

**CARDIFF SUMMER SERIES - 1 MILE RESULTS****OVERALL TOP 3**

<b>Male</b>			<b>Female</b>		
1	Alex Price	04:45	1	Megan McBrien	05:38
2	Alex Jackson	04:46	2	Bethany Gold	05:47
3	Juan Delgado	04:55	3	Shelley Brace	05:51

**AGE GROUPS - TOP 3**

<b>U17M</b>			<b>U17W</b>		
05:15	Tom Webb	Parc Bryn bach RC	05:47	Bethany Gold	Cardiff AAC
05:32	Lloyd Bridges	Cardiff AAC	06:05	Freya Roberts	Cardiff Archers
05:37	Joseph Joyce	Cardiff AAC	06:43	Caitlin Chapman	Cardiff AAC
<b>U20M</b>			<b>U20W</b>		
04:46	Alex Jackson	Cardiff AAC	06:31	Isobelle Jones	Cardiff AAC
05:14	Efan Owen	Cardiff AAC			
05:51	Stephan Noyvirt	Cardiff AAC			
<b>Senior Men</b>			<b>Senior Women</b>		
04:45	Alex Price	Swansea Harriers	05:38	Megan McBrien	Royal Sutton Coldfield AC
04:55	Juan Delgado	Pontypridd Roadents	05:51	Shelley Brace	Les Croupiers RC
04:59	Arwel Evans	Rhedwyr Hebog	06:12	Sally Pugsley	Les Croupiers RC
<b>M40</b>			<b>F35</b>		
05:09	Lyndon Tudor-Maisey	Les Croupiers RC	06:22	Elizabeth Neville	Les Croupiers RC
05:23	Michael Riley	Les Croupiers RC	06:40	Nicola Smith	Les Croupiers RC
05:42	Greg Roberts	Les Croupiers RC	06:54	Jenny Martin	Les Croupiers RC
<b>M45</b>			<b>F45</b>		
05:13	Adrian Lewis	Aberdare Valley AAC	06:18	Hayley Jackson	Parc Bryn bach RC
05:24	Richard Baker	Les Croupiers RC	06:38	Keri Jones	Parc Bryn bach RC
05:27	Johnny Lam	San Domenico	06:57	Rebecca Playle	Les Croupiers RC
<b>M50</b>			<b>F50</b>		
06:21	David George	Les Croupiers RC	07:14	Kay Chapman	Cardiff AAC
06:36	Dominic Shields	San Domenico	07:46	Gail Havard	San Domenico
07:08	Nigel Bleach	SMR	08:17	Francis Williams	San Domenico
<b>M55</b>			<b>F55</b>		
05:39	Vince Nazareth	Les Croupiers RC	07:11	Julie Scholey	Les Croupiers RC
05:57	Sean Price	Les Croupiers RC	07:54	Liz Denton	Les Croupiers RC
06:22	Gwyn Jones	Les Croupiers RC	08:05	Claire Bell	Les Croupiers RC
<b>M60</b>			<b>F60+</b>		
06:42	Mick McGeoch	Les Croupiers RC	08:38	Julie Haigh	Caerphilly Runners
07:21	Steve Lewis	Les Croupiers RC	08:14	Gill Murphy	Les Croupiers RC
			10:12	Mal Rowson	Les Croupiers RC
<b>M65</b>					
05:55	Elio Lepore	Les Croupiers RC			
06:11	Mike Murphy	Les Croupiers RC			
06:23	Michael Cranwell	Les Croupiers RC			