

Swansea Bay 5K

12-Jun-07

Pos	Race Num	Time	Name	Club	Cat
1	645	0:14:54	Simon Jones	Belgrave Harriers	MO
2	639	0:15:07	Ritchie Nicholls	Swansea Harriers	MO
3	577	0:15:30	Daniel Gurmin	Swansea Harriers	MO
4	636	0:15:41	Daniel Beynon	Swansea Harriers	MO
5	640	0:15:51	Oliver Howton	Bridgend AC	MO
6	546	0:15:52	David Notman	Swansea Harriers	MO
7	745	0:15:53	Simon Wilson		MV
8	706	0:15:55	Martin Rees	Neath Harriers	MV
9	575	0:15:56	Steve Davies	Swansea Harriers	MO
10	675	0:16:12	Lee Aherne	Club 69	MV
11	565	0:16:24	Steve Rees	Port Talbot Harriers	MO
12	539	0:16:40	Gareth Jones	3M	MO
13	535	0:16:46	Sam Walsh	Swansea Harriers	MO
14	218	0:16:55	David Kehue		MO
15	623	0:16:59	Elliot Cole	Bridgend AC	MO
16	682	0:17:18	Grant Howells	Swansea Harriers	MV
17	591	0:17:29	Matthew Parkes	Bridgend AC	MO
18	646	0:17:36	Edward Takara	Cardiff AAC	MO
19	701	0:17:39	Alan Davies	Swansea Harriers	MV
20	583	0:17:42	Owain Jones	Swansea Harriers	MO
21	572	0:17:46	Steffan Hughes	CRHAP	MO
22	584	0:17:47	Carl Ellis	Port Talbot Harriers	MO
23	561	0:17:49	Daniel Thomas	Llanelli AAC	MO
24	558	0:17:50	Scott Evans	Sospan RR	MO
25	530	0:17:52	Antonio Cirillo	Swansea Harriers	MO
26	586	0:17:54	David Rees	Swansea Harriers	MO
27	827	0:17:55	Elinor Kirk	Swansea Harriers	FO
28	692	0:17:58	Steven Wilkinson	Port Talbot Harriers	MV
29	526	0:18:04	Dee Buchanan		MO
30	553	0:18:10	Charles Walsh	Port Talbot Harriers	MO
31	544	0:18:15	Kristian Jones		MO
32	744	0:18:16	Neil Davies	Cornelly Striders	MV
33	532	0:18:16	Jason Hughes	Multisport	MO
34	582	0:18:19	James O'Callaghan		MO
35	548	0:18:21	Dominic Valerio		MO
36	627	0:18:26	Andrew Reynolds	Neath Harriers	MO
37	564	0:18:27	Martin George	Sospan RR	MO
38	610	0:18:28	Andrew Davies		MO
39	562	0:18:31	Andrew Thomas	Sospan RR	MV
40	563	0:18:33	Clive Davies	Sospan RR	MO
41	659	0:18:37	Steve Coupe	Sospan RR	MV
42	679	0:18:38	Robert Bamsey	Neath Harriers	MV
43	635	0:18:41	Peter Lloyd	3M	MO
44	538	0:18:46	Jamie Fenaroli	Swansea Harriers	MO
45	722	0:18:47	Jeff Thomas	Bridgend AC	MV
46	576	0:18:50	Gareth Ayres	Port Talbot Harriers	MO
47	603	0:18:51	Ryan Evans	Swansea Uni	MO
48	573	0:18:53	Aled Anderson	3M	MO
49	518	0:18:55	Michael Roderick		MO
50	217	0:18:55	Jonathan Walker		MO

51	550	0:18:57	lestyn Harrett		MO
52	648	0:18:59	Michael Evans		MO
53	545	0:19:02	James McEvoy	Swansea Harriers	MO
54	642	0:19:07	Ben Rees	Multisport	MO
55	708	0:19:07	Leighton Williams	Team Deviant	MV
56	824	0:19:08	Caroline Rimmer	Multisport	FO
57	537	0:19:10	Kristian Evans	Swansea Uni	MO
58	579	0:19:11	Adrian Weaver	Port Talbot Harriers	MO
