

# Cardiff Running Events - Virtual Racing 2020

## Cardiff Summer Series 1 mile

Friday 15th May 2020



Pos	Time	First Name	Last Name	Category	Gender	Age Group	Club
1	4:23.00	Ross	McKelvie	SM	M	SEN	Lytham St Annes
2	4:39.00	James	Thie	M40	M	V40	Cardiff AAC
3	4:48.00	Ben	Butler-Madden	M35	M	V35	Pontypridd Roadents
4	4:50.00	Glyn	Fletcher	M40	M	V40	Les Croupiers RC
5	4:50.00	Neil	Reynolds	M35	M	V35	San Domenico RC
6	4:52.00	Jamie	Vanstone	M40	M	V40	Pontypridd Roadents
7	4:57.00	Owain	Morris	SM	M	SEN	Les Croupiers RC
8	4:58.00	Huw	Evans	M45	M	V45	Les Croupiers RC
9	5:02.00	Ben	Ray	U17M	M	U17	Cardiff Archers
9	5:07.00	John	Morris	M35	M	V35	Les Croupiers RC
9	5:07.00	Richard	Jones	M45	M	V45	Lliswerry Runners
12	5:09.00	Tomos	Phillips	SM	M	SEN	CDF Runners
13	5:11.00	Michael	Morgan	M35	M	V35	Penarth & Dinas Runners
14	5:12.00	Adrian	Lewis	M45	M	V45	Aberdare VAAC
15	5:12.00	David	Craig	M40	M	V40	Les Croupiers RC
16	5:12.00	Phil	Cook	M50	M	V50	unattached
17	5:13.00	Ian	Southwell	M35	M	V35	Penarth & Dinas Runners
18	5:15.00	Edward	Matthews	SM	M	SEN	unattached

19	5:16.00	Jon	Belcher	M40	M	V40	Lliswerry Runners
19	5:19.00	Nathan	Christoforato	M35	M	V35	Penarth & Dinas Runners
21	5:20.00	Matt	Turner	M40	M	V40	San Domenico RC
22	5:20.00	Gareth	Morgan	M45	M	V45	Les Croupiers RC
23	5:25.00	Andrew	Blair	M55	M	V55	Les Croupiers RC
24	5:28.00	Nathaniel	Palmer	M50	M	V50	Les Croupiers RC
25	5:31.00	Matthew	Hurford	M45	M	V45	Les Croupiers RC
26	5:31.00	Jamie	Fenaroli	SM	M	SEN	Aberdare VAAC
27	5:32.00	Ben	Kennedy	SM	M	SEN	Les Croupiers RC
28	5:32.00	Richard	Lloyd	M40	M	V40	Aberdare VAAC
29	5:36.00	John	Light	M40	M	V40	San Domenico RC
29	5:36.00	Simon	Miles	M40	M	V40	Pontypridd Roadents
31	5:36.00	Mike	Harrison	M35	M	V35	unattached
32	5:37.00	Andy	Pearce	M50	M	V50	Penarth & Dinas Runners
33	5:37.00	Joe	Turner	SM	M	SEN	Penarth & Dinas Runners
34	5:40.00	Rian	Odwyer	M45	M	V45	unattached
35	5:43.00	Kevin	Chalke	M55	M	V55	Penarth & Dinas Runners
36	5:43.00	Harry	Turner	U13B	M	U13	Cardiff AAC
36	5:43.00	Anthony	Bannon	SM	M	SEN	Penarth & Dinas Runners
36	5:46.00	Llinos	Jones	W35	F	V35	Swansea Harriers
39	5:47.00	Paul	Mcgilvray	M50	M	V50	Penarth & Dinas Runners
39	5:48.00	Jon	Ely	M40	M	V40	Penarth & Dinas Runners
39	5:49.00	Simon	Gill	M40	M	V40	Lliswerry Runners
42	5:49.00	David	James	M60	M	V60	Les Croupiers RC
43	5:52.00	Mabli	Phillips	U13G	F	U13	Cardiff AAC
44	5:53.00	Kevin	Pye	M60	M	V60	Notts AC
44	5:56.00	Marcus	Meyrick	M45	M	V45	Les Croupiers RC

