

Cardiff Summer Series 2 miles

Place	Name	Hometown	Gender	Bib #	Time	Pace	Speed	Division Rank
1	JAMES THIE	PONTYPRIDD ROADENTS	M: 1	37	00:10:01	03:06	19.3kph	Overall Male Runner: 1
2	TOMOS WHITMARSH-KNIGHT	LES CROUPIERS RC	M: 2	17	00:10:08	03:08	19.1kph	Overall Male Runner: 2
3	TADHGH KEATING	LES CROUPIERS RC	M: 3	947	00:10:24	03:13	18.6kph	Overall Male Runner: 3
4	ADAM WHITTAKER	CDF RUNNERS	M: 4	18	00:10:41	03:19	18.1kph	:
5	REUBEN KEATING	LES CROUPIERS RC	M: 5	949	00:10:44	03:20	18.0kph	:
6	OLIVER WILLIAMS	PONTYPRIDD ROADENTS	M: 6	24	00:11:00	03:24	17.6kph	:
7	ADRIAN LEWIS	ABERDARE VALLEY	M: 7	951	00:11:20	03:31	17.1kph	Male 50 - 59: 1
8	JACK REDDAWAY	LES CROUPIERS RC	M: 8	36	00:11:22	03:31	17.0kph	:
9	EMYR MORGAN	LES CROUPIERS RC	M: 9	27	00:11:25	03:32	16.9kph	Male 50 - 59: 2
10	ALVILS BERZINSKIS	LES CROUPIERS RC	M: 10	697	00:11:26	03:32	16.9kph	Male 40 - 49: 1
11	PAUL JOSUA	SAN DOMENICO	M: 11	944	00:11:27	03:33	16.9kph	:
12	ANDREW BLAIR	LES CROUPIERS RC,	M: 12	22	00:11:28	03:33	16.9kph	Male 50 - 59: 3
13	STUART CREES	LES CROUPIERS RC,	M: 13	35	00:11:31	03:34	16.8kph	Male 40 - 49: 2
14	SEAN MARTIN	PONTYPRIDD ROADENTS	M: 14	32	00:11:42	03:38	16.5kph	:
15	PETER TULLY	LES CROUPIERS RC,	M: 15	13	00:11:47	03:39	16.4kph	:
16	AIDAN O'DONNELL	CDF RUNNERS	M: 16	1	00:11:47	03:39	16.4kph	Male 40 - 49: 3
17	PHILLIPS WILL	SWANSEA HARRIERS	M: 17	19	00:11:51	03:40	16.3kph	:
18	REBECA HARRIES	CARDIFF AMATEUR AC	F: 1	823	00:11:53	03:41	16.3kph	Overall Female Runner: 1
19	ALED HUGHES	OGMORE PHEONIX,	M: 18	21	00:11:56	03:42	16.2kph	Male 40 - 49: 4
20	OWEN DAVIES	LES CROUPIERS RC,	M: 19	805	00:11:58	03:42	16.1kph	:
21	ROSS FLANIGAN	PENARTH AND DINAS	M: 20	813	00:12:02	03:44	16.1kph	Male 50 - 59: 4
22	GEMMA TUTTON	SWANSEA HARRIERS	F: 2	30	00:12:10	03:46	15.9kph	Overall Female Runner: 2
23	NATHANIEL PALMER	LES CROUPIERS RC,	M: 21	3	00:12:15	03:48	15.8kph	Male 50 - 59: 5
24	KATIE BEECHER	LES CROUPIERS RC,	F: 3	695	00:12:23	03:50	15.6kph	Overall Female Runner: 3
25	RICHARD EDGE	CDF RUNNERS	M: 22	808	00:12:27	03:51	15.5kph	Male 40 - 49: 5
26	DONOVAN WILLIAMS-HALE		M: 23	28	00:12:43	03:56	15.2kph	:
27	BRIAN DIAS	CARDIFF AMATEUR AC	M: 24	806	00:12:44	03:57	15.2kph	:
28	BEN FARAG	LES CROUPIERS RC,	M: 25	812	00:12:53	03:59	15.0kph	Male 60 - 69: 1
29	AIDAN O'CALLAGHAN		M: 26	23	00:12:56	04:00	14.9kph	Male 40 - 49: 6
30	BRIAN LOVETT	SAN DOMENICO,	M: 27	967	00:12:57	04:01	14.9kph	Male 50 - 59: 6
31	CATHERINE BARKER	LES CROUPIERS RC,	F: 4	26	00:13:01	04:02	14.8kph	Female 45 - 54: 1
32	NEVE JONES	CARDIFF AMATEUR AC	F: 5	933	00:13:08	04:04	14.7kph	Female 0 - 19: 1
33	STEWART HARDING	CDF RUNNERS	M: 28	822	00:13:14	04:06	14.6kph	:
34	VINCENT NAZARETH	LES CROUPIERS RC,	M: 29	993	00:13:23	04:09	14.4kph	Male 60 - 69: 2
35	SAMUEL WILLIAMS-HALE		M: 30	29	00:13:28	04:10	14.4kph	Male 0 - 19: 1
36	DAVID GEORGE	LES CROUPIERS RC,	M: 31	31	00:13:30	04:11	14.3kph	Male 50 - 59: 7
37	ELIZABETH NEVILLE	LES CROUPIERS RC,	F: 6	999	00:13:36	04:13	14.2kph	Female 35 - 44: 1
38	KAY CHAPMAN	LES CROUPIERS RC,	F: 7	787	00:13:47	04:16	14.0kph	Female 55 - 64: 1
39	NIAMH JAMES	CARDIFF UNI ATHLETICS,	F: 8	33	00:13:51	04:18	13.9kph	:
40	ELIO LEPORE	LES CROUPIERS RC,	M: 32	25	00:13:51	04:18	13.9kph	Male 60 - 69: 3
41	MICHAEL MURPHY	LES CROUPIERS RC,	M: 33	990	00:13:57	04:20	13.8kph	Male 60 - 69: 4
42	CLIVE OSMOND	LES CROUPIERS RC	M: 34	2	00:14:02	04:21	13.8kph	Male 60 - 69: 5
43	MICK MCGEOCH	LES CROUPIERS RC,	M: 35	982	00:14:05	04:22	13.7kph	Male 60 - 69: 6
44	RUTH CANN	PENARTH AND DINAS	F: 9	700	00:14:06	04:22	13.7kph	Female 35 - 44: 2
45	ROYSTON VINCENT	PONTYPRIDD ROADENTS	M: 36	14	00:14:12	04:24	13.6kph	:
46	SARAH DAVIES	OGMORE PHOENIX	F: 10	803	00:14:36	04:31	13.2kph	Female 45 - 54: 2
47	TIM PETRIDES	LES CROUPIERS RC,	M: 37	4	00:14:38	04:32	13.2kph	Male 50 - 59: 8
48	MARK HERBERT	LES CROUPIERS RC,	M: 38	829	00:14:46	04:35	13.1kph	Male 40 - 49: 7
49	ALAN MASON	LES CROUPIERS RC,	M: 39	980	00:14:50	04:36	13.0kph	Male 60 - 69: 7
50	LOLLY EVANS	LES CROUPIERS RC,	F: 11	811	00:14:56	04:38	12.9kph	Female 45 - 54: 3
51	STEPHEN QUIN	LES CROUPIERS RC,	M: 40	6	00:15:03	04:40	12.8kph	Male 50 - 59: 9
52	CHRISTOPHER NELLINS	PENARTH AND DINAS	M: 41	997	00:15:09	04:42	12.7kph	Male 60 - 69: 8
53	MICHAEL H DAVIES	LES CROUPIERS RC,	M: 42	804	00:15:15	04:44	12.7kph	Male 70 - 120: 1
54	ELIZABETH WALSH	FAIRWATER RUNNERS	F: 12	16	00:15:25	04:47	12.5kph	Female 45 - 54: 4
55	MARTIN GREEN	PONTYPRIDD ROADENTS	M: 43	819	00:15:28	04:48	12.5kph	Male 50 - 59: 10