59	519	0:19:13	Jason Gill-Rowe		MO
60	560	0:19:15	Mike Tate	Multisport	MO
61	507	0:19:15	Andrew Cleverly		MO
62	570	0:19:16	Aled Evans	CRHAP	MO
63	698	0:19:16	Chris Fulcher	Port Talbot Harriers	MV
64	715	0:19:17	Raul Reismann		MV
65	621	0:19:18	Daniel Greenwell		MO
66	739	0:19:20	Tom Cadwalladr		MV
67	593	0:19:20	Jerome Evans	Port Talbot Harriers	MO
68	720	0:19:22	Alan Perkins	Port Talbot Harriers	MV
69	663	0:19:24	Mark Dunscombe	Sarn Helen	MV
70	599	0:19:28	Attila Garai		MO
71	909	0:19:28	Clare Phillips	Swansea Harriers	FV
72	523	0:19:29	Gareth Hill		MO
73	606	0:19:31	Antony Oliver		MO
74	615	0:19:35	Mike Gleeson	Visteon RC	MO
75	589	0:19:36	Sean Treloar	Port Talbot Harriers	MO
76	819	0:19:42	Bethan Strange	Cardiff/UWIC	FO
77	660	0:19:44	Mark Terry		MV
78	699	0:19:45	Alun Wyn Evans		MV
79	522	0:19:46	Leon Murnieks	Royal Navy Reserve	MO
80	598	0:19:47	Alun Blackmore		MO
81	751	0:19:48	Nigel Francisco	Wecori	MV
82	714	0:19:52	Cerith Thomas		MV
83	822	0:19:54	Drusilla Griffiths	Swansea Harriers	FO
84	817	0:19:55	Trudi Anderson	Multisport	FO
85	676	0:19:56	Stephen Powell	Port Talbot Harriers	MV
86	208	0:19:58	David Harris		MO
87	534	0:19:58	Michael Halsall	Llanelli AAC	MO
88	673	0:20:01	Stuart Davidson	Bridgend AC	MV
89	713	0:20:05	Huw Jones	Neath Harriers	MV
90	656	0:20:05	Uku Kumari	Swansea Harriers	MV
91	716	0:20:06	Graham Barlow	3M	MV
92	737	0:20:06	Michael Evans	Neath Harriers	MV
93	569	0:20:06	Jack Newton	Neath Harriers	MO
94		0:20:08	#N/A	#N/A	#N/A
95	601	0:20:09	Simon Beer		MO
96	567	0:20:10	Alexander David	Celtic Tri	MO
97	520	0:20:15	Jason Williams		MO
98	221	0:20:16	Alex Williams	RRC	MO
99	688	0:20:17	Roger Bell	3M	MV
100	594	0:20:18	Steve Thomas	3M	MO
101	203	0:20:19	Grant Thomas	Wecori	MO
102	728	0:20:24	Dewi West	3M	MV
103	511	0:20:28	Steven Jones		MO
104	525	0:20:29	Par Hakansson		MO

105	206	0:20:30	Dean Thomas		MO
106	711	0:20:30	Leonard Richards	Port Talbot Harriers	MV
107	204	0:20:31	Steve Press	Wecori	MO
108	696	0:20:32	Barkhard Markhoff	Swansea Harriers	MV
109	220	0:20:33	Mike Griffiths	Team Deviant	MO
110	683	0:20:34	Allan Parsons	Wecori	MV
111	608	0:20:35	Andrew Charles		MO
112	510	0:20:36	Richard Horn		MO
113	922	0:20:37	Jo Howells	Swansea Harriers	FV
114	585	0:20:39	Gil Joseph	Alltwen	MO
115	207	0:20:39	Heath Jones		MO
116	574	0:20:42	Kyle Fulcher	Port Talbot Harriers	MO
117	723	0:20:47	Roger Davis		MV
118	625	0:20:48	Adrian Braun		MO
119	694	0:20:48	Nick Jenkins	Mumbles Milers	MV
120	506	0:20:49	Matthew Herbert		MO
121	628	0:20:51	Geraint Higgins	Swansea Harriers	MO
122	671	0:20:52	John Sterio		MV
123	205	0:20:53	Rob Worton		MO
