

June 9th 2009  
**LC Swansea Bay 5k**

Pos	Time	Number	Name	M/F	Vet	Club
1	00:14:47	33	Simon Jones	M		Cornelly Striders
2	00:15:40	85	Craig Hopkins	M		Swansea Harriers
3	00:16:10	73	Gareth Jones	M		3M Gorseinon
4	00:16:14	151	Edward Tahata	M		Cardiff AAC
5	00:16:32	48	Kristian Jones	M		Swansea Harriers
6	00:16:33	100	Christopher Williams	M		Neath Harriers
7	00:16:34	462	Helen Jenkins	F		Bridgend
8	00:16:38	312	Paul Talbot	M	V	Neath Harriers
9	00:16:57	130	Matthew Harvey	M		Neath Harriers
10	00:17:13	125	Gareth Jenkins	M		Brackla Harriers
11	00:17:18	109	David Rees	M		Swansea Harriers
12	00:17:21	145	David Kehoe	M		
13	00:17:23	99999	Unknown Number	M		
14	00:17:23	281	Alan Davies	M	V	
15	00:17:24	83	Carl Ellis	M		Port Talbot
16	00:17:30	116	Charles Walsh	M		Port Talbot
17	00:17:35	465	Vicky Holland	F		
18	00:17:37	248	Ifan Lloyd	M	V	Swansea Harriers
19	00:17:50	129	Paul Speyer	M		Brackla Harriers
20	00:17:52	96	Liam Lloyd	M		Llanelli AAC
21	00:17:58	133	Stephen Richards	M		Swansea Uni
22	00:18:00	113	Adrian Weaver	M		Port Talbot
23	00:18:03	99999	Unknown Number	M		
24	00:18:04	5	Richard Gordon	M		
25	00:18:06	86	Mark Reynolds	M		Neath Harriers
26	00:18:07	244	Grant Howells	M	V	
27	00:18:12	108	Andrew Wright	M		Port Talbot
28	00:18:20	71	Matthew Thomas	M		Swansea Harriers
29	00:18:22	136	Lee Morris	M		3M Gorseinon
30	00:18:24	240	Alun Wyn Evans	M	V	
31	00:18:27	344	Kevin Griffiths	M	V	TROTS
32	00:18:29	374	Simon Wilson	M	V	
33	00:18:30	325	Ian Webb	M	V	
34	00:18:32	313	Jon Embling	M	V	Bridgend
35	00:18:37	254	Dave Bowkett	M	V	Celtic Tri
36	00:18:37	489	Kate Roberts	F		Bridgend
37	00:18:38	14	Kieran Mackintosh	M		Port Talbot Harriers
38	00:18:41	55	Antonio Cirillo	M		Swansea Harriers
39	00:18:45	330	Steve Williams	M	V	Neath Harriers
40	00:18:45	54	Michael Halsall	M		Llanelli
41	00:18:48	314	Dave Hughes	M	V	Bridgend
42	00:18:50	225	Mark Dunscombe	M	V	Sarn Helen
43	00:18:50	316	Paul Rees	M	V	3M Gorseinon
44	00:18:52	336	Chris Fulcher	M	V	Port Talbot
45	00:18:54	3	Matthew Herbert	M		Bridgend AC
46	00:18:57	366	Robert Sandles	M	V	3M Gorseinon
47	00:18:57	99	Ben Jenkins	M		Swansea
48	00:18:58	268	Pete Lloyd	M	V	3M Gorseinon
49	00:18:58	272	Tom Cadwallader	M	V	Mumble Milers
50	00:19:01	82	Kristian Evans	M		
51	00:19:03	345	Neil Phillips	M	V	
52	00:19:04	102	Shaun Broome	M		Neath Harriers
53	00:19:06	355	Paul Dyson	M	V	Swansea Harriers
54	00:19:11	207	Alex Williams	M	V	Port Talbot Harriers
55	00:19:16	536	Clare Philips	F	V	
56	00:19:17	417	Gilli Davies	F	V	Swansea Harriers

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57	00:19:21	350 Lynsey Christopher	M	V	
58	00:19:22	356 Dave Rose	M	V	Brackla Harriers
59	00:19:23	59 Grant Thomas	M		Wecori
60	00:19:23	88 Paul Stevens	M		
61	00:19:26	94 Daniel Triggs	M		
62	00:19:26	143 John Joseph	M		
