

Cardiff Summer Series 2 miles

Pos	Name	Club	Gender	Bib #	Time	Pace	Speed	Division Rank
1	OLIVER WILLIAMS	LES CROUPIERS RC	M: 1	25	00:09:58	03:05	19.4kph	Overall Male Runner: 1
2	DANIEL BODMAN	PARC BRYN BACH	M: 2	74	00:10:04	03:07	19.2kph	Overall Male Runner: 2
3	JAMES THIE	PONTYPRIDD ROADENTS	M: 3	61	00:10:15	03:10	18.9kph	Overall Male Runner: 3
4	HUW HUDSON	PENARTH & DINAS	M: 4	75	00:10:16	03:11	18.8kph	
5	BEN KENNEDY	LES CROUPIERS RC	M: 5	88	00:10:19	03:12	18.7kph	
6	CHRIS OXLEY	SAN DOMENICO RC	M: 6	71	00:10:35	03:17	18.3kph	Male 40 : 1
7	MATTHEW DAVIES	LES CROUPIERS RC	M: 7	22	00:10:37	03:17	18.2kph	
8	OSCAR POWELL	CARDIFF AAC	M: 8	78	00:10:47	03:20	17.9kph	
9	GETHIN EDWARDS	PONTYPRIDD ROADENTS	M: 9	27	00:10:51	03:22	17.8kph	
10	JAMIE MORRIS	LONDON HEATHSIDE	M: 10	86	00:10:53	03:22	17.8kph	
11	MATT TURNER	SAN DOMENICO RC	M: 11	80	00:11:03	03:25	17.5kph	
12	PAUL CARTER		M: 12	59	00:11:06	03:26	17.4kph	
13	TELOR GWYN	LES CROUPIERS RC	M: 13	26	00:11:07	03:27	17.4kph	
14	PAUL JOSUA	SAN DOMENICO RC	M: 14	30	00:11:09	03:27	17.3kph	
15	DUNCAN MCLAUCHLAN	LES CROUPIERS RC	M: 15	28	00:11:10	03:27	17.3kph	
16	JAMES HORNER	LES CROUPIERS RC	M: 16	37	00:11:30	03:34	16.8kph	
17	IAN BIRD	RUN4ALL NEATH,	M: 17	57	00:11:36	03:36	16.7kph	
18	ROSS FLANIGAN	PENARTH & DINAS	M: 18	18	00:11:37	03:36	16.6kph	Male 50 : 1
19	ALVILS BERZINSKIS	LES CROUPIERS RC	M: 19	44	00:11:39	03:37	16.6kph	
20	FREDDIE HUDSON	BRIDGEND AC	M: 20	31	00:11:47	03:39	16.4kph	
21	LAURENCE POLE	PONTYPRIDD ROADENTS	M: 21	48	00:11:55	03:42	16.2kph	
22	EMYR MORGAN	LES CROUPIERS RC	M: 22	13	00:12:05	03:45	16.0kph	
23	JULIE CHAMBERLAIN	CARDIFF AAC	F: 1	84	00:12:15	03:48	15.8kph	Overall Female Runner: 1
24	TOMOS ROBERTS	CARDIFF AAC	M: 23	87	00:12:20	03:49	15.7kph	
25	ESME LEWIS	BRIDGEND AC	F: 2	36	00:12:26	03:51	15.5kph	Overall Female Runner: 2
26	THIE BELLA	BRIDGEND AC	F: 3	60	00:12:29	03:52	15.5kph	Overall Female Runner: 3
27	RICH BAKER	LES CROUPIERS RC	M: 24	29	00:12:31	03:53	15.4kph	
28	DELYTH WILLIAMS	SAN DOMENICO RC	F: 4	82	00:12:33	03:53	15.4kph	Female 35 : 1
29	ELLA JENNINGS	LES CROUPIERS RC	F: 5	6	00:12:34	03:54	15.4kph	
30	JACK HOCKING	CDF RUNNERS	M: 25	56	00:12:37	03:55	15.3kph	
31	DAVID CASADO	PEGASUS RC	M: 26	41	00:12:42	03:56	15.2kph	
32	RILEY NEALON	CARDIFF AAC	M: 27	63	00:12:45	03:57	15.2kph	
33	TOM CLARKE	PENARTH & DINAS	M: 28	42	00:12:48	03:58	15.1kph	
34	JAMES BRUCE	LES CROUPIERS RC	M: 29	55	00:12:49	03:58	15.1kph	
35	SIMON BIRD	PEGASUS RC	M: 30	43	00:12:52	03:59	15.0kph	
36	CATHERINE BARKER	PENARTH & DINAS	F: 6	51	00:12:53	03:59	15.0kph	Female 45 : 1
37	JEN COLEMAN	LES CROUPIERS RC	F: 7	50	00:12:57	04:01	14.9kph	
38	SAMUEL MCFARLANE	BRIDGEND AC	M: 31	76	00:13:01	04:02	14.8kph	
39	SAM JONES	CDF RUNNERS	M: 32	14	00:13:10	04:05	14.7kph	
40	NICHOLAS MORGAN	PENARTH & DINAS	M: 33	58	00:13:11	04:05	14.6kph	
41	SAFFI REID	HEREFORD AND COUNTY	F: 8	2	00:13:16	04:07	14.6kph	
42	TIM FRY	LLISWERRY RUNNERS	M: 34	83	00:13:25	04:09	14.4kph	
43	TZEVAI CHONG	CDF RUNNERS	M: 35	39	00:13:32	04:12	14.3kph	
44	JANNEKE VAN BEIJNUM	LES CROUPIERS RC	F: 9	12	00:13:35	04:12	14.2kph	
45	CAROLE GODDARD	LES CROUPIERS RC	F: 10	64	00:13:39	04:14	14.2kph	
46	PENNY COYLE	LES CROUPIERS RC	F: 11	72	00:13:42	04:15	14.1kph	
47	JAMES ASHLEY	PARC BRYN BACH	M: 36	40	00:13:56	04:19	13.9kph	
48	JACOB MILES	BRIDGEND AC	M: 37	69	00:14:05	04:22	13.7kph	
49	SEREN HARDMAN	BRIDGEND AC	F: 12	67	00:14:07	04:23	13.7kph	
50	CLIVE OSMOND	LES CROUPIERS RC	M: 38	17	00:14:08	04:23	13.7kph	Male 60 : 1
51	MARK HERBERT	LES CROUPIERS RC	M: 39	15	00:14:10	04:23	13.6kph	
52	RICH PARKER	CDF RUNNERS	M: 40	54	00:14:18	04:26	13.5kph	
53	ABI GODDARD	LES CROUPIERS RC	F: 13	65	00:14:25	04:28	13.4kph	
54	SARAH BEECHING	LES CROUPIERS RC	F: 14	79	00:14:32	04:30	13.3kph	
55	TIM DAVIES	PONTYPRIDD ROADENTS	M: 41	32	00:14:40	04:33	13.2kph	
56	GINA HARDMAN	BRIDGEND AC	F: 15	66	00:14:43	04:34	13.1kph	
57	HOWARD KENT	LES CROUPIERS RC	M: 42	3	00:14:54	04:37	13.0kph	Male 70 : 1
58	LOLLY EVANS	LES CROUPIERS RC	F: 16	52	00:14:59	04:39	12.9kph	
59	STACEY MCFARLANE	BRIDGEND AC	F: 17	77	00:15:02	04:40	12.9kph	
60	MICK TABOR	LES CROUPIERS RC	M: 43	68	00:15:15	04:44	12.7kph	

