

Summer Series 1 mile

Line Through = Disqualified

Place	Name	Hometown	Type	Bib #	Time	Pace	Speed	Sex	Age
1	JAMES THIE	CARDIFF AAC	RUNNER	102	00:04:29	02:47	21.5kph	M	39
2	LUKE WILLIAMS	SAN DOMENICO RC	RUNNER	101	00:04:37	02:51	21.0kph	M	31
3	DAVID J WILLIAMS	LES CROUPIERS RC	RUNNER	128	00:04:50	02:59	20.0kph	M	37
4	ALEX PRICE	SWANSEA HARRIERS	RUNNER	83	00:04:52	03:00	19.9kph	M	20
5	HUW EVANS	LES CROUPIERS RC	RUNNER	61	00:04:55	03:03	19.6kph	M	46
6	SCOTT BROWNE	LES CROUPIERS RC	RUNNER	28	00:05:00	03:06	19.3kph	M	41
7	JAMES GOLD	CARDIFF AAC	RUNNER	31	00:05:01	03:07	19.3kph	M	16
8	RHYS JAMES	CARDIFF MET	RUNNER	86	00:05:02	03:07	19.2kph	M	21
9	FELIX LUM	MARSHALL MILTON KEYNES AC	RUNNER	37	00:05:03	03:08	19.1kph	M	19
10	MARK HORSMAN	CARDIGAN RC	RUNNER	72	00:05:06	03:09	19.0kph	M	39
11	GABRIELIUS STUOKUS	LES CROUPIERS RC	RUNNER	73	00:05:09	03:12	18.7kph	M	29
12	ARWEL EVANS	RHEDWYR HEBOG	RUNNER	116	00:05:12	03:13	18.6kph	M	29
13	STUART CREES	LES CROUPIERS RC	RUNNER	113	00:05:14	03:14	18.5kph	M	40
14	MIKE ERSKINE	LES CROUPIERS RC	RUNNER	103	00:05:14	03:15	18.5kph	M	33
15	ADRIAN LEWIS	ABERDARE VALLEY AAC	RUNNER	57	00:05:16	03:16	18.3kph	M	46
16	MARK EVANS		RUNNER	120	00:05:17	03:16	18.3kph	M	36
17	SAMUEL JACKSON	PARC BRYN BACH	RUNNER	94	00:05:19	03:18	18.2kph	M	18
18	SIMON MILES	PONTYPRIDD ROADENTS	RUNNER	80	00:05:20	03:18	18.1kph	M	42
19	MARK JOYCE	LES CROUPIERS RC	RUNNER	99	00:05:21	03:19	18.1kph	M	44
20	EFAN OWEN	CARDIFF AAC	RUNNER	131	00:05:24	03:21	17.9kph	M	15
21	LUKE DAVIES	SWANSEA HARRIERS	RUNNER	67	00:05:25	03:21	17.8kph	M	20
22	HUGH SAUNDERS		RUNNER	14	00:05:26	03:22	17.8kph	M	23
23	LAUREN COOPER	PARC BRYN BACH	RUNNER	74	00:05:27	03:22	17.7kph	F	23
24	TOM WEBB	PARC BRYN BACH	RUNNER	2	00:05:30	03:24	17.6kph	M	15
25	PAUL JOSUA	SAN DOMENICO RC	RUNNER	29	00:05:32	03:25	17.5kph	M	25
26	RICHARD BAKER	LES CROUPIERS RC	RUNNER	125	00:05:32	03:26	17.5kph	M	47
27	JOHN SEAWARD	CAERPHILLY RUNNERS	RUNNER	23	00:05:33	03:26	17.4kph	M	33
28	JOSEPH JOYCE	CARDIFF AAC	RUNNER	98	00:05:33	03:26	17.4kph	M	12

