

Admiral Swansea Bay 10k  
(Provisional Results)

GunPos	RaceNo	Name	Gender	Cat	Club	GunTime	ChipPos	ChipTime
1	1	Jean Ndyasenga	M		Birchfield / Burundi	00:30:18	1	00:30:18
2	3	Richard Gardiner	M		Cardiff AAC	00:30:51	2	00:30:50
3	9	Craig Hopkins	M		Swansea Harriers	00:30:59	3	00:31:00
4	4	Hicham Ettaichmi	M		A D Eswova de Gijon	00:31:17	4	00:31:17
5	1788	Adam Bitchell	M	20		00:31:50	5	00:31:50
6	7	Lewys Hobbs	M		Swansea Harriers	00:32:04	6	00:32:04
7	1176	Scott Hazell	M		Coventry Godiva	00:32:09	7	00:32:09
8	2255	Dewi Rhys Griffiths	M	20	Carmarthen Harriers	00:32:20	8	00:32:20
9	10	Marc Hobbs	M		Swansea Harriers	00:32:28	9	00:32:28
10	45	Matthew Collins	M		Cardiff AAC	00:32:31	10	00:32:30
11	2950	Stephen Paterson	M		San Domenico	00:32:33	11	00:32:33
12	952	Lee Ladd	M		Carmarthen Harriers	00:32:52	12	00:32:52
13	20	Ben Morley	M		SBOC	00:33:16	13	00:33:16
14	3273	Allister Sheffield	M		Bath AC	00:33:17	14	00:33:17
15	3082	Phillip Matthews	M			00:33:35	15	00:33:35
16	3149	Christopher Williams	M		Neath Harriers	00:33:36	16	00:33:35
17	592	Lee Aherne	M	40	Les Croupiers	00:33:43	17	00:33:42
18	1519	Stephen Whiting	M	40	Highgate Harriers	00:33:45	18	00:33:44
19	3568	Peter Coles	M	45	Pontypridd Roadents AC	00:33:50	19	00:33:49
20	8	Matthew Gurmin	M		Swansea Harriers	00:33:54	20	00:33:54
21	1742	Luke Mason	M			00:34:09	21	00:34:07
22	2462	Paul Griffiths	M	40	Neath Harriers	00:34:14	22	00:34:13
23	2380	Glyn Price	M	40	Sarn Helen	00:34:17	23	00:34:16
24	2	Joyce Kirui	F		Birchfield / Kenya	00:34:25	24	00:34:25
25	511	Chris Moore	M	20	Aldershot Farnham & District	00:34:32	25	00:34:32
26	3133	Will Marsh	M			00:34:34	26	00:34:33
27	2493	Andrea Whitcombe	F	35	Swansea Harriers	00:34:42	27	00:34:40
28	19	Ava Hutchinson	F		Cardiff AAC	00:34:45	28	00:34:44
29	2284	Paul Talbot	M	40	Neath Harriers	00:34:46	29	00:34:45
30	1800	Stephen Thomas	M	40	Islwyn RC	00:34:47	30	00:34:47
31	2709	Nicholas Frost	M	45	Pontypridd Roadents AC	00:35:15	31	00:35:13
32	1913	Carl Cable	M			00:35:16	32	00:35:15
33	215	Laurence Humphreys	M		Fairwater Runners	00:35:17	33	00:35:15

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34	2574 Owain Jones	M		Swansea Harriers	00:35:19	34	00:35:19
35	3476 Philip Crane	M	45	Neath Harriers	00:35:25	35	00:35:23
36	2610 Steve Cornfield	M		Leamington C & Ac	00:35:41	36	00:35:40
37	2811 Simon Osborne	M	45	Bridgend AC	00:35:44	37	00:35:43
38	2258 Jamie Nutt	M		Les Croupiers	00:35:53	38	00:35:52
39	2094 Mick Ballantyne	M	40		00:35:56	39	00:35:55
40	2171 Ifan Lloyd	M	45	Swansea Harriers	00:35:57	41	00:35:56
41	334 Richard Bullen	M	45	Les Croupiers	00:35:58	40	00:35:56
42	2270 Phillip Kendrick	M	45	Brecon AC	00:36:01	42	00:36:00
43	1694 Martin Paul Williams	M	45	Les Croupiers	00:36:15	43	00:36:13
44	904 Stacey Morgan	F	35	Croft Ambrey	00:36:19	44	00:36:17
45	3333 Jason Scanlon	M		Pontypridd Roadents AC	00:36:20	45	00:36:19
46	2748 Simon Bond	M		Sutton Coldfield Harriers	00:36:23	47	00:36:21
47	1497 Andrew Baker	M	40	Pontypridd Roadents AC	00:36:23	46	00:36:20
48	3292 Peter Crane	M	45	Neath Harriers	00:36:25	49	00:36:24
49	2985 Rhys Pitman	M		Pontypridd Roadents AC	00:36:26	48	00:36:23
50	2936 Jerome Edwards	M		San Domenico	00:36:28	50	00:36:25
51	1854 Edward Vincent Ball	M	40	Rhondda Valley Runners	00:36:31	52	00:36:30
52	771 Haydn Hartnell	M	45	Islwyn RC	00:36:31	51	00:36:30
53	3208 John Foster	M	50	Llisbury Runners	00:36:34	54	00:36:33
54	691 Stuart Penny	M	45	Chepstow Harriers	00:36:36	53	00:36:32
55	2905 Martin George	M		Sospan RR	00:36:38	55	00:36:34
56	2283 Matthew Jacklin	M		Pendre H.S.	00:36:55	56	00:36:52
57	1424 Richard Gordon	M			00:36:57	57	00:36:54
58	2376 Peter Royle	M		Great Western Runners	00:36:57	58	00:36:56
59	2098 Adrian Weaver	M		Port Talbot Harriers	00:36:59	59	00:36:57
60	2212 Tony Kiss	M			00:37:06	61	00:37:04
61	3053 Kevin Griffiths	M	45	TROTS	00:37:06	60	00:37:04
62	667 Nigel Sims	M	45	Mounts Bay Harriers	00:37:09	64	00:37:09
63	2992 Gareth Petts	M		Witney Road Runners	00:37:10	62	00:37:05
64	1237 David Hodgins	M	40		00:37:11	63	00:37:07
65	1130 Matt Hurford	M		Les Croupiers	00:37:12	66	00:37:11
66	2688 Dean Buchanan	M			00:37:15	65	00:37:11
67	655 Peter Morton	M		Esporta	00:37:18	67	00:37:17

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68	2630 Michael Dury	M		Islwyn RC	00:37:23	68	00:37:19
69	1807 Andrew Dwyer	M	40		00:37:25	69	00:37:21
70	1676 Grant Howells	M	45	LC Lubra's	00:37:28	72	00:37:27
71	3301 Stuart Mcilroy	M		Les Croupiers	00:37:28	70	00:37:25
72	1021 John Hiddlestone	M			00:37:31	71	00:37:27
73	2820 Steven Hooper	M	40	Pontypridd Roadents AC	00:37:31	73	00:37:28
74	3494 David Crane	M	50	Neath Harriers	00:37:32	74	00:37:31
75	3072 Huw Roberts	M	50	Bridgend AC	00:37:33	75	00:37:32
76	3309 Paul Jenkins	M	45		00:37:35	76	00:37:32
77	2489 Ashley Owen	M	40	Ebbw Vale RC	00:37:37	77	00:37:37
78	3587 James Hanrahan	M		Cwmbran Harriers	00:37:41	80	00:37:41
79	940 Steven Pritchard	M		Pontypridd Roadents AC	00:37:43	79	00:37:41
80	2557 Dave Wintle	M	55	Great Western Runners	00:37:43	78	00:37:40
81	2488 Lee Sandham	M		Neath Harriers	00:37:44	82	00:37:42
82	780 Jack Loveday	M		Road Runners Club	00:37:45	83	00:37:44
83	2405 Jon Embling	M	50	Bridgend AC	00:37:46	84	00:37:44
84	2829 Natasha Cockram	F	20	Cwmbran Harriers	00:37:52	86	00:37:49
85	106 David Geraint Bembo	M	40		00:37:52	81	00:37:41
86	3335 Andrew Palmer	M	40	Penarth & Dinas Runners	00:37:54	85	00:37:47
87	3259 Peter Osborne	M	45	Swansea Harriers	00:37:54	87	00:37:53
88	3517 Peter Watkeys	M		Basingstoke & Mid Hants	00:37:58	88	00:37:56
89	3338 Gareth Morgan	M		Les Croupiers	00:38:00	89	00:37:57
90	1043 Peter Lloyd	M	40	3M Gorseinon	00:38:04	90	00:38:02
91	2830 Martyn Hughes-Dowdle	M	40		00:38:07	92	00:38:06
92	3223 Hugh Pascoe	M			00:38:10	91	00:38:03
93	846 Dean Webster	M		3M Gorseinon	00:38:12	93	00:38:07
94	3389 Mick Tabor	M	55	Les Croupiers	00:38:17	97	00:38:16
95	2679 Shan Roberts	F	40	Ingli Runners	00:38:18	95	00:38:16
96	1770 Julian Rhys Knoyle	M			00:38:19	98	00:38:16
97	2240 Lynsey Christopher	M	40	Corus	00:38:21	96	00:38:16
98	3095 Anthony Ballance	M	45		00:38:23	99	00:38:19
99	169 Mathew Ackland	M			00:38:28	94	00:38:15
100	2558 Alun Rees	M		Neath Harriers	00:38:34	100	00:38:32
101	2789 Darren . A Wells	M		RN	00:38:39	101	00:38:36

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102	1349 Matt Tooze	M		00:38:44	102	00:38:42
103	1747 Robert Falconer	M	50	00:38:45	103	00:38:43
104	3345 Richard Lewis	M	Celtic Tri	00:38:46	104	00:38:44
105	3520 Sandy Johnston	M	60 Les Croupiers	00:38:47	105	00:38:45
106	3397 Phil Chan	M	40 Great Western Runners	00:38:50	107	00:38:46
107	1594 Robert Sandles	M	40 3M Gorseinon	00:38:51	106	00:38:45
108	1115 Richard Humphreys	M	40	00:38:52	109	00:38:48
109	1052 Lee Watts	M		00:38:52	110	00:38:48
110	2971 Alun Evans	M	40	00:38:54	111	00:38:52
111	2930 Chris Jones	M		00:38:55	108	00:38:48
112	2917 Jon Sizer	M	50	00:38:56	112	00:38:54
113	3367 Stephen Evans	M	40 Neath Harriers	00:39:05	115	00:39:02
114	2261 Andrew Mark Noble	M	40 Wye Valley Runners	00:39:08	114	00:39:01
115	3467 Colin Elvins	M	45 Swansea Harriers	00:39:10	119	00:39:09
116	656 Christopher Driscoll	M	20 Neath Harriers	00:39:12	122	00:39:12
117	799 Nick Rees	M	50 Les Croupiers	00:39:12	117	00:39:09
118	2394 Michael Murphy	M	55 Les Croupiers	00:39:13	120	00:39:11
119	2314 Alex Lewis	M		00:39:14	113	00:38:59
120	2315 Chris Lewis	M		00:39:14	126	00:39:14
121	326 Bert Glover	M		00:39:14	116	00:39:08
122	3145 Peter Kellam	M	40 Les Croupiers	00:39:16	124	00:39:13
123	3501 Christopher Rees	M	20	00:39:17	123	00:39:12
124	3308 Phil Meyler	M	50 Pontypridd Roadents AC	00:39:19	121	00:39:11
125	2769 Wendy Ore	F	40	00:39:19	127	00:39:14
126	2519 Mike Evans	M	TROTS	00:39:23	130	00:39:16
127	3519 Timothy Moss	M	Penarth & Dinas Runners	00:39:26	125	00:39:13
128	1353 Daniel Triggs	M		00:39:26	128	00:39:15
129	3175 Stephen Richards	M	Cambridge Harriers	00:39:26	133	00:39:24
130	611 Matthew Dumelow	M	Hermitage Harriers	00:39:27	131	00:39:22
131	1249 John Littlewood	M		00:39:29	118	00:39:09
132	1690 Benjamin Eie Bowen	M		00:39:32	135	00:39:26
133	2156 Marcus Neil Coles	M	Les Croupiers	00:39:33	134	00:39:24
134	3436 Kristian Evans	M		00:39:35	142	00:39:32
135	2043 David Proud	M	40 Les Croupiers	00:39:35	138	00:39:30

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136	2787 Leighton Williams	M		Celtic Tri	00:39:35	137	00:39:29
137	1023 Steve Coupe	M	55	Sospan RR	00:39:36	144	00:39:33
138	470 Daniel King	M	20	Wye Valley Runners	00:39:36	132	00:39:23
139	1177 Ann-Marie Smith	F		Coventry Godiva	00:39:37	141	00:39:32
140	3125 Andrew Nicholas Smith	M		Swansea Harriers	00:39:38	139	00:39:31
141	1477 Gareth Richards	M			00:39:39	136	00:39:28
142	3128 Matthew Parkes	M			00:39:40	147	00:39:38
143	601 David Cappell	M			00:39:40	146	00:39:36
144	3042 Joe Lucas	M			00:39:41	140	00:39:32
145	1816 Paul Flynn	M	40		00:39:41	145	00:39:35
146	2436 Andrew Davies	M			00:39:42	148	00:39:39
147	2260 Jonathan Hancock	M		TROTS	00:39:42	151	00:39:41
148	1314 Peter Davies	M	55	Bridgend AC	00:39:43	150	00:39:40
149	827 Nick Wright	M			00:39:44	143	00:39:33
150	1593 Graham Barlow	M	50	3M Gorseinon	00:39:46	149	00:39:39
151	3284 Graham Carroll	M	20		00:39:51	129	00:39:15
152	2351 Paul Dyson	M	50	Swansea Harriers	00:39:51	156	00:39:50
153	566 Mark Williamson	M	50	Road Runners Club	00:39:52	153	00:39:45
154	1618 Cicely Warren	F			00:39:52	154	00:39:48
155	1829 John Duncan Smewing	M	55	Swansea Harriers	00:39:52	158	00:39:50
156	88 Steve Sanders	M			00:39:54	152	00:39:44
157	3167 Gerard Crispie	M	45	Les Croupiers	00:39:55	163	00:39:53
158	2727 Dai Barber-Davies	M	60	Neath Harriers	00:39:56	162	00:39:53
159	1736 Steve Walsh	M	40	3M Gorseinon	00:39:56	157	00:39:50
160	545 Paul Rees	M	45	3M Gorseinon	00:39:57	166	00:39:55
161	2039 Charles Thomas Walsh	M		Port Talbot Harriers	00:39:57	155	00:39:49
162	325 Derek Hegarty	M	50	RAF Careers	00:39:58	159	00:39:51
163	1416 John Rees	M	45		00:39:59	161	00:39:53
164	3354 K Thompson	M	45	Islwyn RC	00:39:59	164	00:39:53
165	1326 Richard Webster	M	50	3M Gorseinon	00:39:59	160	00:39:52
166	304 Robert Wigginton	M			00:39:59	165	00:39:54
167	2921 Roger Coombs	M	40	TROTS	00:40:03	169	00:40:01
168	1381 Russell Finch	M	40		00:40:03	167	00:39:59
169	3030 Richard Bowen	M	60	Neath Harriers	00:40:03	168	00:40:01

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170	3317 Gerard Howells	M	40	Chippenham Harriers	00:40:05	170	00:40:01
171	1813 Martin Davies	M	50	Llswerry Runners	00:40:06	171	00:40:02
172	2911 Kevin Corcoran	M	45	Swansea Harriers	00:40:10	174	00:40:09
173	2359 Peter Walters26 Y Drim	M	45	TROTS	00:40:11	172	00:40:03
174	1562 Kieran Mackintosh	M	20	Port Talbot Harriers	00:40:16	175	00:40:14
175	2135 Huw Rowcliffe	M	20	Sarn Helen	00:40:18	173	00:40:05
176	2745 Geraint Torrington	M		Westbury Harriers	00:40:18	176	00:40:16
177	222 Paul Brown	M			00:40:21	177	00:40:17
178	779 Nicholas James Walsh	M		Griffithstown Harriers	00:40:26	178	00:40:20
179	3237 Andy Davies	M	45	Pontypridd Roadents AC	00:40:30	179	00:40:26
180	2259 Huw Nicholas Price	M	45	Sarn Helen	00:40:31	181	00:40:27
181	2174 Barry Wilson	M	55	Ludlow Runners	00:40:32	180	00:40:26
182	3446 Gair Mcadie	M		Team Deviant	00:40:32	182	00:40:29
183	1666 Leighton James Gardner	M	40	Swansea Harriers	00:40:38	189	00:40:34
184	2087 Daniel Regan	M		Ely Runners	00:40:39	191	00:40:35
185	447 Luke Ingham	M	20		00:40:40	192	00:40:37
186	2490 Dave Hughes	M	40	Bridgend AC	00:40:41	193	00:40:38
187	3174 Gareth Harvey	M	40		00:40:42	190	00:40:34
188	2969 Nathan Wagstaff	M			00:40:42	186	00:40:32
189	1392 Robert Rees	M			00:40:43	187	00:40:33
190	1743 Leon Murnieks	M			00:40:43	188	00:40:34
191	2753 Michael Owen	M	40		00:40:44	184	00:40:30
192	2683 Terry White	M	55		00:40:46	197	00:40:42
193	1689 Espen Eie Bowen	M	20		00:40:46	194	00:40:40
194	323 Andrew Miles	M	45		00:40:47	196	00:40:42
195	3230 Kelly Morgan	F		Pontypridd Roadents AC	00:40:47	199	00:40:43
196	2178 Graham Colvin	M	45	3M Gorseinon	00:40:48	185	00:40:31
197	2700 Mark Genan	M	45		00:40:49	183	00:40:29
198	2505 Huw Mathias	M	40		00:40:50	200	00:40:44
199	899 Kenneth Norgate	M	40	Wye Valley Runners	00:40:51	198	00:40:43
200	3595 Runner 3586	M			00:40:51	203	00:40:47
201	1919 Helen Taylor	F			00:40:53	202	00:40:45
202	2913 Jon Belcher	M			00:40:54	204	00:40:48
203	483 Robin Bereza	M	60	Wye Valley Runners	00:40:54	209	00:40:53

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204	2987 Terry Jones	M		00:40:55	195	00:40:40
205	2366 Shaun Broome	M		00:40:57	210	00:40:55
206	259 David Way	M		00:40:58	206	00:40:51
207	2658 Shaun Connor	M	40 Les Croupiers	00:40:59	212	00:40:55
208	2190 James Delaney	M	50 San Domenico	00:40:59	213	00:40:55
209	184 Matthew Dentus	M	20	00:40:59	208	00:40:52
210	2101 Nick Brayley	M		00:41:01	205	00:40:50
211	2346 Jamie Evans	M		00:41:03	201	00:40:45
212	2424 Craig Jason Ottolini	M	Muller Running Club	00:41:04	214	00:40:59
213	3016 Paul Price	M	40	00:41:08	207	00:40:51
214	1491 Stuart Griffiths	M	3M Gorseinon	00:41:09	217	00:41:03
215	3591 Jim Chapman	M		00:41:09	211	00:40:55
216	575 Stephen Owen	M	50 Les Croupiers	00:41:12	218	00:41:03
217	1708 Stephen David Cable	M	3M Gorseinon	00:41:13	219	00:41:06
218	3205 Gareth Thomas	M		00:41:14	216	00:41:01
219	2434 Howard Andrew Carpenter	M	55 Neath Harriers	00:41:18	226	00:41:16
220	1714 Sharon Leech	F	35 Carmarthen Harriers	00:41:19	227	00:41:17
221	435 Tom Russell	M	Parc Bryn Bach	00:41:20	223	00:41:13
222	972 Lloyd Morgan	M	San Domenico	00:41:22	229	00:41:18
223	336 Peter Jones	M	50	00:41:23	224	00:41:14
224	2404 Andrew Carter	M	50	00:41:26	220	00:41:09
225	3350 Adam Crumplin	M		00:41:27	233	00:41:20
226	421 Amanda Evans	F	40 3M Gorseinon	00:41:27	232	00:41:20
227	1090 Lee Davies	M	Pontypridd Roadents AC	00:41:27	234	00:41:23
228	1804 Christopher Nellins	M	55 Penarth & Dinas Runners	00:41:28	225	00:41:16
229	3298 Simon Davies	M		00:41:29	222	00:41:10
230	2249 Martin Law	M		00:41:29	221	00:41:09
231	2336 Noel Evans	M	3M Gorseinon	00:41:30	215	00:41:00
232	50 Sandra Pinkham	F	45 Port Talbot Harriers	00:41:30	244	00:41:31
233	2179 Andrew Carl Olsen	M	40	00:41:30	228	00:41:18
234	2501 Lee Elwell	M		00:41:31	231	00:41:20
235	1712 David Garlick	M	55 Brecon AC	00:41:33	235	00:41:24
236	1875 Eifion Wyn Owen	M	50	00:41:33	239	00:41:28
237	3028 Darren Stevens	M		00:41:35	238	00:41:26

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238	2225 Nigel Francis Penney	M	50		00:41:36	236	00:41:24
239	1892 Iestyn Thomas	M		Oswestry Olympians	00:41:37	245	00:41:31
240	3420 Robert Davies	M		Islwyn RC	00:41:38	240	00:41:29
241	1874 Kevin Artus	M		Wye Valley Runners	00:41:39	237	00:41:24
242	3344 David Jones	M	45		00:41:39	230	00:41:19
243	2516 Kevin Riley	M			00:41:39	243	00:41:30
244	2809 Gron Davies	M	45		00:41:40	242	00:41:29
245	3085 Jeremy Alford	M	40	Penarth & Dinas Runners	00:41:42	241	00:41:29
246	2897 Ian Hoskins	M			00:41:43	250	00:41:39
247	465 Anthony Deacy	M	50		00:41:43	251	00:41:39
248	2313 Stephen William Littlewood	M	55	Hereford Couriers	00:41:45	246	00:41:31
249	1705 David Antony Parfitt	M			00:41:47	249	00:41:39
250	3099 Richard Beasley	M	40		00:41:48	248	00:41:35
251	2662 Matthew Gwenter	M		Serpentine	00:41:49	254	00:41:44
252	3295 Matthew Stroud	M			00:41:49	247	00:41:33
253	1969 Damian Caswell	M		Ebbw Vale RC	00:41:50	255	00:41:44
254	2513 Ben Curtis	M		Islwyn RC	00:41:51	253	00:41:42
255	1695 Robert King	M	40		00:41:52	252	00:41:40
256	3236 David Frend	M			00:41:55	256	00:41:44
257	1302 Jonathan Fleming	M			00:41:55	259	00:41:47
258	1414 David Hopkins	M	50		00:41:55	260	00:41:50
259	2515 Simon Philpin	M			00:41:56	258	00:41:44
260	3300 Chris Ollier	M			00:42:00	257	00:41:44
261	1175 Mike Lane	M		Black Pear	00:42:04	261	00:41:57
262	3597 Adam Morton	M		Les Croupiers	00:42:05	262	00:42:00
263	1488 Michael Davies	M	50		00:42:07	265	00:42:02
264	121 Elysia Ridley	F		Swansea Harriers	00:42:08	264	00:42:02
265	1094 Tim James	M			00:42:09	269	00:42:05
266	650 Daniel Humphreys	M			00:42:10	267	00:42:03
267	2855 Barry Owen	M			00:42:11	268	00:42:04
268	2699 Mike Rodgers	M			00:42:14	263	00:42:00
269	903 Tim John	M			00:42:14	275	00:42:13
270	1098 Mick Grant	M	50	Road Runners Club	00:42:17	272	00:42:10
271	1445 Dominic Shields	M	40	San Domenico	00:42:19	276	00:42:14

Admiral Swansea Bay 10k  
(Provisional Results)

272	1614 Joshua Sandles	M	20	3M Gorseinon	00:42:20	266	00:42:03
273	3105 Wayne Bowen	M			00:42:21	271	00:42:06
274	2412 Raymond Greenhouse	M	40	Ebbw Vale RC	00:42:22	278	00:42:15
275	2015 Emyr Jones	M	40		00:42:22	274	00:42:12
276	2148 Ian David Henry	M			00:42:22	273	00:42:11
277	1819 Philippa Jane Williams	F	35	Amman Valley Harriers	00:42:23	280	00:42:18
278	3400 Aled Evans	M			00:42:23	277	00:42:14
279	361 Matthew Thomas	M			00:42:26	279	00:42:18
280	3500 Matthew Rees	M	20		00:42:30	282	00:42:21
281	3203 John Cook	M	60	Sospan RR	00:42:30	287	00:42:29
282	1185 Hywel Porter	M	20		00:42:31	270	00:42:05
283	1817 Robert Stuart Jones	M	55		00:42:35	293	00:42:33
284	1345 Philip Tucker	M			00:42:38	289	00:42:30
285	2291 Richard James	M	45	Emlyn Runners	00:42:40	288	00:42:30
286	3041 Mark Gosney	M			00:42:41	292	00:42:32
287	290 Gethin Jenkins	M	20	Sarn Helen	00:42:42	284	00:42:26
288	2294 Alex John Hackett	M			00:42:42	285	00:42:27
289	3132 Anthony Douglas	M			00:42:43	290	00:42:32
290	2061 Ben Mitchell	M	20	SBOC	00:42:45	291	00:42:32
291	878 Chris Hiatt	M			00:42:45	286	00:42:29
292	1312 Robert Freeman	M	50	Crawley AC	00:42:48	295	00:42:40
293	2861 Paul Jones	M			00:42:50	281	00:42:19
294	3155 Jeremy Evans	M			00:42:51	302	00:42:45
295	1157 Lucy Ellis	F		Great Western Runners	00:42:51	303	00:42:46
296	2721 Jonathan Lloyd	M	20		00:42:53	296	00:42:40
297	2887 Gavin Earnshaw	M			00:42:53	283	00:42:26
298	1338 Jason Dickinson	M	40	TROTS	00:42:54	307	00:42:50
299	2713 Neil Davies	M	50	NYRRC	00:42:54	298	00:42:40
300	2701 Joanne Davies	F		Swansea University AC	00:42:54	297	00:42:40
301	3069 Derek Rainbird	M	55	Parc Bryn Bach	00:42:55	299	00:42:42
302	3051 Russell Lewis	M			00:42:56	305	00:42:49
303	2253 David Hopes	M			00:42:56	300	00:42:44
304	2150 Simon M G Hall	M		Sarn Helen	00:42:57	314	00:42:53
305	2151 Dee Jolly	F		Sarn Helen	00:42:57	317	00:42:55

Admiral Swansea Bay 10k  
(Provisional Results)

306	2882 Kerrith Ashby	M			00:42:57	308	00:42:50
307	2408 Michael Willcox	M	60	Great Western Runners	00:42:59	306	00:42:49
308	1261 Steve Thomas	M		3M Gorseinon	00:43:00	311	00:42:52
309	567 Andrew Mark Williamson	M	20	Road Runners Club	00:43:00	315	00:42:53
310	2880 Andrew Beaton	M			00:43:00	318	00:42:56
311	672 Peter Burne	M			00:43:02	301	00:42:44
312	815 Simon Thomas	M		FERC	00:43:02	310	00:42:51
313	188 Barri Edwards	M	40		00:43:02	313	00:42:52
314	2635 Steve Pickering	M	45		00:43:02	309	00:42:51
315	3406 Uku Kumari	M	55	Swansea Harriers	00:43:02	319	00:42:58
316	1089 David Llewellyn	M	45		00:43:03	304	00:42:49
317	2903 Lee Dennis	M			00:43:04	320	00:42:58
318	1664 Heath Jones	M	40		00:43:06	316	00:42:55
319	3457 Antony Wertheim	M	45	Ebbw Vale RC	00:43:09	326	00:43:04
320	2318 Lee Matthew Stone	M			00:43:11	324	00:43:02
321	277 Tim Harris	M	20		00:43:12	294	00:42:35
322	869 David Comery	M	40		00:43:12	329	00:43:08
323	3093 Knill Baird-Murray	M	45	Penarth & Dinas Runners	00:43:13	312	00:42:52
324	187 Gareth Rees	M			00:43:13	322	00:43:02
325	1692 Ioan Price	M	40		00:43:13	321	00:43:00
326	2254 Laurence Hopes	M	60		00:43:14	325	00:43:02
327	2482 Russell Crocker	M			00:43:14	328	00:43:07
328	3282 Annie Williams	F			00:43:17	331	00:43:09
329	142 Brian Griffiths	M	50		00:43:20	335	00:43:16
330	1722 Robert Downes	M			00:43:21	332	00:43:12
331	3322 Lee Williams	M	20		00:43:22	339	00:43:20
332	1471 Graham Vyner	M	40	3M Gorseinon	00:43:23	323	00:43:02
333	1435 Gareth Heatley	M	45		00:43:23	336	00:43:17
334	1507 Chris Denyer	M	45		00:43:25	330	00:43:08
335	452 Lisa Thomas	F		Amman Valley Harriers	00:43:26	333	00:43:14
336	1862 Stephen Murphy	M	50	Rising Sun Cork A.A.I.	00:43:26	343	00:43:23
337	2703 Gareth Davies	M			00:43:28	344	00:43:23
338	1427 Paul Boxer	M			00:43:30	340	00:43:20
339	1959 Marcus Price	M	20	Cwmbran Harriers	00:43:32	355	00:43:30

