

Race Results - Croups Summer Sizzler 5k

Name	Race No	Category	Total Time	Pos	Club
Jonathan Peters	743	Male Senior	00.15.34	1	Cardiff AAC
Stephen Paterson	762	Male Senior	00.15.36	2	Les Croupiers
Chris Carpanini	744	Male Senior	00.15.43	3	Newport
Jerome Edwards	759	Male Senior	00.15.50	4	Les Croupiers
Graham Breen	768	Male Senior	00.15.53	5	Aldershot, Farnham & District
Stuart Crees	770	Male Senior	00.16.22	6	Les Croupiers
Edward Donovan	767	Male Senior	00.16.30	7	Les Croupiers
Tom Jeffery	717	Male Senior	00.16.42	8	Les Croupiers
Matthew Wells	763	Male Senior	00.16.47	9	Brackla Harriers
Gareth Green	749	Male Senior	00.16.51	10	San Domenico RRC
Rob Sage	713	Male Senior	00.16.55	11	Les Croupiers
Matt Hurford	707	Male Senior	00.16.59	12	Les Croupiers
Gareth Lynch	752	Male Senior	00.17.27	13	Les Croupiers
Martin Williams	761	Male Vet 40	00.17.49	14	Les Croupiers
Alex Donald	753	Male Senior	00.18.03	15	Cardiff AAC
John Morgan	751	Male Vet 40	00.18.07	16	Brackla Harriers
mark Richmond	721	Male Senior	00.18.08	17	San Domenico RRC
Glyn Sansom	773	Male Vet 40	00.18.20	18	San Domenico RRC
Mick McGeoch	705	Male Vet 50	00.18.25	19	Les Croupiers
Paul Coker	758	Male Vet 50	00.18.29	20	Les Croupiers
Ryan Sallish	741	Male Senior	00.18.38	21	
Andy Cleves	742	Male Senior	00.18.42	22	Les Croupiers
Caroline Jones	524	Female Seniors	00.18.44	23	
Peter Kellam	756	Male Vet 40	00.18.52	24	Les Croupiers
David Proud	757	Male Vet 40	00.18.53	25	Les Croupiers
Elio Lepore	774	Male Vet 50	00.18.55	26	Les Croupiers
Katie Beecher	513	Female Seniors	00.18.56	27	Les Croupiers
Claire Beatty	510	Female Seniors	00.19.02	28	Les Croupiers
Ricky Jones	765	Male Senior	00.19.11	29	Pegasus RC
Andrew Jones	775	Male Senior	00.19.15	30	
Phil George	754	Male Senior	00.19.16	31	Les Croupiers
Libby ODuffy	512	Female Vet 35	00.19.16	31	Les Croupiers
Brendan Jones	728	Male Vet 40	00.19.17	33	Les Croupiers
Simon Hazel	733	Male Vet 40	00.19.18	34	Les Croupiers
Alexander Capleton	726	Male Senior	00.19.26	35	Les Croupiers
David Williams	706	Male Vet 40	00.19.33	36	Les Croupiers
Jane Coker	529	Female Vet 45	00.19.40	37	Les Croupiers
Matthew Nightingale	731	Male Senior	00.19.46	38	
Brian Dias	734	Male Senior	00.19.47	39	Cardiff AAC
John Magee	737	Male Senior	00.19.50	40	Les Croupiers
Carys Griffiths	535	Female Seniors	00.19.51	41	Bridgend AC
Laurence Pole	740	Male Senior	00.19.53	42	Pontypridd Roadents
Steve Pickering	739	Male Vet 40	00.20.02	43	
Paul Morris	714	Male Vet 50	00.20.07	44	Les Croupiers
Michael Davies	719	Male Vet 60	00.20.09	45	Les Croupiers
Steve Davies	711	Male Vet 40	00.20.15	46	Port Talbot Harriers
Richard Boon	727	Male Vet 50	00.20.17	47	Les Croupiers
Andrew Mundy	769	Male Senior	00.20.17	47	Brackla Harriers
Allan Jones	712	Male Vet 50	00.20.17	47	Brackla Harriers
Stephen Alexander	764	Male Vet 40	00.20.22	50	Les Croupiers
Kellinu Portelli	718	Male Vet 40	00.20.24	51	Les Croupiers
Gareth Rees	720	Male Vet 40	00.20.40	52	Les Croupiers
Aileen Lyons	534	Female Seniors	00.20.44	53	Les Croupiers
Dominic Shields	748	Male Vet 40	00.20.49	54	San Domenico RRC
Gary John	729	Male Vet 50	00.21.01	55	Les Croupiers
Charlotte Johns	527	Female Vet 35	00.21.06	56	Brackla Harriers
Richard Sewell	771	Male Vet 50	00.21.12	57	Les Croupiers
Peter Wilks	732	Male Vet 40	00.21.34	58	Les Croupiers

Richard Dyke	725	Male Vet 40	00.21.37	59	Brackla Harriers
John Plain	755	Male Vet 60	00.21.50	60	Les Croupiers
Roy Silver	750	Male Vet 50	00.22.06	61	Les Croupiers
Andrea Starritt	526	Female Vet 35	00.22.08	62	Brackla Harriers
Malin Falck	514	Female Vet 35	00.22.11	63	Les Croupiers
Scott Howells	776	Male Vet 50	00.22.11	63	Les Croupiers
Tony Carzana	715	Male Vet 60	00.22.23	65	Pegasus RC
Julie Scholey	516	Female Vet 45	00.22.37	66	Les Croupiers
Michael Rossiter	709	Male Vet 50	00.22.40	67	Les Croupiers
Sue Davies	532	Female Vet 45	00.22.45	68	Brecon AC
Tony Burt	716	Male Vet 60	00.22.47	69	Brackla Harriers
Fran Machin	509	Female Vet 35	00.23.02	70	Les Croupiers
Tammy Raz-Nick	525	Female Vet 35	00.23.26	71	Brackla Harriers
Jeff Aston	704	Male Vet 60	00.23.28	72	Les Croupiers
Ian Stratton	736	Male Vet 40	00.23.43	73	Brackla Harriers
David Hodges	702	Male Vet 40	00.23.45	74	Les Croupiers
Sasha Macken	511	Female Vet 35	00.24.19	75	Les Croupiers
Glenda Edwards	518	Female Vet 45	00.24.27	76	Les Croupiers
Kevin Rossiter	708	Male Senior	00.24.35	77	Les Croupiers
Patricia Jones	505	Female Vet 55	00.24.38	78	Brackla Harriers
Christina Rossiter	504	Female Vet 45	00.24.45	79	Les Croupiers
Rowena White	531	Female Vet 35	00.24.49	80	
Rhys Langford	735	Male Senior	00.24.49	80	
Malcolm Jones	745	Male Vet 50	00.24.52	82	Brackla Harriers
Keith Treharne	746	Male Vet 60	00.25.07	83	Brackla Harriers
Lisa Muller	508	Female Vet 55	00.25.22	84	Les Croupiers
Richard Crawford	730	Male Vet 60	00.25.49	85	Les Croupiers
Cath Hather	523	Female Vet 45	00.25.58	86	Brackla Harriers
Caroline Nightingale	519	Female Vet 45	00.26.15	87	
Nicola Trigg	522	Female Vet 45	00.26.20	88	
Richard Brown	760	Male Vet 60	00.26.34	89	Sheen Shufflers
Amanda Thompson	515	Female Vet 45	00.26.44	90	Les Croupiers
Kelly Langford	520	Female Seniors	00.26.52	91	
Erica McLain	528	Female Seniors	00.26.57	92	
Emma Hudson	537	Female Vet 35	00.27.10	93	
Graham Carrick	772	Male Vet 40	00.27.10	93	
Gwenno Thomas	507	Female Vet 35	00.27.25	95	Les Croupiers
Annie Conroy	517	Female Vet 55	00.27.38	96	Les Croupiers
Tracey Newman	502	Female Vet 35	00.28.01	97	Les Croupiers
Phil Lowe	747	Male Vet 40	00.28.31	98	Maindy Harriers
Gill Murphy	501	Female Vet 55	00.28.44	99	Les Croupiers
Lisa Elliott	536	Female Seniors	00.28.45	100	Les Croupiers
Mike Murphy	701	Male Vet 50	00.28.46	101	Les Croupiers
Josie Brown	530	Female Seniors	00.30.26	102	
Nicola John	521	Female Vet 35	00.59.59	103	