

Overall Pos	Overall Time	Bib	Name	Surname	Gender	Category	Event	Status	Club	Gender Pos	Category Pos	Avg Speed	Net Time
1	00:14:46	155	Dan	Nash	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished	Dan Osborn-Nash	1	1	2'57"/Km	00:14:46
2	00:14:55	113	Alex	Jackson	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished	Cardiff Athletic	2	2	2'59"/Km	00:14:54
3	00:15:10	173	Jacob	Parry	Male	U20M	Race 1 - SSAFA Cardiff 5k	Finished	Neath	3	1	3'02"/Km	00:15:09
4	00:15:12	32	Joseph	Comerford	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished	Rugby and Northampton	4	3	3'02"/Km	00:15:12
5	00:15:22	256	Luke	Williams	Male	M35	Race 1 - SSAFA Cardiff 5k	Finished	Micky morris racing team	5	1	3'04"/Km	00:15:22
6	00:15:22	265	Morgan	James	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished	Swansea Harriers	6	4	3'04"/Km	00:15:21
7	00:15:24	247	Adam	Whittaker	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished	CDF Runners	7	5	3'04"/Km	00:15:24
8	00:15:37	65	Edward	Foster	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished	Les Croupiers Running Club	8	6	3'07"/Km	00:15:36
9	00:15:39	264	Sam	Griffiths	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished	Caldicot Running Club	9	7	3'07"/Km	00:15:39
10	00:15:40	257	Oliver	Williams	Male	M35	Race 1 - SSAFA Cardiff 5k	Finished	Les Croupiers Running Club	10	2	3'08"/Km	00:15:40
11	00:15:42	79	James	Hansell	Male	M35	Race 1 - SSAFA Cardiff 5k	Finished	San Domenico RC	11	3	3'08"/Km	00:15:42
12	00:15:43	130	Ben	Kennedy	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished	Les Croupiers	12	8	3'08"/Km	00:15:41
13	00:15:43	172	Elis	Parry	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished		13	9	3'08"/Km	00:15:41
14	00:15:45	205	Lewis	Ryan	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished	CDF Runners	14	10	3'09"/Km	00:15:43
15	00:15:46	190	Andy	Raynor	Male	M35	Race 1 - SSAFA Cardiff 5k	Finished	Forest Of Dean AC	15	4	3'09"/Km	00:15:44
16	00:15:50	106	Ben	Hughes	Male	U20M	Race 1 - SSAFA Cardiff 5k	Finished	ponypridd roadents	16	2	3'10"/Km	00:15:50
17	00:15:50	152	OWain	Morris	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished	Les croupiers	17	11	3'10"/Km	00:15:50
18	00:15:52	48	Ben	Demellweek	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished	Pontypridd Roadents	18	12	3'10"/Km	00:15:51
19	00:15:52	161	Doug	Nicholls	Male	M45	Race 1 - SSAFA Cardiff 5k	Finished	Pontypridd	19	1	3'10"/Km	00:15:51
20	00:15:56	21	Sam	Butler	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished	Western Tempo	20	13	3'11"/Km	00:15:53
21	00:15:58	290	James	Rodgers	Male	M35	Race 1 - SSAFA Cardiff 5k	Finished	North Somerset AC	21	5	3'11"/Km	00:15:57
22	00:15:58	218	Matt	Shipley	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished	Les Croupiers Running Club	22	14	3'11"/Km	00:15:56
23	00:16:00	132	David	Leahy	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished	Bracknell Forest Runners	23	15	3'12"/Km	00:15:58
24	00:16:04	167	Chris	Oxley	Male	M35	Race 1 - SSAFA Cardiff 5k	Finished	San domenico	24	6	3'12"/Km	00:16:03
25	00:16:08	191	Jack	Reddaway	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished	Les Croupiers	25	16	3'13"/Km	00:16:07
26	00:16:09	206	Joshua	Sanders	Male	U20M	Race 1 - SSAFA Cardiff 5k	Finished	Cardiff Athletics	26	3	3'13"/Km	00:16:09
27	00:16:12	69	Andy	Gardiner	Male	M35	Race 1 - SSAFA Cardiff 5k	Finished	San Domenico	27	7	3'14"/Km	00:16:10
28	00:16:12	237	Olivia	Tsim	Female	FS	Race 1 - SSAFA Cardiff 5k	Finished	Pontypridd Roadents AC	1	1	3'14"/Km	00:16:12
29	00:16:16	42	Steven	Davies	Male	M45	Race 1 - SSAFA Cardiff 5k	Finished	Parc Bryn Bach	28	2	3'15"/Km	00:16:14
30	00:16:16	270	Daniel	Bodman	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished	Parc bryn Bach	29	17	3'15"/Km	00:16:16
