

## Admiral Swansea Bay 10k

GunPos	RaceNo	Name	Gender	Cat	Club	GunTime	ChipPos	ChipTime
1	1	William Chebor	M		Kenya	00:29:23	2	00:29:23
2	7	Andi Jones	M		North Of England	00:29:46	3	00:29:45
3	2	Ezakiel Cherop	M		Kenya	00:29:57	4	00:29:57
4	4	Jean Ndayesenge	M		Burundi	00:30:29	5	00:30:29
5	6	Ben Fish	M		North Of England	00:30:47	6	00:30:47
6	17	James Connor	M		South Of England	00:30:53	7	00:30:53
7	14	Steve Rees-Jones	M		South Of England	00:30:59	8	00:30:59
8	3471	Daniel Stevens	M	20	Cardiff AAC	00:31:01	9	00:31:01
9	35	Carwyn Jones	M		Wales	00:31:15	10	00:31:15
10	11	Daniel Gurmin	M		Wales	00:31:18	11	00:31:18
11	1425	Craig Hopkins	M	20	South Of England	00:31:27	12	00:31:28
12	16	Andrew Rayner	M		South Of England	00:31:30	13	00:31:30
13	3499	Dewi Rhys Griffiths	M	20	Wales	00:31:31	14	00:31:31
14	8	Matt Bowser	M		North Of England	00:31:40	15	00:31:40
15	34	Steven Phillips	M		South Of England	00:31:53	16	00:31:53
16	9	Dan Cliffe	M	20	North Of England	00:32:02	17	00:32:02
17	10	Lewys Hobbs	M		Wales	00:32:12	18	00:32:12
18	3188	Stephen Paterson	M		San Domenicc	00:33:08	19	00:33:08
19	13	Ricky Challinor	M	20	Wales	00:33:10	20	00:33:10
20	12	Ian Williams	M		Wales	00:33:12	21	00:33:11
21	2113	Darran Hiscox	M		Bridgend A C	00:33:26	22	00:33:25
22	3189	Peter Coles	M	45	Pontypridd Rodents AC	00:33:29	23	00:33:29
23	3268	Edward Takata	M		Cardiff AAC	00:33:36	24	00:33:35
24	33	Joyce Kandia	F		Kenya	00:33:36	25	00:33:37
25	3472	Daniel Beynon	M		Swansea Harriers	00:33:39	26	00:33:39
26	1352	Richard Bullen	M	45	Les Croupiers	00:33:44	27	00:33:43
27	29	Caroline Hoyte	F	35	South Of England	00:33:46	28	00:33:45
28	89	Lee Ladd	M	20	Carmarthen Harriers	00:33:50	30	00:33:49
29	3470	Lewys Winfield-Young	M	20	Cardiff AAC	00:33:50	29	00:33:48
30	2006	Kieran White	M		Hercules Wimbledor	00:34:01	31	00:34:00
31	1262	Luke Mason	M		Wye Valley Runners	00:34:09	32	00:34:08
32	2833	Ross Macdonald	M	20	Swansea University	00:34:13	33	00:34:11
33	3231	Sammy Rashic	M	40	Liverpool Pembroke & Sefton Harrier	00:34:15	34	00:34:14
34	2626	Steven Rhys Davies	M		Swansea Harriers	00:34:16	35	00:34:16
35	2316	Gavin Hanrahan	M	20	Cwmbran Harriers	00:34:18	36	00:34:17
36	2461	Paul Talbot	M	40	Neath Harriers	00:34:19	37	00:34:18
37	3454	Gareth William Davies	M	45	Bridgend A C	00:34:32	38	00:34:30
38	1013	Lee Aherne	M	40	Les Croupiers	00:34:46	39	00:34:45
39	2481	Glyn Price	M	40	Sarn Helen	00:34:50	40	00:34:49
40	30	Vicky Webster	F		South Of England	00:34:50	41	00:34:50
41	2913	Tim Lewis	M	40	Bridgend A C	00:34:54	42	00:34:53
42	3560	Jonathan Williams	M		Swansea Harriers	00:34:56	43	00:34:56
43	942	Scott Evans	M		Sospan Road Runners	00:34:59	44	00:34:57
44	28	Fiona Clark	F		South Of England	00:35:05	45	00:35:05
45	789	Chris Moore	M	20	Aldershot Farnham & Distric	00:35:11	46	00:35:11
46	1487	Nicholas Frost	M	45	Pontypridd	00:35:16	47	00:35:15
47	2378	Nicholas Dukes	M		Les Croupiers	00:35:21	48	00:35:21
48	3447	Richard Wilder	M		Reading Road Runners	00:35:26	49	00:35:26
49	32	Banuelia Katesigwa	F		Tanzania	00:35:30	50	00:35:29
50	1094	Michael Kershaw	M	20	Cwmbran Harriers	00:35:33	51	00:35:32
51	2275	Paul Bird	M	40	Clevedon	00:35:37	52	00:35:36
52	36	Andrew Rimmer	M			00:35:42	53	00:35:41
53	238	Owain Jones	M		Swansea Harriers	00:35:43	55	00:35:43
54	2860	Phillip George	M		Les Croupiers	00:35:46	54	00:35:43
55	25	Rachel Jones	F	35	North Of England	00:35:49	56	00:35:49
56	23	Debbie Walters	F	35	Midlands	00:35:51	57	00:35:50
57	3511	Philip Hugh Kendrick	M	45	Brecon A C	00:35:53	58	00:35:52
58	22	Jemma Steele	F		Midlands	00:35:58	59	00:35:58
59	3229	Paul Bradshaw	M	20	Blackburn Harriers	00:36:01	60	00:36:00
60	3438	Dom Valeric	M	20		00:36:03	61	00:36:01
61	3103	David Davies	M	50	Brecon A C	00:36:05	62	00:36:05
62	1446	Simon Osborne	M	45	Bridgend A C	00:36:09	63	00:36:06
63	1782	Mike Cherrington	M	40	Neath Harriers	00:36:10	64	00:36:09
64	1216	Grant Howells	M	40	Swansea Harriers	00:36:11	65	00:36:10
65	26	Donna Riding	F		North Of England	00:36:16	67	00:36:15
66	3284	Carl Ellis	M		Port Talbot Harriers	00:36:16	66	00:36:15
67	3080	Michael Davies	M		Sarn Helen	00:36:18	68	00:36:17
68	2759	Peter Crane	M	45	Neath Harriers	00:36:19	69	00:36:18
69	956	Michael Rix	M		Farnham Runners	00:36:21	72	00:36:20
70	2935	Kevin Griffiths	M	40	Trots	00:36:22	70	00:36:20
71	1989	David Wilson-Evans	M	50		00:36:23	73	00:36:21
72	2785	Michael Dury	M		Islwyn R C	00:36:24	71	00:36:20
73	2951	Andrew Baker	M	40	Pontypridd Rodents AC	00:36:25	74	00:36:23
74	1415	David Christopher Hodgins	M			00:36:27	75	00:36:23
75	1428	Gareth William Elio	M		Pembrokeshire Harriers	00:36:29	76	00:36:27
76	2433	Tomos Whitmarsh-Knight	M	20	Cardiff AAC	00:36:35	77	00:36:34
77	3476	Scott Howel	M	45	Les Croupiers	00:36:38	79	00:36:37
78	879	Mark Reynolds	M		Neath Harriers	00:36:39	78	00:36:37
79	24	Tess Walker	F		North Of England	00:36:41	80	00:36:41

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GunPos	RaceNo	Name	Gender	Cat	Club	GunTime	ChipPos	ChipTime
80	1928	Mike Evans	M		Cardiff AAC	00:36:46	81	00:36:45
81	853	Andrew Reynolds	M		Neath Harriers	00:36:49	82	00:36:46
82	2238	James Hockin	M		Celtic Tri	00:36:59	83	00:36:54
83	2135	Paul Harris	M	40	Lliswerry Runners	00:37:01	85	00:37:00
84	1463	Martin Paul Williams	M	40	Les Croupiers	00:37:02	84	00:36:59
85	3456	Leigh James Hisco	M		Ponty	00:37:05	87	00:37:05
86	1566	Paul Michael Woodmansey	M		Serpentine	00:37:06	86	00:37:04
87	2685	Melanie Ellis	F	40	Wales	00:37:08	89	00:37:07
88	684	John Forrest	M			00:37:10	88	00:37:06
89	2868	Andrew Cleverly	M		Swansea Harriers	00:37:12	92	00:37:11
90	744	Gareth Petts	M		Witney Road Runners	00:37:13	90	00:37:08
91	2138	Jamie Bedforc	M			00:37:14	91	00:37:09
92	3422	Ian Webb	M	50	Llanelli AAC	00:37:17	93	00:37:17
93	2259	Steve Cornfield	M		Leamington C & A C	00:37:24	96	00:37:23
94	367	Stuart Penny	M	45	Chepstow Harriers	00:37:26	94	00:37:21
95	2732	Peter Greenwood	M		Swansea University	00:37:26	95	00:37:22
96	3449	Andrew Lee Sandharr	M		Neath Harriers	00:37:28	97	00:37:27
97	2807	Haydn Hartnell	M	45	Islwyn R C	00:37:29	98	00:37:28
98	3424	Gary Wynne Irving	M	45	Swansea Harriers	00:37:32	99	00:37:30
99	3421	Jon Embling	M	50	Bridgend A C	00:37:35	100	00:37:32
100	3040	Gavin Morris	M			00:37:37	102	00:37:35
101	1541	David Anthony Hoole	M	40	Penarth & Dinas Runners	00:37:38	101	00:37:33
102	916	Stephen Richards	M		Cambridge Harriers	00:37:40	105	00:37:39
103	3517	Matthew Harvey	M			00:37:42	106	00:37:41
104	3213	Elinor Kirk	F	20	Swansea Harriers	00:37:42	104	00:37:39
105	1310	Matthew Townsenc	M		Les Croupiers	00:37:43	103	00:37:38
106	2922	David Shroll	M		Neath Harriers	00:37:45	107	00:37:45
107	1615	Mark John Harvey	M		Chepstow Harriers	00:37:53	108	00:37:50
108	3021	Peter Osborne	M	45	Swansea Harriers	00:37:54	109	00:37:51
109	2724	Philip Crane	M	45	Neath Harriers	00:37:54	110	00:37:53
110	2237	Jonathan Jones	M			00:37:56	112	00:37:55
111	3122	Stuart Mcilroy	M		Les Croupiers	00:37:57	111	00:37:53
112	2743	Steve Coupe	M	55	Sospan Road Runners	00:37:58	113	00:37:56
113	1619	Mark Dunscombe	M	45	Sarn Helen	00:37:59	114	00:37:56
114	3272	Matthew Jacklir	M		Penydre HS	00:37:59	115	00:37:56
115	2139	Symon Murphy	M		Pontypridd Rodents AC	00:38:02	118	00:38:01
116	1595	Julian Davies	M	40	Pontypridd Rodents AC	00:38:02	116	00:37:57
117	2029	Rhys Pitman	M		Pontypridd Rodents AC	00:38:02	117	00:38:00
118	1294	Clem Clements	M	45	Penarth & Dinas Runners	00:38:05	119	00:38:02
119	2279	Adam Marshal	M	20	Neath Harriers	00:38:10	121	00:38:07
120	1146	Eryl John Husband	M	50	Lancaster & Morecambe Athletics Clu	00:38:11	122	00:38:09
121	2858	David Bembc	M	40		00:38:12	120	00:38:05
122	817	Ann Thomas	F	40	Wales	00:38:14	123	00:38:12
123	2289	Matt Tooze	M			00:38:16	125	00:38:14
124	2999	Richard Marks	M	55	Sarn Helen	00:38:18	124	00:38:13
125	2055	Adrian Weaver	M		Port Talbot Harriers	00:38:18	126	00:38:17
126	2865	Joshua Lawless	M	20	Cambridge Harriers	00:38:20	127	00:38:17
127	2329	Stuart Doyle	M			00:38:25	128	00:38:20
128	2428	Runner 2428	M			00:38:27	129	00:38:26
129	1455	Phillip John Meylei	M	50	Pontypridd Rodents AC	00:38:29	130	00:38:26
130	3235	Martin Webborn	M	45	Swansea Harriers	00:38:30	132	00:38:29
131	2224	David Frost	M	40		00:38:32	131	00:38:28
132	2705	Kieran Mackintosh	M	20	Port Talbot Harriers	00:38:33	133	00:38:32
133	20	Emma Phillips	F		Midlands	00:38:33	135	00:38:33
134	27	Amy Reynolds	F		Wales	00:38:34	134	00:38:33
135	870	Adam Morton	M		Les Croupiers	00:38:40	136	00:38:37
136	1449	Kevin Gordon Gummer	M	50	Wye Valley Runners	00:38:42	137	00:38:38
137	3066	David Munro	M			00:38:46	139	00:38:45
138	3622	Andrew David Baker	M		Neath Harriers	00:38:48	140	00:38:46
139	2335	Peter Emmet	M		IIF Group	00:38:49	138	00:38:43
140	3013	Alun Williams	M	45	Fairwater Runners	00:38:51	141	00:38:48
141	1166	Afan Humphries	M	20	Cwmbran Harriers	00:38:52	145	00:38:52
142	2679	Paul Dyson	M	45	Swansea Harriers	00:38:54	144	00:38:51
143	2142	Ben Pitman	M			00:38:56	142	00:38:49
144	3204	Stephen Warrell	M		Pontypridd Rodents AC	00:38:56	143	00:38:50
145	1062	Tamsin Neale	F	35	Burnham Joggers	00:38:59	146	00:38:55
146	1537	Stephen Williams	M	50	Neath Harriers	00:38:59	147	00:38:58
147	2192	Robert Bamsey	M	50	Neath Harriers	00:39:02	151	00:39:01
148	2879	Thomas Reichow	M			00:39:05	148	00:38:58
149	225	Jason Statham	M		Swansea Harriers	00:39:05	150	00:39:01
150	37	Nicola Sykes	F		Bedford & County	00:39:06	152	00:39:04
151	2568	Steve Sanders	M		Admiral	00:39:09	149	00:39:01
152	629	Nick Rees	M	50	Les Croupiers	00:39:14	153	00:39:08
153	1623	Michael Packington	M	40	Ballsack Racers	00:39:18	154	00:39:15
154	502	Laura Parsonage	F		Team Bath AC	00:39:21	156	00:39:20
155	1272	Martyn David Hughes-Dowdle	M	40		00:39:21	157	00:39:20
156	1708	Martin Davies	M	45	Lliswerry Runners	00:39:22	155	00:39:18
157	3222	Andrew Palmer T44	M		Penarth & Dinas Runners	00:39:25	159	00:39:21
158	990	Clare Phillips	F	35	Swansea Harriers	00:39:28	161	00:39:25

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GunPos	RaceNo	Name	Gender	Cat	Club	GunTime	ChipPos	ChipTime
159	2787	Alan Jones	M	40		00:39:29	160	00:39:21
160	2667	James Carpenter	M	20		00:39:32	158	00:39:20
161	2324	Brian Richardson	M	50		00:39:33	162	00:39:28
162	3624	David Crane	M	45	Neath Harriers	00:39:35	164	00:39:33
163	2926	Paul Dawes	M	40	San Domenicc	00:39:37	165	00:39:33
164	2488	Michael Halsal	M		Llanelli AAC	00:39:39	167	00:39:37
165	1411	Phillip Miles	M	55	Parc Bryn Bach	00:39:42	169	00:39:39
166	3267	Melissa Watson	F	40	Trots	00:39:42	163	00:39:31
167	3416	Gerard Howells	M	40	Chippenham Harriers	00:39:42	170	00:39:40
168	1118	Craig Ottolin	M		Muller	00:39:44	168	00:39:37
169	3102	Matthew Hurford	M		Les Croupiers	00:39:45	171	00:39:41
170	2742	Howard Carpenter	M	50	Neath Harriers	00:39:47	176	00:39:46
171	1197	Christopher Rees	M	20		00:39:47	166	00:39:36
172	3054	Thomas Clive Davies	M	45	Sospan Road Runners	00:39:50	177	00:39:46
173	2121	John Morris	M			00:39:52	172	00:39:45
174	2802	Chris Allton	M	40	Swansea Harriers	00:39:53	179	00:39:51
175	2493	Mark Terry	M	50	Trots	00:39:54	173	00:39:45
176	2035	Richard Segust	M	40		00:39:54	180	00:39:51
177	2457	Anthony Martin Higgins	M	40		00:39:54	174	00:39:45
178	2610	Tim Phillips	M		Admiral	00:39:55	175	00:39:46
179	807	David McClellanc	M	40		00:39:55	178	00:39:47
180	2867	Tim Butt	M	20	Swansea University	00:40:03	181	00:40:00
181	2182	Kelvin Jones	M	45	Bridgend A C	00:40:03	183	00:40:00
182	677	Elysia Ridley	F		Swansea Harriers	00:40:04	182	00:40:00
183	3252	Jonathan Earnshaw	M	45	Groningen Athletik	00:40:05	184	00:40:00
184	2483	Graham Linnel	M	50	Silson Joggers	00:40:06	188	00:40:05
185	3418	Andrew Mark Noble	M	40	Wye Valley Runners	00:40:06	185	00:40:00
186	2964	Chris Cowen	M			00:40:07	186	00:40:03
187	698	Robert Wigginton	M			00:40:08	187	00:40:05
188	2478	Andrew Davies	M			00:40:09	189	00:40:07
189	139	Nicholas Walsh	M		Griffithstown Harriers	00:40:11	191	00:40:07
190	2617	Sandy Johnson	M	55	Les Croupiers	00:40:11	192	00:40:08
191	968	Steve Thomas	M		3Ms	00:40:15	190	00:40:07
192	3184	Benjamin Bower	M			00:40:17	193	00:40:08
193	1304	Robert Charles King	M	40		00:40:19	195	00:40:14
194	984	Dave Richards	M	45	Exeter Harriers	00:40:22	194	00:40:12
195	3395	John Rees	M	45		00:40:23	201	00:40:20
196	2400	Michael Anthony	M	50	Llswerry Runners	00:40:25	197	00:40:18
197	1696	Thierry Maffeis	M			00:40:26	196	00:40:17
198	539	Nigel Barnes	M	40	Port Talbot Harriers	00:40:26	204	00:40:23
199	3092	John Hiddlestone	M			00:40:27	200	00:40:19
200	3390	Michael Anthony Roderick	M	20		00:40:28	203	00:40:23
201	2956	Espen Bowen	M	20		00:40:28	198	00:40:19
202	1979	Graeme Mackay	M	45	Dorking & Mole Valley	00:40:29	205	00:40:23
203	230	Jonathan Pike	M			00:40:30	206	00:40:25
204	2843	Brian Lovett	M	40	San Domenicc	00:40:32	208	00:40:28
205	2403	Justin Phillips	M			00:40:34	202	00:40:22
206	2469	Nigel Lawrence	M	40		00:40:35	199	00:40:19
207	177	Lee Watts	M			00:40:39	207	00:40:27
208	1892	Libby O'Duffy	F	40	Les Croupiers	00:40:39	209	00:40:29
209	2678	John Lingard	M	60	St Helens Striders	00:40:41	217	00:40:39
210	3392	Robert James Evans	M	45	Ebbw Vale Running Clut	00:40:42	212	00:40:34
211	2336	Andrew Evans	M			00:40:42	210	00:40:33
212	1223	Anthony Murphy	M	40		00:40:43	214	00:40:35
213	2057	Stuart Jones	M		Penarth & Dinas Runners	00:40:44	216	00:40:39
214	2961	Darren Wells	M		Royal Navy	00:40:46	219	00:40:43
215	3311	Paul Price	M	40		00:40:47	218	00:40:41
216	2740	Jonathan Hancock	M		Trots	00:40:48	215	00:40:38
217	1816	Neil Young	M			00:40:48	211	00:40:34
218	2993	Brian Phillips	M	45	Parc Bryn Bach	00:40:54	221	00:40:49
219	3168	Grahame Smour	M	40	Multisport Triathlon Clut	00:40:56	213	00:40:35
220	861	Katie Beecher	F		Les Croupiers	00:40:56	220	00:40:47
221	2203	Neil Williams	M	40		00:40:57	222	00:40:50
222	2550	Dean House	M	40		00:40:58	226	00:40:53
223	3554	Satu Haikala	F	35	Brecon A C	00:40:59	224	00:40:52
224	2747	Kevin Artus	M		Wye Valley Runners	00:40:59	227	00:40:53
225	1135	Richard John Copley	M			00:40:59	223	00:40:51
226	2456	Leigh James	F		W.S.E.H. Athletics Club	00:41:01	230	00:40:58
227	2894	Christopher Williams	M			00:41:03	229	00:40:56
228	1339	Eric Hughes	M	65	Bridgend A C	00:41:04	232	00:41:01
229	2676	Richard Whitcombe	M		Ebbw Vale Running Clut	00:41:05	225	00:40:53
230	2748	Kristian Evans	M			00:41:05	233	00:41:02
231	2752	Gareth Griffiths	M			00:41:07	236	00:41:04
232	2810	Russell Ball	M	40	Club Parc Bryn Bach	00:41:07	235	00:41:03
233	2360	David Garlick	M	55		00:41:07	231	00:40:59
234	3354	Rhys Philip Heath	M			00:41:18	234	00:41:02
235	3494	Owain Strange	M			00:41:18	237	00:41:06
236	2355	Gareth Rees	M			00:41:21	228	00:40:54
237	3402	Leighton Anthony	M	45		00:41:21	239	00:41:16

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GunPos	RaceNo	Name	Gender	Cat	Club	GunTime	ChipPos	ChipTime
238	3259	Lee Michael Drapei	M			00:41:23	245	00:41:21
239	2714	Lee Davies	M		Pontypridd Rodents AC	00:41:23	240	00:41:18
240	3398	Frances Gill	F	45	Neath Harriers	00:41:24	241	00:41:19
241	907	Darren Johnson	M		Burnham Joggers	00:41:26	246	00:41:22
242	3180	Gareth Jehu	M	40		00:41:26	243	00:41:20
243	3459	Paul Rees	M			00:41:26	244	00:41:21
244	1325	Michael Davies	M	55	Les Croupiers	00:41:27	248	00:41:23
245	3131	Ben Bevan	M			00:41:28	238	00:41:15
246	2234	Michael Rimmel	M	50	Celtic Tri	00:41:30	242	00:41:20
247	624	Gareth Richards	M			00:41:33	254	00:41:28
248	2887	David Griffiths	M	45	Trots	00:41:33	259	00:41:31
249	1070	Peter Hansen	M	50	Windle Valley Runners	00:41:34	256	00:41:29
250	820	Andy Olsen	M	40		00:41:34	247	00:41:22
251	1380	Jonathan Gavis Llyoc	M	20		00:41:37	249	00:41:25
252	2262	Richard Gordor	M			00:41:37	260	00:41:32
253	1575	Benjamin Liam Grice	M			00:41:38	252	00:41:28
254	346	Jonathan Crocombe	M			00:41:38	258	00:41:31
255	3000	Ori Bowen	M	20		00:41:38	257	00:41:29
256	1405	Mary Virginia Bowen Rees	F	45	Trots	00:41:38	253	00:41:28
257	672	Ferenc Los	M	20		00:41:38	251	00:41:27
258	179	Cerith Thomas	M	40		00:41:42	264	00:41:36
259	2923	Paul Jelley	M	40	Port Talbot Harriers	00:41:42	262	00:41:34
260	1445	Wouter Poortinga	M		Les Croupiers	00:41:43	255	00:41:28
261	1193	James Potts	M	40		00:41:43	261	00:41:33
262	1692	Marcus Neil Coles	M		Les Croupiers	00:41:44	250	00:41:26
263	3216	Andrew Dawe	M	40	Pembrokeshire Harriers	00:41:47	269	00:41:45
264	2263	Mervyn Thomas	M	55	Wye Valley Runners	00:41:47	265	00:41:40
265	1958	Lisa Thomas	F		Amman Valley Harriers	00:41:52	268	00:41:45
266	308	Peter Murphy	M	40	Tynedale Harriers	00:41:52	270	00:41:47
267	3136	Des Lewis	M			00:41:52	276	00:41:49
268	1793	Robert Rees	M			00:41:54	263	00:41:36
269	3263	Steve Brown	M	45	Pembrokeshire Harriers	00:41:55	274	00:41:48
270	2941	John Morgan	M	45	Brackla Harriers	00:41:56	271	00:41:47
271	96	Geraint Torrington	M		Westbury Harriers	00:41:57	278	00:41:53
272	2940	Will Edwards	M			00:41:59	282	00:41:56
273	2690	Alun Bonello	M			00:42:00	272	00:41:47
274	652	Andrew Llyoc	M			00:42:00	275	00:41:49
275	1424	Mike A Lane	M		Blach Pear Joggers	00:42:02	279	00:41:55
276	2158	Andrew Russell	M		Les Croupiers	00:42:02	273	00:41:48
277	1189	Ryan David Evans	M		Swansea University	00:42:03	285	00:41:59
278	1993	Robert Smith	M	40		00:42:04	290	00:42:02
279	498	David Roberts	M		Ingli Runners	00:42:05	277	00:41:51
280	2911	Ian Joslin	M			00:42:05	280	00:41:55
281	2134	David Proud	M	40	Les Croupiers	00:42:05	267	00:41:43
282	2480	Steven Thomas	M		3Ms	00:42:05	283	00:41:58
283	1544	Huw Nicholas Price	M	45	Sarn Helen	00:42:06	287	00:42:00
284	245	Anthony Deacy	M	45	Llswerry Runners	00:42:07	289	00:42:00
285	2176	Michael Worlock	M	45	Welsh Masters	00:42:07	293	00:42:04
286	396	David Way	M			00:42:08	291	00:42:03
287	1151	Eifion Wyn Owen	M	50		00:42:09	286	00:42:00
288	2619	Malcolm Jones	M	55	Brackla Harriers	00:42:09	284	00:41:59
289	2245	David Berrill	M		Lothian Running Club	00:42:10	266	00:41:42
290	2402	Steve Pemberton	M		Llswerry Runners	00:42:12	292	00:42:03
291	1679	Stuart Stephen Rees	M			00:42:13	294	00:42:04
292	1116	Steve Walsh	M		3Ms	00:42:15	296	00:42:06
293	982	Robin Thomas	M		Life Point	00:42:15	300	00:42:13
294	2725	Kelly Morgan	F		Pontypridd Rodents AC	00:42:15	299	00:42:10
295	3536	Paul Butcher	M	40		00:42:17	281	00:41:55
296	3217	Brett Hanmer	M			00:42:17	288	00:42:00
297	3228	Gareth Ayres	M		Port Talbot Harriers	00:42:24	301	00:42:15
298	1143	Michael David Butler	M		British Army Athletics Associator	00:42:26	303	00:42:17
299	3306	Michael Anthony Thomas	M	40		00:42:26	306	00:42:21
300	1202	Brian Arthur Griffiths	M	50	Ellesmere Port Running Clut	00:42:26	304	00:42:18
301	966	Jamie Evans	M			00:42:28	302	00:42:17
302	2386	Abyd Quinn Aziz	M	50	Penarth & Dinas Runners	00:42:28	297	00:42:08
303	1875	Noel Evans	M		3Ms	00:42:29	295	00:42:05
304	2434	Joseff Whitmarsh-Knight	M	20	Cardiff AAC	00:42:29	309	00:42:25
305	2447	Kenneth Ian Buckle	M	65	Cheltenham And County Harriers	00:42:34	316	00:42:29
306	2327	Debra Sanderson	F	40		00:42:34	307	00:42:24
307	2435	Paul Gwyn Garside	M			00:42:35	310	00:42:26
308	1914	Roger Bell	M	40	3Ms	00:42:36	312	00:42:26
309	3352	Alan Cole	M	55	Newport Harriers	00:42:36	323	00:42:35
310	3549	Owen Douglas Morgar	M			00:42:38	298	00:42:10
311	1155	Alan Steven Mason	M	45	Les Croupiers	00:42:39	305	00:42:20
312	932	Walter Leach	M	45	Forest Of Dean AC	00:42:39	321	00:42:32
313	2838	Colin Rees	M	45	Parc Bryn Bach	00:42:40	320	00:42:32
314	3206	Michael Owen	M			00:42:41	315	00:42:29
315	347	Owain Robinsor	M			00:42:42	318	00:42:30
316	3041	Dominic Shields	M	40	San Domenicc	00:42:42	325	00:42:37

