

The Chase 5K 2019

Wednesday 17th July 2019

Bib #	First Name	Last Name	Gender	Age Group	Club	Start Time	Finish Time	Running Time	Finish	Time	
400	Charlotte	Towers	Female	SW	Canton Chargers	00:00	18:01	18:01	1	6	1st Lady
425	Carys	Hughes	Female	SW	Cardiff AAC	00:00	18:33	18:33	2	8	2nd Lady
466	Richard	Jackson-Hookins	Male	SM	Les Croupiers RC	02:40	18:37	15:57	3	1	1st Male
469	Richard	Baker	Male	M45	Les Croupiers RC	02:40	19:12	16:32	4	2	2nd Male
401	Katie	Beecher	Female	F40	Les Croupiers RC	00:00	19:16	19:16	5	13	3rd Lady
476	Richard	Ross	Male	M45	Les Croupiers RC	02:40	19:16	16:36	6	3	3rd Male
450	Doug	Nichols	Male	SM	Les Croupiers RC	02:40	19:27	16:47	7	4	
451	Stuart	Crees	Male	M40	Les Croupiers RC	02:40	19:54	17:14	8	5	
406	Sally	Pugsley	Female	SW	Les Croupiers RC	00:00	20:38	20:38	9	16	
452	Ben	Kennedy	Male	SM	Les Croupiers RC	02:40	20:55	18:15	10	7	
426	Bethan	Meyrick	Female	U17W	Cardiff AAC	00:00	21:05	21:05	11	18	
479	Joseph	Joyce	Male	U17M	Cardiff AAC	02:40	21:14	18:34	12	9	
471	Paul	Morton	Male	SM	Les Croupiers RC	02:40	21:15	18:35	13	10	
407	Angela	Champion	Female	F40	Les Croupiers RC	00:00	21:36	21:36	14	21	
418	Aileen	Lyons	Female	SW	Les Croupiers RC	00:00	21:48	21:48	15	22	
464	David	Bennett	Male	M45	Porthcawl	02:40	21:48	19:08	16	11	
478	Mark	Joyce	Male	M45	Les Croupiers RC	02:40	21:52	19:12	17	12	
456	Chris	Towers	Male	SM	CDF Runners	02:40	21:56	19:16	18	14	
423	Helen	Jessop	Female	F40	Les Croupiers RC	00:00	22:00	22:00	19	23	
477	Anthony	Fazio	Male	U17M		02:40	22:08	19:28	20	15	
424	Lolly	Evans	Female	F45	Les Croupiers RC	00:00	22:10	22:10	21	24	
411	Libby	Crees	Female	F50	Les Croupiers RC	00:00	22:28	22:28	22	28	
420	Kay	Chapman	Female	F50	Cardiff AAC	00:00	22:34	22:34	23	30	
410	Sian	Thomas	Female	SW		00:00	23:06	23:06	24	32	
409	Jenny	Martin	Female	F40	Les Croupiers RC	00:00	23:27	23:27	25	34	
462	Gareth	Logan	Male	SM		02:40	23:28	20:48	26	17	
419	Sally	Groves	Female	F55	Pegasus RC	00:00	23:41	23:41	27	35	

470	Rob	Evans	Male	M65	Les Croupiers RC	02:40	23:45	21:05	28	19
421	Sarah	Burdett	Female	SW	Les Croupiers RC	00:00	23:48	23:48	29	36
458	John	Hussey	Male	SM	Rhoose Runners	02:40	24:00	21:20	30	20
427	Eve	Gallop-Evans	Female	F55	Les Croupiers RC	00:00	24:44	24:44	31	39
457	David E	Williams	Male	M55	Les Croupiers RC	02:40	24:52	22:12	32	25
459	Toby	Nunn	Male	SM		02:40	24:54	22:14	33	26
465	Richard	Edge	Male	M40	Pegasus RC	02:40	25:01	22:21	34	27
475	Nick	Harris	Male	SM	Ogmore Pheonix	02:40	25:11	22:31	35	29
415	Caroline	Thomas	Female	F35	Blaenau Gwent	00:00	25:26	25:26	36	40
480	Mike	Davies	Male	M65	Les Croupiers RC	02:40	25:45	23:05	37	31
474	Paul	Chapman	Male	M50	Les Croupiers RC	02:40	25:59	23:19	38	33
417	Patricia	Searle	Female	F55	Canton Chargers	00:00	26:04	26:04	39	42
416	Becky	Domkin	Female	F35		00:00	26:45	26:45	40	43
468	Peter	Heath	Male	SM	Les Croupiers RC	02:40	27:10	24:30	41	37
463	Mark	Hembury	Male	M55		02:40	27:23	24:43	42	38
428	Claire	Bell	Female	F55	Les Croupiers RC	00:00	27:26	27:26	43	44
467	Roshan	Khan	Male	M60	Les Croupiers RC	02:40	28:21	25:41	44	41
412	Sandra	Caveney	Female	F55	Les Croupiers RC	00:00	28:50	28:50	45	46
422	Karen	Chadwell	Female	F45	Les Croupiers RC	00:00	30:20	30:20	46	48
481	Phil	Allen	Male	M55	Pegasus RC	02:40	30:22	27:42	47	45
473	Phil	Groves	Male	M55	Pegasus RC	02:40	31:34	28:54	48	47
461	Jon	Martin	Male	M40	Les Croupiers RC	02:40	33:49	31:09	49	49
472	Colin	Crooks	Male	M60	Pegasus RC	02:40	35:17	32:37	50	50