

## GLYNNEATH - BOXING DAY 5 MILE - RESULTS 2012

Pos	Bib	Name	Cat	Club	Time
1	255	Tony Marshall	MS	Cardiff AC	25.09
2	260	Dewi Griffiths	MS	Swansea Harriers	25.14
3	115	Chris Carpanini	MS	Newport Harriers	25.20
4	172	Kris Jones	MS	Sheffield Harriers	25.39
5	264	Daniel Rothwell	MS	Swansea Harriers	25.54
6	266	Liam Lloyd	MS	Swansea Harriers	26.03
7	249	Richard Gardiner	MS	Aberdare	26.06
8	254	Luke Mason	MS	Wye Valley Runners	27.36
9	304	Matthew Gurmin	M40	Swansea Harriers	27.38
10	218	Paul Griffiths	M40	Neath Harriers	27.44
11	267	Steve Davies	MS	Swansea Harriers	27.48
12	279	Carl Hill	MS	Aberdare	27.53
13	276	Dean Johnston	MS	Neath Harriers	28.00
14	278	Daniel Bodman	MS	Aberdare	28.07
15	121	Antonio Cirillo	MS		28.09
16	139	Oliver Williams	MS	Les Croupiers	28.26
17	284	Ian Harris	MS	3M's	28.26
18	143	Stephen Thomas	M40	Aberdare	28.33
19	200	Gareth Lynch	MS	Les Croupiers	28.49
20	258	Mark Sykes	MS	Coventry Godiva H	29.05
21	269	Deri Stewart	MS	Neath Harriers	29.23
22	228	Raul Reismann	MS	Swansea Harriers	29.25
23	232	Royston Whitehouse	M40		29.29
24	263	Charlie Corkrum	MS	T.R.O.T.S	29.36
25	274	Gareth Ayres	MS	Port Talbot Harriers	29.53
26	261	Alex Price	MS	Aberdare A.C.	29.55
27	46	Alaw Beynon Thomas	FS	Swansea Harriers	30.00
28	107	Alex Williams	M40	Port Talbot Harriers	30.13
29	195	Jonathan Jones	M40	T.R.O.T.S	30.24
30	189	Steve Smith	M50	Swansea Harriers	30.29
31	184	Nigel Barns	M40		30.34
32	118	Simon Thomas	MS	FERC	30.47
33	153	Andrew George	MS	Celtic Tri	30.50
34	243	Justin Phillips	M40	Pontypridd Roadents	30.54
35	242	Charles Walsh	MS	Neath Harriers	30.57
36	134	Mark Skilton	M40		30.59
37	119	Thomas John	MS	Neath Harriers	31.00
38	206	Sean Price	M40	Rhondda	31.03
39	5	Clare Phillips	F35	Port Talbot Harriers	31.04
40	133	Paul Skilton	MS		31.11
41	246	Alun Evans	M40	Rhondda	31.16
42	148	Andrew Brasington	M40	Brecon A.C.	31.27
43	116	Mark Carpanini	M40	Newport Harriers	31.31
44	273	Brian Dias	MS	Les Croupiers	31.33
45	157	Darren Edwards	MS	Celtic Tri	31.40
46	130	Owen Vaughan	MS		31.44
47	214	Geraint Williams	M40	Aberdare	31.45
48	308	Lynsey Christopher	M40	Swansea Harriers	31.50
49	36	Nicola Gething	F35		31.58
50	186	Vincent Nazareth	M50		31.58
51	166	Andrew Brain	MS		32.21
52	142	John Davies	M50	San Domenico	32.26
53	317	Sam Hawking	MS	Celtic Tri	32.33
54	34	Louise Copp	F45	Neath Harriers	32.38
55	312	Robert Sandies	M40	3M's	32.39
56	256	Anthony Carpenter	MS	Neath	32.48
57	251	John George	MS		32.55
58	108	Ian Hoskins	M40	3M's	32.57
59	226	Phil Adams	M50	Neath Harriers	32.58
60	191	Damian Jukes	M40	Parc Bryn Bach	33.13
61	203	Paul Jelley	M40	Port Talbot Harriers	33.14

