

Cardiff Summer Series 1 mile

Place	Name	Club	Gender	Bib #	Time	Pace	Speed	Division Rank
1	OLIVER WILLIAMS	LES CROUPIERS RC	M: 1	141	00:04:34	02:49	21.2kph	Overall Male : 1
2	BEN DEMELLWEEK	PONTYPRIDD ROADENTS	M: 2	200	00:04:42	02:54	20.6kph	Overall Male : 2
3	JAMES THIE	PONTYPRIDD ROADENTS	M: 3	191	00:04:45	02:57	20.3kph	Overall Male : 3
4	OLIVER PRICE	PONTYPRIDD ROADENTS	M: 4	195	00:04:47	02:57	20.2kph	
5	BEN KENNEDY	LES CROUPIERS RC	M: 5	157	00:04:48	02:58	20.1kph	
6	HUW HUDSON	PENARTH & DINAS RUNNERS	M: 6	221	00:04:50	02:59	20.0kph	
7	MATTHEW DAVIES	LES CROUPIERS RC	M: 7	136	00:04:51	03:00	19.9kph	
8	TELOR GWYN	LES CROUPIERS RC	M: 8	149	00:04:59	03:05	19.4kph	
9	GETHIN EDWARDS	PONTYPRIDD ROADENTS	M: 9	152	00:05:03	03:07	19.2kph	Male 40 : 1
10	RODDY STARK	CDF RUNNERS	M: 10	170	00:05:05	03:09	19.0kph	
11	PAUL JOSUA	SAN DOMENICO RC	M: 11	168	00:05:07	03:10	18.9kph	
12	ROWAN CARSON	BRIDGEND AC	M: 12	116	00:05:08	03:11	18.8kph	
13	CARL NEALON	LES CROUPIERS RC	M: 13	143	00:05:10	03:12	18.7kph	
14	MATTHEW JACKLIN	ABERDARE VALLEY AAC	M: 14	135	00:05:12	03:13	18.6kph	
15	LUKE STARKIE	LES CROUPIERS RC	M: 15	182	00:05:13	03:14	18.5kph	
16	JONATHAN ANSTEE	CDF RUNNERS	M: 16	238	00:05:15	03:15	18.4kph	
17	GARETH LEWIS	CDF RUNNERS	M: 17	131	00:05:16	03:16	18.3kph	
18	ALEXANDER JAMES	CDF RUNNERS	M: 18	239	00:05:17	03:16	18.3kph	
19	OWEN YOUNG		M: 19	297	00:05:17	03:16	18.3kph	
20	JAMES BOOTH	LLISWERRY RUNNERS	M: 20	102	00:05:18	03:17	18.2kph	
21	MICHAEL RILEY	LES CROUPIERS RC	M: 21	287	00:05:21	03:19	18.1kph	
22	EMYR MORGAN	LES CROUPIERS RC	M: 22	121	00:05:23	03:20	18.0kph	Male 50 : 1
23	LAURA STARK	LES CROUPIERS RC	F: 1	257	00:05:25	03:21	17.9kph	Overall Female : 1
24	SAM JONES	CDF RUNNERS	M: 23	106	00:05:26	03:22	17.8kph	
25	TOMOS ROBERTS	CARDIFF AAC	M: 24	296	00:05:27	03:23	17.7kph	
26	ROSS FLANIGAN	PENARTH & DINAS RUNNERS	M: 25	127	00:05:28	03:23	17.7kph	
27	GEORGE WATKINS	CDF RUNNERS	M: 26	270	00:05:29	03:24	17.6kph	
28	MICHAEL PERRY		M: 27	194	00:05:31	03:25	17.5kph	
29	MATT HOPKINS	LES CROUPIERS RC	M: 28	175	00:05:32	03:25	17.5kph	
30	BELLA THIE	BRIDGEND AC	F: 2	190	00:05:41	03:31	17.0kph	Overall Female : 2
31	MIKE HARRISON	PENARTH & DINAS RUNNERS	M: 29	150	00:05:42	03:32	17.0kph	
32	IOAN PRYOR	CARDIFF JUNIOR TRI	M: 30	174	00:05:43	03:33	16.9kph	
33	JOHN LIGHT	SAN DOMENICO RC	M: 31	187	00:05:43	03:33	16.9kph	
34	RILEY NEALON	CARDIFF AAC	M: 32	144	00:05:45	03:34	16.8kph	
35	JULIE CHAMBERLAIN	CARDIFF AAC	F: 3	148	00:05:46	03:35	16.7kph	Overall Female : 3
36	KIT LAMBERT	PENARTH & DINAS RUNNERS	M: 33	227	00:05:49	03:36	16.6kph	
37	DELYTH WILLIAMS	SAN DOMENICO RC	F: 4	145	00:05:49	03:36	16.6kph	Female 35 : 1
38	STEWART HARDING	CDF RUNNERS	M: 34	142	00:05:53	03:39	16.4kph	
39	EDWARD SPILLER	BRIDGEND AC	M: 35	110	00:05:54	03:39	16.4kph	
40	ELLA JENNINGS	LES CROUPIERS RC	F: 5	108	00:05:55	03:40	16.3kph	
41	LILY JACKLIN	ABERDARE VALLEY AAC	F: 6	134	00:05:56	03:41	16.3kph	
42	RICH BAKER	LES CROUPIERS RC	M: 36	167	00:05:59	03:43	16.1kph	
43	HYWEL EDWARDS	SAN DOMENICO RC	M: 37	125	00:06:01	03:44	16.0kph	
44	ISLA CARSON	BRIDGEND AC	F: 7	117	00:06:03	03:45	16.0kph	
45	RACHEL MCDOWELL	LES CROUPIERS RC	F: 8	263	00:06:05	03:46	15.9kph	
46	NICHOLAS MORGAN	PENARTH & DINAS RUNNERS	M: 38	229	00:06:09	03:48	15.7kph	
47	SAMUEL MCFARLANE	BRIDGEND AC	M: 39	115	00:06:11	03:50	15.6kph	
48	SOREN ADAMS		M: 40	128	00:06:12	03:50	15.6kph	
49	CHRISTOPHER DAVIES	CDF RUNNERS	M: 41	147	00:06:13	03:51	15.5kph	
50	SALLY MORRIN		F: 9	248	00:06:16	03:53	15.4kph	
51	CATHERINE BARKER	PENARTH & DINAS RUNNERS	F: 10	298	00:06:17	03:53	15.4kph	Female 45 : 1
52	JAMES ASHLEY	PARC BRYN BACH	M: 42	295	00:06:23	03:58	15.1kph	
53	JANNEKE VAN BEIJNUM	LES CROUPIERS RC	F: 11	120	00:06:27	04:00	15.0kph	
54	RICH PARKER	CDF RUNNERS	M: 43	183	00:06:33	04:03	14.8kph	
55	STEPHEN LOCKE	PONTYPRIDD ROADENTS	M: 44	241	00:06:37	04:06	14.6kph	
56	CHERYL EVANS	LES CROUPIERS RC	F: 12	192	00:06:38	04:06	14.6kph	
57	CAROLE GODDARD	LES CROUPIERS RC	F: 13	247	00:06:39	04:07	14.5kph	
58	CLIVE OSMOND	LES CROUPIERS RC	M: 45	126	00:06:40	04:08	14.5kph	Male 60 : 1
59	RACHEL WALSH	LES CROUPIERS RC	F: 14	210	00:06:41	04:08	14.5kph	
60	TIM DAVIES	PONTYPRIDD ROADENTS	M: 46	181	00:06:53	04:16	14.1kph	

