

Les Croupiers Running Club
10 Mile Handicap - Llandaff Fields, Cardiff
20 January 2019

Pos	No	Athlete	Club	Cat.	Start	Finish	Run Time
1	353	Dylan Nazareth	Cardiff Archers	U20M	1:01:00	1:58:01	0:57:01
2	276	Doug Nicholls	Les Croupiers R C	SM	1:03:00	2:00:39	0:57:39
3	591	David J Williams	Les Croupiers R C	M35	1:01:00	1:58:54	0:57:54
4	254	Stuart Crees	Les Croupiers R C	M40	1:01:00	1:59:47	0:58:47
5	295	Lyndon Tudor-Maisey	Les Croupiers R C	M40	1:01:00	2:00:27	0:59:27
6	375	Tamara Beach	Les Croupiers R C	SF	0:58:00	1:57:47	0:59:47
7	588	Ake Fagereng	Les Croupiers R C	SM	0:58:00	1:57:54	0:59:54
8	584	Matt Pryor	Les Croupiers R C	M40	1:01:00	2:01:18	1:00:18
9	260	Nick Tulp	Les Croupiers R C	SM	1:02:00	2:02:24	1:00:24
10	587	Matt Govier	Les Croupiers R C	M45	0:57:00	1:58:12	1:01:12
11	346	Phil Cook	Les Croupiers R C	M45	0:59:00	2:00:50	1:01:50
12	379	Rich Baker	Les Croupiers R C	M45	1:04:00	2:06:05	1:02:05
13	298	Martin Williams	Les Croupiers R C	M50	0:57:00	2:00:18	1:03:18
14	342	Emyr Morgan	Les Croupiers R C	M45	0:59:00	2:02:22	1:03:22
15	214	James Bruce	Les Croupiers R C	M45	0:55:00	1:59:55	1:04:55
16	212	Matt Hopkins	Les Croupiers R C	SM	0:55:00	2:00:00	1:05:00
17	290	Nick Dukes	Les Croupiers R C	M40	0:52:00	1:57:26	1:05:26
18	590	Richard Bullen	Les Croupiers R C	M55	0:55:00	2:00:56	1:05:56
19	230	David Walker	Les Croupiers R C	M60	0:50:00	1:56:25	1:06:25
20	231	Dan Luffman	Les Croupiers R C	M45	0:54:00	2:00:30	1:06:30
21	279	Vince Nazareth	Les Croupiers R C	M55	0:55:00	2:01:36	1:06:36
22	372	Darragh Crofts	Pegasus	SM	0:53:00	2:00:00	1:07:00
23	299	David Proud	Les Croupiers R C	M50	0:50:00	1:57:50	1:07:50
24	216	Nat Palmer	Les Croupiers R C	M40	0:50:00	1:58:16	1:08:16
25	345	Helen Oliver	Les Croupiers R C	SF	0:53:00	2:01:16	1:08:16
26	368	Neema Mal	Les Croupiers R C	SM	0:54:00	2:02:16	1:08:16
27	349	Sophie Walton	Les Croupiers R C	SF	0:55:00	2:04:01	1:09:01
28	369	Mike Evans	Les Croupiers R C	M50	0:51:00	2:00:02	1:09:02
29	343	Janneke Van-Beijnum	Les Croupiers R C	F35	0:51:00	2:00:07	1:09:07
30	381	Rhys Pippard	Les Croupiers R C	SM	0:58:00	2:08:05	1:10:05
31	225	Ian Bell	San Domenico RRC	M55	0:53:00	2:03:18	1:10:18
32	354	Ceri Davies	Les Croupiers R C	M40	0:52:00	2:02:19	1:10:19
33	211	Steve Preddy	Les Croupiers R C	M45	0:49:00	1:59:47	1:10:47
34	585	Ben Farag	Les Croupiers R C	M55	0:50:00	2:00:49	1:10:49
35	352	Janet Holmes	Les Croupiers R C	F35	0:48:00	1:59:24	1:11:24
36	229	Gareth Morgan	Les Croupiers R C	M45	0:48:00	1:59:43	1:11:43
