

Summer Sizzler 5K

Place	Name	Club	Gender	Type	Bib #	Time	Pace	Speed
1	MATTHEW REES	SWANSEA	M: 1	RUNNER	175	00:15:49	03:09	19.0kph
2	DANIEL BODMAN	HARRIERS, GBR PARC BRYN BACH, GBR	M: 2	RUNNER	71	00:16:03	03:12	18.7kph
3	LEWIS RYAN		M: 3	RUNNER	57	00:16:26	03:17	18.3kph
4	RYAN HOLT	LES CROUPIERS RC, GBR	M: 4	RUNNER	92	00:16:31	03:18	18.2kph
5	BEN KENNEDY	LES CROUPIERS RC, GBR	M: 5	RUNNER	91	00:16:32	03:18	18.1kph
6	JACK REDDAWAY	LES CROUPIERS RC, GBR	M: 6	RUNNER	38	00:16:34	03:18	18.1kph
7	LEWIS MUNRO	ISLWYN RC, GBR	M: 7	RUNNER	59	00:16:34	03:18	18.1kph
8	WILF EVANS	CDF RUNNERS, GBR	M: 8	RUNNER	53	00:16:35	03:19	18.1kph
9	MARTIN NORTON	LLISWERRY RUNNERS, GBR	M: 9	RUNNER	100	00:16:43	03:20	18.0kph
10	OLIVER WILLIAMS	LES CROUPIERS RC,	M: 10	RUNNER	266	00:16:54	03:22	17.8kph
11	MATT TURNER	SAN DOMENICO RC, GBR	M: 11	RUNNER	78	00:16:56	03:23	17.7kph
12	JOHN MORRIS	LES CROUPIERS, GBR	M: 12	RUNNER	272	00:16:57	03:23	17.7kph
13	JOHN JACKSON		M: 13	RUNNER	287	00:17:10	03:25	17.5kph
14	JONATHAN PARRY	BRIDGEND AC, GBR	M: 14	RUNNER	230	00:17:11	03:26	17.5kph
15	PETER RYDER		M: 15	RUNNER	270	00:17:14	03:26	17.4kph
16	PAUL JOSUA	SAN DOMENICO RC, GBR	M: 16	RUNNER	22	00:17:15	03:26	17.4kph
17	PAUL CARTER		M: 17	RUNNER	70	00:17:17	03:27	17.4kph
18	OLIVER PRICE	CARDIFF AAC, GBR	M: 18	RUNNER	252	00:17:21	03:28	17.3kph
19	OSIAN EMMERSON	CARDIFF ARCHERS, GBR	M: 19	RUNNER	265	00:17:26	03:29	17.2kph
20	TOMOS ROBERTS	CARDIFF AAC, GBR	M: 20	RUNNER	228	00:17:28	03:29	17.2kph
21	ANDREW JONES		M: 21	RUNNER	159	00:17:48	03:33	16.9kph
22	ALFIE SARGEANT	BARRY & VALE HARRIERS, GBR	M: 22	RUNNER	64	00:18:08	03:37	16.5kph
23	CARL NEALON	LES CROUPIERS, GBR	M: 23	RUNNER	242	00:18:18	03:39	16.4kph
24	OWEN DAVIES	LES CROUPIERS, GBR	M: 24	RUNNER	288	00:18:21	03:40	16.3kph
25	MATTHEW JONES	LES CROUPIERS RC, GBR	M: 25	RUNNER	50	00:18:25	03:41	16.3kph
26	GETHIN THOMAS	ISLWYN RC, GBR	M: 26	RUNNER	60	00:18:27	03:41	16.3kph
27	MIA GODDARD	LES CROUPIERS, GBR	F: 1	RUNNER	258	00:18:28	03:41	16.2kph
28	JACK KELLAM	LES CROUPIERS, GBR	M: 27	RUNNER	290	00:18:33	03:42	16.2kph
29	HUMPHREY SHEIL	CDF RUNNERS, GBR	M: 28	RUNNER	72	00:18:33	03:42	16.2kph
30	ROSS FLANIGAN	PENARTH & DINAS RUNNERS, GBR	M: 29	RUNNER	58	00:18:40	03:43	16.1kph
31	GEMMA LUCKETT	CDF RUNNERS, GBR	F: 2	RUNNER	157	00:18:42	03:44	16.1kph
32	JOHN SEAWARD	CAERPHILLY RUNNERS, GBR	M: 30	RUNNER	48	00:18:49	03:45	15.9kph
33	ROB SAGE	LES CROUPIERS RC, GBR	M: 31	RUNNER	29	00:18:50	03:45	15.9kph
34	LEO HOLMES	LES CROUPIERS RC, GBR	M: 32	RUNNER	51	00:18:53	03:46	15.9kph
35	RICH BAKER		M: 33	RUNNER	283	00:18:55	03:46	15.9kph
36	KIT LAMBERT	PENARTH & DINAS, GBR	M: 34	RUNNER	245	00:18:58	03:47	15.8kph
37	KEVIN PLANK	SAN DOMENICO,	M: 35	RUNNER	273	00:19:13	03:50	15.6kph

