

# LC Swansea Bay 5K

10 May 2011

Pos	Time	No	Surname	Name	M/F	Cat	Club
1	00:14:57	73	Griffiths	Dewi	M		Swansea Uni
2	00:15:40	43	Gurmin	Daniel	M		Swansea Harriers
3	00:16:11	358	Williams	Christophe	M	V	Neath Harriers
4	00:16:42	63	Davis	Tom	M		Porthcawl
5	00:16:50	49	Thomas	Matthew	M		Swansea Harriers
6	00:16:55	75	Thomas	Daniel	M		Swansea Uni
7	00:16:57	7	Mitchell	Ben	M		
8	00:16:58	24	Reynolds	Andrew	M		Port Talbot
9	00:16:59	57	Ayres	Gareth	M		Port Talbot
10	00:17:01	395	Parker	Chris	M	V	Port Talbot
11	00:17:02	40	Jones	Matthew	M		Swansea Harriers
12	00:17:03	368	Lloyd	Ifan	M	V	Swansea Harriers
13	00:17:04	504	Whitcombe	Andrea	F	V	Swansea Harriers
14	00:17:05	345	Davies	Alan	M	V	
15	00:17:12	64	Lewis	Geraint	M		Porthcawl
16	00:17:29	335	Richards	Steven	M		Swansea Harriers
17	00:17:34	65	Richards	Stephen	M		Swansea Harriers
18	00:17:38	79	Roberts	Adam	M		Trots
19	00:17:38	28	Stewart	Deri	M		Celtic Tri
20	00:17:44	404	Griffiths	Kevin	M	V	Trots
21	00:17:46	96	Barnes	Lewis	M		Swansea Uni
22	00:17:51	414	Wilson	Simon	M	V	Swansea Harriers
23	00:17:55	322	Williams	Alex	M	V	Port Talbot Harriers
24	00:18:00	76	Parkes	Matthew	M		Bridgend AC
25	00:18:03	387	Thomas	Jeff	M	V	Porthcawl
26	00:18:15	337	Evans	Kristian	M		Team Deviant
27	00:18:15	56	Morrison	Andrew	M		Swansea Harriers
28	00:18:21	20	Gosney	Mark	M		3Ms
29	00:18:22	185	Thomas	Zoe	F		Cardiff AAC
30	00:18:22	419	Howells	Grant	M	V	LC Cobras
31	00:18:24	71	Hatt	Chris	M		
32	00:18:32	114	Howton	Oliver	M		Swansea Harriers
33	00:18:35	97	Petts	Gareth	M		Swansea Uni
34	00:18:37	61	Webster	Dean	M		3Ms
35	00:18:41	37	Edwards	Darren	M		Celtic Tri
36	00:18:41	108	Owen	Barry	M		Emlyn
37	00:18:44	51	Bainbridge	John	M		
38	00:18:44	100	Essink	Philippe	M		Swansea Uni
39	00:18:59	62	Jones	Terry	M		Porthcawl
40	00:19:10	95	Davies	Ben	M		Swansea Uni
41	00:19:12	331	Elvins	Colin	M	V	Swansea Harriers
42	00:19:15	105	Davies	Andrew	M		
43	00:19:23	386	Bright	Dave	M	V	Tata Steel
44	00:19:32	316	Dickinson	Jason	M	V	
45	00:19:33	109	Elliott	Daniel	M		
46	00:19:34	21	Roderick	Michael	M		
47	00:19:34	52	Williams	Steve	M		Neath Harriers
48	00:19:36	92	Scurrrell	Simon	M		Trots

