

July 14th 2009
LC Swansea Bay 5k

Pos	Time	Number	Name	M/F	Vet	Club
1	00:15:40	32	Simon Jones	M		Cornelly
2	00:16:52	106	David Rees	M		Swansea Harriers
3	00:16:53	124	David Kehoe	M		
4	00:16:59	76	Mark Davies	M		Swansea Harriers
5	00:17:08	90	Gareth Jenkins	M		Brackla Harriers
6	00:17:16	447	Andrea Whitcombe	F		Swansea Harriers
7	00:17:21	264	Alan Davies	M	V	
8	00:17:29	71	Will Douglas	M		Swansea Tri
9	00:17:31	118	Andrew Reynolds	M		Neath Harriers
10	00:17:35	256	Steve Smith	M	V	Swansea Harriers
11	00:17:39	107	Andrew Wright	M		
12	00:17:41	249	Ifan Lloyd	M	V	Swansea Harriers
13	00:17:42	98	Liam Lloyd	M		Swansea Harriers
14	00:17:45	331	Kevin Griffiths	M	V	TROTS
15	00:17:46	104	Paul Speyer	M		Brackla Harriers
16	00:17:47	46	Adrian Weaver	M		Port Talbot
17	00:17:52	56	Stuart Doyle	M		Port Talbot
18	00:17:54	91	Tom Davis	M		Porthcawl
19	00:17:55	296	Martin Webborn	M	V	Swansea Harriers
20	00:17:55	54	Mark Reynolds	M		
21	00:17:57	274	Ian Webb	M	V	Llanelli
22	00:18:00	47	Andrew Cleverly	M		Swansea Harriers
23	00:18:02	440	Elinor Kirk	F		Swansea Harriers
24	00:18:10	63	David MacRae	M		
25	00:18:11	422	Kate Roberts	F		Bridgend
26	00:18:11	626	Runner 626	M	FR	
27	00:18:12	65	Dave Bowkett	M		Celtic Tri
28	00:18:15	68	Lee Morris	M		
29	00:18:18	270	Steve Williams	M	V	Neath
30	00:18:19	5	Richard Gordon	M		
31	00:18:21	259	Jon Embling	M	V	Bridgend
32	00:18:24	421	Sarah Ridehalgh	F		Accrington
33	00:18:25	261	Colin Elvins	M	V	Swansea Harriers
34	00:18:25	64	Antonio Cirillo	M		Swansea Harriers
35	00:18:26	75	Sean White	M		Swansea Harriers
36	00:18:27	224	Mark Dunscombe	M	V	Sarn Helen
37	00:18:34	297	Neil Davies	M	V	Cornelly
38	00:18:36	322	Paul Dyson	M	V	Swansea Harriers
39	00:18:41	100	Christopher Rees	M		
40	00:18:42	128	Ben Jenkins	M		Swansea Harriers
41	00:18:47	308	Glyn Sawsom	M	V	San Domenico
42	00:18:49	266	Philip Hendry	M	V	Central AC
43	00:18:50	96	Shaun Broome	M		Neath Harriers
44	00:18:52	14	Kieran Mackintosh	M		Port Talbot Harriers
45	00:18:54	257	Kevin Corcoran	M	V	Swansea Harriers
46	00:18:54	137	Matt Tooze	M		
47	00:18:58	529	Clare Phillips	F	V	
48	00:19:01	207	Alex Williams	M	V	Port Talbot Harriers
49	00:19:04	135	Gair McAdie	M		Team Deviant
50	00:19:05	103	Gareth Ayres	M		Port Talbot
51	00:19:07	304	Lynsey Christopher	M	V	Corus
52	00:19:11	92	Paul Stevens	M		Glais Grunts
53	00:19:12	437	Leah Dixon	F		Cardiff
54	00:19:15	564	Melissa Watson	F	V	
55	00:19:18	105	Steve Ruddy	M		
56	00:19:22	299	Martyn Hughes-Dowble	M	V	

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57	00:19:23	42 Mark Terry	M		
58	00:19:26	212 Derek Hegarty	M	V	RAF Recruiters
59	00:19:26	559 Jenny Phillips	F	V	Llanelli
60	00:19:28	335 Chris Allton	M	V	Swansea Harriers
