

# Ssafa 5 Km

Blackweir Tavern, North Road, Cardiff

Wednesday, 23 July 2008

1 - 73

| Pos | Name                  | Cat | Club                | Time  |
|-----|-----------------------|-----|---------------------|-------|
| 1   | Daniel Gurmin         | SM  | Swansea             | 15:02 |
| 2   | Daniel Stevens        | SM  | Cardiff AAC         | 15:04 |
| 3   | Nathaniel Lane        | SM  | Cardiff AAC         | 15:15 |
| 4   | Chris Discombe        | SM  | Les Croupiers       | 15:26 |
| 5   | Darran Hiscox         | M35 | Bridgend            | 15:47 |
| 6   | Peter Grist           | SM  | Wells City          | 15:51 |
| 7   | Geraint Lewis         | SM  | Cardiff AAC         | 16:01 |
| 8   | Lewys Wingfield-Young | SM  | Cardiff AAC         | 16:05 |
| 9   | Gareth Davies         | M45 | Bridgend            | 16:07 |
| 10  | Julian Baker          | M35 | Les Croupiers       | 16:14 |
| 11  | Stuart Crees          | SM  | Les Croupiers       | 16:16 |
| 12  | Neil Hardee           | M40 | Newport             | 16:29 |
| 13  | Phil Cook             | M35 | Les Croupiers       | 16:37 |
| 14  | Ed Takata             | SM  | Cardiff AAC         | 16:41 |
| 15  | Ian Withers           | M20 | Cardiff AAC         | 16:43 |
| 16  | Tim Lewis             | M40 | Bridgend            | 16:56 |
| 17  | Symon Murphy          | SM  | Pontypridd Roadents | 17:05 |
| 18  | Nick Frost            | M45 | Pontypridd Roadents | 17:21 |
| 19  | David Hooley          | M40 | Penarth & Dinas     | 17:31 |
| 20  | Mick McGeoch          | M50 | Les Croupiers       | 17:34 |
| 21  | Rob Jones             | M45 | Les Croupiers       | 17:42 |
| 22  | Huw Roberts           | M50 | Bridgend            | 17:48 |
| 23  | Stefano Falsini       | M17 | Cardiff AAC         | 17:57 |
| 24  | Leah Dixon            | W20 | Neath               | 18:06 |
| 25  | Stuart McIlroy        | SM  | U/A                 | 18:15 |
| 26  | Daniel Harris         | SM  | Les Croupiers       | 18:31 |
| 27  | Nigel Clement         | M45 | Penarth & Dinas     | 18:34 |
| 28  | Alun Evans            | M40 | U/A                 | 18:36 |
| 29  | Steve Hooper          | M35 | Pontypridd Roadents | 18:44 |

## 1 - 73

| Pos | Name             | Cat | Club                | Time  |
|-----|------------------|-----|---------------------|-------|
| 30  | Stuart Jones     | SM  | Penarth & Dinas     | 19:01 |
| 31  | Gwenno Brown     | W20 | Cardiff AAC         | 19:03 |
| 32  | Katie Beecher    | SW  | Les Croupiers       | 19:05 |
| 33  | Phil Miles       | M55 | Parc Bryn Bach      | 19:09 |
| 34  | Neil Davies      | M35 | U/A                 | 19:27 |
| 35  | Joanna Prichard  | W35 | Les Croupiers       | 19:34 |
| 36  | Matt Hooper      | M20 | Cardiff AAC         | 19:40 |
| 37  | Reg Morris       | M55 | Bitton RR           | 19:48 |
| 38  | Richard Boon     | M45 | Les Croupiers       | 19:49 |
| 39  | Bethan Woods     | W20 | Cwmbran             | 19:56 |
| 40  | Steve Herington  | M60 | Hereford Couriers   | 19:57 |
| 41  | Stephen Owen     | M50 | Les Croupiers       | 19:59 |
| 42  | Kelly Morgan     | SW  | Pontypridd Roadents | 20:10 |
| 43  | Abyd Quinn Aziz  | M50 | Penarth & Dinas     | 20:11 |
| 44  | Derek Rainbird   | M50 | Parc Bryn Bach      | 20:22 |
| 45  | Nick Stevens     | M45 | Somer AC            | 20:25 |
| 46  | Ruth McLees      | SW  | Les Croupiers       | 20:26 |
| 47  | David Oak        | M60 | Neath               | 20:28 |
| 48  | Ron Morris       | M55 | San Domenico        | 20:30 |
| 49  | Alan Mann        | M50 | Les Croupiers       | 20:38 |
| 50  | Bob Woolterton   | M60 | Bridgend            | 21:11 |
| 51  | Tony Carzana     | M60 | Pegasus             | 21:17 |
| 52  | Gary John        | M50 | Les Croupiers       | 21:27 |
| 53  | Anne Follan      | W35 | Pontypridd Roadents | 21:38 |
| 54  | Jeff Aston       | M60 | Les Croupiers       | 21:40 |
| 55  | Steve Hill       | M45 | Penarth & Dinas     | 21:49 |
| 56  | John Collins     | M70 | Swansea             | 21:50 |
| 57  | Fiona Davies     | W50 | Bridgend            | 22:05 |
| 58  | John James       | M55 | Severn              | 22:10 |
| 59  | Frances Williams | W40 | San Domenico        | 22:23 |
| 60  | Emily Luke       | SW  | Penarth & Dinas     | 22:35 |
| 61  | Loretta Daley    | W40 | Les Croupiers       | 22:42 |
| 62  | Steve Williams   | M50 | Les Croupiers       | 23:17 |
| 63  | Colin Anthony    | M60 | Neath               | 23:23 |
| 64  | Malcolm Bullough | M50 | Swansea Uni         | 23:31 |
| 65  | Ray James        | M45 | Port Talbot         | 23:40 |
| 66  | Ralph Davey      | M60 | Les Croupiers       | 24:20 |

1 - 73

| Pos | Name             | Cat | Club            | Time  |
|-----|------------------|-----|-----------------|-------|
| 67  | Peter Regan      | M45 | U/A             | 25:56 |
| 68  | Simon Hudd       | M40 | U/A             | 26:30 |
| 69  | Tim Webb         | M55 | Pegasus         | 26:47 |
| 70  | Gill Murphy      | W50 | Les Croupiers   | 27:12 |
| 71  | Patricia Cottnam | W45 | Penarth & Dinas | 27:40 |
| 72  | Tony Dorsett     | M65 | Les Croupiers   | 27:54 |
| 73  | Alan Bladen      | M70 | Les Croupiers   | 28:43 |