

# Cardiff Summer Series 1 mile

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
1	CONNOR MCCANN	CARDIFF ATHLETICS, GBR	M: 1	RUNNER	676	00:04:36	02:51	21.0kph	Overall Male Runner: 1
2	OLIVER WILLIAMS	PONTYPRIDD ROADENTS, GBR	M: 2	RUNNER	671	00:04:41	02:54	20.6kph	Overall Male Runner: 2
3	ALEX PRICE	LES CROUPIERS RC, GBR	M: 3	RUNNER	690	00:04:42	02:55	20.5kph	Overall Male Runner: 3
4	GEORGE COLLINSON	N/A, GBR	M: 4	RUNNER	73	00:04:49	02:59	20.1kph	:
5	DOMINIC DAY	CARDIFF TRI, GBR	M: 5	RUNNER	678	00:04:57	03:04	19.5kph	:
6	ADRIAN LEWIS	ABERDARE VALLEY AAC, GBR	M: 6	RUNNER	115	00:05:01	03:06	19.3kph	Male 50 - 59: 1
7	EDWARD DONOVAN	LES CROUPIERS RC, GBR	M: 7	RUNNER	87	00:05:02	03:07	19.2kph	Male 40 - 49: 1
8	PAUL JOSUA	SAN DOMENICO RRC, GBR	M: 8	RUNNER	114	00:05:12	03:13	18.6kph	:
9	JON BELCHER	LLISWERRY RUNNERS, GBR	M: 9	RUNNER	37	00:05:13	03:14	18.5kph	Male 40 - 49: 2
10	ALVILS BERZINSKIS	LES CROUPIERS RC, GBR	M: 10	RUNNER	682	00:05:15	03:15	18.4kph	Male 40 - 49: 3
11	STEPHEN CAMPBELL	LES CROUPIERS RC, GBR	M: 11	RUNNER	43	00:05:18	03:17	18.2kph	:
12	ALEXANDER JAMES	HARPENDEN ARROWS, GBR	M: 12	RUNNER	686	00:05:19	03:18	18.2kph	:
13	EMYR MORGAN	LES CROUPIERS RC, GBR	M: 13	RUNNER	680	00:05:20	03:18	18.1kph	Male 50 - 59: 2
14	SEAN MARTIN	PONTYPRIDD ROADENTS, GBR	M: 14	RUNNER	694	00:05:22	03:19	18.0kph	:
15	COLIN WILLIAMS	LES CROUPIERS, GBR	M: 15	RUNNER	668	00:05:23	03:20	18.0kph	Male 50 - 59: 3
16	OWEN DAVIES	LES CROUPIERS, GBR	M: 16	RUNNER	85	00:05:23	03:20	17.9kph	:
17	SOREN ADAMS		M: 17	RUNNER	10	00:05:24	03:21	17.9kph	:
18	AIDAN O'DONNELL	CDF RUNNERS, GBR	M: 18	RUNNER	654	00:05:25	03:21	17.9kph	Male 40 - 49: 4
19	GEORGE PICKERING	CDF RUNNERS, GBR	M: 19	RUNNER	656	00:05:26	03:22	17.8kph	:
20	STUART CREES	LES CROUPIERS, GBR	M: 20	RUNNER	74	00:05:26	03:22	17.8kph	Male 40 - 49: 5
21	REBECA HARRIES	CARDIFF AMATEUR AC, GBR	F: 1	RUNNER	105	00:05:27	03:23	17.7kph	Overall Female Runner: 1
22	OSCAR RUSSELL		M: 21	RUNNER	661	00:05:27	03:23	17.7kph	:
23	GARETH LOGAN	LES CROUPIERS, GBR	M: 22	RUNNER	118	00:05:30	03:24	17.6kph	:
24	JOSEPH JAMES	CARDIFF ATHLETICS, GBR	M: 23	RUNNER	111	00:05:33	03:26	17.4kph	Male 0 - 19: 1
25	ROSS FLANIGAN	PENARTH AND DINAS RUNNERS, GBR	M: 24	RUNNER	91	00:05:35	03:27	17.3kph	Male 50 - 59: 4
26	NEIL CALUCAG	CDF RUNNERS, GBR	M: 25	RUNNER	681	00:05:35	03:27	17.3kph	Male 40 - 49: 6