61	00:19:31	43 Sean Treloar	M	V	
62	00:19:31	418 Caroline Jones	F		Forest of Dean
63	00:19:32	217 Ian Ogilvie	M	V	Brackla Harriers
64	00:19:34	311 Paul Flynn	M	V	
65	00:19:35	267 Graham Colvin	M	V	3M
66	00:19:40	269 Paul Davies	M	V	Port Talbot
67	00:19:41	94 Grant Westcott	M		Swansea Harriers
68	00:19:42	332 Jeremy Forshew	M	V	Les Croupiers
69	00:19:45	317 Tom Cadwallader	M	V	Mumbles
70	00:19:47	211 Graham Vyner	M	V	3M
71	00:19:49	292 Mark Genan	M	V	
72	00:19:52	20 Stephen Cable	M		3M
73	00:19:54	53 Andy Perry	M		
74	00:19:54	9 Andrew Baker	M		Neath Harriers
75	00:19:57	51 Grant Thomas	M		Wecori
76	00:19:57	33 Michael Roderick	M		
77	00:19:57	283 Bernd Kulesa	M	V	
78	00:19:59	232 Andrew Carter	M	V	
79	00:20:01	125 Thierry Maffeis	M		
80	00:20:02	521 Meirion Daniels	M	V	
81	00:20:03	204 Steve Walsh	M	V	3M
82	00:20:04	316 Leighton Gardner	M	V	Swansea Harriers
83	00:20:06	315 Mike Rimmer	M	V	Celtic Tri
84	00:20:08	294 Mark Stevens	M	V	Glais Grunts
85	00:20:11	251 Gary Howe	M	V	3M
86	00:20:13	234 Paul McDermott	M	V	RNR Cambria
87	00:20:15	117 Dean Trebilcock	M		
88	00:20:17	136 Mark Kingston	M		
89	00:20:19	119 Mat Aukland	M		
90	00:20:22	59 Andrew Mundy	M		Brackla Harriers
91	00:20:24	26 Leon Murnieks	M		
92	00:20:26	99 Afron Williams	M		Sospan
93	00:20:28	554 Philippa Williams	F	V	
94	00:20:30	130 Matthew Lewis	M		
95	00:20:33	288 Tony Morris	M	V	Swansea Harriers
96	00:20:35	325 Jason Dickinson	M	V	TROTS
97	00:20:37	584 Elspeth Jenkins	F	V	Brackla Harriers
98	00:20:39	37 Ian Hoskins	M		
99	00:20:41	543 Caroline Jones	F	V	TROT
100	00:20:44	419 Katie Reynolds	F		Swansea Harriers
101	00:20:46	25 Phil Protheroe	M		Brackla Harriers
102	00:20:48	82 Rob Davies	M		
103	00:20:48	566 Deborah Reed	F	V	3M
104	00:20:52	439 Cerys Morgan	F		Swansea Harriers
105	00:20:56	86 Aron Wilkinson	M		Celtic Tri
106	00:20:57	101 Adrian Rees	M		
107	00:20:58	279 Paul Blamore	M	V	Brackla Harriers
108	00:20:59	109 Neil Crawford	M		
109	00:21:01	21 Steven Jones	M		
110	00:21:02	290 Paul Jelley	M	V	Port Talbot
111	00:21:03	254 Vic Saunders	M	V	Mumbles
112	00:21:04	50 Jordan Bruck	M		Swansea Harriers
113	00:21:04	108 Neil Gabriel	M		
114	00:21:06	276 Bob Woolterton	M	V	Bridgend
115	00:21:08	240 Cyril Walters	M	V	TROT
116	00:21:11	330 David Llewellyn	M	V	
117	00:21:12	4 Mike Griffiths	M		Team Deviant

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118	00:21:13	244 Mick Grant	M	V	Road Runners
119	00:21:15	593 Charlotte Johns	F	V	Brackla Harriers
120	00:21:17	428 Teresa Penhorwood	F		
121	00:21:17	84 Alex Hackett	M		
122	00:21:24	268 Paul Rees	M	V	
123	00:21:25	10 Kristian Belmont	M		RAF Recruiters
124	00:21:25	99999 Unknown Number	M		
125	00:21:26	326 Adrian Luckman	M	V	
