

Cardiff Summer Series 4 miles

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
1	TOMOS WHITMARSH-KNIGHT	LES CROUPIERS RC, GBR	M: 1	RUNNER	114	00:20:50	03:14	18.5kph	Overall Male Runner: 1
2	ALAW BEYNON-THOMAS	LES CROUPIERS RC, GBR	F: 1	RUNNER	120	00:23:02	03:34	16.8kph	Overall Female Runner: 1
3	THOMAS HENRY	LLISWERRY RUNNERS, GBR	M: 2	RUNNER	121	00:23:13	03:36	16.6kph	Overall Male Runner: 2
4	REECE CLARKE	CARDIFF UNIVERSITY, GBR	M: 3	RUNNER	622	00:23:24	03:38	16.5kph	Overall Male Runner: 3
5	PAUL JOSUA	SAN DOMENICO RRC, GBR	M: 4	RUNNER	90	00:23:26	03:38	16.5kph	:
6	SEAN MARTIN	PONTYPRIDD ROADENTS, GBR	M: 5	RUNNER	125	00:23:32	03:39	16.4kph	:
7	ANDREW BLAIR	LES CROUPIERS RC, GBR	M: 6	RUNNER	123	00:23:33	03:39	16.4kph	Male 50 - 59: 1
8	ALVILS BERZINSKIS	LES CROUPIERS RC, GBR	M: 7	RUNNER	598	00:23:40	03:40	16.3kph	Male 40 - 49: 1
9	ADRIAN LEWIS	ABERDARE VALLEY AAC, GBR	M: 8	RUNNER	91	00:23:54	03:42	16.2kph	Male 50 - 59: 2
10	AIDAN O'DONNELL	CDF RUNNERS, GBR	M: 9	RUNNER	103	00:24:59	03:52	15.5kph	Male 40 - 49: 2
11	EMYR MORGAN	LES CROUPIERS RC, GBR	M: 10	RUNNER	98	00:25:13	03:55	15.3kph	Male 50 - 59: 3
12	RICHARD EDGE	CDF RUNNERS, GBR	M: 11	RUNNER	47	00:25:48	04:00	15.0kph	Male 40 - 49: 3
13	OWEN DAVIES	LES CROUPIERS RC, GBR	M: 12	RUNNER	38	00:25:50	04:00	15.0kph	:
14	KATIE BEECHER	LES CROUPIERS RC, GBR	F: 2	RUNNER	587	00:26:12	04:04	14.7kph	Overall Female Runner: 2
15	CATHERINE BARKER	PENARTH AND DINAS RUNNERS, GBR	F: 3	RUNNER	118	00:26:56	04:11	14.3kph	Overall Female Runner: 3
16	NEVE JONES	CARDIFF AMATEUR AC, GBR	F: 4	RUNNER	89	00:27:11	04:13	14.2kph	Female 0 - 19: 1
17	BRIAN DIAS	CARDIFF ATHLETICS, GBR	M: 13	RUNNER	41	00:27:56	04:20	13.8kph	:
18	ELIZABETH NEVILLE	LES CROUPIERS RC, GBR	F: 5	RUNNER	102	00:28:32	04:25	13.5kph	Female 35 - 44: 1
19	NATHANIEL PALMER	LES CROUPIERS RC, GBR	M: 14	RUNNER	124	00:28:32	04:25	13.5kph	Male 50 - 59: 4
20	DAVID GEORGE	LES CROUPIERS RC, GBR	M: 15	RUNNER	75	00:28:52	04:29	13.4kph	Male 50 - 59: 5
21	KAY CHAPMAN	LES CROUPIERS RC, GBR	F: 6	RUNNER	620	00:28:56	04:29	13.4kph	Female 55 - 64: 1
22	TERRY CAVENEY	LES CROUPIERS RC, GBR	M: 16	RUNNER	619	00:29:01	04:30	13.3kph	Male 60 - 69: 1
23	ALYSSA DOYLE	LES CROUPIERS RC, GBR	F: 7	RUNNER	42	00:29:19	04:33	13.2kph	:
24	MICK MCGEOCH	LES CROUPIERS RC, GBR	M: 17	RUNNER	96	00:29:23	04:33	13.2kph	Male 60 - 69: 2
25	SHANNON WALKER	LES CROUPIERS RC, GBR	F: 8	RUNNER	112	00:30:02	04:39	12.9kph	:
26	MARK HERBERT	LES CROUPIERS RC, GBR	M: 18	RUNNER	81	00:30:47	04:46	12.5kph	Male 40 - 49: 4
27	ALED HUGHES	OGMORE PHEONIX, GBR	M: 19	RUNNER	116	00:31:00	04:48	12.5kph	Male 40 - 49: 5
28	ALAN MASON	LES CROUPIERS RC, GBR	M: 20	RUNNER	95	00:31:57	04:57	12.1kph	Male 60 - 69: 3
29	ROYSTON VINCENT	PONTYPRIDD ROADENTS AC, GBR	M: 21	RUNNER	111	00:32:04	04:58	12.0kph	:
30	JULIE SCHOLEY	LES CROUPIERS RC, GBR	F: 9	RUNNER	109	00:32:56	05:06	11.7kph	Female 55 - 64: 2
31	STEPHEN QUIN	LES CROUPIERS RC, GBR	M: 22	RUNNER	105	00:33:06	05:08	11.7kph	Male 50 - 59: 6
32	CLAIRE JARROM	LES CROUPIERS RC, GBR	F: 10	RUNNER	86	00:33:18	05:10	11.6kph	Female 35 - 44: 2
33	JENNY MARTIN	LES CROUPIERS RC, GBR	F: 11	RUNNER	93	00:33:42	05:14	11.5kph	Female 35 - 44: 3
34	EVE GALLOP-EVANS	LES CROUPIERS RC, GBR	F: 12	RUNNER	73	00:34:26	05:20	11.2kph	Female 55 - 64: 3