31	00:16:17	145	Grant	Medcraft	Male	M35	Race 1 - SSAFA Cardiff 5k	Finished	Pontypridd Roadents	30	8	3'15"/Km	00:16:16
32	00:16:18	77	Leroy	Griffiths	Male	U20M	Race 1 - SSAFA Cardiff 5k	Finished	Rhondda Ac	31	4	3'15"/Km	00:16:18
33	00:16:19	283	Sam	Jones	Male	M35	Race 1 - SSAFA Cardiff 5k	Finished	Parc bryn Bach	32	9	3'15"/Km	00:16:18
34	00:16:19	121	Mark	Jennings	Male	M45	Race 1 - SSAFA Cardiff 5k	Finished	Micky morris racing team	33	3	3'15"/Km	00:16:17
35	00:16:19	89	Thomas	Henry	Male	M35	Race 1 - SSAFA Cardiff 5k	Finished	Llswerry runners	34	10	3'15"/Km	00:16:18
36	00:16:20	187	Oliver	Price	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished	Pontypridd roadents ac	35	18	3'16"/Km	00:16:19
37	00:16:20	17	Jordan	Bray	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished	Llswerry Runners	36	19	3'16"/Km	00:16:17
38	00:16:22	93	Jack	Hilldrup	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished	San domenico RC	37	20	3'16"/Km	00:16:20
39	00:16:24	91	James	Heyman	Male	M35	Race 1 - SSAFA Cardiff 5k	Finished	Les Croupiers Running Club	38	11	3'16"/Km	00:16:22
40	00:16:26	252	Dane	Williams	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished	Parc bryn Bach	39	21	3'17"/Km	00:16:24
41	00:16:31	192	Jack	Reddy	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished	Pontypridd Roadents AC	40	22	3'18"/Km	00:16:29
42	00:16:36	36	Lewis	Daniels	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished	Parc Bryn Bach Running Club	41	23	3'19"/Km	00:16:34
43	00:16:38	231	Joe	Thomas	Male	M45	Race 1 - SSAFA Cardiff 5k	Finished	Pontypridd Roadents	42	4	3'19"/Km	00:16:36
44	00:16:38	3	Badr	Alainzay	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished	Cardiff AAC	43	24	3'19"/Km	00:16:38
45	00:16:39	276	Steven	Taylor	Male	M35	Race 1 - SSAFA Cardiff 5k	Finished	Swansea Harriers	44	12	3'19"/Km	00:16:38
46	00:16:41	268	Darren	Bishop	Male	M35	Race 1 - SSAFA Cardiff 5k	Finished	Pontypridd Roadents	45	13	3'20"/Km	00:16:40
47	00:16:43	35	James	Craddock	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished	Les Croupiers	46	25	3'20"/Km	00:16:39
48	00:16:43	64	Tom	Flitcroft	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished	Les Croupiers RC	47	26	3'20"/Km	00:16:42
49	00:16:44	86	Billy	Hayton	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished	Pontypridd Roadents AC	48	27	3'20"/Km	00:16:42
50	00:16:45	219	Anthony	Smets	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished	Les Croupiers Running Club	49	28	3'21"/Km	00:16:44
51	00:16:47	174	Josh	Pashen	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished		50	29	3'21"/Km	00:16:44
52	00:16:47	95	Mark	Hobbs	Male	M35	Race 1 - SSAFA Cardiff 5k	Finished	Micky Morris Racing Team	51	14	3'21"/Km	00:16:42
53	00:16:48	75	Matthew	Green	Male	M35	Race 1 - SSAFA Cardiff 5k	Finished	Les Croupiers	52	15	3'21"/Km	00:16:44
54	00:16:49	137	Dylan	Lewis	Male	M35	Race 1 - SSAFA Cardiff 5k	Finished	sarn helen	53	16	3'21"/Km	00:16:43
55	00:16:53	88	Jacob	Heaton	Male	U20M	Race 1 - SSAFA Cardiff 5k	Finished	Newport Harriers AC	54	5	3'22"/Km	00:16:49
56	00:16:54	33	Jasmine	Cooper	Female	FS	Race 1 - SSAFA Cardiff 5k	Finished	Derby Athletic Club	2	2	3'22"/Km	00:16:50
57	00:16:55	210	Daniel	Saunders	Male	M35	Race 1 - SSAFA Cardiff 5k	Finished		55	17	3'23"/Km	00:16:52
58	00:16:58	56	Gethin Rhys	Edwards	Male	M45	Race 1 - SSAFA Cardiff 5k	Finished	Pontypridd Roadents AC	56	5	3'23"/Km	00:16:55
59	00:16:58	60	Arwel	Evans	Male	M35	Race 1 - SSAFA Cardiff 5k	Finished	Les Croupiers RC	57	18	3'23"/Km	00:16:56
60	00:17:02	122	Dean	Johnson	Male	M35	Race 1 - SSAFA Cardiff 5k	Finished	Newport Harriers	58	19	3'24"/Km	00:16:56
61	00:17:03	128	Paul	Josua	Male	M35	Race 1 - SSAFA Cardiff 5k	Finished	San Domenico RC	59	20	3'24"/Km	00:16:58
