

## 2011 Admiral Swansea Bay 10k

### Admiral Swansea Bay 10k 2011

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
1	1	00:29:29	Edwin	Kipkorir	M		Kenya	1	00:29:28
2	3	00:29:43	Phil	Wicks	M		Belgrave Harriers	2	00:29:42
3	4	00:30:14	Ben	Tickner	M		Wells Harriers	3	00:30:13
4	9	00:30:22	Dewi	Griffiths	M	20	Swansea Harriers	4	00:30:21
5	11	00:30:25	Simon	Jones	M		Swansea Harriers	5	00:30:24
6	7	00:30:29	Jon	Pepper	M		Enfield & Haringey	6	00:30:29
7	3693	00:30:34	Matthew	Dumigan	M			7	00:30:32
8	3059	00:30:47	Paul	Richardson	M			8	00:30:47
9	2	00:30:50	Sam	Farah	M		Kenya	9	00:30:49
10	3345	00:30:57	Phillip	Matthews	M		Swansea Harriers	10	00:30:56
11	6	00:31:09	Dean	Lacy	M			11	00:31:08
12	10	00:31:15	Ian	Williams	M		Tipton Harriers	12	00:31:15
13	12	00:31:31	Matthew	Barnes	M			13	00:31:30
14	2517	00:31:33	Angus	Macleane	M		Bristol & West AC	14	00:31:31
15	3265	00:31:47	Matt	Ellis	M			15	00:31:46
16	1073	00:32:12	Afan	Humphries	M		Swansea Harriers	16	00:32:10
17	17	00:32:40	Justina	Heslop	F		Clapham Chasers	17	00:32:40
18	15	00:32:48	Edith	Chelimo	F		Kenya	18	00:32:47
19	3666	00:32:58	Daniel	Gurmin	M		Swansea Harriers	19	00:32:57
20	24	00:33:01	Belsibig	Ibrahim	M		Cardiff AAC	20	00:33:01
21	5	00:33:05	Kojo	Kyereme	M		Shaftesbury Barnet Harriers	22	00:33:04
22	2373	00:33:06	Christopher	Williams	M	40	Neath Harriers	21	00:33:04
23	3422	00:33:18	Mark	Roberts	M	40		23	00:33:16
24	13	00:33:32	Lewys	Hobbs	M		Swansea Harriers	24	00:33:29
25	25	00:33:32	Abdul	Aziz-Abdulrahim	M		Birchfield Harriers	25	00:33:32
26	2222	00:33:39	Pete	Waumsley	M			26	00:33:37
27	19	00:33:47	Gemma	Steel	F		Charnwood	27	00:33:46
28	2027	00:33:51	Jerome	Edwards	M		Les Croupiers	28	00:33:49
29	3721	00:33:53	Andrea	Whitcombe	F	40	Swansea Harriers	29	00:33:51
30	2019	00:33:54	Matthew	Harvey	M		Neath Harriers	30	00:33:52
31	3891	00:33:55	David	Kehoe	M		Swansea Harriers	31	00:33:53
32	509	00:33:57	Luke	Mason	M		Wye Valley Runners	32	00:33:54
33	2952	00:34:12	Peter	Coles	M	45		33	00:34:10
34	839	00:34:17	Daniel	Jones	M		Team Bath AC	34	00:34:15
35	2714	00:34:24	Brian	Wakem	M		Aldershot Farnham & Dist AC	35	00:34:22
36	2170	00:34:26	James	Rodgers	M		Clevedon AC	36	00:34:25
37	2852	00:34:35	Matthew	Thomas	M	20	Swansea Harriers	37	00:34:34
38	3052	00:34:40	Daniel	Rothwell	M		Swansea Harriers	38	00:34:38
39	1956	00:34:43	Stephen	Thomas	M	40	Islwyn	39	00:34:41
40	2512	00:34:44	Owain	Jones	M		Swansea Harriers	40	00:34:42
41	3726	00:34:47	Richard	Mulvany	M		Neath Harriers	41	00:34:44
42	1010	00:34:48	Richard	Bullen	M	50	Les Croupiers	42	00:34:46
44	1505	00:34:57	Andrew	Reynolds	M		Port Talbot Harriers	43	00:34:54
43	2459	00:34:57	Michael	Rix	M	40	Farnham Runners	44	00:34:55
45	2581	00:34:57	Jonathan	Barnes	M	20	Wye Valley Runners	45	00:34:56
47	1643	00:35:02	Tom	Bowerman	M			46	00:34:58
46	3606	00:35:00	Steven	Waldron	M			47	00:35:00
48	3396	00:35:03	Michael	Robinson	M		TROTS	48	00:35:01
49	1928	00:35:05	Matthew	Jacklin	M			49	00:35:02
50	604	00:35:06	Philip	Kendrick	M	50	Brecon AC	51	00:35:04
51	18	00:35:07	Emily	Wicks	F		Aldershot Farnham & Dist AC	50	00:35:04

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
52	16	00:35:11	Fidelis	Chebet	F	20	Kenya	52	00:35:10
53	3147	00:35:13	Matthew	Hurford	M		Les Croupiers	53	00:35:10
55	453	00:35:16	Gareth	Green	M		San Domenico	54	00:35:13
54	2639	00:35:16	Glyn	Price	M	40	Sarn Helen	55	00:35:14
56	774	00:35:18	Peter	Morton	M			56	00:35:17
57	1797	00:35:24	Andrew	Stevens	M		Serpentine RC	57	00:35:21
58	3339	00:35:25	Paul	Talbot	M	40	Neath Harriers	58	00:35:22
59	2772	00:35:30	Paul	Gregg	M	45	Tamar Trotters	59	00:35:27
60	3880	00:35:30	Freek	Van Arkel	M	20	Forest of Dean AC	60	00:35:28
61	21	00:35:35	Susie	Bush	F		Newbury AC	61	00:35:34
62	1626	00:35:40	Ronan	Llyr	M	20	Carmarthen Harriers	62	00:35:39
63	1863	00:35:48	Matt	Mccabe	M			63	00:35:43
64	2627	00:35:50	Emma	D'Alton	F		Westbury Harriers	64	00:35:49
65	20	00:35:51	Kate	Goodhead	F		Bristol & West AC	65	00:35:50
66	2009	00:35:55	John	Morris	M		Amman Valley Harriers	66	00:35:52
67	3674	00:35:56	Geraint	Lewis	M		Porthcawl Runnerslife	67	00:35:54
68	2898	00:35:58	Chris	Fulcher	M	40	Port Talbot Harriers	68	00:35:56
69	1882	00:36:04	Stephen	Elson	M		Ealing Southall & Middlesex AC	69	00:35:58
70	769	00:36:15	Tom	Chisnall	M			70	00:36:11
71	140	00:36:16	Laura	Parsonage	F		Team Bath AC	71	00:36:15
72	1356	00:36:22	Nigel	Phillips	M			72	00:36:16
73	1523	00:36:25	Nigel	Barnes	M	45		73	00:36:20
74	880	00:36:30	Annabel	Granger	F	35	Bristol & West AC	74	00:36:27
75	1898	00:36:36	Rose	Nicholson	F		Woking AC	75	00:36:32
76	1117	00:36:39	Kevin	Griffiths	M	45	TROTS	76	00:36:35
77	335	00:36:46	Simon	Barker	M		Serpentine RC	77	00:36:41
78	1600	00:36:48	Lee	Morris	M			78	00:36:42
79	3249	00:36:49	Peter	Hockin	M	50		79	00:36:46
80	1680	00:36:53	Ian	Harris	M			80	00:36:47
82	3722	00:36:58	Oliver	Williams	M		San Domenico	81	00:36:55
81	2676	00:36:58	Royston	Whitehouse	M	45	Neath Harriers	82	00:36:56
83	2329	00:36:59	Raul	Reismann	M		LC Cobras	83	00:36:57
85	3570	00:37:04	Samuel	Webster	M			84	00:36:59
84	3191	00:37:03	Michael	Dury	M		Islwyn	85	00:37:00
86	1101	00:37:04	Andrew	Noble	M	45	Wye Valley Runners	86	00:37:00
87	1825	00:37:05	Peter	Royle	M	40	Great Western Runners	87	00:37:01
88	528	00:37:07	Jeffrey	Giansiracusa	M		Swansea Harriers	88	00:37:05
89	3075	00:37:10	Peter	Crane	M	50	Neath Harriers	89	00:37:05
90	2722	00:37:15	Ben	Jones	M			90	00:37:10
91	3185	00:37:23	David	Davies	M	55	Brecon AC	91	00:37:17
92	2521	00:37:24	Gareth	Lynch	M		Les Croupiers	92	00:37:20
93	2775	00:37:34	Gethin	Jones	M		Sarn Helen	93	00:37:29
94	3724	00:37:40	Ben	Mitchell	M	20		94	00:37:35
95	3678	00:37:43	Jonathan	Pike	M			95	00:37:39
96	3621	00:37:44	Paul	Hamley	M			96	00:37:40
98	2317	00:37:47	Lian	Davies	M			97	00:37:45
97	23	00:37:47	Debbie	Marsden	F		Westbury Harriers	98	00:37:46
99	1624	00:37:50	Jason	Dickinson	M	40		99	00:37:47
100	3001	00:37:58	Luke	Harris	M		Aldershot Farnham & Dist AC	100	00:37:54
101	2275	00:37:59	Stephen	Shields	M		San Domenico	101	00:37:57
102	3688	00:38:01	Alaw	Beynon-Thomas	F			103	00:37:59
103	2491	00:38:03	Aaron	Jones	M	55	Port Talbot Harriers	102	00:37:59
104	2683	00:38:09	Aled	Anderson	M			104	00:38:01

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
105	2541	00:38:12	Andrew	Dwyer	M	40		105	00:38:07
107	2454	00:38:16	Richard	Marks	M	60	Sarn Helen	106	00:38:12
106	397	00:38:16	Emmett	Thompson	M	20	Forest of Dean AC	108	00:38:13
112	431	00:38:23	Bernd	Kulessa	M	40	3Ms	107	00:38:13
108	2431	00:38:18	Gary	Irving	M	50	Swansea Harriers	109	00:38:14
109	747	00:38:19	Shan	Roberts	F	40		111	00:38:16
111	3568	00:38:22	Paul	Waters	M			110	00:38:16
110	2362	00:38:21	Dave	Wintle	M	55	Great Western Runners	112	00:38:17
113	4004	00:38:28	Stephen	Richards	M		Swansea Harriers	115	00:38:24
114	3365	00:38:30	Mark	Gosney	M			113	00:38:24
115	1588	00:38:31	Dean	Webster	M			114	00:38:24
116	22	00:38:32	Flo	Pepper	F		Phoenix AC	116	00:38:30
117	2026	00:38:36	Stuart	Penny	M	45	Chepstow Harriers	117	00:38:31
118	211	00:38:39	Gareth	Petts	M		Witney Road Runners	118	00:38:34
119	3898	00:38:41	Simon	Wilson	M	45	Swansea Harriers	119	00:38:39
120	2734	00:38:43	Glyn	Sansom	M	45	San Domenico	120	00:38:39
121	125	00:38:49	Alan	Every	M	40	Team Bath AC	121	00:38:45
127	3533	00:39:07	Leigh	Jones	M			122	00:38:45
122	2855	00:38:53	John	O'Shea	M	55	Les Croupiers	123	00:38:46
125	3196	00:39:04	Clem	Clement	M	50	Penarth & Dinas Runners	125	00:38:50
131	3224	00:39:10	Matthew	Turner	M			124	00:38:50
123	779	00:38:58	Alan	Fuller	M			126	00:38:54
124	1875	00:39:03	Michael	Murphy	M	55	Les Croupiers	127	00:38:55
129	3378	00:39:09	James	O'Callghan	M	40		128	00:38:57
126	3363	00:39:05	Andrew	Davies	M			129	00:39:00
128	3646	00:39:08	Sandy	Johnston	M	60	Les Croupiers	130	00:39:02
130	1795	00:39:10	James	Potts	M	40	San Domenico	131	00:39:04
132	625	00:39:11	Lynsey	Christopher	M	40	Corus Multisport	132	00:39:04
133	2514	00:39:13	Gerard	Crispie	M	50	Les Croupiers	133	00:39:08
134	2111	00:39:16	Adrian	Weaver	M			134	00:39:09
135	2084	00:39:16	Robert	Warlow	M		Port Talbot Harriers	135	00:39:09
137	731	00:39:23	Colin	Traer	M			136	00:39:14
146	1214	00:39:36	David	Bembo	M	45		138	00:39:15
175	1429	00:40:04	Paul	Mason	M		Great Western Runners	137	00:39:15
136	3612	00:39:22	Chris	Allton	M	45		139	00:39:17
141	2978	00:39:33	Angela	Heeley	F			140	00:39:17
138	837	00:39:25	John	Lloyd	M	45		141	00:39:20
139	560	00:39:26	Thomas	Smith	M			142	00:39:22
145	3715	00:39:36	Christopher	Rees	M	20		143	00:39:23
143	702	00:39:35	Kneath	Philippart	M	50	Mumbles Milers	144	00:39:25
149	1629	00:39:40	Matthew	Reynolds	M			145	00:39:26
142	1503	00:39:33	Chris	Hiatt	M			146	00:39:27
151	1682	00:39:45	Wayne	Bowen	M			147	00:39:28
140	2882	00:39:32	Darren	Edwards	M			148	00:39:29
158	2158	00:39:52	Adam	Grant	M			149	00:39:31
144	2929	00:39:36	Ellen	Butler	F		Swansea Harriers	150	00:39:32
161	1950	00:39:54	Ben	Hubbard	M			151	00:39:32
148	426	00:39:40	Jeremy	Forshew	M	40	Les Croupiers	153	00:39:34
150	2644	00:39:42	Ian Richard	Williams	M	50	Neath Harriers	152	00:39:34
156	2604	00:39:51	Benjamin	Bowen	M			154	00:39:35
147	3562	00:39:39	Daniel	Thomas	M			155	00:39:36
153	447	00:39:48	Matthew Richard	Nankivell	M		Aberystwyth AC	157	00:39:38
157	693	00:39:51	Michael	Owen	M	40		158	00:39:38

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
169	3800	00:39:59	Steve	Sanders	M		Admiral	156	00:39:38
152	395	00:39:47	John	Rees	M	45		159	00:39:40
154	2310	00:39:49	Mark	Dunscombe	M	50	Sarn Helen	160	00:39:42
180	957	00:40:20	Jonathan	Hancock	M	40	TROTS	161	00:39:44
163	1924	00:39:57	Jason	Davies	M	40		163	00:39:45
164	1798	00:39:58	Maciej	Korona	M			162	00:39:45
155	2618	00:39:51	Paul	Price	M	45		164	00:39:46
173	2424	00:40:02	Amy	Smith	F		Hereford Couriers	165	00:39:47
181	3556	00:40:20	David	Richardson	M			166	00:39:48
171	1815	00:40:01	Matthew	Stroud	M			167	00:39:49
159	3848	00:39:52	Marley	Swidnells	M		Admiral	168	00:39:50
160	1468	00:39:53	Trstan	Spencer	M			170	00:39:51
172	2076	00:40:01	Mark	Owen	M	45		169	00:39:51
162	3047	00:39:55	Matt	Brown	M			172	00:39:52
165	3589	00:39:58	Matthew	Hooper	M		Les Croupiers	173	00:39:52
166	2891	00:39:58	Simon	Smith	M			171	00:39:52
167	3397	00:39:59	Melissa	Ivatsou	F	45	TROTS	174	00:39:53
170	1823	00:40:00	David	Parfitt	M	40	Port Talbot Harriers	175	00:39:53
168	2594	00:39:59	Martin	Davies	M	50	Lliswerry Runners	176	00:39:55
174	3393	00:40:03	Terry	Jones	M		Porthcawl AAC	177	00:39:58
176	1975	00:40:09	Chris	Lewis	M			178	00:40:00
177	2874	00:40:13	Keith	Thompson	M	50		179	00:40:00
193	2178	00:40:41	Terence	Evans	M	40		180	00:40:05
186	3263	00:40:36	Sam	Swain	M			181	00:40:08
178	2278	00:40:15	Simon	Partridge	M	55	Neath Harriers	182	00:40:10
179	1081	00:40:18	Andrew	Ward	M			183	00:40:10
182	399	00:40:24	Craig	Jones	M			184	00:40:11
206	3692	00:41:02	Anthony	David	M			185	00:40:17
183	1749	00:40:24	Chris	Garraway Driscoll	M	20		186	00:40:19
194	3824	00:40:42	Nick	Jones	M		Admiral	187	00:40:20
189	2237	00:40:38	Ioan	Price	M	45		188	00:40:24
192	1076	00:40:40	Pari	Thomas	M			189	00:40:26
185	1745	00:40:33	Phillip	Miles	M	60	Parc Bryn Bach	190	00:40:28
188	206	00:40:37	Simon	Thomas	M			191	00:40:28
184	2647	00:40:32	Huw	Price	M	45	Sarn Helen	192	00:40:29
187	1277	00:40:37	Matt	Taylor	M		Wye Valley Runners	193	00:40:29
197	3543	00:40:50	Garry	Merrell	M			194	00:40:31
191	2161	00:40:39	Tim	Stewart	M	50		195	00:40:32
190	2711	00:40:39	Matthew	Lewis	M			196	00:40:33
198	1394	00:40:52	Andrew	Brasington	M	45		198	00:40:33
201	3048	00:40:53	Alberto	Rodriguez	M			197	00:40:33
219	3049	00:41:19	Christopher	Waygood	M			199	00:40:36
195	3098	00:40:44	Mark	White	M			200	00:40:37
196	2611	00:40:48	Nigel	Clarke	M	40	Hereford Couriers	201	00:40:40
217	3526	00:41:16	Tim	John	M		TROTS	203	00:40:41
236	835	00:41:42	David	Jones	M	50		202	00:40:41
199	3524	00:40:52	Paul	Jelley	M	45		204	00:40:44
200	738	00:40:53	Gareth	Davey	M			206	00:40:47
202	1030	00:40:55	Stephen	Cable	M		3Ms	205	00:40:47
227	3600	00:41:28	Matthew	Pearce	M			207	00:40:50
203	2032	00:41:00	David	Trivett	M	55		208	00:40:51
205	3066	00:41:02	Robert	Davies	M	40	Islwyn	209	00:40:55
214	432	00:41:13	Michael	Roderick	M			210	00:40:56

