

# CPR - 2 Day Challenge 27th & 28th August 2022

Bib #	Name	Surname	M/F	Club	Cat.	5K	10K	XC	HM	1 mile	42.2Km	
749	Tom	Whitmarsh-Knight	M	Les Croupiers RC	SM	00:16:34	00:33:56	00:16:16	01:13:58	00:04:37	<b>02:25:21</b>	1st Male
713	Ryan	Cullen	M	Pontypridd Roadents	SM	00:17:12	00:36:30	00:17:15	01:21:54	00:05:09	<b>02:38:00</b>	2nd Male
736	Paul	Morton	M	Les Croupiers RC	M40	00:18:25	00:37:16	00:18:00	01:23:35	00:05:24	<b>02:42:40</b>	3rd Male
703	Andrew	Blair	M	Les Croupiers RC	M55	00:18:14	00:37:46	00:18:20	01:24:05	00:05:30	<b>02:43:55</b>	1st M50
737	Phil	Cook	M	u/a	M50	00:19:30	00:38:59	00:18:14	01:27:26	00:05:45	<b>02:49:54</b>	
707	Stephen	Campbell	M	Les Croupiers RC	SM	00:18:54	00:39:58	00:18:24	01:28:55	00:05:33	<b>02:51:44</b>	
721	Darragh	Hanley-Crofts	M	White Rock Runners	SM	00:17:38	00:38:53	00:18:28	01:31:35	00:05:42	<b>02:52:16</b>	
706	Neil	Calucag	M	CDF Runners	M40	00:19:15	00:41:11	00:19:22	01:31:54	00:05:56	<b>02:57:38</b>	1st M40
746	John	Ross	M	u/a	M55	00:19:57	00:42:09	00:19:52	01:35:41	00:06:04	<b>03:03:43</b>	
715	Mike	Davies	M	CDF Runners	M60	00:19:10	00:40:59	00:19:23	01:38:00	00:06:18	<b>03:03:50</b>	1st M60
725	Ben	Hooper	M	u/a	SM	00:23:25	00:42:21	00:19:41	01:33:00	00:05:44	<b>03:04:11</b>	
734	Gareth	Morgan	M	Les Croupiers RC	M50	00:20:51	00:45:41	00:20:56	01:38:40	00:06:21	<b>03:12:29</b>	
722	Gareth	Hardman	M	Bridgend AC	M55	00:23:17	00:44:57	00:20:34	01:40:29	00:06:19	<b>03:15:36</b>	
704	Rachel	Bowen	F	Llisserry Runners	W45	00:22:28	00:47:05	00:22:20	01:41:02	00:06:32	<b>03:19:27</b>	1st Female
741	Clive	Osmond	M	Les Croupiers RC	M60	00:23:35	00:48:05	00:21:52	01:45:22	00:07:02	<b>03:25:56</b>	
709	Terry	Caveney	M	Les Croupiers RC	M60	00:22:52	00:48:24	00:22:21	01:46:07	00:07:05	<b>03:26:49</b>	
723	Gina	Hardman	F	Bridgend AC	W50	00:26:13	00:47:40	00:22:10	01:50:49	00:07:22	<b>03:34:14</b>	2nd Female
717	Lolly	Evans	F	Les Croupiers RC	W50	00:24:46	00:48:45	00:22:49	01:52:51	00:07:19	<b>03:36:30</b>	3rd Female
738	Louise	Muteham	F	Llisserry Runners	W35	00:24:15	00:49:16	00:23:23	01:54:57	00:06:49	<b>03:38:40</b>	1st W35
724	Mark	Herbert	M	Les Croupiers RC	M40	00:25:32	00:50:13	00:24:51	01:50:53	00:07:18	<b>03:38:47</b>	
748	Ian	Thorne	M	Seriously Mad Runners	M55	00:24:34	00:50:41	00:24:28	01:55:02	00:07:21	<b>03:42:06</b>	
711	Michelle	Church	F	u/a	W45	00:23:14	00:50:22	00:24:03	01:56:44	00:07:53	<b>03:42:16</b>	1st W45
719	Jenna	Groves	F	Pegasus RC	SW	00:26:23	00:50:48	00:23:59	01:54:11	00:07:34	<b>03:42:55</b>	
744	Lisa	Pinney	F	u/a	W45	00:24:32	00:51:51	00:23:46	01:56:22	00:07:17	<b>03:43:48</b>	
726	Rachel	Hooper	F	Les Croupiers RC	W55	00:25:31	00:52:02	00:24:35	02:00:16	00:08:12	<b>03:50:36</b>	1st W55
750	Sai	Gopal	M	Les Croupiers RC	M50	00:25:41	00:53:34	00:24:54	02:08:23	00:07:37	<b>04:00:09</b>	
718	Sally	Groves	F	Pegasus RC	W55	00:26:23	00:53:28	00:26:10	02:08:36	00:07:29	<b>04:02:06</b>	
728	Claire	Jarrom	F	Les Croupiers RC	W35	00:26:31	00:54:29	00:34:37	02:06:27	00:07:48	<b>04:09:52</b>	

