

Cardiff Summer Series 4 miles

Place	Name	Hometown	Gender	Bib #	Time	Pace	Speed	Division Rank
1	TOM FLITCROFT	LES CROUPIERS RC	M: 1	284	00:21:08	03:16	18.3kph	Overall Male Runner: 1
2	DAVID JONES	PONTYPRIDD ROADENTS	M: 2	21	00:21:22	03:19	18.1kph	Overall Male Runner: 2
3	BEN KENNEDY	LES CROUPIERS RC	M: 3	32	00:21:25	03:19	18.0kph	Overall Male Runner: 3
4	JACK REDDAWAY	LES CROUPIERS RC	M: 4	244	00:22:15	03:27	17.4kph	
5	MATTHEW GREEN	LES CROUPIERS RC	M: 5	278	00:22:33	03:30	17.1kph	
6	PAUL JOSUA	SAN DOMENICO RRC	M: 6	240	00:22:38	03:30	17.1kph	
7	RYAN PUGSLEY	LES CROUPIERS RC	M: 7	177	00:22:40	03:31	17.0kph	
8	NATHAN CHRISTOFORATO	LES CROUPIERS RC	M: 8	26	00:22:51	03:32	16.9kph	Male 40 - 49: 1
9	HUW HUDSON	PENARTH & DINAS	M: 9	217	00:22:58	03:33	16.8kph	
10	KRISTIAN WALTERS	MERTHYR TRI CLUB	M: 10	30	00:23:23	03:37	16.5kph	
11	LUIGI FEDERICI	PENARTH & DINAS	M: 11	10	00:23:37	03:40	16.4kph	
12	GABRIELIUS STUOKUS	NEATH HARRIERS	M: 12	5	00:23:41	03:40	16.3kph	
13	STUART ALLEN	PENARTH & DINAS	M: 13	31	00:24:17	03:46	15.9kph	Male 50 - 59: 1
14	OWEN PETERS		M: 14	271	00:24:34	03:48	15.7kph	
15	MARK CARTER	PENARTH & DINAS	M: 15	14	00:24:36	03:49	15.7kph	
16	KIT LAMBERT	PENARTH & DINAS	M: 16	13	00:24:37	03:49	15.7kph	
17	KEVIN CHALKE	PENARTH & DINAS	M: 17	17	00:24:58	03:52	15.5kph	Male 60 - 120: 1
18	GETHIN POWELL	PONTYPRIDD ROADENTS	M: 18	28	00:25:09	03:54	15.4kph	
19	ADRIAN LEWIS	ABERDARE VALLEY AAC	M: 19	270	00:25:19	03:55	15.3kph	
20	RICHARD BAKER		M: 20	35	00:25:24	03:56	15.2kph	
21	HUMPHREY SHEIL	CDF RUNNERS	M: 21	289	00:25:39	03:59	15.1kph	
22	SIMON GILL	LLISWERRY RUNNERS	M: 22	281	00:26:06	04:03	14.8kph	
23	CATHERINE BARKER	PENARTH & DINAS	F: 1	226	00:26:30	04:06	14.6kph	Overall Female Runner: 1
24	IAN MARSHALL	PENARTH & DINAS	M: 23	27	00:26:37	04:08	14.5kph	
25	PABLO SANZ GARCIA	PENARTH & DINAS	M: 24	299	00:26:39	04:08	14.5kph	
26	JULIE CHAMBERLAIN	CARDIFF AAC	F: 2	18	00:26:53	04:10	14.4kph	Overall Female Runner: 2
27	NICHOLAS MORGAN	PENARTH & DINAS	M: 25	7	00:27:25	04:15	14.1kph	
28	LUCY ENTWISTLE	PENARTH & DINAS	F: 3	6	00:27:45	04:18	13.9kph	Overall Female Runner: 3
29	ALICE ROTHWELL	LES CROUPIERS RC	F: 4	279	00:28:01	04:21	13.8kph	Female 35 - 44: 1
30	JAMES GEORGE	PENARTH & DINAS	M: 26	9	00:28:04	04:21	13.8kph	
31	ROBERT MAHONEY	PENARTH & DINAS	M: 27	15	00:28:15	04:23	13.7kph	
32	MARCUS MEYRICK	LES CROUPIERS RC	M: 28	20	00:29:00	04:30	13.3kph	
33	JANE SHELDON	PENARTH & DINAS	F: 5	295	00:29:14	04:32	13.2kph	Female 45 - 54: 1
34	STEVEN PREDDY	LES CROUPIERS RC	M: 29	274	00:29:17	04:32	13.2kph	
35	ALFIE CHRISTOFORATO		M: 30	36	00:29:28	04:34	13.1kph	
36	MARK HERBERT	LES CROUPIERS RC	M: 31	285	00:29:39	04:36	13.0kph	
37	DAVID. E WILLIAMS	LES CROUPIERS RC	M: 32	282	00:29:52	04:38	12.9kph	
38	STEVEN BARKER	PENARTH & DINAS	M: 33	34	00:30:30	04:44	12.7kph	
39	CLIVE OSMOND	LES CROUPIERS RC	M: 34	220	00:31:03	04:49	12.4kph	
40	SIMON WILLIAMSON	PENARTH & DINAS	M: 35	3	00:31:18	04:51	12.3kph	
41	MICK MCGEOCH	LES CROUPIERS RC	M: 36	276	00:31:52	04:57	12.1kph	
42	JENNY MARTIN	LES CROUPIERS RC	F: 6	232	00:32:03	04:58	12.1kph	
43	CRAIG FREEMAN		M: 37	2	00:32:13	05:00	12.0kph	
44	LISA CLEARY	PENARTH & DINAS	F: 7	11	00:32:16	05:00	12.0kph	Female 55 - 120: 1
45	MALCOLM BRADLEY	PENARTH & DINAS	M: 38	16	00:32:20	05:01	11.9kph	
46	NATHAN PIDDOCK	PENARTH & DINAS	M: 39	190	00:32:22	05:01	11.9kph	
47	SALLY GROVES	PEGASUS RC	F: 8	249	00:32:39	05:04	11.8kph	
48	IAN BARRETT	LES CROUPIERS RC	M: 40	287	00:34:18	05:19	11.3kph	
49	JULIE SCHOLEY	LES CROUPIERS RC	F: 9	275	00:34:47	05:24	11.1kph	
50	PENNY HOLBORN		F: 10	22	00:35:24	05:29	10.9kph	
51	LECLAINN O'HARE	SAN DOMENICO RRC	M: 41	33	00:36:19	05:38	10.6kph	
52	DEBBIE REES	PENARTH & DINAS	F: 11	298	00:36:45	05:42	10.5kph	
53	SANY PHOMMACHANH		M: 42	269	00:37:52	05:52	10.2kph	
54	GERRY CRISPIE	LES CROUPIERS RC	M: 43	37	00:38:12	05:56	10.1kph	
55	JEFF ASTON	LES CROUPIERS RC	M: 44	8	00:48:57	07:36	7.9kph	