

# Cardiff Summer Series 3 miles

Place	Name	Hometown	Gender	Bib #	Time	Pace	Speed	Division Rank
1	DAVID LOCKE	CARDIFF AAC	M: 1	55	00:15:36	03:13	18.6kph	Overall Male Runner: 1
2	OLIVER WILLIAMS	LES CROUPIERS	M: 2	99	00:15:45	03:15	18.4kph	Overall Male Runner: 2
3	CHRIS OXLEY	SAN DOMENICO RC	M: 3	34	00:16:12	03:21	17.9kph	Overall Male Runner: 3
4	PAUL JOSUA	SAN DOMENICO RC	M: 4	91	00:17:03	03:31	17.0kph	
5	TELOR GWYN	LES CROUPIERS	M: 5	110	00:17:04	03:32	17.0kph	Male 40 - 44: 1
6	JOE BARTLETT		M: 6	101	00:17:21	03:35	16.7kph	
7	CARL NEALON	LES CROUPIERS	M: 7	66	00:17:43	03:40	16.4kph	
8	STEPHEN BARTLETT		M: 8	107	00:17:58	03:43	16.1kph	Male 55 - 59: 1
9	OWEN PETERS		M: 9	113	00:17:59	03:43	16.1kph	
10	EMYR MORGAN	LES CROUPIERS	M: 10	131	00:18:10	03:45	16.0kph	Male 50 - 54: 1
11	ALESHA SANTOS	RHONDDA AC	F: 1	115	00:18:12	03:46	15.9kph	Overall Female Runner: 1
12	ANDREW BLAIR	LES CROUPIERS	M: 11	129	00:18:20	03:47	15.8kph	Male 60 - 64: 1
13	KATIE O'HARE	PONTYPRIDD ROADENTS AC	F: 2	76	00:18:42	03:52	15.5kph	Overall Female Runner: 2
14	JULIE CHAMBERLAIN	LES CROUPIERS	F: 3	119	00:18:43	03:52	15.5kph	Overall Female Runner: 3
15	JOHN CRAVEN	LES CROUPIERS	M: 12	118	00:19:03	03:56	15.2kph	Male 45 - 49: 1
16	RICH BAKER	LES CROUPIERS,	M: 13	127	00:19:15	03:59	15.1kph	
17	TIM FRY	LLISWERRY RUNNERS	M: 14	124	00:19:26	04:01	14.9kph	
18	JANNEKE VAN BEIJNUM	LES CROUPIERS	F: 4	132	00:20:24	04:13	14.2kph	Female 45 - 49: 1
19	NICHOLAS SANTOS	RHONDDA AC	M: 15	116	00:20:26	04:13	14.2kph	
20	PAUL GRIFFITHS	FORMULA ONE CIRCUIT CREW	M: 16	69	00:20:27	04:14	14.2kph	
21	EDWARD SPILLER	BRIDGEND ATHLETICS	M: 17	122	00:20:31	04:14	14.1kph	Male 0 - 19: 1
22	BEN FARAG	LES CROUPIERS	M: 18	128	00:21:12	04:23	13.7kph	
23	GARETH EVANS	PONTYPRIDD ROADENTS AC	M: 19	111	00:21:44	04:30	13.3kph	:
24	CHERYL EVANS	LES CROUPIERS	F: 5	92	00:21:57	04:32	13.2kph	Female 35 - 39: 1
25	CAROL REES	LES CROUPIERS	F: 6	126	00:22:03	04:34	13.1kph	Female 55 - 59: 1
26	LOLLY EVANS	LES CROUPIERS	F: 7	109	00:22:04	04:34	13.1kph	
27	HAZEL CRAVEN	LES CROUPIERS	F: 8	117	00:22:06	04:34	13.1kph	
28	ROB EVANS	LES CROUPIERS	M: 20	98	00:22:18	04:37	13.0kph	Male 70 - 74: 1
29	TIM DAVIES	PONTYPRIDD ROADENTS AC	M: 21	112	00:22:20	04:37	13.0kph	
30	CLIVE OSMOND	LES CROUPIERS	M: 22	77	00:22:26	04:38	12.9kph	Male 65 - 69: 1
31	MARK HERBERT	LES CROUPIERS	M: 23	121	00:22:38	04:41	12.8kph	
32	RICH PARKER	CDF RUNNERS	M: 24	2	00:23:04	04:46	12.6kph	
33	HOWARD KENT	LES CROUPIERS	M: 25	65	00:23:18	04:49	12.4kph	
34	STEPHEN LOCKE	PONTYPRIDD ROADENTS AC	M: 26	51	00:23:22	04:50	12.4kph	
35	MICHAEL MURPHY	LES CROUPIERS	M: 27	94	00:24:22	05:02	11.9kph	
36	ALAN MASON	LES CROUPIERS	M: 28	130	00:25:08	05:12	11.5kph	
37	SANY PHOMMACHANH	CDF RUNNERS	M: 29	123	00:26:48	05:32	10.8kph	
38	JULIE SCHOLEY	LES CROUPIERS	F: 9	125	00:27:37	05:43	10.5kph	Female 65 - 69: 1
39	TRACEY NEWMAN	CLWB RUN WALES	F: 10	33	00:34:12	07:04	8.5kph	
40	JEFF ASTON	LES CROUPIERS	M: 30	120	00:38:56	08:03	7.4kph	Male 75 - 79: 1