38	GARETH LEWIS	GBR CDF RUNNERS, GBR	M: 36	RUNNER	77	00:19:29	03:53	15.4kph
39	JEMIMA OSBORN	SWANSEA	F: 3	RUNNER	260	00:19:32	03:54	15.4kph
40	JOHN LIGHT	HARRIERS, GBR SAN DOMENICO RC,	M: 37	RUNNER	238	00:19:35	03:54	15.3kph
41	MATH LLWYD	GBR LES CROUPIERS RC,	M: 38	RUNNER	75	00:19:36	03:55	15.3kph
		GBR						

Cardiff Running Events - Race Timing

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Place	Name	Club	Gender	Type	Bib #	Time	Pace	Speed
42	PAUL DEATON	PENARTH & DINAS RUNNERS, GBR	M: 39	RUNNER	49	00:19:49	03:57	15.1kph
43	IAN DRIVER	SAN DOMENICO RC, GBR	M: 40	RUNNER	84	00:19:50	03:57	15.1kph
44	JACOB WILLIAMS	PENARTH & DINAS RUNNERS, GBR	M: 41	RUNNER	63	00:19:59	03:59	15.0kph
45	BRENDAN JONES	LES CROUPIERS RC, GBR	M: 42	RUNNER	98	00:20:00	03:59	15.0kph
46	JULIE CHAMBERLAIN	CARDIFF AAC, GBR	F: 4	RUNNER	56	00:20:03	04:00	15.0kph
47	MICHAEL BULL		M: 43	RUNNER	43	00:20:21	04:04	14.7kph
48	RHYDIAN DAVIES		M: 44	RUNNER	55	00:20:39	04:07	14.5kph
49	ALESHA SANTOS	RHONDDA AC, GBR	F: 5	RUNNER	90	00:20:47	04:09	14.4kph
50	ALYSSA BAKER	PONTYPOOL RUNNERS, GBR	F: 6	RUNNER	151	00:20:50	04:09	14.4kph
51	ALICE ROTHWELL	LES CROUPIERS, GBR	F: 7	RUNNER	280	00:20:50	04:09	14.4kph
52	EDWARD GREEN	CDF RUNNERS, GBR	M: 45	RUNNER	95	00:20:51	04:10	14.4kph
53	MEGAN POULSON	SAN DOMENICO RC, GBR	F: 8	RUNNER	45	00:20:58	04:11	14.3kph
54	OLIVIA OVERTON	LES CROUPIERS RC, GBR	F: 9	RUNNER	44	00:21:03	04:12	14.3kph
55	CHLOE PIGGOTT	ABERDARE VALLEY AAC, GBR	F: 10	RUNNER	46	00:21:18	04:15	14.1kph
56	LEWIS HOLFORD		M: 46	RUNNER	235	00:21:24	04:16	14.0kph
57	NICHOLAS SANTOS	THE BULLET BRIGADE, GBR	M: 47	RUNNER	89	00:21:25	04:16	14.0kph
58	ROBERT EVANS	LES CROUPIERS RC, GBR	M: 48	RUNNER	66	00:21:34	04:18	13.9kph
59	TERRY O'BRIEN		M: 49	RUNNER	81	00:21:51	04:22	13.7kph
60	HOLLY MORRIS	CDF RUNNERS, GBR	F: 11	RUNNER	67	00:21:56	04:23	13.7kph
61	DAVID E WILLIAMS	LES CROUPIERS RC, GBR	M: 50	RUNNER	16	00:21:59	04:23	13.7kph
62	JOHN SHEWRING	PENARTH & DINAS RUNNERS, GBR	M: 51	RUNNER	96	00:22:04	04:24	13.6kph
63	CAROL REES	LES CROUPIERS RC, GBR	F: 12	RUNNER	93	00:22:08	04:25	13.6kph
64	MARIA KULL	LES CROUPIERS RC, GBR	F: 13	RUNNER	88	00:22:23	04:28	13.4kph
65	LUCY GREEN	SAN DOMENICO RC, GBR	F: 14	RUNNER	52	00:22:25	04:28	13.4kph
66	SARAH WOODLEY	SAN DOMINECO, GBR	F: 15	RUNNER	239	00:22:33	04:30	13.3kph
67	ANDREW UNDERHILL	SAN DOMENICO RC, GBR	M: 52	RUNNER	25	00:22:36	04:31	13.3kph
68	STEVEN PREDDY	LES CROUPIERS RC, GBR	M: 53	RUNNER	23	00:22:39	04:31	13.2kph
69	DAVID GEORGE	LES CROUPIERS RC, GBR	M: 54	RUNNER	62	00:22:41	04:32	13.2kph
70	AILEEN LYONS	LES CROUPIERS RC, GBR	F: 16	RUNNER	68	00:22:45	04:33	13.2kph
71	SAFFI REID	HEREFORD & COUNTY AC, GBR	F: 17	RUNNER	65	00:22:53	04:34	13.1kph
72	PETE WARREN	LES CROUPIERS RC, GBR	M: 55	RUNNER	61	00:23:15	04:38	12.9kph
73	RONALD MORRIS	SAN DOMENICO RC, GBR	M: 56	RUNNER	47	00:23:18	04:39	12.9kph

