

SSAFA Cardiff 5K Race Series 2018

Race 1
RESULTS

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|----|-----|-------------------------|-----------------------|------|-------|
| 1 | 23 | Daniel Bodman | Aberdare Valley | SM | 15:47 |
| 2 | 40 | Craig Williams | Micky Morris | MU20 | 15:49 |
| 3 | 15 | Luke Williams | San Domenico | SM | 15:57 |
| 4 | 153 | Joseph Reardon | Aberdare Valley | MU20 | 15:58 |
| 5 | 184 | Glyn Fletcher | Les Croupiers | SM | 16:05 |
| 6 | 201 | Oliver Williams | White Rock Runners | SM | 16:17 |
| 7 | 105 | Richard Jackson Hooking | Les Croupiers | SM | 16:18 |
| 8 | 216 | Huw Evans | Les Croupiers | M45 | 16:21 |
| 9 | 166 | Simon Lewis | Ponty Roadents | M40 | 16:22 |
| 10 | 163 | Richard Baker | Les Croupiers | M45 | 16:25 |
| 11 | 165 | Doug Nicholls | Les Croupiers | SM | 16:39 |
| 12 | 4 | Paul Graham | Ponty Roadents | SM | 16:40 |
| 13 | 180 | John Howells | Ponty Roadents | SM | 16:50 |
| 14 | 189 | Richard Ross | Les Croupiers | M45 | 16:51 |
| 15 | 2 | Matthew Evans | Aberdare Valley | SM | 16:55 |
| 16 | 114 | Jake Brook-Smith | Ponty Roadents | MU20 | 16:56 |
| 17 | 218 | David Lawson | MDC | SM | 17:00 |
| 18 | 60 | Mathew Hurford | Les Croupiers | M45 | 17:02 |
| 19 | 215 | Mark Horsman | Cardigan RC | M40 | 17:07 |
| 20 | 182 | Stuart Crees | Les Croupiers | M40 | 17:09 |
| 21 | 10 | Lloyd Sheppard | Cardiff AAC | MU20 | 17:16 |
| 22 | 122 | Vaughan Edwards | Cardiff Harlequins RC | M40 | 17:17 |
| 23 | 104 | Ryan Edwards | Cardiff Archers | MU20 | 17:20 |
| 24 | 11 | Phil Cook | Les Croupiers | M45 | 17:21 |
| 25 | 205 | Grant Medcraft | Ponty Roadents | SM | 17:22 |
| 26 | 19 | Alister Downes | San Domenico | SM | 17:24 |
| 27 | 56 | Gary Brown | Penarth & Dinas | SM | 17:27 |
| 28 | 69 | Billy Hayton | Ponty Roadents | SM | 17:30 |
| 29 | 68 | Ben Jones | Ponty Roadents | SM | 17:33 |
| 30 | 61 | Rhys Pippand | Les Croupiers | SM | 17:34 |
| 31 | 206 | Chris Millington | N/A | MU20 | 17:37 |
| 32 | 53 | James Gold | Cardiff AAC | MU15 | 17:39 |
| 33 | 151 | Lucy Marland | Cardiff AAC | W35 | 17:47 |
| 34 | 133 | Sean Lewis | Brackla Harriers | SM | 17:49 |
| 35 | 187 | James Manson | Cardiff Triathletes | M40 | 17:53 |
| 36 | 109 | Donovan Williams-Hale | Bridgend | SM | 18:00 |
| 37 | 156 | Arwel Evans | Rhedwyr Hebog | SM | 18:00 |
| 38 | 136 | Ben Hooper | N/A | MU20 | 18:01 |
| 38 | 139 | Andrew Blair | Les Croupiers | M50 | 18:01 |
| 39 | 62 | Rhys Hardman | Bridgend | M13 | 18:03 |
| 40 | 191 | Ake Fageneng | Les Croupiers | SM | 18:04 |
| 41 | 48 | Lawrence Pole | Ponty Roadents | M40 | 18:12 |