## Admiral Swansea Bay 10k

GunPos	RaceNo	Name	Gender	Cat	Club	GunTime	ChipPos	ChipTime
317	2918	Caroline Jones	F	45	Trots	00:42:43	322	00:42:33
318	1559	Nigel David Francisc	M	40		00:42:45	327	00:42:38
319	806	Nick Bayliss	M			00:42:46	330	00:42:41
320	3239	Cheryl Hudgell	F		Les Croupiers	00:42:48	328	00:42:38
321	2847	Toby Jones	M			00:42:48	308	00:42:25
322	1184	Derek Hegarthy	M	45	Royal Air Force Athletics Associati	00:42:49	313	00:42:28
323	3276	James Delaney	M	50	San Domenicc	00:42:50	334	00:42:46
324	702	Peter Burne	M			00:42:50	319	00:42:31
325	2782	Dale Crutcher	M			00:42:51	335	00:42:46
326	1573	Amanda Evans	F	35	3Ms	00:42:51	332	00:42:43
327	1731	Lorna Shaw	F	45	Chepstow Harriers	00:42:51	331	00:42:41
328	769	Carly Day	F			00:42:52	329	00:42:41
329	1718	Chris Ollier	M			00:42:52	311	00:42:26
330	1920	David Slade	M			00:42:54	314	00:42:29
331	362	Simon Thomas	M			00:42:55	324	00:42:36
332	2109	Paulo Simoes	M			00:42:56	339	00:42:52
333	1313	Stephen Roy Ower	M	50	Les Croupiers	00:42:56	336	00:42:47
334	2955	Andy Davies	M	45	Pontypridd Rodents AC	00:42:58	340	00:42:52
335	1627	Andrew Brown	M	40	Swansea Harriers	00:42:58	341	00:42:53
336	1269	Leon Murniels	M		Royal Air Force Reserve	00:42:59	343	00:42:56
337	165	Michael Thomas	M			00:43:00	338	00:42:51
338	2230	Robert Duggar	M			00:43:01	326	00:42:37
339	2899	Lawrence Kidc	M		Rhyl	00:43:02	333	00:42:45
340	3270	Stephen John Davies	M	40	Port Talbot Harriers	00:43:04	350	00:43:01
341	2448	Alex Lewis	M			00:43:05	337	00:42:48
342	2193	John Rogers	M	40		00:43:05	317	00:42:30
343	974	David Thomas	M	40		00:43:05	345	00:42:58
344	1028	Gillian Davies	F	45		00:43:05	348	00:43:00
345	92	Craig Presdee-Salathie	M			00:43:07	355	00:43:06
346	953	Russell Crocker	M			00:43:08	346	00:42:59
347	2199	Malcolm Edwards	M		Wye Valley Runners	00:43:09	344	00:42:57
348	1009	Jonathan Davies	M			00:43:12	347	00:43:00
349	1104	Jeremy Kenna	M			00:43:14	356	00:43:07
350	1629	Richard John Otter	M	40		00:43:16	360	00:43:12
351	1222	Michael Robert Evans	M	45	Neath IAAW	00:43:17	358	00:43:09
352	200	Daniel Humphreys	M			00:43:18	352	00:43:03
353	1481	Steven Williams	M			00:43:19	357	00:43:08
354	1259	Stephen Murphy	M	45	Rising Son AC	00:43:20	368	00:43:19
355	1803	Matthew Lewis	M			00:43:20	351	00:43:02
356	3250	Neil Manton Middleletor	M	60	Trentham RC	00:43:21	366	00:43:18
357	507	Sam Wooldridge	M		Team EM	00:43:22	349	00:43:00
358	1385	Gavin Gilfedder	M	40		00:43:24	364	00:43:16
359	2377	Richard Jones	M			00:43:24	372	00:43:21
360	912	Gethin Jenkins	M	20	Sarn Helen	00:43:25	342	00:42:55
361	2219	Hywel John	M			00:43:26	354	00:43:05
362	3329	Owen Shadick	F			00:43:26	367	00:43:18
363	1174	Ian Robert Clark	M	40		00:43:27	370	00:43:20
364	310	Lowri Morgar	F			00:43:27	359	00:43:12
365	1199	Matthew Frederick Rees	M	20		00:43:28	353	00:43:03
366	1812	Hywel Ace	M	50		00:43:30	380	00:43:28
367	1161	Jeffery Ralph Aston	M	60	Les Croupiers	00:43:31	369	00:43:19
368	2929	David Bown	M			00:43:31	375	00:43:24
369	1014	Rod Harris	M	40		00:43:32	373	00:43:22
370	1410	Jacky Miles	F	55	Parc Bryn Bach	00:43:32	376	00:43:24
371	3563	Philip Dawson	M			00:43:33	371	00:43:20
372	3568	Andrew Wheeler	M			00:43:34	377	00:43:24
373	2376	Paul Edwards	M	45	Pembrokeshire Harriers	00:43:34	379	00:43:27
374	2827	Andrew Johnson	M	40	Lliswerry Runners	00:43:34	378	00:43:25
375	175	Karen Birdsall	F	40		00:43:35	374	00:43:23
376	1131	Jason Evans	M			00:43:35	365	00:43:17
377	1399	Alastair Morrison	M	50	Raf AC	00:43:36	362	00:43:15
378	2163	James Kemp	M			00:43:40	386	00:43:35
379	1638	Kirk John Riordan	M			00:43:41	361	00:43:14
380	1461	Lynn Angela Joseph	F	40		00:43:44	384	00:43:33
381	79	Craig Perroti	M			00:43:45	387	00:43:35
382	272	Mark Williamson	M	45	Road Runners Club	00:43:46	363	00:43:16
383	3484	Paul Williams	M	40	Pontypridd Rodents AC	00:43:46	390	00:43:40
384	1645	Michael Murphy	M	50	Les Croupiers	00:43:47	381	00:43:29
385	2349	Karl Stevens	M	45	Neath Harriers	00:43:48	382	00:43:30
386	3349	Mathew Powel	M			00:43:49	385	00:43:33
387	326	Andrew Ower	M	45	Avon & Somerset Police	00:43:50	401	00:43:47
388	2776	Sean Power	M			00:43:50	398	00:43:46
389	401	Daryl Dugdale	M	40		00:43:50	388	00:43:38
390	3548	Ross Peter Quick	M			00:43:50	393	00:43:43
391	1777	Ian Hoskins	M			00:43:51	395	00:43:45
392	1289	David Moore	M			00:43:52	383	00:43:32
393	2862	Martin John Flear	M			00:43:52	399	00:43:46
394	2208	Dean Webster	M		3Ms	00:43:54	394	00:43:44
395	3542	Christopher Morgan	M	40		00:43:56	392	00:43:42

### Admiral Swansea Bay 10k

GunPos	RaceNo	Name	Gender	Cat	Club	GunTime	ChipPos	ChipTime
396	2996	Edit Walsh	F			00:43:58	389	00:43:39
397	2367	Jonathan Smith	M		Wye Valley Runners	00:44:00	411	00:43:54
398	3463	Darren Simon Cheesmar	M			00:44:01	391	00:43:42
399	2089	David Cappel	M			00:44:01	406	00:43:51
400	385	Steven Jones	M			00:44:01	408	00:43:53
401	2856	Andrew Morris	M			00:44:03	402	00:43:47
402	3254	Heath Jones	M	40	Groningen Athletik	00:44:03	416	00:43:58
403	1610	Derek Rainbird	M	50	Parc Bryn Bach	00:44:04	414	00:43:57
404	876	Matthew Preece	M			00:44:04	400	00:43:47
405	2720	Matthew Gwente	M		British Military Fitness	00:44:05	397	00:43:46
406	386	Helen Jones	F	35		00:44:05	415	00:43:57
407	3348	Adrian Mulready	M	45		00:44:06	407	00:43:52
408	1507	Huw Lewis	M	50		00:44:06	409	00:43:54
409	1165	Dawn Kenwright	F	50	Sarn Helen	00:44:07	420	00:44:04
410	2818	Richard Williams	M			00:44:11	423	00:44:06
411	3621	Cath Moran	F		Clapham Chasers	00:44:13	424	00:44:06
412	1565	Alexander Robert Wooltertor	M	60	Bridgend A C	00:44:14	427	00:44:11
413	3069	Kelly Woolley	F		Llisbury Runners	00:44:14	405	00:43:50
414	1844	Michael Dix	M	50	Les Croupiers	00:44:15	417	00:44:01
415	2645	Geraint Evans	M	40		00:44:16	418	00:44:01
416	1284	Nicholas Arthur Bingharr	M	50	South Wales Police	00:44:17	426	00:44:07
417	316	Steffan Thomas	M			00:44:18	430	00:44:13
418	94	Stuart Haden	M			00:44:18	413	00:43:57
419	3412	Alun Wallis John Morgan	M			00:44:19	396	00:43:45
420	2247	James Berril	M			00:44:23	412	00:43:55
421	3294	Meirion Daniels	M	45		00:44:24	428	00:44:12
422	1672	Julian Knoyle	M			00:44:26	410	00:43:54
423	1720	Michael Llewellyr	M	40		00:44:26	422	00:44:06
424	2299	Gavin Earnshaw	M			00:44:27	421	00:44:05
425	937	Rachel Betsworth	F			00:44:27	403	00:43:48
426	2842	Robin Campbel	M			00:44:28	438	00:44:24
427	1620	Lee Roberts	M			00:44:30	429	00:44:13
428	2390	Tim James	M			00:44:33	404	00:43:49
429	2371	Brian Russell	M	45	Cardigan	00:44:34	433	00:44:20
430	3603	Craig Derrick	M			00:44:34	425	00:44:06
431	816	Sarah Yates	F		Wimbledon Windmilers	00:44:35	432	00:44:19
432	446	Jonathan Armour	M		Team EM	00:44:37	419	00:44:02
433	3314	David Williams	M			00:44:39	440	00:44:26
434	1869	Ray Collier	M	55	3Ms	00:44:39	431	00:44:15
435	2781	Gary Ash	M	40	Road Runners Club	00:44:40	442	00:44:28
436	398	Mark Edwards	M			00:44:40	434	00:44:21
437	838	Ian Moss	M		Multisport	00:44:41	435	00:44:22
438	3475	Jude Cassam	F	40	Les Croupiers	00:44:44	449	00:44:31
439	3279	John Henry Collins	M	70	Swansea Harriers	00:44:44	457	00:44:41
440	1586	Christopher Lewis	M			00:44:44	446	00:44:30
441	3541	Stuart Ian Mann	M			00:44:45	454	00:44:39
442	1572	Michael Thomas	M	45		00:44:46	445	00:44:29
443	1790	Mick Grant	M	50	Road Runners Club	00:44:47	437	00:44:23
444	2730	Martin Jones	M			00:44:49	443	00:44:29
445	2133	Alun Board	M			00:44:49	453	00:44:38
446	2179	Ben Hannigan	M	40	Pontypridd Rodents AC	00:44:51	439	00:44:26
447	1791	Sean Mccaffrey	M	20		00:44:51	447	00:44:30
448	2137	Tim Davies	M	45		00:44:51	458	00:44:42
449	893	Alan Glazzarc	M	40		00:44:52	455	00:44:39
450	2090	Darren Gravel	M			00:44:53	468	00:44:48
451	2056	Anthony Wain	M	40		00:44:56	464	00:44:45
452	3493	Martin Smith	M			00:44:57	462	00:44:43
453	2758	Simon Philpin	M			00:44:58	473	00:44:51
454	776	Ben Reid	M			00:44:58	470	00:44:49
455	80	John Lee	M	60		00:44:58	456	00:44:40
456	475	Vaibhav Modgi	M		Team EM	00:44:58	436	00:44:23
457	705	David Hopkins	M	50		00:44:59	450	00:44:33
458	3415	Kimberley Jane Bates	F	35	Swansea Harriers	00:44:59	441	00:44:27
459	2382	Andrew Bond	M	40		00:45:00	467	00:44:48
460	1361	Raymond Neil Greenhouse	M	40	Ebbw Vale Running Clut	00:45:00	466	00:44:46
461	1611	Andrew Geraint James	M			00:45:01	475	00:44:53
462	1607	Lee Glen Richards	M			00:45:02	477	00:44:56
463	2117	Michael Chandler	M	50	Wye Valley Runners	00:45:02	460	00:44:43
464	1604	David Fletcher	M	45	Wye Valley Runners	00:45:02	461	00:44:43
465	2808	Rees Batley	M			00:45:02	463	00:44:44
466	2995	Ian Bamford	M			00:45:03	452	00:44:36
467	2688	Chantal Patel	F	50		00:45:03	448	00:44:30
468	2895	Lee Williams	M	20		00:45:03	480	00:44:56
469	2792	Donald Prosser	M	45		00:45:05	451	00:44:34
470	1462	Robert Lawrence Forc	M	55	Pontypridd Rodents AC	00:45:06	485	00:45:00
471	1388	Mario Rabaitt	M	45	Port Talbot Harriers	00:45:07	483	00:45:00
472	2491	Martin Foster	M	50	Bournville Harriers	00:45:08	489	00:45:03
473	2095	Paul Boxer	M			00:45:08	479	00:44:56
474	412	Adam Abraharr	M		Les Croupiers	00:45:10	478	00:44:56

### Admiral Swansea Bay 10k

GunPos	RaceNo	Name	Gender	Cat	Club	GunTime	ChipPos	ChipTime
475	2738	Carolyn (Lindy) Eynor	F	45	Trots	00:45:11	472	00:44:50
476	1089	Zara Blower	F		Leamington C & A C	00:45:11	476	00:44:54
477	3030	Gillian Kellar	F	45	Les Croupiers	00:45:13	469	00:44:49
478	715	Paul Rees	M	40		00:45:13	474	00:44:52
479	976	Cherie Hipkins	F		Great Bentley	00:45:13	492	00:45:07
480	2695	Robin Cook	M			00:45:14	459	00:44:42
481	3613	Steffan Evans	M			00:45:14	490	00:45:05
482	388	David Matthew Knights	M			00:45:15	495	00:45:08
483	548	Amanda John	F	40	Amman Valley Harriers	00:45:16	491	00:45:07
484	313	Ceridwen Morgar	F	60		00:45:16	498	00:45:11
485	3014	Michael Davies	M			00:45:18	465	00:44:45
486	2030	Matt Elwin	M			00:45:18	481	00:44:59
487	1818	David Quin	M			00:45:22	487	00:45:03
488	2892	Mark Howells	M		3Ms	00:45:24	501	00:45:15
489	252	Philip Tucker	M			00:45:24	471	00:44:50
490	2444	Clive Denton	M	40	Rhondda Valley Runners	00:45:26	482	00:44:59
491	2983	Adam Coates	M			00:45:26	488	00:45:03
492	1039	Chris Jones	M	40	Redhill Road Runners	00:45:27	505	00:45:20
493	2494	Harry Franklin	M	70	Wye Valley Runners	00:45:27	500	00:45:15
494	1194	Graeme Hays	M	40		00:45:28	502	00:45:15
495	2243	Piers Morgan-Harvey	M		Mumbles Milers	00:45:30	510	00:45:24
496	2005	Huw Arthur	M			00:45:31	516	00:45:29
497	183	Andrew Miles	M	45		00:45:31	494	00:45:07
498	1838	Gary Davidson	M	45		00:45:32	504	00:45:19
499	992	Neil Lonerger	M			00:45:33	499	00:45:12
500	3106	Leigh Thomas	M			00:45:33	484	00:45:00
501	3032	Wayne Bowen	M			00:45:33	444	00:44:29
502	2125	James Blansharc	M		Team Brodie	00:45:35	496	00:45:09
503	2397	Christina Smith	F	45	3Ms	00:45:36	513	00:45:28
504	1946	Simon Parsons	M			00:45:37	493	00:45:07
505	3031	Chris Moore	M	50	Forest Of Dean AC	00:45:39	503	00:45:17
506	3538	John Skelton	M	50		00:45:41	509	00:45:23
507	1373	Christopher Hal	M	45	Dorking & Mole Valley	00:45:41	520	00:45:35
508	3117	George Middlelor	M	50		00:45:43	514	00:45:28
509	191	Rhydderch Wilson	M			00:45:44	519	00:45:34
510	2426	Chris Evans	M			00:45:44	515	00:45:28
511	1302	Brian Phillips Walters	M	45		00:45:44	526	00:45:40
512	898	Maureen Emmet	F	50	IIF Group	00:45:45	512	00:45:28
513	1391	Richard Bebel	M	40		00:45:47	508	00:45:22
514	2529	Simon Cowlinshaw	M	45		00:45:48	518	00:45:30
515	1278	Andrew George	M			00:45:50	506	00:45:22
516	2886	Mark Williams	M			00:45:50	511	00:45:26
517	2325	Craig Williams	M			00:45:52	522	00:45:36
518	1209	Paul Hopkins	M			00:45:52	523	00:45:37
519	1307	Anthony John Phillips	M	50		00:45:54	527	00:45:40
520	1451	Sian Phillips	F	45	Swansea Harriers	00:45:54	530	00:45:42
521	3271	Simon Mansfield	M	45	Carmarthen Harriers	00:45:55	529	00:45:42
522	2659	Stephen Lewis	M	40		00:45:57	517	00:45:30
523	739	Thomas O'Donoghue	M	45	Wimbledon Windmilers	00:45:58	528	00:45:41
524	2904	Christian Burge	M			00:45:58	497	00:45:10
525	1351	Yvonne Buller	F	40	Les Croupiers	00:45:58	539	00:45:46
526	2969	Phil Rees	M	45		00:46:00	525	00:45:37
527	324	Kevin Bonfield	M	40	South Devon Athletics Clut	00:46:02	531	00:45:42
528	2449	Mark James	M			00:46:03	532	00:45:43
529	2013	Kevin Greenwel	M			00:46:04	524	00:45:37
530	2069	Martin Jones	M	40		00:46:05	535	00:45:44
531	3119	Paul Arnold	M	40	3Ms	00:46:06	548	00:45:57
532	1797	Andrew Davies	M	40		00:46:06	545	00:45:55
533	3532	Ralph Pattinson	M	50		00:46:06	553	00:46:00
534	222	Bill Beynon	M	40	WLA	00:46:06	544	00:45:55
535	2677	Edward Pritcharc	M			00:46:07	549	00:45:57
536	158	Stuart Baker	M			00:46:08	543	00:45:54
537	1236	Barry Nichols	M			00:46:09	521	00:45:36
538	91	Jason Nash	M		Abertillery Achilles	00:46:10	565	00:46:08
539	2166	Emyr Thomas	M			00:46:11	533	00:45:43
540	595	Michael Bodycombe	M			00:46:11	562	00:46:04
541	1944	John Parsons	M	55	The Hague Road Runners	00:46:13	536	00:45:44
542	1539	Matthew James Hiel	M	20		00:46:13	542	00:45:53
543	708	Geoff Hall	M	50		00:46:14	563	00:46:05
544	572	Gualtiero Colombc	M	40		00:46:14	486	00:45:02
545	1396	Bill Griffiths	M	55	Wye Valley Runners	00:46:16	534	00:45:43
546	1900	Mark Eakins	M			00:46:19	570	00:46:12
547	138	Jan Bushell	M			00:46:19	537	00:45:45
548	357	Claire Sims	F	35		00:46:19	538	00:45:45
549	1382	John Parkinsons	M	60	Mumbles Milers	00:46:19	575	00:46:17
550	106	Paul Wallis	M			00:46:19	566	00:46:08
551	2755	Neil Trent	M			00:46:20	560	00:46:03
552	1137	Kristian Belmont	M		Royal Air Force Athletics Associatio	00:46:20	552	00:45:59
553	3024	Martin Griffiths	M	45		00:46:21	550	00:45:58

### Admiral Swansea Bay 10k

GunPos	RaceNo	Name	Gender	Cat	Club	GunTime	ChipPos	ChipTime
554	1589	Raymond Anthony Dowrick	M	60		00:46:22	554	00:46:00
555	1861	Richard Noon	M			00:46:24	555	00:46:00
556	995	Richard Ieuan Evans	M	45		00:46:25	568	00:46:10
557	566	Andrew Williams	M			00:46:25	558	00:46:02
558	3527	Alvin Phillips	M			00:46:26	507	00:45:22
559	2653	David Caswel	M	40		00:46:27	557	00:46:02
560	1808	Carwyn Kirk	M	20		00:46:28	546	00:45:55
561	2210	Philip Williams	M	45		00:46:29	561	00:46:03
562	3464	Carwyn Mathew Jenkins	M			00:46:29	578	00:46:21
563	1735	Adrian Luckman	M	40		00:46:30	564	00:46:06
564	3322	Simon Mark Lane	M			00:46:30	551	00:45:59
565	2202	Carl Harris	M			00:46:32	590	00:46:29
566	3137	David Phillips	M			00:46:33	592	00:46:29
567	3163	Anthony Jones	M	20		00:46:33	547	00:45:56
568	352	Michael Sims	M			00:46:36	556	00:46:01
569	1230	Gareth Rhys Tomos	M			00:46:37	569	00:46:11
570	2696	Huw Durham	M		Pontypridd Rodents AC	00:46:37	559	00:46:03
571	3095	Brennig Emanue	M	20		00:46:38	541	00:45:47
572	1590	Huw James	M	45	Activa	00:46:38	583	00:46:23
573	1634	Stuart Griffiths	M		3Ms	00:46:40	598	00:46:32
574	3427	Geoffrey Thomas Robinsor	M	40		00:46:41	572	00:46:13
575	1008	Simon Macduff	M			00:46:42	580	00:46:23
576	227	Ben Seabourne	M			00:46:42	594	00:46:30
577	2255	Christopher Gibbarc	M			00:46:42	577	00:46:20
578	2925	Robert Mainwaring	M			00:46:43	599	00:46:32
579	3529	Wayne Robert Cross	M	40		00:46:43	608	00:46:38
580	2080	Stewart Collins	M			00:46:43	573	00:46:14
581	3148	Allan Jones	M	50	Brackla Harriers	00:46:46	574	00:46:15
582	2246	Sian Wigley	F	45		00:46:46	571	00:46:12
583	1452	Andrew John Rothwel	M	50		00:46:46	589	00:46:26
584	594	Russell Davies	M	40		00:46:47	593	00:46:30
585	250	Richard Baker	M			00:46:47	584	00:46:24
586	1108	Rhys James Jones	M			00:46:47	567	00:46:09
587	627	Ben Maskrey	M			00:46:47	579	00:46:22
588	2783	Nicola Haines Jones	F	40	Neath Harriers	00:46:48	601	00:46:33
589	2120	Michael Marshall	M	45		00:46:48	617	00:46:42
590	1436	Neil Antony Turner	M	40	Wye Valley Runners	00:46:48	602	00:46:34
591	724	Gareth Parry	M			00:46:49	540	00:45:46
592	2977	Steve Mclellanc	M	50	3Ms	00:46:50	611	00:46:40
593	1088	David Blower	M	50	Leamington C & A C	00:46:52	603	00:46:34
594	2369	William Rowlands	M			00:46:52	585	00:46:24
595	630	Barry Parkinson	M	50		00:46:53	620	00:46:45
596	231	Sian Gardner	F	35		00:46:54	623	00:46:46
597	785	Stephanie Foulkes	F			00:46:55	588	00:46:26
598	1929	Stephen Morris	M			00:46:56	586	00:46:25
599	2806	Mark Beard	M	40		00:46:56	595	00:46:30
600	587	Owen Davies	M		Westbury Harriers	00:46:57	629	00:46:51
601	2412	Peter Clegg	M			00:46:58	619	00:46:45
602	2914	Alwyn Williams	M	40		00:46:59	591	00:46:29
603	1690	Mark Clutterbuck	M	45		00:46:59	618	00:46:43
604	1073	Neil Edward Thomas	M	55		00:46:59	614	00:46:41
605	2734	Geoff White	M	50	3Ms	00:47:00	582	00:46:23
606	2919	Alastair Wilson	M			00:47:01	600	00:46:33
607	1221	Samantha Louise Carte	F			00:47:01	607	00:46:38
608	2339	Christopher Lewis	M			00:47:02	615	00:46:41
609	1350	Robert Lloyo Evans	M		Fairlands Valley Spartans	00:47:02	612	00:46:40
610	3182	Michael John Williams	M			00:47:03	609	00:46:39
611	210	Christian Heathcote-Elliott	M			00:47:04	604	00:46:35
612	2828	Clive Cooksey	M	65	Parc Bryn Bach	00:47:05	630	00:46:51
613	322	Simon Inkson	M	40		00:47:05	631	00:46:55
614	2829	Stephen Chambers	M	45		00:47:05	621	00:46:45
615	2195	Jonathan Jones	M			00:47:06	596	00:46:31
616	2920	Dean Thomas	M			00:47:06	635	00:47:02
617	3315	John Sterio	M	50		00:47:07	637	00:47:03
618	3323	Daniel Palmer	M			00:47:07	627	00:46:48
619	1340	Simon Brewer	M			00:47:09	625	00:46:47
620	3531	Garry Merrell	M			00:47:09	581	00:46:23
621	501	James Bayliss	M		Team EM	00:47:11	606	00:46:37
622	1814	Tony Witchell	M	50	Liberata R C	00:47:12	576	00:46:19
623	100	Michael Davies	M	45		00:47:14	633	00:47:02
624	909	Ian Moore	M			00:47:15	616	00:46:41
625	3114	Michael John	M			00:47:15	605	00:46:36
626	114	Andrew Gardner	M	40		00:47:15	645	00:47:08
627	148	David Boucher	M	55		00:47:16	613	00:46:40
628	904	Leslie Rowe	M	50		00:47:16	626	00:46:48
629	3286	Hywel Porter	M	20		00:47:16	622	00:46:46
630	3377	Suzanne Viant	F			00:47:17	654	00:47:12
631	1701	Marcus Lee Thomas	M			00:47:18	650	00:47:11
632	1386	Mark Roblin	M	40	Carmarthen Harriers	00:47:19	634	00:47:02



### Admiral Swansea Bay 10k

GunPos	RaceNo	Name	Gender	Cat	Club	GunTime	ChipPos	ChipTime
633	2686	Captain Beany	M	50	Port Talbot Harriers	00:47:20	610	00:46:40
634	735	Andrew Dalrymple	M	40		00:47:21	636	00:47:02
635	3300	Dave Bright	M	40		00:47:21	624	00:46:46
636	605	Martin Jones	M	40		00:47:22	641	00:47:07
637	1558	Ffion Aur Evans	F	20	Amman Valley Harriers	00:47:23	648	00:47:08
638	1602	Paul Anthony Savage	M	45		00:47:24	649	00:47:10
639	3411	Beverley Dorset	F	40		00:47:25	668	00:47:23
640	3507	Jeffrey Cameron Thomas	M	40	Bridgend A C	00:47:25	628	00:46:50
641	1300	Martin Slee	M	45		00:47:25	587	00:46:26
642	2565	Wendy Owen	F	35	Admiral	00:47:26	652	00:47:12
643	2373	Hywel Tomos	M	40		00:47:27	658	00:47:14
644	1847	Loretta Daley	F	40	Les Croupiers	00:47:27	647	00:47:08
645	1283	Darren James	M	40		00:47:28	643	00:47:07
646	1682	Brian John Brookes	M	55		00:47:28	638	00:47:05
647	2144	Keith Brewer	M	50		00:47:29	644	00:47:07
648	127	Ian Brice	M	40		00:47:29	639	00:47:06
649	1712	Julie Thomas	F	45	3Ms	00:47:30	663	00:47:19
650	1515	Simon John Cox	M	45		00:47:30	642	00:47:07
651	1636	David Peter Morris	M			00:47:31	640	00:47:06
652	3423	Jonathan Morgan Jame Cudk	M			00:47:32	597	00:46:31
653	1404	Ronald Anthony	M	55	Trots	00:47:34	667	00:47:23
654	2173	Gemma Waters	F			00:47:36	655	00:47:13
655	1133	Sara Jones	F			00:47:36	653	00:47:12
656	3513	Sophie Anne Kendrick	F	20	Brecon A C	00:47:40	672	00:47:27
657	774	Megan Rosser	F	45		00:47:41	632	00:47:01
658	1810	Ray Morgan	M			00:47:42	660	00:47:15
659	3495	Benjamin James Cromie	M			00:47:42	681	00:47:33
660	656	L J Davies	M	50		00:47:46	674	00:47:28
661	1208	Mike Griffiths	M		Team Deviant	00:47:46	669	00:47:25
662	2558	Ian Barry Mort	M	40	Admiral	00:47:47	675	00:47:28
663	697	Andrew Orrar	M			00:47:47	683	00:47:34
664	837	Joanne Orszac	F			00:47:47	686	00:47:36
665	2280	Barry Bowen	M	45		00:47:47	676	00:47:28
666	2130	Peter Carlick	M	40		00:47:47	659	00:47:15
667	3090	Stephen Matthews	M			00:47:48	662	00:47:17
668	3211	Alan Jenkins	M	45		00:47:48	657	00:47:14
669	421	Penri Evans	M			00:47:50	691	00:47:39
670	2684	Robert Lloyc	M	40		00:47:50	684	00:47:34
671	3181	Simon Taylor	M			00:47:51	671	00:47:25
672	1709	Gail Colley	F	40	Wye Valley Runners	00:47:51	685	00:47:35
673	256	Ian Jenkins	M	40		00:47:51	688	00:47:36
674	983	Karl Wirth	M			00:47:51	690	00:47:38
675	3115	Stephen Roach	M			00:47:51	646	00:47:08
676	781	Dave Walker	M	50		00:47:52	664	00:47:21
677	2938	Anthony Kavanagh	M	60	Brackla Harriers	00:47:53	651	00:47:11
678	815	Andrew Jones	M			00:47:53	697	00:47:45
679	1145	Mike Wade	M	45		00:47:54	677	00:47:28
680	2927	Phillip John	M	40		00:47:55	687	00:47:36
681	2116	Andrew Richards	M		Neath Harriers	00:47:56	673	00:47:27
682	1779	Simon Jones	M			00:47:56	656	00:47:13
683	1338	Lynn Hughes	M	65	Bridgend A C	00:47:56	721	00:47:56
684	1827	Richard Owen Bevar	M	45		00:47:57	670	00:47:25
685	1788	Alan Woodwarc	M	55		00:47:58	661	00:47:15
686	2070	Adrian Williams	M			00:47:59	678	00:47:29
687	2037	Tom Russell	M			00:48:00	701	00:47:46
688	2459	Robert Nicolas James Colwe	M	20	Neath Harriers	00:48:00	715	00:47:54
689	545	Jeff Evans	M	40	Llanelli AAC	00:48:01	692	00:47:41
690	546	Nick Evans	M	50		00:48:02	693	00:47:42
691	1694	Dave Sherwooc	M	50	Wye Valley Runners	00:48:02	708	00:47:49
692	975	Sean Whatling	M		Great Bentley	00:48:03	713	00:47:52
693	3280	Stephen Robert Keogf	M		Swansea Harriers	00:48:03	727	00:47:57
694	2888	Gareth Morqar	M			00:48:04	665	00:47:21
695	1218	Jeremy Evans	M			00:48:07	722	00:47:56
696	1504	James Harris	M	45		00:48:08	712	00:47:51
697	2440	Andrew Morrissey	M			00:48:08	711	00:47:51
698	3234	David Perrimar	M	45		00:48:08	698	00:47:45
699	3533	Marc Jones	M	40		00:48:08	720	00:47:56
700	3172	Bev Dowrick	F		Plymstock Road Runners	00:48:09	707	00:47:48
701	3378	Keith Jones	M	45		00:48:10	728	00:47:58
702	2126	Christopher Howells	M			00:48:11	696	00:47:45
703	1727	Kit Lucas	M			00:48:12	666	00:47:22
704	1279	Jonathan Thomas	M			00:48:12	695	00:47:45
705	295	G H Jenkins	M	40	Amman Valley Harriers	00:48:13	729	00:47:59
706	2365	Tony Baker	M	40	Dagons	00:48:13	747	00:48:09
707	2870	Richard Howe	M			00:48:14	725	00:47:57
708	3297	David Trew	M	50		00:48:14	726	00:47:57
709	1402	Amy Edwards	F		Rhondda Valley Runners	00:48:14	705	00:47:48
710	2669	John Bailey	M	45		00:48:15	694	00:47:43
711	2197	Neil Rees	M			00:48:15	682	00:47:33

