

Summer Series 4.3 miles

Place	Name	Club	Bib #	Time	Pace	Speed	Sex	Age
1	MARK RUSHBROOK		497	00:23:23	03:22	17.8kph	M	37
2	RICHARD BAKER	LES CROUPIERS RC	473	00:23:40	03:25	17.5kph	M	47
3	LUKE WILLIAMS	SAN DOMENICO	456	00:23:57	03:27	17.3kph	M	31
4	DOUG NICHOLLS	LES CROUPIERS RC	430	00:24:03	03:28	17.3kph	M	39
5	EDWARD DONOVAN	LES CROUPIERS RC	472	00:24:20	03:30	17.1kph	M	39
6	ALEX PRICE	SWANSEA HARRIERS	463	00:24:42	03:34	16.8kph	M	20
7	MIKE ERSKINE	LES CROUPIERS RC	502	00:24:47	03:34	16.8kph	M	0
8	RYAN CULLEN	SAN DOMENICO RC	484	00:24:53	03:35	16.7kph	M	32
9	SCOTT BROWNE	LES CROUPIERS RC	332	00:24:58	03:36	16.6kph	M	42
10	STUART CREES	LES CROUPIERS RC	476	00:25:02	03:36	16.6kph	M	40
11	MEGAN MCBRIEN	ROYAL SUTTON COLDFIELD AC	482	00:25:05	03:37	16.6kph	F	23
12	MATTHEW HURFORD	LES CROUPIERS RC	457	00:25:15	03:38	16.4kph	M	45
13	GABRIELIUS STUOKUS	LES CROUPIERS RC	441	00:25:21	03:39	16.4kph	M	29
14	DAVID WILLIAMS	LES CROUPIERS RC	475	00:25:25	03:40	16.3kph	M	37
15	ALEX JACKSON	CARDIFF AAC	453	00:25:26	03:40	16.3kph	M	16
16	RHYS PIPPARD	LES CROUPIERS RC	431	00:25:29	03:40	16.3kph	M	34
17	JOHN MORRIS	LES CROUPIERS RC	446	00:25:32	03:41	16.3kph	M	37
18	ADRIAN LEWIS	ABERDARE VALLEY AAC	419	00:25:42	03:42	16.2kph	M	46
19	DAVE CRAIG		343	00:26:15	03:47	15.8kph	M	41
20	LAURENT BONO	LES CROUPIERS RC	328	00:26:16	03:47	15.8kph	M	33
21	TAMARA BEACH	LES CROUPIERS RC	312	00:26:21	03:48	15.8kph	F	23
22	PAUL JOSUA	SAN DOMENICO RC	418	00:27:06	03:54	15.3kph	M	0
23	TOM WEBB	PARC BRYN BACH	460	00:27:13	03:55	15.3kph	M	15
24	HYWEL EDWARDS	SAN DOMENICO	503	00:27:24	03:57	15.2kph	M	46
25	IAN BELL	SAN DOMENICO	493	00:27:33	03:58	15.1kph	M	0
26	DANIEL LUFFMAN	LES CROUPIERS RC	452	00:27:40	03:59	15.0kph	M	45
27	DARRAGH HANLEE-CROFTS	PEGASUS	511	00:27:55	04:01	14.9kph	M	33
28	DEAN COX		471	00:28:00	04:02	14.8kph	M	33
29	SEAN PRICE	RHONDDA AC	461	00:28:19	04:05	14.7kph	M	55
30	BEN FARRELL	CARDIFF AAC	406	00:28:31	04:07	14.6kph	M	13
31	JAMES GOLD	CARDIFF AAC	409	00:28:48	04:09	14.4kph	M	16
32	TIM FRY	CARDIFF AAC	470	00:29:05	04:12	14.3kph	M	40
33	MIKE MURPHY	LES CROUPIERS RC	487	00:29:11	04:12	14.2kph	M	64
34	FREYA ROBERTS	CARDIFF ARCHERS	499	00:29:18	04:14	14.2kph	F	13
35	NATHANIEL PALMER	LES CROUPIERS RC	508	00:29:24	04:14	14.1kph	M	48
36	STEVE PREDDY	LES CROUPIERS RC	432	00:29:32	04:16	14.1kph	M	48
37	BETHANY GOLD	CARDIFF AAC	410	00:29:34	04:16	14.0kph	F	15
38	ELIZABETH NEVILLE	LES CROUPIERS RC	507	00:30:06	04:20	13.8kph	F	37
39	ISAAC JONES	CARDIFF AAC	466	00:30:13	04:21	13.7kph	M	13
40	MICK MCGEOCH	LES CROUPIERS RC	481	00:30:24	04:23	13.7kph	M	62
41	MARIA ZUBIZARRETA	LES CROUPIERS RC	302	00:30:34	04:24	13.6kph	F	48
42	NEIL DAVIES		495	00:30:36	04:25	13.6kph	M	60
43	TOM YAPP		443	00:30:40	04:25	13.5kph	M	53
44	GARETH MORGAN	LES CROUPIERS RC	427	00:30:41	04:26	13.5kph	M	46
45	SHARON NEWELL	PARC BRYN BACH	459	00:30:41	04:25	13.5kph	F	48
46	TERRY CAVENEY	LES CROUPIERS RC	489	00:30:44	04:26	13.5kph	M	58
47	STEVE CHADWELL	LES CROUPIERS RC	505	00:30:56	04:28	13.4kph	M	47
48	KERI JONES	PARC BRYN BACH	451	00:31:11	04:30	13.3kph	F	47
49	JENNY MARTIN	LES CROUPIERS RC	423	00:31:16	04:30	13.3kph	F	39
50	DOMINIC SHIELDS	SAN DOMENICO	437	00:31:33	04:33	13.2kph	M	53
51	NIGEL BLEACH	SERIOUSLY MAD RUNNERS	325	00:31:34	04:33	13.2kph	M	50
52	ANGELA CHAMPION	LES CROUPIERS RC	336	00:31:49	04:35	13.1kph	F	41
53	MARCIA GOUVEIA	SAN DOMENICO	464	00:31:50	04:35	13.0kph	F	37

