

# Cardiff Summer Series 4 mile

Friday 14th July 2017

pos	no.	name	club	age group	time	
1	382	Oliver Williams	Les Croupiers	SM	00:21:20	1st Male
2	351	Dan Bodman	Aberdare VAAC	SM	00:21:25	2nd Male
3	362	Rich Baker	Les Croupiers	MV45	00:22:05	3rd Male
4	370	Andy Gardiner	Cheltenham Harriers	SM	00:22:29	
5	389	Stuart Crees	Les Croupiers	SM	00:23:02	
6	371	Neil Catchlove	Lordshill RR	MV40	00:23:21	1st MV40
7	380	Iestyn Edwards	Cardiff AAC	U17M	00:23:42	
8	369	Paul Lacey	Cardiff AAC	SM	00:23:43	
9	375	Emyr Morgan	Les Croupiers	MV45	00:24:02	
10	349	James Gold	Cardiff AAC	U15B	00:24:15	
11	376	Michael Riley	Les Croupiers	SM	00:24:44	
12	372	Johnny Lam	San Domenico	MV45	00:24:49	
13	361	Vince Nazareth	Les Croupiers	MV55	00:25:00	1st MV50
14	379	Efan Owen	Cardiff AAC	U17M	00:25:13	
15	341	Brian Dias	Cardiff AAC	SM	00:25:18	
16	358	Matt Hopkins	Les Croupiers	SM	00:25:19	
17	354	Dan Luffman	Les Croupiers	MV40	00:25:20	
18	688	Angharad Mair	Les Croupiers	FV55	00:25:27	1st Female
19	392	Jamie Clode	Bridgend AC	SM	00:26:09	
20	377	Jamie Suller	u/a	SM	00:26:26	
21	350	Mike Murphy	Les Croupiers	MV60	00:26:36	1st MV60
22	348	Rob Evans	Les Croupiers	MV60	00:26:51	
23	355	John Light	u/a	SM	00:26:53	
24	357	Ryan Missard	Aberdare VAAC	SM	00:27:14	
25	343	Dan Lloyd	CDF Runners	MV40	00:27:14	
26	383	Graeme Ambler	Les Croupiers	SM	00:27:21	
27	683	Bethany Gold	Cardiff AAC	U15G	00:27:23	2nd Female
28	373	Nigel Bleach	SMR	MV40	00:27:44	
29	378	Andrew Fletcher	u/a	SM	00:27:59	
30	353	Samuel Jackson	Parc Bryn Parc	U20M	00:28:03	
31	394	Stephen Wood	Pegasus	MV40	00:28:23	
32	393	Ben Hooper	u/a	U20M	00:28:55	
33	685	Aimee Furguson	Brecon AC	SW	00:28:58	3rd Female
34	794	Libby Bohemen	Les Croupiers	FV45	00:29:01	1st FV45
35	368	Steve Preddy	Les Croupiers	MV45	00:29:16	
36	689	Julie Scholey	Les Croupiers	FV55	00:29:29	1st FV55
37	680	Jenny Martin	Les Croupiers	FV35	00:29:34	1st FV35
38	344	Garry John	Les Croupiers	MV60	00:29:53	
39	792	Sarah McCarthy	Les Croupiers	FV45	00:30:02	
40	691	Bethan Ford	Pontypridd Roadents	SW	00:30:05	
41	366	Mike Davies	Les Croupiers	MV65	00:30:13	
42	692	Rosie Bristow	Pegasus	FV35	00:30:45	
43	356	Nathan Williams	Aberdare VAAC	SM	00:30:53	
44	342	Stephen Locke	Newport Harriers	MV45	00:30:57	
45	347	Clive Osmond	Les Croupiers	MV55	00:31:07	
46	367	Terry Caveney	Les Croupiers	MV55	00:31:08	

47	793	Faye Martin	Les Croupiers	FV35	00:31:14
48	363	Paul Chapman	Les Croupiers	MV45	00:31:16
49	791	Lolly Evans	Les Croupiers	FV45	00:31:20
50	681	Molly Grimley	Cardiff AAC	U17G	00:31:22
51	698	Ellie Lucas	u/a	SW	00:31:37
52	699	Caroline Best	Pontypridd Roadents	SW	00:31:41
53	766	Georgina Edwards	Cardiff AAC	U15G	00:32:11
54	381	Paul Edwards	Cardiff AAC	MV40	00:32:12
55	364	Jon Morgan	Les Croupiers	MV50	00:32:18
56	687	Beth Jones	Parc Bryn Parc	U20W	00:32:28
57	700	Eve Gallop-Evans	Les Croupiers	FV45	00:32:40
58	387	Luke Heslop	Pegasus	MV40	00:33:11
59	384	David Hunt	u/a	SM	00:33:23
60	386	Dave Hambley	u/a	MV60	00:33:25
61	365	Andrew Hollins	Pegasus	MV40	00:33:49
62	684	Gill Murphy	Les Croupiers	FV60	00:34:32
63	391	Dan Groves	Pegasus	MV45	00:35:08
64	694	Karen Chadwell	Les Croupiers	FV45	00:35:20
65	374	Richard Jackson	SMR	MV50	00:35:31
66	345	Mark Douglas	Pontypridd Roadents	SM	00:36:24
67	346	Jon Martin	Les Croupiers	MV40	00:36:36
68	388	Lee Harding	White Rock Runners	SM	00:38:01
69	390	Jeff Aston	Les Croupiers	MV70	00:38:04
70	352	Rhys Littlechild	u/a	U11B	00:38:15
71	697	Charlotte Bethell	Pegasus	SW	00:38:22
72	360	Jack Bicker	u/a	U13B	00:38:24
73	385	Colin Crooks	Pegasus	MV60	00:38:42
74	686	Donna Littlechild	Hendre Lake	FV35	00:39:04
75	679	Tracey Newman	Les Croupiers	FV45	00:41:05
76	690	Katie Quinn	u/a	SW	00:41:36
77	682	Amanda Thompson	Les Croupiers	FV55	00:42:45
78	695	Sandra Caveney	Les Croupiers	FV50	00:45:18
79	696	Hannah Caveney	u/a	SW	00:45:19
80	693	Lucy Bicker	u/a	FV40	00:48:18