### Admiral Swansea Bay 10k

GunPos	RaceNo	Name	Gender	Cat	Club	GunTime	ChipPos	ChipTime
712	260	Leighton Connor	M		Visteon	00:48:15	706	00:47:48
713	2150	Dave Warrington	M			00:48:15	704	00:47:48
714	2207	Daniel Evans	M			00:48:17	751	00:48:10
715	2658	Robert Anthony James Sanders	M	50		00:48:17	731	00:47:59
716	3121	Stewart Lucitt	M			00:48:18	723	00:47:56
717	3086	Gill Aldworth	F	35		00:48:19	714	00:47:52
718	571	Daniel Jones	M			00:48:20	679	00:47:30
719	3393	Louise Stephanie Evans	F	40	Ebbw Vale Running Clut	00:48:21	738	00:48:05
720	3048	Andrew Morris	M		Ebbw Vale Running Clut	00:48:21	749	00:48:09
721	663	Tinashe Chipawe	M			00:48:21	771	00:48:21
722	3156	Samuel Lucitt-Rees	M	20		00:48:22	732	00:48:00
723	1422	Ricky Mark Langdon	M			00:48:22	740	00:48:05
724	1048	Anthony Roger Williams	M	40		00:48:22	743	00:48:06
725	2477	Nicola James	F		Penarth & Dinas Runners	00:48:23	739	00:48:05
726	3426	Jan Elizabeth Meadows	F	40	Forest Of Dean AC	00:48:23	748	00:48:09
727	2798	Iain Brown	M			00:48:24	702	00:47:46
728	2264	David Bailyes	M	45		00:48:24	710	00:47:51
729	2048	Aled Jones	M			00:48:25	703	00:47:47
730	3610	Lee Richards	M			00:48:25	680	00:47:32
731	1834	Simon Black	M			00:48:26	774	00:48:24
732	3467	Simon Biggs	M			00:48:27	745	00:48:08
733	2227	Peta Daniels	F	40	Llswerry Runners	00:48:27	750	00:48:09
734	809	Owain Brown	M		Team Fiascc	00:48:27	735	00:48:02
735	1940	Jason Smith	M		Wye Valley Runners	00:48:28	756	00:48:13
736	3445	Philip John Smith	M	55	Wye Valley Runners	00:48:28	764	00:48:16
737	1468	Sydney George Willocks	M	65	Teighbridge Trotter	00:48:29	741	00:48:06
738	3386	Clare Lloyd	F			00:48:30	744	00:48:06
739	1306	Derek Balsdon	M	65	Stubbington Green Runners	00:48:32	762	00:48:16
740	2531	Anne Marie Evans	F	35	Parc Bryn Bach	00:48:32	767	00:48:19
741	1237	Allan Spencer Smith	M	75	3Ms	00:48:33	777	00:48:25
742	3434	David John Naylor	M	70		00:48:33	724	00:47:56
743	1624	Allen Bunney	M	40		00:48:35	757	00:48:14
744	3108	Samuel Richards	M			00:48:35	760	00:48:15
745	2569	Wayne Driscoll	M		Admiral	00:48:36	718	00:47:55
746	3619	Runner 3608	M			00:48:36	719	00:47:56
747	1732	Simon Short	M	40		00:48:37	773	00:48:23
748	3274	Brian Fox	M	60	Swansea Harriers	00:48:37	776	00:48:24
749	2848	Marc Coombe	M			00:48:37	730	00:47:59
750	2793	Robert Cherry	M	40		00:48:38	754	00:48:13
751	3111	Philip Mackie	M	40		00:48:38	689	00:47:37
752	1835	Paul F Davies	M	50	Liberata R C	00:48:38	699	00:47:45
753	1346	Alun Davies Kurmaully	M			00:48:39	761	00:48:15
754	2514	Rebecca Clarke	F			00:48:41	758	00:48:14
755	2863	Deborah Otley	F	45	Pontypridd Rodents AC	00:48:41	752	00:48:11
756	3544	Timothy Ward	M			00:48:41	759	00:48:14
757	1430	Julian Price	M	40		00:48:41	716	00:47:54
758	1152	Gareth Huw Bamsey	M	45		00:48:41	755	00:48:13
759	2885	Yvette Johnsor	F	35		00:48:42	780	00:48:26
760	1460	Mark Gawain Joseph	M	40		00:48:42	770	00:48:20
761	2085	Jason James	M			00:48:42	781	00:48:26
762	2537	Keith Treharne	M	60	Brackla Harriers	00:48:42	733	00:48:01
763	350	Christopher Dixon	M			00:48:43	775	00:48:24
764	1719	Sarah Mccarthy	F	35	Les Croupiers	00:48:45	766	00:48:18
765	3059	James Storrai	M	45		00:48:45	709	00:47:51
766	1543	Jonathan Paul Palmer	M			00:48:45	765	00:48:17
767	1862	Gareth Hart	M		Chepstow Harriers	00:48:46	734	00:48:01
768	1695	Derek John Fenton	M	45		00:48:47	737	00:48:04
769	2817	Peter Williams	M	45		00:48:48	789	00:48:32
770	1794	Alun Williams	M		Clwb Rhedeg Menter Iaith Caerdydi	00:48:48	772	00:48:22
771	1188	Michael Mark Lyons	M	45		00:48:49	812	00:48:47
772	1555	Andrew Bishop	M	45		00:48:49	769	00:48:20
773	2306	Adam Hotson	M			00:48:51	792	00:48:36
774	2905	Chris Hawkins	M	55	Forest Of Dean AC	00:48:51	785	00:48:29
775	1177	Eddie Harris	M			00:48:52	779	00:48:25
776	614	Peter Curran	M	45		00:48:53	803	00:48:43
777	1932	Barrie Roberts	M	65	Bournvilleharriers	00:48:53	814	00:48:49
778	2411	Kathy Bradbury	F	45	Amman Valley Harriers	00:48:54	746	00:48:08
779	318	Joanne Murphy	F	40	Tynedale Harriers	00:48:54	791	00:48:34
780	3362	Tim Buckley	M			00:48:55	768	00:48:20
781	2489	Gafin Griffiths	M			00:48:55	786	00:48:30
782	1599	Gwylim Wynne Griffiths	M	50		00:48:55	788	00:48:31
783	1542	Linzi Claire Palme	F	35	Swansea Ladies Football Clul	00:48:55	805	00:48:44
784	3151	James Rodaway	M		Dads Army	00:48:56	717	00:47:54
785	2153	Christopher F. Jones	M	40		00:48:57	816	00:48:50
786	998	Ben Blackwel	M			00:48:58	736	00:48:04
787	1458	Howard John Browr	M	55	Les Croupiers	00:48:58	811	00:48:47
788	3226	Matthew Osborne	M	20		00:49:00	784	00:48:28
789	1365	Peter William Yaymon Pritchard	M	65	Wye Valley Runners	00:49:00	807	00:48:45
790	2430	Neil Clifford	M	40		00:49:01	806	00:48:45

## Admiral Swansea Bay 10k

GunPos	RaceNo	Name	Gender	Cat	Club	GunTime	ChipPos	ChipTime
791	2232	Suzanne Bevan	F	40		00:49:01	782	00:48:28
792	1078	Timothy Stephen Harris	M	20		00:49:01	700	00:47:45
793	1119	David Ellis	M		Muller	00:49:02	822	00:48:55
794	2538	Paul Jenkins	M	55		00:49:04	795	00:48:39
795	2495	Christopher Bower	M	40		00:49:05	783	00:48:28
796	1823	Vanessa Davies	F			00:49:06	804	00:48:44
797	1995	Ian Price	M	45		00:49:06	808	00:48:45
798	1716	Ramsurrun Jay M	M	55		00:49:07	742	00:48:06
799	1878	Alun Powell	M	50		00:49:08	763	00:48:16
800	1141	Alan Kirton	M	45		00:49:10	778	00:48:25
801	648	Philippa Sampson	F	40		00:49:11	796	00:48:40
802	3273	Lynne Park	F	45	Forest Of Dean AC	00:49:12	821	00:48:55
803	399	Lisa Thomas	F	35		00:49:12	790	00:48:33
804	2959	Gavin Bunting	M			00:49:13	828	00:49:01
805	3530	John Clifton	M			00:49:13	829	00:49:02
806	1447	Nicholas Julian Golunsk	M			00:49:16	799	00:48:41
807	1053	Natalie Helen Herr	F	40		00:49:17	793	00:48:38
808	218	Sandra Beynon	F	45	WLA	00:49:17	832	00:49:03
809	1277	Barry Young	M	55	Wye Valley Runners	00:49:17	802	00:48:43
810	978	Andrew Biston	M	40		00:49:19	820	00:48:55
811	1084	Leon Goldsack	M	40	Veterans AC	00:49:19	824	00:48:57
812	2309	Richard Smith	M	40		00:49:19	800	00:48:41
813	3207	Paul Goodridge	M			00:49:20	794	00:48:38
814	2479	Frank Rott	M	60		00:49:21	836	00:49:06
815	2836	Julian Williams	M			00:49:23	825	00:48:58
816	3319	James Williams	M	20		00:49:25	867	00:49:25
817	2407	James Bradbury	M	45		00:49:26	797	00:48:40
818	1180	Clive Greaves	M	40		00:49:26	843	00:49:11
819	2408	Mike Davies	M	45		00:49:27	839	00:49:10
820	3094	Peter Chowdhury	M			00:49:27	837	00:49:06
821	1268	Mark Champion	M			00:49:28	833	00:49:03
822	732	Justin Tamlin	M			00:49:28	801	00:48:43
823	3001	Timothy James	M			00:49:29	813	00:48:47
824	1164	Peter Willet Young	M	55	Welsh Athletics	00:49:30	817	00:48:50
825	1915	Judith Oakley	F	40	Vegan Runners	00:49:30	866	00:49:25
826	1951	Martin Jones	M			00:49:31	834	00:49:04
827	2112	Jeremy Ashdowr	M			00:49:31	853	00:49:18
828	3450	Roger David Fawke	M	55	Islwyn R C	00:49:31	827	00:48:59
829	3110	Becky Boret	F	35		00:49:32	848	00:49:15
830	57	Berwyn Price	M	55		00:49:32	845	00:49:13
831	58	Robert Berwyn Price	M			00:49:33	847	00:49:13
832	2526	E Roland Sherwooc	M	60	Amman Valley Harriers	00:49:33	857	00:49:20
833	1015	Glenda Roberts	F	55		00:49:33	846	00:49:13
834	3192	Gemma Bailey	F			00:49:34	815	00:48:50
835	2338	Jamie Trollope	M			00:49:34	851	00:49:16
836	1274	Lawrence Gilber	M	55		00:49:35	838	00:49:10
837	1271	Michael John Shaw	M	55	Wye Valley Runners	00:49:35	849	00:49:16
838	3607	John Ivins	M			00:49:36	841	00:49:11
839	1514	Roger Opie	M	60		00:49:36	830	00:49:03
840	3214	Ashley Phillips	M			00:49:36	842	00:49:11
841	3140	Bronwen Atkins	F			00:49:37	819	00:48:53
842	3194	Richard Llewellyr	M			00:49:38	885	00:49:34
843	3249	Lesley Woodwarc	F	55	Les Croupiers	00:49:38	809	00:48:45
844	1557	Jason Burton	M		Leamington C & A C	00:49:38	859	00:49:20
845	1909	Robert Brady	M	45	Team Rage	00:49:38	863	00:49:24
846	2315	Pete Phillips	M			00:49:38	850	00:49:16
847	2908	Barry Vickery	M			00:49:39	840	00:49:11
848	2141	Stephen Job	M	40		00:49:39	860	00:49:21
849	2857	Leyton Griffiths	M			00:49:40	826	00:48:58
850	2240	Kathryn Morris-John	F	40	3Ms	00:49:42	875	00:49:28
851	3038	Marcus Eyre	M	45	3Ms	00:49:42	877	00:49:28
852	109	Peter Jones	M	55		00:49:43	865	00:49:24
853	2110	John Evans	M	40	Hope 08	00:49:43	787	00:48:31
854	3012	Stuart Lawton	M			00:49:43	810	00:48:46
855	1948	John Ivins	M	40		00:49:44	854	00:49:18
856	2780	Jon Richards	M	20		00:49:45	823	00:48:56
857	3290	Frank Britton	M	55		00:49:45	878	00:49:28
858	2484	Eleanor Grey	F		Swansea University	00:49:46	844	00:49:12
859	1049	Andrea Hurman	F	40		00:49:46	864	00:49:24
860	2852	R Crook	M	40		00:49:48	871	00:49:26
861	3143	Emma Jones	F			00:49:49	835	00:49:05
862	2620	Stephen Malcolm Pearce	M	40		00:49:49	880	00:49:30
863	1465	Michael James Garder	M	50		00:49:50	855	00:49:19
864	2337	Darren Trollope	M			00:49:51	883	00:49:33
865	2101	Samantha Healy	F	35		00:49:52	882	00:49:32
866	449	Rachel Hall	F	35		00:49:52	879	00:49:29
867	1603	Anthony Phillip Barron	M			00:49:53	901	00:49:46
868	3016	Dennis Blunt	M	60		00:49:53	889	00:49:37
869	3152	Phineas Brooks	M		Dads Army	00:49:54	818	00:48:52

## Admiral Swansea Bay 10k

GunPos	RaceNo	Name	Gender	Cat	Club	GunTime	ChipPos	ChipTime
870	1802	John Martin	M	50		00:49:54	753	00:48:11
871	1919	Rebekah Hepburr	F			00:49:55	899	00:49:45
872	786	Keith Colemar	M			00:49:55	861	00:49:22
873	3057	Helen Roddick	F			00:49:55	906	00:49:49
874	1075	Stephen Philip Harris	M	45		00:49:56	798	00:48:40
875	2779	Hayley Jones	F			00:49:56	868	00:49:26
876	2551	Mark Trotman	M		Admiral	00:49:56	881	00:49:31
877	189	Mark Sullivan	M			00:49:57	872	00:49:27
878	2082	Ian Addey	M	45		00:49:57	873	00:49:27
879	1733	M Adanah	M			00:49:57	891	00:49:40
880	360	Paul Carman	M	50		00:49:57	856	00:49:20
881	1204	Lee Samue	M			00:49:57	869	00:49:26
882	1925	Ben Tucker	M			00:49:58	870	00:49:26
883	1018	Adrian Thomas Jay	M	40		00:49:58	892	00:49:41
884	1864	Jeremy Pennock	M	40		00:49:59	893	00:49:42
885	2074	Sean Kiernan	M			00:50:00	898	00:49:45
886	1126	Michael Aston	M	50	Leamington AC	00:50:02	912	00:49:53
887	557	Karl Hall	M	20		00:50:04	852	00:49:18
888	836	Philip Bendle	M	40		00:50:04	888	00:49:35
889	3065	Felicity Cole	F	40	Wye Valley Runners	00:50:13	913	00:49:54
890	847	Steven Jones	M			00:50:15	911	00:49:52
891	2656	Huw Davies	M	45		00:50:15	831	00:49:03
892	2183	Neil Godder	M			00:50:16	890	00:49:39
893	1776	Stewart Li	M			00:50:16	886	00:49:34
894	1426	Christopher James Cool	M			00:50:17	909	00:49:51
895	3124	Ben Jones	M	20	Gloucester A C	00:50:17	924	00:50:04
896	2111	Nick Fielden	M			00:50:18	887	00:49:35
897	1512	Robert Paul Woollacot	M			00:50:18	917	00:49:58
898	2513	Debbie Cockrarr	F	40	Fairwater Runners	00:50:19	908	00:49:50
899	1840	James Ashwin	M			00:50:19	874	00:49:27
900	2251	Ian Hopwooc	M			00:50:20	894	00:49:42
901	3435	Tara Hammett	F			00:50:21	926	00:50:05
902	374	Claire Hesketh	F	45	North Shields Polytechnic	00:50:22	914	00:49:57
903	1051	Richard Churchhill	F	40		00:50:22	884	00:49:34
904	3187	Gareth Stone	M	20		00:50:22	902	00:49:47
905	2693	Darren Thomas	M			00:50:23	858	00:49:20
906	266	Bryn Hewitt-Thomas	M			00:50:23	916	00:49:58
907	340	Bernard Murphy	M			00:50:25	927	00:50:05
908	3149	Paul Thomas	M		Dads Army	00:50:26	862	00:49:23
909	1798	Aldo Rinald	M			00:50:26	896	00:49:43
910	220	Julie Webster	F	35	Brackla Harriers	00:50:26	956	00:50:16
911	3440	Geraint Crocker	M			00:50:27	928	00:50:05
912	2136	Emma Matthews	F		Builth And District	00:50:29	919	00:49:59
913	1432	Matthew John Pugh	M			00:50:30	923	00:50:03
914	970	Karen Holyoake	F	35		00:50:30	920	00:49:59
915	3308	Philippa Catherine Francis	F	45		00:50:30	930	00:50:06
916	1225	Sheila James	F	40		00:50:31	941	00:50:10
917	1743	Dai O'Brien	M			00:50:31	904	00:49:48
918	2812	Robert Power	M	45		00:50:32	976	00:50:28
919	1083	Matthew Northerr	M	20		00:50:34	876	00:49:28
920	3212	John Ayres	M	50	Port Talbot Harriers	00:50:34	972	00:50:26
921	755	Mark Bamford	M			00:50:34	931	00:50:07
922	437	Alastair Scragg	M		Team EM	00:50:34	918	00:49:58
923	2300	Chris Spiller	M	45		00:50:36	915	00:49:58
924	3017	Ernest Cliff	M	50		00:50:36	900	00:49:45
925	522	Beth Rees	F			00:50:36	979	00:50:29
926	717	Simon Pascoe	M			00:50:36	895	00:49:42
927	1417	Michelle Cole	F		Swansea Harriers	00:50:37	910	00:49:51
928	2204	David Hutchinson	M	40		00:50:37	952	00:50:14
929	492	Richard Buckland	M			00:50:37	954	00:50:15
930	197	Kathryn James	F			00:50:38	937	00:50:08
931	969	Sabina Meehar	F	40		00:50:38	970	00:50:25
932	3406	Mark John Stevens	M			00:50:38	966	00:50:23
933	1169	Joshua David Jones	M	20		00:50:39	950	00:50:13
934	1251	Ian Alexander Wakefield	M			00:50:40	907	00:49:49
935	1198	John Wilson Rees	M	55		00:50:40	940	00:50:09
936	376	Jeff English	M			00:50:41	945	00:50:12
937	760	Paul Rundle	M	45		00:50:41	903	00:49:47
938	2272	Gaynor Benson	F		Datchet Dashers	00:50:41	946	00:50:12
939	247	Tom Denman	M			00:50:42	962	00:50:22
940	2593	Paul Martin Collins	M		Admiral	00:50:42	929	00:50:05
941	3195	David Mathias	M			00:50:42	932	00:50:07
942	2396	David Lloyd	M	40		00:50:43	897	00:49:44
943	1472	John Holohan	M	55	3Ms	00:50:43	925	00:50:04
944	2063	Andrew Edwards	M			00:50:43	973	00:50:28
945	878	David Dunbar	M	45		00:50:44	905	00:49:48
946	1582	Richard Lee Partor	M			00:50:44	939	00:50:09
947	1908	Tim Soar	M	45		00:50:45	943	00:50:11
948	1918	Dudley Ashford	M			00:50:46	981	00:50:31

### Admiral Swansea Bay 10k

GunPos	RaceNo	Name	Gender	Cat	Club	GunTime	ChipPos	ChipTime
949	3469	Richard Bracken	M			00:50:47	959	00:50:18
950	489	Sanny Yau	M		Team EM	00:50:48	944	00:50:12
951	1941	Ann Rowell	F	50	Trots	00:50:48	974	00:50:28
952	470	Simon Walker	M	20	Team EM	00:50:48	951	00:50:13
953	3522	Richard Morris	M	40		00:50:49	1010	00:50:46
954	3523	Natalie Morris	F	40		00:50:49	1011	00:50:46
955	1509	Terry Shore	M	55		00:50:49	935	00:50:07
956	3098	Sarah Gandertor	F	40		00:50:50	958	00:50:17
957	1389	Leslie Chambriar	M	55	Wye Valley Runners	00:50:52	982	00:50:33
958	2665	Laura Doyle	F			00:50:52	942	00:50:10
959	3623	Jason Mcintosh	M		JJ	00:50:52	989	00:50:37
960	3616	Anthony Beer	M	40		00:50:53	984	00:50:33
961	2691	Robert Wicks	M			00:50:53	997	00:50:40
962	1115	Neale Davies	M	45		00:50:53	967	00:50:24
963	866	Jonathan Nixon	M			00:50:53	977	00:50:29
964	2050	David Hirst	M	50		00:50:53	965	00:50:23
965	1535	James Clarke	M			00:50:54	999	00:50:40
966	2654	Mark Albert Davies	M	40		00:50:54	949	00:50:13
967	2998	John Ryan Bevan	M			00:50:54	957	00:50:17
968	1309	Gareth David Jones	M	45		00:50:56	947	00:50:13
969	1933	Jane Parsons	F	55	The Hague Road Runners	00:50:57	975	00:50:28
970	1828	Tracy Edwards	F	40	Rhondda Valley Runners	00:50:58	980	00:50:30
971	1983	Andrew Davies	M			00:50:58	993	00:50:38
972	452	Lizzy Kivell	F			00:50:59	1016	00:50:48
973	3506	Victoria Merredy	F	20		00:50:59	1012	00:50:47
974	1101	Alan Legge	M			00:50:59	934	00:50:07
975	3431	Philip Rees	M	40		00:51:00	948	00:50:13
976	3197	Lucy Merredy	F			00:51:01	1020	00:50:50
977	3407	Neil Lewis	M	45	Mumbles Milers	00:51:02	1036	00:50:56
978	3130	Mark Davies	M			00:51:03	933	00:50:07
979	2194	Dean Martin	M			00:51:03	990	00:50:37
980	1156	Stuart Ernest Barnes	M	45		00:51:04	960	00:50:20
981	3374	Paul Hammacoti	M	50		00:51:04	1013	00:50:47
982	3564	Runner 3564	M			00:51:05	936	00:50:08
983	1917	Kevin Fisher	M	45		00:51:06	938	00:50:08
984	118	Martyn Dulake	M	40		00:51:07	1003	00:50:43
985	903	Charles Phillips	M			00:51:07	922	00:50:02
986	2980	Jayne Coates	F	55		00:51:07	1005	00:50:44
987	2618	David Martin James	M	40		00:51:08	1054	00:51:05
988	2890	Zak Barrett	M			00:51:09	1025	00:50:52
989	213	Jonathan Short	M			00:51:09	969	00:50:24
990	3107	Darril Williams	M			00:51:10	1009	00:50:45
991	2712	Maria Williams	F	35	Islwyn R C	00:51:10	991	00:50:37
992	2698	Martyn Richards	M			00:51:10	992	00:50:38
993	1852	Paul Dorrell	M	40		00:51:11	963	00:50:22
994	2270	Chris Littlewooc	M	40		00:51:12	955	00:50:16
995	1785	John King	M			00:51:12	983	00:50:33
996	910	Dawn Davies	F	40		00:51:13	986	00:50:34
997	369	Martyn Cherrington	M			00:51:13	961	00:50:21
998	2014	Naomi Thomas	F	35		00:51:15	978	00:50:29
999	3175	Kevin O'Leary	M	45		00:51:15	985	00:50:34
1000	1190	William Neil Chambers	M			00:51:16	1050	00:51:03
1001	541	Ian Wallace	M	45		00:51:16	995	00:50:39
1002	2967	Jessica Forse	F			00:51:16	921	00:50:02
1003	343	Carl Thomas	M			00:51:17	968	00:50:24
1004	3060	Ian Storrar	M	40		00:51:17	964	00:50:23
1005	1341	Gareth Huw Harris	M	45		00:51:17	1034	00:50:56
1006	1434	Nigel Hugh Davies	M	50		00:51:18	1037	00:50:57
1007	1705	Gary Thomson	M	40	Wye Valley Runners	00:51:18	1004	00:50:44
1008	2174	Richard Price	M	40		00:51:18	1007	00:50:45
1009	1913	Louise Eakins	F	35	3Ms	00:51:19	1002	00:50:42
1010	1807	James Dawsor	M			00:51:19	1026	00:50:52
1011	1580	Jonathan Aldridge	M			00:51:19	998	00:50:40
1012	2281	Paul Webber	M	55		00:51:19	1042	00:50:59
1013	2009	Ian Davies	M			00:51:19	1044	00:51:00
1014	2297	Joanne Earnshaw	F	35		00:51:19	1015	00:50:48
1015	3150	Patricia Jones	F	20	Brackla Harriers	00:51:20	1018	00:50:48
1016	2683	Charlie Wise	M			00:51:21	988	00:50:37
1017	2287	Ian Hill	M	40		00:51:22	1047	00:51:02
1018	2184	Lynne Parry	F		Womens Running Network	00:51:22	1000	00:50:41
1019	1724	Richard Donne	M	45		00:51:23	1043	00:51:00
1020	2442	Robert Nash	M			00:51:23	996	00:50:40
1021	3505	Benjamin Thomas	M			00:51:24	1065	00:51:10
1022	3141	Edward Davies	M	40		00:51:24	1033	00:50:55
1023	796	Tony Griffiths	M	50		00:51:25	971	00:50:26
1024	867	Tyrone Pope	M			00:51:26	1039	00:50:58
1025	428	Stephen Riseley	M	45		00:51:26	1017	00:50:48
1026	2997	John Walsh	M	45		00:51:27	1061	00:51:07
1027	430	Berian Davies	M	50		00:51:28	1021	00:50:50