| 42 | 157 | Helen Sharpe | Fife AC | W35 | 18:21 |
| 43 | 24 | Laurent Bono | Les Croupiers | SM | 18:25 |
| 44 | 113 | Neil Brook-Smith | Ponty Roadents | M45 | 18:29 |
| 45 | 131 | Michael Mayer | Penarth & Dinas | SM | 18:36 |
| 46 | 12 | Keith James | Ponty Roadents | M40 | 18:37 |
| 47 | 172 | Michael Riley | Les Croupiers | M40 | 18:37 |
| 48 | 167 | Jeffrey Cox | Les Croupiers | M50 | 18:38 |
| 49 | 73 | Ben Ray | Cardiff Archers | MU20 | 18:41 |
| 50 | 9 | Loni Camileri | Cardiff Archers | MU20 | 18:44 |
| 51 | 14 | Cian Ralphs | Cardiff AAC | MU20 | 18:46 |
| 52 | 28 | Robert Davies | Ponty Roadents | M45 | 19:00 |
| 53 | 97 | Chris Metcalf | San Domenico | M40 | 19:01 |

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| 54 | 121 | Terence Fairbank | Aberdare Valley | SM | 19:03 |
| 55 | 35 | Jon Ely | Penarth & Dinas | M40 | 19:04 |
| 56 | 140 | Weema Mal | Les Croupiers | SM | 19:10 |
| 57 | 178 | Hugh Saunders | N/A | SM | 19:13 |
| 58 | 3 | John Morris | Les Croupiers | SM | 19:17 |
| 59 | 146 | Iewan Jones | Cardiff AAC | MU20 | 19:28 |
| 60 | 221 | Darragh Hanley-Crofts | Pegasus | SM | 19:32 |
| 61 | 203 | Brad Parle | Merthyr Run Club | MU20 | 19:33 |
| 62 | 158 | Daryl Beggs | Les Croupiers | M40 | 19:43 |
| 63 | 148 | Rhodi Jones | N/A | SW | 19:44 |
| 64 | 145 | Richard Mann | San Domenico | SM | 19:46 |
| 65 | 118 | Richard Edge | Pegasus | M40 | 19:46 |
| 66 | 75 | Caitlin Peers | CVAC | SW | 19:50 |
| 67 | 21 | Paul Morton | Penarth & Dinas | M40 | 19:51 |
| 68 | 132 | Dave Matthews | Penarth & Dinas | SM | 19:51 |
| 69 | 32 | Sam Jones | Ponty Roadents | SM | 19:56 |
| 70 | 17 | Dai James | Ogmore Phoenix | SM | 19:57 |
| 71 | 192 | Darren Stevens | Merthyr Run Club | M45 | 20:00 |
| 72 | 18 | Kevin Chalke | Penarth & Dinas | M50+ | 20:01 |
| 73 | 76 | Liam Evans | Cardiff AAC | MU20 | 20:03 |
| 74 | 5 | David Lamb | Swansea Harriers | SM | 20:04 |
| 75 | 50 | Marcus Meyrick | Cardiff AAC | M45 | 20:05 |
| 76 | 22 | Claire Jacobs | Les Croupiers | W40 | 20:10 |
| 77 | 134 | Matthew Hooper | Les Croupiers | SM | 20:12 |
| 78 | 77 | Timothy West | N/A | SM | 20:13 |
| 79 | 112 | Stephen Noyvirt | Cardiff AAC | MU20 | 20:17 |
| 80 | 29 | Harry Jowles | Cardiff AAC | MU20 | 20:19 |
| 81 | 31 | Carl Walsh | Rhondda Valley | M45 | 20:20 |
| 82 | 190 | Colin Caesar | Penarth & Dinas | M45 | 20:22 |
| 83 | 137 | Steven Pheddy | Les Croupiers | M45 | 20:24 |
| 84 | 57 | Nick Hayward | San Domenico | M40 | 20:30 |
| 85 | 16 | David Walker | N/A | M60+ | 20:31 |
| 86 | 115 | Nathaniel Davey | Cardiff AAC | MU20 | 20:32 |
| 87 | 155 | Terry O'Brien | N/A | M60+ | 20:32 |
