

Les Croupiers Running Club
10 Mile Handicap - Llandaff Fields, Cardiff
21 January 2018

Pos	Athlete	Club	Cat.	Start	Finish	Run Time
1	David J Williams	Les Croupiers	SM	1:35:00	2:32:48	0:57:48
2	Rich Baker	Les Croupiers	M45	1:34:00	2:32:06	0:58:06
3	Oliver Williams	Les Croupiers	SM	1:35:00	2:33:44	0:58:44
4	Ed Donovan	Les Croupiers	M35	1:31:00	2:30:10	0:59:10
5	Matt Hurford	Les Croupiers	M45	1:33:00	2:33:26	1:00:26
6	Mark Joyce	Les Croupiers	M40	1:28:00	2:28:58	1:00:58
7	Matt Pryor	Les Croupiers	M40	1:28:00	2:29:24	1:01:24
8	Phil Cook	Les Croupiers	M45	1:29:00	2:30:34	1:01:34
9	Ake Fagereng	Les Croupiers	SM	1:29:00	2:30:41	1:01:41
10	Lyndon Tudor-Maisey	Les Croupiers	M40	1:30:00	2:32:18	1:02:18
11	Andy Blair	Les Croupiers	M50	1:28:00	2:31:03	1:03:03
12	Dave James	Les Croupiers	M60	1:28:00	2:31:12	1:03:12
13	Mike Riley	Les Croupiers	M40	1:26:00	2:29:36	1:03:36
14	Helen Sharpe	Bristol & West	W35	1:26:00	2:29:44	1:03:44
15	Ed Morris	Les Croupiers	SM	1:24:00	2:28:28	1:04:28
16	Martin Williams	Les Croupiers	M50	1:28:00	2:32:31	1:04:31
17	Stuart Crees	Les Croupiers	M40	1:30:00	2:34:44	1:04:44
18	Jeff Cox	Les Croupiers	M55	1:25:00	2:29:54	1:04:54
19	Dan Luffman	Les Croupiers	M45	1:24:00	2:29:21	1:05:21
20	Vince Nazareth	Les Croupiers	M55	1:26:00	2:31:47	1:05:47
21	Matt Hopkins	Les Croupiers	M35	1:24:00	2:29:52	1:05:52
22	Daryl Beggs	Les Croupiers	SM	1:24:00	2:31:30	1:07:30

23	Neema Mal	Les Croupiers	SM	1:21:00	2:28:35	1:07:35
24	James Bruce	Les Croupiers	M40	1:26:00	2:33:38	1:07:38
25	Davey Proud	Les Croupiers	M50	1:22:00	2:30:20	1:08:20
26	Dave Coles	Les Croupiers	M55	1:25:00	2:33:56	1:08:56
27	Marcus Meyrick	Les Croupiers	M45	1:20:00	2:28:56	1:08:56
28	Aine Kenny	Les Croupiers	W35	1:19:00	2:28:39	1:09:39
29	Hector Cortez	Les Croupiers	SM	1:26:00	2:36:01	1:10:01
30	Richard Davies	Les Croupiers	M50	1:19:00	2:29:04	1:10:04
31	Richard Bullen	Les Croupiers	M55	1:26:00	02:36:42	1:10:42
32	Janneke Van Beijnum	Les Croupiers	W35	1:19:00	2:29:53	1:10:53
33	Claire Jacobs	Les Croupiers	W40	1:21:00	2:32:10	1:11:10
34	David Carey	Les Croupiers	SM	1:23:00	2:35:13	1:12:13
35	Gareth John	Les Croupiers	M45	1:15:00	2:27:21	1:12:21
36	Libby Crees	Les Croupiers	W45	1:16:00	2:28:27	1:12:27
37	Mick McGeoch	Les Croupiers	M60	1:16:00	2:28:28	1:12:28
38	Hazel Craven	Les Croupiers	W35	1:16:00	2:29:16	1:13:16
39	James Horner	Les Croupiers	SM	1:16:00	2:29:43	1:13:43
40	Terry Caveney	Les Croupiers	M55	1:14:00	2:29:31	1:15:31
41	Steve Preddy	Les Croupiers	M45	1:16:00	2:31:41	1:15:41
42	David E Williams	Les Croupiers	M55	1:14:00	2:30:06	1:16:06
43	Angela Champion	Les Croupiers	W40	1:13:00	2:29:50	1:16:50
44	Sarah McCarthy	Les Croupiers	W45	1:12:00	2:29:10	1:17:10
45	Alan Mason	Les Croupiers	M55	1:14:00	2:31:19	1:17:19
46	Jenny Martin	Les Croupiers	W35	1:14:00	2:31:35	1:17:35
47	Gwyn Jones	Les Croupiers	M50	1:13:00	2:30:44	1:17:44

