

CARDIFF SUMMER SERIES - 3 MILE RESULTS

Friday 14 June 2019

OVERALL TOP 3

Male			Female		
1	Alex Jackson	00:15:55	1	Megan McBrien	00:17:40
2	Oliver Williams	00:16:03	2	Rachel Giancola	00:19:01
3	Richard Baker	00:16:14	3	Shelley Brace	00:19:18

AGE GROUPS - TOP 3

U17M			U17W		
00:17:18	Tom Webb	Parc Bryn bach RC	00:22:22	Rebeca Harries	Cardiff AAC
00:18:22	Lloyd Bridges	Cardiff AAC	00:24:24	Maddison Gregory	Cardiff AAC
00:19:05	Rhys Simmonds	Cardiff AAC	00:28:11	Chloe Holst	N/A
U20M			Senior Women		
00:15:55	Alex Jackson	Cardiff AAC	00:17:40	Megan McBrien	Royal Sutton Coldfield AC
			00:19:01	Rachel Giancola	N/A
			00:19:18	Shelley Brace	Les Croupiers RC
Senior Men			F35		
00:16:03	Oliver Williams	White Rock Runners	00:20:22	Elizabeth Neville	Les Croupiers RC
00:17:11	Efan Owen	Cardiff AAC	00:22:08	Jenny Martin	Les Croupiers RC
00:17:29	Paul Josua	San Domenico RC	00:24:38	Rachel Higginson	Les Croupiers RC
M40			F40		
00:16:45	16:45	Les Croupiers RC	00:22:54	Rosie Bristow	Pegasus RC
00:18:57	Dan Lloyd	CDF Runners	00:36:15	Joanne Bishop	N/A
00:19:43	Kris Emes	N/A			
M45			F45		
00:16:14	Richard Baker	Les Croupiers RC	00:20:26	Hayley Jackson	Parc Bryn bach RC
00:17:34	Adrian Lewis	Aberdare Valley AAC	00:30:15	Claire George	Les Croupiers RC
00:18:35	Emyr Roberts	N/A	00:34:01	Emma Holst	N/A
M50			F50		
00:17:35	Andy Blair	Les Croupiers RC	00:21:52	Kay Chapman	Cardiff AAC
00:19:11	David Proud	Les Croupiers RC	00:27:59	Deborah Price	Les Croupiers RC
00:20:41	David George	Les Croupiers RC			
M55			F55		
00:19:03	Phil Bristow	San Domenico RC	00:21:56	Julie Scholey	Les Croupiers RC
00:20:07	Sean Price	Les Croupiers RC	00:23:46	Eve Gallop-Evans	Les Croupiers RC
00:20:18	Peter Turnbull	Les Croupiers RC	00:25:30	Liz Denton	Les Croupiers RC
M60			F60+		
00:19:11	David Walker	Les Croupiers RC	00:28:49	Julie Haigh	Caerphilly Runners
00:22:04	Mick McGeoch	Les Croupiers RC	00:31:11	Gill Murphy	Les Croupiers RC
00:22:39	Steve Lewis	Les Croupiers RC	00:39:29	Helen Lloyd-Jones	Pegasus
M65					
00:19:44	Mike Murphy	Les Croupiers RC			
00:20:44	Ron Morris	San Domenico RC			
00:22:05	Michael H Davies	Les Croupiers RC			