

Les Croupiers Running Club
10 Mile Handicap - Llandaff Fields, Cardiff
02 February 2014

No.	Athlete	Club	Cat.	Start	Finish	Run Time
1	186 Oliver Williams		SM	1:03:00	1:58:15	0:55:15
2	185 Stuart Crees		SM	1:03:00	2:01:32	0:58:32
3	490 Matt Hurford		M40	1:01:00	1:59:45	0:58:45
4	967 Rob Sage		SM	1:02:00	2:00:54	0:58:54
5	977 Mark Finlayson		SM	0:59:00	1:59:16	1:00:16
6	489 Mark Joyce		M40	1:00:00	2:00:27	1:00:27
7	978 Martin Williams		M45	1:00:00	2:01:04	1:01:04
8	727 Lyndon Tudor-Maisey		SM	0:56:00	1:57:06	1:01:06
9	984 Al Jones		M40	0:59:00	2:01:10	1:02:10
10	181 James Bruce		M40	0:56:00	1:59:30	1:03:30
11	999 Ben Farag		M50	0:56:00	2:01:27	1:05:27
12	710 Mike Murphy		M60	0:56:00	2:01:29	1:05:29
13	193 Dave Coles		M50	0:57:00	2:02:30	1:05:30
14	183 Andy Blair		M50	0:54:00	1:59:31	1:05:31
15	177 Richard Self		M45	0:56:00	2:01:53	1:05:53
16	723 Marcus Coles		M40	0:53:00	1:59:32	1:06:32
17	962 Mick McGeoch		M55	0:53:00	1:59:38	1:06:38
18	988 Alun Davies		SM	0:51:00	1:58:02	1:07:02
19	493 Peter Turnbull		M45	0:48:00	1:55:22	1:07:22
20	170 Brian Dias		SM	0:57:00	2:04:25	1:07:25
21	187 Neema Mal		SM	0:52:00	1:59:26	1:07:26
22	963 Howard Kent		M60	0:52:00	2:00:14	1:08:14
23	492 Chris Medcalf	San Domenico	SM	0:53:00	2:01:30	1:08:30
24	188 Gary Howgate		M40	0:54:00	2:02:54	1:08:54
25	486 Clem Clement	Penarth & Din	M50	0:50:00	1:59:07	1:09:07
26	196 Andrew Davidson		SM	0:52:00	2:02:16	1:10:16
27	497 John Magee		SM	0:52:00	2:02:17	1:10:17
28	488 Mick Tabor		M60	0:53:00	2:03:31	1:10:31
29	726 Sandy Johnston		M60	0:53:00	2:03:31	1:10:31
30	192 Simon Hazel		M40	0:48:00	1:59:03	1:11:03
31	495 Michael Cranwell		M60	0:47:00	1:59:00	1:12:00
32	979 Tim Green		M45	0:47:00	1:59:27	1:12:27
33	990 Aine Kenny		SW	0:46:00	1:58:33	1:12:33
34	180 Alan Mason		M50	0:47:00	1:59:55	1:12:55
35	496 Aileen Lyons		SW	0:47:00	1:59:59	1:12:59
36	974 Mike Davies		M60	0:46:00	1:59:14	1:13:14
37	980 Paul Morris		M50	0:51:00	2:04:18	1:13:18
38	722 Rod Perons		M50	0:43:00	1:56:23	1:13:23
39	992 Rosemary Moorehouse-Gann		SW	0:46:00	1:59:32	1:13:32
40	981 Caitlin Pearson		SW	0:43:00	1:56:49	1:13:49
41	995 Peter Stunell		M40	0:50:00	2:04:12	1:14:12
42	975 Terry Caveney		M50	0:50:00	2:04:21	1:14:21

43	964	Allan Jones	Brackla	M55	0:47:00	2:01:21	1:14:21
44	175	Mike Rossiter		M50	0:45:00	1:59:44	1:14:44
45	189	Alan Mann		M55	0:44:00	1:59:22	1:15:22
46	991	Roy Silver		M55	0:45:00	2:00:50	1:15:50
47	184	Firouz Mal		M50	0:40:00	1:56:00	1:16:00
48	498	Hazel Craven		W35	0:46:00	2:02:25	1:16:25
49	987	Steve Quin		M40	0:43:00	1:59:28	1:16:28
50	491	Karl Johns	San Domenico	SM	0:45:00	2:01:43	1:16:43
51	195	Jenny Martin		SW	0:42:00	1:59:19	1:17:19
52	483	Steve Wood	Pegasus	SM	0:43:00	2:00:58	1:17:58
53	986	Judi Rhys		W50	0:45:00	2:03:03	1:18:03
54	907	Steve Lewis		M50	0:41:00	1:59:06	1:18:06
55	708	Beth Lewis		W35	0:43:00	2:01:34	1:18:34
56	194	Cheryl Evans		SW	0:41:00	1:59:37	1:18:37
57	190	David McDonald		M45	0:41:00	1:59:44	1:18:44
58	171	Andrew Sedgmond		M55	0:44:00	2:03:24	1:19:24
59	989	Paul Chapman		M40	0:42:00	2:01:28	1:19:28
60	969	Kate Russell		SW	0:41:00	2:00:55	1:19:55
61	971	Des Davies		M60	0:39:00	1:58:56	1:19:56
62	485	Jeff Aston		M65	0:40:00	2:00:34	1:20:34
63	970	Lolly Burvill		SW	0:41:00	2:01:50	1:20:50
64	499	Michelle Amblin		W35	0:35:00	1:56:46	1:21:46
65	993	Helen Oliver		SW	0:37:00	1:58:52	1:21:52
66	725	Gerry Crispie		M50	0:44:00	2:06:47	1:22:47
67	728	Mark Farrar		SM	0:38:00	2:01:16	1:23:16
68	921	Alison Whittaker		W45	0:34:00	2:00:02	1:26:02
69	481	Colin Crooks	Pegasus	M55	0:36:00	2:04:29	1:28:29
70	179	Ralph Davey		M65	0:35:00	2:03:34	1:28:34
71	487	Janice Clement	Penarth & Din	W50	0:31:00	2:03:36	1:32:36
72	172	Jemma Sedgmond		SW	0:29:00	2:02:13	1:33:13
73	174	Tina Rossiter		W50	0:26:00	1:59:14	1:33:14
74	176	Jo Skilton	San Domenico	W50	0:26:00	1:59:14	1:33:14
75	178	Rhian Llewellyn		W45	0:26:00	1:59:50	1:33:50
76	973	Cari Randall		SW	0:24:00	2:02:46	1:38:46
77	918	Helen Gronow		W35	0:17:00	1:57:16	1:40:16
78	968	Amanda Thompson		W50	0:28:00	2:08:56	1:40:56
79	998	Tracey Newman		W40	0:25:00	2:08:18	1:43:18
80	173	Geoff Wright		M60	0:21:00	2:05:54	1:44:54