

SSAFA 5K Road Race
Cardiff 20 May 2009
Result

Position	Number	Time	Name	Name	Club	Age Group
1	58	14:53	Chris	Moss	Cardiff	SM
2	59	14:55	Steve	Davies	Belgrave	SM
3	36	14:59	Daniel	Gurmin	Swansea	SM
4	12	15:00	Tom	Marshall	Cardiff	SM
5	50	15:02	Richard	Gardiner	Cardiff	M35
6	75	15:09	Nathaniel	Lane	Cardiff	SM
7	74	15:15	Matthew	Collins	Cardiff	SM
8	17	15:37	Chris	Discombe	Les Croupiers	SM
9	52	15:40	Edward	Takata	Cardiff	SM
10	18	15:48	Peter	Grist	Cardiff	SM
11	67	15:50	Stephen	Paterson	San Domenico	SM
12	14	15:55	Andrew	Friend	Cardiff	SM
13	11	16:04	Julian	Baker	Les Croupiers	M40
14	69	16:07	Peter	Ryder	Cardiff	SM
15	30	16:26	Nick	Frost	Pontypridd Roadents	M45
16	48	16:27	Stuart	Crees	Les Croupiers	SM
17	66	16:33	Alun	Wood	Bridgend	M40
18	8	16:34	Calum	Cheshire	Les Croupiers	SM
19	13	16:39	Tom	Bloodworth	UWIC	SM
20	86	16:45	Jamie	Nutt	Les Croupiers	SM
21	65	16:46	Nick	Dukes	Les Croupiers	SM
22	55	17:12	Rhys	Pitman	Pontypridd Roadents	M35
23	34	17:27	Richard	Bullen	Les Croupiers	M45
24	32	17:34	Edward	Donovan	San Domenico	SM
25	16	17:36	Daniel	Harris	Les Croupiers	SM
26	1	17:42	Mick	McGeoch	Les Croupiers	M50
27	72	17:46	Angela	Heeley	San Domenico	SW
28	44	17:49	Scott	Howell	Les Croupiers	M45
29	80	18:04	Rob	Jones	Les Croupiers	M50
30	57	18:07	Matt	Hurford	Les Croupiers	M35
31	60	18:08	Julian	Carter	Les Croupiers	M40
32	31	18:11	Steven	Hooper	Pontypridd Roadents	M40
33	21	18:13	Huw	Roberts	Bridgend	M50
34	82	18:16	Symon	Murphy	Pontypridd Roadents	SM
35	49	18:19	Adam	Morton	Les Croupiers	SM
36	84	18:25	Alun	Evans	unattached	M40
37	70	18:35	Derek	Scarborough	Bridgend	M50
38	10	18:40	Jon	Sizer	unattached	M50
39	3	18:43	Jeff	Thomas	Bridgend	M40
40	2	18:55	Phil	Meyler	Pontypridd Roadents	M50
41	27	18:59	Jon	Embling	Bridgend	M50
42	56	19:00	Matthew	Wheeler	Wetherby	M20
43	62	19:01	Angela	Speight	UWIC	SW
44	28	19:06	Matt	Hopkins	Les Croupiers	SM
45	19	19:08	Matthew	Herbert	Bridgend	SM
46	51	19:12	Marcus	Coles	Les Croupiers	M35
47	47	19:17	Katie	Beecher	Les Croupiers	SW
48	9	19:18	Eurof	Davies	Les Croupiers	M40
49	25	19:21	Mike	Murphy	Les Croupiers	M55
50	43	19:26	Rob	Evans	Les Croupiers	M55
51	29	19:36	John	Diffey	Les Croupiers	M45
52	76	19:47	Gerard	Crispie	Les Croupiers	M45
53	4	19:50	Ron	Morris	San Domenico	M55
54	79	19:54	Alun	Jones	Les Croupiers	M35
55	35	20:08	Richard	Boon	Les Croupiers	M45

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56	81	20:24	Joanna	Prichard	Les Croupiers	W35
57	54	20:37	Cheryl	Hudgell	Les Croupiers	SW
58	39	20:46	Tim	O'Sullivan	Les Croupiers	M50
59	42	20:51	Alan	Mann	Les Croupiers	M50
60	37	20:56	Graeme	Donnan	Les Croupiers	M55
61	15	21:11	Jacqueline	Brace	Bridgend	W50
62	33	21:14	Yvonne	Bullen	Les Croupiers	W45
63	63	21:34	Jim	Delaney	San Domenico	M50
64	77	21:38	Larry	Burford	Pegasus	M45
65	40	21:41	Wendy	Boon	Les Croupiers	W45
66	22	21:46	Michael	Dix	Les Croupiers	M50
67	45	21:49	Jeff	Aston	Les Croupiers	M60
68	71	21:49	Julie	Scholey	Les Croupiers	W45
69	20	21:57	Frank	Williams	Les Croupiers	M55
70	41	22:06	Loretta	Daley	Les Croupiers	W40
71	6	22:24	Evatt	Cummings	Bridgend	M40
72	61	22:26	David	McDonald	Les Croupiers	M40
73	53	22:28	Liz	Ashton	Les Croupiers	SW
74	46	23:11	Mark	Farrar	Les Croupiers	SM
75	68	23:39	Hollie	Ryder	unattached	W17
76	64	23:55	Chris	Morgan	Les Croupiers	M40
77	7	24:08	Sarah	Dodd	Les Croupiers	SW
78	73	24:39	Stuart	Davidson	Bridgend	M55
79	78	24:54	Tim	Cummings	unattached	M35
80	38	25:08	Peter	Regan	unattached	M45
81	23	25:33	Ian	Warner	Penarth & Dinas	M50
82	24	27:06	Gill	Murphy	Les Croupiers	W55
83	5	27:16	Tony	Dorsett	Les Croupiers	M65
84	83	28:00	Paula	James	Pontypridd Roadents	W35
85	26	29:37	Alan	Bladen	Les Croupiers	M70
86	85	30:00	Patricia	Cottnam	Penarth & Dinas	W45