126	00:21:26	223 Martin Ennis	M	V	3M
127	00:21:28	67 Simon Lloyd	M		
128	00:21:28	333 Marcus Eyre	M	V	3M
129	00:21:30	278 John Sterio	M	V	
130	00:21:31	587 Christina Smith	F	V	3M
131	00:21:31	111 Tim Ward	M		Team Brodie
132	00:21:32	592 Andrea Starritt	F	V	Brackla Harriers
133	00:21:36	230 Allan Jones	M	V	Brackla Harriers
134	00:21:37	15 Barry Morgan	M		Brackla Harriers
135	00:21:38	110 James Dawson	M		Team Brodie
136	00:21:39	526 Maggie Fligelstone	F	V	
137	00:21:40	277 Simon Pinner	M	V	Wecori
138	00:21:41	126 Neil Evans	M		
139	00:21:42	72 Jonathan Williamson	M		Swansea Tri
140	00:21:42	524 Sian Phillips	F	V	Swansea Harriers
141	00:21:43	57 Owen Lewis	M		
142	00:21:44	312 Darren Green	M	V	Mumbles
143	00:21:46	287 Rick Rimmer	M	V	
144	00:21:48	93 Geraint Smith	M		
145	00:21:49	247 Michael A Thomas	M	V	
146	00:21:50	513 Helen Jones	F	V	
147	00:21:54	324 Peter Deacon	M	V	
148	00:21:57	13 Matthew Gilbert	M		
149	00:21:59	113 Mark Bennewith	M		3M
150	00:22:00	121 Ben Moriarty	M		
151	00:22:01	427 Rebecca King	F		Swansea Harriers
152	00:22:03	6 Simon Brewer	M		Mumbles
153	00:22:04	313 Alan Engles	M	V	
154	00:22:06	115 Kit Lucas	M		
155	00:22:10	255 Anthony Ridehalgh	M	V	Accrington
156	00:22:12	446 Lee Bodenham	F		
157	00:22:14	263 Michael Terry	M	V	
158	00:22:14	44 Richard Payne	M		
159	00:22:15	301 Tony Eustace	M	V	Visteon
160	00:22:17	429 Rhiannon Anderson	F		Swansea Harriers
161	00:22:20	516 Jayne Scheiss	F	V	Celtic Tri
162	00:22:21	89 Sam Rimmer	M		
163	00:22:23	306 Simon Cox	M	V	
164	00:22:24	588 Julie Thomas	F	V	3M
165	00:22:27	303 Bob Gardiner	M	V	Wecori
166	00:22:27	58 Tony Spiller	M		
167	00:22:28	250 Chris Jones	M	V	
168	00:22:29	31 Stephen Barclay	M		
169	00:22:30	1 Russell Crocker	M		Cardiff
170	00:22:30	123 Andy Hunter	M		
171	00:22:36	2 Alistair Thomson	M		Cornelly
172	00:22:36	97 Brandon Kemeny	M		
173	00:22:37	138 Ceri Durke	M		
174	00:22:39	12 Martin Slucutt	M		
175	00:22:40	329 Mike Rose	M	V	
176	00:22:45	320 Gerwyn Evans	M	V	
177	00:22:47	116 Richard Price	M		
178	00:22:47	222 Alex Ford	M	V	Brackla Harriers

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179	00:22:49	252 Andy Bartlett	M	V	Celtic Tri
180	00:22:50	586 Louise Miskell	F	V	3M
181	00:22:53	327 Andrew Rothwell	M	V	
182	00:22:53	253 Phillip John	M	V	
183	00:22:54	40 Steffan Jones	M		
184	00:23:01	221 Tony Burt	M	V	Brackla Harriers
185	00:23:06	302 Geraint Jenkins	M	V	Amman Valley
186	00:23:09	452 Kathryn John	F		3M
187	00:23:09	55 Andrew Gibbs	M		
188	00:23:10	258 Brian Fox	M	V	
189	00:23:16	206 David Boucher	M	V	
190	00:23:17	48 Andrew Brown	M		
191	00:23:18	242 Winston Lord	M	V	
192	00:23:19	281 James Davies	M	V	3M
193	00:23:21	433 Cordelia Jones	F		3M