63	00:19:28	218 Ian Ogilvie	M	V	Brackla Harriers
64	00:19:30	257 Andrew Thomas	M	V	Brackla Harriers
65	00:19:30	565 Melissa Watson	F	V	TROTS
66	00:19:32	311 David Davis	M	V	Neath Harriers
67	00:19:34	87 Mark Stevens	M		
68	00:19:35	309 Paul Davies	M	V	Swansea Harriers
69	00:19:37	301 Jeremy Forshaw	M	V	
70	00:19:38	256 Mark Genan	M	V	
71	00:19:40	212 Derek Hegarty	M	V	RAF Recruiters
72	00:19:41	321 Bernard Henderson	M	V	Port Talbot
73	00:19:44	308 Howard Carpenter	M	V	Neath Harriers
74	00:19:45	247 Colinr Elvins	M	V	Swansea Harriers
75	00:19:46	34 Michael Roderick	M		
76	00:19:48	264 Kevin Taylor	M	V	Amman Valley
77	00:19:48	204 Steve Walsh	M	V	3M
78	00:19:49	219 John Morgan	M	V	Brackla Harriers
79	00:19:49	134 Thierry Maffeis	M		
80	00:19:50	241 Sean Treloar	M	V	Port Talbot
81	00:19:54	340 Will Kenyon	M	V	Team Brudie
82	00:19:55	253 Allan Parsons	M	V	Wecori
83	00:19:57	20 Stephen Cable	M		3m Gorseinon RR
84	00:19:57	275 Simon Beer	M	V	
85	00:19:59	376 Mike Rimmer	M	V	
86	00:19:59	139 Joshua Sandles	M		3M Gorseinon
87	00:20:00	318 Nigel Francisco	M	V	Wecori
88	00:20:00	372 David Hesketh	M	V	Cornelly Striders
89	00:20:01	25 Phil Protheroe	M		Brackla Harriers
90	00:20:02	282 Andrew Brown	M	V	Swansea Harriers
91	00:20:04	67 Andrew Beaton	M		
92	00:20:08	267 Kevin Corcoran	M	V	Swansea Harriers
93	00:20:09	127 Greg Matthews	M		
94	00:20:11	235 Paul McDermott	M	V	RNR Cambria
95	00:20:13	541 Katie Reynolds	F	V	Swansea Harriers
96	00:20:16	232 Malcolm Jones	M	V	Brackla Harriers
97	00:20:19	416 Philippa Williams	F		
98	00:20:19	271 Gary Howe	M	V	3M Gorseinon
99	00:20:19	89 Paul Rees	M		
100	00:20:21	362 Stuart Griffiths	M	V	3M Gorseinon
101	00:20:22	49 Abdi Tulu	M		
102	00:20:22	39 Craig Perrott	M		
103	00:20:24	468 Sandra Pinkham	F	V	Port Talbot
104	00:20:25	526 Meirion Daniels	F	V	
105	00:20:26	121 Doug Morgan	M		
106	00:20:27	274 Jason Dickinson	M	V	TROTS
107	00:20:27	112 Steve Thomas	M		3M Gorseinon
108	00:20:28	26 Leon Murnieks	M		
109	00:20:29	265 David Hopkins	M	V	
110	00:20:31	79 Aron Wilkinson	M		Celtic Tri
111	00:20:31	273 Roger Bell	M	V	3M Gorseinon
112	00:20:33	337 Heath Jones	M	V	
113	00:20:34	367 Alan Perkins	M	V	Port Talbot
114	00:20:35	438 Efa Llewellyn	F		Swansea Harriers
115	00:20:36	540 Cerys Morgan	F	V	Swansea Harriers
116	00:20:38	211 Graham Vyner	M	V	3M
117	00:20:39	236 Richard Proctor	M	V	LC Cobras

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118	00:20:41	111 Adrian Rees	M	
119	00:20:41	238 Andi Morgan	M	V Carmarthen
120	00:20:43	251 Stuart Packham	M	V
121	00:20:44	35 Jason Gill-Rowe	M	
122	00:20:46	220 Mark Davies	M	V Port Talbot Harriers
123	00:20:47	123 Andrew Mundy	M	Brackla Harriers
124	00:20:47	378 John Hopkins	M	V Port Talbot
125	00:20:47	284 Paul Lewis	M	V 3M Gorseinon
126	00:20:48	128 Guy Housley	M	
127	00:20:50	233 Andrew Carter	M	V