124	211	0:20:53	Stephen Bald		MO
125	956	0:20:54	Sian Phillips	Swansea Harriers	FV
126	957	0:20:56	Amanda Evans	3M	FV
127	219	0:20:58	Mohamed Wagaafe		MO
128	unknown	0:20:59	#N/A	#N/A	#N/A
129	703	0:21:00	Tony Hollins	Port Talbot Harriers	MV
130	910	0:21:01	Helen Jones		FV
131	924	0:21:02	Jacqueline Brace	Bridgend AC	FV
132	690	0:21:03	Simon Mansfield	Carmarthen	MV
133	689	0:21:04	Kieran McDonnell		MV
134	747	0:21:05	John Hopkins	Port Talbot Harriers	MV
135	684	0:21:12	Justin Parsons		MV
136	685	0:21:13	Paul Davies		MV
137	939	0:21:13	Christina Smith	3M	FV
138	559	0:21:14	Steve Ruddy		MO
139	717	0:21:14	David Caswell		MV
140	503	0:21:14	Chris Griffiths	Neath Harriers	MO
141	587	0:21:15	Richard Mugford		MO
142	556	0:21:16	Kevin Halmkan		MO
143	527	0:21:17	Graham Vyner	3M	MO
144	732	0:21:18	Gary Waters	Swansea Harriers	MV
145	856	0:21:20	Eryllois Davies	Wecori	FO
146	750	0:21:20	Stephen Martin		MV
147	634	0:21:22	Jon Henderson		MO
148	838	0:21:24	Julie Loyns	3M	FO
149	216	0:21:26	James Blanstard		MO
150	643	0:21:31	Richard Howe		MO
151	736	0:21:33	John Cunnane	100km Association	MV
152		0:21:35	#N/A	#N/A	#N/A
153	746	0:21:40	Geoff Hall		MV
154	613	0:21:43	Paul Rees		MO
155	741	0:21:45	Peter Maksimovic		MV
156	756	0:21:46	Lewis Morgan		MV
157	633	0:21:49	Mark Bennewith	3M	MO
158	547	0:21:51	Ben Seabourne		MO

159	644	0:21:53	Bernard Panes		MO
160	543	0:21:54	Phil Protheroe	Brackla Harriers	MO
161	597	0:21:55	David Parfitt		MO
162	607	0:21:55	Dean Trebilcock		MO
163	637	0:21:56	Kevin Chapman		MO
164	828	0:21:57	Jade Williams	Amman Valley	FO
165	551	0:21:57	Haydn Williams	Amman Valley	MO
166	742	0:21:58	Lynn Hughes	Bridgend AC	MV
167	617	0:21:58	Glenn Sorensen		MO
168	605	0:22:02	Shane Teal		MO
169	611	0:22:07	Gareth Bishop		MO
170	542	0:22:08	Matthew Holdsworth		MO
171	704	0:22:09	Ray James	Port Talbot Harriers	MV
172	604	0:22:11	Phil John		MO
173	749	0:22:12	Mario Rabaiotti		MV
174	729	0:22:16	Simon Pinner	Multisport	MV
175	845	0:22:18	Lee Bodenham		FO
176	554	0:22:19	Rob Miller	Multisport	MO
177	552	0:22:21	Julian Smith	Mumbles Milers	MO
178	652	0:22:21	Simon Jenkins		MV
179	609	0:22:25	Jonathan Gordon		MO
180	619	0:22:29	Martin Paul		MO
181	614	0:22:30	Christopher Leonardi		MO
182	919	0:22:34	Angela Delaney	Swansea Harriers	FV
183	697	0:22:36	Martin Ennis	3M	MV
184	738	0:22:37	Simon Cox		MV
185	752	0:22:37	Tony Baker		MV
186	649	0:22:37	Arfon Rees	Wecori	MO
187	936	0:22:38	Amanda John	Amman Valley	FV
188	803	0:22:38	Sara Griffiths	Neath Harriers	FO
189	743	0:22:40	Geoff Pearson		MV
190	941	0:22:42	Susan Davies	3M	FV
