

# Cardiff Summer Series 1 mile

Friday 29th April 2016

pos	no.	name	club	age group	time	
1	502	Tom Marshall	Cardiff AAC	SM	00:04:28	1st Male
2	500	Oliver Williams	Les Croupiers	SM	00:04:33	2nd Male
3	596	Tes Goitom	Les Croupiers	SM	00:04:42	3rd Male
4	445	Adam Bull	Aberdare AAC	SM	00:04:43	
5	559	Glyn Fletcher	Les Croupiers	SM	00:04:46	
6	523	Jamie Wardrop	San Domenico	SM	00:04:46	
7	561	Doug Nicholls	Les Croupiers	SM	00:04:52	
8	563	Adrien Pilat	u/a	SM	00:04:55	
9	503	Daniel Groves	Cardiff AAC	U20M	00:04:56	
10	594	Anthony Lewis	Cardiff University	SM	00:05:04	
11	582	Simon Murphy	u/a	SM	00:05:06	
12	543	Nick Tulp	Les Croupiers	SM	00:05:07	
13	567	Robbie James	u/a	SM	00:05:12	
14	576	Alun Davies	Les Croupiers	SM	00:05:13	
15	524	Neil Catchlove	Lordshill Road Runners	MV40	00:05:14	1st MV40
16	545	Tom Martin	CDF Runners	SM	00:05:14	
17	549	Adrian Lewis	Aberdare AAC	MV40	00:05:15	
18	593	Nicholas Doyle	Herts Phoenix	SM	00:05:15	
19	575	John Craven	Les Croupiers	SM	00:05:16	
20	566	Alex Lea	u/a	SM	00:05:17	
21	401	Brian Dias	Les Croupiers	SM	00:05:18	
22	548	Michael Riley	Les Croupiers	SM	00:05:20	
23	562	Johnny Lam	San Domenico	MV40	00:05:20	
24	526	Matt Hurford	Les Croupiers	MV40	00:05:21	
25	591	Sean Price	Rhondda AC	MV50	00:05:22	1st MV50
26	539	Sean Martin	u/a	SM	00:05:24	
27	589	Mark Joyce	Les Croupiers	MV40	00:05:26	
28	553	Gabrelius Stuckus	Les Croupiers	SM	00:05:27	
29	578	Rob Sage	Les Croupiers	SM	00:05:28	
30	587	Hywell Edwards	u/a	MV40	00:05:29	
31	522	Carys Bill	Cardiff AAC	U20F	00:05:29	1st Female
32	555	James Bermger	u/a	SM	00:05:32	
33	574	Steve Smith	u/a	MV40	00:05:34	
34	518	Anthony Williams	u/a	MV50	00:05:35	
35	513	Brett Davies	Newport Harriers	MV50	00:05:36	
36	535	Kevin Plank	San Domenico	MV40	00:05:36	
37	550	Steve Payne	Caerphilly Runners	MV40	00:05:39	
38	557	Vincent Nazareth	Les Croupiers	MV50	00:05:43	
39	565	Luke Starkie	u/a	SM	00:05:43	
40	509	Gareth Hardman	Bridgend AC	MV50	00:05:46	
41	571	Elio Lepore	Les Croupiers	MV60	00:05:47	1st MV60
42	533	David Coles	Les Croupiers	MV50	00:05:48	
43	521	Testyn Edwards	Cardiff AAC	U20M	00:05:48	
44	517	Dan Lloyd	CDF Runners	MV40	00:05:50	
45	510	Rhys Hardman	Bridgend AC	U20M	00:05:53	
46	573	Robert Coles	Caerphilly Runners	SM	00:05:54	
47	514	Peter Turnbull	Les Croupiers	MV50	00:05:57	
48	498	Philip Crane	Neath Harriers	MV50	00:05:59	