37	355	Shelley Brace	Les Croupiers R C	SF	0:50:00	2:01:47	1:11:47
38	380	Angela Champion	Les Croupiers R C	F40	0:48:00	1:59:57	1:11:57
39	292	Marcus Meyrick	Les Croupiers R C	M45	0:49:00	2:01:49	1:12:49
40	376	Aelwen Blythe	Les Croupiers R C	F50	0:47:00	2:01:14	1:14:14

41	367	Jim Horner	Les Croupiers R C	SM	0:47:00	2:01:40	1:14:40
42	240	Terry Caveney	Les Croupiers R C	M55	0:46:00	2:00:44	1:14:44
43	344	Lee Treadwell	Les Croupiers R C	SM	0:45:00	1:59:46	1:14:46
44	251	Steve Chadwell	Les Croupiers R C	M45	0:45:00	2:00:31	1:15:31
45	224	Alan Mason	Les Croupiers R C	M55	0:44:00	1:59:34	1:15:34
46	217	Paul Morris	Les Croupiers R C	M55	0:44:00	1:59:42	1:15:42
47	341	Sarah McCarthy	Les Croupiers R C	F45	0:44:00	2:00:04	1:16:04
48	348	Sally Pugsley	Les Croupiers R C	SF	0:43:00	1:59:18	1:16:18
49	377	Wouter Poortinga	Les Croupiers R C	M45	0:43:00	1:59:21	1:16:21
50	209	David E Williams	Les Croupiers R C	M55	0:44:00	2:00:33	1:16:33
51	297	Gareth Howell	Les Croupiers R C	SM	0:42:00	1:59:59	1:17:59
52	373	Elaine Wharmby	Pegasus	F55	0:43:00	2:01:03	1:18:03
53	357	Gareth John	Les Croupiers R C	M45	0:52:00	2:10:04	1:18:04
54	228	Julie Scholey	Les Croupiers R C	F55	0:43:00	2:01:11	1:18:11
55	234	Ed Morris	Les Croupiers R C	SM	0:54:00	2:12:57	1:18:57
56	237	Carl Miller	Les Croupiers R C	M55	0:39:00	1:58:25	1:19:25
57	586	John Payne	Les Croupiers R C	M50	0:29:00	1:48:44	1:19:44
58	378	Erik Danielson	Les Croupiers R C	M50	0:37:00	1:57:46	1:20:46
59	220	Tim O'Sullivan	Les Croupiers R C	M60	0:37:00	1:58:02	1:21:02
60	294	Michelle Amblin	Les Croupiers R C	F40	0:39:00	2:00:08	1:21:08
61	227	Steve Lewis	Les Croupiers R C	M60	0:40:00	2:02:05	1:22:05
62	267	Faye Martin	Les Croupiers R C	F35	0:36:00	1:58:19	1:22:19
63	268	Gwyn Jones	Les Croupiers R C	M50	0:44:00	2:06:25	1:22:25
64	239	Jon Morgan	Les Croupiers R C	M55	0:36:00	1:58:49	1:22:49
65	208	Jenny Martin	Les Croupiers R C	F35	0:42:00	2:05:02	1:23:02
66	226	Gary John	Les Croupiers R C	M60	0:40:00	2:03:06	1:23:06
67	258	Peter Heath	Les Croupiers R C	SM	0:37:00	2:00:34	1:23:34
68	238	Gabriella Green	Les Croupiers R C	F50	0:38:00	2:02:16	1:24:16
69	259	Judi Rhys	Les Croupiers R C	F55	0:37:00	2:01:56	1:24:56
70	363	Jacob Norton	Guest	U20M	0:33:00	1:58:27	1:25:27
71	256	Eve Gallop-Evans	Les Croupiers R C	F55	0:35:00	2:00:35	1:25:35
72	273	Paul Wesson	Les Croupiers R C	M50	0:38:00	2:04:37	1:26:37
73	218	Graeme Donnan	Les Croupiers R C	M65	0:33:00	2:00:59	1:27:59
74	300	Firouz Mal	Les Croupiers R C	M60	0:29:00	1:58:00	1:29:00
