

Summer Series 3 mile

Line Through = Disqualified

Place	Name	Hometown	Type	Bib #	Time	Pace	Speed	Sex	Age	ID Number
1	JAMES THIE	CARDIFF AAC, GBR	RUNNER	385	00:15:50	03:16	18.3kph	M	39	
2	OLI LUM	BRACKLA HARRIERS, GBR	RUNNER	362	00:16:07	03:20	18.0kph	M	21	
3	RICHARD BAKER	LES CROUPIERS RC, GBR	RUNNER	393	00:16:21	03:23	17.7kph	M	47	7043775
4	ALEX PRICE	SWANSEA HARRIERS, GBR	RUNNER	394	00:16:28	03:24	17.6kph	M	20	
5	DOUG NICHOLLS	LES CROUPIERS RC, GBR	RUNNER	354	00:16:36	03:26	17.4kph	M	38	
6	SCOTT BROWNE	LES CROUPIERS, GBR	RUNNER	146	00:16:53	03:29	17.2kph	M	42	
7	ANDY GARDINER	SAN DOMENICO, GBR	RUNNER	379	00:16:54	03:30	17.1kph	M	31	
8	GABRIELUS STUOKUS	LES CROUPIERS RC, GBR	RUNNER	381	00:16:58	03:30	17.1kph	M	29	
9	RHYS PIPPARD	LES CROUPIERS, GBR	RUNNER	301	00:17:13	03:33	16.8kph	M	34	
10	ADRIAN LEWIS	ABERDARE VALLEY AAC, GBR	RUNNER	333	00:17:16	03:34	16.8kph	M	46	
11	DONOVAN WILLIAMS-HALE	BRIDGEND AC, GBR	RUNNER	396	00:17:17	03:34	16.8kph	M	17	
12	MARK JOYCE	LES CROUPIERS RC, GBR	RUNNER	384	00:17:28	03:36	16.6kph	M	44	7027233
13	THOMAS WEBB	CARDIFF UNIVERSITY ATHLETICS CLUB, GBR	RUNNER	347	00:17:34	03:38	16.5kph	M	0	
14	LAURENT BONO	LES CROUPIERS RC, GBR	RUNNER	311	00:17:36	03:38	16.5kph	M	33	
15	ANDY BLAIR	LES CROUPIERS RC, GBR	RUNNER	388	00:17:38	03:39	16.4kph	M	53	
16	JAMES GOLD	CARDIFF AAC, GBR	RUNNER	321	00:17:45	03:40	16.3kph	M	16	
17	TAMARA BEACH	N/A, GBR	RUNNER	306	00:17:50	03:41	16.2kph	F	23	
18	JOSEPH JOYCE	CARDIFF AAC, GBR	RUNNER	383	00:18:00	03:43	16.1kph	M	12	
19	PAUL JOSUA	SAN DOMENICO RC, GBR	RUNNER	331	00:18:06	03:44	16.0kph	M	0	
20	IAN BIRD	PORT TALBOT HARRIERS, GBR	RUNNER	309	00:18:09	03:45	16.0kph	M	32	
21	MATT JAMES	SAN DOMENICO RC, GBR	RUNNER	380	00:18:14	03:46	15.9kph	M	31	
22	BEN FARRELL	CARDIFF AMATEUR ATHLETICS CLUB, GBR	RUNNER	319	00:18:20	03:47	15.8kph	M	13	
23	TOM WEBB	PARC BRYN BACH R C, GBR	RUNNER	361	00:18:26	03:48	15.7kph	M	15	7044559
24	DARRAGH HANLEY-CROFTS	PEGASUS, GBR	RUNNER	390	00:18:31	03:50	15.7kph	M	29	
25	IAN BELL	SAN DOMENICO, GBR	RUNNER	307	00:18:55	03:55	15.3kph	M	56	
26	RICHARD EDGE	PEGASUS, GBR	RUNNER	367	00:19:12	03:58	15.1kph	M	42	
27	FREYA ROBERTS	CARDIFF ARCHERS, GBR	RUNNER	364	00:19:18	03:59	15.0kph	F	13	
28	SEAN PRICE	RHONDDA, GBR	RUNNER	395	00:19:20	04:00	15.0kph	M	55	
29	DAN LLOYD	CDF RUNNERS, GBR	RUNNER	386	00:19:30	04:02	14.9kph	M	43	
30	BETHANY GOLD	CARDIFF AAC, GBR	RUNNER	322	00:19:37	04:03	14.8kph	F	15	
31	GARETH MORGAN	LES CROUPIERS RUNNING CLUB, GBR	RUNNER	337	00:19:46	04:05	14.7kph	M	46	