191	940	0:22:43	Gaynor Hulland	3M	FV
192	740	0:22:44	Eric Thomas		MV
193	687	0:22:45	Michael Williams		MV
194	592	0:22:48	Jason Bowden		MO
195	596	0:22:55	Andy Oram	R.W	MO
196	595	0:22:58	Kieran Mackintosh	Port Talbot Harriers	MO
197	973	0:22:59	Denise Perry		FV
198	725	0:23:00	Carlo Rabaiotti		MV
199	641	0:23:03	Mark Hanford		MO
200	814	0:23:05	Sara Thomas		FO
201	755	0:23:07	David Aghman		MV
202	832	0:23:08	Michelle Witham	Mumbles Milers	FO
203	658	0:23:08	Anthony Clements		MV
204	735	0:23:11	Steve McLelland	3M	MV
205	222	0:23:13	Rhys Floyd		MO
206		0:23:17	#N/A	#N/A	#N/A
207	516	0:23:18	Niall Hughes		MO
208	707	0:23:19	Simon Franks	Swansea Harriers	MV
209	709	0:23:22	Nigel Davies		MV
210	521	0:23:22	Ian Moss		MO
211	578	0:23:24	Stephen Barclay		MO
212	678	0:23:25	Neale Davies		MV

213		0:23:25	#N/A	#N/A	#N/A
214	618	0:23:26	David Sweetman		MO
215	808	0:23:28	Johanna Innemee		FO
216	929	0:23:31	Gwen Smith	Swansea Harriers	FV
217	710	0:23:34	Gary Pashley	Les Croupiers	MV
218	753	0:23:37	Darren Green	Mumbles Milers	MV
219	557	0:23:38	Carlos Land		MO
220	916	0:23:39	Cathy Thomas	running4women	FV
221	913	0:23:40	Lindsey Hough		FV
222	815	0:23:42	Ffion Evans	Amman Valley	FO
223	812	0:23:42	Lauren Edwards	Multisport	FO
224	665	0:23:43	Raymond Boyce	Cornelly Striders	MV
225	215	0:23:43	Paul Williams		MO
226	705	0:23:44	John Ayres	Port Talbot Harriers	MV
227	202	0:23:45	Bob Gardiner	Wecori	MO
228	966	0:23:50	Alison Davies	WRN	FV
229	686	0:23:52	Steve Jones		MV
230	508	0:23:53	Mark John Stevens		MO
231	748	0:23:55	Neil Lewis	Mumbles Milers	MV
232	210	0:23:57	Graham Duckett		MO
233	571	0:23:58	Ian Barnett		MO
234	580	0:23:58	Gareth Watson	3M	MO
235	638	0:24:02	Dan Svensson		MO
236	831	0:24:02	Emma Jones		FO
237	533	0:24:04	Anthony Simonlini	Multisport	MO
238		0:24:06	#N/A	#N/A	#N/A
239		0:24:08	#N/A	#N/A	#N/A
240	853	0:24:14	Cressida Blanchard		FO
241	731	0:24:18	Richard Donne	3M	MV
242	650	0:24:22	Paul Jones	Mumbles Milers	MO
243	212	0:24:23	Xavier Desprez		MO
244	849	0:24:27	Christine Webb		FO
245	670	0:24:29	Michael Shellard		MV
246	727	0:24:34	Paul Hammacott		MV
247	680	0:24:35	Ian Swanson	Port Talbot Harriers	MV
248	631	0:24:36	Gareth Lewis		MO
249	620	0:24:38	Stephen Lewis		MO
250	505	0:24:39	Aidan Davies		MO
251	921	0:24:43	Pat Llewellyn		FV
252	734	0:24:43	Stephen Woods		MV
253	612	0:24:45	Nigel Jones		MO
254	214	0:24:46	Rob Myerscough		MO
255	600	0:24:47	Matthew Fincher		MO
256	971	0:24:55	Elin O'Neill		FV
257	568	0:24:55	Eurig Morgan		MO
258	917	0:25:00	Caroline Jones	WRN	FV
259	952	0:25:01	Vivienne Kavanagh	3M	FV
