

SSAFA Road Race 3
Wednesday 22nd July 2009

5 Kms

POS	Rno	NAME	CLUB	TIME	CATEG
1	180	Michael Johnson	Cardiff AAC	14-45	SM
2	243	Chris Moss	Cardiff AAC	14-56	SM
3	263	Steve Patterson	San Domenico	16-05	SM
4	185	Jonathon Peters	Cwmbran	16-25	U20
5	221	Stuart Crees	Les Croups	16-28	SM
6	217	Nick Frost	Ponty Roadents	16-37	MM45
7	225	Phil Cook	Les Croups	16-49	MM40
8	211	Nicky Dukes	Les Croups	16-52	SM
9	182	Simon Murphy	Ponty Roadents	17-17	SM
10	192	Andrew Baker	Ponty Roadents	17-35	MM40
11	269	Jamie Nutt	Les Croups	17-46	SM
12	190	Andrew Cleverly	Swansea HAC	17-48	SM
13	255	Rob Sage	Les Croups	17-48	SM
14	191	Mick McGeoch	Les Croups	17-52	MM50
15	257	Steven Sheard	Cardiff AAC	17-55	SM
16	195	Steven Pritchard	Ponty Roadents	17-56	SM
17	228	Edward Donovan	San Domenico	17-58	SM
18	238	Daniel Harris	Les Croups	18-00	SM
19	250	Rob Jones	Les Croups	18-05	MM50
20	198	Richard Self	Les Croups	18-07	MM40
21	193	Steven Hooper	Ponty Roadents	18-25	MM40
22	260	Matt Hurford	Les Croups	18-27	SM
23	229	Angela Heeley	San Domenico	18-28	1st SW
24	233	Aidan O'Callaghan	Cardiff AAC	18-31	SM
25	248	Ben Farag	Les Croups	18-36	MM40
26	231	Glyn Sansom	San Domenico	18-39	MM45
27	179	Nicholas Morgan	U/A	18-46	SM
28	181	Jon Sizer	U/A	18-48	MM50
29	212	Katie Beecher	Les Croups	18-50	2nd SW
30	203	Andrew Russell	Les Croups	18-55	SM
31	199	David Proud	Les Croups	19-00	MM40
32	178	Andrew Palmer	Penarth & Dinas	19-03	MM40
33	183	Stuart Jones	Penarth & Dinas	19-06	SM
34	262	Clem Clement	Penarth & Dinas	19-08	MM50
35	230	Marcus Coles	Les Croups	19-11	SM
36	188	Matthew Herbert	Bridgend A.C.	19-12	SM
37	247	Rhodri Evans	Ponty Roadents	19-14	SM
38	258	Gerard Crispie	Les Croups	19-17	MM45

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39	275	Alistair Wood	U/A	19-19	MM40
40	270	Rob Wilcox	Penarth & Dinas	19-26	MM40
41	235	John O'Shea	Les Croups	19-27	MM50
42	214	Eurof Davies	Les Croups	19-33	MM40
43	224	Rob Evans	Les Croups	19-34	MM50
44	194	Shaun Connor	Les Croups	19-35	MM40
45	264	Melissa Minshull (Dando)	Les Croups	19-36	3rd SW
46	200	Phil Bristow	San Domenico	19-37	MM45
47	272	Shayne Sawyers	Les Croups	19-38	MM35
48	259	Kelly Morgan	Ponty Roadents	19-41	SW
49	220	Jeremy Alford	Penarth & Dinas	19-47	MM40
50	265	Dean Birt	Ponty Roadents	19-48	MM35
51	196	Scott Hemmens	Les Croups	19-56	SM
52	219	Chris Nellins	Penarth & Dinas	20-00	MM55
53	189	Richard Jones	Cornelly Striders	20-06	MM35
54	242	Mark Richmond	U/A	20-08	MM35
55	208	Alan Mason	Les Croups	20-15	MM45
56	236	Alan Mann	Les Croups	20-30	MM50
57	184	Dominic Shields	San Domenico	20-33	MM40
58	252	Joanna Prichard	Les Croups	20-41	FM35
59	227	Brian Dias	Cardiff AAC	20-45	SM
60	273	Gina Hardman	Bridgend A.C.	20-49	FM35
61	254	Tim O'Sullivan	Les Croups	20-54	MM50
62	222	Wouter Poortinga	Les Croups	20-58	SM
63	249	Alun Jones	Les Croups	20-59	SM
64	256	Bob Woolterton	Bridgend A.C	21-11	MM60
65	237	Loretta Daley	Les Croups	21-17	FM40
66	251	Andy Mundy	Les Croups	21-25	SM
67	223	Claire Beatty	Les Croups	21-37	SW
68	213	Evatt Cummings	Bridgend A.C	21-43	MM40
69	244	Eleri Price	Les Croups	21-48	SW
70	226	Michael Dix	Les Croups	21-51	MM55
71	204	Jeff Aston	Les Croups	21-54	MM60
72	239	Stuart Davidson	Bridgend A.C	21-56	MM55
73	245	Steve Hill	Penarth & Dinas	21-59	MM45
74	277	Jenny Hughes	Les Croups	22-00	SW
75	241	Tony Carzana	Pegasus R.C.	22-02	MM60
76	210	Andrew Sedgmond	Les Croups	22-10	MM50

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77	240	Frank Williams	Les Croups	22-13	MM50
78	268	Tim Beswick	Penarth & Dinas	22-15	SM
79	218	David McDonald	Les Croups	22-25	MM40
80	201	Peter Williams	Penarth & Dinas	23-02	MM40
81	246	Emily Luke	Penarth & Dinas	23-19	SW
82	274	Ann Follan	Ponty Roadents	23-40	FM35
83	267	Jane Ash	Les Croups	24-21	FM35
84	205	Hannah Davies	Les Croups	24-23	SW
85	197	Richard Crawford	Les Croups	24-30	MM55
86	276	Tim Webb	Pegasus R.C.	25-22	MM55
87	271	Emma Ridgell	Penarth & Dinas	25-24	SW
88	186	Ian Warner	U/A	25-38	MM50
89	253	Sarah Tudor	Penarth & Dinas	25-56	FM35
90	261	Janice Clement	Penarth & Dinas	26-02	FM50
91	187	Tony Dorsett	Les Croups	26-48	MM65
92	232	Sarah Dawes-Clarke	Les Croups	26-56	FM35
93	216	Tamsin Main	U/A	27-06	SW
94	266	Patricia Cottnam	Penarth & Dinas	28-21	FM45
95	202	Alan Bladen	Les Croups	28-41	MM70
96	234	Wendy Owen	San Dom	29-34	FM35
97	209	Eirian Arwyn	Les Croups	30-40	FM55
98	215	Ali Gunn	Les Croups	31-17	SW
99	207	Joanna Gamba	Les Croups	31-17	SW
100	206	Maria Carr	Les Croups	33-03	SW