

Cardiff Summer Series 1 mile

Place	Name	Hometown	Gender	Bib #	Time	Pace	Speed	Division Rank
1	BEN CLARIDGE	ABINGDON AC	M: 1	213	00:04:17	02:39	22.5kph	Overall Male Runner: 1
2	OLIVER WILLIAMS	LES CROUPIERS RC	M: 2	408	00:04:32	02:48	21.3kph	Overall Male Runner: 2
3	JAMES THIE	PONTYPRIDD ROADENTS	M: 3	396	00:04:42	02:55	20.6kph	Overall Male Runner: 3
4	ARWEL EVANS	LES CROUPIERS RC	M: 4	425	00:04:51	03:00	20.0kph	:
5	OWEN LOCKE	CARDIF AAC	M: 5	407	00:04:52	03:01	19.9kph	:
6	TOBY CULLING	SAN DOMENICO	M: 6	438	00:04:54	03:02	19.7kph	:
7	JAMES BENHAM	SOUTH WEST RR	M: 7	89	00:04:54	03:02	19.7kph	Male 40 - 49: 1
8	JACK REDDAWAY	LES CROUPIERS RC	M: 8	385	00:04:55	03:03	19.7kph	:
9	CONNOR MCCANN		M: 9	439	00:04:56	03:03	19.6kph	:
10	MARK PALSER	LES CROUPIERS RC	M: 10	381	00:04:58	03:05	19.4kph	:
11	JONATHAN BONVILLE-GINN	CDF RUNNERS	M: 11	423	00:05:00	03:06	19.3kph	:
12	JAMIE VANSTONE	PONTYPRIDD PONTYPRIDD	M: 12	397	00:05:02	03:07	19.2kph	Male 40 - 49: 2
13	PAUL JOSUA	SAN DOMENICO RC	M: 13	362	00:05:02	03:07	19.2kph	:
14	DAVID ROBINSON		M: 14	388	00:05:03	03:07	19.2kph	:
15	IAN SOUTHWELL	LES CROUPIERS RC	M: 15	410	00:05:03	03:08	19.1kph	Male 40 - 49: 3
16	CRAIG BLAKE	CDF RUNNERS	M: 16	95	00:05:04	03:08	19.1kph	:
17	VAUGHN HUGHES	NEWPORT HARRIERS	M: 17	360	00:05:05	03:09	19.0kph	:
18	ALAW EVANS	LES CROUPIERS RC	F: 1	426	00:05:06	03:10	18.9kph	Overall Female Runner: 1
19	RYAN CULLEN	PONTYPRIDD ROADENTS	M: 18	244	00:05:09	03:11	18.8kph	:
20	HAAZIQ REZA	CDF RUNNERS	M: 19	434	00:05:11	03:13	18.7kph	:
21	COLIN WILLIAMS	LES CROUPIERS RC	M: 20	399	00:05:12	03:13	18.6kph	Male 50 - 59: 1
22	GEORGE WATKINS	CDF RUNNERS	M: 21	437	00:05:12	03:13	18.6kph	:
23	MICHAEL DARKE	CDF RUNNERS	M: 22	420	00:05:13	03:14	18.6kph	Male 40 - 49: 4
24	KATY ROY	BRISTOL & WEST	F: 2	416	00:05:16	03:16	18.4kph	Overall Female Runner: 2
25	CHRIS INGLIS	CDF RUNNERS	M: 23	415	00:05:16	03:16	18.3kph	:
26	NICHOLAS DOYLE	LES CROUPIERS RC	M: 24	323	00:05:18	03:17	18.2kph	:
27	GARETH LOGAN	LES CROUPIERS RC	M: 25	369	00:05:22	03:19	18.0kph	:
28	PAUL REDDAWAY	WARE JOGGERS	M: 26	386	00:05:22	03:20	18.0kph	Male 60 - 120: 1
29	SOREN ADAMS		M: 27	3	00:05:23	03:20	18.0kph	:
30	RYAN COOK	ABERDARE VALLEY AAC	M: 28	448	00:05:25	03:21	17.8kph	Male 40 - 49: 5
31	SIMON LE GOOD	PENARTH & DINAS	M: 29	364	00:05:26	03:22	17.8kph	:
32	CHRIS MEDCALF	SAN DOMENICO RC	M: 30	376	00:05:27	03:22	17.7kph	Male 40 - 49: 6
33	RODDY STARK	CDF RUNNERS	M: 31	418	00:05:31	03:25	17.5kph	:
34	SEAN PRICE	LES CROUPIERS RC	M: 32	413	00:05:33	03:26	17.4kph	Male 60 - 120: 2
35	ROB SAGE	LES CROUPIERS RC	M: 33	424	00:05:36	03:28	17.3kph	Male 40 - 49: 7
36	HYWEL EDWARDS	SAN DOMENICO	M: 34	442	00:05:39	03:30	17.1kph	Male 50 - 59: 2
