

San Domenico Club Newsletter

31/08 - 06/09 2019



© 2019 Johnny Lam



© 2019 Alec Care Photography

Rose Inn Relays

History was made on Tuesday as a San Domenico team containing Dan Hamilton, Luke Williams and Neil Reynolds won the Rose Inn Relay Race in a record time of 28:44 —breaking the previous record set in 2017 by 17 seconds.

In total eight teams from the club competed in the 3 x 1.91 mile event, results are as follows:

San Domenico 1 RC Men (to 104): Luke Williams 09:13, Dan Hamilton 09:31, Neil Reynolds 10:00 (**1st OVR**)

San Domenico 2 RC Men (to 104): Alistair Downes 10:44, Andy Gardiner 10:38, Harry Trend 11:20 (**6th OVR/4th in Cat**)

San Domenico 4 RC MM1 (105-149): Dominic Shields 13:48, Simon Cartlidge 12:08, Nick Hayward 12:37 (**37th OVR/13th in Cat**)

San Domenico 5 RC MM2 (150-199): Ron Morris 13:14, Cameron Duncan 11:47, Phil Rees 12:01 (**30th OVR/3rd in Cat**)

San Domenico 6 ALLCOMERS MIXED (1- 149): Megan Poulsen 14:15, Natalie Cartlidge 14:39, John Chandler 15:18 (**74th OVR/14th in Cat**)

San Domenico 7 RC MM1 (105-149): Chris Medcalf 11:23, Rhys Pippard 10:56, Hywel Edwards 11:20 (**9th OVR/2nd in Cat**)

San Domenico 8 LM1 (105- 149): Angela Champion 13:09, Helen Perry 13:32, Delyth Williams 12:22 (**45th OVR/3rd in Cat**)

CARDIFF 10K

Many personal bests were broken on Sunday as 15 San Domenico Runners braved the September sunshine to run Cardiff 10K.

Both Dan Hamilton (31:04) and Luke Williams (31:50) PB'd and made the top 20 of the 6000+ field, finishing 11th and 18th respectively.

Other athletes who PB'd on the day include Chris Oxley (35:44), Rhys Pippard (36:35), Harry Trend (38:39) and John Light (39:40).

Also tackling the course were Andy Wilton (42:11), Angela Champion (43:39), Simon Cartlidge (43:42), Matt Reardon (45:48), Christopher Williams (48:29), Susan Peirce (57:41) and Natalie Cartlidge (1:09:28) who ran the course with her daughter.

Andy Gardiner wasn't running for San Domenico but instead South Wales Police. Gardiner made up part of a team who retained the Euroclad Group Corporate Challenge Team title.



© 2019 Johnny Lam

PARKRUN

A total of 13 San Domenico Runners took part in parkrun on 31/08/2019, here's how they did;

Cardiff Parkrun: Andy Gardiner (17:51), Chris Medcalf (18:56), Daniel Lewis (20:16), Ronald Morris (21:51), Dominic Shields (22:19), Simon Cartlidge (23:46), Hannah Withers (26:22), John Ross (27:44) and Frederick Arthur Hayes (29:11).

Riverfront Parkrun: Rhys Pippard (19:20), Angela Champion (22:36)

Newport Parkrun: Glyn Sansom (22:38)

Porthcawl Parkrun: Andrew Underhill (20:43)

FLASHBACK:

Boxing Day 1984 Football Match (Newsletter no.2):

"On a very fresh but dry Boxing Day, a match being billed as the alternative European Cup Final took place, a special challenge football match between San Domenico and Les Croupiers team."

"A crowd of about 27,000 (well, 14 really) saw a very high spirited game with San Domenico fielding half of the Les Croupiers team."

"For the record San Domenico won 7-6 with our goals coming from Brian (2), Bussy (2), Brendan (2) and John Kerry (1). In addition we scored most of the Les Croupiers goals and let in nearly all the San Domenico goals— courtesy of plant goalies Howard and Kenny."