

GunPos	Bib	Firstname	Lastname	M/F	Cat	Club	GunTime
1	1	Michael	Johnson	M		Cardiff	00:14:26
2	4	Mike	Kallenberg	M	20	Carmarthen	00:15:34
3	3	Lee	Ladd	M	23	Carmarthen	00:15:36
4	6	Joshua	Dixon	M	23	Abergele	00:15:44
5	9	Peter	Ryder	M		Cardiff	00:15:53
6	5	Michael	Kershaw	M	20	Cardiff	00:16:05
7	10	Stuart	Crees	M		Les Croupiers	00:16:12
8	35	Matthew	O'Leary	M	17	Neath Harriers	00:16:32
9	7	Josh	Griffiths	M	17	Carmarthen	00:16:33
10	45	Paul	Talbot	M	40	Neath Harriers	00:16:39
11	20	Matthew	Drury	M	17	Cardiff	00:16:50
12	23	Mark	Emery	M		Bridgend AC	00:17:01
13	39	Mike	Robbins	M	45	Wrexham	00:17:09
14	22	Carl	Ellis	M	35	Neath Harriers	00:17:16
15	17	Philip	Crane	M	45	Neath Harriers	00:17:20
16	16	Peter John	Crane	M	45	Neath Harriers	00:17:21
17	26	Craig	Hudson	M	23	Newport Harriers	00:17:21
18	50	Royston	Whitehouse	M	45	Neath Harriers	00:17:21
19	52	Simon	Wilson	M	40	Swansea Harriers	00:17:42
20	47	Adrian	Weaver	M		Neath Harriers	00:17:49
21	53	Evan	Wynne	M	17	Newport Harriers	00:18:01
22	30	Gary	Irving	M	50	Swansea Harriers	00:18:04
23	48	Martin	Webborn	M	50	Swansea Harriers	00:18:05
24	13	Paul	Clarke	M		Carmarthen	00:18:13
25	37	Peter	Osborne	M	50	Swansea Harriers	00:18:15
26	51	Alex	Williams	M	40	Port Talbot	00:18:17
27	15	David	Crane	M	50	Neath Harriers	00:18:21
28	40	Huw	Roberts	M	50	Bridgend AC	00:18:26
29	54	Richard	Jones	M	50	Swansea Harriers	00:18:37
30	29	Eryl John	Husband	M	50	Lancaster and Morecambe	00:18:45
31	46	Charles	Walsh	M	35	Port Talbot	00:18:46
32	21	Darren	Edwards	M		Celtic Tri	00:18:47
33	42	Glyn	Sansom	M	45	San Domenico	00:19:14
34	31	Christopher	Jones	M	50	Lliswerry	00:19:26
35	14	Kevin	Corcoran	M	45	Swansea Harriers	00:19:55
36	19	Brian	Dias	M		Cardiff	00:20:41
37	18	Daniel	Davies	M	23	Pembrokeshire Harriers	00:21:01
38	12	Stephen	Bendle	M	45	Swansea Harriers	00:21:14
39	34	Steve	McLelland	M	55	3Ms Gorseinon	00:21:31
40	28	Eric	Hughes	M	70	Bridgend AC	00:22:42
41	36	Mick	Olivant	M	55	Brecon AC	00:23:04
42	27	Carwyn	Hughes	M	70	Havant AC	00:23:58
43	43	Allan	Smith	M	75	3Ms Gorseinon	00:24:46
44	41	David	Rosser	M	75	Amman Valley	00:27:20
45	44	Ian	Swanson	M	60	Port Talbot	00:27:58