49	519	Rhys Williams	u/a	SM	00:05:59	
50	505	Brian Lovett	San Domenico	MV40	00:06:02	
51	551	James Bruce	Les Croupiers	MV40	00:06:09	
52	512	Huw Roberts	Bridgend AC	MV50	00:06:10	
53	568	Ben Innes	u/a	SM	00:06:13	
54	499	Hefin Gruffydd	Pontypridd Roadents	MV50	00:06:17	
55	516	Clive Osmond	Les Croupiers	MV50	00:06:20	
56	546	Tim Fry	Cardiff AAC	SM	00:06:21	
57	570	Matthew Bruce	Brackla	MV40	00:06:24	
58	590	Angharad Price	Cardiff AAC	SW	00:06:24	2nd Female
59	508	Gina Hardman	Bridgend AC	FV45	00:06:26	3rd Female
60	588	Joseph Joyce	Cardiff AAC	U20M	00:06:27	
61	527	Steve Chadwell	u/a	MV40	00:06:28	
62	592	Tim Green	Les Croupiers	MV40	00:06:31	
63	507	Katy Lewis	Les Croupiers	SW	00:06:32	
64	556	Libby Bohemen	Les Croupiers	FV45	00:06:33	1st FV45
65	585	Gareth Logan	u/a	SM	00:06:35	
66	544	Aileen Lyons	Les Croupiers	SW	00:06:37	
67	530	Kellinu Portelli	Les Croupiers	MV50	00:06:37	
68	529	Sam Portelli	u/a	U20M	00:06:38	
69	572	Jenny Martin	Les Croupiers	FV35	00:06:39	1st FV35
70	520	Paul Edwards	Cardiff AAC	MV40	00:06:43	
71	536	David McDonald	Les Croupiers	MV40	00:06:48	
72	515	Ruth Deards	Les Croupiers	FV45	00:06:51	
73	540	Andrew Herbert	u/a	SM	00:06:52	
74	595	Stephen Wood	Pegasus	SM	00:06:54	
75	541	Gurjuran Singh	u/a	SM	00:06:55	
76	552	Beth Lewis	Les Croupiers	FV35	00:06:58	
77	554	Julie Scholey	Les Croupiers	FV55	00:07:03	1st FV55
78	501	Andy Davies	Pontypridd Roadents	MV50	00:07:05	
79	511	Bethan Ford	Pontypridd Roadents	SW	00:07:06	
80	586	Michelle Amblin	Les Croupiers	FV35	00:07:09	
81	569	Nigel Beach	u/a	MV40	00:07:11	
82	577	Sarah Pryor	Pegasus	FV35	00:07:21	
83	564	Christie Coleman	Cwm Ogwr RC	FV35	00:07:26	
84	504	Andrew Williamson	Pegasus	MV40	00:07:29	
85	534	Graeme Donnan	Les Croupiers	MV60	00:07:30	
86	547	Joanne Meredith	Pegasus	SW	00:07:36	
87	558	Colin Crooks	Pegasus	MV60	00:07:40	
88	584	Lewis Hill	u/a	U20M	00:07:50	
89	583	Owen Lloyd	u/a	U20M	00:07:51	
90	537	Edward McDonald	u/a	MV70	00:07:52	
91	528	Karen Chadwell	Les Croupiers	FV45	00:07:57	
92	506	Hannah O'Connor	San Domenico	SW	00:08:03	
93	538	Luke Heslop	Les Croupiers	SM	00:08:07	
94	525	Amanda Thompson	Les Croupiers	FV55	00:08:31	
95	581	Julie Hill	u/a	SW	00:08:51	
96	579	Julie Herbert	Pontypridd Roadents	FV35	00:08:52	
97	580	Gwen Richards	Pontypridd Roadents	SM	00:08:52	
98	560	Sarah Meah	Les Croupiers	FV45	00:10:01	
99	531	Sandra Caveney	Les Croupiers	FV45	00:11:41	
100	532	Hannah Barnett	u/a	SW	00:11:41	