

# Cardiff Summer Series 3 miles

Place	Name	Club	Gender	Bib #	Time	Pace	Speed	Division Rank
1	JACK REDDAWAY	LES CROUPIERS RC	M: 1	663	00:16:39	03:26	17.4kph	Overall Male Runner: 1
2	MARTIN JOHNS	LLISWERRY RUNNERS	M: 2	865	00:17:00	03:31	17.0kph	Overall Male Runner: 2
3	DAVID ROBINSON		M: 3	665	00:17:06	03:32	16.9kph	Overall Male Runner: 3
4	CRAIG BLAKE	CDF RUNNERS	M: 4	863	00:17:14	03:34	16.8kph	:
5	GEORGE ROSE	SAN DOMENICO RC	M: 5	839	00:17:16	03:34	16.8kph	Male 40 - 49: 1
6	PAUL JOSUA	SAN DOMENICO RC	M: 6	633	00:17:32	03:37	16.5kph	:
7	COLIN WILLIAMS	LES CROUPIERS RC	M: 7	674	00:17:39	03:39	16.4kph	Male 50 - 59: 1
8	ANDY BLAIR	LES CROUPIERS RC	M: 8	867	00:17:44	03:40	16.3kph	Male 50 - 59: 2
9	DOMINIK PLESIEWICZ	ABERDARE VALLEY	M: 9	658	00:17:48	03:41	16.3kph	:
10	ALED HUGHES	OGMORE PHOENIX	M: 10	862	00:17:49	03:41	16.3kph	Male 40 - 49: 2
11	EWELINA CIESIELSKA	PARK BRYN BACH	F: 1	601	00:17:57	03:42	16.1kph	Overall Female Runner: 1
12	JACK ROWLAND	LLISWERRY RUNNERS	M: 11	860	00:18:16	03:46	15.9kph	:
13	GARETH LOGAN	LES CROUPIERS RC	M: 12	641	00:18:25	03:48	15.7kph	:
14	RICH BAKER		M: 13	859	00:18:34	03:50	15.6kph	Male 50 - 59: 3
15	JOHN LIGHT	SAN DOMENICO RC	M: 14	640	00:18:50	03:53	15.4kph	Male 40 - 49: 3
16	DAVID BROWN	LLISWERRY RUNNERS	M: 15	465	00:18:55	03:55	15.3kph	
17	ANTOINETTE DUMAYNE	LLISWERRY RUNNERS	F: 2	614	00:18:56	03:55	15.3kph	Overall Female Runner: 2
18	SIMON GILL	LLISWERRY RUNNERS	M: 16	620	00:18:59	03:55	15.3kph	
19	SIMON LE GOOD	PENARTH & DINAS	M: 17	636	00:19:08	03:57	15.1kph	:
20	AIDAN O'DONNELL	CDF RUNNERS	M: 18	654	00:19:09	03:57	15.1kph	
21	CHRISTOPHER POTTER	LLISWERRY RUNNERS	M: 19	659	00:19:24	04:01	14.9kph	
22	JAMES WHITE	SAN DOMENICO RC	M: 20	673	00:19:53	04:07	14.6kph	
23	EMILY JONES	LES CROUPIERS RC	F: 3	628	00:20:05	04:09	14.4kph	Overall Female Runner: 3
24	ANDY WILTON	SAN DOMENICO RC	M: 21	676	00:20:27	04:14	14.2kph	
25	SAM JONES		M: 22	632	00:20:33	04:15	14.1kph	:
26	RICHARD COSTELLO	LLISWERRY RUNNERS	M: 23	602	00:20:37	04:16	14.1kph	
27	RANDAL JONES	LLISWERRY RUNNERS	M: 24	630	00:20:38	04:16	14.0kph	Male 60 - 120: 1
28	SIMON CAWTHORN	LLISWERRY RUNNERS	M: 25	534	00:20:55	04:19	13.9kph	
29	EMMA MALONEY	LLISWERRY RUNNERS	F: 4	642	00:21:15	04:24	13.6kph	:
30	JAMES ASHLEY	PARC BRYN BACH	M: 26	866	00:21:20	04:25	13.6kph	
31	PETER GILLIBRAND	LES CROUPIERS RC	M: 27	817	00:21:24	04:25	13.5kph	:
32	NEIL DAVIES	PEGASUS RC	M: 28	610	00:21:26	04:26	13.5kph	Male 60 - 120: 2
33	ROB EVANS	LES CROUPIERS RC	M: 29	831	00:21:28	04:26	13.5kph	Male 60 - 120: 3
34	ANDREW DAWE	LLISWERRY RUNNERS	M: 30	611	00:21:44	04:29	13.3kph	
35	SCOTT LEWIS		M: 31	639	00:21:48	04:30	13.3kph	:
36	NADINE LEDER	CDF RUNNERS	F: 5	637	00:21:50	04:31	13.3kph	:
37	SARAH LAUDER	LLISWERRY RUNNERS	F: 6	635	00:21:57	04:32	13.2kph	Female 35 - 44: 1
38	CHANTELLE NOBLE	CDF RUNNERS	F: 7	779	00:22:04	04:34	13.1kph	:
39	ELIO LEPORE	LES CROUPIERS RC	M: 32	638	00:22:05	04:34	13.1kph	

