

Cardiff Summer Series 3 mile

Friday 11th July 2014

pos	no.	name	club	age group	time
1	447	Daniel Bodman	Aberdare VAAC	SM	00:16:03
2	467	Oliver Williams	Les Croupiers RC	SM	00:16:43
3	476	Dan Bradshaw	Aberdare VAAC	SM	00:16:44
4	464	Matt Hurford	Les Croupiers RC	MV40	00:16:46
5	468	Gerry Carty	Unattached	MV40	00:16:56
6	450	Brian Dias	Les Croupiers RC	SM	00:17:25
7	453	Anthony Williams	Aberdare VAAC	MV50	00:17:54
8	459	Matt Hopkins	Les Croupiers RC	SM	00:18:04
9	471	Glyn Wise	Cardiff Uni	SM	00:18:15
10	461	David Proud	Les Croupiers RC	MV40	00:18:19
11	456	Geraint Williams	Aberdare VAAC	MV40	00:18:29
12	472	John Craven	Unattached	SM	00:18:39
13	463	Andrew Davidson	Les Croupiers RC	SM	00:18:55
14	974	Claire Beatty	Les Croupiers RC	FV35	00:19:03
15	449	Mick McGeoch	Les Croupiers RC	MV50	00:19:10
16	452	Rhys Williams	Aberdare VAAC	SM	00:19:14
17	454	Mark Dunscombe	Aberdare VAAC	MV50	00:19:19
18	465	John O'Shea	Les Croupiers RC	MV50	00:19:25
19	445	Dominic Shields	San Domenico RR	MV40	00:19:28
20	443	Marcus Meyrick	Les Croupiers RC	MV40	00:19:45
21	446	Howard Kent	Les Croupiers RC	MV60	00:19:48
22	460	Terry Caveney	Les Croupiers RC	MV50	00:20:05
23	469	Michael Cranwell	Les Croupiers RC	MV60	00:20:25
24	462	Alan Mason	Les Croupiers RC	MV50	00:20:30
25	477	Daniel Lloyd	Nike Run Club Cardiff	SM	00:20:31
26	458	David E Williams	Les Croupiers RC	MV50	00:20:38
27	982	Hazel Craven	Les Croupiers RC	FV35	00:20:53
28	448	Roy Silver	Les Croupiers RC	MV50	00:21:05
29	466	Andrew Cleverley	Pegasus RC	MV40	00:21:26
30	474	Chris Leach	Unattached	MV50	00:21:33
31	983	Sarah McCarthy	Les Croupiers RC	FV35	00:21:36
32	444	Paul Chapman	Les Croupiers RC	MV40	00:21:39
33	977	Aisling Pigott	Outdoor Fitness	SW	00:21:48
34	475	Sai Gopal	Les Croupiers RC	MV40	00:21:51
35	473	Stephen Wood	Pegasus RC	SM	00:22:00
36	978	Julie Scholey	Les Croupiers RC	FV55	00:22:04
37	971	Abby Foster	Unattached	SW	00:22:14
38	451	Rhys Jones	Unattached	SM	00:22:23
39	442	Donovan Williams Hale	Bridgend AC	U20M	00:22:30
40	470	Colin Crooks	Pegasus RC	MV50	00:22:32
41	455	Eric Hughes	Bridgend AC	MV70	00:23:13
42	975	Claire Jones	Les Croupiers RC	SW	00:23:21
43	979	Karolina Obst	Unattached	SW	00:24:25
44	981	Anne Follan	Pontypridd Roadents	FV35	00:24:27

45	973	Amanda Thompson	Les Croupiers RC	FV45	00:25:52
46	976	Donna Littlechild	Hendre Lake RC	FV35	00:27:12
47	966	Tracey Newman	Les Croupiers RC	FV35	00:27:24
48	969	Bridgette Griffiths	Pontypridd Roadents	FV45	00:28:25
49	457	Simon Davies	Les Croupiers RC	SM	00:28:35
50	967	Natalie Parsons	Pegasus RC	SW	00:28:51
51	972	Ruth Caddy	Unattached	FV35	00:29:33
52	980	Sarah Meah	Les Croupiers RC	FV45	00:31:13
53	970	Ruth Cochran	Pontypridd Roadents	FV45	00:32:03
54	968	Jo-Ann Gwynne	Pontypridd Roadents	FV35	00:32:35