

8th June 2010

# LC Swansea Bay 5k

Pos	Time	Bib Name	M/F	Cat	Club
1	00:15:28	132 Craig Hopkins	M		Swansea Uni
2	00:15:45	234 Daniel Gurmin	M		
3	00:15:50	348 Lee Ladd	M		Carmarthen
4	00:16:01	162 Christopher Williams	M	V	Neath
5	00:16:12	1 Simon Jones	M		Neath Harriers
6	00:16:29	123 Matthew Eavns	M		
7	00:16:52	318 David Kehoe	M		Swansea
8	00:17:03	72 Alan Davies	M	V	
9	00:17:09	64 Andrew Reynolds	M		Neath
10	00:17:13	239 Dean Hill	M		Tipton
11	00:17:14	252 Gareth Ayres	M		Port Talbot
12	00:17:18	38 Ifan Lloyd	M	V	Swansea
13	00:17:19	124 Steve Evans	M	V	Neath
14	00:17:24	20 Joshua Leech Griffiths	M		Carmarthen
15	00:17:25	343 Simon Wilson	M	V	Swansea
16	00:17:32	65 David Wilson-Evans	M	V	Swansea
17	00:17:35	259 Lee Morris	M		
18	00:17:40	167 Carl Ellis	M		Neath
19	00:17:49	149 Ian Webb	M	V	
20	00:17:54	416 Kevin Griffiths	M	V	Trots
21	00:17:56	133 Charles Walsh	M		Port Talbot
22	00:17:58	299 Ben Jenkins	M		Swansea
23	00:17:59	424 Alex Williams	M	V	Port Talbot Harriers
24	00:18:03	63 Royston Whitehouse	M	V	Neath
25	00:18:06	275 Leigh Hiscox	M		Ponty
26	00:18:10	126 Ben Mitchell	M	V	SBOC
27	00:18:15	110 Adrian Weaver	M		Neath
28	00:18:17	224 Kate Roberts	F		Bridgend
29	00:18:19	116 Matthew Thomas	M		Swansea
30	00:18:23	106 Chris Fulcher	M	V	Port Talbot
31	00:18:24	425 Grant Howells	M	V	
32	00:18:28	265 Alaw Beynon-Thomas	F		Carmarthen
33	00:18:36	54 John Howells	M		
34	00:18:37	251 Ian Phillips	M		3Ms
35	00:18:44	181 Gareth Morgan	M		
36	00:18:47	194 Jonathan Walker	M		Sospans
37	00:18:48	57 Steve Thomas	M		3Ms
38	00:18:50	296 Chris Allton	M	V	Swansea
39	00:18:57	85 Kelly Morgan	F		Ponty
40	00:18:59	420 Steve Walsh	M	V	3M
41	00:19:01	74 Stephen Williams	M	V	Neath
42	00:19:03	218 Paul Rees	M	V	Port Talbot
43	00:19:05	30 Kieran Mackintosh	M		Port Talbot Harriers
44	00:19:07	15 Adam Bruce-Smith	M		
45	00:19:10	327 Elysia Ridley	F		Swansea
46	00:19:11	43 Paul Davies	M	V	Port Talbot
47	00:19:13	301 Doug Morgan	M		
48	00:19:13	31 Matthew Harvey	M		
49	00:19:14	83 Christopher Lynsey	M	V	Corus Multisport
50	00:19:14	238 Lynne Cox	F		Tipton
51	00:19:15	185 Sean Treloar	M	V	Port Talbot
52	00:19:15	291 Jeremy Forshaw	M	V	Les Croupiers
53	00:19:17	250 Jon Bailey	M		
54	00:19:20	182 Darren Edwards	M		Celtic Tri
55	00:19:22	248 Mark Gosney	M		3Ms
56	00:19:23	131 Shaun Broome	M		Neath
57	00:19:24	49 Gary Howe	M	V	3Ms
58	00:19:28	159 Dave Rose	M	V	Porthcawl
59	00:19:31	153 Greg Matthews	M	V	
60	00:19:32	417 John Morgan	M	V	Brackla Harriers
61	00:19:36	37 Steffan Jones	M		
62	00:19:37	616 Clare Phillips	F	V	Swansea Harriers
63	00:19:43	263 Martin Webborn	M	V	Swansea
64	00:19:44	78 Barry Owen	M		
65	00:19:49	438 Ian Ogilvie	M	V	Brackla Harriers
66	00:19:49	180 Sandra Pinkham	F	V	Port Talbot
67	00:19:50	439 Paul Ezard	M	V	Brackla Harriers
68	00:19:53	198 Michael Roderick	M		
69	00:19:54	287 M Rimmer	M	V	Swansea
70	00:19:57	221 Mike Tate	M	V	Multisport
71	00:19:58	219 David Parfitt	M	V	Port Talbot
72	00:20:00	337 Leon Murnieks	M		
73	00:20:01	197 John Hopkins	M	V	Port Talbot
74	00:20:03	406 Dean Porter	M	V	
75	00:20:04	174 Ian Harris	M		
76	00:20:09	241 Stuart Young	M		UCS
77	00:20:09	87 Ross Griffiths	M		
78	00:20:10	628 Jenny Phillips	F	V	Llanelli AAC
79	00:20:11	93 Carl Walker	M		Deviant
80	00:20:13	269 Paul Dyson	M	V	Swansea
81	00:20:14	191 Steve Ruddy	M	V	
82	00:20:14	7 Stuart Tyrrell	M		
83	00:20:16	330 Adrian Rees	M		

