

2017 Cadwaladers Porthkerry 5M - 07/05/2017

Finisher List

Position	Bib	Name	Gender	Age Group	Club	GunTime	ChipTime	Status
Porthkerry 5M								
1.	123	Oliver Williams	m	Senior Men	Les Croupiers RC	0:28:07	0:28:07	
2.	51	Jerome Edwards	m	Mens Masters 40-49	Les Croupiers RC	0:29:07	0:29:07	
3.	286	Glyn Fletcher	m	Senior Men	Les Croupiers RC	0:29:21	0:29:21	
4.	216	Lyndon Tudor Maisey	m	Mens Masters 40-49	Les Croupiers RC	0:29:38	0:29:38	
5.	112	Matthew Hurford	m	Mens Masters 40-49	Les Croupiers RC	0:29:59	0:29:59	
6.	249	Jake Brooke-Smith	m	Senior Men	Pontypridd Roadents AC	0:30:59	0:30:59	
7.	158	Nick Lewis	m	Senior Men	White Rock Runners	0:31:22	0:31:22	
8.	262	Emyr Morgan	m	Mens Masters 40-49	Les Croupiers RC	0:31:40	0:31:40	
9.	69	Gabrielius Stuokus	m	Senior Men	Les Croupiers RC	0:31:47	0:31:47	
10.	255	Scott Browne	m	Mens Masters 40-49	Les Croupiers RC	0:31:57	0:31:57	
11.	65	Jeffrey Allan Cox	m	Mens Masters 50-59	Les Croupiers RC	0:32:24	0:32:24	
12.	44	Helen Sharpe	w	Ladies Masters 35-44	Bristol & West AC	0:32:32	0:32:32	
13.	162	Justin Phillips	m	Mens Masters 40-49		0:32:49	0:32:49	
14.	7	Luke Williams	m	Senior Men	San Domenico RC	0:33:10	0:33:10	
15.	265	Thomas Ashford	m	Senior Men	MOD St Athan	0:33:16	0:33:16	
16.	293	Mark Richmond	m	Mens Masters 40-49	San Domenico RC	0:34:16	0:34:14	
17.	29	Chris Handley	m	Mens Masters 40-49	Aberdare Athletics Club	0:34:19	0:34:19	
18.	26	Martin Williams	m	Mens Masters 50-59	Les Croupiers RC	0:34:22	0:34:22	
19.	213	Andy Wilton	m	Mens Masters 40-49	San Domenico RC	0:34:34	0:34:34	
20.	167	Rhodri Evans	m	Mens Masters 40-49	Pontypridd Roadents AC	0:34:42	0:34:39	
21.	212	Nathan Christoforato	m	Senior Men		0:34:47	0:34:47	
22.	46	Nick Dukes	m	Mens Masters 40-49	Les Croupiers RC	0:35:04	0:35:04	
23.	45	Daryl Beggs	m	Senior Men	Les Croupiers RC	0:35:18	0:35:15	
24.	302	Ian Ogilvie	m	Mens Masters 50-59	Brackla Harriers	0:35:21	0:35:19	
25.	50	Nigel James	m	Mens Masters 40-49		0:35:28	0:35:28	
26.	125	Marcus Meyrick	m	Mens Masters 40-49	Les Croupiers RC	0:35:28	0:35:26	
27.	142	Sally Wilder	w	Ladies Masters 35-44	San Domenico RC	0:35:32	0:35:32	
28.	12	Matthew Brushett	m	Senior Men		0:35:40	0:35:34	
29.	214	Edward Morris	m	Senior Men	Les Croupiers RC	0:35:42	0:35:42	
30.	200	Colin Mcqueen	m	Mens Masters 50-59	Brackla Harriers	0:35:43	0:35:43	
31.	117	Gwyn Johnson	m	Senior Men	Pontypridd Roadents AC	0:35:43	0:35:40	
32.	192	Glyn Sansom	m	Mens Masters 50-59	San Domenico RC	0:35:44	0:35:44	

