

Summer Series 2 mile

Line Through = Disqualified

Place	Name	Hometown	Type	Bib #	Time	Pace	Speed	Sex	Age
1	CHRIS WILLIAMS	MMRT, GBR	RUNNER	252	00:10:18	03:11	18.8kph	M	20
2	ALEX PRICE	SWANSEA HARRIERS, GBR	RUNNER	381	00:10:21	03:12	18.7kph	M	20
3	HUW EVANS	LES CROUPIERS, GBR	RUNNER	278	00:10:23	03:13	18.6kph	M	46
4	RICHARD BAKER	LES CROUPIERS RC, GBR	RUNNER	899	00:10:30	03:15	18.4kph	M	47
5	DARREN BISHOP	PONTYPRIDD ROADENTS, GBR	RUNNER	279	00:10:35	03:17	18.3kph	M	36
6	ED DONOVAN	LES CROUPIERS RC,	RUNNER	356	00:10:35	03:17	18.3kph	M	39
7	DAVID LOCKE	NEWPORT HARRIERS, GBR	RUNNER	263	00:10:38	03:18	18.2kph	M	15
8	SCOTT BROWNE	LES CROUPIERS RC, GBR	RUNNER	203	00:10:46	03:20	18.0kph	M	42
9	STUART CREES	LES CROUPIERS RC,	RUNNER	900	00:10:48	03:21	17.9kph	M	40
10	DONOVAN WILLIAMS-HALE	BRIDGEND AC, GBR	RUNNER	259	00:10:50	03:21	17.9kph	M	17
11	ALAW BEYNON-THOMAS	SWANSEA HARRIERS, GBR	RUNNER	287	00:10:51	03:21	17.8kph	F	28
12	GABRIELUS STUOKUS	LES CROUPIERS RC, GBR	RUNNER	233	00:10:55	03:23	17.7kph	M	29
13	SEAN LEWIS	BRACKLA HARRIERS, GBR	RUNNER	288	00:10:59	03:24	17.6kph	M	24
14	ADRIAN LEWIS	ABERDARE VALLEY AAC, GBR	RUNNER	229	00:11:02	03:25	17.5kph	M	46
15	MATTHEW HURFORD	LES CROUPIERS, GBR	RUNNER	268	00:11:03	03:25	17.5kph	M	45
16	ARWEL EVANS	RHEDWYR HEBOG, GBR	RUNNER	286	00:11:04	03:26	17.5kph	M	29
17	ANDREW BLAIR	LES CROUPIERS RC,	RUNNER	296	00:11:16	03:29	17.1kph	M	53
18	LAURENCE POLE	PONTYPRIDD ROADENTS AC, GBR	RUNNER	254	00:11:17	03:30	17.1kph	M	43
19	RHYS PIPPARD	LES CROUPIERS RC, GBR	RUNNER	208	00:11:22	03:31	17.0kph	M	34
20	LAURENT BONO	LES CROUPIERS RC, GBR	RUNNER	300	00:11:25	03:32	16.9kph	M	33
21	IAN BIRD	PORT TALBOT HARRIERS, GBR	RUNNER	210	00:11:29	03:33	16.8kph	M	32
22	DARRAGH HANLEY-CROFTS	PEGASUS RC, GBR	RUNNER	393	00:11:40	03:37	16.6kph	M	29
23	PAUL JOSUA	SAN DOMENICO RC, GBR	RUNNER	204	00:11:40	03:37	16.6kph	M	25
24	JOHNNY LAM	SAN DOMENICO RC,	RUNNER	292	00:11:41	03:37	16.6kph	M	46
25	TOM WEBB	PARC BRYN BACH RC, GBR	RUNNER	239	00:11:48	03:39	16.4kph	M	15
26	CERI DAVIES	SAN DOMENICO, GBR	RUNNER	243	00:11:48	03:39	16.4kph	M	42
27	HYWEL EDWARDS	SAN DOMENICO, GBR	RUNNER	893	00:11:52	03:41	16.3kph	M	46
28	HUGH SAUNDERS		RUNNER	165	00:11:53	03:41	16.3kph	M	23
29	MATT JAMES	SAN DOMENICO RC, GBR	RUNNER	270	00:11:58	03:42	16.1kph	M	31
30	IAN BELL	SAN DOMENICO RC, GBR	RUNNER	211	00:12:07	03:45	16.0kph	M	56