Cardiff Summer Series 1 mile

Place	Name	Club	Gender	Bib #	Time	Pace	Speed	Division Rank
61	MARK HERBERT	LES CROUPIERS RC	M: 47	123	00:06:59	04:20	13.8kph	Male 70 : 1
62	HOWARD KENT	LES CROUPIERS RC	M: 48	105	00:07:02	04:22	13.7kph	
63	HUW PHILLIPS	ALBANY ROAD	M: 49	277	00:07:05	04:23	13.6kph	
64	STACEY MCFARLANE	BRIDGEND AC	F: 15	279	00:07:05	04:24	13.6kph	
65	LOLLY EVANS	LES CROUPIERS RC	F: 16	160	00:07:11	04:27	13.4kph	
66	SARAH PRICE		F: 17	204	00:07:16	04:30	13.3kph	
67	NIALL HUGHES	SAN DOMENICO RC	M: 50	104	00:07:19	04:32	13.2kph	
68	ALAN MASON	LES CROUPIERS RC	M: 51	107	00:07:28	04:38	12.9kph	
69	SANY PHOMMACHANH	CDF RUNNERS	M: 52	130	00:07:35	04:42	12.7kph	
70	BORJA LAZARO TORALLES	CALDICOT RUNNING CLUB	M: 53	138	00:07:39	04:45	12.6kph	
71	JENNY MARTIN	LES CROUPIERS RC	F: 18	101	00:07:39	04:45	12.6kph	
72	MEGAN SMITH	CDF RUNNERS	F: 19	161	00:07:40	04:45	12.6kph	
73	ANGHARAD PRICE-MORRIS	LES CROUPIERS RC	F: 20	281	00:07:43	04:47	12.5kph	
74	SARAH PRYOR	LES CROUPIERS RC	F: 21	173	00:07:52	04:52	12.3kph	
75	THEO CHARALAMBOUS		M: 54	269	00:08:36	05:20	11.2kph	
76	CLAIR CHARALAMBOUS	LES CROUPIERS RC	F: 22	266	00:09:19	05:47	10.4kph	