49	00:19:36	343 Tate	Mike	M	V	Celtic Tri
50	00:19:37	25 Murnieks	Leon	M		
51	00:19:39	15 Cable	Stephen	M		3Ms
52	00:19:42	417 Forshaw	Jeremy	M	V	Les Croupiers
53	00:19:49	113 Tooze	Matt	M		
54	00:19:51	77 McNeill	Paul	M		3Ms
55	00:19:53	321 Terry	Mark	M	V	
56	00:19:57	106 Wilson	Jimmy	M		Bishopton
57	00:20:02	123 Crabtree	Robert	M		Dragon Gym
58	00:20:02	121 Ruddy	Steve	M		
59	00:20:09	48 Lewis	Owen	M		3Ms
60	00:20:10	405 Jonese	Peter	M	V	
61	00:20:13	367 Rimmer	Mike	M	V	
62	00:20:13	38 Jones	Richard	M		Cornelly Striders
63	00:20:19	42 Martin	Paul	M		
64	00:20:19	351 Howe	Gary	M	V	3Ms
65	00:20:21	8 Mitchell	Sam	M		SBOC
66	00:20:24	84 Francis	Nick	M		
67	00:20:27	418 Lewis	Matthew	M	V	
68	00:20:28	332 Clement	Andrew	M	V	Trots
69	00:20:28	30 Heard	Daniel	M		
70	00:20:30	78 Croucher	Andrew	M		Swansea Uni
71	00:20:36	33 Welch	Phil	M		
72	00:20:36	475 Phillips	Jenny	F	V	Llanelli
73	00:20:37	120 Baker	Andrew	M		
74	00:20:38	34 Richardson	Jim	M		Penguin
75	00:20:39	403 Thomas	Gari	M	V	Emlyn
76	00:20:40	365 Jarman	Michael	M	V	UKNetRunner
77	00:20:41	336 Aguire	Miguel	M		
78	00:20:43	131 Burwell	Gregory	M		
79	00:20:44	31 Hough	John	M		
80	00:20:45	308 Burrows	Don	M	V	Sospan
81	00:20:46	333 Araya	Guillermo	M	V	
82	00:20:46	82 Gale	Ed	M		
83	00:20:47	317 Ost	Nicholas	M	V	
84	00:20:48	382 Deacon	Peter	M	V	Swansea Harriers
85	00:20:59	323 Fenton	Derek	M	V	
86	00:21:00	72 Davies	Rod	M		
87	00:21:01	480 Brace	Jacqueline	F	V	Bridgend
88	00:21:07	462 Jones	Caroline	F	V	Trots
89	00:21:08	67 Noudall Fous	Fredrik	M		
90	00:21:08	412 Thomas	Dean	M	V	
91	00:21:09	26 Slucutt	Martin	M		
92	00:21:10	132 Lord	Patrick	M		
93	00:21:11	130 Maffeis	Thierry	M		
94	00:21:15	74 Cumming	Peter	M		
95	00:21:17	355 Rees	Adrian	M	V	
96	00:21:20	410 Marshall	Ken	M	V	Avon Valley
97	00:21:20	366 Woodward	Alan	M	V	
98	00:21:21	302 Weller	Matt	M	V	Mumbles Milers
99	00:21:22	45 Williams	Andrew	M		
100	00:21:26	371 Lucas	Andrew	M	V	3Ms
101	00:21:27	165 Trace	Sian	F		
102	00:21:28	325 Breen	Dave	M	V	Porthcawl
103	00:21:31	357 Prosser	Jason	M	V	

104	00:21:33	383 Baker	Tony	M	V	
105	00:21:34	19 Morgan	Barry	M		Brackla Harriers
106	00:21:38	375 Tomos	Hywel	M	V	
107	00:21:39	356 Davies	Neil	M	V	
108	00:21:41	305 Cutts	Christophe	M	V	
109	00:21:43	393 Oram	Andy	M	V	
110	00:21:44	319 Hall	Geoff	M	V	
111	00:21:44	342 Holland	Jim	M	V	Dragon Health
112	00:21:47	183 Evans	Carley	F		Swansea Harriers
113	00:21:51	490 Jones	Helen	F	V	
114	00:21:56	112 Gonez	David	M		
115	00:21:58	369 McLelland	Steve	M	V	3MS
116	00:22:00	354 Dunscombe	Andrew	M	V	Porthcawl
117	00:22:02	318 Walters	Cyril	M	V	Trots
118	00:22:03	362 Stockton	Phil	M	V	
119	00:22:03	68 Stevens	Mark	M		
120	00:22:03	1007 Phillips	Sian	F	V	
121	00:22:04	409 Hesketh	Phil	M	V	
122	00:22:04	306 Griffiths	Mike	M	V	Team Deviant
123	00:22:06	349 Luckman	Adrian	M	V	
124	00:22:09	330 Sullivan	David	M	V	
125	00:22:11	115 Morrissey	Andrew	M		
126	00:22:16	360 Caswell	David	M	V	
127	00:22:17	39 Rees	Andrew	M		Dezrez
128	00:22:17	86 Watkins	Carl	M		
129	00:22:20	2 Thomson	Alistair	M		Cornelly
130	00:22:21	350 Murphy	Burn	M	V	
131	00:22:22	93 Anderson	Ben	M		
132	00:22:23	341 Williams	Phil	M	V	Celtic Tri
133	00:22:23	329 Raymond	Kevin	M	V	
134	00:22:24	353 Rimmer	Rick	M	V	
135	00:22:24	477 Davies	Angela	F	V	
136	00:22:27	380 Holding	Michael	M	V	
137	00:22:29	59 Daniels	Jack	M		Olchfa
138	00:22:31	60 Beynon	Jonathan	M		LC Cobras
139	00:22:34	389 Jenkins	Geraint	M	V	Amman Valley
140	00:22:45	392 Short	Simon	M	V	
141	00:22:48	352 Morgan	Rob	M	V	
142	00:22:52	111 Norris	Chris	M		
143	00:22:54	125 Nichols	Garry	M		
144	00:22:59	66 James	Phillip	M		
145	00:23:00	364 Phillips	Antony	M	V	Porthcawl
146	00:23:02	104 Ingham	Jason	M		
147	00:23:06	184 Edwards	Johanne	F		Bridgend
148	00:23:09	312 Mitchell	David	M	V	SBOL
149	00:23:09	348 Jones	Steve	M	V	Swansea Harriers
150	00:23:14	398 Smith	David	M	V	
151	00:23:16	513 Webb	Chris	F	V	
152	00:23:18	122 Tippins	Matthew	M		
153	00:23:19	384 Colwell	Nick	M	V	
154	00:23:19	10 Brown	Andrew	M		
155	00:23:19	91 Thomas	Alex	M		
156	00:23:20	103 Johnson	Adrian	M		
157	00:23:23	359 Davies	Phil	M	V	
158	00:23:24	416 Cox	Simon	M	V	

