

# Summer Sizzler 5K

Pos	Name	Club	Gender	Bib #	Gun Time	Chip Time	Division Rank
1	MATTHEW REES	SWANSEA HARRIERS	M: 1	175	00:15:49	00:15:48	Overall Male Runner: 1
2	DANIEL BODMAN	PARC BRYN BACH	M: 2	71	00:16:03	00:16:01	Overall Male Runner: 2
3	LEWIS RYAN		M: 3	57	00:16:26	00:16:24	Overall Male Runner: 3
4	RYAN HOLT	LES CROUPIERS RC	M: 4	92	00:16:31	00:16:30	
5	BEN KENNEDY	LES CROUPIERS RC	M: 5	91	00:16:32	00:16:31	
6	JACK REDDAWAY	LES CROUPIERS RC	M: 6	38	00:16:34	00:16:31	
7	LEWIS MUNRO	ISLWYN RC	M: 7	59	00:16:34	00:16:32	
8	WILF EVANS	CDF RUNNERS	M: 8	53	00:16:35	00:16:32	
9	MARTIN NORTON	LLISWERRY RUNNERS	M: 9	100	00:16:43	00:16:40	
10	OLIVER WILLIAMS	LES CROUPIERS RC	M: 10	266	00:16:54	00:16:51	
11	MATT TURNER	SAN DOMENICO RC	M: 11	78	00:16:56	00:16:51	Male 40 - 49: 1
12	JOHN MORRIS	LES CROUPIERS RC	M: 12	272	00:16:57	00:16:55	
13	JOHN JACKSON		M: 13	287	00:17:10	00:17:06	
14	JONATHAN PARRY	BRIDGEND AC	M: 14	230	00:17:11	00:17:10	
15	PETER RYDER		M: 15	270	00:17:14	00:17:12	
16	PAUL JOSUA	SAN DOMENICO RC	M: 16	22	00:17:15	00:17:13	
17	PAUL CARTER		M: 17	70	00:17:17	00:17:14	
18	OLIVER PRICE	CARDIFF AAC	M: 18	252	00:17:21	00:17:20	Male 0 - 20: 1
19	OSIAN EMMERSON	CARDIFF ARCHERS	M: 19	265	00:17:26	00:17:24	
20	TOMOS ROBERTS	CARDIFF AAC	M: 20	228	00:17:28	00:17:27	
21	ANDREW JONES		M: 21	159	00:17:48	00:17:45	
22	ALFIE SARGEANT	BARRY & VALE HARRIERS	M: 22	64	00:18:08	00:18:03	
23	CARL NEALON	LES CROUPIERS RC	M: 23	242	00:18:18	00:18:15	
24	OWEN DAVIES	LES CROUPIERS RC	M: 24	288	00:18:21	00:18:19	
25	MATTHEW JONES	LES CROUPIERS RC	M: 25	50	00:18:25	00:18:21	
26	GETHIN THOMAS	ISLWYN RC	M: 26	60	00:18:27	00:18:24	
27	MIA GODDARD	LES CROUPIERS RC	F: 1	258	00:18:28	00:18:26	Overall Female Runner: 1
28	JACK KELLAM	LES CROUPIERS RC	M: 27	290	00:18:33	00:18:32	
29	HUMPHREY SHEIL	CDF RUNNERS	M: 28	72	00:18:33	00:18:27	
30	ROSS FLANIGAN	PENARTH & DINAS RUNNERS	M: 29	58	00:18:40	00:18:38	Male 50 - 59: 1
31	GEMMA LUCKETT	CDF RUNNERS	F: 2	157	00:18:42	00:18:39	Overall Female Runner: 2
32	JOHN SEAWARD	CAERPHILLY RUNNERS	M: 30	48	00:18:49	00:18:46	
33	ROB SAGE	LES CROUPIERS RC	M: 31	29	00:18:50	00:18:47	
