

Cardiff Summer Series 3 miles

Place	Name	Hometown	Gender	Bib #	Time	Pace	Speed	Division Rank
1	MICHAEL MORGAN	PENARTH AND DINAS	M: 1	645	00:16:51	03:29	17.2kph	Overall Male Runner: 1
2	RHYS MCNABB	CARDIFF AAC	M: 2	643	00:17:05	03:32	17.0kph	Overall Male Runner: 2
3	OLIVER WILLIAMS	PONTYPRIDD ROADENTS	M: 3	64	00:17:14	03:34	16.8kph	Overall Male Runner: 3
4	PAUL JOSUA	SAN DOMENICO	M: 4	633	00:17:25	03:36	16.6kph	:
5	ADRIAN LEWIS	ABERDARE VALLEY	M: 5	634	00:17:29	03:37	16.6kph	Male 50 - 59: 1
6	DUNCAN SHELDON	PENARTH AND DINAS	M: 6	45	00:17:32	03:37	16.5kph	Male 50 - 59: 2
7	LUIGI FEDERICI	PENARTH AND DINAS	M: 7	611	00:17:33	03:38	16.5kph	:
8	ANDREW BLAIR	LES CROUPIERS RC,	M: 8	586	00:17:35	03:38	16.5kph	Male 50 - 59: 3
9	SEAN MARTIN	PONTYPRIDD ROADENTS	M: 9	62	00:17:40	03:39	16.4kph	:
10	ALVILS BERZINSKIS	LES CROUPIERS RC,	M: 10	585	00:17:41	03:39	16.4kph	Male 40 - 49: 1
11	EMYR MORGAN	LES CROUPIERS RC,	M: 11	644	00:18:17	03:47	15.8kph	Male 50 - 59: 4
12	PHILIP HODGE	LES CROUPIERS RC,	M: 12	625	00:18:22	03:48	15.8kph	Male 50 - 59: 5
13	ROSS FLANIGAN	PENARTH AND DINAS	M: 13	612	00:18:44	03:52	15.5kph	Male 50 - 59: 6
14	ALED HUGHES	OGMORE PHEONIX,	M: 14	52	00:18:47	03:53	15.4kph	Male 40 - 49: 2
15	GARETH LOGAN	LES CROUPIERS RC,	M: 15	68	00:18:54	03:54	15.3kph	:
16	AIDAN O'DONNELL	CDF RUNNERS	M: 16	12	00:18:57	03:55	15.3kph	Male 40 - 49: 3
17	RICHARD EDGE	CDF RUNNERS	M: 17	608	00:19:02	03:56	15.2kph	Male 40 - 49: 4
18	KATIE BEECHER	LES CROUPIERS RC,	F: 1	583	00:19:10	03:58	15.1kph	Overall Female Runner: 1
19	JAMIE SEEKINGS	PENARTH AND DINAS	M: 18	44	00:19:11	03:58	15.1kph	Male 40 - 49: 5
20	MIKE HARRISON	PENARTH AND DINAS	M: 19	623	00:19:14	03:59	15.1kph	:
21	ANDREW MARTIN		M: 20	56	00:20:03	04:09	14.5kph	Male 50 - 59: 7
22	CATHERINE BARKER	PENARTH AND DINAS	F: 2	57	00:20:04	04:09	14.4kph	Overall Female Runner: 2
23	STUART MCILROY	LES CROUPIERS RC,	M: 21	69	00:20:14	04:11	14.3kph	Male 0 - 19: 1
24	DAN LLOYD	CDF RUNNERS	M: 22	63	00:20:18	04:12	14.3kph	Male 40 - 49: 6
25	BRIAN DIAS	CARDIFF AAC	M: 23	600	00:20:19	04:12	14.3kph	:
26	GARETH JONES	PENARTH AND DINAS	M: 24	632	00:20:33	04:15	14.1kph	Male 40 - 49: 7
27	ELIZABETH NEVILLE	LES CROUPIERS RC,	F: 3	9	00:20:54	04:19	13.9kph	Overall Female Runner: 3
28	KAY CHAPMAN	LES CROUPIERS RC,	F: 4	594	00:21:11	04:23	13.7kph	Female 55 - 64: 1
29	DAVID GEORGE	LES CROUPIERS RC,	M: 25	616	00:21:13	04:23	13.7kph	Male 50 - 59: 8
30	STEVEN BARKER	PENARTH & DINAS	M: 26	66	00:21:23	04:25	13.6kph	Male 40 - 49: 8
31	MICK MCGEOCH	LES CROUPIERS RC,	M: 27	641	00:21:28	04:26	13.5kph	Male 60 - 69: 1
32	NEVE JONES	CARDIFF AAC	F: 5	630	00:21:33	04:27	13.4kph	Female 0 - 19: 1
33	ANGHARAD MAIR	LES CROUPIERS RC,	F: 6	65	00:21:40	04:29	13.4kph	Female 55 - 64: 2
34	JANE SHELDON	PENARTH AND DINAS	F: 7	46	00:21:43	04:29	13.3kph	Female 45 - 54: 1
35	ROB EVANS	LES CROUPIERS RC,	M: 28	58	00:21:51	04:31	13.3kph	Male 60 - 69: 2
36	COLIN CAESAR	PENARTH AND DINAS	M: 29	589	00:22:01	04:33	13.2kph	Male 50 - 59: 9
37	CLIVE OSMOND	LES CROUPIERS RC,	M: 30	15	00:22:08	04:35	13.1kph	Male 60 - 69: 3
38	SHANNON WALKER	LES CROUPIERS RC,	F: 8	49	00:22:36	04:40	12.8kph	:
39	MALCOLM BRADLEY	PENARTH AND DINAS	M: 31	588	00:22:45	04:42	12.7kph	Male 70 - 120: 1
40	GIDEON CALDER	PENARTH AND DINAS	M: 32	591	00:22:45	04:42	12.7kph	Male 50 - 59: 10
41	LOLLY EVANS	LES CROUPIERS RC,	F: 9	610	00:22:49	04:43	12.7kph	Female 45 - 54: 2
42	MARK HERBERT	LES CROUPIERS RC,	M: 33	624	00:22:55	04:44	12.6kph	Male 40 - 49: 9
43	STEPHEN LOCKE	PONTYPRIDD ROADENTS	M: 34	53	00:23:11	04:47	12.5kph	Male 50 - 59: 11
44	ALAN MASON	LES CROUPIERS RC,	M: 35	640	00:23:12	04:48	12.5kph	Male 60 - 69: 4
45	SARAH DAVIES	OGMORE PHOENIX	F: 10	599	00:23:24	04:50	12.4kph	Female 45 - 54: 3
46	TIMOTHY CUMMINGS	PENARTH & DINAS,	M: 36	59	00:23:41	04:54	12.2kph	Male 50 - 59: 12
47	ROYSTON VINCENT	PONTYPRIDD ROADENTS	M: 37	48	00:23:47	04:55	12.2kph	:
48	JAMES BUCKINGHAM	PENARTH & DINAS,	M: 38	60	00:23:57	04:57	12.1kph	Male 50 - 59: 13
49	ELIZABETH WALSH	FAIRWATER RUNNERS	F: 11	50	00:24:04	04:58	12.0kph	Female 45 - 54: 4
50	JULIE SCHOLEY	LES CROUPIERS RC,	F: 12	43	00:24:11	05:00	12.0kph	Female 55 - 64: 3
51	MARTIN GREEN	PONTYPRIDD ROADENTS	M: 39	618	00:24:21	05:02	11.9kph	Male 50 - 59: 14
52	STEPHEN LEWIS	LES CROUPIERS RC,	M: 40	636	00:24:27	05:03	11.9kph	Male 60 - 69: 5
53	MEURIG CHAPPLE	PENARTH AND DINAS	M: 41	595	00:24:45	05:07	11.7kph	Male 60 - 69: 6
54	JENNY MARTIN	LES CROUPIERS RC,	F: 13	638	00:25:30	05:16	11.4kph	Female 35 - 44: 1
55	ARABELLA CALDER	PENARTH AND DINAS	F: 14	590	00:25:51	05:21	11.2kph	Female 45 - 54: 5
56	COLIN CROOKS	PEGASUS RC	M: 42	597	00:25:55	05:21	11.2kph	Male 60 - 69: 7
57	DEBBIE REES	PENARTH AND DINAS	F: 15	39	00:25:59	05:22	11.2kph	Female 55 - 64: 4
58	GWYN JONES	LES CROUPIERS RC,	M: 43	631	00:26:14	05:25	11.0kph	Male 50 - 59: 15
59	GERRY CRISPIE	LES CROUPIERS RC,	M: 44	67	00:26:23	05:27	11.0kph	Male 60 - 69: 8
60	DAWN HOPKINS	OGMORE PHOENIX	F: 16	627	00:26:38	05:30	10.9kph	Female 35 - 44: 2
61	KELLY CROFTS	LES CROUPIERS RC,	F: 17	596	00:26:54	05:34	10.8kph	Female 35 - 44: 3
62	JULIE LEWIS	LES CROUPIERS RC,	F: 18	635	00:26:58	05:35	10.7kph	Female 65 - 120: 1