Admiral Swansea Bay 10k  
(Provisional Results)

340	2301 Terry Fenton	M	50	Great Western Runners	00:43:34	350	00:43:26
341	1186 Kate Jones	F		Pontypridd Roadents AC	00:43:35	346	00:43:24
342	2302 Aled Anderson	M	20		00:43:37	357	00:43:32
343	432 Claire Conway	F		Bristol And West AC	00:43:38	345	00:43:24
344	2276 Gafin Griffiths	M			00:43:38	352	00:43:27
345	3064 Andrew Price	M		Ebbw Vale RC	00:43:38	358	00:43:32
346	3416 Mark Overton	M	40		00:43:39	337	00:43:19
347	764 Nigel Jones	M	50		00:43:40	349	00:43:26
348	2965 Scott Andrews	M			00:43:40	353	00:43:28
349	1220 Daniel Luffman	M			00:43:40	365	00:43:37
350	1200 Ben Williams	M			00:43:41	327	00:43:04
351	2589 Adam Bruce-Smith	M			00:43:42	334	00:43:16
352	2843 Ian Bamford	M			00:43:42	364	00:43:36
353	3080 Michael Evans	M	45		00:43:43	363	00:43:34
354	1236 Nicholas Ost	M	40		00:43:43	341	00:43:23
355	1821 Alexander Robert Wooltertoi	M	60	Bridgend AC	00:43:44	370	00:43:41
356	1433 John Hough	M			00:43:46	348	00:43:26
357	2760 William Ferguson	M	40		00:43:47	356	00:43:31
358	1756 Alvin Thomas Phillips	M			00:43:48	360	00:43:34
359	3214 Ioan Davies	M			00:43:48	361	00:43:34
360	1801 Clive Denton	M	40	Rhondda Valley Runners	00:43:48	362	00:43:34
361	1256 Carly Day	F			00:43:49	368	00:43:38
362	2375 Christian Burge	M			00:43:49	369	00:43:39
363	3497 Richard Drewett	M	45		00:43:49	367	00:43:38
364	1683 Andrew Lucas	M	45	3M Gorseinon	00:43:51	359	00:43:33
365	3451 Gareth Nicholas	M	50		00:43:53	342	00:43:23
366	2420 Cyril Walters	M	60		00:43:53	372	00:43:43
367	72 Robert Cunnah	M			00:43:54	351	00:43:27
368	329 Ross Bullock	M			00:43:55	347	00:43:24
369	2078 Burkhard Markhoff	M	45	Swansea Harriers	00:43:55	383	00:43:50
370	3407 Gary Cleaves	M	50	Ebbw Vale RC	00:43:56	381	00:43:49
371	2390 John Goodby	M	50		00:43:56	366	00:43:37
372	1267 Richard Robinson	M	40		00:43:57	371	00:43:41
373	1582 Josh Brumby	M	20	Sumhc	00:43:57	338	00:43:20

Admiral Swansea Bay 10k  
(Provisional Results)

374	2907	Stuart Rees	M		00:43:58	388	00:43:52
375	2457	Dave Bright	M	40	00:43:59	377	00:43:46
376	3488	Edward Gale	M		00:43:59	373	00:43:43
377	1785	Simon John Cowlshaw	M	45	00:44:00	389	00:43:54
378	1645	Ian Burns	M		Great Western Runners	392	00:43:55
379	1333	Robert James Galpin	M	50	Wye Valley Runners	379	00:43:46
380	2223	Sue Davies	F	45	00:44:02	378	00:43:46
381	1062	Leighton Connor	M		Visteon	386	00:43:52
382	3441	Christopher Evans	M		00:44:02	374	00:43:43
383	3390	Johnny Lam	M		00:44:03	376	00:43:45
384	2875	Huw Durham	M		Pontypridd Roadents AC	380	00:43:48
385	2822	David Caswell	M	40	00:44:06	384	00:43:50
386	2496	Rob Woollacott	M		00:44:07	390	00:43:55
387	2471	Gerry Briggs	M	60	00:44:07	398	00:44:01
388	3015	Donald Prosser	M	45	00:44:09	375	00:43:44
389	2423	Julian Vance-Daniel	M	50	00:44:10	382	00:43:50
390	3285	Stewart Collins	M		00:44:10	404	00:44:05
391	1674	Richard Ieuan Evans	M	45	00:44:10	391	00:43:55
392	2079	Liz Ashton	F		Les Croupiers	403	00:44:04
393	1797	David Moore	M		00:44:12	396	00:44:00
394	2451	Guy Matthew Watkins	M		00:44:13	402	00:44:03
395	3265	David Williams	M	45	00:44:13	413	00:44:12
396	425	Neil Lonergan	M		00:44:14	385	00:43:51
397	1946	Adrian Luckman	M	40	00:44:14	406	00:44:06
398	473	Stuart Jones	M		Cyden	397	00:44:00
399	1126	Gerwyn Steele	M		00:44:15	387	00:43:52
400	2553	Kristian Belmont	M		RAF Recruiters Swansea	410	00:44:09
401	2445	Clare Lloyd	F		00:44:17	399	00:44:02
402	1869	Jason Thomas Evans	M		00:44:17	401	00:44:02
403	1967	Keith James	M		00:44:17	354	00:43:29
404	661	William Bowen	M	45	Mounts Bay Harriers	409	00:44:09
405	2792	Craig Harris	M		00:44:20	416	00:44:12
406	1637	Keith Brewer	M	55	00:44:20	393	00:43:56
407	2697	Luke Jones	M		00:44:21	412	00:44:11

Admiral Swansea Bay 10k  
(Provisional Results)

408	845 Chris Hall	M	45	Dorking And Mole Valley	00:44:22	394	00:43:56
409	2091 Alun Board	M			00:44:22	395	00:43:59
410	3215 Michael Bunston	M	40	Islwyn RC	00:44:22	423	00:44:19
411	1832 Graeme Clive Hays	M	40		00:44:24	420	00:44:16
412	2894 Mark Govier	M			00:44:24	400	00:44:02
413	145 Richie Hart	M	40		00:44:25	414	00:44:12
414	1059 Gareth Jehu	M	40	Aberdare AAC	00:44:29	426	00:44:20
415	370 James Samuel	M			00:44:30	418	00:44:16
416	1546 Christina Smith	F	45	3M Gorseinon	00:44:30	415	00:44:12
417	2115 Gareth Parry	M			00:44:30	405	00:44:06
418	2718 Jeffrey Aston	M	60	Les Croupiers	00:44:31	419	00:44:16
419	2466 James Williams	M	20		00:44:31	435	00:44:29
420	1014 Richard Baker	M			00:44:32	421	00:44:17
421	379 Charles Phillips	M	40		00:44:32	408	00:44:07
422	2518 Christopher Gibbard	M			00:44:32	411	00:44:10
423	3340 Mark Whitby	M			00:44:33	417	00:44:14
424	3515 John Magee	M			00:44:33	438	00:44:31
425	538 Alastair Wilson	M			00:44:34	427	00:44:21
426	197 Gareth Rees	M		Sospan RR	00:44:34	433	00:44:26
427	726 Gareth Parry	M			00:44:35	428	00:44:21
428	3431 Simon Scurrrell	M			00:44:35	424	00:44:19
429	3267 Ian Moss	M			00:44:35	425	00:44:19
430	3564 Simon Brewer	M			00:44:38	432	00:44:25
431	874 Matthew Wilton	M			00:44:39	422	00:44:18
432	2498 Geoffrey Robinson	M	40		00:44:40	429	00:44:22
433	1082 Desmond Paul Mcneill	M			00:44:42	437	00:44:30
434	1577 Marcus Eyre	M	50	3M Gorseinon	00:44:43	431	00:44:25
435	239 Alan Mann	M	50	Les Croupiers	00:44:43	449	00:44:36
436	1379 Richard Payne	M			00:44:44	450	00:44:36
437	2946 Jason Smith	M		Wye Valley Runners	00:44:44	434	00:44:28
438	1943 David Bown	M			00:44:45	458	00:44:41
439	2782 Arwel Hughes	M			00:44:45	430	00:44:23
440	2211 Huw James	M	45		00:44:45	443	00:44:34
441	2990 Antonio Panicola	M	40		00:44:45	436	00:44:29

Admiral Swansea Bay 10k  
(Provisional Results)

442	3068 Josie Hunsdon	F	35		00:44:45	459	00:44:41
443	2045 Mandy Peace	F	45	Sospan RR	00:44:46	441	00:44:32
444	1332 Kevin Anthony Jones	M	40		00:44:46	444	00:44:35
445	3074 Mike Rose	M	45	Celtic Tri	00:44:47	442	00:44:32
446	3359 Allen Bunney	M	40	Aberdare AAC	00:44:47	453	00:44:38
447	3306 Will Morgan	M			00:44:48	445	00:44:35
448	2810 Bev Davies	F			00:44:49	454	00:44:39
449	3461 Russell Buchan	M			00:44:51	446	00:44:35
450	2158 Harry George Franklin	M	70	Wye Valley Runners	00:44:51	451	00:44:37
451	2149 Richard John Otten	M	40		00:44:52	463	00:44:43
452	2058 Martin Jones	M	40		00:44:53	462	00:44:43
453	1459 John Parkinson	M	60		00:44:53	456	00:44:40
454	1957 Adrian Raybould	M	40		00:44:54	439	00:44:31
455	2712 Liam Westcott	M			00:44:55	440	00:44:32
456	1898 Michael Williams	M			00:44:55	452	00:44:38
457	1328 Lee Richards	M			00:44:57	447	00:44:36
458	668 Rob Thomas	M			00:44:58	465	00:44:46
459	3498 Russ Sinclair	M			00:44:58	460	00:44:41
460	499 Mark Eakins	M			00:44:59	448	00:44:36
461	2386 Michael Hockett	M	40	Great Western Runners	00:44:59	477	00:44:55
462	3186 Abyd Quinn Aziz	M	50	Penarth & Dinas Runners	00:45:01	475	00:44:54
463	2532 Andrew Oram	M			00:45:02	468	00:44:50
464	3066 Kevin John Smith	M	50		00:45:05	407	00:44:07
465	1095 Matt Griffiths	M			00:45:05	472	00:44:52
466	2695 David Fletcher	M	50	Wye Valley Runners	00:45:07	485	00:45:00
467	3260 Andrew Van Heiningen	M	40	Serpentine	00:45:08	464	00:44:43
468	285 Helen Jones	F	40		00:45:09	469	00:44:50
469	1815 Brian Phillip Walters	M	45		00:45:09	482	00:44:59
470	961 Michael Holloway	M			00:45:11	466	00:44:49
471	2591 Philip Bamsey	M	55	Neath Harriers	00:45:11	492	00:45:07
472	3336 Gemma Waters	F			00:45:11	455	00:44:40
473	1928 Carwyn Kirk	M	20		00:45:11	481	00:44:59
474	1798 Philippa Jane Learmo Samp	F	40		00:45:11	486	00:45:02
475	1982 Paul Rees	M	40		00:45:12	478	00:44:55

Admiral Swansea Bay 10k  
(Provisional Results)

476	1292 M Dee	M	50		00:45:12	480	00:44:58
477	2739 Owen Lewis	M			00:45:13	483	00:45:00
478	3013 Garry Merrell	M			00:45:14	461	00:44:42
479	1995 Alun Morris	M			00:45:15	470	00:44:51
480	1444 Gareth Hill	M			00:45:15	484	00:45:00
481	3449 Sharon Davies	F	35		00:45:16	471	00:44:51
482	793 Andy Hunter	M			00:45:17	490	00:45:07
483	440 James Ashwin	M			00:45:18	476	00:44:54
484	3280 Paul Cook	M		RAF Athletics	00:45:18	496	00:45:12
485	782 Jon Baldwin	M	40		00:45:20	473	00:44:52
486	1259 Liam J Davies	M	50		00:45:21	501	00:45:17
487	1376 Steve Mclelland	M	55	3M Gorseinon	00:45:22	487	00:45:04
488	2768 Sarah Gibby	F		Emlyn Runners	00:45:24	498	00:45:15
489	3413 Piers Morgan-Harvey	M		Mumbles Milers	00:45:26	494	00:45:11
490	2130 Rob Fearnley	M			00:45:27	500	00:45:16
491	792 Simon Ward	M			00:45:27	474	00:44:52
492	3157 Ben Hannigan	M	40	Pontypridd Roadents AC	00:45:29	497	00:45:14
493	2932 Rich Bryant	M			00:45:31	493	00:45:10
494	1680 Lee Anthony Williams	M			00:45:32	514	00:45:25
495	2117 Christopher Birch	M	50	TROTS	00:45:33	506	00:45:20
496	2666 Adam Jenkins	M			00:45:33	499	00:45:16
497	1514 Brian Griffiths	M	60	3M Gorseinon	00:45:34	495	00:45:12
498	1776 Richard Howe	M	40		00:45:37	515	00:45:25
499	2038 Carl Davies	M			00:45:39	502	00:45:17
500	2272 Sian Phillips	F	45	Swansea Harriers	00:45:39	519	00:45:29
501	2356 Geoff Hall	M	50		00:45:39	507	00:45:21
502	2821 Jonny Barratt	M			00:45:40	488	00:45:06
503	256 Amanda Chambers	F	50		00:45:41	509	00:45:24
504	148 Mark Beard	M	40		00:45:41	505	00:45:17
505	1030 Dave Liddament	M			00:45:43	479	00:44:57
506	3487 Michael John	M			00:45:44	489	00:45:06
507	1154 Richard Harris	M	40		00:45:44	504	00:45:17
508	713 Keith Hawkins	M			00:45:45	512	00:45:24
509	2233 Stephen Lisle	M			00:45:45	511	00:45:24

Admiral Swansea Bay 10k  
(Provisional Results)

510	1578 Mark Reynolds	M		Neath Harriers	00:45:45	508	00:45:21
511	909 Stuart Tyrrell	M			00:45:45	516	00:45:25
512	3590 Adam Demery	M			00:45:46	525	00:45:38
513	2908 Ceri Stephens	M			00:45:47	524	00:45:38
514	1858 Timothy James Padfield	M	40		00:45:47	518	00:45:28
515	1721 Mark Jenkins	M			00:45:48	526	00:45:39
516	2823 Stephen Roach	M			00:45:48	467	00:44:49
517	2871 Stephen Matthews	M		Esporta	00:45:48	528	00:45:41
518	198 Jonathan Harvey	M			00:45:49	503	00:45:17
519	1997 Graeme Morgan	M			00:45:49	522	00:45:36
520	2183 Julie Scholey	F	50	Les Croupiers	00:45:50	539	00:45:47
521	2608 Steve Whitehouse	M			00:45:51	457	00:44:41
522	1607 Henry Hayward	M	50	3M Gorseinon	00:45:52	523	00:45:38
523	1252 Andrew Owen	M	45	Avon & Somerset Police	00:45:53	544	00:45:50
524	3197 Robert Ford	M	55	Pontypridd Roadents AC	00:45:53	527	00:45:39
525	707 Brian Fox	M	60	Swansea Harriers	00:45:54	546	00:45:51
526	2440 Martin Foster	M	50	Bournville Harriers	00:45:55	537	00:45:47
527	1019 Phillip Worth	M		Hybrids Aeroengineering	00:45:55	529	00:45:41
528	2143 Brian Brookes	M	55		00:45:55	521	00:45:36
529	1216 Judi Rhys	F	45	Les Croupiers	00:45:56	541	00:45:48
530	2542 Byron Davies	M			00:45:56	531	00:45:43
531	1888 Michael Sas	M			00:45:57	513	00:45:25
532	1795 Paul Beck	M			00:45:57	517	00:45:27
533	155 Leslie Rowe	M	50		00:46:00	543	00:45:50
534	2982 Mark Bennewith	M	40	3M Gorseinon	00:46:00	536	00:45:47
535	2963 Del Matthews	M			00:46:00	533	00:45:43
536	3331 James Walker	M		Climbonbikes.Co.Uk	00:46:01	538	00:45:47
537	2588 Christopher Russell	M			00:46:03	547	00:45:51
538	1623 Marc Batcup	M			00:46:03	530	00:45:42
539	801 Mark Bamford	M			00:46:04	554	00:45:58
540	2845 Spencer Jones	M			00:46:04	534	00:45:44
541	164 Matthew Nankivell	M			00:46:04	520	00:45:35
542	1933 Nathan Lewis	M			00:46:05	535	00:45:45
543	3381 Ross Griffiths	M			00:46:08	532	00:45:43

Admiral Swansea Bay 10k  
(Provisional Results)

544	1793 Derek John Fenton	M	45		00:46:10	552	00:45:57
545	1565 Nic Oughton	M	40	Great Western Runners	00:46:11	540	00:45:47
546	1615 Caroline Sandles	F	40	3M Gorseinon	00:46:11	548	00:45:52
547	2007 Thomas Parsons	M	40	Wecori	00:46:12	563	00:46:03
548	2306 Anthony Phillip Barron	M			00:46:12	542	00:45:49
549	207 Calvin Hold	M			00:46:14	568	00:46:08
550	129 Dewi West	M	45	3M Gorseinon	00:46:15	550	00:45:56
551	564 Mr George	M			00:46:15	491	00:45:07
552	1684 Robert Lloyd Evans	M		Fairlands Valley Spartans	00:46:15	564	00:46:04
553	2029 Gary Davidson	M	45		00:46:15	558	00:46:00
554	1998 Lewis Williams	M	20		00:46:17	560	00:46:02
555	253 Loretta Daley	F	40	Les Croupiers	00:46:17	570	00:46:10
556	955 Alun Williams	M			00:46:17	562	00:46:02
557	2402 David Walker	M	55		00:46:18	556	00:45:58
558	3565 Phillip Davies	M			00:46:18	551	00:45:57
559	1778 Stuart James	M	40		00:46:19	559	00:46:01
560	3141 Daniel Wills	M		Dunvant Dolphins	00:46:20	545	00:45:51
561	687 Wilfy Edwards	M			00:46:21	569	00:46:10
562	289 Mitchell Aspland	M	20	Neath Harriers	00:46:21	582	00:46:20
563	1523 Tony Witchell	M	50		00:46:22	555	00:45:58
564	1071 Joanne Orszag	F			00:46:24	575	00:46:14
565	1278 Chris Goldup	M			00:46:24	510	00:45:24
566	1853 Dennis Andrew Collins	M	40	Rhondda Valley Runners	00:46:27	571	00:46:12
567	2056 Paul Knight	M			00:46:27	567	00:46:07
568	1037 Dafydd Roberts	M	60		00:46:29	578	00:46:16
569	44 Runner 44	M			00:46:31	586	00:46:22
570	2555 Paul Carman	M	55		00:46:31	572	00:46:12
571	1842 Roger Ian Bell	M	45	3M Gorseinon	00:46:31	574	00:46:13
572	2656 Carley Evans	F			00:46:32	565	00:46:06
573	2609 Kevin Fisher	M	45		00:46:33	580	00:46:19
574	2536 Hywel Morgan	M			00:46:33	557	00:46:00
575	3326 Justin Showell	M	40	Purple Patch Runners	00:46:34	591	00:46:25
576	2268 Raymond Dowrick	M	60		00:46:35	588	00:46:24
577	1080 Neil Turner	M	40	Wye Valley Runners	00:46:36	581	00:46:20

Admiral Swansea Bay 10k  
(Provisional Results)

578	843 Tim Ward	M		00:46:37	576	00:46:15
579	880 Bill Griffiths	M	55 Wye Valley Runners	00:46:37	589	00:46:24
580	1647 Nigel Warry	M	50	00:46:38	561	00:46:02
581	2277 Gwylim Wynne Griffiths	M	50	00:46:38	590	00:46:24
582	345 Andrew Griffiths	M		00:46:39	549	00:45:56
583	714 Steffan Thomas	M		00:46:40	605	00:46:33
584	2669 Richard Thomas	M		00:46:42	553	00:45:57
585	1600 Richard Soer	M	50 St. Edmund Pacers	00:46:43	587	00:46:22
586	3399 Dale George	M		00:46:43	608	00:46:35
587	854 Gill Aldworth	F	35	00:46:45	579	00:46:17
588	3097 Ian Bason	M	45	00:46:45	614	00:46:42
589	1633 Andrea Hurman	F	40 Penarth & Dinas Runners	00:46:45	577	00:46:16
590	1698 Julie Thomas	F	45 3M Gorseinon	00:46:46	594	00:46:27
591	2085 Theresa Gadd	F	35	00:46:46	610	00:46:36
592	692 Jean Merley	F	45 Malvern Joggers	00:46:46	609	00:46:35
593	1685 Gavin Lee Hopkin	M	20	00:46:47	583	00:46:21
594	2312 Jayne Littlewood	F	50 Hereford Couriers	00:46:47	604	00:46:33
595	3402 Nathan Walmsley	M		00:46:48	585	00:46:22
596	2027 Leigh Williams	M		00:46:48	600	00:46:31
597	1784 John Robert Bibby	M	40	00:46:48	584	00:46:22
598	3000 Mark Roblin	M	40 Carmarthen Harriers	00:46:49	598	00:46:28
599	852 Lisa Thomas	F	35	00:46:49	596	00:46:28
600	768 Andy Rees	M	50	00:46:49	566	00:46:07
601	2672 Hywel Tomos	M	40	00:46:50	601	00:46:31
602	1851 Amy Edwards	F	Rhondda Valley Runners	00:46:51	611	00:46:36
603	2685 Tony Sudworth	M	50	00:46:52	613	00:46:40
604	2841 Anthony Murphy	M	40	00:46:54	625	00:46:49
605	683 Ian Price	M	45	00:46:54	612	00:46:39
606	812 Alan Woodward	M	55	00:46:55	592	00:46:25
607	3452 Sean Haywood	M		00:46:56	606	00:46:33
608	2469 Adrian Mulready	M	45	00:46:56	573	00:46:13
609	1109 Claire Foot	F	20	00:46:57	622	00:46:47
610	1931 Michelle Rose	F		00:46:57	621	00:46:46
611	783 Nigel Cowan	M	60	00:46:58	618	00:46:45

Admiral Swansea Bay 10k  
(Provisional Results)

612	2372 Wayne Robert Cross	M	40		00:46:59	635	00:46:55
613	2641 Andrew Kriescher	M			00:46:59	607	00:46:34
614	2298 Maria Jane Richards	F	35	Islwyn RC	00:47:00	623	00:46:47
615	2371 David Trew	M	50		00:47:00	626	00:46:51
616	549 Ben Greenaway	M			00:47:01	599	00:46:31
617	858 Lana Brace	F	35		00:47:01	630	00:46:53
618	1925 Richard Graham	M			00:47:01	631	00:46:53
619	1787 Samantha Louise Carter	F			00:47:01	615	00:46:44
620	3379 Megan Thomas	F	20	TROTS	00:47:03	627	00:46:51
621	2080 Kit Lucas	M			00:47:03	593	00:46:25
622	1301 Adam Curtis	M			00:47:04	617	00:46:44
623	190 Matt Northern	M	20		00:47:05	597	00:46:28
624	1571 Amanda John	F	45	Amman Valley Harriers	00:47:06	632	00:46:54
625	3103 Gary Bodman	M	45		00:47:07	649	00:47:05
626	639 John Redmond	M			00:47:08	636	00:46:55
627	1954 Timothy Brice	M			00:47:10	595	00:46:28
628	535 Justin Tamlin	M			00:47:10	634	00:46:55
629	2622 Patrick O'Brien	M	40		00:47:10	633	00:46:55
630	1825 Richard Hugh Davies	M			00:47:14	644	00:47:01
631	3518 Andrew Dunscombe	M	40	Pontypridd Roadents AC	00:47:15	620	00:46:46
632	509 Ashlee Harris	M			00:47:17	628	00:46:52
633	2000 Andrew Quirolo	M	45		00:47:18	646	00:47:02
634	1437 Neale Davies	M	45		00:47:19	624	00:46:48
635	1541 Richard Noon	M			00:47:19	643	00:47:01
636	1724 Robert Kinsey	M	45		00:47:20	638	00:46:58
637	276 Dean Martin	M			00:47:21	637	00:46:57
638	1298 Julie Webster	F	35	Brackla Harriers	00:47:22	658	00:47:14
639	2160 Andrew Paul Jones	M			00:47:23	639	00:46:58
640	3033 John Davies	M	60	Port Talbot Harriers	00:47:24	664	00:47:18
641	2383 Phillip John Smith	M	55	Wye Valley Runners	00:47:25	641	00:47:00
642	629 Robert Warlow	M			00:47:27	672	00:47:21
643	391 Andrew Lloyd	M		Amman Valley Harriers	00:47:27	629	00:46:52
644	2816 Carl Seaman	M		Rhondda Valley Runners	00:47:28	655	00:47:13
645	2092 Chris Joce	M			00:47:28	603	00:46:32

Admiral Swansea Bay 10k  
(Provisional Results)

646	136 Michael Parker	M			00:47:29	670	00:47:21
647	729 Russell Davies	M	40		00:47:29	667	00:47:19
648	1547 Nick Claridge	M		Brunel Runners	00:47:30	662	00:47:18
649	1974 Penri Evans	M	40		00:47:30	680	00:47:26
650	896 Andrew Williams	M			00:47:31	653	00:47:07
651	1824 Clive Gerard Greaves	M	45	3M Gorseinon	00:47:31	651	00:47:07
652	710 Jonathan Mather	M	20		00:47:31	650	00:47:07
653	95 Amanda Granesco	F	35		00:47:32	647	00:47:03
654	3113 Christopher Price	M		Celtic Tri	00:47:33	656	00:47:13
655	130 Paul Vowles	M			00:47:34	674	00:47:23
656	1016 Richard Jones	M	40		00:47:35	689	00:47:31
657	3456 Graeme Manning	M	45		00:47:35	648	00:47:05
658	918 Sandra Beynon	F	45	WLA	00:47:36	657	00:47:14
659	2200 Kevin Mccarthy	M			00:47:37	660	00:47:15
660	2114 Robert Morgan	M	40		00:47:37	654	00:47:11
661	2305 Dorian Phillip Rees	M	40		00:47:39	692	00:47:34
662	1064 Leighann Jenkins	F			00:47:39	645	00:47:02
663	2137 David Andrews	M	40		00:47:40	663	00:47:18
664	78 Darryn Bushbye	M	20		00:47:41	619	00:46:45
665	284 Steven Jones	M			00:47:42	673	00:47:22
666	2123 Neil Watkins	M	40		00:47:42	669	00:47:20
667	2107 Andrew Davies	M			00:47:42	642	00:47:01
668	706 Elliot Wagland	M			00:47:42	659	00:47:15
669	451 David Jeffery	M			00:47:43	652	00:47:07
670	232 Mark Williams	M			00:47:44	616	00:46:44
671	2692 Ralph Lloyd	M	45	Wye Valley Runners	00:47:44	701	00:47:38
672	1199 Stephen Harrett	M	40	Eddy Wang Runners	00:47:44	678	00:47:26
673	711 Neale Wood	M	50		00:47:45	681	00:47:27
674	2429 Ashley Lewis	M			00:47:46	640	00:46:59
675	2691 Andrew Williams	M	40		00:47:47	679	00:47:26
676	1524 Paul Davies	M	50		00:47:47	676	00:47:24
677	2731 Simon Short	M	45		00:47:48	690	00:47:31
678	3221 Ffion Aur Evans	F	20	Amman Valley Harriers	00:47:50	694	00:47:35
679	2788 Brian Cotton	M			00:47:50	698	00:47:36

Admiral Swansea Bay 10k  
(Provisional Results)