GunPos	Bib	Firstname	Lastname	M/F	Cat	Club	GunTime
1	64	Natasha	Cockram	F	17	Cwmbran	00:17:42
2	61	Alaw	Beynon-Thomas	F	23	Carmarthen	00:18:04
3	85	Kate	Roberts	F	23	Bridgend AC	00:18:12
4	93	Paris	Williams	F	23	Cardiff	00:18:19
5	63	Emily	Brown	F		Cardiff	00:18:20
6	68	Gemma	Jones	F		Lliswerry	00:18:29
7	88	Bethan	Strange	F		Cardiff	00:18:35
8	83	Clare	Phillips	F	40	Port Talbot	00:18:57
9	70	Elizabeth	O'Duffy	F	40	Les Croupiers	00:18:58
10	74	Catherine	Beecher	F		Les Croupiers	00:19:13
11	94	Gillian	Davies	F	45	Swansea Harriers	00:19:24
12	67	Leigh	James	F		Windsor Slough Eton & H	00:19:32
13	80	Sharon	Leech	F	40	Carmarthen	00:20:17
14	81	Efa	Llewellyn	F		Swansea Harriers	00:21:27
15	87	Hollie	Ryder	F	20	Notts AC	00:21:36
16	84	Sian	Phillips	F	45	Swansea Harriers	00:21:39
17	79	Elinor	King	F		Swansea Harriers	00:22:01
18	77	Michelle	Grey	F		Swansea Harriers	00:22:21
19	82	Catherine	Olivant	F	35	Brecon AC	00:23:24
20	71	Rhiannon	Anderson	F	20	Swansea Harriers	00:23:40
21	86	Ann	Rowell	F	55	TROTS	00:23:49
22	72	Alison	Atkins	F	40	Womens Running Network Wales	00:29:58
23	76	Sheila	Curran	F	50	Womens Running Network Wales	00:31:36
24	92	Helen	Williams	F	35	Aberdare	00:32:08
25	78	Janet	Harris	F	50	Porthcawl Runnerslife	00:32:28
26	75	Janet	Bottrell	F	60	Womens Running Network Wales	00:33:37
27	90	Sian	Tossell	F	40	Brackla Harriers	00:33:45

