

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

Pos	Athlete	Club	Cat.	Start	Finish	Run Time
1	Kevin Fowler	Pegasus	M55	0:23:00	1:49:37	1:26:37
2	Dai Jones	Les Croupiers	SM	0:32:00	1:52:21	1:20:21
3	Kate Russell	Les Croupiers	W35	0:35:00	1:54:47	1:19:47
4	Stuart Ball	Les Croupiers	SM	0:15:00	1:55:09	1:40:09
5	Alan Mason	Les Croupiers	M50	0:15:00	1:55:09	1:40:09
6	Sarah Cobbold	Pegasus	SW	0:31:00	1:56:08	1:25:08
7	Alice Johnston	Les Croupiers	SW	0:43:00	1:56:09	1:13:09
8	Jenny Martin	Les Croupiers	W35	0:39:00	1:56:22	1:17:22
9	Alexandra Davies	Les Croupiers	SW	0:27:00	1:56:29	1:29:29
10	Jemma Sedgmond	Les Croupiers	SW	0:32:00	1:57:06	1:25:06
11	Graham Carrick	Pegasus	M50	0:30:00	1:57:33	1:27:33
12	Martin Pinnell	Les Croupiers	M50	0:42:00	1:57:49	1:15:49
13	Matt Govier	Les Croupiers	M40	0:57:00	1:57:50	1:00:50
14	Gill Murphy	Les Croupiers	W60	0:30:00	1:57:55	1:27:55
15	Maria Zubizarreta	Les Croupiers	W40	0:33:20	1:58:02	1:24:42
16	Ian Thorne	Pegasus	M45	0:39:00	1:58:06	1:19:06
17	Ake Fagereng	Les Croupiers	SM	1:00:00	1:58:08	0:58:08
18	Benito Castello	Pegasus	SM	0:36:00	1:58:19	1:22:19
19	Cheryl Evans	Victoria Park & TH AC	SW	0:47:00	1:58:28	1:11:28
20	Gwenno Thomas	Les Croupiers	W35	0:26:00	1:58:32	1:32:32
21	Andrew Williamson	Pegasus	SM	0:39:00	1:58:34	1:19:34
22	David McDonald	Les Croupiers	M45	0:39:00	1:58:36	1:19:36
23	Duncan Ayscough	Les Croupiers	M45	0:49:00	1:58:37	1:09:37
24	Gerry Crispie	Les Croupiers	M50	0:41:00	1:58:38	1:17:38
25	John Hill	Bridgend	SM	0:54:00	1:58:41	1:04:41
26	Mick Tabor	Les Croupiers	M60	0:49:00	1:58:44	1:09:44
27	Andrew Cleverley	Pegasus	M45	0:39:00	1:58:46	1:19:46
28	Ruth Deards	Les Croupiers	W45	0:40:00	1:58:48	1:18:48
29	James Bruce	Les Croupiers	M45	0:55:00	1:58:59	1:03:59
30	Nathan Dee	Pegasus	SM	0:36:00	1:58:59	1:22:59
31	Peter Turnbull	Les Croupiers	M45	0:53:00	1:59:12	1:06:12
32	Ed Donovan	Les Croupiers	SM	0:59:00	1:59:14	1:00:14
33	Jeff Cox	Les Croupiers	M50	0:54:00	1:59:16	1:05:16
34	Brett Jones	Les Croupiers	M40	0:29:00	1:59:19	1:30:19
35	Hazel Craven	Les Croupiers	W35	0:47:00	1:59:20	1:12:20
36	Richard Self	Les Croupiers	M50	0:53:00	1:59:29	1:06:29
37	An Unknown	Anonymous AC			1:59:29	
38	Doug Nicholls	San Domenico	SM	1:01:00	1:59:30	0:58:30
39	Oliver Williams	Les Croupiers	SM	1:03:00	1:59:30	0:56:30
40	Andrew Sedgmond	Les Croupiers	M60	0:36:00	1:59:35	1:23:35
41	Lowri Roberts	Les Croupiers	W40	0:29:00	1:59:38	1:30:38
42	Karen Chadwell	Les Croupiers	W45	0:29:00	1:59:39	1:30:39
43	Dave Coles	Les Croupiers	M50	0:56:00	1:59:42	1:03:42
44	Vincent Nazareth	Les Croupiers	M50	0:55:00	1:59:46	1:04:46
45	Tom Jeffery	Les Croupiers	SM	1:02:00	1:59:46	0:57:46
46	Tony Mackay	Pegasus	SM	0:47:00	1:59:46	1:12:46
47	Neema Mal	Les Croupiers	SM	0:54:00	1:59:52	1:05:52
48	Lolly Burvill	Les Croupiers	W40	0:39:00	1:59:53	1:20:53
49	Nadine Ritterskamp	Les Croupiers	SW	0:37:00	1:59:56	1:22:56
50	Allan Jones	Brackla	M60	0:40:00	1:59:58	1:19:58
51	Paul Morris	Les Croupiers	M55	0:45:00	2:00:00	1:15:00
52	Sian Roberts	Les Croupiers	W45	0:45:00	2:00:02	1:15:02
53	An Unknown	Anonymous AC			2:00:03	
54	Tim Lewis	Les Croupiers	SM	0:57:00	2:00:04	1:03:04
55	Sandy Johnston	Les Croupiers	M65	0:52:00	2:00:12	1:08:12