194	00:23:22	426 Amy Hendry	F		Central AC
195	00:23:22	408 Victoria Moore	F		
196	00:23:23	321 David Mitchell	M	V	
197	00:23:25	305 Len Collacott	M	V	
198	00:23:30	434 Michelle Witham	F		Swansea Harriers
199	00:23:35	88 Dan Smart	M		
200	00:23:39	18 Robert Wood	M		
201	00:23:42	314 Tony Baker	M	V	
202	00:23:43	129 Grant Llewellyn	M		
203	00:23:44	291 Gary Sawdon	M	V	
204	00:23:46	16 Stephen Fitzgerald	M		
205	00:23:46	273 Paul Crockett	M	V	
206	00:23:48	29 David Charles Griffiths	M		
207	00:23:49	558 Gwen Smith	F	V	Swansea Harriers
208	00:23:50	289 John Ayres	M	V	Port Talbot
209	00:23:50	228 Keith Treharne	M	V	Brackla Harriers
210	00:23:54	203 Matt Weller	M	V	Mumbles
211	00:23:54	282 Chris Edmonds	M	V	
212	00:23:55	112 Oliver Kohll	M		
213	00:23:56	102 Aled Morgan	M		
214	00:24:04	77 Darren Williams	M		
215	00:24:05	49 Andrew Jones	M		
216	00:24:07	532 Karen Davies	F	V	
217	00:24:10	114 Ian Gilmore	M		
218	00:24:17	339 Simon Cogger	M	V	
219	00:24:18	307 Stephen Woods	M	V	
220	00:24:19	265 Jeff Evans	M	V	
221	00:24:20	436 Lynne Parry	F		
222	00:24:21	243 Ian Williams	M	V	
223	00:24:27	99999 Unknown Number	M		
224	00:24:28	436 Already Finished	M		
225	00:24:30	226 Steve Groves	M	V	
226	00:24:31	95 Timothy carpenter	M		
227	00:24:33	22 Tom Wimpory	M		
228	00:24:34	505 Joanne Perkins	F	V	
229	00:24:34	19 Steven Williams-Jones	M		
230	00:24:35	594 Debra Clarke	F	V	
231	00:24:35	461 Alison Porter	F		
232	00:24:36	572 Pat Llewellyn	F	V	Swansea Harriers
233	00:24:38	298 Terry Hart	M	V	
234	00:24:40	83 Ian Lewis	M		
235	00:24:41	45 Mackenzie Noble	M		Celtic Tri
236	00:24:43	272 Neil Lewis	M	V	Mumbles
237	00:24:43	28 Andrew O'Connor	M		
238	00:24:44	81 Ed Harris	M		
239	00:24:45	451 Angela Lewis	F		

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240	00:24:45	80 David Owen	M		
241	00:24:47	79 Tom Beard	M		
242	00:24:56	535 Melanie Colburn	F	V	Celtic Tri
243	00:24:58	120 neil Young	M		
244	00:24:58	501 Melanie Stone	F	V	Celtic Tri
245	00:25:02	246 Neil Gregory	M	V	
246	00:25:06	78 Matthew Hudson	M		
247	00:25:09	509 Jane Ogilvie	F	V	Brackla Harriers
248	00:25:13	229 Ian Portway	M	V	
249	00:25:15	404 Rebecca O'Leary	F		WRN
250	00:25:15	210 Mark Hammond	M	V	
251	00:25:18	214 Stuart Barnes	M	V	
252	00:25:20	282 Already Finished	M		
253	00:25:21	8 Luke Hammond	M		
254	00:25:21	553 Ruth Hederson	F	V	
255	00:25:23	122 Simon Richards	M		Hafod
256	00:25:24	132 Darren Geyl	M		
257	00:25:28	310 Ralph Allemano	M	V	Swansea Harriers
258	00:25:29	328 Paul Rowley	M	V	
259	00:25:33	38 Nathan Evans	M		Merthyr
260	00:25:35	596 Caroline Jones	F	V	WRN
261	00:25:37	99999 Unknown Number	F		
262	00:25:39	544 Lesley Mainwaring	F	V	
263	00:25:39	518 Patricia Jones	F	V	Brackla Harriers