### Admiral Swansea Bay 10k

GunPos	RaceNo	Name	Gender	Cat	Club	GunTime	ChipPos	ChipTime
1028	3084	Stephen Ellery	M			00:51:29	1048	00:51:02
1029	1333	James Rhys Doyle	M	20		00:51:30	1035	00:50:56
1030	2332	Ruth Treharne	F	40	Islwyn R C	00:51:32	1063	00:51:09
1031	947	Gary Bendle	M	40		00:51:32	1049	00:51:03
1032	2873	Ian Thomas	M	45		00:51:32	1045	00:51:00
1033	3044	John Lewis	M	45	Silson Joggers	00:51:33	1008	00:50:45
1034	3025	Nicola Griffiths	F	35		00:51:34	1067	00:51:11
1035	2241	Dave Williams	M		Glamorgan Health And Raquet Clul	00:51:35	1030	00:50:53
1036	2401	Dawn Howles	F	40		00:51:35	1014	00:50:47
1037	3288	Amie Louise Craig	F	20		00:51:35	987	00:50:35
1038	1163	Michelle Willocks-Watts	F	35	Teignbridge Trotters	00:51:35	1072	00:51:13
1039	2789	Steve Groves	M	45		00:51:36	1056	00:51:06
1040	1687	David Bryan Rees	M	55		00:51:38	1077	00:51:14
1041	1699	Alun Lewis	M	55		00:51:39	1092	00:51:28
1042	2186	Julian Lewis	M			00:51:39	1058	00:51:07
1043	2681	Robert Newmar	M			00:51:39	1057	00:51:07
1044	2553	Ross Conner	M		Admiral	00:51:39	1006	00:50:44
1045	1593	Tim Williams	M			00:51:39	1052	00:51:04
1046	2312	Keith Clash	M	50		00:51:40	1038	00:50:57
1047	2073	Mark Wells	M		Starch	00:51:40	1022	00:50:51
1048	1401	Frank Neil Griffiths	M	50		00:51:41	1091	00:51:27
1049	1121	Carl Alistair Vincent	M			00:51:41	1024	00:50:52
1050	2592	Mark Goodwil	M		Admiral	00:51:41	1053	00:51:04
1051	1378	Jonathan Andrew Thomas	M	40		00:51:41	1094	00:51:29
1052	1400	Andrea Butcher-Wooc	F	40	Bitton Road Runners	00:51:41	1086	00:51:24
1053	2907	Alun Evans	M	40		00:51:42	1085	00:51:24
1054	3154	Paul Obrien	M			00:51:42	1071	00:51:12
1055	710	Richard Davies	M	40		00:51:42	1069	00:51:12
1056	1500	Paul Gibbs Sykes	M			00:51:43	953	00:50:15
1057	3022	Dewi Winter	M	50		00:51:43	1046	00:51:01
1058	3510	Kevin Williams	M	40	Neath Harriers	00:51:44	1118	00:51:44
1059	221	Adrian Hearne	M			00:51:44	1089	00:51:27
1060	895	Gillian Mason	F	45	Esporta	00:51:44	1068	00:51:11
1061	2638	Gareth James Evans	M			00:51:46	1040	00:50:58
1062	2972	Rob Hendersor	M			00:51:46	1070	00:51:12
1063	288	Ruth Swinnerton	F			00:51:48	1062	00:51:08
1064	1420	Rhian Ceris Williams	F			00:51:49	1023	00:50:51
1065	2416	John Charles	M	40		00:51:50	1060	00:51:07
1066	2509	Darryl Sleath	M			00:51:50	1059	00:51:07
1067	695	Julian Griffiths	M	40		00:51:51	1001	00:50:41
1068	828	Gary Gregoi	M	60		00:51:51	1029	00:50:53
1069	3515	Robert Coleman Owens	M			00:51:51	1027	00:50:53
1070	3514	Roderic Sylvester Co Owens	M	60		00:51:51	1028	00:50:53
1071	1347	Adrian Miller	M			00:51:51	1106	00:51:35
1072	2068	Felicity Howarc	F			00:51:52	1096	00:51:30
1073	2226	Laura Doheny	F	50		00:51:54	1109	00:51:38
1074	3442	Darren Beddows	M			00:51:54	1102	00:51:33
1075	1286	Ian Gail	M	45	Brackla Harriers	00:51:55	1084	00:51:23
1076	3028	Jonathan Kinnear	M	40		00:51:56	1032	00:50:54
1077	3492	Ross Jelf	M			00:51:56	1119	00:51:45
1078	1560	Raymond Boyce	M	45	Cornelly Striders	00:51:57	1105	00:51:34
1079	1395	Tony Nakonecznyj	M	55		00:51:57	1111	00:51:39
1080	3307	Gillian Edwards	F	40		00:51:58	1081	00:51:20
1081	1413	Richard Bilton	M			00:51:58	1101	00:51:32
1082	967	Tracy Hopkins	F			00:51:58	1104	00:51:34
1083	1281	Jan Edwards	F	50	Wye Valley Runners	00:51:59	1087	00:51:25
1084	845	John Evans	M	60		00:51:59	1083	00:51:21
1085	589	Tom Fitzpatrick	M	20		00:52:00	1095	00:51:29
1086	862	Martina Webber	F	35		00:52:00	1108	00:51:36
1087	1750	Christopher Jones	M	40		00:52:01	1098	00:51:31
1088	334	Stacey Price	M			00:52:02	1128	00:51:51
1089	3257	Stephen Woods	M	45		00:52:02	1079	00:51:18
1090	332	Neil Fermande	M			00:52:03	1078	00:51:16
1091	2849	Simon Coggei	M	40		00:52:04	1127	00:51:50
1092	2982	W Richard Bowen	M	55		00:52:04	1113	00:51:40
1093	734	Ian Wills	M	40		00:52:05	1075	00:51:14
1094	1534	Daniel Palmer	M	20		00:52:05	1041	00:50:59
1095	389	Nigel Impey	M			00:52:06	1074	00:51:14
1096	2853	Eric Evans	M	60		00:52:06	1124	00:51:49
1097	1285	Russel Pullen	M	65	Neath Harriers	00:52:08	1153	00:52:08
1098	1809	Joanne Perkins	F	35		00:52:09	1090	00:51:27
1099	1087	Carol Heather Blowe	F	45	Leamington C & A C	00:52:10	1088	00:51:26
1100	1888	Darron Rees	M	40		00:52:12	1132	00:51:53
1101	1912	Emma Conti	F		Builth And District	00:52:12	1114	00:51:40
1102	1327	Rhian Elin Williams	F		Brackla Harriers	00:52:13	1064	00:51:09
1103	3394	Bethan Rachel Edwards	F	20		00:52:13	1152	00:52:08
1104	3034	Olly Lewis	M			00:52:13	1138	00:51:58
1105	850	Adam Bruce-Smith	M			00:52:14	1066	00:51:11
1106	1527	Bernard James Carrol	M	55		00:52:14	1139	00:51:59

## Admiral Swansea Bay 10k

GunPos	RaceNo	Name	Gender	Cat	Club	GunTime	ChipPos	ChipTime
1107	112	Andrew Brown	M			00:52:15	1100	00:51:32
1108	3053	Geraint Williams	M			00:52:15	1115	00:51:40
1109	3569	Susan Pretty	F	50	Wye Valley Runners	00:52:15	1140	00:51:59
1110	270	Paul Brown	M			00:52:15	1099	00:51:32
1111	1952	Adrian Trollope	M			00:52:16	1137	00:51:58
1112	3225	Dan Rundle	M	40		00:52:16	1051	00:51:04
1113	2460	Richard Lewis Mainwaring	M			00:52:16	1123	00:51:47
1114	169	Nigel Morse	M	40	3Ms	00:52:16	1121	00:51:47
1115	3245	Kelvin Phillips	M			00:52:17	1120	00:51:46
1116	344	Phillip Sheridar	M	20		00:52:17	1154	00:52:08
1117	3545	Phillipa Knowles	F	35		00:52:18	1082	00:51:21
1118	794	Karen Davies	F	35		00:52:19	1112	00:51:39
1119	1532	Anthony Palmer	M	20		00:52:19	1073	00:51:13
1120	2212	Brian Cheetham	M			00:52:20	1107	00:51:35
1121	979	Ian Robertsor	M			00:52:20	1103	00:51:34
1122	628	Alun Harris	M	45		00:52:20	1141	00:52:00
1123	2760	Christopher Bevan	M			00:52:20	1117	00:51:43
1124	3116	Ian Leaves	M	20		00:52:21	1093	00:51:29
1125	1021	Caroline Harris	F	40		00:52:21	1163	00:52:12
1126	3083	Mike Roberts	M			00:52:22	1080	00:51:18
1127	3391	Clare Strawbridge	F	35		00:52:22	1110	00:51:39
1128	596	Christina Williams	F	45	WLA	00:52:23	1134	00:51:56
1129	699	Joram Los	M	20		00:52:23	1136	00:51:57
1130	3433	Macolm James Bulldugt	M	50		00:52:23	1031	00:50:54
1131	607	Pete Brennan	M	45		00:52:24	1019	00:50:49
1132	2560	Neil Young	M		Admiral	00:52:24	1122	00:51:47
1133	3146	Richard Rimmel	M	45		00:52:25	1076	00:51:14
1134	2252	Paul Reader	M	40		00:52:26	1155	00:52:09
1135	2958	Raymond Fisher	M	50	WMAA	00:52:26	1097	00:51:31
1136	1362	Kate Louise Russel	F			00:52:29	1167	00:52:15
1137	1471	Kim Holohan	F	50	3Ms	00:52:32	1133	00:51:54
1138	2180	Mark Wade	M			00:52:32	1126	00:51:50
1139	2552	Steven Williams-Jones	M		Admiral	00:52:33	1135	00:51:57
1140	2954	Paul Daly	M			00:52:33	1055	00:51:05
1141	3400	Rhodri Aled Rees	M			00:52:35	1129	00:51:51
1142	1334	Kevin Paul Doyle	M	45		00:52:36	1145	00:52:02
1143	2751	Kevin Scannell	M	40		00:52:36	1143	00:52:00
1144	2342	Jason Thomas	M			00:52:37	1159	00:52:11
1145	101	Nell Darby	F	35		00:52:37	1116	00:51:41
1146	2318	Ruth Newman	F	35	Vegan Runners	00:52:37	994	00:50:38
1147	1621	Steven John Ivens	M	55		00:52:38	1170	00:52:20
1148	3246	Neil Clegg	M	45		00:52:40	1131	00:51:53
1149	2507	Rhodri Rowlands	M			00:52:40	1182	00:52:29
1150	1096	Andrew Paul Jones	M			00:52:42	1130	00:51:52
1151	2205	Liz Baynton-Clarke	F	50		00:52:43	1176	00:52:26
1152	1934	Jennie Conti	F	50	Builth And District	00:52:44	1162	00:52:11
1153	2372	Dorothy Murdoch	F			00:52:45	1142	00:52:00
1154	3500	Dennis Andrew Collins	M	40	Rhondda Valley Runners	00:52:45	1169	00:52:17
1155	1344	Darian Trystan Jones	M			00:52:45	1175	00:52:24
1156	254	Andrew Woodhouse	M			00:52:46	1164	00:52:13
1157	2570	Alex Deem	M		Admiral	00:52:46	1150	00:52:07
1158	3457	James Richards	M			00:52:47	1173	00:52:22
1159	1991	Gareth Jones	M			00:52:47	1125	00:51:49
1160	3524	Llinos Phillips	F			00:52:49	1184	00:52:31
1161	3512	Suzanne Kendrick	F	45	Rhayader A C	00:52:51	1178	00:52:27
1162	3432	Steven Peter Price	M	40		00:52:52	1147	00:52:04
1163	2766	Danielle Smith	F			00:52:54	1168	00:52:16
1164	3550	Huw Lewis	M	50		00:52:54	1144	00:52:01
1165	965	Matt Rogerson	M			00:52:54	1202	00:52:39
1166	2571	Christopher James Smitt	M		Admiral	00:52:54	1190	00:52:34
1167	2572	Kathryn Emma Davies	F		Admiral	00:52:55	1195	00:52:35
1168	2649	Alex Nash	F	35	Activa	00:52:55	1161	00:52:11
1169	1848	Lyndsey Dodds	F		Swansea Harriers	00:52:55	1165	00:52:14
1170	459	Robert Walker	M	55	Team EM	00:52:56	1189	00:52:34
1171	882	Tim Mckay	M	50		00:52:56	1149	00:52:07
1172	1980	Rhiannon Gravel	F	40		00:52:56	1160	00:52:11
1173	1691	Sue Neil	F	55	Les Croupiers	00:52:56	1183	00:52:31
1174	1375	Sara Griffiths	F		Neath Harriers	00:52:56	1194	00:52:35
1175	1148	Michael George Shellarc	M	65	Swansea Harriers	00:52:57	1166	00:52:14
1176	3064	Kevin Richards	M			00:52:58	1214	00:52:44
1177	2547	David Walker	M	50		00:52:58	1185	00:52:32
1178	2637	Craig Cooley	M			00:52:59	1179	00:52:27
1179	1246	Debbie Shufflebotham	F	40		00:52:59	1171	00:52:21
1180	1824	Adrian Palmer	M	50		00:53:00	1186	00:52:32
1181	1674	William Howard Jones	M	50	Brackla Harriers	00:53:01	1181	00:52:29
1182	1256	Colin Leslie Williams	M	65	Wye Valley Runners	00:53:01	1210	00:52:42
1183	261	Mike Jarman	M	45	Uknetrunner	00:53:01	1198	00:52:37
1184	662	Craig Perrimar	M			00:53:03	1206	00:52:39
1185	2228	Rhys Gedrych	M			00:53:03	1146	00:52:03

### Admiral Swansea Bay 10k

GunPos	RaceNo	Name	Gender	Cat	Club	GunTime	ChipPos	ChipTime
1186	885	David Morgan	M	40		00:53:04	1207	00:52:40
1187	3325	Christopher John Colemar	M	50		00:53:04	1196	00:52:35
1188	2710	Tim Hoskins	M			00:53:05	1216	00:52:45
1189	1429	Philip Ian Price	M	45		00:53:07	1201	00:52:38
1190	3264	Ian Swanson	M	55	Port Talbot Harriers	00:53:07	1243	00:52:59
1191	843	Lorraine Coltor	F	35		00:53:09	1249	00:53:02
1192	3614	Alex Hackett	M			00:53:10	1211	00:52:42
1193	1729	Steven Morgan	M			00:53:10	1213	00:52:44
1194	1183	Christopher Colin Thomas	M	40		00:53:12	1188	00:52:33
1195	1578	Stuart Kendal	M			00:53:12	1187	00:52:33
1196	1770	Emily Davies	F		Wye Valley Runners	00:53:12	1200	00:52:37
1197	3521	Mark Vivian	M	40		00:53:12	1203	00:52:39
1198	3302	Donald Hill	M	20		00:53:13	1156	00:52:10
1199	798	Benjamin White	M		Team Dupain	00:53:14	1158	00:52:11
1200	797	Emma Dupain	F		Team Dupain	00:53:14	1157	00:52:10
1201	2992	Owen Morgar	M	40		00:53:15	1241	00:52:58
1202	620	David Jones	M	50		00:53:16	1212	00:52:43
1203	2897	Leanne Fern	F			00:53:16	1151	00:52:07
1204	407	Christian Rees	M			00:53:17	1174	00:52:24
1205	2379	Hae-Kyong Smith	F	45	Wye Valley Runners	00:53:17	1219	00:52:45
1206	599	David Williams	M			00:53:19	1177	00:52:26
1207	811	Stephen Palmer	M	40		00:53:19	1193	00:52:34
1208	3200	Dale Ryan	M			00:53:19	1148	00:52:06
1209	2168	Stuart James	M	40		00:53:21	1247	00:53:00
1210	1955	Colin Child	M	65	Swindon Striders	00:53:22	1192	00:52:34
1211	482	Catherine Cavel	F		Team EM	00:53:22	1225	00:52:47
1212	2473	Rhian Jones	F			00:53:23	1204	00:52:39
1213	1403	Tony Hall	M	60		00:53:27	1256	00:53:08
1214	2084	Martin Bowen Jones	M	45		00:53:27	1180	00:52:28
1215	234	Camilla King	F			00:53:28	1257	00:53:08
1216	3502	Darren Evans	M			00:53:28	1172	00:52:21
1217	3486	Anthony John Gattrel	M	45		00:53:28	1237	00:52:56
1218	1860	Matthew Hulmes	M			00:53:28	1235	00:52:54
1219	423	Richard Adams	M	40	Adams Family	00:53:30	1205	00:52:39
1220	433	Michael Stevens	M		Adams Family	00:53:30	1208	00:52:40
1221	3224	Nigel Leighton Jones	M	50	LLANELLI STROLLERS	00:53:30	1242	00:52:58
1222	1877	Tomos Powel	M	20		00:53:31	1209	00:52:40
1223	2326	Ali Luly	F	35		00:53:32	1199	00:52:37
1224	370	Chris Gwynn	M	40		00:53:33	1292	00:53:30
1225	2118	Jose Luis De La Cuesta Padilla	F	35		00:53:33	1220	00:52:45
1226	2819	Dale Williams	M	40		00:53:33	1232	00:52:53
1227	3007	Tomos Grice	M			00:53:34	1221	00:52:45
1228	2820	Michael Thomas	M			00:53:34	1234	00:52:54
1229	3508	Ceri Susan Thomas	F	40	Bridgend A C	00:53:34	1246	00:53:00
1230	171	Martin Williams	M			00:53:34	1191	00:52:34
1231	2293	Andrew Brown	M	40		00:53:37	1223	00:52:46
1232	3332	Garth Edward Giesbrech	M	50		00:53:37	1222	00:52:46
1233	1680	Arwyn Isaac Jones	M	55		00:53:38	1230	00:52:52
1234	1681	Katie Emma Jane Jones	F	20		00:53:38	1231	00:52:52
1235	889	C Jones	F	45	Womens Running Network	00:53:38	1266	00:53:14
1236	1200	Mark Thomas	M			00:53:39	1264	00:53:12
1237	888	Pauline Thomas	F	65	Trots	00:53:39	1229	00:52:52
1238	1342	Richard Tudor Morgar	M	60		00:53:39	1227	00:52:49
1239	1244	Geoffrey Roberts	M	50		00:53:40	1217	00:52:45
1240	2257	Lisa Ekman	F	35	Brackla Harriers	00:53:41	1263	00:53:10
1241	2322	Suzanne Warren	F			00:53:41	1238	00:52:56
1242	1003	Mark Hammacot	M	45		00:53:44	1215	00:52:45
1243	2700	Martin Franklin	M	40		00:53:44	1224	00:52:46
1244	668	A Davies	F	45		00:53:45	1250	00:53:03
1245	1965	Natalie Collingharr	F			00:53:45	1244	00:52:59
1246	2646	Jonathan Britton	M		Activa	00:53:45	1253	00:53:06
1247	1751	Kristian Watts	M			00:53:46	1260	00:53:10
1248	1745	Caroline Jones	F	35	Womens Running Network	00:53:47	1278	00:53:22
1249	3436	Cole Julie	F	40		00:53:48	1295	00:53:32
1250	1363	Caroline Boote	F	35		00:53:49	1267	00:53:14
1251	1317	Susan Michelle Widlake	F	40		00:53:49	1272	00:53:19
1252	1773	Wayne Talbot	M	45	Devon & Cornwall Constabulary	00:53:49	1197	00:52:36
1253	414	Philip Bosley	M	45		00:53:51	1262	00:53:10
1254	372	Stephen Ricketts	M			00:53:52	1245	00:53:00
1255	2078	Keith Powel	M	50		00:53:52	1236	00:52:55
1256	3540	Jason Ingharr	M			00:53:53	1248	00:53:01
1257	2850	Jayne Lewis	F	35		00:53:54	1259	00:53:10
1258	2680	Stephen Hughes	M	40	Llanwiggly Harriers	00:53:54	1268	00:53:14
1259	110	Oliver Hodgson	M			00:53:55	1315	00:53:46
1260	2840	Kristina Williams	F	35	Team Deviani	00:53:55	1291	00:53:29
1261	1397	Annie Morrison	F	45	Falmouth Road Runners	00:53:56	1218	00:52:45
1262	2831	Rhian Hopkins	F		Pontypridd Rodents AC	00:53:56	1255	00:53:07
1263	2975	Suzanne Adkins	F		Afco Swansea	00:53:57	1300	00:53:36
1264	2115	Terry Vickery	M	65		00:53:58	1284	00:53:26



## Admiral Swansea Bay 10k

GunPos	RaceNo	Name	Gender	Cat	Club	GunTime	ChipPos	ChipTime
1265	419	Graham Corkei	M			00:53:58	1233	00:52:53
1266	3441	Andrew Phillips	F			00:53:59	1303	00:53:37
1267	775	Robert Morgan	M			00:54:01	1258	00:53:09
1268	1047	Lorna Gillian Foster	F	45		00:54:01	1240	00:52:57
1269	2671	Alison Kibblewhite	F	40		00:54:02	1239	00:52:56
1270	287	David Van Gelder	M	50		00:54:02	1271	00:53:18
1271	1829	Simon Clement	M			00:54:02	1320	00:53:50
1272	919	Emma Richards	F			00:54:02	1281	00:53:24
1273	1747	Jose Cifuentes	M	55		00:54:03	1333	00:53:58
1274	621	Steve Morgan	M	55		00:54:05	1269	00:53:16
1275	803	Wendy Rees	F	45	Griffithstown Harriers	00:54:05	1287	00:53:27
1276	2530	Peter Maloney	M	60	Griffithstown Harriers	00:54:05	1286	00:53:26
1277	178	Christopher Rafferty	M	20		00:54:05	1299	00:53:35
1278	2541	Carole Vaughan	F	45		00:54:06	1302	00:53:36
1279	618	Mark Fermande	M			00:54:06	1274	00:53:19
1280	701	Nicholas Jenkins	M	40		00:54:08	1290	00:53:28
1281	3602	Alun James Barfoot	M	55	Activa	00:54:08	1301	00:53:36
1282	2096	Mohan Pillai	M	55		00:54:09	1252	00:53:06
1283	1587	Richard Vyvyan Jones	M	40		00:54:09	1328	00:53:55
1284	2510	Jennifer Sleath	F	35		00:54:10	1288	00:53:27
1285	1077	Anthony Frost	M	50		00:54:10	1265	00:53:12
1286	2668	Peter Hart	M			00:54:11	1304	00:53:40
1287	1923	John Lovell	M	55	Neath Harriers	00:54:12	1293	00:53:31
1288	2912	Rich Skyrme	M			00:54:13	1270	00:53:18
1289	1248	Gareth Maybery Richards	M	55		00:54:13	1226	00:52:48
1290	733	Kiri Mccutcheon	F	20		00:54:14	1279	00:53:23
1291	1895	Andy Williams	M	40		00:54:15	1254	00:53:07
1292	2536	Roger Stein	M	50		00:54:17	1344	00:54:06
1293	3601	Gareth Warren	M			00:54:17	1261	00:53:10
1294	1387	Julia Davies	F	45		00:54:17	1308	00:53:43
1295	3316	David Rogers	M			00:54:17	1251	00:53:06
1296	2389	Roger Morrel	M	45		00:54:17	1305	00:53:41
1297	2215	Jonesmeister Jones	M			00:54:18	1318	00:53:48
1298	223	Chris Timmins	M			00:54:18	1310	00:53:45
1299	1295	Isabel Mary Evans	F	35		00:54:18	1306	00:53:41
1300	551	Stephen Williams	M			00:54:19	1334	00:54:00
1301	2508	Michael Terry	M	55		00:54:20	1307	00:53:42
1302	3208	Tom Bates	M			00:54:20	1228	00:52:50
1303	1523	Nichola Roberts	F	35		00:54:20	1323	00:53:53
1304	1470	Christine Motterarr	F	65	Wye Valley Runners	00:54:21	1340	00:54:02
1305	1849	Stephen Rees	M	50	Swansea Law Society	00:54:21	1331	00:53:57
1306	2953	Peter Hansford	M	55		00:54:21	1349	00:54:09
1307	2574	Matt Regan	M		Admiral	00:54:22	1276	00:53:20
1308	1648	Simon Kinsman	M	40		00:54:22	1280	00:53:24
1309	2468	Barry Norris	M	50	Fetch Everyone Running Clut	00:54:23	1294	00:53:31
1310	309	Stephen Ware	M	40		00:54:23	1342	00:54:04
1311	1266	Patrick Lilly	M	40		00:54:24	1277	00:53:21
1312	317	Jonathan Brooks	M	40		00:54:25	1298	00:53:34
1313	2549	Chris Settle	M			00:54:25	1312	00:53:45
1314	2000	Stephen Newbury	M	50		00:54:27	1296	00:53:32
1315	2404	Keri Hiles	M			00:54:27	1309	00:53:44
1316	1945	Karen Wedmore	F	40		00:54:27	1321	00:53:51
1317	413	Carl Rose	M	40		00:54:29	1317	00:53:47
1318	1974	Alwyn Thomas	M	50		00:54:30	1314	00:53:46
1319	2944	Darren Powis	M			00:54:31	1337	00:54:01
1320	2364	Rich Bryant	M			00:54:31	1282	00:53:24
1321	3238	Louise Udiwai	F			00:54:32	1319	00:53:49
1322	2347	Mark Adey	M			00:54:33	1297	00:53:34
1323	3219	Amanda Lynch	F	35		00:54:34	1273	00:53:19
1324	3221	Paul Lynch	M			00:54:34	1275	00:53:20
1325	1768	Hugh Price	M	55		00:54:34	1285	00:53:26
1326	1792	Ian Michael	M	40		00:54:34	1313	00:53:45
1327	229	John Barry	M	45		00:54:35	1283	00:53:25
1328	3133	Chris Evans	M			00:54:37	1348	00:54:09
1329	2521	Huw Maddock	M	45		00:54:37	1356	00:54:12
1330	2790	Alan Roberts	M	50	Port Talbot Harriers	00:54:38	1332	00:53:57
1331	1924	Leighton Williams	M	40		00:54:38	1289	00:53:28
1332	2735	Laura Williams	F			00:54:40	1362	00:54:15
1333	2625	David James Rees	M	20		00:54:41	1372	00:54:21
1334	2427	David Ashman	M	45		00:54:41	1327	00:53:55
1335	3050	Gary Marshall	M	50		00:54:42	1347	00:54:08
1336	161	Aaron Treagus	M	20		00:54:43	1335	00:54:00
1337	3049	Deborah Marshal	F	45		00:54:44	1353	00:54:10
1338	3479	Paul Mourzzi	M			00:54:46	1416	00:54:42
1339	1703	Martin Carroll	M	45		00:54:46	1393	00:54:31
1340	649	Steven Roy	M			00:54:47	1363	00:54:16
1341	3557	Mark Edwards	M	45		00:54:47	1404	00:54:34
1342	3553	Nigel Thomas	M	50		00:54:47	1361	00:54:14
1343	767	Anthony James	M			00:54:48	1336	00:54:00

