

Cardiff Summer Series 1 mile

Liz Kirwan Memorial

Friday 1st May 2015

pos	no.	name	club	age group	time
1	194	Daniel Bodman	Aberdare VAAC	SM	00:04:38
2	155	Huw Evans	Les Croupiers RC	MV40	00:04:40
3	29	Oliver Williams	Les Croupiers RC	SM	00:04:41
4	161	Alex Price	Rhondda AC	U20M	00:04:45
5	196	Tom Jeffery	Les Croupiers RC	SM	00:04:46
6	150	Lee Ahearne	Parc Bryn Parc Runners	MV45	00:04:50
7	596	Nick Tulp	Les Croupiers RC	SM	00:04:53
8	168	Stuart Crees	Les Croupiers RC	SM	00:05:01
9	186	Jason Bragg	Aberdare VAAC	SM	00:05:02
10	187	Adam Bull	Aberdare VAAC	U20M	00:05:02
11	185	Matthew Grantham	Lliswerry Runners	U20M	00:05:05
12	175	Laurence Pole	Pontypridd Roadents	MV40	00:05:06
13	21	Mark Finlayson	Les Croupiers RC	SM	00:05:08
14	128	Donovan Williams-Hale	Bridgend AC	U20M	00:05:10
15	139	Matt Hurford	Les Croupiers RC	MV40	00:05:12
16	809	Nick Mahoney	Les Croupiers RC	SM	00:05:13
17	193	Adrian Lewis	Aberdare VAAC	MV40	00:05:16
18	166	Alun king	Lliswerry Runners	SM	00:05:17
19	192	Daniel Lewis	San Domenico RR	SM	00:05:17
20	24	Mark Joyce	Les Croupiers RC	MV40	00:05:18
21	26	Emma Wookey	Lliswerry Runners	SW	00:05:19
22	10	John Craven	Unattached	SM	00:05:23
23	177	David Proud	Les Croupiers RC	MV45	00:05:25
24	109	Clara Evans	Pontypridd Roadents	SW	00:05:27
25	195	Andrew Ready	Aberdare VAAC	SM	00:05:27
26	170	Rich Holmes	Les Croupiers RC	SM	00:05:28
27	149	Matt Govier	Les Croupiers RC	MV40	00:05:29
28	162	Sean Price	Rhondda AC	MV50	00:05:32
29	153	Rachel Matthews	Cardiff AAC	FV40	00:05:34
30	107	Brian Dias	Les Croupiers RC	SM	00:05:36
31	190	Jamie Clode	Bridgend AC	SM	00:05:37
32	127	Paul Graham	Pontypridd Roadents	SM	00:05:38
33	188	Rhys Williams	Aberdare VAAC	SM	00:05:41
34	6	Howard Owen	Les Croupiers RC	SM	00:05:43
35	156	Rob Evans	Les Croupiers RC	MV60	00:05:49
36	25	Kevin Jones	Les Croupiers RC	MV45	00:05:50
37	176	Adam Bebb	Pontypridd Roadents	SM	00:05:51
38	152	Dan Lloyd	Nike Run Club Cardiff	MV40	00:05:51
39	14	Gabriella Maine	Les Croupiers RC	SW	00:05:53
40	165	Ruth Phillips	Lliswerry Runners	SW	00:05:54
41	145	Stephen Hitchen	Les Croupiers RC	MV40	00:05:54
42	174	Matthew Henson	Unattached	SM	00:05:55
43	131	Clive Osmond	Les Croupiers RC	MV55	00:05:58
44	130	John Light	Unattached	SM	00:05:59