260	657	0:25:03	Philip Griffiths		MV
261	846	0:25:08	Catrin Hunt		FO
262	805	0:25:08	Rhiannon Herbert		FO
263	938	0:25:10	Helen Phillips	Amman Valley	FV
264	629	0:25:10	David Pope	Virtual Athletics	MO
265	937	0:25:12	Lyn Brown	Amman Valley	FV
266	965	0:25:13	Emma Cownie		FV

267	900	0:25:18	Ali Wood		FV
268	700	0:25:23	Terry Hart		MV
269	531	0:25:23	Andrew Evans		MO
270	590	0:25:23	Stephen Joseph		MO
271	800	0:25:25	Angela Lewis		FO
272	943	0:25:39	Christine Hurdidge	3M	FV
273	702	0:25:44	Eric Owen	Cornelly Striders	MV
274	209	0:25:45	Daniel Manley		MO
275	632	0:25:46	Ben Wheeler		MO
276	674	0:25:46	Jim Halsey		MV
277	630	0:25:48	Simon Pope	Virtual Athletics	MO
278	926	0:25:49	Margaret Reynolds		FV
279	681	0:25:49	Selby Le Roux		MV
280	647	0:25:51	Jamie Brotherton	Virtual Athletics	MO
281	691	0:25:55	Leighton Johnson	Visteon	MV
282	931	0:25:59	Fay Sharpe	3M	FV
283	669	0:26:02	Stephen Ware		MV
284	622	0:26:09	Ehab Taha		MO
285	754	0:26:17	Vincent Lewis	Port Talbot Harriers	MV
286	857	0:26:18	Jenny McGillycuddy		FO
287	726	0:26:20	Paul Evans	Celtic Tri	MV
288	517	0:26:22	Geoffrey Andrews		MO
289	837	0:26:23	Hayley Martin		FO
290	719	0:26:24	Jeff Evans		MV
291	858	0:26:27	Sarah Johnson	3M	FO
292	838	0:26:27	Rhiannon Anderson	Swansea Harriers	FO
293	816	0:26:31	Catherine Evan		FO
294	651	0:26:32	Steve Whyte		MV
295	588	0:26:34	Gary Taylor	Mumbles Milers	MO
296	914	0:26:38	Elena Zarate		FV
297	616	0:26:40	Martin Nicholls	3M	MO
298	950	0:26:42	Carol Vyner	3M	FV
299	566	0:26:46	Paul Skinner		MO
300	555	0:26:48	Chris Fox		MO
301	930	0:26:49	Tracey Hinton	WRN	FV
302	541	0:26:50	Dai Harris		MO
303	655	0:27:00	Simon Gillings		MV
304	851	0:27:03	Tammy McDaid		FO
305	942	0:27:04	Kelly Gipson		FV
306	947	0:27:05	Donna Caswell	WRN	FV
307	826	0:27:08	Carys Roderick	WRN	FO
308	933	0:27:10	Amanda Bebb		FV
309	918	0:27:22	Helen Wolsey	WRN	FV
310	693	0:27:28	Alfryn Easter	3M	MV
311	718	0:27:33	John James	3M	MV
312	524	0:27:39	Christopher Hockley		MO
313	905	0:27:45	Jane Edge		FV
314	945	0:27:53	Elizabeth Barclay		FV
315	626	0:27:54	Gareth Quinlan		MO
316	843	0:27:58	Melanie Stone		FO
317	664	0:28:00	Huw Davies		MV
318	941	0:28:04	Susan Davies	3M	FV
319	954	0:28:07	Fiona Cumming		FV
320	854	0:28:13	Polly Groom		FO

321	902	0:28:14	Jacqueline John		FV
322	951	0:28:17	Anna Edmunds		FV
323	962	0:28:22	Michelle Chapman		FV
324	820	0:28:26	Sarah Grant		FO
325	821	0:28:27	Sam Osborn		FO
326	810	0:28:27	Angela Harris		FO
327	813	0:28:30	Samantha Kennedy		FO
328	969	0:28:33	Linda Waller	3M	FV
329	666	0:28:36	Michael Asplund		MV
330	514	0:28:37	Matti Stithos		MO
