Pegasus	30-57	FV40
142	394	James MacLeod	U/A	37-51	
143	393	Stephen Wood	Pegasus	37-52	