29	BEN RAY	CARDIFF ARCHERS	RUNNER	70	00:05:33	03:26	17.4kph	M	14
30	JOHNNY LAM	SAN DOMENICO RC	RUNNER	112	00:05:34	03:27	17.4kph	M	46
31	MATT HURFORD	LES CROUPIERS RC	RUNNER	82	00:05:36	03:28	17.3kph	M	45
32	ARTHUR PETERSON		RUNNER	16	00:05:38	03:30	17.1kph	M	15
33	LAURENT BONO	LES CROUPIERS RC	RUNNER	13	00:05:42	03:32	16.9kph	M	33
34	DARRAGH HANLEY-CROFTS	PEGASUS RC	RUNNER	122	00:05:44	03:33	16.8kph	M	29
35	IAN BELL	SAN DOMENICO RC	RUNNER	36	00:05:47	03:35	16.7kph	M	56
36	HENRY DAWES	NEWPORT HARRIERS	RUNNER	8	00:05:48	03:36	16.7kph	M	11
37	JOHN LIGHT	SAN DOMENICO RC	RUNNER	58	00:05:50	03:37	16.6kph	M	39
38	KATIE BEECHER	LES CROUPIERS RC	RUNNER	115	00:05:52	03:38	16.5kph	F	39
39	NATHANIEL PALMER	LES CROUPIERS RC	RUNNER	106	00:05:54	03:39	16.4kph	M	48
40	JAMES THOMAS	PARC BRYN BACH	RUNNER	127	00:05:55	03:40	16.3kph	M	30
41	HENRY EVANS	WELSH SCHOOLS	RUNNER	60	00:05:55	03:40	16.3kph	M	11
42	HELEDD ROBERTS	SAN DOMENICO RC	RUNNER	65	00:05:57	03:41	16.2kph	F	25
43	LIZ DAVIES	CARDIFF AAC	RUNNER	59	00:05:58	03:42	16.2kph	F	35
44	FREYA ROBERTS	CARDIFF ARCHERS	RUNNER	77	00:05:58	03:42	16.2kph	F	13
45	ELLIE LACEY	SAN DOMENICO	RUNNER	89	00:05:59	03:42	16.1kph	F	32
46	STEVEN HOOPER	PONTYPRIDD ROADENTS	RUNNER	68	00:06:00	03:43	16.1kph	M	52
47	STEVE PREDDY	LES CROUPIERS RC	RUNNER	22	00:06:01	03:44	16.1kph	M	48
48	ISAAC JONES	CARDIFF AAC	RUNNER	90	00:06:03	03:45	16.0kph	M	13
49	BETHANY GOLD	CARDIFF AAC	RUNNER	32	00:06:07	03:48	15.8kph	F	14
50	MATTHEW WATKINS	PORTHCRAWL RUNNERS	RUNNER	11	00:06:11	03:50	15.6kph	M	32
51	MATTHEW BUNCE	BRACKLA HARRIERS	RUNNER	110	00:06:15	03:52	15.5kph	M	44
52	AIMEE FERGUSON	ABERDARE AAC	RUNNER	62	00:06:17	03:53	15.4kph	F	33
53	OWAIN DAVIES	CDF RUNNERS	RUNNER	26	00:06:24	03:58	15.1kph	M	29
54	GARETH LOGAN		RUNNER	130	00:06:26	03:59	15.0kph	M	31
55	MICK MCGEOCH	LES CROUPIERS RC	RUNNER	69	00:06:27	04:00	15.0kph	M	62
56	ELIZABETH NEVILE	LES CROUPIERS RC	RUNNER	124	00:06:28	04:00	15.0kph	F	36
57	DOMINIC SHIELDS	SAN DOMENICO RC	RUNNER	35	00:06:28	04:00	15.0kph	M	53
58	KERI JONES	PARC BRYN BACH	RUNNER	76	00:06:29	04:01	14.9kph	F	46
59	LIBBY CREES	LES CROUPIERS RC	RUNNER	114	00:06:32	04:03	14.8kph	F	49