128	00:20:51	307 Andrew Lucas	M	V 3M Gorseinon
129	00:20:52	571 Deborah Reed	F	V 3M Gorseinon
130	00:20:53	430 Sian Trace	F	Amman Valley
131	00:20:54	17 Richard Thomas	M	
132	00:20:56	279 Jim Richardson	M	V
133	00:20:58	324 Bob Woolterton	M	V Bridgend
134	00:20:59	245 Uku Kumari	M	V Swansea Harriers
135	00:21:01	51 Steve Ruddy	M	
136	00:21:02	303 Davis Bright	M	V
137	00:21:04	373 Burkhard markhoff	M	V Swansea Harriers
138	00:21:06	363 Gary Waters	M	V Swansea Harriers
139	00:21:08	15 Barry Morgan	M	Brackla Harriers
140	00:21:10	472 Charlotte Johns	F	V Brackla Harriers
141	00:21:12	269 Mario Rabaiotti	M	V Port Talbot
142	00:21:13	217 Mike Ridout	M	V Brackla Harriers
143	00:21:14	231 Allan Jones	M	V Brackla Harriers
144	00:21:15	104 Ben Moriarty	M	
145	00:21:16	331 Michael Evans	M	V Neath Harriers
146	00:21:19	239 Mick Grant	M	V
147	00:21:20	10 Kristian Belmont	M	RAF Recruiters
148	00:21:22	327 Lesner Chapman	M	V Amman Valley
149	00:21:23	295 Andrew Dalrymple	M	V
150	00:21:24	357 Anthony Higgins	M	V
151	00:21:27	339 David Llewellyn	M	V
152	00:21:29	62 Yan Moussez	M	
153	00:21:30	21 Steven Jones	M	
154	00:21:30	335 Steve Thomas	M	V 3M Gorseinon
155	00:21:31	451 Carol Moseley	F	Port Talbot
156	00:21:31	68 John Williams	M	
157	00:21:31	351 David Caswell	M	V
158	00:21:32	297 Nick Darroch	M	V Brackla Harriers
159	00:21:32	334 Geoffr White	M	V 3M Gorseinon
160	00:21:33	290 Philip Bamsey	M	V Neath Harriers
161	00:21:35	298 Paul Bigmore	M	V Brackla Harriers
162	00:21:36	98 Nicholas Mcginn	M	Neath Harriers
163	00:21:37	36 Mark Potter	M	Brackla Harriers
164	00:21:38	471 Andrea Starritt	F	V Brackla Harriers
165	00:21:39	572 Christina Smith	F	V 3M Gorseinon
166	00:21:41	117 Kyle Fulcher	M	Port Talbot
167	00:21:41	305 Lee Williams	M	V
168	00:21:46	91 Byron Jones	M	
169	00:21:46	1 Russell Crocker	M	Cardiff
170	00:21:47	439 Rebecca King	F	Swansea Harriers
171	00:21:47	443 Lisa Thomas	F	Amman Valley
172	00:21:48	422 Jemima Osborn	F	
173	00:21:48	332 Tony Hollins	M	V Port Talbot
174	00:21:49	158 Chris Griffiths	M	
175	00:21:51	375 Rhodri Evans	M	V
176	00:21:53	149 Ian Jones	M	
177	00:21:53	162 Ian Pellowed	M	
178	00:21:55	107 Kit Lucas	M	

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179	00:21:55	317 Marcus Eyre	M	V	3M Gorseinon
180	00:21:56	118 James Dawson	M		Brodie
181	00:21:57	529 Sian Phillips	F	V	Swansea Harriers
182	00:21:57	161 Matt Lewis	M		
183	00:22:02	333 Nigel Pitt	M	V	3M Gorseinon
184	00:22:05	76 Daniel Brown	M		
185	00:22:07	4 Mike Griffiths	M		Team Deviant
186	00:22:07	328 Steve McLelland	M	V	3M Gorseinon
187	00:22:11	156 Mark Hanford	M		
188	00:22:11	64 Ross Liddell	M		Team Dezrez
189	00:22:12	278 Vic Saunders	M	V	Mumbles Milers
190	00:22:13	24 Kristian Shearan	M		Brackla Harriers
191	00:22:16	246 Alan Jenkins	M	V	Celtic Tri
192	00:22:16	153 Richard Howe	M		