2017 Cadwaladers Porthkerry 5M - 07/05/2017

Finisher List

Position	Bib	Name	Gender	Age Group	Club	GunTime	ChipTime	Status
33.	32	Edward Evans	m	Senior Men		0:35:47	0:35:47	
34.	171	Richard Price	m	Mens Masters 50-59		0:35:49	0:35:46	
35.	58	Claire Bruce	w	Ladies Masters 35-44	Les Croupiers RC	0:35:57	0:35:55	
36.	239	Philip Hughes	m	Senior Men	San Domenico RC	0:36:01	0:36:01	
37.	88	Paul Kehl	m	Mens Masters 50-59		0:36:04	0:35:59	
38.	198	Stephen May	m	Mens Masters 40-49	Pontypridd Roadents AC	0:36:11	0:36:08	
39.	64	Nigel Bleach	m	Mens Masters 40-49	Seriously Mad Runners	0:36:13	0:36:13	
40.	218	Matthew Bunce	m	Mens Masters 40-49	Brackla Harriers	0:36:24	0:36:22	
41.	3	Dave Phillips	m	Mens Masters 40-49	Team Cadwaladers	0:36:30	0:36:25	
42.	284	Steven Smith	m	Mens Masters 40-49	Aberdare Athletics Club	0:36:37	0:36:35	
43.	204	Jon Foster	m	Mens Masters 40-49		0:36:38	0:36:34	
44.	296	Gary Hughes	m	Senior Men	Mynydd Du	0:36:51	0:36:45	
45.	208	David Goodall	m	Mens Masters 60+	White Rock Runners	0:36:51	0:36:48	
46.	126	Phill Watts	m	Senior Men	Pegasus RC	0:37:01	0:36:44	
47.	132	Rhodri Thomas	m	Senior Men	Pegasus RC	0:37:04	0:36:56	
48.	83	Mike Bessell	m	Senior Men	White Rock Runners	0:37:07	0:37:04	
49.	267	Patrick Kennedy	m	Senior Men	MOD St Athan	0:37:10	0:36:57	
50.	178	Rhys Griffith	m	Senior Men	Hendre Lake Running Club	0:37:12	0:36:58	
51.	163	Nick Denny	m	Senior Men	Pontypridd Roadents AC	0:37:16	0:37:13	
52.	149	Ian Bell	m	Mens Masters 50-59	San Domenico RC	0:37:18	0:37:15	
53.	256	John Lloyd	m	Mens Masters 50-59	Brackla Harriers	0:37:22	0:37:22	
54.	28	Tina Gomer	w	Ladies Masters 45-54	Stroud & District AC	0:37:34	0:37:31	
55.	291	Stephanie Davies	w	Senior Ladies	Pontypridd Roadents AC	0:37:35	0:37:31	
56.	176	Simon Stokes	m	Senior Men	White Rock Runners	0:37:36	0:37:26	
57.	145	Steve Chadwell	m	Mens Masters 40-49		0:37:47	0:37:40	
58.	190	John Magee	m	Mens Masters 40-49	Les Croupiers RC	0:37:57	0:37:47	
59.	223	Rhys Donovan	m	Senior Men		0:38:01	0:37:49	
60.	172	Dafydd Davies	m	Mens Masters 40-49	Outdoor Fitness	0:38:02	0:38:00	
61.	196	Clive Osmond	m	Mens Masters 50-59	Les Croupiers RC	0:38:07	0:38:04	
62.	1	Paul Morton	m	Senior Men	Team Cadwaladers	0:38:10	0:38:05	
63.	272	Christopher Gosling	m	Senior Men	Pegasus RC	0:38:14	0:38:11	
64.	215	Amy Gomer	w	Senior Ladies	Les Croupiers RC	0:38:20	0:38:18	
65.	199	David Phillips	m	Mens Masters 40-49		0:38:36	0:38:28	

