

# Cardiff Summer Series 2013

## 1 mile

### 3rd May 2013

Pos	Name	Club	Cat	Time
1	Thomas Marshal	Cardiff AAC	SM	04:27
2	Ashleigh Harper	Swansea Uni	SM	04:44
3	Oliver Williams	Les Croupiers	SM	04:47
4	Adam Davies	Newport Harriers	SM	04:49
5	Ed Donovan	Les Croupiers	SM	04:50
6	Ian Davies	Porthcawl	SM	04:55
7	Chris Prothero	Cardiff AAC	SM	04:59
8	Stuart Crees	Les Croupiers	SM	05:00
9	Tom Jeffery	Les Croupiers	SM	05:02
10	Mark Finlayson	Les Croupiers	SM	05:11
11	Tyrone Fowler	Newport Harriers	SM	05:15
12	Tim Pashley	u/a	SM	05:19
13	Bethan Strange	Cardiff AAC	SW	05:20
14	Matt Hurford	Les Croupiers	MV40	05:20
15	Matt Hopkins	Les Croupiers	SM	05:23
16	<b>Johnny Lam</b>	<b>San Dominico</b>	<b>MV40</b>	<b>05:31</b>
17	Gary Howgate	Les Croupiers	MV45	05:32
18	<b>Pete Croall</b>	<b>San Dominico</b>	<b>SM</b>	<b>05:33</b>
19	Brian Dias	Les Croupiers	SM	05:36
20	Dave Green	Pegasus RC	MV40	05:40
21	Dave Proud	Les Croupiers	MV45	05:42
22	Liz Davies	Cardiff AAC	SW	05:43
23	Brendan Jones	Les Croupiers	MV40	05:44
24	Mike Murphy	Les Croupiers	MV55	05:46
25	Ricki Morgan	Les Croupiers	SM	05:46
26	Gareth Hardman	Bridgend AC	MV45	05:48
27	Katie Beecher	Les Croupiers	SW	05:48
28	Mick McGeoch	Les Croupiers	MV55	05:51
29	Claire Beatty	Les Croupiers	FV35	05:52
30	John Magee	Les Croupiers	SM	05:53
31	Dave E Williams	Les Croupiers	MV50	05:55
32	Richard Vaughan	Les Croupiers	MV40	05:58
33	Clive Osmond	Les Croupiers	MV50	06:05
34	<b>Marcia Smith</b>	<b>San Dominico</b>	<b>SW</b>	<b>06:07</b>
35	<b>Chris Selby</b>	<b>San Dominico</b>	<b>SM</b>	<b>06:09</b>
36	Donovan Williams-Hale	Bridgend AC	Jnr	06:11
37	Oli Davies	Swansea Uni	SM	06:11
38	Rachel Matthews	Cardiff AAC	FV35	06:12
39	Jordan Elliott	u/a	SM	06:21
40	<b>Dominic Shields</b>	<b>San Dominico</b>	<b>MV45</b>	<b>06:22</b>

41	Aine Kenny	Les Croupiers	SW	06:23
42	Rebecca Williams	Outdoor Fitness	SW	06:26
43	Gareth Rees	Les Croupiers	MV45	06:32
44	Rod Perons	Les Croupiers	MV50	06:34
45	Rob Jenkins	Pegasus RC	SM	06:35
46	Llewelyn Rhys	u/a	SM	06:35
47	Jodie Williams	Les Croupiers	SW	06:38
48	Julie Scholey	Les Croupiers	FV50	06:46
49	Beth Lewis	Les Croupiers	FV35	06:47
50	Dave McDonald	Les Croupiers	MV40	05:57
51	Michael Davies	Les Croupiers	MV60	06:58
52	Andrew Cleverley	Outdoor Fitness	MV45	06:59
53	Brenda Avery	Chepstow Harriers	FV60	07:01
54	Daryl Sailsbury	u/a	SM	07:06
55	Huw Williams	Bridgend AC	MV45	07:09
56	Luke Heslop	Les Croupiers	SM	07:12
57	Jeff Aston	Les Croupiers	MV65	07:16
58	Michelle Amblin	Les Croupiers	FV35	07:39
59	Tony Carzana	Pegasus RC	MV65	07:42
60	Amanda Thompson	Les Croupiers	FV50	07:59
<b>61</b>	<b>Liz Morgan</b>	<b>San Domineco</b>	<b>FV35</b>	<b>08:04</b>
62	Gill Murphy	Les Croupiers	FV55	08:13
63	Helena Booth	Pegasus RC	FV35	08:15
64	Tracey Newman	Les Croupiers	FV40	08:40
65	Nicola John	Les Croupiers	FV40	08:42
66	Mal Rowson	Les Croupiers	FV60	08:46
67	Debbie Leivers	u/a	SW	08:56
68	Susie Kingdon	u/a	SW	08:59
69	Lisa McInnes	u/a	FV35	09:07
70	Donna Littlechild	u/a	SW	09:24
71	Becky Williams	u/a	SW	09:55