193	00:22:16	326 Hugh Evans	M	V	Llanelli
194	00:22:18	361 Neale Davies	M	V	
195	00:22:18	595 Denise Perry	F	V	
196	00:22:19	13 Matthew Gilbert	M		
197	00:22:20	140 Dale Price	M		
198	00:22:23	6 Simon Brewer	M		Mumbles
199	00:22:23	347 Alan Engles	M	V	
200	00:22:23	106 Sion Bayliss	M		
201	00:22:25	152 Gavin Moore	M		
202	00:22:26	56 Owen Lewis	M		
203	00:22:28	132 Mark Bennewith	M		3M Gorseinon
204	00:22:29	119 Iain Morris-Brown	M		
205	00:22:30	450 Cordelia Jones	F		3M Gorseinon
206	00:22:30	78 Geraint Smith	M		
207	00:22:30	81 Thomas Debb	M		
208	00:22:33	137 Andrew Morrissey	M		
209	00:22:34	144 Mark Usher	M		
210	00:22:35	223 Alex Ford	M	V	Brackla Harriers
211	00:22:38	573 Julie Thomas	F	V	3M Gorseinon
212	00:22:39	304 John Davies	M	V	Port Talbot
213	00:22:40	2 Alistair Thomson	M		Cornelly
214	00:22:40	122 Martin Wells	M		
215	00:22:41	368 Andrew Rothwell	M	V	
216	00:22:45	52 Daniel Smart	M		
217	00:22:46	364 Simon Cox	M	V	
218	00:22:48	58 Richard Bracken	M		
219	00:22:48	490 Caroline Sandles	F	V	3M Gorseinon
220	00:22:51	286 Andrew Hellier	M	V	Visteon
221	00:22:52	440 Rhiannon Anderson	F		Swansea Harriers
222	00:22:53	369 Adrian Ross	M	V	Cobras
223	00:22:56	319 Tony Eustace	M	V	Visteon
224	00:22:57	533 Maggie Fligelstone	F	V	
225	00:22:57	263 Andy Bartlett	M	V	Celtic Tri
226	00:23:00	338 Mike Rose	M	V	
227	00:23:01	302 Simon Short	M	V	
228	00:23:03	467 Judith Oakley	F	V	Port Talbot
229	00:23:04	92 Stephen Barclay	M		
230	00:23:04	224 Martin Ennis	M	V	3M
231	00:23:05	44 Jason Williams	M		
232	00:23:08	354 Roland Matthews	M	V	Brackla Harriers
233	00:23:08	418 Julie Tate	F		W N U
234	00:23:09	252 Rick Rimmer	M	V	
235	00:23:09	124 Sam Gipson-Owen	M		
236	00:23:10	206 David Boucher	M	V	
237	00:23:14	126 Richard Peevor	M		Celtic Tri
238	00:23:15	538 Karen Davies	F	V	
239	00:23:15	353 Kevin Scannell	M	V	SW Police

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240	00:23:16	299 Phil Davies	M	V	
241	00:23:17	60 Paul Jones	M		Mumbles Milers
242	00:23:21	413 Rebecca Morgan	F		
243	00:23:22	495 Joanna Rothwell	F		
244	00:23:22	259 James Davies	M	V	3M Gorseinon
245	00:23:27	208 Edward Davies	M	V	
246	00:23:30	77 Andrew Gibbs	M		
247	00:23:31	447 Michelle Witham	F		Swansea Harriers
248	00:23:33	343 Geraint Jenkins	M	V	Amman Valley
249	00:23:35	135 Matt Rogerson	M		
250	00:23:37	322 Gerwyn Evans	M	V	
251	00:23:38	566 Kathryn John	F	V	3M Gorseinon
252	00:23:39	551 Gwen Smith	F	V	Swansea Harriers
253	00:23:43	28 Andrew Brown	M		
254	00:23:45	242 Brian Fox	M	V	Swansea Harriers
255	00:23:45	84 Elliot Smith	M		3M Gorseinon
256	00:23:46	40 Adam Llewelyn	M		
257	00:23:48	66 Darren Grounds	M		
258	00:23:52	349 Leighton Jones	M	V	3M Gorseinon
259	00:23:53	458 Sarah Williams	F		
260	00:23:54	138 Jay Morgan	M		
261	00:23:54	147 Paul Moruzzi	M		