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56	Ian Mackenzie	Les Croupiers	M50	0:32:00	2:00:14	1:28:14
57	Mark Joyce	Les Croupiers	M50	0:58:00	2:00:17	1:02:17
58	Richard Bullen	Les Croupiers	M55	0:54:00	2:00:23	1:06:23
59	Paul Chapman	Les Croupiers	M45	0:44:00	2:00:35	1:16:35
60	Howard Owen	Les Croupiers	SM	0:53:00	2:00:36	1:07:36
61	Libby Bohemen	Les Croupiers	W45	0:50:00	2:00:43	1:10:43
62	John Payne	Les Croupiers	M50	0:38:00	2:00:49	1:22:49
63	Michael Cranwell	Les Croupiers	M60	0:47:00	2:00:49	1:13:49
64	Jenna Groves	Pegasus	SW	0:31:00	2:00:50	1:29:50
65	Richard Sewell	Les Croupiers	M50	0:42:00	2:00:55	1:18:55
66	Ed Morris	Les Croupiers	SM	0:52:00	2:01:02	1:09:02
67	Matt Thompson	Les Croupiers	SM	0:42:00	2:01:06	1:19:06
68	Dave James	Les Croupiers	M55	0:57:00	2:01:12	1:04:12
69	Dave Goodall	White Rock	M60	0:50:00	2:01:12	1:11:12
70	Jack Evans	Pegasus	SM	0:50:00	2:01:21	1:11:21
71	Richard Holmes	Les Croupiers	SM	0:56:00	2:01:22	1:05:22
72	Stuart Crees	Les Croupiers	SM	1:02:00	2:01:35	0:59:35
73	Sally Groves	Pegasus	W50	0:23:00	2:01:47	1:38:47
74	Marcus Meyrick	Les Croupiers	M45	0:53:00	2:01:50	1:08:50
75	Phil Allen	Pegasus	M55	0:32:00	2:02:00	1:30:00
76	Martin Williams	Les Croupiers	M50	0:57:00	2:02:12	1:05:12
77	Amanda Thompson	Les Croupiers	W55	0:20:00	2:02:21	1:42:21
78	Jeff Aston	Les Croupiers	M65	0:33:00	2:02:31	1:29:31
79	Julie Scholey	Les Croupiers	W55	0:45:00	2:02:41	1:17:41
80	Lyndon Tudor-Maisey	Les Croupiers	SM	0:58:00	2:02:49	1:04:49
81	Howard Kent	Les Croupiers	M60	0:52:00	2:02:55	1:10:55
82	Mike Murphy	Les Croupiers	M60	0:52:00	2:02:59	1:10:59
83	Mark Bowen	Pegasus	SM	0:45:00	2:03:06	1:18:06
84	Paul Wesson	Les Croupiers	M45	0:36:00	2:03:12	1:27:12
85	Matt Hurford	Les Croupiers	M40	1:02:00	2:03:13	1:01:13
86	Andrea Webster	Les Croupiers	W55	0:41:00	2:03:31	1:22:31
87	Steve Quin	Les Croupiers	M40	0:46:00	2:03:58	1:17:58
88	Terry Docherty	Les Croupiers	M45	0:40:00	2:04:02	1:24:02
89	Julia Evans	Pegasus	W55	0:36:00	2:04:20	1:28:20
90	Roy Silver	Les Croupiers	M55	0:43:00	2:04:28	1:21:28
91	Graeme Donnan	Les Croupiers	M60	0:33:20	2:04:41	1:31:21
92	Graham Webster	Les Croupiers	M55	0:44:00	2:04:57	1:20:57
93	Colin Crooks	Pegasus	M60	0:33:00	2:05:25	1:32:25
94	Ellen Sugden	Pegasus	W35	0:29:00	2:05:43	1:36:43
95	Des Davies	Les Croupiers	M65	0:26:00	2:06:39	1:40:39
96	Gwyn Jones	Les Croupiers	M50	0:43:00	2:06:46	1:23:46
97	Luke Heslop	Les Croupiers	SM	0:37:00	2:06:53	1:29:53
98	Mike Davies	Les Croupiers	M60	0:46:00	2:07:46	1:21:46
99	Sarah Meah	Les Croupiers	W50	0:14:00	2:09:12	1:55:12
100	Richard Street	Pegasus	M60	0:33:00	2:10:35	1:37:35
101	Tracey Newman	Les Croupiers	W45	0:28:30	2:12:26	1:43:56
102	Dirk Schmaljohann	Les Croupiers	M45	0:29:00	2:13:08	1:44:08
103	Errol Alexis	Les Croupiers	M75	-0:12:00	2:26:18	2:38:18

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