

Cardiff Summer Series 2024

Overall Series Standings

Place	Name	Club	Cat	1 mile	2 miles	3 miles	4 miles	Total	Division Rank
1	TOM FLITCROFT	LES CROUPIERS RC	SM	00:04:55	00:10:26	00:16:29	00:21:08	00:52:58	1st Male Overall
2	JACK REDDAWAY	LES CROUPIERS RC	SM	00:04:48	00:10:24	00:16:24	00:22:15	00:53:51	2nd Male Overall
3	RYAN PUGSLEY	LES CROUPIERS RC	SM	00:04:58	00:10:41	00:16:38	00:22:40	00:54:57	3rd Male Overall
4	MATTHEW GREEN	LES CROUPIERS RC	SM	00:04:56	00:10:40	00:16:50	00:22:33	00:54:59	
5	ADRIAN LEWIS	ABERDARE VAAC	M50	00:05:29	00:12:23	00:18:23	00:25:19	01:01:34	1st M40+
6	HUMPHREY SHEIL	CDF RUNNERS	M40	00:05:34	00:12:08	00:18:47	00:25:39	01:02:08	
7	RICH BAKER		M50	00:06:27	00:12:36	00:19:16	00:25:24	01:03:43	1st M50+
8	CATHERINE BARKER	PENARTH & DINAS	F45	00:06:07	00:12:35	00:19:45	00:26:30	01:04:57	1st Female Overall
9	ALICE ROTHWELL	LES CROUPIERS RC	F35	00:06:15	00:13:17	00:20:55	00:28:01	01:08:28	2nd Female Overall
10	MARCUS MEYRICK	LES CROUPIERS RC	M50	00:06:06	00:13:36	00:20:36	00:29:00	01:09:18	
11	STEVEN PREDDY	LES CROUPIERS RC	M50	00:06:26	00:14:10	00:21:43	00:29:17	01:11:36	
12	MARK HERBERT	LES CROUPIERS RC	M40	00:06:41	00:14:19	00:21:56	00:29:39	01:12:35	
13	DAVID. E WILLIAMS	LES CROUPIERS RC	M60	00:06:39	00:14:33	00:22:45	00:29:52	01:13:49	1st M60+
14	CLIVE OSMOND	LES CROUPIERS RC	M60	00:06:40	00:14:25	00:22:52	00:31:03	01:15:00	
15	MICK MCGEOCH	LES CROUPIERS RC	M60	00:07:08	00:15:03	00:23:48	00:31:52	01:17:51	
16	IAN BARRETT	LES CROUPIERS RC	SM	00:07:23	00:15:41	00:24:02	00:34:18	01:21:24	
17	SALLY GROVES	PEGASUS RC,	F55	00:08:27	00:16:25	00:24:45	00:32:39	01:22:16	3rd Female Overall
18	JULIE SCHOLEY	LES CROUPIERS RC	F55	00:08:20	00:17:43	00:26:30	00:34:47	01:27:20	1st F35+
19	SANY PHOMMACHANH		M40	00:08:34	00:18:06	00:27:15	00:37:52	01:31:47	