

Cardiff Summer Series - Series Awards

2015

name	club	cat	1 mile time	2 mile time	3 mile time	4 mile time	total time	
Huw Evans	Les Croupiers RC	MV40	00:04:40	00:10:03	00:15:40	00:21:52	00:52:15	1st Male
Oliver Williams	Les Croupiers RC	SM	00:04:41	00:10:13	00:15:42	00:22:44	00:53:20	2nd Male
Matt Hurford	Les Croupiers RC	MV40	00:05:12	00:10:59	00:16:41	00:22:54	00:55:46	3rd Male
Emma Wookey	Lliswerry Runners	SW	00:05:19	00:11:12	00:17:11	00:23:36	00:57:18	1st Female
Brian Dias	Les Croupiers RC	SM	00:05:36	00:11:26	00:17:48	00:23:52	00:58:42	
David Proud	Les Croupiers RC	MV45	00:05:25	00:12:09	00:19:05	00:25:13	01:01:52	1st M40
Richard Holmes	Les Croupiers RC	SM	00:05:28	00:12:20	00:19:23	00:26:26	01:03:37	
Howard Kent	Les Croupiers	MV60	00:12:36	00:19:48	00:05:43	00:26:33	01:04:40	1st M60
Janet Holmes	Les Croupiers RC	SW	00:06:10	00:12:41	00:19:37	00:26:32	01:05:00	2nd Female
Hazel Craven	Les Croupiers RC	FV35	00:06:20	00:13:14	00:20:34	00:27:56	01:08:04	3rd Female
Caerwyn Phillips	Cardiff AAC	U15B	00:06:08	00:13:02	00:19:52	00:29:15	01:08:17	
Clive Osmond	Les Croupiers RC	MV55	00:05:58	00:13:10	00:20:50	00:28:20	01:08:18	1st M50
John Light	Unattached	SM	00:05:59	00:13:26	00:20:40	00:29:32	01:09:37	
Nigel Bleach	Unattached	MV45	00:06:16	00:13:44	00:21:37	00:29:00	01:10:37	
Sai Gopal	Les Croupiers RC	MV45	00:06:42	00:14:41	00:21:33	00:29:44	01:12:40	
David McDonald	Les Croupiers RC	MV45	00:06:49	00:14:39	00:23:10	00:33:36	01:18:14	
Colin Crooks	Pegasus RC	MV55	00:07:02	00:15:45	00:23:45	00:33:47	01:20:19	
Huw Phillips	Cardiff AAC	MV40	00:06:50	00:15:36	00:25:14	00:35:34	01:23:14	
Julie Lewis	Les Croupiers RC	FV55	00:08:02	00:16:37	00:25:49	00:33:29	01:23:57	1st F45
Dan Chapple	Unattached	SM	00:07:13	00:16:29	00:26:08	00:35:05	01:24:55	
Amanda Thompason	Les Croupiers	FV55	00:17:40	00:26:41	00:08:16	00:36:32	01:29:09	1st F55
Mike Gwynne	Pontypridd Roadents	MV45	00:07:19	00:20:28	00:32:13	00:44:11	01:44:11	
Jo-Ann Gwyne	Pontypridd Roadents	FV40	00:09:48	00:20:28	00:32:12	00:44:11	01:46:39	1st F35
Sarah Meah	Les Croupiers RC	FV50	00:09:04	00:18:05	00:28:28	00:52:58	01:48:35	