

Race Results Summer Sizzler 5Km 2013

Name	Category	Total Time	Pos	Club
Edward Donovan	Male Senior	00.16.04	1	Les Croupiers
Oliver Williams	Male Senior	00.16.12	2	Les Croupiers
Tesfaledet Goitom	Male Senior	00.16.14	3	u/a
Stuart Crees	Male Senior	00.16.21	4	Les Croupiers
Chris Millington	Male Senior	00.16.27	5	Les Croupiers
Julian Baker	Male Vet 40	00.16.42	6	Les Croupiers
Doug Nicholls	Male Senior	00.17.10	7	San Domenico RRC
Matt Hurford	Male Vet 40	00.17.29	8	Les Croupiers
Paul Speyer	Male Senior	00.17.32	9	Brackla Harriers
Matt Hopkins	Male Senior	00.17.41	10	Les Croupiers
Phil Bristow	Male Vet 50	00.17.53	11	San Domenico RRC
Tom Jeffery	Male Senior	00.18.08	12	Les Croupiers
Marc Tilley	Male Senior	00.18.10	13	Les Croupiers
Glyn Sansom	Male Vet 50	00.18.13	14	San Domenico RRC
Peter Croall	Male Senior	00.18.16	15	San Domenico RRC
Elio Lepore	Male Vet 50	00.18.17	16	Les Croupiers
Andrew Jones	Male Senior	00.18.20	17	u/a
Johnny Lam	Male Vet 40	00.18.21	18	San Domenico RRC
Mike Murphy	Male Vet 50	00.18.23	19	Les Croupiers
David Proud	Male Vet 40	00.18.24	20	Les Croupiers
Ian Ogilvie	Male Vet 40	00.18.26	21	Brackla Harriers
Stuart McIlroy	Male Vet 40	00.18.43	22	Les Croupiers
Paul Coker	Male Vet 50	00.18.49	23	Les Croupiers
David Coles	Male Vet 50	00.18.52	24	Les Croupiers
Colin McQueen	Male Vet 50	00.18.57	25	Brackla Harriers
Mick McGeoch	Male Vet 50	00.19.00	26	Les Croupiers
Gary Howgate	Male Vet 40	00.19.02	27	Les Croupiers
John Magee	Male Senior	00.19.06	28	Les Croupiers
Thomas Link	Male Senior	00.19.08	29	u/a
David E Williams	Male Vet 50	00.19.11	29	Les Croupiers
John Craven	Male Senior	00.19.11	31	u/a
Howard Owen	Male Senior	00.19.12	32	Les Croupiers
Gafin Griffiths	Male Senior	00.19.20	33	Les Croupiers
Peter Kellam	Male Vet 40	00.19.25	33	Les Croupiers
Calum Vennard	Male Senior	00.19.25	35	Les Croupiers
Alun Davies	Male Senior	00.19.31	36	Les Croupiers
Emma Loveland	Female Seniors	00.19.33	37	Cardiff AAC
Clem Clement	Male Vet 50	00.19.36	38	Penarth & Dinas Runners
Laurence Pole	Male Senior	00.19.38	39	Pontypridd Roadents
Jane Coker	Female Vet 45	00.19.39	40	Les Croupiers
Howard Kent	Male Vet 60	00.19.40	41	Les Croupiers
Ruth Barrett	Female Seniors	00.19.41	42	San Domenico RRC
Libby ODuffy	Female Vet 45	00.19.58	43	Les Croupiers