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
207	3334	00:41:04	Michael	Davies	M	60	Les Croupiers	211	00:40:57
209	2290	00:41:10	Derek	Hegarty	M	50		213	00:40:57
211	3173	00:41:10	Matthew	Rees	M	20		212	00:40:57
210	2488	00:41:10	Darren	Stevens	M	40		214	00:40:58
204	2160	00:41:01	Steve	Cunliffe	M	55	Forest of Dean AC	215	00:40:59
208	3615	00:41:09	Dave	Collins	M			216	00:40:59
216	2667	00:41:14	Rhodri	Evans	M			217	00:41:00
215	3640	00:41:14	Niall	Foster	M			218	00:41:01
212	1960	00:41:12	Alex	Lewis	M			219	00:41:02
232	1350	00:41:35	Mike	Lane	M		Black Pear Joggers	220	00:41:04
218	1362	00:41:17	Peter	Carwardine	M	50	Hereford Couriers	221	00:41:06
221	3024	00:41:22	Dave	Treherne	M			222	00:41:07
213	2816	00:41:12	Sandra	Pinkham	F	45	Port Talbot Harriers	224	00:41:09
225	414	00:41:24	Gareth	Blatchford	M			223	00:41:09
223	2980	00:41:23	Simon	Hazel	M	40		226	00:41:12
224	2658	00:41:24	Darren	Way	M	40	Bitton Road Runners	225	00:41:12
226	2875	00:41:24	Simon	Protheroe	M			227	00:41:14
230	2217	00:41:32	Jim	Chapman	M			229	00:41:14
262	3197	00:42:10	David	Frost	M	45		228	00:41:14
254	473	00:42:03	Leigh	Ridgeway	M			230	00:41:16
220	616	00:41:19	Robert	Bamsey	M	55	Neath Harriers	231	00:41:17
222	1832	00:41:22	William	Edwards	M		Porthcawl Runnerslife	232	00:41:17
229	1116	00:41:30	Simon	Scurrell	M		TROTS	234	00:41:18
239	3131	00:41:46	Samuel	Marsh	M			233	00:41:18
238	270	00:41:46	Ian	Jones	M			235	00:41:19
228	2390	00:41:30	Christopher	Jones	M	40	Amman Valley Harriers	236	00:41:22
240	1502	00:41:47	Andy	Olsen	M	45		237	00:41:22
234	2001	00:41:40	Pete	Smith	M			238	00:41:25
242	317	00:41:49	Owen	Thomas	M			239	00:41:25
231	1015	00:41:34	Philip	Meyler	M	55	Pontypridd Roadents AC	240	00:41:28
233	2513	00:41:36	Gerard	Howells	M	45	Chippenham Harriers	241	00:41:29
237	3892	00:41:43	Alice	Johnston	F	20		242	00:41:29
257	3486	00:42:05	Tony	Hall	M	50	Sarn Helen	243	00:41:30
241	2742	00:41:47	Julia	Belyavin	F		Bristol & West AC	244	00:41:33
235	1883	00:41:41	Gemma	Jones	F		Lliswerry Runners	245	00:41:36
245	2926	00:41:51	Brendan	Jones	M	40	Les Croupiers	246	00:41:37
250	1195	00:41:55	Dean	Packer	M	40		247	00:41:37
243	1865	00:41:50	Owen	Lewis	M	40	3Ms	248	00:41:39
247	3590	00:41:52	Christopher	Jenkins	M			250	00:41:39
248	2692	00:41:52	David	Rees	M	60	Hay Hotfooters	251	00:41:39
255	2493	00:42:03	Jason	Griffiths	M	40		249	00:41:39
244	793	00:41:50	Paul	Mcneill	M		3Ms	252	00:41:41
249	2020	00:41:54	Marcus	Coles	M		Les Croupiers	253	00:41:41
270	3183	00:42:20	Emyr	Jones	M	40		254	00:41:42
246	4006	00:41:52	Sarah	Davies	F	35	Oxford City AC	256	00:41:46
251	2439	00:42:01	Paul	Cooper	M	40		257	00:41:46
266	2446	00:42:15	Adam	Phillips	M			258	00:41:46
277	1311	00:42:30	Ben	Welch	M			255	00:41:46
264	2423	00:42:11	Josh	Daly	M			259	00:41:48
252	1163	00:42:01	Richard	Humphreys	M	40		260	00:41:49
278	3083	00:42:30	Peter	Walters	M	50	TROTS	261	00:41:52
258	338	00:42:06	Peter	Wilks	M	40	Les Croupiers	263	00:41:53
274	1927	00:42:24	Jeremy	Bassett	M	40		262	00:41:53

## 2011 Admiral Swansea Bay 10k

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
263	1531	00:42:10	Ori	Bowen	M			264	00:41:55
265	3050	00:42:14	Damian	Caswell	M		Ebbw Vale	266	00:41:56
271	171	00:42:21	Ashley	Pascoe	M			265	00:41:56
267	3005	00:42:16	Jamie	Sampson	M	40		267	00:41:57
253	2903	00:42:02	Howard	Carpenter	M	55	Neath Harriers	268	00:41:58
259	1789	00:42:06	Howard	Kent	M	55	Les Croupiers	269	00:41:59
256	3909	00:42:04	Sian	Gardner	F	40		271	00:42:00
261	852	00:42:10	Mark	Terry	M	50	TROTS	270	00:42:00
260	3080	00:42:07	Simon	Hall	M		Sarn Helen	272	00:42:02
283	3794	00:42:35	Craig	Simons	M		Admiral	273	00:42:02
269	2754	00:42:20	Maria	Richards	F	35	Islwyn	274	00:42:03
276	3037	00:42:27	Tim	El-Shawk	M			275	00:42:07
268	1575	00:42:19	Ian	Hoskins	M		3Ms	277	00:42:08
272	638	00:42:22	Richard	Noon	M			276	00:42:08
275	2999	00:42:24	Paul	Oughton	M	50		278	00:42:10
282	3587	00:42:33	Rhys	Harries	M			279	00:42:16
279	368	00:42:31	Tony	Sudworth	M	50		280	00:42:17
273	540	00:42:23	Neil	Loneragan	M			281	00:42:19
281	65	00:42:32	Michelle	Cole	F		Active Swansea	283	00:42:21
288	2018	00:42:46	Nichola	Gething	F	40	Parc Bryn Bach	282	00:42:21
280	3167	00:42:31	Goronwy	Evans	M	55	Aberystwyth AC	284	00:42:22
284	262	00:42:38	Kevin Anthony	Jones	M	45	Vegan Runners	285	00:42:23
313	202	00:43:09	Glyn	Jones	M	50		286	00:42:26
285	3582	00:42:39	Finley	Davies	M	20		288	00:42:27
291	1603	00:42:50	Julian	Vance-Daniel	M	50		287	00:42:27
306	3655	00:43:04	Celia	White	F	45	Ingli Runners	289	00:42:28
293	2785	00:42:51	Gareth	Hill	M	40		290	00:42:32
286	2973	00:42:44	Michael	Willcox	M	60		291	00:42:33
295	191	00:42:52	Phil	Walton	M			292	00:42:34
296	3406	00:42:53	Jonathan	Richards	M			293	00:42:34
314	2905	00:43:11	Gareth	Evans	M			294	00:42:35
304	1877	00:43:01	Christopher	Jones	M	50	Lliswerry Runners	295	00:42:36
302	1577	00:43:00	Mark	Overton	M	40		297	00:42:37
324	1654	00:43:25	Clive	Osmond	M	50	Les Croupiers	296	00:42:37
301	2016	00:42:59	Viv	Clement	F	40		298	00:42:38
289	369	00:42:47	Sean	Morris	M			301	00:42:39
294	144	00:42:52	Stephen	Owen	M	50	Les Croupiers	299	00:42:39
307	2203	00:43:05	Terry	White	M	55	Griffithstown Harriers	300	00:42:39
292	451	00:42:51	Nina	Brocklebank	F	40	3Ms	302	00:42:40
303	2374	00:43:00	John	Evans	M	45		303	00:42:40
287	2501	00:42:45	Andrew	Morris	M			304	00:42:41
290	365	00:42:48	Kevin	Pugh	M	45		305	00:42:42
297	2475	00:42:53	Gavin	Fairclough	M			306	00:42:43
305	1349	00:43:03	Carl	Colwill	M	50		307	00:42:44
316	812	00:43:17	Bryan	Meredith	M	45	Rhondda Valley Runners	308	00:42:45
298	1827	00:42:55	Donald	Hill	M			309	00:42:47
311	3255	00:43:08	Rhian	Jinny-Jones	F			310	00:42:47
325	1136	00:43:27	Chris	Hall	M	45		311	00:42:48
300	2840	00:42:58	Richard	Webster	M	55		312	00:42:49
299	2962	00:42:55	Darren	Williams	M			313	00:42:51
309	2321	00:43:07	Gafin	Griffiths	M		Les Croupiers	314	00:42:51
320	3840	00:43:22	Stephen	Raikes	M		Admiral	315	00:42:52
310	2951	00:43:08	Ioan	Davies	M			316	00:42:57

## 2011 Admiral Swansea Bay 10k

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
318	1089	00:43:18	David	Way	M			317	00:42:57
308	2047	00:43:06	Steven	Jones	M	40		319	00:42:58
315	1842	00:43:12	Rod	Harris	M	45		320	00:42:58
335	3395	00:43:36	Stephen	Walker	M	40		318	00:42:58
347	471	00:43:46	Jen	Hiscox	F			321	00:42:59
312	2908	00:43:08	Brian	Dias	M		Cardiff AAC	322	00:43:00
331	2596	00:43:31	David	Moore	M		3Ms	323	00:43:00
343	1718	00:43:43	Paul	Jenkins	M	55		324	00:43:01
332	1646	00:43:33	Daniel	Williams	M			327	00:43:02
336	2861	00:43:36	Matthew	Gwenter	M			326	00:43:02
340	1248	00:43:40	Jonathan	Owen	M	40		325	00:43:02
369	1821	00:44:08	Andrew	Williams	M			328	00:43:02
317	3349	00:43:18	Allen	Bunney	M	40	Aberdare ARC	329	00:43:03
329	1094	00:43:30	Meirion	Thomas	M	40		330	00:43:04
319	940	00:43:19	Robert	Rees	M	40		334	00:43:09
321	2212	00:43:23	Karl	Sepahpour	M	40		333	00:43:09
323	2132	00:43:24	Malcolm	Bradley	M	60	Penarth & Dinas Runners	332	00:43:09
353	2028	00:43:52	Daniel	Heard	M		LC Cobras	331	00:43:09
322	2059	00:43:23	Wyn	James	M			335	00:43:11
327	2252	00:43:29	John	Hargreaves	M	55	Great Western Runners	336	00:43:16
358	3735	00:43:57	Neil	Evans	M		Admiral	337	00:43:16
337	1141	00:43:37	David	Jones	M	55	Forest of Dean AC	339	00:43:17
338	1085	00:43:39	Matthew	Hudson	M			338	00:43:17
355	1400	00:43:54	Laurence	Worth	M	45	Pembrokeshire Harriers	340	00:43:17
328	2700	00:43:29	Terry	Hinder	M			341	00:43:18
342	1385	00:43:41	Stephen	Davies	M			342	00:43:18
330	63	00:43:30	Michelle	Grey	F		Active Swansea	343	00:43:19
326	3710	00:43:28	Nick	O'Neill	M			344	00:43:20
352	3495	00:43:51	John	Breslin	M			345	00:43:20
334	3762	00:43:36	Garan	Pieniazek	M		Admiral	350	00:43:21
345	1428	00:43:44	Keith	Gittins	M	50		346	00:43:21
346	1427	00:43:44	Jade	Gittins	F		Caerleon	348	00:43:21
359	3154	00:43:58	Stuart	Kemp	M			347	00:43:21
383	2920	00:44:17	Gareth	Higgins	M			349	00:43:21
344	932	00:43:43	Tom	Wright	M	50		351	00:43:23
333	3002	00:43:35	Steve	Littlewood	M	55		352	00:43:24
385	3011	00:44:18	Jez	Mccluskey	M			353	00:43:25
349	1327	00:43:49	Andrew	Griffiths	M			354	00:43:27
348	1281	00:43:48	Andrew	Hobbs	M			355	00:43:28
362	2780	00:44:02	Alun	Rees	M		Neath Harriers	356	00:43:29
339	1966	00:43:39	Ben	Williams	M			357	00:43:30
350	3292	00:43:49	Gary	Cleaves	M	50	Ebbw Vale	358	00:43:31
341	352	00:43:41	David	Bown	M		Mumbles Milers	360	00:43:32
351	1774	00:43:51	Delyth	Davies	F			359	00:43:32
381	2986	00:44:16	Matthew	Brushett	M			361	00:43:32
356	3270	00:43:55	Wayne	Morgan	M	40		362	00:43:34
360	2476	00:43:59	Paul	Edge	M			364	00:43:35
399	685	00:44:34	Paul	Wallis	M	40		363	00:43:35
368	1900	00:44:07	Marc	Batcup	M		Swansea Harriers	365	00:43:38
370	2847	00:44:08	Alan	Hartley	M			366	00:43:40
354	2546	00:43:53	Dewi	West	M	45	3Ms	367	00:43:42
364	499	00:44:03	Alan	Woodward	M	60		370	00:43:42
380	2923	00:44:16	Nicholas	Ost	M	40		368	00:43:42

## 2011 Admiral Swansea Bay 10k

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
403	792	00:44:40	Jason	Burton	M	40	Leamington C & A C	369	00:43:42
363	2705	00:44:03	Richard	Baker	M			371	00:43:43
357	2304	00:43:55	Hugh	Hughes	M	50		372	00:43:44
367	2696	00:44:06	Fiona	Turner	F	50	Forest of Dean AC	373	00:43:45
371	1449	00:44:10	Michael	Holloway	M			374	00:43:46
375	1699	00:44:13	Mark	Eakins	M	40		375	00:43:47
373	3082	00:44:11	Michael	Williams	M			376	00:43:50
361	2735	00:44:02	John	Lingard	M	60	St Helens Striders	377	00:43:52
366	1508	00:44:06	Adam	Clapperton	M			378	00:43:53
453	3563	00:45:25	Ted	Thomas	M			379	00:43:53
402	1104	00:44:37	Patrick	Lord	M			380	00:43:54
365	533	00:44:04	Peter	Jones	M	50		381	00:43:56
409	1902	00:44:44	Jim	Storrar	M	50		382	00:43:58
374	1152	00:44:12	Philip	Rees	M	45		383	00:43:59
376	2598	00:44:13	Derek	Fenton	M	45	3Ms	386	00:43:59
386	2798	00:44:19	Daniel	Luffman	M			384	00:43:59
388	1455	00:44:25	Carl	Atkinson	M			385	00:43:59
396	2743	00:44:33	Neil	Davies	M	50		387	00:43:59
387	2358	00:44:24	Andrew	Brain	M			388	00:44:00
390	2643	00:44:25	Andrew	Lucas	M	45	3Ms	390	00:44:01
416	3148	00:44:49	Marc	Parry	M			389	00:44:01
391	2787	00:44:26	Jonathan	Cudd	M			392	00:44:02
392	948	00:44:26	Matthew	Cook	M			391	00:44:02
379	1591	00:44:15	Andrea	Williams	F	35	Port Talbot Harriers	394	00:44:03
382	2046	00:44:16	Helen	Jones	F	40		393	00:44:03
372	1226	00:44:10	Paul	Edwards	M	55	Vegan Runners	395	00:44:04
384	3198	00:44:18	Richard T	Lewis	M			396	00:44:05
377	2969	00:44:13	Tom	Hall	M			397	00:44:07
378	1353	00:44:14	Paul	Kingdon	M			399	00:44:08
389	2665	00:44:25	Craig	Ottolini	M	40	Multisport	398	00:44:08
411	2707	00:44:45	Ben	Baldry	M	45		400	00:44:08
393	3699	00:44:27	Richard	Hardy	M	40		402	00:44:09
398	147	00:44:34	Rhys	Roberts	M	20		401	00:44:09
418	1463	00:44:51	Martyn	Poole	M	40		403	00:44:11
397	3914	00:44:33	Stephen	Coates	M			404	00:44:13
394	3502	00:44:30	Sian	Davies	F	35		406	00:44:16
413	770	00:44:46	Joanna	Griffiths	F			405	00:44:16
414	3284	00:44:46	Darren	Mamiso	M			408	00:44:16
415	2341	00:44:48	Peter	Cox	M			407	00:44:16
422	3712	00:44:56	Nicola	Perry	F	35		409	00:44:17
428	3336	00:45:02	Elizabeth	Goodwin-Jones	F		TROTS	411	00:44:19
462	3236	00:45:37	Gareth Liam	Netterfield	M			410	00:44:19
395	461	00:44:32	Stuart	Macdonald	M			412	00:44:20
405	3912	00:44:42	Huw	James	M	45	Active Swansea	413	00:44:20
400	2415	00:44:36	Andrew	Morris	M			414	00:44:21
419	797	00:44:52	Martyn	Hill	M			415	00:44:21
412	3929	00:44:45	Benoit	Poitiers	M	40		417	00:44:23
484	2135	00:45:58	Mike	Evans	M			416	00:44:23
408	3475	00:44:44	Byron	Davies	M		3Ms	419	00:44:24
417	1180	00:44:51	Michael	Grant	M	55	Road Runners Club	418	00:44:24
401	2630	00:44:36	Sian	Phillips	F	50	Swansea Harriers	420	00:44:26
440	1916	00:45:14	Roger	Stein	M	55		421	00:44:27
426	2660	00:44:59	Antony	Metcalfe	M			423	00:44:29

## 2011 Admiral Swansea Bay 10k

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
435	981	00:45:08	Thierry	Maffeis	M			422	00:44:29
406	1031	00:44:43	Caroline	Jones	F	50	TROTS	424	00:44:30
432	2470	00:45:05	Stephen	Kelly	M	40	Unilever	425	00:44:32
444	3718	00:45:17	Cain	Thomas	M			426	00:44:33
425	1135	00:44:58	Richard	Davies	M			427	00:44:34
404	700	00:44:41	Sally	Wilson	F	35		429	00:44:35
445	494	00:45:18	Christopher	Rees	M			428	00:44:35
410	2550	00:44:45	Kathryn	Morton	F	50	Penarth & Dinas Runners	431	00:44:36
427	690	00:45:01	Adrian	Luckman	M	45		430	00:44:36
407	3337	00:44:43	Stephen	Murphy	M	50		433	00:44:37
431	2806	00:45:04	Richard	Bryant	M			432	00:44:37
421	999	00:44:56	Jonathan	Meadows	M			434	00:44:40
420	2357	00:44:53	Huw	Turner	M	40		437	00:44:41
437	3367	00:45:11	Ross	Quick	M			435	00:44:41
446	1845	00:45:20	Lindy	Eynon	F	50	TROTS	436	00:44:41
449	1138	00:45:22	P	Cobbold	M	40		438	00:44:42
450	184	00:45:22	Mike	Griffiths	M	40		439	00:44:43
429	2054	00:45:03	Joshua	Sandles	M	20		440	00:44:44
423	1602	00:44:57	Geraint	Jenkins	M	40	Amman Valley Harriers	442	00:44:45
430	2055	00:45:03	Caroline	Sandles	F	45		441	00:44:45
441	3511	00:45:15	Attila	Garai	M	40		443	00:44:46
424	1532	00:44:58	Dean	Evans	M			444	00:44:47
433	1481	00:45:06	Fabio	Aceiro	M			445	00:44:49
438	1329	00:45:12	Michael	Bride	M			446	00:44:50
442	2774	00:45:16	Matt	Bowmer	M	45		447	00:44:52
439	2167	00:45:14	Lisa	Thomas	F	35	Amman Valley Harriers	448	00:44:53
518	3458	00:46:24	Iain	Barrett	M			449	00:44:54
447	1048	00:45:21	Christopher	Moore	M	55	Forest of Dean AC	450	00:44:55
457	1357	00:45:30	Michael	Davies	M	50		451	00:44:56
456	1065	00:45:27	Llyr	Roberts	M	20		453	00:44:59
474	2881	00:45:47	Andrew	Proctor	M			452	00:44:59
434	3507	00:45:07	Mark	Davies	M	40	Port Talbot Harriers	454	00:45:00
436	3136	00:45:10	Ian	Price	M	50		455	00:45:02
451	1690	00:45:23	Amy	Edwards	F		Rhondda Valley Runners	456	00:45:02
448	1167	00:45:21	Richard	Phillips	M		TROTS	458	00:45:03
477	1207	00:45:51	Kristo	Holm	M	20		457	00:45:03
459	2211	00:45:33	Andy	Rees	M	50		459	00:45:04
452	2052	00:45:25	Phillip	Worth	M			460	00:45:05
466	2809	00:45:39	Neal	Morris	M	40		461	00:45:06
443	2625	00:45:17	Clara	Evans	F	20	Hereford & County AC	463	00:45:07
506	1760	00:46:13	Noel Stephen	Evans	M	40		462	00:45:07
464	1648	00:45:38	Nigel	Barker	M	45	Great Western Runners	464	00:45:08
455	1650	00:45:26	Jon	Cousins	M	40		465	00:45:09
460	2200	00:45:34	Mandy	Peace	F	45		466	00:45:09
454	553	00:45:25	Russell	Davies	M	45		470	00:45:10
463	1169	00:45:37	Martin	Jones	M			469	00:45:10
465	348	00:45:39	Steve	Porter	M			467	00:45:10
467	2764	00:45:40	Geraint	Thomas	M			471	00:45:10
475	2913	00:45:48	Ryan	Jones	M			468	00:45:10
531	3331	00:46:30	John	Bibby	M	40		472	00:45:11
494	2196	00:46:07	Elliot	Peace	M	20		473	00:45:13
519	1019	00:46:24	Lee	Arthurs	M			474	00:45:13
461	3261	00:45:35	James	Gwyther	M			475	00:45:14