62	00:17:03	12	Alaw	Beynon Evans	Female	F35	Race 1 - SSAFA Cardiff 5k	Finished	Les Croupiers RC	3	1	3'24"/Km	00:17:02
63	00:17:08	272	Daniel	May	Male	U20M	Race 1 - SSAFA Cardiff 5k	Finished	Swansea Harriers	60	6	3'25"/Km	00:17:03
64	00:17:08	244	Josh	Welford	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished	CDF Runners	61	30	3'25"/Km	00:17:04
65	00:17:09	249	Emyr	Wile	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished	Albany Road Run Club	62	31	3'25"/Km	00:17:04
66	00:17:09	239	Matthew	Turner	Male	M45	Race 1 - SSAFA Cardiff 5k	Finished	San Domenico	63	6	3'25"/Km	00:17:04
67	00:17:11	253	Morgan	Williams	Male	U20M	Race 1 - SSAFA Cardiff 5k	Finished		64	7	3'26"/Km	00:17:06
68	00:17:12	277	David	Craig	Male	M45	Race 1 - SSAFA Cardiff 5k	Finished	Les croupiers	65	7	3'26"/Km	00:17:08
69	00:17:13	98	Leo	Holmes	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished	Les Croupiers	66	32	3'26"/Km	00:17:09
70	00:17:14	169	Georgia	Palmer	Female	FS	Race 1 - SSAFA Cardiff 5k	Finished	Cheltenham Harriers	4	3	3'26"/Km	00:17:11
71	00:17:14	153	Donna	Morris	Female	F35	Race 1 - SSAFA Cardiff 5k	Finished	Builth and district	5	2	3'26"/Km	00:17:10
72	00:17:17	20	Thomas	Burnell	Male	M35	Race 1 - SSAFA Cardiff 5k	Finished		67	21	3'27"/Km	00:17:13
73	00:17:18	216	Duncan	Sheldon	Male	M45	Race 1 - SSAFA Cardiff 5k	Finished	Penarth & Dinas Runners	68	8	3'27"/Km	00:17:15
74	00:17:18	171	Tomos	Parry	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished	Les Croupiers Running Club	69	33	3'27"/Km	00:17:14
75	00:17:19	94	Dominic	Hindson	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished	CDF Runners	70	34	3'27"/Km	00:17:15
76	00:17:19	158	Tom	Newman	Male	M45	Race 1 - SSAFA Cardiff 5k	Finished	Tom Newman	71	9	3'27"/Km	00:17:18
77	00:17:21	221	Tim	Spencer	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished	Pontypridd Roadents	72	35	3'28"/Km	00:17:18
78	00:17:27	280	Hugh	Ollard	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished	Les Croupiers Running Club	73	36	3'29"/Km	00:17:22
79	00:17:28	160	Charlie	Newton	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished		74	37	3'29"/Km	00:17:20
80	00:17:30	112	Cathan	Ivory	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished	Les Croupiers Running Club	75	38	3'30"/Km	00:17:26
81	00:17:31	243	Lewis	Wasley	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished		76	39	3'30"/Km	00:17:28
82	00:17:31	228	Sean	Taylor	Male	M45	Race 1 - SSAFA Cardiff 5k	Finished	Llswerry Runners	77	10	3'30"/Km	00:17:29
83	00:17:31	92	Martyn	Hill	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished		78	40	3'30"/Km	00:17:25
84	00:17:33	109	Matthew	Hurford	Male	M45	Race 1 - SSAFA Cardiff 5k	Finished	LES CROUPIERS RC	79	11	3'30"/Km	00:17:30
85	00:17:33	254	Neil	Williams	Male	M35	Race 1 - SSAFA Cardiff 5k	Finished	San Domenico RC	80	22	3'30"/Km	00:17:32
86	00:17:36	198	Sam	Reid	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished		81	41	3'31"/Km	00:17:34
87	00:17:38	274	Paul	Morton	Male	M35	Race 1 - SSAFA Cardiff 5k	Finished	CDF Runners	82	23	3'31"/Km	00:17:32
88	00:17:40	223	Olivia	Stillman	Female	FS	Race 1 - SSAFA Cardiff 5k	Finished	Herne Hill Harriers	6	4	3'32"/Km	00:17:37
89	00:17:42	235	Jay	Tremlett	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished		83	42	3'32"/Km	00:17:38
90	00:17:42	107	Joe	Hughes	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished		84	43	3'32"/Km	00:17:36
91	00:17:44	127	Neil	Jones	Male	M45	Race 1 - SSAFA Cardiff 5k	Finished	Pontyclun road runners	85	12	3'32"/Km	00:17:42
92	00:17:44	151	Phil	Morris	Male	M45	Race 1 - SSAFA Cardiff 5k	Finished	Builth and district	86	13	3'32"/Km	00:17:40

93	00:17:45	297	Haaziq	Reza	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished	CDF Runners	87	44	3'33"/Km	00:17:41
94	00:17:46	13	Andrew	Blair	Male	M55+	Race 1 - SSAFA Cardiff 5k	Finished	Les Croupiers Running Club	88	1	3'33"/Km	00:17:43