680	579 Thomas Jackson	M		00:47:51	665	00:47:19
681	1103 Matthew Hulmes	M		00:47:52	668	00:47:20
682	3463 Robert Hart	M	45	00:47:52	666	00:47:19
683	1691 W Richard Bowen	M	55	00:47:53	682	00:47:29
684	2937 Mathew Rouge	M		00:47:53	700	00:47:37
685	1688 Sunniva Eie Bowen	M		00:47:53	683	00:47:29
686	394 Cordelia Jones	F	3M Gorseinon	00:47:54	695	00:47:35
687	828 Angela Delaney	F	40 Swansea Harriers	00:47:54	708	00:47:44
688	319 Darren Powis	M		00:47:55	687	00:47:31
689	433 Gareth Hart	M	Caerleon RC	00:47:56	675	00:47:23
690	2586 Kier Adams	M	20	00:47:56	713	00:47:46
691	2649 Andrew Ellison	M	Rhondda Valley Runners	00:47:57	699	00:47:36
692	2919 John Scadding	M	50 Great Western Runners	00:47:57	723	00:47:50
693	2168 Geoffrey White	M	55 3M Gorseinon	00:47:59	704	00:47:40
694	746 Stephen Rees	M	50	00:47:59	688	00:47:31
695	1165 Gary Gregor	M	60 Linden	00:47:59	719	00:47:49
696	2384 Jeremy Veck	M	40	00:47:59	712	00:47:46
697	2772 Andy Evans	M	45	00:48:01	711	00:47:46
698	1380 Chris Mackay	M		00:48:02	709	00:47:44
699	1923 Gareth Marsh	M		00:48:02	727	00:47:52
700	66 Jeremy Makin	M	45	00:48:04	696	00:47:35
701	3512 Jonathan Harper	M	20	00:48:04	707	00:47:44
702	3363 Simon Watkins	M		00:48:06	706	00:47:42
703	1914 Martin Allen Williams	M	40	00:48:08	716	00:47:48
704	216 Ian Sparks	M	40	00:48:09	734	00:47:58
705	2250 Hannah May Clack	F		00:48:09	728	00:47:52
706	2929 Malcolm Tebb	M		00:48:09	710	00:47:45
707	2842 Jonathan Swale	M		00:48:10	693	00:47:35
708	927 James Dawson	M	Team Brodie	00:48:10	715	00:47:48
709	1867 Peter Tanner	M	45 Great Western Runners	00:48:11	737	00:48:01
710	2961 Robert Sanders	M	50	00:48:11	722	00:47:50
711	3007 Christian Williams	M		00:48:12	602	00:46:31
712	1063 Laura Jenkins	F		00:48:13	697	00:47:35
713	1856 Tracy Ellen Edwards	F	40 Rhondda Valley Runners	00:48:13	726	00:47:52

Admiral Swansea Bay 10k  
(Provisional Results)

714	2340 Mark Thomas	M		00:48:14	685	00:47:30
715	1740 Ged Wood	M	50	00:48:14	750	00:48:09
716	2204 Frank Woodford Rott	M	60	00:48:14	731	00:47:54
717	2650 Keith Coleman	M	40	00:48:16	725	00:47:52
718	1542 Nigel Barker	M	45	Great Western Runners	00:48:17	740 00:48:04
719	3219 Allan Davies	M	40	00:48:17	705	00:47:40
720	2873 Martin Slee	M	45	00:48:18	684	00:47:30
721	1891 Dan Read	M	20	00:48:18	677	00:47:25
722	1388 Jon Dennis	M	45	00:48:19	717	00:47:48
723	2036 Mike Davies	M	50	00:48:19	724	00:47:51
724	1670 Nicholas Edward Hedges	M		00:48:20	745	00:48:09
725	2452 Alan Kirton	M	45	00:48:21	751	00:48:10
726	2706 Vic Saunders	M	40	Mumbles Milers	00:48:22	742 00:48:06
727	3546 Phil Bendle	M	40	00:48:23	714	00:47:46
728	1555 Philip Sheridan	M		00:48:23	720	00:47:49
729	220 Mike Evans	M		00:48:24	739	00:48:04
730	3233 G H Jenkins	M	40	Amman Valley Harriers	00:48:25	735 00:48:00
731	1716 Jonathan Nigel Clarke	M	40	Swansea Harriers	00:48:25	703 00:47:39
732	466 Tim Jones	M		00:48:26	743	00:48:06
733	3343 Jonathan Kinnear	M	40	00:48:26	732	00:47:56
734	911 Andrew Gibbs	M		00:48:27	736	00:48:00
735	346 Owen Hathway	M		Aber BAA BAS	00:48:27	691 00:47:33
736	2935 John Martin	M	50	00:48:27	738	00:48:02
737	2584 Hugh Thomas	M	50	00:48:28	752	00:48:10
738	1077 Michael Marshall	M	50	00:48:28	746	00:48:09
739	3507 Michael Roderick	M	20	00:48:30	749	00:48:09
740	3508 Jason Gill-Rowe	M	20	00:48:30	748	00:48:09
741	1234 Nick Colwell	M	45	00:48:30	759	00:48:18
742	1554 Richard House	M		00:48:31	744	00:48:07
743	3087 Thomas Annetts	M		00:48:32	758	00:48:15
744	1777 Alun Davies Kurmanlly	M		00:48:33	741	00:48:05
745	2241 Michael James Warner	M	40	00:48:35	778	00:48:26
746	3008 David Mark Cornish	M	40	00:48:35	721	00:47:50
747	2663 Waseem Chaudhry	M	40	00:48:35	718	00:47:49

Admiral Swansea Bay 10k  
(Provisional Results)

748	1576 Karen Davies	F	35	Activa	00:48:36	768	00:48:22
749	3329 Noelwyn Daniel	M	40	Clwb Triathlon Llanelli	00:48:38	770	00:48:22
750	3296 Paul Griffiths	M			00:48:39	730	00:47:53
751	2443 Paul Royston Jenkins	M	55		00:48:40	795	00:48:35
752	2862 Joanne Earnshaw	F	35		00:48:40	754	00:48:13
753	1921 Jayne George	F			00:48:41	753	00:48:12
754	682 Mark Jones	M	45		00:48:42	762	00:48:19
755	3100 Darren Beddows	M			00:48:42	782	00:48:29
756	3499 John Rees	M	55		00:48:42	769	00:48:22
757	3405 Phillip John	M	40		00:48:43	747	00:48:09
758	2066 Felicity Howard	F			00:48:43	789	00:48:33
759	1657 Bryan Rees	M	55	Emlyn Runners	00:48:44	763	00:48:20
760	2048 Richard Pugh	M			00:48:45	800	00:48:39
761	348 Yvonne Bullen	F	45	Les Croupiers	00:48:45	771	00:48:22
762	2491 Rebecca Clarke	F			00:48:46	761	00:48:19
763	2795 Ray Collier	M	55	3M Gorseinon	00:48:46	661	00:47:16
764	2022 Sarah Ganderton	F	35		00:48:46	755	00:48:13
765	1849 Kevin Ellis	M	50	Rhondda Valley Runners	00:48:47	776	00:48:25
766	2004 Kim Provis	F	50		00:48:47	760	00:48:18
767	3583 Michael Lyons	M	50		00:48:48	812	00:48:46
768	2220 Rhys James Jones	M			00:48:49	791	00:48:34
769	189 Rob Gwilliam	M		Wye Valley Runners	00:48:50	780	00:48:28
770	573 Alan Jenkins	M	45		00:48:50	733	00:47:58
771	3454 Ronan Burns	M			00:48:51	786	00:48:31
772	2682 Reuben Brunt	M			00:48:51	785	00:48:30
773	2659 Paul Moore	M	40		00:48:51	796	00:48:36
774	3160 Richard Phillips	M			00:48:52	773	00:48:24
775	1193 Richard Price	M	40	Celtic Tri	00:48:53	779	00:48:26
776	1538 Oliver Lewis	M			00:48:53	767	00:48:22
777	2468 Stephen Charles Hadley	M			00:48:54	794	00:48:35
778	395 Jason Burton	M		Leamington C & Ac	00:48:54	799	00:48:39
779	2944 Ian Robertson	M	40		00:48:54	765	00:48:21
780	3313 Paul Mitchell	M			00:48:55	757	00:48:15
781	2296 Mark Williams	M	40		00:48:57	841	00:48:55

Admiral Swansea Bay 10k  
(Provisional Results)

782	715 Jonathan Whitmore	M	20	Sumhc	00:48:57	766	00:48:21
783	3299 Mark Lavis	M	45		00:48:57	772	00:48:24
784	1733 James Clarke	M			00:48:59	829	00:48:51
785	2485 Roderick Mackay	M	55		00:48:59	788	00:48:32
786	3506 Beverley Dorsett	F	40		00:48:59	827	00:48:51
787	563 Iain Burns	M		Mumbling Tri Club	00:49:01	793	00:48:34
788	3366 Alan Hirst	M			00:49:02	764	00:48:21
789	1682 Michael John Waoe	M	45		00:49:02	783	00:48:29
790	1054 Richard Lewis	M			00:49:02	686	00:47:30
791	2271 Andrew Rothwell	M	50		00:49:02	777	00:48:25
792	3191 Janet Davies	F	45		00:49:05	702	00:47:39
793	1232 Mathew Holdsworth	M			00:49:05	781	00:48:29
794	3143 Matt Rogerson	M			00:49:05	808	00:48:45
795	1971 Paul Whitmarsh	M		Penarth & Dinas Runners	00:49:05	838	00:48:53
796	2587 Huw Evans	M			00:49:05	784	00:48:29
797	1046 Simon O'Brien	M	45		00:49:06	804	00:48:43
798	438 Martin Curtis	M			00:49:06	826	00:48:50
799	2726 Andrew Davies	M	40		00:49:07	817	00:48:48
800	2660 Peter Hartley-Green	M	40		00:49:07	811	00:48:46
801	223 Mark Davies	M	40		00:49:08	830	00:48:51
802	699 David Boucher	M	55		00:49:08	819	00:48:48
803	493 Jodi Bateman	F			00:49:08	756	00:48:14
804	1544 Maggie Fligelstone	F	45		00:49:08	774	00:48:24
805	1543 Mike Bull	M	50	Great Western Runners	00:49:09	845	00:48:58
806	3058 Simon David John	M	40		00:49:10	822	00:48:49
807	628 Leigh Ridgeway	M			00:49:10	790	00:48:33
808	1879 Christopher Colin Thomas	M	40		00:49:11	807	00:48:44
809	3070 Mark Davies	M	45		00:49:11	729	00:47:52
810	2162 Gwen Smith	F	40	Swansea Harriers	00:49:12	805	00:48:43
811	2891 Kelvin Phillips	M			00:49:13	797	00:48:38
812	2964 Iwan Hughes	M	40		00:49:14	810	00:48:46
813	790 Neil Thomas	M	55		00:49:15	801	00:48:41
814	800 Paul Daly	M			00:49:15	832	00:48:51
815	2093 Lisa Ballantyne	F	40		00:49:15	816	00:48:47

Admiral Swansea Bay 10k  
(Provisional Results)

816	3524 John Jones	M	45		00:49:15	787	00:48:31
817	2561 Paul Northcott	M			00:49:16	671	00:47:21
818	2959 Thomas Davies	M	20		00:49:16	792	00:48:34
819	2129 Christopher Leach	M			00:49:17	798	00:48:39
820	2432 David Mitchell	M	50	SBOC	00:49:17	809	00:48:46
821	583 Jeff Evans	M	40		00:49:17	828	00:48:51
822	2410 Mike Williams	M	40		00:49:20	866	00:49:09
823	160 Graham Phennah	M	45		00:49:20	856	00:49:02
824	442 Kathryn John	F	40	3M Gorseinon	00:49:21	854	00:49:02
825	3480 Stuart Poole	M			00:49:22	877	00:49:14
826	185 Mark Kneen	M	50		00:49:23	869	00:49:11
827	1865 Philippa Catherine Francis	F	45		00:49:24	849	00:48:59
828	1347 Jonathan Gough	M			00:49:25	840	00:48:55
829	324 Joanne Hale	F			00:49:25	847	00:48:58
830	2719 Chris Torbett	M	20		00:49:26	824	00:48:50
831	901 Tim Soar	M	45		00:49:26	891	00:49:20
832	1404 Neil Barkell	M		Tavistock AC	00:49:27	853	00:49:00
833	897 Nigel Williams	M			00:49:27	852	00:49:00
834	347 Matthew Francis	M			00:49:28	846	00:48:58
835	2520 Arwel Thomas	M			00:49:28	775	00:48:25
836	3510 Brian Marlin	M			00:49:29	835	00:48:52
837	2734 Dennis Blunt	M	60		00:49:29	864	00:49:08
838	3509 Barrie John Goode	M			00:49:29	837	00:48:53
839	2480 Timothy Warner	M	40		00:49:30	818	00:48:48
840	2360 Peter Morse	M			00:49:30	825	00:48:50
841	2215 Roger Gordon Opie	M	60		00:49:30	858	00:49:02
842	257 Liz Baynton-Clarke	F	50		00:49:30	876	00:49:14
843	138 Jack Newton	M	20		00:49:31	919	00:49:30
844	2192 David James Williams	M			00:49:31	836	00:48:53
845	2399 Michael Issac	M	45		00:49:32	887	00:49:17
846	1461 Lynn Goward	F	40	Village Vipers	00:49:32	884	00:49:16
847	1484 Carl Haines	M	50		00:49:32	882	00:49:16
848	414 Rhian Williams	F		Brackla Harriers	00:49:32	833	00:48:52
849	2951 Graham Tate	M	55		00:49:33	839	00:48:54

Admiral Swansea Bay 10k  
(Provisional Results)

850	736 Emma Barrett	F			00:49:34	823	00:48:49
851	172 Linda Tyler	F	45		00:49:34	890	00:49:20
852	3478 Phil Crocker	M	40		00:49:35	815	00:48:47
853	2052 Nick Gilmore	M			00:49:35	857	00:49:02
854	227 Benjamin Williams	M			00:49:35	813	00:48:47
855	522 Colin Spence	M	55		00:49:36	859	00:49:04
856	964 Meirion Board	M			00:49:37	848	00:48:58
857	3135 Eddie Harris	M			00:49:37	850	00:48:59
858	2426 David Ellis	M		Muller Running Club	00:49:37	875	00:49:14
859	2393 Eleanor Grey	F			00:49:38	862	00:49:06
860	1515 Elinor King	F			00:49:38	885	00:49:16
861	1905 Nick Fielden	M			00:49:38	872	00:49:13
862	784 David Price	M			00:49:38	871	00:49:13
863	1870 Dylan Wyn Hughes	M			00:49:39	903	00:49:24
864	1202 David Owen	M			00:49:39	803	00:48:43
865	2909 Craig Perriman	M			00:49:40	865	00:49:09
866	506 Darian Jones	M			00:49:40	912	00:49:28
867	2737 Mathew Court	M			00:49:41	831	00:48:51
868	2645 Carl Harris	M			00:49:41	860	00:49:05
869	3002 Edward Wellington	M	50	Parc Bryn Bach	00:49:41	855	00:49:02
870	1639 Bryn Hewitt-Thomas	M			00:49:41	878	00:49:15
871	876 Tony Baker	M	45		00:49:42	922	00:49:31
872	3569 Steve Kern	M			00:49:43	802	00:48:41
873	532 Chris Dennis	M		Mumblung Tri Club	00:49:43	880	00:49:16
874	3184 Nicky Williams	M			00:49:43	851	00:49:00
875	2357 Neil Langstone	M	45		00:49:44	904	00:49:24
876	1644 Alan George Knight	M	55	Great Western Runners	00:49:44	924	00:49:33
877	468 Andrew Burrows	M			00:49:44	920	00:49:30
878	1151 Jessica Millard	F			00:49:45	895	00:49:21
879	675 Andrew Brown	M			00:49:45	892	00:49:20
880	2566 Ronald Wootten	M	60	Great Western Runners	00:49:46	883	00:49:16
881	3037 Lee Kwok	M		Esporta	00:49:47	842	00:48:56
882	703 Adrian Hearne	M			00:49:47	908	00:49:26
883	605 Thomas Smith	M	45		00:49:47	888	00:49:18

Admiral Swansea Bay 10k  
(Provisional Results)

884	2295	David Martin James	M	40		00:49:48	901	00:49:23
885	3581	Darren Horton	M			00:49:50	806	00:48:43
886	363	Karen Anderson	F	45		00:49:50	909	00:49:26
887	313	Gareth Harris	M	45		00:49:50	906	00:49:25
888	1076	Dewi Winter	M	50		00:49:51	898	00:49:22
889	498	Louise Eakins	F	35	3M Gorseinon	00:49:51	881	00:49:16
890	2358	Paula Ace	F	40		00:49:51	923	00:49:32
891	1866	Craig Brown	M	45		00:49:51	814	00:48:47
892	2801	Angharad Fury	F			00:49:53	870	00:49:13
893	2088	Lee Llewellyn	M			00:49:53	868	00:49:11
894	2825	Craig Gavin	M			00:49:53	873	00:49:13
895	2051	Matthew Currie	M			00:49:53	932	00:49:38
896	2828	Tony Griffiths	M	50		00:49:53	821	00:48:49
897	2188	Andrea Butcher-Wood	F	40	Bitton Road Runners	00:49:53	907	00:49:25
898	291	Alun Jones	M			00:49:54	921	00:49:31
899	1899	Ewen Mclaughlin	M	40		00:49:54	863	00:49:06
900	2579	Andrea Davies	F			00:49:54	914	00:49:28
901	3526	Richard Vigers	M			00:49:54	834	00:48:52
902	737	Zak Barrett	M			00:49:54	867	00:49:10
903	3404	Rhidian Griffiths	M			00:49:54	926	00:49:35
904	1196	John Porter	M	50		00:49:55	916	00:49:29
905	2370	Jayne Trew	F	45	WRN	00:49:56	947	00:49:46
906	2157	Linzi Claire Palmer	F	35	Les Croupiers	00:49:56	950	00:49:47
907	1779	Kevin Paul Doyle	M	45		00:49:57	894	00:49:21
908	461	John Kevin Williams	M	40		00:49:57	917	00:49:29
909	1584	Martyn Dulake	M	40		00:49:57	910	00:49:26
910	1710	John Holohan	M	60	3M Gorseinon	00:49:58	897	00:49:22
911	2644	Robert Jenkins	M	40	Great Western Runners	00:49:59	896	00:49:21
912	2824	Ian Jones	M	40		00:49:59	889	00:49:19
913	3557	Andrew James Healey	M			00:50:00	925	00:49:34
914	2324	Anthony Gattrell	M	45		00:50:00	911	00:49:27
915	3422	Michael Thomas	M			00:50:01	886	00:49:17
916	3559	Solomon Goremano	M			00:50:02	844	00:48:57
917	2364	Gethin Fleetwood Lillicrap	M			00:50:03	843	00:48:57

Admiral Swansea Bay 10k  
(Provisional Results)

918	2777	Suzanne Bevan	F	45		00:50:03	928	00:49:36
919	3180	Rob Wood	M			00:50:05	893	00:49:21
920	1845	William Neil Chambers	M	40		00:50:06	940	00:49:41
921	268	Ian Broom	M	45		00:50:07	937	00:49:41
922	3278	Brian Cheetham	M			00:50:08	879	00:49:15
923	816	Steve Dennis	M			00:50:09	929	00:49:37
924	3511	Ian Harper	M	45		00:50:10	952	00:49:48
925	196	Chris Purnell	M	45	Cardigan	00:50:10	951	00:49:48
926	1231	Natasha Wilde	F	35		00:50:10	874	00:49:13
927	416	Stephen Barclay	M		Swansea Harriers	00:50:11	902	00:49:24
928	2155	Matthew Townsend	M	40	Les Croupiers	00:50:11	942	00:49:43
929	2266	Michael Williams	M	45		00:50:12	941	00:49:41
930	1581	Chris Gough	M			00:50:14	944	00:49:45
931	2657	Julie Hartley-Green	F	35		00:50:14	961	00:49:54
932	2524	Paul Read	M			00:50:15	899	00:49:23
933	2874	Kirsten Collins	F	35		00:50:15	964	00:49:56
934	2725	Rebecca Cosgrove	F		Griffithstown Harriers	00:50:15	957	00:49:51
935	1357	Ultann George	M			00:50:15	960	00:49:52
936	1026	Richard William Davies	M	45		00:50:16	954	00:49:50
937	2955	Stuart Barnes	M	50		00:50:16	946	00:49:46
938	1447	Ruth Treharne	F	45	Islwyn RC	00:50:17	969	00:50:00
939	868	David Davies	M	55		00:50:18	959	00:49:52
940	525	Iwan Davies	M	45		00:50:19	967	00:49:58
941	426	John Lonergan	M	45		00:50:19	966	00:49:56
942	1355	Marcus Axworthy	M			00:50:19	965	00:49:56
943	1439	Kevin Fitzgerald	M	60		00:50:20	930	00:49:37
944	1320	Tim Brown	M	50		00:50:20	900	00:49:23
945	2738	Stephen Pearce	M	40		00:50:22	936	00:49:40
946	243	Nigel Jenkins	M	40	Caerleon RC	00:50:22	935	00:49:39
947	3044	Kevin Ridgeway	M			00:50:22	938	00:49:41
948	2533	David Morgan	M	40		00:50:23	918	00:49:30
949	1368	Stephen Riseley	M	45		00:50:24	945	00:49:46
950	3562	Richard Rimmer	M	45		00:50:24	915	00:49:29
951	2438	Christopher Howells	M			00:50:24	977	00:50:03

Admiral Swansea Bay 10k  
(Provisional Results)

952	403 Natalie Pearson	F		00:50:25	985	00:50:08
953	2779 Tim Boothby	M		00:50:25	949	00:49:47
954	178 Nia Barrett	F		00:50:26	981	00:50:06
955	114 Sarah Packer	F	40	00:50:26	968	00:49:59
956	105 Nigel Hugh Davies	M	50	00:50:26	997	00:50:15
957	1883 Matthew James Hier	M	20	00:50:26	931	00:49:38
958	3393 Robert Nash	M	40	00:50:26	962	00:49:54
959	1988 Ben Pavey	M	20	00:50:27	820	00:48:48
960	96 Francis Weng Kan	M		00:50:27	953	00:49:49
961	624 Stephen Donnelly	M		00:50:28	984	00:50:07
962	928 Matt Otteson	M		00:50:29	958	00:49:52
963	2625 Steve Whitmarsh-Knight	M	60	00:50:30	990	00:50:12
964	2886 Jonathan Britton	M		00:50:30	983	00:50:06
965	3188 John Heycock	M	40	00:50:31	939	00:49:41
966	358 Elisa Newson-Smith	F	40	00:50:31	979	00:50:04
967	1195 Barry Thomas	M		00:50:36	927	00:49:36
968	1799 Michael James Garden	M	50	00:50:37	972	00:50:01
969	1425 Joseph Wade	M		00:50:37	1002	00:50:18
970	2998 Leanne Lewis	F	Amman Valley Harriers	00:50:39	1008	00:50:25
971	283 Mark Ellis	M	50	00:50:39	994	00:50:14
972	2282 Helen Bealey	F	Thrift Green Trotters	00:50:40	1005	00:50:23
973	1986 Michael Morgan	M		00:50:41	996	00:50:15
974	841 Julie Archer	F	40 WRN	00:50:41	980	00:50:06
975	3356 Martyn Hann	M	45	00:50:42	988	00:50:09
976	107 Gareth Rhys Tomos	M		00:50:43	1026	00:50:37
977	407 Ann Rowell	F	50 TROTS	00:50:44	1023	00:50:33
978	1096 Joanne Perkins	F	35	00:50:44	991	00:50:13
979	833 Simon Birks	M		00:50:45	948	00:49:47
980	2379 Christopher John Coleman	M	50	00:50:46	982	00:50:06
981	1715 Debra Clarke	F	40	00:50:47	970	00:50:00
982	2680 Julian Barsi	M		00:50:47	992	00:50:13
983	2575 Christopher Lewis	M	40	00:50:47	905	00:49:25
984	594 Michael Jacobs	M	40	00:50:47	1012	00:50:28
985	1181 Emily Davies	F	Wye Valley Runners	00:50:48	1018	00:50:31

Admiral Swansea Bay 10k  
(Provisional Results)

986	1153 Jay M Ramsurrun	M	55		00:50:48	976	00:50:02
987	3321 Kat Butler	F			00:50:48	956	00:49:50
988	3136 Sarah Lindsay	F	35		00:50:48	1006	00:50:24
989	2681 Louisa Barsi-Walters	F			00:50:48	995	00:50:14
990	2970 Paul Williams	M			00:50:49	861	00:49:06
991	1613 David Rogers	M			00:50:49	913	00:49:28
992	3106 Chris Bowen	M	40		00:50:50	943	00:49:43
993	1401 Ernest Clift	M	55		00:50:50	974	00:50:02
994	374 David Pearce	M	40		00:50:51	934	00:49:39
995	3421 Dale Williams	M	40		00:50:53	986	00:50:08
996	2054 Nicola Thomas	F	40		00:50:55	1041	00:50:44
997	3408 Gareth Eckley	M			00:50:55	1016	00:50:31
998	3111 Wayne Edmond	M	55		00:50:56	1009	00:50:26
999	3003 John Michael Lewis	M	45		00:50:56	955	00:49:50
1000	152 Mark Fermandel	M			00:50:58	1019	00:50:31
1001	110 James Williams	M			00:51:01	1011	00:50:26
1002	849 Aled James	M	20		00:51:05	1013	00:50:28
1003	3014 Joanna Claire Rothwell	F	20		00:51:06	933	00:49:39
1004	3245 Stephen Phillips	M	40		00:51:06	1053	00:50:53
1005	548 Alison Banfield	F			00:51:06	1021	00:50:33
1006	2246 Gail Colley	F	40	Wye Valley Runners	00:51:06	1042	00:50:45
1007	2419 Ian Wakefield	M			00:51:08	963	00:49:55
1008	3240 Phil Hyatt	M	45		00:51:08	1027	00:50:38
1009	2222 Simon Lane	M			00:51:08	973	00:50:01
1010	2073 Eiri Evans	F		3M Gorseinon	00:51:08	1037	00:50:43
1011	1840 Sheila Harris	F	40		00:51:09	1025	00:50:37
1012	3169 Rhian Jones	F			00:51:09	1001	00:50:18
1013	641 Darren Raz-Nick	M			00:51:10	1052	00:50:53
1014	907 Keith Powell	M	50		00:51:11	1010	00:50:26
1015	1039 Brendan Sweeney	M	40	Rob Clarke Gym	00:51:11	1003	00:50:22
1016	2797 Howard Jones	M	50	Brackla Harriers	00:51:13	1038	00:50:43
1017	3527 Neil Lewis	M	50	Mumbles Milers	00:51:13	1022	00:50:33
1018	362 Cheryl Griffiths	F	40		00:51:14	1015	00:50:30
1019	2169 James Thomas Richards	M			00:51:14	1043	00:50:46

Admiral Swansea Bay 10k  
(Provisional Results)

1020	108 John Bourne	M	60		00:51:14	1056	00:50:55
1021	3120 Kathryn Stoate	F			00:51:14	1031	00:50:40
1022	210 Michael Pynn	M			00:51:15	1000	00:50:17
1023	251 Ian Hill	M	40		00:51:15	1035	00:50:42
1024	1140 Ross Williams	M			00:51:16	1069	00:51:00
1025	2332 Geraint Walters	M		Ammanford Valley	00:51:16	1049	00:50:50
1026	2331 Vincent Evans	M		Amman Valley Harriers	00:51:16	1048	00:50:50
1027	3473 Paul Cahill	M			00:51:17	1070	00:51:01
1028	2330 Terry Magee	M	40	Ammanford Valley	00:51:17	1051	00:50:51
1029	2539 Alun Evans	M	40		00:51:18	993	00:50:14
1030	3514 Robert Harris	M			00:51:20	1079	00:51:07
1031	3289 Derian Evans	M			00:51:22	998	00:50:17
1032	490 Mark Biscoe	M			00:51:25	1057	00:50:55
1033	2754 Alun Nelson	M			00:51:25	1020	00:50:31
1034	571 Lucy Pittman	F			00:51:25	987	00:50:08
1035	2647 Simon Franks	M	45	Swansea Harriers	00:51:26	1083	00:51:11
1036	233 Adrian Davies	M			00:51:26	1007	00:50:25
1037	971 Gary Seldon	M		Islwyn RC	00:51:28	1058	00:50:55
1038	1441 Edward Davies	M	40		00:51:29	1064	00:50:58
1039	2746 Keith Clash	M	50		00:51:30	1078	00:51:06
1040	2848 Philip Graham	M			00:51:30	1089	00:51:13
1041	1128 Benoit Turbervill	M	20	Turbervills	00:51:30	1030	00:50:40
1042	773 Stephen Job	M	40		00:51:33	1059	00:50:55
1043	1238 Graeme Davies	M			00:51:33	1066	00:50:59
1044	1251 Robert Morgan	M			00:51:33	1086	00:51:12
1045	2062 Kevin O'Leary	M	50		00:51:34	1077	00:51:05
1046	1395 Nia Seaton	F			00:51:34	1074	00:51:03
1047	436 Lisa Miles	F		Wye Valley Runners	00:51:35	1097	00:51:18
1048	2604 David Rees	M			00:51:35	1054	00:50:54
1049	443 Michael Hughes	M			00:51:35	1046	00:50:47
1050	2869 Elizabeth Woodgate	F	35		00:51:35	1045	00:50:47
1051	3572 Rhodri Morris	M			00:51:35	978	00:50:03
1052	1625 Angharad Jones	F			00:51:36	1073	00:51:03
1053	1170 James Morgan-Doyle	M			00:51:36	1028	00:50:40

Admiral Swansea Bay 10k  
(Provisional Results)

