

Cardiff Summer Series 2 mile

Place	Name	Hometown	Gender	Bib #	Time	Pace	Speed	Division Rank
1	JAMES THIE	PONTYPRIDD ROADENTS	M: 1	202	00:09:56	03:05	19.5kph	Overall Male Runner: 1
2	BEN MILES	CARDIFF AAC	M: 2	173	00:09:58	03:05	19.4kph	Overall Male Runner: 2
3	ADAM WHITTAKER	CDR RUNNERS	M: 3	204	00:10:11	03:09	19.0kph	Overall Male Runner: 3
4	JACK REDDAWAY	LES CROUPIERS RC	M: 4	191	00:10:24	03:13	18.6kph	
5	TOM FLITCROFT	LES CROUPIERS RC	M: 5	146	00:10:26	03:14	18.5kph	
6	RYAN HOLT	LES CROUPIERS RC	M: 6	159	00:10:35	03:17	18.2kph	
7	JOSH LUNN	LEEDS CITY AC	M: 7	210	00:10:37	03:17	18.2kph	
8	MATTHEW GREEN	LES CROUPIERS RC	M: 8	152	00:10:40	03:18	18.1kph	
9	RYAN PUGSLEY	LES CROUPIERS RC	M: 9	189	00:10:41	03:18	18.1kph	
10	TOMOS ROBERTS	CARDIFF AAC	M: 10	193	00:10:41	03:19	18.1kph	
11	MIKE MORGAN	PONTYPRIDD ROADENTS	M: 11	214	00:10:45	03:20	18.0kph	
12	GETHIN EDWARDS	PONTYPRIDD ROADENTS	M: 12	141	00:10:46	03:20	17.9kph	Male 40 - 49: 1
13	ALEX PRICE	LES CROUPIERS RC	M: 13	186	00:10:47	03:20	17.9kph	
14	GABRIELIUS STUOKUS	NEATH HARRIERS	M: 14	200	00:10:49	03:21	17.9kph	
15	PAUL JOSUA	SAN DOMENICO RRC	M: 15	165	00:10:58	03:24	17.6kph	
16	JAMIE MORRIS	LONDON HEATHSIDE	M: 16	175	00:11:00	03:24	17.6kph	
17	STEPHEN CAMPBELL	LES CROUPIERS RC,	M: 17	128	00:11:07	03:27	17.4kph	
18	OWEN ROBERTS-YOUNG		M: 18	194	00:11:09	03:27	17.3kph	
19	OWEN DAVIES	LES CROUPIERS RC,	M: 19	133	00:11:26	03:33	16.9kph	
20	OWEN LOCKE	PONTYPRIDD ROADENTS	M: 20	167	00:11:45	03:38	16.5kph	
21	MICHAEL DONKIN		M: 21	138	00:11:49	03:40	16.4kph	
22	BEN BECKINGSALE	LES CROUPIERS RC	M: 22	126	00:12:00	03:43	16.1kph	
23	HYWEL EDWARDS	SAN DOMENICO RRC	M: 23	142	00:12:07	03:45	16.0kph	Male 50 - 59: 1
24	LEWIS JEFFREYS		M: 24	208	00:12:08	03:46	15.9kph	
25	HUMPHREY SHEIL		M: 25	199	00:12:08	03:46	15.9kph	
26	RICHARD EDGE	CDF RUNNERS	M: 26	140	00:12:10	03:46	15.9kph	
27	SIMON GILL	LLISWERRY RUNNERS	M: 27	151	00:12:18	03:49	15.7kph	
28	ADRIAN LEWIS	ABERDARE VALLEY AAC	M: 28	166	00:12:23	03:50	15.6kph	
29	JAMIE WOOD	SAN DOMENICO RRC	M: 29	206	00:12:25	03:51	15.6kph	
30	SAM JONES		M: 30	164	00:12:35	03:54	15.4kph	
31	MIKE HARRISON		M: 31	213	00:12:35	03:54	15.4kph	
32	CATHERINE BARKER	PENARTH & DINAS	F: 1	124	00:12:35	03:54	15.4kph	Overall Female Runner: 1
33	BRENDAN JONES	LES CROUPIERS RC	M: 32	163	00:12:35	03:54	15.4kph	
34	STEWART HARDING	CDF RUNNERS	M: 33	155	00:12:36	03:54	15.3kph	
35	RICH BAKER		M: 34	211	00:12:36	03:54	15.3kph	
36	NIKI MORGAN	CHEPSTOW HARRIERS	F: 2	174	00:12:37	03:55	15.3kph	Overall Female Runner: 2
37	JEN COLEMAN	LES CROUPIERS RC	F: 3	130	00:12:48	03:58	15.1kph	Overall Female Runner: 3
38	BELLA THIE	BRIDGEND AC	F: 4	203	00:12:57	04:01	14.9kph	
39	LAURENCE POLE	PONTYPRIDD ROADENTS	M: 35	183	00:12:58	04:01	14.9kph	
40	TIM FRY	LLISWERRY RUNNERS	M: 36	148	00:13:01	04:02	14.8kph	
41	FLORENCE PORTER	BRIDGEND AC	F: 5	209	00:13:08	04:04	14.7kph	
42	JULIA EGIERSZDORFF	LES CROUPIERS RC	F: 6	143	00:13:16	04:07	14.6kph	
43	ALICE ROTHWELL	LES CROUPIERS RC	F: 7	195	00:13:17	04:07	14.6kph	Female 35 - 44: 1
44	MARCUS MEYRICK	LES CROUPIERS RC	M: 37	172	00:13:36	04:13	14.2kph	
45	ANDY CREBER	MYNYDD DU	M: 38	131	00:13:37	04:13	14.2kph	Male 60 - 120: 1
46	RICH PARKER	CDF RUNNERS	M: 39	179	00:13:39	04:14	14.1kph	
47	DAVID GEORGE	LES CROUPIERS RC	M: 40	150	00:13:41	04:14	14.1kph	
48	SAFFI REID	HEREFORD & COUNTY AC	F: 8	192	00:13:42	04:15	14.1kph	
49	GARETH EVANS	PONTYPRIDD ROADENTS	M: 41	145	00:13:52	04:18	13.9kph	
50	STEPHEN LOCKE	PONTYPRIDD ROADENTS	M: 42	168	00:14:07	04:23	13.7kph	
51	STEVEN PREDDY	LES CROUPIERS RC	M: 43	184	00:14:10	04:24	13.6kph	
52	MARK HERBERT	LES CROUPIERS RC	M: 44	156	00:14:19	04:26	13.5kph	
53	CLIVE OSMOND	LES CROUPIERS RC	M: 45	178	00:14:25	04:28	13.4kph	
54	TERRY CAVENEY	LES CROUPIERS RC	M: 46	129	00:14:30	04:30	13.3kph	
55	DAVID. E WILLIAMS	LES CROUPIERS RC	M: 47	205	00:14:33	04:31	13.3kph	
56	CALLA DAVIES	BRIDGEND AC	F: 9	136	00:14:45	04:34	13.1kph	
57	ISABELLE SHEPPARD	BRIDGEND AC	F: 10	215	00:14:50	04:36	13.0kph	
58	CRAIG FREEMAN		M: 48	147	00:14:58	04:38	12.9kph	
59	MICK MCGEOCH	LES CROUPIERS RC	M: 49	171	00:15:03	04:40	12.8kph	