## Swansea Bay 5k June

84	00:20:19	130 Mark Terry	M	V	TROTS
85	00:20:21	80 Huw Pullen	M		
86	00:20:21	136 Stuart Griffiths	M		3Ms
87	00:20:22	629 Amanda Evans	F	V	3M
88	00:20:22	70 Michelle Cole	F		3Ms
89	00:20:23	3 Ian Hoskins	M		
90	00:20:23	315 Bernard Henderson	M	V	Port Talbot
91	00:20:24	32 Gary Robertson	M		
92	00:20:24	9 Owen Lewis	M		
93	00:20:25	230 Mackenzie Noble	M		Celtric Tri
94	00:20:26	414 Graham Vyner	M	V	3M
95	00:20:30	255 Robert 1Jones	M	V	Swansea
96	00:20:31	69 Michael Halsall	M		Llanelli
97	00:20:32	76 Michael Evans	M	V	Neath
98	00:20:34	94 Alan Perkins	M	V	Port Talbot
99	00:20:36	119 Roger Bell	M	V	3Ms
100	00:20:38	62 Alex Scott	M		
101	00:20:44	321 David Cornish	M	V	Port Talbot
102	00:20:44	268 Sian Kirk	F		Swansea
103	00:20:46	308 Jacqueline Brace	F	V	Bridgend
104	00:20:47	163 Heath Jones	M	V	
105	00:20:49	279 Martyn Evans	M	V	Wecori
106	00:20:51	264 Paul McNeil	M		
107	00:20:51	292 Nicola Quin	F	V	Emlyn
108	00:20:55	109 Noel Edwards	M		
109	00:20:58	312 Joseph Davies	M		
110	00:20:59	217 Darren Williams	M		Port Talbot
111	00:21:01	434 Derek Fenton	M	V	
112	00:21:02	179 Carole Moseley	F		Port Talbot
113	00:21:08	121 Charles Phillips	M	V	
114	00:21:08	619 Caroline Jones	F	V	Trot Club
115	00:21:09	276 Philippa Williams	F	V	
116	00:21:09	108 Steven Dinham	M		
117	00:21:10	617 Maggie Fligelstone	F	V	
118	00:21:15	117 Uku Kumari	M	V	Swansea
119	00:21:16	270 Peter Deacon	M	V	Swansea
120	00:21:17	332 Lloyd Bradley	M		Cardiff
121	00:21:17	289 Emma Lynch	F	V	Brackla
122	00:21:21	47 James Colburn	M		Celtic Tri
123	00:21:22	89 Andrew Lucas	M	V	
124	00:21:23	256 Efa Llewellyn	F		Swansea
125	00:21:25	122 Teresa Kenonwood	F		
126	00:21:26	412 Allan Jones	M	V	Brackla Harriers
127	00:21:28	196 Benedict Devlin	M		
