

# Cardiff Summer Series 2 miles

Pos	Name	Club	Gender	Bib #	Time	Pace	Speed	Division Rank
1	OLIVER WILLIAMS	LES CROUPIERS	M: 1	70	00:09:59	03:05	19.4kph	Overall Male Runner: 1
2	LEROY GRIFFITHS	RHONDDA AC	M: 2	34	00:10:05	03:07	19.2kph	Overall Male Runner: 2
3	TOM LUTON	NEWQUAY & PAR AC	M: 3	80	00:10:09	03:08	19.1kph	Overall Male Runner: 3
4	JAMES THIE	PONTYPRIDD ROADENTS	M: 4	105	00:10:13	03:10	18.9kph	Male 45 - 49: 1
5	ANTHONY SNETS	LES CROUPIERS	M: 5	73	00:10:26	03:14	18.5kph	:
6	DUNCAN MCLAUGHLAN	LES CROUPIERS	M: 6	99	00:10:32	03:16	18.4kph	
7	TELOR GWYN	LES CROUPIERS	M: 7	2	00:10:37	03:17	18.2kph	Male 40 - 44: 1
8	PAUL JOSUA	SAN DOMENICO RC	M: 8	56	00:10:41	03:18	18.1kph	
9	FFLOYD JAMES	CARDIFF AAC	M: 9	10	00:10:45	03:20	18.0kph	
10	CONNOR MCCANN		M: 10	76	00:10:58	03:24	17.6kph	
11	CARL NEALON	LES CROUPIERS	M: 11	40	00:11:01	03:25	17.5kph	
12	OWEN PETERS		M: 12	83	00:11:22	03:31	17.0kph	
13	RYAN CULLEN	CDF RUNNERS	M: 13	63	00:11:25	03:32	16.9kph	
14	ANDREW BLAIR	LES CROUPIERS	M: 14	97	00:11:30	03:34	16.8kph	Male 60 - 64: 1
15	JAMES HORNER	LES CROUPIERS	M: 15	88	00:11:31	03:34	16.8kph	
16	SEAN MARTIN	PONTYPRIDD ROADENTS	M: 16	71	00:11:33	03:35	16.7kph	
17	BELLA THIE	BRIDGEND ATHLETICS	F: 1	104	00:11:35	03:35	16.7kph	Overall Female Runner: 1
18	EMYR MORGAN	LES CROUPIERS	M: 17	49	00:11:39	03:37	16.6kph	Male 50 - 54: 1
19	KATIE O'HARE	PONTYPRIDD ROADENTS	F: 2	91	00:11:48	03:39	16.4kph	Overall Female Runner: 2
20	JULIE CHAMBERLAIN	LES CROUPIERS	F: 3	75	00:11:49	03:40	16.4kph	Overall Female Runner: 3
21	RICH BAKER	LES CROUPIERS	M: 18	93	00:12:12	03:47	15.8kph	Male 55 - 59: 1
22	JOHN CRAVEN	LES CROUPIERS	M: 19	95	00:12:14	03:47	15.8kph	
23	SAFFI REID	HEREFORD & COUNTY AC	F: 4	103	00:12:24	03:50	15.6kph	
24	HYWEL EDWARDS	SAN DOMENICO RC	M: 20	96	00:12:46	03:57	15.1kph	
25	ELLA JENNINGS	LES CROUPIERS	F: 5	82	00:13:00	04:02	14.9kph	
26	EDWARD SPILLER	BRIDGEND ATHLETICS	M: 21	74	00:13:07	04:04	14.7kph	
27	IAN HERBERT	LES CROUPIERS	M: 22	65	00:13:08	04:04	14.7kph	
28	JANNEKE VAN BEIJNUM	LES CROUPIERS	F: 6	50	00:13:23	04:09	14.4kph	Female 45 - 49: 1
29	ISOBEL DAWSON	SWANSEA HARRIERS	F: 7	69	00:13:39	04:14	14.1kph	
30	CHERYL EVANS	LES CROUPIERS	F: 8	79	00:13:53	04:18	13.9kph	Female 35 - 39: 1
31	HAZEL CRAVEN	LES CROUPIERS	F: 9	89	00:13:56	04:19	13.9kph	
32	GRIFFITHS LUCY	RHONDDA AC	F: 10	66	00:13:58	04:20	13.8kph	
33	CLIVE OSMOND	LES CROUPIERS	M: 23	24	00:14:01	04:21	13.8kph	Male 65 - 69: 1
34	VINCENT NAZARETH	LES CROUPIERS	F: 11	78	00:14:05	04:22	13.7kph	Female 60 - 64: 1
35	GARETH EVANS	PONTYPRIDD ROADENTS	M: 24	72	00:14:15	04:25	13.6kph	
36	HOWARD KENT	LES CROUPIERS	M: 25	87	00:14:20	04:26	13.5kph	Male 70 - 74: 1
37	MARK HERBERT	LES CROUPIERS	M: 26	67	00:14:21	04:27	13.5kph	
38	ROBERT EVANS	LES CROUPIERS	M: 27	77	00:14:22	04:27	13.4kph	
39	ANDY CREBER	MYNYDD DU	M: 28	94	00:14:25	04:28	13.4kph	
40	LOLLY EVANS	LES CROUPIERS	F: 12	84	00:14:32	04:30	13.3kph	Female 55 - 59: 1
41	STEPHEN LOCKE	PONTYPRIDD ROADENTS	M: 29	60	00:14:43	04:34	13.1kph	
42	TIM DAVIES	PONTYPRIDD ROADENTS	M: 30	81	00:14:48	04:35	13.0kph	
43	MICHAEL MURPHY	LES CROUPIERS	M: 31	62	00:14:53	04:37	13.0kph	
44	CHRISGEENA DRIVER		F: 13	35	00:14:57	04:38	12.9kph	Female 40 - 44: 1
45	PETER WARREN	LES CROUPIERS	M: 32	8	00:15:17	04:44	12.6kph	
46	ALAN MASON	LES CROUPIERS	M: 33	100	00:15:46	04:53	12.3kph	
47	JOHN CHANDLER	SAN DOMENICO RC	M: 34	17	00:16:09	05:01	12.0kph	
48	MICK TABOR	LES CROUPIERS	M: 35	90	00:16:18	05:03	11.9kph	
49	CERYS FURLONG		F: 14	51	00:16:39	05:10	11.6kph	
50	EMMA JENKINS		F: 15	55	00:16:46	05:12	11.5kph	Female 50 - 54: 1
51	NIALL HUGHES	SAN DOMENICO RC	M: 36	102	00:17:14	05:21	11.2kph	

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52	DENNIS COLLINS	RHONDDA VALLEY RUNNERS	M: 37	33	00:17:28	05:25	11.1kph	
53	JULIE SCHOLEY	LES CROUPIERS	F: 16	98	00:17:32	05:26	11.0kph	Female 65 - 69: 1
54	MICK MCGEOCH	LES CROUPIERS	M: 38	92	00:17:44	05:30	10.9kph	
55	KELLY CROFTS	LES CROUPIERS	F: 17	68	00:17:48	05:31	10.9kph	
56	GERRY CRISPIE	LES CROUPIERS	M: 39	101	00:18:52	05:51	10.2kph	
57	TRACEY NEWMAN	CLWB RUN WALES	F: 18	43	00:21:02	06:31	9.2kph	
58	JEFF ASTON	LES CROUPIERS	M: 40	32	00:25:47	08:00	7.5kph	Male 75 - 79: 1