46	5:57.00	Bethan	Meyrick	U17W	F	U17	Cardiff AAC
47	5:59.00	Richard	Edge	M40	M	V40	CDF Runners
48	5:59.00	Elliott	Saunders	SM	M	SEN	unattached
49	6:00.00	Martin	McClatchey	SM	M	SEN	Les Croupiers RC
50	6:03.00	Kit	Lambert	M40	M	V40	Penarth & Dinas Runners
51	6:03.00	Maria	Zubizarreta	W50	F	V50	Les Croupiers RC
52	6:06.00	Brian	Law	M60	M	V60	Penarth & Dinas Runners
53	6:06.00	James	Bruce	M45	M	V45	Les Croupiers RC
54	6:07.00	Gareth	Logan	SM	M	SEN	Les Croupiers RC
55	6:07.00	Nicholas	Dukes	M40	M	V40	Les Croupiers RC
55	6:10.00	David	Walker	M60	M	V60	Les Croupiers RC
57	6:10.00	Jordan	Brown	M35	M	V35	Pontypridd Roadents
58	6:11.00	Gareth	Jenkins	M35	M	V35	Ogmore Pheonix Runners
59	6:12.00	Claire	Bruce	W40	F	V40	Les Croupiers RC
59	6:14.00	Gemma	Lockett	SW	F	SEN	CDF Runners
61	6:15.00	Brendan	Price	M45	M	V45	Dragons Running Club (Aberdare)
62	6:15.00	Richard	Jones	M35	M	V35	unattached
62	6:16.00	Steve	Chadwell	M45	M	V45	Les Croupiers RC
64	6:17.00	Bethan	Apglyn	SW	F	SEN	Penarth & Dinas Runners
64	6:18.00	Phillip	Lee	M45	M	V45	Caldicot RC
66	6:20.00	Maria	Richards	W45	F	V45	Torfaen Runners
67	6:24.00	David	Quartermain	SM	M	SEN	unattached
67	6:27.00	David	Cornock	M55	M	V55	Barnes Runners
69	6:28.00	Jen	Coleman	W45	F	V45	Les Croupiers RC
70	6:29.00	Jemma	Sedgmond	SW	F	SEN	Les Croupiers RC
70	6:29.00	Zoe	Jacobs	SW	F	SEN	Les Croupiers RC
72	6:29.00	Susan	Bowes	W40	F	V40	Les Croupiers RC

73	6:31.00	Claire	Jacobs	W45	F	V45	Les Croupiers RC
74	6:32.00	Luke	Fletcher	U15B	M	U15	unattached
75	6:33.00	Gavin	Ebery	M35	M	V35	unattached
76	6:33.00	Brian	Paynter	M45	M	V45	Les Croupiers RC
77	6:33.00	James	Thomas	SM	M	SEN	Les Croupiers RC
78	6:34.00	Stephen	Locke	M45	M	V45	Pontypridd Roadents
79	6:36.00	Chris	Seal	SM	M	SEN	Penarth & Dinas Runners
80	6:36.00	Julie	Chamberlain	W35	F	V35	Cardiff AAC
81	6:37.00	Hayley	Jackson	W45	F	V45	Park Bryn Bach RC
81	6:37.00	Jane	Sheldon	W45	F	V45	unattached
83	6:38.00	Simon	Williamson	M60	M	V60	Penarth & Dinas Runners
84	6:44.00	Libby	Crees	W50	F	V50	Les Croupiers RC
84	6:45.00	Sarah	Mccarthy	W45	F	V45	Les Croupiers RC
86	6:46.00	Morwenna	Charman	SW	F	SEN	San Domenico RC
86	6:46.00	Andrew	Aldridge	M35	M	V35	unattached
88	6:47.00	Gareth	Davies	M40	M	V40	Penarth & Dinas Runners
89	6:48.00	Sai	Gopal	M50	M	V50	Les Croupiers RC
90	6:50.00	Lisa	Cleary	W55	F	V55	Penarth & Dinas Runners
91	6:50.00	Colin	Caesar	M45	M	V45	Penarth & Dinas Runners
92	6:51.00	Ellen	Sugden	W40	F	V40	Pegasus RC
93	6:51.00	Malcolm	Bradley	M65	M	V65	Penarth & Dinas Runners
94	6:52.00	Geraint	Phillips	SM	M	SEN	unattached
95	6:56.00	Alysha	Collins	SW	F	SEN	Ogmore Pheonix Runners
96	6:58.00	Debbie	Warburton	W50	F	V50	Penarth & Dinas Runners
97	7:01.00	Tim	Davies	M40	M	V40	Pontypridd Roadents
98	7:01.00	Kay	Chapman	W50	F	V50	Les Croupiers RC
99	7:04.00	Andy	Davies	M55	M	V55	Pontypridd Roadents

