

# 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 Howrton	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	570	0:19:16	Aled Evans	CRHAP	MO
62	698	0:19:16	Chris Fulcher	Port Talbot Harriers	MV
63	715	0:19:17	Raul Reismann		MV
64	621	0:19:18	Daniel Greenwell		MO
65	739	0:19:20	Tom Cadwalladr		MV
66	593	0:19:20	Jerome Evans	Port Talbot Harriers	MO
67	720	0:19:22	Alan Perkins	Port Talbot Harriers	MV
68	663	0:19:24	Mark Dunscombe	Sarn Helen	MV
69	569	0:19:28	Jack Newton	Neath Harriers	MO
70	909	0:19:28	Clare Phillips	Swansea Harriers	FV
71	523	0:19:29	Gareth Hill		MO
72	606	0:19:31	Antony Oliver		MO
73	615	0:19:35	Mike Gleeson	Visteon RC	MO
74	589	0:19:36	Sean Treloar	Port Talbot Harriers	MO
75	819	0:19:42	Bethan Strange	Cardiff/UWIC	FO
76	660	0:19:44	Mark Terry		MV
77	699	0:19:45	Alun Wyn Evans		MV
78	522	0:19:46	Leon Murnieks	Royal Navy Reserve	MO
79	598	0:19:47	Alun Blackmore		MO
80	751	0:19:48	Nigel Francisco	Wecori	MV
81	714	0:19:52	Cerith Thomas		MV
82	822	0:19:54	Drusilla Griffiths	Swansea Harriers	FO
83	817	0:19:55	Trudi Anderson	Multisport	FO
84	676	0:19:56	Stephen Powell	Port Talbot Harriers	MV
85	208	0:19:58	David Harris		MO
86	534	0:19:58	Michael Halsall	Llanelli AAC	MO
87	673	0:20:01	Stuart Davidson	Bridgend AC	MV
88	713	0:20:05	Huw Jones	Neath Harriers	MV
89	656	0:20:05	Uku Kumari	Swansea Harriers	MV
90	716	0:20:06	Graham Barlow	3M	MV
91	737	0:20:06	Michael Evans	Neath Harriers	MV
92	599	0:20:06	Attila Garai		MO
93	601	0:20:09	Simon Beer		MO
94	567	0:20:10	Alexander David	Celtic Tri	MO
95	520	0:20:15	Jason Williams		MO
96	221	0:20:16	Alex Williams	RRC	MO
97	688	0:20:17	Roger Bell	3M	MV
98	594	0:20:18	Steve Thomas	3M	MO
99	203	0:20:19	Grant Thomas	Wecori	MO
100	728	0:20:24	Dewi West	3M	MV
101	511	0:20:28	Steven Jones		MO
102	525	0:20:29	Par Hakansson		MO
103	206	0:20:30	Dean Thomas		MO
104	711	0:20:30	Leonard Richards	Port Talbot Harriers	MV

105	204	0:20:31	Steve Press	Wecori	MO
106	696	0:20:32	Barkhard Markhoff	Swansea Harriers	MV
107	220	0:20:33	Mike Griffiths	Team Deviant	MO
108	683	0:20:34	Allan Parsons	Wecori	MV
109	608	0:20:35	Andrew Charles		MO
110	510	0:20:36	Richard Horn		MO
111	922	0:20:37	Jo Howells	Swansea Harriers	FV
112	585	0:20:39	Gil Joseph	Alltwen	MO
113	207	0:20:39	Heath Jones		MO
114	574	0:20:42	Kyle Fulcher	Port Talbot Harriers	MO
115	723	0:20:47	Roger Davis		MV
116	625	0:20:48	Adrian Braun		MO
117	694	0:20:48	Nick Jenkins	Mumbles Milers	MV
118	506	0:20:49	Matthew Herbert		MO
119	628	0:20:51	Geraint Higgins	Swansea Harriers	MO
