

August 4th 2009
LC Swansea Bay 5k

Pos	Time	No Name	Gender	Cat	Club
1	00:15:24	32 Simon Jones	M		Neath Harriers
2	00:15:47	80 Lewys Hobbs	M		Swansea Harriers
3	00:16:19	63 Gareth Jones	M		3M
4	00:16:27	87 Christopher Williams	M		Neath Harriers
5	00:16:45	93 David Rees	M		Swansea Harriers
6	00:16:54	82 Steve Davies	M		Swansea Harriers
7	00:16:55	254 Paul Talbot	M	V	Neath Harriers
8	00:17:05	116 David Kehoe	M		
9	00:17:09	279 Alan Davies	M	V	
10	00:17:13	54 Alex Matchett	M		Pembs Tri
11	00:17:24	43 Andrew Rimmer	M		Multisport
12	00:17:43	300 Andrew Baker	M	V	Pontypridd
13	00:17:46	86 Paul Speyer	M		Brackla Harriers
14	00:17:48	107 Charles T Walsh	M		Port Talbot
15	00:17:53	327 Kevin Griffiths	M	V	TROTS
16	00:17:54	47 Adrian Weaver	M		Port Talbot
17	00:17:56	89 Rhys Pitman	M		Pontypridd
18	00:18:01	271 Ian Webb	M	V	Llanelli AAC
19	00:18:02	249 Grant Howells	M	V	LC Cobras
20	00:18:08	94 Stuart Doyle	M		Port Talbot
21	00:18:11	81 Andrew Clevery	M		Swansea Harriers
22	00:18:11	302 Steve Williams	M	V	Neath Harriers
23	00:18:14	64 John Morris	M		Amman Valley
24	00:18:16	260 Colin Elvins	M	V	Swansea Harriers
25	00:18:18	45 Thomas Davis	M		Porthcawl Comp
26	00:18:25	274 Jon Embling	M	V	Bridgend AC
27	00:18:26	423 Kate Roberts	F		Bridgend
28	00:18:30	14 Kieran Mackintosh	M		Port Talbot Harriers
29	00:18:38	258 Andrew Dawe	M	V	Pembs
30	00:18:39	253 Jon Sizer	M	V	
31	00:18:42	88 Leigh Hiscox	M		Pontypridd
32	00:18:44	85 Geraint King	M		
33	00:18:45	108 Andrew Davies	M		
34	00:18:47	207 Alex Williams	M	V	Port Talbot Harriers
35	00:18:47	99 Aled Anderson	M		
36	00:18:49	73 Antonio Cirillo	M		Swansea Harriers
37	00:18:50	305 Lynsey Christopher	M	V	Corus
38	00:18:53	48 Kristian Evans	M		Team Deviant
39	00:18:57	112 Davidr Bowkett	M		Celtic Tri
40	00:19:01	117 Ben Jenkins	M		Swansea Harriers
41	00:19:03	212 Derek Hegarty	M	V	RAF Recruiters
42	00:19:05	225 Mark Dunscombe	M	V	Sarn Helen
43	00:19:06	113 Stephen Richards	M		Swansea Uni
44	00:19:07	218 Ian Ogilvie	M	V	Brackla Harriers
45	00:19:11	530 Clare Philips	F	V	
46	00:19:18	90 Rhodri Evans	M		Pontypridd
47	00:19:19	58 Michael Halsall	M		Llanelli AAC
48	00:19:21	296 Dave Rose	M	V	Brackla Harriers
49	00:19:24	275 Mark Gewan	M	V	LCC
50	00:19:25	52 Stuart Griffiths	M		3M
51	00:19:27	111 Mat Ackland	M		
52	00:19:28	66 Jonathan Hancock	M		TROTS
53	00:19:31	241 Sean Treloar	M	V	
54	00:19:32	240 Mark Terry	M	V	
55	00:19:33	204 Steve Walsh	M	V	3M
56	00:19:34	252 Keith Powell	M	V	Cornelly Striders

