

Cardiff 5k

Inter Area

01 September 2021

Pos	Time	No	Name	M/F	Cat	Club
1	0:14:15	2	Alfie Manthorpe	M		S/Men A Team North England
2	0:14:19	12	Dan Nash	M		S/Men A Team Wales
3	0:14:24	5	Freddie Hessian	M		S/Men A Team Midlands
4	0:14:29	8	Samuel Moakes	M		S/Men A Team Midlands
5	0:14:33	20	Dominic James	M		S/Men A Team Midlands
6	0:14:34	3	Osian Perrin	M		J/ Men A Team Wales
7	0:14:38	4	Nathan Jones	M		S/Men A Team Wales
8	0:14:38	17	Ronny Wilson	M		S/Men A Team North England
9	0:14:39	32	Max Walker	M		S/Men A Team UKAF
10	0:14:39	7	Tom Marshall	M		S/Men A Team Wales
11	0:14:41	9	Joseph Monk	M		S/Men A Team North England
12	0:14:42	10	Joe Wilkinson	M		S/Men A Team North England
13	0:14:42	1689	Lloyd Sheppard	M		J/ Men A Team Wales
14	0:14:48	25	Morgan Davies	M		S/Men A Team Wales
15	0:14:52	31	Adam Peacock	M		S/Men A Team UKAF
16	0:14:52	21	Thomas Gostelow	M		S/Men A Team Midlands
17	0:14:55	18	Michael Kallenberg	M		S/Men A Team UKAF
18	0:15:05	62	Adam Barber	M		J/ Men A Team Wales
19	0:15:18	23	Jenson Connell	M		J/Men A Team Midlands
20	0:15:20	16	Kristian Watson	M		S/Men A Team Midlands
21	0:15:29	98	Charlotte Arter	F		S/Women A Team Wales
22	0:15:40	63	Joe Palmer	M		S/Men A Team UKAF
23	0:15:44	97	Jenny Nesbitt	F		S/Women A Team Wales
24	0:15:53	59	Thomas Bentley	M		J/Men A Team Midlands
25	0:16:16	146	Ellie Wallace	F		S/Women A Team Midlands
26	0:16:24	118	Danielle Hodgkinson	F	35	S/Women A Team UKAF
27	0:16:27	150	Mollie Williams	F		S/Women A Team North of England
28	0:16:29	180	Lucas Mansell	M		J/Men A Team Midlands
29	0:16:31	157	Sam Yates	M		J/Men A Team Midlands
30	0:16:33	153	Sophie Harris	F		S/Women A Team Wales
31	0:16:36	201	Alaw Beynon-Thomas	F		S/Women B Team Wales
32	0:16:36	107	Jack Tetley	M		J/Men A Team Midlands
33	0:16:45	227	Anna Bracegirdle	F		S/Women B Team Wales
34	0:16:46	174	Amelia Samuels	F		S/Women A Team Midlands
35	0:16:47	188	Sara Willhoit	F		S/Women A Team Midlands
36	0:16:53	179	Jemima Elgood	F		S/Women A Team North of England
37	0:16:55	258	Megan Hornung	F		J/Women A Team Midlands
38	0:17:08	189	Kaitlyn Sheppard	F		J/Women A Team Midlands
39	0:17:17	252	Eva Edwards	F		J/Women A Team Wales
40	0:17:34	203	Louise Hackett	F		J/Women A Team Midlands
41	0:17:35	101	Carla Davies	F	35	S/Women A Team North of England
42	0:17:42	173	Becki Timmings	F		S/Women A Team Midlands
43	0:17:44	269	Moli Lyons	F		J/Women A Team Wales
44	0:17:57	1687	Jessie Lutwyche	F		S/Women A Team UKAF
45	0:18:03	256	Rhiannon Kirk	F		S/Women A Team UKAF
46	0:18:37	306	Roanna Vickers	F		S/Women A Team UKAF
47	0:18:39	1690	Rhiannon Paton	F		J/Women A Team Wales
48	0:19:06	329	Rheagan Edwards	F		J/Women A Team Wales
49	0:21:41	470	Jessie Lutwyche	F		S/Women A Team UKAF