

# SUMMER SERIES 4.3 MILE (#1)

Line Through = Disqualified

Place	Name	Hometown	Type	Bib #	Time	Pace	Speed	Sex	Age
1	RICHARD BAKER	LES CROUPIERS, GBR	RUNNER	473	00:23:40	03:25	17.5kph	M	47
2	LUKE WILLIAMS	SAN DOMENICO, GBR	RUNNER	456	00:23:57	03:27	17.3kph	M	31
3	DOUG NICHOLLS	LES CROUPIERS RC, GBR	RUNNER	430	00:24:03	03:28	17.3kph	M	39
4	EDWARD DONOVAN	LES CROUPIERS, GBR	RUNNER	472	00:24:20	03:30	17.1kph	M	39
5	ALEX PRICE	SWANSEA HARRIERS, GBR	RUNNER	463	00:24:42	03:34	16.8kph	M	20
6	SCOTT BROWNE	LES CROUPIERS RC, GBR	RUNNER	332	00:24:58	03:36	16.6kph	M	42
7	STUART CREES	LES CROUPIERS, GBR	RUNNER	476	00:25:02	03:36	16.6kph	M	40
8	MATTHEW HURFORD	LES CROUPIERS, GBR	RUNNER	457	00:25:15	03:38	16.4kph	M	45
9	DAVID WILLIAMS	LES CROUPIERS, GBR	RUNNER	475	00:25:25	03:40	16.3kph	M	37
10	ALEX JACKSON	CARDIFF AAC, GBR	RUNNER	453	00:25:26	03:40	16.3kph	M	16
11	RHYS PIPPARD	LES CROUPIERS RC, GBR	RUNNER	431	00:25:29	03:40	16.3kph	M	34
12	JOHN MORRIS	LES CROUPIERS RC, GBR	RUNNER	446	00:25:32	03:41	16.3kph	M	37
13	ADRIAN LEWIS	ABERDARE VALLEY AAC, GBR	RUNNER	419	00:25:42	03:42	16.2kph	M	46
14	DAVE CRAIG		RUNNER	343	00:26:15	03:47	15.8kph	M	41
15	TOM WEBB	PARC BRYN BACH, GBR	RUNNER	460	00:27:13	03:55	15.3kph	M	15
16	DANIEL LUFFMAN	LES CROUPIERS, GBR	RUNNER	452	00:27:40	03:59	15.0kph	M	45
17	IAN BELL	SAN DOMENICO, GBR	RUNNER	313	00:27:44	04:00	15.0kph	M	57
18	DEAN COX		RUNNER	471	00:28:00	04:02	14.8kph	M	33
19	SEAN PRICE	RHONDDA AC, GBR	RUNNER	461	00:28:19	04:05	14.7kph	M	55
20	BEN FARRELL	CARDIFF AAC, GBR	RUNNER	406	00:28:31	04:07	14.6kph	M	13
21	JAMES GOLD	CARDIFF AAC, GBR	RUNNER	409	00:28:48	04:09	14.4kph	M	16
22	TIM FRY	CARDIFF AAC, GBR	RUNNER	470	00:29:05	04:12	14.3kph	M	40
23	BETHANY GOLD	CARDIFF AAC, GBR	RUNNER	410	00:29:34	04:16	14.0kph	F	15
24	MIKE MURPHY	LES CROUPIERS RC, GBR	RUNNER	428	00:29:47	04:18	13.9kph	M	64
25	ISAAC JONES	CARDIFF AAC, GBR	RUNNER	466	00:30:13	04:21	13.7kph	M	13
26	MARIA ZUBIZARRETA	LES CROUPIERS RC, GBR	RUNNER	302	00:30:34	04:24	13.6kph	F	48
27	TOM YAPP		RUNNER	443	00:30:40	04:25	13.5kph	M	53
28	SHARON NEWELL	PARC BRYN BACH, GBR	RUNNER	459	00:30:41	04:25	13.5kph	F	48

29	KERI JONES	PARC BRYN BACH, GBR	RUNNER	451	00:31:11	04:30	13.3kph	F	47
30	DOMINIC SHIELDS	SAN DOMENICO, GBR	RUNNER	437	00:31:33	04:33	13.2kph	M	53
31	ANGELA CHAMPION	LES CROUPIERS RC, GBR	RUNNER	336	00:31:49	04:35	13.1kph	F	41
32	MARCIA GOUVEIA	SAN DOMENICO, GBR	RUNNER	464	00:31:50	04:35	13.0kph	F	37
33	JULIE SCHOLEY	LES CROUPIERS RC, GBR	RUNNER	436	00:32:37	04:42	12.7kph	F	59
34	ISABELLE JONES	CARDIFF AAC, GBR	RUNNER	465	00:33:04	04:46	12.6kph	F	17
35	LOLLY EVANS	LES CROUPIERS, GBR	RUNNER	455	00:33:33	04:50	12.4kph	F	47
36	MICHAEL FARRELL	CARDIFF AAC, GBR	RUNNER	407	00:34:21	04:57	12.1kph	M	46
37	LUKE HESLOP	PEGASUS, GBR	RUNNER	445	00:34:24	04:58	12.1kph	M	42
38	ANGHARAD PRICE		RUNNER	462	00:34:37	05:00	12.0kph	F	26
39	PAUL CHAPMAN	LES CROUPIERS, GBR	RUNNER	448	00:34:37	05:00	12.0kph	M	49
40	PAUL TUCKER	LES CROUPIERS RC, GBR	RUNNER	439	00:35:48	05:10	11.6kph	M	41
41	EVE GALLOP EVANS	LES CROUPIERS, GBR	RUNNER	474	00:35:51	05:10	11.6kph	F	54
42	GILLIAN MURPHY	LES CROUPIERS, GBR	RUNNER	447	00:36:59	05:20	11.2kph	F	64
43	KAY CHAPMAN	CARDIFF AAC, GBR	RUNNER	449	00:37:00	05:20	11.2kph	F	51
44	JULIE LEWIS	LES CROUPIERS, GBR	RUNNER	454	00:37:31	05:25	11.1kph	F	61
45	HANNAH MILES	LES CROUPIERS, GBR	RUNNER	468	00:37:55	05:28	11.0kph	F	29
46	HELEN ROBERTSON	LES CROUPIERS, GBR	RUNNER	469	00:38:19	05:32	10.8kph	F	47
47	PHIL ALLEN	PEGASUS RC, GBR	RUNNER	477	00:39:37	05:43	10.5kph	M	58
48	LIZ DENTON	LES CROUPIERS RC, GBR	RUNNER	404	00:40:13	05:48	10.3kph	F	57
49	KAREN JONES	LES CROUPIERS, GBR	RUNNER	467	00:41:17	05:57	10.1kph	F	40
50	CLAIR CHARALAMBOUS	LES CROUPIERS RC, GBR	RUNNER	340	00:41:27	05:59	10.0kph	F	41
51	ALEXANDRA WALTERS	LES CROUPIERS RC, GBR	RUNNER	440	00:41:31	05:59	10.0kph	F	37
52	KIRSTY MCGOWAN	LES CROUPIERS RC, GBR	RUNNER	425	00:43:32	06:17	9.5kph	F	31
53	TRACY NEWMAN	LES CROUPIERS RC, GBR	RUNNER	429	00:45:17	06:32	9.2kph	F	48
54	AMANDA THOMPSON	LES CROUPIERS, GBR	RUNNER	458	00:53:24	07:42	7.8kph	F	58