## 2011 Admiral Swansea Bay 10k

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
482	3760	00:45:57	Luke	Tooze	M		Admiral	476	00:45:14
458	955	00:45:31	Philip	Tucker	M			478	00:45:15
468	3192	00:45:42	Neil	Marvin	M	45	Port Talbot Harriers	479	00:45:15
539	3448	00:46:39	Steve	Hudd	M			477	00:45:15
476	1192	00:45:51	Gareth	James	M			480	00:45:16
469	315	00:45:43	Liam	Davies	M	50	Fetch Everyone	481	00:45:18
485	374	00:45:59	Michael	Shaw	M	60	Wye Valley Runners	482	00:45:21
483	1736	00:45:58	Steve	Hagget	M			483	00:45:22
473	878	00:45:46	Emma	Rees	F			484	00:45:23
471	1861	00:45:44	Ruth	Treharne	F	45	Islwyn	486	00:45:26
513	2777	00:46:18	Julian	Rutherford	M			485	00:45:26
470	1193	00:45:44	Mark	Sullivan	M			490	00:45:27
472	1851	00:45:45	Christina	Smith	F	50	3Ms	488	00:45:27
490	1458	00:46:04	Martina	Webber	F	35		487	00:45:27
502	1612	00:46:11	Jason	Benson	M			489	00:45:27
480	2738	00:45:55	Leigh	Stimpson	M	40		491	00:45:28
481	917	00:45:55	Nic	Oughton	M	40	Great Western Runners	493	00:45:30
487	789	00:46:00	Martin	Slucutt	M			492	00:45:30
537	476	00:46:36	Tim	Washbrook	M			494	00:45:31
478	2274	00:45:52	Roger	Bell	M	45		495	00:45:32
488	3103	00:46:00	Philip	Stoneman	M	40		497	00:45:33
489	460	00:46:02	Waseem	Chaudhry	M	45		496	00:45:33
491	3635	00:46:04	Laurence	Cahill	M	40		499	00:45:35
498	3356	00:46:09	Terry	Fenton	M	50	Great Western Runners	498	00:45:35
496	1746	00:46:08	Jacqueline	Miles	F	55	Parc Bryn Bach	500	00:45:36
499	629	00:46:09	Leslie	Rowe	M	55		501	00:45:36
479	609	00:45:52	Amanda	John	F	45	Amman Valley Harriers	502	00:45:38
587	532	00:47:19	Samuel	Norton	M	20		503	00:45:39
493	761	00:46:06	Barrie	Parham	M	60	Griffithstown Harriers	504	00:45:40
505	351	00:46:11	Robert	Evans	M		Fairlands Valley Spartans	505	00:45:40
486	2183	00:46:00	Andrew	Reddy	M			507	00:45:42
510	1614	00:46:14	Rebecca	Brearley	F	35		506	00:45:42
575	1731	00:47:05	Gareth	Hart	M	40		508	00:45:45
495	150	00:46:07	Steve	Roberts	M	45		509	00:45:46
509	2338	00:46:14	Leighton	Connor	M			510	00:45:46
522	2380	00:46:27	Andrew	Rutter	M	40		511	00:45:49
500	3937	00:46:09	Steve	McLelland	M	55	3Ms	513	00:45:50
535	943	00:46:33	Andy	Williams	M	45		514	00:45:50
545	3054	00:46:44	Sue	Davies	F	50	Brecon AC	512	00:45:50
508	2270	00:46:13	Clive	Denton	M	40	Rhondda Valley Runners	515	00:45:52
517	594	00:46:23	Clair	Starkey	F	35		516	00:45:53
534	1546	00:46:32	Martyn	Dulake	M	40		517	00:45:53
507	3021	00:46:13	Andrew	Richards	M			518	00:45:54
501	360	00:46:10	Kate	Penquet	F			520	00:45:55
528	2887	00:46:30	Laura	Hillier	F			519	00:45:55
514	1112	00:46:18	Daniel	Falconer	M			521	00:45:56
538	869	00:46:36	Philip	Hughes	M		San Domenico	522	00:45:56
492	4015	00:46:04	Sian	Kirk	F			523	00:45:57
503	3806	00:46:11	Wendy	Owen	F	40	Admiral	524	00:45:57
529	2730	00:46:30	Andrea	Hurman	F	45	Penarth & Dinas Runners	525	00:45:57
633	3443	00:47:52	Andrew	Teague	M			526	00:45:57
511	2945	00:46:14	Brian	Brookes	M	60		527	00:46:00
497	2778	00:46:08	Ceri	Bramley-Tucker	F	40	Port Talbot Harriers	528	00:46:01

## 2011 Admiral Swansea Bay 10k

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
516	3574	00:46:23	Tim	Williams	M	40		529	00:46:01
504	741	00:46:11	Simon	Birks	M			531	00:46:02
515	491	00:46:22	Ben	Reid	M			530	00:46:02
533	1867	00:46:31	Iain	Burns	M			532	00:46:03
512	2060	00:46:15	Rebecca	James	F	35		533	00:46:04
530	3580	00:46:30	Alun	Board	M			535	00:46:05
564	1998	00:47:01	Jon	Jones	M			536	00:46:05
570	1421	00:47:04	Tim	Boothby	M			534	00:46:05
525	1664	00:46:28	Paul	Smith	M		LC Cobras	537	00:46:07
567	3319	00:47:02	Alex	Wright	M		Hafan Cymru	538	00:46:07
526	832	00:46:28	James	Dibb-Simkin	M			539	00:46:08
562	3428	00:47:00	Grahame	Viner	M	50	Caerleon	540	00:46:08
520	748	00:46:25	Nick	Pattas	M	40		542	00:46:09
523	1751	00:46:27	Andrew	Dunscombe	M	45	Pontypridd Roadents AC	544	00:46:09
536	3293	00:46:34	Geoff	Hall	M	55		546	00:46:09
541	1506	00:46:40	Stephen	Lisle	M			545	00:46:09
580	3516	00:47:13	Anthony	Harris	M			541	00:46:09
628	2708	00:47:50	Trevor	Hay	M	50		543	00:46:09
540	108	00:46:39	Adam	Cooke	M			547	00:46:12
524	3404	00:46:27	Jayne	Littlewood	F	55		549	00:46:15
544	1047	00:46:44	Uku	Kumari	M	60	Swansea Harriers	548	00:46:15
550	2198	00:46:49	Keith	Conway	M			550	00:46:16
542	1206	00:46:43	Simon	Black	M			551	00:46:18
527	2566	00:46:28	Bhim	Rai	M	45		552	00:46:19
521	2188	00:46:26	Tony	Baker	M	45		554	00:46:20
549	3904	00:46:48	Michael	Davies	M	45		553	00:46:20
543	2143	00:46:44	Rebecca	Milton	F			555	00:46:21
547	3684	00:46:47	Neale	Wood	M	50		556	00:46:21
591	649	00:47:25	Jeff	Cadogan	M	40		557	00:46:21
609	2319	00:47:35	Dominic	Poyer	M			558	00:46:22
574	935	00:47:04	Marc	Street	M	20		559	00:46:24
561	1154	00:46:59	Becca	Atkinson	F	20		561	00:46:25
597	3518	00:47:26	Carmen	Hendy	F		Great Western Runners	560	00:46:25
551	254	00:46:51	Mark	Morris	M	40		563	00:46:26
559	3759	00:46:58	Wesley	Blom	M		Admiral	562	00:46:26
532	1405	00:46:31	David	Lawson	M	55		564	00:46:27
546	2545	00:46:45	Andrew	Thomas	M	40		565	00:46:27
596	733	00:47:26	Gideon	Jones	M	50		566	00:46:27
555	1941	00:46:55	Malcolm	Cox	M	60	Griffithstown Harriers	567	00:46:28
569	1025	00:47:03	Mark	Edwards	M			568	00:46:28
560	3694	00:46:58	Marc	Evans	M		San Domenico	570	00:46:29
563	698	00:47:01	Ben	Tidy	M			569	00:46:29
565	129	00:47:02	Robert	Galpin	M	50	Wye Valley Runners	571	00:46:30
566	987	00:47:02	Neil	Turner	M	40	Wye Valley Runners	573	00:46:31
578	3539	00:47:08	Damien	Lloyd-Jones	M			572	00:46:31
552	1594	00:46:51	Stephen	Lewis	M			574	00:46:32
554	1957	00:46:54	Gary	Davidson	M	45		575	00:46:33
558	661	00:46:57	Ray	Majer	M	55		576	00:46:33
649	1485	00:48:09	Martyn	Cooke	M			577	00:46:33
599	1366	00:47:27	David	Lewis	M			578	00:46:34
572	576	00:47:04	Margaret	Fligelstone	F	45		579	00:46:35
553	429	00:46:53	Dominic	Shields	M	45	San Domenico	580	00:46:36
568	1450	00:47:03	Daniel	James	M			581	00:46:38

## 2011 Admiral Swansea Bay 10k

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
585	319	00:47:18	Jason	Davidge	M	40		582	00:46:38
556	2979	00:46:56	John	Cook	M	60		584	00:46:39
557	1556	00:46:56	Richard	Williams	M			583	00:46:39
548	3333	00:46:48	Michael	Halsall	M		Llanelli AC	588	00:46:41
571	1687	00:47:04	Andrew	Griffiths	M			586	00:46:41
577	2781	00:47:07	Martin	Joyce	M		FODAC	585	00:46:41
586	186	00:47:19	Neil	Thomas	M	60		587	00:46:41
605	3379	00:47:33	Andrew	Moody	M			589	00:46:42
607	3193	00:47:34	Stephen	Job	M	40		590	00:46:45
576	3505	00:47:07	Peter	Davies	M			592	00:46:48
582	601	00:47:16	Brian	Griffiths	M	55	Ellesmere Port Running Club	594	00:46:48
590	2529	00:47:24	Richard	Bowen	M	55		593	00:46:48
593	1096	00:47:25	Rob	Morgan	M	40		591	00:46:48
600	3926	00:47:28	Linsy	Morris	F			595	00:46:50
706	239	00:48:51	Andrew	Johnson	M	45		596	00:46:50
579	3287	00:47:08	Celyn	Kenny	F			597	00:46:51
617	2758	00:47:44	Neil	Smith	M			598	00:46:51
601	1864	00:47:28	Brian	Griffiths	M	65	3Ms	599	00:46:52
612	252	00:47:37	Daniel	Shirley	M			600	00:46:52
573	2990	00:47:04	Dean	Thomas	M	40		601	00:46:54
588	2464	00:47:19	Mark	Jenkins	M		Unilever	604	00:46:55
606	3118	00:47:33	Christopher	Settle	M			603	00:46:55
615	3417	00:47:41	Tobias	Webb	M			602	00:46:55
589	2655	00:47:24	Nicholas	Hedges	M			605	00:46:56
648	1529	00:48:09	Aidan	Biggins	M			606	00:46:56
701	2261	00:48:48	Alex	Humphreys	M			607	00:46:56
604	847	00:47:32	Ian	Moss	M			608	00:46:57
594	683	00:47:26	Arwel	Davies	M			611	00:46:58
603	3658	00:47:31	Stephen	Baddick	M			610	00:46:58
631	3558	00:47:50	Colin	Thomas	M	40		609	00:46:58
584	1106	00:47:17	Adam	Owen	M			612	00:46:59
583	1417	00:47:17	Ryan	Williams	M			613	00:47:00
674	1770	00:48:30	James	Davies	M			614	00:47:00
608	2411	00:47:34	Carwyn	Evans	M			615	00:47:01
610	3435	00:47:37	Owen	Shadick	M			616	00:47:02
626	200	00:47:49	Paul	Sheppard	M	40		617	00:47:03
595	3605	00:47:26	Fred	Van Arkel	M	50		618	00:47:04
629	372	00:47:50	Ian	Brice	M	45		619	00:47:05
592	2336	00:47:25	Victoria	Hobbs	F			620	00:47:06
632	703	00:47:52	Gerard	Morgan	M	40		621	00:47:07
581	68	00:47:13	Jayne	Croucher	F	45	Active Swansea	622	00:47:08
618	2265	00:47:45	Kyra	Kirkham	F	35	Rhedwyr Emlyn	623	00:47:09
672	3454	00:48:30	Daniel	Griffiths	M	20		624	00:47:09
709	2457	00:48:52	Rob	Lewis	M			625	00:47:12
641	3652	00:48:01	Mike	Rees	M	45		626	00:47:14
598	318	00:47:27	David	Thomas	M			628	00:47:15
650	3262	00:48:09	David	Hartill	M			627	00:47:15
639	1942	00:47:58	Michael	Terry	M	60	TROTS	629	00:47:16
620	3305	00:47:46	Mary	Hawking	F			630	00:47:17
611	1373	00:47:37	Gary	Gregor	M	60		632	00:47:18
683	3026	00:48:37	John	Lee	M	60		631	00:47:18
602	3480	00:47:29	Gwion	Llwyd	M			634	00:47:19
613	1530	00:47:37	Philippa	Sampson	F	45		635	00:47:19

## 2011 Admiral Swansea Bay 10k

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
624	1630	00:47:48	Hywel	Tomos	M	40		633	00:47:19
616	3250	00:47:42	Christopher	Birch	M	50	TROTS	636	00:47:20
636	195	00:47:58	David	Boucher	M	60		637	00:47:23
807	320	00:49:44	Rod	Davies	M			638	00:47:24
627	380	00:47:49	Lloyd	Evans	M			639	00:47:25
645	1977	00:48:04	Claire	House	F	35	San Domenico	640	00:47:25
625	3332	00:47:49	Julie	Scholey	M	50		641	00:47:26
614	1555	00:47:39	David	Hutchinson	M	45		642	00:47:27
623	1611	00:47:47	Del	Eyre	F	45	3Ms	643	00:47:27
687	2409	00:48:40	Michael	Cosgrove	M	45		645	00:47:27
688	2401	00:48:40	Vaughn	Davies	M	45		644	00:47:27
634	3076	00:47:54	Chris	James	M			647	00:47:28
646	1964	00:48:04	Paul	Griffiths	M			646	00:47:28
653	1622	00:48:12	Robert	George	M	45		648	00:47:29
635	589	00:47:54	Adam	Symonds	M			649	00:47:30
622	1929	00:47:46	Elizabeth	Baynton-Clarke	F	50		650	00:47:31
675	2071	00:48:31	Liam	Andrews	M			651	00:47:31
677	2428	00:48:32	Rita	Smith	F			652	00:47:32
801	2359	00:49:41	Wynne	Griffiths	M	55		653	00:47:32
669	2482	00:48:27	Jason	Beynon	M			654	00:47:33
666	3622	00:48:25	Laurence	Hopes	M	60		655	00:47:34
678	3579	00:48:32	Richard	Amos	M		San Domenico	656	00:47:35
660	512	00:48:20	Tim	Padfield	M	45		657	00:47:36
621	2697	00:47:46	Tony	Baker	M	55	3Ms	658	00:47:37
667	2895	00:48:26	Richard	Morgan	M			659	00:47:37
647	1723	00:48:08	Richard	Watkins	M			660	00:47:38
657	952	00:48:17	Stephen	Merchant	M	45		662	00:47:38
734	1634	00:49:08	Derek	Langan	M			661	00:47:38
619	2264	00:47:45	Barry	Owen	M		Rhedwyr Emlyn	663	00:47:39
638	1807	00:47:58	Caroline	Harris	F	45		664	00:47:39
642	3690	00:48:02	Matthew	Brown	M			666	00:47:39
676	2678	00:48:32	Donna	Griffiths	M		3Ms	665	00:47:39
655	607	00:48:14	Matthew	Francis	M			667	00:47:40
744	1796	00:49:13	Liam	Read	M	20		668	00:47:40
790	2450	00:49:38	Elinor	King	F			669	00:47:40
735	3628	00:49:09	Owen	Pearse	M			670	00:47:41
663	1071	00:48:24	Glyn	Hicks	M	60	Islwyn	672	00:47:42
679	3257	00:48:34	Hannah	Jones	F			671	00:47:42
670	3651	00:48:27	Janette	Morgan	F			673	00:47:43
705	926	00:48:50	Brendan	Sweeney	M	45		674	00:47:43
651	283	00:48:10	Emmanuel	Bakare	M	45		675	00:47:44
659	420	00:48:18	Tim	Brice	M			676	00:47:44
637	71	00:47:58	Elizabeth	Kivell	F		Active Swansea	678	00:47:45
684	3529	00:48:38	Dylan	Jones	M			677	00:47:45
694	190	00:48:45	Mike	Pritchard	M	55		679	00:47:45
772	2015	00:49:28	Andrew	Davies	M			680	00:47:46
630	2917	00:47:50	Calvin	Hold	M			681	00:47:48
643	225	00:48:03	Simon	Brewer	M	40		684	00:47:48
644	850	00:48:03	Richard	Evans	M	45		683	00:47:48
681	1088	00:48:34	Graham	Adams	M	40		682	00:47:48
671	2486	00:48:29	Stephen	Jones	M	45		686	00:47:49
707	2099	00:48:51	Daniel	Henwood	M			685	00:47:49
640	3181	00:47:58	Rory	Clisby	M			687	00:47:50

## 2011 Admiral Swansea Bay 10k

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
661	3627	00:48:21	Ross	Mcmeeking	M			691	00:47:50
682	2784	00:48:36	Ian	Storror	M	45		690	00:47:50
722	939	00:48:58	Wayne	Elias	M			689	00:47:50
729	2282	00:49:04	Alwyn	Williams	M	40		688	00:47:50
652	1755	00:48:11	Jamie	Borley	M			692	00:47:51
673	3577	00:48:30	Iain	Aitchison	M	40		694	00:47:51
698	3228	00:48:46	Michael	Rothwell	M	50		693	00:47:51
786	1095	00:49:34	Gareth	Tomos	M			695	00:47:53
788	3720	00:49:35	Pete	Twibill	M			697	00:47:53
865	3162	00:50:23	Darren	Roche	M			696	00:47:53
654	2677	00:48:14	Clive	Greaves	M	45	3Ms	700	00:47:56
691	991	00:48:43	Owen	Thomas	M	40		702	00:47:56
693	2157	00:48:44	Matt	Grant	M			699	00:47:56
713	2543	00:48:54	Geoff	Lewis	M	40		701	00:47:56
745	2533	00:49:13	Richard	Collier	M			698	00:47:56
662	3087	00:48:21	Andrew	Elliott	M			703	00:47:57
781	3306	00:49:31	Jim	Mills	M	50		704	00:47:57
695	3893	00:48:45	Phil	Paice	M	50		706	00:47:58
715	1837	00:48:55	Steven	Bater	M			705	00:47:58
658	2771	00:48:18	Donna	Matthews	F	50	Islwyn	707	00:47:59
656	1244	00:48:15	Russell	Crocker	M			708	00:48:00
686	3631	00:48:40	Stephen	Williams	M	20	Neath Harriers	709	00:48:02
720	2549	00:48:57	Steve	Hill	F	45	Penarth & Dinas Runners	710	00:48:02
696	3839	00:48:45	Jason	Hope	M		Admiral	712	00:48:03
714	1695	00:48:54	Marcus	Hull	M			711	00:48:03
723	101	00:48:58	Andrew	Gunning	M	45		713	00:48:04
700	2091	00:48:48	Gareth	Horton-Salway	M	20		715	00:48:06
727	3463	00:49:02	Richard	Marsh	M			714	00:48:06
668	1516	00:48:26	Philip	Cushion	M			716	00:48:07
685	1090	00:48:39	Jeffrey	Aston	M	60	Les Croupiers	717	00:48:07
861	3372	00:50:18	John	Williams	M			718	00:48:08
665	1292	00:48:25	Anthony	Williams	M	45		720	00:48:09
763	675	00:49:22	Darien	Jay	M			719	00:48:09
692	2405	00:48:43	Dan	Smart	M			722	00:48:11
777	3252	00:49:29	David	Ingham	M			721	00:48:11
699	2267	00:48:47	Stuart	Evans	M			723	00:48:12
710	923	00:48:53	John	Morgan	M	45		724	00:48:12
680	234	00:48:34	Martin	Jones	M	45		726	00:48:13
779	513	00:49:30	Aidan	Davies	M		Great Western Runners	727	00:48:13
796	1382	00:49:40	Julian	Griffiths	M	40		725	00:48:13
664	384	00:48:25	Craig	Whatley	M			728	00:48:14
831	743	00:50:00	Bill	Griffiths	M	60	Wye Valley Runners	729	00:48:15
703	1020	00:48:49	Kevin	Bradfield	M	45		730	00:48:16
697	887	00:48:45	Hanna	Webber	F			731	00:48:17
737	3172	00:49:09	Antony	Phillips	M	45	Porthcawl Runnerslife	732	00:48:18
743	2718	00:49:12	Becca	Jones	F		Brecon AC	734	00:48:19
760	2967	00:49:21	Jamie	Williams	M			733	00:48:19
689	3128	00:48:42	Sophie	Kendrick	F			735	00:48:20
725	2789	00:49:01	Martin	Bennett	M	60	Great Western Runners	737	00:48:20
733	1724	00:49:08	Richard	Brown	M			736	00:48:20
862	1494	00:50:19	Matthew	Davies	M			738	00:48:23
690	2192	00:48:43	Gerwyn	Williams	M			739	00:48:24
731	1670	00:49:04	Judi	Rhys	F	50	Les Croupiers	741	00:48:24

