

# Cardiff Summer Series 2013

## 3 mile

### 5th July 2013

Pos	No.	Name	Club	Cat	Time
1	663	Steve Paterson	Les Croupiers	SM	00:15:59
2	572	Ashleigh Harper	Swansea Uni	SM	00:16:28
3	665	Oliver Williams	Les Croupiers	SM	00:16:59
4	569	Matt Hopkins	Les Croupiers	SM	00:17:11
5	568	Phil Bristow	San Domenico	MV50	00:17:54
6	570	Tim Pasley	u/a	SM	00:17:57
7	607	David Proud	Les Croupiers	MV45	00:17:58
8	579	James Bruce	Les Croupiers	SM	00:18:15
9	574	Brian Dias	Les Croupiers	SM	00:18:20
10	672	Andrew Jones	u/a	SM	00:18:28
11	637	Johnny Lam	San Domenico	MV40	00:18:30
12	633	Mike Murphy	Les Croupiers	MV55	00:18:31
13	575	Gary Howgate	Les Croupiers	MV40	00:18:32
14	548	Mick McGeoch	Les Croupiers	MV55	00:18:41
15	639	John Magee	Les Croupiers	SM	00:18:45
16	667	Calum Vennard	Les Croupiers	SM	00:18:49
17	580	David E Williams	Les Croupiers	MV45	00:19:02
18	566	David Proffitt	Newport Harriers	MV55	00:19:17
19	567	Kristie O'Connell	Pontypridd Roadents	SW	00:19:27
20	608	Alan Mason	Les Croupiers	MV50	00:19:50
21	606	Ashley Wells	u/a	SM	00:19:55
22	550	Howard Kent	Les Croupiers	MV60	00:20:33
23	638	Gareth Rees	Les Croupiers	MV45	00:20:56
24	609	Michael H Davies	Les Croupiers	MV60	00:21:02
25	578	Andrew Sedgmond	Les Croupiers	MV55	00:21:15
26	577	Julie Scholey	Les Croupiers	FV50	00:21:20
27	549	Dominic Shields	San Domenico	MV45	00:21:52
28	664	Beth Lewis	Les Croupiers	FV35	00:22:08
29	662	Brenda Avery	Chepstow Harriers	FV60	00:22:13
30	571	Martin Williams	u/a	SM	00:22:50
31	576	Jeff Aston	Les Croupiers	MV65	00:23:06
32	610	Jodie Williams	Les Croupiers	SW	00:23:13
33	668	Sarah Withey	Cardiff Tri	SW	00:23:27
34	573	Megan Paulson	Birmingham Cool Running	SW	00:23:31
35	636	Rod Perons	Les Croupiers	MV50	00:23:44
36	669	Emily Colbeck	Cardiff Tri	SW	00:23:49
37	634	Gill Murphy	Les Croupiers	FV55	00:26:10
38	666	Tracey Newman	Les Croupiers	FV40	00:28:38
39	635	Mal Rowson	Les Croupiers	FV60	00:29:01
40	640	Donna Littlechild	u/a	SW	00:30:11
41	670	Rebecca Williams	Outdoor Fitness	SW	00:33:01
42	671	Lisa McInnes	u/a	FV35	00:33:03