

**Les Croupiers Running Club**  
**10 Mile Handicap - Llandaff Fields, Cardiff**  
**07 February 2016**

<b>Pos</b>	<b>Athlete</b>	<b>Club</b>	<b>Cat.</b>	<b>Start</b>	<b>Finish</b>	<b>Run Time</b>
1	Oliver Williams	Les Croupiers	SM	1:03:00	1:59:30	0:56:30
2	Tom Jeffery	Les Croupiers	SM	1:02:00	1:59:46	0:57:46
3	Ake Fagereng	Les Croupiers	SM	1:00:00	1:58:08	0:58:08
4	Doug Nicholls	San Domenico	SM	1:01:00	1:59:30	0:58:30
5	Stuart Crees	Les Croupiers	SM	1:02:00	2:01:35	0:59:35
6	Ed Donovan	Les Croupiers	SM	0:59:00	1:59:14	1:00:14
7	Matt Govier	Les Croupiers	M40	0:57:00	1:57:50	1:00:50
8	Matt Hurford	Les Croupiers	M40	1:02:00	2:03:13	1:01:13
9	Mark Joyce	Les Croupiers	M50	0:58:00	2:00:17	1:02:17
10	Tim Lewis	Les Croupiers	SM	0:57:00	2:00:04	1:03:04
11	Dave Coles	Les Croupiers	M50	0:56:00	1:59:42	1:03:42
12	James Bruce	Les Croupiers	M45	0:55:00	1:58:59	1:03:59
13	Dave James	Les Croupiers	M55	0:57:00	2:01:12	1:04:12
14	John Hill	Bridgend	SM	0:54:00	1:58:41	1:04:41
15	Vincent Nazareth	Les Croupiers	M50	0:55:00	1:59:46	1:04:46
16	Lyndon Tudor-Maisey	Les Croupiers	SM	0:58:00	2:02:49	1:04:49
17	Martin Williams	Les Croupiers	M50	0:57:00	2:02:12	1:05:12
18	Jeff Cox	Les Croupiers	M50	0:54:00	1:59:16	1:05:16
19	Richard Holmes	Les Croupiers	SM	0:56:00	2:01:22	1:05:22
20	Neema Mal	Les Croupiers	SM	0:54:00	1:59:52	1:05:52
21	Peter Turnbull	Les Croupiers	M45	0:53:00	1:59:12	1:06:12
22	Richard Bullen	Les Croupiers	M55	0:54:00	2:00:23	1:06:23
23	Richard Self	Les Croupiers	M50	0:53:00	1:59:29	1:06:29
24	Howard Owen	Les Croupiers	SM	0:53:00	2:00:36	1:07:36
25	Sandy Johnston	Les Croupiers	M65	0:52:00	2:00:12	1:08:12
26	Marcus Meyrick	Les Croupiers	M45	0:53:00	2:01:50	1:08:50
27	Ed Morris	Les Croupiers	SM	0:52:00	2:01:02	1:09:02
28	Duncan Ayscough	Les Croupiers	M45	0:49:00	1:58:37	1:09:37
29	Mick Tabor	Les Croupiers	M60	0:49:00	1:58:44	1:09:44
30	Libby Bohemen	Les Croupiers	W45	0:50:00	2:00:43	1:10:43
31	Howard Kent	Les Croupiers	M60	0:52:00	2:02:55	1:10:55
32	Mike Murphy	Les Croupiers	M60	0:52:00	2:02:59	1:10:59
33	Dave Goodall	White Rock	M60	0:50:00	2:01:12	1:11:12
34	Jack Evans	Pegasus	SM	0:50:00	2:01:21	1:11:21
35	Cheryl Evans	Victoria Park & TH AC	SW	0:47:00	1:58:28	1:11:28
36	Hazel Craven	Les Croupiers	W35	0:47:00	1:59:20	1:12:20
37	Tony Mackay	Pegasus	SM	0:47:00	1:59:46	1:12:46
38	Alice Johnston	Les Croupiers	SW	0:43:00	1:56:09	1:13:09
39	Michael Cranwell	Les Croupiers	M60	0:47:00	2:00:49	1:13:49
40	Paul Morris	Les Croupiers	M55	0:45:00	2:00:00	1:15:00
41	Sian Roberts	Les Croupiers	W45	0:45:00	2:00:02	1:15:02
42	Martin Pinnell	Les Croupiers	M50	0:42:00	1:57:49	1:15:49

