

Ssafa 5 Km

Blackweir Tavern, North Road, Cardiff

Wednesday, 23 July 2008

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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

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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

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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