## 2011 Admiral Swansea Bay 10k

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
803	3934	00:49:42	Runner		3934 M			740	00:48:24
832	766	00:50:00	Stephen	James	M	40		742	00:48:24
702	1352	00:48:48	Barrie	Roberts	M	65	Bournville Harriers	745	00:48:26
712	1001	00:48:54	Helen	Mann	F			744	00:48:26
755	3477	00:49:20	Philip	Hyatt	M	50	Caerleon	743	00:48:26
778	1102	00:49:30	Dean	Cartwright	M	40		746	00:48:27
704	2729	00:48:49	Martin	Foster	M	55	Bournville Harriers	748	00:48:28
726	2391	00:49:01	Michael	Davies	M			750	00:48:28
746	1703	00:49:16	Simon	Painter	M	50		749	00:48:28
747	2587	00:49:17	Brinley	Aherne	M	60		747	00:48:28
757	1989	00:49:20	Kirsty	Pope	F			751	00:48:28
756	314	00:49:20	Eleanor	Grey	F			752	00:48:29
795	3519	00:49:39	Kathryn	Holley	F		Ebbw Vale	753	00:48:29
912	1870	00:50:50	Craig	Roberts	M			754	00:48:29
711	3928	00:48:53	Aubin	Chiron	M			756	00:48:30
818	2434	00:49:54	Alan	Usher	M	50		755	00:48:30
718	2756	00:48:56	Carol	Baker	F	50		757	00:48:31
742	212	00:49:11	Lisa	Thomas	F	40		762	00:48:32
764	3554	00:49:24	Phillip	Rees	M	40		763	00:48:32
773	1431	00:49:28	Nick	Meek	M	40		759	00:48:32
774	3180	00:49:28	Rebecca	Marsh	F			760	00:48:32
797	3168	00:49:40	Page	Rowland	F			761	00:48:32
815	391	00:49:51	Thomas	Jackson	M			758	00:48:32
805	1219	00:49:43	Martin	Thomas	M			764	00:48:33
820	1667	00:49:54	Sarah	Ganderton	F	40		765	00:48:33
775	1841	00:49:29	Christine	Webb	F	35		767	00:48:34
808	1126	00:49:44	Gareth	Anson-Harries	M			766	00:48:34
782	1909	00:49:32	Tim	Brown	M	55		768	00:48:35
751	1044	00:49:19	Naomi	Williams	F			769	00:48:36
785	3004	00:49:34	Nick	Fielden	M			770	00:48:37
717	1943	00:48:55	Andrew	Davies	M	40		772	00:48:38
1035	714	00:52:13	Shaun	Bowen	M			771	00:48:38
784	3199	00:49:33	Raymond	Davies	M	45		773	00:48:39
787	2631	00:49:34	Andrew	Rothwell	M	50		774	00:48:39
738	385	00:49:09	Tracey	Hackley	F	45		778	00:48:40
752	1301	00:49:19	Thomas	Smith	M	45		777	00:48:40
804	3537	00:49:43	Robert	Lewis	M	45		776	00:48:40
810	3444	00:49:49	James	Foulkes-Nock	M	20		779	00:48:40
856	740	00:50:15	Roger	Morgan	M	55	Forest of Dean AC	775	00:48:40
708	1660	00:48:52	Emyr	Thomas	M	40		783	00:48:41
736	1484	00:49:09	Jolene	Bereza	F			782	00:48:41
758	3689	00:49:21	Christopher	Brewer	M			780	00:48:41
776	3783	00:49:29	Daniel	Branford	M		Admiral	784	00:48:41
895	3023	00:50:40	Lee-Anthony	Carpenter	M			781	00:48:41
741	1472	00:49:11	Robin	Bereza	M	60	Wye Valley Runners	787	00:48:42
839	1771	00:50:04	Kathy	Bradbury	F	50	Amman Valley Harriers	785	00:48:42
908	2870	00:50:48	Wayne	Jones	M			786	00:48:42
817	2398	00:49:53	Owen	Davies	M			788	00:48:43
765	2672	00:49:25	Andrew	Jones	M			790	00:48:44
843	2614	00:50:08	Samuel James	Thomas	M	20		789	00:48:44
749	1397	00:49:18	Hoey	Lee	M	20		791	00:48:45
754	111	00:49:20	Stuart	Knipe	M			792	00:48:45
716	790	00:48:55	Linda	Rees	F	50	3Ms	795	00:48:46

## 2011 Admiral Swansea Bay 10k

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
728	1579	00:49:02	Stuart	Pemberton	M			794	00:48:46
739	3927	00:49:10	Alun	Jones	M	55		796	00:48:46
783	805	00:49:32	Fiona	Haggerty	F	35		793	00:48:46
822	674	00:49:55	Darian	Jones	M			797	00:48:46
719	791	00:48:57	Paul	Rees	M	45	3Ms	801	00:48:47
730	350	00:49:04	Jeremy	Isaac	M	45		799	00:48:47
732	299	00:49:05	Justin	Showell	M	40	Purple Patch Runners	800	00:48:47
841	375	00:50:06	Mike	Wade	M	50		798	00:48:47
750	1012	00:49:18	Keith	Hawkins	M			802	00:48:48
813	454	00:49:50	Paul	Warlow	M			804	00:48:49
1012	2866	00:51:59	Mark	Butler	M			803	00:48:49
721	3159	00:48:57	Darren	Vaughan	M		Port Talbot Harriers	809	00:48:50
724	2144	00:48:59	Julie	Webster	F	35		805	00:48:50
825	2994	00:49:56	Kate	Deverill	F			806	00:48:50
849	3266	00:50:10	Rhidian	Griffiths	M	40		807	00:48:50
872	285	00:50:28	Andrew	Downie	M			808	00:48:50
748	1663	00:49:17	Ryan	Davies	M			813	00:48:51
761	438	00:49:21	David	Hebbes	M	60		812	00:48:51
793	1688	00:49:39	Antony	Allen	M			811	00:48:51
858	2273	00:50:16	Andrew	Wilcox	M			810	00:48:51
769	1732	00:49:27	Matthew	Wallace	M			815	00:48:52
799	67	00:49:41	Paul	Jenkins	M	40	Active Swansea	816	00:48:52
836	1118	00:50:03	Jon	Young	M			814	00:48:52
798	2430	00:49:40	Tim	Soar	M	45		820	00:48:56
819	440	00:49:54	David	Walker	M	55		817	00:48:56
829	3095	00:49:58	Richard	Alban	M			819	00:48:56
1028	3153	00:52:08	Jason	Carrick	M			818	00:48:56
816	3599	00:49:52	Sue	Parsons	F	45		824	00:48:57
828	2744	00:49:57	David	Naylor	M	75		823	00:48:57
848	2582	00:50:10	Dereck	Balsdon	M	65		821	00:48:57
921	3142	00:50:52	Sunny	Bamra	M	40		822	00:48:57
762	3854	00:49:22	Adrian	Zralka	M	20	Admiral	825	00:48:58
770	3109	00:49:27	Stewart	Mackinnon	M			826	00:48:58
846	2323	00:50:09	Stephen	Fitzgerald	M			827	00:48:59
944	3107	00:51:03	Bernard	Murphy	M	40		828	00:49:00
740	1542	00:49:10	Ceri	Davies	M	50		832	00:49:01
759	3020	00:49:21	Beth	Gallagher	F			830	00:49:01
814	3214	00:49:51	Fiona	Hodgson	F	45		831	00:49:01
879	1252	00:50:34	Alan	Jenkins	M	50		829	00:49:01
753	1984	00:49:19	Andrew	Rees	M			833	00:49:02
802	1935	00:49:42	Kelvin	Phillips	M			834	00:49:02
771	2622	00:49:27	Piers	Morgan-Harvey	M		Mumbles Milers	835	00:49:03
800	3032	00:49:41	John	Rees	M	55		836	00:49:03
767	3542	00:49:26	Lyndon	Mcerlaine	M			837	00:49:04
794	3815	00:49:39	Rhys	Hobbs	M		Admiral	838	00:49:06
838	1528	00:50:04	Daniel	Otteson	M			840	00:49:06
891	3003	00:50:39	Mark	Jones	M	45		839	00:49:06
766	2473	00:49:26	Philip	Lewis	M	20	Unilever	842	00:49:08
867	1310	00:50:25	David	Williams	M			841	00:49:08
870	1021	00:50:27	Jonathan	Walker	M	45		843	00:49:08
809	2888	00:49:47	Ray	James	M	50	Port Talbot Harriers	844	00:49:09
780	1283	00:49:30	Lisa	Williams	F		3Ms	846	00:49:10
789	2747	00:49:37	Jamie	Daniel	M			845	00:49:10

## 2011 Admiral Swansea Bay 10k

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
869	582	00:50:27	Matt	Tooby	M			847	00:49:10
792	1267	00:49:38	Christopher	Bloodworth	M	50		849	00:49:14
854	214	00:50:12	Keith	Powell	M	55		848	00:49:14
768	1785	00:49:26	Angela	Delaney	F	40	Swansea Harriers	850	00:49:17
918	161	00:50:52	Jo	Barrow	F			851	00:49:17
910	2838	00:50:48	John	Protheroe	M			852	00:49:18
878	2510	00:50:33	Craig	Hedges	M			853	00:49:19
847	217	00:50:09	Andrew	Martin	M			854	00:49:20
791	3637	00:49:38	Helen	Davies	F	35		858	00:49:21
811	3347	00:49:49	Philip	Huckle	M	50		857	00:49:21
833	3494	00:50:02	Jonathan	Beynon	M		LC Cobras	856	00:49:21
881	1639	00:50:36	Michael	Bull	M	55	Great Western Runners	855	00:49:21
826	3620	00:49:56	Lee	Griffiths	M			859	00:49:22
871	2939	00:50:27	Mark	Thomas	M	45		860	00:49:23
866	1035	00:50:25	Suzanne	Bevan	F	45		861	00:49:24
901	2601	00:50:46	Andrew	Bishop	M	45		863	00:49:24
990	279	00:51:46	Jane	Williams	F	40		862	00:49:24
1142	3853	00:53:12	lestyn	Thomas	M			864	00:49:25
852	3031	00:50:11	Matthew	Meador	M	20		865	00:49:26
806	2817	00:49:44	Nadim	Rehman	M			866	00:49:27
842	3473	00:50:07	Dorian	Thomas	M	40		869	00:49:27
859	2632	00:50:17	Joanna	Rothwell	F	20		870	00:49:27
905	1315	00:50:47	Jon	Bowen	M	40		867	00:49:27
930	1360	00:50:58	Jose Luis	De La Cuesta Padilla	M	40		868	00:49:27
1070	2014	00:52:38	Sam	Harley	M			871	00:49:27
830	1069	00:49:59	Christopher	Thomas	M			873	00:49:28
851	2125	00:50:11	Andy	Murphy	M			872	00:49:28
821	3822	00:49:54	Byron	Davies	M		Admiral	875	00:49:29
827	1657	00:49:57	Steve	Dennis	M			874	00:49:29
812	3373	00:49:50	Cordelia	Jones	F		3Ms	876	00:49:30
823	3392	00:49:55	Dylan	Richards	M			877	00:49:31
844	4007	00:50:08	Neal	Matthews	M	45		881	00:49:33
845	247	00:50:09	Gregg	Jones	M			879	00:49:33
916	2968	00:50:51	David	Morgan	M			880	00:49:33
949	3170	00:51:13	Paul	Thomas	M			878	00:49:33
834	1871	00:50:02	Chris	Dennis	M			883	00:49:34
840	2592	00:50:06	John	Morrissey	M	50	Celtic Tri	882	00:49:34
857	3425	00:50:16	Ceri	Stone	M	40		885	00:49:35
893	3439	00:50:39	Carolyn	Thomas	F	45		884	00:49:35
850	2977	00:50:11	Elaine	Wharmby	F	45		886	00:49:36
875	316	00:50:32	Annette	Davies	F	50	Fetch Everyone	887	00:49:36
925	3938	00:50:54	Liam	Ferris	M			888	00:49:37
953	2105	00:51:16	Damian	Winstone	M			889	00:49:37
855	3029	00:50:14	Kelly	Gipson	F	40		893	00:49:38
885	1847	00:50:36	Matthew	Otteson	M			890	00:49:38
886	131	00:50:37	Mark	Frowen	M	50		892	00:49:38
976	1548	00:51:35	Jordon	Davies	M			891	00:49:38
914	3230	00:50:51	Stewart	Lucitt	M			894	00:49:39
835	1592	00:50:02	Philip	Morgan	M	45		897	00:49:40
888	3564	00:50:38	Alistair	Thomson	M			895	00:49:40
894	2988	00:50:40	Stuart	Mort	M	40		896	00:49:40
917	302	00:50:52	Phil	Jones	M	40		898	00:49:40
824	2540	00:49:55	Glyn	Williams	M	65	3Ms	900	00:49:41

## 2011 Admiral Swansea Bay 10k

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
837	1606	00:50:04	Roy	Davies	M	60		899	00:49:41
904	1762	00:50:46	Alan	Whiffin	M	40		901	00:49:42
860	2889	00:50:18	Keri-Lyn	Jones	F	40	Neath Harriers	904	00:49:43
936	1229	00:51:00	Alan	Hirst	M			902	00:49:43
956	3607	00:51:21	Ian	Wells	M	40		903	00:49:43
906	3237	00:50:47	Katy	King	F	35		905	00:49:44
933	3550	00:50:59	Deian	Owen	M			906	00:49:44
931	3639	00:50:59	Jonathan	Duffy	M			908	00:49:46
968	2189	00:51:27	Craig	Morris	M			907	00:49:46
887	2118	00:50:37	John	Macdonald	M	50		909	00:49:47
892	240	00:50:39	Celia	O'Brien	F	40		910	00:49:47
932	3155	00:50:59	Simon	Cox	M	45		911	00:49:48
1222	1647	00:53:57	Jeff	Mosforth	M	55	BRAT Cclub	912	00:49:48
882	2621	00:50:36	David	Mitchell	M	50		914	00:49:49
883	3272	00:50:36	Steve	Jones	M	50	Swansea Harriers	913	00:49:49
868	1489	00:50:27	Will	Keyes	M			917	00:49:51
880	995	00:50:35	Jim	Holland	M	40		916	00:49:51
897	3096	00:50:40	Angela	Davies	F	35		915	00:49:51
909	2397	00:50:48	Kevin	O'Leary	M	50		919	00:49:53
941	450	00:51:02	Andrew	Davies	M	40		918	00:49:53
853	1203	00:50:12	Sarah	Packer	F	40		920	00:49:54
923	1390	00:50:54	Gavin	Mathews	M			921	00:49:54
958	355	00:51:22	Jamie	Rees	M	40		922	00:49:54
975	2607	00:51:34	Catherine	Olivant	F	35	Brecon AC	923	00:49:54
863	2981	00:50:21	Mark	Jones	M	50		926	00:49:55
876	185	00:50:32	Neale	Davies	M	45		925	00:49:55
919	1249	00:50:52	Jacqui	Wynds	F	55	Forest of Dean AC	924	00:49:55
873	519	00:50:28	Dorian	Williams	M	45		927	00:49:56
898	3009	00:50:43	Keith	Starr	M	60		929	00:49:57
1186	3698	00:53:42	Peter	Gabriel	M			928	00:49:57
903	3418	00:50:46	Julie	Cole	M	40		930	00:49:58
922	2388	00:50:53	Michael	Wilson	M			931	00:49:58
971	376	00:51:29	Thomas	Sharville	M			932	00:49:59
877	1055	00:50:33	Andrew	Morrison	M	45		934	00:50:00
991	3576	00:51:46	Alex	Wood	M			933	00:50:00
959	52	00:51:22	Rob	Price	M			936	00:50:01
985	3487	00:51:41	Mark	Shackell	M			935	00:50:01
884	2332	00:50:36	Yvonne	Williams	F	50	Penarth & Dinas Runners	939	00:50:03
896	2344	00:50:40	Rosie	Spears	F	40	Les Croupiers	941	00:50:03
913	1046	00:50:50	Iwan	Williams	M			937	00:50:03
926	3327	00:50:55	Barrie	Hughes	M	40		940	00:50:03
939	1879	00:51:02	John	Evans	M	65		938	00:50:03
899	2311	00:50:45	Paul	Rowley	M	50		942	00:50:05
890	3169	00:50:38	Jeffrey	Dong	M	40		943	00:50:06
943	1225	00:51:03	Andrew	Brown	M	40		944	00:50:06
1000	2070	00:51:51	Megan	Mullins	F	40		945	00:50:06
938	1199	00:51:00	Andrew	Kyle	M			946	00:50:08
951	4018	00:51:14	Jason	Haynes	M			947	00:50:08
902	379	00:50:46	Andrew	Blackman	M	50	Wye Valley Runners	948	00:50:09
874	3499	00:50:31	Ray	Castle	M			949	00:50:10
864	3084	00:50:22	Chris	Dix	M	40		951	00:50:11
911	773	00:50:49	Catherine	Lloyd-Bennett	F		3Ms	950	00:50:11
942	485	00:51:02	Julie	Archer	F	40		952	00:50:12

