

Les Croupiers Running Club
10 Mile Handicap - Llandaff Fields, Cardiff
29 January 2017

Pos	Athlete	Club	Cat.	Start	Finish	Run Time
1	Jon Martin	Les Croupiers	SM	0:09:00	1:50:04	1:41:04
2	Lowri Roberts	Les Croupiers	W35	0:25:00	1:52:28	1:27:28
3	Naomi Clark	Les Croupiers	SW	0:18:00	1:53:52	1:35:52
4	Kerry Briggs	Les Croupiers	SW	0:27:00	1:54:32	1:27:32
5	Michelle Pugh	Les Croupiers	W35	0:21:00	1:54:56	1:33:56
6	Hannah Hopes	Les Croupiers	SW	0:19:00	1:55:18	1:36:18
7	Liz Denton	Les Croupiers	W55	0:21:00	1:55:25	1:34:25
8	Kelly Crofts	Les Croupiers	W35	0:20:00	1:56:05	1:36:05
9	Caroline Dallimore	Les Croupiers	W60	0:30:00	1:56:34	1:26:34
10	Jess Ellis	Les Croupiers	W35	0:43:00	1:56:43	1:13:43
11	Greg Roberts	Les Croupiers	SM	0:53:00	1:56:57	1:03:57
12	Mark Richmond	San Domenico	M40	0:52:00	1:57:02	1:05:02
13	David McDonald	Les Croupiers	M45	0:32:00	1:57:11	1:25:11
14	Yvonne Bullen	Les Croupiers	W50	0:33:00	1:57:13	1:24:13
15	Natasha Fry	Les Croupiers	W40	0:19:00	1:57:14	1:38:14
16	Jen Coleman	Les Croupiers	W40	0:43:00	1:57:20	1:14:20
17	Nick Tulp	Les Croupiers	SM	0:58:00	1:57:33	0:59:33
18	Gabriella Green	Les Croupiers	W45	0:37:00	1:57:40	1:20:40
19	Michelle Amblin	Les Croupiers	W40	0:38:00	1:57:54	1:19:54
20	Aine Kenny	Les Croupiers	W35	0:47:00	1:57:58	1:10:58
21	Matt Hurford	Les Croupiers	M40	1:00:00	1:58:04	0:58:04
22	Liz Randall	Les Croupiers	W35	0:19:00	1:58:12	1:39:12
23	Steve Preddy	Les Croupiers	M45	0:40:00	1:58:14	1:18:14
24	Jenny Martin	Les Croupiers	W35	0:41:00	1:58:20	1:17:20
25	Helen Oliver	Winchester	SW	0:50:00	1:58:24	1:08:24
26	James Bruce	Les Croupiers	M40	0:55:00	1:58:33	1:03:33
27	Allan Jones	Brackla	M60	0:37:00	1:58:36	1:21:36
28	Jeff Aston	Les Croupiers	M65	0:23:00	1:58:37	1:35:37
29	Jeff Cox	Les Croupiers	M50	0:53:00	1:58:40	1:05:40
30	James Nunn	Les Croupiers	M40	1:00:00	1:58:48	0:58:48
31	Ralph Davey	Les Croupiers	M70	0:31:00	1:59:05	1:28:05
32	Susan Bowes	Les Croupiers	W40	0:41:00	1:59:08	1:18:08
33	Lyndon Tudor-Maisey	Les Croupiers	M40	0:59:00	1:59:09	1:00:09
34	Mike Murphy	Les Croupiers	M60	0:50:00	1:59:10	1:09:10
35	Chris Pristavec	Les Croupiers	SM	1:00:00	1:59:15	0:59:15
36	Ed Morris	Les Croupiers	SM	0:53:00	1:59:19	1:06:19
37	Dave James	Les Croupiers	M55	0:58:00	1:59:20	1:01:20
38	Glyn Fletcher	Les Croupiers	SM	1:02:00	1:59:22	0:57:22
39	Daniel Luffman	Les Croupiers	M40	0:53:00	1:59:28	1:06:28
40	Andrew Sedgmond	Les Croupiers	M60	0:33:00	1:59:29	1:26:29