95	00:17:46	194	Tom	Rees	Male	M35	Race 1 - SSAFA Cardiff 5k	Finished	CDF	89	24	3'33"/Km	00:17:41
96	00:17:47	103	Rhys	Howells	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished	Pontypridd Roadents	90	45	3'33"/Km	00:17:42
97	00:17:48	8	Joe	Bartlett	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished		91	46	3'33"/Km	00:17:41
98	00:17:48	41	Huw	Davies	Male	M35	Race 1 - SSAFA Cardiff 5k	Finished	San Domenico	92	25	3'33"/Km	00:17:44
99	00:17:49	114	Billy	Jackson	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished	Aberystwyth Harriers	93	47	3'33"/Km	00:17:45
100	00:17:49	71	Mia	Goddard	Female	FS	Race 1 - SSAFA Cardiff 5k	Finished	Les Croupiers Running Club	7	5	3'33"/Km	00:17:46
101	00:17:54	9	Stephen	Bartlett	Male	M55+	Race 1 - SSAFA Cardiff 5k	Finished		94	2	3'34"/Km	00:17:49
102	00:17:57	183	Alex	Price	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished	Alex Price	95	48	3'35"/Km	00:17:54
103	00:17:59	4	Jonathan	Anstee	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished	CDF Runners	96	49	3'35"/Km	00:17:53
104	00:18:06	61	Emily	Fell	Female	FS	Race 1 - SSAFA Cardiff 5k	Finished	Les Croupiers Running Club	8	6	3'37"/Km	00:18:01
105	00:18:08	222	Ewan	Stenhouse	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished	CDF Runners	97	50	3'37"/Km	00:18:03
106	00:18:10	102	James	Horner	Male	M45	Race 1 - SSAFA Cardiff 5k	Finished	Les Croupiers Running Club	98	14	3'38"/Km	00:18:06
107	00:18:12	50	Luke	Downing	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished	San Domenico RC	99	51	3'38"/Km	00:18:09
108	00:18:15	285	Alexander	James	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished	CDF Runners	100	52	3'39"/Km	00:18:15
109	00:18:17	38	Ryan	David	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished		101	53	3'39"/Km	00:18:11
110	00:18:18	278	Wayne	Humphreys	Male	M45	Race 1 - SSAFA Cardiff 5k	Finished	Les Croupiers Running Club	102	15	3'39"/Km	00:18:14
111	00:18:19	251	Jacob	Williams	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished	Penarth and Dinas Runners	103	54	3'39"/Km	00:18:11
112	00:18:20	263	Katie	Youp	Female	U20F	Race 1 - SSAFA Cardiff 5k	Finished	Winchester AC	9	1	3'40"/Km	00:18:16
113	00:18:20	200	David	Richardson	Male	M35	Race 1 - SSAFA Cardiff 5k	Finished	Lliswerry Runners	104	26	3'40"/Km	00:18:20
114	00:18:21	63	Ross	Flanigan	Male	M55+	Race 1 - SSAFA Cardiff 5k	Finished	Penarth and Dinas Runners	105	3	3'40"/Km	00:18:16
115	00:18:21	196	Richard	Rees	Male	M35	Race 1 - SSAFA Cardiff 5k	Finished	TRG RUNNERS	106	27	3'40"/Km	00:18:15
116	00:18:22	10	Ben	Beckingsale	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished	Les Croupiers RC	107	55	3'40"/Km	00:18:18
117	00:18:23	259	Luke	Woodhouse	Male	U20M	Race 1 - SSAFA Cardiff 5k	Finished	Neath Harriers	108	8	3'40"/Km	00:18:20
118	00:18:25	170	Colin	Parry	Male	M45	Race 1 - SSAFA Cardiff 5k	Finished	Forest of Dean AC	109	16	3'41"/Km	00:18:13
119	00:18:25	176	Osian	Phillips	Male	U20M	Race 1 - SSAFA Cardiff 5k	Finished	Cardiff AAC	110	9	3'41"/Km	00:18:23
120	00:18:26	209	Alesha	Santos	Female	U20F	Race 1 - SSAFA Cardiff 5k	Finished	Rhondda AC	10	2	3'41"/Km	00:18:20
121	00:18:26	201	Will	Ricketts	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished	Heathwood Triathlon	111	56	3'41"/Km	00:18:19
122	00:18:27	119	Christopher	Jenkins	Male	M45	Race 1 - SSAFA Cardiff 5k	Finished	Neath Harriers	112	17	3'41"/Km	00:18:22
123	00:18:27	226	Naomi	Sutton	Female	FS	Race 1 - SSAFA Cardiff 5k	Finished	Run 4 all Neath	11	7	3'41"/Km	00:18:20
124	00:18:28	6	Will	Bacon	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished		113	57	3'41"/Km	00:18:19
125	00:18:28	143	Niamh	Mcdonald	Female	FS	Race 1 - SSAFA Cardiff 5k	Finished	Cardiff university AC	12	8	3'41"/Km	00:18:24