128	00:21:31	243 Andy Hunter	M		
129	00:21:31	347 Chris Griffiths	M		
130	00:21:36	113 Craig Henson	M		
131	00:21:38	61 Adrian Evans	M		
132	00:21:38	240 Mike Gregson	M		VRC
133	00:21:38	284 Richard Howe	M	V	
134	00:21:43	306 Ludovic Boucher	M		Celtic Tri
135	00:21:46	99999 Unknown Number	M		
136	00:21:50	349 Gary Luwood	M	V	
137	00:21:51	440 Simon Pinner	M	V	Wecori
138	00:21:53	147 Steve McLelland	M	V	3Ms
139	00:21:53	66 Kyle Fulcher	M		Port Talbot
140	00:21:56	216 Adrian Luckman	M	V	
141	00:21:57	428 Geoff Hall	M	V	
142	00:21:58	277 Ceri Brambley Tucker	F	V	Port Talbot
143	00:21:59	271 Tony Baker	M	V	
144	00:21:59	42 Robert Morgan	M	V	
145	00:22:02	190 Huw Turner	M		
146	00:22:03	445 Andrew Huges	M	V	
147	00:22:05	232 Iain Burns	M		Mumblung Tri
148	00:22:06	364 Mark Hanford	M		
149	00:22:08	302 Phillip Trebble	M	V	Brakla
150	00:22:09	431 Roland Matthews	M	V	Brackla
151	00:22:11	56 Leighton Johnson	M	V	
152	00:22:13	430 Paul Bigmore	M	V	Brackla
153	00:22:16	403 Winston Lord	M	V	
154	00:22:17	12 Andrew Williams	M		
155	00:22:19	345 Andrew Thomas	M	V	
156	00:22:21	16 Martin Slucutt	M		
157	00:22:23	44 Ian Williams	M	V	Port Talbot
158	00:22:23	92 Brian Fox	M	V	
159	00:22:24	184 Darren Vaughan	M		Port Talbot
160	00:22:25	409 Steve Jones	M	V	
161	00:22:26	419 Christopher Cutts	M	V	
162	00:22:29	192 Guang Yim	M		
163	00:22:33	223 Andrew Gibbs	M		
164	00:22:33	288 Bob Gardiner	M	V	
165	00:22:38	310 Iain Leighton	M		
166	00:22:40	242 Matthew Hughes	M		Swansea
167	00:22:40	446 Paul Henwood	M	V	
168	00:22:41	33 Dan Huntley	M		
169	00:22:41	329 Carlos Land	M	V	
170	00:22:41	25 Stephen Fitzgerald	M		
171	00:22:42	10 Mike Griffiths	M		Team Deviant
172	00:22:44	320 Joanna Rothwell	F		
173	00:22:46	245 Matt Rogerson	M		3Ms
174	00:22:47	29 Sam Silke	M		Celtic Tri