## 2011 Admiral Swansea Bay 10k

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
954	3158	00:51:18	David	Ashman	M	45		954	00:50:14
1068	517	00:52:37	James	Cartwright	M			953	00:50:14
965	1949	00:51:25	David	Cross	M	55	Ebbw Vale	955	00:50:15
978	2166	00:51:37	Helen	Williams	F	35		956	00:50:15
947	2860	00:51:08	Eleri	Rivers	F	35		958	00:50:16
948	751	00:51:09	Charles	Free	M	60	Eastleigh Running Club	957	00:50:16
946	2693	00:51:06	Sean	King	M	50		959	00:50:17
927	552	00:50:57	Beverley	Warburton	F	45		960	00:50:18
997	814	00:51:51	Mark	Stevens	M			962	00:50:18
1143	2209	00:53:12	Johanne	Edwards	F			961	00:50:18
889	2218	00:50:38	Nick	Colwell	M	45		964	00:50:19
915	4014	00:50:51	Timothy	Doyle	M		Admiral	965	00:50:19
987	402	00:51:44	Adrian	Hearne	M	40		966	00:50:19
1019	1669	00:52:05	Max	Mainini	M	45		963	00:50:19
962	2328	00:51:23	Stephen	Hughes	M			967	00:50:21
1002	3708	00:51:52	Gareth	Morgan	M	40		968	00:50:21
924	3734	00:50:54	Rhys	King	M		Admiral	969	00:50:22
974	2796	00:51:33	Rhys	Rogan	M	20	Lliswerry Runners	970	00:50:28
1027	2232	00:52:08	Alun	Williams	M			971	00:50:28
907	1819	00:50:48	Megan	Rosser	F	50		972	00:50:29
934	705	00:51:00	Jan	Edwards	F	55	Wye Valley Runners	973	00:50:29
935	2017	00:51:00	Sarah	Booker	F			974	00:50:30
1058	1098	00:52:31	Tony	Griffiths	M	55		975	00:50:30
950	2495	00:51:13	Gail	Colley	F	45	Wye Valley Runners	976	00:50:31
1007	1564	00:51:54	Steve	Kern	M			978	00:50:31
1145	3040	00:53:14	Joanne	Popham	F	40		977	00:50:31
1010	2954	00:51:56	Paul	Williams	M	45		979	00:50:32
988	3354	00:51:45	Eddie	Harris	M	40		980	00:50:33
1081	3071	00:52:43	Wayne	Edmond	M	60		981	00:50:33
964	1087	00:51:25	Clare	Baxter	F			983	00:50:35
1014	3248	00:51:59	Viv	Kavanagh	F	45	3Ms	984	00:50:35
1023	2902	00:52:06	James	Barker	M			982	00:50:35
981	2221	00:51:38	Matthew	Parry	M			986	00:50:36
1039	2186	00:52:17	Peter	Reddy	M	60		985	00:50:36
1072	867	00:52:39	Alan	Watts	M			987	00:50:37
961	1414	00:51:22	Anthony	Barron	M	40		988	00:50:39
992	3619	00:51:47	Jonathan	Gibbs	M	40		989	00:50:39
1013	1872	00:51:59	Keith	Coleman	M	40		990	00:50:39
900	3647	00:50:46	Terry	Jones	M			991	00:50:40
955	282	00:51:20	Andrew	Russell	M	40	Whitland	994	00:50:40
966	1080	00:51:26	Adrian	Graham	M			993	00:50:40
1080	902	00:52:42	Chris	Gwynn	M	45		992	00:50:40
970	3212	00:51:29	Amanda	Hook	F	35		998	00:50:41
973	2447	00:51:33	Chris	Smith	M			995	00:50:41
983	2641	00:51:39	Geoff	Parry	M	65		997	00:50:41
1056	2448	00:52:30	Jason	Colley	M	40		999	00:50:41
1108	3488	00:52:53	Lee	Jones	M			996	00:50:41
929	1336	00:50:58	Gillian	Bamber	F		Wye Valley Runners	1001	00:50:42
998	3177	00:51:51	Nathan	Edwards	M	40		1000	00:50:42
1024	905	00:52:06	Sali	Davies	F	35	3Ms	1002	00:50:43
940	3085	00:51:02	Jonathan	Jones	M			1003	00:50:44
1055	1320	00:52:30	Alan	March	M	45		1004	00:50:44
967	659	00:51:26	Ann	Rowell	F	55	TROTS	1005	00:50:45

## 2011 Admiral Swansea Bay 10k

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
982	3145	00:51:39	Beth	Rees	F	35		1006	00:50:45
920	69	00:50:52	Linzi	Palmer	F	35	Active Swansea	1007	00:50:47
1017	651	00:52:03	Aaron	Stephens	M			1009	00:50:47
1020	1535	00:52:05	David	Phillips	M	40		1008	00:50:47
1008	1307	00:51:54	Steve	Williams	M			1010	00:50:48
928	2320	00:50:58	Cyril	Walters	M	60	TROTS	1011	00:50:49
1031	51	00:52:10	Berwyn	Price	M	60		1012	00:50:49
945	70	00:51:04	Maryse	Kivell	F		Active Swansea	1013	00:50:50
963	1522	00:51:24	Lewis	Cook	M	20		1014	00:50:50
993	2674	00:51:48	Jackie	Green	F	50	Fujitsu	1015	00:50:50
952	587	00:51:14	Chris	Mellor	M	45		1016	00:50:51
984	3245	00:51:40	Darren	James	M	40		1018	00:50:51
1104	3251	00:52:51	Rhys	Morgan	M			1017	00:50:51
1144	2960	00:53:14	Stuart	Archer	M			1019	00:50:52
937	1514	00:51:00	Flint	Denyer	M	45		1020	00:50:54
1011	2755	00:51:58	Peris	Cale	M	40		1021	00:50:55
980	2327	00:51:37	Jeffrey	Hanson	M	50		1022	00:50:57
979	2578	00:51:37	Peter	Drew	M	45		1023	00:50:59
969	1050	00:51:27	Lynne	Compton	F	45	Wye Valley Runners	1024	00:51:01
1064	3629	00:52:34	Sam	Richards	M			1025	00:51:01
1076	3189	00:52:40	Benedict	Helliwell	M			1026	00:51:02
996	712	00:51:50	Nicholas	Morgan	M			1027	00:51:03
1004	1441	00:51:53	Steve	Demmery	M			1028	00:51:04
957	1212	00:51:21	Michael	Betteridge	M	55		1032	00:51:05
989	3335	00:51:45	Jamie	Bevan	M	45		1031	00:51:05
1005	1451	00:51:53	Paul	Mcroberts	M			1029	00:51:05
1101	2914	00:52:50	Sarah	Barker	F			1030	00:51:05
1112	2922	00:52:54	Peter	Tanner	M	45	Great Western Runners	1033	00:51:06
1036	3841	00:52:14	Robert	Bambridge	M		Admiral	1035	00:51:07
1046	327	00:52:21	Russ	Harris	M	50		1034	00:51:07
960	3472	00:51:22	Claire	Morgan	F	35		1038	00:51:08
1018	1786	00:52:04	Julia	Rees	F		Port Talbot Harriers	1039	00:51:08
1037	3761	00:52:15	Andrew	Cockel	M		Admiral	1036	00:51:08
1110	463	00:52:53	Berian	Davies	M	55		1037	00:51:08
972	3826	00:51:32	Sean	Woodman	M		Admiral	1040	00:51:09
1032	1781	00:52:10	Gareth	Harris	M	45		1041	00:51:10
1115	583	00:52:54	Martin	Swan	M	40		1042	00:51:10
1040	3719	00:52:17	Chris	Thomas	M			1043	00:51:11
994	1243	00:51:49	Julian	Wake	M	40		1044	00:51:12
1001	1656	00:51:52	Ross	Mcnally	M			1045	00:51:12
1051	3256	00:52:27	Paddy	Maloney	M	45		1046	00:51:14
1021	1705	00:52:05	Louise	Eakins	F	40		1049	00:51:16
1079	1208	00:52:41	Darren	Thomas	M	40		1047	00:51:16
1103	3030	00:52:51	Will	Morgan	M			1048	00:51:16
986	3917	00:51:41	Kenneth	Jenkins	M	50		1052	00:51:17
1105	3844	00:52:51	Kelly	Morgan	F		Admiral	1050	00:51:17
1182	2483	00:53:40	Lewis	Maggs	M	20	Hafan Cymru	1051	00:51:17
1295	2128	00:54:41	Alix	Davies	M			1053	00:51:18
1102	2420	00:52:51	Lyn	Morris	M	50		1055	00:51:19
1117	475	00:52:55	Paul	Read	M			1054	00:51:19
1022	2523	00:52:06	Lee-John	Griffiths	M			1057	00:51:20
1041	603	00:52:17	Suzanne	Kendrick	F	45	Rhayader Running Club	1060	00:51:20
1069	595	00:52:37	Huw	Evans	M	40	3Ms	1056	00:51:20

## 2011 Admiral Swansea Bay 10k

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
1071	934	00:52:39	Melissa	Blyth	F			1059	00:51:20
1291	3122	00:54:38	Danny	Jones	M			1058	00:51:20
1029	719	00:52:08	Geraint	Jones	M			1061	00:51:21
1044	3403	00:52:20	Dominic	Doherty	M			1062	00:51:21
995	2997	00:51:50	Rosie	Poustie	F			1063	00:51:22
1085	3108	00:52:44	Peter	Wilson	M	50		1064	00:51:22
1003	1683	00:51:52	Daniel	Cloke	M			1065	00:51:24
1009	1833	00:51:55	John	Crotty	M			1066	00:51:25
1116	1403	00:52:55	Gemma	Petty	F			1067	00:51:25
1016	736	00:52:01	Barry	Roberts	M	45		1069	00:51:26
1158	1231	00:53:24	Rob	Gray	M	50		1068	00:51:26
977	908	00:51:35	Simon	Thomas	M	50		1070	00:51:27
1210	243	00:53:51	Richard	Barrow	M			1071	00:51:27
999	1023	00:51:51	Simon	Grogan	M	45		1072	00:51:28
1034	1011	00:52:12	Sandra	Barnes	F	45		1073	00:51:29
1217	1563	00:53:54	Ryan	Belcher	M			1074	00:51:29
1084	2287	00:52:44	Jason	Dixon	M	40		1075	00:51:30
1088	3015	00:52:46	Debra	Clarke	F	40		1076	00:51:31
1061	298	00:52:32	Kristan	Hughes	M			1078	00:51:32
1090	2868	00:52:47	Lesley	Mainwaring	F	40		1079	00:51:32
1119	1788	00:52:56	Neil	Griffiths	M	55		1077	00:51:32
1025	3763	00:52:06	Jamie	Matthews	M		Admiral	1080	00:51:33
1047	1086	00:52:22	Samantha	Cashmore	F			1081	00:51:33
1057	3412	00:52:31	Eva	Frisk Cook	F	60		1082	00:51:33
1059	754	00:52:31	Jordan	Derbyshire	M	20		1084	00:51:34
1096	1042	00:52:49	Steve	Davies	M	40		1086	00:51:34
1124	3073	00:52:59	Jonathan	Kinnear	M	45		1085	00:51:34
1125	3902	00:52:59	Carlos	Land	M	40		1083	00:51:34
1015	1093	00:52:00	Andy	Morton	M	50		1087	00:51:35
1026	1799	00:52:07	Meg	Williams	F	35		1089	00:51:35
1089	1550	00:52:47	Jay M	Ramsurrun	M	60		1088	00:51:35
1043	1517	00:52:19	Heidi	Lea	F	35		1091	00:51:36
1062	3667	00:52:33	Rebecca	Hambrook	F	60	Porthcawl Runnerslife	1090	00:51:36
1063	3111	00:52:34	Teresa	Shanklin	F	45		1093	00:51:36
1091	255	00:52:48	Graeme	Davies	M			1092	00:51:36
1049	1676	00:52:25	Steven	Wickwar	M	40		1095	00:51:37
1094	3504	00:52:48	Mat	Davies	M			1094	00:51:37
1006	1339	00:51:53	Ricardo	Martins	M			1096	00:51:38
1077	3273	00:52:40	Clare	Thomas	F			1097	00:51:38
1067	2414	00:52:35	Clare	Hughes	F	45		1098	00:51:39
1114	1430	00:52:54	Gill	Edwards	F	40		1100	00:51:40
1118	2956	00:52:56	Lawrence	Gilbert	M	60		1099	00:51:40
1030	1284	00:52:09	Nigel	Impey	M			1101	00:51:43
1033	4001	00:52:12	Paul	Batcup	M			1102	00:51:44
1048	3117	00:52:25	Alan	Knight	M	60	Great Western Runners	1106	00:51:44
1126	518	00:53:00	Martyn	Price	M	45		1103	00:51:44
1127	3933	00:53:01	Runner		M	3933		1104	00:51:44
1166	464	00:53:31	Paul	Harries	M	40		1105	00:51:44
1065	718	00:52:35	Jonathan	Wells	M			1107	00:51:45
1038	1059	00:52:16	Philip	Smith	M	55	Wye Valley Runners	1108	00:51:46
1045	822	00:52:20	Stephanie	Foulkes-Moran	F	35		1109	00:51:46
1052	699	00:52:27	Antony	Owen	M	40		1111	00:51:47
1082	2573	00:52:43	Sheila	Harris	F	40		1112	00:51:47

## 2011 Admiral Swansea Bay 10k

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
1107	933	00:52:52	Rebecca	Smith	F			1113	00:51:47
1377	2833	00:55:38	Andrew	Heron	M			1110	00:51:47
1078	3038	00:52:41	Pete	Lewis	M			1114	00:51:48
1097	443	00:52:49	Gary	Sawdon	M	45		1116	00:51:48
1121	1954	00:52:57	Karen	Hewitt	F			1117	00:51:48
1135	3351	00:53:10	Gavin	Gilfedder	M	45		1115	00:51:48
1155	966	00:53:22	Megan	Edney	F	20		1119	00:51:48
1183	1053	00:53:41	Andrew	Price	M	45		1118	00:51:48
1241	3916	00:54:11	Tom	Gough	M	45		1120	00:51:49
1050	1278	00:52:26	Leslie	Chamberlain	M	60	Wye Valley Runners	1121	00:51:50
1113	2612	00:52:54	Keith	Madgwick	M	60		1123	00:51:50
1198	1371	00:53:46	Kelvin	Davies	M			1122	00:51:50
1131	1644	00:53:04	Steven	Naden	M	45		1124	00:51:53
1329	2375	00:55:02	Philip	Cheater	M			1125	00:51:53
1075	1524	00:52:40	Fran	Knight	F	50		1127	00:51:54
1111	1628	00:52:53	Richard	Adams	M	40		1130	00:51:54
1132	2932	00:53:05	Sanchia	Osborn	F	35		1126	00:51:54
1139	3609	00:53:11	Luke	Williams	M			1129	00:51:54
1173	3300	00:53:36	Andrew	Hughes	M	40		1128	00:51:54
1060	73	00:52:32	Anthony	Thomas	M		Active Swansea	1131	00:51:56
1073	3033	00:52:39	Martyn	Borland	M	50		1133	00:51:56
1130	3601	00:53:03	Matthew	Rees	M			1132	00:51:56
1066	1886	00:52:35	Kristian	Watts	M			1137	00:51:57
1093	1107	00:52:48	Jessica	Cartwright	F	20		1136	00:51:57
1172	2231	00:53:36	Dane	Jones	M			1135	00:51:57
1204	830	00:53:49	Michael	Williams	M			1134	00:51:57
1042	413	00:52:18	Danny	Saines	M			1139	00:51:58
1098	2093	00:52:49	James	Mason	M			1140	00:51:58
1099	288	00:52:50	Barry	Nichols	M			1141	00:51:58
1176	1982	00:53:37	Nia	Williams	F			1138	00:51:58
1054	859	00:52:30	John	Sanderson	M	50	3Ms	1143	00:52:00
1225	2155	00:53:59	Mark	Power	M	40		1142	00:52:00
1259	3221	00:54:21	David	Gomez	M			1144	00:52:01
1106	2769	00:52:52	Sam	Whiting	M	20		1145	00:52:02
1189	2305	00:53:43	Paul	Hamer	M	45		1146	00:52:02
1134	4012	00:53:09	Dean	Williams	M			1147	00:52:03
1146	937	00:53:17	Mark	Davies	M	45		1149	00:52:03
1262	3881	00:54:23	Jason	Morris	M			1150	00:52:03
1266	3115	00:54:25	Gareth	Thomas	M	45		1148	00:52:03
1074	2768	00:52:40	Richard	Bowmer	M	45		1153	00:52:04
1165	3260	00:53:30	David	Henry	M	45		1151	00:52:04
1201	3659	00:53:47	Tristan	Beer	M			1152	00:52:04
1147	873	00:53:17	Paul	Hiscock	M	40		1154	00:52:05
1153	3643	00:53:20	Steven	Holmes	M	40		1156	00:52:06
1187	1586	00:53:42	Rachel	Smith	F			1155	00:52:06
1256	3318	00:54:20	Ian	Holmes	M		Hafan Cymru	1157	00:52:06
1123	3907	00:52:59	Steve	Price	M	45		1159	00:52:07
1174	980	00:53:36	Lydia	Neller	F	35		1158	00:52:07
1087	2383	00:52:45	Terry	Shore	M	60		1162	00:52:08
1148	2629	00:53:17	Mark	Jones	M	45		1164	00:52:08
1152	2444	00:53:18	Aled	Evans	M		Les Croupiers	1161	00:52:08
1164	2906	00:53:29	Gareth	Hughes	M			1163	00:52:08
1233	3421	00:54:08	Alan	Cleverly	M	45		1160	00:52:08

## 2011 Admiral Swansea Bay 10k

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
1100	204	00:52:50	David	Bennett	M	45		1167	00:52:09
1211	246	00:53:52	David	Johnson	M			1165	00:52:09
1239	3703	00:54:10	Mark	Kenna	M			1166	00:52:09
1307	3638	00:54:51	Michael	Davies	M	50		1168	00:52:10
1053	2110	00:52:28	Chadwick	Jonathan	M	40		1169	00:52:11
1129	2266	00:53:02	Aneurin	James	M	40	Sarn Helen	1170	00:52:11
1170	2675	00:53:34	Huw	Williams	M	55		1172	00:52:12
1188	1423	00:53:43	Julie	Churchill	F	40		1171	00:52:12
1095	2243	00:52:48	Mike	Williams	M	45		1176	00:52:13
1141	2963	00:53:11	Tony	Pownall	M	50		1174	00:52:13
1168	725	00:53:33	Richard	Hopkin	M	40		1177	00:52:13
1181	1874	00:53:40	Leigh	Adams	M			1173	00:52:13
1357	3679	00:55:24	Ryan	Preece	M	20		1175	00:52:13
1154	1330	00:53:21	Keri	Hiles	M			1179	00:52:14
1195	1424	00:53:45	Richard	Churchill	M	40		1178	00:52:14
1281	3613	00:54:33	Paul	Bevan	M			1180	00:52:15
1334	2829	00:55:07	David	Rogers	M			1181	00:52:16
1149	1376	00:53:17	James	Boyle	M	20		1184	00:52:17
1208	156	00:53:51	Marc	Barrow	M			1183	00:52:17
1213	3384	00:53:52	Michael	Shakib	M			1185	00:52:17
1230	3641	00:54:02	Peter	Greenslade	M			1182	00:52:17
1122	3701	00:52:58	Mark	Jones	M			1186	00:52:18
1169	2736	00:53:34	Michael	Lane	M	60		1188	00:52:20
1261	3617	00:54:22	Carl	Daniels	M			1187	00:52:20
1086	1992	00:52:44	Sha	Roberts	F	40		1189	00:52:22
1161	3834	00:53:25	Howard	King	M	40	Admiral	1191	00:52:22
1378	922	00:55:39	Wyn	Thomas	M		Notfast RcC	1190	00:52:22
1136	1793	00:53:10	John	Stacey	M			1193	00:52:23
1185	2369	00:53:41	Lowri	Davies	F			1192	00:52:23
1180	679	00:53:39	Tony	Jay	M	50		1194	00:52:26
1216	371	00:53:54	Lisa	Cronin	F			1195	00:52:26
1157	2515	00:53:23	Rebecca	Leary	F	45		1197	00:52:27
1193	2297	00:53:45	Ryan	King	M			1196	00:52:27
1197	2437	00:53:46	Anwen	Jones	F			1198	00:52:27
1214	2148	00:53:53	Jane	Morris	F			1202	00:52:28
1215	2149	00:53:53	Andrew	Morris	F			1201	00:52:28
1226	984	00:53:59	Dylan	Jones	M	40		1200	00:52:28
1299	1222	00:54:43	James	Evans	M			1199	00:52:28
1083	2916	00:52:43	Robert Wayne	Morgan	M			1204	00:52:29
1203	1652	00:53:48	Ben	Seabourne	M			1203	00:52:29
1179	193	00:53:39	Amanda	Jones	F	40		1205	00:52:30
1109	2880	00:52:53	Leigh	Sambrook	M			1207	00:52:32
1243	2190	00:54:13	Jason	Morris	M	40		1206	00:52:32
1120	1940	00:52:57	Tess	Reynolds	F			1208	00:52:34
1184	1445	00:53:41	Alice	Hortop	F			1209	00:52:35
1255	1637	00:54:20	Chris	Mountfield	M			1210	00:52:35
1199	1609	00:53:47	Eamonn	Garry	M			1211	00:52:37
1202	715	00:53:48	Suzanne	D'Arcy	F			1212	00:52:37
1133	2890	00:53:07	Rhys	Plant	M			1215	00:52:38
1178	771	00:53:38	Emyr	Jones	M	20		1213	00:52:38
1434	2656	00:56:16	Alan	Bottrell	M	60		1214	00:52:38
1092	2524	00:52:48	Allan	Smith	M	75	3Ms	1217	00:52:39
1162	3246	00:53:29	Phillip	Baxter	M			1216	00:52:39