100	7:04.00	Stephen	Wood	M40	M	V40	Pegasus RC
101	7:06.00	Kumiko	Southwell	W40	F	V40	Penarth & Dinas Runners
102	7:08.00	Jenny	Martin	W40	F	V40	Les Croupiers RC
103	7:09.00	Michael	Davies	M70	M	V70	Les Croupiers RC
104	7:09.00	Claire	Jarrom	W35	F	V35	Les Croupiers RC
105	7:15.00	Dai	Phillips	M35	M	V35	Les Croupiers RC
106	7:15.00	Sally	Groves	W55	F	V55	Pegasus RC
107	7:17.00	Abyd	Quinn Aziz	M60	M	V60	Penarth & Dinas Runners
108	7:18.00	Rhydian	Sandbrook	M35	M	V35	Pegasus RC
109	7:18.00	Glen	Francis	M45	M	V45	unattached
110	7:19.00	Sarah	Davies	W45	F	V45	Ogmore Pheonix Runners
111	7:20.00	Hannah	Withers	W45	F	V45	San Domenico RC
112	7:21.00	Jozie	Postles	SW	F	SEN	Les Croupiers RC
113	7:22.00	Kirsty	Bradshaw	W40	F	V40	Notts AC
114	7:22.00	Gail	Havard	W50	F	V50	San Domenico RC
115	7:23.00	Mark	Keats	M35	M	V35	unattached
116	7:24.00	Anthony	Kavanagh	M40	M	V40	Ogmore Pheonix Runners
117	7:26.00	Paul	Aubrey	M35	M	V35	unattached
118	7:26.00	Bethan	Ford	W35	F	V35	Pontypridd Roadents
119	7:28.00	Louise	Hunt	W35	F	V35	Penarth & Dinas Runners
120	7:29.00	Sian	Taylor	W35	F	V35	Les Croupiers RC
121	7:30.00	Jenna	Groves	SW	F	SEN	Pegasus RC
122	7:30.00	Mark	Herbert	M35	M	V35	Les Croupiers RC
123	7:35.00	Tracey	Creedon	W40	F	V40	Les Croupiers RC
124	7:35.00	Eugene	O'Sullivan	M40	M	V40	Pegasus RC
125	7:36.00	Claire	Dunbar-Bowen	W40	F	V40	Ogmore Pheonix Runners
126	7:36.00	Julia	Evans	W55	F	V55	Pegasus RC