27	MICHAEL DARKE	CDF RUNNERS, GBR	M: 26	RUNNER	82	00:05:36	03:28	17.3kph	:
28	JAMIE WOOD	HEATH MASSIVE RUN CLUB, GBR	M: 27	RUNNER	669	00:05:37	03:28	17.2kph	:
29	MICHAEL RAMSEY	LES CROUPIERS RC, GBR	M: 28	RUNNER	683	00:05:38	03:29	17.2kph	Male 50 - 59: 5
30	RORY MCDERMOTT	LES CROUPIERS, GBR	M: 29	RUNNER	125	00:05:38	03:30	17.1kph	:
31	HOWEL EDWARDS	SAN DOMENICO, GBR	M: 30	RUNNER	689	00:05:39	03:30	17.1kph	Male 50 - 59: 6
32	NATHANIEL PALMER	LES CROUPIERS RC, GBR	M: 31	RUNNER	670	00:05:39	03:30	17.1kph	Male 50 - 59: 7
33	BRIAN DIAS	CARDIFF ATHLETICS, GBR	M: 32	RUNNER	86	00:05:45	03:33	16.8kph	:
34	EWAN STENHOUSE	CDF RUNNERS, GBR	M: 33	RUNNER	663	00:05:50	03:37	16.6kph	:
35	RICHARD EDGE	CDF RUNNERS, GBR	M: 34	RUNNER	89	00:05:52	03:38	16.5kph	Male 40 - 49: 7
36	TOM MORGAN	CDF RUNNERS, GBR	M: 35	RUNNER	130	00:05:56	03:41	16.3kph	:
37	PHILLIP GEORGE	LES CROUPIERS, GBR	M: 36	RUNNER	95	00:06:00	03:43	16.1kph	Male 40 - 49: 8
38	RHIANNON DERRICK	CARDIFF ATHLETICS, GBR	F: 2	RUNNER	684	00:06:02	03:44	16.0kph	Overall Female Runner: 2

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39	NEVE JONES	CARDIFF ATHLETICS, GBR	F: 3	RUNNER	685	00:06:05	03:46	15.9kph	Overall Female Runner: 3
40	STEWART HARDING	CDF RUNNERS, GBR	M: 37	RUNNER	104	00:06:06	03:47	15.8kph	:
41	ALICIA CROSS	CDF RUNNERS, GBR	F: 4	RUNNER	81	00:06:08	03:48	15.8kph	:
42	ELIZABETH NEVILLE	LES CROUPIERS, GBR	F: 5	RUNNER	652	00:06:09	03:48	15.7kph	Female 35 - 44: 1
43	DAVID GEORGE	LES CROUPIERS RC, GBR	M: 38	RUNNER	96	00:06:10	03:49	15.7kph	Male 50 - 59: 8
44	BRIAN LOVETT	SAN DOMENICO ROAD RC, GBR	M: 39	RUNNER	119	00:06:12	03:50	15.6kph	Male 50 - 59: 9
45	ANNA LAWSON	N/A, GBR	F: 6	RUNNER	679	00:06:21	03:56	15.2kph	:
46	CATHERINE BARKER	PENARTH AND DINAS RUNNERS, GBR	F: 7	RUNNER	674	00:06:22	03:57	15.2kph	Female 45 - 54: 1
47	JON HUSSEY	RHOOSE RUNNERS, GBR	M: 40	RUNNER	110	00:06:23	03:57	15.1kph	Male 40 - 49: 9
48	KAY CHAPMAN	LES CROUPIERS RC, GBR	F: 8	RUNNER	57	00:06:24	03:58	15.1kph	Female 55 - 64: 1
49	ALICE ROTHWELL		F: 9	RUNNER	660	00:06:25	03:58	15.1kph	Female 35 - 44: 2
50	EVA MARTIN	CARDIFF AMATEUR AC, GBR	F: 10	RUNNER	121	00:06:28	04:01	14.9kph	Female 0 - 19: 1
51	ANDREW MARTIN		M: 41	RUNNER	120	00:06:29	04:01	14.9kph	Male 50 - 59: 10
