

# Cardiff Summer Series 3 mile

Friday 16th June 2017

pos	no.	name	club	age group	time	
1	779	Oliver Williams	Les Croupiers	SM	00:15:58	1st Male
2	996	Doug Nicholls	Les Croupiers	SM	00:16:00	2nd Male
3	785	William Kirk	Charnwood AC	SM	00:16:12	3rd Male
4	771	Nick Wood	Dartford Harriers	SM	00:16:41	
5	794	Ed Donovan	Les Croupiers	SM	00:16:47	
6	778	Richard Baker	Les Croupiers	MV45	00:16:56	1st MV40
7	760	Donovan Williams-Hale	Bridgend AC	U20M	00:17:06	
8	773	Stuart Crees	Les Croupiers	SM	00:17:06	
9	769	Andrew Blair	Les Croupiers	MV50	00:17:07	1st MV50
10	742	Matt Hurford	Les Croupiers	MV40	00:17:07	
11	763	Neil Catchlove	Lordshill RR	MV40	00:17:11	
12	759	Mark Joyce	Les Croupiers	MV40	00:17:24	
13	767	Emyr Morgan	Les Croupiers	MV45	00:17:29	
14	790	Sean Martin	CDF Runners	SM	00:17:37	
15	775	Iestyn Edwards	Cardiff AAC	U17B	00:17:42	
16	788	Richard Wilder	San Domenico	VM40	00:17:44	
17	753	Vince Nazareth	Les Croupiers	MV55	00:17:50	
18	762	Frazer Richards	Caerphilly Runners	SM	00:17:56	
19	782	Daniel Lewis	San Domenico	MV40	00:17:57	
20	968	Lauren Cooper	Parc Bryn Parc	SW	00:18:10	1st Female
21	755	Daniel Luffman	Les Croupiers	MV40	00:18:16	
22	998	Jamie Clode	Bridgend AC	SM	00:18:18	
23	745	Brian Dias	Cardiff AAC	SM	00:18:21	
24	751	James Gold	Cardiff AAC	U17B	00:18:36	
25	783	Matt Hopkins	Les Croupiers	SM	00:18:37	
26	791	Efan Owen	Cardiff AAC	U17B	00:18:38	
27	764	Samuel Jackson	Parc Bryn Parc	U20M	00:18:46	
28	987	Angharad Mair	Les Croupiers	FV55	00:18:50	2nd Female
29	982	Jemima Osborne	Swansea Harriers	SW	00:18:57	3rd Female
30	793	James Bruce	Les Croupiers	MV40	00:19:04	
31	768	John Light	u/a	SM	00:19:25	
32	786	Nigel Bleach	SMR	MV45	00:19:36	
33	975	Katie Beecher	Les Croupiers	FV35	00:19:44	1st FV35
34	971	Bethany Gold	Cardiff AAC	U15G	00:19:48	
35	754	Rob Evans	Les Croupiers	MV60	00:19:53	1st MV60
36	780	Steve Preddy	Les Croupiers	MV45	00:19:56	
37	999	Stephen Wood	Pegasus RC	MV40	00:20:26	
38	744	Mike Murphy	Les Croupiers	MV60	00:20:27	
39	746	Dominic Shields	San Domenico	MV50	00:20:29	
40	995	Neema Mal	Les Croupiers	SM	00:20:40	
41	789	Dan Lloyd	CDF Runners	MV40	00:20:44	
42	1000	Hazel Craven	Les Croupiers	FV35	00:20:56	
43	756	Clive Osmond	Les Croupiers	MV55	00:20:57	
44	750	Hefin Gruffydd	Pontypridd Roadents	MV55	00:21:06	
45	743	Gary John	Les Croupiers	MV60	00:21:09	
46	989	Carol Rees	Les Croupiers	FV45	00:21:18	1st FV45

47	981	Julie Scholey	Les Croupiers	FV55	00:21:30
48	970	Bethan Ford	Pontypridd Roadents	SW	00:21:34
49	752	Stuart Harding	CDF Runners	SM	00:21:37
50	974	Jenny Martin	Les Croupiers	FV35	00:21:47
51	988	Sarah McCarthy	Les Croupiers	FV45	00:22:03
52	986	Lolly Burvill	Les Croupiers	FV45	00:22:12
53	761	Christie Coleman	Cwm Ogwr Runners	MV50	00:22:50
54	765	Paul Chapman	Les Croupiers	MV45	00:22:54
55	997	Faye Martin	u/a	FV35	00:22:57
56	973	Rosie Bristow	Pegasus RC	FV35	00:23:03
57	991	Eve Gallop-Evans	Les Croupiers	FV50	00:23:22
58	983	Georgina Edwards	Cardiff AAC	U15G	00:23:35
59	774	Paul Edwards	Cardiff AAC	MV40	00:23:36
60	969	Beth Jones	Parc Bryn Parc	U20W	00:23:53
61	766	David Hamley	u/a	MV60	00:24:14
62	748	Graeme Donnan	Les Croupiers	MV60	00:24:35
63	770	Thomas Wilds	u/a	SM	00:24:45
64	976	Sally Groves	Pegasus RC	FV50	00:25:02
65	966	Gill Murphy	Les Croupiers	FV60	00:25:10
66	792	Dan Groves	Pegasus RC	MV45	00:25:41
67	772	Jack Bicker	u/a	U13B	00:25:48
68	758	Firouz Mal	Les Croupiers	MV60	00:25:49
69	749	Mark Douglas	Pontypridd Roadents	SM	00:26:11
70	979	Susan Williams	Les Croupiers	FV55	00:26:16
71	747	Phil Allen	Pegasus RC	MV55	00:26:18
72	980	Gwenno Thomas	Les Croupiers	FV40	00:26:19
73	990	Elizabeth Randall	Les Croupiers	FV35	00:26:23
74	985	Ruth Robertson	San Domenico	FV45	00:26:26
75	795	Karen Chadwell	Les Croupiers	FV45	00:26:41
76	787	Richard Jackson	SMR	FV50	00:27:04
77	776	Rhys Littlechild	u/a	U13B	00:27:24
78	777	Colin Crooks	Pegasus RC	MV60	00:27:27
79	757	Jon Martin	Les Croupiers	MV40	00:27:35
80	993	Charolette Bethell	Pegasus RC	SW	00:28:21
81	977	Tracy Newman	Les Croupiers	FV45	00:28:40
82	781	Jeff Aston	Les Croupiers	MV70	00:28:48
83	967	Amanda Thompson	Les Croupiers	FV55	00:29:49
84	984	Donna Littlechild	Hendre Lake RC	FV35	00:30:12
85	972	Katie Quinn	u/a	SW	00:31:24
86	994	Hannah Caveney	u/a	SW	00:34:14
87	992	Sandra Caveney	Les Croupiers	FV50	00:34:16
88	978	Lucy Bicker	u/a	FV40	00:35:58

1st FV55