262	00:23:55	511 Nina Brocklebank	F	V	3m Gorseinon Road R
263	00:23:59	47 Jonathan Britton	M		
264	00:24:01	260 Andrew Biston	M	V	
265	00:24:01	310 John Ayres	M	V	Port Talbot
266	00:24:03	70 Tony Spiller	M		
267	00:24:07	97 Tony Baker	M		
268	00:24:08	520 Jayne Scheiss	F	V	Celtic Tri
269	00:24:09	61 Steve Daniels	M		
270	00:24:12	152 Already Finished	M		
271	00:24:13	101 Kelvin Phillips	M		
272	00:24:13	466 Pauline Williams	F	V	Port Talbot
273	00:24:14	228 James Thomas	M	V	Brackla Harriers
274	00:24:16	283 Stephen Woods	M	V	
275	00:24:16	576 Emma Shaw	F	V	Neath Harriers
276	00:24:17	470 Chris Webb	F		
277	00:24:20	461 Harriet Tucker	F		
278	00:24:22	412 Natalie Jones	F		
279	00:24:22	16 Stephen Fitzgerald	M		
280	00:24:23	203 Matt Weller	M	V	Mumbles M
281	00:24:26	346 Bruce Risdon	M	V	
282	00:24:28	229 Keith Treharne	M	V	Brackla Harriers
283	00:24:28	270 James Trace	M	V	Amman Valley
284	00:24:30	12 Martin Slucutt	M		
285	00:24:31	504 Rhianwen Petruse	F	V	WRN
286	00:24:32	419 Jill Jones	F		
287	00:24:34	22 Tom Wimpory	M		
288	00:24:37	486 Tara Hammett	F		
289	00:24:38	488 Julie Cole	F	V	
290	00:24:38	227 Steve Groves	M	V	
291	00:24:39	287 David Mitchaell	M	V	SBOC
292	00:24:42	249 Steve Jones	M	V	
293	00:24:42	63 Colin Pearce	M		
294	00:24:43	37 Grant Rees	M		
295	00:24:43	706 Michelle Shorneq	F	V	Brackla Harriers
296	00:24:45	30 David Charles Griffiths	M		
297	00:24:46	527 Tina Arthur	F	V	Port Talbot Harriers
298	00:24:46	45 Bernard Murphy	M		
299	00:24:47	53 Chris Muffett	M		
300	00:24:47	296 Simon Franks	M	V	Swansea Harriers

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301	00:24:48	277 Nigel davies	M	V	
302	00:24:49	582 Louise Eakins	F	V	3M Gorseinon
303	00:24:52	292 Neil Lewis	M	V	Mumbles Milers
304	00:24:56	342 Terry Hart	M	V	
305	00:24:56	358 Simon Cogger	M	V	
306	00:24:58	435 Ella Davidoff	F		
307	00:24:59	114 Duncan Thomas	M		
308	00:25:00	105 Neil Young	M		
309	00:25:04	650 Unknown Runner	M		
310	00:25:05	365 Richard Donne	M	V	3M Groseinon
311	00:25:07	276 David Jones	M	V	
312	00:25:08	216 Kevin Fitzgerald	M	V	
313	00:25:11	414 Runner 414	F		
314	00:25:12	72 Steven Hill	M		
315	00:25:12	701 Debra Clarke	F	V	
316	00:25:13	370 Jonathan Clarke	M	V	Swansea Harriers
317	00:25:13	583 Linda Rees	F	V	3M Gorseinon
318	00:25:14	423 Tasmin Thomas	F		
319	00:25:15	483 Kim Holohan	F	V	3M Gorseinon
320	00:25:20	481 Elin O'Neill	F	V	
321	00:25:20	150 Tony Hale	M		
322	00:25:24	547 Melanie Colburn	F	V	Celtic Tri
323	00:25:25	255 Raymond Boyce	M	V	Cornelly Striders
324	00:25:31	348 Malcolm Bullough	M	V	
325	00:25:32	261 Russell Pullen	M	V	Neath Harriers
326	00:25:33	407 Sarah Dugate	F		
327	00:25:33	371 Steve Lewis	M	V	
328	00:25:35	323 Christopher Coleman	M	V	
329	00:25:39	57 Gregg Leslie	M		
330	00:25:40	210 Mark Hammond	M	V	
331	00:25:42	476 Laura Henton	F		Village