## Swansea Bay 5k June

175	00:22:48	46 Claire Morgan	F	V	
176	00:22:50	444 Mike Ridout	M	V	Brackla Harriers
177	00:22:50	408 Anthony Kavanagh	M	V	Brackla Harriers
178	00:22:53	178 Pauline Williams	F	V	Port Talbot
179	00:22:53	247 Darren Groumds	M		Team Deviant
180	00:22:56	82 James Dawson	M		Brodie
181	00:22:57	157 Sian Phillips	F	V	
182	00:22:58	436 David Mitchell	M	V	SBOL
183	00:23:02	432 Tony Burt	M	V	Brackla Harriers
184	00:23:02	280 James Tromah	M	V	Brakla
185	00:23:03	158 Rhiannon Anderson	F		Swansea
186	00:23:04	77 Tom Wright	M	V	
187	00:23:05	283 David Brown	M		
188	00:23:11	107 Simon Eastwood	M		
189	00:23:12	266 Jonathon Beynon	M		
190	00:23:14	186 Alastair Ford	M		
191	00:23:16	313 Paul Jones	M		Mumbles
192	00:23:17	236 Geoff White	M	V	3Ms
193	00:23:17	90 Carl Watkins	M		
194	00:23:19	73 Cecily Warren	F	V	
195	00:23:19	262 Steve Daniels	M	V	
196	00:23:19	317 Neale Davies	M	V	
197	00:23:21	207 Angela Davies	F		
198	00:23:22	138 Ray James	M	V	
199	00:23:27	222 Simon Short	M	V	
200	00:23:30	189 Chris Howells	M		
201	00:23:37	246 Bryn Murphy	M		
202	00:23:39	206 Natalie Jones	F		Village Vipers
203	00:23:40	344 Jason Jones	M	V	
204	00:23:40	601 Angela Ridge	F	V	Celtic Tri
205	00:23:41	79 Emma Jones	F		
206	00:23:42	151 Terry Hart	M	V	
207	00:23:43	24 Tom Beard	M		
208	00:23:43	145 Tina Arthur	F	V	Port Talbot
209	00:23:45	51 Paul Clarke	M	V	Mumbles
210	00:23:46	144 Allison Tay	F		
211	00:23:48	143 Cordelia Jones	F		3Ms
212	00:23:49	84 Terry Jones	M	V	Celtic Tri
213	00:23:49	177 Rick Rimmer	M	V	
214	00:23:50	176 Karen Davies	F	V	Activa
215	00:23:51	325 Andy Bellingham	M	V	
216	00:23:54	286 Steve Smith	M		
217	00:23:55	260 Suzanne Bevan	F	V	
218	00:23:56	272 Alison Banfield	F		
219	00:23:58	22 Nick Morley	M		
220	00:24:00	235 Iwan Davies	M	V	
221	00:24:03	334 Gary Sawdon	M	V	
222	00:24:05	415 Edward Davies	M	V	
223	00:24:08	610 Ruth Henderson	F	V	
224	00:24:09	606 Joanne Perkins	F	V	
225	00:24:13	300 Chris Webb	F	V	
226	00:24:14	433 Simon Franks	M	V	Swansea Harriers
227	00:24:14	55 Stuart Johnson	M		
228	00:24:14	423 David Boucher	M	V	
229	00:24:18	335 Tara Hammett	F		Dragon
230	00:24:19	322 Owen Peek	M		
231	00:24:21	413 Keith Treharne	M	V	Brackla Harriers
232	00:24:21	422 Matt Weller	M	V	Mumbles M
233	00:24:22	114 Sali Davies	F	V	3Ms
234	00:24:25	75 Mehmot Yalgin	M	V	Neath
235	00:24:27	40 Miranda Davies	F		
236	00:24:30	627 Melanie Colburn	F	V	Celtic Tri
237	00:24:34	249 Julian Williams	M		
238	00:24:35	339 Ian Gilmore	M		
239	00:24:35	173 Vicki Hopkins	F	V	Brackla
240	00:24:37	18 Tom Wimpory	M		
241	00:24:39	336 Joanne Bpham	F	V	
242	00:24:41	135 Andrew Davies	M		
243	00:24:44	316 Julie Cole	F	V	Dragon
244	00:24:45	128 Brian Stevendale	M	V	
245	00:24:46	134 Philip Jenkins	M	V	
246	00:24:49	175 David Seal	M	V	
247	00:24:51	118 Dan Barber	M		
248	00:24:56	443 Ian Stratton	M	V	Brackla Harriers
249	00:24:57	146 Katie Evans	F		Celtic Tri
250	00:24:58	169 Mathew Dainton	M		
251	00:25:03	28 Kevin Davies	M		
252	00:25:05	338 Simon Cogger	M		
253	00:25:05	253 Kelly Gipson	F	V	Port Talbot
254	00:25:07	314 Louise Oram	F	V	
255	00:25:08	152 Neil Higgins	M	V	
256	00:25:09	233 Leonie Thomas	F		
257	00:25:11	137 Samantha Singh	F	V	
258	00:25:13	5 Ryan Bowen	M		
259	00:25:14	254 Greg Fabb	M	V	
260	00:25:15	281 Melanie Stone	F	V	Celtic Tri
261	00:25:22	193 Helen Phillips	F	V	Amman Valley
262	00:25:27	160 Oona Crawford	F	V	TROTS
263	00:25:32	98 Natalie Hemingwaymain	F		
264	00:25:33	208 Sarah Dusgate	F		
265	00:25:34	48 Laura Miles	F		Celtic Tri