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40	CHRIS DAVIES	LLISWERRY RUNNERS	M: 33	608	00:22:09	04:35	13.1kph	
41	SHANNON WALKER	LES CROUPIERS RC	F: 8	672	00:22:10	04:35	13.1kph	:
42	TRACEY ARTHUR	LLISWERRY RUNNERS	F: 9	365	00:22:20	04:37	13.0kph	Female 35 - 44: 2
43	KAY CHAPMAN	LES CROUPIERS RC	F: 10	566	00:22:27	04:38	12.9kph	Female 55 - 120: 1
44	CLIVE OSMOND	LES CROUPIERS RC	M: 34	655	00:22:36	04:40	12.8kph	
45	CHERYL EVANS	LES CROUPIERS RC	F: 11	832	00:22:41	04:41	12.8kph	Female 35 - 44: 3
46	LOLLY EVANS	LES CROUPIERS RC	F: 12	619	00:22:49	04:43	12.7kph	Female 45 - 54: 1
47	MARK HERBERT	LES CROUPIERS RC	M: 35	624	00:22:52	04:44	12.7kph	
48	ANDY BARRY	LLISWERRY RUNNERS	M: 36	454	00:22:55	04:44	12.6kph	
49	ROWENA WHITE	SAN DOMENICO RC	F: 13	836	00:23:27	04:51	12.4kph	Female 45 - 54: 2
50	STEVEN PREDDY	LES CROUPIERS RC	M: 37	660	00:23:35	04:52	12.3kph	
51	CHRISTOPHER NELLINS	PENARTH & DINAS	M: 38	652	00:23:49	04:55	12.2kph	
52	JANET RICHARDS	LLISWERRY RUNNERS	F: 14	664	00:24:02	04:58	12.1kph	Female 55 - 120: 2
53	NICK HARRIS	OGMORE PHOENIX	M: 39	864	00:24:05	04:59	12.0kph	:
54	ALAN MASON	LES CROUPIERS RC	M: 40	646	00:24:13	05:00	12.0kph	
55	CLAIRE MORGAN-POWELL	LLISWERRY RUNNERS	F: 15	650	00:24:21	05:02	11.9kph	Female 45 - 54: 3
56	JULIA GROOMBRIDGE	LLISWERRY RUNNERS	F: 16	622	00:24:26	05:03	11.9kph	Female 55 - 120: 3
57	SARAH BURDETT	LES CROUPIERS RC	F: 17	861	00:24:32	05:04	11.8kph	
58	JULIE SCHOLEY	LES CROUPIERS RC	F: 18	666	00:25:01	05:10	11.6kph	
59	HARRISON MORTON		M: 41	651	00:25:09	05:12	11.5kph	:
60	JANET SMITH	LES CROUPIERS RC	F: 19	667	00:25:57	05:22	11.2kph	
61	COLIN CROOKS	PEGASUS RC,	M: 42	605	00:27:07	05:36	10.7kph	
62	TRUDY HURFORD	LLISWERRY RUNNERS	F: 20	627	00:27:28	05:41	10.5kph	
63	JAMES BROWN	LLISWERRY RUNNERS	M: 43	461	00:27:46	05:45	10.4kph	:
64	CHARLOTTE BETHELL	PEGASUS RC	F: 21	869	00:27:57	05:47	10.4kph	:
65	KATIE WEBB	PEGASUS RC	F: 22	870	00:27:58	05:47	10.4kph	
66	IAN BARRETT	LES CROUPIERS RC	M: 44	450	00:29:27	06:05	9.8kph	:
67	GERARD CRISPIE	LES CROUPIERS RC	M: 45	604	00:29:41	06:08	9.8kph	
68	GLENDA EDWARDS	LES CROUPIERS RC	F: 23	616	00:30:00	06:12	9.7kph	
69	LIZ EDWARDS		F: 24	617	00:30:12	06:15	9.6kph	
70	CLAIR CHARALAMBOUS	LES CROUPIERS RC	F: 25	588	00:30:39	06:20	9.5kph	
71	JULIA DAVIES	LLISWERRY RUNNERS	F: 26	609	00:35:13	07:17	8.2kph	
72	JEFFREY ASTON	LES CROUPIERS RC	M: 46	366	00:37:12	07:42	7.8kph	