264	00:25:41	284 Colin Thomas	M	V	
265	00:25:45	271 Jim Halsey	M	V	Swansea Harriers
266	00:25:50	590 Fay Sharpe	F	V	3M
267	00:25:51	286 Ian Barnett	M	V	
268	00:25:53	585 Vicki Hopkins	F	V	
269	00:25:54	99999 Unknown Number	F		
270	00:25:55	42 Already Finished	F		
271	00:25:56	323 Michael Fox	M	V	
272	00:25:58	563 Samantha Singh	F	V	
273	00:25:58	409 Kirsten Tucker	F		WRN
274	00:26:00	547 Tracey Hinton	F	V	3M
275	00:26:00	577 Chris Jones	F	V	WRN
276	00:26:00	285 John Vine	M	V	
277	00:26:01	336 Jason Jones	M	V	
278	00:26:01	131 Mike Evans	M		
279	00:26:02	319 Michael Aspland	M	V	
280	00:26:03	215 Kevin Fitzgerald	M	V	
281	00:26:13	551 Tamsin Josty	F	V	
282	00:26:14	134 Steven Hill	M		Team Penguin
283	00:26:14	337 Stuart Gray	M	V	
284	00:26:16	574 Catherine Cox	F	V	
285	00:26:17	275 Brian Miles	M	V	Mumbles
286	00:26:21	60 Tom Powell	M		
287	00:26:23	280 Martin Nicholls	M	V	3M
288	00:26:25	52 Dan Wardle	M		
289	00:26:27	369 Runner 369	M	V	
290	00:26:28	201 Christopher Hockley	M	V	Swansea Harriers
291	00:26:30	435 Runner 435	F		
292	00:26:32	248 Raymond Boyce	M	V	Cornelly
293	00:26:39	127 Leighton Jenkins	M		
294	00:26:42	260 David Rosser	M	V	Amman Valley
295	00:26:42	295 Graham Linnard	M	V	
296	00:26:44	517 Sarah Grant	F	V	
297	00:26:45	430 Lynda Thomas	F		
298	00:26:47	528 Elizabeth Barclay	F	V	
299	00:26:49	575 Catherine Smith	F	V	
300	00:26:52	133 Jon Davies	M		Team Penguin

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301	00:27:00	449 Sarah Baugh-Williams	F		Hafod
302	00:27:01	438 Sarah Lowe	F		
303	00:27:04	557 Penny Lauder	F	V	
304	00:27:07	262 Greg Hutton	M	V	
305	00:27:09	406 Sarah Dugate	F		
306	00:27:10	432 Sarah Jones	F		
307	00:27:17	334 Phylip Sollis	M	V	
308	00:27:17	412 Edwina Moorhouse	F		WRN
309	00:27:20	340 Peter Davis	M	V	
310	00:27:22	410 Rebecca Gunstone	F		WRN
311	00:27:24	525 Kathleen Evans	F	V	Brackla Harriers
312	00:27:26	550 Julie Noble	F	V	Celtic Tri
313	00:27:27	595 Christine Hurdridge	F	V	3M
314	00:27:29	581 Sally Reid	F	V	
315	00:27:29	578 Claire Jones	F	V	
316	00:27:31	520 Diane Walford	F	V	Celtic Tri
317	00:27:35	220 Nigel Jones	M	V	Llanelli Seaside St
318	00:27:37	225 Philip Davies	M	V	3M
319	00:27:45	459 Oona Crawford	F		TROTS
320	00:27:50	569 Abi Hart	F	V	
321	00:27:53	70 Chris Nicol	M		Kontoor
322	00:28:01	425 jenifer Friggens	F		
323	00:28:02	431 Karen Patel	F		
324	00:28:08	573 Nia Salini	F	V	
325	00:28:11	61 Paul Clarke	M		
326	00:28:12	560 Emma McKee-Hands	F	V	FERC
327	00:28:24	443 Sarah Collacott	F		
328	00:28:25	444 Susan Buckley	F		FERC
329	00:28:48	457 Laura Powsett	F		
330	00:28:51	460 Pauline Thomas	F		TROTS
331	00:28:55	455 Niamh Gill	F		
332	00:28:56	565 cath McLean	F	V	
333	00:28:59	413 Helen Beale	F		