## Swansea Bay 5k June

266	00:25:39	203 Kirsten Tucker	F		WRN
267	00:25:47	605 Patricia Jones	F	V	Brackla Harriers
268	00:25:48	342 Michael Howell	M	V	
269	00:25:49	200 Rebecca Jenkins	F		
270	00:25:57	156 Ramul Mankotia	M		
271	00:25:59	88 Gareth Hughes	M		
272	00:26:01	303 Andrea Starritt	F	V	Brackla
273	00:26:03	53 Rebecca Gunstone	F		Mumbles
274	00:26:04	155 Richard Adams	M	V	
275	00:26:04	195 Lyn Brown	F	V	Amman Valley
276	00:26:04	139 Margaret Reynolds	F	V	Swansea
277	00:26:06	331 Kira Dow	F	V	
278	00:26:07	150 Ali Wood	F	V	
279	00:26:09	11 Andrew Jones	M		
280	00:26:09	97 Wayne Harris	M	V	
281	00:26:11	229 Julie Noble	F	V	Celtic Tri
282	00:26:13	427 Nigel Leighton Jones	M	V	
283	00:26:16	298 Jenkins Leighton	M	V	
284	00:26:17	71 John Morrissey	M	V	
285	00:26:19	213 Danielle Williams	F		
286	00:26:20	418 Tim Shackson	M	V	
287	00:26:23	125 Keith Harris	M	V	Mumbles
288	00:26:23	305 Amelia Boucher	F		Celtic Tri
289	00:26:25	81 Rob Skelton	M	V	
290	00:26:31	201 Victoria Moore	F		
291	00:26:36	129 Callie Burks	F		UCS
292	00:26:36	257 Olivia Taylor	F	V	
293	00:26:36	148 Lynda Thomas	F		
294	00:26:37	99 Jonathan Cundill	M		
295	00:26:39	58 David Rosser	M	V	Amman Valley
296	00:26:41	274 Euriq Morgan	M	V	
297	00:26:42	429 Christopher Hockley	M	V	Swansea
298	00:26:42	171 Rhian Bowen	F		Brackla
299	00:26:43	142 Debbie Vecker	F	V	3Ms
300	00:26:45	267 Nneka Okonta	F		Datchet Dashers
301	00:26:54	273 Wynne Jones	M	V	
302	00:26:55	170 Greg Hutton	M	V	
303	00:26:57	183 Malcolm Bullough	M	V	
304	00:26:59	328 Anna Wake	F	V	3Ms
305	00:27:02	34 Michael Podger	M		
306	00:27:02	295 Robin Wilkins	M		Mayals
307	00:27:03	60 Simon Thomas	M	V	
308	00:27:07	623 Denise Bradley	F	V	
309	00:27:09	290 Tammy Raz-nick	F	V	Brackla
310	00:27:09	19 Neil Dolman	M		
311	00:27:12	127 Phil Thomas	M		
312	00:27:14	165 Christine Hurdridge	F	V	3Ms
313	00:27:16	341 Matt Bowyer	M		
314	00:27:18	244 Mark Hay	M		
315	00:27:18	612 Catherine Morgan	F	V	
316	00:27:23	297 Kath Evans	F	V	Brackla
317	00:27:24	602 Catherine Isaac	F	V	
318	00:27:26	86 Martin Nicholls	M	V	
319	00:27:26	187 Mark Collier	M		
320	00:27:27	282 Tracy Barnbrook	F		
321	00:27:27	35 Ed Gale	M		
322	00:27:30	600 Diane Hynam	F	V	Celtic Tri
323	00:27:32	39 Alice Sullivan	F		
324	00:27:35	36 Rob Evans	M		
325	00:27:36	45 John Birks	M	V	
326	00:27:37	105 Michael Shellard	M		
327	00:27:41	611 Karen Dugate	F	V	
328	00:27:50	237 Alistair Bennett	M	V	Mayals
329	00:27:52	188 Gary Thompson	M		
330	00:27:57	164 Fay Sharpe	F	V	3Ms
331	00:27:59	228 Kurt Weston	M		
332	00:28:05	261 Steve Whyte	M	V	
333	00:28:08	293 Andrea Brabrook	F	V	Emlyn
334	00:28:08	168 Gemma Davies	F		
335	00:28:28	435 Mark Hammond	M	V	
336	00:28:32	91 Daniel Cundy	M	V	Deviant
337	00:28:34	365 Mike Forbes	M		
338	00:28:35	111 Jonathan Atkinson	M	V	
339	00:28:43	50 Ian Swanson	M	V	Port Talbot
340	00:28:45	211 Kat Jennings	F		
341	00:28:46	161 Pauline Thomas	F	V	TROTS
342	00:28:50	326 gary Everett	M	V	
343	00:28:54	96 Mark Feltrin	M	V	
344	00:29:17	411 Stephen Scott	M	V	
345	00:29:23	304 Linda Owens	F	V	3Ms
346	00:29:25	52 Antony Bull	M		
347	00:29:30	421 Chris Brudenell	M	V	
348	00:29:34	608 Jane McGregor	F	V	
349	00:29:38	607 Nerys Anne Jones	F	V	
350	00:29:54	115 Richard Gwyther	M		
351	00:30:02	346 Peter Miles	M	V	
352	00:30:04	603 Janine Lewis	F	V	WRNetwork
353	00:30:05	41 Tracey Loney	F	V	
354	00:30:05	604 Sarah Gould	F	V	WRNetwork
355	00:30:06	285 Dominic Hughes	M	V	
356	00:30:26	172 Nia Godsmark	F		