2010 Swansea 5k Championships

GunPos	Bib	Firstname	Lastname	M/F	Cat	Club	GunTime	ChipPos	ChipTime
1	1	Michael	Johnson	M		Cardiff	00:14:26	1	00:14:25
2	4	Mike	Kallenberg	M	20	Carmarthen	00:15:34	2	00:15:34
3	3	Lee	Ladd	M	23	Carmarthen	00:15:36	3	00:15:36
4	6	Joshua	Dixon	M	23	Abergele	00:15:44	4	00:15:44
5	133	Julian	Baker	M	40	Les Croupiers	00:15:51	5	00:15:51
6	9	Peter	Ryder	M		Cardiff	00:15:53	6	00:15:52
7	5	Michael	Kershaw	M	20	Cardiff	00:16:05	7	00:16:05
8	10	Stuart	Crees	M		Les Croupiers	00:16:12	8	00:16:11
9	35	Matthew	O'Leary	M	17	Neath Harriers	00:16:32	9	00:16:31
10	7	Josh	Griffiths	M	17	Carmarthen	00:16:33	10	00:16:32
11	45	Paul	Talbot	M	40	Neath Harriers	00:16:39	11	00:16:38
12	20	Matthew	Drury	M	17	Cardiff	00:16:50	12	00:16:47
13	23	Mark	Emery	M		Bridgend AC	00:17:01	13	00:17:00
14	136	Michael	Rix	M	35	Farnham Runners	00:17:06	14	00:17:05
15	39	Mike	Robbins	M	45	Wrexham	00:17:09	15	00:17:07
16	22	Carl	Ellis	M	35	Neath Harriers	00:17:16	16	00:17:14
17	132	Jeffrey	Giansiracusa	M		Swansea Harriers	00:17:19	17	00:17:17
18	137	Steffan	Hughes	M		Carmarthen	00:17:20	18	00:17:18
19	17	Philip	Crane	M	45	Neath Harriers	00:17:20	19	00:17:19
20	16	Peter John	Crane	M	45	Neath Harriers	00:17:21	21	00:17:20
21	26	Craig	Hudson	M	23	Newport Harriers	00:17:21	20	00:17:19
22	50	Royston	Whitehouse	M	45	Neath Harriers	00:17:21	22	00:17:20
23	112	Richard	Mulvany	M			00:17:24	23	00:17:22
24	122	William	Sheridan	M	17	Deeside	00:17:37	25	00:17:38
25	141	Lee	Morris	M			00:17:38	24	00:17:37
26	52	Simon	Wilson	M	40	Swansea Harriers	00:17:42	26	00:17:41
27	47	Adrian	Weaver	M		Neath Harriers	00:17:49	27	00:17:47
28	118	David	Wilson-Evans	M	50		00:17:57	28	00:17:54
29	53	Evan	Wynne	M	17	Newport Harriers	00:18:01	29	00:17:59
30	30	Gary	Irving	M	50	Swansea Harriers	00:18:04	30	00:18:01
31	48	Martin	Webborn	M	50	Swansea Harriers	00:18:05	31	00:18:03
32	13	Paul	Clarke	M		Carmarthen	00:18:13	32	00:18:11
33	37	Peter	Osborne	M	50	Swansea Harriers	00:18:15	33	00:18:13
34	51	Alex	Williams	M	40	Port Talbot	00:18:17	34	00:18:15
35	15	David	Crane	M	50	Neath Harriers	00:18:21	35	00:18:19
36	40	Huw	Roberts	M	50	Bridgend AC	00:18:26	36	00:18:25
37	147	Raul	Reismann	M	35	L C Cobras	00:18:30	37	00:18:26
38	54	Richard	Jones	M	50	Swansea Harriers	00:18:37	38	00:18:35
39	127	Paul	Davies	M		Cardiff	00:18:43	39	00:18:41
40	29	Eryl John	Husband	M	50	Lancaster and Morecambe	00:18:45	40	00:18:42
41	46	Charles	Walsh	M	35	Port Talbot	00:18:46	41	00:18:44
42	21	Darren	Edwards	M		Celtic Tri	00:18:47	42	00:18:45
43	142	Mark	Carpanini	M	45		00:19:09	43	00:19:06
44	42	Glyn	Sansom	M	45	San Domenico	00:19:14	44	00:19:12
45	134	Stephen	Richards	M		Swansea Harriers	00:19:21	45	00:19:19
46	31	Christopher	Jones	M	50	Lliswerry	00:19:26	46	00:19:23
47	123	Peter	Turner	M	55	Cornelly	00:19:39	47	00:19:36
48	125	Michael	Halsall	M	35	Llanelli AC	00:19:50	48	00:19:45
49	14	Kevin	Corcoran	M	45	Swansea Harriers	00:19:55	49	00:19:54
50	146	Steffan	Jones	M	20	TROTS	00:19:56	50	00:19:54
51	143	Alex	hackett	M			00:20:05	51	00:20:02
52	19	Brian	Dias	M		Cardiff	00:20:41	52	00:20:38
53	18	Daniel	Davies	M	23	Pembrokeshire Harriers	00:21:01	53	00:20:57
54	126	David	Sullivan	M	40	3Ms Gorseinon	00:21:09	54	00:21:07
55	120	Michael	Davies	M	50		00:21:12	55	00:21:09
56	12	Stephen	Bendle	M	45	Swansea Harriers	00:21:14	56	00:21:09
57	117	Andrew	Williams	M	35		00:21:22	57	00:21:19
58	34	Steve	McLelland	M	55	3Ms Gorseinon	00:21:31	58	00:21:27
59	106	Derek	Fenton	M	45		00:21:55	59	00:21:51
60	121	Geoff	Hall	M	55		00:22:00	60	00:21:56

2010 Swansea 5k Championships

GunPos	Bib	Firstname	Lastname	M/F	Cat	Club	GunTime	ChipPos	ChipTime
61	28	Eric	Hughes	M	70	Bridgend AC	00:22:42	61	00:22:39
62	144	Justin	Showell	M	40	Purple Patch	00:22:57	62	00:22:51
63	138	M	Hughes	M		Carmarthen	00:23:00	63	00:22:57
64	36	Mick	Olivant	M	55	Brecon AC	00:23:04	64	00:22:58
65	102	David	Boucher	M	55		00:23:12	65	00:23:08
66	135	Matthew	Sheppard	M	35		00:23:51	66	00:23:43
67	27	Carwyn	Hughes	M	70	Havant AC	00:23:58	67	00:23:55
68	140	Barry	Roberts	M	45		00:24:12	68	00:24:08
69	128	Matthew	Knowles	M	23		00:24:14	69	00:24:10
70	139	matthew	Jones	M		LC2	00:24:39	70	00:24:36
71	130	Simon	Franks	M	45	Swansea Harriers	00:24:40	71	00:24:37
72	103	Graham	Coppen	M	40		00:24:44	72	00:24:41
73	43	Allan	Smith	M	75	3Ms Gorseinon	00:24:46	74	00:24:42
74	105	Mark	Edwards	M			00:24:47	73	00:24:42
75	131	Vyvan	Smith	M	45		00:24:53	75	00:24:50
76	101	Matthew	Benjamin	M			00:24:56	76	00:24:51
77	113	Colin	Olivant	M			00:25:23	77	00:25:18
78	145	Richard	Donne	M	45	3Ms Gorseinon	00:26:24	78	00:26:20
79	119	Nigel Leighton	Jones	M	55	Llanelli Strollers	00:26:41	79	00:26:36
80	41	David	Rosser	M	75	Amman Valley	00:27:20	80	00:27:16
81	111	Bernard	McCarthy	M	60		00:27:26	81	00:27:20
82	44	Ian	Swanson	M	60	Port Talbot	00:27:58	82	00:27:54
83	108	Gareth	Jenkins	M	40		00:29:02	83	00:28:55
84	115	Keith	Skeggs	M	35		00:32:09	84	00:32:01
85	129	G	Knowles	M	50		00:33:01	85	00:32:57
86	116	Mike	Walters	M	60		00:35:18	86	00:35:14
87	124	Allen	Watts	M	80	Sarn Helen	00:40:42	87	00:40:37