1054	3533 Tara Hammett	F		00:51:36	1055	00:50:54
1055	194 Richard Thomas	M	40	00:51:37	1004	00:50:22
1056	1258 A Davies	F	45	00:51:37	1084	00:51:12
1057	2791 Oliver Miners	M		00:51:38	1034	00:50:42
1058	2213 Paul Rowley	M	50	00:51:38	1075	00:51:03
1059	2866 James Grant	M		00:51:39	999	00:50:17
1060	3528 Michael Aston	M	50	00:51:39	1108	00:51:24
1061	1521 Stephen Newbury	M	50	00:51:41	1060	00:50:56
1062	384 Jason Donovan	M		00:51:42	1085	00:51:12
1063	1720 Darryl Hope	M		00:51:42	1105	00:51:21
1064	1604 Andrew Woodhouse	M		00:51:43	1081	00:51:08
1065	1725 Blaine Phelps	M	40	00:51:43	1100	00:51:20
1066	3437 Matthew Pugh	M		00:51:43	1091	00:51:14
1067	2976 Juliet Davey	F	45	00:51:43	1017	00:50:31
1068	2592 Jonathan Gibbs	M		00:51:44	1047	00:50:50
1069	2640 Jamie Trollope	M		00:51:44	1087	00:51:12
1070	1306 Phil Jones	M		00:51:44	1040	00:50:44
1071	1843 Caroline Boote	F	35	00:51:45	1118	00:51:30
1072	664 Jeff Partridge	M		00:51:46	1114	00:51:26
1073	1335 Lesley Davies	F		00:51:46	1068	00:51:00
1074	71 Byron Davies	M		00:51:46	1098	00:51:18
1075	1334 Andrew Davies	M		00:51:46	1067	00:51:00
1076	2676 Rebecca Hurley	F		00:51:47	1093	00:51:16
1077	2230 Matthew Marcus Watts	M		00:51:47	1080	00:51:08
1078	2367 Nick Searle	M		00:51:48	1024	00:50:37
1079	1060 Lydia Smith	F	40	00:51:49	1106	00:51:21
1080	380 Simon Pascoe	M		00:51:49	989	00:50:10
1081	3123 Andrew Martin	M		00:51:51	1044	00:50:47
1082	2044 Carl Watkins	M		00:51:52	1061	00:50:56
1083	42 Runner 42	M		00:51:52	1039	00:50:43
1084	371 Michael Evans	M	40	00:51:52	1014	00:50:28
1085	1270 Ben East	M	20	00:51:52	1029	00:50:40
1086	2966 Verity Leach	F		00:51:53	1136	00:51:42
1087	2947 Steven Lewis	M	40	00:51:54	1063	00:50:56

Admiral Swansea Bay 10k  
(Provisional Results)

1088	1864 Frank Neil Griffiths	M	50		00:51:54	1123	00:51:34
1089	2286 Garth Edward Giesbrecht	M	50		00:51:54	1088	00:51:13
1090	2865 Ben Giesbrecht	M	50		00:51:54	1090	00:51:13
1091	2996 Catherine Morgan	F	35		00:51:55	1076	00:51:04
1092	1271 Will East	M			00:51:55	1036	00:50:42
1093	3195 Eva Cook	F	55	Sospan RR	00:51:56	1143	00:51:45
1094	818 James Davies	M	40	3M Gorseinon	00:51:56	1104	00:51:20
1095	2632 Daniel Reilly	M			00:51:58	1050	00:50:51
1096	1844 Bethan Rachel Edwards	F			00:51:58	1115	00:51:26
1097	191 Tracey Scotcher	F	35		00:51:59	1149	00:51:51
1098	46 Katy Swaine	F	35		00:51:59	1033	00:50:41
1099	788 Jacky Jones	F	40	Swansea Harriers	00:51:59	1153	00:51:52
1100	453 John Sanderson	M	50		00:51:59	1117	00:51:29
1101	47 Daniel Evans	M			00:51:59	1032	00:50:41
1102	3234 Diarmait Macgiollachriost	M	40		00:51:59	971	00:50:01
1103	2510 Natalie Day	F	35		00:51:59	1119	00:51:31
1104	2290 Janice Ann Harvey	F	50		00:52:00	1142	00:51:45
1105	3040 Gillian Edwards	F	40		00:52:00	1103	00:51:20
1106	697 Kathleen Bradbury	F	50	Amman Valley Harriers	00:52:01	1062	00:50:56
1107	2159 Susan Pretty	F	50	Wye Valley Runners	00:52:01	1130	00:51:39
1108	2765 Phillip Tucker	M	40		00:52:02	1128	00:51:38
1109	273 Richard Donne	M	45		00:52:02	1129	00:51:39
1110	1434 Emma Jenkins	F	35		00:52:04	1112	00:51:25
1111	1803 Clare Strawbridge	F	35		00:52:06	1096	00:51:17
1112	743 Jose Luis De La Cuesta Pa	F	35		00:52:07	1065	00:50:58
1113	1163 Georgina Lee	F			00:52:10	1132	00:51:40
1114	2623 Michael Nicholson	M	65		00:52:10	1148	00:51:51
1115	480 Stuart James	M	40		00:52:10	1120	00:51:32
1116	3059 Mohan Pillai	M	55		00:52:10	1151	00:51:51
1117	294 Alwyn Thomas	M	50		00:52:11	1144	00:51:46
1118	1811 Christine Motteram	F	65	Wye Valley Runners	00:52:11	1145	00:51:48
1119	263 Scott Cairns	M	45		00:52:11	1101	00:51:20
1120	2912 Rachel Bowen	F			00:52:11	1135	00:51:41
1121	1941 Tomos Steadman	M			00:52:11	1140	00:51:43

Admiral Swansea Bay 10k  
(Provisional Results)

1122	1327 Dave Godwin	M		00:52:11	1121	00:51:33
1123	645 Kate Russell	F	Parc Bryn Bach	00:52:12	1154	00:51:53
1124	102 Ruth Newman	F	40 Vegan Runners	00:52:13	975	00:50:02
1125	322 Andrew Eyles	M		00:52:14	1111	00:51:25
1126	2262 Duncan Thomas	M		00:52:15	1113	00:51:26
1127	1293 Gary Phillips	M	40	00:52:15	1134	00:51:41
1128	311 Tim Buckley	M		00:52:18	1099	00:51:20
1129	2269 Suzanne Kendrick	F	45 Rhayader A.C.	00:52:18	1109	00:51:24
1130	338 Robert Gadd	M		00:52:19	1102	00:51:20
1131	1108 Ruth Henderson	F	35	00:52:20	1107	00:51:24
1132	124 Martin Rees	M	45	00:52:20	1122	00:51:33
1133	913 Richard Adams	M	40	00:52:21	1082	00:51:09
1134	2398 Neil Murphy	M	Les Croupiers	00:52:21	1125	00:51:34
1135	2526 Peter Slee	M		00:52:21	1138	00:51:43
1136	848 Joseph Rainsbury	M		00:52:21	1094	00:51:16
1137	3092 Cara Bailey	F	35	00:52:22	1165	00:51:58
1138	3328 Trevor Caterson	M		00:52:23	1137	00:51:43
1139	3355 Pedro Juan Martinez Perez	M	45	00:52:23	1071	00:51:01
1140	1451 Mark Brier	M		00:52:24	1184	00:52:07
1141	1922 David O'Sullivan	M		00:52:24	1126	00:51:37
1142	652 Tasmin Thomas	F		00:52:24	1185	00:52:08
1143	2495 Benjamin Raichoudhury	M	55	00:52:26	1150	00:51:51
1144	558 Melanie Colburn	F	40 Celtic Tri	00:52:27	1139	00:51:43
1145	2938 David Lawson	M	55 Biggleswade AC	00:52:28	1218	00:52:26
1146	1757 Tony Nakonecznyj	M	55	00:52:28	1157	00:51:56
1147	1987 Desirre Lubran	F		00:52:29	1124	00:51:34
1148	141 Simon Bartlett	M	40	00:52:30	1171	00:52:02
1149	2292 Heulwen James	F	40 Emlyn Runners	00:52:30	1205	00:52:20
1150	3290 Rhys Thomas	M		00:52:31	1187	00:52:10
1151	702 Andrew Grint	M	40	00:52:31	1200	00:52:16
1152	455 Alison Tay	F	Swansea Harriers	00:52:31	1197	00:52:15
1153	2717 John Evans	M	60	00:52:32	1155	00:51:54
1154	1727 Kim Elizabeth Holohan	F	50	00:52:32	1163	00:51:57
1155	2648 Martyn Waygood	M	50	00:52:32	1092	00:51:14

Admiral Swansea Bay 10k  
(Provisional Results)

1156	1294 Daniel Prosser	M		00:52:33	1173	00:52:03
1157	1734 Chris Morgan	M	40 Les Croupiers	00:52:34	1162	00:51:57
1158	1522 Nigel Watkins	M	40	00:52:34	1186	00:52:08
1159	951 Philip Bosley	M	45	00:52:35	1168	00:52:01
1160	1432 David Jones	M	50	00:52:35	1167	00:52:00
1161	3291 Elizabeth Williams	F	35	00:52:37	1196	00:52:15
1162	101 Laura Henton	F		00:52:37	1133	00:51:40
1163	553 Jez Ashdown	M		00:52:38	1127	00:51:38
1164	224 John Lovell	M	55	00:52:38	1182	00:52:06
1165	2235 Raymond Boyce	M	45 Cornelly Striders	00:52:39	1201	00:52:17
1166	587 Melanie Stone	F	35 Celtic Tri	00:52:39	1169	00:52:02
1167	1501 Rebecca Chammings	F		00:52:40	1190	00:52:11
1168	1502 Catherine Chammings	F		00:52:40	1191	00:52:12
1169	2974 Lee Parker	M		00:52:40	1072	00:51:01
1170	2684 Gareth Morris	M		00:52:40	1195	00:52:15
1171	1266 Danny Saines	M		00:52:40	1116	00:51:27
1172	1621 Barry Roberts	M	40 Barry Roberts	00:52:41	1166	00:51:59
1173	2868 Keri Hiles	M		00:52:42	1147	00:51:49
1174	1675 Christopher Francis Jones	M	40	00:52:42	1204	00:52:20
1175	209 Caroline Hansel	F	40	00:52:43	1156	00:51:54
1176	2664 Amanda Lynch	F	35	00:52:43	1189	00:52:11
1177	2637 Stuart Mort	M	Port Talbot Harriers	00:52:44	1152	00:51:52
1178	2413 Gareth Lewis	M	50	00:52:44	1095	00:51:16
1179	1072 Darren Attew	M	40	00:52:45	1174	00:52:03
1180	2456 Kirsten Tucker	F	Swansea Harriers	00:52:48	1221	00:52:27
1181	76 Berwyn Price	M	55	00:52:48	1181	00:52:06
1182	2867 Rob Price	M		00:52:48	1180	00:52:04
1183	320 Lesley Mainwaring	F	40	00:52:49	1172	00:52:03
1184	1360 Simon Ford	M		00:52:49	1141	00:51:44
1185	987 Mark Turp	M	45	00:52:49	1228	00:52:33
1186	1146 Richard Simpson	M		00:52:50	1202	00:52:17
1187	255 Dean Stromeyer	M		00:52:50	1110	00:51:25
1188	1419 Chris Gwynn	M	45	00:52:50	1193	00:52:14
1189	2206 Adam Cranswick	M	20	00:52:51	1146	00:51:48

Admiral Swansea Bay 10k  
(Provisional Results)

1190	2702 Jonathan Thomas	M	40		00:52:51	1131	00:51:40
1191	560 Tammy Raz-Nick	F	35		00:52:51	1231	00:52:34
1192	373 Nicola Donovan	F	35		00:52:52	1209	00:52:22
1193	2189 Gavin Gilfedder	M	40		00:52:56	1210	00:52:23
1194	1409 John Hill	M			00:52:56	1192	00:52:13
1195	1938 David Brown	M			00:52:58	1251	00:52:48
1196	516 Richard Barrow	M			00:52:58	1175	00:52:04
1197	159 James Harris	M	45		00:52:59	1220	00:52:27
1198	1189 Richard Ward	M	40	London Heathside	00:53:00	1214	00:52:24
1199	3073 Steven Thomson	M	40		00:53:00	1215	00:52:25
1200	3458 Mark Passmore	M			00:53:01	1159	00:51:56
1201	3091 Martin Bailey	M			00:53:02	1260	00:52:53
1202	2025 John Vine	M	65		00:53:02	1212	00:52:24
1203	2407 Kelly Wake	F			00:53:04	1222	00:52:27
1204	1142 Simon Thomas	M			00:53:04	1267	00:52:59
1205	565 Paul Milner	M			00:53:05	1188	00:52:11
1206	1979 Kirsty Glover	F			00:53:06	1232	00:52:35
1207	2421 Alex Davies	M	20		00:53:06	1160	00:51:56
1208	1008 Thomas Jones	M			00:53:06	1217	00:52:25
1209	3415 Stephen Jones	M	45		00:53:07	1176	00:52:04
1210	1857 Lorraine Buck	F	45	Cardiff Harlequins	00:53:08	1250	00:52:48
1211	2368 Clive Searle	M	45		00:53:09	1164	00:51:57
1212	1880 Anna Wake	F	35	3M Gorseinon	00:53:09	1239	00:52:40
1213	919 Bill Beynon	M	40	WLA	00:53:11	1254	00:52:49
1214	546 Linda Rees	F	45	3M Gorseinon	00:53:12	1229	00:52:33
1215	2373 Stewart Pugh	M	45		00:53:12	1203	00:52:19
1216	226 Huw Williams	M	55		00:53:13	1211	00:52:24
1217	3427 Robert Lewis	M	40		00:53:13	1206	00:52:21
1218	2016 Ian Jones	M	45		00:53:14	1225	00:52:30
1219	3148 Steve Groves	M	50		00:53:15	1243	00:52:43
1220	1648 Tracey Issott	F	40	R4W	00:53:15	1240	00:52:42
1221	776 Hywel Daniels	M			00:53:15	1183	00:52:07
1222	2369 Robert Jenkins	M	40		00:53:16	1178	00:52:04
1223	3229 Rhianydd Gardiner	F	35		00:53:16	1264	00:52:55

Admiral Swansea Bay 10k  
(Provisional Results)

1224	2565 Steven Williams	M		00:53:17	1161	00:51:56
1225	823 Paul Moruzzi	M		00:53:18	1179	00:52:04
1226	60 Steven Williams-Jones	M		00:53:18	1223	00:52:28
1227	1575 Maurizio Brotto	M	45 Maggies	00:53:19	1253	00:52:48
1228	1323 Simon Kinsman	M	40	00:53:21	1158	00:51:56
1229	929 Mark Greenslade	M		00:53:21	1199	00:52:16
1230	1112 David Lloyd-Hawkshaw	M		00:53:22	1207	00:52:21
1231	1561 Jo Dale	F		00:53:23	1170	00:52:02
1232	1885 Simon Donald Hern	M	40	00:53:25	1247	00:52:45
1233	1884 Natalie Helen Hern	F	40	00:53:25	1248	00:52:46
1234	954 Leighton Williams	M	40	00:53:25	1275	00:53:08
1235	350 Joanne Williams	F	35	00:53:25	1259	00:52:52
1236	2208 Neil Dolman	M		00:53:25	1177	00:52:04
1237	1638 David Gomez	M		00:53:26	1263	00:52:54
1238	2776 Katie Evans	F		00:53:26	1249	00:52:47
1239	376 Mark Evans	M		00:53:26	1244	00:52:43
1240	3353 Sabina Meehan	F	40 Welsh Fell Runners	00:53:29	1271	00:53:05
1241	2653 Finola Wilson	F	40 WRN	00:53:29	1261	00:52:53
1242	2363 John Bowden	M		00:53:30	1216	00:52:25
1243	946 Michael Thomas	M	40	00:53:30	1310	00:53:26
1244	3388 Tom Powell	M	20	00:53:30	1246	00:52:45
1245	2345 Leighton Jones	M		00:53:31	1208	00:52:21
1246	1280 Emma Payne	F		00:53:31	1237	00:52:38
1247	1121 Paul Dorrell	M	45	00:53:32	1235	00:52:36
1248	2121 Emma Richards	F		00:53:33	1291	00:53:15
1249	3575 Mark Wells	M		00:53:33	1219	00:52:27
1250	337 Owen Morris	M		00:53:33	1242	00:52:42
1251	1399 Paul Rowlands	M	55	00:53:34	1269	00:53:02
1252	508 Lesley West	F	50	00:53:34	1292	00:53:16
1253	424 Kelly Gipson	F	40 Team Deviant	00:53:37	1262	00:52:53
1254	3134 Ross Price	M		00:53:38	1268	00:53:02
1255	1572 Lorraine Harris	F	50	00:53:39	1230	00:52:34
1256	365 Shahid Afzal	M		00:53:41	1280	00:53:10
1257	67 John Francis Mcsherry	M	40	00:53:41	1255	00:52:51

Admiral Swansea Bay 10k  
(Provisional Results)

1258	1718 Paul John Sydenham	M	50		00:53:42	1257	00:52:52
1259	1717 Nigel Thomas	M	55		00:53:42	1258	00:52:52
1260	618 Steve Duffill	M			00:53:44	1300	00:53:18
1261	2229 Emma Louise Evans	F			00:53:44	1273	00:53:06
1262	627 Rhidian Edwards	M			00:53:46	1285	00:53:12
1263	2494 Kamal Vivian Ray	M			00:53:46	1307	00:53:24
1264	238 Huw Probert	M		Mad Hatters Tea Party	00:53:46	1241	00:52:42
1265	2020 Steven Chivers	M			00:53:47	1272	00:53:05
1266	1273 Janet Pulling	F	55		00:53:47	1236	00:52:37
1267	1316 Andrea Price-Jones	F	45		00:53:48	1289	00:53:14
1268	430 Julian Griffiths	M	40		00:53:48	1194	00:52:14
1269	2851 Alister Green	M	40		00:53:49	1295	00:53:17
1270	3183 Jonathan Wisbey	M			00:53:49	1213	00:52:24
1271	1990 Ruth Williams	F	45		00:53:50	1312	00:53:28
1272	2766 Louise Udiawar	F			00:53:50	1227	00:52:33
1273	1083 Alison Morgan	F	35	WRN	00:53:51	1274	00:53:06
1274	139 Jason Jones	M	40		00:53:51	1265	00:52:57
1275	1260 Joel Evans	M			00:53:52	1238	00:52:38
1276	2411 Richard Mainwaring	M			00:53:53	1279	00:53:10
1277	1651 Robert David Walker	M	55		00:53:54	1297	00:53:17
1278	2252 Gareth Richards	M	60		00:53:54	1314	00:53:29
1279	2849 John Charles	M	40		00:53:54	1335	00:53:43
1280	674 Jonathan Tucker	M			00:53:55	1226	00:52:33
1281	1763 Russell Pullen	M	65	Neath Harriers	00:53:56	1356	00:53:56
1282	3491 Stuart Rowlands	M	50		00:53:57	1277	00:53:09
1283	791 Sandra Joy	F	45	WRN	00:53:58	1296	00:53:17
1284	3060 Richard James Parry	M	55		00:53:59	1334	00:53:42
1285	3358 Tom Fulford	M	20		00:53:59	1344	00:53:50
1286	1478 Sarah Hawker	F	35		00:53:59	1294	00:53:16
1287	2997 David Morgan	M	40		00:54:01	1283	00:53:11
1288	49 Jason Keeler	M			00:54:02	1290	00:53:14
1289	471 Andrew Jones	M			00:54:02	1224	00:52:30
1290	2237 Vyvyan Smith	M	45		00:54:02	1337	00:53:44
1291	542 Stuart Constantine	M			00:54:03	1311	00:53:27

Admiral Swansea Bay 10k  
(Provisional Results)

1292	2201	John Tinelli	M	50		00:54:04	1198	00:52:16
1293	1868	Julie Elizabeth Noble	F	40	Celtic Tri	00:54:04	1298	00:53:17
1294	2728	Jason Thomas	M			00:54:04	1306	00:53:23
1295	2939	Joshua Simmons	M	20		00:54:06	1341	00:53:47
1296	3150	Libby Harris	F	35		00:54:07	1266	00:52:58
1297	2563	Alun Watkins	M			00:54:07	1245	00:52:45
1298	2238	Anna David	F	35	Neath Harriers	00:54:10	1330	00:53:42
1299	1599	Kathryn James	F			00:54:10	1316	00:53:30
1300	1635	Clare Ford	F	45		00:54:10	1329	00:53:41
1301	3078	Ruth Davies	F	35		00:54:10	1332	00:53:42
1302	908	Pauline Rees	F	50		00:54:12	1293	00:53:16
1303	2042	Matt Pavey	M			00:54:12	1233	00:52:35
1304	2084	Michael Evans	M			00:54:13	1287	00:53:12
1305	2317	Richard James Pennel	M		Glamorgan	00:54:13	1358	00:53:56
1306	772	Peter Drew	M	45		00:54:13	1288	00:53:14
1307	2715	Ian Gilmore	M			00:54:13	1252	00:52:48
1308	2687	Cerian Glover	F			00:54:14	1331	00:53:42
1309	1283	Eric Frew	M	45		00:54:15	1327	00:53:41
1310	2613	Beverley Rochard	F	35		00:54:15	1319	00:53:34
1311	1118	Jan Edwards	F	50	Wye Valley Runners	00:54:15	1362	00:53:59
1312	3320	Dalany Watkins	F			00:54:16	1270	00:53:03
1313	1120	Barry Young	M	55	Wye Valley Runners	00:54:16	1363	00:54:00
1314	2582	Alex Parry	M	40		00:54:16	1234	00:52:35
1315	698	James Bradbury	M	50		00:54:16	1282	00:53:11
1316	990	Christine Hurdidge	F	55	3M Gorseinon	00:54:16	1320	00:53:35
1317	983	David Mcnamara	M			00:54:18	1304	00:53:20
1318	2931	Charlie Reed	M			00:54:19	1374	00:54:07
1319	1359	Anthony Evans	M			00:54:19	1391	00:54:13
1320	1075	Huw Landeg Morris	M	45		00:54:19	1305	00:53:22
1321	3582	Runner 3582	M			00:54:20	1309	00:53:25
1322	2427	John Price	M	50		00:54:20	1317	00:53:33
1323	3248	Natalie Evans	F	35		00:54:21	1342	00:53:48
1324	2755	Lisa Milton	F		Avon & Somerset Police	00:54:22	1313	00:53:28
1325	1420	Chris Johns	M	45		00:54:22	1378	00:54:09

Admiral Swansea Bay 10k  
(Provisional Results)

1326	1257 Graeme East	M	50	Cranleigh Tortoise & Hare	00:54:22	1276	00:53:09
1327	718 Chris Osborne	M	50		00:54:23	1382	00:54:10
1328	3246 Graham Thomas	M	40		00:54:23	1284	00:53:11
1329	2320 Lucy Lee	F			00:54:24	1325	00:53:39
1330	2667 Angela Lodge	F	45		00:54:24	1338	00:53:44
1331	3115 Andrew Ray	M			00:54:24	1278	00:53:10
1332	2615 Kenneth Ballard	M	60		00:54:24	1343	00:53:50
1333	3088 Chris Anthony	M			00:54:24	1318	00:53:33
1334	3325 Scott Williams	M	20		00:54:26	1407	00:54:18
1335	2100 Gwyn Jones	M	75		00:54:26	1386	00:54:12
1336	1963 Neil Clegg	M	45		00:54:27	1340	00:53:47
1337	3304 Vincent Lewis	M	40	Port Talbot Harriers	00:54:27	1326	00:53:39
1338	2580 Mark Kemp	M			00:54:29	1308	00:53:24
1339	616 Jason Muxworthy	M	40		00:54:29	1302	00:53:19
1340	1097 Mathew Jones	M			00:54:29	1256	00:52:51
1341	3274 Aaron Nottingham	M			00:54:30	1322	00:53:38
1342	200 Jonathan Coffey	M	40		00:54:31	1345	00:53:50
1343	2473 Sian Morgan	F	35		00:54:31	1405	00:54:17
1344	2096 Neil Roberts	M			00:54:32	1324	00:53:39
1345	756 Peter Jones	M	55		00:54:33	1384	00:54:11
1346	3270 Mike Gilbert	M	40		00:54:34	1303	00:53:20
1347	3023 Kyle Sinclair	M	20		00:54:34	1301	00:53:18
1348	1730 Deborah Clifford	F	40		00:54:36	1392	00:54:13
1349	427 Tony Jay	M	45		00:54:37	1348	00:53:53
1350	709 David Ashman	M	45		00:54:38	1339	00:53:46
1351	3266 Caryl Richards	F		Great Western Runners	00:54:39	1366	00:54:02
1352	1640 Daniel Hubball	M			00:54:40	1336	00:53:44
1353	884 Ross Walton	M			00:54:41	1323	00:53:38
1354	492 Richard Brown	M			00:54:42	1321	00:53:36
1355	2940 Samantha Singh	F	35		00:54:43	1390	00:54:13
1356	2639 Oscar Elias	M	20		00:54:43	1425	00:54:31
1357	3351 Sarah Fish	F	35		00:54:43	1389	00:54:13
1358	2698 Christopher Campbell	M			00:54:43	1299	00:53:17
1359	3118 Hannah Jenkins	F			00:54:45	1352	00:53:55

Admiral Swansea Bay 10k  
(Provisional Results)

1360	2601 Cheryl Rees	F	35		00:54:45	1372	00:54:05
1361	459 James Raleigh	M			00:54:47	1328	00:53:41
1362	2522 Michael Llewellyn	M	40		00:54:48	1458	00:54:48
1363	1436 Huw Jones	M	45		00:54:49	1361	00:53:59
1364	1253 Paul Clarke	M			00:54:50	1349	00:53:53
1365	2470 Sean Gormley	M	40		00:54:50	1281	00:53:10
1366	2377 David Neil Tucker	M	40		00:54:53	1397	00:54:15
1367	2926 Antony Rees	M	45		00:54:53	1286	00:53:12
1368	1209 Paul Darby	M	40		00:54:53	1346	00:53:51
1369	3323 Shane Williams	M	20		00:54:54	1450	00:54:45
1370	1180 Alexander Best	M	20		00:54:57	1347	00:53:52
1371	1609 Berian Davies	M	50		00:54:57	1350	00:53:53
1372	1048 Jonathan Prangley	M			00:54:57	1379	00:54:09
1373	1549 Fay Sharpe	F	45	3M Gorseinon	00:54:58	1400	00:54:16
1374	2467 Suzanne Marie Wells	F	35		00:54:58	1439	00:54:39
1375	2187 Rhodri Aled Rees	M			00:54:58	1369	00:54:04
1376	182 Nigel Impey	M			00:54:59	1415	00:54:24
1377	3126 Huw Killa	M	50		00:54:59	1315	00:53:29
1378	3490 Gareth Jones	M	50		00:55:00	1394	00:54:15
1379	359 Gareth Thomas	M			00:55:02	1360	00:53:59
1380	1304 Alison Jenkins	F			00:55:03	1368	00:54:04
1381	1290 Martyn Jenkins	M			00:55:03	1370	00:54:04
1382	1965 Tony Spiller	M		3M Gorseinon	00:55:03	1406	00:54:17
1383	1468 Claire Ludlow	F			00:55:03	1351	00:53:54
1384	1702 Murray Hickey	M	20		00:55:03	1373	00:54:06
1385	1953 Steve Harris	M			00:55:04	1353	00:53:55
1386	734 Mark Slade	M			00:55:04	1410	00:54:20
1387	3255 Lisa Kethro	F	40	Celtic Tri	00:55:04	1403	00:54:17
1388	1693 Jonathan Evans	M			00:55:05	1422	00:54:28
1389	917 Carl Morris	M			00:55:05	1411	00:54:20
1390	1457 Ray Fisher	M	50		00:55:07	1355	00:53:55
1391	1449 Chris Bevan	M			00:55:08	1444	00:54:41
1392	1131 Emma Humphreys	F			00:55:09	1354	00:53:55
1393	1047 Rachel Prangley	F			00:55:10	1413	00:54:22

Admiral Swansea Bay 10k  
(Provisional Results)