31	JAMES GOLD	CARDIFF AAC, GBR	RUNNER	205	00:12:07	03:45	15.9kph	M	16
32	MARK EVANS	LES CROUPIERS RC, GBR	RUNNER	258	00:12:12	03:47	15.8kph	M	36
33	BRIAN DIAS	CARDIFF AAC,	RUNNER	274	00:12:13	03:47	15.8kph	M	33
34	RICHARD EDGE	PEGASUS, GBR	RUNNER	271	00:12:13	03:47	15.8kph	M	42
35	NATHANIEL PALMER	LES CROUPIERS RC, GBR	RUNNER	354	00:12:16	03:48	15.7kph	M	48
36	BEN FARRELL	CARDIFF AAC, GBR	RUNNER	220	00:12:16	03:48	15.7kph	M	13
37	GARETH MORGAN	LES CROUPIERS RC, GBR	RUNNER	199	00:12:18	03:49	15.7kph	M	45
38	STEPHEN NOYUIRT	CARDIFF AAC, GBR	RUNNER	277	00:12:20	03:49	15.7kph	M	17
39	ALEXANDER MANCUSO	UNATTACHED, GBR	RUNNER	357	00:12:26	03:51	15.5kph	M	29
40	SEAN PRICE	RHONDDA, GBR	RUNNER	383	00:12:28	03:52	15.5kph	M	55
41	JOHN LIGHT	SAN DOMENICO RC, GBR	RUNNER	257	00:12:28	03:52	15.5kph	M	39
42	PAUL MORTON	PENARTH & DINAS, GBR	RUNNER	293	00:12:30	03:52	15.5kph	M	36

43	FREYA ROBERTS	CARDIFF ARCHERS, GBR	RUNNER	290	00:12:33	03:53	15.4kph	F	13
44	STEVE PREDDY	LES CROUPIERS RC, GBR	RUNNER	198	00:12:34	03:54	15.4kph	M	48
45	LIZ DAVIES	CARDIFF AAC, GBR	RUNNER	285	00:12:35	03:54	15.4kph	F	35
46	STEVEN HOOPER	PONTYPRIDD ROADENTS, GBR	RUNNER	276	00:12:41	03:56	15.2kph	M	52
47	HELEDD ROBERTS	SAN DOMENICO, GBR	RUNNER	262	00:12:51	03:59	15.0kph	F	25
48	CLAIRE BRUCE	LES CROUPIERS RC, GBR	RUNNER	202	00:12:55	04:00	15.0kph	F	40
49	DOMINIC SHIELDS	RCSAN DOMENICO RC, GBR	RUNNER	209	00:13:02	04:02	14.8kph	M	53
50	CHRIS JONES	UNATTACHED, GBR	RUNNER	361	00:13:06	04:04	14.8kph	M	29
51	BETHANY GOLD	CARDIFF AAC, GBR	RUNNER	206	00:13:07	04:04	14.7kph	F	15
52	ELIZABETH NEVILLE	LES CROUPIERS RC, GBR	RUNNER	250	00:13:12	04:05	14.6kph	F	36
53	NEIL DAVIES		RUNNER	264	00:13:15	04:06	14.6kph	M	60
54	AIMEE FERGUSON	ABERDARE AAC, GBR	RUNNER	376	00:13:15	04:06	14.6kph	F	33
55	SHARON NEWELL	PARC BRYN BACH, GBR	RUNNER	275	00:13:17	04:07	14.6kph	F	48
56	MATTHEW BUNCE	BRACKLA HARRIERS, GBR	RUNNER	273	00:13:17	04:07	14.6kph	M	44
57	LIBBY CREES	LES CROUPIERS RC, GBR	RUNNER	236	00:13:24	04:09	14.4kph	F	49
58	STEVE CHADWELL		RUNNER	248	00:13:24	04:09	14.4kph	M	46
59	GWYN JONES	LES CROUPIERS RC,	RUNNER	362	00:13:25	04:09	14.4kph	M	54
60	MICK. MCGEOCH	LES CROUPIERS RC, GBR	RUNNER	266	00:13:25	04:10	14.4kph	M	62
61	KERI JONES	PARC BRYN BACH R C, GBR	RUNNER	238	00:13:29	04:11	14.3kph	F	47
62	RYAN BUNCE	BRACKLA HARRIERS, GBR	RUNNER	272	00:13:34	04:12	14.3kph	M	20
