

Les Croupiers Running Club
10 Mile Handicap - Llandaff Fields, Cardiff
01 February 2015

No.	Athlete	Club	Cat.	Start	Finish	Run Time
1	258 Tom Jeffery		SM	1:01:00	1:59:39	0:58:39
2	272 Oliver Williams		SM	1:04:00	2:02:55	0:58:55
3	284 Jerome Edwards		M40	1:01:00	2:00:12	0:59:12
4	256 Ake Fagereng		SM	1:01:00	2:00:34	0:59:34
5	232 Matt Hurford		M40	1:01:00	2:01:36	1:00:36
6	214 Martin Williams		M50	1:00:00	2:00:38	1:00:38
7	105 Ed Donovan		SM	1:04:00	2:05:21	1:01:21
8	289 Mark Joyce		M40	0:59:00	2:01:52	1:02:52
9	226 Nick Dukes		SM	1:00:00	2:03:29	1:03:29
10	259 Matt Hopkins		SM	0:55:00	1:58:31	1:03:31
11	265 David Proud		M45	0:57:00	2:00:40	1:03:40
12	248 James Bruce		M40	0:57:00	2:00:51	1:03:51
13	202 Andy Blair		M50	0:58:00	2:02:45	1:04:45
14	234 Richard Bullen		M50	0:58:00	2:03:22	1:05:22
15	225 Lucy Marland	Neath Harriers	SW	0:56:00	2:01:55	1:05:55
16	282 Neema Mal		SM	0:55:00	2:01:06	1:06:06
17	252 Dave Coles		M55	0:56:00	2:02:08	1:06:08
18	283 Ben Farag		M40	0:56:00	2:02:21	1:06:21
19	115 Carys Hughes		SW	0:53:00	1:59:57	1:06:57
20	253 Shaun Farbon		SM	0:53:00	2:00:06	1:07:06
21	300 Gabriella Booth		SW	0:55:00	2:02:17	1:07:17
22	228 Gethin Parker		SM	0:52:00	1:59:21	1:07:21
23	112 Dave Headon		M50	0:54:00	2:01:23	1:07:23
24	271 Peter Turnbull		M40	0:54:00	2:01:27	1:07:27
25	113 Mike Murphy		M60	0:55:00	2:02:57	1:07:57
26	107 Howard Owen		SM	0:52:00	2:00:08	1:08:08
27	260 Daniel Luffman		M40	0:52:00	2:00:16	1:08:16
28	215 Mick McGeoch		M55	0:54:00	2:02:43	1:08:43
29	279 Simon Hazel		M40	0:50:00	1:58:51	1:08:51
30	237 Jack Evans	Pegasus	SM	0:48:00	1:57:24	1:09:24
31	273 Jeff Cox		M50	0:56:00	2:05:40	1:09:40
32	235 Libby O'Duffy		W45	0:50:00	1:59:55	1:09:55
33	281 Liz Kirwan		SW	0:49:00	1:59:04	1:10:04
34	262 John Magee		M40	0:51:00	2:01:10	1:10:10
35	207 Brian Dias		SM	0:56:00	2:07:07	1:11:07
36	247 Janet Holmes		SW	0:48:00	1:59:10	1:11:10
37	295 Steve Sheard	Cardiff	SM	0:45:00	1:56:24	1:11:24
38	245 Caitlin Pearson		SW	0:47:00	1:58:29	1:11:29
39	287 Hazel Craven		W35	0:47:00	1:59:40	1:12:40
40	230 Aine Kenny		SW	0:49:00	2:01:48	1:12:48
41	280 Angela Champion		W35	0:48:00	2:00:50	1:12:50
42	102 Julie Deegan	White Star Athletic	W50	0:48:00	2:01:04	1:13:04