45	191	Gareth Hardman	Bridgend AC	MV50	00:06:02
46	178	Kellinu Portelli	Les Croupiers RC	MV45	00:06:03
47	159	James Horner	Les Croupiers RC	SM	00:06:03
48	189	Alan Stone	MDC	MV50	00:06:04
49	147	Dominic Shields	San Domenico RR	MV50	00:06:07
50	200	Caerwyn Phillips	Cardiff AAC	U20M	00:06:08
51	154	Danielle Phillips	Parc Bryn Parc Runners	SW	00:06:08
52	169	Janet Holmes	Les Croupiers RC	SW	00:06:10
53	163	Jo Tucker	Les Croupiers RC	FV40	00:06:11
54	9	John O'Shea	Les Croupiers RC	MV60	00:06:12
55	132	Hefin Gruffydd	Pontypridd Roadents	MV50	00:06:14
56	134	Nigel Bleach	Unattached	MV45	00:06:16
57	146	Marcia Gouveia	San Domenico RR	SW	00:06:17
58	180	Tony Macky	Pegasus RC	MV50	00:06:18
59	18	Aine Kenny	Les Croupiers RC	SW	00:06:19
60	11	Hazel Craven	Les Croupiers RC	FV35	00:06:20
61	184	Steve Chadwell	Unattached	MV40	00:06:21
62	160	Angharad Price	Cardiff AAC	SW	00:06:26
63	15	Helen Jessop	Les Croupiers RC	FV35	00:06:28
64	808	Andy Davies	Pontypridd Roadents	MV50	00:06:29
65	198	Cheryl Hudgell	Unattached	SW	00:06:30
66	148	Jonathan Lee	Unattached	MV50	00:06:31
67	138	Nick Pounder	Pontypridd Roadents	MV40	00:06:33
68	19	Neil Jones	Unattached	SM	00:06:34
69	16	Rod Perons	Les Croupiers RC	MV50	00:06:37
70	22	Claire Jones	Les Croupiers RC	SW	00:06:38
71	23	Sarah McCarthy	Les Croupiers RC	FV40	00:06:40
72	13	Sai Gopal	Les Croupiers RC	MV45	00:06:42
73	181	Calum Vennard	Les Croupiers RC	SM	00:06:43
74	197	Alun E Williams	Unattached	SM	00:06:44
75	7	Julie Scholey	Les Croupiers RC	FV55	00:06:45
76	28	Stephen Wood	Pegasus RC	SM	00:06:46
77	12	David McDonald	Les Croupiers RC	MV45	00:06:49
78	595	Huw Phillips	Cardiff AAC	MV40	00:06:50
79	164	Jenny Martin	Les Croupiers RC	FV35	00:06:57
80	183	Ewan Chadwell	Unattached	U15M	00:07:00
81	142	Juliet Sidney	Lliswerry Runners	FV45	00:07:01
82	27	Colin Crooks	Pegasus RC	MV55	00:07:02
83	179	Luke Heslop	Les Croupiers RC	SM	00:07:02
84	144	Bethan Ford	Pontypridd Roadents	SW	00:07:03
85	129	Huw Williams	Bridgend AC	MV50	00:07:04
86	20	Sara Williams	Unattached	FV35	00:07:08
87	8	Dan Chapple	Unattached	SM	00:07:13
88	17	Sarah Perons	Les Croupiers RC	FV50	00:07:16
89	136	Mike Gwyne	Pontypridd Roadents	MV45	00:07:19
90	3	Simon Caddy	Pontypridd Roadents	SM	00:07:26
91	108	Andrew Sedgmond	Les Croupiers RC	MV60	00:07:27
92	807	Elinor Phillips	Lliswerry Runners	SW	00:07:28
93	140	Tina Rossiter	Les Croupiers RC	FV50	00:07:37
94	141	Mike Rossiter	Les Croupiers RC	MV55	00:07:42
95	158	Jemma Nurse	Les Croupiers RC	FV40	00:07:46

96	182	Karen Chadwell	Les Croupiers RC	FV45	00:07:50
97	173	Julie Lewis	Les Croupiers RC	FV55	00:08:02
98	805	Morwenna Phillips	Lliswerry Runners	SW	00:08:09
99	171	Amanda Thompson	Les Croupiers RC	FV55	00:08:16
100	199	Donna Littlechild	Hendre Lake RC	FV35	00:08:20
101	137	Fiona Campbell	Pontypridd Roadents	FV35	00:08:32
102	1	Maria Zubizarreta	Les Croupiers RC	FV45	00:08:33
103	143	Firouz Mal	Les Croupiers RC	MV55	00:08:33
104	157	Mal Rowson	Les Croupiers RC	FV65	00:08:51
105	133	Sarah Meah	Les Croupiers RC	FV50	00:09:04
106	151	Charlene Roach-Bartlett	Les Croupiers RC	FV45	00:09:14
107	172	Sandra Caveney	Les Croupiers RC	FV50	00:09:25
108	135	Jo-Ann Gwyne	Pontypridd Roadents	FV40	00:09:48
109	2	Grace Caddy	Unattached	U11F	00:11:47
110	4	Ruth Caddy	Pontypridd Roadents	FV45	00:11:48
111	5	Angela Champion	Les Croupiers RC	FV35	00:13:33
112	167	Libby O'Duffy	Les Croupiers RC	FV45	00:13:33