1394	89 Nicola Bowman	F	40	00:55:11	1376	00:54:07
1395	619 Nicholas Jenkins	M	45	00:55:11	1428	00:54:33
1396	2621 Sarah Jordan	F	35	00:55:11	1393	00:54:13
1397	883 Polly Ivens	F		00:55:12	1381	00:54:10
1398	2504 Brian Hill	M	40	00:55:13	1367	00:54:03
1399	3226 Kevin Fall	M		00:55:13	1380	00:54:09
1400	3065 Roger Stein	M	55	00:55:13	1447	00:54:43
1401	3251 Jay Extence	M	40	00:55:13	1416	00:54:25
1402	2089 Linda Williams	F	35	00:55:13	1395	00:54:15
1403	2673 Sian Tomos	F	40	00:55:14	1417	00:54:25
1404	2945 Gaynor Orton	F	50	00:55:15	1399	00:54:16
1405	1224 Hayley Jones	F		00:55:15	1402	00:54:16
1406	147 David Powell	M		00:55:15	1387	00:54:12
1407	1696 Jacqueline King	F	40	00:55:15	1419	00:54:26
1408	1611 David Phillips	M	40	00:55:15	1364	00:54:01
1409	3551 Alison Mary Thomas	F	35	00:55:16	1383	00:54:10
1410	1210 Steve Williams	M		00:55:17	1396	00:54:15
1411	3383 Frances Hains	F	60	00:55:18	1401	00:54:16
1412	1206 Kevin Dewitt	M		00:55:18	1448	00:54:44
1413	1516 Charles King	M	60	00:55:18	1455	00:54:48
1414	3096 Annabel Ballance	F	20	00:55:19	1429	00:54:35
1415	2616 Michael Brown	M	40	00:55:19	1488	00:55:10
1416	910 Gary Thorne	M	45	00:55:19	1460	00:54:51
1417	986 Lynda Thomas	F		00:55:19	1473	00:55:01
1418	413 Lee Morris	M	3M Gorseinon	00:55:19	1474	00:55:01
1419	3277 Leighton Jenkins	M	45	00:55:20	1359	00:53:58
1420	1342 Fiona Evans	F	40	00:55:21	1495	00:55:13
1421	2472 Jennifer Briggs	F	55	00:55:23	1500	00:55:17
1422	221 Annette Williams	F	40	00:55:23	1420	00:54:26
1423	2826 Jayne James	F	40	00:55:25	1467	00:54:57
1424	2265 Euan Gordan Pratt	M		00:55:27	1433	00:54:36
1425	2267 Nigel Jason Beynon	M	40	00:55:27	1432	00:54:36
1426	1276 Alistair Thomson	M	Kontoor	00:55:27	1414	00:54:23
1427	700 Delyth Murray- Lines	F		00:55:28	1388	00:54:12

Admiral Swansea Bay 10k  
(Provisional Results)

1428	2774 Jordan Randell	M		00:55:28	1464	00:54:55
1429	1512 Paul Batcup	M		00:55:29	1483	00:55:07
1430	2780 Julie Perkins	F	40	00:55:30	1404	00:54:17
1431	1422 Andrew Neak	M		00:55:30	1438	00:54:39
1432	1417 Maire Cook	F		00:55:31	1385	00:54:11
1433	1878 Stephen Patrick Murphy	M	50	00:55:31	1333	00:53:42
1434	61 Kevin Foley	M	40	00:55:31	1453	00:54:47
1435	1701 Linda Keelaw	F	45	00:55:32	1430	00:54:35
1436	2551 Dafydd Llywelyn	M		00:55:32	1446	00:54:42
1437	1525 Manisankar Pappa Krishnan	M		00:55:32	1466	00:54:57
1438	3573 Sharon Rogers	F	40	00:55:33	1471	00:55:00
1439	367 Ian Brice	M	40	00:55:33	1479	00:55:05
1440	2500 Captain Beany	M	55	00:55:33	1519	00:55:27
1441	2352 Derek Richard Davies	M	45	00:55:33	1517	00:55:27
1442	2278 Dylan Harris	M	20	00:55:33	1513	00:55:24
1443	614 Ian Michael	M	40	00:55:34	1437	00:54:39
1444	2275 Darren Harris	M	40	00:55:34	1514	00:55:24
1445	873 Robert Alford	M	40	00:55:34	1441	00:54:41
1446	3193 Jo Davies	F	40	00:55:34	1377	00:54:08
1447	2067 Neil Davies	M	45	00:55:34	1436	00:54:38
1448	1731 Philip Clifford	M	45	00:55:35	1493	00:55:12
1449	3114 Megan Edney	F	20	00:55:35	1427	00:54:33
1450	1387 Christopher Hockley	M	40	00:55:35	1423	00:54:29
1451	840 Lynsey Monks	F	40	00:55:35	1442	00:54:41
1452	760 Martin Orrells	M	50	00:55:36	1445	00:54:42
1453	3369 Bernard Murphy	M		00:55:37	1440	00:54:40
1454	1233 Gareth Knox	M		00:55:37	1357	00:53:56
1455	2677 Philip Stone	M	60	00:55:38	1435	00:54:37
1456	2095 Gregg Leslie	M		00:55:39	1424	00:54:30
1457	404 Richard Clarke	M		00:55:39	1509	00:55:23
1458	2247 Jack Fell	M	65	00:55:40	1515	00:55:24
1459	2781 Jenny Askham	F		00:55:43	1469	00:54:57
1460	1473 Catherine Lloyd-Bennett	F		00:55:43	1477	00:55:04
1461	2784 Neil Caswell	M	40	00:55:45	1492	00:55:12

Admiral Swansea Bay 10k  
(Provisional Results)

1462	460 Julie Williams	F	40	00:55:45	1496	00:55:15
1463	3375 Aled Nurton	M		00:55:45	1449	00:54:45
1464	1482 Tracey Wynne	F	40	00:55:46	1478	00:55:05
1465	475 Mark Ley	M		00:55:46	1505	00:55:19
1466	3466 Kris Evans	M		00:55:46	1421	00:54:28
1467	408 Lisa Wilson	F	35	00:55:46	1487	00:55:10
1468	3262 Simon Jones	M		00:55:47	1371	00:54:04
1469	2881 Lindy Beaton	F	45	00:55:47	1412	00:54:21
1470	962 Holly Dix	F		00:55:47	1486	00:55:08
1471	820 David Hearne	M	45	00:55:48	1461	00:54:52
1472	824 Gail Gillespie	F	40	00:55:48	1462	00:54:52
1473	570 Mike Kirton	M	45	00:55:50	1426	00:54:33
1474	2771 Rachel Evans	F	35	00:55:51	1457	00:54:48
1475	2708 Terry Vickery	M	65	00:55:53	1498	00:55:16
1476	696 Jim Evans	M	55	00:55:53	1375	00:54:07
1477	648 Paul Warlow	M		00:55:53	1443	00:54:41
1478	912 Liam Crowther	M		00:55:54	1454	00:54:47
1479	1254 Sara Morgan	F		00:55:54	1508	00:55:23
1480	623 Martyn Price	M	45	00:55:56	1463	00:54:54
1481	1985 Tamsin Josty	F	40	00:55:56	1451	00:54:46
1482	1031 Rhys Jones	M	20	00:55:57	1418	00:54:25
1483	1371 Kevin Mandry	M		00:55:58	1398	00:54:15
1484	2017 Ben Koscian	M		00:55:58	1501	00:55:17
1485	244 Deborah Jenkins	F	40	00:55:58	1497	00:55:16
1486	1632 Ann Roberts	F	45	00:55:59	1408	00:54:20
1487	1617 Julian French	M	40	00:55:59	1409	00:54:20
1488	1182 Peter Norris	M	45	00:56:00	1459	00:54:49
1489	270 Robert Jones	M	40	00:56:01	1472	00:55:01
1490	665 Anne Huggett	F		00:56:02	1484	00:55:07
1491	732 Daniel Roberts	M		00:56:02	1550	00:55:49
1492	2455 Alan Rose	M	50	00:56:02	1456	00:54:48
1493	3089 Rich Avery	M		00:56:03	1431	00:54:35
1494	1551 Clare Catterson	F	45	00:56:03	1512	00:55:24
1495	41 Runner 41	M		00:56:03	1523	00:55:29

Admiral Swansea Bay 10k  
(Provisional Results)

1496	1412 Michael Steeds	M	45		00:56:03	1494	00:55:12
1497	2967 Jatinder Seehra	M	40		00:56:05	1365	00:54:01
1498	2716 Huw Jones	M	45		00:56:05	1489	00:55:11
1499	2484 Martin Davies	M			00:56:06	1499	00:55:17
1500	3176 Andrew Rockley	M	40	Clwb Rhedeg Aberteifi	00:56:07	1491	00:55:11
1501	3438 Stephen Lewis	M			00:56:07	1503	00:55:18
1502	2300 Catherine Llewellyn	F	45	Merthyr Harriers	00:56:08	1468	00:54:57
1503	1363 Kathy Lewis	F	50		00:56:09	1511	00:55:23
1504	2794 Jason Mcintosh	M	40		00:56:10	1530	00:55:36
1505	2355 Carys Ann Roderick	F		WRN	00:56:10	1524	00:55:32
1506	153 Alex Bevan	M			00:56:10	1434	00:54:36
1507	1264 Andrew Davies	M			00:56:11	1482	00:55:06
1508	1902 Rachel Betsworth	F			00:56:12	1567	00:55:59
1509	2904 Wendy Nickerson	F	35		00:56:13	1525	00:55:33
1510	1653 Elizabeth Jayne Whitmell	F	45		00:56:13	1481	00:55:06
1511	2444 Julian Wake	M			00:56:15	1536	00:55:39
1512	689 Kevin Davis	M	45	Thornbury Running Club	00:56:16	1518	00:55:27
1513	3012 Mark Sainsbury	M			00:56:18	1535	00:55:39
1514	507 James Mason	M			00:56:18	1569	00:56:02
1515	597 Lesley Langdon	F	45		00:56:21	1586	00:56:12
1516	2041 John Parke	M	40		00:56:23	1465	00:54:56
1517	2228 Anne James	F	40	WRN	00:56:24	1546	00:55:45
1518	3107 Phil Bowen	M			00:56:24	1506	00:55:21
1519	1498 Chris John	M	45		00:56:24	1480	00:55:05
1520	2040 Alun Cleverley	M	45		00:56:25	1470	00:54:58
1521	3430 Adele Rees	F			00:56:25	1543	00:55:44
1522	64 Rhiannon Simms	F			00:56:26	1522	00:55:28
1523	1476 Kevin Stephens	M			00:56:30	1568	00:56:00
1524	3122 John Geraint Roberts	M	50		00:56:30	1510	00:55:23
1525	51 Neil Young	M			00:56:31	1537	00:55:41
1526	974 David Gates	M	45		00:56:32	1504	00:55:18
1527	467 Martin Carroll	M	50		00:56:33	1552	00:55:50
1528	1768 Tony Hall	M	60		00:56:34	1542	00:55:44
1529	205 Lisa Spandryk	F			00:56:35	1520	00:55:27

Admiral Swansea Bay 10k  
(Provisional Results)

1530	2242 Claire Lewis	F	35		00:56:35	1475	00:55:03
1531	2243 Ed Lewis	M			00:56:35	1476	00:55:04
1532	2714 Pauline Thornhill	F		3M Gorseinon	00:56:35	1534	00:55:39
1533	557 Susan Jane Davies	F	45	Celtic Tri	00:56:36	1551	00:55:49
1534	2531 Louise Oram	F	35		00:56:36	1521	00:55:27
1535	1665 Helen Sieracki	F	45		00:56:37	1585	00:56:10
1536	838 Sheila Curran	F	50	WRN	00:56:37	1561	00:55:55
1537	2263 Nigel Leighton Jones	M	55		00:56:38	1540	00:55:42
1538	3347 Neil Pryce	M			00:56:38	1528	00:55:34
1539	2450 Andrew Hall	M			00:56:38	1502	00:55:18
1540	1490 Donna Griffiths	F		3M Gorseinon	00:56:39	1559	00:55:54
1541	1004 Angharad Brown	F	35		00:56:40	1575	00:56:07
1542	3432 Jason Howe	M			00:56:40	1516	00:55:26
1543	3593 Lewis Thomas	M			00:56:40	1490	00:55:11
1544	496 Martin Brophy	M			00:56:41	1577	00:56:08
1545	3505 Tony Dorsett	M	65	Les Croupiers	00:56:42	1621	00:56:33
1546	529 Bethan Rees	F			00:56:42	1526	00:55:34
1547	766 Adrian Davies	M	40		00:56:43	1555	00:55:52
1548	2900 Lisa Williams	F			00:56:46	1529	00:55:36
1549	1156 Angela Harris	F	35	WRN	00:56:46	1533	00:55:38
1550	892 Rebecca O'Leary	F			00:56:47	1556	00:55:53
1551	3439 David Smith	M		Dunvant Dolphins	00:56:47	1595	00:56:17
1552	1540 Nigel Morse	M	40	3M Gorseinon	00:56:47	1485	00:55:08
1553	2425 Emma Fox	F		3M Gorseinon	00:56:49	1581	00:56:09
1554	2108 Malcolm Bullough	M	50		00:56:50	1452	00:54:46
1555	1703 Geraint Lloyd Griffiths	M	40		00:56:50	1573	00:56:07
1556	1127 Gervaise Turbervill	M	20	Turbervills	00:56:51	1642	00:56:44
1557	2807 Arwel Jones	M	45		00:56:51	1531	00:55:36
1558	1530 Louis Fligelstone	M	45		00:56:52	1578	00:56:08
1559	2329 John Edward Guyer Robinsc	M	55		00:56:52	1596	00:56:20
1560	2396 Gillian Murphy	F	55	Les Croupiers	00:56:53	1572	00:56:06
1561	3264 Steven Lawless	M	40		00:56:54	1557	00:55:54
1562	1915 Chris Cook	M			00:56:55	1538	00:55:41
1563	1024 Rachael Humphreys	F			00:56:56	1560	00:55:55

Admiral Swansea Bay 10k  
(Provisional Results)

1564	2046 John Wiseman	M	45		00:56:57	1614	00:56:28
1565	3395 Jonathan Stacey	M			00:56:57	1539	00:55:42
1566	3209 Elinor Fieldhouse	F	20		00:56:58	1594	00:56:17
1567	1402 Victoria Liddiard-Rees	F	35		00:56:58	1633	00:56:40
1568	83 Matt Regan	M			00:56:58	1576	00:56:08
1569	392 Samantha Mogford	F		Amman Valley Harriers	00:56:59	1604	00:56:23
1570	1818 Joanna Mogford	F		Amman Valley Harriers	00:56:59	1605	00:56:24
1571	3394 Meg Stacey	F	35		00:57:00	1545	00:55:45
1572	3479 Marc Thomas	M			00:57:00	1613	00:56:28
1573	1322 Danielle Kinsman	F			00:57:00	1527	00:55:34
1574	3410 Simon Locke	M			00:57:02	1548	00:55:49
1575	1221 Tamsin Leech	F			00:57:02	1541	00:55:43
1576	2595 Alun Williams	M			00:57:02	1600	00:56:22
1577	872 Adrian Demoulpied	M	45		00:57:03	1626	00:56:34
1578	2221 James Mcculloch	M	50	Penarth & Dinas Runners	00:57:03	1611	00:56:27
1579	1605 Ben Perkins	M	20		00:57:04	1686	00:57:03
1580	1533 Thomas Maya	M			00:57:04	1558	00:55:54
1581	339 Matthew Simons	M			00:57:04	1659	00:56:54
1582	3247 Ryan Cook	M			00:57:04	1544	00:55:45
1583	591 Christina Brannigan	F	40		00:57:04	1563	00:55:57
1584	2806 Alex Robertson	M	50		00:57:05	1547	00:55:48
1585	85 Caroline Nightingale	F	45		00:57:06	1591	00:56:15
1586	1836 Melanie Mallon	F	45	Esporta	00:57:07	1583	00:56:10
1587	965 Jacqueline Louise Jones	F	35	Islwyn RC	00:57:07	1608	00:56:26
1588	3029 Sandra Stevens	F	60		00:57:07	1554	00:55:51
1589	1550 Geraldine Bousie	F	40		00:57:08	1615	00:56:29
1590	2544 Lynn Gray	F	40		00:57:09	1562	00:55:56
1591	3163 Hannah Davies	F		Les Croupiers	00:57:09	1607	00:56:25
1592	1350 Martin Nugent	M	40		00:57:10	1580	00:56:08
1593	2535 Kathryn Jones	F	35		00:57:12	1566	00:55:59
1594	1025 Christian Parsley	M			00:57:12	1610	00:56:26
1595	2072 Steven Howard	M	45		00:57:13	1507	00:55:23
1596	3210 Lee Griffiths	M			00:57:13	1564	00:55:57
1597	1592 Christopher Rafferty	M			00:57:14	1574	00:56:07

Admiral Swansea Bay 10k  
(Provisional Results)

1598	1393 Wendy Rees	F	45	Griffithstown Harriers	00:57:15	1549	00:55:49
1599	1939 Richard Phillips	M			00:57:15	1590	00:56:15
1600	960 Simon Clement	M	40		00:57:16	1647	00:56:46
1601	3596 Andrew Parkinson	M			00:57:16	1588	00:56:12
1602	1408 Deborah Jenkins	F			00:57:19	1675	00:57:01
1603	249 Lara Smrtnik	F			00:57:19	1676	00:57:01
1604	1935 Kathryn Hopkins	F			00:57:21	1655	00:56:52
1605	787 Chris O'Brien	M	45		00:57:22	1565	00:55:59
1606	2545 Melanie Graham	F	45		00:57:22	1570	00:56:02
1607	2527 Ann Mogford	F	45	Amman Valley Harriers	00:57:22	1648	00:56:47
1608	2805 Neil Harvey	M	45		00:57:24	1599	00:56:22
1609	1968 Ceri Jones	F			00:57:24	1597	00:56:22
1610	2804 Abby Ramshaw	F			00:57:24	1601	00:56:23
1611	646 Rhianwen Petruse	F	35		00:57:25	1532	00:55:38
1612	580 Adrian Sotheron	M			00:57:25	1624	00:56:33
1613	922 Sheelagh O'Malley	F			00:57:26	1592	00:56:15
1614	2362 Dean Charles	M			00:57:26	1620	00:56:32
1615	2400 Sarah Watkins	F	35		00:57:29	1692	00:57:08
1616	1765 Anwen Thomas	F	45		00:57:30	1640	00:56:43
1617	2888 Susan Tuckett	F			00:57:30	1656	00:56:53
1618	3200 Neil Stephens	M			00:57:32	1571	00:56:06
1619	2941 Victoria Evans	F	35		00:57:33	1553	00:55:51
1620	3314 Jo Hunt	F	35		00:57:33	1658	00:56:54
1621	73 Beth Jones	F			00:57:34	1623	00:56:33
1622	785 Stephen Merchant	M	45		00:57:36	1630	00:56:37
1623	398 Sian Jones	F		Caerleon RC	00:57:37	1687	00:57:03
1624	582 Ffion Thomas	F			00:57:37	1644	00:56:45
1625	1465 Claire Jones	F			00:57:38	1639	00:56:42
1626	3025 Gwynfor Williams	M	20		00:57:38	1602	00:56:23
1627	3024 Matthew Dawson	M	20		00:57:38	1603	00:56:23
1628	2001 Koert Pelders	M	40		00:57:39	1618	00:56:31
1629	2671 Steve Corkhill	M	50		00:57:40	1589	00:56:12
1630	2898 Claire Raven	F	45		00:57:40	1587	00:56:12
1631	2203 Laura Ruth Hall	F	45		00:57:41	1696	00:57:10

Admiral Swansea Bay 10k  
(Provisional Results)

1632	2086 Sarah Baugh - Williams	F			00:57:41	1637	00:56:41
1633	2127 Olivia Andrews	F			00:57:42	1712	00:57:18
1634	2069 Matthew Jones	M	40		00:57:42	1579	00:56:08
1635	979 Delyth Murray-Lines	F			00:57:43	1609	00:56:26
1636	3062 Victoria Broad	F	40		00:57:43	1668	00:56:57
1637	2113 Angela Phillips	F			00:57:43	1683	00:57:02
1638	2013 Steve Lawrence	M			00:57:43	1638	00:56:41
1639	3146 Donna Morgan	F	35		00:57:43	1684	00:57:03
1640	415 Elizabeth Barclay	F	35		00:57:43	1606	00:56:25
1641	90 Wendy Holloway	F	35		00:57:44	1636	00:56:40
1642	1243 David Lewis	M	50	Celtic Tri	00:57:44	1584	00:56:10
1643	1212 Bethan Lewis	F		Great Western Runners	00:57:44	1582	00:56:09
1644	1378 Donald Govan	M			00:57:45	1666	00:56:56
1645	2543 Michelle Davies	F	40		00:57:45	1643	00:56:44
1646	3043 Stuart Kelly	M			00:57:45	1598	00:56:22
1647	69 Andrea Moruzzi-Jones	F	35		00:57:46	1674	00:57:00
1648	3589 Michael Doyle	M			00:57:46	1617	00:56:31
1649	855 Geraint Lewis	M			00:57:46	1634	00:56:40
1650	2892 Stuart Gray	M			00:57:47	1612	00:56:27
1651	3434 Helen Griffiths	F	35		00:57:48	1681	00:57:02
1652	2487 Jonathan Clarke	M			00:57:50	1645	00:56:45
1653	2600 Nicola Powell	F			00:57:50	1685	00:57:03
1654	1886 Mari Elen Hobbs	F	45		00:57:51	1628	00:56:34
1655	1450 Simon Medicke	M	40		00:57:51	1635	00:56:40
1656	3256 Gemma Northey	F			00:57:51	1653	00:56:49
1657	3435 Jenny Mcadie	F		Team Deviant	00:57:53	1616	00:56:29
1658	2439 John Worsfold	M			00:57:54	1646	00:56:46
1659	1286 Deborah Mitchell	F	45		00:57:54	1649	00:56:48
1660	2525 Peter Regan	M	45		00:57:55	1650	00:56:48
1661	3319 Kathryn Elaine Ratcliffe	F	50		00:57:55	1622	00:56:33
1662	1351 Hazel Aulsebrook	F	45	Builth And District	00:57:56	1715	00:57:22
1663	479 Christopher Davies	M	55		00:57:56	1665	00:56:56
1664	2161 Jemma Jones	F			00:57:56	1691	00:57:07
1665	745 Liz Hope	F	45	WRN	00:57:56	1709	00:57:16

Admiral Swansea Bay 10k  
(Provisional Results)

1666	2523 Jane Ellis	F	40		00:57:57	1680	00:57:02
1667	2309 Michael Evans	M			00:57:57	1707	00:57:15
1668	2310 Sarah Evans	F	35		00:57:57	1706	00:57:15
1669	2605 Robert Evans	M	40		00:57:58	1698	00:57:11
1670	681 Les Ainscough	M	45	Caerleon RC	00:57:59	1593	00:56:16
1671	1794 Alan Bladen	M	70	Les Croupiers	00:57:59	1727	00:57:30
1672	2172 Jason Keith Mcfadzean	M	40	Swansea Harriers	00:58:00	1641	00:56:43
1673	245 John Herniman	M	40		00:58:00	1629	00:56:35
1674	568 Andrew Booth	M	50	Road Runners Club	00:58:00	1651	00:56:48
1675	1394 Corrina Buchanan	F			00:58:01	1708	00:57:15
1676	3168 Ryan Orton	M			00:58:01	1631	00:56:38
1677	2957 Gerald Curtis	M	55		00:58:02	1679	00:57:02
1678	1250 Jane Ashworth	F	35		00:58:02	1694	00:57:08
1679	1704 Niall Hughes	M			00:58:02	1704	00:57:13
1680	995 Richard Wastnage	M	40		00:58:03	1689	00:57:06
1681	966 Marc Sinnett	M			00:58:03	1673	00:57:00
1682	1113 Charlotte Beare	F	35		00:58:05	1663	00:56:55
1683	486 Nigel Williams	M	40		00:58:05	1695	00:57:08
1684	742 Mark Jones	M	40		00:58:06	1625	00:56:34
1685	1007 Stephen Palmer	M	40		00:58:06	1710	00:57:16
1686	1726 Gavin Hope	M			00:58:06	1731	00:57:31
1687	2509 Geraint Williams	M			00:58:07	1718	00:57:26
1688	1805 Kay Laura Nellins	F	50	Penarth & Dinas Runners	00:58:07	1627	00:56:34
1689	1687 David Charles Griffiths	M			00:58:08	1654	00:56:50
1690	431 Richard Oliver	M			00:58:08	1652	00:56:49
1691	2678 Helen Clarke	F			00:58:09	1721	00:57:28
1692	3361 Alun Edwards	M			00:58:10	1662	00:56:54
1693	1344 Paul Holloway	M		Valley Striders AC	00:58:10	1678	00:57:02
1694	1485 Emily Carpenter	F			00:58:11	1688	00:57:04
1695	969 Robert Fisher	M			00:58:11	1703	00:57:13
1696	3600 James Dibb-Simkin	M			00:58:12	1671	00:56:58
1697	3131 Christopher Thomas	M			00:58:12	1729	00:57:30
1698	2437 Angela Jane Frost	F	45	Vegan Runners	00:58:13	1667	00:56:56
1699	3101 Kevin Bennett	M	45		00:58:13	1670	00:56:58

Admiral Swansea Bay 10k  
(Provisional Results)

1700	2744 Kathryn Jenkins	F		00:58:14	1619	00:56:32
1701	2102 Rebecca Gunstone	F	Mumbles Milers	00:58:14	1682	00:57:02
1702	1641 Jonathan Talbot	M	20	00:58:15	1661	00:56:54
1703	1643 Wanne Talbot	M	45	00:58:16	1660	00:56:54
1704	2428 Deborah Julie Price	F	45	00:58:16	1669	00:56:57
1705	81 Huw Jones	M	40	00:58:17	1717	00:57:24
1706	3170 Laura Faye Moryc	F		00:58:18	1711	00:57:16
1707	906 Janet Owens	F	40	00:58:18	1734	00:57:33
1708	2453 Kathleen Jervis	F	50 Parc Bryn Bach	00:58:18	1713	00:57:19
1709	2817 Andrea Brabrook	F	35 Emlyn Runners	00:58:19	1778	00:58:08
1710	1143 Owain Woodward	M		00:58:19	1690	00:57:07
1711	2968 Neil Griffiths	M		00:58:20	1740	00:57:35
1712	3468 Nigel Thomas	M	50	00:58:21	1672	00:56:59
1713	1646 David Rosser	M	75 Amman Valley Harriers	00:58:22	1719	00:57:27
1714	1397 Craig Slee	M	40	00:58:23	1765	00:57:56
1715	2864 Robin D'Arcy	M		00:58:23	1769	00:58:01
1716	472 Tony Marshall	M	50	00:58:23	1632	00:56:39
1717	2629 Jeremie Pichereau	M		00:58:23	1700	00:57:12
1718	265 Pete Orphan	M	40	00:58:23	1657	00:56:53
1719	953 Paul Murray-Lines	M	40	00:58:24	1693	00:57:08
1720	2916 Hayley Davies	F	40	00:58:26	1749	00:57:44
1721	417 Dylan Jones	M	40	00:58:28	1755	00:57:47
1722	1837 Graham Singer	M	50	00:58:28	1705	00:57:15
1723	389 Duncan Smith	M		00:58:29	1744	00:57:36
1724	234 Sam Osborn	F	40 WRN	00:58:29	1742	00:57:36
1725	1493 Sali Davies	F	35 3M Gorseinon	00:58:31	1736	00:57:34
1726	1872 Mark Jones	M	45	00:58:31	1819	00:58:31
1727	1456 Laura Gibson	F		00:58:34	1723	00:57:28
1728	3109 Owen Brown	M		00:58:35	1732	00:57:31
1729	957 Martin Slucutt	M		00:58:35	1664	00:56:56
1730	769 David Lewis	M	20	00:58:35	1702	00:57:12
1731	1081 Alison Hall	F	45 Wye Valley Runners	00:58:36	1797	00:58:19
1732	497 Emma James	F		00:58:36	1771	00:58:04
1733	481 Rhian George	F	35 Nant	00:58:37	1752	00:57:45

Admiral Swansea Bay 10k  
(Provisional Results)

1734	2833 Zane Thorne	M		00:58:39	1760	00:57:51
1735	3207 Jodie Thompson	F	35	00:58:39	1716	00:57:22
1736	1106 Tracey Williams	F	45 Celtic Tri	00:58:40	1763	00:57:54
1737	1893 Lisa Arnold	F	35	00:58:41	1791	00:58:12
1738	2602 Rhian Jones	F		00:58:41	1746	00:57:40
1739	695 Andrew Hiseman	M		00:58:41	1756	00:57:48
1740	518 Sian Bills	F	45 Islwyn RC	00:58:43	1699	00:57:11
1741	537 Matthew Bills	M	20	00:58:43	1701	00:57:12
1742	3302 Andrew Coffey	M	Team Hydraquip	00:58:43	1720	00:57:27
1743	3164 Amanda Farrow	F	35	00:58:45	1743	00:57:36
1744	3341 Dean Watson	M		00:58:46	1724	00:57:29
1745	2741 Dave Williams	M	Glamorgan Health & Raquet Club	00:58:47	1757	00:57:51
1746	2197 Lloyd Griffiths	M		00:58:48	1775	00:58:07
1747	3018 Iain Armour	M	40	00:58:49	1772	00:58:05
1748	1479 Jeremy Smith	M	40	00:58:49	1762	00:57:53
1749	3045 Rhodri Bowen	M		00:58:49	1677	00:57:01
1750	3555 Terri Shaw	F	35	00:58:50	1748	00:57:44
1751	925 David Griffiths	M		00:58:50	1745	00:57:39
1752	1239 Nick Keir	M	40	00:58:50	1751	00:57:44
1753	3324 Jason Mcgarrigle	M	Team Hydroquip	00:58:50	1735	00:57:34
1754	2164 Wayne Corben	M	40	00:58:50	1741	00:57:35
1755	3129 Maria Edwards	F	35	00:58:51	1780	00:58:09
1756	3576 Lynne Perrott	F	55 WRN	00:58:51	1790	00:58:12
1757	2759 Adrian Paton	M		00:58:51	1781	00:58:09
1758	397 Andy Williams	M	45	00:58:53	1697	00:57:10
1759	1308 Robert Coombes	M	20	00:58:54	1750	00:57:44
1760	2758 Simon Paton	M		00:58:55	1793	00:58:13
1761	1678 Helen Louise Martone	F	35	00:58:56	1777	00:58:08
1762	1391 Claire Sutton	F	40	00:58:56	1728	00:57:30
1763	585 Dele Aboderin	F	45 Esporta	00:58:57	1783	00:58:09
1764	2956 Sarah Howe	F		00:58:58	1768	00:58:01
1765	2449 Beth Murphy	F	35	00:58:58	1737	00:57:34
1766	2448 Tracy Thomas	F	35	00:58:58	1739	00:57:35
1767	3585 Penny Silverwood	F		00:58:59	1725	00:57:29