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43	292 Terry Caveney		M50	0:48:00	2:01:11	1:13:11
44	251 Paul Morris		M50	0:47:00	2:00:25	1:13:25
45	224 Steve Hitchen		M40	0:51:00	2:04:26	1:13:26
46	244 Tony Mackay	Pegasus	M50	0:47:00	2:00:44	1:13:44
47	294 Peter Stunnell		W40	0:45:00	1:58:51	1:13:51
48	276 Clive Osmond		M50	0:48:00	2:02:27	1:14:27
49	218 Rod Perons		M50	0:44:00	1:58:44	1:14:44
50	249 Alan Mason		M50	0:47:00	2:01:59	1:14:59
51	267 Allan Jones	Brackla	M60	0:45:00	2:00:04	1:15:04
52	286 Helen Oliver		SW	0:39:00	1:54:14	1:15:14
53	291 Michael Elliston		M40	0:45:00	2:00:31	1:15:31
54	206 Julie Scholey		W55	0:43:00	1:58:33	1:15:33
55	296 Clem Clement	Penarth and Dinas	M50	0:50:00	2:05:40	1:15:40
56	268 Sarah McCarthy		W40	0:42:00	1:57:46	1:15:46
57	299 Veronica Singleton		W50	0:45:00	2:01:04	1:16:04
58	208 Paul Chapman		M45	0:41:00	1:57:49	1:16:49
59	269 Roy Silver		M55	0:45:00	2:01:57	1:16:57
60	255 Richard Hanson		SM	0:45:00	2:02:06	1:17:06
61	104 Tim O'Sullivan		M50	0:44:00	2:01:14	1:17:14
62	293 Robert Chapman		M55	0:49:00	2:06:51	1:17:51
63	103 Gerry Crispie		M50	0:45:00	2:03:21	1:18:21
64	243 Steve Wood	Pegasus	SM	0:41:00	1:59:30	1:18:30
65	288 Nicola Poole		W40	0:42:00	2:01:09	1:19:09
66	222 Lolly Burvill		W40	0:39:00	2:00:30	1:21:30
67	290 Gwyn Jones		M50	0:41:00	2:02:45	1:21:45
68	250 Jenny Martin		W35	0:41:00	2:02:54	1:21:54
69	270 Graeme Donnan		M60	0:37:00	2:00:49	1:23:49
70	233 Yvonne Bullen		W50	0:37:00	2:01:07	1:24:07
71	108 Megan Baker	Stroud	SW	0:39:00	2:03:17	1:24:17
72	205 Julie Broughton		W45	0:35:00	1:59:47	1:24:47
73	114 Luke Heslop		SM	0:35:00	2:00:13	1:25:13
74	238 Julia Evans	Pegasus	W50	0:34:00	1:59:16	1:25:16
75	109 Jeff Aston		M65	0:37:00	2:02:38	1:25:38
76	242 Richard Street	Pegasus	M60	0:32:00	1:57:52	1:25:52
77	212 Dirk Schmaljohann		M45	0:27:00	1:53:35	1:26:35
78	278 Glenda Edwards		W50	0:30:00	1:56:44	1:26:44
79	257 Andrew Sedgmond		M60	0:37:00	2:03:46	1:26:46
80	240 Nicola Beynon	Pegasus	SW	0:34:00	2:00:51	1:26:51
81	264 John Payne		M45	0:33:00	2:00:48	1:27:48
82	223 Ralph Davey		M70	0:33:00	2:00:49	1:27:49
83	241 Phil Allen	Pegasus	M50	0:31:00	1:58:55	1:27:55
84	236 Colin Crooks	Pegasus	M55	0:36:00	2:05:04	1:29:04

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85	209 Sarah Perons		W50	0:28:00	1:57:33	1:29:33
86	220 David McDonald		M45	0:40:00	2:11:26	1:31:26
87	211 Alan Mann		M55	0:41:00	2:12:26	1:31:26
88	285 Alexandra Davies		SW	0:30:00	2:01:27	1:31:27
89	231 Amanda Thompson		W50	0:27:00	1:58:28	1:31:28
90	298 Paul Wesson		M40	0:40:00	2:12:43	1:32:43
91	254 Clare Johnson		W65	0:24:00	1:57:06	1:33:06
92	297 Janice Clement	Penarth and Dinas	W50	0:30:00	2:04:16	1:34:16
93	217 Karen Chadwell		W45	0:19:00	1:53:43	1:34:43
94	219 Tracey Newman		W40	0:24:00	2:04:07	1:40:07
95	263 Nicola John		W40	0:14:00	2:05:30	1:51:30
96	274 Sarah Meah		W50	0:12:00	2:06:38	1:54:38
97	266 Errol Alexis		M75	0:01:00	2:16:59	2:15:59