

Cardiff Summer Series 4 mile

Friday 1st August 2014

pos	no.	name	club	age group	time
1	594	Ashleigh Harper	Aberdare VAAC	SM	00:21:11
2	488	Dan Bodman	Aberdare VAAC	SM	00:21:16
3	498	Oliver Williams	Les Croupiers RC	SM	00:22:15
4	496	Stuart Crees	Les Croupiers RC	SM	00:22:16
5	495	Samuel Longville	Cardiff AAC	SM	00:22:28
6	591	Jason Kiely	Unattached	SM	00:22:37
7	492	Matt Hurford	Les Croupiers RC	MV40	00:22:41
8	419	Adam Bull	Aberdare VAAC	SM	00:22:56
9	500	Dan Bradshaw	Aberdare VAAC	SM	00:23:03
10	698	Emma Wookey	Lliswerry RC	SW	00:23:14
11	490	Nick Tulp	Les Croupiers RC	SM	00:23:25
12	487	Anthony Williams	Aberdare VAAC	MV50	00:23:43
13	584	Elio Lepore	Les Croupiers RC	MV60	00:24:17
14	484	Matt Hopkins	Les Croupiers RC	SM	00:24:23
15	499	Thomas Cromaray	Cardiff Tri	SM	00:24:25
16	493	David Proud	Les Croupiers RC	MV40	00:24:30
17	481	Brian Dias	Les Croupiers RC	SM	00:25:08
18	590	John Craven	Unattached	SM	00:25:10
19	489	Mike Davies	Nike Run Club Cardiff	MV50	00:25:13
20	587	Johnny Lam	San Domenico	MV40	00:25:20
21	482	Hywel Edwards	Unattached	MV40	00:25:21
22	593	Andrew Jones	Unattached	MV40	00:25:31
23	989	Kelly Morgan	Aberdare VAAC	FV35	00:25:37
24	485	Mick McGeoch	Les Croupiers RC	MV50	00:25:49
25	588	Mark Dinscombe	Aberdare VAAC	MV50	00:25:54
26	428	Dominic Shields	San Domenico	MV40	00:26:46
27	491	Howard Kent	Les Croupiers RC	MV60	00:27:12
28	459	Clive Osmond	Les Croupiers RC	MV50	00:27:28
29	675	Hazel Craven	Les Croupiers RC	FV35	00:27:31
30	983	Marcia Gouveia	San Domenico	SW	00:27:51
31	497	Daniel Lloyd	Nike Run Club Cardiff	SM	00:27:56
32	990	Ceri Jones	Aberdare VAAC	FV35	00:27:59
33	420	Roy Silver	Les Croupiers RC	MV50	00:28:23
34	997	Julie Scholey	Les Croupiers RC	FV55	00:28:32
35	585	Alan Mason	Les Croupiers RC	MV50	00:28:38
36	998	Aisling Pigott	Outdoor Fitness	SW	00:28:40
37	592	Stephen Wood	Pegasus RC	SM	00:28:41
38	494	Stephen Quin	Les Croupiers RC	MV40	00:29:14
39	483	Matthew Henson	Unattached	SM	00:29:16
40	575	Rod Perons	Les Croupiers RC	MV50	00:29:23
41	996	Sarah McCarthy	Les Croupiers RC	FV35	00:29:26
42	993	Veronica Singleton	Les Croupiers RC	FV45	00:29:33
43	589	Sai Gopal	Les Croupiers RC	MV40	00:30:29
44	486	Stewart Harding	Unattached	SM	00:31:09

45	995	Claire Jones	Les Croupiers RC	SW	00:31:16
46	480	Eric Hughes	Bridgend AC	MV70	00:31:19
47	479	Simon Hudd	Unattached	MV40	00:31:51
48	586	Colin Crooks	Pegasus RC	MV50	00:32:01
49	582	Charlie Dwyer	Unattached	SM	00:32:22
50	991	Amanda Thompson	Les Croupiers RC	FV45	00:34:13
51	999	Tracey Newman	Les Croupiers RC	FV35	00:35:19
52	988	Eirian Arwyn	Les Croupiers RC	FV55	00:35:27
53	1000	Sarah Perons	Les Croupiers RC	FV45	00:37:22
54	994	Debbie Cumming	Nike Run Club Cardiff	FV45	00:37:42
55	985	Bridgette Griffiths	Pontypridd Roadents	FV45	00:38:31
56	986	Abby Foster	Unattached	SW	00:38:31
57	987	Ruth Cochran	Pontypridd Roadents	FV45	00:39:41
58	478	Simon Davies	Les Croupiers RC	SM	00:40:31
59	992	Sarah Meah	Les Croupiers RC	FV45	00:41:25
60	439	Mike Gwyne	Unattached	MV40	00:47:09
61	984	Jo-Ann Gwyne	Pontypridd Roadents	FV35	00:47:10