127	7:37.00	Julie	Broughton	W50	F	V50	Penarth & Dinas Runners
128	7:38.00	David	McDonald	M50	M	V50	Les Croupiers RC
129	7:40.00	Amy	Hill	SW	F	SEN	unattached
130	7:42.00	Karl	Johnson	SM	M	SEN	Ogmore Pheonix Runners
131	7:42.00	Alan	Mason	M60	M	V60	Les Croupiers RC
132	7:43.00	Denise	Bradley	W55	F	V55	Ogmore Pheonix Runners
133	7:43.00	Joanne	Dunscombe	W45	F	V45	Pegasus RC
134	7:47.00	Tim	Petrides	M50	M	V50	Les Croupiers RC
135	7:48.00	Mandy	Barrington	W55	F	V55	Penarth & Dinas Runners
136	7:48.00	Emma	Healy	W45	F	V45	Penarth & Dinas Runners
137	7:53.00	Nigel	Adams	M55	M	V55	Penarth & Dinas Runners
138	7:55.00	Cameron	Large	M45	M	V45	Penarth & Dinas Runners
139	7:55.00	Arabella	Calder	W45	F	V45	Penarth & Dinas Runners
140	7:56.00	Sarah	Burdett	SW	F	SEN	Les Croupiers RC
141	7:57.00	Andrew	Sedgmond	M65	M	V65	unattached
142	8:02.00	Angharad Mary	Price	W35	F	V35	Les Croupiers RC
143	8:03.00	James	Smith	M35	M	V35	CDF Runners
144	8:04.00	Yvonne	Horvath	W50	F	V50	unattached
145	8:06.00	Andrea	Goodfellow	W50	F	V50	Penarth & Dinas Runners
146	8:06.00	Richard	Jackson	M50	M	V50	Penarth & Dinas Runners
147	8:10.00	Eve	Gallop-Evans	W55	F	V55	Les Croupiers RC
148	8:10.00	Phil	Groves	M60	M	V60	unattached
149	8:12.00	Kelly	Crofts	W35	F	V35	Les Croupiers RC
150	8:15.00	Chirag	Patel	M45	M	V45	Les Croupiers RC
151	8:17.00	Mo	Smith	W55	F	V55	Pegasus RC
152	8:22.00	Steph	Iveson	W35	F	V35	Ogmore Pheonix Runners
153	8:31.00	Alison	Graham	W45	F	V45	unattached

154	8:46.00	Rhian	Llewellyn	W50	F	V50	Les Croupiers RC
155	8:47.00	Colin	Crooks	M60	M	V60	Pegasus RC
156	8:48.00	Roshan	Khan	M65	M	V65	Les Croupiers RC
157	8:49.00	Angharad	Parry-Jones	W40	F	V40	Les Croupiers RC
158	8:53.00	Ruta	Bajoraityte	SW	F	SEN	unattached
159	8:53.00	Ralph	Davey	M75	M	V75	Les Croupiers RC
160	8:57.00	Cariad	Sealey	SW	F	SEN	unattached
161	9:00.00	Phill	Iveson	M50	M	V50	Ogmore Pheonix Runners
162	9:02.00	Mary -Jayne	Granville	SW	F	SEN	Pencoed Panthers
163	9:02.00	Julie	Ransom	W45	F	V45	Ogmore Pheonix Runners
164	9:02.00	Clair	Charalambous	W40	F	V40	Les Croupiers RC
165	9:09.00	Judith	Maragna	W65	F	V65	Penarth & Dinas Runners
166	9:12.00	Glenn	Powell	M40	M	V40	Penarth & Dinas Runners
167	9:12.00	Dafydd	Lloyd	M50	M	V50	unattached
168	9:13.00	Deborah	Osullivan	W40	F	V40	Les Croupiers RC
169	9:13.00	Geoff	Wright	M70	M	V70	Les Croupiers RC
170	9:23.00	Clare	Johnson	W70	F	V70	Les Croupiers RC
171	9:28.00	Sue	Williams	W50	F	V50	Dragons Running Club (Aberdare)
172	9:48.00	Katy	Griffiths	U13G	F	U13	Ogmore Pheonix Runners
173	10:05.00	Dawn	Apsee	W55	F	V55	Ogmore Pheonix Runners
174	10:21.00	Karen	Chadwell	W50	F	V50	Les Croupiers RC
175	11:18.00	Sian	Tossell	W50	F	V50	Ogmore Pheonix Runners
176	11:51.00	Alison	Williams	W55	F	V55	unattached
177	12:12.00	Sarah	Meah	W55	F	V55	Les Croupiers RC
178	13:01.00	Vickie	Blake	W35	F	V35	Ogmore Pheonix Runners
179	13:46.00	Susan	Nolan	W45	F	V45	unattached
180	14:15.00	Pippa	Clark	W35	F	V35	Ogmore Pheonix Runners

181	24:00.00	Lynda	Denholm	W50	F	V50	Ogmore Pheonix Runners
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