52	GWYN JONES	LES CROUPIERS RC, GBR	M: 42	RUNNER	113	00:06:38	04:07	14.6kph	Male 50 - 59: 11
53	MICK MCGEOCH	LES CROUPIERS, GBR	M: 43	RUNNER	126	00:06:39	04:07	14.5kph	Male 60 - 69: 1
54	CAROLE GODDARD	LES CROUPIERS, GBR	F: 11	RUNNER	99	00:06:40	04:08	14.5kph	Female 45 - 54: 2
55	SARAH DAVIES	OGMORE PHOENIX RUNNERS, GBR	F: 12	RUNNER	83	00:06:43	04:10	14.4kph	Female 45 - 54: 3
56	RUTH CANN	PENARTH AND DINAS RUNNERS, GBR	F: 13	RUNNER	48	00:06:45	04:11	14.3kph	Female 35 - 44: 3
57	SHANNON WALKER	LES CROUPIERS, GBR	F: 14	RUNNER	667	00:06:46	04:12	14.3kph	:
58	STEPHEN LOCKE	PONTYPRIDD ROADENTS, GBR	M: 44	RUNNER	673	00:06:55	04:17	14.0kph	Male 50 - 59: 12
59	STEPHEN QUIN	LES CROUPIERS RC, GBR	M: 45	RUNNER	657	00:06:55	04:17	14.0kph	Male 50 - 59: 13
60	MARK DAVIES	LES CROUPIERS, GBR	M: 46	RUNNER	693	00:06:56	04:18	13.9kph	Male 50 - 59: 14
61	MARK HERBERT	LES CROUPIERS, GBR	M: 47	RUNNER	106	00:06:57	04:18	13.9kph	Male 40 - 49: 10
62	GARY JOHN	LES CROUPIERS RC, GBR	M: 48	RUNNER	675	00:06:59	04:20	13.8kph	Male 60 - 69: 2
63	ALAN MASON	LES CROUPIERS, GBR	M: 49	RUNNER	124	00:07:06	04:24	13.6kph	Male 60 - 69: 3
64	CHRISTOPHER NELLINS	PENARTH AND DINAS RUNNERS, GBR	M: 50	RUNNER	651	00:07:08	04:25	13.5kph	Male 60 - 69: 4
65	SALLY GROVES	PEGASUS RC, GBR	F: 15	RUNNER	102	00:07:10	04:27	13.5kph	Female 55 - 64: 2
66	JENNY MARTIN	LES CROUPIERS, GBR	F: 16	RUNNER	122	00:07:11	04:27	13.5kph	Female 35 - 44: 4
67	MARTIN GREEN	PONTYPRIDD ROADENTS AC, GBR	M: 51	RUNNER	101	00:07:12	04:28	13.4kph	Male 50 - 59: 15
68	ABI GHUMAN	PONTYPRIDD ROADENTS AC, GBR	F: 17	RUNNER	98	00:07:13	04:28	13.4kph	:
69	MICHELLE AMBLIN	LES CROUPIERS RC, GBR	F: 18	RUNNER	14	00:07:18	04:31	13.2kph	Female 45 - 54: 4
70	STEVE LEWIS	LES CROUPIERS RC, GBR	M: 52	RUNNER	117	00:07:21	04:33	13.1kph	Male 60 - 69: 5
71	JULIE SCHOLEY	LES CROUPIERS RC, GBR	F: 19	RUNNER	662	00:07:22	04:34	13.1kph	Female 55 - 64: 3
72	JOANNE DUNSCOMBE	PEGASUS RC, GBR	F: 20	RUNNER	88	00:07:23	04:35	13.1kph	Female 45 - 54: 5
73	CAROLINE THOMAS	BLAENAU GWENT ATHLETICS CLUB, GBR	F: 21	RUNNER	666	00:07:32	04:40	12.8kph	Female 35 - 44: 5

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74	JENNET HOLMES	PONTYPRIDD ROADENTS AC, GBR	F: 22	RUNNER	107	00:07:35	04:42	12.8kph	Female 45 - 54: 6
75	JEN MICHAEL	CDF RUNNERS, GBR	F: 23	RUNNER	128	00:07:42	04:46	12.5kph	:
76	PHIL GROVES	PEGASUS RC, GBR	M: 53	RUNNER	103	00:07:44	04:48	12.5kph	Male 60 - 69: 6
77	DAWN HOPKINS	OGMORE PHOENIX RUNNERS, GBR	F: 24	RUNNER	108	00:07:48	04:50	12.4kph	Female 35 - 44: 6
78	HUW PHILLIPS	CDF RUNNERS, GBR	M: 54	RUNNER	655	00:07:57	04:56	12.1kph	Male 40 - 49: 11
79	KELLY CROFTS	LES CROUPIERS, GBR	F: 25	RUNNER	79	00:08:04	05:00	12.0kph	Female 35 - 44: 7
80	SARAH FROUD	PEGASUS RC, GBR	F: 26	RUNNER	92	00:08:07	05:02	11.9kph	Female 35 - 44: 8
81	CERI-BETH ROYAL	N/A, GBR	F: 27	RUNNER	687	00:08:10	05:04	11.8kph	:
82	JOSHUA CACICIA	N/A, GBR	M: 55	RUNNER	688	00:08:11	05:04	11.8kph	:
83	EVE GALLOP-EVANS	LES CROUPIERS RC, GBR	F: 28	RUNNER	94	00:08:12	05:05	11.8kph	Female 55 - 64: 4
84	KATHRYN SWEETMAN	FETCH EVERYONE, GBR	F: 29	RUNNER	665	00:08:16	05:08	11.7kph	Female 45 - 54: 7
85	COLIN CROOKS	PEGASUS RC, GBR	M: 56	RUNNER	80	00:08:17	05:08	11.7kph	Male 60 - 69: 7
86	JULIE LEWIS	LES CROUPIERS, GBR	F: 30	RUNNER	116	00:08:18	05:09	11.6kph	Female 65 - 120: 1
87	NYE DONOVAN	CARDIFF ATHLETICS, GBR	M: 57	RUNNER	677	00:08:28	05:15	11.4kph	Male 0 - 19: 2
88	GLENDA EDWARDS	LES CROUPIERS, GBR	F: 31	RUNNER	90	00:08:40	05:23	11.1kph	Female 55 - 64: 5
89	GILLIAN MURPHY	LES CROUPIERS, GBR	F: 32	RUNNER	650	00:08:42	05:24	11.1kph	Female 65 - 120: 2
90	MICHAEL MURPHY	LES CROUPIERS, GBR	M: 58	RUNNER	649	00:08:43	05:24	11.1kph	Male 60 - 69: 8
91	IAN BARRETT	LES CROUPIERS, GBR	M: 59	RUNNER	17	00:09:18	05:46	10.4kph	:
92	JON MARTIN	LES CROUPIERS, GBR	M: 60	RUNNER	123	00:09:21	05:48	10.3kph	Male 40 - 49: 12
93	CLAIRE GEORGE	LES CROUPIERS RC, GBR	F: 33	RUNNER	97	00:09:24	05:50	10.3kph	Female 45 - 54: 8
94	KIRSTY MCGOWAN	LES CROUPIERS RC, GBR	F: 34	RUNNER	127	00:09:25	05:50	10.3kph	:
95	MARY JAYNE GRANVILLE	PENCOED PANTHERS, GBR	F: 35	RUNNER	100	00:09:38	05:58	10.0kph	:
96	SAMANTHA FROUD	PEGASUS RC, GBR	F: 36	RUNNER	93	00:09:39	05:59	10.0kph	Female 45 - 54: 9
97	SANDRA CAVENEY	LES CROUPIERS, GBR	F: 37	RUNNER	56	00:09:42	06:01	10.0kph	Female 55 - 64: 6
98	TRACEY NEWMAN	LES CROUPIERS, GBR	F: 38	RUNNER	653	00:10:04	06:15	9.6kph	Female 45 - 54: 10
99	CARL ROSSITER		M: 61	RUNNER	659	00:12:10	07:33	7.9kph	:
100	CHRISTINA ROSSITER	LES CROUPIERS, GBR	F: 39	RUNNER	658	00:12:12	07:34	7.9kph	Female 55 - 64: 7
101	HELEN LLOYD JONES	PEGASUS RC, GBR	F: 40	RUNNER	691	00:12:26	07:43	7.8kph	Female 65 - 120: 3