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60	LOLLY EVANS	LES CROUPIERS RC	F: 11	144	00:15:03	04:40	12.8kph	Female 45 - 54: 1
61	ELIO LEPORE	LES CROUPIERS RC	M: 50	212	00:15:08	04:41	12.8kph	
62	ALAN MASON	LES CROUPIERS RC	M: 51	170	00:15:19	04:45	12.6kph	
63	MIA AMEREIN	BRIDGEND AC	F: 12	122	00:15:27	04:47	12.5kph	
64	JENNY MARTIN	LES CROUPIERS RC	F: 13	169	00:15:39	04:51	12.3kph	
65	IAN BARRETT	LES CROUPIERS RC	M: 52	125	00:15:41	04:52	12.3kph	
66	RHYDIAN SANDBROOK	PEGASUS RC	M: 53	196	00:15:42	04:52	12.3kph	
67	SALLY GROVES	PEGASUS RC	F: 14	153	00:16:25	05:05	11.8kph	Female 55 - 120: 1
68	EVE GALLOP-EVANS	LES CROUPIERS RC	F: 15	149	00:16:28	05:06	11.7kph	
69	NIGEL HAMMERSLEY	PEGASUS RC	M: 54	154	00:16:54	05:15	11.4kph	
70	GRAEME DONNAN	LES CROUPIERS RC	M: 55	139	00:16:58	05:16	11.4kph	
71	ANGHARAD PRICE-MORRIS	LES CROUPIERS RC	F: 16	187	00:17:24	05:24	11.1kph	
72	JULIE SCHOLEY	LES CROUPIERS RC	F: 17	197	00:17:43	05:30	10.9kph	
73	SANY PHOMMACHANH		M: 56	182	00:18:06	05:37	10.7kph	
74	JUAN ZUBIZARRETA		M: 57	207	00:19:29	06:03	9.9kph	
75	DEBORAH PRICE	LES CROUPIERS RC	F: 18	185	00:19:56	06:11	9.7kph	
76	CLARE JOHNSON	LES CROUPIERS RC	F: 19	162	00:22:59	07:08	8.4kph	