

Swansea Bay 5k July 2010

**LC Swansea Bay 5K**

**13th July 2010**

Pos	Time	Bib Name	M/F	Cat	Club
1	00:15:28	63 Dewi Griffiths	M		Carmarthen
2	00:16:03	75 Kristian Jones	M		Sheffield Uni
3	00:16:14	110 David Kehoe	M		Swansea
4	00:16:18	30 Matthew Harvey	M		
5	00:16:18	71 Peter Ryder	M		Cardiff
6	00:16:40	103 Liam Lloyd	M		Swansea
7	00:17:09	19 Joshua Leech Griffiths	M		Carmarthen
8	00:17:10	257 Nick Frost	M	V	Pontypridd Roadents
9	00:17:10	230 Alan Davies	M	V	
10	00:17:16	218 Ifan Lloyd	M	V	Swansea Harriers
11	00:17:30	303 Christopher Parker	M	V	Swansea
12	00:17:40	261 Anthony Powell	M	V	Porthcawl
13	00:17:46	87 Lee Morris	M		
14	00:17:48	50 Tom Davis	M		Porthcawl Runners Life
15	00:17:49	455 Alaw Beynon-Thomas	F		Carmarthen
16	00:17:51	265 David Wilson-Evans	M	V	
17	00:17:56	83 Matthew Thomas	M		Swansea
18	00:17:57	67 Stuart Griffiths	M		3M
19	00:17:58	220 John Howells	M		
20	00:18:03	424 Alex Williams	M	V	Port Talbot Harriers
21	00:18:11	81 Bryn Griffiths	M		Bridgend
22	00:18:14	425 Kate Roberts	F		Bridgend AC
23	00:18:15	120 Jonathan Walker	M		Sospan
24	00:18:19	269 eff Thomas	M	V	Porthcawl
25	00:18:22	77 Ian Phillips	M		3M
26	00:18:23	94 Steve Thomas	M		3M
27	00:18:25	88 Ben Jenkins	M		Swansea
28	00:18:28	282 Martin Webborn	M	V	Swansea
29	00:18:31	266 Neil Davies	M	V	Cornelly Striders
30	00:18:34	85 Raul Reismann	M		LC2
31	00:18:35	14 Adam Bruce-Smith	M		
32	00:18:36	66 Geraint King	M		Swansea
33	00:18:37	223 Daniel Hooper	M	V	Sarn Helen
34	00:18:39	466 Elysia Ridley	F		Swansea
35	00:18:41	199 Grant Howells	M	V	
36	00:18:44	60 Terry Jones	F		Porthcawl Runners Life
37	00:18:47	420 Steve Walsh	M	V	3M
38	00:18:48	308 Peter Lloyd	M	V	3M
39	00:18:50	98 Darren Edwards	M		Celtic Tri
40	00:18:51	298 Rob Ray	M	V	New Marske Harriers
41	00:18:52	253 Steve Williams	M	V	Neath
42	00:19:04	461 Carol Glover	F		Swansea
43	00:19:06	221 Dave Rose	M	V	Porthcawl Runers Life
44	00:19:09	263 Paul Lewis	M	V	3M
45	00:19:12	69 Shaun Broome	M		Neath
46	00:19:15	241 gary Howe	M	V	3M
47	00:19:18	76 Mark Gosney	M		3M
48	00:19:19	289 Alun Evans	M	V	
49	00:19:19	259 Sean Treloar	M	V	Port Talbot
50	00:19:20	438 Ian Ogilvie	M	V	Brackla Harriers
51	00:19:25	661 Gilli Davies	F	V	Swansea Harriers
52	00:19:28	284 Paul Rees	M	V	3M
53	00:19:31	49 Dean Webster	M		3M

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Pos	Time	Bib Name	M/F	Cat	Club
54	00:19:36	35 Steffan Jones	M		
55	00:19:37	439 Paul Ezard	M	V	Brackla Harriers
56	00:19:39	278 Paul Davies	M	V	Port Talbot
57	00:19:43	616 Clare Phillips	F	V	Swansea Harriers
58	00:19:45	119 Michael Roderick	M		
59	00:19:46	406 Dean Porter	M	V	
60	00:19:48	301 Steve Ruddy	M	V	
61	00:19:49	38 Andrew Murphy	M		
62	00:19:49	629 Amanda Evans	F	V	3M
63	00:19:49	272 david Williams	M	V	Porthcawl
64	00:19:50	278 Glenn Draisey	M	V	Swansea Harriers
65	00:19:53	417 John Morgan	M	V	Brackla Harriers
66	00:19:55	104 Joshua Sandles	M		3M
67	00:19:59	226 Roger Davis	M	V	Porthcawl Runners Life
68	00:19:59	73 Matt Tooze	M	V	
69	00:19:59	68 Huw Pullen	M		
70	00:20:10	107 Rhys Clayton	M		Brynteg
71	00:20:12	315 Simon Wilson	M	V	Swansea
72	00:20:14	628 Jenny Phillips	F	V	Llanelli AAC
73	00:20:16	400 Mike Rimmer	M	V	LC Cobras
74	00:20:21	235 Kevin Corcoran	M	V	Swansea Harriers
75	00:20:27	59 William Edwards	M		Porthcawl Runners Life
76	00:20:29	228 Martin Ennis	M	V	3M
77	00:20:30	9 Owen Lewis	M		
78	00:20:31	3 Ian Hoskins	M		
79	00:20:33	244 Richard Webster	M	V	3M
80	00:20:35	260 Roger Bell	M	V	3M
81	00:20:42	48 Robert Type	M		
82	00:20:42	453 Mark Champion	M		
83	00:20:46	288 Andrew Lucas	M	V	3M
84	00:20:47	300 Allan Parson	M	V	Wecori
85	00:20:50	84 Richard Cleverley	M		
86	00:20:53	31 Gary Robertson	M		
87	00:21:06	619 Caroline Jones	F	V	Trot Club
88	00:21:09	10 Mike Griffiths	M		Team Deviant
89	00:21:12	95 Alan Lyttle	M		
90	00:21:13	7 Stuart Tyrrell	M		
91	00:21:14	53 Michael Halsall	M		Llanelli
92	00:21:15	102 Gareth Davey	M		
93	00:21:18	86 Simon Eastwood	M		Swansea
94	00:21:18	40 Byron Davies	M		3M
95	00:21:21	58 Adrian Evans	M		
96	00:21:21	118 Mike Gleeson	M		VRC
97	00:21:22	419 Christopher Cutts	M	V	
98	00:21:24	472 Caroline Rimmer	F		Swansea
99	00:21:24	412 Allan Jones	M	V	Brackla Harriers
100	00:21:25	255 Jason Roberts	M	V	
101	00:21:28	434 Derek Fenton	M	V	
102	00:21:31	445 Cyril Walters	M	V	Trots
103	00:21:32	116 Huw Turner	M		
104	00:21:33	309 Andy Dalrymple	M	V	
105	00:21:35	256 Uku Kumari	M	V	Swansea Harriers
106	00:21:36	304 Noelwyn Daniel	M	V	
107	00:21:38	12 Andrew Williams	M		
108	00:21:40	56 Barry Morgan	M		Brackla
109	00:21:41	290 Jon Coussis	M	V	
110	00:21:41	264 Steve McLelland	M	V	3M
111	00:21:42	676 Nina Brocklebank	F	V	3M

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Pos	Time	Bib Name	M/F	Cat	Club
112	00:21:44	440 Simon Pinner	M	V	Wecori
113	00:21:51	100 Piers Morgan-Harvey	M		Mumbles M
114	00:21:57	701 Caroline Sandles	F	V	3M
115	00:21:58	617 Maggie Fligelstone	F	V	
116	00:21:59	267 David Oak	M	V	Port Talbot
117	00:22:03	251 Phil Stockton	M	V	
118	00:22:07	428 Geoff Hall	M	V	
119	00:22:08	82 Daniel Abbott	M		
120	00:22:10	252 Nick Griffiths	M	V	
121	00:22:12	430 Paul Bigmore	M	V	Brackla Harriers
122	00:22:16	79 Iain Burns	M		
123	00:22:18	15 Martin Slucutt	M		
124	00:22:18	78 Steve Smith	M		
125	00:22:19	409 Steve Jones	M	V	
126	00:22:20	70 Rod Davies	M		
127	00:22:21	447 Katie Reynolds	F		Swansea Harriers
128	00:22:23	277 James Davies	M	V	3M
129	00:22:24	471 Carley Evans	F		Swansea
130	00:22:24	310 Carlos Land	M	V	
131	00:22:25	74 Jonathan Lewis	M		
132	00:22:26	431 Roland Matthews	M	V	Brackla Harriers
133	00:22:29	692 Sian Phillips	F	V	Swansea
134	00:22:32	460 Rhiannon Anderson	F		Swansea
135	00:22:33	682 Michelle Thomas-Luise	F	V	3M
136	00:22:35	234 Glyn Williams	M	V	3M
137	00:22:36	91 Simon Reckley	M		
138	00:22:38	45 Runner 45	M		
139	00:22:39	54 Alastair Ford	M		
140	00:22:42	55 Kyle Warlow	M		
141	00:22:43	677 Lousie Miskell	F	V	3M
142	00:22:45	680 Charlotte Johns	F	V	Brackla
143	00:22:47	219 Andrew Dunscombe	M	V	Pontypridd Roadents
144	00:22:48	262 Clive Greaves	M	V	3M
145	00:22:48	24 Stephen Fitzgerald	M		
146	00:22:49	64 Jonathan Beynon	M		Les Croupiers
147	00:22:51	114 Wyn james	M		
148	00:22:53	99 Jim Holland	M		
149	00:22:55	239 Hywel Tomos	M	V	
150	00:22:55	4 Andrew Brown	M		
151	00:22:56	436 David Mitchell	M	V	SBOL
152	00:22:58	229 Gareth Welsh	M	V	Porthcawl Runners Life
153	00:23:01	681 Andrea Starritt	F	V	Brackla
154	00:23:02	6 Robert Scott	M		
155	00:23:04	89 Paul Jones	M		Mumbles M
156	00:23:07	415 Edward Davies	M	V	
157	00:23:10	231 Philip Bamsey	M	V	Neath Harriers
158	00:23:11	457 Emma Jones	F		
159	00:23:14	275 Terry Jones	M	V	Celtic Tri
160	00:23:15	432 Tony Burt	M	V	Brackla Harriers
161	00:23:18	294 Brian Fox	M	V	LC2
162	00:23:18	601 Angela Ridge	F	V	Celtic Tri
163	00:23:20	39 Zxgmunt Spray	M		
164	00:23:23	206 Natalie Jones	F		Village Vipers
165	00:23:26	675 Julie Thomas	F	V	3M
166	00:23:28	225 Brian Griffiths	M	V	3M
167	00:23:32	233 Ralphr Jones	M	V	Neath Vets
168	00:23:34	273 Fabb Greg	M	V	
169	00:23:34	237 Paul Clarke	M	V	Mumbles M

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Pos	Time	Bib Name	M/F	Cat	Club
170	00:23:36	292 Leighton Jones	M	V	3M
171	00:23:38	296 Jason Jones	F		
172	00:23:39	285 Nigel White	M	V	
173	00:23:39	702 Chris Webb	F	V	
174	00:23:40	243 Michael Holding	M	V	
175	00:23:41	280 Simon Cox	M	V	
176	00:23:41	655 Jason Edmonds	F	V	Porthcawl
177	00:23:43	463 Alison Banfield	F		
178	00:23:52	23 Tom Beard	M		
179	00:23:53	240 Leighton Johnson	M	V	
180	00:23:55	92 Aaron Lewis	M		Olchfa
181	00:23:56	62 Lee Richards	M		
182	00:23:57	207 Angela Davies	F		
183	00:23:59	117 Steven Roderick	M		
184	00:24:06	467 Joanna Rothwell	F		
185	00:24:06	446 Zoe Davis	F		Porthcawl Runners Life
186	00:24:08	268 Gareth White	M	V	3M
187	00:24:09	248 James Morgan	F		
188	00:24:09	422 Matt Weller	M	V	Mumbles M
189	00:24:11	293 Neil Higgins	M	V	3M
190	00:24:12	464 Melanie Stone	F	V	Celtic Tri
191	00:24:12	669 Gwen Smith	F	V	
192	00:24:13	670 Linda Rees	F	V	3M
193	00:24:14	105 Mike Jones	M		
194	00:24:20	72 Stuart Mort	M		
195	00:24:22	433 Simon Franks	M	V	Swansea Harriers
196	00:24:32	423 David Boucher	M	V	
197	00:24:33	314 Andy Bellingham	M	V	
198	00:24:33	52 James Colburn	M		Celtic Jnr Tri
199	00:24:35	462 Miranda Davies	F		
200	00:24:37	274 Rikki Allan	M	V	
201	00:24:39	426 Louis Fligelstone	M	V	
202	00:24:40	210 Jenny McAdie	F		Team Deviant
203	00:24:40	685 Vicki Hopkins	F	V	Brackla
204	00:24:46	698 Oona Crawford	F	V	TROTS
205	00:24:46	80 Neil Roberts	M		
206	00:24:49	109 Johannes Aitkenhead	M		
207	00:24:51	97 Carl Morris	M		
208	00:24:51	5 Ryan Bowen	M		
209	00:24:54	17 Tom Wimpory	M		
210	00:25:00	441 Ian Stratton	M	V	Brackla Harriers
211	00:25:01	18 Neil Dolman	M		
212	00:25:02	46 David O'Sullivan	M		
213	00:25:04	213 Danielle Williams	F		
214	00:25:06	11 Andrew Jones	M		
215	00:25:07	389 Runner 389	F		
216	00:25:10	605 Patricia Jones	F	V	Brackla Harriers
217	00:25:13	236 Charles Jones	M	V	Porthcawl Runners Life
218	00:25:14	449 Natalie Warren	F		Porthcawl
219	00:25:16	208 Sarah Dugate	F		
220	00:25:16	473 Catherine Lloyd-Bennett	F		
221	00:25:17	286 Nick John	M	V	
222	00:25:21	667 Margaret Reynolds	F	V	Swansea Harriers
223	00:25:23	705 Sarah Whitby	F	V	
224	00:25:24	312 Wayne Harris	M	V	
225	00:25:24	696 Helen Phillips	F	V	Amman Valley
226	00:25:25	710 Joanne Popham	F	V	
227	00:25:25	413 Keith Treharne	M	V	Brackla Harriers

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Pos	Time	Bib Name	M/F	Cat	Club
228	00:25:29	311 Stephen Nurburke	M	V	
229	00:25:30	283 Richard Donne	M	V	3M
230	00:25:30	313 Tim Phillips	M	V	
231	00:25:42	691 Pauline Thornhill	F	V	3M
232	00:25:43	693 Sallatha Singh	F	V	
233	00:25:44	451 Laura Miles	F		Celtic Tri
234	00:25:45	90 Rikki Thomas	M		
235	00:25:46	25 David Owen	M		
236	00:25:49	111 Michael Aitkenhead	M		
237	00:25:50	708 Kelly Gipson	F	V	
238	00:25:52	281 Steve Groves	M	V	
239	00:25:53	688 Christine Hurdingle	F	V	3M
240	00:25:53	627 Melanie Colburn	F	V	Celtic Tri
241	00:25:54	443 Allan Smith	M	V	3M
242	00:26:00	457 Already Finished	M		
243	00:26:04	456 Donna Griffiths	F	V	3M
244	00:26:04	21 Nick Morley	M		
245	00:26:07	270 John Morrissey	M	V	
246	00:26:07	36 Stuart Grabham	M		
247	00:26:12	683 Sherre Phillips	F	V	
248	00:26:18	404 Louri Davies	F		
249	00:26:19	258 John Sanderson	M	V	3M
250	00:26:20	254 Jim Halsey	M	V	
251	00:26:26	454 Laura Richards	F		Porthcawl
252	00:26:29	43 Clyde Baker	M		
253	00:26:30	429 Christopher Hockley	M	V	Swansea
254	00:26:31	200 Rebecca Jenkins	F		
255	00:26:33	671 Laura Hall	F	V	3M
256	00:26:36	247 Antony Butt	M		
257	00:26:37	711 Runner 711	F	V	
258	00:26:37	295 Wynne Jones	M	V	
259	00:26:47	427 Nigel Leighton Jones	M	V	
260	00:26:48	465 Zara Tippins	F		
261	00:26:56	224 geoff White	M	V	3M
262	00:26:57	650 Michelle Davies	F	V	3M
263	00:27:02	204 Helen Beale	F		
264	00:27:05	706 Joanna Morgan	F	V	
265	00:27:09	232 Raymond Boyce	M	V	Cornelly Striders
266	00:27:12	699 Leath Evans	F	V	
267	00:27:15	61 ark Smith	M		
268	00:27:20	108 Matthew Tippins	M		
269	00:27:21	112 Mark Hay	M		
270	00:27:24	96 Mark Edwards	M		
271	00:27:26	115 Mike Forbes	M		
272	00:27:27	238 Jonathan Atkinson	M	V	
273	00:27:28	299 malcolm Bullough	M	V	
274	00:27:34	679 Amanda Bobb	F		
275	00:27:34	211 Kat Jennings	F		
276	00:27:37	623 Denise Bradley	F	V	
277	00:27:40	297 Marco Feltrins	M	V	
278	00:27:46	690 Fay Sharpe	F	V	3M
279	00:27:46	612 Catherine Morgan	F	V	
280	00:27:50	602 Catherine Isaac	F	V	
281	00:27:57	93 Mitchell Walsh	M		
282	00:27:58	302 Daniel Cundy	M	V	Team Deviant
283	00:27:59	276 Tom Marshall	M	V	
284	00:27:59	435 Alex Williams	M	V	
285	00:28:06	450 Katie Evans	F		Celtic Tri

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Pos	Time	Bib Name	M/F	Cat	Club
286	00:28:06	51 Robbie Waldron	M		Pontardulais
287	00:28:09	101 mark Benjamin	M		
288	00:28:10	34 Ed Gale	M		
289	00:28:10	674 Rhian Powell	F	V	Porthcawl
290	00:28:14	418 Tim Shackson	M	V	
291	00:28:15	452 Rhyannon Smith	F		
292	00:28:15	242 Ian Swanson	M	V	Port Talbot
293	00:28:17	307 Dominic Hughes	M	V	
294	00:28:22	291 Michael Kennedy	M	V	
295	00:28:23	703 Julie Lloyd	F	V	
296	00:28:31	245 Gary Smith	M	V	
297	00:28:38	113 Andrew Humphreys	M		
298	00:28:39	607 Nerys Anne Jones	F	V	
299	00:28:41	99999 Unknown Number	F		
300	00:28:43	697 Pauline Thomas	F	V	
301	00:28:46	666 Saira Luckman	F	V	
302	00:28:51	411 Stephen Scott	M	V	
303	00:28:55	227 Alfryn Easter	M	V	3M
304	00:28:56	468 Lauren Phillips	F		
305	00:29:07	663 Sarah Dunscombe	F	V	Porthcawl Runners Life
306	00:29:08	700 Linda Owens	F	V	3M
307	00:29:16	686 Suzie Shepherd	F	V	
308	00:29:23	672 Tracy Loney	F	V	
309	00:29:31	470 Sam Fox	F		Mumbles M
310	00:29:35	65 James Phillips	M		
311	00:29:58	250 Gareth Roper	M	V	Porthcawl
312	00:29:59	8 Andrew Jones	M		
313	00:30:01	668 Runner 668	F	V	
314	00:30:08	42 Andrew Bruce	M		
315	00:30:27	646 Jenny Wyatt	F	V	WRN
316	00:30:30	246 Arthur Phillips	M	V	3M
317	00:30:36	621 Nicola O'Sullivan	F	V	
318	00:30:46	660 Tracyr Price	F	V	Grange Primary
319	00:30:50	469 Sinead Goggin	F		
320	00:30:58	402 Bronwen Williams	M		
321	00:31:06	662 Mariska Van Dem Brock	F	V	
322	00:31:08	687 Julie Davies	F	V	3M
323	00:31:10	695 Sally Fuller	F	V	
324	00:31:11	448 Nadia Jovanic	F		Porthcawl
325	00:31:21	654 Christina Williams	F	V	
326	00:31:50	249 Hywel Mainwaring	M	V	
327	00:32:18	653 Laura Grey	F	V	
328	00:32:37	664 Shirley Rose	F	V	Porthcawl Runners Life
329	00:32:39	475 Nadine Knuszka	F		
330	00:32:44	665 Clare Jenkinjs	F	V	
331	00:33:15	648 Joanna Williams	F	V	Merthyr
332	00:33:16	704 Anne Wilkinson	F	V	Celtic Tri
333	00:33:16	647 Janet Harris	F	V	Porthcawl RC
334	00:33:57	651 Michelle Dobbin	F	V	
335	00:34:01	622 Lesley Bigmore	F	V	Brackla Harriers
336	00:34:16	709 Charlie Walker	F	V	Sospan
337	00:37:22	271 Lyn Johnson	M	V	Multisport
338	00:37:22	444 Michael Radford	M	V	
339	00:38:27	474 heidi Stennett	F		
340	00:38:34	216 Tracey Evans	F		
341	00:39:01	458 Sarah Hills	F		
342	00:39:01	459 Elizabeth Barton	F		FERC
343	00:39:28	657 Linda Hurford	F	V	

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<b>Pos</b>	<b>Time</b>	<b>Bib Name</b>	<b>M/F</b>	<b>Cat</b>	<b>Club</b>
344	00:39:50	643 Gayle Hanney	F	V	Swansea Power Walker
345	00:39:51	639 Ann Haines	F	V	Swansea Power Walker
346	00:39:58	656 Sandra Miles	F	V	Swansea Power Walker
347	00:39:59	652 Claudia Walsh	F	V	
348	00:40:01	640 Elaine Hutchinson	F	V	Swansea Power Walker
349	00:42:41	658 Tracy Gibson	F	V	Swansea Power Walker
350	00:42:53	641 Roslyn Thomas	F	V	Swansea Power Walker
351	00:43:56	673 Lynne Berezanski	F	V	
352	00:44:38	644 Dorothy Meredith	F	V	Swansea Power Walker
353	00:44:39	642 Helen Lewis	F	V	Swansea Power Walker
354	00:45:11	707 Suzanne Courtney	F	V	
355	00:47:02	637 Julie Watson	F	V	
356	00:47:02	632 Babita Verma	F	V	Swansea Power Walker
357	00:47:07	645 Bernardine Kelleher	F	V	Swansea Power Walker
358	00:47:08	634 Annette Boote	F	V	Swansea Power Walker
359	00:47:10	636 Jennifer Rees	F	V	
360	00:49:19	635 Margaret Sracey	F	V	Swansea Power Walker
361	00:49:20	633 Finola Wilson	F	V	Swansea Power Walker