## 2011 Admiral Swansea Bay 10k

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
1160	1266	00:53:25	Dudley	Ashford	M	40		1218	00:52:40
1297	4008	00:54:42	Martin	Pollett	M			1219	00:52:40
1175	3449	00:53:37	Laura	Doheny	F	50		1220	00:52:41
1282	3532	00:54:33	Debbie	Jones	F			1222	00:52:41
1310	3509	00:54:53	Andrew	Evans	M			1224	00:52:41
1324	1756	00:54:59	Matthew	Parry	M			1223	00:52:41
1326	2897	00:55:01	Adrian	Sotheron	M			1221	00:52:41
1237	1507	00:54:09	Iain	Robertson	M	40		1225	00:52:42
1227	2130	00:54:00	Sarah	Fish	F	35		1226	00:52:43
1314	1988	00:54:55	David	Price	M			1227	00:52:43
1137	1074	00:53:11	Robert	Williams	M			1228	00:52:44
1138	988	00:53:11	Claire	Conway	F			1229	00:52:44
1140	1000	00:53:11	Paul	Watts	M	45	Wye Valley Runners	1230	00:52:45
1218	3241	00:53:54	Nigel	Foulkes-Nock	M	40		1232	00:52:45
1293	3330	00:54:40	Ian	Rees	M			1231	00:52:45
1128	1333	00:53:01	Carol	Fulcher	F		Wye Valley Runners	1234	00:52:46
1409	3625	00:55:56	Ben	Jones	M			1233	00:52:46
1150	359	00:53:17	Brian	Jones	M	45		1235	00:52:47
1151	358	00:53:18	Clara	Thurgood	F	35		1236	00:52:47
1298	730	00:54:42	Jim	Loft	M	55		1237	00:52:47
1274	924	00:54:30	Tony	Dally	M	45		1238	00:52:48
1190	1662	00:53:43	David	Smith	M	45		1239	00:52:49
1206	3565	00:53:50	James	Torrance	M			1241	00:52:49
1223	1953	00:53:58	Stephen	Hewitt	M			1240	00:52:49
1200	2671	00:53:47	Melissa	Mould	F		Ford Bridgend RC	1242	00:52:50
1167	3121	00:53:31	Gareth	Phillips	M			1243	00:52:52
1341	3360	00:55:12	Nick	Drew	M			1244	00:52:52
1205	57	00:53:50	Captain	Beany	M	55		1245	00:52:53
1253	344	00:54:19	Mark	Ellis	M	55		1246	00:52:53
1240	2713	00:54:10	Teg	Jones	M	60		1247	00:52:54
1279	4013	00:54:32	Lisa	Karrer	F			1248	00:52:54
1258	893	00:54:21	Ian	Price	M	50		1249	00:52:55
1315	2154	00:54:55	Emma	Parsons	F	40		1250	00:52:55
1292	2299	00:54:38	Nick	James	M			1251	00:52:56
1159	605	00:53:24	Beth	Woollam	F	35		1253	00:52:57
1212	2846	00:53:52	Christopher	Jones	M			1252	00:52:57
1263	467	00:54:23	Nick	Jenkins	M	45		1254	00:52:58
1163	586	00:53:29	Christine	Motteram	F	65	Wye Valley Runners	1257	00:52:59
1219	1721	00:53:55	Laura	Richards	F		Porthcawl Runnerslife	1255	00:52:59
1231	1131	00:54:04	Ben	Greenaway	M			1256	00:52:59
1245	2277	00:54:14	Coiln	Dixon	M	60		1258	00:53:00
1156	2589	00:53:23	Nigel Hugh	Davies	M	50		1260	00:53:01
1403	3924	00:55:53	Martyn	Smith	M	45		1259	00:53:01
1194	1599	00:53:45	Vyvyan	Smith	M	50		1261	00:53:03
1235	1539	00:54:09	Timothy	Buckler	M			1262	00:53:03
1171	333	00:53:35	Philip	Clifford	M	45	Wye Valley Runners	1263	00:53:04
1268	1787	00:54:27	Neil	Jones	M			1264	00:53:04
1250	2791	00:54:17	Steve	Jones	M	45		1265	00:53:05
1254	2224	00:54:19	Robert	Richards	M			1266	00:53:05
1257	709	00:54:21	Wendy	Nickerson	F	40		1267	00:53:05
1273	406	00:54:30	Gareth	Jehu	M	40	Aberdare Valley	1268	00:53:06
1234	1460	00:54:08	Ceri	Morgan	M			1270	00:53:07
1284	2834	00:54:34	Stephen	Hughes	M	45		1269	00:53:07

## 2011 Admiral Swansea Bay 10k

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
1289	2537	00:54:36	Frank	Britton	M	60		1271	00:53:07
1238	3099	00:54:10	Timothy	Alban	M			1274	00:53:08
1290	997	00:54:37	Sharon	Rogers	F	45		1275	00:53:08
1328	1063	00:55:01	David	Bray	M	40		1272	00:53:08
1331	721	00:55:04	Paul	Hambly	M			1273	00:53:08
1249	1202	00:54:16	Stephane	Boissinot	M			1276	00:53:09
1433	3106	00:56:14	Andrew	Reynolds	M			1277	00:53:10
1220	2779	00:53:56	Jayne	James	F	45		1278	00:53:11
1275	3696	00:54:31	Mark	Fermandel	M			1279	00:53:11
1221	1265	00:53:57	Ceri	Kinsey	M			1280	00:53:12
1192	331	00:53:44	Deborah	Clifford	F	45	Wye Valley Runners	1285	00:53:13
1269	1551	00:54:27	Andy	Williams	M	45		1284	00:53:13
1270	2782	00:54:29	Stuart	James	M	40		1283	00:53:13
1347	866	00:55:15	Phillip	Watts	M			1282	00:53:13
1351	2865	00:55:18	Barry	Griffiths	M	45		1281	00:53:13
1177	2306	00:53:37	Kirsten	Millar	F			1286	00:53:14
1294	1846	00:54:40	Gareth	James	M			1287	00:53:14
1244	133	00:54:13	Ian	Marsh	M			1288	00:53:15
1196	577	00:53:45	Louis	Fligelstone	M	45		1289	00:53:16
1360	1022	00:55:27	Annabel	Brown	F	40		1290	00:53:16
1207	1287	00:53:51	Nicholas	Raikes	M			1291	00:53:17
1247	3875	00:54:15	Christine	Beer	F	45		1292	00:53:17
1248	3553	00:54:16	Nathan	Raddenbury	M			1294	00:53:18
1340	3271	00:55:10	Martin	Turton	M	45		1293	00:53:18
1311	737	00:54:54	Elizabeth	Morgan	F	50	Forest of Dean AC	1295	00:53:19
1191	1983	00:53:44	Steven	Thomas	M			1297	00:53:21
1267	1272	00:54:26	Erika	Fitzgibbon	F	60	Women Running Penarth	1296	00:53:21
1224	2831	00:53:59	Maria	Anstee	M			1298	00:53:22
1285	2654	00:54:35	Michael	Gillam	M	45		1300	00:53:23
1305	2408	00:54:47	Matthew	Watts	M			1299	00:53:23
1399	2228	00:55:51	Andrew	Wheeler	M			1301	00:53:23
1530	2100	00:57:15	Oliver	Helm	M			1302	00:53:24
1228	1144	00:54:00	Mandy	Beer	F	50		1303	00:53:27
1232	1343	00:54:04	Brian	Symonds	M	65	Wye Valley Runners	1304	00:53:27
1252	3634	00:54:19	Martin	Bowen Jones	M	50		1306	00:53:27
1317	1279	00:54:55	Lloyd	Wells	M			1305	00:53:27
1306	249	00:54:49	Helen	Lutley	F	60	Emlyn Runners	1307	00:53:28
1277	3074	00:54:32	John	Parke	M	45		1309	00:53:29
1280	2695	00:54:33	Jason	Discombe	M			1308	00:53:29
1370	2412	00:55:34	Jacky	Tyrie	F			1310	00:53:30
1344	2910	00:55:13	Garth	Giesbrecht	M	55		1312	00:53:31
1345	2909	00:55:14	Ben	Giesbrecht	M	50	Running Somewhere Else	1311	00:53:31
1302	2172	00:54:45	Stephen	George	M			1313	00:53:32
1414	1318	00:56:01	Kate	Mears	F			1314	00:53:32
1362	906	00:55:28	Kate	Quick	F	35		1316	00:53:33
1398	3906	00:55:51	Damian	Hart	M			1315	00:53:33
1288	1497	00:54:36	Ashley	Howells	M			1319	00:53:34
1363	3551	00:55:30	Simon	Pridham	M			1317	00:53:34
1371	3665	00:55:36	Marcus	Gale	M	50		1318	00:53:34
1236	2347	00:54:09	Caroline	Jones	F	40		1321	00:53:35
1318	3745	00:54:56	Helen	Wood	F		Admiral	1320	00:53:35
1229	2075	00:54:01	Corina	Holley	F	45		1322	00:53:37
1323	3713	00:54:59	Leanne	Phillips	F	35		1323	00:53:37

## 2011 Admiral Swansea Bay 10k

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
1407	1224	00:55:54	Kaye	Prothero	F	35		1324	00:53:37
1209	3268	00:53:51	Andrew	Rennie	M			1325	00:53:38
1265	641	00:54:24	Kathryn	Bailey	F	35		1326	00:53:39
1242	2915	00:54:12	Chris	Timmins	M			1328	00:53:40
1251	2462	00:54:18	Tony	Simoncini	M		Unilever	1327	00:53:40
1411	1008	00:55:57	Bryn	Burgess	M	50	Lliswerry Runners	1329	00:53:41
1246	525	00:54:14	Joanne	Williams	F	40		1331	00:53:42
1312	2793	00:54:54	Karen	Davies	F	35		1330	00:53:42
1338	1767	00:55:09	Ceri	Roberts	M	40		1332	00:53:42
1320	3440	00:54:58	Cris	Jones	M			1333	00:53:43
1404	783	00:55:54	Joanna	Otteson	F	40		1334	00:53:44
1276	3135	00:54:31	David	Smitham	M			1335	00:53:45
1336	1772	00:55:08	Jim	Bradbury	M	50		1336	00:53:45
1325	3432	00:54:59	Paddy	Maloney	M	45		1338	00:53:46
1410	1725	00:55:57	Rachael	Collier	F			1337	00:53:46
1271	3094	00:54:29	Kathryn	Hopkins	F			1340	00:53:47
1272	3051	00:54:29	Kevin	Hopkins	M			1339	00:53:47
1390	482	00:55:47	Gregory	Elliott	M			1341	00:53:47
1283	3668	00:54:34	Matthew	Holt	M	40		1342	00:53:48
1321	2033	00:54:58	Amanda	Howells	F	35		1345	00:53:48
1346	824	00:55:15	David	Rees	M	55	Yeovil TRRC	1343	00:53:48
1350	820	00:55:16	Robert	Rees	M			1344	00:53:48
1304	242	00:54:46	Dawn	Goulbourne	F	40		1346	00:53:49
1431	2666	00:56:13	David	Ellis	M	40		1347	00:53:49
1303	2548	00:54:45	Michelle	Hoey	F		Penarth & Dinas Runners	1348	00:53:51
1308	2623	00:54:52	Scott	Phillips	M	40		1349	00:53:51
1416	3687	00:56:02	Rob	Bennett	M	40		1350	00:53:52
1313	536	00:54:55	Andrew	Abrons	M	40		1351	00:53:53
1316	3164	00:54:55	Alex	Henderson	M			1352	00:53:53
1286	3508	00:54:35	Helen	Elward	F	40		1353	00:53:54
1322	3584	00:54:58	Kevin	Davis	M	50		1355	00:53:54
1364	2940	00:55:31	Lisa	Davies	F	35		1356	00:53:54
1430	3887	00:56:12	Mark	Bevan	M			1354	00:53:54
1374	1719	00:55:37	Steve	Grounds	M	50		1357	00:53:55
1422	2248	00:56:07	David	Horne	M			1358	00:53:56
1264	3896	00:54:24	Kirsten	Collins	F	35		1362	00:53:57
1309	2931	00:54:53	Lynne	Bain	F	45		1359	00:53:57
1337	2823	00:55:09	Daniel	Hoare	M			1361	00:53:57
1487	1109	00:56:53	Benjamin	Perriman	M			1363	00:53:57
1559	727	00:57:38	Steven	Howlett	M	40		1360	00:53:57
1300	2788	00:54:43	Edward	James	M	45		1365	00:53:58
1444	1462	00:56:21	Trudi	Poole	F	40		1364	00:53:58
1375	3018	00:55:38	Rhodri	Rees	M			1366	00:54:01
1453	3482	00:56:28	Mathew	Hughes	M			1367	00:54:03
1343	1777	00:55:13	Mark	Jackson	M	40		1368	00:54:05
1260	1337	00:54:22	Sofia	Nunes De Almeida	F		Wye Valley Runners	1370	00:54:06
1319	1091	00:54:58	Alison	Morgan	F	40		1369	00:54:06
1449	2036	00:56:27	Toby	Garrud	M			1371	00:54:07
1296	3709	00:54:42	Ceri	Morris	M			1373	00:54:08
1301	3531	00:54:43	Matthew	Jones	M		LC Cobras	1372	00:54:08
1440	1003	00:56:19	Eryl	Jones	M	40		1374	00:54:08
1287	2241	00:54:36	Nigel	Williams	M			1375	00:54:09
1342	233	00:55:13	Helen	Ross	F	35		1377	00:54:10

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
1366	2201	00:55:32	Helen	Phillips	F	50	Amman Valley Harriers	1380	00:54:10
1394	1448	00:55:49	David	Williams	M	45		1379	00:54:10
1400	931	00:55:52	Philip	Ralph	M	40		1376	00:54:10
1450	3202	00:56:27	Richard	Payne	M	45		1378	00:54:10
1348	277	00:55:16	Samantha	Evans	F			1382	00:54:11
1353	2628	00:55:19	Alyson	Egan	F	45		1383	00:54:11
1379	224	00:55:39	Mandy	Riby	F	40		1381	00:54:11
1373	3079	00:55:36	Neil	Chipper	M	50	Lliswerry Runners	1385	00:54:12
1420	1388	00:56:07	Karen	Rees	F	40		1384	00:54:12
1447	520	00:56:25	Helen	Williamson	F			1386	00:54:13
1333	2765	00:55:05	Christine	Hurdidge	F	60	3Ms	1387	00:54:15
1721	1856	00:59:13	Richard	Deen	M			1388	00:54:15
1408	2147	00:55:54	Kay	Julian	F	50	Forest of Dean AC	1389	00:54:16
1278	1411	00:54:32	Colin	Williams	M	70	Wye Valley Runners	1390	00:54:17
1355	3657	00:55:21	Joe	Annandale	M	40		1391	00:54:19
1418	1454	00:56:07	Samantha	Hyett	F	35		1392	00:54:19
1424	1235	00:56:08	Emily	Luke	F		Penarth & Dinas Runners	1393	00:54:21
1356	1994	00:55:23	Andrew	Langford	M			1394	00:54:22
1393	2613	00:55:49	Neil	Loader	M	40		1395	00:54:22
1330	3053	00:55:03	Clare	Johnson	F	65	Les Croupiers	1396	00:54:23
1386	2856	00:55:45	David	Williams	M			1398	00:54:23
1445	680	00:56:24	Elliott	Greaves	M			1397	00:54:23
1352	354	00:55:18	Martin Mark	Jones	M			1399	00:54:26
1335	2142	00:55:07	Jeff	Gooding	M	40		1402	00:54:28
1432	3450	00:56:14	Pete	Kemp	M	40		1400	00:54:28
1442	3528	00:56:20	Marc	Jones	M			1403	00:54:28
1483	116	00:56:49	Ernest	Clift	M	55		1401	00:54:28
1470	2873	00:56:42	Kelly	Morgan	F			1404	00:54:30
1365	1375	00:55:31	Susan	Boyle	F	45		1405	00:54:31
1376	879	00:55:38	Frances	Hains	F	60		1406	00:54:31
1339	2422	00:55:09	Elizabeth	Pawan	F			1410	00:54:32
1349	3471	00:55:16	Gerald	Curtis	M	55		1407	00:54:32
1392	2048	00:55:48	John	Vine	M	70		1408	00:54:32
1471	2872	00:56:43	Alan	Morris	M	40		1409	00:54:32
1472	1488	00:56:43	Carl	Harris	M	50		1411	00:54:32
1354	3804	00:55:20	Paul	Collins	M		Admiral	1413	00:54:34
1384	3469	00:55:44	Sian	Knight	F	45		1412	00:54:34
1402	149	00:55:53	Rhidian	Edwards	M			1415	00:54:35
1438	2024	00:56:18	Carl	Seaman	M	40	Rhondda Valley Runners	1414	00:54:35
1372	342	00:55:36	Neil	Brierley	M			1416	00:54:36
1480	1234	00:56:48	Maire	Gallagher	F			1417	00:54:36
1361	694	00:55:27	Cathrin	Owen	F	35		1418	00:54:37
1396	2955	00:55:50	Mark	Davies	M	45		1419	00:54:38
1327	3461	00:55:01	Bernard	Carroll	M	50		1422	00:54:39
1332	1693	00:55:05	Kathryn	Kearney	F	45		1421	00:54:39
1475	2492	00:56:46	Mark	Kemp	M			1420	00:54:39
1387	3165	00:55:45	Sarah	Pope	F	45	Womens Running Penarth	1424	00:54:40
1491	1906	00:56:54	Angela	Frost	F	50		1425	00:54:40
1511	231	00:57:04	Adrian	Ross	M	50		1426	00:54:40
1595	1540	00:58:02	Christian	Heathcote-Elliott	M			1423	00:54:40
1419	713	00:56:07	Marcella	Kenny	F	40		1427	00:54:42
1358	2783	00:55:25	Sian	Roberts-Jones	F		Sarn Helen	1429	00:54:43
1415	3500	00:56:01	Ian	Cole	M	40		1428	00:54:43