2017 Cadwaladers Porthkerry 5M - 07/05/2017

Finisher List

Position	Bib	Name	Gender	Age Group	Club	GunTime	ChipTime	Status
66.	197	Liz May	w	Ladies Masters 35-44	Pontypridd Roadents AC	0:38:36	0:38:33	
67.	101	Laura Evans	w	Senior Ladies	Pegasus RC	0:38:42	0:38:39	
68.	237	Steven Preddy	m	Mens Masters 40-49	Les Croupiers RC	0:38:51	0:38:46	
69.	20	Charlotte Johns	w	Ladies Masters 45-54	Brackla Harriers	0:39:03	0:38:57	
70.	246	Daniel Yeo	m	Senior Men		0:39:08	0:39:06	
71.	121	Michael Elliston	m	Mens Masters 40-49	Les Croupiers RC	0:39:12	0:39:03	
72.	135	Stephen Wood	m	Mens Masters 40-49	Pegasus RC	0:39:18	0:39:10	
73.	63	Julie Scholey	w	Ladies Masters 55+	Les Croupiers RC	0:39:21	0:39:17	
74.	164	Shell Flynn	w	Senior Ladies	White Rock Runners	0:39:23	0:39:14	
75.	264	Jon Crabtree	m	Senior Men	MOD St Athan	0:39:32	0:39:20	
76.	52	Jess Ellis	w	Ladies Masters 35-44	Les Croupiers RC	0:39:35	0:39:26	
77.	280	Dave Martin	m	Mens Masters 40-49		0:39:39	0:39:33	
78.	283	Mike Jenkins	m	Senior Men		0:39:40	0:39:29	
79.	154	Gwyn Jones	m	Mens Masters 50-59	Les Croupiers RC	0:39:45	0:39:41	
80.	24	Jazmine Briganti	w	Senior Ladies	Brackla Harriers	0:39:48	0:39:45	
81.	80	Mark Bloomfield	m	Mens Masters 40-49	Pegasus RC	0:39:51	0:39:43	
82.	129	Graham Carrick	m	Mens Masters 50-59	Pegasus RC	0:39:56	0:39:47	
83.	54	Richard Ashton	m	Senior Men	White Rock Runners	0:40:03	0:39:54	
84.	62	Elaine Wharmby	w	Ladies Masters 45-54	Pegasus RC	0:40:03	0:39:59	
85.	156	Hefin Gruffydd	m	Mens Masters 50-59	Pontypridd Roadents AC	0:40:04	0:40:00	
86.	108	Gary John	m	Mens Masters 60+	Les Croupiers RC	0:40:13	0:40:08	
87.	84	Matthew Watkins	m	Senior Men		0:40:17	0:40:09	
88.	77	Caroline Bassett	w	Ladies Masters 35-44	Pegasus RC	0:40:19	0:40:15	
89.	281	Ian Cuthbert	m	Mens Masters 50-59	Brackla Harriers	0:40:20	0:40:09	
90.	15	Mark Francis	m	Mens Masters 50-59	Brackla Harriers	0:40:27	0:40:20	
91.	60	Ben Gooding	m	Senior Men	Pegasus RC	0:40:27	0:40:23	
92.	13	Ian Thorne	m	Mens Masters 40-49	Pegasus RC	0:40:28	0:40:23	
93.	266	Iain Ballantine	m	Senior Men	MOD St Athan	0:40:35	0:40:23	
94.	38	Karen Green	w	Ladies Masters 35-44		0:40:41	0:40:35	
95.	41	Sadequr Rahman	m	Mens Masters 40-49	White Rock Runners	0:40:46	0:40:37	
96.	292	Andy Davies	m	Mens Masters 50-59	Pontypridd Roadents AC	0:40:51	0:40:47	
97.	30	Jason Garrahan	m	Mens Masters 40-49	Caerphilly Runners	0:40:56	0:40:49	
98.	205	Heddu Davies	w	Ladies Masters 35-44		0:41:00	0:40:57	