34	LEO HOLMES	LES CROUPIERS RC	M: 32	51	00:18:53	00:18:48	
35	RICH BAKER		M: 33	283	00:18:55	00:18:51	
36	KIT LAMBERT	PENARTH & DINAS RUNNERS	M: 34	245	00:18:58	00:18:53	
37	KEVIN PLANK	SAN DOMENICO RC	M: 35	273	00:19:13	00:19:11	
38	GARETH LEWIS	CDF RUNNERS	M: 36	77	00:19:29	00:19:23	
39	JEMIMA OSBORN	SWANSEA HARRIERS	F: 3	260	00:19:32	00:19:27	Overall Female Runner: 3
40	JOHN LIGHT	SAN DOMENICO RC	M: 37	238	00:19:35	00:19:32	
41	MATH LLWYD	LES CROUPIERS RC	M: 38	75	00:19:36	00:19:32	
42	PAUL DEATON	PENARTH & DINAS RUNNERS	M: 39	49	00:19:49	00:19:45	
43	IAN DRIVER	SAN DOMENICO RC	M: 40	84	00:19:50	00:19:47	
44	JACOB WILLIAMS	PENARTH & DINAS RUNNERS	M: 41	63	00:19:59	00:19:52	
45	BRENDAN JONES	LES CROUPIERS RC	M: 42	98	00:20:00	00:19:56	
46	JULIE CHAMBERLAIN	CARDIFF AAC	F: 4	56	00:20:03	00:19:58	Female 35 - 44: 1
47	MICHAEL BULL		M: 43	43	00:20:21	00:20:14	
48	RHYDIAN DAVIES		M: 44	55	00:20:39	00:20:35	
49	ALESHA SANTOS	RHONDDA AC	F: 5	90	00:20:47	00:20:39	Female 0 - 20: 1
50	ALYSSA BAKER	PONTYPOOL RUNNERS	F: 6	151	00:20:50	00:20:45	
51	ALICE ROTHWELL	LES CROUPIERS RC	F: 7	280	00:20:50	00:20:47	
52	EDWARD GREEN	CDF RUNNERS	M: 45	95	00:20:51	00:20:43	
53	MEGAN POULSON	SAN DOMENICO RC	F: 8	45	00:20:58	00:20:54	
54	OLIVIA OVERTON	LES CROUPIERS RC	F: 9	44	00:21:03	00:20:57	
55	CHLOE PIGGOTT	ABERDARE VAAC	F: 10	46	00:21:18	00:21:14	
56	LEWIS HOLFORD		M: 46	235	00:21:24	00:21:23	
57	NICHOLAS SANTOS	THE BULLET BRIGADE	M: 47	89	00:21:25	00:21:18	
58	ROBERT EVANS	LES CROUPIERS RC	M: 48	66	00:21:34	00:21:28	Male 60+: 1
59	TERRY O'BRIEN		M: 49	81	00:21:51	00:21:41	
60	HOLLY MORRIS	CDF RUNNERS	F: 11	67	00:21:56	00:21:48	
61	DAVID E WILLIAMS	LES CROUPIERS RC	M: 50	16	00:21:59	00:21:53	

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62	JOHN SHEWRING	PENARTH & DINAS RUNNERS	M: 51	96	00:22:04	00:21:56	
63	CAROL REES	LES CROUPIERS RC	F: 12	93	00:22:08	00:22:01	Female 45 - 54: 1
64	MARIA KULL	LES CROUPIERS RC	F: 13	88	00:22:23	00:22:18	
65	LUCY GREEN	SAN DOMENICO RC	F: 14	52	00:22:25	00:22:20	
66	SARAH WOODLEY-WILLIAMS	SAN DOMENICO RC	F: 15	239	00:22:33	00:22:27	
67	ANDREW UNDERHILL	SAN DOMENICO RC	M: 52	25	00:22:36	00:22:31	
