

Grand Prix Series

Grand Prix 1 - Christmas Classic

N.I.A.C. Cyncoed Campus

Sunday 16th December

REGISTRATION



Cardiff
Metropolitan
University

Prifysgol
Metropolitan
Caerdydd

T07-Men & Women 3000m - Open (Graded)				Entries Close	
All Comers Record : Rob WHALLEY, England, 7.53.63, 2000/Kate REED, England, 9.18.95, 2004				11:50 AM	
Welsh Record : Ian HAMER, Swansea Harriers, 7.51.49, 1992/Hayley TULLETT, Swansea Harriers, 8.45.36, 2001				Event Start	
Grand Prix Best Performance : SENM Stephen DAVIES, Belgrave, 8:03.65, 2011/SENW Kate MALBY, Bristol & West AC, 9:03.60, 2016				12:50 PM	
BIB	ATHLETE	CLUB	PB	REGISTERED	AGE GROUP
1	Ben TULL SENM	Cardiff Met	8.45	Y	SENM
12	Themis BOWER U20M	Cardiff Met	9.15	Y	U20M
13	Samuel JACKSON U20M	Cardiff Met	10.00	Y	U20M
14	Dan NASH SENM	Cardiff Met	8.15	Y	SENM
15	Benoit NOLF U20M	Cardiff Met	8.45	Y	U20M
16	Jake SMITH SENM	Cardiff Met	8.10	Y	SENM
17	Piers COPELAND SENM	Cardiff Met	8.00	Y	SENM
18	Ciaran LEWIS SENM	Cardiff Met	8.20	Y	SENM
19	Thomas GOSTELOW U20M	Cardiff Met	8.35	Y	U20M
20	Jack HOPE SENM	Cardiff Met	8.35	Y	SENM
30	Jac SMITH U20M	Cardiff Uni	8.45	Y	U20M
34	Peter RYDER SENM	Aberdare VAAC	9.45	Y	SENM
35	Josh MOODY SENM	Bristol & West AC	8.45	Y	SENM
39	Ben HAWKINS SENM	Taunton AC	8.50	Y	SENM
43	Freddie HILL SENM	Highgate Harriers	10.15	Y	SENM
46	Owen HASWELL SENM	Cardiff AAC	8.30	Y	SENM
50	Conall MCNALLY SENM	University of Bristol/Redhill Road Runners	9.30	Y	SENM
51	Callum JONES SENM	Newquay & Par AC	8.20	Y	SENM
52	Elliot MORAN U20M	Exeter Harriers	8.40	Y	U20M
54	Michael ROBBINS SENM	Newbury AC	9.25	Y	SENM
56	Chris BOOTH U20M	Gloucestershire Uni	9.15	Y	U20M
57	Neil KENNEDY SENM	Bristol & West AC	9.10	Y	SENM
61	Ewan SHORT SENM	Crawley AC	8.59	Y	SENM
65	David WILLIAMS SENM	Les Croupiers RC	9.10	Y	SENM
68	James HANCOCK SENM	Sutton & District/Exeter Uni	8.35	Y	SENM
82	Noah LAMBERT U20M	Stroud	8.45	Y	U20M
83	Daniel CARPENTER SENM	Enfield and Haringey	8.15	Y	SENM
84	Sol SWEENEY SENM	Perth Strathtay	7.55	Y	SENM
85	Nathan JONES U20M	Swansea Harriers	8.45	Y	U20M
88	Devin COOMBES U20M	Bridgend AC	9.20	Y	U20M
89	Aaron ENSER U20M	Bracknell	8.50	Y	U20M
90	Osian PERRIN U20M	Menai	8.45	Y	U20M
91	Guy SMITH SENM	Swansea	8.05	Y	SENM

REGISTRATION SHEET

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95	Adam WILSON SENM	Yate & District	8.55	Y	SENM
98	Iwan SMITH U20M	Aberdare VAAC	9.50	Y	U20M
103	Muktaar FARHAN SENM	Cardiff AAC	8.40	Y	SENM
104	Remi ADEBIYI U20M	Newport Harriers	8.35	Y	U20M
108	Connor MACLEAN SENM	kilbarchan aac	8.15	Y	SENM
109	Patrick MOCHAN U20M	Swindon Harriers	9.10	Y	U20M
124	Peter COOK SENM	Reading AC	8.45	Y	SENM
129	Cameron POLLOCK SENM	University of Bristol AC & CCC	10.00	Y	SENM
130	Gwyn JONES SENM	Les Croupiers RC	12.45	Y	SENM
134	Craig BRIDGES SENM	Team Bath AC	10.15	Y	SENM
140	Dan WILDE SENM	Taunton AC	8.35	Y	SENM
147	Shreyas KANYADY U20M	Reading AC	8.52	Y	U20M
149	Christopher HEPWORTH SENM	ESMAC	8.49	Y	SENM
154	Sam CROWTER SENM	Exeter harriers	8.40	Y	SENM
164	Samuel BLAKE SENM	Cardiff AAC	8.15	Y	SENM
213	Tony ROPER SENM	Bristol & West AC	9.45	Y	SENM
214	James SHARE SENM	Poole Runners	8.50	Y	SENM
217	Ben SMITH SENM	Aberdare VAAC	9.50	Y	SENM
222	Abed TEWELDEBRHAN SENM	Newport Harriers	8.30	Y	SENM
257	Georgiana LULIANA SENW	Cardiff Uni	12.30	Y	SENW
258	Lauren COOPER SENW	Cardiff Uni	10.10	Y	SENW
259	Cadie HIBBERD SENW	Cardiff Uni	11.30	Y	SENW
260	Alex GARETT U20W	Cardiff Uni	13.30	Y	U20W
270	Vicky JACKSON SENW	CARDIFF AAC	10.30	Y	SENW
275	Madeleine JOHNSON U20W	Wimborne AC	10.15	Y	U20W
283	Nikita STEINER SENW	Exeter University Athletics Club	10.59	Y	SENW
292	Susannah REID SENW	Cambridge & Coleridge	10.30	Y	SENW
298	Grace COPELAND U20W	Wimborne AC	9.40	Y	U20W
301	Lillian HAWKINS SENW	Southampton AC	9.45	Y	SENW
315	Penny OLIVER SENW	Coventry Godiva Harriers/Exeter Uni	10.30	Y	SENW
318	Holly BANKES U20W	Stroud Athletics	11.00	Y	U20W
321	Louise JACKSON SENW	Southampton AC	9.15	Y	SENW

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324	Alanah HILL U20W	Cardiff Archers	10.15	Y	U20W
327	Naomi COLLIER SENW	Grantham AC	10.00	Y	SENW
348	Rebecca PIERCE SENW	Team Bath	10.30	Y	SENW
352	Louise JEFFRIES SENW	team bath athletic club	12.00	Y	SENW
359	Caroline COTTERELL MW45	CIREN : Cirencester AC	12.00	Y	MW45
360	Helen-Marie DAVIES MW40	SWAN : Swansea Harriers AC	11.25	Y	MW40
361	Llinos JONES MW35	Amman Valley Harriers	10.46	Y	MW35
362	Helen LUTLEY MW65	Emlyn Runners	15.33	Y	MW65
375	Kate SEARY SENW	Cardiff AAC	9.45	Y	SENW
390	Kate MALTBY SENW	Bristol & West	9.15	Y	SENW