

# Cardiff Summer Series 4 miles

Wednesday 1st July 2026

Pos.	Bib No.	Forename	Surname	Gender	Age Cat	Club	Time	Division Rank
1	139	Chris	Oxley	M	M40	San Domenico RC	00:22:05	Overall Male : 1
2	153	Alex	Price	M	SM	Les Croupiers	00:23:05	Overall Male : 2
3	138	Oliver	Williams	M	M40	Les Croupiers	00:23:06	Overall Male : 3
4	110	Paul	Josua	M	MSEN	San Domenico RC	00:23:07	
5	62	Telor	Gwyn	M	M40	Les Croupiers	00:23:07	Male 40 : 1
6	134	Paul	Morton	M	M40	Penarth & Dinas Runners	00:23:22	
7	148	Owen	Peters	M	MSEN		00:24:36	
8	152	John	Craven	M	M45	Les Croupiers	00:25:04	Male 45 : 1
9	150	Emyr	Morgan	M	M50	Les Croupiers	00:25:10	Male 50 : 1
10	145	Katie	O'Hare	F	WSEN	Pontypridd Roadents AC	00:25:17	Overall Female : 1
11	146	Rich	Baker	M	M55	Les Croupiers	00:26:14	Male 55 : 1
12	147	Angharad	Mair	F	W65	Les Croupiers	00:26:44	Overall Female : 2
13	151	Janneke	van Beijnum	F	W45	Les Croupiers	00:28:19	Overall Female : 3
14	136	Cheryl	Evans	F	W35	Les Croupiers	00:30:03	Female 35 : 1
15	142	Lolly	Evans	F	W55	Les Croupiers	00:30:07	Female 55 : 1
16	140	Mark	Herbert	M	M40	Les Croupiers	00:30:12	
17	149	Hazel	Craven	F	W45	Les Croupiers	00:30:37	Femalw 45 : 1
18	144	Tim	Davies	M	M45	Pontypridd Roadents AC	00:30:40	
19	137	Rob	Evans	M	M70	Les Croupiers	00:31:00	Male 70 : 1
20	143	Rich	Parker	M	M40	CDF Runners	00:31:15	
21	156	Niall	Hughes	M	M50	San Domenico RC	00:31:22	
22	109	Howard	Kent	M	M70	Les Croupiers	00:31:56	
23	135	Michael	Murphy	M	M70	Les Croupiers	00:33:24	
24	141	Alan	Mason	M	M65	Les Croupiers	00:33:29	Male 65 : 1
25	155	Julie	Scholey	F	W65	Les Croupiers	00:38:35	Female 65 : 1
26	133	Tracey	Newman	F	W55	Clwb Run Wales	00:45:25	
76	76	Jeff	Aston	M	M75	Les Croupiers	00:53:32	Male 75 : 1