| 88 | 78 | Kit Lambert | Penarth & Dinas | M40 | 20:33 |
| 89 | 51 | Allen Burrey | Aberdare Valley | M50 | 20:35 |
| 90 | 72 | Catherine Barker | Penarth & Dinas | W40 | 20:38 |
| 91 | 159 | Nick Denny | Ponty Roadents | M40 | 20:45 |
| 92 | 171 | Tim Fry | Cardiff AAC | SM | 20:46 |
| 93 | 202 | Lloyd Mack | Merthyr Run Club | SM | 20:49 |
| 94 | 54 | Bethany Gold | Cardiff AAC | WU15 | 20:50 |
| 95 | 7 | Diane Brownhill | Swansea Harriers | W45 | 20:58 |
| 96 | 154 | Frank Atherton | Penarth & Dinas | M50 | 21:01 |
| 97 | 74 | James Sibley | San Domenico | SM | 21:01 |
| 98 | 195 | Robert King | Parc Bryn Bach | M40 | 21:06 |
| 99 | 8 | Owen Davies | Swansea Harriers | SM | 21:11 |
| 100 | 185 | Gareth Jenkins | Ogmore Phoenix | SM | 21:14 |
| 101 | 20 | Nina Brocklebank | 3m Gorseinon Runner | W45 | 21:17 |
| 102 | 108 | Isaac Jones | Cardiff AAC | MU20 | 21:19 |
| 103 | 204 | Graham Mack | Merthyr Run Club | M60+ | 21:22 |
| 104 | 66 | Mick McGeoch | Les Croupiers | M60 | 21:25 |
| 105 | 79 | Christopher Nellins | Penarth & Dinas | M60+ | 21:28 |
| 106 | 34 | Dominic Shields | San Domenico | M50 | 21:29 |
| 107 | 25 | Delyth Williams | San Domenico | SW | 21:32 |
| 108 | 183 | Libby Crees | Les Croupiers | W45 | 21:42 |
| 109 | 209 | Andrew Murphy | Merthyr Run Club | SM | 21:44 |
| 110 | 177 | Ben Gooding | Pegasus | M40 | 21:45 |
| 111 | 179 | Evatt Cummings | Bridgend | M45 | 21:50 |
| 112 | 173 | Ruth Cann | Penarth & Dinas | W35 | 21:53 |

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| 113 | 207 | Neil Morgan | Merthyr Run Club | M40 | 21:54 |
| 114 | 199 | Claire Marksimovic | Ponty Roadents | SW | 21:56 |
| 115 | 80 | Simon Williamson | Penarth & Dinas | M60+ | 21:58 |
| 116 | 13 | Ronald Morris | San Domenico | M60+ | 21:58 |
| 117 | 107 | Joseph Joyce | Cardiff AAC | MU20 | 21:59 |
| 118 | 117 | Steven Barner | Penarth & Dinas | M45 | 22:04 |
| 119 | 106 | Marc Joyce | Les Croupiers | SM | 22:09 |
| 120 | 208 | Dean Thomas | Merthyr Run Club | M45 | 22:10 |
| 121 | 213 | Michael Davies | Les Croupiers | M60+ | 22:12 |
| 122 | 219 | Carys Durie | Carduro | SW | 22:17 |
| 123 | 26 | Megan Poulson | San Domenico | SW | 22:18 |
| 124 | 30 | Wendy Owen | San Domenico | W45 | 22:21 |
| 125 | 124 | Elaine Wharmby | Pegasus | SW | 22:25 |
| 126 | 70 | Julie Scholey | Les Croupiers | W55 | 22:31 |
| 127 | 212 | Malcolm Bradley | Penarth & Dinas | M60+ | 22:34 |
| 128 | 63 | Bethan Hardman | Cardiff Archers | WU20 | 22:40 |
| 129 | 67 | Jenny Martin | Les Croupiers | W35 | 22:45 |
| 130 | 89 | Joshua Davies | Penarth & Dinas | SM | 22:44 |
| 131 | 128 | Alan Mason | Les Croupiers | M55 | 22:46 |
