

# Cardiff Summer Series 4 mile

Friday 1st July 2016

pos	no.	name	club	age group	time	
1	19	Adam Bull	Aberdare VAAC	SM	00:20:41	1st Male
2	18	Dan Bodman	Aberdare VAAC	SM	00:21:05	2nd Male
3	147	Oliver Williams	Les Croupiers	SM	00:22:13	3rd Male
4	12	Jamie Wardrop	San Domenico	SM	00:22:14	
5	45	Glyn Fletcher	Les Croupiers	SM	00:22:45	
6	118	Rich Baker	u/a	MV40	00:22:57	1st MV40
7	117	Neil Catchlove	Lordshill RR	MV40	00:23:24	
8	80	Andrew Blair	Les Croupiers	MV50	00:24:00	1st MV50
9	81	Gabrielius Stuokus	Les Croupiers	SM	00:24:03	
10	107	Alun Davies	Les Croupiers	SM	00:24:07	
11	566	Alex Lea	u/a	SM	00:24:15	
12	116	Johnny Lam	San Domenico	MV40	00:24:24	
13	130	Matt Hopkins	Les Croupiers	SM	00:24:30	
14	171	Rob Sage	Les Croupiers	SM	00:25:05	
15	185	Steven Smith	Cardiff AAC	MV40	00:25:16	
16	162	Richard Self	Les Croupiers	MV50	00:25:17	
17	198	Kevin Plank	San Domenico	MV40	00:25:21	
18	119	Elio Lepore	Les Croupiers	MV60	00:25:26	1st MV60
19	32	Lauren Cooper	Parc Bryn Parc	SW	00:25:31	1st Female
20	57	Dan Luffman	Les Croupiers	MV40	00:25:57	
21	108	James Bruce	Les Croupiers	MV40	00:26:14	
22	63	Dean Cox	u/a	SM	00:26:28	
23	128	Andrew Jones	u/a	MV40	00:27:17	
24	35	Luigie Ocampo	u/a	SM	00:28:07	
25	177	Libby Bohemen	Les Croupiers	FV45	00:28:40	2nd Female
26	85	Hefin Gruffydd	Pontypridd Roadents	MV50	00:28:43	
27	4	Dominic Shields	San Domenico	MV50	00:28:49	
28	129	Nigel Bleach	u/a	MV40	00:28:51	
29	94	Helen Jessop	u/a	FV35	00:28:51	3rd Female
30	197	James Delaney	San Domenico	MV60	00:29:18	
31	190	Stephen Wood	Pegasus	SM	00:29:22	
32	166	Mike Davies	Les Croupiers	MV60	00:29:24	
33	158	Sarah McCarthy	Les Croupiers	FV35	00:29:28	1st FV35
34	103	Julie Scholey	Les Croupiers	FV55	00:30:04	1st FV55
35	202	Maria Zubizarreta	Les Croupiers	FV45	00:30:21	1st FV45
36	172	Jenny Martin	Les Croupiers	FV35	00:30:58	
37	145	Lolly Burvill	Les Croupiers	FV45	00:31:19	
38	181	Christie Coleman	Cwm Ogwr RC	MV40	00:31:47	
39	5	Andy Davies	Pontypridd Roadents	MV50	00:32:52	
40	54	Nigel Derbyshire	u/a	MV60	00:33:03	
41	138	Clive Osmond	Les Croupiers	MV50	00:33:39	
42	91	Bethan Ford	Pontypridd Roadents	SW	00:33:40	
43	79	Sally Groves	Pegasus	FV45	00:34:10	
44	106	Colin Crooks	Pegasus	MV60	00:34:48	
45	72	Karen Chadwell	Les Croupiers	FV45	00:35:00	
46	59	Ralph Davey	Les Croupiers	MV70	00:35:00	

47	74	Julia Herbert	Pontypridd Roadents	FV35	00:36:03
48	179	Natalie Parsons	Pegasus	SW	00:37:39
49	176	Dean Coomers	Pegasus	SM	00:40:08
50	111	Hannah Barnett	u/a	SW	00:54:55
51	113	Sandra Caveney	Les Croupiers	FV45	00:54:55