126	00:18:29	87	Michael	Heaton	Male	M35	Race 1 - SSAFA Cardiff 5k	Finished	Newport Harriers AC	114	28	3'41"/Km	00:18:19
127	00:18:30	156	Carl	Nealon	Male	M35	Race 1 - SSAFA Cardiff 5k	Finished	Les Croupiers Running Club	115	29	3'42"/Km	00:18:24
128	00:18:32	181	Ashley	Powell	Male	M35	Race 1 - SSAFA Cardiff 5k	Finished	Porthcawl Runners	116	30	3'42"/Km	00:18:24
129	00:18:33	97	Philip	Hodge	Male	M55+	Race 1 - SSAFA Cardiff 5k	Finished	Les Croupiers RC	117	4	3'42"/Km	00:18:30
130	00:18:35	133	Chloe	Leek	Female	FS	Race 1 - SSAFA Cardiff 5k	Finished	Pontypool	13	9	3'43"/Km	00:18:29
131	00:18:37	144	James	Mcelvenney	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished	Pontypridd Roadents	118	58	3'43"/Km	00:18:31
132	00:18:39	179	Laurence	Pole	Male	M45	Race 1 - SSAFA Cardiff 5k	Finished	Pontypridd Roadents AC	119	18	3'43"/Km	00:18:37
133	00:18:40	212	Will	Scannell	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished	Pontypridd Roadents	120	59	3'44"/Km	00:18:35
134	00:18:42	168	Marcio	Paixao	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished	Parc bryn bach running club	121	60	3'44"/Km	00:18:39
135	00:18:47	49	James	Dodd	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished	San Domenico	122	61	3'45"/Km	00:18:42
136	00:18:53	147	Emyr	Morgan	Male	M45	Race 1 - SSAFA Cardiff 5k	Finished	Les Croupiers RC	123	19	3'46"/Km	00:18:50
137	00:18:54	175	Matthew	Payn	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished	CDF Runners	124	62	3'46"/Km	00:18:47
138	00:18:54	85	Alex	Hayman	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished	CDF Runners	125	63	3'46"/Km	00:18:47
139	00:18:54	154	Emily	Musgrave	Female	FS	Race 1 - SSAFA Cardiff 5k	Finished	Les Croupiers Running Club	14	10	3'46"/Km	00:18:48
140	00:18:54	178	Kevin	Plank	Male	M45	Race 1 - SSAFA Cardiff 5k	Finished	San Domenico	126	20	3'46"/Km	00:18:50
141	00:18:56	101	Matt	Hopkins	Male	M35	Race 1 - SSAFA Cardiff 5k	Finished	Les Croupiers RC	127	31	3'47"/Km	00:18:49
142	00:18:56	296	Joel	Hughes	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished		128	64	3'47"/Km	00:18:51
143	00:18:57	108	Christopher	Hughes	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished		129	65	3'47"/Km	00:18:52
144	00:19:06	238	Harri	Tudor-asveld	Male	U20M	Race 1 - SSAFA Cardiff 5k	Finished	Cardiff AAC	130	10	3'49"/Km	00:19:02
145	00:19:08	202	Tomos	Roberts	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished	Cardiff AC	131	66	3'49"/Km	00:19:02
146	00:19:10	115	Floyd	James	Male	U20M	Race 1 - SSAFA Cardiff 5k	Finished	Cardiff AAC	132	11	3'50"/Km	00:19:03
147	00:19:11	295	Mike	George	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished		133	67	3'50"/Km	00:19:04
148	00:19:12	246	James	White	Male	M45	Race 1 - SSAFA Cardiff 5k	Finished	San Domenico	134	21	3'50"/Km	00:19:04
149	00:19:12	139	Math	Llwyd	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished	Les Croupiers Running Club	135	68	3'50"/Km	00:19:07
150	00:19:13	262	Emma	Wyatt-haines	Female	F35	Race 1 - SSAFA Cardiff 5k	Finished	Les Croupiers Running Club	15	3	3'50"/Km	00:19:07
151	00:19:17	59	Leon	Evans	Male	M35	Race 1 - SSAFA Cardiff 5k	Finished		136	32	3'51"/Km	00:19:09
152	00:19:19	266	Simon	Miles	Male	M45	Race 1 - SSAFA Cardiff 5k	Finished	Pontypridd Roadents AC	137	22	3'51"/Km	00:19:17
153	00:19:20	298	Rich	Baker	Male	M45	Race 1 - SSAFA Cardiff 5k	Finished	Les croupiers	138	23	3'52"/Km	00:19:13
154	00:19:21	104	Owain	Hughes	Male	M35	Race 1 - SSAFA Cardiff 5k	Finished	Pontypridd Roadents	139	33	3'52"/Km	00:19:13
155	00:19:21	157	Riley	Neaton	Male	U20M	Race 1 - SSAFA Cardiff 5k	Finished	Cardiff AAC	140	12	3'52"/Km	00:19:16
156	00:19:22	275	Julie	Chamberlain	Female	F35	Race 1 - SSAFA Cardiff 5k	Finished	Cardiff AAC	16	4	3'52"/Km	00:19:16