# CPR - 2 Day Challenge 27th & 28th August 2022

Bib #	Name	Surname	M/F	Club	Cat.	5K	10K	XC	HM	1 mile	42.2Km
732	Alan	Mason	M	Les Croupiers RC	M60	00:26:16	01:11:36	00:26:06	01:58:33	00:08:34	<b>04:11:05</b>
747	Firouz	Mal	M	Les Croupiers RC	M65	00:30:19	01:00:42	00:27:12	02:13:10	00:08:11	<b>04:19:34</b>
740	Rebecca	Newton	F	Ogmore Pheonix	SW	00:28:32	01:00:58	00:27:56	02:14:10	00:08:27	<b>04:20:03</b>
705	Sarah	Burdett	F	Les Croupiers RC	W35	00:26:31	01:02:08	00:26:17	02:18:40	00:09:18	<b>04:22:54</b>
720	Nigel	Hammersley	M	Pegasus RC	SM	00:32:43	01:01:55	00:28:56	02:15:56	00:07:47	<b>04:27:17</b>
716	Glenda	Edwards	F	Les Croupiers RC	W55	00:31:44	01:03:18	00:28:55	02:29:23	00:09:52	<b>04:43:12</b>
714	Debbie	Cumming	F	u/a	W55	00:26:57	01:06:16	00:27:59	02:35:00	00:08:45	<b>04:44:57</b>
730	Jenny	Martin	F	Les Croupiers RC	W40	00:27:43	00:56:03	00:25:36	02:52:35	00:07:31	<b>04:49:28</b>
712	Kelly	Crofts	F	Les Croupiers RC	W40	00:32:09	01:00:42	00:27:02	02:52:35	00:07:46	<b>05:00:14</b>
742	Angharad	Parry-Jones	F	Les Croupiers RC	W45	00:36:07	01:11:21	00:32:57	02:38:23	00:09:16	<b>05:08:04</b>
708	Sandra	Caveney	F	Les Croupiers RC	W55	00:32:40	01:06:27	00:31:45	02:47:15	00:10:16	<b>05:08:23</b>
733	Kirsty	McGowan	F	Les Croupiers RC	W35	00:36:25	01:08:27	00:28:51	02:51:19	00:09:17	<b>05:14:19</b>
739	Tracey	Newman	F	Les Croupiers RC	W50	00:35:00	01:11:29	00:35:02	02:44:04	00:10:54	<b>05:16:29</b>
743	John	Payne	M	Les Croupiers RC	M55	00:35:31	01:13:27	00:33:23	02:50:29	00:07:59	<b>05:20:49</b>
731	Jon	Martin	M	Les Croupiers RC	M45	00:37:11	01:13:28	00:33:21	02:47:18	00:11:36	<b>05:22:54</b>
702	Stuart	Ball	M	Les Croupiers RC	M40	00:35:31	01:11:36	00:34:37	02:52:35	00:11:36	<b>05:25:55</b>

727	Katie	James	F	Les Croupiers RC	W40	dns	dns	dns	dns	dns	
729	Clare	Johnson	F	Les Croupiers RC	W75	00:35:41	dnf	dns	dns	dns	
710	Paul	Chapman	M	Les Croupiers RC	M50	00:22:52	00:49:59	dns	dns	dns	
745	Steven	Preddy	M	Les Croupiers RC	M50	00:25:14	00:50:34	00:24:11	dnf	dns	
701	Matthew	Alder	M	u/a	SM	00:25:53	00:50:10	00:24:44	02:21:41	dns	

# CPR - Half Marathon only

Bib #	Name	Surname	M/F	Club	Cat.	HM
765	Dylan	Nazareth	M	Les Croupiers RC	SM	01:13:38
770	Paul	Francis	M	Les Croupiers RC	M45	01:21:20
756	Simon	Lewis	M	Pontypridd Roadents	M45	01:21:54
755	Keith	James	M	Pontypridd Roadents	M45	01:22:05
762	James	Horner	M	Les Croupiers RC	M40	01:26:44
761	Ed	Morris	M	Les Croupiers RC	SM	01:29:04
763	Mark	Furnish	M	San Domenico RC	SM	01:30:20
759	Anthony	Waddington	M	Lliswerry Runners	M45	01:31:37
769	Stuart	Crees	M	Les Croupiers RC	M40	01:31:47
764	Kim	Wehden	M	Islwyn RC	M60	01:34:45
757	Simon	Gill	M	Lliswerry Runners	M40	01:34:58
768	Steve	Hooper	M	Pontypridd Roadents	M55	01:36:37
775	Laura	Davis	F	Lliswerry Runners	SW	01:37:39
760	Richard	Basham	M	Lliswerry Runners	M50	01:40:19
773	Maria	Zubizarreta	F	Les Croupiers RC	W50	01:40:32
767	Mick	McGeoch	M	Les Croupiers RC	M65	01:44:49
751	Bethan	Meyrick	F	Les Croupiers RC	U20W	01:45:05
752	Bryony	Eames	F	u/a	SW	01:49:02
774	Allen	Cameron	M	Lliswerry Runners	M45	01:54:26
758	Emma	King	F	Lliswerry Runners	W40	01:55:03
771	Matt	Pinney	M	u/a	SM	01:56:22
753	Eve	Gallop Evans	F	Les Croupiers RC	W55	02:04:24
766	Martin	Green	M	Pontypridd Roadents	M50	02:08:22
754	Becky	Swain	F	u/a	W35	02:23:38
772	Louise	Eames	F	Club Run Wales	W50	02:38:24