332	00:25:44	449 Lisa Hilde	F		
333	00:25:45	508 Ali Wood	F	V	
334	00:25:46	497 Hayley Harris	F	V	
335	00:25:47	459 Rebecca Hudson	F		Deviant
336	00:25:50	405 Rebecca O'Leary	F		WRN
337	00:25:50	578 Lisa Kethro	F	V	Celtic Tri
338	00:25:51	155 Steve Williams	M		
339	00:25:52	587 Christine Hurdidge	F	V	3M Gorseinon
340	00:25:52	293 Adrian James	M	V	3M Gorseinon
341	00:25:53	8 Luke Hammond	M		
342	00:25:55	320 Alan Roberts	M	V	Port Talbot
343	00:25:56	505 Joanne Perkins	F	V	
344	00:25:56	553 Ruth Henderson	F	V	
345	00:25:58	584 Fay Sharpe	F	V	3M Gorseinon
346	00:25:59	464 Lesley Mainwaring	F	V	
347	00:25:59	523 Patricia Jones	F	V	Brackla Harriers
348	00:26:00	230 Ian Portway	M	V	
349	00:26:01	473 Caroline Jones	F	V	WRN
350	00:26:02	409 Victoria Moore	F		
351	00:26:02	716 Emma Richards	F		
352	00:26:05	469 Kelly Gipson	F	V	Deviant
353	00:26:06	474 Christine Jones	F	V	WRN
354	00:26:07	352 Leighton Jenkins	M	V	
355	00:26:11	221 Nigel Jones	M	V	Llanelli Seaside St
356	00:26:11	501 Melanie Stone	F	V	Celtic Tri
357	00:26:12	420 Rebecca Hall	F		Swansea Harriers
358	00:26:13	131 Andrew Jones	M		
359	00:26:17	515 Julie Gething	F	V	Womens Running Netwo
360	00:26:19	29 Andrew O'Connor	M		
361	00:26:22	550 Margaret Reynolds	F	V	SBOC

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362	00:26:25	280 David Rosser	M	V	Amman Valley
363	00:26:26	433 Susan Buckley	F		Fetch Everyone
364	00:26:29	258 Jim Halsey	M	V	
365	00:26:32	544 Jacqueline King	F	V	
366	00:26:33	300 Colin Thomas	M	V	
367	00:26:34	597 Helen Ryan	F	V	
368	00:26:36	7 Neil Anthony Bennett	M		Llanelli
369	00:26:38	408 Leigh Mulvihill	F		
370	00:26:39	201 Christopher Hockley	M	V	Swansea
371	00:26:41	285 Jeff Evans	M	V	
372	00:26:42	539 Susan Tuckett	F	V	
373	00:26:46	234 Louis Fligelstone	M	V	
374	00:26:49	157 Oliver Kohll	M		
375	00:26:51	360 Michael Fox	M	V	
376	00:26:51	400 Tina Seward	F		Cardiff
377	00:26:52	74 Richard Phillips	M		
378	00:26:53	589 Helen Phillips	F	V	Amman Valley
379	00:26:55	69 Ian Henton	M		
380	00:26:56	237 Phillip James	M	V	
381	00:27:04	315 Henry Hayward	M	V	3M Gorseinon
382	00:27:07	561 Mandy Beer	F	V	WRN
383	00:27:08	288 Greg Hutton	M	V	
384	00:27:08	424 Nia Godsmark	F		
385	00:27:13	80 Christopher Hellier	M		Visteon
386	00:27:15	463 Carole Wellington	F	V	
387	00:27:15	448 Sarah Jones	F		3M Gorseinon
388	00:27:17	294 Anthony Henebery	M	V	Mumbles Milers
389	00:27:17	577 Debbie Veck	F	V	3M Gorseinon
390	00:27:18	525 Diane Walford	F	V	celtic tri club
391	00:27:19	485 Lynda Thomas	F		
392	00:27:19	487 Sarah Holohan	F		
393	00:27:21	535 Elizabeth Barclay	F	V	
394	00:27:21	289 Rob Skelton	M	V	
395	00:27:22	115 Kristian Williams	M		
396	00:27:23	703 Aisha Hussein	F		
397	00:27:24	146 John Geeson	M		
398	00:27:24	75 Matthew Mudson	M		
399	00:27:25	213 Steve Whyte	M	V	
400	00:27:26	159 Darren Geyl	M		