157	00:19:26	96	Jack	Hocking	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished	CDF Runners	141	69	3'53"/Km	00:19:19
158	00:19:30	80	Stewart	Harding	Male	M35	Race 1 - SSAFA Cardiff 5k	Finished	CDF Runners	142	34	3'54"/Km	00:19:22
159	00:19:31	163	Joel	Norris	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished	EZ RC	143	70	3'54"/Km	00:19:24
160	00:19:32	84	Ben	Harris	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished	Run Grangetown	144	71	3'54"/Km	00:19:24
161	00:19:36	255	Delyth	Williams	Female	F35	Race 1 - SSAFA Cardiff 5k	Finished	San Domenico RC	17	5	3'55"/Km	00:19:33
162	00:19:37	207	Jack	Sanders	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished		145	72	3'55"/Km	00:19:29
163	00:19:38	45	Stephanie	Davies	Female	FS	Race 1 - SSAFA Cardiff 5k	Finished	Pontypridd Roadents AC	18	11	3'55"/Km	00:19:34
164	00:19:39	300	Amy	Cox	Female	FS	Race 1 - SSAFA Cardiff 5k	Finished	CDF Runners	19	12	3'55"/Km	00:19:31
165	00:19:41	250	Katie	Wile	Female	FS	Race 1 - SSAFA Cardiff 5k	Finished	Albany Road Run Club	20	13	3'56"/Km	00:19:34
166	00:19:41	234	Anh Quan	Tran	Male	M35	Race 1 - SSAFA Cardiff 5k	Finished	CDF Runners	146	35	3'56"/Km	00:19:34
167	00:19:45	110	Emily	Hutchinson	Female	FS	Race 1 - SSAFA Cardiff 5k	Finished	Les Croupiers Running Club	21	14	3'57"/Km	00:19:37
168	00:19:47	90	Jhon	Hewitt	Male	M35	Race 1 - SSAFA Cardiff 5k	Finished	San Domenico RC	147	36	3'57"/Km	00:19:43
169	00:19:47	44	Rhyddian	Davies	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished	CDF Runners	148	73	3'57"/Km	00:19:37
170	00:19:48	117	Huw	James	Male	M55+	Race 1 - SSAFA Cardiff 5k	Finished	Caerphilly RC	149	5	3'57"/Km	00:19:48
171	00:19:48	19	Susannah	Bulpin	Female	F45	Race 1 - SSAFA Cardiff 5k	Finished	San Domenico	22	1	3'57"/Km	00:19:45
172	00:19:49	242	Patrick	Walsh	Male	M35	Race 1 - SSAFA Cardiff 5k	Finished		150	37	3'57"/Km	00:19:41
173	00:19:51	76	Bethan	Griffiths	Female	F35	Race 1 - SSAFA Cardiff 5k	Finished	Lliswerry Harriers	23	6	3'58"/Km	00:19:45
174	00:19:54	211	Leon	Scammell	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished	EZRC	151	74	3'58"/Km	00:19:47
175	00:19:57	1	Allie	Adams	Female	U20F	Race 1 - SSAFA Cardiff 5k	Finished	Rhondda Athletics Club	24	3	3'59"/Km	00:19:51
176	00:19:57	288	Catherine	Barker	Female	F45	Race 1 - SSAFA Cardiff 5k	Finished	Penarth and Dinas Runners	25	2	3'59"/Km	00:19:50
177	00:19:57	213	Gareth	Schenk	Male	M35	Race 1 - SSAFA Cardiff 5k	Finished		152	38	3'59"/Km	00:19:47
178	00:20:09	293	Liz	May	Female	F45	Race 1 - SSAFA Cardiff 5k	Finished	Pontypridd Roadents	26	3	4'01"/Km	00:20:03
179	00:20:11	28	James	Clarke	Male	U20M	Race 1 - SSAFA Cardiff 5k	Finished		153	13	4'02"/Km	00:20:02
180	00:20:16	68	Sam	Frowen	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished		154	75	4'03"/Km	00:20:13
181	00:20:19	129	Matt	Kelly	Male	U20M	Race 1 - SSAFA Cardiff 5k	Finished		155	14	4'03"/Km	00:20:09
182	00:20:21	180	Christopher	Potter	Male	M55+	Race 1 - SSAFA Cardiff 5k	Finished	Lliswerry Runners	156	6	4'04"/Km	00:20:14
183	00:20:24	182	Emlyn	Pratt	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished		157	76	4'04"/Km	00:20:12
184	00:20:24	30	Dexter	Clement	Male	U20M	Race 1 - SSAFA Cardiff 5k	Finished	Rhondda AC	158	15	4'04"/Km	00:20:18
185	00:20:25	271	Tom	Coombs	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished	CDF Runners	159	77	4'05"/Km	00:20:16

186	00:20:26	230	Jeremy Thomas	Male	M55+	Race 1 - SSAFA Cardiff 5k	Finished	Les croupiers	160	7	4'05"/Km	00:20:23
187	00:20:27	131	Daniel Lawrence	Male	M45	Race 1 - SSAFA Cardiff 5k	Finished	Kenilworth Runners	161	24	4'05"/Km	00:20:19
188	00:20:30	99	Kelcy Hooper	Female	FS	Race 1 - SSAFA Cardiff 5k	Finished	Swansea harriers	27	15	4'06"/Km	00:20:27
189	00:20:32	116	Niamh James	Female	FS	Race 1 - SSAFA Cardiff 5k	Finished		28	16	4'06"/Km	00:20:29