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
1425	1544	00:56:09	Richard	James	M	40		1431	00:54:43
1520	2256	00:57:10	Kieran	Mchugh	M	45		1430	00:54:43
1385	581	00:55:44	Peter	Alexander	M			1432	00:54:44
1381	3656	00:55:42	Bernadette	Wilkinson	F	45	San Domenico	1434	00:54:45
1500	1520	00:56:58	Melvyn	Powell	M	50		1433	00:54:45
1582	3089	00:57:50	Tracey	Morris	F	40	Porthcawl Runnerslife	1435	00:54:47
1510	3581	00:57:03	Edwin	Burns	M			1436	00:54:48
1464	3823	00:56:36	Elizabeth	James Mahoney	F	35	Admiral	1438	00:54:49
1553	3414	00:57:33	Claire	Popham	F	35		1437	00:54:49
1383	3276	00:55:44	Ian	Price	M	40	Caerleon	1440	00:54:50
1465	1354	00:56:40	Martin	Turner	M	40		1439	00:54:50
1473	1973	00:56:43	Kat	Jennings	F			1442	00:54:51
1508	3436	00:57:02	Tim	Letheren	M			1441	00:54:51
1428	1308	00:56:11	Stuart	Kelly	M			1443	00:54:52
1423	292	00:56:07	Simon	Lewis	M			1445	00:54:53
1476	3723	00:56:46	Annette	Williams	F	40		1444	00:54:53
1388	3660	00:55:46	David	Breen	M	55	Porthcawl Runnerslife	1446	00:54:55
1492	2950	00:56:55	Tina	Crocker	F			1447	00:54:55
1429	238	00:56:12	Dawn	Morgan	F	35		1448	00:54:56
1413	484	00:56:00	Andrew	Hurford	M			1449	00:54:57
1539	1990	00:57:24	Ian	Coates	M	20		1450	00:54:58
1359	612	00:55:27	Amanda	Thompson	F	50	Les Croupiers	1456	00:55:02
1367	1387	00:55:33	Nigel	Thomas	M	55		1451	00:55:02
1368	2681	00:55:34	Paul	Sydenham	M	55		1452	00:55:02
1484	2404	00:56:50	Sarah	Baugh - Williams	F	35		1454	00:55:02
1516	1105	00:57:07	Caroline	Facey	F	50		1453	00:55:02
1555	1598	00:57:34	Robin	Bodger	M	40		1455	00:55:02
1437	1034	00:56:17	John	Green	M	45		1458	00:55:03
1441	1889	00:56:19	Samantha	Singh	F	40		1457	00:55:03
1537	1412	00:57:23	Howard	Jones	M	65		1459	00:55:04
1369	2588	00:55:34	Phillip	Doel	M	50		1461	00:55:05
1382	3171	00:55:44	Andrew	Denner	M	40		1460	00:55:05
1391	1914	00:55:48	David	Weston	M	60		1462	00:55:06
1401	109	00:55:52	Matthew	Sweeney	M			1464	00:55:06
1436	1331	00:56:17	Kenneth	Stacey	M	40		1463	00:55:06
1495	3223	00:56:58	Neil	Morgan	M	45		1465	00:55:07
1493	2002	00:56:55	Rhian	Davies	F	40		1466	00:55:08
1557	263	00:57:35	David	Evans	M	50		1467	00:55:08
1389	3400	00:55:46	Natasha	Davies-Puddy	F		Hafan Cymru	1470	00:55:09
1551	3573	00:57:33	Brett	Williams	M	45		1468	00:55:09
1636	1710	00:58:24	Mike	Furse	M	45		1471	00:55:09
1681	2584	00:58:49	Sam	Jones	M	20		1469	00:55:09
1618	2136	00:58:17	Keiron	Burrows	M	40		1472	00:55:10
1395	2063	00:55:49	Michael John	Weaver	M	40		1473	00:55:11
1494	2974	00:56:56	Gary	Morris	M			1474	00:55:11
1534	4011	00:57:20	Chris	Manuel	M	20		1475	00:55:11
1460	2857	00:56:34	Andrew	Ralph	M	45		1476	00:55:12
1427	2330	00:56:11	Lisa	Balfe	F	35		1478	00:55:13
1526	2998	00:57:14	Julie	Burchell	F	40		1477	00:55:13
1639	179	00:58:25	Phillip	Darby	M			1479	00:55:13
1426	3320	00:56:10	Ffion	Jones	M		Hafan Cymru	1480	00:55:14
1443	1923	00:56:20	Christopher	Southcote-Want	M			1482	00:55:16
1742	618	00:59:22	Elizabeth	Bretherton	F			1481	00:55:16

## 2011 Admiral Swansea Bay 10k

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
1525	2056	00:57:12	Anthony	Williams	M			1483	00:55:17
1421	2624	00:56:07	Nigel Leighton	Jones	M	55	Leighton Buzzard AC	1486	00:55:18
1452	3006	00:56:27	Angelique	Owen	F	35		1485	00:55:18
1682	1211	00:58:49	Richard	Bilton	M			1484	00:55:18
1477	54	00:56:47	Susan	Richards	F	55		1487	00:55:19
1406	3195	00:55:54	Clare	Hingott	F	35		1489	00:55:20
1448	2109	00:56:26	Craig	Nutty	M			1488	00:55:20
1397	2680	00:55:50	Joe	Kennedy	M	60	Wye Valley Runners	1490	00:55:21
1529	3380	00:57:14	Sharon	Trotman	F	40		1491	00:55:22
1451	3664	00:56:27	Emma	Evans	F			1493	00:55:24
1646	3019	00:58:30	Jason	Merrifield	M			1492	00:55:24
1666	1673	00:58:38	Pete	Orphan	M	40		1494	00:55:24
1380	3041	00:55:42	Clare	Edwards	F	35		1496	00:55:25
1412	437	00:55:58	Ian	Hill	M	45		1495	00:55:25
1576	1653	00:57:47	Gareth	Jones	M			1497	00:55:25
1405	2402	00:55:54	Natalie	Johnson	F	40		1499	00:55:26
1860	798	01:00:25	Christopher	Deen	M			1498	00:55:26
1536	2101	00:57:22	Clive	Searle	M	50		1500	00:55:27
1580	398	00:57:49	Keith	Jordan	M	60		1502	00:55:28
1656	3125	00:58:33	Gareth	Jones	M	40		1501	00:55:28
1649	624	00:58:30	Peter	Burrage	M	55		1503	00:55:29
1455	1691	00:56:29	Christopher	Stone	M			1506	00:55:30
1474	2376	00:56:46	Fiona	Jones	F			1507	00:55:30
1514	3470	00:57:06	Nicolle	Hockin	F	20		1504	00:55:30
1521	2326	00:57:11	Louise	Ward	F			1505	00:55:30
1446	409	00:56:25	Sam	Donaldson	M			1508	00:55:31
1501	1642	00:56:59	Elena Gwyn	Roberts	F			1510	00:55:33
1564	2165	00:57:39	Wayne	Evans	M			1509	00:55:33
1461	281	00:56:35	Robert	Jenkins	M			1512	00:55:34
1482	2395	00:56:49	Douglas	Dawson	M			1511	00:55:34
1538	682	00:57:23	Ceri	Jones	M			1513	00:55:34
1602	280	00:58:05	Martin	Summons	M			1514	00:55:34
1683	732	00:58:50	Scott	Williams	M			1515	00:55:34
1435	3671	00:56:17	Jacqueline	Jones	F	40	Islwyn	1516	00:55:35
1609	2982	00:58:12	Paul	Vowles	M	40		1517	00:55:35
1481	3872	00:56:49	Claire	Macklen	F			1519	00:55:36
1667	2749	00:58:38	Huw	Edwards	M	50		1518	00:55:36
1503	936	00:57:00	Victoria	Stevens	F			1520	00:55:37
1506	2090	00:57:02	Rhodri	Gwyn	M			1521	00:55:37
1456	2168	00:56:32	Rebecca	Hurley	F			1522	00:55:38
1463	537	00:56:36	Paul	Robbins	M	45	Port Talbot Harriers	1523	00:55:39
1613	720	00:58:14	Lee	Fudge	M	40	Rhondda Valley Runners	1524	00:55:40
1507	1302	00:57:02	Claire	Williams	F	50		1526	00:55:41
1572	3616	00:57:45	Rebecca	Connop Price	F			1525	00:55:41
1457	1205	00:56:32	Mark	Ley	M			1527	00:55:43
1677	3592	00:58:48	David	Lewis	M	60		1528	00:55:43
1468	3288	00:56:41	Michelle	Dougal	F			1529	00:55:44
1458	3388	00:56:32	Jonathan	Britton	M		Activa	1531	00:55:45
1479	2989	00:56:48	Roxanne	Welham	F			1530	00:55:45
1571	3211	00:57:45	Carol	Woodford	F	50	Lliswerry Runners	1532	00:55:46
1581	2021	00:57:49	Lucy	Furnival-Doran	F			1533	00:55:46
1417	3097	00:56:03	Lee	Adams	M	40		1535	00:55:47
1469	1365	00:56:41	Melanie	Allen	F	40		1537	00:55:47

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
1490	424	00:56:54	Jayne	Smith	F			1538	00:55:47
1502	2508	00:57:00	Raymond	Fisher	M	50		1534	00:55:47
1546	3522	00:57:29	Donna	Hunkin	F	35		1536	00:55:47
1575	1805	00:57:46	Jon	Taylor	M			1539	00:55:48
1596	548	00:58:02	Jennifer	Lye	F			1540	00:55:50
1617	1483	00:58:17	Peter	Chowdhury	M	40		1541	00:55:50
1624	1467	00:58:19	Anthony	Roach	M			1542	00:55:50
1548	2312	00:57:30	Lyndon	Pritchard	M	40		1543	00:55:51
1568	2651	00:57:44	Linda	Keelan	F	45		1544	00:55:51
1459	2901	00:56:33	Paul	Stone	M	40		1545	00:55:52
1505	1294	00:57:02	Diane	Williams	F	45		1546	00:55:53
1544	807	00:57:26	Samuel	Holden	M	20		1547	00:55:53
1485	1436	00:56:51	Sharon	Penhale	F	35		1549	00:55:54
1523	857	00:57:12	Blanche	Sainsbury	F	45		1548	00:55:54
1577	411	00:57:47	Jan	Williams	F	55		1550	00:55:54
1543	2498	00:57:26	Gareth	James	M			1551	00:55:55
1579	3234	00:57:48	Berwyn	Lloyd	M	50		1552	00:55:55
1629	267	00:58:22	Alison	Atkins	F	45		1553	00:55:55
1509	2679	00:57:03	David	Locke	M	65		1555	00:55:56
1556	2961	00:57:35	Richard	Jones	M	20		1554	00:55:56
1717	3706	00:59:11	Richard	Morgan	M	50		1556	00:55:56
1478	2368	00:56:47	Catherine	Harper	F	50		1560	00:55:57
1542	1391	00:57:25	Claire Helen	Williams	F		Aberystwyth AC	1559	00:55:57
1626	230	00:58:20	Richard	Dyer	M			1557	00:55:57
1662	1536	00:58:36	Robin	Wilkins	M			1562	00:55:57
1673	2839	00:58:43	Samantha	Bolger	F			1561	00:55:57
1728	3182	00:59:17	Lindsay	Davis	M	50	Totton RC	1558	00:55:57
1512	3127	00:57:04	Lynne	Sullivan	F	40	Women Running Penarth	1563	00:55:58
1660	427	00:58:35	Danny	Evans	M	40		1564	00:55:58
1597	2085	00:58:02	Karen	Barnett	F	40		1565	00:55:59
1496	1190	00:56:58	Lyndsey	Dodds	F			1567	00:56:00
1498	1955	00:56:58	Alex	Keay	M			1566	00:56:00
1607	3578	00:58:11	Richard	Amos	M			1568	00:56:01
1486	2141	00:56:52	Rhys	Hughes	M			1571	00:56:02
1513	2933	00:57:04	Kim	Rickard	F	45		1570	00:56:02
1592	688	00:58:00	Katy	Bond	F	35		1569	00:56:02
1524	2636	00:57:12	Philip A	Williams	M	40		1572	00:56:03
1698	2814	00:59:00	Faye	Bell	F			1573	00:56:05
1439	1826	00:56:19	Owen	Morgan	M	45		1574	00:56:06
1590	1573	00:57:59	Gemma	Griffiths	F			1575	00:56:06
1467	795	00:56:40	Richard	Harries	M			1577	00:56:07
1644	1538	00:58:29	Sian	Rees	F	45		1576	00:56:07
1573	183	00:57:45	Rhianwen	Petruse	F	35		1578	00:56:08
1504	3081	00:57:02	Shirley	Davies	F	45		1580	00:56:09
1550	3758	00:57:31	Sara	Williams	F	35	Admiral	1579	00:56:09
1727	3438	00:59:16	Luke	Tanner	M	20		1581	00:56:09
1518	985	00:57:09	Alison	Turner	F	45	Wye Valley Runners	1583	00:56:10
1519	596	00:57:09	Sarah	Nawell	F	20		1584	00:56:10
1549	2038	00:57:30	Paul	Griffiths	M			1582	00:56:10
1522	2005	00:57:11	Stephen	Coker	M	45		1586	00:56:11
1552	110	00:57:33	Claire	Hutchins	F	40		1587	00:56:11
1563	1464	00:57:39	John	Bourne	M	65		1585	00:56:11
1601	1416	00:58:04	Delyth	Mainwaring	F			1590	00:56:11

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
1625	734	00:58:19	Alexandria	Bull	F			1588	00:56:11
1659	1374	00:58:35	Sean	Wilkes	M			1589	00:56:11
1598	1967	00:58:02	Sonia	Margetson	F			1592	00:56:12
1627	735	00:58:20	Gary	Powell	M	40		1591	00:56:12
1517	861	00:57:08	Laura	Hall	F	45	3Ms	1593	00:56:13
1565	1127	00:57:41	Jennifer	Howells	F			1594	00:56:13
1497	4017	00:56:58	Helen	Clarke	F			1597	00:56:14
1654	3501	00:58:31	Andrew	Davies	M	40		1596	00:56:14
1657	296	00:58:34	Katharine	Earlam	F	60		1595	00:56:14
1454	1792	00:56:28	Ian	Wilson	M			1600	00:56:15
1499	74	00:56:58	Adele	Rees	F		Active Swansea	1598	00:56:15
1634	3175	00:58:24	Joseph	Pugsley	M	20		1599	00:56:15
1466	2342	00:56:40	Stuart	Rowlands	M	50		1601	00:56:17
1567	2539	00:57:44	Rachel	Holland	F	35		1602	00:56:17
1462	3864	00:56:35	Mike	Lyons	M	50		1605	00:56:18
1604	445	00:58:07	Jenny	Fifield	F	50		1603	00:56:18
1668	216	00:58:39	Elin Rebeca	Powell	F	50		1604	00:56:18
1688	456	00:58:53	Terry	O'Brien	M	50		1606	00:56:18
1846	787	01:00:16	Malcolm	Bullough	M	60		1607	00:56:20
1532	2233	00:57:17	Royston	Heaton	M	45		1608	00:56:21
1718	3298	00:59:11	Claire	Thomas	F			1609	00:56:22
1719	3456	00:59:11	Luke	Thomas	M			1610	00:56:22
1588	449	00:57:59	Bethan	Rees	F			1611	00:56:23
1488	704	00:56:53	Sara	Thomas	F	35		1613	00:56:26
1541	627	00:57:25	Alex	Robertson	M	55		1612	00:56:26
1528	1407	00:57:14	Huw	Jones	M	45		1614	00:56:27
1578	982	00:57:47	Christopher	Wright	M			1615	00:56:27
1591	132	00:57:59	Matthew	Morgan	M			1616	00:56:27
1533	752	00:57:20	Paul	Skinner	M			1617	00:56:28
1765	1443	00:59:32	Kevin	Halmkan	M			1618	00:56:28
1554	1471	00:57:33	John	Wilkinson	M	50		1621	00:56:29
1647	174	00:58:30	Miranda	Lewis	F	35		1619	00:56:29
1648	158	00:58:30	Phil	Saunders	M	55		1620	00:56:29
1799	222	00:59:52	David	Rees	M			1622	00:56:29
1586	3140	00:57:53	Michelle	Davies	F	40	3Ms	1623	00:56:30
1670	821	00:58:39	Andrew	Thomas	M			1624	00:56:30
1531	3447	00:57:15	David	Curtis	M			1625	00:56:31
1584	3139	00:57:52	Rebecca	Anderson	F			1626	00:56:31
1535	2367	00:57:22	Dawn	French	F	50		1628	00:56:32
1547	3200	00:57:29	Emma	Davies	F			1627	00:56:32
1665	337	00:58:37	Claire	Middleton	F	35		1630	00:56:32
1743	1171	00:59:23	Peter	Mcfarlane	M			1629	00:56:32
1749	1601	00:59:26	Malcolm	Williams	M	65		1631	00:56:33
1540	3514	00:57:24	David	Griffiths	M			1632	00:56:34
1684	881	00:58:51	Kerrin	Keogh	F			1633	00:56:34
1489	3921	00:56:54	Mark	Wells	M			1636	00:56:35
1515	707	00:57:06	Jo	Tidy	F			1635	00:56:35
1788	2766	00:59:42	Leon	Grother	M			1634	00:56:35
1560	3302	00:57:38	Isabel	Evans	F	40		1638	00:56:36
1630	1773	00:58:22	Richard	Byrne	M			1637	00:56:36
1606	3057	00:58:10	Richard	Powell	M			1639	00:56:37
1527	1589	00:57:14	Mark	Turp	M	50		1640	00:56:38
1615	1613	00:58:16	Melanie	Jenkins	F	35		1643	00:56:39

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
1632	2934	00:58:23	Robert	Morgan	M	40		1642	00:56:39
1849	1402	01:00:17	Itzel	Lopez	F			1641	00:56:39
1589	3614	00:57:59	Gwawr	Booth	F	35		1644	00:56:40
1672	223	00:58:41	Mark	Arnold	M	45		1645	00:56:40
1689	4009	00:58:55	Rebecca	Crockett	F			1646	00:56:40
1651	620	00:58:31	Darren	Hurley	M	45		1647	00:56:42
1642	3344	00:58:28	Andrew	Clark	F	40		1649	00:56:43
1687	542	00:58:52	Ali	King	F			1648	00:56:43
1603	2199	00:58:06	Lyn	Brown	F	50	Amman Valley Harriers	1650	00:56:44
1645	3343	00:58:29	Sarah	Dawes-Clark	F	35	Les Croupiers	1651	00:56:44
1558	753	00:57:37	Wendy	Davies	F	40		1656	00:56:45
1562	3910	00:57:38	James	Jenkins	M	40		1652	00:56:45
1574	2040	00:57:45	William	Jones	M			1654	00:56:45
1633	1070	00:58:23	Chris	Hawkins	M	60	Forest of Dean AC	1653	00:56:45
1701	1714	00:59:01	Joanne	Rogers	F			1655	00:56:45
1610	3755	00:58:13	Scott	Bennett	M		Admiral	1657	00:56:46
1585	645	00:57:53	Christopher	Small	M			1659	00:56:47
1709	3129	00:59:07	Cathy	Hinchly	F	45		1658	00:56:47
1545	2463	00:57:27	Ian	Birch	M		Unilever	1660	00:56:48
1616	3855	00:58:17	Jason	McGarrigle	M		Hafan Cymru	1661	00:56:48
1685	3060	00:58:51	Sara	Gwynn	F	20		1662	00:56:49
1593	2947	00:58:01	Hannah	Bird	F			1663	00:56:50
1691	3525	00:58:56	John	Jenkins	M			1664	00:56:50
1790	722	00:59:43	Chris	Scott	M	40		1665	00:56:50
1643	1274	00:58:28	Jim	Fitzgibbon	M	60		1666	00:56:51
1690	1058	00:58:55	Jonathan	Coffey	M	40		1667	00:56:51
1720	295	00:59:12	Pippa	Wilson	F	35		1668	00:56:52
1931	617	01:00:58	Christopher	Thomas	M			1669	00:56:52
1631	3101	00:58:22	Lisa	Jenkins	F			1671	00:56:54
1794	2822	00:59:48	Christian	Sylvester	M			1670	00:56:54
1587	750	00:57:54	Eiri	Evans	F		3Ms	1673	00:56:55
1766	3591	00:59:32	Bethan	Lawrencejones	F	40		1674	00:56:55
1814	3594	00:59:59	Robert	Mckinley	M	50		1672	00:56:55
1566	3123	00:57:42	Melanie R	Stone	F	35		1676	00:56:56
1744	423	00:59:23	Sandra	Joy	F	45	WRN	1677	00:56:56
1772	2394	00:59:33	Cate	Warman-Powell	F	35		1675	00:56:56
1808	1706	00:59:56	Philip	Begley	M	40		1678	00:56:57
1583	2416	00:57:51	Stephen	Cunnah	M			1679	00:56:58
1569	3340	00:57:45	Annie	Conroy	F	65	Les Croupiers	1681	00:57:00
1750	2794	00:59:27	Taryn	Talbott	F		Great Western Runners	1680	00:57:00
1594	2292	00:58:01	Nicholas	Huffer	M	40		1682	00:57:01
1635	3766	00:58:24	Huw	Jones	M	45	Admiral	1685	00:57:01
1664	159	00:58:37	Peter	Dale	M	55		1684	00:57:01
1675	1674	00:58:46	Rebecca	Rees	F	35		1683	00:57:01
1641	672	00:58:28	Ben	Reynaga	M	45		1686	00:57:02
1612	1668	00:58:14	Steve	O'Hare	M	45		1688	00:57:03
1809	2813	00:59:58	John	Davies	M			1687	00:57:03
1714	3297	00:59:10	Lisa	Phillips	F	35		1689	00:57:05
1605	3748	00:58:08	Helen	Williams	F		Admiral	1690	00:57:06
1823	1651	01:00:04	Marcus	Bennett	M	45		1691	00:57:06
1561	2830	00:57:38	Susan	Vaughan	F	45		1692	00:57:08
1655	3348	00:58:33	Samuel	Jones	M	20		1693	00:57:09
1735	2767	00:59:20	Sarah	Holohan	F			1694	00:57:09

