

Pontcanna 5 mile 2013

Sunday 16th June

pos.	no.	name	club	age group	time
1	269	Ed Donovan	Les Croupiers	SM	00:27:49
2	145	Stuart Crees	Les Croupiers	SM	00:28:51
3	140	Rhys Annett	San Dominico	SM	00:29:59
4	133	Mark Joyce	Les Croupiers	SM	00:30:33
5	179	Andrew Jones	u/a	SM	00:31:26
6	259	Dave Proud	Les Croupiers	MV40	00:31:38
7	144	Kevin Jones	Les Croupiers	MV45	00:32:07
8	142	Brian Dias	Les Croupiers	SM	00:32:17
9	284	Mick Tabor	Les Croupiers	MV60	00:32:42
10	132	Rhys Spencer	u/a	SM	00:32:53
11	149	Howard Owen	Les Croupiers	SM	00:33:17
12	270	Gina Hardman	Bridgend AC	FV40	00:33:31
13	135	Howard Kent	Les Croupiers	MV60	00:33:40
14	141	Anna Moon	u/a	SW	00:33:49
15	285	Alun Davies	Les Croupiers	SM	00:34:47
16	134	Clive Osmond	Les Croupiers	MV50	00:34:56
17	139	Tim Owen	Bridgend AC	MV50	00:35:06
18	136	Roy Silver	Les Croupiers	MV50	00:35:09
19	138	Andrew Sedgmond	Les Croupiers	MV50	00:35:34
20	137	Tim Fry	u/a	SM	00:35:34
21	150	Sean Smith	u/a	MV40	00:35:35
22	185	Michael Pritchard	u/a	MV55	00:35:40
23	129	Robert Freeman	Crawley AC	MV50	00:35:51
24	148	Mike H Davies	Les Croupiers	MV60	00:36:16
25	127	Angela Champion	Les Croupiers	FV35	00:36:17
26	258	Liz Kirwan	Les Croupiers	SW	00:36:34
27	128	Julie Scholey	Les Croupiers	FV50	00:36:46
28	178	Rod Perons	Les Croupiers	MV50	00:37:00
29	147	Tim O'Sullivan	Les Croupiers	MV50	00:38:14
30	131	Robert Haswell	Barry & Vale	MV50	00:38:31
31	257	Brenda Avery	Chepstow H	FV60	00:38:54
32	281	Huw Williams	Bridgend AC	MV45	00:39:01
33	260	Rachel Biggar	u/a	SW	00:39:24
34	143	John Payne	Les Croupiers	MV45	00:39:47
35	283	Susan Bowes	u/a	FV35	00:39:48
36	268	Steve Tucker	u/a	MV45	00:40:05
37	146	Ralph Davey	Les Croupiers	MV60	00:41:30
38	177	Oliver Tutas	Les Croupiers	MV45	00:41:44
39	130	Gary Bird	u/a	MV50	00:41:54
40	112	Sophie Gott	Hendre Lake RC	FV35	00:42:15
41	143	Simon Hudd	u/a	MV45	00:42:50
42	282	Peter Heckles	u/a	SM	00:42:54
43	113	Nadine Cannon	u/a	SW	00:43:35
44	114	Rebecca Cordell-Smith	u/a	FV35	00:43:47
45	180	Tracey Newman	Les Croupiers	FV40	00:44:44
46	250	Alice Viles	u/a	SW	00:44:46