

Cardiff Summer Series 2024 - Current Leader Board

Pos	Name	Cat	Club	1 mile	2 mile	3 mile	4 mile	Total	Division Rank
1	JACK REDDAWAY	SM	LES CROUPIERS RC	00:04:48	00:10:24	00:16:24	00:00:00	00:31:36	1st Male Overall
2	TOM FLITCROFT	SM	LES CROUPIERS RC	00:04:55	00:10:26	00:16:29	00:00:00	00:31:50	2nd Male Overall
3	RYAN PUGSLEY	SM	LES CROUPIERS RC	00:04:58	00:10:41	00:16:38	00:00:00	00:32:17	3rd Male Overall
4	MATTHEW GREEN	SM	LES CROUPIERS RC	00:04:56	00:10:40	00:16:50	00:00:00	00:32:26	
5	OWEN DAVIES	M40	LES CROUPIERS RC	00:05:10	00:11:26	00:18:05	00:00:00	00:34:41	Male 40 - 49: 1
6	ADRIAN LEWIS	M50	ABERDARE VAAC	00:05:29	00:12:23	00:18:23	00:00:00	00:36:15	Male 50 - 59: 1
7	HUMPHREY SHEIL	M40	CDF RUNNERS	00:05:34	00:12:08	00:18:47	00:00:00	00:36:29	Male 40 - 49: 2
8	RICH BAKER	M50		00:06:27	00:12:36	00:19:16	00:00:00	00:38:19	Male 50 - 59: 2
9	CATHERINE BARKER	F45	PENARTH & DINAS	00:06:07	00:12:35	00:19:45	00:00:00	00:38:27	1st Female Overall
10	MARCUS MEYRICK	M50	LES CROUPIERS RC	00:06:06	00:13:36	00:20:36	00:00:00	00:40:18	Male 50 - 59: 3
11	ALICE ROTHWELL	F35	LES CROUPIERS RC	00:06:15	00:13:17	00:20:55	00:00:00	00:40:27	2nd Female Overall
12	SAFFI REID	U20F	HEREFORD & COUNTY	00:06:23	00:13:42	00:21:31	00:00:00	00:41:36	3rd Female Overall
13	STEVEN PREDDY	M50	LES CROUPIERS RC	00:06:26	00:14:10	00:21:43	00:00:00	00:42:19	
14	MARK HERBERT	M40	LES CROUPIERS RC	00:06:41	00:14:19	00:21:56	00:00:00	00:42:56	Male 40 - 49: 3
15	CLIVE OSMOND	M60	LES CROUPIERS RC	00:06:40	00:14:25	00:22:52	00:00:00	00:43:57	Male 60 - 120: 1
16	DAVID. E WILLIAMS	M60	LES CROUPIERS RC	00:06:39	00:14:33	00:22:45	00:00:00	00:43:57	Male 60 - 120: 2
17	LOLLY EVANS	F45	LES CROUPIERS RC	00:07:15	00:15:03	00:22:59	00:00:00	00:45:17	Female 45 - 54: 1
18	MICK MCGEOCH	M60	LES CROUPIERS RC	00:07:08	00:15:03	00:23:48	00:00:00	00:45:59	Male 60 - 120: 3
19	CALLA DAVIES	U20F	BRIDGEND AC	00:06:47	00:14:45	00:25:31	00:00:00	00:47:03	Female 0 - 20: 1
20	IAN BARRETT	SM	LES CROUPIERS RC	00:07:23	00:15:41	00:24:02	00:00:00	00:47:06	
21	ANGHARAD PRICE-MORRIS	SW	LES CROUPIERS RC	00:08:18	00:17:24	00:26:02	00:00:00	00:51:44	
22	JULIE SCHOLEY	F55	LES CROUPIERS RC	00:08:20	00:17:43	00:26:30	00:00:00	00:52:33	Female 55 - 120: 1
23	SANY PHOMMACHANH	M40		00:08:34	00:18:06	00:27:15	00:00:00	00:53:55	
24	CLARE JOHNSON	F75	LES CROUPIERS RC	00:10:42	00:22:59	00:35:16	00:00:00	01:08:57	Female 55 - 120: 2