

Cardiff Summer Series 1 mile

Friday 28th April 2017

pos.	no.	name	club	age group	time
1	673	Oliver Williams	Les Croupiers	SM	04:30
2	650	David J Williams	Les Croupiers	SM	04:45
3	603	Jamie Wardrop	San Domenico	SM	04:47
4	662	Darren Bishop	Pontypridd Roadents	SM	04:52
5	654	Simon Murphy	u/a	SM	04:54
6	655	Frazer Richards	Caerphilly Runners	SM	04:55
7	660	Ed Donovan	Les Croupiers	SM	04:55
8	637	Stuart Crees	Les Croupiers	SM	04:56
9	657	Dominic Gardner	Cardiff Met Uni	SM	04:57
10	625	Ben Jones	Pontypridd Roadents	SM	04:58
11	653	Iestyn Edwards	Cardiff AAC	U15M	05:01
12	604	Morgan Thompson	u/a	U17M	05:07
13	605	James Gold	Cardiff AAC	U17M	05:08
14	676	Anthony Powell	u/a	MV45	05:08
15	666	Hugh Saunders	u/a	SM	05:08
16	626	Tyrone Fowler	Newport Harriers	SM	05:09
17	632	Adrian Lewis	Aberdare VAAC	MV45	05:09
18	647	Gabrielius Stuokus	Les Croupiers	SM	05:10
19	730	Alaw Beynon-Thomas	Swansea Harriers	SW	05:10
20	611	Arwel Evans	Hebog	SM	05:12
21	602	Matthew Hurford	Les Croupiers	MV40	05:13
22	612	Simon Miles	Pontypridd Roadents	MV40	05:15
23	658	Richard Wilder	San Domenico	MV40	05:15
24	663	Emyr Morgan	Les Croupiers	MV45	05:16
25	661	Mike Rielly	Les Croupiers	SM	05:16
26	628	Johnny Lam	San Domenico	MV45	05:20
27	601	Brian Dias	Cardiff AAC	SM	05:21
28	672	Shaun Martin	CDF Runners	SM	05:22
29	613	Vincent Nazareth	Les Croupiers	MV55	05:28
30	642	Daniel Lewis	San Domenico	MV40	05:29
31	671	Mark Joyce	Les Croupiers	MV40	05:33
32	668	Matt Hopkins	Les Croupiers	SM	05:36
33	675	Stuart McIlroy	Les Croupiers	MV45	05:39
34	721	Lauren Cooper	Parc Bryn Bach Runners	SW	05:40
35	621	Elio Lepore	Les Croupiers	MV60	05:42
36	659	Rob Sage	Les Croupiers	MV40	05:46
37	639	Samuel Jackson	Parc Bryn Bach Runners	U20M	05:50
38	762	Sally Wilder	San Domenico	FV35	05:51
39	664	Jamie Bishop	Pontypridd Roadents	SM	05:51
40	607	Dan Lloyd	CDF Runners	MV40	05:52
41	670	Tom Morfey	Cardiff Harlequins	SM	05:52
42	609	Phil Bristow	San Domenico	MV55	05:53