68	STEVEN PREDDY	LES CROUPIERS RC	M: 53	23	00:22:39	00:22:33	
69	DAVID GEORGE	LES CROUPIERS RC	M: 54	62	00:22:41	00:22:33	
70	AILEEN LYONS	LES CROUPIERS RC	F: 16	68	00:22:45	00:22:38	
71	SAFFI REID	HEREFORD & COUNTY AC	F: 17	65	00:22:53	00:22:51	
72	PETE WARREN	LES CROUPIERS RC	M: 55	61	00:23:15	00:23:06	
73	RONALD MORRIS	SAN DOMENICO RC	M: 56	47	00:23:18	00:23:13	
74	TERRY CAVENEY	LES CROUPIERS RC	M: 57	210	00:23:20	00:23:12	
75	LOLLY EVANS	LES CROUPIERS RC	F: 18	277	00:23:26	00:23:19	
76	DEWI JONES		M: 58	99	00:23:32	00:23:25	
77	MICHAEL MURPHY	LES CROUPIERS RC	M: 59	219	00:23:35	00:23:27	
78	JENNY MARTIN	LES CROUPIERS RC	F: 19	37	00:23:39	00:23:29	
79	MICK MCGEOCH	LES CROUPIERS RC	M: 60	39	00:23:46	00:23:39	
80	JENNA WILLIAMS		F: 20	267	00:23:55	00:23:49	
81	CLIVE OSMOND	LES CROUPIERS RC	M: 61	42	00:23:58	00:23:51	
82	ALAN MASON	LES CROUPIERS RC	M: 62	41	00:24:05	00:23:55	
83	NIALL HUGHES	SAN DOMENICO RC	M: 63	11	00:24:09	00:24:02	
84	KELLY RUCK	FOREST OF DEAN AC	F: 21	86	00:24:12	00:24:06	
85	RICHIE SEWELL	PENARTH & DINAS RUNNERS	M: 64	197	00:24:15	00:24:07	
86	ELIO LEPORE	LES CROUPIERS RC	M: 65	137	00:24:26	00:24:23	
87	SIMON WILLIAMSON	PENARTH & DINAS RUNNERS	M: 66	4	00:24:32	00:24:32	
88	BRYNMOR REES		M: 67	201	00:24:43	00:24:35	
89	JULIANA REIMBERG	CDF RUNNERS	F: 22	227	00:24:47	00:24:39	
90	IAN BARRETT	LES CROUPIERS RC	M: 68	231	00:24:51	00:24:40	
91	SAI GOPAL	LES CROUPIERS RC	M: 69	87	00:24:59	00:24:47	
92	MICHAEL ROSSITER	LES CROUPIERS RC	M: 70	191	00:24:59	00:24:50	
93	REBEKAH MILES	LES CROUPIERS RC	F: 23	12	00:25:37	00:25:26	
94	JOHN CHANDLER	SAN DOMENICO RC	M: 71	79	00:25:38	00:25:30	
95	ALEXANDRA FELLOWS		F: 24	94	00:25:40	00:25:30	
96	GEORGIA LAFLAIN	CDF RUNNERS	F: 25	254	00:25:55	00:25:46	
97	CHRISTINA ROSSITER	LES CROUPIERS RC	F: 26	188	00:28:03	00:27:53	Female 55+: 1
98	TANYA MASON-HAWES	CDF RUNNERS	F: 27	286	00:28:11	00:28:00	
99	GILLIAN MURPHY	LES CROUPIERS RC	F: 28	223	00:28:28	00:28:19	
100	GERRY CRISPIE	LES CROUPIERS RC	M: 72	97	00:29:17	00:29:07	
101	TRACY NEWMAN	CLWB RUN WALES	F: 29	73	00:32:31	00:32:22	
102	GEOFF WRIGHT	LES CROUPIERS RC	M: 73	85	00:34:07	00:33:57	
103	JEFF ASTON	LES CROUPIERS RC	M: 74	24	00:36:15	00:36:03	