2017 Cadwaladers Porthkerry 5M - 07/05/2017

Finisher List

Position	Bib	Name	Gender	Age Group	Club	GunTime	ChipTime	Status
99.	31	Lolly Burvill	w	Ladies Masters 45-54	Les Croupiers RC	0:41:24	0:41:20	
100.	79	Tony Harvey	m	Mens Masters 40-49		0:41:35	0:41:31	
101.	150	Nathan Dee	m	Senior Men	Pegasus RC	0:41:39	0:41:31	
102.	93	Stuart Hignell	m	Mens Masters 40-49	Seriously Mad Runners	0:41:48	0:41:38	
103.	98	Maad Khalil	m	Mens Masters 50-59	Pontypridd Roadents AC	0:41:58	0:41:50	
104.	219	Mike James	m	Mens Masters 50-59		0:42:00	0:41:53	
105.	169	Gary Gould	m	Senior Men		0:42:05	0:41:51	
106.	136	Michael Davies	m	Mens Masters 60+	Les Croupiers RC	0:42:19	0:42:08	
107.	4	Dan Gomez	m	Senior Men	Team Cadwaladers	0:42:28	0:42:23	
108.	35	Steven Barker	m	Mens Masters 40-49		0:42:30	0:42:24	
109.	100	Elliott Thomas	m	Mens Masters 40-49		0:42:36	0:42:23	
110.	209	Derek Hamer	m	Mens Masters 40-49		0:42:41	0:42:29	
111.	287	Paul Macarthur	m	Mens Masters 40-49		0:42:43	0:42:34	
112.	18	Andy Fisher	m	Mens Masters 50-59	Brackla Harriers	0:42:45	0:42:36	
113.	14	Jane Ogilvie	w	Ladies Masters 45-54	Brackla Harriers	0:42:45	0:42:37	
114.	236	Steven Bedford	m	Mens Masters 40-49	Les Croupiers RC	0:42:49	0:42:43	
115.	263	Leanne Hockey	w	Ladies Masters 35-44	White Rock Runners	0:42:50	0:42:42	
116.	53	Andrew Williamson	m	Mens Masters 40-49	Pegasus RC	0:42:53	0:42:47	
117.	155	Bethan Ford	w	Senior Ladies	Pontypridd Roadents AC	0:42:59	0:42:51	
118.	193	John Dyer	m	Mens Masters 40-49	Pegasus RC	0:43:05	0:42:52	
119.	119	Mark Ellis	m	Mens Masters 40-49	Barry and Vale Harriers	0:43:05	0:42:50	
120.	106	Martyn Parsons	m	Mens Masters 40-49	Seriously Mad Runners	0:43:06	0:42:56	
121.	295	Julian Forsyth	m	Mens Masters 40-49		0:43:09	0:42:55	
122.	210	Mary Beech	w	Ladies Masters 45-54	Brackla Harriers	0:43:19	0:43:10	
123.	134	Paula Allen	w	Ladies Masters 35-44	Pegasus RC	0:43:21	0:43:14	
124.	78	Sarah Pyor	w	Ladies Masters 35-44	Pegasus RC	0:43:26	0:43:20	
125.	207	Christie Coleman	m	Mens Masters 50-59	Cwm Ogwr Running Club	0:43:48	0:43:45	
126.	124	Nicholas Drage	m	Mens Masters 50-59	White Rock Runners	0:43:58	0:43:48	
127.	221	Jon Morgan	m	Mens Masters 50-59	Les Croupiers RC	0:44:02	0:43:57	
128.	61	Em Bissex	w	Ladies Masters 35-44	Pegasus RC	0:44:08	0:43:57	
129.	99	Sian Khalil	w	Ladies Masters 45-54	Pontypridd Roadents AC	0:44:09	0:44:03	
130.	301	Jane Petterson	w	Ladies Masters 45-54	White Rock Runners	0:44:13	0:44:04	
131.	97	Ellen Sugden	w	Ladies Masters 35-44	Pegasus RC	0:44:18	0:44:07	

