

## Cardiff Summer Series 2012 ~ Final Table

Athlete	Club	Cat	2 Mile	Pace	3 Mile	Pace	4 Mile	Pace	Total	
Oliver Williams	San Domenico	SM	10:46	05:23	16:29	05:30	22:20	05:35	<b>0:49:35</b>	<b>1st SM</b>
Tom Jeffery	Les Croupiers	SM	10:28	05:14	16:49	05:36	22:55	05:44	<b>0:50:12</b>	<b>2nd SM</b>
Phil Bristow	San Domenico	MV50	11:41	05:50	18:08	06:03	24:41	06:10	<b>0:54:30</b>	<b>1st VM</b>
Brian Dias	Cardiff AAC	SM	12:15	06:07	18:47	06:16	25:21	06:20	<b>0:56:23</b>	<b>3rd SM</b>
David Williams	Les Croupiers	MV45	12:32	06:16	19:01	06:20	26:54	06:43	<b>0:58:27</b>	<b>2nd VM</b>
Nicky McWilliam	Les Croupiers	FV35	12:58	06:29	19:52	06:37	27:17	06:49	<b>1:00:07</b>	<b>1st SW</b>
Dominic Shields	San Domenico	MV45	13:26	06:43	19:50	06:37	27:08	06:47	<b>1:00:24</b>	<b>3rd VM</b>
Gary John	Les Croupiers	MV55	13:05	06:32	19:55	06:38	27:32	06:53	<b>1:00:32</b>	<b>4th VM</b>
Wendy Owen	San Domenico	FV40	13:01	06:30	20:08	06:43	27:34	06:53	<b>1:00:43</b>	<b>2nd SW</b>
Paul Morris	Les Croupiers	MV50	13:00	06:30	19:58	06:39	28:07	07:02	<b>1:01:05</b>	<b>5th VM</b>
Angharad Rhys	Les Croupiers	SW	12:59	06:29	21:09	07:03	28:01	07:00	<b>1:02:09</b>	<b>3rd SW</b>
Gareth Rees	Les Croupiers	MV45	14:13	07:07	21:54	07:18	28:38	07:09	<b>1:04:45</b>	<b>6th VM</b>
Jeff Aston	Les Croupiers	MV65	15:19	07:39	23:25	07:48	31:32	07:53	<b>1:10:16</b>	<b>7th VM</b>
Amanda Thompson	Les Croupiers	FV50	16:45	08:22	25:28	08:29	34:18	08:34	<b>1:16:31</b>	<b>1st VW</b>
Deiniol Williams	Pegasus	MV60	16:42	08:21	26:04	08:41	34:45	08:41	<b>1:17:31</b>	<b>8th VM</b>
Sandra Caveney	Les Croupiers	FV45	17:42	08:51	26:46	08:55	35:35	08:54	<b>1:20:03</b>	<b>2nd VW</b>
Mal Rowson	Les Croupiers	FV60	17:57	08:58	27:45	09:15	37:26	09:21	<b>1:23:08</b>	<b>3rd VW</b>
Glyn Hicks	Islwyn RC	MV60	14:30	07:15	30:40	10:13	41:56	10:29	<b>1:27:06</b>	<b>9th VM</b>

Thanks to Dominic Shields for updating the Series Results with the Pace details