

# CARDIFF SUNSET 5K

## Start Lists



WELSH ATHLETICS  
ATHLETAU CYMRU

### MEN

Name	Club	P.B.
Guy Smith	Swansea Harriers	14:26
Osian Perrin	Menai Track & Field	14:30
Matthew Edwards	Cardiff AC	14:32
Marc Hobbs	Swansea Harriers	14:32
Tom Marshall	Cardiff AC	14:34
Abed Teweldebrhan	Newport Harriers	14:41
Dominic Smith	Swansea Harriers	14:43
Alex Crossland	Highgate Harriers	14:44
Iestyn Harrett	Cardiff AC	14:46
Tom Gostelow	Charnwood AC	14:52
Daniel Hamilton	San Domenico	14:55
Luke Williams	San Domenico	14:57
Jack Eykelbosch	Cardiff AC	15:04
Elliot Lawrence	Swansea Harriers	15:07
Paul Tobin	Swansea Harriers	15:07
Adam Bull	Pontypridd Roadents	15:11
Matt Harvey	Swansea Harriers	15:14
Tom Foster	Guildford & Godalming	15:17
Muktaar Farhan	Cardiff AC	15:30
Harry Davies	Newport Harriers	15:41
Matthew Williams	Pembrokeshire Harriers	Debut
David Williams	Les Croupiers	16:02
Nathan Jones	Swansea Harriers	16:05
Jack Eggington	Cardiff AC	16:17
Will Munday	Swansea Harriers	16:29

# CARDIFF SUNSET 5K

## Start Lists



WELSH ATHLETICS  
ATHLETAU CYMRU

### WOMEN

Name	Club	P.B.
Charlotte Arter	Cardiff AC	15:39
Clara Evans	Cardiff AC	16:02
Sophie Cowper	Rotherham AC	16:20
Lauren Cooper	Parc Bryn Bach	16:45
Alaw Beynon-Thomas	Les Croupiers RC	16:46
Kate Roberts	Swansea Harriers	16:49
Ffion Price	Cardiff AC	16:57
Lucy Marland	Cardiff AC	17:02
Carys Hughes	Cardiff AC	17:23
Megan Carter-Davies	Cardiff AC	17:24
Moli Lyons	Cardiff AC	17:50
Hana Blake	Cardiff Met Uni	18:00
Amie Bagnall	Prestatyn RC	18:05
Ashleigh Willis	Swansea Harriers	18:12
Katy Roy	Chepstow Harriers	18:39
Nia Clatworthy	Cardiff AC	18:42
Bronwen Stratton-Thomas	Swansea Harriers	18:52
Steph Lawrie	Victoria Park	19:09
Llinos Jones	Swansea Harriers	19:10
Annwen Gammon	Cardiff AC	19:11
Ella Davies	Swansea Harriers	19:50