2010 Swansea 5k Championships

GunPos	Bib	Firstname	Lastname	M/F	Cat	Club	GunTime	ChipPos	ChipTime
1	64	Natasha	Cockram	F	17	Cwmbran	00:17:42	1	00:17:42
2	61	Alaw	Beynon-Thomas	F	23	Carmarthen	00:18:04	2	00:18:03
3	85	Kate	Roberts	F	23	Bridgend AC	00:18:12	3	00:18:11
4	93	Paris	Williams	F	23	Cardiff	00:18:19	4	00:18:19
5	63	Emily	Brown	F		Cardiff	00:18:20	5	00:18:20
6	68	Gemma	Jones	F		Lliswerry	00:18:29	6	00:18:29
7	88	Bethan	Strange	F		Cardiff	00:18:35	7	00:18:33
8	83	Clare	Phillips	F	40	Port Talbot	00:18:57	8	00:18:55
9	70	Elizabeth	O'Duffy	F	40	Les Croupiers	00:18:58	9	00:18:56
10	74	Catherine	Beecher	F		Les Croupiers	00:19:13	10	00:19:11
11	94	Gillian	Davies	F	45	Swansea Harriers	00:19:24	11	00:19:23
12	67	Leigh	James	F		Windsor Slough Eton & H	00:19:32	12	00:19:32
13	80	Sharon	Leech	F	40	Carmarthen	00:20:17	13	00:20:16
14	222	Caroline	Jones	F	50	TROTS	00:21:00	14	00:20:58
15	81	Efa	Llewellyn	F		Swansea Harriers	00:21:27	15	00:21:26
16	87	Hollie	Ryder	F	20	Notts AC	00:21:36	16	00:21:34
17	84	Sian	Phillips	F	45	Swansea Harriers	00:21:39	17	00:21:36
18	79	Elinor	King	F		Swansea Harriers	00:22:01	18	00:21:59
19	77	Michelle	Grey	F		Swansea Harriers	00:22:21	19	00:22:19
20	214	Rosie	Poustie	F			00:23:19	20	00:23:17
21	82	Catherine	Olivant	F	35	Brecon AC	00:23:24	21	00:23:22
22	71	Rhiannon	Anderson	F	20	Swansea Harriers	00:23:40	22	00:23:38
23	86	Ann	Rowell	F	55	TROTS	00:23:49	23	00:23:46
24	220	Jane	Carpanini	F	45		00:25:30	24	00:25:28
25	202	Lucy	Boucher	F	23		00:25:57	25	00:25:52
26	210	Kat	Jennings	F			00:27:59	26	00:27:55
27	217	Maggie	Strange	F	50		00:29:18	27	00:29:15
28	207	Clare	Fencott	F			00:29:29	28	00:29:26
29	72	Alison	Atkins	F	40	Womens Running Network Wales	00:29:58	29	00:29:56
30	76	Sheila	Curran	F	50	Womens Running Network Wales	00:31:36	30	00:31:34
31	92	Helen	Williams	F	35	Aberdare	00:32:08	31	00:32:06
32	78	Janet	Harris	F	50	Porthcawl Runnerslife	00:32:28	32	00:32:25
33	75	Janet	Bottrell	F	60	Womens Running Network Wales	00:33:37	33	00:33:35
34	201	Michelle	Bettell-Higgins	F	35		00:33:40	34	00:33:37
35	90	Sian	Tossell	F	40	Brackla Harriers	00:33:45	36	00:33:42
36	211	Sarah	Joseph	F	40		00:33:45	35	00:33:41
37	218	Martina	Eddy	F	55	Womens Running Network Wales	00:33:46	37	00:33:43
38	225	Judith	Murdoch	F	40		00:37:00	38	00:36:56
39	224	Ria	Banscherus	F			00:39:43	39	00:39:38
40	223	A	Davies	F	55	Womens Running Network	00:40:00	40	00:39:57
41	212	Helen	Lewis	F	50	Swansea Powerwalkers	00:41:57	41	00:41:52

