

**CARDIFF SUMMER SERIES - 3 MILE RESULTS****Friday 14 June 2019**

<b>Position</b>	<b>Time</b>	<b>Bib No.</b>	<b>Name</b>	<b>Age Group</b>	<b>Gender</b>	<b>Club</b>
1	00:15:55	351	Alex Jackson	U20M	M	Cardiff AAC
2	00:16:03	313	Oliver Williams	SM	M	White Rock Runners
3	00:16:14	331	Richard Baker	M45	M	Les Croupiers RC
4	00:16:45	362	Stuart Crees	M40	M	Les Croupiers RC
5	00:17:11	326	Efan Owen	SM	M	Cardiff AAC
6	00:17:18	358	Tom Webb	U17M	M	Parc Bryn Bach
7	00:17:29	20	Paul Josua	SM	M	San Domenico RC
8	00:17:34	22	Adrian Lewis	M45	M	Aberdare Valley AAC
9	00:17:35	318	Andy Blair	M50	M	Les Croupiers RC
10	00:17:40	350	Megan McBrien	SW	F	Royal Sutton Coldfield AAC
11	00:18:22	303	Lloyd Bridges	U17M	M	Cardiff AAC
12	00:18:25	5	Laurent Bono	SM	M	Les Croupiers RC
13	00:18:35	338	Emyr Roberts	M45	M	N/A
14	00:18:40	306	Matt Hopkins	SM	M	Les Croupiers RC
15	00:18:56	363	Nathaniel Palmer	M45	M	Les Croupiers RC
16	00:18:57	339	Dan Lloyd	M40	M	CDF Runners
17	00:18:58	314	Brian Dias	SM	M	Cardiff AAC
18	00:19:01	334	Rachel Giancola	SW	F	N/A
19	00:19:03	325	Phil Bristow	M55	M	San Domenico RC
20	00:19:05	35	Rhys Simmonds	U17M	M	Cardiff AAC
21	00:19:11	361	David Proud	M50	M	Les Croupiers RC
22	00:19:11	311	David Walker	M60	M	Les Croupiers RC
23	00:19:18	356	Shelley Brace	SW	F	Les Croupiers RC
24	00:19:43	9	Kris Emes	M40	M	N/A
25	00:19:44	36	Mike Murphy	M65	M	Les Croupiers RC
26	00:19:52	336	Isaac Jones	U17M	M	Cardiff AAC
27	00:19:56	29	Steven Preddy	M45	M	Les Croupiers RC
28	00:20:07	332	Sean Price	M55	M	Les Croupiers RC
29	00:20:11	17	Brendan Jones	M45	M	Les Croupiers RC
30	00:20:16	30	Sally Pugsley	SW	F	Les Croupiers RC
31	00:20:18	360	Peter Turnbull	M55	M	Les Croupiers RC
32	00:20:22	335	Liz Neville	F35	F	Les Croupiers RC
33	00:20:26	16	Hayley Jackson	F45	F	Parc Bryn Bach
34	00:20:33	355	Gareth Logan	SM	M	N/A
35	00:20:41	11	David George	M50	M	Les Croupiers RC
36	00:20:44	329	Ron Morris	M65	M	San Domenico RC
37	00:21:02	34	David E Williams	M55	M	Les Croupiers RC
38	00:21:08	359	Steve Chadwell	M45	M	Les Croupiers RC
39	00:21:41	18	Gwyn Jones	M55	M	Les Croupiers RC
40	00:21:42	317	Stephen Locke	M45	M	Pontypridd Roadents
41	00:21:43	337	William Roberts	U17M	M	Cardiff AAC
42	00:21:43	33	Dominic Shields	M50	M	San Domenico RC
43	00:21:49	27	Gwynfor Palfrey	M55	M	Blaenau Gwent AC
44	00:21:52	354	Kay Chapman	F50	F	Cardiff AAC
45	00:21:56	38	Julie Scholey	F55	F	Les Croupiers RC
46	00:22:04	315	Mick McGeoch	M60	M	Les Croupiers RC
47	00:22:05	8	Michael H Davies	M65	M	Les Croupiers RC
48	00:22:08	23	Jenny Martin	F35	F	Les Croupiers RC
49	00:22:17	323	Sarah Burdett	SW	F	Les Croupiers RC
50	00:22:22	322	Rebeca Harries	U17F	F	Cardiff AAC
51	00:22:30	13	Nick Harris	SM	M	Ogmore Phoenix
52	00:22:31	316	Aled Hughes	M40	M	Ogmore Phoenix
53	00:22:39	321	Steve Lewis	M60	M	Les Croupiers RC
54	00:22:51	319	Andy Davies	M55	M	Pontypridd Roadents
55	00:22:54	6	Rosie Bristow	F40	F	Pegasus
56	00:22:55	353	Paul Chapman	M50	M	Les Croupiers RC
57	00:22:57	4	Nigel Bleach	M50	M	SMR

58	00:23:22	364	Mick Tabor	M65	M	Les Croupiers RC
59	00:23:46	365	Eve Gallop-Evans	F55	F	Les Croupiers RC
60	00:24:20	327	Peter Heath	SM	M	Les Croupiers RC
61	00:24:24	324	Maddison Gregory	U17F	F	Cardiff AAC
62	00:24:38	352	Rachel Higginson	F35	F	Les Croupiers RC
63	00:25:08	25	Hannah Miles	SW	F	Les Croupiers RC
64	00:25:30	328	Liz Denton	F55	F	Les Croupiers RC
65	00:26:12	2	Claire Bell	F55	F	Les Croupiers RC
66	00:27:32	1	Ian Barrett	SM	M	Les Croupiers RC
67	00:27:59	333	Deborah Price	F50	F	Les Croupiers RC
68	00:28:11	14	Chloe Holst	U17F	F	N/A
69	00:28:14	7	Sandra Caveney	F55	F	Les Croupiers RC
70	00:28:49	12	Julie Haigh	F60	F	Caerphilly Runners
71	00:29:36	24	Jon Martin	M40	M	Les Croupiers RC
72	00:30:15	320	Claire George	F45	F	Les Croupiers RC
73	00:31:11	37	Gill Murphy	F65	F	Les Croupiers RC
74	00:34:01	15	Emma Holst	F45	F	N/A
75	00:34:33	330	Carol Roughley	SW	F	N/A
76	00:36:15	302	Joanne Bishop	F40	F	N/A
77	00:39:29	357	Helen Lloyd-Jones	F70	F	Pegasus
78	00:39:37	301	Valerie Bewick	F55	F	N/A