120	671	0:20:52	John Sterio		MV
121	205	0:20:53	Rob Worton		MO
122	211	0:20:53	Stephen Bald		MO
123	956	0:20:54	Sian Phillips	Swansea Harriers	FV
124	957	0:20:56	Amanda Evans	3M	FV
125	219	0:20:58	Mohamed Wagaafe		MO
126	703	0:21:00	Tony Hollins	Port Talbot Harriers	MV
127	910	0:21:01	Helen Jones		FV
128	924	0:21:02	Jacqueline Brace	Bridgend AC	FV
129	690	0:21:03	Simon Mansfield	Carmarthen	MV
130	689	0:21:04	Kieran McDonnell		MV
131	747	0:21:05	John Hopkins	Port Talbot Harriers	MV
132	684	0:21:12	Justin Parsons		MV
133	685	0:21:13	Paul Davies		MV
134	939	0:21:13	Christina Smith	3M	FV
135	559	0:21:14	Steve Ruddy		MO
136	717	0:21:14	David Caswell		MV
137	503	0:21:14	Chris Griffiths	Neath Harriers	MO
138	587	0:21:15	Richard Mugford		MO
139	556	0:21:16	Kevin Halmkan		MO
140	527	0:21:17	Graham Vyner	3M	MO
141	732	0:21:18	Gary Waters	Swansea Harriers	MV
142	856	0:21:20	Eryllois Davies	Wecori	FO
143	750	0:21:20	Stephen Martin		MV
144	634	0:21:22	Jon Henderson		MO
145	838	0:21:24	Julie Loyns	3M	FO
146	216	0:21:26	James Blanstard		MO
147	643	0:21:31	Richard Howe		MO
148	736	0:21:33	John Cunnane	100km Association	MV
149	746	0:21:40	Geoff Hall		MV
150	613	0:21:43	Paul Rees		MO
151	741	0:21:45	Peter Maksimovic		MV
152	756	0:21:46	Lewis Morgan		MV
153	633	0:21:49	Mark Bennewith	3M	MO
154	547	0:21:51	Ben Seabourne		MO
155	644	0:21:53	Bernard Panes		MO
156	543	0:21:54	Phil Protheroe	Brackla Harriers	MO
157	597	0:21:55	David Parfitt		MO
158	607	0:21:55	Dean Trebilcock		MO

159	637	0:21:56	Kevin Chapman		MO
160	828	0:21:57	Jade Williams	Amman Valley	FO
161	551	0:21:57	Haydn Williams	Amman Valley	MO
162	742	0:21:58	Lynn Hughes	Bridgend AC	MV
163	617	0:21:58	Glenn Sorensen		MO
164	605	0:22:02	Shane Teal		MO
165	611	0:22:07	Gareth Bishop		MO
166	542	0:22:08	Matthew Holdsworth		MO
167	704	0:22:09	Ray James	Port Talbot Harriers	MV
168	604	0:22:11	Phil John		MO
169	749	0:22:12	Mario Rabaiotti		MV
170	729	0:22:16	Simon Pinner	Multisport	MV
171	845	0:22:18	Lee Bodenham		FO
172	554	0:22:19	Rob Miller	Multisport	MO
173	552	0:22:21	Julian Smith	Mumbles Milers	MO
174	652	0:22:21	Simon Jenkins		MV
175	609	0:22:25	Jonathan Gordon		MO
176	619	0:22:29	Martin Paul		MO
177	614	0:22:30	Christopher Leonardi		MO
178	919	0:22:34	Angela Delaney	Swansea Harriers	FV
179	697	0:22:36	Martin Ennis	3M	MV
180	738	0:22:37	Simon Cox		MV
181	752	0:22:37	Tony Baker		MV
182	649	0:22:37	Arfon Rees	Wecori	MO
183	803	0:22:38	Sara Griffiths	Neath Harriers	FO
184	743	0:22:40	Geoff Pearson		MV
185	941	0:22:42	Susan Davies	3M	FV