Admiral Swansea Bay 10k  
(Provisional Results)

1768	1992 Ian Parkhouse	M	45		00:58:59	1730	00:57:30
1769	3119 Hannah Jenkins	F			00:59:01	1787	00:58:11
1770	856 Alun Powell	M	60		00:59:02	1753	00:57:46
1771	3199 Vivienne Ni Chonghaile	F			00:59:04	1747	00:57:43
1772	3419 Andrew Russell	M			00:59:05	1828	00:58:36
1773	1822 John Arthur Cole	M	60		00:59:05	1794	00:58:14
1774	3212 Katie Dooling	F			00:59:09	1800	00:58:21
1775	2021 Chris Tew	M	45		00:59:09	1733	00:57:33
1776	2537 Nick Broad	M			00:59:10	1835	00:58:39
1777	3161 Sarah Dawes-Clark	F	35	Les Croupiers	00:59:10	1820	00:58:31
1778	1827 Jessica Rees	F			00:59:10	1818	00:58:29
1779	1122 Alison Jones	F	40		00:59:13	1827	00:58:36
1780	830 Gareth Conyard	M			00:59:14	1722	00:57:28
1781	554 Daniel East	M			00:59:14	1754	00:57:47
1782	2124 Wayne Mcclarnan	M	40		00:59:15	1842	00:58:47
1783	1579 Stewart Williams	M	45		00:59:15	1738	00:57:35
1784	3094 Ann Baldwin	F			00:59:15	1774	00:58:06
1785	1506 Dermot Nolan	M	40	Marie Curie	00:59:16	1798	00:58:19
1786	2943 Kezia Jukes	F	20		00:59:16	1758	00:57:51
1787	515 Zoe Nuttall	F			00:59:17	1764	00:57:54
1788	1767 Diane Marie Edwards	F	40		00:59:19	1761	00:57:52
1789	934 Michelle Williams	F	40	Wye Valley Runners	00:59:20	1799	00:58:20
1790	2479 Colin Martin	M	45		00:59:20	1714	00:57:20
1791	2778 Tom Price	M			00:59:20	1837	00:58:40
1792	1697 Emma Dawn Clinker	F	35		00:59:20	1804	00:58:24
1793	1808 Chris Quinnell	M			00:59:22	1788	00:58:12
1794	1242 Annie Conroy	F	60	Les Croupiers	00:59:23	1822	00:58:32
1795	3391 Nia Honeybun	F	45		00:59:23	1776	00:58:07
1796	2942 Susan Howells	F			00:59:23	1766	00:57:58
1797	2989 Louise Piper-Jones	F			00:59:24	1824	00:58:34
1798	2081 Lucy Bevan	F			00:59:25	1779	00:58:09
1799	2740 Ross Phillips	M			00:59:25	1782	00:58:09
1800	2786 Gerard Pitt	M			00:59:25	1811	00:58:27
1801	3459 Sarah Neale	F			00:59:25	1802	00:58:23

Admiral Swansea Bay 10k  
(Provisional Results)

1802	1622 Nigel Roberts	M		Barry Roberts	00:59:26	1841	00:58:44
1803	2341 Rebecca Farr	F			00:59:27	1807	00:58:25
1804	958 Karen Patel	F			00:59:27	1823	00:58:32
1805	3371 Stephen Gardner	M			00:59:28	1726	00:57:29
1806	2872 Christine Slee	F	50		00:59:28	1836	00:58:39
1807	3453 Elly Edmunds	F	35		00:59:29	1832	00:58:37
1808	1964 Gail Morrell	F	40		00:59:29	1806	00:58:24
1809	610 Mary Beech	F	45		00:59:31	1759	00:57:51
1810	1415 Richard Mccarthy	M			00:59:32	1786	00:58:11
1811	2142 Jafar Ghalamkary	M	50		00:59:34	1898	00:59:26
1812	3584 James Rees	M			00:59:36	1770	00:58:01
1813	2506 Peter Hopping	M			00:59:36	1838	00:58:40
1814	3268 Kevin Mortlock	M			00:59:37	1796	00:58:17
1815	2415 Tracey Davies	F	40		00:59:38	1792	00:58:13
1816	2607 Maksymilian Kasprzyk	M			00:59:38	1847	00:58:51
1817	1382 Wendy Walker	F			00:59:39	1852	00:58:54
1818	2960 Richard Davies	M	45		00:59:40	1840	00:58:41
1819	996 Alison Sandy	F	50		00:59:40	1861	00:59:01
1820	2303 Richard Rogers	M	50		00:59:41	1773	00:58:05
1821	3017 Mark Simon	M	45		00:59:42	1859	00:59:00
1822	1826 Geraint James Wright	M			00:59:43	1883	00:59:20
1823	2785 David Morgan	M	40		00:59:44	1803	00:58:23
1824	1352 Steve Davis	M	45		00:59:45	1795	00:58:16
1825	3445 Francesca Evans	F	40		00:59:45	1785	00:58:11
1826	1802 Nicky Tracey Davies	F	40		00:59:46	1809	00:58:26
1827	3426 Joanne Gamba	F		Les Croupiers	00:59:47	1767	00:57:58
1828	1217 Lynden Randles	M			00:59:47	1903	00:59:29
1829	2617 Judith White	F			00:59:47	1789	00:58:12
1830	1102 Christine Jones	F	50	WRN	00:59:48	1801	00:58:22
1831	1796 Darren Thomas	M	40		00:59:50	1826	00:58:36
1832	3293 Karen Evans	F	40		00:59:50	1862	00:59:03
1833	2973 Kath Crane	F	65	Brecon AC	00:59:52	1864	00:59:08
1834	119 Tracey Hinton	F	45	3M Gorseinon	00:59:53	1815	00:58:28
1835	2521 Samantha Ward-Jones	F	35	WRN	00:59:53	1814	00:58:28

Admiral Swansea Bay 10k  
(Provisional Results)

1836	1895 Kathryn Allen	F		00:59:53	1889	00:59:24
1837	2722 Robert Taylor	M	40	00:59:54	1846	00:58:51
1838	3244 Anwar Najjar	M		00:59:54	1853	00:58:56
1839	3316 Geraint Rees	M	40	00:59:55	1830	00:58:37
1840	308 Dean Quail	M		00:59:55	1821	00:58:31
1841	2752 Gina Taylor	F	35	00:59:56	1849	00:58:53
1842	2118 Rachel Evans	F	40	00:59:56	1810	00:58:26
1843	1719 Mark Hammond	M	40	00:59:56	1884	00:59:20
1844	705 Heather Scripps	F	35	00:59:57	1817	00:58:28
1845	1755 John Thomas Wilshaw	M	60	00:59:57	1825	00:58:34
1846	604 Claire Williams	F	45	00:59:58	1844	00:58:50
1847	1496 Deiniol Richards	M	40	00:59:58	1805	00:58:24
1848	1510 Richard Anderton	M	40	00:59:58	1812	00:58:27
1849	254 Bruce Risdén	M	40	00:59:58	1829	00:58:37
1850	598 Sarah Holohan	F		00:59:58	1885	00:59:21
1851	1520 Michael Pinkerton	M	40	00:59:58	1808	00:58:25
1852	937 Andrew Thomas	M		00:59:58	1890	00:59:24
1853	2568 Rebecca Davies	F	35	00:59:59	1856	00:58:58
1854	3139 Seamus Edney	M	45	00:59:59	1855	00:58:57
1855	3035 Rhian Haden	F		00:59:59	1871	00:59:14
1856	3117 Helen Jewitt	F		00:59:59	1870	00:59:14
1857	1761 Stephen Richard Hughes	M	40	00:59:59	1848	00:58:51
1858	3036 Michaela Kerry Brandom	F		01:00:01	1877	00:59:15
1859	2670 David Hughes	M	40	01:00:01	1850	00:58:53
1860	1299 Anne Marie Pickup	F		01:00:01	1839	00:58:41
1861	810 Nicola Bell	F		01:00:03	1906	00:59:32
1862	1852 Sally Ann Powell	F		01:00:04	1858	00:58:59
1863	2954 Vicky Robertson	F	35	01:00:04	1831	00:58:37
1864	2651 Peter Northcott	M	55	01:00:05	1784	00:58:10
1865	1861 Clive Llewelyn Morgan	M	40	01:00:06	1897	00:59:26
1866	377 Kathryn Evans	F	35	01:00:07	1833	00:58:39
1867	144 Jenny Baker	F		01:00:08	1834	00:58:39
1868	344 Deonne Smith	F		01:00:08	1894	00:59:25
1869	3001 Ian Henton	M		01:00:09	1866	00:59:12

Admiral Swansea Bay 10k  
(Provisional Results)

1870	898 Carl Rose	M	40		01:00:10	1910 00:59:36
1871	2234 Hannah Samantha Bleach	F			01:00:11	1872 00:59:14
1872	2236 Emma Cownie	F	40		01:00:11	1860 00:59:00
1873	2244 Caroline Jane Morgan	F	35		01:00:12	1873 00:59:14
1874	3385 Neil Lewis	M	50		01:00:12	1927 00:59:48
1875	2560 Michael Pearson	M	40		01:00:12	1845 00:58:50
1876	2198 Peter Geoffrey Davies	M	60		01:00:14	1907 00:59:34
1877	2839 Vickie Woodsford	F			01:00:16	1921 00:59:44
1878	1079 Stephanie Evans	F	35		01:00:19	1902 00:59:29
1879	2770 Huw Aeron Thomas	M	55		01:00:22	1876 00:59:15
1880	2418 Stephen Kent	M	45		01:00:22	1901 00:59:28
1881	3084 Rachel Ace	F	35		01:00:24	1863 00:59:06
1882	3242 Nicholas Huffer	M	40		01:00:24	1816 00:58:28
1883	2146 Michael Rees	M	55		01:00:25	1813 00:58:27
1884	100 Howard King	M	40		01:00:26	1857 00:58:58
1885	235 Paula James	F	35	Pontypridd Roadents AC	01:00:26	1896 00:59:26
1886	1029 Amanda Barrington	F	40	WRN	01:00:27	1851 00:58:53
1887	1467 Christopher Plaice	M	65		01:00:29	1981 01:00:29
1888	1960 Gemma Dyer	F			01:00:30	1892 00:59:25
1889	1738 Linda Waller	F	50		01:00:30	1918 00:59:43
1890	3429 Helena Jones	F	40		01:00:30	1867 00:59:13
1891	1214 John Morgan	M	45		01:00:31	1905 00:59:31
1892	794 Adrian James	M	45	3M Gorseinon	01:00:32	1919 00:59:43
1893	2705 Sally Drennan	F			01:00:33	1899 00:59:27
1894	2430 William Jones	M	45		01:00:34	1879 00:59:16
1895	1764 Mark John Thomas	M			01:00:37	1932 00:59:50
1896	866 Tony Jones	M	55		01:00:37	1843 00:58:49
1897	1343 Simon Edwards	M			01:00:39	1887 00:59:23
1898	1560 Marc Barrow	M			01:00:40	1882 00:59:19
1899	2120 Lewis Routley	M			01:00:40	1881 00:59:17
1900	1167 Marilyn Rowson	F	60	Les Croupiers	01:00:41	1904 00:59:30
1901	2293 Ella Richardson	F			01:00:44	1900 00:59:27
1902	2385 Debbie Veck	F	35	3M Gorseinon	01:00:45	1869 00:59:13
1903	161 Gareth Evans	M	40		01:00:47	1875 00:59:15

Admiral Swansea Bay 10k  
(Provisional Results)

1904	1100 Sian Lewis	F		01:00:47	1920	00:59:44
1905	2723 Richard Lloyd	M		01:00:48	1908	00:59:35
1906	3471 Connie Cheung	F		01:00:48	1886	00:59:22
1907	1194 Helen Harris	F	45	01:00:49	1968	01:00:21
1908	3116 Margaret Edney	F	45	01:00:49	1931	00:59:50
1909	1104 Abbie Smith	F		01:00:50	1909	00:59:35
1910	171 Helen Calcutt	F	50	01:00:51	1923	00:59:45
1911	1762 Lawrence Fisher	M	60	01:00:52	1951	01:00:03
1912	1887 Dee Lawrence	M	40	01:00:53	1868	00:59:13
1913	970 Alfryn Easter	M	60	01:00:53	1952	01:00:03
1914	3599 Gary Robertson	M		01:00:53	1874	00:59:15
1915	3121 Bryan Fitzpatrick	M	40	01:00:53	1854	00:58:56
1916	1208 Suzanne Richards	F	45	01:00:54	1975	01:00:27
1917	1400 Kevin Fussell	M		01:00:55	1878	00:59:16
1918	1838 Nicola Roberts	F	35	01:00:55	1945	01:00:00
1919	860 Steven Walsh	M		01:00:58	1962	01:00:13
1920	3588 Duncan Dawson	M	65	01:00:58	1926	00:59:48
1921	1713 Luke Hammond	M	20	01:00:58	1970	01:00:23
1922	642 Michael Kay	M	40	01:00:59	1940	00:59:58
1923	985 James Brayshaw	M		01:00:59	1989	01:00:36
1924	1912 David Holmes	M	40	01:01:00	1913	00:59:37
1925	1398 Kevin Lane	M	50	01:01:00	1880	00:59:17
1926	237 Hannah Woodward	F		01:01:01	1937	00:59:56
1927	649 Karl Besley	M		01:01:01	1914	00:59:37
1928	3530 Gareth Thomas	M	40	01:01:01	1939	00:59:57
1929	296 Tina Hobson	F	35	01:01:02	1895	00:59:26
1930	753 Bernard Carroll	M	55	01:01:03	1967	01:00:20
1931	3577 Nicholas Godfrey	M	40	01:01:04	1936	00:59:56
1932	1873 Stephen Walker- Williams	M		01:01:04	1934	00:59:52
1933	3401 Sian England	F	40	01:01:05	1943	00:59:59
1934	638 Chris Nicol	M		01:01:05	1893	00:59:25
1935	437 Chris Miles	M	50	01:01:06	1984	01:00:31
1936	111 Mari Arthur	F	35	01:01:06	1965	01:00:19
1937	2836 Catrin Jones	F		01:01:06	1938	00:59:57

Admiral Swansea Bay 10k  
(Provisional Results)

1938	1846 Leona Shanley	F	35	Rhondda Valley Runners	01:01:07	1949	01:00:02
1939	1307 Lloyd Hughes	M			01:01:08	1956	01:00:07
1940	3288 Alan Sargeant	M	45		01:01:08	1944	01:00:00
1941	875 Adinda Hirst	F			01:01:08	1957	01:00:07
1942	864 Paul De Croos	M			01:01:09	1911	00:59:36
1943	1766 Jason Haynes	M			01:01:09	1928	00:59:48
1944	634 Angela E Jones	F			01:01:09	1990	01:00:36
1945	2652 Stephanie Davies	F	35		01:01:10	1924	00:59:45
1946	3417 Sarah Collacott	F			01:01:10	1891	00:59:24
1947	3418 Len Collacott	M	50		01:01:11	1888	00:59:24
1948	2694 Sarah Andrews	F			01:01:11	1865	00:59:11
1949	3187 Lucy Llewellyn	F			01:01:11	1917	00:59:39
1950	3503 Gillian Mary Stone	F	50		01:01:11	1916	00:59:39
1951	3181 Dai Morris	M	50		01:01:13	2011	01:00:52
1952	2761 Jayne Evans	F	55		01:01:14	1915	00:59:37
1953	2636 Gareth O'Brien	M			01:01:14	1947	01:00:01
1954	3211 David Jones	M	40		01:01:14	1948	01:00:01
1955	3182 Shirley Morris	F	50		01:01:14	2015	01:00:54
1956	3192 Lynn Delfosse	F	40		01:01:16	1930	00:59:50
1957	1791 Catherine Anne Hancox	F	45		01:01:16	1964	01:00:13
1958	1790 Arthur Boyor Hamilto Northc	M	45		01:01:16	1963	01:00:13
1959	2835 Sallie West	F	45		01:01:17	1912	00:59:37
1960	1374 Christine Williams	F	40		01:01:17	2025	01:00:59
1961	2338 Hazel Morgan	F	45		01:01:19	1946	01:00:01
1962	2922 David Evans	M	40		01:01:20	1974	01:00:26
1963	2458 Lisa Isaac	F	20		01:01:22	1987	01:00:35
1964	3475 Darren Thomas	M			01:01:23	1925	00:59:46
1965	1744 Jean Sellars	F	60		01:01:26	1961	01:00:12
1966	213 Gareth Daniel	M	40		01:01:26	1922	00:59:45
1967	2933 Suzanne Mackenzie	F	40		01:01:26	1994	01:00:38
1968	3047 Leanne Fakande	F	35		01:01:28	1958	01:00:08
1969	1966 Natalie Roberts	F			01:01:29	2012	01:00:52
1970	349 Marila Eduards	F	40		01:01:29	2028	01:01:03
1971	2690 Heather Evans	F		Builth And District	01:01:31	1960	01:00:11

Admiral Swansea Bay 10k  
(Provisional Results)

1972	1244	Leighton James	M		01:01:31	1993	01:00:38
1973	366	Lisa Cronin	F		01:01:32	2029	01:01:03
1974	2735	Andrew Bennett	M		01:01:33	1935	00:59:55
1975	1556	Barry Jackson	M		01:01:34	1992	01:00:38
1976	3144	Rachel Moriarty	F	35	01:01:34	2001	01:00:45
1977	1000	Alistair Pitt	M	40	01:01:35	1955	01:00:06
1978	2975	Geraint Kathrens	M		01:01:35	1933	00:59:51
1979	3462	Arwyn Jones	M	55	01:01:36	1976	01:00:27
1980	2486	Gareth Evans	M		01:01:37	1997	01:00:41
1981	3424	Katie Jones	F		01:01:37	1973	01:00:25
1982	3218	Emma Purvis	F		01:01:38	2032	01:01:04
1983	2153	Nicola Michelle Derrick	F	35	01:01:39	2036	01:01:05
1984	735	Alex O'Brien	M	20	01:01:39	1959	01:00:09
1985	1981	Helen O'Sullivan	F	40	01:01:40	1979	01:00:28
1986	1999	John O'Sullivan	M	45	01:01:40	1980	01:00:28
1987	817	Adrian Rees	M	40	01:01:41	2021	01:00:55
1988	3448	Sheryl Stoneman	F	35	01:01:42	1969	01:00:22
1989	2138	Melanie Rose Jones - Hadd	F	35	01:01:43	2077	01:01:31
1990	1480	Martin Nicholls	M	40	3M Gorseinon	1950	01:00:03
1991	740	Kath Evans	F	35	01:01:45	1941	00:59:58
1992	754	Mike Evans	M	45	01:01:45	1942	00:59:58
1993	2152	Justin Parker	M		01:01:45	2010	01:00:51
1994	2631	Jennifer Roberts	F	60	Brecon AC	2030	01:01:03
1995	632	James Thompson	M		01:01:50	1929	00:59:49
1996	524	Jayne Davies	F	40	01:01:51	2017	01:00:54
1997	973	Carolyn Jay	F	40	01:01:51	2027	01:01:03
1998	3348	Alan Ryland	M	55	01:01:51	1985	01:00:34
1999	2416	Anne Powell	F	55	Builth And District	1986	01:00:35
2000	1145	Sharon Wigmore	F		01:01:52	1972	01:00:24
2001	2140	Robert Scott	M		01:01:52	1953	01:00:04
2002	2141	Helen Victoria Beale	F		01:01:52	1954	01:00:04
2003	932	Diane Williams	F		01:01:54	1988	01:00:35
2004	1161	Sarah Bowring	F	40	Wye Valley Runners	2018	01:00:54
2005	1728	Michael John Shaw	M	55	Loye Valley Runners	2019	01:00:54

Admiral Swansea Bay 10k  
(Provisional Results)

2006	2665 Daniel Cloke	M			01:01:54	1998	01:00:44
2007	763 Ceri Hampton - Jones	F	50		01:01:55	1983	01:00:31
2008	2182 Julie Elizabeth Watts	F	45		01:01:55	2031	01:01:03
2009	887 Bronwen Williams	F			01:01:56	2024	01:00:59
2010	2618 Jeff Brooks	M	40		01:01:57	2004	01:00:47
2011	2126 Liz Morgan	F	35	San Domenico	01:01:58	2022	01:00:57
2012	2065 Catherine Richards	F	45		01:01:58	1996	01:00:40
2013	578 Barry Vickery	M	40		01:01:59	1977	01:00:27
2014	1627 Ruth Jones	F			01:01:59	1966	01:00:19
2015	1114 Maria Alford	F	35		01:01:59	1978	01:00:28
2016	1138 Andrew Cookson	M	40		01:01:59	1991	01:00:37
2017	1235 Jon Wallace	M			01:01:59	2039	01:01:07
2018	2064 Melanie Williams	F	35	WRN	01:02:00	2002	01:00:46
2019	1537 Sarah Newbury	F			01:02:01	2003	01:00:47
2020	755 Graham Lewis	M	50		01:02:03	1995	01:00:40
2021	3158 Ruth Hession	F	35		01:02:03	1982	01:00:30
2022	98 Richard Stanley	M			01:02:04	2041	01:01:10
2023	3455 Robert Jeremy Jones	M	45		01:02:05	2040	01:01:09
2024	517 Oliver Griffiths	M	20		01:02:05	2016	01:00:54
2025	2077 Keith Jordan	M	60		01:02:05	2014	01:00:53
2026	293 Joy Thomas	F	40	Amman Valley Harriers	01:02:07	2038	01:01:07
2027	1909 Nia Dickie	F	40		01:02:07	2044	01:01:12
2028	1136 Kyra Fisher	F			01:02:08	1971	01:00:23
2029	890 Robert Workman	M			01:02:09	2008	01:00:50
2030	3297 Neil Lane	M		Team Hydraquip	01:02:09	2013	01:00:53
2031	1443 Chris Marshall	M			01:02:11	2059	01:01:22
2032	3312 Malcolm Stephen Ratcliffe	M	50		01:02:12	2000	01:00:45
2033	2981 Sara Gauder	F			01:02:14	2102	01:01:58
2034	1962 Lee Fudge	M	40	Rhondda Valley Runners	01:02:16	2042	01:01:10
2035	287 Emma Lewis	F	35		01:02:16	2052	01:01:19
2036	839 Kevin Button	M			01:02:20	2009	01:00:50
2037	1044 Julie Lloyd	F	35		01:02:21	2066	01:01:24
2038	1610 Frances Keogh-Davies	F	45	WRN	01:02:21	1999	01:00:45
2039	3269 Ian Petherbridge	M	45		01:02:22	2050	01:01:17

Admiral Swansea Bay 10k  
(Provisional Results)

2040	2463 Jacqueline Jenkins	F	50		01:02:22	2115	01:02:08
2041	2646 Delyth Mainwaring	F			01:02:23	2057	01:01:21
2042	1005 Jacqui Ferrett	F	40	Malvern Joggers	01:02:24	2046	01:01:14
2043	1602 Peter Jones	M	45		01:02:25	2026	01:01:00
2044	1078 Rebecca Kirkwood	F			01:02:27	2088	01:01:47
2045	669 Ian Cole	M			01:02:27	2051	01:01:18
2046	335 John Lewis	M			01:02:28	2005	01:00:47
2047	1970 Fiona Evans	F			01:02:30	2101	01:01:57
2048	1574 Sascha Mcdonald	F	40		01:02:30	2053	01:01:19
2049	673 Jaynie Rance	F	40	R4W	01:02:31	2065	01:01:22
2050	156 Paul Dentus	M	50		01:02:32	2062	01:01:22
2051	1855 Marcus Edward Farmer Bed	M	45	Rhondda Valley Runners	01:02:32	2037	01:01:07
2052	2983 Jonathan Dudley	M			01:02:33	2023	01:00:58
2053	2569 Chris Pavey	M			01:02:33	2020	01:00:54
2054	2499 Gwynfor James	M	60		01:02:34	2049	01:01:16
2055	982 Marcus Bennett	M	45		01:02:35	2048	01:01:15
2056	631 Denise Brennan	F	40		01:02:35	2133	01:02:20
2057	3254 Phil Kethro	M	40		01:02:36	2090	01:01:48
2058	980 Clare Bennett	F	45		01:02:36	2047	01:01:15
2059	1532 Jenny Fifield	F	50		01:02:36	2067	01:01:24
2060	3238 Hayley Rogers	F	40		01:02:37	2006	01:00:49
2061	3504 Mary Davies	F	50		01:02:38	2035	01:01:05
2062	2392 Jane Alison Llewellyn	F	50		01:02:38	2058	01:01:21
2063	2585 Lucy Richardson	F			01:02:38	2064	01:01:22
2064	708 Sarah Alexander	F			01:02:38	2093	01:01:51
2065	3294 Richard Crook	M	40		01:02:38	2063	01:01:22
2066	3444 Dianne Robbins	F	35		01:02:38	2089	01:01:47
2067	3443 Brendan Walker	M	45		01:02:42	2109	01:02:04
2068	2180 Annette Jane Heath	F	35		01:02:42	2086	01:01:46
2069	1669 Robert Mckinley	M	50		01:02:45	2007	01:00:50
2070	930 Ian Stevenson	M	50		01:02:45	2034	01:01:04
2071	2459 Colin Isaac	M	55		01:02:46	2103	01:01:58
2072	770 Randall Baker	M	60		01:02:49	2043	01:01:12
2073	1012 James Baker	M			01:02:49	2045	01:01:12

Admiral Swansea Bay 10k  
(Provisional Results)

2074	383 Mark Hands	M	40	01:02:51	2071	01:01:26
2075	1950 Kevin Williams	M		01:02:51	2074	01:01:28
2076	3006 Henryk Kasprzyk	M	60	01:02:51	2110	01:02:05
2077	717 Justin Evans	M		01:02:53	2138	01:02:25
2078	2675 Shilpa Chaudhry	F	40	01:02:53	2111	01:02:06
2079	173 Gethyn Lecrass	M	40	01:02:56	2033	01:01:04
2080	1481 Nicholas Buckley	M		01:02:56	2056	01:01:21
2081	1472 Angelique Deias	F		01:02:56	2061	01:01:22
2082	1812 Joanne Tracy Merrick	F	40	01:02:56	2091	01:01:50
2083	3376 Rachel Rex	F		01:02:57	2060	01:01:22
2084	758 Stephen Loynton	M		01:02:58	2081	01:01:35
2085	1835 Antony Paoella	M	45	01:02:59	2069	01:01:26
2086	666 Daniel Shirley	M		01:02:59	2055	01:01:20
2087	1428 Jenny Parker	F		01:03:01	2146	01:02:30
2088	1429 Peter Lacey	M	40	01:03:01	2147	01:02:30
2089	1274 Graham Morgan	M		01:03:02	2079	01:01:34
2090	512 Sara Thomas	F	40	01:03:04	2082	01:01:35
2091	977 Natalie Hussey	F	35	01:03:07	2095	01:01:54
2092	3386 Lianne Lusty	F		01:03:08	2075	01:01:28
2093	401 Alex Harding	M		01:03:09	2078	01:01:31
2094	3464 Ken Evans	M	50	01:03:10	2072	01:01:27
2095	2846 David Gonzales	M	40	01:03:10	2076	01:01:29
2096	2334 William Marks	M	45	01:03:11	2054	01:01:20
2097	441 Noel Powell	M	40	01:03:12	2068	01:01:26
2098	2354 Owen George	M	55	01:03:12	2113	01:02:07
2099	829 Alec Warburton	M	50	01:03:13	2087	01:01:47
2100	3152 Chris James	M		01:03:14	2104	01:01:59
2101	162 Claire Williams	F		01:03:14	2083	01:01:38
2102	2024 Catherine Isaac	F	40	01:03:15	2073	01:01:27
2103	2460 Susan Lawrence	F	50	01:03:17	2085	01:01:45
2104	2696 Caboodle Digital	F	40	01:03:17	2080	01:01:35
2105	3220 Tim Cooper	M	40	01:03:18	2106	01:02:00
2106	3387 Marco Diulio	M		01:03:18	2119	01:02:11
2107	3560 Catherine Beer	F		01:03:20	2139	01:02:26