74	TERRY CAVENEY	LES CROUPIERS RC, GBR	M: 57	RUNNER	210	00:23:20	04:39	12.9kph
75	LOLLY EVANS	LES CROUPIERS RC,	F: 18	RUNNER	277	00:23:26	04:41	12.8kph
76	DEWI JONES		M: 58	RUNNER	99	00:23:32	04:42	12.7kph
77	MICHAEL MURPHY	LES CROUPIERS RC, GBR	M: 59	RUNNER	219	00:23:35	04:42	12.7kph
78	JENNY MARTIN	LES CROUPIERS RC, GBR	F: 19	RUNNER	37	00:23:39	04:43	12.7kph
79	MICK MCGEOCH	LES CROUPIERS RC, GBR	M: 60	RUNNER	39	00:23:46	04:45	12.6kph

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Place	Name	Club	Gender	Type	Bib #	Time	Pace	Speed
80	JENNA WILLIAMS		F: 20	RUNNER	267	00:23:55	04:46	12.5kph
81	CLIVE OSMOND	LES CROUPIERS RC, GBR	M: 61	RUNNER	42	00:23:58	04:47	12.5kph
82	ALAN MASON	LES CROUPIERS RC, GBR	M: 62	RUNNER	41	00:24:05	04:48	12.5kph
83	NIALL HUGHES	SAN DOMENICO RC, GBR	M: 63	RUNNER	11	00:24:09	04:49	12.4kph
84	KELLY RUCK	FOREST OF DEAN AC, GBR	F: 21	RUNNER	86	00:24:12	04:50	12.4kph
85	RICHIE SEWELL	PENARTH & DINAS RUNNERS, GBR	M: 64	RUNNER	197	00:24:15	04:50	12.4kph
86	ELIO LEPORE	LES CROUPIERS RC, GBR	M: 65	RUNNER	137	00:24:26	04:53	12.3kph
87	SIMON WILLIAMSON	PENARTH & DINAS RUNNERS, GBR	M: 66	RUNNER	4	00:24:32	04:54	12.2kph
88	BRYNMOR REES		M: 67	RUNNER	201	00:24:43	04:56	12.1kph
89	JULIANA REIMBERG	CDF RUNNERS, GBR	F: 22	RUNNER	227	00:24:47	04:57	12.1kph
90	IAN BARRETT	LES CROUPIERS RC, GBR	M: 68	RUNNER	231	00:24:51	04:58	12.1kph
91	SAI GOPAL	LES CROUPIERS RC, GBR	M: 69	RUNNER	87	00:24:59	04:59	12.0kph
92	MICHAEL ROSSITER	LES CROUPIERS RC, GBR	M: 70	RUNNER	191	00:24:59	04:59	12.0kph
93	REBEKAH MILES	LES CROUPIERS RC, GBR	F: 23	RUNNER	12	00:25:37	05:07	11.7kph
94	JOHN CHANDLER	SAN DOMENICO RC, GBR	M: 71	RUNNER	79	00:25:38	05:07	11.7kph
95	ALEXANDRA FELLOWS		F: 24	RUNNER	94	00:25:40	05:07	11.7kph
96	GEORGIA LAFLAIN	CDF RUNNERS, GBR	F: 25	RUNNER	254	00:25:55	05:10	11.6kph
97	CHRISTINA ROSSITER	LES CROUPIERS RC, GBR	F: 26	RUNNER	188	00:28:03	05:36	10.7kph
98	TANYA MASON-HAWES	CDF RUNNERS, GBR	F: 27	RUNNER	286	00:28:11	05:38	10.6kph