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35	SARAH BURDETT	LES CROUPIERS RC, GBR	F: 13	RUNNER	122	00:34:30	05:21	11.2kph	Female 35 - 44: 4
36	NICK HARRIS	OGMORE PHOENIX RUNNERS, GBR	M: 23	RUNNER	127	00:35:24	05:29	10.9kph	:
37	FIROUZ MAL	LES CROUPIERS RC, GBR	M: 24	RUNNER	117	00:35:45	05:33	10.8kph	Male 60 - 69: 4
38	ADAM YUSUF	LES CROUPIERS RC, GBR	M: 25	RUNNER	115	00:35:47	05:33	10.8kph	Male 40 - 49: 6
39	KELLY CROFTS	LES CROUPIERS RC, GBR	F: 14	RUNNER	626	00:36:43	05:42	10.5kph	Female 35 - 44: 5
40	GLENDA EDWARDS	LES CROUPIERS RC, GBR	F: 15	RUNNER	51	00:37:46	05:52	10.2kph	Female 55 - 64: 4
41	COLIN CROOKS	PEGASUS RC, GBR	M: 26	RUNNER	628	00:37:50	05:52	10.2kph	Male 60 - 69: 5
42	GERRY CRISPIE	LES CROUPIERS RC, GBR	M: 27	RUNNER	126	00:38:49	06:01	10.0kph	Male 60 - 69: 6
43	KIRSTY MCGOWAN	LES CROUPIERS RC, GBR	F: 16	RUNNER	97	00:40:44	06:19	9.5kph	Female 35 - 44: 6
44	SANDRA CAVENEY	LES CROUPIERS RC, GBR	F: 17	RUNNER	617	00:41:30	06:26	9.3kph	Female 55 - 64: 5
45	CLAIRE GEORGE	LES CROUPIERS RC, GBR	F: 18	RUNNER	74	00:42:21	06:34	9.1kph	Female 45 - 54: 1
46	IAN BARRETT	LES CROUPIERS RC, GBR	M: 28	RUNNER	584	00:46:14	07:10	8.4kph	: