

Cardiff Summer Series 1 mile

Place	Name	Club	Gender	Bib #	Time	Pace	Speed	Division Rank
1	LLOYD SHEPPARD-BROWN	CARDIFF AAC,	M: 1	29	00:04:24	02:43	22.0kph	Overall Male Runner: 1
2	ISAAC ARNOTT	TONBRIDGE AC,	M: 2	33	00:04:32	02:48	21.4kph	Overall Male Runner: 2
3	LUKE WILLIAMS	MICKY MORRIS RT,	M: 3	23	00:04:33	02:49	21.3kph	Overall Male Runner: 3
4	TADHGH KEATING	LES CROUPIERS RC,	M: 4	114	00:04:41	02:54	20.7kph	
5	TRISTAN REES	LES CROUPIERS RC,	M: 5	48	00:04:44	02:56	20.4kph	
6	JACK REDDAWAY	LES CROUPIERS RC,	M: 6	132	00:04:48	02:58	20.1kph	
7	PETER NIMMO		M: 7	75	00:04:51	03:00	20.0kph	
8	OWAIN MORRIS	LES CROUPIERS RC,	M: 8	102	00:04:53	03:01	19.8kph	
9	DAVID J WILLIAMS	CARDIFF AAC,	M: 9	8	00:04:54	03:02	19.7kph	
10	TOM FLITCROFT	LES CROUPIERS RC,	M: 10	1	00:04:55	03:03	19.6kph	
11	MATTHEW GREEN	LES CROUPIERS RC,	M: 11	63	00:04:56	03:03	19.6kph	
12	ALEX PRICE	LES CROUPIERS RC,	M: 12	62	00:04:58	03:04	19.5kph	
13	RYAN PUGSLEY	LES CROUPIERS RC,	M: 13	38	00:04:58	03:05	19.4kph	
14	DANIEL JONES	SARN HELEN,	M: 14	14	00:05:01	03:06	19.3kph	
15	BRYONY BOYCE	CARDIFF AAC,	F: 1	22	00:05:02	03:07	19.2kph	Overall Female Runner: 1
16	PAUL JOSUA	SAN DOMENICO RC,	M: 15	18	00:05:03	03:08	19.1kph	
17	HAAZIQ REZA	CDF RUNNERS,	M: 16	4	00:05:06	03:10	18.9kph	
18	STEPHEN CAMPBELL	LES CROUPIERS RC,	M: 17	30	00:05:09	03:11	18.8kph	
19	OWEN DAVIES	LES CROUPIERS RC,	M: 18	72	00:05:10	03:12	18.7kph	Male 40 - 49: 1
20	CIAN TOUGH	ABERDARE VAAC	M: 19	58	00:05:12	03:13	18.6kph	
21	LAURA STARK	LES CROUPIERS RC,	F: 2	66	00:05:15	03:15	18.4kph	Overall Female Runner: 2
22	GARETH LOGAN	LES CROUPIERS RC,	M: 20	36	00:05:16	03:16	18.3kph	
23	MICHAEL RILEY	LES CROUPIERS RC,	M: 21	5	00:05:17	03:16	18.3kph	
24	JONATHAN ANSTEE	CDF RUNNERS,	M: 22	21	00:05:20	03:18	18.1kph	
25	ROWAN CARSON	BRIDGEND AC,	M: 23	31	00:05:21	03:19	18.0kph	
26	ADRIAN LEWIS	ABERDARE VAAC	M: 24	12	00:05:29	03:24	17.6kph	Male 50 - 59: 1
27	JAMIE WOOD		M: 25	47	00:05:33	03:26	17.4kph	
28	HUMPHREY SHEIL		M: 26	115	00:05:34	03:27	17.3kph	
29	CHRIS MEDCALF	SAN DOMENICO RC,	M: 27	3	00:05:36	03:28	17.3kph	
30	MICHAEL DONKIN		M: 28	39	00:05:37	03:29	17.2kph	
31	OWEN PETERS		M: 29	119	00:05:39	03:30	17.1kph	
32	SIMON GILL	LLISWERRY RUNNERS	M: 30	20	00:05:48	03:35	16.7kph	
33	BELLA THIE	BRIDGEND AC,	F: 3	46	00:05:49	03:36	16.6kph	Overall Female Runner: 3
34	MICHAEL RAMSEY	LES CROUPIERS RC,	M: 31	34	00:05:52	03:38	16.5kph	Male 60 - 120: 1
35	JOHN LIGHT	SAN DOMENICO RC,	M: 32	42	00:05:56	03:40	16.3kph	
36	ISLA CARSON	BRIDGEND AC,	F: 4	43	00:05:57	03:41	16.3kph	
37	DELYTH WILLIAMS	SAN DOMENICO RC,	F: 5	116	00:05:58	03:42	16.2kph	Female 35 - 44: 1
38	JACOB MILES	BRIDGEND AC,	M: 33	44	00:06:03	03:45	16.0kph	
39	EVA MARTIN	CARDIFF AAC,	F: 6	10	00:06:05	03:46	15.9kph	
40	MARCUS MEYRICK	LES CROUPIERS RC,	M: 34	32	00:06:06	03:47	15.8kph	
41	CATHERINE BARKER	PENARTH & DINAS	F: 7	68	00:06:07	03:48	15.8kph	Female 45 - 54: 1
42	SEREN HARDMAN	BRIDGEND AC,	F: 8	56	00:06:10	03:49	15.7kph	
43	BRYONY EAMES	LES CROUPIERS RC,	F: 9	134	00:06:12	03:51	15.6kph	
44	NIKI MORGAN	CHEPSTOW HARRIERS	F: 10	103	00:06:13	03:51	15.5kph	
45	ALICE ROTHWELL	LES CROUPIERS RC,	F: 11	113	00:06:15	03:52	15.5kph	
46	RICHARD SELF	LES CROUPIERS RC,	M: 35	45	00:06:21	03:56	15.2kph	
47	DAVID GEORGE	LES CROUPIERS RC,	M: 36	17	00:06:22	03:57	15.2kph	
48	SAFFI REID	HEREFORD & COUNTY	F: 12	120	00:06:23	03:57	15.1kph	
49	STEVEN PREDDY	LES CROUPIERS RC,	M: 37	74	00:06:26	03:59	15.0kph	
50	RICH BAKER		M: 38	73	00:06:27	04:00	15.0kph	
51	CARYS PRYOR	CARDIFF JUNIOR TRI	F: 13	64	00:06:28	04:00	14.9kph	
52	CHERYL EVANS	LES CROUPIERS RC,	F: 14	107	00:06:29	04:01	14.9kph	
53	DAISY COWAN BAYLISS	BRIDGEND AC,	F: 15	110	00:06:30	04:01	14.9kph	
54	ANDREW MARTIN	LES CROUPIERS RC,	M: 39	19	00:06:31	04:02	14.8kph	
55	DAVID. E WILLIAMS	LES CROUPIERS RC,	M: 40	133	00:06:39	04:07	14.5kph	