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Pos	Bib	Name	Cat	Club	Time
62	152	Terry O Brien	M50		33.28
63	169	Chris Lewis	MS	Port Talbot Harriers	33.35
64	224	Allen Bunney	M40	Aberdare	33.50
65	3	Elizabeth Tremlett	FS	T.R.O.T.S	33.53
66	179	Nigel Clarke	M40	Hereford Carries	33.54
67	167	Gerard Crispie	M50	Les Croupiers	33.59
68	145	Kim Wehden	M50	Islwyn	34.06
69	231	Lee Davies	M40	Dragons	34.10
70	225	Jonathan Williams	MS		34.11
71	270	Dai Williams	MS	Aberdare	34.18
72	57	Sara Thomas	FS		34.24
73	131	Richard Lloyd	MS		34.27
74	199	Neil Davies	M50		34.28
75	213	Ian Williams	M40	Port Talbot Harriers	34.35
76	265	Shaun Moses	MS	Glynneath	34.48
77	307	Chris Herdman	MS	Penarth and Dinas	34.49
78	158	Mark Terry	M50	T.R.O.T.S	34.54
79	170	Steven Smith	M40		34.56
80	250	Richard Webster	M50	3M's	34.58
81	287	Andrew Gaddoch	MS	Tata	35.00
82	124	Stephen Wood	MS	Pegasus R.C.	35.03
83	8	Jenny Phillips	F45	Llanelli A.C.	35.05
84	272	Imran James	MS		35.07
85	280	Morgan Carter	MS		35.12
86	262	Ben Williams	MS	Neath Harriers	35.16
87	174	Graham Vyner	M40	3M's	35.17
88	285	Tom Russell	MS	Ebbw Vale R.C.	35.19
89	102	Mike Walton	M50	Pontardawe	35.24
90	247	Paul Carman	M50	Port Talbot Harriers	35.24
91	69	Amanda Parry	F35	Port Talbot Harriers	35.36
92	176	Colin Wellstead	M40		35.37
93	136	Heath Williams	M40	Celtic Tri	35.41
94	309	Jonathan Davies	M40	Islwyn	35.45
95	316	Neil Harris	M50	Porthcawl Runners	35.46
96	177	David Cornish	M40	Port Talbot Harriers	35.47
97	223	David Morris	MS		35.49
98	271	Jonathon Morris	MS		35.50
99	209	David Francis	M40		35.53
100	117	Walter Hill	M50		35.56
101	259	Lee Gwyn	MS		36.00
102	42	Judith Oakley	F45	Port Talbot Harriers	36.04
103	204	David Proffitt	M60	Newport Harriers	36.15
104	75	Michelle Grey	FS	3M's	36.16
105	283	Greg Roberts	MS		36.23
106	187	Trevor Hay	M50		36.33
107	168	Martin Mellor	M50	Rhondda R.R.	36.38
108	196	Andrew Birch	M40		36.41
109	59	Mandy Morris	F35	Port Talbot Harriers	36.46
110	229	Andrew Bartlett	M40		36.50
111	73	Sian Phillips	F45	Swansea Harriers	36.54
112	103	Simon J Westlake	M40	Aberdare	36.58
113	14	Jazmine Briganti	FS	Porthcawl Runners	36.59
114	217	Andy Davies	M40	Pontypridd Roadents	37.04
115	110	Gareth Wayne Richards	M50	Neath Harriers	37.10
116	147	Anthony Powell	M40	Porthcawl Runners	37.16
117	155	Christopher Doyle	MS		37.17
118	21	Lucy Boucher	FS		37.23
119	197	Leighton Gwyn	M50		37.26
120	286	Paul Taylor	MS		37.27
121	146	Robert Rees	M40		37.29
122	306	Stephen Bendle	M40		37.33

