

Cardiff Summer Series 4 miles

Place	Name	Hometown	Gender	Bib #	Time	Pace	Speed	Division Rank
1	TOMOS WHITMARSH-KNIGHT	LES CROUPIERS RC	M: 1	697	00:21:29	03:20	18.0kph	Overall Male Runner: 1
2	JACK REDDAWAY	LES CROUPIERS RC	M: 2	691	00:22:14	03:27	17.4kph	Overall Male Runner: 2
3	JAMIE VANSTONE	PONTYPRIDD ROADENTS	M: 3	696	00:22:39	03:31	17.1kph	Overall Male Runner: 3
4	MARK PALSER	LES CROUPIERS RC	M: 4	688	00:23:23	03:37	16.5kph	:
5	PAUL JOSUA	SAN DOMENICO RC	M: 5	668	00:23:27	03:38	16.5kph	:
6	MICHAEL RILEY	LES CROUPIERS RC	M: 6	878	00:23:38	03:40	16.3kph	Male 40 - 49: 1
7	COLIN WILLIAMS	LES CROUPIERS RC	M: 7	698	00:24:34	03:48	15.7kph	Male 50 - 59: 1
8	CARL HATTON		M: 8	645	00:24:42	03:50	15.6kph	Male 50 - 59: 2
9	JAMES HORNER	LES CROUPIERS RC	M: 9	649	00:24:45	03:50	15.6kph	Male 40 - 49: 2
10	RICHARD BAKER		M: 10	876	00:24:51	03:51	15.5kph	Male 50 - 59: 3
11	NICHOLAS LIU		M: 11	875	00:25:37	03:58	15.1kph	:
12	GARETH LOGAN	LES CROUPIERS RC	M: 12	675	00:25:52	04:00	14.9kph	:
13	RHODRI BOGGUST	BRECON AC	M: 13	877	00:26:30	04:06	14.6kph	:
14	HYWEL EDWARDS	SAN DOMENICO RC	M: 14	881	00:26:49	04:09	14.4kph	Male 50 - 59: 4
15	JAMES GREEN	WHITE ROCK RUNNERS	M: 15	882	00:27:28	04:16	14.1kph	:
16	EMILY JONES	LES CROUPIERS RC	F: 1	657	00:27:53	04:19	13.9kph	Overall Female Runner: 1
17	DOUG YOUNG		M: 16	871	00:28:04	04:21	13.8kph	:
18	SAM JONES		M: 17	662	00:28:09	04:22	13.7kph	:
19	RANDAL JONES	LLISWERRY RUNNERS	M: 18	661	00:28:13	04:22	13.7kph	Male 60 - 120: 1
20	ROB EVANS	LES CROUPIERS RC	M: 19	879	00:28:25	04:24	13.6kph	Male 60 - 120: 2
21	JAMES ASHLEY	PARC BRYN BACH	M: 20	873	00:28:56	04:29	13.4kph	Male 40 - 49: 3
22	DAVID CUNDY	LES CROUPIERS RC	M: 21	621	00:29:14	04:32	13.2kph	Male 60 - 120: 3
23	KAY CHAPMAN	LES CROUPIERS RC	F: 2	612	00:30:13	04:41	12.8kph	Overall Female Runner: 2
24	ELIO LEPORE	LES CROUPIERS RC	M: 22	670	00:30:17	04:42	12.8kph	Male 60 - 120: 4
25	SARAH BEECHING	LES CROUPIERS RC	F: 3	883	00:30:26	04:43	12.7kph	Overall Female Runner: 3
26	TERRY CAVENEY	LES CROUPIERS RC	M: 23	607	00:30:28	04:43	12.7kph	Male 60 - 120: 5
27	CLIVE OSMOND	LES CROUPIERS RC	M: 24	686	00:30:36	04:45	12.6kph	Male 60 - 120: 6
28	CHERYL EVANS	LES CROUPIERS RC	F: 4	880	00:30:44	04:46	12.6kph	Female 35 - 44: 1
29	MARK HERBERT	LES CROUPIERS RC	M: 25	648	00:31:00	04:48	12.5kph	Male 40 - 49: 4
30	LOLLY EVANS	LES CROUPIERS RC	F: 5	631	00:31:01	04:48	12.5kph	Female 45 - 54: 1
31	MARK DAVIES	LES CROUPIERS RC	M: 26	603	00:31:35	04:54	12.2kph	Male 50 - 59: 5
32	DAN LLOYD	CDF RUNNERS	M: 27	872	00:31:42	04:55	12.2kph	Male 40 - 49: 5
33	SARAH BURDETT	LES CROUPIERS RC	F: 6	874	00:32:21	05:01	11.9kph	Female 35 - 44: 2
34	STEVEN PREDDY	LES CROUPIERS RC	M: 28	690	00:32:45	05:05	11.8kph	Male 50 - 59: 6
35	JENNY MARTIN	LES CROUPIERS RC	F: 7	677	00:34:08	05:18	11.3kph	Female 35 - 44: 3
36	JULIE SCHOLEY	LES CROUPIERS RC	F: 8	692	00:34:47	05:24	11.1kph	Female 55 - 120: 1
37	JANET SMITH	LES CROUPIERS RC	F: 9	693	00:35:18	05:28	10.9kph	Female 45 - 54: 2
38	IAN BARRETT	LES CROUPIERS RC	M: 29	456	00:36:04	05:36	10.7kph	:
39	PHILIP BRETT	WESTON AC	M: 30	606	00:36:12	05:37	10.7kph	Male 40 - 49: 6
40	COLIN CROOKS	PEGASUS RC	M: 31	615	00:37:06	05:45	10.4kph	Male 60 - 120: 7
41	GLENDA EDWARDS	LES CROUPIERS RC	F: 10	625	00:39:41	06:09	9.7kph	Female 55 - 120: 2
42	GEOFF WRIGHT	LES CROUPIERS RC	M: 32	868	00:43:21	06:44	8.9kph	Male 60 - 120: 8
43	JEFFREY ASTON	LES CROUPIERS RC	M: 33	384	00:48:36	07:32	7.9kph	Male 60 - 120: 9