159	00:23:26	41 Grounds	Darren	M		Team Deviant
160	00:23:32	390 James	Ray	M	V	Port Talbot
161	00:23:35	483 Thomas	Nicola	F	V	Porthcawl
162	00:23:36	479 Smith	Gewn	F	V	Swansea Harriers
163	00:23:37	69 Smith	Paul David	M		
164	00:23:41	176 Way	Victoria	F		
165	00:23:42	179 Waite	Kate	F		Swansea Uni
166	00:23:43	472 Carlisle	Alys	F	V	
167	00:23:44	99 Robertson	Gary	M		
168	00:23:45	338 O'Sullivan	David	M	V	
169	00:23:50	83 Beynon	James	M		
170	00:23:50	98 Smart	Daniel	M		
171	00:23:51	407 Thomas	Andrew	M	V	
172	00:23:55	124 Langley	Matthew	M		
173	00:23:55	88 Passmore	Craig	M		
174	00:23:57	29 Davies	Andrew	M		
175	00:23:58	340 Jones	Terry	M	V	Celtic Tri
176	00:24:00	381 Jones	David	M	V	
177	00:24:02	134 Tippins	Luke	M		
178	00:24:02	396 Engles	Alan	M	V	
179	00:24:03	401 Carter	Christophe	M	V	
180	00:24:04	36 Duffy	Jonathan	M		
181	00:24:06	27 Hall	Rupert	M		
182	00:24:06	174 Powtie	Rosie	F		
183	00:24:07	470 McAdie	Jenny	F	V	Team Deviant
184	00:24:07	502 Crawford	Oona	F	V	
185	00:24:08	163 Dugate	Sarah	F		
186	00:24:08	379 Hart	Terry	M	V	
187	00:24:10	1 Roberts	Owain	M		
188	00:24:11	187 Lloyd-Bennet	Catherine	F		3Ms
189	00:24:16	486 Hambrook	Rebecca	F	V	Porthcawl
190	00:24:16	46 Renna	Mark	M		
191	00:24:18	180 Richards	Laura	F		Porthcawl
192	00:24:21	334 Bracken	Richard	M		
193	00:24:27	118 Page	James	M		
194	00:24:28	90 Wilkins	Lewis	M		
195	00:24:29	385 Job	Stephen	M	V	
196	00:24:30	377 Yalgin	Mehmet	M	V	Neath Harriers
197	00:24:33	119 Webb	Gary	M		
198	00:24:34	854 Unknown Ru	Gary	M		
199	00:24:35	378 Rowley	Paul	M	V	
200	00:24:36	5 Jones	Gregg	M		
201	00:24:38	485 Maine	Romana	F	V	Porthcawl
202	00:24:40	347 John	Philip	M	V	
203	00:24:40	391 Higgins	Neil	M	V	3Ms
204	00:24:56	374 White	Geoff	M	V	3Ms
205	00:24:59	99999 Unknown Nu	Geoff	M		
206	00:24:59	198 Boucher	Amelia	F		Celtic Tri
207	00:25:01	133 Harman	Peter	M		
208	00:25:11	397 Jack	Graham	M	V	
209	00:25:13	169 Davies	Miranda	F		
210	00:25:15	190 Tippins	Zara	F		
211	00:25:15	415 Harris	Keith	M	V	MMRRC
212	00:25:16	370 Adams	Richard	M	V	
213	00:25:19	47 Shepherd	Nicholas	M		