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Pos	Bib	Name	Cat	Club	Time
123	289	Darren Hopkins	MS		37.40
124	66	Lisa Williams	F35	Gorseinon	37.47
125	85	Carolyn Thomas	F45	Dragons	37.50
126	216	Geraint Kathrens	M40		37.51
127	7	Nina Brocklebank	F35	3M's	37.54
128	234	Peter Deacon	M50	Port Talbot Harriers	37.58
129	160	Aaron Griffiths	M40		37.58
130	198	Matthew Williams	MS		37.59
131	28	Catherine Etchell	F45	Brecon Tri	38.02
132	58	Pauline Williams	F45	Port Talbot Harriers	38.08
133	303	Martin Ennis	M40	Celtic Tri	38.15
134	127	Cyril Walters	M60	T.R.O.T.S	38.16
135	301	Geoff Hill	M50		38.17
136	48	Angharad Price	FS		38.18
137	277	Ben Evans	MS		38.19
138	159	Mark Edwards	MS	Celtic Tri	38.26
139	182	Richard Gardiner	MS	Aberdare	38.48
140	156	Grant Duncan	M50		39.07
141	180	Ken Powell	M40		39.08
142	76	Jenny Madge	FS		39.18
143	185	Mark Jones	M50	Port Talbot Harriers	39.20
144	208	Carl Davies	MS		39.39
145	205	Ian Rothwell	M50		39.45
146	12	Ruth Treharne	F45	Islwyn	39.57
147	128	Wayne Lewis	M40	Neath Harriers	39.58
148	104	Mark Davies	M40	Neath	40.00
149	282	Daniel Madge	MS		40.13
150	193	Geraint Smith	M40		40.18
151	215	Glenn Marshall	M40		40.23
152	56	Ann James	F55	Les Croupiers	40.27
153	138	Anthony Newbury	MS	Pegasus R.C.	40.30
154	68	Sara Morgan	F35	Dragons	40.31
155	248	Simon Morgan	M40		40.39
156	161	David Boucher	M60		40.43
157	164	Darren Glyn James	M40		40.45
158	54	Stephanie Davies	FS	Pontypridd Roadents	40.47
159	60	Kim Williams	F45	San Domenico	40.49
160	222	Adrian Williams	M40		40.54
161	236	Richard Parry	M50		41.04
162	173	Mark Bisi	M40	Paris R.C.	41.10
163	314	Mark Thomas	M40	Dragons	41.22
164	212	Paul Rundle	M50		41.28
165	235	David Mitchell	M50	SBOC	41.28
166	171	Steve Jones	M50	Swansea Harriers	41.34
167	71	Anna Stickland	F35		41.37
168	210	Nigel Best	M50		41.54
169	140	Mark Thomas	M50		41.56
170	221	Adrian Davies	M40		41.56
171	105	Leigh James	M50	Rhondda Triathlon Club	41.59
172	220	Lee Rossiar	M40	Dragons	41.59
173	38	Deb Evans	F45	Dragons	41.59
174	55	Louise Ward	FS	Dragons	42.04
175	112	John Cunnane	M60	Islwyn	42.04
176	230	Peter Young	M60		42.21
177	9	Ambar Phillips	FS	Llanelli A.C.	42.21
178	123	Andy Saito	MS		42.21
179	45	Lorna Silke	F35	Celtic Tri	42.30
180	227	Steve Grounds	M50		42.39
181	22	Kelly Saito	F35		42.40
182	240	John Ayres	M50	Port Talbot Harriers	42.40
183	192	Stuart Brown	MS	Dragons	42.41