2017 Cadwaladers Porthkerry 5M - 07/05/2017

Finisher List

Position	Bib	Name	Gender	Age Group	Club	GunTime	ChipTime	Status
132.	252	Nick Sharratt	m	Senior Men		0:44:20	0:43:57	
133.	159	Eve Gallop-Evans	w	Ladies Masters 45-54	Les Croupiers RC	0:44:42	0:44:37	
134.	81	Hywel Owen	m	Mens Masters 60+		0:44:50	0:44:38	
135.	67	Ally Twigg	w	Senior Ladies		0:44:54	0:44:42	
136.	202	Jennet Holmes	w	Ladies Masters 35-44	Pontypridd Roadents AC	0:45:02	0:44:54	
137.	76	Rosie Bristow	w	Ladies Masters 35-44	Pegasus RC	0:45:04	0:44:57	
138.	104	Gail Petrides	w	Ladies Masters 35-44		0:45:08	0:44:56	
139.	260	Simon Melksham	m	Mens Masters 40-49	Cwm Ogwr Running Club	0:45:08	0:44:52	
140.	43	Gareth John Donovan	m	Mens Masters 50-59		0:45:20	0:45:08	
141.	87	Julie Broughton	w	Ladies Masters 45-54	Les Croupiers RC	0:45:24	0:45:10	
142.	139	John Lewis	m	Mens Masters 50-59	Barry and Vale Harriers	0:45:25	0:45:09	
143.	282	Stephen Bond	m	Mens Masters 60+	Brackla Harriers	0:45:26	0:45:19	
144.	289	Andrew Sedgmond	m	Mens Masters 60+	Les Croupiers RC	0:45:43	0:45:36	
145.	297	Ellie Hughes	w	Senior Ladies		0:45:53	0:45:47	
146.	111	Jamie Smith	m	Senior Men		0:45:55	0:45:36	
147.	157	Dawn Howles	w	Ladies Masters 45-54		0:45:59	0:45:43	
148.	152	Andrew Wall	m	Mens Masters 40-49	Hendre Lake Running Club	0:46:03	0:45:48	
149.	105	Sophie Gott	w	Ladies Masters 35-44	Hendre Lake Running Club	0:46:12	0:45:59	
150.	68	Ryan Price	m	Senior Men		0:46:12	0:46:01	
151.	90	Jenna Groves	w	Senior Ladies	Pegasus RC	0:46:13	0:46:07	
152.	59	Nige Rees	m	Mens Masters 40-49	Cwm Ogwr Running Club	0:46:14	0:46:05	
153.	120	Samantha Draisey	w	Ladies Masters 35-44		0:46:15	0:46:02	
154.	268	Glynn Salter	m	Mens Masters 40-49		0:46:39	0:46:27	
155.	71	Sue Gershenson	w	Ladies Masters 45-54	White Rock Runners	0:46:40	0:46:27	
156.	114	Victoria Vellacott	w	Ladies Masters 35-44		0:46:44	0:46:29	
157.	27	Julie Couzens	w	Ladies Masters 45-54	Brackla Harriers	0:46:45	0:46:45	
158.	175	Fiona Drysdale	w	Ladies Masters 45-54	Cwm Ogwr Running Club	0:46:46	0:46:37	
159.	234	Peter Regan	m	Mens Masters 50-59		0:46:57	0:46:49	
160.	116	Moseem Suleman	m	Senior Men		0:47:08	0:46:53	
161.	48	Frances Williams	w	Ladies Masters 45-54	San Domenico RC	0:47:30	0:47:20	
162.	230	Joanna Valentine	w	Senior Ladies	Pegasus RC	0:47:32	0:47:22	
163.	179	Luke Heslop	m	Mens Masters 40-49	Les Croupiers RC	0:47:34	0:47:21	
164.	91	Abby Groves	w	Senior Ladies	Pegasus RC	0:47:46	0:47:40	

2017 Cadwaladers Porthkerry 5M - 07/05/2017

Finisher List

Position	Bib	Name	Gender	Age Group	Club	GunTime	ChipTime	Status
165.	298	Howard Jones	m	Mens Masters 60+	Brackla Harriers	0:47:48	0:47:36	
166.	82	Andrew Paul	m	Mens Masters 60+		0:47:51	0:47:33	
167.	89	Sally Groves	w	Ladies Masters 45-54	Pegasus RC	0:47:51	0:47:46	
168.	187	Tessa Matthews	w	Ladies Masters 55+	Seriously Mad Runners	0:47:56	0:47:43	
169.	147	Lisa Williams	w	Ladies Masters 35-44	Seriously Mad Runners	0:48:05	0:47:52	
170.	243	Ralph Davey	m	Mens Masters 60+	Les Croupiers RC	0:48:16	0:48:05	
171.	70	Garry Wharmby	m	Mens Masters 50-59	Pegasus RC	0:48:26	0:48:13	
172.	228	Elaine Morse	w	Ladies Masters 45-54	Welsh Triathlon	0:48:29	0:48:18	
173.	274	Gillian Murphy	w	Ladies Masters 55+	Les Croupiers RC	0:48:30	0:48:23	
174.	118	Nina Ray	w	Ladies Masters 35-44	Barry and Vale Harriers	0:48:37	0:48:20	
175.	232	Philip Allen	m	Mens Masters 50-59	Pegasus RC	0:48:38	0:48:20	
176.	74	Simon Williams	m	Mens Masters 40-49	SMR Barry	0:48:40	0:48:27	
177.	174	Sarah Gronow	w	Ladies Masters 35-44		0:48:55	0:48:41	
178.	183	Alun Chapple	m	Mens Masters 50-59		0:49:00	0:48:56	
179.	261	Kelly Crofts	w	Ladies Masters 35-44	Les Croupiers RC	0:49:04	0:48:59	
180.	102	Naomi Clark	w	Senior Ladies	Les Croupiers RC	0:49:11	0:49:05	
181.	182	Linda Chapple	w	Ladies Masters 45-54		0:49:18	0:49:14	
182.	113	Sarah Brooks	w	Ladies Masters 35-44		0:49:24	0:49:09	
183.	235	Natasha Fry	w	Ladies Masters 35-44	Les Croupiers RC	0:49:28	0:49:22	
184.	186	Justin Doran	m	Senior Men		0:49:29	0:49:20	
185.	137	Joanne Watkins	w	Ladies Masters 35-44	Barry and Vale Harriers	0:49:43	0:49:25	
186.	130	John Deakin	m	Mens Masters 60+	Barry and Vale Harriers	0:49:43	0:49:28	
187.	195	Rhian Lees	w	Ladies Masters 35-44		0:49:51	0:49:32	
188.	258	Nia Butler	w	Ladies Masters 35-44	Pegasus RC	0:49:56	0:49:46	
189.	161	Louise Phillips	w	Ladies Masters 35-44	Pontypridd Roadents AC	0:49:58	0:49:54	
190.	211	Susan Williams	w	Ladies Masters 55+	Les Croupiers RC	0:50:02	0:49:46	
191.	133	Tim Webb	m	Mens Masters 60+	Pegasus RC	0:50:03	0:49:54	
192.	56	Sandra Jones	w	Ladies Masters 55+	White Rock Runners	0:50:09	0:49:59	
193.	21	Rachel Morgan	w	Senior Ladies		0:50:19	0:50:02	
194.	22	Gary Morgan	m	Senior Men		0:50:19	0:50:02	
195.	168	Frank Lennon	m	Mens Masters 60+		0:50:48	0:50:45	
196.	131	Olivia Webb	w	Senior Ladies	Pegasus RC	0:50:49	0:50:39	
197.	2	Hannah Clarke	w	Senior Ladies	Team Cadwaladers	0:50:53	0:50:41	