### Admiral Swansea Bay 10k

GunPos	RaceNo	Name	Gender	Cat	Club	GunTime	ChipPos	ChipTime
1344	2383	Hilary Thomas	F	50	Womens Running Network	00:54:48	1364	00:54:17
1345	1454	Vyvyan Smith	M	45		00:54:50	1391	00:54:31
1346	1122	Paul John Sydenharr	M	50		00:54:51	1316	00:53:46
1347	800	Abi Bentinck-Hinton	F			00:54:51	1343	00:54:06
1348	2291	Sarah Edwards	F			00:54:52	1398	00:54:33
1349	1355	David Rees	M	45		00:54:52	1311	00:53:45
1350	1963	David Price	M			00:54:52	1329	00:53:56
1351	1444	Gavin Thomas Hope	M			00:54:52	1411	00:54:40
1352	2535	David Williams	M	50		00:54:53	1354	00:54:11
1353	854	Oona Crawford	F	55	Trots	00:54:56	1352	00:54:10
1354	3509	Richard Williams	M	40	Neath Harriers	00:54:57	1437	00:54:57
1355	2393	Sian Tomos	F	40		00:54:57	1355	00:54:11
1356	808	Martin Pollet	M	40	Team Fiascc	00:54:58	1399	00:54:34
1357	1185	Paul Wayne Skinner	M			00:55:00	1338	00:54:01
1358	2662	Ali Wood	F	40		00:55:00	1366	00:54:18
1359	1414	Anwar Najjar	M			00:55:00	1400	00:54:34
1360	1016	Deborah Ann Clifford	F	40	Wye Valley Runners	00:55:00	1388	00:54:30
1361	2394	Simon Watkins	M			00:55:00	1358	00:54:13
1362	1017	Phillip Owen Clifford	M	45	Wye Valley Runners	00:55:00	1390	00:54:30
1363	2159	Emma Humphreys	F			00:55:03	1341	00:54:04
1364	2418	Michael Nicholson	M	65		00:55:03	1339	00:54:01
1365	2152	Alison Cook	F		Penarth & Dinas Runners	00:55:04	1360	00:54:14
1366	1219	Andrew John Beator	M			00:55:04	1403	00:54:34
1367	1220	Melinda Beator	F	45		00:55:05	1402	00:54:34
1368	591	Alistair Benson	M			00:55:05	1373	00:54:22
1369	2187	Richard Clarke	M		Robert Clarke Fitness Centre	00:55:05	1387	00:54:29
1370	2584	Samantha Grove	F	35	Admiral	00:55:06	1371	00:54:21
1371	1305	Richard Wynne Thomas	M	40		00:55:07	1351	00:54:09
1372	273	Andrew Booth	M	50	Road Runners Club	00:55:08	1357	00:54:13
1373	152	Kevin Davis	M	45	Thornbury Running Club	00:55:08	1350	00:54:09
1374	1162	Gary John Sawdor	M	45		00:55:10	1383	00:54:27
1375	2356	Branwen Lloyd-Evans	F	35	Serpentine	00:55:10	1384	00:54:27
1376	2910	Darren Raz-Nick	M			00:55:11	1381	00:54:27
1377	2458	Nicholas Michael Colwel	M	40		00:55:12	1453	00:55:06
1378	1303	Jacqueline King	F	40		00:55:12	1379	00:54:25
1379	2809	James Purdue	M			00:55:12	1322	00:53:53
1380	2319	Catherine Isaac	F	40		00:55:12	1396	00:54:33
1381	3176	Sebastian Van Locherr	M		R Mon Re 108 Sqn	00:55:12	1325	00:53:54
1382	2071	Adrian Johnson	M			00:55:12	1324	00:53:53
1383	1345	Steve Kern	M	40		00:55:13	1326	00:53:54
1384	763	Phil Saunders Lewis	M	55		00:55:14	1367	00:54:18
1385	440	Michael Deadmar	M	60		00:55:16	1377	00:54:24
1386	167	James Davies	M	40	3Ms	00:55:18	1424	00:54:48
1387	2303	Valerie Edwards	F	50		00:55:18	1443	00:55:00
1388	1975	Jonathan Coffey	M	40		00:55:19	1454	00:55:06
1389	2567	Kevin Chidwick	M	45	Admiral	00:55:20	1330	00:53:56
1390	533	Stephanie Hoffman	F	40		00:55:21	1406	00:54:36
1391	3465	Sara Jones	F			00:55:21	1376	00:54:24
1392	1964	Karen Burrows	F	45	3Ms	00:55:21	1418	00:54:44
1393	1466	Elizabeth Whitwel	F	40		00:55:21	1389	00:54:30
1394	1113	Melanie Mallor	F	45	Esporta	00:55:22	1413	00:54:41
1395	205	James Neil	M	20		00:55:22	1409	00:54:39
1396	1252	Alan Rose	M	50		00:55:22	1378	00:54:25
1397	643	Sara Davies	F	40		00:55:23	1405	00:54:36
1398	2988	Andrew Job	M	40		00:55:24	1421	00:54:46
1399	2079	Coleen Tombs	F	40		00:55:25	1407	00:54:37
1400	2007	Gemma Benjamir	F			00:55:25	1472	00:55:14
1401	2470	Deborah Hay-Harris	F	45	Lliswerry Runners	00:55:26	1456	00:55:08
1402	3236	Heather Osborne	F	45		00:55:26	1431	00:54:55
1403	3256	Perry Morgan	M	45		00:55:26	1419	00:54:45
1404	496	Samantha Naylor	F	35		00:55:27	1359	00:54:14
1405	3198	Jacqueline Louise Jones	F	35	Islwyn R C	00:55:27	1415	00:54:41
1406	1503	Helen Samue	F	40		00:55:27	1426	00:54:49
1407	846	Jim Loft	M	50		00:55:27	1408	00:54:39
1408	2878	Jodi Batemar	F			00:55:28	1368	00:54:19
1409	1511	Russell Wood	M	60		00:55:28	1412	00:54:40
1410	2563	Michael Jones	M		Admiral	00:55:28	1345	00:54:06
1411	1443	Donna Williams	F	40	Amman Valley Harriers	00:55:31	1476	00:55:17
1412	1442	Hayden Williams	M	40	Amman Valley Harriers	00:55:31	1477	00:55:17
1413	1767	Michael Giffard	M			00:55:31	1375	00:54:23
1414	1238	Steven Millard	M	50		00:55:31	1380	00:54:26
1415	1207	Lucy Fiona Deering	F	35		00:55:31	1346	00:54:07
1416	999	Matthew Williams	M			00:55:32	1448	00:55:04
1417	537	Mike Daniel	M			00:55:32	1417	00:54:43
1418	1450	Joanne Rothwel	F	20		00:55:32	1374	00:54:22
1419	3428	Leigh Christopher Bushel	M			00:55:32	1394	00:54:31
1420	1556	Howard Davies	M	40		00:55:33	1428	00:54:51
1421	1074	Andrew Northern	M	45	Midlands Masters AC	00:55:34	1385	00:54:28
1422	1050	Julie Churchill	F	35		00:55:34	1410	00:54:39

## Admiral Swansea Bay 10k

GunPos	RaceNo	Name	Gender	Cat	Club	GunTime	ChipPos	ChipTime
1423	465	Helen Godden	F			00:55:35	1386	00:54:29
1424	457	Andrea Whitfield	F	40		00:55:35	1392	00:54:31
1425	2465	Oliver Longmore	M			00:55:36	1382	00:54:27
1426	1439	Gwyn Jones	M	75		00:55:36	1479	00:55:19
1427	1024	Simon Morse-Jones	M			00:55:36	1466	00:55:10
1428	490	Louisa Dunlop	F			00:55:37	1433	00:54:55
1429	2702	Luke Fox	M	20		00:55:38	1450	00:55:04
1430	1738	Carl Reed	M			00:55:38	1395	00:54:32
1431	563	Des Fitzpatrick	M	50		00:55:38	1465	00:55:10
1432	2064	Vaughn Davies	M	45		00:55:38	1397	00:54:33
1433	1280	Howard Randall Morgar	M	65		00:55:39	1444	00:55:00
1434	2846	Emma Jenkins	F	35		00:55:40	1370	00:54:20
1435	2561	Aiden Casey	M		Admiral	00:55:41	1365	00:54:18
1436	1706	Annie Conroy	F	60	Les Croupiers	00:55:41	1464	00:55:10
1437	892	Susan Glazzarc	F	40		00:55:42	1482	00:55:21
1438	1643	Neil Murphy	M			00:55:43	1446	00:55:03
1439	2190	Sarah Lewis	F	35		00:55:43	1420	00:54:46
1440	2466	Richard Davies	M			00:55:43	1369	00:54:20
1441	1613	Sian Morgan	F	35		00:55:44	1425	00:54:48
1442	752	Liz Lovell	F	40	Womens Running Network	00:55:44	1401	00:54:34
1443	1239	Steven Parsons	M			00:55:45	1457	00:55:08
1444	1567	Ben Richard Ashton	M			00:55:46	1442	00:55:00
1445	868	Emma Pawsey	F			00:55:46	1483	00:55:21
1446	3351	Wayne Thomas	M	40		00:55:46	1462	00:55:10
1447	3552	Robert Skelton	M	50		00:55:46	1438	00:54:58
1448	738	Claire Sutton	F	40	Griffithstown Harriers	00:55:47	1459	00:55:09
1449	2909	Cheryl Rees	F	35		00:55:48	1461	00:55:10
1450	1282	Robert James Sandry	M	55		00:55:49	1501	00:55:33
1451	3478	Paul Wheatley	M			00:55:49	1514	00:55:45
1452	2523	Gavin Lewis	M			00:55:51	1517	00:55:48
1453	2274	Claire Bird	F	40	Clevedon	00:55:52	1439	00:54:58
1454	884	Huw Davies	M			00:55:52	1488	00:55:24
1455	2542	Rebecca Edwards	F			00:55:53	1449	00:55:04
1456	1421	Lesley Langdor	F	40		00:55:53	1504	00:55:37
1457	416	Peter Dale	M	55		00:55:55	1435	00:54:56
1458	115	Jo Dale	F			00:55:55	1436	00:54:56
1459	750	Nathan Jones	M			00:55:57	1441	00:55:00
1460	1853	Carol Towers	F	40		00:55:57	1422	00:54:47
1461	2697	Rhian Durham	F		Pontypridd Rodents AC	00:55:58	1485	00:55:23
1462	2211	Andrew White	M			00:55:59	1469	00:55:13
1463	3020	Hugh Gripper	M			00:56:01	1451	00:55:05
1464	2962	Helen Marie Walters	F			00:56:01	1452	00:55:05
1465	1833	Hywel Phillips	M			00:56:02	1447	00:55:03
1466	1398	Andrew Hal	M			00:56:03	1427	00:54:51
1467	523	Gary Thorne	M	45		00:56:03	1512	00:55:44
1468	1899	Peter Llewelyn Evans	M	40		00:56:04	1499	00:55:30
1469	1437	Susan Jones	F	60	Wye Valley Runners	00:56:05	1500	00:55:30
1470	488	Tom Price	M			00:56:06	1470	00:55:13
1471	2388	Gail Morrel	F	40		00:56:07	1432	00:54:55
1472	1904	Luc Funnell	M	20		00:56:07	1489	00:55:24
1473	2664	Alex Robertsor	M	50		00:56:07	1434	00:54:55
1474	2236	Robert Royce	M	45		00:56:08	1478	00:55:19
1475	780	Nia Seaton	F			00:56:08	1414	00:54:41
1476	3165	Philippa Williams	F	35	Activa	00:56:10	1520	00:55:54
1477	2601	Christopher Hockley	M			00:56:11	1522	00:55:54
1478	826	Nigel Williams	M	40		00:56:11	1474	00:55:15
1479	298	Andrew Davies	M			00:56:11	1463	00:55:10
1480	986	Phillip Doel	M	45		00:56:11	1429	00:54:51
1481	2934	Hywel Daniels	M			00:56:12	1473	00:55:15
1482	282	Tamsin Josty	F	40		00:56:12	1467	00:55:12
1483	1040	Amanada Bebt	F	40		00:56:12	1491	00:55:26
1484	1038	Edward Christian Foxel	M			00:56:14	1423	00:54:47
1485	1759	Jon Talbot	M	20		00:56:14	1440	00:54:59
1486	2765	Marc Batcup	M			00:56:16	1543	00:56:06
1487	2019	Rachel Phillips	F	40		00:56:17	1496	00:55:28
1488	1501	Tommy Chun Hing Wong	M	45		00:56:18	1430	00:54:52
1489	1686	Emma Felicity Cownie	F	40		00:56:18	1493	00:55:27
1490	1491	Colin Gardner	M	55		00:56:18	1506	00:55:39
1491	1867	Julian Morgan	M			00:56:18	1563	00:56:18
1492	1581	Nichola Jayne Partor	F			00:56:18	1511	00:55:44
1493	645	David Jarman	M			00:56:18	1510	00:55:43
1494	1379	Richard William Llyoc	M			00:56:19	1544	00:56:07
1495	3519	Ricky Shumack	M			00:56:20	1480	00:55:19
1496	107	David Corrick	M	45		00:56:20	1486	00:55:23
1497	111	Sue Corrick	F	35		00:56:20	1487	00:55:23
1498	3077	Rhianwen Petrus	F	35		00:56:21	1445	00:55:01
1499	1990	Peter Slee	M			00:56:22	1497	00:55:29
1500	2548	Tina Sharpe	F	40		00:56:22	1490	00:55:24
1501	314	Richard Morgan	M	60		00:56:23	1545	00:56:08

### Admiral Swansea Bay 10k

GunPos	RaceNo	Name	Gender	Cat	Club	GunTime	ChipPos	ChipTime
1502	3618	Dylan Morris	M			00:56:24	1498	00:55:30
1503	1896	Les Ainscough	M	45	Caerleon Running Clut	00:56:25	1481	00:55:21
1504	1270	Julie Louise Gethinç	F	35	Womens Running Network	00:56:26	1475	00:55:16
1505	1369	Chris Griffiths	M			00:56:28	1542	00:56:05
1506	3261	Anthony Williams	M	40		00:56:28	1550	00:56:10
1507	3260	Diane Caroline Williams	F	40		00:56:28	1516	00:55:47
1508	3036	Neil Davies	M	45		00:56:28	1507	00:55:39
1509	82	Enda Coultry	M	40	Team Rage	00:56:29	1525	00:55:54
1510	911	Tim Brown	M	50		00:56:30	1458	00:55:09
1511	3480	Linda Tucker	F	45	Neath Harriers	00:56:30	1535	00:55:58
1512	1921	Stephen Thompsor	M	40		00:56:32	1513	00:55:45
1513	1240	Laura Jenkins	F			00:56:32	1530	00:55:56
1514	1242	Amy Jenkins	F			00:56:32	1533	00:55:56
1515	484	Chris Gibbs	M		Team EM	00:56:34	1536	00:55:59
1516	2608	Richard Newmar	M		Admiral	00:56:35	1502	00:55:34
1517	2933	Alun Powell	M	60		00:56:36	1503	00:55:34
1518	1264	Catherine Llewellyr	F	40		00:56:39	1556	00:56:14
1519	3045	Tammy Raz-Nick	F			00:56:39	1528	00:55:55
1520	1930	Stephen Paltermar	M	45		00:56:39	1495	00:55:28
1521	3295	Leighton Jenkins	M	45		00:56:40	1505	00:55:38
1522	608	Adrian Davies	M	40		00:56:40	1484	00:55:22
1523	394	Colin Johns	M			00:56:42	1509	00:55:40
1524	236	Andrew Abrons	M	40		00:56:43	1540	00:56:03
1525	2310	Stuart Lee Llewellyr	M			00:56:43	1455	00:55:07
1526	805	Elliott Holmes	M			00:56:44	1494	00:55:28
1527	487	Natalie Roberts	F		Team EM	00:56:44	1531	00:55:56
1528	1617	Jennifer Roberts	F	55	Brecon A C	00:56:45	1553	00:56:12
1529	125	Natalie Opdenoord	F	40		00:56:46	1515	00:55:47
1530	2874	Anna Meredith	F	35		00:56:48	1558	00:56:16
1531	2871	Angela Harris	F	35	Womens Running Network	00:56:49	1564	00:56:18
1532	2889	Emyr Evans	M			00:56:50	1460	00:55:09
1533	2146	Rebecca Davies	F	35		00:56:51	1518	00:55:50
1534	2826	Michael Davies	M	40		00:56:51	1551	00:56:10
1535	1626	Adam Paul Lewis	M			00:56:52	1519	00:55:51
1536	1721	Josephine Ross	F	50		00:56:52	1534	00:55:58
1537	1873	Martin Nicholls	M	40	3Ms	00:56:53	1549	00:56:10
1538	3247	Allan Maquire	M			00:56:53	1492	00:55:27
1539	2666	Richard Morgan	M	40		00:56:53	1468	00:55:12
1540	561	Stephen Merchant	M	45		00:56:54	1526	00:55:55
1541	1453	Julie Amanda Clark	F	35		00:56:55	1548	00:56:09
1542	1774	Jacky Tyrie	F			00:56:56	1538	00:56:00
1543	1831	Gary Williams	M	45		00:56:58	1527	00:55:55
1544	584	Joanna Rhead	F	40	Ebbw Vale Running Clut	00:56:58	1547	00:56:09
1545	1885	Jason Jones	M			00:56:58	1562	00:56:18
1546	2717	Alun Batley	M	55		00:56:59	1552	00:56:11
1547	1196	Gaynor Mary Hughes	F	45		00:57:00	1570	00:56:19
1548	1651	Catherine Lisa Evans	F	35		00:57:00	1592	00:56:31
1549	3497	Timothy Davies	M	20		00:57:01	1546	00:56:08
1550	823	Melanie Stone	F	35	Celtic Tri	00:57:01	1632	00:56:56
1551	993	Mark Hammonc	M	40		00:57:01	1554	00:56:13
1552	207	David Jones	M	40		00:57:02	1560	00:56:17
1553	3320	Mark Williams	M	40		00:57:03	1539	00:56:01
1554	824	Kathryn Davies	F	35		00:57:03	1638	00:56:58
1555	2985	Sarah Howe	F			00:57:03	1567	00:56:19
1556	2675	Gerald Curtis	M	55		00:57:03	1590	00:56:29
1557	1125	Lisa Isaac	F	20		00:57:04	1621	00:56:46
1558	2027	Hywel Morgan	M	20		00:57:04	1508	00:55:40
1559	1154	Paul Fredric Brain	M	60		00:57:05	1521	00:55:54
1560	1086	Jemma Jones	F			00:57:06	1557	00:56:16
1561	85	Pip Wilson	F			00:57:07	1541	00:56:05
1562	1456	David Comery	M	40		00:57:07	1617	00:56:44
1563	2015	Jan-Marie Jones	F	35		00:57:07	1616	00:56:44
1564	2948	Egbert De Vries	M			00:57:07	1609	00:56:42
1565	1315	John Kevin O'Driscol	M	55	Wye Valley Runners	00:57:07	1573	00:56:22
1566	1780	Vanessa Bremnei	F	40		00:57:08	1576	00:56:23
1567	1480	Christine Hagan	F			00:57:08	1574	00:56:22
1568	2583	Huw Jones	M	40	Admiral	00:57:09	1615	00:56:44
1569	1769	Jamie Rees	M			00:57:09	1537	00:56:00
1570	3232	Lisa Phillips	F	35		00:57:09	1602	00:56:40
1571	1267	Nneka Okonta	F		Datchet Dashers	00:57:09	1569	00:56:19
1572	2443	Kate Bowyer	F			00:57:10	1584	00:56:27
1573	3466	Ruth Elisabeth Williams	F	40		00:57:11	1625	00:56:47
1574	2974	James Hobbs	M	40		00:57:11	1555	00:56:13
1575	2627	Adrian James Pator	M			00:57:11	1523	00:55:54
1576	1479	John William Nolan	M	20		00:57:12	1591	00:56:30
1577	812	Lesley Mainwaring	F	40		00:57:15	1599	00:56:37
1578	1265	Steven Andrew O'Hare	M	40		00:57:16	1532	00:55:56
1579	2753	David Phelps	M	40		00:57:18	1628	00:56:49
1580	1438	Andre Antonio Gennar D' Ambrç	M	45		00:57:20	1627	00:56:48

### Admiral Swansea Bay 10k

GunPos	RaceNo	Name	Gender	Cat	Club	GunTime	ChipPos	ChipTime
1581	1505	Branwen Harris	F	20		00:57:21	1626	00:56:48
1582	1010	Megan Mullins	F	35		00:57:23	1586	00:56:27
1583	510	Christopher Davies	M	55		00:57:25	1566	00:56:19
1584	1134	Richard O'Neil	M	40		00:57:26	1640	00:56:59
1585	124	Koert Pelders	M	40		00:57:26	1585	00:56:27
1586	3237	John Rayner	M	40		00:57:27	1598	00:56:35
1587	136	David Rideoui	M	40		00:57:27	1623	00:56:46
1588	2634	Geoffrey Powel	M	45		00:57:28	1578	00:56:24
1589	1702	James Andrew Williams	M			00:57:28	1580	00:56:24
1590	2635	Garnon Thornton	M			00:57:29	1581	00:56:25
1591	631	Alun Davies	M	55		00:57:30	1524	00:55:54
1592	3255	Gareth Williams	M			00:57:30	1587	00:56:28
1593	1250	Mark Jason Davies	M			00:57:30	1619	00:56:45
1594	1843	Neil Harvey	M	45		00:57:30	1579	00:56:24
1595	1390	Lisa O' Mahoney	F	35		00:57:31	1655	00:57:08
1596	1842	Martyn Price	M	45		00:57:32	1582	00:56:26
1597	3336	Craig Brown	M	40		00:57:32	1594	00:56:32
1598	2474	John Tinelli	M	50		00:57:33	1529	00:55:55
1599	1205	Rebecca Hambrook	F	55		00:57:33	1561	00:56:18
1600	1931	Jason Thomas	M			00:57:33	1629	00:56:54
1601	1949	Nicki Quin	F			00:57:33	1568	00:56:19
1602	2987	Tracey Wynne	F	40		00:57:33	1613	00:56:43
1603	1640	Rachel Keighley	F	35		00:57:34	1606	00:56:41
1604	1855	Sion Brackenbury	M			00:57:35	1559	00:56:17
1605	1561	Linda Keelan	F	45		00:57:35	1588	00:56:29
1606	552	Marcus Blayney	M			00:57:35	1620	00:56:46
1607	1212	Mark Chatham	M			00:57:36	1624	00:56:47
1608	1787	Matthew Ottesor	M			00:57:36	1593	00:56:31
1609	2038	Bethan Lewis	F			00:57:36	1575	00:56:22
1610	3606	Susan Buckley	F			00:57:37	1577	00:56:24
1611	3126	Samantha Singh	F	35		00:57:37	1642	00:57:00
1612	3079	Sarah Fish	F	35		00:57:37	1644	00:57:00
1613	1489	William Fuller	M		Stragglers	00:57:38	1634	00:56:56
1614	1299	Lee John Hickman	M			00:57:39	1571	00:56:21
1615	3364	Christopher Mills	M			00:57:39	1648	00:57:03
1616	905	Sian Jenkins	F	20	Sarn Helen	00:57:40	1658	00:57:09
1617	3381	Keith Morgan	M	40		00:57:40	1650	00:57:05
1618	989	Annette Davies	F	35	B.A.D	00:57:41	1595	00:56:33
1619	2699	Craig Doyle	M			00:57:44	1645	00:57:02
1620	2943	Richard Davies	M	45		00:57:47	1597	00:56:34
1621	641	Julie Williams	F	40		00:57:47	1639	00:56:59
1622	3410	Tony Dorsett	M	65	Les Croupiers	00:57:47	1711	00:57:44
1623	632	John Kevin Williams	M	40		00:57:47	1643	00:57:00
1624	1530	Helena Sykes	F			00:57:47	1589	00:56:29
1625	3446	Victoria Elisabeth Andersor	F		Sospan Road Runners	00:57:48	1678	00:57:24
1626	3481	Karys Hockin	F		Neath Harriers	00:57:48	1471	00:55:14
1627	2533	Ben Williams	M			00:57:48	1652	00:57:06
1628	3562	Ronan Lyons	M	45		00:57:48	1607	00:56:41
1629	1448	Stephen Kent	M	45		00:57:49	1603	00:56:40
1630	3561	Michael O'Shea	M	60		00:57:49	1605	00:56:41
1631	2901	John Sorenson	M	40		00:57:49	1637	00:56:57
1632	97	J. Rhidian Morgan	M	50		00:57:49	1601	00:56:38
1633	2562	Lee Grumbrel	M		Admiral	00:57:49	1583	00:56:26
1634	2385	Lynn Gowarc	F	40		00:57:49	1610	00:56:42
1635	2657	Cerian Law	F			00:57:49	1622	00:56:46
1636	2384	Carl Haines	M	50		00:57:49	1612	00:56:43
1637	778	Michael Steeds	M	45		00:57:50	1633	00:56:56
1638	3071	Dewi Thomas	M			00:57:51	1667	00:57:20
1639	585	Steve Davis	M	45		00:57:51	1614	00:56:43
1640	2425	Arwel Jones	M	40		00:57:51	1565	00:56:19
1641	1229	Geraint Jones	M			00:57:52	1691	00:57:31
1642	2814	Neil Melwyn Lewis	M	50		00:57:52	1669	00:57:21
1643	640	Mark Turp	M	45		00:57:52	1660	00:57:13
1644	3451	Angela Jane Frost	F	45	Vegan Runners	00:57:54	1641	00:56:59
1645	427	Paul Rowlands	M	50		00:57:54	1618	00:56:45
1646	2636	Billy Arnold	M			00:57:54	1600	00:56:37
1647	172	Claire Raven	F	45		00:57:56	1608	00:56:42
1648	3159	Jason Merrifield	M			00:57:56	1635	00:56:57
1649	196	Phil Jones	M			00:57:57	1646	00:57:02
1650	2028	Claudy Fox	F			00:57:57	1630	00:56:54
1651	2650	Chris Broad	M			00:57:57	1636	00:56:57
1652	723	Meg Cooney	F	40		00:57:59	1631	00:56:56
1653	2630	Joanne Francesca Hale	F			00:58:00	1611	00:56:42
1654	768	Julian Newbury	M	40		00:58:00	1596	00:56:33
1655	2099	Julie Perkins	F	40		00:58:01	1663	00:57:15
1656	2405	Jennifer Henderson	F	40		00:58:02	1653	00:57:07
1657	384	Glyn Phillips	M	60		00:58:04	1670	00:57:21
1658	3453	Sian Morgan	F		Runners World	00:58:04	1657	00:57:08
1659	2746	David Arundel	M	40		00:58:05	1668	00:57:21

### Admiral Swansea Bay 10k

GunPos	RaceNo	Name	Gender	Cat	Club	GunTime	ChipPos	ChipTime
1660	2004	Susan Davies	F	45	3Ms	00:58:06	1683	00:57:26
1661	1637	Vade Miller	F			00:58:07	1656	00:57:08
1662	3462	Brendan Hamilton Bush	M	40		00:58:07	1	00:12:35
1663	3353	Thomas Leslie Jones	M	40		00:58:07	1690	00:57:30
1664	792	Piers Rendel	M	40		00:58:07	1661	00:57:14
1665	934	Huw Powel	M			00:58:08	1651	00:57:05
1666	586	Steven Greenwel	M			00:58:09	1673	00:57:22
1667	2437	Adrian Charles Thomas	M	50		00:58:09	1676	00:57:24
1668	2209	Sarah Williams	F			00:58:11	1712	00:57:45
1669	1416	Jafar Ghalamkary	M	45		00:58:13	1729	00:58:04
1670	2223	Ian Henton	M			00:58:14	1705	00:57:40
1671	2350	Richard Simpson	M			00:58:15	1674	00:57:22
1672	2486	Wendy Lawrence	F	50	Forest Of Dean AC	00:58:15	1692	00:57:31
1673	3015	Sarah Howells	F	35		00:58:16	1649	00:57:03
1674	2655	Ben Giesbrecht	M	50		00:58:16	1681	00:57:25
1675	2661	Irene Frances Hains	F	60		00:58:16	1685	00:57:29
1676	900	Linda Knutsen	F	35	Liss Runners	00:58:16	1659	00:57:11
1677	2660	Thomas Edward James Hains	M			00:58:17	1687	00:57:29
1678	2580	Beth Marie Jones	F		Admiral	00:58:17	1707	00:57:42
1679	1423	Peter Orphan	M	40		00:58:17	1604	00:56:41
1680	1022	Mari Elen	F	45		00:58:18	1698	00:57:36
1681	1060	Terisa Maddisor	F	35		00:58:18	1666	00:57:17
1682	1046	Adrian Matthew Foste	M	40		00:58:19	1662	00:57:14
1683	2516	Sion Evans	M	40		00:58:19	1665	00:57:16
1684	1513	Karl Lewis	M	40		00:58:19	1695	00:57:34
1685	2290	Colin Crumpler	M			00:58:19	1694	00:57:33
1686	1181	Jacqui Jenkins	F	45		00:58:20	1675	00:57:24
1687	1585	Shirley Davies	F	45		00:58:21	1721	00:57:53
1688	887	Cara Jenkins-Bullmore	F	40	Womens Running Network	00:58:22	1722	00:58:00
1689	1887	Ewen Mclaughlin	M			00:58:23	1680	00:57:25
1690	144	Tim Boothby	M			00:58:23	1671	00:57:21
1691	2805	Joseph Rainsbury	M			00:58:23	1686	00:57:29
1692	985	Hazel Aulsebrook	F	40	B.A.D	00:58:24	1664	00:57:15
1693	3218	Mark Slade	M			00:58:26	1701	00:57:38
1694	1789	Gemma Northey	F			00:58:26	1684	00:57:28
1695	3528	Peter Hopping	M			00:58:26	1713	00:57:45
1696	95	Laura Hall	F	45		00:58:27	1731	00:58:07
1697	3425	Kathryn Jane Bromharr	F			00:58:27	1706	00:57:40
1698	1850	Liz Hope	F	45	Swansea Law Society	00:58:27	1703	00:57:39
1699	2963	Heidi Morris	F	35		00:58:28	1700	00:57:38
1700	2835	Adrian Leszkiewicz	M	50		00:58:28	1727	00:58:03
1701	3612	Geraint Lloyd Griffiths	M	40		00:58:28	1647	00:57:03
1702	1905	Tracey Williams	F	45	3Ms	00:58:29	1717	00:57:49
1703	337	Kelly Framptor	F			00:58:29	1672	00:57:22
1704	418	Fiona O'Hanlon	F			00:58:30	1679	00:57:25
1705	1698	Nina Skubala	F			00:58:31	1689	00:57:30
1706	1129	Mark Stephen Bruetor	M			00:58:31	1654	00:57:07
1707	3534	Lowri Edwards	F			00:58:32	1765	00:58:21
1708	3487	Menna Jones	F			00:58:32	1764	00:58:21
1709	336	Richard Knowler	M			00:58:32	1677	00:57:24
1710	3504	Jatinder Singh Seehr	M			00:58:33	1693	00:57:32
1711	3496	Amanda Jayne Bayliss	F		3Ms	00:58:36	1718	00:57:50
1712	509	Kevin Lane	M	50		00:58:37	1702	00:57:39
1713	1057	Raymond Denis Mitchel	M	50		00:58:38	1708	00:57:43
1714	1761	Lea Harris	F	45		00:58:38	1710	00:57:44
1715	3620	Amie Louise Craig	F	20		00:58:39	1682	00:57:26
1716	3075	Linda Jensen	F	45	Les Croupiers	00:58:39	1688	00:57:29
1717	3291	Beth Murphy	F			00:58:39	1697	00:57:35
1718	1394	Samantha Elaine Lovegrove	F	35		00:58:41	1699	00:57:38
1719	1697	David Robert Newmar	M			00:58:42	1778	00:58:27
1720	1884	Mark Ley	M			00:58:44	1696	00:57:34
1721	3277	Andrew Davies	M	45	Aberdare	00:58:44	1791	00:58:35
1722	829	Rachel Evans	F	40		00:58:46	1719	00:57:50
1723	3135	Michael Mclinden	M	45		00:58:47	1795	00:58:38
1724	2774	Adrian Blake	M			00:58:47	1715	00:57:46
1725	3566	Graham Tuckwooc	M	40		00:58:48	1738	00:58:10
1726	3037	Del Eyre	F	45	3Ms	00:58:48	1739	00:58:11
1727	1644	Sarah Murphy	F			00:58:49	1736	00:58:10
1728	1992	Adam Luckwel	M			00:58:51	1704	00:57:39
1729	3061	Byron Davies	M			00:58:52	1761	00:58:19
1730	3062	Michelle Davies	F	35		00:58:52	1760	00:58:19
1731	381	David Pavey	M	50		00:58:52	1734	00:58:10
1732	1243	Sian Clwyd Roberts	F		Womens Running Network	00:58:53	1709	00:57:43
1733	1329	Una Jones	F	40		00:58:56	1732	00:58:07
1734	2421	Maggie Vinestock	F	40		00:58:56	1733	00:58:08
1735	1746	Wendy Harris	F			00:58:57	1746	00:58:13
1736	2381	Stuart Harries	M	40		00:58:58	1572	00:56:21
1737	1977	Caron Mckee-Hands	M	40	Fetch Everyone Running Club	00:58:59	1716	00:57:48
1738	573	Kim Dodd	F	35		00:59:01	1714	00:57:45

