

Cardiff Summer Series 2 miles

Place	Name	Hometown	Gender	Bib #	Time	Pace	Speed	Division Rank
1	NEALE DENTON	CDF RUNNERS	M: 1	451	00:10:12	03:10	18.9kph	Overall Male Runner: 1
2	JACK REDDAWAY	LES CROUPIERS RC	M: 2	798	00:10:25	03:14	18.5kph	Overall Male Runner: 2
3	GARYN TOUGH	ABERDARE VAAC	M: 3	820	00:10:32	03:16	18.3kph	Overall Male Runner: 3
4	MARK PALSER	LES CROUPIERS RC	M: 4	696	00:10:40	03:18	18.1kph	:
5	ARWEL EVANS	LES CROUPIERS RC	M: 5	844	00:10:43	03:19	18.0kph	:
6	LEWIS MUNRO	ISLWYN RC	M: 6	562	00:10:45	03:20	18.0kph	:
7	ALAW EVANS	LES CROUPIERS RC	F: 1	843	00:10:56	03:23	17.7kph	Overall Female Runner: 1
8	CRAIG BLAKE	CDF RUNNERS	M: 7	363	00:11:04	03:26	17.5kph	:
9	PAUL JOSUA	SAN DOMENICO RC	M: 8	464	00:11:06	03:26	17.4kph	:
10	RYAN PUGSLEY	LES CROUPIERS RC	M: 9	788	00:11:06	03:26	17.4kph	:
11	ALEX PRICE	LES CROUPIERS RC	M: 10	853	00:11:08	03:27	17.3kph	:
12	VAUGHN HUGHES	NEWPORT HARRIERS	M: 11	462	00:11:10	03:28	17.3kph	:
13	COLIN WILLIAMS	LES CROUPIERS RC	M: 12	834	00:11:17	03:30	17.1kph	Male 50 - 59: 1
14	ANDY BLAIR	LES CROUPIERS RC	M: 13	845	00:11:25	03:32	16.9kph	
15	CHRIS MEDCALF	SAN DOMENICO RC	M: 14	549	00:11:27	03:33	16.9kph	Male 40 - 49: 1
16	ALED HUGHES	OGMORE PHEONIX	M: 15	840	00:11:31	03:34	16.8kph	
17	NYNKE KUIPER	CDF RUNNERS	F: 2	854	00:11:36	03:36	16.7kph	Overall Female Runner: 2
18	AIDAN O'DONNELL	CDF RUNNERS	M: 16	575	00:11:50	03:40	16.3kph	
19	GARETH LOGAN	LES CROUPIERS RC	M: 17	495	00:11:58	03:42	16.2kph	:
20	JOHN LIGHT	SAN DOMENICO RC	M: 18	468	00:12:07	03:45	16.0kph	
21	HYWEL EDWARDS	SAN DOMENICO RC	M: 19	453	00:12:18	03:49	15.7kph	
22	GEORGIE PARNELL	NEWPORT HARRIERS	F: 3	841	00:12:22	03:50	15.6kph	Overall Female Runner: 3
23	SAM JONES		M: 20	463	00:12:23	03:50	15.6kph	:
24	RICHARD BAKER		M: 21	857	00:12:27	03:51	15.5kph	
25	RICHARD EDGE	CDF RUNNERS	M: 22	452	00:12:40	03:55	15.3kph	
26	KRIS EMES		M: 23	455	00:12:41	03:56	15.2kph	
27	STEWART HARDING	CDF RUNNERS	M: 24	459	00:12:54	04:00	15.0kph	:
28	TYRONE FOWLER	NEWPORT HARRIERS	M: 25	846	00:12:58	04:01	14.9kph	:
29	STUART MCILROY	LES CROUPIERS RC	M: 26	848	00:13:00	04:02	14.9kph	
30	ANDREW MARTIN	LES CROUPIERS RC	M: 27	500	00:13:16	04:07	14.6kph	
31	JAMES ASHLEY	PARC BRYN BACH	M: 28	850	00:13:30	04:11	14.3kph	
32	PAUL CHAPMAN	LES CROUPIERS RC	M: 29	375	00:13:36	04:13	14.2kph	
33	NADINE LEDER	CDF RUNNERS	F: 4	466	00:13:43	04:15	14.1kph	:
34	CLIVE OSMOND	LES CROUPIERS RC	M: 30	585	00:14:09	04:23	13.7kph	Male 60 - 120: 1
35	SHANNON WALKER	LES CROUPIERS RC	F: 5	833	00:14:11	04:24	13.6kph	:
36	ELIO LEPORE	LES CROUPIERS RC	M: 31	467	00:14:12	04:24	13.6kph	
37	DAN LLOYD	CDF RUNNERS	M: 32	852	00:14:16	04:25	13.6kph	
38	MEGAN SWANSON	ABERDARE VAAC	F: 6	815	00:14:21	04:27	13.5kph	:
39	STEPHEN LOCKE	PONTYPRIDD ROADENTS	M: 33	842	00:14:24	04:28	13.4kph	
40	OWEN LIGHT		M: 34	470	00:14:39	04:32	13.2kph	:
41	CHERYL EVANS	LES CROUPIERS RC	F: 7	858	00:14:40	04:33	13.2kph	Female 35 - 44: 1
42	CAROL REES	LES CROUPIERS RC	F: 8	799	00:14:43	04:34	13.1kph	Female 45 - 54: 1
43	DAVID. E WILLIAMS	LES CROUPIERS RC	M: 35	835	00:14:45	04:34	13.1kph	
44	GWYN JONES	LES CROUPIERS RC	M: 36	849	00:14:47	04:35	13.1kph	
45	MARK HERBERT	LES CROUPIERS RC	M: 37	460	00:14:47	04:35	13.1kph	
46	LOLLY EVANS	LES CROUPIERS RC	F: 9	457	00:14:49	04:36	13.0kph	
47	STEVEN PREDDY	LES CROUPIERS RC	M: 38	787	00:14:56	04:38	12.9kph	
48	CHRISTOPHER NELLINS	PENARTH & DINAS	M: 39	563	00:15:09	04:42	12.8kph	
49	CHRIS TOUGH	ABERDARE VAAC	M: 40	818	00:15:11	04:42	12.7kph	
50	ALAN MASON	LES CROUPIERS RC	M: 41	511	00:15:22	04:46	12.6kph	
51	MICHELLE AMBLIN	LES CROUPIERS RC	F: 10	98	00:15:33	04:49	12.4kph	
52	SARAH BURDETT	LES CROUPIERS RC	F: 11	847	00:15:37	04:51	12.4kph	
53	JENNY MARTIN	LES CROUPIERS RC	F: 12	855	00:16:17	05:03	11.9kph	
54	JULIE SCHOLEY	LES CROUPIERS RC	F: 13	800	00:16:34	05:08	11.7kph	Female 55 - 120: 1
55	JANET SMITH	LES CROUPIERS RC	F: 14	802	00:16:54	05:14	11.4kph	
56	EVE GALLOP-EVANS	LES CROUPIERS RC	F: 15	458	00:16:59	05:16	11.4kph	
57	COLIN CROOKS	PEGASUS RC	M: 42	400	00:17:38	05:28	11.0kph	
58	JOANNA FRIEDLI	LES CROUPIERS RC	F: 16	851	00:17:46	05:30	10.9kph	
59	IAN BARRETT	LES CROUPIERS RC	M: 43	357	00:18:20	05:41	10.5kph	:
60	KIRSTY MCGOWAN	LES CROUPIERS RC	F: 17	517	00:18:33	05:45	10.4kph	

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61	ANGHARAD PARRY-JONES	LES CROUPIERS RC	F: 18	700	00:19:06	05:55	10.1kph	
62	CLAIR CHARALAMBOUS	LES CROUPIERS RC	F: 19	379	00:19:37	06:05	9.9kph	
63	GEOFF WRIGHT	LES CROUPIERS RC	M: 44	837	00:20:16	06:17	9.5kph	
64	JON MARTIN	LES CROUPIERS RC	M: 45	856	00:20:48	06:27	9.3kph	
65	JEFFREY ASTON	LES CROUPIERS RC	M: 46	346	00:23:43	07:21	8.1kph	
66	TERESA ALBANI	PARAGUAY	F: 20	838	00:26:46	08:18	7.2kph	
67	HELEN LLOYD-JONES	PEGASUS RC	F: 21	839	00:28:28	08:50	6.8kph	