56	TRACEY CREEDON	LES CROUPIERS RC,	F: 13	799	00:15:37	04:50	12.4kph	Female 35 - 44: 3
57	JENNY MARTIN	LES CROUPIERS RC,	F: 14	974	00:15:39	04:51	12.3kph	Female 35 - 44: 4
58	JULIE SCHOLEY	LES CROUPIERS RC,	F: 15	10	00:15:52	04:55	12.2kph	Female 55 - 64: 2
59	JOANNE DUNSCOMBE	PEGASUS RC	F: 16	807	00:15:55	04:56	12.1kph	Female 45 - 54: 5
60	GWYN JONES	LES CROUPIERS RC,	M: 44	923	00:16:17	05:03	11.9kph	Male 50 - 59: 11

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61	GERRY CRISPIE	LES CROUPIERS RC,	M: 45	34	00:16:32	05:08	11.7kph	Male 60 - 69: 9
62	EVE GALLOP-EVANS	LES CROUPIERS RC,	F: 17	816	00:16:35	05:09	11.6kph	Female 55 - 64: 3
63	MEURIG CHAPPLE	PENARTH AND DINAS	M: 46	788	00:16:36	05:09	11.6kph	Male 60 - 69: 10
64	PHILIP BRETT	HEATH MASSIVE	M: 47	699	00:16:37	05:09	11.6kph	Male 40 - 49: 8
65	COLIN CROOKS	PEGASUS RC	M: 48	801	00:16:40	05:10	11.6kph	Male 60 - 69: 11
66	KELLY CROFTS	LES CROUPIERS RC,	F: 18	800	00:16:51	05:14	11.5kph	Female 35 - 44: 5
67	PHIL GROVES	PEGASUS RC	M: 49	821	00:17:15	05:21	11.2kph	Male 60 - 69: 12
68	DAWN HOPKINS	OGMORE PHOENIX	F: 19	916	00:17:28	05:25	11.1kph	Female 35 - 44: 6
69	RHIAN HOPKINS	PONTYPRIDD ROADENTS	F: 20	919	00:17:31	05:26	11.0kph	Female 35 - 44: 7
70	KATHRYN SWEETMAN	FETCH EVERYONE,	F: 21	11	00:17:39	05:29	10.9kph	Female 45 - 54: 6
71	JULIE LEWIS	LES CROUPIERS RC,	F: 22	959	00:17:44	05:30	10.9kph	Female 65 - 120: 1
72	HUW PHILLIPS	CDF RUNNERS	M: 50	5	00:17:48	05:31	10.9kph	Male 40 - 49: 9
73	GLENDA EDWARDS	LES CROUPIERS RC,	F: 23	809	00:18:24	05:42	10.5kph	Female 55 - 64: 4
74	GILLIAN MURPHY	LES CROUPIERS RC,	F: 24	991	00:18:38	05:47	10.4kph	Female 65 - 120: 2
75	CLAIR CHARALAMBOUS	LES CROUPIERS RC,	F: 25	798	00:19:58	06:11	9.7kph	Female 45 - 54: 7
76	CLAIRE GEORGE	LES CROUPIERS RC,	F: 26	817	00:20:09	06:15	9.6kph	Female 45 - 54: 8
77	SANDRA CAVENEY	LES CROUPIERS RC,	F: 27	776	00:20:15	06:17	9.5kph	Female 55 - 64: 5
78	JON MARTIN	LES CROUPIERS RC,	M: 51	977	00:21:08	06:33	9.1kph	Male 40 - 49: 10
79	IAN BARRETT	LES CROUPIERS RC,	M: 52	692	00:21:54	06:48	8.8kph	:
80	CARL ROSSITER		M: 53	8	00:23:25	07:16	8.3kph	:
81	CHRISTINA ROSSITER	LES CROUPIERS RC,	F: 28	7	00:23:25	07:16	8.2kph	Female 55 - 64: 6