

# Cardiff Summer Series 2026

## Series Standings

Name	Age Cat.	Club	1 mile	2 miles	3 miles	4 miles	total	
OLIVER WILLIAMS	M40	LES CROUPIERS	00:04:33	00:09:59	00:15:45	00:00:00	<b>0:30:17</b>	Overall Male Runner: 1
PAUL JOSUA	SM	SAN DOMENICO	00:05:08	00:10:41	00:17:03	00:00:00	<b>0:32:52</b>	Overall Male Runner: 2
TELOR GWYN	M40	LES CROUPIERS	00:05:11	00:10:37	00:17:04	00:00:00	<b>0:32:52</b>	Overall Male Runner: 3
CARL NEALON	SM	LES CROUPIERS	00:05:17	00:11:01	00:17:43	00:00:00	<b>0:34:01</b>	
OWEN PETERS	SM		00:05:29	00:11:22	00:17:59	00:00:00	<b>0:34:50</b>	
EMYR MORGAN	M50	LES CROUPIERS	00:05:30	00:11:39	00:18:10	00:00:00	<b>0:35:19</b>	Male 40 + : 1
KATIE O'HARE	SW	PONTYPRIDD ROADENTS	00:05:33	00:11:48	00:18:42	00:00:00	<b>0:36:03</b>	Overall Female Runner: 1
RICH BAKER	M55	LES CROUPIERS	00:06:53	00:12:12	00:19:15	00:00:00	<b>0:38:20</b>	Male 50 + : 1
JANNEKE VAN BEIJNUM	W45	LES CROUPIERS	00:06:21	00:13:23	00:20:24	00:00:00	<b>0:40:08</b>	Overall Female Runner: 2
GARETH EVANS	SM	PONTYPRIDD ROADENTS	00:06:24	00:14:15	00:21:44	00:00:00	<b>0:42:23</b>	
CHERYL EVANS	W35	LES CROUPIERS	00:06:39	00:13:53	00:21:57	00:00:00	<b>0:42:29</b>	Overall Female Runner: 3
HAZEL CRAVEN	W45	LES CROUPIERS	00:06:43	00:13:56	00:22:06	00:00:00	<b>0:42:45</b>	Female 35 + : 1
LOLLY EVANS	W55	LES CROUPIERS	00:07:03	00:14:32	00:22:04	00:00:00	<b>0:43:39</b>	Female 45 + : 1
ROB EVANS	M70	LES CROUPIERS	00:07:01	00:14:22	00:22:18	00:00:00	<b>0:43:41</b>	Male 60 + : 1
MARK HERBERT	M40	LES CROUPIERS	00:06:58	00:14:21	00:22:38	00:00:00	<b>0:43:57</b>	
TIM DAVIES	M45	PONTYPRIDD ROADENTS	00:06:50	00:14:48	00:22:20	00:00:00	<b>0:43:58</b>	
STEPHEN LOCKE	M55	PONTYPRIDD ROADENTS	00:06:46	00:14:43	00:23:22	00:00:00	<b>0:44:51</b>	
HOWARD KENT	M70	LES CROUPIERS	00:07:43	00:14:20	00:23:18	00:00:00	<b>0:45:21</b>	Male 70 + : 1
MICHAEL MURPHY	M70	LES CROUPIERS	00:07:29	00:14:53	00:24:22	00:00:00	<b>0:46:44</b>	
TRACEY NEWMAN	W55	CLWB RUN WALES	00:10:26	00:21:02	00:34:12	00:00:00	<b>1:05:40</b>	Female 55 + : 1