

Cardiff Summer Series 2013

Pos	Name	Club	Cat	1 mile	2 mile	3 mile	4 mile	total	
				Time	Time	Time	Time	Time	
1	Ashleigh Harper	Swansea Uni	SM	00:04:44	00:10:14	00:16:28	00:21:47	0:53:13	1 OM
2	Oliver Williams	Les Croupiers	SM	00:04:47	00:10:21	00:16:59	00:21:33	0:53:40	2 OM
3	Matt Hopkins	Les Croupiers	SM	00:05:23	00:11:13	00:17:11	00:23:43	0:57:30	3 OM
4	Tim Pasley	u/a	SM	00:05:19	00:11:32	00:17:57	00:24:59	0:59:47	
5	Dave Proud	Les Croupiers	MV45	00:05:42	00:11:48	00:17:58	00:24:20	0:59:48	1 VM
6	Johnny Lam	San Domineco	MV40	00:05:31	00:11:43	00:18:30	00:24:10	0:59:54	
7	Mike Murphy	Les Croupiers	MV55	00:05:46	00:11:58	00:18:31	00:24:33	1:00:48	
8	Mick McGeoch	Les Croupiers	MV55	00:05:51	00:12:10	00:18:41	00:25:31	1:02:13	
9	Dominic Shields	San Domineco	MV45	00:06:22	00:13:35	00:21:52	00:27:48	1:09:37	
10	Beth Lewis	Les Croupiers	FV35	00:06:47	00:13:59	00:22:08	00:29:03	1:11:57	1 OF
11	Julie Scholey	Les Croupiers	FV50	00:06:46	00:14:00	00:21:20	00:29:54	1:12:00	2 OF
12	Brenda Avery	Chepstow Harriers	FV60	00:07:01	00:14:54	00:22:13	00:31:08	1:15:16	1 VF
13	Jodie Williams	Les Croupiers	SW	00:06:38	00:14:11	00:23:13	00:31:23	1:15:25	3 OF
14	Jeff Aston	Les Croupiers	MV65	00:07:16	00:15:12	00:23:06	00:31:27	1:17:01	
15	Gill Murphy	Les Croupiers	FV55	00:08:13	00:16:25	00:26:10	00:35:05	1:25:53	
16	Tracey Newman	Les Croupiers	FV40	00:08:40	00:18:50	00:28:38	00:36:05	1:32:13	
17	Donna Littlechild	u/a	SW	00:09:24	00:19:23	00:30:11	00:39:54	1:38:52	