186	940	0:22:43	Gaynor Hulland	3M	FV
187	740	0:22:44	Eric Thomas		MV
188	687	0:22:45	Michael Williams		MV
189	592	0:22:48	Jason Bowden		MO
190	596	0:22:55	Andy Oram	R.W	MO
191	595	0:22:58	Kieran Mackintosh	Port Talbot Harriers	MO
192	973	0:22:59	Denise Perry		FV
193	725	0:23:00	Carlo Rabaiotti		MV
194	641	0:23:03	Mark Hanford		MO
195	814	0:23:05	Sara Thomas		FO
196	755	0:23:07	David Aghman		MV
197	832	0:23:08	Michelle Witham	Mumbles Milers	FO
198	658	0:23:08	Anthony Clements		MV
199	735	0:23:11	Steve McLelland	3M	MV
200	222	0:23:13	Rhys Floyd		MO
201	516	0:23:18	Niall Hughes		MO
202	707	0:23:19	Simon Franks	Swansea Harriers	MV
203	709	0:23:22	Nigel Davies		MV
204	521	0:23:22	Ian Moss		MO
205	578	0:23:24	Stephen Barclay		MO
206	678	0:23:25	Neale Davies		MV
207	618	0:23:26	David Sweetman		MO
208	808	0:23:28	Johanna Innemee		FO
209	929	0:23:31	Gwen Smith	Swansea Harriers	FV
210	710	0:23:34	Gary Pashley	Les Croupiers	MV
211	753	0:23:37	Darren Green	Mumbles Milers	MV
212	557	0:23:38	Carlos Land		MO

213	916	0:23:39	Cathy Thomas	running4women	FV
214	913	0:23:40	Lindsey Hough		FV
215	815	0:23:42	Ffion Evans	Amman Valley	FO
216	812	0:23:42	Lauren Edwards	Multisport	FO
217	665	0:23:43	Raymond Boyce	Cornelly Striders	MV
218	215	0:23:43	Paul Williams		MO
219	705	0:23:44	John Ayres	Port Talbot Harriers	MV
220	202	0:23:45	Bob Gardiner	Wecori	MO
221	966	0:23:50	Alison Davies	WRN	FV
222	686	0:23:52	Steve Jones		MV
223	508	0:23:53	Mark John Stevens		MO
224	748	0:23:55	Neil Lewis	Mumbles Milers	MV
225	210	0:23:57	Graham Duckett		MO
226	571	0:23:58	Ian Barnett		MO
227	580	0:23:58	Gareth Watson	3M	MO
228	638	0:24:02	Dan Svensson		MO
229	831	0:24:02	Emma Jones		FO
230	533	0:24:04	Anthony Simonlini	Multisport	MO
231	853	0:24:14	Cressida Blanchard		FO
232	731	0:24:18	Richard Donne	3M	MV
233	650	0:24:22	Paul Jones	Mumbles Milers	MO
234	212	0:24:23	Xavier Desprez		MO
235	849	0:24:27	Christine Webb		FO
236	670	0:24:29	Michael Shellard		MV
237	727	0:24:34	Paul Hammacott		MV
238	680	0:24:35	Ian Swanson	Port Talbot Harriers	MV
239	631	0:24:36	Gareth Lewis		MO
240	620	0:24:38	Stephen Lewis		MO
241	505	0:24:39	Aidan Davies		MO
242	921	0:24:43	Pat Llewellyn		FV
243	734	0:24:43	Stephen Woods		MV
244	612	0:24:45	Nigel Jones		MO
245	214	0:24:46	Rob Myerscough		MO
246	600	0:24:47	Matthew Fincher		MO
247	971	0:24:55	Elin O'Neill		FV
248	568	0:24:55	Eurig Morgan		MO
249	917	0:25:00	Caroline Jones	WRN	FV
250	952	0:25:01	Vivienne Kavanagh	3M	FV
251	657	0:25:03	Philip Griffiths		MV
252	846	0:25:08	Catrin Hunt		FO