214	00:25:19	22 Swan	Martin	M		
215	00:25:22	515 Thomas	Susan	F	V	Emlyn
216	00:25:26	408 Woods	Stephen	M	V	
217	00:25:26	128 Hill	Stephen	M		
218	00:25:28	44 Britton	Jonathan	M		
219	00:25:29	478 Stone	Melanie	F	V	Celtic Tri
220	00:25:35	413 Davies	James	M	V	
221	00:25:38	58 Platt	Mike	M		
222	00:25:39	89 James	Dylan	M		
223	00:25:47	519 Gipson	Kelly	F	V	
224	00:25:49	85 Hughes	Gareth	M		
225	00:25:51	361 Daniels	Steve	M	V	
226	00:25:51	505 Singh	Samantha	F	V	
227	00:25:54	518 Phillips	Helen	F	V	
228	00:25:54	499 Thomas	Ceri	F	V	Porthcawl
229	00:25:57	94 Andrews	Liam	M		
230	00:26:00	17 Head	Jon	M		
231	00:26:00	516 Brown	Lyn	F	V	Amman Valley
232	00:26:02	107 Ostlund	Oloe	M		
233	00:26:11	193 Griffiths	Selina	F		Team Deviant
234	00:26:14	307 Hockley	Christophe	M	V	Swansea Harriers
235	00:26:25	110 Gastaing	Ambrose	M		
236	00:26:27	500 Wood	Ali	F	V	
237	00:26:33	509 Oran	Louise	F	V	
238	00:26:39	158 Morgan	Cherida	F		
239	00:26:41	135 Williams	Michael	M		
240	00:26:43	400 Bullough	Malcolm	M	V	
241	00:26:44	402 Harris	Wayne	M	V	Yellow Cabs
242	00:26:47	399 Marchic	Michel	M	V	
243	00:26:50	346 Rosser	David	M	V	Amman Valley
244	00:26:54	8 Grant	Sarah	F		
245	00:26:56	81 Williams	Steve	M		
246	00:26:57	55 Pridham	Simon	M		
247	00:26:58	151 Jennings	Kat	F		
248	00:27:00	344 Williams	Arwyn	M	V	
249	00:27:01	372 Hutton	Greg	M	V	
250	00:27:06	468 Morgan	Caroline	F	V	
251	00:27:07	482 Rivett	Michelle	F	V	Vegan Runners
252	00:27:12	481 Powell	Rhian	F	V	Porthcawl
253	00:27:20	310 Jones	Nigel Leigh	M	V	
254	00:27:27	127 Skinner	Paul	M		
255	00:27:34	173 Yeoman	Gemma	F		
256	00:27:46	411 Cundy	Danny	M	V	team Deviant
257	00:27:46	35 Stear	Tom	M		
258	00:27:47	474 Elwin	Kristin	F	V	Parkland
259	00:27:53	170 Brown	Ceri-Anne	F		
260	00:27:56	53 Jones	Andrew	M		
261	00:27:56	484 Murphy	Jane	F	V	
262	00:27:58	172 Braunerova	Michaela	F		
263	00:27:58	87 Phillips	James	M		
264	00:27:59	154 Lingwood	Natalie	F		
265	00:27:59	6 Sutton	Stephen	M		
266	00:28:00	171 davies	Joanne	F		
267	00:28:05	315 Johnston	Robert	M	V	
268	00:28:07	327 Egan	Alyson	M	V	