2017 Cadwaladers Porthkerry 5M - 07/05/2017

Finisher List

Position	Bib	Name	Gender	Age Group	Club	GunTime	ChipTime	Status
198.	245	Jonathan Harris	m	Senior Men		0:50:56	0:50:39	
199.	206	Christina Lyons	w	Ladies Masters 35-44	Barry and Vale Harriers	0:50:57	0:50:39	
200.	250	Joanna Friedli	w	Ladies Masters 45-54	Les Croupiers RC	0:51:02	0:50:53	
201.	259	Jolie Griffiths	w	Ladies Masters 45-54	Pegasus RC	0:51:02	0:50:51	
202.	33	Rhiannon Broad	w	Ladies Masters 35-44		0:51:24	0:51:06	
203.	194	Colin Crooks	m	Mens Masters 60+	Pegasus RC	0:51:29	0:51:10	
204.	10	Heather Kilgour	w	Ladies Masters 45-54		0:51:31	0:51:14	
205.	85	Samantha Thomas	w	Senior Ladies	Seriously Mad Runners	0:51:39	0:51:24	
206.	238	Elizabeth Randall	w	Ladies Masters 35-44	Les Croupiers RC	0:51:39	0:51:34	
207.	95	Emma Kaye	w	Ladies Masters 35-44		0:51:40	0:51:25	
208.	224	Claire Yandall	w	Senior Ladies	White Rock Runners	0:51:50	0:51:38	
209.	23	Susan Ralph	w	Ladies Masters 45-54	Brackla Harriers	0:51:52	0:51:39	
210.	277	Michael Goode	m	Mens Masters 50-59		0:52:14	0:51:55	
211.	241	Hannah Hopes	w	Senior Ladies	Les Croupiers RC	0:52:23	0:52:17	
212.	151	Joanna Dee	w	Ladies Masters 35-44		0:52:32	0:52:15	
213.	184	Angela Goddard	w	Ladies Masters 35-44		0:52:35	0:52:18	
214.	217	Andrew Wikkins	m	Mens Masters 60+	Brackla Harriers	0:52:47	0:52:38	
215.	11	Lauren Hunt	w	Senior Ladies		0:52:50	0:52:45	
216.	242	Claire Lewis	w	Ladies Masters 45-54	San Domenico RC	0:52:51	0:52:41	
217.	303	Susan Wilkins	w	Ladies Masters 55+	Brackla Harriers	0:53:05	0:52:55	
218.	248	David Heald	m	Mens Masters 40-49		0:53:37	0:53:22	
219.	273	Michael Murphy	m	Mens Masters 60+	Les Croupiers RC	0:53:40	0:53:36	
220.	55	Stephen Cleaver	m	Mens Masters 40-49		0:53:43	0:53:29	
221.	229	Amanda Coffey	w	Ladies Masters 35-44		0:53:46	0:53:27	
222.	144	Stuart Ball	m	Senior Men	Les Croupiers RC	0:54:05	0:53:54	
223.	143	Karen Chadwell	w	Ladies Masters 45-54	Les Croupiers RC	0:54:05	0:53:54	
224.	16	Janice Francis	w	Ladies Masters 45-54	Brackla Harriers	0:54:20	0:54:06	
225.	141	Allan Price	m	Mens Masters 40-49		0:54:21	0:54:06	
226.	57	Geoff Twigg	m	Mens Masters 60+	Seriously Mad Runners	0:54:21	0:54:08	
227.	244	Molly Zacharias	w	Senior Ladies	Les Croupiers RC	0:54:29	0:54:20	
228.	146	Karen Spence	w	Ladies Masters 45-54	Barry and Vale Harriers	0:54:38	0:54:22	
229.	86	Sara Morgan	w	Ladies Masters 35-44	Pegasus RC	0:54:41	0:54:30	
230.	127	Clare Sage	w	Ladies Masters 35-44	Pegasus RC	0:54:44	0:54:32	