Championship Teams

2010 Swansea 5k Championships

Team Pos	Points	Club	Pos	Bib	Time	Name
1	26	Cardiff	1	1	00:14:26	Michael Johnson
			6	9	00:15:53	Peter Ryder
			7	5	00:16:05	Michael Kershaw
			12	20	00:16:50	Matthew Drury
2	47	Carmarthen	2	4	00:15:34	Mike Kallenberg
			3	3	00:15:36	Lee Ladd
			10	7	00:16:33	Josh Griffiths
			32	13	00:18:13	Paul Clarke
3	55	Neath Harriers	9	35	00:16:32	Matthew O'Leary
			11	45	00:16:39	Paul Talbot
			16	22	00:17:16	Carl Ellis
			19	17	00:17:20	Philip Crane
4	104	Neath Harriers	20	16	00:17:21	Peter John Crane
			22	50	00:17:21	Royston Whitehouse
			27	47	00:17:49	Adrian Weaver
			35	15	00:18:21	David Crane
5	120	Swansea Harriers	26	52	00:17:42	Simon Wilson
			30	30	00:18:04	Gary Irving
			31	48	00:18:05	Martin Webborn
			33	37	00:18:15	Peter Osborne

Championship Teams**2010 Swansea 5k Championships**

Team Pos	Points	Club	Pos	Bib	Time	Name
1	16	Cardiff	4	93	00:18:19	Paris Williams
			5	63	00:18:20	Emily Brown
			7	88	00:18:35	Bethan Strange
2	43	Swansea Harriers	11	94	00:19:24	Gillian Davies
			15	81	00:21:27	Efa Llewellyn
			17	84	00:21:39	Sian Phillips
3	59	Swansea Harriers	18	79	00:22:01	Elinor King
			19	77	00:22:21	Michelle Grey
			22	71	00:23:40	Rhiannon Anderson
4	92	Womens Running Network Wales	29	72	00:29:58	Alison Atkins
			30	76	00:31:36	Sheila Curran
			33	75	00:33:37	Janet Bottrell

Championship Vet Teams 2010 Swansea 5k Championships

Team Pos	Points	Club	Pos	Bib	Time	Name
1	46	Neath Harriers	11	45	00:16:39	Paul Talbot
			16	22	00:17:16	Carl Ellis
			19	17	00:17:20	Philip Crane
2	77	Neath Harriers	20	16	00:17:21	Peter John Crane
			22	50	00:17:21	Royston Whitehouse
			35	15	00:18:21	David Crane
3	87	Swansea Harriers	26	52	00:17:42	Simon Wilson
			30	30	00:18:04	Gary Irving
			31	48	00:18:05	Martin Webborn
4	120	Swansea Harriers	33	37	00:18:15	Peter Osborne
			38	54	00:18:37	Richard Jones
			49	14	00:19:55	Kevin Corcoran
5	157	Port Talbot	34	51	00:18:17	Alex Williams
			41	46	00:18:46	Charles Walsh
			82	44	00:27:58	Ian Swanson

Championship Vet Teams 2010 Swansea 5k Championships

Team Pos	Points	Club	Pos	Bib	Time	Name
1	92	Womens Running Network Wales	29	72	00:29:58	Alison Atkins
			30	76	00:31:36	Sheila Curran
			33	75	00:33:37	Janet Bottrell