

Summer Series 3 mile

Overall Male Runner

Place	Bib#	Name	Time	Type	City
1.	385	James Thie	15:51	Runner	Cardiff Aac
2.	362	Oli Lum	16:09	Runner	Brackla Harriers
3.	393	Richard Baker	16:22	Runner	Les Croupiers Rc

Overall Female Runner

Place	Bib#	Name	Time	Type	City
1.	306	Tamara Beach	17:53	Runner	N/a
2.	364	Freya Roberts	19:21	Runner	Cardiff Archers
3.	322	bethany gold	19:37	Runner	Cardiff AAC

Male 40 - 49

Place	Bib#	Name	Time	Type	City
1.	393	Richard Baker	16:22	Runner	Les Croupiers Rc
2.	146	Scott Browne	16:53	Runner	Les Croupiers
3.	333	Adrian Lewis	17:18	Runner	aberdare valley aac

Male 50 - 59

Place	Bib#	Name	Time	Type	City
1.	388	Andy Blair	17:40	Runner	Les Croupiers Rc
2.	307	Ian Bell	18:58	Runner	San Domenico
3.	395	Sean Price	19:22	Runner	Rhondda

Male 60 - 69

Place	Bib#	Name	Time	Type	City
1.	350	Michael Murphy	20:25	Runner	Les Croupiers RC
2.	359	Mick McGeoch	20:52	Runner	Les Croupiers RC
3.	356	Gary John	21:29	Runner	Les Croupiers RC

Male 70 - 120

Place	Bib#	Name	Time	Type	City
1.	365	Ralph Davey	26:05	Runner	Les Croupiers Rc

Female 35 - 44

Place	Bib#	Name	Time	Type	City
1.	368	Liz Davies	20:05	Runner	Caac
2.	353	Eleri Rogers	20:06	Runner	No affiliated
3.	352	Liz Neville	20:40	Runner	Les croupiers

Female 45 - 54

Place	Bib#	Name	Time	Type	City
1.	358	Sharon Newell	20:35	Runner	Parc Bryn Bach

2.	330	Keri Jones	21:07	Runner	Parc Bryn Bach running club
3.	308	Claire Bell	24:43	Runner	Les Croupiers Running Club

Female 55 - 64

Place	Bib#	Name	Time	Type	City
1.	303	Julie Scholey	21:54	Runner	les croupiers rc
2.	378	Sally Groves	24:34	Runner	Pegasus
3.	376	Julie Lewis	25:46	Runner	Les Croupiers Rc