

South Wales Running League
 Summer Sizzler, Cardiff - 6 August 2014
 Senior Men 87 Finishers

Pos	Athlete	Club	Time	Points
1	Daniel Bodman	Aberdare Valley A. A. C.	15.57	87
2	Ashleigh Harper	Aberdare Valley A. A. C.	15.59	86
3	Joe Beech	Bridgend Athletic Club	16.03	85
4	Martin Rees	Les Croupiers Running Club	16.06	84
5	Stephen Paterson	Les Croupiers Running Club	16.30	83
6	Oliver Williams	Les Croupiers Running Club	16.31	82
7	Rob Sage	Les Croupiers Running Club	16.34	81
8	Stuart Crees	Les Croupiers Running Club	16.37	80
9	Tom Jeffery	Les Croupiers Running Club	16.40	79
10	Ben Sears	Pontypridd Athletic Club	16.43	78
11	Andrew Hodgson	Bridgend Athletic Club	16.46	77
12	Jason Bragg	Aberdare Valley A. A. C.	16.59	76
13	Richard Wilder	San Domenico Road Runners Club	17.03	75
14	Matt Hurford	Les Croupiers Running Club	17.04	74
15	Adam Bull	Aberdare Valley A. A. C.	17.05	73
16	Gavin Gates	Bridgend Athletic Club	17.05	72
17	Doug Nicholls	San Domenico Road Runners Club	17.12	71
18	Dan Bradshaw	Aberdare Valley A. A. C.	17.27	70
19	Nick Tulp	Les Croupiers Running Club	17.30	69
20	Pete Croall	San Domenico Road Runners Club	17.39	68
21	Anthony Williams	Aberdare Valley A. A. C.	17.47	67
22	Phil Bristow	San Domenico Road Runners Club	17.51	66
23	Richie Bullen	Les Croupiers Running Club	17.52	65
24	Stuart McIlroy	Les Croupiers Running Club	17.54	64
25	Andrew Blair	Les Croupiers Running Club	18.00	63
26	Rowan Hobbs	Brackla Harriers	18.00	62
27	Graham Schultz	Les Croupiers Running Club	18.06	61
28	Richard Lloyd	Aberdare Valley A. A. C.	18.10	60
29	Alun Danies	Les Croupiers Running Club	18.12	59
30	Matt Hopkins	Les Croupiers Running Club	18.19	58
31	David Moore	Brackla Harriers	18.20	57
32	David Coles	Les Croupiers Running Club	18.24	56
33	Elio Lepore	Les Croupiers Running Club	18.25	55
34	Stephen Jenkins	Bridgend Athletic Club	18.26	54
35	Matthew Evans	Aberdare Valley A. A. C.	18.27	53
36	Adrian Lewis	Aberdare Valley A. A. C.	18.29	52
37	Richard Self	Les Croupiers Running Club	18.31	51
38	Kris Button	Merthyr Running Club	18.35	50
39	Neema Mal	Les Croupiers Running Club	18.38	49
40	Geriant Williams	Aberdare Valley A. A. C.	18.48	48
41	Colin McQueen	Brackla Harriers	18.51	47
42	Johnny Lam	San Domenico Road Runners Club	18.53	46
43	Darren Hutchings	Merthyr Running Club	18.55	45
44	Paul Graham	Pontypridd Athletic Club	18.57	44
45	Daniel Glen	Bridgend Athletic Club	18.59	43
46	Tim Owen	Bridgend Athletic Club	19.05	42
47	Andy Wilton	San Domenico Road Runners Club	19.08	41
48	Mark Dunscombe	Aberdare Valley A. A. C.	19.11	40
49	Clem Clement	Penarth and Dinas Runners	19.38	39

50	Andrew Palmer	Penarth and Dinas Runners	19.43	38
51	Rhys Lee	Merthyr Running Club	19.50	37
52	Paul Davies	Merthyr Running Club	19.55	36
53	Jamie Clode	Bridgend Athletic Club	20.07	35
54	Dominic Shields	San Domenico Road Runners Club	20.14	34
55	Christopher Nellins	Penarth and Dinas Runners	20.16	33
56	Malcolm Bradley	Penarth and Dinas Runners	20.25	32
57	Howard Kent	Les Croupiers Running Club	20.25	31
58	Roland Matthews	Brackla Harriers	20.36	30
59	Darren Rees-Morgan	Brackla Harriers	20.41	29
60	Clive Osmond	Les Croupiers Running Club	20.49	28
61	Andrew Murphy	Merthyr Running Club	20.50	27
62	David E Williams	Les Croupiers Running Club	20.53	26
63	Alan Mason	Les Croupiers Running Club	20.55	25
64	Paul Maksimovic	Pontypridd Athletic Club	20.57	24
65	Graham Mack	Merthyr Running Club	20.58	23
66	Richard Beech	Brackla Harriers	20.58	22
67	James Delaney	San Domenico Road Runners Club	21.02	21
68	A Taylor	Merthyr Running Club	21.04	20
69	Huw Parry	Les Croupiers Running Club	21.16	19
70	Michael H Davies	Les Croupiers Running Club	21.19	18
71	Stephen Alexander	Les Croupiers Running Club	21.46	17
72	Stephen Quinn	Les Croupiers Running Club	21.49	16
73	Ceri Davies	San Domenico Road Runners Club	22.15	15
74	Paul Chapman	Les Croupiers Running Club	22.25	14
75	Roy Silver	Les Croupiers Running Club	22.27	13
76	Glenn Powell	Penarth and Dinas Runners	22.32	12
77	Lee Hopkins	Aberdare Valley A. A. C.	22.34	11
78	Sai Gopal	Les Croupiers Running Club	22.40	10
79	Ceri Morris	Aberdare Valley A. A. C.	23.14	9
80	Robert Wilson	Penarth and Dinas Runners	23.19	8
81	Luke Hislop	Les Croupiers Running Club	23.36	7
82	Ian Stratton	Brackla Harriers	23.56	6
83	Graeme Donnan	Les Croupiers Running Club	24.28	5
84	Alan Mann	Les Croupiers Running Club	24.31	4
85	Jeff Aston	Les Croupiers Running Club	24.34	3
86	Huw Williams	Bridgend Athletic Club	25.46	2
87	Simon Davies	Les Croupiers Running Club	29.04	1