

Cardiff Summer Series 1 mile

13/05/2026

Place	Name	Club	Gender	Bib #	Time	Pace	Speed	Division Rank
1	OLIVER CARVELL	TELFORD AC	M: 1	38	00:04:30	02:47	21.5kph	Overall Male Runner: 1
2	OLIVER WILLIAMS	LES CROUPIERS	M: 2	12	00:04:33	02:49	21.2kph	Overall Male Runner: 2
3	JAMES HANSELL	SAN DOMENICO	M: 3	46	00:04:34	02:49	21.2kph	Overall Male Runner: 3
4	JAMES THIE	PONTYPRIDD ROADENTS	M: 4	59	00:04:43	02:55	20.5kph	Male 40 + : 1
5	TOMOS EDWARDS		M: 5	8	00:04:49	02:59	20.1kph	
6	MORGAN THOMPSON	PONTYPRIDD ROADENTS	M: 6	27	00:04:50	02:59	20.0kph	
7	ROWAN CARSON	BRIDGEND AC	M: 7	41	00:04:50	03:00	20.0kph	
8	CONNOR HOOD		M: 8	19	00:04:54	03:02	19.7kph	
9	JACK REDDY	PONTYPRIDD ROADENTS	M: 9	36	00:04:55	03:03	19.7kph	
10	SIMON LEE	LES CROUPIERS	M: 10	40	00:04:57	03:04	19.5kph	
11	FFLOYD JAMES	CARDIFF AAC	M: 11	39	00:05:03	03:08	19.1kph	
12	NOAH HOWELLS	ABERDARE VAAC	M: 12	1	00:05:07	03:10	18.9kph	
13	PAUL JOSUA	SAN DOMENICO	M: 13	7	00:05:08	03:11	18.8kph	
14	TELOR GWYN	LES CROUPIERS	M: 14	35	00:05:11	03:12	18.7kph	
15	CARL NEALON	LES CROUPIERS	M: 15	5	00:05:17	03:17	18.3kph	
16	CONNOR MCCANN		M: 16	54	00:05:22	03:19	18.0kph	
17	JOHN HOWELLS	ABERDARE VAAC	M: 17	2	00:05:24	03:20	17.9kph	
18	OWEN PETERS		M: 18	45	00:05:29	03:24	17.6kph	
19	SAMUEL MCFARLANE	BRIDGEND AC	M: 19	57	00:05:29	03:24	17.6kph	
20	EMYR MORGAN	LES CROUPIERS	M: 20	49	00:05:30	03:24	17.6kph	Male 50 + : 1
21	SEAN MARTIN	PONTYPRIDD ROADENTS	M: 21	21	00:05:31	03:25	17.5kph	
22	JAMES HORNER	LES CROUPIERS	M: 22	52	00:05:33	03:26	17.4kph	
23	KATIE O'HARE	PONTYPRIDD ROADENTS	F: 1	14	00:05:33	03:26	17.4kph	Overall Female Runner: 1
24	CHLOE LEEK	PONT Y PWL & DISTRICT	F: 2	4	00:05:38	03:29	17.2kph	Overall Female Runner: 2
25	SEBASTIAN GUZMAN	WESTBURY HARRIERS	M: 23	22	00:05:43	03:32	16.9kph	
26	SOREN ADAMS		M: 24	44	00:05:47	03:35	16.7kph	
27	DELYTH WILLIAMS	SAN DOMENICO	F: 3	47	00:05:48	03:36	16.7kph	Overall Female Runner: 3
28	EDWARD SPILLER	BRIDGEND AC	M: 25	34	00:05:50	03:37	16.6kph	
29	STEWART HARDING	CDF RUNNERS	M: 26	28	00:05:52	03:38	16.5kph	
30	ISLA CARSON	BRIDGEND AC	F: 4	42	00:05:58	03:42	16.2kph	
31	WILLOW TONGE	CARDIFF AAC	F: 5	64	00:06:03	03:45	16.0kph	
32	SALLY WILDER		F: 6	26	00:06:09	03:49	15.7kph	Female 45 + : 1
33	RICHARD PARKER	CDF RUNNERS	M: 27	6	00:06:15	03:52	15.5kph	
34	JANNEKE VAN BEIJNUM	LES CROUPIERS	F: 7	50	00:06:21	03:56	15.2kph	
35	GARETH EVANS	PONTYPRIDD ROADENTS	M: 28	25	00:06:24	03:58	15.1kph	
36	SEREN HARDMAN	BRIDGEND AC	F: 8	61	00:06:30	04:01	14.9kph	
37	ISOBEL DAWSON	SWANSEA HARRIERS	F: 9	48	00:06:31	04:02	14.8kph	
38	CHERYL EVANS	LES CROUPIERS	F: 10	24	00:06:39	04:07	14.5kph	Female 35 + : 1
39	GINA HARDMAN	BRIDGEND AC	F: 11	60	00:06:42	04:09	14.4kph	Female 55 + : 1
40	HAZEL CRAVEN	LES CROUPIERS	F: 12	62	00:06:43	04:10	14.4kph	
41	STEPHEN LOCKE	PONTYPRIDD ROADENTS	M: 29	3	00:06:46	04:12	14.3kph	
42	TIM DAVIES	PONTYPRIDD ROADENTS	M: 30	29	00:06:50	04:14	14.1kph	
43	RICHARD BAKER	LES CROUPIERS	M: 31	53	00:06:53	04:16	14.1kph	
44	STACEY MCFARLANE	BRIDGEND AC	F: 13	58	00:06:54	04:16	14.0kph	
45	ABBI WALLACE	CDF RUNNERS	F: 14	18	00:06:57	04:18	13.9kph	
46	MARK HERBERT	LES CROUPIERS	M: 32	11	00:06:58	04:19	13.9kph	
47	CAROL REES	LES CROUPIERS	F: 15	43	00:06:59	04:19	13.8kph	
48	ROBERT EVANS	LES CROUPIERS	M: 33	33	00:07:01	04:21	13.8kph	Male 70 + : 1
49	LOLLY EVANS	LES CROUPIERS	F: 16	56	00:07:03	04:22	13.7kph	
50	ALEXANDEZ NIKOLOV		M: 34	51	00:07:06	04:24	13.6kph	
51	NIALL HUGHES	SAN DOMENICO	M: 35	63	00:07:12	04:28	13.4kph	

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52	NIA PEDDY	PONTYPRIDD ROADENTS	F: 17	37	00:07:23	04:35	13.1kph	
53	MICHAEL MURPHY	LES CROUPIERS	M: 36	32	00:07:29	04:38	12.9kph	
54	SANY PHOMMACHANH	CDF RUNNERS	M: 37	31	00:07:38	04:44	12.7kph	
55	JOHN CHANDLER	SAN DOMENICO	M: 38	17	00:07:39	04:44	12.6kph	Male 60 + : 1
56	HOWARD KENT	LES CROUPIERS	M: 39	20	00:07:43	04:47	12.5kph	
57	JENNY MARTIN	LES CROUPIERS	F: 18	55	00:07:44	04:48	12.5kph	
58	GEORGIA LAFLAIN	CDF RUNNERS	F: 19	30	00:07:50	04:51	12.3kph	
59	TRACEY NEWMAN	CLWB RUN WALES	F: 20	10	00:10:26	06:28	9.3kph	

