

Cardiff Summer Series Standings 2014

pos	name	club	age group	1 mile	2 mile	3 mile	4 mile	total	
1	Oliver Williams	Les Croupiers RC	SM	00:04:39	00:10:00	00:16:43	00:22:15	00:53:37	1st Male
2	Dan Bradshaw	Aberdare VAAC	SM	00:04:47	00:10:37	00:16:44	00:23:03	00:55:11	2nd Male
3	Matt Hurford	Les Croupiers RC	MV40	00:05:19	00:10:56	00:16:46	00:22:41	00:55:42	3rd Male
4	Anthony Williams	Aberdare VAAC	MV50	00:05:11	00:11:04	00:17:54	00:23:43	00:57:52	1st MV50
5	Brian Dias	Les Croupiers RC	SM	00:05:21	00:11:20	00:17:25	00:25:08	00:59:14	
6	David Proud	Les Croupiers RC	MV40	00:05:38	00:11:45	00:18:19	00:24:30	01:00:12	1st MV40
7	John Craven	Unattached	SM	00:05:27	00:11:46	00:18:39	00:25:10	01:01:02	
8	Mick McGeoch	Les Croupiers RC	MV50	00:05:55	00:12:21	00:19:10	00:25:49	01:03:15	
9	Dominic Shields	San Domenico RR	MV45	00:06:00	00:12:31	00:19:28	00:26:46	01:04:45	
10	Daniel Lloyd	Nike Run Club Cardiff	SM	00:05:58	00:12:53	00:20:31	00:27:56	01:07:18	
11	Hazel Craven	Les Croupiers RC	FV35	00:06:24	00:13:29	00:20:53	00:27:31	01:08:17	1st Lady
12	Alan Mason	Les Croupiers RC	MV50	00:06:25	00:13:25	00:20:30	00:28:38	01:08:58	
13	Aisling Pigott	Outdoor Fitness	SW	00:06:28	00:13:38	00:21:48	00:28:40	01:10:34	2nd Lady
14	Julie Scholey	Les Croupiers RC	FV55	00:06:45	00:14:02	00:22:04	00:28:32	01:11:23	3rd Lady
15	Claire Jones	Les Croupiers RC	SW	00:06:53	00:14:36	00:23:21	00:31:16	01:16:06	
16	Eric Hughes	Bridgend AC	MV70	00:07:07	00:14:50	00:23:13	00:31:19	01:16:29	1st MV60
17	Colin Crooks	Pegasus RC	MV50	00:07:14	00:14:50	00:22:32	00:32:01	01:16:37	
18	Amanda Thompson	Les Croupiers RC	FV50	00:07:55	00:16:35	00:25:52	00:34:13	01:24:35	1st FV45
19	Tracey Newman	Les Croupiers RC	FV35	00:08:18	00:17:15	00:27:24	00:35:19	01:28:16	1st FV35
20	Ruth Cochran	Pontypridd Roadents	FV45	00:09:00	00:19:29	00:32:03	00:39:41	01:40:13	
21	Sarah Meah	Les Croupiers RC	FV45	00:10:11	00:19:50	00:31:13	00:41:25	01:42:39	