41	Kevin Jones	Les Croupiers	M50	0:52:00	1:59:29	1:07:29
42	Doug Nicholls	Les Croupiers	SM	1:02:00	1:59:34	0:57:34
43	Libby Bohemen	Les Croupiers	W45	0:46:00	1:59:39	1:13:39
44	Steve B Lewis	Les Croupiers	M55	0:40:00	1:59:47	1:19:47
45	Mike Riley	Les Croupiers	SM	0:57:00	1:59:58	1:02:58
46	Lorraine Burvill	Les Croupiers	W45	0:40:00	2:00:02	1:20:02
47	Ed Donovan	Les Croupiers	SM	1:01:00	2:00:02	0:59:02
48	Andy Blair	Les Croupiers	M50	0:59:00	2:00:03	1:01:03
49	Steve Bedford	Les Croupiers	M45	0:33:00	2:00:03	1:27:03
50	Chris Stacey	Les Croupiers	M55	0:19:00	2:00:10	1:41:10
51	Owain Griffiths	Les Croupiers	M40	0:20:00	2:00:11	1:40:11
52	Karen Chadwell	Les Croupiers	W45	0:25:00	2:00:17	1:35:17
53	Vince Nazareth	Les Croupiers	M55	0:56:00	2:00:20	1:04:20
54	Janet Holmes	Les Croupiers	W35	0:52:00	2:00:24	1:08:24
55	Nicky McWilliam	Les Croupiers	W40	0:48:00	2:00:34	1:12:34
56	Sarah McCarthy	Les Croupiers	W40	0:43:00	2:00:35	1:17:35
57	Gabrielius Stuokus	Les Croupiers	SM	0:57:00	2:00:36	1:03:36
58	Alan Mason	Les Croupiers	M55	0:44:00	2:00:36	1:16:36
59	Dave Coles	Les Croupiers	M55	0:54:00	2:00:37	1:06:37
60	Gwyn Jones	Les Croupiers	M50	0:43:00	2:00:45	1:17:45
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61	John Ross	Domenico	M45	0:48:00	2:01:03	1:13:03
62	Gerry Crispie	Les Croupiers	M55	0:40:00	2:01:16	1:21:16
63	Angela Champion	Les Croupiers	W40	0:47:00	2:01:19	1:14:19
64	Martin Williams	Les Croupiers	M50	0:59:00	2:01:29	1:02:29
65	Paul Wesson	Les Croupiers	M45	0:39:00	2:01:40	1:22:40
66	Oliver Williams	Les Croupiers	SM	1:05:00	2:01:41	0:56:41
67	Steve Quin	Les Croupiers	M45	0:43:00	2:01:59	1:18:59
68	Tim O'Sullivan	Les Croupiers	M55	0:40:00	2:02:08	1:22:08
69	Paul Taylor	Bramhall	M40	0:35:00	2:02:15	1:27:15
70	Eve Gallop-Evans	Les Croupiers	W50	0:36:00	2:02:19	1:26:19
71	Ben Farag	Les Croupiers	M50	0:54:00	2:02:26	1:08:26
72	Ruth Deards	Les Croupiers	W45	0:44:00	2:02:40	1:18:40
73	Gary John	Les Croupiers	M60	0:38:00	2:03:02	1:25:02
74	Rod Perons	Les Croupiers	M50	0:33:00	2:03:28	1:30:28
75	Terry Caveney	Les Croupiers	M55	0:44:00	2:03:52	1:19:52
76	Stuart Crees	Les Croupiers	SM	1:05:00	2:04:09	0:59:09
77	Kirsty McGowan	Les Croupiers	SW	0:24:00	2:04:33	1:40:33
78	Susan Watson	Les Croupiers	W50	0:51:00	2:04:41	1:13:41
79	Amanda Thompson	Les Croupiers	W55	0:16:00	2:05:41	1:49:41
80	Alison Whittaker	Les Croupiers	W50	0:34:00	2:06:29	1:32:29
81	Mike Davies	Les Croupiers	M65	0:45:00	2:06:36	1:21:36
82	Mark O'Neill	Les Croupiers	SM	0:42:00	2:07:10	1:25:10
83	Graeme Donnan	Les Croupiers	M60	0:33:00	2:07:32	1:34:32
84	Des Davies	Les Croupiers	M65	0:16:00	2:07:44	1:51:44