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56	ISOBEL DAWSON	SWANSEA HARRIERS	F: 16	7	00:06:40	04:08	14.5kph	
57	CLIVE OSMOND	LES CROUPIERS RC,	M: 41	24	00:06:40	04:08	14.5kph	
58	MARK HERBERT	LES CROUPIERS RC,	M: 42	41	00:06:41	04:09	14.4kph	
59	ELLIE JACKSON		F: 17	9	00:06:42	04:09	14.4kph	
60	CALLA DAVIES	BRIDGEND AC,	F: 18	118	00:06:47	04:12	14.3kph	
61	ANDY DAVIES	PONTYPRIDD ROADENTS	M: 43	35	00:06:48	04:13	14.2kph	
62	HOWARD KENT	LES CROUPIERS RC,	M: 44	67	00:06:51	04:15	14.1kph	
63	CHRIS TOUGH	ABERDARE VAac	M: 45	50	00:06:57	04:18	13.9kph	
64	NEIL DAVIES	PEGASUS RC,	M: 46	40	00:06:58	04:19	13.9kph	
65	ETHAN TOUGH	ABERDARE VAAC	M: 47	57	00:06:58	04:19	13.9kph	
66	CLAIRE BRUCE	LES CROUPIERS RC,	F: 19	37	00:06:59	04:19	13.9kph	
67	WILLIAM SNOWDON	LES CROUPIERS RC,	M: 48	53	00:07:01	04:21	13.8kph	
68	GARY JOHN	LES CROUPIERS RC,	M: 49	15	00:07:04	04:23	13.7kph	
69	MICK MCGEOCH	LES CROUPIERS RC,	M: 50	27	00:07:08	04:26	13.5kph	
70	LOLLY EVANS	LES CROUPIERS RC,	F: 20	123	00:07:15	04:29	13.3kph	
71	NIGEL HAMMERSLEY	PEGASUS RC,	M: 51	2	00:07:17	04:31	13.3kph	
72	CLAIRE JARROM	LES CROUPIERS RC,	F: 21	105	00:07:22	04:34	13.1kph	
73	IAN BARRETT	LES CROUPIERS RC,	M: 52	111	00:07:23	04:34	13.1kph	
74	HUW PHILLIPS	ALBANY ROAD RUNNERS	M: 53	106	00:07:27	04:37	13.0kph	
75	JENNY MARTIN	LES CROUPIERS RC,	F: 22	61	00:07:37	04:43	12.7kph	
76	MICHAEL H DAVIES	LES CROUPIERS RC,	M: 54	13	00:07:43	04:47	12.5kph	
77	COLIN CROOKS	PEGASUS RC,	M: 55	71	00:08:00	04:57	12.1kph	
78	JENNIFER STONE	ALBANY ROAD RUNNERS	F: 23	104	00:08:02	04:59	12.0kph	
79	AIGA REINHOLDE-BERZINSKA		F: 24	131	00:08:14	05:06	11.7kph	
80	ANGHARAD PRICE-MORRIS	LES CROUPIERS RC,	F: 25	101	00:08:18	05:09	11.6kph	
81	JULIE SCHOLEY	LES CROUPIERS RC,	F: 26	117	00:08:20	05:10	11.6kph	Female 55 - 120: 1
82	SALLY GROVES	PEGASUS RC,	F: 27	54	00:08:27	05:14	11.4kph	
83	GERRY CRISPIE	LES CROUPIERS RC,	M: 56	112	00:08:28	05:15	11.4kph	
84	SANY PHOMMACHANH		M: 57	124	00:08:34	05:19	11.3kph	
85	ELLIE MICHAEL	PEGASUS RC,	F: 28	69	00:08:44	05:25	11.1kph	
86	CLARE JOHNSON	LES CROUPIERS RC,	F: 29	122	00:10:42	06:38	9.0kph	