32	NICK WEBB	PARC BRYN BACH RC, GBR	RUNNER	360	00:19:49	04:06	14.6kph	M	47	
33	ELERI ROGERS	NO AFFILIATED, GBR	RUNNER	353	00:20:00	04:08	14.5kph	F	40	
34	LIZ DAVIES	CAAC, GBR	RUNNER	368	00:20:04	04:09	14.4kph	F	35	
35	NATHANIEL PALMER	LES CROUPIERS RC, GBR	RUNNER	392	00:20:13	04:11	14.3kph	M	48	
36	MICHAEL MURPHY	LES CROUPIERS RC, GBR	RUNNER	350	00:20:23	04:13	14.2kph	M	64	
37	SHARON NEWELL	PARC BRYN BACH, GBR	RUNNER	358	00:20:31	04:14	14.1kph	F	48	
38	DOMINIC SHIELDS	SAN DOMENICO, GBR	RUNNER	341	00:20:32	04:15	14.1kph	M	53	
39	LIZ NEVILLE	LES CROUPIERS, GBR	RUNNER	352	00:20:36	04:15	14.1kph	F	37	
40	MICK MCGEOCH	LES CROUPIERS RC, GBR	RUNNER	359	00:20:48	04:18	13.9kph	M	62	
41	KERI JONES	PARC BRYN BACH RUNNING CLUB, GBR	RUNNER	330	00:21:03	04:21	13.8kph	F	47	
42	STEVE CHADWELL	LES CROUPIERS, GBR	RUNNER	355	00:21:12	04:23	13.7kph	M	47	
43	KRIS EMES	N/A, GBR	RUNNER	318	00:21:20	04:25	13.6kph	M	40	
44	MARTIN CROSHAW		RUNNER	372	00:21:22	04:25	13.6kph	M	46	
45	DAVID E WILLIAMS	LES CROUPIERS RC, GBR	RUNNER	391	00:21:23	04:25	13.6kph	M	55	7022987
46	GARY JOHN	LES CROUPIERS RC, GBR	RUNNER	356	00:21:25	04:26	13.5kph	M	63	
47	ANGELA CHAMPION	LES CROUPIERS, GBR	RUNNER	150	00:21:29	04:26	13.5kph	F	41	
48	ALAN MASON	LES CROUPIERS, GBR	RUNNER	237	00:21:35	04:28	13.4kph	M	58	

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49	NIGEL BLEACH	SERIOUSLY MAD RUNNERS, GBR	RUNNER	310	00:21:35	04:28	13.4kph	M	50	
50	STEPHEN WOOD	PEGASUS RC, GBR	RUNNER	402	00:21:40	04:29	13.4kph	M	41	
51	MARCIA GOUVEIA	SAN DOMENICO RC, GBR	RUNNER	363	00:21:41	04:29	13.4kph	F	37	
52	JENNY MARTIN	LES CROUPIERS RC, GBR	RUNNER	227	00:21:43	04:29	13.3kph	F	38	
53	BETHAN FORD	PONTYPRIDD ROADENTS, GBR	RUNNER	382	00:21:45	04:30	13.3kph	F	35	
54	JULIE SCHOLEY	LES CROUPIERS RC, GBR	RUNNER	303	00:21:50	04:31	13.3kph	F	59	
55	STEPHEN LOCKE	NEWPORT HARRIERS, GBR	RUNNER	366	00:21:52	04:31	13.2kph	M	47	
56	MICHAEL H DAVIES	LES CROUPIERS RC, GBR	RUNNER	226	00:22:01	04:33	13.2kph	M	68	
57	DAVID GEORGE	LES CROUPIERS RC, GBR	RUNNER	349	00:22:12	04:35	13.1kph	M	49	
58	JON MORGAN	LES CROUPIERS RC, GBR	RUNNER	338	00:22:27	04:38	12.9kph	M	55	
59	CAITLIN CHAPMAN	CARDIFF AAC, GBR	RUNNER	369	00:23:03	04:46	12.6kph	F	15	
60	MICHAEL FARRELL	CARDIFF, GBR	RUNNER	320	00:23:09	04:47	12.5kph	M	46	
61	MOLLY GRIMLEY	CARDIFF AAC, GBR	RUNNER	324	00:23:21	04:50	12.4kph	F	17	
62	MICHAEL ROSSITER	LES CROUPIERS RC, GBR	RUNNER	305	00:23:31	04:52	12.3kph	M	58	
63	GARETH LOGAN		RUNNER	398	00:23:48	04:55	12.2kph	M	31	