63	KIAN BISHOP	PONTYPRIDD ROADENTS, GBR	RUNNER	280	00:13:38	04:13	14.2kph	M	11
64	GARY JOHN	LES CROUPIERS RC, GBR	RUNNER	242	00:13:41	04:14	14.1kph	M	63
65	MARTIN CROSHAW		RUNNER	234	00:13:46	04:16	14.0kph	M	46
66	STEPHEN WOOD	PEGASUS RC, GBR	RUNNER	879	00:13:46	04:16	14.0kph	M	41
67	CAROL REES	LES CROUPIERS RC, GBR	RUNNER	299	00:13:51	04:17	14.0kph	F	47
68	SARAH MCCARTHY	LES CROUPIERS RC, GBR	RUNNER	217	00:13:52	04:18	13.9kph	F	46
69	JENNY MARTIN	LES CROUPIERS RC, GBR	RUNNER	196	00:13:54	04:19	13.9kph	F	38
70	STEPHEN LOCKE	NEWPORT HARRIERS, GBR	RUNNER	261	00:13:56	04:19	13.9kph	M	47
71	MICHAEL H DAVIES	LES CROUPIERS RC, GBR	RUNNER	214	00:13:57	04:19	13.9kph	M	68
72	CRAIG BLAKE	LES CROUPIERS RC, GBR	RUNNER	255	00:13:57	04:19	13.8kph	M	29
73	BETHAN FORD	PONTYPRIDD ROADENTS, GBR	RUNNER	397	00:14:02	04:21	13.8kph	F	35
74	DAVID E WILLIAMS	LES CROUPIERS RC, GBR	RUNNER	235	00:14:06	04:22	13.7kph	M	53
75	JULIE SCHOLEY	LES CROUPIERS RC, GBR	RUNNER	194	00:14:07	04:22	13.7kph	F	58
76	KRIS EMES		RUNNER	7	00:14:07	04:22	13.7kph	M	40
77	NIGEL BLEACH	SERIOUSLY MAD RUNNERS, GBR	RUNNER	138	00:14:09	04:23	13.6kph	M	50
78	HEFIN GRUFFYDD	PONTYPRIDD ROADENTS, GBR	RUNNER	399	00:14:15	04:25	13.6kph	M	56
79	PAUL EDWARDS	CARDIFF AAC, GBR	RUNNER	297	00:14:16	04:25	13.5kph	M	43
80	GARETH LOGAN		RUNNER	136	00:14:19	04:26	13.5kph	M	31
81	ANGELA CHAMPION	LES CROUPIERS RC, GBR	RUNNER	207	00:14:32	04:30	13.3kph	F	41
82	MARCIA GOUVEIA	SAN DOMENICO RC, GBR	RUNNER	355	00:14:35	04:31	13.2kph	F	37
83	LUKE HESLOP	PEGASUS RC, GBR	RUNNER	144	00:14:38	04:32	13.2kph	M	41
84	FAYE MARTIN	LES CROUPIERS RC, GBR	RUNNER	251	00:14:40	04:33	13.2kph	F	39
85	LOLLY EVANS	LES CROUPIERS RC,	RUNNER	298	00:14:46	04:35	13.1kph	F	47
86	MIKE MURPHY	LES CROUPIERS RC, GBR	RUNNER	349	00:14:48	04:35	13.1kph	M	62
87	JOANNE DAVIES		RUNNER	265	00:14:50	04:36	13.0kph	F	30
88	CAITLIN CHAPMAN	CARDIFF AAC, GBR	RUNNER	230	00:14:52	04:36	13.0kph	F	15
89	CLIVE OSMOND	LES CROUPIERS RC, GBR	RUNNER	282	00:14:54	04:37	13.0kph	M	58
90	PAUL CHAPMAN	LES CROUPIERS RC, GBR	RUNNER	245	00:14:56	04:38	12.9kph	M	49

91	MICHAEL FARRELL		RUNNER	221	00:14:56	04:38	12.9kph	M	46
92	MOLLY GRIMLEY	CARDIFF AAC, GBR	RUNNER	228	00:15:01	04:39	12.9kph	F	17
93	LUKE DAVIES	ISLWYN RUNNIN CLUB, GBR	RUNNER	232	00:15:02	04:39	12.9kph	M	38
94	JON MORGAN	LES CROUPIERS RC, GBR	RUNNER	256	00:15:08	04:41	12.8kph	M	55