37	EWAN STENHOUSE	CDF RUNNERS	M: 35	391	00:05:40	03:30	17.1kph	:
38	GEORGIE PARNELL	NEWPORT HARRIERS	F: 3	417	00:05:40	03:31	17.1kph	Overall Female Runner: 3
39	AIDAN O'DONNELL	CDF RUNNERS	M: 36	380	00:05:41	03:31	17.0kph	Male 40 - 49: 8
40	JOHN LIGHT	SAN DOMENICO RC	M: 37	367	00:05:41	03:31	17.0kph	Male 40 - 49: 9
41	ROWAN CARSON	PONTYCLUN AC	M: 38	196	00:05:42	03:32	17.0kph	:
42	SAM JONES		M: 39	361	00:05:42	03:32	16.9kph	:
43	PAUL DEATON	PENARTH & DINAS	M: 40	322	00:05:46	03:34	16.8kph	Male 50 - 59: 3
44	DAVID BARKER	CARDIFF AAC	M: 41	433	00:05:51	03:37	16.5kph	:
45	DOUG YOUNG		M: 42	403	00:05:51	03:38	16.5kph	:
46	TOM MORGAN	CDF RUNNERS	M: 43	443	00:05:53	03:39	16.4kph	:
47	ANDY WILTON	SAN DOMENICO RC	M: 44	401	00:05:54	03:39	16.4kph	Male 40 - 49: 10
48	TOM COX		M: 45	405	00:05:56	03:41	16.3kph	:
49	ANDREW MARTIN	LES CROUPIERS RC	M: 46	372	00:05:59	03:42	16.2kph	Male 50 - 59: 4
50	RICHARD EDGE	CDF RUNNERS	M: 47	338	00:06:01	03:43	16.1kph	Male 40 - 49: 11
51	STEWART HARDING	CDF RUNNERS	M: 48	429	00:06:01	03:44	16.1kph	:
52	KRIS EMES		M: 49	343	00:06:02	03:44	16.0kph	Male 40 - 49: 12
53	JACK HOCKING		M: 50	430	00:06:06	03:47	15.9kph	:
54	MARTIN CARSON	PONTYPRIDD ROADENTS	M: 51	419	00:06:09	03:49	15.7kph	Male 40 - 49: 13
55	NADINE LEDER	CDF RUNNERS	F: 4	427	00:06:21	03:56	15.2kph	:
56	JAMES ASHLEY	PARC BRYN BACH,	M: 52	428	00:06:22	03:57	15.2kph	Male 40 - 49: 14
57	DAN LLOYD	CDF RUNNERS	M: 53	435	00:06:25	03:59	15.0kph	Male 40 - 49: 15
58	SEREN HARMAN	BRIDGEND AC	F: 5	411	00:06:26	03:59	15.0kph	:
59	SHANNON WALKER	LES CROUPIERS RC	F: 6	398	00:06:27	04:00	15.0kph	:
60	BRYONY EAMES	LES CROUPIERS RC	F: 7	333	00:06:29	04:01	14.9kph	:

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61	BELLA THIE	BRIDGEND AC	F: 8	395	00:06:32	04:03	14.8kph	:
62	LEONARDO REIMBERG		M: 54	446	00:06:32	04:03	14.8kph	:
63	CLAIRE BRUCE	LES CROUPIERS RC	F: 9	141	00:06:34	04:04	14.7kph	Female 45 - 54: 1
64	MEGAN SWANSON	ABERDARE VALLEY AAC	F: 10	392	00:06:35	04:04	14.7kph	:
65	ANNA GILFEDDER	LES CROUPIERS RC	F: 11	440	00:06:36	04:05	14.6kph	:
66	EMILY EDGE	CARDIFF AAC	F: 12	335	00:06:37	04:06	14.6kph	:
67	STEPHEN LOCKE	PONTYPRIDD ROADENTS	M: 55	406	00:06:38	04:06	14.6kph	Male 50 - 59: 5
68	STEVEN PREDDY	LES CROUPIERS RC	M: 56	383	00:06:47	04:12	14.2kph	Male 50 - 59: 6
69	ELIO LEPORE	LES CROUPIERS RC	M: 57	422	00:06:49	04:13	14.2kph	Male 60 - 120: 3
70	CHERYL EVANS	LES CROUPIERS RC	F: 13	445	00:06:56	04:18	13.9kph	Female 35 - 44: 1
71	OWEN LIGHT		M: 58	368	00:06:57	04:18	13.9kph	:
72	KAY CHAPMAN	LES CROUPIERS RC	F: 14	197	00:07:01	04:21	13.8kph	Female 55 - 120: 1
73	MARK HERBERT	LES CROUPIERS RC	M: 59	358	00:07:03	04:22	13.7kph	Male 40 - 49: 16