### Admiral Swansea Bay 10k

GunPos	RaceNo	Name	Gender	Cat	Club	GunTime	ChipPos	ChipTime
1739	2106	John Wiseman	M	40		00:59:01	1775	00:58:25
1740	1195	Darren Karl Hughes	M			00:59:02	1768	00:58:22
1741	1784	Michael Evanson	M			00:59:02	1763	00:58:19
1742	1753	Sarah Rees	F	35		00:59:03	1724	00:58:00
1743	1752	Samantha Harris	F	35		00:59:03	1725	00:58:00
1744	3112	Joe Brown	M	50		00:59:04	1749	00:58:13
1745	660	Maartje Jooster	F			00:59:09	1759	00:58:18
1746	2800	Ashley Mainwaring	M			00:59:10	1730	00:58:06
1747	3132	Paul Kerkin	M			00:59:11	1751	00:58:15
1748	2485	John Holdroyc	M	50	Wye Valley Runners	00:59:11	1723	00:58:00
1749	436	Dylan Evans	M			00:59:13	1780	00:58:27
1750	1370	Karen Jane Chadwick	F			00:59:13	1748	00:58:13
1751	1371	Carolina Vallespi	F			00:59:13	1747	00:58:13
1752	3033	Tina Thomas	F	35		00:59:14	1755	00:58:17
1753	2034	Reuben Brunt	M			00:59:14	1720	00:57:52
1754	3498	James Davies	M			00:59:14	1769	00:58:22
1755	137	Martin Davies	M	60		00:59:15	1744	00:58:12
1756	3240	Joanne Stanway	F		Les Croupiers	00:59:15	1742	00:58:12
1757	691	Sarah Hawker	F	35		00:59:16	1740	00:58:11
1758	997	Melanie Bowmar	F	40		00:59:17	1771	00:58:22
1759	2018	Paul Thomas	M	45		00:59:17	1782	00:58:28
1760	673	Mal Rowson	M	55	Les Croupiers	00:59:17	1758	00:58:18
1761	2446	Mervyn Vivian Ower	M	50		00:59:17	1774	00:58:24
1762	1966	Julia Jones	F	40		00:59:18	1792	00:58:36
1763	2950	Huw Jones	M	40		00:59:18	1741	00:58:12
1764	497	Matt Bassett	M			00:59:20	1801	00:58:41
1765	1576	Michael Paul Dauncey	M			00:59:20	1735	00:58:10
1766	1863	Sian Jones	F		Chepstow Harriers	00:59:20	1790	00:58:35
1767	1564	Michael Garey Williams	M	60	Fairwater Runners	00:59:21	1770	00:58:22
1768	936	Stephen Grant	M			00:59:23	1743	00:58:12
1769	1473	Gary Fender	M	40	3Ms	00:59:24	1726	00:58:01
1770	3604	Amy Royce-Greensil	F			00:59:25	1750	00:58:14
1771	2040	Alfryn Easter	M	60	3Ms	00:59:25	1784	00:58:30
1772	2500	Linda Smith	F	45		00:59:25	1756	00:58:17
1773	782	Samantha Osborn	F	40	Womens Running Network	00:59:25	1804	00:58:44
1774	3258	Anmarie Richards	F	45		00:59:26	1807	00:58:47
1775	3346	Anthony Fox	M			00:59:27	1808	00:58:47
1776	93	Steve Pereira	M	50	Medway & Maidstone	00:59:27	1745	00:58:13
1777	2333	Catherine Richards	F	45		00:59:27	1832	00:58:58
1778	694	Paul Holloway	M		Valley Striders AC	00:59:28	1786	00:58:32
1779	869	Lisa Fabb	F	35		00:59:28	1809	00:58:48
1780	1055	Stuart Macrae Pringle	M	50		00:59:29	1757	00:58:18
1781	377	Daniel Nicholas	M			00:59:30	1805	00:58:46
1782	320	Robert Workman	M			00:59:30	1793	00:58:36
1783	600	Rebecca Gunstone	F			00:59:30	1839	00:59:02
1784	1114	Phillip Mallon	M		Esporta	00:59:31	1752	00:58:15
1785	3615	Helen Elsie Mitchel	F	40		00:59:31	1762	00:58:19
1786	1111	Christopher Whight	M			00:59:32	1772	00:58:23
1787	2097	Eiri Evans	F			00:59:32	1837	00:59:00
1788	2682	Steve Whyte	M	45		00:59:33	1815	00:58:51
1789	3019	Bryan Godsel	M	50		00:59:33	1779	00:58:27
1790	2803	Chloe Mort	F		Almost Athletes	00:59:33	1776	00:58:26
1791	328	Rebecca Farr	F			00:59:34	1819	00:58:55
1792	2689	Sheila Pictor	F	50		00:59:34	1821	00:58:56
1793	2429	Andrew John Howells	M			00:59:35	1728	00:58:04
1794	2323	Lowri Jones	F			00:59:35	1812	00:58:50
1795	141	Neil Bixby	M			00:59:36	1773	00:58:24
1796	918	Amy Holloway	F			00:59:36	1737	00:58:10
1797	3358	Philip Williams	M			00:59:36	1834	00:58:59
1798	2609	Leanne Marie Squires	F		Admiral	00:59:37	1766	00:58:21
1799	134	Jeff Partridge	M			00:59:38	1777	00:58:26
1800	1324	Neil Davies	M	55		00:59:39	1851	00:59:10
1801	319	Joanne Mcnally	F	40		00:59:39	1799	00:58:40
1802	2648	Susan Tuckett	F			00:59:40	1797	00:58:39
1803	466	George Walker	M	20	Team EM	00:59:40	1877	00:59:27
1804	2936	Sharon Rogers	F	40		00:59:41	1787	00:58:32
1805	3186	Kelly Gipson	F	40		00:59:41	1867	00:59:19
1806	1210	Richard Rogers	M	50		00:59:41	1781	00:58:27
1807	2321	Angela Phillips	F			00:59:43	1843	00:59:05
1808	176	Sarah Rees	F			00:59:43	1862	00:59:16
1809	3171	Linda Owens	F	55	3Ms	00:59:43	1816	00:58:52
1810	2487	Helen Griffiths	F	35		00:59:43	1814	00:58:50
1811	2616	Clifford Leslie Penfolc	M	50		00:59:44	1836	00:58:59
1812	2278	June Evans	F	45		00:59:44	1753	00:58:17
1813	1097	Keith Hopkins	M	60		00:59:45	1892	00:59:36
1814	606	Geoff Jones	M	40		00:59:45	1767	00:58:21
1815	1098	Aimee Hopkins	F			00:59:45	1893	00:59:37
1816	3173	Ben Koscian	M			00:59:46	1842	00:59:04
1817	1407	Sascha Helene Mcdonalc	F	40		00:59:46	1802	00:58:42

### Admiral Swansea Bay 10k

GunPos	RaceNo	Name	Gender	Cat	Club	GunTime	ChipPos	ChipTime
1818	2906	Aled Morgan	M			00:59:46	1754	00:58:17
1819	625	Amanda Davies	F	35		00:59:47	1835	00:58:59
1820	3185	Carl Morris	M			00:59:47	1873	00:59:25
1821	1642	Elliot Murphy	M	20		00:59:48	1846	00:59:07
1822	2499	Aranka Pratt	F	60		00:59:48	1800	00:58:41
1823	822	Mark Davies	M			00:59:48	1794	00:58:37
1824	1553	Nia Ireen Walters	F	35		00:59:49	1806	00:58:47
1825	1606	Natalie Parsons	F			00:59:49	1856	00:59:13
1826	1605	Joanne Cunnongham	F	40		00:59:49	1859	00:59:14
1827	943	Clare Bennet	F	40		00:59:50	1823	00:58:56
1828	944	Marcus Bennett	M	40		00:59:50	1824	00:58:56
1829	208	Maksymilian Kasprzyk	M			00:59:50	1817	00:58:54
1830	579	Steve Oldfield	M			00:59:51	1798	00:58:39
1831	237	Tim Hawkins	M			00:59:51	1838	00:59:01
1832	639	Ashley Davies	M			00:59:53	1850	00:59:10
1833	2534	Stephen Lewis	M	40		00:59:54	1841	00:59:04
1834	491	Damien Pain	M			00:59:54	1853	00:59:12
1835	1287	Janet Owens	F	40		00:59:54	1827	00:58:57
1836	3520	Martin Joseph Garry	M	40		00:59:55	1803	00:58:42
1837	1820	Neil Griffiths	M			00:59:55	1825	00:58:57
1838	2921	Sally Shroll	F	45		00:59:55	1844	00:59:06
1839	1376	Michelle Jane Williams	F	40	Wye Valley Runners	00:59:55	1818	00:58:54
1840	1377	Richard Alexander Williams	M	40		00:59:57	1822	00:58:56
1841	2235	Sarah Norris	F	50		00:59:57	1789	00:58:35
1842	2578	Kathryn Benson	F		Admiral	00:59:58	1858	00:59:14
1843	1061	Wendy Elizabeth Shamsaer	F	35		00:59:59	1828	00:58:58
1844	2761	Phillip Stammers	M	40		00:59:59	1829	00:58:58
1845	2178	Alun Edwards	M			00:59:59	1785	00:58:31
1846	2540	Ian Bacon	M			00:59:59	1884	00:59:32
1847	619	Marianne Burrridge	F	50	Fairwater Runners	01:00:00	1783	00:58:29
1848	1894	Gareth Miles	M	40		01:00:00	1826	00:58:57
1849	2222	Lucy Neale	F			01:00:02	1796	00:58:38
1850	2093	Matthew Jones	M			01:00:02	1874	00:59:26
1851	2739	Dave Llewelyn	M	45		01:00:05	1866	00:59:19
1852	2744	Jane Llewelyr	F	50		01:00:05	1868	00:59:19
1853	793	Paula Rendel	F			01:00:06	1854	00:59:13
1854	856	Hayley Harris	F	40		01:00:08	1871	00:59:24
1855	2882	Mark Evans	M			01:00:09	1810	00:58:49
1856	3551	Gareth Arnold	M			01:00:10	1845	00:59:07
1857	1737	Mark Ibbitson	M			01:00:11	1788	00:58:34
1858	2979	Chris Weirman	M			01:00:11	1830	00:58:58
1859	2773	John Cook	M			01:00:13	1811	00:58:49
1860	2788	Mark Evans	M			01:00:13	1813	00:58:50
1861	2503	Irene Geere	F	40		01:00:14	1863	00:59:16
1862	941	Rachel Hurford	F			01:00:14	1909	00:59:51
1863	1494	Angela Elizabeth Taylo	F			01:00:17	1833	00:58:59
1864	1495	Rhys Richards	M			01:00:17	1831	00:58:58
1865	1440	Philip Andre Williams	M	40		01:00:18	1898	00:59:41
1866	3408	Alun Thomas	M	45		01:00:18	1926	00:59:59
1867	297	Thomas Morris	M	20		01:00:19	1896	00:59:40
1868	2729	Joanne Murphy	F			01:00:19	1872	00:59:24
1869	2170	Dai Morris	M	50		01:00:19	1855	00:59:13
1870	2296	Rhiannon Foulkes	F			01:00:20	1911	00:59:52
1871	3100	Amanda Hal	F	45		01:00:20	1864	00:59:16
1872	2692	Stephen Dawsor	M			01:00:21	1847	00:59:08
1873	1856	Isobel Thomas	F			01:00:21	1848	00:59:09
1874	2302	Julian Smith	M		Mumbles Milers	01:00:22	1820	00:58:55
1875	725	Mark Ellis	M	50		01:00:23	1880	00:59:29
1876	719	Sian Ellis	F			01:00:23	1881	00:59:29
1877	241	Hannah Stockham	F			01:00:23	1875	00:59:26
1878	3516	Mark Simon	M	20		01:00:23	1923	00:59:59
1879	2970	Geraldine Bousie	F	40		01:00:24	1929	01:00:01
1880	1927	Polly Groom	F		Womens Running Network	01:00:24	1852	00:59:11
1881	164	Adrian Rees	M	40		01:00:25	1901	00:59:45
1882	991	Stephen Rees	M	55		01:00:28	1849	00:59:10
1883	1577	Iain Mc Callum	M	45		01:00:28	1882	00:59:29
1884	214	Robert Clarke	M	45		01:00:28	1869	00:59:21
1885	3008	Howard Peters	M	40		01:00:29	1912	00:59:52
1886	1666	Terri Shaw	F			01:00:29	1860	00:59:15
1887	1665	Alison Thomas	F			01:00:29	1861	00:59:16
1888	2344	Matthew Elwick	M			01:00:30	1960	01:00:27
1889	1160	Roger Howel	M	60	Penarth & Dinas Runners	01:00:31	1900	00:59:44
1890	955	Kevin Morgan	M			01:00:31	1917	00:59:55
1891	1591	Rob Bowen	M			01:00:31	1857	00:59:14
1892	2277	Heather Evans	F		Builth And District	01:00:32	1870	00:59:23
1893	654	Andrew Thomas	M			01:00:32	1925	00:59:59
1894	2745	Christopher Arnold	M	45		01:00:32	1908	00:59:50
1895	577	Sally Clarke	F	40		01:00:33	1886	00:59:33
1896	527	Kam Chooyin	M			01:00:33	1885	00:59:33



## Admiral Swansea Bay 10k

GunPos	RaceNo	Name	Gender	Cat	Club	GunTime	ChipPos	ChipTime
1897	283	Nick Keir	M	40		01:00:34	1905	00:59:48
1898	906	Thomas Adrian	M	55		01:00:34	1876	00:59:27
1899	3018	Claire Godsel	F			01:00:34	1879	00:59:29
1900	1683	Meinir Sian Llwyd	F	35		01:00:35	1889	00:59:34
1901	1815	Louise Edwards	F			01:00:37	1897	00:59:41
1902	2731	Philip Evans	M	50		01:00:37	1921	00:59:57
1903	2061	Louise Draycott	F	40		01:00:38	1920	00:59:57
1904	683	Liz Forrest	F			01:00:38	1895	00:59:39
1905	102	Sarah Stevens	F			01:00:39	1878	00:59:28
1906	1722	Saira Luckman	F	40		01:00:39	1894	00:59:37
1907	3052	Peter Brooks	M			01:00:41	1945	01:00:16
1908	2976	Sian Brooks	F	45		01:00:41	1944	01:00:16
1909	3055	Annette Williams	F	40		01:00:41	1891	00:59:35
1910	3004	Katharine Lewis	F	35		01:00:42	1899	00:59:42
1911	988	Rebecca Kirkwood	F			01:00:43	1887	00:59:33
1912	2981	Alison Terry	F	45	Trots	01:00:43	1840	00:59:03
1913	1942	Jennifer Lye	F			01:00:43	1902	00:59:46
1914	312	Claire Davies	F	35		01:00:44	1934	01:00:05
1915	2200	Steven Mattu	M			01:00:45	1947	01:00:17
1916	653	Heather Lewis	F	35		01:00:46	1938	01:00:06
1917	1321	Mark Arnold	M	45		01:00:47	1907	00:59:50
1918	2451	Jonathan Charles Clarke	M			01:00:48	1890	00:59:34
1919	1937	Paula Lumsdaine	F	40		01:00:48	1904	00:59:48
1920	3183	Gill Stone	F	50		01:00:49	1916	00:59:55
1921	2164	Paul Pritchard	M	50		01:00:49	1953	01:00:24
1922	2105	Philip Davies	M	60	3Ms	01:00:50	1961	01:00:28
1923	2796	Alan Sargeant	M	45		01:00:51	1918	00:59:56
1924	891	Nia Godsmark	F			01:00:51	1883	00:59:30
1925	3026	Joy Davies	F	45	Les Croupiers	01:00:52	1942	01:00:11
1926	765	Mark Rush	M			01:00:52	1865	00:59:17
1927	2108	Rhian Jones	F			01:00:53	1914	00:59:53
1928	1030	Duncan Dawson	M	65		01:00:53	1975	01:00:40
1929	3088	Carl Morgan	M			01:00:54	1957	01:00:26
1930	3253	Catherine Crosby	F	40	Groningen Athletik	01:00:55	1939	01:00:07
1931	2450	Gwynfor James	M	60		01:00:56	1903	00:59:47
1932	1583	Kath Crane	F	65	Brecon A C	01:00:56	1955	01:00:25
1933	949	Gary Seldon	M			01:00:57	1906	00:59:49
1934	3292	Tracy Thomas	F	35		01:00:58	1915	00:59:54
1935	1715	Eleanor Hughes	F			01:00:58	1928	01:00:01
1936	216	Robert Evans	M			01:00:59	1931	01:00:03
1937	1762	Jennifer Rothery	F			01:01:01	1937	01:00:06
1938	1805	Phil Goss	M	40	Hope 08	01:01:02	1993	01:00:59
1939	2086	Michael Davies	M	45		01:01:02	1954	01:00:24
1940	2872	Mike Sutton-Smith	M	40		01:01:02	1995	01:01:00
1941	727	Alison Sandy	F	45		01:01:03	1936	01:00:06
1942	1142	Jason Keith Mcfadzear	M	40	Royal Air Force Athletics Associati	01:01:04	1913	00:59:52
1943	3009	Robert Tidder	M	65	Kursaal Flyers	01:01:05	1910	00:59:51
1944	2049	Gareth Hirst	M	20		01:01:07	1972	01:00:37
1945	2422	Eluned Jones	F	35		01:01:07	1964	01:00:33
1946	971	Simon Gillings	M	45		01:01:08	1933	01:00:04
1947	2706	Maude Van Rensburg	F	50		01:01:09	1971	01:00:37
1948	2254	Jayne Evans	F	50		01:01:10	1919	00:59:56
1949	417	Al Marnar	M			01:01:11	1988	01:00:53
1950	493	Simon Griffin	M		Team EM	01:01:11	1968	01:00:35
1951	156	Owain Richardsor	M	20		01:01:12	1962	01:00:28
1952	168	Chris Hight	M	40		01:01:13	1941	01:00:11
1953	2832	Deirdre O'Rourke	F			01:01:13	1950	01:00:22
1954	2750	Pete Batemar	M	55		01:01:14	1888	00:59:34
1955	1297	Lea Glyn Tanner	M	40		01:01:16	1946	01:00:16
1956	1883	Lucy Bevan	F			01:01:17	1930	01:00:01
1957	1322	Christopher David Brudenel	M	40		01:01:18	1958	01:00:26
1958	2875	Sally Griffiths	F	35		01:01:20	1959	01:00:27
1959	378	Sam English	F			01:01:21	1922	00:59:58
1960	2728	John Harrison	M	20		01:01:24	1927	01:00:00
1961	98	Cerisian Murphy	F			01:01:25	1924	00:59:59
1962	2380	Mary Donnelly	F	45	Brackla Harriers	01:01:26	1966	01:00:34
1963	2341	Sian Ackland	F	40	Brackla Harriers	01:01:26	1965	01:00:34
1964	2177	Ashok Kumar	M	20		01:01:27	1932	01:00:03
1965	3129	Amit Benjamin	M			01:01:27	1977	01:00:41
1966	2733	Henry Hayward	M	50	3Ms	01:01:28	1986	01:00:52
1967	2362	Julie Lloyd	F	35		01:01:30	1984	01:00:51
1968	609	Hayley Mccutcheon	F			01:01:30	1974	01:00:40
1969	274	Andre Mpherson	M			01:01:34	1963	01:00:31
1970	2039	Rhian Powel	F			01:01:35	1990	01:00:55
1971	1510	Kurstyn Thomas	F	40		01:01:36	1982	01:00:48
1972	1476	Jenny Johnson	F	40		01:01:37	1979	01:00:43
1973	569	Gareth Warren	M			01:01:38	2033	01:01:27
1974	2268	Dennis Nelder	M		Islwyn R C	01:01:38	1970	01:00:35
1975	3167	Paul Williams	M	45		01:01:40	1943	01:00:13

### Admiral Swansea Bay 10k

GunPos	RaceNo	Name	Gender	Cat	Club	GunTime	ChipPos	ChipTime
1976	1562	Tony Hickey	M	50		01:01:42	1969	01:00:35
1977	3409	Jonathan David Evans	M			01:01:44	1949	01:00:21
1978	2043	Nicola Donovan	F	35		01:01:44	2005	01:01:06
1979	1326	Nicky Tracey Davies	F	40		01:01:46	2048	01:01:46
1980	964	Ria Woffinden	F			01:01:46	1940	01:00:08
1981	1959	Gareth Jones	M		Ebbw Vale Running Clut	01:01:46	1935	01:00:05
1982	2823	Karen Eynon	F	40		01:01:48	1989	01:00:55
1983	756	Richard Jones	M			01:01:49	1951	01:00:22
1984	2978	Vicky Evans	F			01:01:49	1948	01:00:19
1985	2122	Anne Bowen	F	60		01:01:50	1976	01:00:41
1986	469	Phill Edwards	M		Team EM	01:01:51	2021	01:01:14
1987	1548	Vanessa Ness	F			01:01:52	1991	01:00:57
1988	1478	Angela Mary Morgar	F	45		01:01:52	2016	01:01:10
1989	2851	Bronwen Williams	F			01:01:52	2015	01:01:10
1990	392	Tracy Price	F	40		01:01:52	1973	01:00:37
1991	1328	John Cole	M	60		01:01:54	2011	01:01:09
1992	3134	Colin Thomas	M	45		01:01:55	1980	01:00:44
1993	174	Sally Killian	F	35		01:01:55	2017	01:01:10
1994	2431	John Clive Davies	M	50		01:01:56	1956	01:00:25
1995	2884	Clare Wood	F			01:01:58	1985	01:00:52
1996	1273	Johanne Hughes-Dowdle	F	35		01:01:59	2036	01:01:35
1997	422	Andrea Gordor	F	40	Adams Family	01:01:59	2057	01:01:52
1998	277	Christine Williams	F	40		01:02:01	1967	01:00:34
1999	1508	Robert Mc Kinley	M	45		01:02:01	1952	01:00:23
2000	3178	Debbie Gibbs	F			01:02:01	1983	01:00:48
2001	126	Lisa Cronin	F			01:02:03	2002	01:01:05
2002	2140	Catherine Larkmar	F	40		01:02:03	2004	01:01:06
2003	2984	Amy Hampshire	F	20	Jammy Dodgei	01:02:05	1994	01:01:00
2004	3396	Benjamin Collingharr	M			01:02:05	1996	01:01:00
2005	1649	Danielle Kinsmar	F			01:02:05	2006	01:01:07
2006	3305	Simon Peter Andrew	M			01:02:06	2000	01:01:05
2007	3265	Carys Roderick	F		Womens Running Network	01:02:07	1978	01:00:42
2008	1813	Julie Noble	F	40		01:02:07	2008	01:01:08
2009	1381	Andrew Parkinsons	M			01:02:08	2027	01:01:22
2010	951	Alex Harding	M			01:02:09	2062	01:01:54
2011	3023	Danielle George	F			01:02:11	1998	01:01:03
2012	1766	Leigh Gough	M			01:02:12	1987	01:00:53
2013	1090	Sarah Louise Pope	F	45	Womens Running Network	01:02:12	1981	01:00:46
2014	2799	Deborah Morris	F	35		01:02:14	2018	01:01:12
2015	532	Simon Hoffman	M	40		01:02:16	2073	01:02:05
2016	2797	Sophie Thomas	F			01:02:17	2059	01:01:54
2017	758	Jennifer Morgan	F	40	Womens Running Network	01:02:17	2007	01:01:07
2018	1841	David Jones	M	40		01:02:18	2045	01:01:44
2019	187	Noel Thomas	M			01:02:18	2035	01:01:34
2020	402	Tracey Close	F	40		01:02:20	2026	01:01:20
2021	276	Julian Rees	M			01:02:20	2058	01:01:53
2022	788	Julie Griffiths	F	45		01:02:22	2029	01:01:23
2023	709	Judith Michael	F		Womens Running Network	01:02:23	1992	01:00:58
2024	2132	Phillip Mitchel	M			01:02:24	1997	01:01:03
2025	3458	Dean Stromeyer	M			01:02:27	2003	01:01:06
2026	783	Jason Hutchings	M			01:02:27	2012	01:01:09
2027	813	Clive Pugh	M	45		01:02:27	2013	01:01:10
2028	757	Michael Davies	M			01:02:27	2014	01:01:10
2029	2399	Sian Jones	F	20		01:02:28	2031	01:01:26
2030	2687	Peter Jones	M	50	Celtic Tri	01:02:28	2032	01:01:26
2031	2769	Jason Griffiths	M			01:02:30	2097	01:02:25
2032	2162	William Morgan	M	45		01:02:31	2025	01:01:17
2033	1103	Tara Rees	F	35		01:02:33	2030	01:01:26
2034	1876	Jason D MCGarrigle	M			01:02:33	2040	01:01:38
2035	1996	Stephen Barclay	M			01:02:35	2043	01:01:43
2036	1994	Elizabeth Barclay	F	35	Womens Running Network	01:02:35	2044	01:01:44
2037	3461	Jenny Owen	F			01:02:36	2056	01:01:52
2038	2990	Tim Gwilliam	M			01:02:36	2001	01:01:05
2039	1554	Sheila Margaret Currar	F	50	Womens Running Network	01:02:37	1999	01:01:03
2040	1972	Joanne Jones	F	40		01:02:37	2052	01:01:50
2041	1469	Hazel Alyson Morgar	F	40		01:02:38	2063	01:01:56
2042	2945	John Gladdish	M	65		01:02:40	2022	01:01:14
2043	2058	David Watkins	M	45		01:02:40	2037	01:01:36
2044	81	Catherine Jane Denmar	F	40		01:02:40	2024	01:01:16
2045	2233	Owen Morris	M			01:02:41	2010	01:01:08
2046	3490	Julie Vivers	F	50		01:02:41	2076	01:02:07
2047	2358	Nia Phillipari	F	20		01:02:42	2084	01:02:14
2048	2501	Nicholas Brain	M			01:02:43	2075	01:02:07
2049	2502	Kelly Foarc	F			01:02:43	2046	01:01:45
2050	2157	Susan Pendleton	F	40	Womens Running Network	01:02:43	2019	01:01:12
2051	707	Kate Coombes	F	35		01:02:44	2020	01:01:14
2052	1253	Sara Jones	F			01:02:45	2080	01:02:10
2053	2253	Gysintha Mallon	F		Glamorgan Health And Raquet Clul	01:02:45	2081	01:02:10
2054	3299	Kathrine Pearce	F	50	Sospan Road Runners	01:02:45	2053	01:01:50