401	00:27:27	436 Debbie Gibbs	F		
402	00:27:28	453 Jenny Sharpe	F		3M Gorseinon
403	00:27:29	705 Sara Birkett	F	V	Brackla Harriers
404	00:27:31	404 Becky Chunisingh	F		
405	00:27:32	205 Tony Marshall	M	V	AV
406	00:27:36	452 Sarah Howe	F		
407	00:27:37	329 Phillip Mitchell	M	V	
408	00:27:39	160 Paul Skinner	M		
409	00:27:43	103 Paul Clarke	M		
410	00:27:44	456 Sarah Stevens	F		
411	00:27:51	428 Rebecca Gunstone	F		
412	00:27:51	596 Sheila Curran	F	V	WRN
413	00:27:52	702 Nicola Westcott	F	V	
414	00:27:56	457 Jennifer Friggens	F		
415	00:27:57	65 Andrew Evans	M		
416	00:27:57	534 Debbie Webster	F	V	
417	00:27:57	19 Steven Williams-Jones	M		
418	00:27:58	250 Alfryn Easter	M	V	3M Gorseinon
419	00:28:00	574 Sali Davies	F	V	3M Gorseinon
420	00:28:02	27 Nigel Bissett	M		
421	00:28:02	377 Stuart Gray	M	V	
422	00:28:03	506 Penny Lauder	F	V	

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423	00:28:04	411 Bronwen Williams	F		
424	00:28:06	291 Michael Davies	M	V	3M Gorseinon
425	00:28:07	445 Kirsten Tucker	F		
426	00:28:09	421 Sarah Williams	F		
427	00:28:11	148 Gary Taylor	M		Mumbles Milers
428	00:28:11	110 Richard Williams	M		
429	00:28:15	93 Robert Hayward	M		
430	00:28:18	532 Kathleen Evans	F	V	Brackla Harriers
431	00:28:20	482 Wendy Wilkinson	F		
432	00:28:20	43 Jason Merrifield	M		
433	00:28:21	42 Christian Fox	M		
434	00:28:22	569 Julie Noble	F	V	Celtic Tri
435	00:28:30	359 Peter Avis	M	V	
436	00:28:30	226 Philip Davies	M	V	3M
437	00:28:33	341 Ieuan Jones	M	V	Celtic Tri
438	00:28:35	570 Susan Felstead	F	V	Celtic Tri
439	00:28:37	580 Jane Dakin	F	V	Brackla Harriers
440	00:28:37	243 Martin Nicholls	M	V	3M Gorseinon
441	00:28:41	455 Sarah Smiles	F		Brackla Harriers
442	00:28:43	543 Helen Calcutt	F	V	Newton School
443	00:28:52	403 Nerys Anne Jones	F		
444	00:28:57	496 Jayne Davies	F	V	
445	00:29:04	708 Lynne Perrott	F	V	WRN
446	00:29:11	714 Anne James	F	V	WRN
447	00:29:21	306 Arthur Phillips	M	V	3M Gorseinon
448	00:29:24	590 Elaine Davies	F	V	
449	00:29:24	120 Robert Jones	M		
450	00:29:25	575 Terri Woodsford	F	V	
451	00:29:25	556 Julie Lloyd	F	V	
452	00:29:26	715 Laura Dowsett	F		
453	00:29:27	591 Liz Macdermott	F	V	
454	00:29:28	521 Claire Gorman	F	V	
455	00:29:28	704 Catherine Thomas	F		
456	00:29:30	484 Hazel John	F		
457	00:29:30	446 Helen Stew	F		
458	00:29:31	266 Steve Smith	M	V	Swansea Harriers
459	00:29:33	593 Coran McKee-Hands	F	V	FERC
460	00:29:35	562 Johanne Hughes-Dowdle	F	V	
461	00:29:43	514 Karen Dugate	F	V	
462	00:29:46	710 Carys Roderick	F		WRN
463	00:29:54	546 Nia Walters	F	V	
464	00:29:54	542 Cathryn McLean	F	V	
465	00:29:56	401 Rachel Youlten	F		Cornelly
466	00:29:57	50 Marco Perrelli	M		
467	00:29:57	432 Jo Liddell	F		
468	00:30:01	431 Amy Adamson	F		
469	00:30:01	262 Philip Davies	M	V	
470	00:30:07	709 Judith Michael	F	V	WRN