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Place	Name	Hometown	Gender	Bib #	Time	Pace	Speed	Division Rank
63	GILLIAN MURPHY	LES CROUPIERS RC,	F: 19	647	00:27:26	05:40	10.6kph	Female 65 - 120: 2
64	MICHAEL MURPHY	LES CROUPIERS RC,	M: 45	646	00:27:26	05:40	10.6kph	Male 60 - 69: 9
65	NICK HARRIS	OGMORE PHOENIX	M: 46	54	00:27:27	05:40	10.6kph	:
66	HUW PHILLIPS	CDF RUNNERS	M: 47	20	00:27:34	05:42	10.5kph	Male 40 - 49: 10
67	KIRSTY MCGOWAN	LES CROUPIERS RC,	F: 20	642	00:28:23	05:52	10.2kph	Female 35 - 44: 4
68	GLENDA EDWARDS	LES CROUPIERS RC,	F: 21	609	00:28:35	05:55	10.1kph	Female 55 - 64: 5
69	SANDRA CAVENEY	LES CROUPIERS RC,	F: 22	593	00:30:33	06:19	9.5kph	Female 55 - 64: 6
70	IAN BARRETT	LES CROUPIERS RC,	M: 48	582	00:31:24	06:30	9.2kph	:
71	CLAIRE GEORGE	LES CROUPIERS RC,	F: 23	615	00:31:25	06:30	9.2kph	Female 45 - 54: 6
72	CAROLYN LEWIS	PEGASUS RC	F: 24	637	00:31:35	06:32	9.2kph	Female 35 - 44: 5
73	JON MARTIN	LES CROUPIERS RC,	M: 49	639	00:31:38	06:33	9.2kph	Male 40 - 49: 11
74	TRACEY NEWMAN	LES CROUPIERS RC,	F: 25	55	00:34:02	07:02	8.5kph	Female 45 - 54: 7