334	00:29:04	39 Robert Scott	M		
335	00:29:06	237 Mark Evans	M	V	Merthyr
336	00:29:06	458 Stephanie Arnold	F		
337	00:29:08	405 Cat Hayes	F		
338	00:29:13	69 Gary Taylor	M		Mumbles
339	00:29:14	23 Wyn Gordge	M		
340	00:29:15	424 Sarah Stevens	F		
341	00:29:16	511 Karen Dugate	F	V	
342	00:29:17	561 Caroline Morgan	F	V	
343	00:29:21	202 Adrian Bailey	M	V	
344	00:29:26	233 Louis Fligelstone	M	V	
345	00:29:30	464 Sarah Major	F		
346	00:29:31	463 Edel McEntee	F		
347	00:29:33	589 Johanne Hughes-Dowdle	F	V	
348	00:29:40	552 Bronwen Williams	F	V	
349	00:29:41	562 Jenny Wyatt	F	V	WRN
350	00:30:00	87 Mark Hay	M		
351	00:30:01	85 Richard Humphreys	M		
352	00:30:02	300 Eiril Owen	M	V	Cornelly
353	00:30:05	450 Andrea Brabrook	F		
354	00:30:11	556 Tracy Loney	F	V	
355	00:30:34	401 Rachel Youlten	F		Cornelly
356	00:30:41	407 Leigh Mulvihill	F		
357	00:30:44	411 Laura Davies	F		WRN
358	00:30:44	538 Patricia Davies	F	V	WRN
359	00:30:51	517 Already Finished	F		
360	00:30:57	580 Mary Donnelly	F	V	Brackla Harriers
361	00:30:58	562 Already Finished	F		

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362	00:31:00	62 Paul James	M		
363	00:31:01	423 Ally Phillips	F		WRN
364	00:31:03	454 Zoe Gealy	F		WRN
365	00:31:05	510 Wendy Duncan	F	V	
366	00:31:07	245 Graham Yeo	M	V	
367	00:31:13	241 Phil Mytton	M	V	
368	00:31:15	445 Sarah Rowland	F		Village
369	00:31:25	500 Kim Evans	F	V	WRN
370	00:31:32	571 Sarah Gould	F	V	WRN
371	00:31:32	570 Janine Lewis	F	V	WRN
372	00:31:34	456 Ceri Saunders	F		
373	00:31:40	448 Samantha Watkins	F		
374	00:31:57	318 Tony Davies	M	V	
375	00:32:05	548 Lisa Humphries	F	V	
376	00:32:11	514 Deborah Lewis	F	V	
377	00:32:17	416 Hayley Morris	F		Celtic Tri
378	00:32:19	599 Kathryn Mantovani-Davies	F	V	
379	00:32:21	549 Verity James	F	V	
380	00:32:35	442 Kate Loring	F		Team Penguin
381	00:32:42	341 Neil Melmoth	M	V	
382	00:32:44	293 Rhys Hughes	M	V	
383	00:32:44	583 Anne Wilkinson	F	V	Celtic Tri
384	00:32:47	342 Pablo Abraham	M	V	
385	00:32:57	598 Susan Gully	F	V	
386	00:33:13	591 Julie Davies	F	V	3M
387	00:33:17	523 Heather Pierce	F	V	Celtic Tri
388	00:33:21	431 Already Finished	F		
389	00:33:25	519 Sian Ackland	F	V	Brackla Harriers
390	00:33:32	567 Sharon Barron	F	V	
391	00:33:34	441 Claire Power	F		Team Penguin
392	00:33:35	536 Sian King	F	V	Celtic Tri
393	00:33:36	415 Kate Ogilvie	F		Celtic Tri
394	00:33:36	537 Lisa Ogilvie	F	V	Celtic Tri
395	00:33:55	579 Lesley Bigmore	F	V	
396	00:34:08	540 Joanna Williams	F	V	Merthyr
397	00:34:15	568 Katie Howells	F	V	
398	00:34:16	338 Marco Terrelli	M	V	
399	00:34:19	414 Alice Roythorne	F		Cardiff
400	00:34:20	41 Clare Porter	F	V	
401	00:35:26	555 Kerry Bailey	F	V	
402	00:40:00	74 Richard Williams	M		