60	SHARON NEWELL	PARC BRYN BACH	RUNNER	71	00:06:33	04:03	14.8kph	F	48
61	STEVE CHADWELL		RUNNER	87	00:06:33	04:04	14.7kph	M	46
62	CAITLIN CHAPMAN	CARDIFF AAC	RUNNER	84	00:06:35	04:05	14.7kph	M	15
63	RYON BUNCE	BRACKLA HARRIERS	RUNNER	111	00:06:38	04:07	14.6kph	M	0
64	KRIS EMES		RUNNER	1	00:06:39	04:07	14.5kph	M	40
65	ANGELA CHAMPION	LES CROUPIERS RC	RUNNER	33	00:06:39	04:07	14.5kph	F	41
66	RHYS PIPPARD	LES CROUPIERS RC	RUNNER	34	00:06:39	04:07	14.5kph	M	33
67	NIGEL BLEACH	SERIOUSLY MAD RUNNERS	RUNNER	5	00:06:40	04:08	14.5kph	M	50
68	STEPHEN WOOD	PEGASUS RC	RUNNER	129	00:06:41	04:08	14.5kph	M	41
69	BETHAN FORD	PONTYPRIDD ROADENTS	RUNNER	97	00:06:41	04:08	14.5kph	F	0
70	MOLLY GRIMLEY	CARDIFF AAC	RUNNER	56	00:06:42	04:09	14.4kph	F	17
71	JON HUSSEY	RHOOSE RUNNERS	RUNNER	3	00:06:48	04:13	14.2kph	M	38
72	KARL JOHNSON	OGMORE PHOENIX	RUNNER	78	00:06:49	04:13	14.2kph	M	32
73	LUKE DAVIES_2	ISLWYN HARRIERS	RUNNER	66	00:06:49	04:14	14.2kph	M	38
74	DAVID E WILLIAMS	LES CROUPIERS	RUNNER	75	00:06:50	04:14	14.1kph	M	55
75	CAROLINE BEST	PONTYPRIDD ROADENTS	RUNNER	104	00:06:55	04:17	14.0kph	F	28
76	HEFIN GRUFFYDD	PONTYPRIDD ROADENTS	RUNNER	96	00:06:56	04:18	13.9kph	M	56
77	GEORGINA EDWARDS	CARDIFF AAC	RUNNER	91	00:06:57	04:19	13.9kph	F	13
78	JULIE SCHOLEY	LES CROUPIERS RC	RUNNER	17	00:06:59	04:19	13.9kph	F	58
79	RUSSELL EDWARDS	MISKIN MANOR HEALTH CLUB	RUNNER	46	00:07:00	04:20	13.8kph	M	37
80	HAYLEY JACKSON	PARC BRYN BACH	RUNNER	93	00:07:02	04:22	13.7kph	F	43
81	MARK PRESTON		RUNNER	105	00:07:03	04:22	13.7kph	M	33
82	MICHAEL H DAVIES	LES CROUPIERS RC	RUNNER	40	00:07:13	04:29	13.4kph	M	68
83	DAN GROVES	PEGASUS RC	RUNNER	79	00:07:14	04:29	13.4kph	M	48
84	MICHAEL FARRELL		RUNNER	48	00:07:14	04:29	13.3kph	M	46
85	JENNY MARTIN	LES CROUPIERS RC	RUNNER	20	00:07:16	04:30	13.3kph	F	38
86	LUKE HESLOP	PEGASUS RC	RUNNER	132	00:07:17	04:31	13.3kph	M	41
87	MARK DOUGLAS	PONTYPRIDD ROADENTS	RUNNER	64	00:07:23	04:35	13.1kph	M	40
88	PAUL TUCKER	LES CROUPIERS RC	RUNNER	24	00:07:25	04:36	13.0kph	M	41
89	EVE GALLOP-EVANS	LES CROUPIERS RC	RUNNER	118	00:07:27	04:37	13.0kph	F	54
90	HARRY JACKSON	PARC BRYN BACH	RUNNER	92	00:07:35	04:42	12.7kph	M	15