| 132 | 92 | Jon Lewis | Penarth & Dinas | M40 | 22:45 |
| 134 | 49 | Bethan Meyrick | Cardiff AAC | WU20 | 22:50 |
| 135 | 46 | Caitlin Chapman | Cardiff AAC | WU20 | 22:55 |
| 136 | 119 | David Williams | Les Croupiers | M55 | 22:56 |
| 137 | 147 | Paddy Maloney | N/A | M50 | 22:57 |
| 138 | 6 | Dan Morgan | Swansea Harriers | SM | 22:56 |
| 139 | 64 | Rhian Jones | Cardiff AAC | WU20 | 23:00 |
| 140 | 55 | Louise Hunt | Penarth & Dinas | M40 | 23:01 |
| 141 | 120 | Karl Johnson | Ogmore Phoenix | SM | 23:02 |
| 142 | 87 | Graham Carrick | Pegasus | M50 | 23:03 |
| 143 | 88 | Nigel Bleach | N/A | M50 | 23:04 |
| 144 | 111 | Andrew Cooper | Merthyr Run Club | M45 | 23:06 |
| 145 | 162 | Tim Davies | Ponty Roadents | SM | 23:09 |
| 146 | 91 | Peter Trott | Penarth & Dinas | M45 | 23:23 |
| 147 | 58 | Stephen Wood | Pegasus | M40 | 23:29 |
| 148 | 41 | Lolly Evans | Les Croupiers | W45 | 23:31 |
| 149 | 94 | Stephen Goodfellow | Penarth & Dinas | M50 | 23:32 |
| 150 | 130 | Gabriella Green | Les Croupiers | W45 | 23:35 |
| 150 | 1 | David George | Les Croupiers | M45 | 23:35 |
| 151 | 164 | Luke Heslop | Les Croupiers | M40 | 23:36 |
| 152 | 103 | Lisa Cleary | Penarth & Dinas | W50 | 23:37 |
| 152 | 33 | Marcia Gouveia | San Domenico | W35 | 23:40 |
| 153 | 210 | Adrian Taylor | Merthyr Run Club | M55 | 23:40 |
| 155 | 138 | Trudi Morgan | Aberdare Valley | W50 | 23:42 |
| 156 | 141 | Paul Mitchel | Penarth & Dinas | M40 | 23:42 |
| 158 | 198 | Paul Edwards | Cardiff AAC | M40 | 23:54 |
| 159 | 44 | Hannah Withers | San Domenico | W40 | 24:01 |
| 160 | 142 | Ian Thorne | Pegasus | M50 | 24:05 |
| 161 | 170 | James Elaney | San Domenico | M60+ | 24:09 |
| 162 | 86 | Gareth Davies | Penarth & Dinas | M40 | 24:09 |
| 163 | 65 | Ellie Powell | Cardiff AAC | WU20 | 24:16 |
| 164 | 217 | Richard Sewell | Les Croupiers | M60+ | 24:19 |
| 165 | 188 | Claire Jarrom | Les Croupiers | SW | 24:23 |
| 166 | 186 | Claire Manson | Cardiff Triathletes | W35 | 24:24 |
| 167 | 181 | Sarah Burdett | Les Croupiers | SW | 24:25 |
| 168 | 47 | Paul Chapman | Les Croupiers | M45 | 24:42 |
| 169 | 71 | Andrew Sedgmond | Les Croupiers | M60+ | 24:44 |
| 170 | 168 | John Ross | San Domenico | M50 | 24:52 |
| 171 | 123 | Adam Wharmby | N/A | SM | 24:54 |
| 172 | 152 | Molly Reardon | Aberdare Valley | SW | 24:54 |

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| 173 | 161 | Kathryn Cook | N/A | SW | 24:56 |
| 174 | 214 | Eve Gallop-Evans | Les Croupiers | W50 | 24:59 |
| 175 | 52 | Paul Jones | Aberdare Valley | SM | 25:00 |
| 176 | 176 | Joanne East | Pegasus | SW | 25:06 |