2017 Cadwaladers Porthkerry 5M - 07/05/2017

Finisher List

Position	Bib	Name	Gender	Age Group	Club	GunTime	ChipTime	Status
231.	279	Jaya Jones	w	Senior Ladies	Cardiff AAC	0:54:45	0:54:39	
232.	47	Andrew Harris.	m	Mens Masters 50-59	Vale Trail Running Club	0:54:51	0:54:36	
233.	19	Helen Kavanagh	w	Ladies Masters 55+	Brackla Harriers	0:54:52	0:54:38	
234.	240	Deborah O'Sullivan	w	Ladies Masters 35-44	Les Croupiers RC	0:54:53	0:54:44	
235.	103	Sarah Parker	w	Ladies Masters 45-54	White Rock Runners	0:54:58	0:54:46	
236.	140	Richard Jackson	m	Mens Masters 50-59	Seriously Mad Runners	0:54:59	0:54:49	
237.	227	Chris Stanlake	m	Senior Men	Cwm Ogwr Running Club	0:55:01	0:54:44	
238.	290	Tracey Newman	w	Ladies Masters 45-54	Les Croupiers RC	0:55:05	0:54:52	
239.	233	Alison Pritchard	w	Senior Ladies	Pegasus RC	0:55:14	0:54:54	
240.	165	Jemma White	w	Ladies Masters 35-44		0:55:32	0:55:17	
241.	110	Amanda Thompson	w	Ladies Masters 55+	Les Croupiers RC	0:55:47	0:55:31	
242.	247	Alyson Davey	w	Ladies Masters 35-44	Les Croupiers RC	0:55:51	0:55:42	
243.	257	Tina Lloyd	w	Ladies Masters 45-54	Brackla Harriers	0:57:52	0:57:40	
244.	225	Angharad Parry-Jones	w	Ladies Masters 35-44	Les Croupiers RC	0:58:56	0:58:48	
245.	226	Laura Coombes	w	Ladies Masters 35-44	Les Croupiers RC	0:58:56	0:58:48	
246.	66	Rebecca Chant	w	Senior Ladies	Womens Running Penarth	0:59:26	0:59:10	
247.	275	Rhys Lewis	m	Mens Masters 40-49	Parc Bryn Bach	1:00:38	1:00:17	
248.	254	Jessica Sharratt	w	Senior Ladies		1:00:44	1:00:22	
249.	231	Clare Allen	w	Ladies Masters 45-54	Pegasus RC	1:00:58	1:00:38	
250.	300	Fiona Noble	w	Ladies Masters 45-54	Vale Trail Running Club	1:01:02	1:00:46	
251.	9	Louise Edwards	w	Ladies Masters 45-54		1:01:02	1:00:45	
252.	115	Beverly Ooss	w	Ladies Masters 55+		1:01:24	1:01:08	
253.	276	Nicola Lewis	w	Ladies Masters 35-44	Parc Bryn Bach	1:01:29	1:01:08	
254.	220	Graham Yeo	m	Mens Masters 60+		1:02:10	1:01:54	
255.	222	Reanne Reffell	w	Senior Ladies	Les Croupiers RC	1:02:47	1:02:27	
256.	278	Nia Goode	w	Ladies Masters 45-54		1:03:48	1:03:30	
257.	49	Sarah James	w	Ladies Masters 35-44	Pegasus RC	1:04:11	1:03:51	
258.	94	Hilary James	w	Ladies Masters 45-54	SMR Barry	1:10:33	1:10:14	
259.	75	Jane Williams	w	Ladies Masters 45-54	SMR Barry	1:10:33	1:10:15	
260.	92	Sally Bloomfield	w	Ladies Masters 45-54	Seriously Mad Runners	1:10:33	1:10:15	
261.	191	Nicola John	w	Ladies Masters 45-54	Les Croupiers RC	1:14:42	1:14:24	
262.	122	Tracy Elliston	w	Ladies Masters 55+		1:14:42	1:14:25	
263.	96	Gaynor Loveless	w	Ladies Masters 55+	Seriously Mad Runners	1:14:42	1:14:23	