253	805	0:25:08	Rhiannon Herbert		FO
254	938	0:25:10	Helen Phillips	Amman Valley	FV
255	629	0:25:10	David Pope	Virtual Athletics	MO
256	937	0:25:12	Lyn Brown	Amman Valley	FV
257	965	0:25:13	Emma Cownie		FV
258	900	0:25:18	Ali Wood		FV
259	700	0:25:23	Terry Hart		MV
260	531	0:25:23	Andrew Evans		MO
261	590	0:25:23	Stephen Joseph		MO
262	800	0:25:25	Angela Lewis		FO
263	943	0:25:39	Christine Hurdidge	3M	FV
264	702	0:25:44	Eric Owen	Cornelly Striders	MV
265	209	0:25:45	Daniel Manley		MO
266	632	0:25:46	Ben Wheeler		MO

267	674	0:25:46	Jim Halsey		MV
268	630	0:25:48	Simon Pope	Virtual Athletics	MO
269	926	0:25:49	Margaret Reynolds		FV
270	681	0:25:49	Selby Le Roux		MV
271	647	0:25:51	Jamie Brotherton	Virtual Athletics	MO
272	691	0:25:55	Leighton Johnson	Visteon	MV
273	931	0:25:59	Fay Sharpe	3M	FV
274	669	0:26:02	Stephen Ware		MV
275	622	0:26:09	Ehab Taha		MO
276	754	0:26:17	Vincent Lewis	Port Talbot Harriers	MV
277	857	0:26:18	Jenny McGillicuddy		FO
278	726	0:26:20	Paul Evans	Celtic Tri	MV
279	517	0:26:22	Geoffrey Andrews		MO
280	837	0:26:23	Hayley Martin		FO
281	719	0:26:24	Jeff Evans		MV
282	858	0:26:27	Sarah Johnson	3M	FO
283	936	0:26:27	Amanda John	Amman Valley	FV
284	816	0:26:31	Catherine Evan		FO
285	651	0:26:32	Steve Whyte		MV
286	588	0:26:34	Gary Taylor	Mumbles Milers	MO
287	914	0:26:38	Elena Zarate		FV
288	616	0:26:40	Martin Nicholls	3M	MO
289	950	0:26:42	Carol Vyner	3M	FV
290	566	0:26:46	Paul Skinner		MO
291	555	0:26:48	Chris Fox		MO
292	930	0:26:49	Tracey Hinton	WRN	FV
293	541	0:26:50	Dai Harris		MO
294	655	0:27:00	Simon Gillings		MV
295	851	0:27:03	Tammy McDaid		FO
296	942	0:27:04	Kelly Gipson		FV
297	947	0:27:05	Donna Caswell	WRN	FV
298	826	0:27:08	Carys Roderick	WRN	FO
299	933	0:27:10	Amanda Bebb		FV
300	918	0:27:22	Helen Wolsey	WRN	FV
301	693	0:27:28	Alfryn Easter	3M	MV
302	718	0:27:33	John James	3M	MV
303	524	0:27:39	Christopher Hockley		MO
304	905	0:27:45	Jane Edge		FV
305	945	0:27:53	Elizabeth Barclay		FV
306	626	0:27:54	Gareth Quinlan		MO
307	843	0:27:58	Melanie Stone		FO
308	664	0:28:00	Huw Davies		MV
309	941	0:28:04	Susan Davies	3M	FV
310	954	0:28:07	Fiona Cumming		FV
311	854	0:28:13	Polly Groom		FO
312	902	0:28:14	Jacqueline John		FV
313	951	0:28:17	Anna Edmunds		FV
314	962	0:28:22	Michelle Chapman		FV
315	820	0:28:26	Sarah Grant		FO
316	821	0:28:27	Sam Osborn		FO
317	810	0:28:27	Angela Harris		FO
318	813	0:28:30	Samantha Kennedy		FO
319	969	0:28:33	Linda Waller	3M	FV
320	666	0:28:36	Michael Asplund		MV

321	514	0:28:37	Matti Stithos		MO
322	672	0:28:38	Gerald Kemp		MV