| 177 | 100 | Sarah Patnett | Pegasus | W40 | 25:08 |
| 178 | 125 | Kevin Fowler | Pegasus | M60+ | 25:09 |
| 179 | 95 | Charlie Watson | Cardiff AAC | WU20 | 25:37 |
| 180 | 82 | Mandy Barrington | Penarth & Dinas | W50 | 25:41 |
| 181 | 129 | Rachel Higginson | Les Croupiers | W35 | 25:42 |
| 182 | 116 | Sue Gershenson | N/A | W50 | 25:49 |
| 183 | 83 | Beverley Warburton | Penarth & Dinas | W55 | 26:01 |
| 184 | 45 | Kay Chapman | Cardiff AAC | W50 | 26:07 |
| 185 | 90 | Stephen Farrier | Penarth & Dinas | M55 | 26:25 |
| 186 | 99 | Danielle Raynes | Penarth & Dinas | SW | 26:57 |
| 187 | 135 | Rachel Hooper | N/A | W50 | 27:10 |
| 188 | 211 | Abys Gisasaziz | Penarth & Dinas | M60+ | 27:14 |
| 189 | 98 | Shirley Hownham | Penarth & Dinas | W55 | 27:20 |
| 190 | 196 | Julie Smith | Merthyr Run Club | W45 | 27:37 |
| 191 | 200 | Philip Cowell | N/A | M50 | 27:43 |
| 192 | 126 | Phil Allen | Pegasus | M0 | 28:02 |
| 193 | 174 | Ralph Davey | Les Croupiers | M60+ | 28:04 |
| 194 | 85 | Jane Blethyn | Penarth & Dinas | W55 | 28:12 |
| 195 | 150 | Tricia Cottnam | Penarth & Dinas | W55 | 28:12 |
| 196 | 149 | Peter Cottnam | Penarth & Dinas | M50 | 28:17 |
| 197 | 96 | John? Watson | Cardiff AAC | M55 | 28:29 |
| 198 | 193 | Catherine Llewellyn | Merthyr Run Club | W50 | 28:37 |
| 199 | 160 | Finn Johnson-Denny | N/A | MU20 | 28:41 |
| 200 | 194 | Sandra Stevens | Merthyr Run Club | W55 | 29:14 |
| 201 | 222 | Tim Webb | Pegasus | M60+ | 29:26 |
| 202 | 102 | Debbie Rees | Penarth & Dinas | W50 | 29:26 |
| 203 | 93 | Andrea Goodfellow | Penarth & Dinas | W45 | 29:38 |
| 204 | 27 | Kelly Crofts | Les Croupiers | W35 | 28:52 |
| 205 | 84 | Emma Healey | Penarth & Dinas | W45 | 29:52 |
| 206 | 81 | Lyn Evans | Penarth & Dinas | M55 | 31:48 |
| 207 | 42 | Leona Shanley | RVR | W45 | 31:50 |
| 208 | 169 | Gareth Rothwell | Penarth & Dinas | M45 | 31:52 |
| 209 | 43 | Phoebe Shanley | RVR | WU20 | 32:06 |
| 210 | 39 | Tracey Newman | Les Croupiers | W45 | 32:27 |
| 211 | 144 | Tracy Buckle | Pegasus | W45 | 32:40 |
| 212 | 36 | Karen Taylor | RVR | W40 | 32:43 |
| 213 | 175 | Nicholas East | Pegasus | SM | 32:43 |
| 214 | 220 | Colin Crooks | Pegasus | M60+ | 32:46 |
| 215 | 38 | Leanne Jones | RVR | SW | 32:46 |
| 216 | 37 | Rebecca Evans | RVR | SW | 32:50 |
| 217 | 127 | Emma Roche | Pegasus | SM | 32:55 |
| 218 | 143 | Sally Bloomfield | N/A | W50 | 37:32 |
| 219 | 59 | Amanda Thompson | Les Croupiers | W55 | 39:55 |
| 220 | 197 | Helen Lloyd Jones | Pegasus | W55 | 39:55 |
| DNF? | 101 | Paul Whitmarsh | Penarth & Dinas | M40 | 0.00 |
| DNF? | 110 | Huw Williams | N/A | M50 | 0.00 |