

Cardiff Summer Series Standings 2023

	Name	Cat	Club	1 mile	2 mile	3 mile	4 mile	Total	
1	JACK REDDAWAY	SM	LES CROUPIERS RC	00:04:55	00:10:25	00:16:39	00:22:14	0:54:13	Overall Male : 1
2	PAUL JOSUA	SM	SAN DOMENICO RC	00:05:02	00:11:06	00:17:32	00:23:27	0:57:07	Overall Male : 2
3	COLIN WILLIAMS	M50	LES CROUPIERS RC	00:05:12	00:11:17	00:17:39	00:24:34	0:58:42	Overall Male : 3
4	GARETH LOGAN	SM	LES CROUPIERS RC	00:05:22	00:11:58	00:18:25	00:25:52	1:01:37	
5	SAM JONES	SM		00:05:42	00:12:23	00:20:33	00:28:09	1:06:47	
6	JAMES ASHLEY	M40	PARC BRYN BACH	00:06:22	00:13:30	00:21:20	00:28:56	1:10:08	Male 40 - 49 : 1
7	ELIO LEPORE	M60	LES CROUPIERS RC	00:06:49	00:14:12	00:22:05	00:30:17	1:13:23	Male 60 - 120 : 1
8	CHERYL EVANS	SW	LES CROUPIERS RC	00:06:56	00:14:40	00:22:41	00:30:44	1:15:01	Overall Female : 1
9	MARK HERBERT	M40	LES CROUPIERS RC	00:07:03	00:14:47	00:22:52	00:31:00	1:15:42	
10	LOLLY EVANS	F45	LES CROUPIERS RC	00:07:07	00:14:49	00:22:49	00:31:01	1:15:46	Overall Female : 2
11	STEVEN PREDDY	M50	LES CROUPIERS RC	00:06:47	00:14:56	00:23:35	00:32:45	1:18:03	Male 50 - 59 : 1
12	JULIE SCHOLEY	F55	LES CROUPIERS RC	00:07:58	00:16:34	00:25:01	00:34:47	1:24:20	Overall Female : 3
13	JANET SMITH	F45	LES CROUPIERS RC	00:07:51	00:16:54	00:25:57	00:35:18	1:26:00	Female 45 - 54 : 1
14	COLIN CROOKS	M60	PEGASUS RC	00:08:33	00:17:38	00:27:07	00:37:06	1:30:24	
15	JEFFREY ASTON	M60	LES CROUPIERS RC	00:11:37	00:23:43	00:37:12	00:48:36	2:01:08	