

Cardiff Summer Series 2016

Series Standings

pos	name	club	cat	1 mile	2 mile	3 mile	4 mile	total	
1	Adam Bull	Aberdare VAAC	SM	00:04:43	00:09:55	00:14:57	00:20:41	00:50:16	1st Male
2	Jamie Wardrop	San Domenico	SM	00:04:46	00:10:13	00:15:50	00:22:14	00:53:03	2nd Male
3	Glyn Fletcher	Les Croupiers	SM	00:04:46	00:10:15	00:16:08	00:22:45	00:53:54	3rd Male
4	Neil Catchlove	Lordshill RR	MV40	00:05:14	00:11:05	00:17:02	00:23:24	00:56:45	1st MV40
5	Johnny Lam	San Domenico	MV40	00:05:20	00:11:04	00:17:27	00:24:24	00:58:15	
6	Gabrielius Stuokus	Les Croupiers	SM	00:05:27	00:11:11	00:17:46	00:24:03	00:58:27	
7	Alex Lea	u/a	SM	00:05:17	00:11:45	00:17:17	00:24:15	00:58:34	
8	Steven Smith	Cardiff AAC	MV40	00:05:34	00:11:21	00:17:25	00:25:16	00:59:36	
9	Kevin Plank	San Domenico	MV40	00:05:36	00:11:42	00:17:49	00:25:21	01:00:28	
10	Rob Sage	Les Croupiers	SM	00:05:28	00:11:15	00:18:49	00:25:05	01:00:37	
11	Elio Lepore	Les Croupiers	MV60	00:05:47	00:11:51	00:17:59	00:25:26	01:01:03	1st MV60
12	Libby Bohemen	Les Croupiers	FV45	00:06:33	00:13:26	00:20:03	00:28:40	01:08:42	1st Lady
13	Hefin Gruffydd	Pontypridd Roadents	MV50	00:06:17	00:13:35	00:20:52	00:28:43	01:09:27	1st MV50
14	Nigel Bleach	u/a	MV40	00:07:11	00:14:11	00:21:12	00:28:51	01:11:25	
15	Stephen Wood	Pegasus	SM	00:06:54	00:14:05	00:21:55	00:29:22	01:12:16	
16	Jenny Martin	Les Croupiers	FV35	00:06:39	00:14:16	00:21:45	00:30:58	01:13:38	2nd Lady
17	Andy Davies	Pontypridd Roadents	MV50	00:07:05	00:14:15	00:22:35	00:32:52	01:16:47	
18	Christie Coleman	Cwm Ogwr RC	MV40	00:07:26	00:15:41	00:23:56	00:31:47	01:18:50	
19	Bethan Ford	Pontypridd Roadents	SW	00:07:06	00:15:42	00:23:48	00:33:40	01:20:16	3rd Lady
20	Colin Crooks	Pegasus	MV60	00:07:40	00:16:25	00:24:59	00:34:48	01:23:52	
21	Julia Herbert	Pontypridd Roadents	FV35	00:08:52	00:18:03	00:27:37	00:36:03	01:30:35	1st FV35
22	Hannah Barnett	u/a	SW	00:11:41	00:25:50	00:40:09	00:54:55	02:12:35	
23	Sandra Caveney	Les Croupiers	FV45	00:11:41	00:25:50	00:40:09	00:54:55	02:12:35	1st FV45