331	672	0:28:38	Gerald Kemp		MV
332	802	0:28:43	Kathryn Sweetman	Running 4 Women	FO
333	915	0:28:43	Daphne Samworth	Abingdon AA	FV
334	906	0:28:47	Jaynie Rance		FV
335	908	0:28:48	Jenny Wyatt	WRN	FV
336	712	0:28:50	Keith Harris	Mumbles Milers	MV
337	581	0:28:52	Richard Bibb	Dudley Kingswinford	MO
338	654	0:28:52	Peter Llewelyn Evans		MV
339	920	0:28:56	Maggie Strange		FV
340	528	0:29:00	Sean Evans		MO
341	972	0:29:01	Elizabeth Diamond		FV
342	955	0:29:02	Linda Owens	3M	FV
343	974	0:29:03	Mary Davies	Dudley Kingswinford	FV
344	932	0:29:05	Tina Newton	3M	FV
345	968	0:29:08	Joy Thomas	Amman Valley	FV
346	934	0:29:17	Andrea Mateo		FV
347	804	0:29:17	Cherida Ring		FO
348	847	0:29:18	Susanne Bennett		FO
349	830	0:29:18	Kate Greenfield		FO
350	836	0:29:22	Claire Cutforth		FO
351	935	0:29:23	Heather Thomas	Team Deviant	FV
352	842	0:29:23	Wendy Godwin		FO
353	624	0:29:25	Chris Peters		MO
354	967	0:29:37	Niamh Gill		FV
355	823	0:29:41	Raquel Zarate		FO
356	844	0:29:54	Kathryn Davies		FO
357	925	0:29:58	Hayley Parsons		FV
358	923	0:29:59	Rosie Amesbury		FV
359	733	0:30:03	Michael Kennedy		MV
360	904	0:30:12	Kay Davis		FV
361	901	0:30:13	Tara Rees		FV
362	536	0:30:23	Tom Stear		MO
363	970	0:30:25	Julie Lloyd		FV
364	850	0:30:32	Katy Thompson		FO
365	927	0:30:32	Elin Davies	Ystradgynlais	FV
366	852	0:30:35	Robyn Peach		FO
367	840	0:30:36	Sian Millan	Brackla Harriers	FO
368	529	0:30:43	Nigel Rees		MO
369	964	0:30:52	Tracey Thomas	WRN	FV
370	963	0:30:52	Gayle Shenton	WRN	FV
371	903	0:30:54	Angela Knox		FV
372	944	0:31:00	Julie Davies	3M	FV
373	661	0:31:03	Dennis Lynch		MV
374	724	0:31:18	Michael Howell		MV

375	928	0:31:27	Hayley Ranford	Ystradgynlais	FV
376	825	0:31:28	Sian Leadbeater	Ystradgynlais	FO
377	961	0:31:46	Elise Jenkins	WRN	FV
378	855	0:31:48	Charlotte Walker		FO
379	201	0:31:49	Pablo Abrahams		MO
380	835	0:32:05	Alison Emma		FO
381	912	0:32:09	Laura Dowsett		FV
382	948	0:32:18	Sian Ackland	Brackla Harriers	FV
383	829	0:32:48	Aimee Collier-Rees	Port Talbot Harriers	FO
384	818	0:32:52	Hollie Jenkins		FO
385	911	0:33:06	Helen Hutson		FV
386	953	0:33:41	Gloria Jones	Neath	FV
387	959	0:33:41	Debi Whitehouse	WRN	FV
388	841	0:33:57	Jessica Forse		FO
389	949	0:33:58	Janet Forse		FV
390	809	0:34:00	Karen Morgan		FO
391	806	0:35:07	Samantha Evans		FO
392	958	0:35:57	Julie Thomas	WRN	FV
393	960	0:36:05	Lesley Edmunds	Neath WRN	FV
394	834	0:36:12	Hayley Thomas	Team Deviant	FO
395	833	0:36:13	Helen Lloyd	Team Deviant	FO
396	695	0:36:14	Dave Thomas	Team Deviant	MV
397	848	0:36:40	Daniella Morris		FO
398	811	0:36:52	Karen Morgan		FO