

# San Domenico Club Newsletter

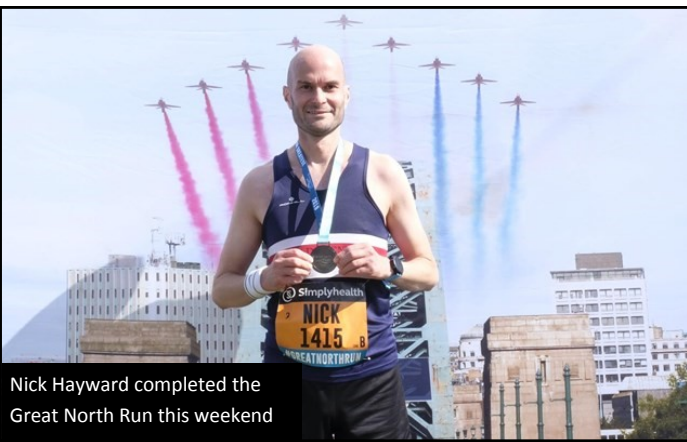
**07/09 - 13/09 2019**

By Harry Trend



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There was an incredible turnout for the #runforGav event



Nick Hayward completed the Great North Run this weekend

## Club Handicap

On Thursday the monthly club handicap race took place around Cardiff Bay. Alec Care finished quickest in comparison to his estimated time with a strong 25:23 on the four mile course. However, Dave Harness was on his heels finishing just two seconds behind Care.

Thanks must go to Ron, Mel, Johnny, Jim, Ian B and Kevin who marshalled in the wet and windy conditions.

Results from the race are as follows, expect a full rundown of the club handicap results in a future newsletter;

Athlete	Estimated Time	Start Time	Finish Time	Actual Time	Finish Position	Actual Position	Compared to Est
Megan Poulson	36:00	04:00	36:39	32:39	1	Training	-03:21
Heledd Roberts	36:00	04:00	36:39	32:39	1	Training	-03:21
Alec Care	28:15	11:45	37:08	25:23	3	1	-02:52
Dave Harness	30:30	09:30	37:10	27:40	4	2	-02:50
John Light	27:45	12:15	37:27	25:12	5	3	-02:33
Phil Rees	28:15	11:45	37:31	25:46	6	4	-02:29
Ian Owen	25:00	15:00	37:54	22:54	7	5	-02:06
Nick Hayward	29:00	11:00	37:58	26:58	8	6	-02:02
Tom Bryans	29:00	11:00	38:09	27:09	9	7	-01:51
Delyth Williams	29:15	10:45	38:17	27:32	10	8	-01:43
Neil Reynolds	24:30	15:30	38:22	22:52	11	9	-01:38
Chris Oxley	24:30	15:30	38:22	22:52	11	9	-01:38
Arthur Hayes	40:00	00:00	38:39	38:39	13	11	-01:21
Hywel Edwards	27:45	12:15	39:02	26:47	14	12	-00:58
Dominic Shields	30:30	09:30	39:20	29:50	15	13	-00:40
Hannah Withers	32:30	07:30	39:41	32:11	16	14	-00:19
Harry Trend	32:30	07:30	39:41	32:11	17	Training	-00:19
Alistair Downes	26:00	14:00	39:51	25:51	18	15	-00:09
Rhys Pippard	26:00	14:00	39:51	25:51	18	15	-00:09
Angela Champion	30:15	09:45	40:21	30:36	20	17	00:21
John Chandler	33:00	07:00	40:33	33:33	21	18	00:33

## AROUND THE UK

San Domenico vests could be spotted all around the UK racing this weekend, here's how they did;

**Roman Run:** 10th Rhys Pippard (01:57:36), 47th Angela Champion (02:13:06), 110th Mark Painter (02:31:51), 281st John Chandler (03:30:45) **Lake Vyrnwy Half Marathon:** 437th Dominic Shields (01:46:02) **Great North Run:** 2050th Nick Hayward (01:37:50) **Cotswold Sprint Triathlon:** 87th Simon Cartlidge (Swim 16:06, Cycle 34:41, Run 19:37, OVR: 1:13:02), 355th Natalie Cartlidge (Swim 21:50, Cycle 43:25, Run: 25:13, OVR: 1:33:42)

**#RunforGav:** On Tuesday we met up at the Pen-Y-Lan Community Centre to take part in a 5K run in remembrance of Gavin Pugh, a member of CDF Runners who tragically took his own life. I think all club members would agree it was very uplifting to see such a positive event come out of great sadness



Angela Champion receives first veteran female prize at the Roman Run

## PARKRUN

A total of 24 San Domenico Runners took part in parkrun on 07/09/2019, here's how they did;

**Cardiff Parkrun:** 2nd Neil Reynolds (16:45), 5th Andy Gardiner (17:09), 10th Paul Josua (17:29), 12th Richard Millier (17:36), 16th Richard Wilder (18:02), 54th Andrew D Wilton (19:48), 56th Daniel Lewis (19:50), 72nd Hywel Edwards 00:20:18, 99th Ronald Morris (21:18), 138th Simon Cartlidge (22:10), 144 Dominic Shields (22:22), 255th John Ross (25:17), 314th Marcia Gouveia (26:18), 649th Keith Lowther (34:38), 771st Sue Peirce (41:52), **Newcastle Parkrun:** 346th Nick Hayward (27:20), **Merthyr Parkrun:** 12th Jamie Lewis (23:56) **Parkrun Gdansk:** 15th Andrew Underhill (20:51), **Bryn Bach Parkrun:** 52nd James Sibly (26:16), **Barry Island Parkrun:** 2nd Chris Medcalf (18:59), **Grangemoor Parkrun:** 24th Sally Wilder (22:34), 87th Brian Ahearne (27:05), 194th Hannah Withers (39:12).