Admiral Swansea Bay 10k  
(Provisional Results)

2108	3561 Karl Beer	M		01:03:20	2140	01:02:26
2109	1636 Penny Lauder	F	35	01:03:20	2094	01:01:52
2110	1948 Andrew Chapman	M		01:03:22	2122	01:02:13
2111	3235 Will Fuller	M	Stragglers	01:03:22	2158	01:02:39
2112	959 Judith Maragna	F	50	01:03:23	2099	01:01:56
2113	2859 Emma Smith	F		01:03:23	2092	01:01:50
2114	826 Alan Jones	M		01:03:24	2098	01:01:55
2115	3198 Rhian James	F		01:03:25	2118	01:02:10
2116	2540 Martin Whatty	M		01:03:26	2105	01:01:59
2117	456 David Thomson	M		01:03:26	2134	01:02:20
2118	120 Louise Davies	F	40	01:03:26	2123	01:02:15
2119	1336 James Andrews	M		01:03:27	2070	01:01:26
2120	1362 Robert Govier	M	Celtic Tri	01:03:29	2117	01:02:10
2121	1361 Tracy Drummond-Govier	F	35 Celtic Tri	01:03:29	2116	01:02:10
2122	3079 Rachel Jenkins	F	35	01:03:29	2182	01:03:02
2123	3352 Sarah Green	F		01:03:30	2107	01:02:02
2124	1364 Julian Hoskins	M	40	01:03:31	2084	01:01:42
2125	3009 Annabelle Jane Denty	F	40	01:03:32	2126	01:02:17
2126	2289 Kurstyn Thomas	F	40	01:03:32	2127	01:02:17
2127	1168 Stephen Rowson	M	55	01:03:33	2097	01:01:54
2128	2337 Andela Mary Morgan	F	45	01:03:33	2129	01:02:17
2129	1917 Helen Roberts	F	40	01:03:34	2124	01:02:17
2130	1595 Danielle Rhydderch	F		01:03:35	2100	01:01:56
2131	1022 Abi Cherry	F		01:03:36	2112	01:02:06
2132	1088 Gwenda Morris	F	45	01:03:36	2143	01:02:28
2133	382 Lucy Bowen	F	20	01:03:36	2152	01:02:34
2134	381 Joanne Torrie	F	20	01:03:36	2154	01:02:34
2135	3283 Edward Newman	M	60 The Coffin Dodgers Running Club	01:03:37	2096	01:01:54
2136	3486 Carlo Diulio	M		01:03:40	2150	01:02:32
2137	924 Elaine Hiscox	F	35	01:03:40	2136	01:02:22
2138	941 Karen Burrows	F	45 Celtic Tri	01:03:41	2177	01:02:55
2139	1369 Tony Scripps	M	40	01:03:41	2120	01:02:13
2140	2435 William Thomas Wilson	M	65	01:03:42	2174	01:02:53
2141	942 Paul Burrows	M	40 Celtic Tri	01:03:42	2176	01:02:55

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2142	3303 Rae Lewis	F	40		01:03:42	2125	01:02:17
2143	1984 Ryan Bowen	M		Team Coco	01:03:43	2121	01:02:13
2144	1620 Chris Turner	M	55		01:03:43	2131	01:02:19
2145	2597 Sara Thomas	F			01:03:44	2175	01:02:55
2146	2844 Jamie Wilson	M			01:03:45	2135	01:02:21
2147	679 Cristopher Mcgowan	M			01:03:46	2114	01:02:07
2148	1745 Sarah Carter	F			01:03:47	2185	01:03:03
2149	2724 Heidi Jones	F	35		01:03:47	2153	01:02:34
2150	1634 Elizabeth Jones	F	35		01:03:47	2130	01:02:19
2151	1539 Dianne Parsons	F	40		01:03:48	2188	01:03:04
2152	500 David Morgans	M	55		01:03:48	2108	01:02:03
2153	1321 Jade Miller	F			01:03:49	2137	01:02:23
2154	520 Jessica Grenfell	F		Box It Up	01:03:49	2166	01:02:44
2155	211 Claire Guppy	F			01:03:49	2189	01:03:05
2156	2720 Elizabeth Harris	F	35		01:03:52	2163	01:02:43
2157	2655 Lisa Garnham	F			01:03:52	2162	01:02:42
2158	2347 Anna Smith	F			01:03:54	2229	01:03:35
2159	1137 Joanna Burkinshaw	F			01:03:55	2168	01:02:45
2160	307 Jodie Day	F			01:03:55	2253	01:03:50
2161	741 Darren Hall	M			01:03:55	2178	01:02:55
2162	733 Eleanor Dallas	F			01:03:56	2164	01:02:43
2163	43 Runner 43	M			01:03:58	2151	01:02:34
2164	2870 Geraint Owen	M	40		01:03:58	2128	01:02:17
2165	1228 Caron Mckee-Hands	F	45	FERC	01:03:59	2144	01:02:28
2166	1068 Jennifer Friggens	F			01:04:00	2145	01:02:29
2167	310 Rhys Watkins	M	20		01:04:00	2179	01:02:59
2168	1101 Matthew Dawe	M			01:04:00	2141	01:02:27
2169	3189 Stephen Lee	M		Mumbles Milers	01:04:00	2180	01:03:01
2170	3108 Lisa Brain	F	35	Village Hotel Swansea	01:04:01	2230	01:03:38
2171	2374 Julie Lynne Kemp	F	45		01:04:01	2156	01:02:36
2172	3474 Laura Luzzi	F	35		01:04:02	2159	01:02:41
2173	765 Andrew Dallas	M	50		01:04:06	2173	01:02:53
2174	761 Julie Greenwood	F	45		01:04:07	2165	01:02:44
2175	3342 Jac Hansel	M	50		01:04:08	2191	01:03:06

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2176	3372 Emily Cosgrove	F	35		01:04:09	2225	01:03:31
2177	2546 Lisa Fabb	F	35		01:04:09	2226	01:03:32
2178	2165 Robert Gwyn Williams	M	40		01:04:09	2194	01:03:07
2179	2773 Mark Arnold	M	45		01:04:10	2187	01:03:03
2180	1365 Ian Janes	M	40		01:04:11	2132	01:02:20
2181	1994 Emma Kehoe	F	35		01:04:12	2161	01:02:42
2182	1993 David Kehoe	M			01:04:12	2160	01:02:42
2183	1452 Lynne Brier	F	40	Swansea Harriers	01:04:14	2202	01:03:14
2184	607 Hannah Williams	F			01:04:16	2193	01:03:07
2185	2689 Julie Griffiths	F	45		01:04:16	2197	01:03:12
2186	2514 Paul Everest	M	55		01:04:17	2155	01:02:34
2187	163 Sally Davies	F			01:04:19	2142	01:02:27
2188	2483 Tina Crocker	F			01:04:19	2148	01:02:31
2189	2349 Linda Owens	F	55	3M Gorseinon	01:04:20	2171	01:02:47
2190	1863 Julia Coffey	F			01:04:20	2183	01:03:02
2191	2218 Cathryn Mclean	F	40		01:04:21	2236	01:03:43
2192	1841 Emily Jayne Evans	F	40		01:04:21	2157	01:02:38
2193	1789 Simon Mark Hudd	M	40		01:04:22	2167	01:02:44
2194	3098 Pete Bateman	M	55		01:04:22	2149	01:02:32
2195	2928 Adrian Bailey	M	45		01:04:23	2190	01:03:05
2196	99 Matthew Dainton	M			01:04:23	2223	01:03:29
2197	286 Lynn Holmes	F	45		01:04:24	2222	01:03:29
2198	135 Johanne Hughes-Dowdle	F	40	Activa	01:04:27	2268	01:04:07
2199	3227 Katie Pool	F			01:04:27	2192	01:03:07
2200	3392 David Jefferies	M			01:04:28	2195	01:03:07
2201	725 Jenny Wyatt	F	45	WRN	01:04:28	2172	01:02:49
2202	2497 Sarah Hague	F			01:04:31	2262	01:04:00
2203	915 Anne Griffiths	F	45		01:04:33	2206	01:03:16
2204	2831 Nicky Thomas	F	40		01:04:34	2228	01:03:35
2205	704 Valerie Mitchell	F			01:04:35	2215	01:03:26
2206	501 Amy Taylor	F			01:04:36	2196	01:03:09
2207	3382 Bethan Morris	F			01:04:36	2169	01:02:45
2208	3380 Emma Morris	F			01:04:36	2170	01:02:45
2209	193 Sian Impey	F	35		01:04:37	2211	01:03:20

Admiral Swansea Bay 10k  
(Provisional Results)

2210	1668 Jenny Johnson	F	40	01:04:37	2184	01:03:02
2211	948 Hayley Morris	F	35	01:04:41	2242	01:03:45
2212	2530 Jo Thomas	F		01:04:41	2208	01:03:18
2213	2528 Ceri Thomas	M		01:04:41	2207	01:03:18
2214	905 Bob Davies	M	60	01:04:46	2181	01:03:01
2215	1051 Hazel Watson	F	50	01:04:46	2218	01:03:27
2216	1020 Rebeca Little	F	35	01:04:46	2219	01:03:28
2217	1339 Wendy Walters	F	35	01:04:47	2200	01:03:13
2218	3190 Allyson Cullen	F	45	01:04:47	2186	01:03:03
2219	1315 Wyn Walters	M	45	01:04:47	2201	01:03:13
2220	2125 Vivienne Brown	F	40	01:04:48	2198	01:03:12
2221	2012 Katherine Williams	F	35	01:04:48	2199	01:03:12
2222	1536 Chris Hight	M	45	01:04:48	2212	01:03:20
2223	332 Sally Fuller	F	35	01:04:48	2209	01:03:19
2224	871 Martin Lewis	M	40	01:04:48	2279	01:04:19
2225	3138 Laura Powell	F		01:04:52	2240	01:03:44
2226	2465 Gareth Williams	M		01:04:52	2221	01:03:28
2227	1769 Fiona Maclean	F		01:04:52	2220	01:03:28
2228	3154 Rhoan Hepburn	M		01:04:53	2251	01:03:50
2229	3153 Jennifer Lye	F		01:04:53	2252	01:03:50
2230	429 Robert Smith	M	50	01:04:54	2204	01:03:15
2231	731 David Thomas	M		01:04:57	2246	01:03:48
2232	1061 Melanie Thomas	F		01:04:58	2247	01:03:49
2233	3147 Sharon Coombs	F	35	01:04:58	2248	01:03:49
2234	3055 Caroline Mccaffery	F		01:04:59	2234	01:03:42
2235	1500 Lisa Ogilvie	F	40	01:05:01	2263	01:04:01
2236	3403 Tina Lloyd	F	40	01:05:02	2241	01:03:44
2237	3140 Rowena Hession	F	40	01:05:03	2224	01:03:31
2238	478 Lucy Boucher	F	20	01:05:04	2258	01:03:57
2239	2953 Deanne Rebane	F	45	01:05:05	2205	01:03:15
2240	2119 Catherine Jackson	F	50	01:05:05	2289	01:04:26
2241	122 Catrin Jones	F	35	01:05:05	2277	01:04:18
2242	87 Gemma Jones	F		01:05:05	2272	01:04:15
2243	2878 Christine Davies	F	50	01:05:06	2217	01:03:27

Admiral Swansea Bay 10k  
(Provisional Results)

2244	2877 Huw Griffiths	M	50		01:05:06	2216	01:03:27
2245	2397 Sarah Murphy	F		Les Croupiers	01:05:07	2243	01:03:47
2246	2395 Elliot Murphy	M	20		01:05:07	2244	01:03:47
2247	3318 Victoria Jones	F			01:05:07	2286	01:04:26
2248	2226 Kevin Protheroe	M	50		01:05:08	2210	01:03:19
2249	2812 Hugh Hitchcock	M	40		01:05:08	2310	01:04:53
2250	2297 Philip Williams	M	40		01:05:08	2273	01:04:16
2251	444 Sophie Lewis	F	35		01:05:10	2245	01:03:48
2252	2304 David Michael Taylor	M	55		01:05:13	2203	01:03:14
2253	48 Craig Kennedy	M			01:05:15	2235	01:03:42
2254	400 Hayley Oliver	F			01:05:15	2257	01:03:56
2255	819 Laura Thomas	F			01:05:16	2250	01:03:49
2256	3130 Melanie Carson Thomas	F			01:05:16	2299	01:04:33
2257	3396 Lynne Jurczyk	F	50		01:05:16	2238	01:03:43
2258	895 Sue Shannon-Jones	F	55	3M Gorseinon	01:05:16	2237	01:03:43
2259	2952 Susan Pendleton	F	40	WRN	01:05:16	2227	01:03:35
2260	1105 Lindsay Thomas	F	50		01:05:17	2281	01:04:21
2261	967 Lisa Worton	F	40		01:05:17	2264	01:04:01
2262	3162 Caroline Jones	F			01:05:18	2259	01:03:59
2263	853 Karen Grunhut	F	40		01:05:18	2300	01:04:34
2264	2603 Jackie Spencer	F	40		01:05:18	2293	01:04:29
2265	651 Ryan Gillette	M			01:05:18	2304	01:04:44
2266	2612 Kevin Spencer	M			01:05:19	2295	01:04:29
2267	2287 Wendy Jones	F	50		01:05:19	2213	01:03:25
2268	2751 Geraint Evans	M	40		01:05:19	2214	01:03:26
2269	2139 Jonathan David Evans	M	40		01:05:20	2261	01:04:00
2270	1927 Lisa Williams	F			01:05:20	2256	01:03:52
2271	1133 Maxine Cummins	F	35		01:05:21	2231	01:03:38
2272	1135 Andrea Preece	F			01:05:21	2232	01:03:39
2273	2461 Raymond Leonard	M	60	Huntingdonshire AC	01:05:23	2233	01:03:41
2274	3166 Sally Williams	F			01:05:24	2266	01:04:05
2275	2209 Amanda Bleach	F	35		01:05:25	2294	01:04:29
2276	1269 Kate Wilson	F			01:05:25	2255	01:03:52
2277	1833 Patricia Lee	F	35		01:05:26	2271	01:04:14

Admiral Swansea Bay 10k  
(Provisional Results)

2278	1558 Elizabeth John	F	35		01:05:27	2312	01:04:56
2279	1723 Neil Giles	M			01:05:28	2321	01:05:06
2280	3272 Lee Price	M			01:05:32	2276	01:04:18
2281	2365 Dean Gibson	M			01:05:34	2290	01:04:28
2282	778 Debz Sebborn	F	35		01:05:37	2239	01:03:43
2283	2227 Graham Anthony Yeo	M	55		01:05:39	2274	01:04:16
2284	1152 Michael Lynch	M	55		01:05:42	2265	01:04:03
2285	3315 Peter Critchley	M	50		01:05:43	2308	01:04:49
2286	236 Rachel Griffiths	F			01:05:44	2303	01:04:43
2287	1198 Chris Rees	M			01:05:46	2249	01:03:49
2288	3178 Dan Moore	M		Team Mooresy	01:05:46	2278	01:04:19
2289	916 Jane White	F	40		01:05:48	2297	01:04:32
2290	1272 Lisa Julie Jones	F	35		01:05:48	2320	01:05:05
2291	1069 David Rees	M	55		01:05:49	2254	01:03:52
2292	3124 Nicola Poole	F	35		01:05:49	2260	01:04:00
2293	1356 Bethan Lovering	F			01:05:49	2282	01:04:21
2294	2634 Lucy Higgins	F			01:05:50	2306	01:04:46
2295	112 Paul Ian Pritchard	M	50		01:05:54	2337	01:05:29
2296	113 Sonia Pritchard	F			01:05:54	2336	01:05:28
2297	2920 Patricia Searle	F	45		01:05:56	2269	01:04:09
2298	2512 Anne-Marie Jehu	F			01:05:56	2322	01:05:06
2299	305 Emma Wilkins	F			01:05:59	2280	01:04:21
2300	544 Hilary Thomas	F	50	WRN	01:06:01	2285	01:04:26
2301	2217 Alex Joanne Lever	F	40	WRN	01:06:02	2288	01:04:26
2302	1782 Philp Manfield	M	45		01:06:02	2347	01:05:39
2303	3102 Sue Blundell	F	45	WRN	01:06:03	2307	01:04:49
2304	1035 Clare Beynon	F	50		01:06:04	2331	01:05:20
2305	2914 Lucy Charlotte Lewis	F			01:06:06	2275	01:04:17
2306	657 Mandy Williams	F	35	Sole Sisters North Bristol	01:06:06	2323	01:05:12
2307	2477 Gary John Richards	M	40		01:06:07	2301	01:04:36
2308	242 Neil Holley	M	40		01:06:08	2267	01:04:07
2309	1608 Nia Godsmark	F			01:06:09	2305	01:04:45
2310	203 Hywel Mainwaring	M	55	3M Gorseinon	01:06:09	2270	01:04:11
2311	2596 Serena Neish	F	50		01:06:10	2298	01:04:33

Admiral Swansea Bay 10k  
(Provisional Results)

2312	2729	Jacqueline Jones	F		01:06:13	2315	01:04:59	
2313	154	Michael Alexander	M	40	01:06:14	2287	01:04:26	
2314	1092	Bleddyn Price	M	40	01:06:14	2296	01:04:31	
2315	70	Mark Peters	M	45	01:06:15	2324	01:05:13	
2316	882	Marianne Burrige	F	50	Fairwater Runners	01:06:16	2284	01:04:25
2317	317	Adrian Thomas	M	55		01:06:16	2328	01:05:18
2318	723	Mike Williams	M	60	Fairwater Runners	01:06:16	2283	01:04:25
2319	1219	Saffron Darby	F			01:06:19	2316	01:05:00
2320	2711	Bethan Francis-Hopkins	F	50		01:06:20	2292	01:04:29
2321	2757	Ellis Hopkins	M	50		01:06:20	2291	01:04:29
2322	3216	Amanda Davies	F	35		01:06:23	2313	01:04:58
2323	3217	David Davies	M	40		01:06:23	2314	01:04:59
2324	3151	Nettie Harry	F	35		01:06:24	2338	01:05:31
2325	1587	Rhian Davies	F			01:06:25	2340	01:05:34
2326	1585	Melanie Jehu	F	40		01:06:26	2342	01:05:36
2327	1754	Lynda Joan Wilshaw	F	40	Wye Valley Runners	01:06:26	2318	01:05:03
2328	328	Melanie Davies	F	35	Nant	01:06:27	2339	01:05:34
2329	1275	Stuart Whiffin	M			01:06:27	2309	01:04:50
2330	1947	Saira Luckman	F	40		01:06:28	2317	01:05:01
2331	2185	Gary Rees	M	60		01:06:29	2311	01:04:55
2332	2927	Sandra Barnes	F	40		01:06:32	2325	01:05:15
2333	1929	Catherine Bowen	F	40		01:06:36	2358	01:05:55
2334	3311	Kirsty Martin	F			01:06:36	2348	01:05:44
2335	2492	Sarah Grant	F	35		01:06:37	2334	01:05:27
2336	3127	Michael Davies	M	45		01:06:37	2332	01:05:24
2337	2431	Celia Melvin	F	50		01:06:37	2327	01:05:18
2338	1421	Paul Bates	M			01:06:37	2349	01:05:45
2339	378	Christopher John	M			01:06:43	2302	01:04:42
2340	2285	Christopher David Matthews	M	55		01:06:50	2343	01:05:36
2341	2387	Andrew Frederick John	M	45		01:06:51	2379	01:06:26
2342	2417	Louise Steer	F			01:06:51	2360	01:05:58
2343	777	Bernita De Wet	F	40		01:06:52	2371	01:06:09
2344	1771	Anna Lewis- Knogle	F			01:06:52	2357	01:05:52
2345	3339	Rhian Thomas	F			01:06:53	2329	01:05:20

Admiral Swansea Bay 10k  
(Provisional Results)

2346	3232 Michelle Perrott	F			01:06:54	2330	01:05:20
2347	150 Sharon Davies	F	35		01:07:01	2362	01:05:58
2348	2977 Daniel Morgan	M	50		01:07:02	2346	01:05:39
2349	2264 Cat Hayes	F			01:07:03	2333	01:05:25
2350	279 Sheryll Holley	F	35		01:07:04	2319	01:05:03
2351	151 Sarah Powell	F			01:07:06	2367	01:06:04
2352	581 Eleanor Kennedy	F			01:07:07	2373	01:06:14
2353	3275 Caroline Laing	F	45		01:07:11	2374	01:06:16
2354	3357 Jackie Willard	F	40		01:07:15	2326	01:05:17
2355	3271 Louise Hughes	F			01:07:15	2352	01:05:48
2356	1486 Laura Stafford	F			01:07:17	2355	01:05:51
2357	1375 Richard Davies	M			01:07:19	2335	01:05:28
2358	1937 Sarah Edwards	F	20		01:07:19	2356	01:05:51
2359	1223 Elizabeth Parton	F			01:07:22	2351	01:05:47
2360	1192 Michael Carter	M	55		01:07:24	2366	01:06:03
2361	2032 Rhia Berni	F			01:07:27	2363	01:06:01
2362	2464 Elin Mair Davies	F	40	WRN	01:07:28	2396	01:06:49
2363	3580 Jamie Thomas	M	20		01:07:28	2361	01:05:58
2364	2442 Danielle Suzanne Thomas	F			01:07:31	2354	01:05:49
2365	1227 Louise Williams	F			01:07:33	2364	01:06:03
2366	2949 Lee James	M		Aberdare AAC	01:07:33	2409	01:07:10
2367	3048 Olugbenga Fakande	F	50		01:07:35	2341	01:05:36
2368	2333 Kate Watts	F	40		01:07:35	2350	01:05:45
2369	2581 John Gladdish	M	65		01:07:36	2353	01:05:49
2370	3374 Daniel Cundy	M	45		01:07:36	2345	01:05:39
2371	3598 Charlotte Westacott	F			01:07:39	2381	01:06:30
2372	1296 Clare Fencott	F			01:07:39	2372	01:06:10
2373	192 Sarah Brain	F	40		01:07:40	2344	01:05:38
2374	2704 Sarah Jones	F			01:07:41	2386	01:06:35
2375	318 Louise Burgess	F		Team Em	01:07:47	2369	01:06:09
2376	1660 Alexander Jordan	M			01:07:48	2370	01:06:09
2377	3083 Carlo Nino De Benedictis	M	55		01:07:48	2380	01:06:26
2378	3142 Claire Geary	F	40		01:07:50	2365	01:06:03
2379	2627 Wayne Godden	M	40		01:07:51	2359	01:05:56

Admiral Swansea Bay 10k  
(Provisional Results)

2380	943 Jamie Jones	M			01:07:53	2376	01:06:17
2381	712 Derek Hawkins	M	65		01:07:54	2418	01:07:23
2382	550 Mark Evans	M	40		01:07:55	2446	01:07:55
2383	1996 Becky Ashwin	F			01:07:59	2378	01:06:23
2384	968 Lauren Savigar	F	20		01:07:59	2382	01:06:30
2385	926 Lara Baldwin	F	20		01:07:59	2383	01:06:30
2386	1470 Julia Macleur	F	40		01:08:00	2375	01:06:17
2387	1642 Sue Talbot	F	50		01:08:00	2389	01:06:39
2388	2308 Peter John Lincoln	M			01:08:02	2368	01:06:04
2389	360 Mia Mathews	F	45		01:08:03	2411	01:07:14
2390	3529 Heather Waller	F	45	Leamington C & Ac	01:08:04	2403	01:06:56
2391	3185 Cathy Johnson	F	45		01:08:05	2393	01:06:46
2392	1834 William Walter Carr	M	70	3M Gorseinon	01:08:07	2377	01:06:22
2393	653 Sarah Partridge	F	35		01:08:08	2390	01:06:40
2394	643 Adam Rowe	M			01:08:10	2388	01:06:35
2395	654 Kim Evans	F	50		01:08:17	2405	01:07:04
2396	1598 Glenda Devonald	F	40		01:08:17	2415	01:07:20
2397	2447 April Young	F	45		01:08:18	2400	01:06:54
2398	3465 Robert Hayward	M	50		01:08:21	2402	01:06:56
2399	1211 Geraldine Hayward	F	50	Celtic Tri	01:08:21	2392	01:06:46
2400	267 Toby Garrud	M			01:08:21	2391	01:06:42
2401	1700 Tony Hickey	M	55		01:08:23	2419	01:07:23
2402	2409 Colin Lloyd	M	40		01:08:23	2421	01:07:24
2403	1681 Caroline Sian Mead	F	35		01:08:23	2384	01:06:30
2404	2026 Harriet Williams	F			01:08:23	2394	01:06:46
2405	1329 Catherine Lilygreen	F	40		01:08:23	2397	01:06:50
2406	1340 Susan Fleming	F	45		01:08:24	2398	01:06:51
2407	1418 Jane Bond	F	45		01:08:27	2385	01:06:33
2408	3522 Rhys Rogan	M	20	Llswerry Runners	01:08:28	2387	01:06:35
2409	423 David Pavey	M	50		01:08:33	2401	01:06:55
2410	2511 Anna Smith	F			01:08:33	2428	01:07:33
2411	1518 Jeremy Jones	M	50		01:08:34	2437	01:07:51
2412	1517 Liz Knowles	F	50		01:08:34	2438	01:07:51
2413	3005 Debbie Robins	F			01:08:36	2404	01:07:00

Admiral Swansea Bay 10k  
(Provisional Results)

2414	663 Vaughan Lloyd	M	40		01:08:37	2443	01:07:54
2415	2446 David Evans	M	40		01:08:38	2439	01:07:52
2416	877 Claire James	F	35	WRN	01:08:39	2399	01:06:54
2417	1129 Helen Turbervill	F	45		01:08:44	2426	01:07:31
2418	2307 Kirsty Lee Leonard	F			01:08:48	2395	01:06:49
2419	1282 Gaynor James	F	40		01:08:48	2407	01:07:08
2420	2014 Lisa Francis	F			01:08:49	2410	01:07:12
2421	2210 Lisa Davies	F			01:08:50	2408	01:07:08
2422	2638 Jenni Davies	F			01:08:50	2406	01:07:06
2423	602 Tammy Cappell	F	35		01:08:51	2463	01:08:24
2424	462 Emma Hickey	F		Brackla Harriers	01:08:51	2450	01:08:03
2425	1099 Brian Thomas	M	45		01:08:56	2420	01:07:24
2426	2707 Mark Rush	M			01:08:58	2422	01:07:25
2427	1384 Annie Benton	F			01:08:58	2440	01:07:53
2428	3578 Kerry James	M			01:08:59	2417	01:07:23
2429	1385 Ann Benton	F	45		01:08:59	2441	01:07:53
2430	978 Lynne Hodgetts	F	55	WRN	01:09:00	2414	01:07:19
2431	1018 Neil Jones	M	40		01:09:00	2424	01:07:28
2432	3250 Clive Edwards	M	65		01:09:02	2425	01:07:31
2433	3541 Leanne Dawn Evans	F			01:09:04	2442	01:07:54
2434	3442 Jonathan Howe	M			01:09:04	2436	01:07:50
2435	2611 Andi Plastiras	F	45		01:09:06	2459	01:08:20
2436	1654 Louise Sweetman	F	40		01:09:06	2430	01:07:36
2437	3263 Rachel Holland	F	35		01:09:06	2435	01:07:45
2438	747 Susan Thomas	F	35		01:09:07	2431	01:07:37
2439	837 Gwyneth Ayers	F			01:09:07	2427	01:07:32
2440	282 Sian Ellis	F			01:09:07	2423	01:07:25
2441	3090 Lea Avery	F			01:09:08	2433	01:07:41
2442	2018 Charlotte Koscian	F	35		01:09:09	2466	01:08:28
2443	1975 Nadine Beth Pearce	F	35		01:09:13	2413	01:07:18
2444	1656 Geraldine Rose Clayton	F	45		01:09:14	2429	01:07:34
2445	2730 Sian Parfitt	F	45		01:09:15	2412	01:07:16
2446	128 Jilly Bentley	F	45		01:09:18	2449	01:07:58
2447	1973 Anne Wilkinson	F	40	Port Talbot Harriers	01:09:18	2432	01:07:37

Admiral Swansea Bay 10k  
(Provisional Results)

