

Bannister Anniversary Miles

Bute Park, Cardiff

Friday 6th May 2022

Exactly 68 years to the day, the anniversary of Roger Bannister becoming the first man to break the 4 minute mile was celebrated by 67 runners at the Bannister Anniversary Miles held in Bute Park, Cardiff. Despite not having the most favourable weather – the wind picked up and it was trying to rain, there were some good battles within the 7 race programme, each of the races were seeded based on predicted times. The quickest performance on the night was James Thie running 4:39, holding off the challenge of the youngster Henry Evans who recorded a time of 4:46, who in turn held off his dad, Huw Evans who ran 4:56. The quickest of the ladies was Chloe Dooley with 5:16, there was a close battle for second and third with Les Croupiers pair Amy Griffiths just holding off Helen Oliver with 5:31 and 5:36 respectively.

Thanks to everyone who came along and supported the event, and to all the volunteers and officials.

Race 1

| Position | Bib # | Forename | Surname | Club | Age Class | Time |
|----------|-------|----------|-------------|------------------|-----------|-------|
| 1 | 924 | Angharad | Parry-Jones | Les Croupiers RC | W45 | 08:53 |
| 2 | 923 | Jon | Martin | Les Croupiers RC | M45 | 09:08 |
| 3 | 921 | Ian | Barrett | Les Croupiers RC | MSEN | 09:11 |
| 4 | 925 | Kirsty | McGowan | Les Croupiers RC | WSEN | 09:17 |
| 5 | 926 | Geoff | Wright | Les Croupiers RC | M70 | 09:28 |
| 6 | 928 | Karen | Chadwell | Les Croupiers RC | W50 | 09:38 |
| 7 | 927 | Clare | Johnson | Les Croupiers RC | W75 | 10:38 |

Race 2

| Position | Bib # | Forename | Surname | Club | Age Class | Time |
|----------|-------|----------|--------------|------------------------|-----------|-------|
| 1 | 929 | Royston | Vincent | Pontypridd Roadents AC | MSEN | 06:27 |
| 2 | 938 | Darpan | Singh | Pontyclun Road Runners | M45 | 07:10 |
| 3 | 932 | Tim | O'Sullivan | Les Croupiers RC | M60 | 07:26 |
| 4 | 937 | Graeme | Donnan | Les Croupiers RC | M65 | 07:33 |
| 5 | 931 | Kelly | Crofts | Les Croupiers RC | W40 | 07:35 |
| 6 | 935 | Eve | Gallop-Evans | Les Croupiers RC | W55 | 07:35 |
| 7 | 934 | Gerry | Crispie | Les Croupiers RC | M60 | 07:43 |
| 8 | 936 | Nye | Donovan | Cardiff Amateur AC | MU8 | 07:49 |
| 9 | 930 | Liz | Denton | Les Croupiers RC | W60 | 08:26 |

Race 3

| Position | Bib # | Forename | Surname | Club | Age Class | Time |
|----------|-------|--------------|----------|------------------------|-----------|-------|
| 1 | 941 | Bella | Thie | Bridgend AC | WU12 | 06:42 |
| 2 | 939 | Tim | Petrides | Les Croupiers RC | M55 | 06:51 |
| 3 | 943 | Michael H | Davies | Les Croupiers RC | M70 | 07:02 |
| 4 | 942 | Jenny | Martin | Les Croupiers RC | W40 | 07:07 |
| 5 | 940 | Martin | Green | Pontypridd Roadents AC | M50 | 07:11 |
| 6 | 947 | Claire | Jarrom | Les Croupiers RC | WSEN | 07:15 |
| 7 | 945 | Stephen | Lewis | Les Croupiers RC | M60 | 07:20 |
| 8 | 946 | Julie | Scholey | Les Croupiers RC | W60 | 07:27 |
| 9 | 948 | Steve | Nicholls | Pontyclun Roadrunners | M60 | 07:48 |