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Pos	Bib	Name	Cat	Club	Time
184	27	Sarah Skilton	FS		42.45
185	39	Teresa Jeffries	F45	Dragons	42.51
186	78	Pat Reid	F55		42.55
187	207	John Davies	M60	Port Talbot Harriers	42.56
188	114	Paul Justin Edwards	M50	Ystradgynlais	43.02
189	63	Gwyneth Parry	F55		43.06
190	219	Lee Mill	MS		43.10
191	253	Joel Williams	MS		43.12
192	202	Richard Williams	M40	Neath Harriers	43.18
193	150	Lee Morris	M50	Fairlands Valley Spartans	43.29
194	310	Christopher Thomas	M40		43.44
195	244	Barrie Wooley	M40		43.46
196	257	Matthew Reynolds	MS		44.05
197	41	Adrienne Mayers	FS		44.05
198	137	David Williams	MS		44.15
199	239	Craig Hudson	MS		44.18
200	47	Val Rothwell	F45		44.35
201	237	Andrew Gilbert	M40	Celtic Tri	44.40
202	29	Sandra Pinkham	F45	Port Talbot Harriers	44.56
203	30	Janet Basi	F45	Paris R.C.	44.56
204	120	John Rees	M60		45.11
205	281	Guy Housley	MS		45.25
206	268	Chris Jones	MS		45.27
207	194	Michael Oakley	M40	Vegan Runners	45.30
208	15	Amanda Gilbert	F45	Celtic Tri	45.34
209	65	Kirsty Lee Williams	FS		45.51
210	53	Laura Hale	F45	3M's	45.58
211	181	Michael Kearney	M50		46.06
212	238	Nick David	MS		46.09
213	84	Paula Davies	F35	Islwyn	46.16
214	18	Barbara Tate	F45		46.54
215	2	Heledd Williams	FS		47.00
216	211	Martin Hillier	M60		47.10
217	82	Sian Collyer	F35		47.37
218	35	Kay Barnes	F35	Run 4 All	47.42
219	24	Menna Cook	FS		47.47
220	81	Caroline Williams	FS		48.02
221	154	Ben Adams	MS		48.28
222	190	Clyde Baker	M40		48.34
223	62	Katie Grounds	FS		48.49
224	252	Damian Jenkins	MS		48.59
225	67	Andrea Griffiths	F45	Celtic Tri	49.00
226	162	Cawyn Robert Williams	M40		49.05
227	318	Michael Howell	M50		49.11
228	52	Michelle Shorney	F45		49.14
229	19	Joanne Rowe	FS		49.20
230	70	Tracey Davies	F45		49.20
231	74	Julie Kemp	F45		49.20
232	241	Richard Howe	M40		49.25
233	201	Terry Williams	M60		49.27
234	64	Linda Waller	F55	3M's	49.42
235	79	Linda Evans	F55	3M's	49.42
236	111	Ian Swanson	M60	Port Talbot Harriers	49.53
237	61	Suzie Hopkins	F35	Dragons	49.58
238	313	Richard Donne	M50	3M's	50.00
239	245	Alan Powis	M60		50.01
240	26	Tina Morris	FS		50.05
241	40	Marie Claire Hopkins	F35	Dragons	50.08
242	51	Teresa Hellier	F45		50.38
243	302	Nick Roe	M50		50.48
244	288	Rhidian Williams	MS		50.54

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Pos	Bib	Name	Cat	Club	Time
245	188	Tony Holling	M50		51.12
246	315	Gerald Kemp	M40		51.38
247	37	Alison Brown	F35	Dragons	52.06
248	77	Joanna Reid	FS		52.23
249	305	Ian Peabody	M50		52.24
250	163	Noel Paul Michael	M40		52.35
251	16	Helen Morris	F45	Fairlands Valley Spartans	53.08
252	175	Ieuan Chattington	M60		53.21
253	233	Geraint Hopkins	MS		54.20
254	72	Jane Roe	F45		55.23
255	1	Lianne Owens	F35		55.41
256	275	Jack Pavett	MS		55.51
257	109	Howard Williams	M60	Glynneath	56.10
258	6	Nadine Cannon	FS	Rhondda	56.43
259	43	Fauve Birch	FS		59.38
260	49	Julie Jeavons	F45		59.51
261	56	Ann James	F55	Les Croupiers	59.51
262	311	Richard Jeavons	M40		59.51
263	32	Kathryn Kearney	F45		61.07
264	80	Jane Elliott	F55	Gorseinon	61.07
265	33	Adele Evans	FS		61.07
266	44	Mags Birch	F35		61.19
267	31	Kathryn Williams	F35		61.44
268	178	Gareth Williams	M40		61.44
269	20	Jayne Rowe	FS		63.57

## UPCOMING HUMAN BEING ACTIVE & PARTNER EVENTS

LLANELLI WATERSIDE HALF MARATHON	... 3rd MAR 2013
NEW FOR 2013 ... HBA-5-10-20	... MARCH 2013
GREAT WELSH MARATHON	... 21st APR 2013
FUSION 5K - SUMMER SERIES	... JUN-JUL-AUG 2013
SCARLETS FESTIVAL OF SPORT	... JUNE 2013
DEVON & CORNWALL - MULTI-SPORTS SERIES	... SUMMER 2013
GREAT WELSH WALKATHON	... OCTOBER 2013
HBA SANTA DASH - LLANELLI CARNIVAL	... NOVEMBER 2013

..... and many others to be announced soon

Our thanks to all from the community that continue to support this and - Human Being Active Events. We look forward to seeing you at the next one ...

[www.humanbeingactive.org](http://www.humanbeingactive.org)