2448	2732 Kaye Davies	F	45		01:09:21	2416	01:07:22
2449	1033 Julie Davies	F	55	3M Gorseinon	01:09:23	2471	01:08:38
2450	2762 Aled Williams	M	45		01:09:28	2492	01:09:05
2451	2009 Laura Aston	F			01:09:30	2434	01:07:41
2452	1317 Annette Davies	F	40	Builth And District	01:09:36	2456	01:08:14
2453	300 David Emanuel	M			01:09:39	2445	01:07:55
2454	299 Charlotte Emanuel	F			01:09:39	2444	01:07:54
2455	2251 Rochelle Hill	F	35	WRN	01:09:42	2447	01:07:57
2456	2502 Clare Douglas	F			01:09:42	2448	01:07:57
2457	2378 Melanie Coleman	F	45		01:09:44	2460	01:08:24
2458	1241 David Van Gelder	M	50		01:09:50	2473	01:08:44
2459	2958 Glenys Curtis	F	55		01:09:50	2480	01:08:51
2460	1566 Mick Roberts	M	50	Team Em	01:09:54	2457	01:08:15
2461	720 Mellissa Nash	F			01:09:57	2452	01:08:11
2462	1454 Julie Garner	F	45		01:09:58	2454	01:08:13
2463	208 Nadine Hall	F	35	3M Gorseinon	01:09:59	2499	01:09:13
2464	217 Helen Taylor	F	40		01:09:59	2451	01:08:04
2465	1453 Elizabeth Jordan	F	40		01:09:59	2455	01:08:14
2466	2674 Paul James	M			01:09:59	2488	01:09:02
2467	3276 Joanne Williams	F			01:10:00	2453	01:08:11
2468	3231 Charlie James	F	20		01:10:01	2490	01:09:03
2469	167 Chris Davies	M			01:10:02	2482	01:08:52
2470	140 Margaret Barrett	F	60		01:10:03	2465	01:08:27
2471	1160 Laura Simpson	F	35		01:10:05	2458	01:08:20
2472	2538 Michelle Slee	F	35		01:10:08	2477	01:08:49
2473	2850 Hannah Williams	F	20		01:10:09	2470	01:08:38
2474	2838 Michael Williams	M	45		01:10:09	2472	01:08:38
2475	3034 Sinead Hancock	F	35		01:10:11	2464	01:08:26
2476	3477 Karen Davies	F	35		01:10:13	2475	01:08:46
2477	851 Stephen Duggan	M	50		01:10:17	2467	01:08:32
2478	3472 Helen Davies	F	50		01:10:22	2476	01:08:47
2479	1534 Anne Newbury	F	50	WRN	01:10:25	2497	01:09:11
2480	795 Rosie Amesbury	F	60		01:10:26	2483	01:08:54
2481	900 Rachael Pugh	F	35		01:10:28	2468	01:08:33

Admiral Swansea Bay 10k  
(Provisional Results)

2482	1509	Judith Denyer	F	40		01:10:28	2479	01:08:51
2483	1531	Paula John	F	45		01:10:28	2481	01:08:51
2484	902	Paul Evans	M			01:10:28	2469	01:08:34
2485	3549	Philippa White	F			01:10:28	2503	01:09:22
2486	1455	Emma Dove	F			01:10:29	2478	01:08:50
2487	1390	Richard Riby	M			01:10:30	2487	01:09:01
2488	1346	Beverley Mcgonagle	F	45		01:10:30	2491	01:09:05
2489	1166	Darren James	M			01:10:31	2501	01:09:17
2490	1749	Amanda Skull	F	35		01:10:32	2461	01:08:24
2491	1748	Rhisiart Ap Gwilym	M			01:10:32	2462	01:08:24
2492	2896	Jayne Davies	F			01:10:33	2485	01:08:56
2493	3258	Ailsa Harris	F	35	STA	01:10:34	2493	01:09:09
2494	420	Tara Moruzzi	F	35	WRN	01:10:34	2496	01:09:11
2495	3368	Emily Wilson	F			01:10:34	2498	01:09:11
2496	2895	Sarah Govier	F			01:10:35	2486	01:08:58
2497	593	Lucy Jacobs	F	40		01:10:42	2502	01:09:18
2498	3534	Angela Jones	F			01:10:48	2526	01:10:05
2499	3532	Dean O'Connor	M			01:10:48	2527	01:10:05
2500	1814	Karen Ceeney	F	50	Llswerry Runners	01:10:52	2474	01:08:46
2501	1901	Libby Williams	F	35		01:10:53	2489	01:09:03
2502	3370	Steve Charalambou	M	40		01:10:54	2484	01:08:56
2503	1958	Georgina Evans	F		Aspers Aces	01:10:57	2494	01:09:11
2504	2962	Warren Taylor	M			01:11:02	2521	01:09:53
2505	454	Emma Spacey	F	35		01:11:05	2505	01:09:25
2506	2070	Kate Jones	F	35		01:11:06	2500	01:09:16
2507	2901	Kirsty Evans	F	35		01:11:06	2507	01:09:29
2508	2339	Georgina Smith	F		RAF Athletics	01:11:07	2528	01:10:06
2509	3076	Jackie Rose	F	45		01:11:07	2516	01:09:50
2510	3286	Lucy Cook	F		RAF Athletics	01:11:07	2529	01:10:06
2511	3075	Jenny Rose	F	20		01:11:07	2517	01:09:50
2512	2319	Laura Rose	F			01:11:08	2518	01:09:50
2513	2852	Scott Burton	M			01:11:08	2531	01:10:09
2514	303	Vicki Strachan	F	35		01:11:09	2532	01:10:11
2515	1932	Cynthia Davies	F	55		01:11:09	2519	01:09:50

Admiral Swansea Bay 10k  
(Provisional Results)

2516	1904 Sandra Mitchell	F		01:11:09	2513	01:09:45
2517	157 Andrew Rhodes	M		01:11:10	2504	01:09:24
2518	2934 Elinor Cordiner	F	40	01:11:11	2495	01:09:11
2519	1944 Stephanie Thomas	F	20	01:11:13	2511	01:09:38
2520	749 Huw Davies	M		01:11:14	2512	01:09:40
2521	1949 Nicola O'Sullivan	F	35	01:11:17	2533	01:10:13
2522	2834 Janette Thorne	F	40	01:11:20	2508	01:09:32
2523	54 Susan Sparks	F	40	01:11:20	2542	01:10:26
2524	82 Karl Knight	M		01:11:21	2543	01:10:27
2525	448 Jess Player	F		01:11:22	2535	01:10:18
2526	241 Graeme Hughes	M	40	01:11:22	2506	01:09:26
2527	867 Gemma Jones	F		01:11:23	2509	01:09:35
2528	865 Aliastar Mansell	M		01:11:23	2510	01:09:35
2529	1942 Andrew Thomas	M	45	01:11:25	2515	01:09:49
2530	640 Wayne Hoskins	M	50	Islwyn RC	2520	01:09:52
2531	3470 Donna Caswell	F	40	WRN	2523	01:09:56
2532	1732 Nishantha Perinparajah	F		01:11:33	2538	01:10:21
2533	3046 Christopher Godsall	M		01:11:33	2514	01:09:46
2534	2742 Gary Maunder	M	50	01:11:38	2524	01:10:02
2535	1073 John Hopkin	M	60	01:11:41	2536	01:10:19
2536	1848 Paul Warburton	M	60	Rhondda Valley Runners	2522	01:09:54
2537	935 Rachel Hanrahan	F	40	01:11:48	2525	01:10:03
2538	2749 Rhian John	F	35	01:11:50	2553	01:10:57
2539	445 Gareth Davies	M		01:11:55	2530	01:10:07
2540	1141 Dion James	M		01:11:56	2534	01:10:14
2541	3026 Ashley George Crocker	M	20	01:11:58	2547	01:10:43
2542	2401 Richard Florance	M	40	01:11:59	2544	01:10:28
2543	2577 Samantha Davies	F	20	01:12:03	2546	01:10:33
2544	739 Gordon Scott	M		Rob Clarke Gym	2540	01:10:25
2545	612 Charlotte Addicott	F		01:12:05	2541	01:10:25
2546	625 Andrew Addicott	M		01:12:05	2539	01:10:25
2547	246 Non Jenkins	F	35	01:12:13	2537	01:10:21
2548	3592 Tina Hobson	F	35	Travelodge	2548	01:10:43
2549	2979 Bethan Morgan	F		01:12:16	2551	01:10:53

Admiral Swansea Bay 10k  
(Provisional Results)

2550	2978 Andrew Barlow	M			01:12:17	2593	01:12:17
2551	2474 Sarah Blake	F	55	Brecon AC	01:12:18	2550	01:10:49
2552	1900 Elize Fletcher	F	35		01:12:21	2545	01:10:30
2553	2063 Rhys Jelley	M			01:12:32	2564	01:11:24
2554	94 Andrew Driscoll	M			01:12:34	2566	01:11:24
2555	3483 Alison Phillipart	F	45	Sketty Swansea	01:12:35	2560	01:11:21
2556	886 Kristine Hamilton	F	50	WRN	01:12:36	2552	01:10:54
2557	1955 Louise Rowlands	F	35		01:12:39	2549	01:10:47
2558	888 Nicola Anderson	F	35	WRN	01:12:43	2565	01:11:24
2559	3177 Ryan James	M		Team Mooresy	01:12:43	2556	01:11:16
2560	2381 Nia Jayne George	F		Sospan RR	01:12:44	2567	01:11:25
2561	2050 Elisabeth Nakielny	F			01:12:48	2558	01:11:18
2562	2049 Mark Lund	M			01:12:48	2557	01:11:18
2563	923 Samantha Evans	F			01:12:49	2559	01:11:21
2564	831 Fran Goodman	F	40		01:12:49	2554	01:11:04
2565	353 Nick Groucott	M			01:12:52	2568	01:11:28
2566	352 Rachael Groucott	F	35		01:12:52	2569	01:11:28
2567	385 Cho Kam Hon	F			01:12:54	2580	01:12:03
2568	2353 Barrie Morgan	M	65	Wye Valley Runners	01:12:55	2571	01:11:32
2569	2348 Jonathan Donnelly	M			01:12:55	2578	01:11:50
2570	547 Charlie Maclaughlin	M	45		01:12:58	2555	01:11:05
2571	1173 Robert Pearce	M	40		01:13:04	2561	01:11:21
2572	1172 Lella Nouri	F			01:13:06	2603	01:12:39
2573	3484 Vivienne Henderson	F			01:13:07	2596	01:12:29
2574	2986 Philip Lenthall	M	45		01:13:09	2572	01:11:33
2575	3567 Terry Saunders	F	35		01:13:12	2562	01:11:23
2576	1144 Alison Williams	F			01:13:13	2585	01:12:11
2577	2343 Adam Dewi Whitehouse	M			01:13:15	2589	01:12:16
2578	3310 Kieran Mchugh	M	45		01:13:16	2570	01:11:31
2579	1406 Jacqui Lake	F	50	Team Jacqui	01:13:19	2563	01:11:23
2580	1662 Christopher Jordan	M	55		01:13:21	2577	01:11:46
2581	2055 Theresa King	F	50		01:13:21	2574	01:11:43
2582	1396 Emma Reynolds	F		Team Em	01:13:21	2576	01:11:43
2583	2053 Lisa King	F		Team Em	01:13:21	2575	01:11:43

Admiral Swansea Bay 10k  
(Provisional Results)

2584	1624 Barry Thomas	M		01:13:27	2592	01:12:17
2585	1945 Ronald Brown	M	50	01:13:27	2591	01:12:16
2586	1405 Hywel Morgan	M		01:13:28	2590	01:12:16
2587	999 Nicholas Rees	M	20	01:13:32	2600	01:12:36
2588	2256 Byron Adlam	M	40	01:13:34	2588	01:12:15
2589	302 Tracey Hughes-Jenkins	F	35	01:13:36	2586	01:12:13
2590	3566 Griffith Lewis	M	65	01:13:36	2595	01:12:24
2591	2033 Maria Kershaw	F	35	01:13:39	2597	01:12:30
2592	2074 Donna Woods	F	40	01:13:39	2598	01:12:31
2593	231 Sarah Mccarthy	F		01:13:39	2579	01:12:00
2594	2422 Andrew Davies	M	40	01:13:40	2584	01:12:07
2595	2196 John Edward Coles	M	55	01:13:42	2573	01:11:43
2596	2915 Catherine Pendleton	F	35	01:13:47	2601	01:12:36
2597	1508 Jenny Pinkerton	F	40	01:13:48	2581	01:12:03
2598	225 Jac Patterson	F	45	01:13:48	2582	01:12:04
2599	1511 Sally Anderton	F	40	01:13:48	2583	01:12:04
2600	2232 Gloria Smith	F	50 WRN	01:13:52	2602	01:12:38
2601	1671 Audrey Lorraine Butler	F	65 Great Western Runners	01:13:54	2587	01:12:14
2602	2879 Paul Beaton	M		01:13:59	2599	01:12:32
2603	847 Ben Seabourne	M		01:14:06	2607	01:12:56
2604	603 Kelly Marie Beynon-Thomas	F		01:14:08	2608	01:12:57
2605	3031 Kathleen Davies	F	60	01:14:11	2610	01:12:59
2606	721 David Bailey	M	70 Serpentine	01:14:16	2611	01:12:59
2607	1074 Judith Cutter	F		01:14:17	2606	01:12:56
2608	1197 Suzanne Wallace	F		01:14:21	2621	01:13:28
2609	850 Allison Pavey	F	40	01:14:22	2604	01:12:41
2610	2857 Katie Allen	F	35	01:14:26	2594	01:12:23
2611	1324 Robert James	M		01:14:31	2613	01:13:05
2612	724 Rosie Jay	F		01:14:33	2618	01:13:25
2613	2686 Alison Jones	F	40	01:14:34	2612	01:13:00
2614	1792 Jennifer Ann Cook	F	60	01:14:38	2616	01:13:18
2615	2299 Shirley Ann Berry	F	50 WRN	01:14:41	2609	01:12:58
2616	1337 Kimberley Schiller	F		01:14:44	2605	01:12:45
2617	2322 Kathryn Greenfield	F	35	01:14:53	2617	01:13:24

Admiral Swansea Bay 10k  
(Provisional Results)

2618	1191	Joanna Carter	F		01:14:56	2623	01:13:34
2619	1751	Michelle Blackmore	F		01:14:56	2636	01:14:12
2620	2391	Emma Jayne Jones	F		01:15:00	2626	01:13:43
2621	2047	Suzanne House	F		01:15:03	2629	01:14:00
2622	1568	Carly Podger	F		01:15:08	2619	01:13:27
2623	1567	Kelly Evans	F		01:15:09	2620	01:13:28
2624	3202	Karen Davies	F	45	01:15:11	2638	01:14:28
2625	531	Paul Williams	M	45	01:15:15	2614	01:13:15
2626	530	Wendy Baker	F	45	01:15:15	2615	01:13:16
2627	1580	Kathryn Smith	F	F4	01:15:16	2624	01:13:39
2628	463	Rachel Houlihan	F		01:15:16	2622	01:13:34
2629	388	Meinir Williams	F	40	01:15:24	2625	01:13:40
2630	595	Paul Bowen	M	40	01:15:34	2628	01:13:52
2631	170	Maria Kostromin	F	35	01:15:45	2627	01:13:43
2632	2583	Sara Davies	F		01:15:47	2632	01:14:04
2633	3440	Gillian Mills	F	45	01:15:49	2637	01:14:27
2634	3553	Sarah Louise Carmichael	F		01:15:50	2631	01:14:04
2635	3543	Gary Bendle	M	40	01:15:50	2633	01:14:05
2636	1860	Carol Budge	F	35	01:15:51	2635	01:14:09
2637	3222	Amanda West	F	40 WRN	01:15:51	2634	01:14:09
2638	936	Anna Tew	F		01:15:53	2656	01:14:50
2639	175	Clare Llewellyn	F		01:15:56	2630	01:14:01
2640	921	Margaret Powell	F	50	01:15:57	2639	01:14:28
2641	759	Sian Radnidge	F		01:15:59	2661	01:15:08
2642	757	Sian Morgans	F	40	01:15:59	2660	01:15:08
2643	309	Nia Watkins	F	20	01:16:00	2659	01:14:59
2644	477	Nicola Jayne Morgan	F		01:16:10	2648	01:14:42
2645	1038	Kirsty Davies	F	35	01:16:22	2641	01:14:30
2646	165	Laura Pullin	F		01:16:23	2642	01:14:30
2647	146	Sally Ann Greenslade	F	35	01:16:23	2644	01:14:37
2648	166	Dawn Phillips	F	40	01:16:23	2643	01:14:31
2649	2068	Siwsan Williams	F	40	01:16:23	2645	01:14:37
2650	123	Dawn Skipper	F	35	01:16:24	2646	01:14:37
2651	727	Tracey Jones	F	35	01:16:24	2640	01:14:29

Admiral Swansea Bay 10k  
(Provisional Results)

2652	1513 Michael Stones	M	40		01:16:25	2649	01:14:43
2653	1924 Blanche Sainbsbury	F	45	Swansea Life	01:16:28	2651	01:14:44
2654	2628 Lisa Cameron	F	35	Swansea Life	01:16:28	2653	01:14:45
2655	3279 Wyn Jenkins	M		Swansea Life	01:16:28	2652	01:14:44
2656	2030 Sarah-Jayne Portnall	F		Swansea Life	01:16:29	2650	01:14:44
2657	1564 Christine Lewis	F			01:16:35	2662	01:15:14
2658	485 Lizz Winchurch	F			01:16:35	2655	01:14:48
2659	1590 David Braithwaite	M	55	Southville Running Club	01:16:41	2647	01:14:38
2660	2994 Elaine Mahoney	F	45		01:16:42	2657	01:14:52
2661	1774 Lindsay Eileen Broom	F			01:16:43	2654	01:14:47
2662	1116 Dawn Comisini	F	45		01:16:54	2670	01:16:02
2663	457 Kerry-Lynne Pyke	F			01:16:58	2658	01:14:58
2664	2134 Kevin Rowcliffe	M	50		01:17:01	2671	01:16:03
2665	3423 Michael Dalling	M			01:17:09	2682	01:16:26
2666	1448 David Lewis	M			01:17:10	2667	01:15:53
2667	2906 Alison Annear	F	50		01:17:13	2680	01:16:21
2668	574 Daniel Charman	M			01:17:15	2665	01:15:40
2669	469 Allison Church	F		WRN	01:17:17	2663	01:15:35
2670	998 Alun Rees	M	45		01:17:19	2681	01:16:23
2671	805 Hannah Cholewka	F			01:17:28	2669	01:15:59
2672	3027 Brandon Pearson	M	20		01:17:31	2675	01:16:16
2673	3574 Luke Thomas	M	20		01:17:32	2676	01:16:16
2674	1936 Jessica Nesbitt	F	20		01:17:33	2668	01:15:58
2675	3179 Maria Carr	F		Les Croupiers	01:17:35	2664	01:15:36
2676	177 Gwydion Lyn	M			01:17:37	2666	01:15:43
2677	450 Praveen Pathmanaban	M	40		01:17:50	2677	01:16:20
2678	1655 Lillian Mary Dobby Mbe	F	70		01:17:53	2684	01:16:54
2679	3414 Lisa Scott	F	40		01:17:55	2673	01:16:12
2680	446 Freya Kendall	F			01:17:59	2674	01:16:15
2681	1245 Louise Morgan	F			01:18:09	2672	01:16:07
2682	3521 Ronald Harris	M	70	Llswerry Runners	01:18:13	2679	01:16:20
2683	3535 Gemma Harris	F			01:18:15	2686	01:17:04
2684	131 Lyndon Harris	M			01:18:20	2678	01:16:20
2685	351 Victoria Hands	F	35		01:18:22	2685	01:16:56

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(Provisional Results)

2686	1003 Sally Roberts	F			01:18:31	2683	01:16:45
2687	976 Bev Boggis	F	45		01:18:39	2691	01:17:27
2688	143 Phillip Griffiths	M			01:18:42	2688	01:17:14
2689	3021 Michelle Dorothy Cole	F	40		01:18:45	2692	01:17:29
2690	86 Kimberly Jones	F			01:18:59	2702	01:18:08
2691	2847 Colin Duncan	M	70		01:19:03	2687	01:17:10
2692	2747 Emily Vine	F			01:19:04	2689	01:17:14
2693	2186 Donna Maria Rees	F	35		01:19:05	2695	01:17:39
2694	1174 Kelly Shefford	F			01:19:06	2693	01:17:32
2695	1850 Leslie Evans	M	60	Rhondda Valley Runners	01:19:16	2690	01:17:26
2696	2170 Steven Parsons	M	40		01:19:17	2699	01:17:55
2697	617 Natasha Smith	F			01:19:24	2700	01:17:55
2698	1903 Laura Lancey	F			01:19:33	2698	01:17:53
2699	1313 Yvonne Freeman	F	50		01:19:35	2696	01:17:48
2700	2541 Hannah Johnson	F			01:19:42	2694	01:17:39
2701	1215 Teresa Whatty	F			01:19:44	2701	01:18:00
2702	206 Mark Edwards	M			01:19:51	2697	01:17:51
2703	474 Dean Cawsey	M			01:19:56	2704	01:18:24
2704	3460 Jessica Harrington	F			01:20:16	2703	01:18:14
2705	59 Rhian Grove	F			01:20:18	2714	01:19:23
2706	1663 Lucy Jordan	F	20		01:20:18	2706	01:18:43
2707	2803 Geraint Jones	M			01:20:19	2707	01:18:44
2708	1881 Sharon Cinderby	F	35		01:20:19	2709	01:18:55
2709	331 Catherine Walsh	F	45		01:20:23	2708	01:18:53
2710	2624 Joy Buchanan	F	55		01:20:24	2705	01:18:34
2711	3537 Sarah Jane Watts	F	35		01:20:27	2712	01:19:17
2712	1494 Wayne Morgan	M	45		01:20:41	2713	01:19:22
2713	3249 Nia Cook	F			01:20:56	2715	01:19:36
2714	2176 Paul Wynne Evans	M			01:21:03	2710	01:19:16
2715	2177 Martyn David Simpson	M			01:21:03	2711	01:19:16
2716	685 Karen Murphy	F	35		01:21:39	2718	01:20:03
2717	719 Mark Murphy	M			01:21:39	2719	01:20:04
2718	2071 Sian Lewis	F	45		01:21:43	2722	01:20:38
2719	2594 Kathryn Hurely	F	45		01:21:43	2723	01:20:39

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(Provisional Results)

2720	104 Louise Miles	F		01:21:49	2717	01:20:01
2721	1463 Helen Courtney	F		01:21:55	2716	01:19:51
2722	2827 Patricia Davies	F	45	01:22:03	2726	01:21:07
2723	2552 Susan Trott	F	50	01:22:06	2729	01:21:14
2724	396 Ceris James	F		01:22:08	2725	01:21:07
2725	2273 Liz Bowen	F	50	01:22:15	2721	01:20:35
2726	3469 Lucy Cooper	F	20	01:22:32	2727	01:21:11
2727	1823 Clare Louise Wynn	F		01:22:36	2720	01:20:33
2728	984 Jeanette Storm Mitchell	F		01:22:48	2724	01:21:05
2729	2207 Wendy Cranswick	F	50	01:22:57	2728	01:21:13
2730	1527 Simon Sandall	M		01:23:10	2739	01:23:10
2731	680 Nick Sutton	M	AFCO Swansea	01:23:10	2730	01:21:46
2732	2031 Helen Lloyd Jones	F	60	01:24:03	2742	01:23:21
2733	2796 Lesley Collier	F	50	01:24:08	2731	01:22:37
2734	670 Julian Ryan-Young	M		01:24:13	2734	01:22:50
2735	1440 Sarah-Jayne O'Reilly	F		01:24:24	2735	01:23:00
2736	2248 Hazel Samuel	F	45 WRN	01:24:25	2733	01:22:41
2737	1775 Helen Mcdaid	F	35 WRN	01:24:25	2732	01:22:40
2738	659 Pauline Cummings	F	35	01:24:35	2738	01:23:07
2739	647 Peter David	M	40	01:24:35	2737	01:23:07
2740	1557 Kay Webb	F	45	01:24:51	2743	01:23:32
2741	2280 Terence Clarke	M	65	01:24:54	2736	01:23:01
2742	2173 Sally Sims	F	55	01:25:06	2740	01:23:13
2743	2147 Norma Veronica Higginson	F	60	01:25:06	2741	01:23:13
2744	606 Sarah Nally	F		01:25:46	2748	01:24:08
2745	2231 Christine Williams	F	50	01:25:50	2746	01:24:00
2746	2889 Matthew Jelley	M		01:25:52	2747	01:24:05
2747	3447 Gail Jones	F	40	01:25:57	2749	01:24:35
2748	1961 Ceri Phelps	F		01:25:59	2744	01:23:54
2749	1041 Judith Dale	F		01:25:59	2745	01:23:54
2750	316 Oliver Clements	M		01:26:14	2751	01:24:38
2751	315 Matthew Clements	M		01:26:14	2750	01:24:37
2752	1976 Ursula Arnold	F	45	01:26:52	2752	01:24:46
2753	292 Cerys Hunt	F		01:27:03	2753	01:25:05

Admiral Swansea Bay 10k  
(Provisional Results)

2754	230 Edward Jannaway	M	45		01:27:09	2754	01:25:13
2755	1569 Julie Phillips	F	40	F4	01:28:14	2755	01:26:37
2756	1431 Chris Davies	M			01:28:14	2756	01:26:37
2757	2571 Julie Woodcock	F	35		01:29:25	2758	01:27:29
2758	2693 Gemma Murphy	F		D Team	01:29:27	2757	01:27:27
2759	390 Laura Heaven	F	20		01:29:41	2759	01:27:51
2760	375 Andrew Kirton	M	20		01:29:41	2760	01:27:51
2761	775 Chris Hill	M			01:30:24	2762	01:28:37
2762	2060 Karl Hazzard	M			01:30:24	2761	01:28:25
2763	620 Andrea Jenkins	F	45		01:30:46	2764	01:28:57
2764	621 Rebecca Mainwaring	F			01:30:46	2763	01:28:56
2765	109 Alison Rees-Lewis	F	35		01:30:50	2766	01:29:04
2766	1066 Rhian Foote	F			01:30:50	2765	01:29:04
2767	584 Kevin Jury	M			01:32:25	2768	01:31:01
2768	1442 Mark Jackson	M	40		01:32:25	2769	01:31:02
2769	722 Susan Mccall	F	65	Serpentine	01:32:31	2770	01:31:12
2770	2279 James Anthony	M	55		01:32:39	2767	01:30:45
2771	53 Sharon Bowen	F	35		01:32:55	2771	01:31:13
2772	1746 Sharon Harris	F	35		01:33:17	2772	01:31:20
2773	1458 Wendy Fisher	F	55		01:33:25	2773	01:31:27
2774	1706 Caroline Ann Demoulpied	F	45		01:34:14	2774	01:32:11
2775	103 Anne Miles	F	55		01:34:15	2775	01:32:27
2776	3550 Rebecca Hipkiss	F			01:38:20	2776	01:36:34
2777	3556 Jean Mary Healey	F	50		01:38:22	2778	01:37:12
2778	3547 Angela Matthews	F	45		01:38:22	2777	01:37:11
2779	1087 Carl Evans	M			01:39:01	2779	01:37:17
2780	1086 Michelle Evans	F	35		01:39:01	2780	01:37:17
2781	2750 Anita Thomas	F	40		01:39:12	2781	01:37:23
2782	3536 Lisa Lovering	F	35		01:40:14	2782	01:38:36
2783	127 Ian Rowden	M	45	Plough & Harrow	01:40:43	2783	01:38:55
2784	3540 Debbie Barnes	F	40		01:41:21	2786	01:39:42
2785	3539 Eira John	F	55		01:41:21	2787	01:39:43
2786	2389 Susan Taylor-Shaw	F	50		01:41:44	2785	01:39:41
2787	2388 Sarah Taylor-Shaw	F	35		01:41:45	2784	01:39:41

Admiral Swansea Bay 10k  
(Provisional Results)

2788	3538 Denise O'Connor	F	40	01:44:13	2788	01:42:35
2789	3545 Sian Siberry	F	40	01:45:28	2789	01:43:48
2790	3558 Joanne Davies	F	40	01:45:32	2790	01:43:52
2791	3542 Diane Bowen	F	45	01:45:34	2791	01:43:55
2792	1226 Daniel Drummond	M		01:46:41	2792	01:44:39
2793	1225 Charlotte Drummond	F		01:46:41	2793	01:44:39
2794	3548 Jane Watts	F	45	01:47:31	2795	01:45:46
2795	3544 Angela Williams	F	45	01:47:32	2794	01:45:46
2796	938 Gloria Davies	F	65	01:50:14	2796	01:48:19
2797	2281 Valerie Mary Clarke	F	65	01:51:43	2798	01:49:49
2798	939 Liza Osborne	F	65	01:51:43	2799	01:49:52
2799	3365 Ann Wyndham	F	60	01:51:47	2797	01:49:45
2800	126 Bernice Rowden	F	60	01:53:53	2800	01:52:06
2801	3552 Ann Jones	F	55	01:53:53	2801	01:52:08
2802	1006 Jeffery Harris	M	60	02:50:09	2802	02:47:38