471	00:30:08	23 Wyn Gordge	M		
472	00:30:10	491 Helen Beale	F		
473	00:30:11	141 Robert Scott	M		
474	00:30:13	588 Tracy Loney	F	V	
475	00:30:20	643 Unknown Runner	M		
476	00:30:25	427 Freya Davies	F		
477	00:30:28	406 Cat Hayes	F		
478	00:30:32	567 Claire Jones	F	V	
479	00:30:53	581 Maureen Foley	F	V	
480	00:30:58	717 Fran James	F		3M Gorseinon
481	00:30:58	154 Jez James	M		
482	00:31:01	425 Sarah Alexander	F		
483	00:31:02	585 Linda Waller	F	V	3M Gorseinon

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484	00:31:02	563 Catrin Evans	F	V	
485	00:31:05	402 Hannah Davies	F		
486	00:31:06	519 Lisa Saltmarsh	F	V	
487	00:31:07	545 Rosie Amesbury	F	V	
488	00:31:10	713 Elin Mair Davies	F	V	WRN
489	00:31:12	598 Jan Davies	F	V	
490	00:31:13	522 Sarah Grant	F	V	
491	00:31:16	494 Zoe Gealy	F		WRN
492	00:31:22	437 Claire Evans	F		
493	00:31:30	502 Kathryn Mantovani Davies	F	V	Llanelli
494	00:31:33	444 Iona Hilldrup	F		
495	00:31:33	557 Cynthia Davis	F	V	
496	00:31:34	579 Julie Davies	F	V	3M Gorseinon
497	00:31:35	586 Vivienne Kavanagh	F	V	3M Gorseinon
498	00:31:43	592 Caroline Matthews	F	V	
499	00:31:43	560 Helen Eynon	F	V	
500	00:31:49	531 Janine Lewis	F	V	WRNetwork
501	00:31:49	530 Sarah Gould	F	V	WRNetwork
502	00:31:50	415 Alice Roythorne	F		
503	00:31:51	528 Heather Pierce	F	V	Celtic Tri
504	00:31:55	441 Casey Westlake	F		
505	00:32:04	500 Kim Evans	F	V	W R N
506	00:32:14	498 Amanda Wastnage	F	V	
507	00:32:18	509 Margaret Davies	F	V	
508	00:32:23	510 Ann Davies	F	V	
509	00:32:24	214 Anthony Shott	M	V	
510	00:32:32	524 Sian Ackland	F	V	Brackla Harriers
511	00:32:32	517 Deborah Lewis	F	V	
512	00:32:54	599 Karen Page	F	V	
513	00:32:55	460 Donna Woods	F	V	
514	00:33:02	537 Tracey Morris	F	V	
515	00:33:13	513 Wendy Duncan	F	V	
516	00:33:19	594 Elise Jenkins	F	V	
517	00:33:20	707 Ellie Kennedy	F		WRN
518	00:33:23	418 Already Finished	F		
519	00:33:23	568 Anne Wilkinson	F	V	Celtic Tri
520	00:33:25	454 Sarah Rowland	F		Village Leisure
521	00:33:30	477 Sharon Barron	F	V	
522	00:33:59	549 Lisa Ogilvie	F	V	Celtic Tri
523	00:33:59	548 Sian King	F	V	Celtic Tri
524	00:34:15	410 Angela Williams	F		
525	00:34:47	712 Nora Davies	F	V	WRN
526	00:34:47	711 Anita Lane	F	V	WRN
527	00:34:48	429 Laura Davies	F		WRN
528	00:35:12	475 Mary Vancura	F		
529	00:35:22	558 Caroline Evans	F	V	
530	00:35:56	554 Christine Bull	F	V	
531	00:36:32	507 Sarah Griffin	F	V	
532	00:36:32	202 Adrian Bailey	M	V	
533	00:36:35	555 Patricia Davies	F	V	WRN
534	00:36:35	564 Claire James	F	V	WRN
535	00:36:51	479 Melanie Jetty	F	V	
536	00:36:51	478 Sian Morgans	F	V	
537	00:37:16	434 Shelley Davies	F		
538	00:37:48	559 Melanie Bowen	F	V	
539	00:38:28	492 Emma Kehoe	F	V	
540	00:38:29	493 Lindsey Norris	F		
541	00:38:51	552 Rhian Lupton	F	V	
542	00:39:47	90 Richard Williams	M		W.A.S.T
543	00:40:25	426 Sian Hobbs	F		