95	PAUL TUCKER	LES CROUPIERS RC, GBR	RUNNER	200	00:15:30	04:48	12.5kph	M	41
96	SARAH BURDETT	LES CROUPIERS RC, GBR	RUNNER	244	00:15:38	04:51	12.4kph	F	31
97	MICHAEL ROSSITER	LES CROUPIERS RC, GBR	RUNNER	195	00:15:44	04:53	12.3kph	M	58
98	LEE HARDING	WHITE ROCK RUNNERS, GBR	RUNNER	249	00:15:47	04:54	12.2kph	M	37
99	KAY CHAPMAN	CARDIFF AAC, GBR	RUNNER	246	00:15:55	04:56	12.1kph	F	51
100	CLAIRE BELL	LES CROUPIERS RC, GBR	RUNNER	213	00:16:03	04:58	12.0kph	F	54
101	LIZ DENTON	LES CROUPIERS RC, GBR	RUNNER	240	00:16:11	05:01	11.9kph	F	57
102	MARK DOUGLAS	PONTYPRIDD ROADENTS, GBR	RUNNER	269	00:16:34	05:08	11.7kph	M	40
103	FINLAY DE'ATH	CARDIFF AAC, GBR	RUNNER	224	00:16:39	05:10	11.6kph	M	8
104	EMILY DONNAN	LES CROUPIERS RC, GBR	RUNNER	281	00:16:40	05:10	11.6kph	F	25
105	JULIE LEWIS	LES CROUPIERS RC, GBR	RUNNER	289	00:16:42	05:11	11.6kph	F	61
106	SAMUEL BICKER	CARDIFF ARCHERS, GBR	RUNNER	284	00:16:42	05:11	11.6kph	M	10
107	CHRISTINA ROSSITER	LES CROUPIERS RC, GBR	RUNNER	291	00:16:51	05:14	11.5kph	F	57
108	JACK BICKER		RUNNER	283	00:16:52	05:14	11.5kph	M	12
109	HUW WILLIAMS		RUNNER	260	00:16:53	05:14	11.4kph	M	53
110	ANDREW HOLLINS	PEGASUS RC, GBR	RUNNER	201	00:17:08	05:19	11.3kph	M	44
111	CLAIR CHARALAMBOUS	LES CROUPIERS RC, GBR	RUNNER	253	00:17:18	05:22	11.2kph	F	41
112	RHYS LITTLECHILD		RUNNER	216	00:17:18	05:22	11.2kph	M	10
113	KELLY CROFTS	LES CROUPIERS RC, GBR	RUNNER	212	00:17:19	05:22	11.2kph	F	37
114	KAREN CHADWELL	LES CROUPIERS RC, GBR	RUNNER	247	00:17:19	05:22	11.2kph	F	48
115	KIRSTY MCGOWAN	LES CROUPIERS RC, GBR	RUNNER	218	00:17:23	05:23	11.1kph	F	30
116	HELEN ROBERTSON	LES CROUPIERS RC, GBR	RUNNER	294	00:17:27	05:25	11.1kph	F	46
117	GWEN THOMAS	LES CROUPIERS RC, GBR	RUNNER	348	00:17:28	05:25	11.1kph	F	43
118	JON MARTIN	LES CROUPIERS RC, GBR	RUNNER	197	00:17:43	05:29	10.9kph	M	41
119	KATIE ADAMS		RUNNER	352	00:18:07	05:37	10.7kph	F	29
120	KAREN JONES	LES CROUPIERS RC, GBR	RUNNER	295	00:18:30	05:44	10.4kph	F	40
121	RUSSELL DE'ATH	CARDIFF AAC, GBR	RUNNER	223	00:18:33	05:45	10.4kph	M	41
122	ALISON DE'ATH	CARDIFF AAC, GBR	RUNNER	222	00:18:33	05:45	10.4kph	F	40
123	HAYDN DE'ATH	CARDIFF AAC, GBR	RUNNER	225	00:18:41	05:48	10.3kph	M	6
124	JENNIFER STONE	CARDIFF AAC, GBR	RUNNER	219	00:19:01	05:54	10.2kph	F	51
125	DONNA LITTLECHILD	HENDRE LAKE R C, GBR	RUNNER	215	00:20:23	06:19	9.5kph	F	39
126	AMANDA THOMPSON	LES CROUPIERS, GBR	RUNNER	267	00:21:45	06:45	8.9kph	F	58