## Swansea Bay 5k June

357	00:30:29	333 Ruth Bees	F		
358	00:30:32	307 Linda Waller	F	V	3Ms
359	00:30:33	258 Amanda Davies	F	V	
360	00:30:34	881 Melanie Thomas	F		
361	00:30:35	324 David Thomas	M		
362	00:30:35	33 Already Finished	M		
363	00:30:59	120 Graham Yeo	M	V	
364	00:31:31	227 Ann Griffiths	F		Swansea
365	00:31:37	309 Gary Taylor	M		Mumbles
366	00:31:53	59 Merlin Williams	M	V	
367	00:31:54	13 Keith Skeggs	M		
368	00:31:54	166 Julie Davies	F	V	3Ms
369	00:32:20	620 Mandy Connell	F	V	
370	00:32:22	609 Sarah Brain	F	V	
371	00:32:44	613 Maria Kostromin	F	V	
372	00:32:59	323 Anne Wilkinson	F	V	Celtic Tri
373	00:33:07	220 Tara Watt	F		Multisport
374	00:33:09	99999 Unknown Number	F		
375	00:33:19	319 Nick Evans	M		
376	00:33:19	630 Deborah Lewis	F	V	
377	00:33:20	214 Claire Edwards-Matthews	F		
378	00:33:21	21 Gary Matthews	M		
379	00:33:32	199 Robyn Miles	F		
380	00:33:38	340 Ian Gallagher	M	V	
381	00:33:50	441 David Lee	M	V	
382	00:34:31	226 mark Jenkins	M	V	
383	00:34:31	225 Judith Jenkins	F	V	
384	00:34:44	101 Alexnder Price	F	V	
385	00:35:23	231 Catherine Roberts	F	V	WRN
386	00:35:42	141 Rachel Dummett	F		
387	00:35:43	140 Paula Bridge	F	V	
388	00:36:06	622 Lesley Bigmore	F	V	Brackla
389	00:37:35	294 Jane Elliott	F	V	3Ms
390	00:43:12	23 Hefin Ap Dafydd	M		
391	00:43:19	278 Nerys Edwards	F		
392	00:43:41	99999 Unknown Number	F		
393	00:43:42	99999 Unknown Number	F		
394	00:43:43	99999 Unknown Number	F		