2017 Cadwaladers Porthkerry 5M - 07/05/2017

Finisher List

Position	Bib	Name	Gender	Age Group	Club	GunTime	ChipTime	Status
264.	138	Rachel Gibbs	w	Ladies Masters 45-54	Seriously Mad Runners	1:26:00	1:25:40	
265.	37	Claire Thorne	w	Ladies Masters 35-44	Pegasus RC	1:26:00	1:25:41	
	25	Peter Briganti	m	Mens Masters 50-59				DSQ
	201	Delyth Lewis	w	Ladies Masters 35-44				DNF
	148	Richard Hardy	m	Mens Masters 40-49				DNS
	153	Kenneth Wayne Oliver	m	Mens Masters 50-59	Islwyn R/C			DNS
	160	Stephen Quin	m	Mens Masters 40-49	Les Croupiers RC			DNS
	166	Ben Rees	m	Senior Men	White Rock Runners			DNS
	170	Natalie Taylor	w	Ladies Masters 35-44	Seriously Mad Runners			DNS
	173	Michelle Amblin	w	Ladies Masters 35-44	Les Croupiers RC			DNS
	177	Claire Curtin	w	Senior Ladies	White Rock Runners			DNS
	180	Vanessa Turnbull	w	Ladies Masters 45-54	Caerphilly Runners			DNS
	181	Edward Williams	m	Mens Masters 50-59	Barry and Vale Harriers			DNS
	185	Andrew Boffy	m	Mens Masters 40-49				DNS
	188	Gina Hardman	w	Ladies Masters 45-54	Bridgend AC			DNS
	189	Richard Self	m	Mens Masters 50-59	Les Croupiers RC			DNS
	5	Mark Lloyd	m	Mens Masters 40-49				DNS
	6	Jay Coakley	w	Senior Ladies				DNS
	17	Suzanne Taylor	w	Ladies Masters 35-44				DNS
	34	Daniel Binks	m	Senior Men	White Rock Runners			DNS
	36	Matt Murray	m	Mens Masters 40-49	Cwm Ogwr Running Club			DNS
	39	Jamie Wardrop	m	Senior Men	San Domenico RC			DNS
	40	Helen Passant	w	Ladies Masters 45-54	Les Croupiers RC			DNS
	42	Allan Stephen Jones	m	Mens Masters 60+	Brackla Harriers			DNS
	72	Keri Jones	w	Ladies Masters 45-54	Lliswerry runners			DNS
	73	Nicola Haines-Jones	w	Ladies Masters 45-54	Lliswerry runners			DNS
	107	Edward Brown	m	Mens Masters 40-49	White Rock Runners			DNS
	109	Louise Quatermass	w	Ladies Masters 35-44	Lliswerry runners			DNS
	128	Denise Aplin	w	Ladies Masters 45-54	SMR			DNS
	203	Barri Edwards	m	Mens Masters 40-49				DNS
	251	Levi Segovia	m	Mens Masters 40-49				DNS
	253	Sophie Place	w	Senior Ladies				DNS
	269	David Mccann	m	Senior Men	Cwm Ogwr Running Club			DNS

2017 Cadwaladers Porthkerry 5M - 07/05/2017

Finisher List

Position	Bib	Name	Gender	Age Group	Club	GunTime	ChipTime	Status
	270	John Dimond	m	Senior Men				DNS
	271	Andrew Williams	m	Senior Men	Parc Bryn Bach			DNS
	285	Stuart Crees	m	Senior Men	Les Croupiers RC			DNS
	288	Iwan Baker	m	Senior Men				DNS
	294	Andrew Baker	m	Mens Masters 50-59	Pontypridd Roadents AC			DNS
	299	Danielle Phillips	w	Senior Ladies	Parc Bryn Bach			DNS

Number of records: 302