99	GILLIAN MURPHY	LES CROUPIERS RC, GBR	F: 28	RUNNER	223	00:28:28	05:41	10.5kph
100	GERRY CRISPIE	LES CROUPIERS RC, GBR	M: 72	RUNNER	97	00:29:17	05:51	10.2kph
101	TRACY NEWMAN	CLWB RUN WALES, GBR	F: 29	RUNNER	73	00:32:31	06:30	9.2kph
102	GEOFF WRIGHT	LES CROUPIERS RC, GBR	M: 73	RUNNER	85	00:34:07	06:49	8.8kph
103	JEFF ASTON	LES CROUPIERS RC, GBR	M: 74	RUNNER	24	00:36:15	07:14	8.3kph

Division Rank

Overall Male Runner: 1

Overall Male Runner: 2

Overall Male Runner: 3

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Male 40 - 49: 1

Male 40 - 49: 2

Male 40 - 49: 3

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Male 40 - 49: 4

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Male 0 - 20: 1

Male 0 - 20: 2

:

:

Male 0 - 20: 3

:

Male 40 - 49: 5

:

:

Overall Female Runner: 1

:

Male 40 - 49: 6

Male 50 - 59: 1

Overall Female Runner: 2

:

Male 40 - 49: 7

:

Male 50 - 59: 2

Male 40 - 49: 8

Male 50 - 59: 3

:
Overall Female Runner: 3

Male 40 - 49: 9

:

Division Rank

Male 50 - 59: 4

:

:

Male 50 - 59: 5

Female 35 - 44: 1

:

:

Female 0 - 20: 1

Female 0 - 20: 2

Female 35 - 44: 2

:

:

:

Female 0 - 20: 3

:

Male 40 - 49: 10

Male 60 - 120: 1

Male 60 - 120: 2

:

Male 60 - 120: 3

Male 50 - 59: 6

Female 45 - 54: 1

:

:

Female 35 - 44: 3

Male 40 - 49: 11

Male 50 - 59: 7

Male 50 - 59: 8

Female 35 - 44: 4

Female 0 - 20: 4

Male 60 - 120: 4

Male 60 - 120: 5

Male 60 - 120: 6

Female 45 - 54: 2

:

Male 60 - 120: 7

Female 45 - 54: 3

Male 60 - 120: 8

Division Rank

Female 35 - 44: 5
Male 60 - 120: 9

Male 60 - 120: 10

Male 40 - 49: 12

Female 35 - 44: 6

Male 60 - 120: 11

Male 60 - 120: 12

Male 60 - 120: 13

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Male 50 - 59: 9

Male 60 - 120: 14

Female 35 - 44: 7

Male 60 - 120: 15

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Female 55 - 120: 1

Female 35 - 44: 8
Female 55 - 120: 2

Male 60 - 120: 16

Female 45 - 54: 4

Male 60 - 120: 17

Male 60 - 120: 18