190	00:20:34	111	Kian Iles	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished		162	78	4'06"/Km	00:20:24
191	00:20:35	269	Megan Poulson	Female	FS	Race 1 - SSAFA Cardiff 5k	Finished	San Domenico RC	29	17	4'07"/Km	00:20:32
192	00:20:38	185	Sean Price	Male	M55+	Race 1 - SSAFA Cardiff 5k	Finished	Les Croupiers	163	8	4'07"/Km	00:20:33
193	00:20:39	57	Antony Ellis	Male	M45	Race 1 - SSAFA Cardiff 5k	Finished	Pontyclun Road Runners	164	25	4'07"/Km	00:20:29
194	00:20:43	177	Chloe Piggott	Female	FS	Race 1 - SSAFA Cardiff 5k	Finished	Aberdare Valley AAC	30	18	4'08"/Km	00:20:34
195	00:20:44	27	Tom Clarke	Male	M35	Race 1 - SSAFA Cardiff 5k	Finished	Penarth and Dinas Runners	165	39	4'08"/Km	00:20:34
196	00:20:54	43	Huw Davies	Male	M35	Race 1 - SSAFA Cardiff 5k	Finished	Pontypridd Roadents AC	166	40	4'10"/Km	00:20:46
197	00:20:55	281	David James	Male	M55+	Race 1 - SSAFA Cardiff 5k	Finished	Les croupiers	167	9	4'11"/Km	00:20:52
198	00:20:56	66	Craig Fowler	Male	M55+	Race 1 - SSAFA Cardiff 5k	Finished	Pontypridd Roadents AC	168	10	4'11"/Km	00:20:49
199	00:21:00	14	Gareth Booker	Male	M35	Race 1 - SSAFA Cardiff 5k	Finished	Royal Navy Triathlon Association	169	41	4'12"/Km	00:20:50
200	00:21:09	273	Paul May	Male	M55+	Race 1 - SSAFA Cardiff 5k	Finished	Cornelly Striders	170	11	4'14"/Km	00:21:01
201	00:21:13	18	Phil Bristow	Male	M55+	Race 1 - SSAFA Cardiff 5k	Finished	San Domenico	171	12	4'14"/Km	00:21:05
202	00:21:16	208	Nicholas Santos	Male	M35	Race 1 - SSAFA Cardiff 5k	Finished	Rhondda AC	172	42	4'15"/Km	00:21:03
203	00:21:17	74	Lauren Green	Female	F35	Race 1 - SSAFA Cardiff 5k	Finished		31	7	4'15"/Km	00:21:06
204	00:21:23	73	Scott Greaves	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished	Parc Bryn Bach Running Club	173	79	4'16"/Km	00:21:16
205	00:21:34	7	Callum Bale	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished	Les Croupiers Running Club	174	80	4'18"/Km	00:21:24
206	00:21:35	240	Janneke Vanbeijnum	Female	F45	Race 1 - SSAFA Cardiff 5k	Finished	Les Croupiers Running Club	32	4	4'19"/Km	00:21:28
207	00:21:40	148	Tomas Morgan	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished		175	81	4'20"/Km	00:21:30
208	00:21:45	188	Simon Pritchard	Male	M45	Race 1 - SSAFA Cardiff 5k	Finished	Pontypridd Roadents	176	26	4'21"/Km	00:21:34
209	00:21:56	284	Vincent Nazareth	Male	M55+	Race 1 - SSAFA Cardiff 5k	Finished	Les Croupiers Running Club	177	13	4'23"/Km	00:21:47
210	00:22:00	267	Alex Orford	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished	Pontypridd Roadents	178	82	4'24"/Km	00:21:51
211	00:22:02	34	Penny Coyte	Female	F45	Race 1 - SSAFA Cardiff 5k	Finished	Les croupiers	33	5	4'24"/Km	00:21:50
212	00:22:10	215	Jane Sheldon	Female	F45	Race 1 - SSAFA Cardiff 5k	Finished	Penarth and Dinas Runners	34	6	4'26"/Km	00:22:00
213	00:22:17	40	Sara Davies	Female	FS	Race 1 - SSAFA Cardiff 5k	Finished	Les Croupiers Running Club	35	19	4'27"/Km	00:22:06
214	00:22:19	299	Steve Chadwell	Male	M45	Race 1 - SSAFA Cardiff 5k	Finished	Les Croupiers Running Club	179	27	4'27"/Km	00:22:09
215	00:22:27	126	Dewi Jones	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished		180	83	4'29"/Km	00:22:15
216	00:22:28	46	Andrew Davies	Male	M55+	Race 1 - SSAFA Cardiff 5k	Finished	Pontypridd Roadents AC	181	14	4'29"/Km	00:22:18
217	00:22:30	141	Patrick Martin	Male	M35	Race 1 - SSAFA Cardiff 5k	Finished	Cardiff Triathlon Club	182	43	4'30"/Km	00:22:20
218	00:22:34	26	Tzevai Chong	Male	M35	Race 1 - SSAFA Cardiff 5k	Finished	CDF Runners	183	44	4'30"/Km	00:22:23
219	00:22:41	78	Grace Griffiths	Female	U20F	Race 1 - SSAFA Cardiff 5k	Finished		36	4	4'32"/Km	00:22:33
220	00:22:42	166	Clive Osmond	Male	M55+	Race 1 - SSAFA Cardiff 5k	Finished	Les Croupiers R C	184	15	4'32"/Km	00:22:33
