

# Cardiff Summer Series 4 mile

Friday 14th August 2015

pos	no.	name	club	age group	time	
1	385	Tes Goitom	Les Croupiers RC	SM	00:20:53	1st Male
2	373	Matt Collins	MMRT	SM	00:21:19	2nd Male
3	399	Huw Evans	Les Croupiers RC	MV40	00:21:52	3rd Male
4	394	Oliver Williams	Les Croupiers RC	SM	00:22:44	
5	376	Matt Hurford	Les Croupiers RC	MV40	00:22:54	1st MV40
6	869	Emma Wookey	Lliswerry RC	SW	00:23:36	1st Female
7	364	Brian Dias	Les Croupiers RC	SM	00:23:52	
8	371	Andrew Blair	Les Croupiers RC	MV50	00:24:02	1st MV50
9	372	Paul Graham	Pontypridd Roadents	SM	00:24:46	
10	387	Johnny Lam	San Domenico	MV40	00:25:11	
11	381	David Proud	Les Croupiers RC	MV40	00:25:13	
12	400	Andrew Jones	Unattached	MV40	00:25:22	
13	365	Dave Lowthian	Forest of Dean AC	MV40	00:25:32	
14	377	James Barringer	Unattached	SM	00:26:19	
15	383	Richard Holmes	Les Croupiers RC	SM	00:26:26	
16	863	Janet Holmes	Les Croupiers RC	SW	00:26:32	2nd Female
17	367	Howard Kent	Les Croupiers RC	MV60	00:26:33	1st MV60
18	368	Ian Bell	San Domenico	MV50	00:26:44	
19	370	Rob Evans	Les Croupiers RC	MV60	00:26:58	
20	865	Hazel Craven	Les Croupiers RC	FV35	00:27:56	3rd Female
21	859	Carol Rees	Les Croupiers RC	FV35	00:28:03	1st FV35
22	374	Simon Lamb	Cardiff Uni	SM	00:28:15	
23	382	Tim Fry	Cardiff AAC	SM	00:28:19	
24	369	Clive Osmond	Les Croupiers RC	MV50	00:28:20	
25	380	Alan Mason	Les Croupiers RC	MV50	00:28:23	
26	386	Paul Chapman	Les Croupiers RC	MV40	00:28:32	
27	378	Nigel Bleach	Unattached	MV40	00:29:00	
28	393	Caerwyn Phillips	Cardiff AAC	U13B	00:29:15	
29	398	Rod Perons	Les Croupiers RC	MV50	00:29:18	
30	396	John Light	Unattached	SM	00:29:32	
31	395	Sai Gopal	Les Croupiers RC	MV40	00:29:44	
32	388	Tim O'Sullivan	Les Croupiers RC	MV50	00:29:52	
33	391	Derrick Stephenson	Cardiff AAC	MV50	00:30:14	
34	857	Elin Leysham	Swansea Harriers	SW	00:31:10	
35	390	Richie Mann	Unattached	SM	00:31:16	
36	862	Lolly Burvill	Les Croupiers RC	FV35	00:31:20	
37	389	Luke Heslop	Les Croupiers RC	SM	00:31:44	
38	856	Nadine Ritters Kamp	Les Croupiers RC	SW	00:31:59	
39	864	Jenna Morgan	Unattached	SW	00:32:38	
40	867	Sarah Harrington	Pegasus RC	FV35	00:32:51	
41	866	Sarah Pryor	Pegasus RC	FV35	00:33:11	
42	861	Julie Lewis	Les Croupiers RC	FV55	00:33:29	1st FV45
43	375	David McDonald	Les Croupiers RC	MV40	00:33:36	
44	855	Gill Murphy	Les Croupiers RC	FV55	00:33:37	1st FV55
45	384	Colin Crooks	Pegasus RC	MV50	00:33:47	
46	854	Eirian Arwyn	Les Croupiers RC	FV55	00:34:25	

47	868	Sarah Perons	Les Croupiers RC	FV45	00:34:54
48	379	Dan Chapple	N.E.W.T.	SM	00:35:05
49	392	Huw Phillips	Cardiff AAC	MV40	00:35:34
50	858	Amanda Thompson	Les Croupiers RC	FV45	00:36:32
51	870	Tracey Newman	Les Croupiers RC	FV35	00:37:40
52	397	Jonathan Perons	Les Croupiers RC	SM	00:39:16
53	852	Jo-Anne Gwynne	Pontypridd Roadents	FV35	00:44:11
54	366	Mike Gwynne	Pontypridd Roadents	MV40	00:44:11
55	860	Helen Williams	Les Croupiers RC	FV35	00:52:58
56	853	Sarah Meah	Les Croupiers RC	FV45	00:52:58
57	851	Helen Lloyd Jones	Unattached	FV65	00:59:10