### Admiral Swansea Bay 10k

GunPos	RaceNo	Name	Gender	Cat	Club	GunTime	ChipPos	ChipTime
2055	2673	James Daly	M			01:02:47	2023	01:01:15
2056	946	Helen Raynor	F	35		01:02:47	2009	01:01:08
2057	3191	Karen May	F			01:02:48	2087	01:02:15
2058	217	James Keen	M	20		01:02:48	2074	01:02:06
2059	1147	Kay Davies	F	35		01:02:49	2041	01:01:41
2060	2298	Brenda Spiller	F	55		01:02:50	2049	01:01:46
2061	1079	Natalie Ruth Morgan	F			01:02:50	2078	01:02:08
2062	2062	Sarah Edwards	F	45		01:02:51	2034	01:01:32
2063	1748	Andrew Bevan	M			01:02:51	2095	01:02:21
2064	2778	Gareth Thomas	M	40		01:02:51	2051	01:01:49
2065	2524	Allison Williams	F	40		01:02:52	2061	01:01:54
2066	896	James Mason	M		Esporta	01:02:55	2096	01:02:22
2067	1676	Stephen Keith Hughes	M	20		01:02:57	2028	01:01:22
2068	871	Robert Paul Sears	M			01:02:57	2107	01:02:43
2069	1825	Rhys Smith	M			01:03:01	2079	01:02:09
2070	2123	Steve Morgan	M	55		01:03:02	2083	01:02:14
2071	2762	Sean Dunne	M			01:03:03	2066	01:01:58
2072	2624	Kyle Brodgen	M	20		01:03:03	2106	01:02:43
2073	2839	Natalie Johnson	F	35		01:03:03	2039	01:01:37
2074	2854	Hayley Griffiths	F			01:03:03	2038	01:01:37
2075	1749	Adrian James	M	45	3Ms	01:03:05	2109	01:02:45
2076	2317	Jacqueline Jones	F			01:03:05	2103	01:02:38
2077	790	Kimberly Barke	F			01:03:06	2092	01:02:20
2078	773	Stan Colomb	M		Team EM	01:03:07	2135	01:03:07
2079	494	Peter Davies	M	60		01:03:08	2086	01:02:15
2080	2046	Harriet Pillinge	F	20		01:03:09	2116	01:02:49
2081	1245	Les Zerbahs	M	60		01:03:13	2082	01:02:13
2082	442	Christopher Jordar	M	50	Team EM	01:03:15	2068	01:02:00
2083	1158	Chenette Thomas	F	40		01:03:15	2069	01:02:00
2084	2632	Andrew David Gilpir	M			01:03:15	2065	01:01:57
2085	535	Katie Moore	F			01:03:18	2064	01:01:57
2086	2020	Kathryn Elaine Ratcliffe	F	45	Runners World	01:03:18	2047	01:01:45
2087	1312	Gary Rees	M	60		01:03:19	2088	01:02:16
2088	3468	Ching Yip	M			01:03:19	2060	01:01:54
2089	2021	Malcolm Ratcliffe	M	50	Runners World	01:03:20	2050	01:01:47
2090	1998	Julie Kemp	F	45		01:03:23	2042	01:01:43
2091	3388	Dolores Donnelly	F	45		01:03:24	2054	01:01:51
2092	2424	Lynne Hodgetts	F	50	Womens Running Network	01:03:24	2055	01:01:51
2093	617	Bernadette Jones	F	35		01:03:25	2070	01:02:01
2094	2161	Kelly Marsh	F			01:03:27	2093	01:02:21
2095	1136	Sue Harris	F	35	3Ms	01:03:27	2111	01:02:47
2096	166	Clare Fencott	F			01:03:30	2071	01:02:02
2097	849	Penelope Beresfor	F	45		01:03:32	2110	01:02:47
2098	1631	Lynne Perrott	F	55	Womens Running Network	01:03:33	2077	01:02:08
2099	1775	Joanne Haines	F	35	Harriers	01:03:35	2137	01:03:08
2100	2083	Lisa Nichols	F			01:03:36	2118	01:02:51
2101	2081	Ben Innes	M			01:03:36	2119	01:02:52
2102	2876	Anne Powell	F	55	Builth And District	01:03:37	2098	01:02:27
2103	1734	Marie Byrne	F	50	Amazing Feet	01:03:38	2105	01:02:42
2104	1357	James Ross	M	55		01:03:38	2115	01:02:49
2105	927	Carys Smith	F			01:03:38	2154	01:03:24
2106	2772	Karen Patel	F			01:03:38	2067	01:02:00
2107	2041	Geoff Clement	M	40		01:03:40	2085	01:02:15
2108	2012	Jane Clement	F	35		01:03:40	2131	01:03:01
2109	2994	Michelle Garner	F	45		01:03:43	2090	01:02:18
2110	2737	Mel Parker	F	40		01:03:43	2089	01:02:17
2111	1044	Christopher Mansfield	M	45		01:03:44	2100	01:02:34
2112	931	Nerys Anne Jones	F			01:03:44	2112	01:02:47
2113	3138	Clare Carver	F			01:03:44	2149	01:03:22
2114	1866	Amanda Wastnage	F	40		01:03:44	2129	01:03:00
2115	1301	Christine Slee	F	50		01:03:45	2108	01:02:45
2116	1206	Jonathan Evens	M			01:03:45	2140	01:03:13
2117	1839	Charlie White	F			01:03:45	2122	01:02:53
2118	686	Stephen Rowsor	M	55		01:03:46	2091	01:02:19
2119	1891	Pauline Powel	F	50		01:03:46	2123	01:02:54
2120	3139	Sarah Grant	F			01:03:47	2153	01:03:24
2121	923	Anna Barrett	F			01:03:47	2143	01:03:17
2122	2767	Peter Smith	M	55		01:03:47	2138	01:03:09
2123	1960	Amie Halliday	F			01:03:50	2146	01:03:20
2124	3089	Gill Palmer	F	40	Womens Running Network	01:03:50	2139	01:03:10
2125	1178	Layton Lewis	M	40		01:03:52	2102	01:02:36
2126	1688	Geoffrey Brayton Stevensor	M	40		01:03:53	2094	01:02:21
2127	961	Kathryn Lewis-Hopkins	F			01:03:58	2132	01:03:02
2128	3389	Ruth Evans	F	50		01:03:58	2117	01:02:50
2129	3241	Samuel David Stanway	M		Les Croupiers	01:03:59	2126	01:02:55
2130	2822	Ian Rees	M			01:04:00	2141	01:03:16
2131	400	William Llewellyr	M			01:04:00	2191	01:04:00
2132	88	Julian Scrine	M	50		01:04:01	2121	01:02:52
2133	2883	Rebecca Lye	F			01:04:02	2133	01:03:05

### Admiral Swansea Bay 10k

GunPos	RaceNo	Name	Gender	Cat	Club	GunTime	ChipPos	ChipTime
2134	1764	James Layzel	M			01:04:03	2099	01:02:30
2135	1707	Karen Ceeney	F	50	Lliswerry Runners	01:04:06	2101	01:02:35
2136	1484	Anthony Jenkins	M	50	Aberdare	01:04:07	2128	01:02:57
2137	2003	Paul Mort	M	50		01:04:11	2113	01:02:49
2138	1001	Alun John	M	50		01:04:12	2114	01:02:49
2139	2670	John Carpenter	M	55		01:04:12	2190	01:04:00
2140	2786	Jeffrey Brooks	M	40		01:04:12	2104	01:02:40
2141	2308	Ellen Chappel	F	40		01:04:12	2134	01:03:07
2142	2307	Kevin Chappel	M	40		01:04:12	2136	01:03:07
2143	1865	Melanie Jones-Haddock	F	35		01:04:13	2155	01:03:26
2144	2438	Wendy Watson	F			01:04:13	2150	01:03:22
2145	2453	Gary John Richards	M	40		01:04:14	2157	01:03:28
2146	2439	Nicola York	F			01:04:14	2152	01:03:23
2147	1418	Ruth Martin	F	50		01:04:16	2130	01:03:00
2148	952	Roger Harding	M	45		01:04:23	2199	01:04:08
2149	2764	Ann Lewis	F	45		01:04:24	2173	01:03:46
2150	162	Sarah Davis	F	40		01:04:27	2156	01:03:28
2151	890	Melanie Williams	F		Womens Running Network	01:04:29	2142	01:03:16
2152	2498	Joanne Robins	F	35		01:04:30	2124	01:02:54
2153	1359	Lynda Wilshaw	F	40	Wye Valley Runners	01:04:31	2145	01:03:20
2154	351	Claire Nurton	F			01:04:31	2151	01:03:23
2155	1846	Anna Beard	F			01:04:32	2120	01:02:52
2156	3489	Zoe Hailes	F			01:04:32	2072	01:02:04
2157	897	Claire Evans	F			01:04:34	2202	01:04:13
2158	1065	Adam Rees	M			01:04:38	2160	01:03:29
2159	278	Push Mangat	M	45		01:04:38	2206	01:04:17
2160	1064	Lyn Ryland	F			01:04:38	2159	01:03:29
2161	145	Mike Hart	M	40		01:04:39	2147	01:03:21
2162	580	David Bailey	M	70	Serpentine	01:04:40	2169	01:03:43
2163	3047	Nia Dickie	F	40		01:04:40	2187	01:03:56
2164	519	Angela Chooyin	F	35		01:04:42	2168	01:03:43
2165	576	Spencer Clarke	M			01:04:43	2171	01:03:43
2166	1176	Christopher Vaughan Plaice	M	65		01:04:43	2172	01:03:43
2167	762	Rosie Amesbury	F	60		01:04:43	2161	01:03:30
2168	186	Sara Thomas	F			01:04:44	2189	01:03:59
2169	279	Sarah Makinson	F			01:04:44	2144	01:03:18
2170	78	Joe Tobin	M			01:04:44	2182	01:03:55
2171	1124	Colin Isaac	M	55		01:04:45	2219	01:04:27
2172	1150	Karen Farrel	F	55		01:04:48	2158	01:03:29
2173	2320	Sarah Marsh	F		Amman Valley Harriers	01:04:48	2178	01:03:52
2174	2463	Jayne Langstone	F	40		01:04:49	2205	01:04:17
2175	2757	Sue Blundell	F	45	Womens Running Network	01:04:50	2164	01:03:37
2176	3082	Jo Roberts	F			01:04:51	2174	01:03:46
2177	2475	Susan Roberts	F	35		01:04:52	2231	01:04:36
2178	3293	April Michelle Young	F	45		01:04:52	2176	01:03:48
2179	575	Lynne Hamilton	F	45		01:04:53	2201	01:04:13
2180	679	Reza Khosravi	M	45		01:04:54	2211	01:04:19
2181	2417	Heather Coope	F	45		01:04:55	2180	01:03:52
2182	2512	Christopher Pickles	M	55		01:04:55	2198	01:04:08
2183	2221	Nick Broad	M			01:04:55	2163	01:03:32
2184	2939	Delyth Mainwaring	F			01:04:56	2185	01:03:56
2185	554	Josepi Bryantanc	M			01:04:57	2196	01:04:08
2186	275	Chaela Carrel	F			01:04:57	2162	01:03:31
2187	2511	Gwen Kahan	F	50		01:04:57	2200	01:04:10
2188	1723	Peter Morse	M	55		01:04:58	2197	01:04:08
2189	3611	Dean Gibson	M		Starch	01:04:58	2195	01:04:07
2190	2716	Clare Hallarr	F			01:04:58	2184	01:03:56
2191	2715	Neil Hallam	M			01:04:59	2188	01:03:56
2192	1874	Philip Wilson	M			01:04:59	2148	01:03:21
2193	2672	Alison Hill	F	35	Alie Hope 08	01:04:59	2193	01:04:03
2194	128	Jaynie Rance	F	40	RUNNING4WOMEN NETWORK	01:05:00	2175	01:03:47
2195	1594	Julian Richards	M	50		01:05:01	2194	01:04:03
2196	1858	Kim Bolanc	F	40		01:05:01	2170	01:03:43
2197	2861	Richard Gardner	M			01:05:02	2213	01:04:22
2198	1167	Anja Evans	F	35		01:05:02	2167	01:03:42
2199	670	Leynie Meagher	F			01:05:04	2186	01:03:56
2200	1700	Sarah Louise Maguire	F			01:05:05	2166	01:03:39
2201	2825	Jayne Jones	F	35		01:05:05	2210	01:04:18
2202	2119	Bernita De Wet	F	40		01:05:05	2204	01:04:17
2203	553	Russell Andrews	M		Team EM	01:05:09	2183	01:03:55
2204	1002	Gemma Appleyard	F			01:05:12	2177	01:03:50
2205	294	Susannah Jenkins	F	40		01:05:12	2203	01:04:16
2206	647	Daniel Shirley	M			01:05:15	2179	01:03:52
2207	1139	Mathew Paul John Maywar	M	20		01:05:15	2232	01:04:37
2208	1020	Paul Christopher Jones	M			01:05:16	2165	01:03:39
2209	2216	Alexa Thomas	F	40		01:05:17	2181	01:03:53
2210	1889	Paula Thomas	F	50	Brackla Harriers	01:05:18	2217	01:04:26
2211	1641	Gillian Murphy	F	55	Les Croupiers	01:05:19	2235	01:04:38
2212	2455	Alec James Warburton	M	50		01:05:19	2224	01:04:32

### Admiral Swansea Bay 10k

GunPos	RaceNo	Name	Gender	Cat	Club	GunTime	ChipPos	ChipTime
2213	3360	Alex D'Iulic	M			01:05:23	2248	01:04:47
2214	359	Sian Hailes	F		FWAR	01:05:23	2127	01:02:56
2215	3488	Lleucu Cooke	F			01:05:23	2125	01:02:55
2216	3361	Steve James	M			01:05:23	2249	01:04:47
2217	1457	Benjamin Alan Tucker	M			01:05:23	2265	01:05:01
2218	2898	Haydn Mayo	M	45		01:05:24	2208	01:04:17
2219	2896	Cathryn Mayo	F	45		01:05:24	2209	01:04:18
2220	1943	Catherine Bower	F	40		01:05:24	2246	01:04:46
2221	1374	Owen Thomas George	M	55		01:05:26	2230	01:04:36
2222	356	Michael Stones	M	40		01:05:29	2229	01:04:35
2223	671	Matthew Fowler	M		Taff Ely Triathlon Club	01:05:29	2216	01:04:25
2224	1821	Gen Pascoe	F			01:05:30	2234	01:04:38
2225	540	Penny Prue	F	55		01:05:31	2192	01:04:02
2226	658	David Rees	M	55		01:05:34	2218	01:04:27
2227	1926	Jayne Goodwir	F	35		01:05:34	2214	01:04:23
2228	86	Karl Beer	M			01:05:35	2239	01:04:44
2229	87	Catherine Beer	F			01:05:35	2240	01:04:44
2230	1616	Clive Ian Gary Smith	M	50		01:05:37	2225	01:04:33
2231	556	John Rowan	M	45		01:05:39	2227	01:04:34
2232	784	Alex Parry	M	40		01:05:40	2221	01:04:30
2233	1316	Lynn Holmes	F	45		01:05:42	2252	01:04:52
2234	1588	David John Jenkins	M			01:05:47	2207	01:04:17
2235	3313	Sarah Jane Evans	F	35		01:05:47	2244	01:04:46
2236	3312	Michael Thomas Evans	M			01:05:48	2245	01:04:46
2237	2149	Leoni Munslow	F		Team EM	01:05:48	2241	01:04:45
2238	2147	Gemma Barrat	F		Team EM	01:05:48	2242	01:04:45
2239	2148	Sophie Crowley	F		Team EM	01:05:48	2243	01:04:45
2240	1978	Josie Mackenzie	F	20		01:05:49	2220	01:04:27
2241	720	Stuart Barrow	M			01:05:49	2251	01:04:51
2242	2266	Gareth Roderick	M	50		01:05:49	2212	01:04:21
2243	2294	Conrad Thomas	M			01:05:50	2258	01:04:58
2244	582	Rebecca Williams	F		Ebbw Vale Running Clut	01:05:51	2263	01:05:00
2245	583	Rachel Williams	F		Ebbw Vale Running Clut	01:05:51	2264	01:05:01
2246	543	Nadine Hope	F		Team EM	01:05:51	2233	01:04:37
2247	1804	Robert Jeremy Jones	M	45		01:05:51	2270	01:05:07
2248	2821	Joanne Watts	F		Ebbw Vale Running Clut	01:05:52	2266	01:05:02
2249	258	Julian Hoskins	M	40		01:05:52	2259	01:04:59
2250	3174	Charlotte Kosciar	F	35		01:05:53	2275	01:05:11
2251	3266	Jayne Trew	F	45	Womens Running Network	01:05:53	2238	01:04:43
2252	368	Kim Evans	F	50		01:05:54	2254	01:04:55
2253	2343	Rhian James	F			01:05:54	2256	01:04:57
2254	1967	Kate Mackenzie	F	40		01:05:55	2226	01:04:33
2255	1938	Geraint Rees	M	40		01:05:55	2222	01:04:30
2256	363	Rob Baynham	M			01:05:56	2215	01:04:25
2257	157	Toni Elizabeth Hall Edward	F	20	PECS	01:05:57	2223	01:04:31
2258	692	Mark Chitty	M			01:05:57	2262	01:05:00
2259	3164	Marie Morse	F	35	Pontypridd Rodents AC	01:06:00	2236	01:04:40
2260	690	Louise Jones	F			01:06:03	2237	01:04:42
2261	1859	Katie Meades	F	20		01:06:04	2261	01:05:00
2262	1857	Juliet Meades	F	45		01:06:04	2260	01:05:00
2263	1922	Karen Grey	F		3Ms	01:06:07	2290	01:05:27
2264	1653	Steven Christopher Evans	M	40		01:06:09	2286	01:05:22
2265	1109	Ruth Evans	F	35		01:06:09	2284	01:05:22
2266	1725	Christian Nayar	M			01:06:09	2250	01:04:48
2267	2334	Claire A Roynon	F	45	Builth And District	01:06:12	2268	01:05:05
2268	1661	David Nichol	M			01:06:12	2228	01:04:34
2269	1076	Sophie Diane Carmar	F			01:06:13	2293	01:05:31
2270	431	Frances Keogh-Davies	F	45		01:06:13	2294	01:05:32
2271	1962	Michael Owen	M			01:06:15	2257	01:04:57
2272	2169	Gary Maunder	M	45		01:06:16	2277	01:05:14
2273	1226	Olugbenga Fakande	M	45		01:06:17	2316	01:06:08
2274	2642	Jessica Rees	F			01:06:17	2298	01:05:45
2275	1625	Cheryl Bunney	F	35		01:06:18	2255	01:04:56
2276	1041	Lee Headingtor	M	40		01:06:19	2271	01:05:08
2277	3227	Helen Haydn-Jones	F			01:06:19	2288	01:05:24
2278	155	Jayne Hall Edwards	F	35	PECS	01:06:19	2253	01:04:54
2279	2497	Claire Geary	F	40		01:06:23	2247	01:04:46
2280	513	Geraint Jones	M		Team EM	01:06:23	2300	01:05:48
2281	834	Jason Killingsworth	M			01:06:24	2313	01:06:03
2282	2181	Sarah Watkins	F			01:06:31	2289	01:05:25
2283	90	Robert Bell	M			01:06:31	2307	01:05:59
2284	3209	David Roberts	M	50		01:06:32	2279	01:05:16
2285	397	Jason Isaac	M			01:06:32	2267	01:05:03
2286	375	Sian Knights	F			01:06:34	2281	01:05:21
2287	2016	Fiona Evans	F			01:06:36	2304	01:05:56
2288	1728	Michelle Davies	F	35		01:06:36	2278	01:05:16
2289	1127	Heather Waller	F	45	Leamington AC	01:06:37	2317	01:06:10
2290	2218	Rob Trick	M	50		01:06:38	2285	01:05:22
2291	2250	Allyson Cullen	F	45		01:06:38	2283	01:05:22

## Admiral Swansea Bay 10k

GunPos	RaceNo	Name	Gender	Cat	Club	GunTime	ChipPos	ChipTime
2292	2770	Anna Smith	F			01:06:39	2309	01:06:02
2293	2768	Matthew Gormar	M			01:06:40	2310	01:06:02
2294	2088	Tammy Cappel	F	35		01:06:40	2297	01:05:43
2295	2968	Graham Smith	M			01:06:40	2280	01:05:20
2296	2749	Patricia Searle	F	45		01:06:41	2276	01:05:12
2297	593	Laura Llewellyr	F			01:06:43	2272	01:05:08
2298	636	Christopher Williams	M			01:06:44	2269	01:05:07
2299	2949	Adam Garner	M			01:06:45	2325	01:06:19
2300	2604	Ann Trotman	F	35	Admiral	01:06:45	2274	01:05:11
2301	1806	Donna Marie Cory	F			01:06:46	2303	01:05:55
2302	84	Gaynor Waite	F	40		01:06:46	2315	01:06:05
2303	957	Anne Marie Pickup	F			01:06:47	2287	01:05:22
2304	1232	Madeleine Sherrat	F			01:06:50	2292	01:05:30
2305	1584	Erika Ruiz	F	35		01:06:50	2273	01:05:09
2306	712	Richard Teulon	M	40		01:06:52	2282	01:05:21
2307	1744	Meinir Hutchings	F	35		01:06:53	2312	01:06:02
2308	2340	Gareth Dyton	M			01:06:55	2336	01:06:26
2309	406	Ed Ryan	M	20		01:06:55	2319	01:06:12
2310	908	Veronica Evans	F	35		01:07:00	2326	01:06:19
2311	3162	Christian Stephen Fox	M			01:07:02	2311	01:06:02
2312	2713	Emma Boothroyc	F			01:07:04	2295	01:05:38
2313	3042	Dominic Boothroyc	M	40		01:07:04	2296	01:05:38
2314	1025	Simon Mark Hudd	M	40		01:07:05	2320	01:06:13
2315	2801	Stewart Williams	M	55		01:07:06	2340	01:06:29
2316	2305	Daniel Tucker	M	20		01:07:06	2350	01:06:44
2317	901	Simon Jones	M			01:07:06	2291	01:05:30
2318	945	Paul Miller	M			01:07:07	2306	01:05:59
2319	873	Jayne Davies	F	40		01:07:08	2332	01:06:23
2320	182	Emma King	F			01:07:09	2338	01:06:29
2321	181	Torie Davies	F			01:07:09	2339	01:06:29
2322	865	Michelle James	F	35		01:07:12	2299	01:05:48
2323	877	Rich James	M	45		01:07:13	2301	01:05:48
2324	99	Jennifer Larby	F			01:07:18	2327	01:06:20
2325	448	Joy Ormes	F			01:07:18	2330	01:06:20
2326	3085	Thomas Walsh	M	40	TWOTS 2008	01:07:19	2318	01:06:11
2327	928	Sarah Johns	F			01:07:19	2302	01:05:52
2328	2145	Paul Hinman	M	40		01:07:22	2321	01:06:14
2329	3404	William Wilson	M	65		01:07:22	2308	01:06:00
2330	119	Glenda Devonalc	F			01:07:23	2324	01:06:16
2331	3483	Wendy Jane Williams	F	40	Pontypridd Rodents AC	01:07:23	2305	01:05:57
2332	2239	Lee Fudge	M		Rhondda Valley Runners	01:07:26	2358	01:06:59
2333	3058	Hefin Jones	M			01:07:28	2354	01:06:50
2334	3347	Jason Selby	M	40		01:07:28	2355	01:06:51
2335	2392	Bleddyn Price	M	40		01:07:30	2328	01:06:20
2336	558	Kay Hall	F	45		01:07:31	2335	01:06:26
2337	524	Christopher Mcgaughey	M	20		01:07:34	2370	01:07:15
2338	1288	Julian Wake	M			01:07:36	2364	01:07:06
2339	454	Nina Brocklebank	F	35	Womens Running Network	01:07:38	2314	01:06:05
2340	3118	Antony Thomas	M	40		01:07:39	2343	01:06:37
2341	3105	Alison Waters	F	40		01:07:40	2345	01:06:38
2342	761	Lauren Alewooc	F		Team EM	01:07:42	2337	01:06:28
2343	1600	Janet Elizabeth Saunders	F	45		01:07:43	2323	01:06:15
2344	1601	Karen Elizabeth Josepf	F	45		01:07:44	2322	01:06:15
2345	3097	Charlotte Addicot	F			01:07:45	2346	01:06:39
2346	3298	Robert Thomas	M	75		01:07:45	2333	01:06:24
2347	2167	Leighton James	M			01:07:46	2363	01:07:04
2348	560	Elin Chapman	F			01:07:48	2329	01:06:20
2349	2359	Alison Phillipari	F	45		01:07:51	2375	01:07:23
2350	987	Victoria Mitchel	F			01:07:52	2347	01:06:42
2351	323	Charlotte Emanue	F			01:07:52	2361	01:07:02
2352	327	David Emanue	M			01:07:52	2362	01:07:03
2353	302	Jeffrey Knowler	M	55		01:07:54	2331	01:06:21
2354	2059	Jason Bellamy	M			01:07:54	2344	01:06:38
2355	1830	Judith Pagei	F	45		01:07:54	2356	01:06:52
2356	292	Samantha Evans	F			01:07:56	2342	01:06:33
2357	2314	Adrian Thomas	M			01:07:58	2341	01:06:33
2358	2763	Kristine Hamiltor	F	50	Swansea Harriers	01:07:59	2334	01:06:25
2359	2522	Robert Francis	M			01:07:59	2383	01:07:33
2360	1332	Derek Hawkins	M	65		01:08:00	2360	01:07:02
2361	1217	Raymond Leonarc	M	60	Huntingdonshire Athletics Cluk	01:08:02	2376	01:07:24
2362	748	Eleanor Dallas	F			01:08:05	2348	01:06:43
2363	311	Claire Midgley	F			01:08:06	2357	01:06:57
2364	2011	Nick Jacques	M	45		01:08:06	2359	01:07:02
2365	948	Peter Guard	M			01:08:08	2351	01:06:46
2366	745	Andrew Dallas	M	50		01:08:09	2352	01:06:47
2367	1247	Peter Davies	M	40		01:08:12	2353	01:06:50
2368	296	Lesley Davies	F			01:08:13	2368	01:07:11
2369	1647	Sian Paget	F	40		01:08:13	2349	01:06:44
2370	3501	Carlo De Benedicite	M	55		01:08:14	2365	01:07:06

