

Cardiff Summer Series 3 miles

Wednesday 16th July 2025

Place	Name	Club	Gender	Bib #	Time	Pace	Speed	Division Rank
1	BEN HUGHES	PONTYPRIDD ROADENTS	M: 1	112	00:15:26	03:11	18.8kph	Overall Male Runner: 1
2	OLIVER WILLIAMS	LES CROUPIERS RC	M: 2	62	00:15:31	03:12	18.7kph	Overall Male Runner: 2
3	OLIVER COBBOLD	SWANSEA HARRIERS	M: 3	99	00:15:45	03:15	18.4kph	Overall Male Runner: 3
4	OWAIN MORRIS	LES CROUPIERS RC	M: 4	211	00:15:47	03:15	18.4kph	
5	BEN KENNEDY	LES CROUPIERS RC	M: 5	209	00:15:51	03:16	18.3kph	
6	JAMES THIE	PONTYPRIDD ROADENTS	M: 6	139	00:15:56	03:18	18.2kph	Male 40 : 1
7	HUW HUDSON	PENARTH & DINAS	M: 7	204	00:16:01	03:18	18.1kph	:
8	MATTHEW DAVIES	LES CROUPIERS RC	M: 8	58	00:16:01	03:19	18.1kph	
9	PAUL JOSUA	SAN DOMENICO RC	M: 9	89	00:16:53	03:29	17.2kph	:
10	MATTHEW JACKLIN	ABERDARE VALLEY	M: 10	169	00:16:53	03:29	17.2kph	Male 50 : 1
11	FREDDIE HUDSON	BRIDGEND AC	M: 11	90	00:17:10	03:33	16.9kph	:
12	ALEX PRICE	LES CROUPIERS RC	M: 12	210	00:17:43	03:40	16.4kph	
13	JAMES HORNER	LES CROUPIERS RC	M: 13	92	00:17:51	03:41	16.2kph	
14	TELOR GWYN	LES CROUPIERS RC	M: 14	79	00:17:52	03:41	16.2kph	
15	ROSS FLANIGAN	PENARTH & DINAS	M: 15	38	00:18:09	03:45	16.0kph	
16	ALESHA SANTOS	RHONDDA AC	F: 1	96	00:18:31	03:49	15.7kph	Overall Female Runner: 1
17	EMYR MORGAN	LES CROUPIERS RC	M: 16	27	00:18:33	03:50	15.6kph	
18	MICHAEL DONKIN		M: 17	122	00:18:52	03:54	15.4kph	
19	RILEY NEALON	CARDIFF AAC	M: 18	208	00:18:52	03:54	15.4kph	
20	CARL NEALON	LES CROUPIERS RC	M: 19	207	00:18:53	03:54	15.3kph	:
21	BELLA THIE	BRIDGEND AC	F: 2	137	00:18:56	03:55	15.3kph	Overall Female Runner: 2
22	RHIAN JONES	PENARTH & DINAS	F: 3	202	00:19:04	03:56	15.2kph	Overall Female Runner: 3
23	ELLA JENNINGS	LES CROUPIERS RC	F: 4	16	00:19:16	03:59	15.0kph	:
24	LILY JACKLIN	ABERDARE VALLEY	F: 5	56	00:19:24	04:01	14.9kph	
25	RICH BAKER	LES CROUPIERS RC	M: 20	86	00:19:34	04:03	14.8kph	
26	FLORENCE KING	CDF RUNNERS	F: 6	95	00:19:39	04:04	14.7kph	
27	SAM JONES	CDF RUNNERS	M: 21	9	00:20:02	04:08	14.5kph	
28	TIM FRY	LLISWERRY RUNNERS	M: 22	133	00:20:26	04:13	14.2kph	
29	TOM CLARKE	PENARTH & DINAS	M: 23	93	00:20:28	04:14	14.2kph	
30	KEVIN JONES	LES CROUPIERS RC	M: 24	98	00:20:28	04:14	14.2kph	
31	NICHOLAS SANTOS	RHONDDA AC	M: 25	97	00:20:51	04:19	13.9kph	
32	JANNEKE VAN BEIJNUM	LES CROUPIERS RC	F: 7	26	00:20:55	04:19	13.9kph	Female 45 : 1
33	RICH PARKER	CDF RUNNERS	M: 26	119	00:21:05	04:21	13.7kph	
34	GAFIN GRIFFITHS	LES CROUPIERS RC	M: 27	132	00:21:40	04:29	13.4kph	
35	MARK HERBERT	LES CROUPIERS RC	M: 28	33	00:21:45	04:30	13.3kph	
36	JON HUSSEY	RHOOSE RUNNERS	M: 29	118	00:21:59	04:33	13.2kph	
37	SEREN HARDMAN	BRIDGEND AC	F: 8	203	00:22:07	04:34	13.1kph	
38	CHERYL EVANS	LES CROUPIERS RC	F: 9	206	00:22:18	04:37	13.0kph	Female 35 : 1
39	CLIVE OSMOND	LES CROUPIERS RC	M: 30	35	00:22:24	04:38	12.9kph	Male 60 : 1
40	LOLLY EVANS	LES CROUPIERS RC	F: 10	114	00:22:35	04:40	12.8kph	
41	HOWARD KENT	LES CROUPIERS RC	M: 31	8	00:22:37	04:41	12.8kph	Male 70 : 1
42	STEPHEN LOCKE	PONTYPRIDD ROADENTS	M: 32	140	00:22:49	04:43	12.7kph	
43	PETER WARREN	LES CROUPIERS RC	M: 33	146	00:23:02	04:46	12.6kph	
44	TERRY CAVENEY	LES CROUPIERS RC	M: 34	113	00:23:07	04:47	12.5kph	
45	TIM DAVIES	PONTYPRIDD ROADENTS	M: 35	91	00:23:12	04:48	12.5kph	
46	WILLIAM REES	CARDIFF AAC	M: 36	103	00:23:59	04:57	12.1kph	
47	MICHAEL MURPHY	LES CROUPIERS RC	M: 37	129	00:24:11	05:00	12.0kph	
48	ALAN MASON	LES CROUPIERS RC	M: 38	10	00:24:15	05:01	11.9kph	
49	JULIE SCHOLEY	LES CROUPIERS RC	F: 11	111	00:24:33	05:05	11.8kph	Female 65 : 1
50	LINDSEY BOWLES	LES CROUPIERS RC	F: 12	100	00:24:55	05:09	11.6kph	
51	SARAH BURDETT	LES CROUPIERS RC	F: 13	205	00:26:21	05:27	11.0kph	
52	CLAUDIA REES	CARDIFF AAC	F: 14	109	00:28:51	05:58	10.0kph	
53	ANGHARAD PARRY-JONES	LES CROUPIERS RC	F: 15	46	00:31:07	06:26	9.3kph	
54	JEFF ASTON	LES CROUPIERS RC	M: 39	94	00:42:26	08:47	6.8kph	