Tim Owen	Male Vet 50	00.19.59	44	Bridgend AC
Stephen Hitchen	Male Senior	00.20.07	45	Les Croupiers
Allan Stephen Jones	Male Vet 50	00.20.18	46	Brackla Harriers
Simon Pritchard	Male Vet 40	00.20.22	47	Pontypridd Roadents
James Delaney	Male Vet 50	00.20.31	48	San Domenico RRC
Matthew Hooper	Male Senior	00.20.33	49	Les Croupiers
Paul Josua	Male Senior	00.20.40	50	u/a
Aileen Lyons	Female Seniors	00.20.41	51	Les Croupiers
Dominic Shields	Male Vet 40	00.20.43	52	San Domenico RRC
Tim Green	Male Vet 40	00.20.57	53	Les Croupiers
Paul Horrocks	Male Senior	00.20.58	54	u/a
Barry Morgan	Male Senior	00.21.04	55	Brackla Harriers
Marcia Gouveia	Female Seniors	00.21.05	56	San Domenico RRC
Oliver Smmen	Male Senior	00.21.08	57	u/a
Kris Denholm	Male Vet 40	00.21.10	58	Brackla Harriers
Ricki Morgan	Male Senior	00.21.11	59	Les Croupiers
Hazel Craven	Female Vet 35	00.21.18	59	Les Croupiers
Neil Davies	Male Vet 50	00.21.18	61	u/a
Aine Kenny	Female Seniors	00.21.23	62	Les Croupiers
Charlotte Johns	Female Vet 45	00.21.26	63	Brackla Harriers
Clare Hughes	Female Vet 35	00.21.31	64	Bridgend AC
Alex Starritt	Female Seniors	00.21.33	65	u/a
Daniel VandenBurg	Male Senior	00.21.38	66	Les Croupiers
Gareth Rees	Male Vet 40	00.21.41	67	Les Croupiers
Caitlin Pearson	Female Seniors	00.21.42	68	Les Croupiers
Andrew Sedgmond	Male Vet 50	00.21.46	69	Les Croupiers
Stephen Quin	Male Vet 40	00.21.47	70	Les Croupiers
Beth Lewis	Female Vet 35	00.21.52	71	Les Croupiers
Mike Rossiter	Male Vet 50	00.22.03	72	Les Croupiers
Paul Charles	Male Vet 50	00.22.07	73	Pegasus RC
Rod Perons	Male Vet 50	00.22.11	74	Les Croupiers
Andrea Starritt	Female Vet 45	00.22.12	75	Brackla Harriers
Julie Scholey	Female Vet 45	00.22.17	76	Les Croupiers
Steve Ridout	Male Vet 40	00.22.19	77	Bridgend AC
Richard Sewell	Male Vet 50	00.22.23	78	Les Croupiers
Simon Carter	Male Senior	00.22.38	79	Brackla Harriers
Martin Smith	Male Vet 60	00.22.43	80	Massey Furguson RC
Eirwyn Rees	Male Vet 50	00.22.54	81	San Domenico RRC
Brenda Avery	Female Vet 55	00.22.56	82	Chepstow Harriers
David McDonald	Male Vet 40	00.23.13	83	Les Croupiers
Angela Champion	Female Vet 35	00.23.17	84	Les Croupiers
John Sharp	Male Vet 40	00.23.22	85	u/a
Jane Ash	Female Vet 35	00.23.24	86	Les Croupiers
Jeff Aston	Male Vet 60	00.23.37	87	Les Croupiers
Huw Williams	Male Vet 40	00.23.42	88	Bridgend AC
Tina Rossiter	Female Vet 45	00.23.44	89	Les Croupiers
Jo Skilton	Female Vet 45	00.23.45	90	San Domenico RRC
Libby Lavis	Female Vet 55	00.24.21	91	Brackla Harriers

Kerry Briggs	Female Seniors	00.24.27	92	Les Croupiers
Simon Hudd	Male Vet 40	00.24.46	93	u/a
Colin Crooks	Male Vet 50	00.25.02	94	Pegasus RC
Alison Whittaker	Female Vet 45	00.25.11	95	Les Croupiers
Luke Heslop	Male Senior	00.25.23	96	Les Croupiers
Gill Murphy	Female Vet 55	00.25.24	97	Les Croupiers
Patricia Jones	Female Vet 55	00.25.36	98	Brackla Harriers
Anne Follan	Female Vet 35	00.25.44	99	Pontypridd Roadents
Janice Clement	Female Vet 55	00.25.51	100	Penarth & Dinas Runners
Rachel Davies	Female Junior	00.26.08	101	u/a
Michelle Rivett	Female Vet 35	00.26.10	102	Les Croupiers
Tim Webb	Male Vet 60	00.26.15	103	Pegasus RC
Sarah-Lynn Thompson	Male Senior	00.26.19	104	Les Croupiers
Alex Davies	Female Seniors	00.26.29	105	Les Croupiers
Richard Pearson	Male Vet 40	00.27.05	106	Brackla Harriers
Nick Johnson	Male Senior	00.27.23	107	u/a
Tracey Newman	Female Vet 35	00.27.28	108	Les Croupiers
Clare Johnson	Female Vet 55	00.27.32	109	Les Croupiers
Victor Isansri	Male Vet 60	00.28.35	110	Pegasus RC
Michael Fogg	Male Senior	00.29.06	111	u/a
Rod Jones	Male Vet 60	00.29.41	112	Les Croupiers
Ruth Cochran	Female Vet 45	00.30.04	113	u/a
Nicola John	Female Vet 35	00.31.01	114	Les Croupiers
Sian Tossell	Female Vet 45	00.31.02	115	Brackla Harriers
Tammy Raz-Nick	Female Vet 35	00.31.02	116	Brackla Harriers