

Cardiff Summer Series 3 miles

Place	Name	Club	Gender	Bib #	Time	Pace	Speed	Division Rank
1	BEN KENNEDY	LES CROUPIERS RC	M: 1	233	00:16:03	03:19	18.1kph	Overall Male Runner: 1
2	PETER NIMMO	CITY OF STOKE AC	M: 2	241	00:16:21	03:23	17.7kph	Overall Male Runner: 2
3	JACK REDDAWAY	LES CROUPIERS RC	M: 3	251	00:16:24	03:23	17.7kph	Overall Male Runner: 3
4	TOM FLITCROFT	LES CROUPIERS RC	M: 4	265	00:16:29	03:24	17.6kph	
5	RYAN PUGSLEY	LES CROUPIERS RC	M: 5	250	00:16:38	03:26	17.4kph	
6	MATTHEW GREEN	LES CROUPIERS RC	M: 6	221	00:16:50	03:29	17.2kph	
7	TIMOTHY GIBBONS	LES CROUPIERS RC	M: 7	219	00:16:59	03:31	17.1kph	
8	KIERAN HARRIES	CDF RUNNERS	M: 8	224	00:17:50	03:41	16.2kph	
9	OWEN DAVIES	LES CROUPIERS RC	M: 9	181	00:18:05	03:44	16.0kph	Male 40 - 49: 1
10	JOHN SEAWARD	CAERPHILLY RUNNERS	M: 10	257	00:18:17	03:47	15.8kph	
11	ADRIAN LEWIS	ABERDARE VALLEY AAC	M: 11	234	00:18:23	03:48	15.8kph	Male 50 - 59: 1
12	OWEN PETERS		M: 12	245	00:18:43	03:52	15.5kph	
13	HUMPHREY SHEIL	CDF RUNNERS	M: 13	259	00:18:47	03:53	15.4kph	
14	SAM JONES		M: 14	231	00:19:00	03:56	15.3kph	
15	TOM COOMBS	CDF RUNNERS	M: 15	264	00:19:02	03:56	15.2kph	
16	HYWEL EDWARD	SAN DOMENICO RRC	M: 16	266	00:19:03	03:56	15.2kph	
17	RICH BAKER		M: 17	268	00:19:16	03:59	15.0kph	
18	BRENDAN JONES	LES CROUPIERS RC	M: 18	230	00:19:25	04:01	14.9kph	
19	LAURENCE POLE	PONTYPRIDD ROADENTS	M: 19	263	00:19:39	04:04	14.7kph	
20	JEN COLEMAN	LES CROUPIERS RC	F: 1	176	00:19:41	04:04	14.7kph	Overall Female Runner: 1
21	CATHERINE BARKER	PENARTH & DINAS RUNNERS	F: 2	134	00:19:45	04:05	14.7kph	Overall Female Runner: 2
22	SIMON BIRD	PEGASUS RC	M: 20	157	00:19:49	04:06	14.6kph	
23	DAVID CASADO	PEGASUS RC	M: 21	158	00:19:52	04:06	14.6kph	
24	JACK HOCKING	CDF RUNNERS	M: 22	261	00:20:21	04:12	14.2kph	
25	MARCUS MEYRICK	LES CROUPIERS RC	M: 23	238	00:20:36	04:15	14.1kph	
26	RICHARD SELF	LES CROUPIERS RC	M: 24	258	00:20:42	04:17	14.0kph	
27	ALICE ROTHWELL	LES CROUPIERS RC	F: 3	254	00:20:55	04:19	13.9kph	Overall Female Runner: 3
28	BRYONY EAMES	LES CROUPIERS RC	F: 4	267	00:20:57	04:20	13.8kph	
29	SAFFI REID	HEREFORD & COUNTY AC	F: 5	253	00:21:31	04:27	13.5kph	
30	DONNA HAMER	LES CROUPIERS RC	F: 6	223	00:21:38	04:28	13.4kph	Female 45 - 54: 1
31	CAROL REES	LES CROUPIERS RC	F: 7	252	00:21:40	04:29	13.4kph	
32	STEVEN PREDDY	LES CROUPIERS RC	M: 25	247	00:21:43	04:29	13.3kph	
33	MARK HERBERT	LES CROUPIERS RC	M: 26	225	00:21:56	04:32	13.2kph	
34	RICH PARKER	CDF RUNNERS	M: 27	262	00:22:18	04:36	13.0kph	
35	TERRY CAVENEY	LES CROUPIERS RC	M: 28	160	00:22:30	04:39	12.9kph	Male 60 - 69: 1
36	DAVID. E WILLIAMS	LES CROUPIERS RC	M: 29	260	00:22:45	04:42	12.7kph	
37	CLIVE OSMOND	LES CROUPIERS RC	M: 30	243	00:22:52	04:44	12.7kph	
38	LOLLY EVANS	LES CROUPIERS RC	F: 8	201	00:22:59	04:45	12.6kph	
39	RHYDIAN SANDBROOK	PEGASUS RC	M: 31	255	00:23:26	04:51	12.4kph	:
40	ALAN MASON	LES CROUPIERS RC	M: 32	236	00:23:40	04:53	12.2kph	
41	MICK MCGEOCH	LES CROUPIERS RC	M: 33	237	00:23:48	04:55	12.2kph	
42	GARETH JENKINS	OGMORE PHOENIX RUNNERS	M: 34	228	00:23:54	04:56	12.1kph	
43	IAN BARRETT	LES CROUPIERS RC	M: 35	135	00:24:02	04:58	12.1kph	
44	JOHN CHANDLER	SAN DOMENICO RRC	M: 36	161	00:24:16	05:01	11.9kph	
45	JENNY MARTIN	LES CROUPIERS RC	F: 9	235	00:24:40	05:06	11.7kph	
46	SALLY GROVES	PEGASUS RC	F: 10	222	00:24:45	05:07	11.7kph	Female 55 - 120: 1
47	EVE GALLOP-EVANS	LES CROUPIERS RC	F: 11	218	00:25:14	05:13	11.5kph	
48	MIA AMEREIN	BRIDGEND AC	F: 13	127	00:25:31	05:17	11.4kph	
49	CALLA DAVIES	BRIDGEND AC	F: 12	198	00:25:31	05:17	11.4kph	
50	ANGHARAD PRICE-MORRIS	LES CROUPIERS RC	F: 14	248	00:26:02	05:23	11.1kph	
51	JULIE SCHOLEY	LES CROUPIERS RC	F: 15	256	00:26:30	05:29	10.9kph	
52	SANY PHOMMACHANH		M: 37	246	00:27:15	05:38	10.6kph	
53	GERRY CRISPIE	LES CROUPIERS RC	M: 38	180	00:28:43	05:56	10.1kph	
54	RHIAN FRANCIS	LES CROUPIERS RC	F: 16	216	00:31:31	06:31	9.2kph	Female 35 - 44: 1
55	CLARE JOHNSON	LES CROUPIERS RC	F: 17	229	00:35:16	07:18	8.2kph	
56	JEFF ASTON	LES CROUPIERS RC	M: 39	132	00:36:55	07:38	7.8kph	