269	00:28:07	489 Dunscombe	Sarah	F	V	Porthcawl
270	00:28:12	467 Dusgate	Karen	F	V	
271	00:28:26	363 Davies	Tony	M	V	
272	00:28:27	311 Smith	Gary	M	V	
273	00:28:27	92 Hay	Mark	M		
274	00:28:28	101 Jones	Paul	M		
275	00:28:30	460 Jones	Nerys Anne	F	V	
276	00:28:32	129 Davies	Jon	M		
277	00:28:35	117 Keatley	Gareth	M		
278	00:28:42	155 Smith	Rhyannon	F		WRN
279	00:28:51	508 Beresford	Samantha	F	V	
280	00:28:52	191 Orumaa	Gerli	F		
281	00:29:02	394 Tanner	Lea	M	V	
282	00:29:02	506 Tanner	Judith	F	V	
283	00:29:05	195 Germain	Natasha	F		
284	00:29:06	339 Benson	John	M	V	
285	00:29:07	11 Williams	Mathew	M		
286	00:29:12	512 Cawsey	Caroline	F	V	
287	00:29:13	511 Jones	Claire	F	V	
288	00:29:15	161 Anthony	Victoria	F		LC Cobras
289	00:29:15	162 Halpin-Evans	Sarah	F		LC Cobras
290	00:29:18	326 Spencer	Michael	M	V	
291	00:29:20	197 George	Dawn	F		
292	00:29:21	376 Roper	Gareth	M	V	Porthcawl
293	00:29:24	9 Edwards	Jason	M		
294	00:29:26	102 Edwards	Richard	M		
295	00:29:28	188 Webb	Hannah	F		
296	00:29:29	501 Thomas	Pauline	F	V	Trots
297	00:29:37	498 Egan	Rhianwen	F	V	
298	00:29:37	126 Taylor	Gary	M		Mumbles Milers
299	00:29:41	388 Whyte	Steve	M	V	
300	00:29:44	493 Loney	Tracy	F	V	
301	00:29:50	503 Loftus	Carolyn	F	V	
302	00:29:51	194 Lynch	Kirsty	F		Swansea Uni
303	00:30:13	196 Boyd	Sarah-Loui	F		
304	00:30:23	1151 Unknown Ru	Sarah-Loui	F		
305	00:30:23	507 Parry	Adele	F	V	
306	00:30:34	517 Shorney	Michelle	F	V	
307	00:30:35	192 Loring	Kate	F		Penguin
308	00:30:37	473 Davies	Wendy	F	V	
309	00:30:49	54 Thomas	Lee	M		
310	00:30:55	487 Burns	Clare	F	V	
311	00:31:00	175 Thom	Emma	F		
312	00:31:04	168 Watt	Tara	F		Celtic Tri
313	00:31:12	2 Already Finis	Tara	F		
314	00:31:16	86 Huntley	Dan	M		
315	00:31:27	373 Nicholls	Martin	M	V	3Ms
316	00:31:28	70 Smith	Ryan	M		3Ms
317	00:31:35	494 Evans	Kim	F	V	
318	00:31:36	181 Hanford	Eve	F		
319	00:31:39	166 Evans	Nicola	F		
320	00:31:44	420 Melmoth	Neil	M	V	
321	00:31:48	182 Smith	Katlina	F		
322	00:31:55	152 Simisker	Zara	F		
323	00:31:55	496 van den Broe	Mariska	F	V	

324	00:32:01	178 Williams	Bron	F		
325	00:32:05	406 Williams	Stephen	M	V	
326	00:32:14	50 Bevan	Andrew	M		
327	00:32:19	488 Rose	Shirley	F	V	Porthcawl
328	00:32:24	454 Davies	Sharon	F	V	
329	00:32:35	157 Stockley	Paula	F		
330	00:32:44	457 Burrows	Pam	F	V	Sospan
331	00:32:44	458 Lewis	Deborah	F	V	
332	00:32:45	177 Allan	Harriet	F		Penguin
333	00:32:47	514 Kehoe	Emma	F	V	
334	00:32:51	189 Norris	Lindsey	F		
335	00:33:12	159 Bevan	Kate	F		
336	00:33:23	492 Daniels	Louise	F	V	
337	00:33:36	495 Davies	Carinhe	F	V	
338	00:33:36	491 Davies	Catherine	F	V	
339	00:33:51	186 Andrews	Emma	F		
340	00:33:53	510 Parfitt	Marie	F	V	
341	00:34:01	476 Williams	Helen	F	V	Aberdare
342	00:34:19	160 Owen	Glenda	F		
343	00:35:23	116 French-Willia	Dean	M		
344	00:35:25	14 Gilbert	Andrew	M		
345	00:35:26	461 Gilbert	Amanda	F	V	
346	00:36:05	497 Jones	Sadie	F	V	
347	00:36:06	80 Risdon	Bruce	M		
348	00:38:58	153 Smith	Natasha	F		
349	00:39:20	6 Already Finis	Natasha	F		
350	00:39:21	4 Quick	Iain	M		
351	00:40:00	464 Thomas	Alison	F	V	
352	00:41:15	32 Chamberlain	Kieran	M		
353	00:41:25	167 Evans	Sian	F		