## Admiral Swansea Bay 10k

GunPos	RaceNo	Name	Gender	Cat	Club	GunTime	ChipPos	ChipTime
2371	3605	Hannah Warchal	F			01:08:16	2400	01:08:04
2372	2663	Glenys Curtis	F	50		01:08:24	2392	01:07:50
2373	3011	Fflur Lawton	F	35		01:08:25	2378	01:07:27
2374	463	Gemma Andrews	F		Team EM	01:08:25	2367	01:07:10
2375	883	Martin Best	M	50		01:08:32	2385	01:07:37
2376	2415	Martin Whatty	M			01:08:34	2381	01:07:31
2377	3210	Gerard Pitt	M			01:08:34	2379	01:07:28
2378	929	Joanne Northcote	F			01:08:37	2388	01:07:43
2379	3251	Diane Cresswel	F	45		01:08:41	2369	01:07:12
2380	1343	Karen Wake	F	35		01:08:43	2391	01:07:48
2381	602	Sarah Smith	F			01:08:45	2372	01:07:17
2382	3303	Justin Parker	M			01:08:45	2373	01:07:19
2383	315	John Legge	M			01:08:48	2377	01:07:25
2384	1474	Laura Abraham	F			01:08:49	2387	01:07:42
2385	325	Darren Fermande	M			01:08:49	2399	01:08:02
2386	2607	Daniel Fraser Thomas	M	45	Admiral	01:08:52	2371	01:07:17
2387	249	Chris Davies	M			01:08:54	2382	01:07:31
2388	1082	Brian Gordon Farri	M	50		01:08:58	2374	01:07:22
2389	1772	Sue Talbot	F	45	Tamar Trotters	01:08:59	2380	01:07:30
2390	224	Sarah Veck	F	40		01:08:59	2384	01:07:36
2391	3417	Jayne Howells	F	45	Chippenham Harriers	01:09:01	2397	01:08:00
2392	1296	Michael Rees	M	55		01:09:02	2393	01:07:54
2393	981	Andrea Wirth	F	35		01:09:04	2395	01:07:59
2394	3003	Maggie Christie	F	40		01:09:05	2396	01:07:59
2395	395	Karen O'Brien	F	45		01:09:06	2389	01:07:43
2396	3205	David Roberts	M			01:09:08	2390	01:07:43
2397	3166	Michelle Morgan	F	35	Multisport Triathlon Club	01:09:11	2428	01:08:50
2398	2100	Steven Howarc	M	40		01:09:12	2366	01:07:09
2399	160	Richard Davies	M			01:09:13	2394	01:07:56
2400	1496	Philip James Richards	M	50		01:09:15	2386	01:07:40
2401	1826	Cat Hayes	F			01:09:21	2404	01:08:07
2402	2087	Peter Davies	M	55	Bridgend A C	01:09:25	2456	01:09:24
2403	1063	Timothy Blair Venables	M	40		01:09:27	2406	01:08:13
2404	1717	Carol Woodfor	F	45		01:09:30	2398	01:08:01
2405	832	Melanie Killingsworth	F			01:09:32	2445	01:09:11
2406	1689	John Edward Coles	M	55		01:09:35	2402	01:08:06
2407	1677	Caroline Jane Morgar	F	35		01:09:37	2410	01:08:17
2408	2201	Alan Breeze	M	55		01:09:37	2408	01:08:17
2409	2044	Sian Breeze	F			01:09:37	2409	01:08:17
2410	771	Cerys Bevan	F	35		01:09:40	2413	01:08:24
2411	1485	Sian England	F	40		01:09:40	2403	01:08:07
2412	1213	Alan Paul Bryne	M			01:09:41	2433	01:08:58
2413	3567	Runner 3567	M			01:09:41	2401	01:08:04
2414	2623	Dean Jones	M			01:09:44	2450	01:09:17
2415	2249	Philip Juliff	M			01:09:44	2414	01:08:24
2416	3046	Joanna Evans	F			01:09:44	2412	01:08:23
2417	3109	Alice Roythorne	F			01:09:47	2432	01:08:56
2418	2188	Kathryn Holley	F			01:09:47	2407	01:08:13
2419	2248	Gethin Hopkins	M			01:09:49	2417	01:08:28
2420	1740	Tracey Davies	F	40		01:09:52	2405	01:08:12
2421	1056	Jonathan William Mitchel	M	20		01:09:54	2434	01:08:59
2422	980	Rhian Griffiths	F	35		01:09:55	2411	01:08:20
2423	1890	Charlotte Firth	F			01:09:56	2415	01:08:27
2424	2855	Stephen Gardner	M	40		01:09:56	2426	01:08:48
2425	2395	Ann Lloyd	F	45		01:09:56	2416	01:08:27
2426	1886	Magaret Thomas	F	50		01:09:57	2439	01:09:05
2427	1408	Jacqui Ferret	F	35		01:09:58	2421	01:08:43
2428	2452	Catherine Jane Jacksor	F	50		01:09:58	2435	01:09:01
2429	2410	Stephen Potter	M	20		01:10:02	2419	01:08:33
2430	520	Victoria Roberts	F	20	The Emily Jordan Foundatior	01:10:05	2423	01:08:47
2431	1406	Sara Josephine Gunning	F	40		01:10:05	2425	01:08:48
2432	1409	Lydsey Locker	F	35		01:10:05	2427	01:08:49
2433	2723	Sally Fuller	F	35	Patrick's With Rooms	01:10:07	2418	01:08:33
2434	913	Gareth Keatley	M			01:10:08	2420	01:08:41
2435	2615	Lisa Amanda Briar	F	35	Admiral	01:10:11	2468	01:09:46
2436	2582	James Shannon	M	40	Admiral	01:10:11	2467	01:09:46
2437	1337	Lillian Dobby Mbe	F	70		01:10:13	2444	01:09:09
2438	408	Chris Legg	M			01:10:14	2431	01:08:54
2439	409	Matthew Suter	M			01:10:14	2430	01:08:54
2440	391	Alex O'Brien	M	20		01:10:15	2429	01:08:53
2441	2467	Valerie Mitchel	F			01:10:16	2436	01:09:03
2442	2804	Victoria Hawes	F			01:10:20	2463	01:09:33
2443	1144	Tracy Lee Higgins	F		Royal Air Force Athletics Associator	01:10:21	2442	01:09:09
2444	3326	Melanie John Colemar	F	45		01:10:25	2472	01:09:55
2445	2175	Lucy Marley	F			01:10:26	2422	01:08:45
2446	1531	Alison Palmer	F	45		01:10:27	2455	01:09:22
2447	1172	Lucy Cook	F		Royal Air Force Athletics Associator	01:10:30	2452	01:09:17
2448	2532	Andrew John	M	45		01:10:34	2477	01:10:02
2449	373	James Whelan	M	45		01:10:35	2465	01:09:42

### Admiral Swansea Bay 10k

GunPos	RaceNo	Name	Gender	Cat	Club	GunTime	ChipPos	ChipTime
2450	1868	Claire Hannington	F			01:10:36	2451	01:09:17
2451	3005	Rebecca Bird	F	35		01:10:36	2449	01:09:16
2452	562	Kate Speec	F	35		01:10:36	2437	01:09:04
2453	371	Jeanette Whelan	F	45		01:10:37	2466	01:09:44
2454	2834	Jenny Lewis	F			01:10:37	2438	01:09:05
2455	549	Katie Prue	F			01:10:38	2443	01:09:09
2456	2813	Georgina Smith	F		Raf AC	01:10:38	2457	01:09:26
2457	1675	Mark Stephen Carter	M	20		01:10:40	2440	01:09:05
2458	578	Andrew Dennis	M			01:10:42	2469	01:09:48
2459	1757	Mellissa Nash	F			01:10:42	2453	01:09:17
2460	977	Amanda Thomas	F	35		01:10:43	2454	01:09:18
2461	1330	Ray Rivett	M	70		01:10:43	2462	01:09:31
2462	1997	Gerald Kemp	M	40		01:10:48	2441	01:09:08
2463	2811	Elizabeth Bartor	F		Road Runners Club	01:10:48	2446	01:09:13
2464	1257	Suzie Shepparc	F	35	Chepstow Harriers	01:10:49	2447	01:09:14
2465	1597	Tracy Buron	F		Chepstow Harriers	01:10:49	2448	01:09:14
2466	1171	Michelle Rees	F	45		01:10:49	2424	01:08:47
2467	1107	John Murphy	M	65		01:10:54	2458	01:09:27
2468	3283	Kathryn Brown	F	40	Womens Running Network	01:10:54	2484	01:10:13
2469	226	Sharon Hearne	F			01:10:55	2498	01:10:37
2470	1592	Kayte Brumacombe	F	40		01:10:56	2460	01:09:28
2471	1026	Andrew Jon Rhodes	M			01:10:56	2464	01:09:42
2472	211	Valerie Smith	F	45		01:10:56	2459	01:09:27
2473	1781	Liz Brimacombe	F	45		01:10:57	2461	01:09:29
2474	1187	Phillip Griffiths	M			01:10:58	2480	01:10:10
2475	1323	Christopher Michael Clark	M	50		01:11:04	2473	01:10:00
2476	2103	Andy Emm	M			01:11:07	2470	01:09:49
2477	728	Phillipa Bower	F			01:11:14	2482	01:10:11
2478	972	Vicky Robertson	F			01:11:18	2475	01:10:01
2479	3063	Alun Rees	M	40		01:11:19	2481	01:10:11
2480	3067	Basia Nadolnik	M			01:11:19	2478	01:10:03
2481	3081	Liam Nicholls	M			01:11:20	2479	01:10:03
2482	2053	Anne Newbury	F	50	Womens Running Network	01:11:20	2487	01:10:18
2483	2217	Rebecca Williams	F			01:11:24	2485	01:10:17
2484	1298	Judith Mary Tanner	F	45		01:11:26	2495	01:10:27
2485	2694	David Gonzales	M	40		01:11:29	2488	01:10:19
2486	159	Robert Pearce	M	40		01:11:30	2471	01:09:52
2487	3203	Glynis Tucker	F	50		01:11:36	2491	01:10:26
2488	3318	William David Mogfor	M	65		01:11:44	2500	01:10:52
2489	1684	Gwion Ap Llwy	M			01:11:45	2486	01:10:18
2490	716	Sarah Mccarthy	F			01:11:49	2493	01:10:27
2491	3190	Rhian Griffiths	F			01:11:51	2515	01:11:18
2492	1811	Alison Gould	F	35		01:11:52	2483	01:10:12
2493	3262	Peter Wayne Morgan	M	45		01:11:52	2520	01:11:39
2494	2067	Rachel Rex	F			01:11:58	2490	01:10:25
2495	3128	Helen Edwards	F	35		01:11:59	2492	01:10:27
2496	3144	Claire Louise Davies	F	45		01:11:59	2494	01:10:27
2497	195	David Protheroe	M	40		01:12:01	2507	01:11:01
2498	766	Sarah West	F	45		01:12:02	2474	01:10:00
2499	590	David Harris	M			01:12:06	2519	01:11:38
2500	3157	Keith Miles	M	40	Miles All Stars	01:12:11	2496	01:10:34
2501	3518	Joel Saunders	M			01:12:14	2501	01:10:53
2502	1726	Tracey Hughes-Jenkins	F	35		01:12:14	2499	01:10:49
2503	1987	Sue Shannon-Jones	F	55	3Ms	01:12:15	2497	01:10:34
2504	2643	Dawn Louise Roberts	F	35		01:12:21	2504	01:10:56
2505	2647	Deryl Elizabeth Dix	F	45		01:12:21	2505	01:10:56
2506	1004	Angela James	F			01:12:22	2513	01:11:16
2507	1005	Bill James	M	65		01:12:22	2514	01:11:17
2508	2387	Delyth Thomas	F			01:12:25	2502	01:10:55
2509	1741	Andrew Thomas	M		Llanelli AAC	01:12:25	2503	01:10:55
2510	3161	Daniel Reilly	M			01:12:26	2539	01:12:26
2511	3304	Andrew Parkhouse	M			01:12:26	2506	01:10:59
2512	3372	Thomas Murphy	M	20		01:12:26	2525	01:11:50
2513	3405	Dawn Skipper	F			01:12:27	2508	01:11:05
2514	3370	Mikaela Burgess	F	20		01:12:27	2526	01:11:50
2515	2588	David Morgan Williams	M		Admiral	01:12:29	2512	01:11:15
2516	682	Zane Thorne	M			01:12:34	2476	01:10:01
2517	131	Les Cuthbert	M	50		01:12:38	2523	01:11:48
2518	1628	Helen Lloyd	F	40		01:12:38	2509	01:11:08
2519	2292	Andrew Neesor	M	55		01:12:41	2528	01:11:54
2520	290	Iola Hobbs	F			01:12:45	2510	01:11:09
2521	291	Anthony Hobbs	M	40		01:12:45	2511	01:11:10
2522	2579	Bethan Mary Pritchard	F		Admiral	01:12:48	2533	01:12:13
2523	2077	Margaret Powel	F	50		01:12:53	2518	01:11:33
2524	772	Barry Davies	M			01:12:55	2516	01:11:24
2525	468	Lee Jones	M	45		01:12:57	2540	01:12:30
2526	681	Jannette Thorne	F	40		01:12:59	2489	01:10:25
2527	1970	Katie Berry	F		Team EM	01:12:59	2521	01:11:43
2528	479	Emma Reynolds	F	20	Team EM	01:13:05	2524	01:11:49



## Admiral Swansea Bay 10k

GunPos	RaceNo	Name	Gender	Cat	Club	GunTime	ChipPos	ChipTime
2529	441	Sarah Jordan	F	45	Team EM	01:13:07	2527	01:11:50
2530	443	Alex Jordan	M		Team EM	01:13:13	2529	01:11:58
2531	3330	Gethin Rees	M	40		01:13:13	2517	01:11:31
2532	2791	Claire Daly	F	35		01:13:14	2522	01:11:43
2533	3371	Peter Murphy	M	50		01:13:21	2547	01:12:44
2534	2506	Robert Beale	M			01:13:23	2549	01:12:48
2535	2196	Graham Wheeler	M			01:13:24	2538	01:12:24
2536	149	Peter Jones	M	45		01:13:25	2534	01:12:15
2537	3153	Carl Jones	M			01:13:25	2535	01:12:16
2538	2704	Isobel Mitchel	F			01:13:32	2562	01:13:32
2539	2042	Donna Makin	F	40		01:13:39	2532	01:12:04
2540	2154	Catherine Griffiths	F	20		01:13:40	2531	01:12:03
2541	2156	Kevin Griffiths	M			01:13:40	2530	01:12:02
2542	2328	Patricia Woodhouse	F	40		01:13:40	2536	01:12:23
2543	1258	Helen Jane Davies	F	35		01:13:53	2566	01:13:53
2544	3430	Rebecca Ann Louise Davies	F	35		01:13:54	2551	01:12:59
2545	1545	Elane Hepp	F	35		01:13:54	2552	01:12:59
2546	542	Paul Vere-Hodge	M			01:13:55	2537	01:12:23
2547	503	Louise Wakeford	F	50	Team EM	01:13:59	2543	01:12:41
2548	462	Harriet Roberts	F	20	Team EM	01:13:59	2542	01:12:41
2549	831	Kate Reilly	F			01:14:05	2544	01:12:42
2550	2198	Lisa Goodwir	F	40		01:14:05	2561	01:13:31
2551	426	Paul James	M			01:14:12	2558	01:13:10
2552	483	Peter Yip	M			01:14:14	2557	01:13:06
2553	2931	Tracey Taylor	F			01:14:16	2546	01:12:43
2554	2124	Rae Lewis	F	40		01:14:18	2550	01:12:49
2555	1969	Claire Peters	F	35		01:14:19	2548	01:12:47
2556	1673	Anna Lewis-Knoyle	F			01:14:19	2541	01:12:40
2557	3289	Enid Ann Rees	F	35		01:14:22	2553	01:13:02
2558	3027	Alison Giffard	F	40		01:14:22	2554	01:13:02
2559	2880	Lowri Hoddinot	F			01:14:23	2555	01:13:04
2560	2881	Karen Long	F	45		01:14:23	2556	01:13:05
2561	2505	Sian Young	F			01:14:23	2563	01:13:43
2562	1191	Patricia Lee	F	35		01:14:26	2545	01:12:43
2563	1477	Rachel Elaine Lamb	F	35		01:14:29	2559	01:13:11
2564	3091	Neil Taylor	M			01:14:44	2581	01:14:30
2565	2644	Paul David Davies	M	45		01:14:46	2588	01:14:43
2566	199	Gwyneth Ayers	F			01:14:49	2560	01:13:26
2567	1710	Sarah Blake	F	50	Brecon A C	01:14:51	2567	01:14:00
2568	1080	Sal Mansfield	F	40		01:15:00	2564	01:13:50
2569	2229	Charlie Rideout	F			01:15:06	2582	01:14:31
2570	2345	Helen Odette Lloyc	F			01:15:07	2573	01:14:10
2571	1730	Claire Morgar	F	35		01:15:11	2565	01:13:52
2572	921	David Davies	M	50		01:15:15	2579	01:14:27
2573	926	Teresa Davies	F	45		01:15:15	2580	01:14:27
2574	742	Anwen James	F			01:15:19	2570	01:14:07
2575	2845	Alan Acreman	M	70		01:15:36	2575	01:14:12
2576	819	Susan Thomas	F	35		01:15:37	2576	01:14:12
2577	1497	Louise Sweetmar	F	35		01:15:37	2574	01:14:12
2578	1032	Rhisiart Ap Gwilym	F			01:15:41	2568	01:14:03
2579	1031	Amanda Skull	F			01:15:41	2569	01:14:04
2580	307	Mark Maxwel	M	40		01:15:41	2584	01:14:31
2581	3233	Alison Cornwel	F	40		01:15:41	2583	01:14:31
2582	568	Paul Williams	M	45		01:15:47	2572	01:14:09
2583	567	Wendy Baker	F	45		01:15:47	2571	01:14:08
2584	1739	Rhian Davies	F			01:15:55	2577	01:14:26
2585	2284	Lloyd Roderick	M			01:15:55	2578	01:14:26
2586	842	Gavin Attorre	M			01:15:59	2585	01:14:32
2587	770	Elena Williams	F	50		01:15:59	2586	01:14:32
2588	1968	Alison James	F			01:16:02	2587	01:14:35
2589	2214	Chebbs Jones	F	40		01:16:12	2597	01:15:36
2590	511	Donna Essery	F			01:16:26	2589	01:14:59
2591	857	Lucy Ashton	F			01:16:37	2592	01:15:15
2592	192	Robin Wood	M	40		01:16:37	2593	01:15:16
2593	2351	Lindsay Hughes	F			01:16:47	2590	01:15:00
2594	1656	Leanne Dawn Evans	F			01:16:50	2591	01:15:06
2595	2719	Greg Broac	M	65		01:16:51	2596	01:15:34
2596	1902	Tracey Jones	F	35		01:16:57	2594	01:15:16
2597	2352	Joanna Moss	F		Team EM	01:17:00	2621	01:17:00
2598	3413	Sara Ann Morgan	F			01:17:02	2595	01:15:20
2599	1499	Moir Louise Sykes	F			01:17:11	2598	01:15:43
2600	655	Richard Vizarc	M	45		01:17:13	2603	01:15:50
2601	206	Rhian Maddox	F			01:17:14	2599	01:15:43
2602	633	Jason Haynes	M			01:17:14	2601	01:15:47
2603	1123	Emma Jayne Jones	F			01:17:17	2605	01:16:10
2604	2640	Mary Simmonds	F			01:17:20	2600	01:15:45
2605	2127	Robert Jenkins	M			01:17:22	2602	01:15:47
2606	1630	Donald Patrick Fearnis	M	75	Brecon A C	01:17:28	2617	01:16:53
2607	293	Andrew Driscoll	M			01:17:30	2604	01:15:55

### Admiral Swansea Bay 10k

GunPos	RaceNo	Name	Gender	Cat	Club	GunTime	ChipPos	ChipTime
2608	1211	Sally Bryne	F	35		01:17:38	2620	01:16:56
2609	1765	Mark Williams	M			01:17:39	2608	01:16:20
2610	2047	Rachel Jones	F	35		01:17:39	2610	01:16:23
2611	1241	Kevin Andrew Ross	M	40		01:17:46	2606	01:16:12
2612	2128	Toyin Adeyemc	F	35		01:17:46	2607	01:16:12
2613	642	Sarah Bridgemar	F	35		01:17:50	2609	01:16:20
2614	477	Louise Burgess	F		Team EM	01:17:51	2612	01:16:34
2615	1149	Donna Fidelia Woods	F	40	Womens Running Network	01:17:58	2625	01:17:11
2616	2010	Rhiannon Churchill	F	35		01:18:01	2622	01:17:05
2617	516	Lisa King	F		Team EM	01:18:01	2614	01:16:45
2618	3087	Llinos Davies	F			01:18:02	2611	01:16:33
2619	3104	Jenny Thomas Rees Diamanc	F	65		01:18:13	2626	01:17:19
2620	2065	Helen Davies	F	50		01:18:17	2613	01:16:44
2621	3543	Ifor Evans	M			01:18:17	2630	01:17:36
2622	1985	Michelle Dobbir	F	35		01:18:19	2619	01:16:55
2623	1982	Christian Dobbin	M			01:18:19	2618	01:16:55
2624	835	Libby Williams	F			01:18:29	2616	01:16:51
2625	650	Elize Fletcher	F	35		01:18:29	2615	01:16:50
2626	515	Ruth Barrow	F			01:18:35	2623	01:17:08
2627	3376	David Philip Evans	M	40		01:18:42	2643	01:18:18
2628	2639	Stephen Simmonds	M			01:18:44	2624	01:17:09
2629	917	Karen Long	F	35		01:18:53	2627	01:17:27
2630	996	Allyson Sullivan	F	35		01:18:57	2629	01:17:34
2631	1203	Jenny Wyatt	F	45	Womens Running Network	01:19:09	2639	01:18:04
2632	1175	James Andrew Kern	M	20		01:19:12	2640	01:18:07
2633	1671	David Willock	M			01:19:13	2628	01:17:29
2634	3609	Garan Robot Comley	M			01:19:16	2633	01:17:51
2635	3444	Helen Elizabeth Watts	F			01:19:17	2632	01:17:51
2636	2902	Emma Wilkins	F			01:19:20	2631	01:17:45
2637	1947	Mark Harris	M	45		01:19:25	2637	01:17:57
2638	2708	Duncan Mason	M	40		01:19:25	2636	01:17:57
2639	651	Tracey Bennett	F			01:19:31	2634	01:17:52
2640	565	Ann Pugh	F	45		01:19:35	2638	01:18:01
2641	2357	Teresa Whatty	F			01:19:39	2646	01:18:33
2642	3113	Vivienne Hendersor	F			01:19:41	2650	01:19:02
2643	201	Tracy Wakelin	F	40		01:19:42	2645	01:18:33
2644	255	Marja Cross	F	35		01:19:45	2642	01:18:14
2645	300	Lynda Knowler	F	55		01:19:45	2641	01:18:13
2646	933	Gary Owen	M			01:19:49	2635	01:17:55
2647	2924	Andrew Vaughan	M	40		01:20:00	2651	01:19:10
2648	3491	Kari Alice Lucas	F			01:20:01	2644	01:18:32
2649	1851	Huw Hopkins	M			01:20:07	2662	01:20:07
2650	1364	Ryan Kelly	M			01:20:07	2663	01:20:07
2651	3223	Wendy Fisher	F	50		01:20:09	2648	01:18:52
2652	105	Mike Jones	M	45		01:20:10	2647	01:18:44
2653	2052	Lynsey Evans	F			01:20:16	2649	01:18:53
2654	598	Eve Marangon	F			01:20:42	2658	01:19:44
2655	1179	Sharon Elizabeth Cinderby	F	35		01:20:49	2653	01:19:28
2656	852	Lisa Evans	F			01:20:55	2655	01:19:33
2657	858	Karen Meggit	F	35		01:20:55	2654	01:19:33
2658	2076	Claire-Louise Angove	F			01:20:56	2652	01:19:17
2659	1201	Donna Maria Rees	F	35		01:21:01	2656	01:19:35
2660	514	Rachel Ingham	F			01:21:10	2657	01:19:43
2661	456	Kay Virji	F	40		01:21:26	2659	01:19:57
2662	455	Lesley Walker	F	35		01:21:27	2660	01:19:57
2663	2172	Emma-Jane Smitt	F			01:21:37	2664	01:20:10
2664	2171	David Jeffery	M			01:21:38	2665	01:20:11
2665	795	David Treseder	M			01:21:41	2661	01:20:06
2666	3485	Phillip John Clapham	M			01:21:51	2677	01:21:41
2667	506	Claire Butcher	F			01:21:58	2666	01:20:36
2668	2285	Lorraine Davies	F	45		01:22:07	2667	01:20:39
2669	2286	Lisa Roberts	F	35		01:22:07	2668	01:20:40
2670	1819	Kris Evans	M			01:22:16	2672	01:21:18
2671	2436	Allen Watts	M	80	Sarn Helen	01:22:21	2669	01:21:05
2672	438	Lucy Jordan	F	20	Team EM	01:22:31	2670	01:21:16
2673	1704	Kerry Thomson	F	45	Wye Valley Runners	01:22:52	2674	01:21:23
2674	353	Michael Edey	M			01:22:54	2671	01:21:18
2675	361	SiŌn Edey	F	35		01:22:54	2673	01:21:18
2676	2543	Nicola Davies	F			01:22:56	2679	01:21:51
2677	2544	Sara Williams	F			01:22:56	2678	01:21:51
2678	743	Claire Norman	F			01:23:09	2676	01:21:40
2679	2722	Catherine Walsh	F	45	Patrick's With Rooms	01:23:13	2675	01:21:39
2680	464	Pippa Hall	F		Team EM	01:23:21	2680	01:22:05
2681	476	Heledd Jones	F		Team EM	01:23:44	2683	01:22:27
2682	500	Laura Richardson	F			01:23:46	2681	01:22:24
2683	2024	Susan Lawrence	F	50		01:23:52	2693	01:23:52
2684	1072	Claire Mary Densharr	F	40		01:24:01	2688	01:23:09
2685	2631	John Samuel Davies	M	60	Activa	01:24:03	2684	01:22:31
2686	1973	Claire Mc Callum	F			01:24:13	2687	01:22:58

### Admiral Swansea Bay 10k

GunPos	RaceNo	Name	Gender	Cat	Club	GunTime	ChipPos	ChipTime
2687	2965	Michelle Taylor	F			01:24:13	2682	01:22:26
2688	321	Stuart Davies	M			01:24:13	2685	01:22:42
2689	204	Lucy Edwards	F			01:24:14	2686	01:22:43
2690	1549	Gayle Hanney	F	50	Swansea Power Walkers	01:24:48	2689	01:23:26
2691	1550	Ann Haines	F	45	Swansea Power Walkers	01:24:48	2690	01:23:27
2692	2947	Catrin O'Brien	F			01:24:53	2691	01:23:40
2693	1214	Sian Turner	F			01:24:54	2696	01:24:12
2694	1140	Kelvin Robert James	M	55		01:25:01	2694	01:23:57
2695	2525	Patricia Sherwood	F	60	Amman Valley Harriers	01:25:02	2692	01:23:51
2696	1882	Lesley Collier	F	50		01:25:09	2697	01:24:14
2697	2114	Elaine Hiscox	F	35		01:25:34	2695	01:24:02
2698	1907	Claire Avery	F			01:25:38	2698	01:24:28
2699	2375	Michelle Cullen	F			01:25:40	2700	01:24:30
2700	2462	Jane Elliott	F	55	3Ms	01:25:52	2703	01:24:46
2701	1870	Sarah Stevens	F	35		01:25:57	2702	01:24:38
2702	354	Sarah Stevens	F		Village Vipers	01:26:06	2699	01:24:29
2703	355	Gareth Evans	M		Village Vipers	01:26:08	2701	01:24:31
2704	3473	Emma Fenwick	F			01:26:15	2706	01:25:09
2705	3477	Bob Fenwick	M	40		01:26:15	2705	01:25:09
2706	601	Susan Mccall	F	60	Serpentine	01:26:23	2711	01:25:25
2707	3296	Marion Michael	F	45		01:26:36	2709	01:25:16
2708	2244	Elaine Hutchinson	F	50		01:26:37	2710	01:25:17
2709	1659	Gemma Louise Harris	F			01:26:43	2704	01:24:56
2710	2573	Sharon Anne Bower	F	35	Admiral	01:26:43	2707	01:25:10
2711	2777	Michael Thornton	M	55		01:26:44	2708	01:25:15
2712	3503	Sarah Dickens	F			01:28:36	2712	01:27:35
2713	2060	Douglas Thomas	M	70		01:30:00	2717	01:29:49
2714	3339	Kathryn George	F	45		01:30:21	2713	01:28:49
2715	3337	Christine Nutt	F	50		01:30:32	2714	01:29:00
2716	881	Joy Thomas	F	35	Amman Valley Harriers	01:30:48	2715	01:29:23
2717	880	Clare Jones	F			01:30:49	2716	01:29:24
2718	286	Andrea Lewis	F			01:30:51	2719	01:30:22
2719	215	Tracey Farley	F	40		01:31:33	2718	01:29:59
2720	2001	Michelle Slee	F	35		01:31:53	2721	01:30:56
2721	759	Miranda Lewis	F	35		01:31:58	2720	01:30:29
2722	3321	Steven Parsons	M	40		01:32:25	2725	01:32:25
2723	3333	Helen Meredith	F			01:32:39	2726	01:32:39
2724	2045	Ceri Hirst	F			01:32:52	2724	01:32:22
2725	3368	Diane Tucker	F	35		01:33:16	2722	01:32:07
2726	1608	Roslyn Thomas	F	60		01:33:34	2723	01:32:14
2727	2621	Sarah Marie Jones	F	20		01:33:40	2727	01:33:20
2728	2622	Jeanette Jones	F	35		01:33:59	2728	01:33:32
2729	508	Fran Gibson	F		Team EM	01:36:33	2731	01:36:33
2730	3366	Gethin James	M	65		01:36:37	2729	01:35:15
2731	1318	Anne Miles	F	55		01:37:21	2730	01:36:20
2732	3177	Sarah Coe	F		Swansea Community Farn	01:42:08	2732	01:40:39
2733	3342	Tom Jones	M			01:43:08	2733	01:41:35
2734	3345	Hilary Thorpe	F	55		01:43:10	2734	01:41:36
2735	1662	Paul Kenneth Watkins	M			01:54:37	2735	01:52:35
2736	1667	Jean Mary Healey	F	50		01:54:40	2736	01:52:39
2737	1670	Sarah Watts	F	35		01:54:50	2737	01:52:48
2738	1660	Sian Siberry	F	40		01:54:50	2738	01:52:49
2739	2454	Donna Marie Ower	F			01:54:57	2739	01:52:54
2740	1664	Phillip Mark Cashin	M			01:54:57	2740	01:52:55
2741	1354	Angela Matthews	F	40		01:54:57	2741	01:52:55
2742	3369	Annie Mary Jones	F	60		01:57:20	2742	01:55:58
2743	3056	Sarah Tonkin	F			02:00:59	2743	01:59:09
2744	1658	Clare A'Hearne	F			02:00:59	2744	01:59:09