54	MARTIN CROSHAW		348	00:31:50	04:35	13.0kph	M	46
55	MICHAEL H DAVIES	LES CROUPIERS RC	405	00:32:03	04:37	13.0kph	M	68
56	CLIVE OSMOND	LES CROUPIERS RC	488	00:32:18	04:40	12.9kph	M	58
57	ALAN MASON	LES CROUPIERS RC	500	00:32:26	04:41	12.8kph	M	0
58	JULIE SCHOLEY	LES CROUPIERS RC	436	00:32:37	04:42	12.7kph	F	59
59	DAVID GEORGE	LES CROUPIERS RC	411	00:32:39	04:42	12.7kph	M	49
60	ISABELLE JONES	CARDIFF AAC	465	00:33:04	04:46	12.6kph	F	17
61	LOLLY EVANS	LES CROUPIERS RC	455	00:33:33	04:50	12.4kph	F	47
62	PETER HEATH	LES CROUPIERS RC	450	00:33:33	04:50	12.4kph	M	34
63	GARETH LOGAN		510	00:33:35	04:51	12.4kph	M	32
64	JOANNE DAVIES		496	00:33:50	04:53	12.3kph	F	0
65	SARAH BURDETT	LES CROUPIERS RC	486	00:34:06	04:55	12.2kph	F	31
66	MARK HEMBURY		509	00:34:19	04:57	12.1kph	M	56
67	MICHAEL FARRELL	CARDIFF AAC	407	00:34:21	04:57	12.1kph	M	46
68	LUKE HESLOP	PEGASUS	445	00:34:24	04:58	12.1kph	M	42
69	ANGHARAD PRICE		462	00:34:37	05:00	12.0kph	F	26
70	PAUL CHAPMAN	LES CROUPIERS RC	448	00:34:37	05:00	12.0kph	M	49
71	DARREN GRIFFITHS-WARNER	PONTY ROADENTS	490	00:34:41	05:00	12.0kph	M	53
72	MOLLY GRIMLEY	CARDIFF AAC	413	00:35:37	05:08	11.7kph	F	17
73	PAUL TUCKER	LES CROUPIERS RC	439	00:35:48	05:10	11.6kph	M	41
74	EVE GALLOP EVANS	LES CROUPIERS RC	474	00:35:51	05:10	11.6kph	F	54
75	DAN GROVES		498	00:36:11	05:13	11.5kph	M	0
76	CLAIRE BELL	LES CROUPIERS RC	323	00:36:21	05:15	11.4kph	F	55
77	GILLIAN MURPHY		447	00:36:59	05:20	11.2kph	F	64
78	KAY CHAPMAN	CARDIFF AAC	449	00:37:00	05:20	11.2kph	F	51
79	JULIE LEWIS	LES CROUPIERS RC	454	00:37:31	05:25	11.1kph	F	61
80	HANNAH MILES	LES CROUPIERS RC	468	00:37:55	05:28	11.0kph	F	29
81	HELEN ROBERTSON	LES CROUPIERS RC	469	00:38:19	05:32	10.8kph	F	47
82	PHIL ALLEN	PEGASUS RC	477	00:39:37	05:43	10.5kph	M	58
83	GWENNO THOMAS	LES CROUPIERS RC	501	00:39:42	05:44	10.5kph	F	44
84	LIZ DENTON	LES CROUPIERS RC	404	00:40:13	05:48	10.3kph	F	57
85	MIKE POWNALL	CANTON CHASERS	512	00:40:46	05:53	10.2kph	M	55
86	MARK DOUGLAS	PONTY ROADENTS	479	00:41:08	05:56	10.1kph	M	40
87	JACK BICKER		492	00:41:12	05:57	10.1kph	M	12
88	KAREN JONES	LES CROUPIERS RC	467	00:41:17	05:57	10.1kph	F	40
89	ANDREW HOLLINS	PEGASUS RUNNING CLUB	415	00:41:18	05:58	10.1kph	M	44
90	CLAIR CHARALAMBOUS	LES CROUPIERS RC	340	00:41:27	05:59	10.0kph	F	41
91	ALEXANDRA WALTERS	LES CROUPIERS RC	440	00:41:31	05:59	10.0kph	F	37
92	KELLY CROFTS	LES CROUPIERS RC	346	00:41:32	06:00	10.0kph	F	38
93	JON MARTIN	LES CROUPIERS RC	424	00:41:34	06:00	10.0kph	M	41
94	KAREN CHADWELL	LES CROUPIERS RC	504	00:42:45	06:10	9.7kph	F	48
95	KIRSTY MCGOWAN	LES CROUPIERS RC	425	00:43:32	06:17	9.5kph	F	31
96	TRACEY NEWMAN	LES CROUPIERS RC	483	00:44:12	06:23	9.4kph	F	48
97	SAMUEL BICKER	CARDIFF ARCHERS	491	00:44:14	06:23	9.4kph	M	10
98	DAVID BICKER		494	00:44:17	06:23	9.4kph	M	0
99	RHYS LITTLECHILD		422	00:44:56	06:29	9.2kph	M	10
100	DONNA LITTLECHILD	HENDRE LAKE R C	421	00:45:01	06:30	9.2kph	F	39
101	AMANDA THOMPSON	LES CROUPIERS RC	458	00:53:24	07:42	7.8kph	F	58