Race 4

| Position | Bib # | Forename | Surname | Club | Age Class | Time |
|----------|-------|----------|----------|------------------------|-----------|-------|
| 1 | 950 | Jon | Hussey | Rhose Runners | M40 | 06:15 |
| 2 | 951 | Kay | Chapman | Les Croupiers RC | W55 | 06:22 |
| 3 | 952 | Eva | Martin | Cardiff Amateur AC | WU11 | 06:25 |
| 4 | 962 | Hayley | Morgan | Pontyclun Road Runners | W55 | 06:25 |
| 5 | 953 | Andrew | Martin | | M50 | 06:25 |
| 6 | 954 | Ruth | Donovan | | WSEN | 06:29 |
| 7 | 959 | Steve | Chadwell | Les Croupiers RC | M50 | 06:30 |
| 8 | 957 | Carole | Goddard | Les Croupiers RC | W45 | 06:32 |
| 9 | 960 | Gwyn | Jones | Les Croupiers RC | M55 | 06:34 |
| 10 | 956 | Howard | Kent | Les Croupiers RC | M65 | 06:35 |
| 11 | 958 | Rachel | Walsh | Les Croupiers RC | W40 | 06:37 |
| 12 | 955 | Stephen | Locke | Pontypridd Roadents AC | M50 | 06:44 |
| 13 | 961 | Gary | John | Les Croupiers RC | M65 | 06:49 |

Race 5

| Position | Bib # | Forename | Surname | Club | Age Class | Time |
|----------|-------|----------|---------------|---------------------------|-----------|-------|
| 1 | 968 | Philip | Hodge | Les Croupiers RC | M55 | 05:36 |
| 2 | 970 | David | Shewring | Pontyclun RoadRunners | MSEN | 05:48 |
| 3 | 969 | Andrew | Jones | | MSEN | 05:53 |
| 4 | 963 | Brian | Dias | Cardiff Amateur AC | MSEN | 05:57 |
| 5 | 965 | Joseph | Turner | Penarth and Dinas Runners | MSEN | 06:05 |
| 6 | 966 | Bethan | Butler-Madden | Pontypridd Roadents AC | WSEN | 06:06 |
| 7 | 971 | Ceri | Davies | San Domenico RC | M45 | 06:09 |
| 8 | 972 | Brian | Lovett | San Domenico | M50 | 06:12 |
| 9 | 967 | David | Walker | Les Croupiers RC | M65 | 06:16 |
| 10 | 973 | Michael | Murphy | Les Croupiers RC | M65 | 06:18 |

Race 6

| Position | Bib # | Forename | Surname | Club | Age Class | Time |
|----------|-------|----------|-----------|---------------------------|-----------|-------|
| 1 | 975 | Dave | Thomas | Les Croupiers RC | MSEN | 05:11 |
| 2 | 978 | Laurence | Pole | Pontypridd Roadents AC | M45 | 05:18 |
| 3 | 979 | Chloe | Dooley | Pontypridd Roadents | WSEN | 05:18 |
| 4 | 981 | Owen | Davies | Les Croupiers RC | MSEN | 05:22 |
| 5 | 976 | Peter | Tully | Les Croupiers RC | MSEN | 05:25 |
| 6 | 982 | Gareth | Logan | Les Croupiers RC | MSEN | 05:27 |
| 7 | 983 | Gareth | Morgan | Les Croupiers RC | M45 | 05:29 |
| 8 | 984 | Ross | Flanigan | Penarth and Dinas Runners | M50 | 05:29 |
| 9 | 985 | Amy | Griffiths | Les Croupiers RC | WSEN | 05:31 |
| 10 | 986 | Helen | Oliver | Les Croupiers RC | WSEN | 05:33 |

Race 7

| Position | Bib # | Forename | Surname | Club | Age Class | Time |
|----------|-------|----------|----------|---------------------------|-----------|-------|
| 1 | 988 | James | Thie | Pontypridd Roadents AC | M40 | 04:39 |
| 2 | 987 | Henry | Evans | Newport Harriers | MU16 | 04:46 |
| 3 | 994 | Huw | Evans | Parc Bryn Bach RC | M50 | 04:56 |
| 4 | 995 | Ben | Kennedy | Les Croupiers RC | MSEN | 04:58 |
| 5 | 997 | Michael | Morgan | Penarth and Dinas Runners | MSEN | 05:00 |
| 6 | 996 | Edward | Donovan | Les Croupiers RC | M40 | 05:00 |
| 7 | 998 | Adrian | Lewis | Aberdare Valley AAC | M50 | 05:02 |
| 8 | 992 | Rhys | Phillips | Newport Harriers | MU18 | 05:03 |
| 9 | 999 | Paul | Francis | Les Croupiers RC | M45 | 05:15 |