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61	TERRY CAVENEY	LES CROUPIERS RC	M: 44	85	00:15:16	04:44	12.7kph	
62	ALAN MASON	LES CROUPIERS RC	M: 45	5	00:15:44	04:53	12.3kph	
63	JULIE SCHOLEY	LES CROUPIERS RC	F: 18	7	00:15:49	04:54	12.2kph	Female 65 : 1
64	MICHAEL H DAVIES	LES CROUPIERS RC	M: 46	53	00:16:30	05:07	11.7kph	
65	ANGHARAD PRICE-MORRIS	LES CROUPIERS RC	F: 19	73	00:16:35	05:09	11.7kph	
66	TIM O'SULLIVAN	LES CROUPIERS RC	M: 47	47	00:16:46	05:12	11.5kph	
67	JENNY MARTIN	LES CROUPIERS RC	F: 20	1	00:16:57	05:15	11.4kph	
68	EVE GALLOP-EVANS	LES CROUPIERS RC	F: 21	62	00:17:01	05:17	11.4kph	Female 55 : 1
69	GERRY CRISPIE	LES CROUPIERS RC	M: 48	11	00:19:07	05:56	10.1kph	
70	ANGHARAD PARRY-JONES	LES CROUPIERS RC	F: 22	19	00:20:04	06:13	9.6kph	
71	JEFF ASTON	LES CROUPIERS RC	M: 49	70	00:25:23	07:52	7.6kph	