91	FINLAY DE'ATH	CARDIFF AAC	RUNNER	51	00:07:38	04:44	12.7kph	M	8
92	DAVID MCDONALD	LES CROUPIERS RC	RUNNER	63	00:07:42	04:46	12.6kph	M	49
93	MICHAEL ROSSITER	LES CROUPIERS RC	RUNNER	19	00:07:42	04:47	12.5kph	M	58
94	KAY CHAPMAN	CARDIFF AAC	RUNNER	85	00:07:44	04:47	12.5kph	M	51
95	RHYS LITTLECHILD		RUNNER	42	00:07:46	04:49	12.4kph	M	10
96	SAMUEL BICKER	CARDIFF ARCHERS	RUNNER	107	00:07:47	04:50	12.4kph	M	10
97	JACK BICKER		RUNNER	108	00:07:48	04:50	12.4kph	M	12
98	CLAIRE BELL	LES CROUPIERS RC	RUNNER	39	00:07:51	04:52	12.3kph	F	54
99	GARRY WHARMBY	PEGASUS RC	RUNNER	123	00:07:54	04:54	12.2kph	M	55
100	CHARLOTTE BETHELL	PEGASUS RC	RUNNER	88	00:07:55	04:55	12.2kph	F	28
101	NINA LEIGH	CARDIFF ARCHERS	RUNNER	15	00:07:59	04:57	12.1kph	F	9
102	RACHEL HIGGINSON	LES CROUPIERS RC	RUNNER	117	00:08:00	04:57	12.1kph	M	37
103	LEIGH-ANNE JAMES	PARC BRYN BACH	RUNNER	126	00:08:05	05:01	12.0kph	F	0
104	CLAIR CHARALAMBOUS	LES CROUPIERS RC	RUNNER	55	00:08:07	05:02	11.9kph	F	41
105	HAYDN DE'ATH	CARDIFF AAC	RUNNER	52	00:08:08	05:03	11.9kph	M	6
106	RUSSELL DE'ATH	CARDIFF AAC	RUNNER	50	00:08:09	05:03	11.9kph	M	41
107	CHRISTINA ROSSITER	LES CROUPIERS RC	RUNNER	18	00:08:12	05:05	11.8kph	F	57
108	JULIE LEWIS	LES CROUPIERS RC	RUNNER	95	00:08:17	05:08	11.7kph	F	61
109	ANDREW HOLLINS	PEGASUS RC	RUNNER	27	00:08:19	05:09	11.6kph	M	44
110	ALEXANDRA WALTERS	LES CROUPIERS RC	RUNNER	53	00:08:25	05:13	11.5kph	F	37
111	HELEN ROBERTSON	LES CROUPIERS RC	RUNNER	121	00:08:29	05:15	11.4kph	F	46
112	KAREN JONES	LES CROUPIERS RC	RUNNER	30	00:08:44	05:25	11.1kph	F	40
113	EMMA WILKINS	GOODGYM	RUNNER	100	00:08:48	05:27	11.0kph	F	38
114	LAURA COOMBES	LES CROUPIERS RC	RUNNER	119	00:08:50	05:29	10.9kph	F	42
115	KELLY CROFTS	LES CROUPIERS RC	RUNNER	38	00:08:51	05:29	10.9kph	F	37
116	DONNA LITTLECHILD	HENDRE LAKE RC	RUNNER	41	00:09:02	05:36	10.7kph	F	39
117	JENNIFER STONE	CARDIFF AAC	RUNNER	45	00:09:07	05:39	10.6kph	F	51
118	ALISON DE'ATH	CARDIFF AAC	RUNNER	49	00:09:14	05:44	10.5kph	F	40
119	HELEN HUBBACK	LES CROUPIERS RC	RUNNER	43	00:09:29	05:53	10.2kph	F	45
120	KIRSTY MCGOWAN	LES CROUPIERS RC	RUNNER	44	00:09:30	05:54	10.2kph	F	30
121	CLARE JOHNSON	LES CROUPIERS RC	RUNNER	54	00:09:55	06:09	9.7kph	F	72
122	AMANDA THOMPSON	LES CROUPIERS RC	RUNNER	81	00:10:17	06:23	9.4kph	F	58
123	JON MARTIN	LES CROUPIERS RC	RUNNER	21	00:10:51	06:44	8.9kph	M	41

124	LUCY BICKER	RUNNER	109	00:11:32	07:09	8.4kph	F	43
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