43	645	Rich Baker	u/a	MV45	05:54
44	616	James Ashley	Parc Bryn Bach Runners	MV40	05:56
45	726	Bethany Gold	Cardiff AAC	U15F	05:58
46	753	Danielle Phillips	Parc Bryn Bach Runners	SW	06:00
47	635	Nigel Bleach	u/a	MV45	06:00
48	739	Heledd Roberts	San Domenico	SW	06:01
49	633	Steve Preddy	Les Croupiers	MV45	06:02
50	748	Jen Coleman	Les Croupiers	FV40	06:03
51	644	Matthew Bunce	Brackla Harriers	MV40	06:06
52	620	Rob Evans	Les Croupiers	MV60	06:09
53	640	Craig Blake	Les Croupiers	SM	06:10
54	610	Dominic Shields	San Domenico	MV50	06:11
55	677	Gwyn Jones	Les Croupiers	MV50	06:14
56	638	James Thomas	Parc Bryn Bach Runners	SM	06:15
57	656	Mike Murphy	Les Croupiers	MV60	06:17
58	646	Clive Osmond	Les Croupiers	MV55	06:19
59	631	Hefin Gruffydd	Pontypridd Roadents	MV55	06:19
60	733	Laura Evans	Pegasus RC	SW	06:21
61	614	Danothy Bennett	CDF Runners	SM	06:23
62	629	Jeff Hansom	Rhondda AC	MV55	06:26
63	622	Gary John	Les Croupiers	MV60	06:30
64	667	Stephen Wood	Pegasus RC	MV40	06:31
65	757	Jenny Martin	Les Croupiers	FV35	06:32
66	627	Ron Morris	San Domenico	MV65	06:37
67	742	Bethan Ford	Pontypridd Roadents	SW	06:38
68	630	Richard Skyrme	CDF Runners	MV40	06:44
69	741	Lolly Burvill	Les Croupiers	FV45	06:51
70	652	Paul Edwards	Cardiff AAC	MV40	06:56
71	747	Angela Champion	Les Croupiers	FV40	06:57
72	756	Georgina Edwards	Cardiff AAC	U13F	06:59
73	648	Paul Chapman	Les Croupiers	MV45	07:00
74	759	Claire Jarrom	Les Croupiers	SW	07:05
75	749	Caroline Best	Pontypridd Roadents	SW	07:05
76	624	Christie Coleman	Cwm Ogwr	MV50	07:06
77	754	Julie Scholey	Les Croupiers	FV55	07:07
78	619	Andrew Sedgmond	Les Croupiers	MV60	07:10
79	738	Rosie Bristow	Pegasus RC	FV35	07:13
80	758	Alison Whittaker	Les Croupiers	FV45	07:18
81	752	Eve Gallop-Evans	Les Croupiers	FV45	07:19
82	649	Rod Perons	Les Croupiers	MV50	07:22
83	674	Luke Heslop	Les Croupiers	MV40	07:23
84	743	Ellie Lucas	u/a	SW	07:24
85	636	Paul Lacey	Cardiff AAC	SM	07:25
86	634	Richard Jackson	u/a	MV50	07:25
87	755	Sarah Arthur	Les Croupiers	FV35	07:27
88	617	Graeme Donnan	Les Croupiers	MV60	07:28
89	722	Beth Jones	Parc Bryn Bach Runners	SW	07:32
90	744	Bernadette Wilkinson	San Domenico	FV45	07:33

91	736	Heli Leppau	u/a	FV35	07:35
92	731	Jenna Groves	Pegasus RC	SW	07:36
93	641	Mike Rossiter	Les Croupiers	MV55	07:38
94	615	Thomas Wills	u/a	SM	07:46
95	678	Natasha Fry	Les Croupiers	FV40	07:49
96	665	Jon Martin	Les Croupiers	MV40	07:50
97	740	Liz Randall	Les Croupiers	SW	07:54
98	750	Tina Rossiter	Les Croupiers	FV55	07:56
99	760	Kelly Crofts	Les Croupiers	FV35	07:57
100	732	Sally Groves	Pegasus RC	FV45	07:57
101	669	Kirsty McGowan	Les Croupiers	SW	08:01
102	618	Rhys Littlechild	u/a	U11M	08:04
103	728	Clare Sage	Pegasus RC	FV35	08:06
104	725	Bretti Paxton	Pontypridd Roadents	SW	08:08
105	651	Colin Crooks	Pegasus RC	MV60	08:10
106	623	Chris Stacey	Les Croupiers	MV55	08:24
107	727	Sara Morgan	Pegasus RC	FV35	08:28
108	724	Julia Herbert	Pontypridd Roadents	FV35	08:28
109	606	Graham Bingham	Pontypridd Roadents	FV50	08:48
110	737	Donna Littlechild	Hendre Lake RC	FV35	08:52
111	723	Amanda Thompson	Les Croupiers	FV55	08:58
112	745	Katie Quinn	u/a	SW	09:10
113	643	Jeff Aston	Les Croupiers	MV65	09:30
114	761	Clare Johnson	Les Croupiers	FV65	10:01
115	608	Jack Bicker	u/a	U13M	10:02
116	729	Lucy Bicker	u/a	FV35	10:43
117	734	Sandra Caveney	Les Croupiers	FV50	10:44
118	735	Hannah Caveney	u/a	SW	10:46
119	751	Sarah Meah	Les Croupiers	FV45	10:51