

Cardiff Summer Series 3 mile

Friday 3rd July 2015

pos	no.	name	club	age group	time	
1	361	Tes Goitom	Les Croupiers	SM	00:15:08	1st Male
2	330	Adam Davies	Cardiff AAC	SM	00:15:12	2nd Male
3	345	Huw Evans	Les Croupiers	M40	00:15:40	3rd Male
4	363	Oliver Williams	Les Croupiers	SM	00:15:42	
5	326	Lee Aherne	Parc Bryn Bach	M45	00:16:09	1st M40
6	332	Nick Tulp	Les Croupiers	SM	00:16:35	
7	347	Stuart Crees	Les Croupiers	SM	00:16:38	
8	337	Matt Hurford	Les Croupiers	M40	00:16:41	
9	462	Emma Wookey	Lliswerry	SW	00:17:11	1st Lady
10	328	Martin Williams	Les Croupiers	M50	00:17:11	1st M50
11	468	Lucy Marland	Cardiff AAC	SW	00:17:32	2nd Lady
12	340	Matt Hopkins	Les Croupiers	SM	00:17:37	
13	327	Brian Dias	Les Croupiers	SM	00:17:48	
14	349	Elio Lepore	Les Croupiers	M60	00:17:58	1st M60
15	356	David Coles	Les Croupiers	M55	00:18:13	
16	350	John Craven	u/a	SM	00:18:21	
17	352	Johnny Lam	San Domenico	M40	00:18:25	
18	353	Daniel Lewis	San Domenico	M40	00:18:27	
19	342	David Proud	Les Croupiers	M45	00:19:05	
20	346	Dan Lloyd	Nike Run Club	M40	00:19:13	
21	344	Richard Holmes	Les Croupiers	SM	00:19:23	
22	464	Janet Holmes	Les Croupiers	SW	00:19:37	3rd Lady
23	331	Howard Kent	Les Croupiers	M60	00:19:48	
24	358	Caerwyn Phillips	Cardiff AAC	U15B	00:19:52	
25	333	John O'Shea	Les Croupiers	M60	00:20:11	
26	336	Steven Sheard	Les Croupiers	M40	00:20:19	
27	343	Matt Henson	u/a	SM	00:20:28	
28	470	Hazel Craven	Les Croupiers	F35	00:20:34	1st F35
29	471	Aine Kenny	Les Croupiers	SW	00:20:36	
30	335	John Light	u/a	SM	00:20:40	
31	329	Clive Osmond	Les Croupiers	M55	00:20:50	
32	354	James Horner	Les Croupiers	SM	00:21:00	
33	334	Paul Morris	Les Croupiers	M55	00:21:16	
34	467	Julie Scholey	Les Croupiers	F55	00:21:21	1st F55
35	362	Sai Gopal	Les Croupiers	M45	00:21:33	
36	341	Stewart Harding	Nike Run Club	SM	00:21:36	
37	355	Nigel Bleach	u/a	M45	00:21:37	
38	351	John Payne	Les Croupiers	M50	00:22:26	
39	339	Richard Miller-Williams	Les Croupiers	SM	00:22:43	
40	466	Lolly Burvill	Les Croupiers	F40	00:22:47	
41	360	David McDonald	Les Croupiers	M45	00:23:10	
42	348	Colin Crooks	Pegasus RC	M55	00:23:45	
43	359	Huw Phillips	Cardiff AAC	M40	00:25:14	
44	463	Julie Lewis	Les Croupiers	F55	00:25:49	1st F45
45	357	Dan Chapple	u/a	SM	00:26:08	
46	459	Alex Davies	Les Croupiers	SW	00:26:26	

47	460	Amanda Thompason	Les Croupiers	F55	00:26:41
48	465	Steph Ferry	u/a	SW	00:26:50
49	458	Sarah Meah	Les Croupiers	F50	00:28:28
50	469	Sandra Caveney	Les Croupiers	F50	00:29:25
51	461	Jo Gwynne	Pontypridd Roadents	F40	00:32:12
52	338	Mike Gwynne	Pontypridd Roadents	M45	00:32:13