221	00:22:51	220	Gareth Spencer	Male	M35	Race 1 - SSAFA Cardiff 5k	Finished	Pontypridd roadents ac	185	45	4'34"/Km	00:22:39
222	00:22:51	292	Gethin Parker	Male	U20M	Race 1 - SSAFA Cardiff 5k	Finished	Rhondd Athletic Club	186	16	4'34"/Km	00:22:46
223	00:22:55	150	Ronald Morris	Male	M55+	Race 1 - SSAFA Cardiff 5k	Finished	San Domenico R.C.	187	16	4'35"/Km	00:22:47
224	00:23:03	2	Marc Adams	Male	M35	Race 1 - SSAFA Cardiff 5k	Finished		188	46	4'36"/Km	00:22:54
225	00:23:07	11	Marisa Benjamin	Female	F35	Race 1 - SSAFA Cardiff 5k	Finished	Pont-Y-Pwt & District Runners	37	8	4'37"/Km	00:22:57
226	00:23:17	105	Niall Hughes	Male	M45	Race 1 - SSAFA Cardiff 5k	Finished	San Domenico	189	28	4'39"/Km	00:23:08
227	00:23:27	286	Daniel Thomas	Male	M35	Race 1 - SSAFA Cardiff 5k	Finished	Swansea Harriers	190	47	4'41"/Km	00:23:20
228	00:23:27	51	Claire Dunbar Bowen	Female	F45	Race 1 - SSAFA Cardiff 5k	Finished	Ogmore phoenix runners	38	7	4'41"/Km	00:23:18
229	00:23:35	282	Tim Davies	Male	M45	Race 1 - SSAFA Cardiff 5k	Finished	Pontypridd Roadents AC	191	29	4'43"/Km	00:23:24
230	00:23:38	289	Steven Barker	Male	M45	Race 1 - SSAFA Cardiff 5k	Finished	Penarth and Dinas Runners	192	30	4'43"/Km	00:23:26
231	00:23:44	291	Mick Tabor	Male	M55+	Race 1 - SSAFA Cardiff 5k	Finished	Les croupiers	193	17	4'44"/Km	00:23:34
232	00:23:55	294	Gareth Davies	Male	M45	Race 1 - SSAFA Cardiff 5k	Finished	Penarth and Dinas Runners	194	31	4'47"/Km	00:23:47
233	00:24:00	227	Helen Tamburello	Female	F35	Race 1 - SSAFA Cardiff 5k	Finished	The Running Hub	39	9	4'48"/Km	00:23:47
234	00:24:12	52	Lee Dunbar-bowen	Male	M45	Race 1 - SSAFA Cardiff 5k	Finished	Ogmore Phoenix Runners	195	32	4'50"/Km	00:24:00
235	00:24:28	279	Louise Fairbank	Female	FS	Race 1 - SSAFA Cardiff 5k	Finished	Aberdare RCT	40	20	4'53"/Km	00:24:19
236	00:24:30	5	Karljin Asveld	Female	F45	Race 1 - SSAFA Cardiff 5k	Finished		41	8	4'54"/Km	00:24:19
237	00:24:44	287	Julie Scholey	Female	F55	Race 1 - SSAFA Cardiff 5k	Finished	Les croupiers	42	1	4'56"/Km	00:24:33
238	00:25:04	100	Rachel Hooper	Female	F55	Race 1 - SSAFA Cardiff 5k	Finished	Les Croupiers Running Club	43	2	5'00"/Km	00:24:53
239	00:25:17	142	Alan Mason	Male	M55+	Race 1 - SSAFA Cardiff 5k	Finished	Les Croupiers	196	18	5'03"/Km	00:25:07
240	00:25:32	236	Ashleigh Trowill	Female	FS	Race 1 - SSAFA Cardiff 5k	Finished	EZRC	44	21	5'06"/Km	00:25:18
241	00:26:05	203	Jamie Roche	Male	M35	Race 1 - SSAFA Cardiff 5k	Finished		197	48	5'13"/Km	00:25:51
242	00:26:12	24	John Chandler	Male	M55+	Race 1 - SSAFA Cardiff 5k	Finished	San Domenico	198	19	5'14"/Km	00:25:59
243	00:26:44	67	Isabel Francis	Female	FS	Race 1 - SSAFA Cardiff 5k	Finished	Tri Hard Harriers	45	22	5'20"/Km	00:26:30
244	00:31:32	159	Tracey Newman	Female	F55	Race 1 - SSAFA Cardiff 5k	Finished	Clwb Run Wales	46	3	6'18"/Km	00:31:19
245	00:31:59	232	Laura Thomas	Female	F35	Race 1 - SSAFA Cardiff 5k	Finished		47	10	6'23"/Km	00:31:45
246	00:32:30	186	Deborah Price	Female	F55	Race 1 - SSAFA Cardiff 5k	Finished	Les Croupiers Running Club	48	4	6'30"/Km	00:32:17
247	00:34:23	261	Geoff Wright	Male	M55+	Race 1 - SSAFA Cardiff 5k	Finished	Les Croupiers Running Club Cardiff	199	20	6'52"/Km	00:34:10
248	00:34:44	229	Georgia Thomas	Female	FS	Race 1 - SSAFA Cardiff 5k	Finished		49	23	6'56"/Km	00:34:30
249	00:36:57	184	Mark Price	Male	MS	Race 1 - SSAFA Cardiff 5k	Finished	Walton Athletic Club	200	84	7'23"/Km	00:36:56
250	00:38:34	258	Diana Wolters	Female	F55	Race 1 - SSAFA Cardiff 5k	Finished		50	5	7'42"/Km	00:38:22
251	00:38:34	224	Hellen Strik	Female	F55	Race 1 - SSAFA Cardiff 5k	Finished		51	6	7'42"/Km	00:38:22
252	00:39:26	248	Jacqui Wilding	Female	F55	Race 1 - SSAFA Cardiff 5k	Finished	Builth Wells	52	7	7'53"/Km	00:39:14
253	00:44:32	31	Andrew Cleverly	Male	M35	Race 1 - SSAFA Cardiff 5k	Finished	Swansea Harriers	201	49	8'54"/Km	00:44:31