64	PAUL CHAPMAN	LES CROUPIERS RC, GBR	RUNNER	371	00:23:53	04:56	12.1kph	M	49	7032117
65	CLAIRE JARROM	LES CROUPIERS RC, GBR	RUNNER	387	00:23:54	04:56	12.1kph	F	34	
66	SALLY GROVES	PEGASUS, GBR	RUNNER	378	00:24:27	05:03	11.8kph	F	55	
67	CLAIRE BELL	LES CROUPIERS RUNNING CLUB, GBR	RUNNER	308	00:24:38	05:06	11.8kph	F	54	
68	DAN GROVES	PEGASUS RC (CARDIFF),	RUNNER	375	00:24:39	05:06	11.8kph	M	48	
69	KAY CHAPMAN	CARDIFF AAC, GBR	RUNNER	370	00:24:55	05:09	11.6kph	F	51	7023362
70	MARK HEMBURY		RUNNER	397	00:24:59	05:10	11.6kph	M	55	
71	JULIE LEWIS	LES CROUPIERS RC, GBR	RUNNER	376	00:25:41	05:19	11.3kph	F	61	
72	DAVID HAMBLEY		RUNNER	400	00:25:47	05:20	11.2kph	M	65	
73	GILLIAN MURPHY	LES CROUPIERS RC, GBR	RUNNER	351	00:25:53	05:21	11.2kph	F	64	
74	RALPH DAVEY	LES CROUPIERS RC, GBR	RUNNER	365	00:25:58	05:22	11.2kph	M	73	
75	HELEN ROBERTSON	LES CROUPIERS RC, GBR	RUNNER	377	00:26:13	05:25	11.1kph	F	46	7044113
76	MARK DOUGLAS	PONTYPRIDD ROADENTS, GBR	RUNNER	357	00:26:38	05:30	10.9kph	M	40	
77	SAMUEL BICKER	CARDIFF ARCHERS, GBR	RUNNER	374	00:26:42	05:31	10.9kph	M	10	
78	FINLAY DE'ATH	CARDIFF ATHLETICS CLUB, GBR	RUNNER	316	00:26:47	05:32	10.8kph	M	8	
79	CLAIR CHARALAMBOUS	LES CROUPIERS RC, GBR	RUNNER	389	00:26:56	05:34	10.8kph	F	41	7045071
80	JACK BICKER		RUNNER	373	00:26:59	05:35	10.7kph	M	12	
81	LAURA COOMBES	LES CROUPIERS RC, GBR	RUNNER	399	00:27:21	05:39	10.6kph	F	42	
82	JON MARTIN	LES CROUPIERS RC, GBR	RUNNER	231	00:27:29	05:41	10.5kph	M	41	
83	ALEXANDRA WALTERS	LES CROUPIERS, GBR	RUNNER	344	00:27:38	05:43	10.5kph	F	37	
84	KAREN JONES	LES CROUPIERS, GBR	RUNNER	329	00:27:42	05:44	10.5kph	F	40	
85	ANDREW HOLLINS	PEGASUS RUNNING CLUB, GBR	RUNNER	326	00:27:50	05:45	10.4kph	M	44	
86	KELLY CROFTS	LES CROUPIERS RUNNING CLUB, GBR	RUNNER	163	00:27:56	05:47	10.4kph	F	37	
87	KIRSTY MCGOWAN	LES CROUPIERS RC, GBR	RUNNER	241	00:27:59	05:47	10.4kph	F	31	
88	RUSSELL DE'ATH	CARDIFF ATHLETICS CLUB, GBR	RUNNER	315	00:28:29	05:53	10.2kph	M	41	
89	HAYDN DE'ATH	CARDIFF ATHLETICS CLUB, GBR	RUNNER	317	00:28:30	05:54	10.2kph	M	6	
90	RHYS LITTLECHILD	N/A, GBR	RUNNER	335	00:28:34	05:54	10.1kph	M	10	
91	TRACEY NEWMAN	LES CROUPIERS RUNNING CLUB, GBR	RUNNER	339	00:29:23	06:05	9.9kph	F	48	
92	ALISON DE'ATH	CARDIFF ATHLETICS CLUB, GBR	RUNNER	314	00:29:41	06:08	9.8kph	F	40	
93	DONNA LITTLECHILD	HENDRE LAKE RUNNING CLUB, GBR	RUNNER	334	00:29:41	06:08	9.8kph	F	39	
94	JENNIFER STONE	CARDIFF AAC, GBR	RUNNER	342	00:30:03	06:13	9.6kph	F	51	
95	HELEN HUBBACK	LES CROUPIERS RC, GBR	RUNNER	327	00:31:21	06:29	9.2kph	F	45	