Swansea Bay 5k August 2009

Pos	Time	No Name	Gender	Cat	Club
57	00:19:34	20 Stephen Cable	M		3M
58	00:19:35	256 Graham Yeo	M	V	
59	00:19:35	556 Melissa Watson	F	V	
60	00:19:36	316 Andy Davies	M	V	Pontypridd
61	00:19:37	118 Steve Ruddy	M		
62	00:19:42	331 Aaronr Jones	M	V	
63	00:19:44	33 Michael Roderick	M		
64	00:19:45	325 Simon Beer	M	V	
65	00:19:49	522 Runner 522	M	V	
66	00:19:51	569 Luoise Copp	F	V	Neath Harriers
67	00:19:59	9 Andrew Baker	M		Neath Harriers
68	00:20:00	295 Peter Turner	M	V	Cornelly Striders
69	00:20:01	26 Leon Murnieks	M		
70	00:20:03	84 Andrew Mundy	M		Brackla Harriers
71	00:20:04	83 Grant Thomas	M		Team Wecori
72	00:20:09	441 Kelly Morgan	F		Pontypridd
73	00:20:12	38 Ian Hoskins	M		
74	00:20:15	303 Richard Boon	M	V	Les Croupiers
75	00:20:16	51 Christopher Woodward	M		
76	00:20:17	566 Amanda Evans	F	V	3M
77	00:20:19	235 Paul McDermott	M	V	RNR Cambria
78	00:20:20	92 Michael Evans	M		Neath Harriers
79	00:20:22	211 Graham Vynr	M	V	3M
80	00:20:23	283 Dominic Shields	M	V	San Domenico
81	00:20:26	319 M Rimmer	M	V	Celtic Tri
82	00:20:31	72 Lee Bowen	M		Sospan RR
83	00:20:32	121 Thieryy Maffeis	M		
84	00:20:33	591 Caroline Jones	F	V	TROTS
85	00:20:36	284 Roger Bell	M	V	3M
86	00:20:36	259 Gary Howe	M	V	3M
87	00:20:37	251 Gareth Morgan	M	V	Swansea Uni
88	00:20:37	219 John Morgan	M	V	Brackla Harriers
89	00:20:38	281 Paul Jelley	M	V	Port Talbot
90	00:20:39	324 Andy Dalrymple	M	V	
91	00:20:39	21 Steven Jones	M		
92	00:20:43	130 Steve Brace	M		Bridgend AC
93	00:20:43	287 Jim Richardson	M	V	Team Penguin
94	00:20:49	247 Tim Price	M	V	Brackla Harriers
95	00:20:51	255 Nickolas Ost	M	V	Swansea WHS
96	00:20:53	314 Peter Jones	M	V	
97	00:20:53	104 Ed Gale	M		
98	00:20:54	577 Charlotte Johns	F	V	Brackla Harriers
99	00:20:55	286 Paul Bigmore	M	V	Brackla Harriers
100	00:20:57	115 Piers Morgan-Harvey	M		Mumbles
101	00:20:58	321 David Llewellyn	M	V	
102	00:20:58	75 Daniel Hall	M		Swansea Harriers
103	00:20:59	427 Sian Julia Trace	F		Amman Valley
104	00:21:03	65 Steve Thomas	M		3M
105	00:21:04	109 Kit Lucas	M		
106	00:21:07	68 Adrian Rees	M		
107	00:21:08	224 Martin Ennis	M	V	3M
108	00:21:11	25 Phil Protheroe	M		Brackla Harriers
109	00:21:18	103 James Dawson	M		Team Brodie
110	00:21:19	55 Ian Moss	M		
111	00:21:22	550 Jacqueline Brace	F	V	Bridgend
112	00:21:24	35 Mark Potter	M		Brackla Harriers
113	00:21:25	24 Kristian Shearan	M		Brackla Harriers
114	00:21:26	231 Allan Jones	M	V	Brackla Harriers
115	00:21:27	126 Ceri Durke	M		
116	00:21:28	322 Richard Harris	M	V	Celtic Tri
117	00:21:31	263 Cyril Walters	M	V	TROTS

Swansea Bay 5k August 2009

Pos	Time	No Name	Gender	Cat	Club
118	00:21:33	298 John Sterio	M	V	
119	00:21:34	261 Vic Saunders	M	V	Mumbles
120	00:21:36	278 Simon Pinner	M	V	Wecori
121	00:21:39	579 Andrea Starritt	F	V	Brackla Harriers
122	00:21:42	245 Phillip Coetsee	M	V	
123	00:21:43	323 Mike Rose	M	V	
124	00:21:44	273 Jason Dickinson	M	V	TROTS
125	00:21:47	328 Steve Williams	M	V	Mumbles
126	00:21:48	79 Sam Rimmer	M		
127	00:21:49	514 Helen Jones	F	V	
128	00:21:52	565 Christina Smith	F	V	3M
129	00:21:52	282 Hugo Thompson	M	V	
130	00:21:53	123 Andy Hunter	M		
131	00:21:55	96 Richard Humphreys	M		
132	00:21:55	46 Gavin Lee Hopkin	M		
133	00:21:56	444 Emma Lynch	F		Brackla Harriers
134	00:21:57	317 Alan Engles	M	V	
135	00:21:58	525 Sian Phillips	F	V	Swansea Harriers
136	00:22:05	1 Russell Crocker	M		Cardiff
137	00:22:06	567 Julie Thomas	F	V	3M
138	00:22:07	106 Owen Lewis	M		
139	00:22:13	313 James Thoburn	M	V	
140	00:22:14	4 Mike Griffiths	M		Team Deviant
141	00:22:15	293 Rick Rimmer	M	V	
142	00:22:24	297 Bob Gardiner	M	V	Team Wecori
143	00:22:28	69 Matthew Cass	M		
144	00:22:29	67 Iain Warwick	M		
145	00:22:30	129 Steffan Jones	M		
146	00:22:34	206 David Boucher	M	V	
147	00:22:36	15 Barry Morgan	M		Brackla Harriers
148	00:22:39	265 Brian Fox	M	V	Swansea Harriers
149	00:22:40	12 Martin Slucutt	M		
150	00:22:40	433 Cordellia Jones	F		3M
151	00:22:43	266 James Trace	M	V	Amman Valley
152	00:22:45	311 Steve McLelland	M	V	3M
153	00:22:46	119 Thomas Hains	M		
154	00:22:47	452 Stephanie Davies	F		Pontypridd
155	00:22:48	270 Steve Jones	M	V	
156	00:22:48	128 Neale Davies	M		
157	00:22:49	222 Tony Burt	M	V	Brackla Harriers
158	00:22:54	330 Gary Sawdon	M	V	
159	00:22:54	31 Stephen Barclay	M		
160	00:22:56	49 Tom Rosser	M		
161	00:23:00	59 Tony Spiller	M		3M
162	00:23:02	60 Marcus Axworthy	M		
163	00:23:03	76 Aron Wilkinson	M		Celtic Tri
164	00:23:05	110 Gavin Moore	M		
165	00:23:06	264 Terry Jones	M	V	Celtic Tri
166	00:23:07	101 Craig Dailey	M		
167	00:23:09	16 Stephen Fitzgerald	M		
168	00:23:10	248 Winston Lord	M	V	
169	00:23:11	208 Edward Davies	M	V	
170	00:23:16	277 James Davies	M	V	3M
171	00:23:27	120 Mark Collier	M		
172	00:23:28	426 Mackenzie Noble	M		Celtic Tri
173	00:23:29	443 Lyndsey Dodds	F		Swansea Harriers
174	00:23:29	329 Andrew Rothwell	M	V	
175	00:23:31	70 Chris Davies	M		
176	00:23:34	307 Tony Baker	M	V	
177	00:23:35	124 Ian Gilmore	M		
178	00:23:37	99999 Unknown Number	M		

Swansea Bay 5k August 2009

Pos	Time	No Name	Gender	Cat	Club
179	00:23:51	292 David Cornish	M	V	
180	00:23:53	449 Lynne Parry	F		3M
181	00:23:54	61 Paul Jones	M		Mumbles
182	00:23:57	203 Matt Weller	M	V	Mumbles
183	00:23:59	448 Rhiannon Anderson	F		Swansea Harriers
184	00:24:04	262 Brian Campbell	M	V	Midland Masters
185	00:24:07	18 Robert Wood	M		
186	00:24:07	22 Tom Wimpory	M		
187	00:24:08	125 Oliver Kohll	M		
188	00:24:09	29 David Charles Griffiths	M		
189	00:24:11	114 Matthew Gwynne	M		Swansea Uni
190	00:24:17	229 Keith Treharne	M	V	Brackla Harriers
191	00:24:21	308 Terry Hart	M	V	
192	00:24:21	421 Katryna Ley	F		Swansea Harriers
193	00:24:21	214 Stuart Barnes	M	V	
194	00:24:22	99999 Unknown Number	M		
195	00:24:23	215 Kevin Fitzgerald	M	V	
196	00:24:23	280 Neil Lewis	M	V	Mumbles
197	00:24:24	122 Stephen Newbury	M		
198	00:24:25	505 Joanne Perkins	F	V	
199	00:24:31	102 Darren Ceyl	M		
200	00:24:33	50 Andrew Beale	M		
201	00:24:35	267 Hayden Williams	M	V	
202	00:24:36	105 Colin Pearce	M		
203	00:24:39	230 Ian Portway	M	V	
204	00:24:40	455 Angela Davies	F		
205	00:24:42	57 Byron Jones	M		
206	00:24:44	584 Melanie Stone	F	V	Celtic Tri
207	00:24:45	301 Roger Smith	M	V	Birkenhead
208	00:25:00	510 Jane Ogilvie	F	V	Brackla Harriers
209	00:25:20	8 Luke Hammond	M		
210	00:25:22	210 Mark Hammond	M	V	
211	00:25:25	543 Christina Rees	F	V	
212	00:25:26	508 Ali Wood	F	V	
213	00:25:26	519 Patricia Jones	F	V	Brackla Harriers
214	00:25:31	56 Steve Williams	M		
215	00:25:31	42 David Lloyd-Hawkshall	M		
216	00:25:33	127 Jon Davies	M		Team Penguin
217	00:25:34	431 Rebecca Hall	F		Swansea Harriers
218	00:25:37	250 Jim Halsey	M	V	LC Cobras
219	00:25:38	555 Vicki Hopkins	F	V	
220	00:25:38	216 Mike Ridout	M	V	Brackla Harriers
221	00:25:39	578 Louise Oram	F	V	
222	00:25:40	306 Anthony Henebery	M	V	Mumbles
223	00:25:41	536 Melanie Colburn	F	V	Celtic Tri
224	00:25:41	553 Lisa Kethro	F	V	Celtic Tri
225	00:25:42	326 Leighton Jenkins	M	V	
226	00:25:43	406 Sarah Dugate	F		
227	00:25:43	570 Samantha Singh	F	V	
228	00:25:44	506 Penny Lauder	F	V	
229	00:25:44	442 Pauline Thornhill	F		3M
230	00:25:49	315 Malcolm Bullings	M	V	
231	00:25:49	318 Nigel Poole	M	V	
232	00:26:03	410 Kirsten Tucker	F		WRN
233	00:26:04	276 David Rosser	M	V	Amman Valley
234	00:26:06	563 fay Sharpe	F	V	3M
235	00:26:06	242 Michael Fox	M	V	
236	00:26:07	220 Mark Davies	M	V	Port Talbot Harriers
237	00:26:09	100 David Jones	M		
238	00:26:11	532 Susan Tuckett	F	V	
239	00:26:15	558 Helen McVean	F	V	

Swansea Bay 5k August 2009

Pos	Time	No Name	Gender	Cat	Club
240	00:26:15	568 carole Wellington	F	V	
241	00:26:16	285 Brian Wharton	M	V	
242	00:26:20	62 Paul Clarke	M		
243	00:26:20	217 Richard Leathers	M	V	Evesham Vale RC
244	00:26:21	424 Jenifer Friggens	F		
245	00:26:22	246 Glynne Leach	M	V	
246	00:26:24	587 Frances Hains	F	V	
247	00:26:25	289 Jason Jones	M	V	
248	00:26:25	291 Neil Davies	M	V	NYRRC
249	00:26:26	440 Joanne Davies	F		Swansea Uni
250	00:26:27	571 Lisa Ekman	F	V	Brackla Harriers
251	00:26:28	228 James Thomas	M	V	Brackla Harriers
252	00:26:37	99999 Unknown Number	M		
253	00:26:38	546 Michelle Dacey	F	V	
254	00:26:46	272 Noel Powell	M	V	
255	00:26:47	430 Laura Henton	F		
256	00:26:47	552 Julie Noble	F	V	Celtic Tri
257	00:26:49	521 Diane Walford	F	V	Celtic Tri
258	00:26:50	288 Michael Davies	M	V	
259	00:26:50	574 Sali Davies	F	V	3M
260	00:26:54	97 mark Hay	M		
261	00:26:54	437 Lynda Thomas	F		
262	00:26:55	78 Lee Morris	M		
263	00:26:57	71 Jim Grove	M		
264	00:26:57	213 Steve Whyte	M	V	
265	00:27:01	290 Charles McNulty	M	V	
266	00:27:04	201 Christopher Hockley	M	V	Swansea Harriers
267	00:27:07	445 Emma Towers	F		
268	00:27:10	23 Wyn Gordge	M		
269	00:27:12	549 Caron McKee-Hands	F	V	FERC
270	00:27:17	221 Nigel Jones	M	V	Llanelli Seaside St
271	00:27:22	411 Rebecca Gunstone	F		WRN
272	00:27:30	585 Claire Jones	F	V	
273	00:27:34	526 Kathleen Evans	F	V	Brackla Harriers
274	00:27:37	400 Tina Seward	F		Cardiff
275	00:27:38	74 Ian Henton	M		
276	00:27:39	428 catrin Jones	F		
277	00:27:40	36 Alistair Robb	M		
278	00:27:42	409 Catherine Nock	F		
279	00:27:50	582 Oona Crawford	F	V	TROTS
280	00:27:56	320 Martin Nicholls	M	V	3M
281	00:28:16	268 Peter Sykes	M	V	
282	00:28:19	309 Michael Davies	M	V	3M
283	00:28:21	439 Beth McNulty	F		
284	00:28:23	269 Tim Jewell	M	V	
285	00:28:25	534 Susan Felstead	F	V	Celtic Tri
286	00:28:25	422 Bethan Halliwell	F		
287	00:28:28	257 Mark Halliwell	M	V	Brackla Harriers
288	00:28:29	583 Pauline Thomas	F	V	TROTS
289	00:28:31	456 Jenny McAdie	F		Team Deviant
290	00:28:32	575 Andrea Brabrook	F	V	
291	00:28:36	572 Caroline Morgan	F	V	
292	00:28:44	512 Karen Dugate	F	V	
293	00:28:56	312 Eric owen	M	V	Cornelly Striders
294	00:28:57	554 Cathryn Mclean	F	V	
295	00:28:58	460 Laura Dowsett	F		
296	00:29:04	413 Edwina Moorhouse	F		WRN
297	00:29:05	425 Bronwen Williams	F		
298	00:29:06	580 Janine Morgan	F	V	
299	00:29:09	529 Elizabeth Barclay	F	V	
300	00:29:10	458 Dawn Pengelly	F		

Swansea Bay 5k August 2009

Pos	Time	No Name	Gender	Cat	Club
301	00:29:21	551 Mariska Van den Broek	F	V	
302	00:29:22	415 Helen Beale	F		
303	00:29:26	39 Robert Scott	M		
304	00:29:27	405 Cat Hayes	F		
305	00:29:31	586 Saira Luckman	F	V	
306	00:29:38	559 carolyn Loftus	F	V	
307	00:29:45	436 Laura Sharpe	F		3M
308	00:29:51	429 laura Williams	F		
309	00:29:57	294 Chris Brundenell	M	V	
310	00:29:57	77 Simon Lloyd	M		
311	00:29:57	438 Hazel John	F		
312	00:30:02	457 Tracy Barnbrook	F		
313	00:30:08	304 Neil Lewin	M	V	
314	00:30:09	451 Cande Alarcon	F		
315	00:30:13	95 James Blundell	M		
316	00:30:15	564 Shirley Rose	F	V	Brackla Harriers
317	00:30:18	447 Kate Loring	F		Team Penguin
318	00:30:22	416 Hannah Woodward	F		
319	00:30:25	544 Claire Hicks	F	V	
320	00:30:26	541 Rachel Townsend	F	V	
321	00:30:29	256 Already Finished	F		
322	00:30:40	434 Helena bateman	F		
323	00:30:49	557 Sarah Thompson	F	V	
324	00:30:52	535 Maureen Helen Foley	F	V	Neath Harriers
325	00:30:53	99999 Unknown Number	F		
326	00:30:53	573 Dawn Hayes	F	V	Leigh Harriers
327	00:30:54	299 Neil Phillips	M	V	
328	00:31:11	590 Ceri Saunders	F	V	
329	00:31:38	446 Claire Power	F		Team Penguin
330	00:31:45	592 Kristina Williams	F	V	Team Deviant
331	00:31:46	432 Abi Beynon	F		
332	00:32:07	588 Emma Kehoe	F	V	
333	00:32:08	520 Sian Ackland	F	V	Brackla Harriers
334	00:32:18	560 Anne Wilkinson	F	V	Celtic Tri
335	00:32:25	500 Kim Evans	F	V	WRN
336	00:32:27	562 Julie Davies	F	V	3M
337	00:32:59	420 Anna Teesdale	F		
338	00:32:59	450 Sarah Rowland	F		
339	00:33:13	576 Sharon Barron	F	V	
340	00:33:13	542 Louise Eedy	F	V	
341	00:34:01	545 Alison Davies	F	V	
342	00:34:30	515 Deborah Lewis	F	V	
343	00:34:57	589 Anne Newbury	F	V	WRN
344	00:35:15	581 Christine Bull	F	V	
345	00:36:03	414 Rhyannon Smith	F		WRN
346	00:36:03	239 Gary Smith	M	V	
347	00:36:33	561 Lesley Bigmore	F	V	
348	00:37:09	98 Stephen Lee	M		Mumbles
349	00:38:08	459 Sian Hobbs	F		
350	00:38:12	419 Rachel Lloyd	F		
351	00:38:16	453 Lindsey Norris	F		
352	00:38:17	454 Louise Greenslade	F		