323	802	0:28:43	Kathryn Sweetman	Running 4 Women	FO
324	915	0:28:43	Daphne Samworth	Abingdon AA	FV
325	906	0:28:47	Jaynie Rance		FV
326	908	0:28:48	Jenny Wyatt	WRN	FV
327	712	0:28:50	Keith Harris	Mumbles Milers	MV
328	581	0:28:52	Richard Bibb	Dudley Kingswinford	MO
329	654	0:28:52	Peter Llewelyn Evans		MV
330	920	0:28:56	Maggie Strange		FV
331	528	0:29:00	Sean Evans		MO
332	972	0:29:01	Elizabeth Diamond		FV
333	955	0:29:02	Linda Owens	3M	FV
334	974	0:29:03	Mary Davies	Dudley Kingswinford	FV
335	932	0:29:05	Tina Newton	3M	FV
336	968	0:29:08	Joy Thomas	Amman Valley	FV
337	934	0:29:17	Andrea Mateo		FV
338	804	0:29:17	Cherida Ring		FO
339	847	0:29:18	Susanne Bennett		FO
340	830	0:29:18	Kate Greenfield		FO
341	836	0:29:22	Claire Cutforth		FO
342	935	0:29:23	Heather Thomas	Team Deviant	FV
343	842	0:29:23	Wendy Godwin		FO
344	624	0:29:25	Chris Peters		MO
345	967	0:29:37	Niamh Gill		FV
346	823	0:29:41	Raquel Zarate		FO
347	844	0:29:54	Kathryn Davies		FO
348	925	0:29:58	Hayley Parsons		FV
349	923	0:29:59	Rosie Amesbury		FV
350	733	0:30:03	Michael Kennedy		MV
351	904	0:30:12	Kay Davis		FV
352	901	0:30:13	Tara Rees		FV
353	536	0:30:23	Tom Stear		MO
354	970	0:30:25	Julie Lloyd		FV
355	850	0:30:32	Katy Thompson		FO
356	927	0:30:32	Elin Davies	Ystradgynlais	FV
357	852	0:30:35	Robyn Peach		FO
358	840	0:30:36	Sian Millan	Brackla Harriers	FO
359	529	0:30:43	Nigel Rees		MO
360	964	0:30:52	Tracey Thomas	WRN	FV
361	963	0:30:52	Gayle Shenton	WRN	FV
362	903	0:30:54	Angela Knox		FV
363	944	0:31:00	Julie Davies	3M	FV
364	661	0:31:03	Dennis Lynch		MV
365	724	0:31:18	Michael Howell		MV
366	928	0:31:27	Hayley Ranford	Ystradgynlais	FV
367	825	0:31:28	Sian Leadbeater	Ystradgynlais	FO
368	961	0:31:46	Elise Jenkins	WRN	FV
369	855	0:31:48	Charlotte Walker		FO
370	201	0:31:49	Pablo Abrahams		MO
371	835	0:32:05	Alison Emma		FO
372	912	0:32:09	Laura Dowsett		FV
373	948	0:32:18	Sian Ackland	Brackla Harriers	FV
374	829	0:32:48	Aimee Collier-Rees	Port Talbot Harriers	FO

375	818	0:32:52	Hollie Jenkins		FO
376	911	0:33:06	Helen Hutson		FV
377	953	0:33:41	Gloria Jones	Neath	FV
378	959	0:33:41	Debi Whitehouse	WRN	FV
379	841	0:33:57	Jessica Forse		FO
380	949	0:33:58	Janet Forse		FV
381	809	0:34:00	Karen Morgan		FO
382	806	0:35:07	Samantha Evans		FO
383	958	0:35:57	Julie Thomas	WRN	FV
384	960	0:36:05	Lesley Edmunds	Neath WRN	FV
385	834	0:36:12	Hayley Thomas	Team Deviant	FO
386	833	0:36:13	Helen Lloyd	Team Deviant	FO
387	695	0:36:14	Dave Thomas	Team Deviant	MV
388	848	0:36:40	Daniella Morris		FO
389	811	0:36:52	Karen Morgan		FO