43 Paul Chapman	Les Croupiers	M45	0:44:00	2:00:35	1:16:35
44 Jenny Martin	Les Croupiers	W35	0:39:00	1:56:22	1:17:22
45 Gerry Crispie	Les Croupiers	M50	0:41:00	1:58:38	1:17:38
46 Julie Scholey	Les Croupiers	W55	0:45:00	2:02:41	1:17:41
47 Steve Quin	Les Croupiers	M40	0:46:00	2:03:58	1:17:58
48 Mark Bowen	Pegasus	SM	0:45:00	2:03:06	1:18:06
49 Ruth Deards	Les Croupiers	W45	0:40:00	1:58:48	1:18:48
50 Richard Sewell	Les Croupiers	M50	0:42:00	2:00:55	1:18:55
51 Ian Thorne	Pegasus	M45	0:39:00	1:58:06	1:19:06
52 Matt Thompson	Les Croupiers	SM	0:42:00	2:01:06	1:19:06
53 Andrew Williamson	Pegasus	SM	0:39:00	1:58:34	1:19:34
54 David McDonald	Les Croupiers	M45	0:39:00	1:58:36	1:19:36
55 Andrew Cleverley	Pegasus	M45	0:39:00	1:58:46	1:19:46
56 Kate Russell	Les Croupiers	W35	0:35:00	1:54:47	1:19:47
57 Allan Jones	Brackla	M60	0:40:00	1:59:58	1:19:58
58 Dai Jones	Les Croupiers	SM	0:32:00	1:52:21	1:20:21
59 Lolly Burvill	Les Croupiers	W40	0:39:00	1:59:53	1:20:53
60 Graham Webster	Les Croupiers	M55	0:44:00	2:04:57	1:20:57
61 Roy Silver	Les Croupiers	M55	0:43:00	2:04:28	1:21:28
62 Mike Davies	Les Croupiers	M60	0:46:00	2:07:46	1:21:46
63 Benito Castello	Pegasus	SM	0:36:00	1:58:19	1:22:19
64 Andrea Webster	Les Croupiers	W55	0:41:00	2:03:31	1:22:31
65 John Payne	Les Croupiers	M50	0:38:00	2:00:49	1:22:49
66 Nadine Ritterskamp	Les Croupiers	SW	0:37:00	1:59:56	1:22:56
67 Nathan Dee	Pegasus	SM	0:36:00	1:58:59	1:22:59
68 Andrew Sedgmond	Les Croupiers	M60	0:36:00	1:59:35	1:23:35
69 Gwyn Jones	Les Croupiers	M50	0:43:00	2:06:46	1:23:46
70 Terry Docherty	Les Croupiers	M45	0:40:00	2:04:02	1:24:02
71 Maria Zubizarreta	Les Croupiers	W40	0:33:20	1:58:02	1:24:42
72 Jemma Sedgmond	Les Croupiers	SW	0:32:00	1:57:06	1:25:06
73 Sarah Cobbold	Pegasus	SW	0:31:00	1:56:08	1:25:08
74 Kevin Fowler	Pegasus	M55	0:23:00	1:49:37	1:26:37
75 Paul Wesson	Les Croupiers	M45	0:36:00	2:03:12	1:27:12
76 Graham Carrick	Pegasus	M50	0:30:00	1:57:33	1:27:33
77 Gill Murphy	Les Croupiers	W60	0:30:00	1:57:55	1:27:55
78 Ian Mackenzie	Les Croupiers	M50	0:32:00	2:00:14	1:28:14
79 Julia Evans	Pegasus	W55	0:36:00	2:04:20	1:28:20
80 Alexandra Davies	Les Croupiers	SW	0:27:00	1:56:29	1:29:29
81 Jeff Aston	Les Croupiers	M65	0:33:00	2:02:31	1:29:31
82 Jenna Groves	Pegasus	SW	0:31:00	2:00:50	1:29:50
83 Luke Heslop	Les Croupiers	SM	0:37:00	2:06:53	1:29:53
84 Phil Allen	Pegasus	M55	0:32:00	2:02:00	1:30:00
85 Brett Jones	Les Croupiers	M40	0:29:00	1:59:19	1:30:19
86 Lowri Roberts	Les Croupiers	W40	0:29:00	1:59:38	1:30:38
87 Karen Chadwell	Les Croupiers	W45	0:29:00	1:59:39	1:30:39
88 Graeme Donnan	Les Croupiers	M60	0:33:20	2:04:41	1:31:21
89 Colin Crooks	Pegasus	M60	0:33:00	2:05:25	1:32:25

90	Gwenno Thomas	Les Croupiers	W35	0:26:00	1:58:32	1:32:32
91	Ellen Sugden	Pegasus	W35	0:29:00	2:05:43	1:36:43
92	Richard Street	Pegasus	M60	0:33:00	2:10:35	1:37:35
93	Sally Groves	Pegasus	W50	0:23:00	2:01:47	1:38:47
94	Stuart Ball	Les Croupiers	SM	0:15:00	1:55:09	1:40:09
95	Alan Mason	Les Croupiers	M50	0:15:00	1:55:09	1:40:09
96	Des Davies	Les Croupiers	M65	0:26:00	2:06:39	1:40:39
97	Amanda Thompson	Les Croupiers	W55	0:20:00	2:02:21	1:42:21
98	Tracey Newman	Les Croupiers	W45	0:28:30	2:12:26	1:43:56
99	Dirk Schmaljohann	Les Croupiers	M45	0:29:00	2:13:08	1:44:08
100	Sarah Meah	Les Croupiers	W50	0:14:00	2:09:12	1:55:12
101	Errol Alexis	Les Croupiers	M75	-0:12:00	2:26:18	2:38:18