

CARDIFF RUNNING SERIES 4 MILE
FRIDAY 5 JULY 2019

Position	Bib	Time	Name	Age	Gender	Club
1	401	00:21:01	Oliver Williams	SM	M	White Rock Runners
2	386	00:21:24	James Thie	M40	M	Cardiff AAC
3	381	00:22:05	Alex Jackson	U20M	M	Cardiff AAC
4	373	00:22:11	Richard Baker	M45	M	Les Croupiers RC
5	379	00:22:36	Gareth Griffiths	SM	M	Cardiff Met
6	370	00:22:54	Owain Morris	SM	M	Aberdare Valley AAC
7	382	00:23:25	Efan Owen	U20M	M	Cardiff AAC
8	344	00:23:35	Thomas Henry	SM	M	Liswerry Runners
9	375	00:23:52	Megan McBrien	SW	F	Royal Sutton Coldfield AC
10	22	00:23:52	Adrian Lewis	M45	M	Aberdare Valley AAC
11	346	00:24:08	Tom Webb	U17M	M	Parc Bryn Bach RC
12	20	00:24:13	Paul Josua	SM	M	San Domenico RC
13	383	00:24:19	Andy Blair	M50	M	Les Croupiers RC
14	367	00:25:14	Vincent Nazareth	M55	M	Les Croupiers RC
15	343	00:25:18	Aled Hughes	M40	M	Ogmore Phoenix Runners
16	349	00:25:24	Cian Ralphs	U17M	M	Cardiff AAC
17	5	00:25:37	Laurent Bono	SM	M	Les Croupiers RC
18	394	00:25:54	David Walker	M60	M	Les Croupiers RC
19	403	00:26:10	Lloyd Bridges	U17M	M	Cardiff AAC
20	390	00:26:15	Peter Turnbull	M55	M	Les Croupiers RC
21	368	00:26:19	Sean Price	M55	M	Les Croupiers RC
22	341	00:26:27	Brian Dias	SM	M	Cardiff AAC
23	372	00:26:52	Joseph Joyce	U17M	M	Cardiff AAC
24	388	00:27:05	Shelley Brace	SW	M	Les Croupiers RC
25	376	00:27:35	Isaac Jones	U17M	M	Cardiff AAC
26	36	00:27:38	Mike Murphy	M65	M	Les Croupiers RC
27	371	00:27:41	Andy Wilton	M40	M	San Domenico RC
28	29	00:27:43	Steven Preddy	M45	M	Les Croupiers RC
29	380	00:27:46	Megan Friedli	U17W	F	Cardiff AAC
30	389	00:27:48	Elizabeth Neville	F35	F	Les Croupiers RC
31	30	00:27:48	Sally Pugsley	SW	F	Les Croupiers RC
32	16	00:28:04	Hayley Jackson	F45	F	Parc Bryn Bach RC
33	11	00:28:09	David George	M50	M	Les Croupiers RC
34	395	00:28:30	Nathaniel Palmer	M45	M	Les Croupiers RC
35	405	00:28:52	Keri Jones	F45	F	Parc Bryn Bach RC
36	393	00:28:58	Steve Chadwell	M45	M	Les Croupiers RC
37	342	00:29:22	Mick McGeoch	M60	M	Les Croupiers RC
38	34	00:29:40	David E Williams	M55	M	Les Croupiers RC
39	13	00:29:43	Nick Harris	SM	M	Ogmore Phoenix Runners
40	347	00:29:47	Kay Chapman	F50	F	Cardiff AAC
41	345	00:29:59	Clive Osmond	M55	M	Les Croupiers RC
42	33	00:30:06	Dominic Shields	M50	M	San Domenico RC
43	38	00:30:49	Julie Scholey	F60	F	Les Croupiers RC
44	366	00:31:19	Sally Groves	F55	F	Pegasus RC
45	23	00:31:20	Jenny Martin	F40	F	Les Croupiers RC
46	27	00:31:35	Gwynfor Palfrey	M55	M	Blaenau Gwent AC
47	387	00:31:37	Mick Tabor	M65	M	Les Croupiers RC
48	4	00:32:13	Nigel Bleach	M50	M	Seriously Mad Runners
49	391	00:32:30	Eve Gallop-Evans	F55	F	Les Croupiers RC
50	392	00:33:12	Richard Jackson	M50	M	Penarth and Dinas Runners
51	348	00:33:24	Peter Heath	SM	M	Les Croupiers RC
52	378	00:34:25	Joanna Friedli	F45	F	Les Croupiers RC
53	25	00:35:08	Hannah Miles	SW	F	Les Croupiers RC
54	377	00:35:27	Madison Gregory	U17W	F	Cardiff AAC
55	2	00:36:23	Claire Bell	F55	F	Les Croupiers RC
56	37	00:36:45	Gill Murphy	F65	F	Les Croupiers RC
57	369	00:37:38	Debra Price	F50	F	Les Croupiers RC
58	1	00:38:25	Ian Barrett	SM	M	Les Croupiers RC
59	7	00:38:57	Sandra Caveney	F55	F	Les Croupiers RC
60	14	00:40:11	Chloe Holst	U17F	F	N/A
61	12	00:40:29	Julie Haigh	F60	F	Caerphilly Runners
62	340	00:42:00	Claire George	F45	F	Les Croupiers RC
63	24	00:42:01	Jon Martin	M40	M	Les Croupiers RC
64	385	00:43:06	Colin Crooks	M60	M	Pegasus RC
65	15	00:48:00	Emma Holst	F45	F	N/A
66	384	00:55:25	Helen Lloyd Jones	F70	F	Pegasus RC