74	LOLLY EVANS	LES CROUPIERS RC	F: 15	355	00:07:07	04:25	13.6kph	Female 45 - 54: 2
75	OLIVER HUGHES	LLISWERRY RUNNERS	M: 60	359	00:07:09	04:26	13.5kph	Male 40 - 49: 17
76	ALED HUGHES	OGMORE PHOENIX	M: 61	404	00:07:12	04:27	13.4kph	Male 40 - 49: 18
77	HUW PHILLIPS	CDF RUNNERS	M: 62	431	00:07:13	04:28	13.4kph	Male 50 - 59: 7
78	CAROL REES	LES CROUPIERS RC	F: 16	387	00:07:14	04:29	13.3kph	Female 45 - 54: 3
79	ALAN MASON	LES CROUPIERS RC	M: 63	373	00:07:19	04:32	13.2kph	Male 60 - 120: 4
80	JULIANA REIMBERG	CDF RUNNERS	F: 17	447	00:07:27	04:37	13.0kph	:
81	CHRISTOPHER NELLINS	PENARTH & DINAS	M: 64	377	00:07:30	04:39	12.9kph	Male 60 - 120: 5
82	JENNY MARTIN	LES CROUPIERS RC	F: 18	370	00:07:34	04:41	12.8kph	Female 35 - 44: 2
83	MICHAEL H DAVIES	LES CROUPIERS RC	M: 65	295	00:07:36	04:43	12.7kph	Male 60 - 120: 6
84	SIAN TAYLOR	LES CROUPIERS RC	F: 19	394	00:07:41	04:46	12.6kph	Female 35 - 44: 3
85	MICHELLE AMBLIN	LES CROUPIERS RC	F: 20	444	00:07:45	04:48	12.5kph	Female 45 - 54: 4
86	CHARLOTTE BETHEL	PEGASUS RC, GBR	F: 21	409	00:07:47	04:49	12.4kph	:
87	JANET SMITH	LES CROUPIERS RC	F: 22	390	00:07:51	04:52	12.3kph	Female 45 - 54: 5
88	MATTHEW PITT		M: 66	382	00:07:53	04:53	12.3kph	Male 40 - 49: 19
89	TIM O'SULLIVAN	LES CROUPIERS RC	M: 67	432	00:07:55	04:55	12.2kph	Male 60 - 120: 7
90	JULIE SCHOLEY	LES CROUPIERS RC	F: 23	389	00:07:58	04:56	12.1kph	Female 55 - 120: 2
91	KIRSTY MCGOWAN	LES CROUPIERS RC	F: 24	374	00:08:01	04:58	12.0kph	Female 35 - 44: 4
92	THEODOROS CHARALAMBOUS	CARDIFF AAC	M: 68	201	00:08:26	05:14	11.4kph	:
93	KATHRYN SWEETMAN	FETCH EVERYONE	F: 25	393	00:08:29	05:16	11.4kph	Female 45 - 54: 6
94	JOANNA FRIEDEL	LES CROUPIERS RC	F: 26	441	00:08:31	05:17	11.3kph	Female 45 - 54: 7
95	COLIN CROOKS	PEGASUS RC	M: 69	214	00:08:33	05:18	11.3kph	Male 60 - 120: 8
96	LIZ EDWARDS		F: 27	339	00:09:00	05:35	10.7kph	Female 55 - 120: 3
97	CALISTA CHARALAMBOUS	CARDIFF AAC	F: 28	200	00:09:05	05:38	10.6kph	:
98	FLORENCE WORMAN	CARDIFF AAC	F: 29	436	00:09:06	05:39	10.6kph	:
99	JON MARTIN	LES CROUPIERS RC	M: 70	371	00:09:27	05:52	10.2kph	Male 40 - 49: 20
100	GEOFF WRIGHT	LES CROUPIERS RC	M: 71	402	00:09:47	06:04	9.9kph	Male 60 - 120: 9
101	CLAIR CHARALAMBOUS	LES CROUPIERS RC	F: 30	209	00:09:50	06:06	9.8kph	Female 45 - 54: 8
102	DEBORAH PRICE	LES CROUPIERS RC	F: 31	412	00:09:55	06:09	9.7kph	Female 55 - 120: 4
103	ANGHARAD PRICE		F: 32	414	00:09:55	06:09	9.7kph	Female 35 - 44: 5
104	TRACEY NEWMAN	CLWB RUN WALES	F: 33	378	00:10:21	06:25	9.3kph	Female 45 - 54: 9
105	JEFFREY ASTON	LES CROUPIERS RC	M: 72	38	00:11:37	07:13	8.3kph	Male 60 - 120: 10
106	HELEN LLOYD-JONES	PEGASUS RC	F: 34	421	00:13:07	08:09	7.4kph	Female 55 - 120: 5