75	370	Joanna Dunscombe	Pegasus	F40	0:32:00	2:01:04	1:29:04
76	371	Sally Groves	Pegasus	F50	0:32:00	2:02:03	1:30:03
77	359	Joanna Friedli	Les Croupiers R C	F45	0:28:00	1:58:05	1:30:05
78	593	Jozie Postles	Les Croupiers R C	SF	0:26:00	1:56:06	1:30:06
79	364	Gerry Crispie	Les Croupiers R C	M55	0:38:00	2:08:19	1:30:19
80	589	Eulee Seow	Les Croupiers R C	SF	0:28:00	1:58:52	1:30:52
81	365	Tim Barker	Les Croupiers R C	SM	0:31:00	2:01:55	1:30:55
82	360	Robert Chapman	Les Croupiers R C	M55	0:47:00	2:17:58	1:30:58
83	213	Claire Bell	Les Croupiers R C	F55	0:29:00	2:01:14	1:32:14
84	210	Roland Abbot	Les Croupiers R C	M50	0:28:00	2:01:38	1:33:38
85	236	Glenda Edwards	Les Croupiers R C	F55	0:23:00	1:57:14	1:34:14
86	252	Karen Chadwell	Les Croupiers R C	F45	0:23:00	1:57:17	1:34:17

87	362	Lyndsey Rushton	Les Croupiers R C	SF	0:23:00	1:57:18	1:34:18
88	291	Hannah Miles	Les Croupiers R C	SF	0:26:00	2:00:37	1:34:37
89	233	Liz Denton	Les Croupiers R C	F55	0:25:00	2:00:12	1:35:12
90	232	Helen Robertson	Les Croupiers R C	F45	0:25:00	2:00:12	1:35:12
91	350	Deborah O'Sullivan	Les Croupiers R C	F35	0:22:00	1:57:27	1:35:27
92	277	Angharad Price	Les Croupiers R C	F35	0:21:00	1:58:29	1:37:29
93	219	Clair Charamblous	Les Croupiers R C	F40	0:21:00	1:58:55	1:37:55
94	278	Anne Taylor-Jones	Les Croupiers R C	F35	0:20:00	1:58:56	1:38:56
95	594	Roshan Khan	Les Croupiers R C	M60	0:23:00	2:01:58	1:38:58
96	269	Kelly Crofts	Les Croupiers R C	F35	0:20:00	1:59:52	1:39:52
97	356	Punna Singh	Les Croupiers R C	M50	0:17:00	1:57:06	1:40:06
98	223	Geoff Wright	Les Croupiers R C	M65	0:23:00	2:04:33	1:41:33
99	358	Catrin Evans	Les Croupiers R C	F45	0:16:00	2:00:22	1:44:22
100	207	Tracey Newman	Les Croupiers R C	F45	0:10:00	1:55:01	1:45:01
101	270	Kirsty McGowan	Les Croupiers R C	SF	0:18:00	2:03:23	1:45:23
102	293	Angharad Parry-Jones	Les Croupiers R C	F40	0:16:00	2:02:08	1:46:08
103	598	Clare Johnson	Les Croupiers R C	F70	0:12:00	1:58:22	1:46:22
104	595	Laura Coombes	Les Croupiers R C	F40	0:17:00	2:03:39	1:46:39
105	347	Jon Martin	Les Croupiers R C	M40	0:19:00	2:05:40	1:46:40
106	253	Des Davies	Les Croupiers R C	M65	0:17:00	2:03:56	1:46:56
107	361	Ian Barrett	Les Croupiers R C	SM	0:20:00	2:07:01	1:47:01
108	596	Reanne Reffell	Les Croupiers R C	SF	0:00:00	1:54:12	1:54:12
109	592	Helen Hubback	Les Croupiers R C	F45	0:11:00	2:12:24	2:01:24
110	249	Sandra Caveney	Les Croupiers R C	F50	0:17:00	2:23:30	2:06:30
111	272	Steve Blake	Pegasus	M50	0:17:00	2:23:31	2:06:31