48	Susan Watson	Les Croupiers	W50	1:21:00	2:39:05	1:18:05
49	Julie Scholey	Les Croupiers	W55	1:11:00	2:30:29	1:19:29
50	Steve Bedford	Les Croupiers	M45	1:10:00	2:29:55	1:19:55
51	Gary John	Les Croupiers	M60	1:11:00	2:31:12	1:20:12
52	Steve Lewis	Les Croupiers	M60	1:10:00	2:30:55	1:20:55
53	Michelle Amblin	Les Croupiers	W40	1:10:00	2:31:01	1:21:01
54	Lolly Evans	Les Croupiers	W45	1:09:00	2:30:20	1:21:20
55	Tim O'Sullivan	Les Croupiers	M55	1:06:00	2:28:05	1:22:05
56	Paul Chapman	Les Croupiers	M45	1:06:00	2:28:14	1:22:14
57	Gerry Crispie	Les Croupiers	M55	1:06:00	2:28:21	1:22:21
58	Sarah Pryor	Pegasus Les	W40	1:10:00	2:32:23	1:22:23
59	Paul Morris	Croupiers Les	M55	1:14:00	02:36:59	1:22:59
60	Faye Martin	Croupiers Les	W35	1:05:00	2:28:57	1:23:57
61	Jon Morgan	Croupiers Les	M50	1:04:00	2:30:08	1:26:08
62	Mike Rossiter	Croupiers Les	M55	1:04:00	2:30:08	1:26:08
63	Eve Gallop-Evans	Croupiers Les	W50	1:04:00	2:30:45	1:26:45
64	Claire Jarrom	Croupiers Les	SW	1:02:00	2:29:09	1:27:09
65	Rory Coleman	Croupiers Les	M55	0:56:00	2:23:18	1:27:18
66	Firouz Mal	Croupiers Les	M60	0:58:00	2:25:33	1:27:33
67	Andrew Sedgmond	Croupiers Les	M60	1:07:00	2:34:34	1:27:34
68	David McDonald	Croupiers Les	M45	0:56:00	2:23:46	1:27:46
69	Paul Wesson	Croupiers	M50	1:07:00	2:34:55	1:27:55
70	Jenna Groves	Pegasus Les	SW	1:00:00	2:28:13	1:28:13
71	Gemma Smith	Croupiers	SW	0:58:00	2:27:14	1:29:14
72	Sally Groves	Pegasus Les	W50	0:58:00	2:28:13	1:30:13
73	Dave George	Croupiers	M45	0:59:00	2:29:15	1:30:15

74	Loretta Daley	Les Croupiers	W50	1:05:00	2:35:22	1:30:22
75	Richard Miller-Williams	Les Croupiers	SM	1:05:00	2:37:01	1:32:01
76	Adelle Taylor	Les Croupiers	W35	0:46:00	2:18:47	1:32:47
77	Sue Williams	Les Croupiers	W55	0:54:00	2:26:47	1:32:47
78	Rachel Higginson	Les Croupiers	W35	0:54:00	2:27:29	1:33:29
79	Graeme Donnan	Les Croupiers	M60	0:58:00	2:31:32	1:33:32
80	Tim Barker	Les Croupiers	SM	0:57:00	2:30:44	1:33:44
81	Peter Heath	Les Croupiers	SM	0:48:00	2:22:28	1:34:28
82	Hannah Miles	Les Croupiers	SW	0:56:00	2:30:38	1:34:38
83	Ralph Davey	Les Croupiers	M70	1:03:00	2:37:54	1:34:54
84	Karen Chadwell	Les Croupiers	W45	0:53:00	2:28:11	1:35:11
85	Eulee Seow	Les Croupiers	SW	0:49:00	2:24:21	1:35:21
86	Tina Rossiter	Les Croupiers	W55	0:57:00	2:32:34	1:35:34
87	Kelly Croft	Les Croupiers	W35	0:54:00	2:29:44	1:35:44
88	Dan Groves	Pegasus Les	M45	1:02:00	2:38:01	1:36:01
89	Geoff Wright	Les Croupiers	M65	0:48:00	2:24:09	1:36:09
90	Claire Bell	Les Croupiers	W50	0:53:00	2:29:38	1:36:38
91	Liz Denton	Les Croupiers	W55	0:55:00	2:33:30	1:38:30
92	Kirsty McGowan	Les Croupiers	SW	0:52:00	2:31:05	1:39:05
93	Alan Mann	Les Croupiers	M60	0:48:00	2:27:52	1:39:52
94	Chirag Patel	Les Croupiers	M45	0:45:00	2:25:18	1:40:18
95	Anne-Marie Littlestone	Les Croupiers	W45	0:54:00	2:34:31	1:40:31
96	Jon Martin	Les Croupiers	M40	0:51:00	2:31:33	1:40:33
97	Deborah O'Sullivan	Les Croupiers	W35	0:47:00	2:28:33	1:41:33
98	Laura Coombes	Les Croupiers	W40	0:44:00	2:28:19	1:44:19

99	Catrin Evans	Les Croupiers	W40	0:44:00	2:28:20	1:44:20
100	Rob Jones	Les Croupiers	M45	0:50:00	2:34:35	1:44:35
101	Liz Randall	Les Croupiers	W35	0:55:00	2:40:19	1:45:19
102	Natasha Fry	Les Croupiers	W40	0:55:00	2:40:20	1:45:20
103	Molly Zacharias	Les Croupiers	SW	0:45:00	2:32:13	1:47:13
104	Alyson Davey	Les Croupiers	W40	0:42:00	2:31:54	1:49:54
105	Sandra Caveney	Les Croupiers	W55	0:38:00	2:28:46	1:50:46
106	Hannah Caveney	Unattached Les	SW	0:38:00	2:28:46	1:50:46
107	Clare Johnson	Les Croupiers	W70	0:45:00	2:36:19	1:51:19
108	Des Davies	Les Croupiers	M65	0:46:00	2:37:46	1:51:46
109	Beverly Ooss	Unattached Les	W55	0:38:00	2:31:59	1:53:59
110	Helen Hubback	Les Croupiers	W45	0:34:00	2:28:41	1:54:41
111	Claire George	Les Croupiers	W45	0:42:00	2:37:28	1:55:28
112	Tracey Newman	Les Croupiers	W45	1:02:00	2:57:18	1:55:18