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
1725	1306	00:59:15	Andrew	Gilbert	M			1695	00:57:10
1614	3229	00:58:15	Louise	Gardner	F	35		1697	00:57:11
1694	3210	00:58:58	Ged	Wood	M	55		1699	00:57:11
1697	631	00:59:00	Macalla	Hurley	M			1698	00:57:11
1747	1399	00:59:25	Christopher	Gamble	M			1696	00:57:11
1771	2942	00:59:33	Jim	Whiteley	M			1700	00:57:11
1821	2964	01:00:03	David	Proffitt	M	55	Newport Harriers	1701	00:57:12
1608	3217	00:58:11	Rebecca	Fitzpatrick	F			1703	00:57:13
1623	1844	00:58:19	Kenneth	Maddocks	M	65		1704	00:57:13
1658	2721	00:58:35	Janine	Jones	F	35		1702	00:57:13
1653	2619	00:58:31	Gareth	Edmunds	M			1705	00:57:14
1740	2284	00:59:21	Amy	Rowland	F			1706	00:57:14
1880	2435	01:00:32	Tracey	Davies	F	45		1707	00:57:14
1637	2072	00:58:25	Richard	Norris	M			1708	00:57:15
1652	2073	00:58:31	Lisa	Fabb	F	40		1709	00:57:15
1824	378	01:00:05	William Rhys	George	M			1710	00:57:15
1861	2561	01:00:25	Peter	Morse	F	60		1711	00:57:15
1699	3282	00:59:00	Alan	Roberts	M	55	Port Talbot Harriers	1712	00:57:18
1663	960	00:58:36	Darren	Hoskins	M	40	Wye Valley Runners	1714	00:57:19
1736	1181	00:59:20	Wendy	Rees	F	45	Griffithstown Harriers	1713	00:57:19
1674	1961	00:58:43	Nanette	John	F	50		1717	00:57:20
1732	2039	00:59:18	Iain	Mccallum	M	50		1716	00:57:20
1748	1689	00:59:26	Lisa	Garnham	F			1715	00:57:20
1611	2983	00:58:14	Chloe	Duggan	F			1720	00:57:21
1726	2682	00:59:16	Mari	Hobbs	F	45		1721	00:57:21
1784	2236	00:59:42	Simon	Brooks	M	45		1718	00:57:21
1803	3738	00:59:55	Scott	Davies	M		Admiral	1719	00:57:21
1600	2944	00:58:03	Sarah	Cutts	F			1722	00:57:22
1676	1537	00:58:47	Emma	Sutton-Smith	F	20		1723	00:57:22
1570	3462	00:57:45	Martin	Carroll	M	50		1724	00:57:23
1619	3465	00:58:19	Kate	Turner	F	35		1725	00:57:23
1680	1433	00:58:48	Steve	Blake	M	45		1726	00:57:23
1712	2919	00:59:09	Jason	Lewis	M	40		1727	00:57:25
1769	592	00:59:32	Adrian	Davies	M	45		1729	00:57:25
1792	1314	00:59:47	Lisa	Hayward	F			1728	00:57:25
1715	2291	00:59:11	Mike	Steeds	M	50		1730	00:57:26
1832	777	01:00:09	Richard	Jones	M			1731	00:57:26
1762	723	00:59:31	Cherie	Hunter	F	35		1732	00:57:27
1759	894	00:59:31	Christopher	Mulready	M			1733	00:57:28
1707	2800	00:59:04	Stephanie	Richards	F	45		1735	00:57:29
1789	2385	00:59:43	Jolene	Williams	F			1734	00:57:29
1599	497	00:58:03	Gavin	Jenkins	M			1736	00:57:30
1796	1605	00:59:51	Phillip	Waters	M	40		1737	00:57:30
1650	1713	00:58:30	Michael	Aston	M	50	Leamington C & A C	1739	00:57:31
1713	2140	00:59:09	David	Rideout	M	40		1743	00:57:31
1751	1418	00:59:27	Jonathan	Finnegan	M			1741	00:57:31
1753	696	00:59:29	Matthew	Huggett	M	40		1740	00:57:31
1797	644	00:59:51	Luan	Hitchings	F	35		1738	00:57:31
1811	2648	00:59:58	Alex	Lever	F	45		1742	00:57:31
1798	1753	00:59:51	Matthew	Flint	M			1744	00:57:32
1679	3618	00:58:48	Heather	Featon	F	40		1745	00:57:33
1621	1122	00:58:19	Rachael	Carter	F	40		1747	00:57:34
1622	660	00:58:19	Russell	Carter	M	45		1746	00:57:34

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
1695	1748	00:58:58	Nicky	Travers	M	40		1748	00:57:34
1876	1108	01:00:31	Elizabeth	Perriman	F			1749	00:57:34
1897	1509	01:00:43	Sophie	Leonard	F			1750	00:57:35
1692	1729	00:58:57	Sian	Jones	F			1751	00:57:36
1706	3362	00:59:03	Ian	Swanson	M	60	Port Talbot Harriers	1753	00:57:36
1711	1056	00:59:08	Lindi	Lloyd	F	40		1754	00:57:36
1875	2210	01:00:30	Paul	Simon	M			1752	00:57:36
1754	187	00:59:29	Jason	Muxworthy	M	40		1760	00:57:37
1773	3413	00:59:34	Alison	Colebrook	F			1756	00:57:37
1774	3058	00:59:34	Tim	Colebrook	M			1758	00:57:37
1780	3213	00:59:39	Pamela	Carter	F			1757	00:57:37
1782	1685	00:59:41	Cheryl	Mcnally	F			1759	00:57:37
1959	3838	01:01:20	Rich	Taylor	M		Admiral	1755	00:57:37
1805	2773	00:59:55	Caprice	Beggs	F			1761	00:57:38
1638	3730	00:58:25	Talitha	Harries	F		Admiral	1762	00:57:39
1620	2911	00:58:19	Sandra	Beynon	F	45		1764	00:57:41
1686	162	00:58:52	Chris	Hockley	M	40		1765	00:57:41
1818	3610	01:00:01	Tracey	Wynne	F	45		1763	00:57:41
1756	2245	00:59:30	Kirstie	Dorey	F	40		1766	00:57:43
1800	2854	00:59:52	Garry	Davies	M	40		1769	00:57:44
1827	4005	01:00:07	Mathew	Harris	M			1771	00:57:44
1835	2113	01:00:12	Christian	Horn	M			1770	00:57:44
1873	2079	01:00:30	Kim	Austin	F			1768	00:57:44
1913	2364	01:00:51	Ali	Tahir	M	20		1767	00:57:44
1752	1808	00:59:29	Amanda	Jenkins	F	35		1774	00:57:45
1761	846	00:59:31	Marc	Whitlock	M	45		1775	00:57:45
1767	1552	00:59:32	Sue	Murphy	F	35		1773	00:57:45
1828	2214	01:00:07	N Jason	Beynon	M	40		1772	00:57:45
1906	3062	01:00:49	Lance	Thomas	M	40		1776	00:57:45
1661	3311	00:58:36	Catrin	Brown	F	35		1780	00:57:47
1757	1959	00:59:30	Kevin	Merritt	F			1778	00:57:47
1758	1965	00:59:30	Lauren	Merritt	F			1779	00:57:47
1825	268	01:00:05	Michelle	Rivett	F	40	Vegan Runners	1777	00:57:47
1874	2605	01:00:30	Allan	Winkley	M	55		1781	00:57:48
1847	1744	01:00:17	Andrew	Jones	M	40		1783	00:57:49
1929	1157	01:00:58	Ross	Cluett	M			1782	00:57:49
1930	1002	01:00:58	Elin	Price	F			1784	00:57:49
1851	2108	01:00:19	Rhian	Horn	F			1787	00:57:50
1904	2337	01:00:47	Jude	Davies	F	35		1785	00:57:50
1928	2953	01:00:57	Lea	Tanner	M	40		1786	00:57:50
1868	3809	01:00:28	Peter	Heath	M		Admiral	1788	00:57:53
1678	2709	00:58:48	Adam	Garlick	M	20		1789	00:57:54
1730	2487	00:59:17	Catherine	Llewellyn	F	45		1791	00:57:54
1941	3828	01:01:05	Tom	Rains	M		Admiral	1790	00:57:54
1983	3091	01:01:31	Martin	Strom	M	40		1792	00:57:54
1810	3429	00:59:58	Raymond	Davies	M	45		1793	00:57:55
1820	1641	01:00:03	Sian	Tomos	F	40		1794	00:57:55
1704	1176	00:59:03	Ceri	Parker	M			1795	00:57:56
1729	1932	00:59:17	Catherine	Ahearne	F			1797	00:57:56
1777	3283	00:59:36	Mark	Gregory	M	45		1796	00:57:56
1734	2179	00:59:19	Susanne	Jones	F	60		1798	00:57:57
1696	2008	00:58:59	Arwel	Davies	M	45		1799	00:57:58
1705	1380	00:59:03	Stephen	Buckland	M	50		1800	00:57:58

## 2011 Admiral Swansea Bay 10k

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
1723	2706	00:59:14	Marcus	Axworthy	M			1802	00:57:59
1764	3027	00:59:31	Nerys	Jones	F	35		1804	00:57:59
1859	890	01:00:22	Carly	Godden	F			1801	00:57:59
1898	1253	01:00:43	Tracey	Pitman	F	45		1803	00:57:59
1826	3359	01:00:06	Steven Lee	Bunney	M		Hafan Cymru	1805	00:58:00
1864	1617	01:00:26	Morgan	Brown	M	20		1806	00:58:00
1640	1698	00:58:27	Michael	Kearney	M	50		1807	00:58:01
1852	892	01:00:19	Jonathan	Roberts	M	40		1808	00:58:01
1866	3517	01:00:27	Neil	Harvey	M	50		1809	00:58:02
1737	1790	00:59:20	Gary	Mogford	M	50		1811	00:58:03
1815	2349	00:59:59	Laura	Williams	F			1810	00:58:03
1738	1784	00:59:21	David	Bate	M	60		1813	00:58:04
1871	1201	01:00:29	Clare	Harvey	F			1812	00:58:04
1779	3871	00:59:39	Graham	Thomas	M	45		1815	00:58:07
1787	441	00:59:42	Mark	Greenslade	M			1814	00:58:07
1985	1188	01:01:36	Matthew	Jones	M			1816	00:58:07
1822	784	01:00:04	Sian	Rees	F	35		1817	00:58:08
1628	303	00:58:21	Darren	Hall	M			1822	00:58:09
1793	1869	00:59:48	Mark	Forde	M			1819	00:58:09
1801	1636	00:59:53	Jessica	Hutchinson	F			1820	00:58:09
1834	2421	01:00:12	Angela	Bowkett	F	45	Forest of Dean AC	1821	00:58:09
1882	3086	01:00:32	Rob	Evans	M			1818	00:58:09
1669	2117	00:58:39	Ruth	Williams	F	45		1823	00:58:10
1710	3017	00:59:08	Rachel	Evans	F	35		1825	00:58:10
2038	492	01:02:11	Petar	Maksimovic	M	50		1824	00:58:10
1724	2467	00:59:14	Simon	Merritt	M		Unilever	1826	00:58:11
1739	3407	00:59:21	Andrea	Summerwill	F	40		1827	00:58:11
1745	3012	00:59:23	Anthony	Summerwill	M	40		1828	00:58:11
1760	2080	00:59:31	Fiona	Jackson	F			1829	00:58:12
1850	1113	01:00:19	Linda	Owens	F	60	3Ms	1830	00:58:12
1853	2864	01:00:20	Andrew	Cadmore	M	40		1832	00:58:13
1855	946	01:00:21	Alan	Rose	M	50		1831	00:58:13
1817	1812	01:00:01	Emma	Copp	F			1833	00:58:16
1703	3731	00:59:02	Ian	Pratt	M		Admiral	1835	00:58:17
1708	1709	00:59:06	Susan	Davies	F	45		1834	00:58:17
1741	1389	00:59:22	Nigel	Fealey	M	50		1837	00:58:18
1836	3845	01:00:12	Lloyd	Bruce	M	20	Admiral	1836	00:58:18
1837	1587	01:00:14	Elaine	Hiscox	F	35		1838	00:58:19
1984	3813	01:01:31	Doug	Tognarelli	M		Admiral	1839	00:58:19
1802	2104	00:59:55	Tom	James	M			1842	00:58:22
1870	2725	01:00:28	Nick	Tune	M			1841	00:58:22
1914	2324	01:00:52	Paul	Samuel	M	45		1844	00:58:22
1988	1897	01:01:38	Stuart	Rees	M			1840	00:58:22
1989	2088	01:01:38	Christopher	Knapman	M			1843	00:58:22
1671	2810	00:58:40	Karen	Chadwick	F	35		1846	00:58:23
1806	666	00:59:56	Kathryn	Morgans	F			1849	00:58:23
1831	2193	01:00:08	Matt	Peace	M	40		1845	00:58:23
1844	1570	01:00:16	Katrina	Griffiths	F	45		1848	00:58:23
1891	1707	01:00:37	Janet	Morgan	F	50	Forest of Dean AC	1847	00:58:23
1971	2226	01:01:26	Christian	Davies	M	20		1850	00:58:23
1755	308	00:59:30	Penelope	Harry	F			1851	00:58:24
1733	1999	00:59:19	Jennifer	Henderson	F	40		1852	00:58:25
1872	1220	01:00:30	Megan	John	F			1853	00:58:26

## 2011 Admiral Swansea Bay 10k

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
1785	2825	00:59:42	Mark	Heycock	M			1854	00:58:27
1775	3374	00:59:35	Marie	Szymonski	F			1856	00:58:28
1783	762	00:59:42	Jeremy	Ashdown	M			1855	00:58:28
1812	1064	00:59:59	Anwar	Najjar	M	40		1857	00:58:28
1813	3856	00:59:59	Andrew	Coffey	M		Hafan Cymru	1858	00:58:29
1890	3364	01:00:37	Catherine	Swan	F	45		1859	00:58:29
1970	2484	01:01:25	Sally	Tansey	F	35	Hafan Cymru	1860	00:58:29
1980	2061	01:01:29	Phillip	Mitchell	M	40		1861	00:58:29
1778	3630	00:59:37	Claire	Thomas	F		TROTS	1862	00:58:30
1702	3702	00:59:01	Seth	Jones	M			1864	00:58:31
1763	3225	00:59:31	Joanne	Williams	F			1863	00:58:31
1841	130	01:00:15	Clare	Lilley	F			1867	00:58:32
1842	124	01:00:15	Sarah	Morton	F	40		1868	00:58:32
1973	2260	01:01:26	Nicola	Williams Tesho	F	35		1865	00:58:32
2025	1175	01:01:53	Trudi	Cook	F	35		1866	00:58:32
1997	3705	01:01:44	Kate	Marks	F	45		1869	00:58:33
1867	1303	01:00:27	Jan	Keelan	F	45		1871	00:58:34
1912	941	01:00:51	Steven	Price	M			1870	00:58:34
1848	2077	01:00:17	Koert	Pelders	M	40		1872	00:58:35
1938	436	01:01:02	Rob	Henderson	M			1873	00:58:35
1940	3900	01:01:04	Rhian	Macnamara	F			1874	00:58:35
1693	1593	00:58:58	Jonathan	Davies	M			1876	00:58:36
1807	2137	00:59:56	Aelfwyn	Shipton	F			1875	00:58:36
1770	178	00:59:33	Matthew	Pugh	M			1878	00:58:37
1869	2174	01:00:28	Philip	Stone	M	60		1877	00:58:37
1910	2150	01:00:50	Clayton	Davis	M			1879	00:58:38
1700	3445	00:59:00	Martin	Rees	M	45		1881	00:58:39
2029	1442	01:01:59	Rhydian	Dunn	M			1880	00:58:39
1857	2606	01:00:21	Mick	Olivant	M	55	Brecon AC	1882	00:58:40
1951	417	01:01:10	Jason	Priddy	M			1883	00:58:41
1731	3301	00:59:18	William	Rees	M			1887	00:58:42
1776	3865	00:59:35	James	Murphy	M			1885	00:58:42
1830	3184	01:00:08	Jennifer	James	F	40		1886	00:58:42
1879	353	01:00:32	Colin	Spence	M	60	Southville Running Club	1884	00:58:42
1911	2504	01:00:51	Emma	Cownie	F	40		1888	00:58:43
1883	632	01:00:33	David	Warner	M	45		1889	00:58:44
1892	1017	01:00:38	Wynford	Franks	M	65		1890	00:58:44
1716	1271	00:59:11	Jean	Archer	F	55		1892	00:58:46
1915	2921	01:00:52	Jeff	Davies	M	40		1891	00:58:46
1781	3700	00:59:40	Gareth	Hughes	M			1893	00:58:47
1862	1766	01:00:25	Dennis	Griffiths	M	55		1896	00:58:48
1863	428	01:00:26	Aileen	Griffiths	F	55	Forest of Dean AC	1894	00:58:48
1901	1521	01:00:45	Andrew	Davies	M			1895	00:58:48
1795	2425	00:59:48	Danielle	Williams	F			1897	00:58:49
1722	2892	00:59:13	Mark	Lewis	M			1898	00:58:50
1893	1370	01:00:39	Wendy	Lawrence	F	55	Forest of Dean AC	1899	00:58:51
1833	1820	01:00:12	Duncan	Smith	M	40		1901	00:58:52
1839	691	01:00:15	Laura	Mason	F			1900	00:58:52
1843	415	01:00:15	Richard	Thomas	M	45		1902	00:58:52
1804	290	00:59:55	Anwen	Jenkins	F			1905	00:58:54
1819	2303	01:00:02	Helen	Davies	F			1906	00:58:54
1921	588	01:00:54	Joanne	Wheeler	F	40		1904	00:58:54
1939	889	01:01:03	James	Phillips	M	40		1903	00:58:54

## 2011 Admiral Swansea Bay 10k

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
1896	865	01:00:43	Kate	Reilly	F			1907	00:58:55
1920	578	01:00:54	Rhiannon	Lewis	F			1908	00:58:55
1768	3391	00:59:32	Maxine	Bosley	F	45		1910	00:58:56
1791	250	00:59:44	Gavin	Evans	M			1909	00:58:56
1949	3675	01:01:10	Alison	Mann	F	40		1911	00:58:57
1952	3240	01:01:12	Richard	Thomas	M			1912	00:58:58
1865	538	01:00:27	Sian	Williams	F			1913	00:58:59
1937	3357	01:01:02	Bernard	Cairns	M	65		1915	00:58:59
2020	1678	01:01:52	Ian	Evans	M	60		1914	00:58:59
2036	3899	01:02:10	William	Marks	M	45		1916	00:58:59
1885	1681	01:00:33	Jo	Singleton	F			1918	00:59:00
1995	1480	01:01:43	John	Hill	M	40		1917	00:59:00
1996	1209	01:01:43	Nicola	Thomas	F	35		1919	00:59:00
1746	3299	00:59:23	Shab	Trew	F			1920	00:59:02
1926	373	01:00:56	Arwyn	Williams	M	45		1921	00:59:02
1845	2746	01:00:16	Derek	Wallace	M	50		1922	00:59:03
1922	1049	01:00:54	Dele	Aboderin	F	50	Sole Sisters (North Bristol)	1925	00:59:04
1954	3498	01:01:13	Benjamin	Carter	M	20		1923	00:59:04
1963	3676	01:01:22	Judith	Maragna	F	55	Penarth & Dinas Runners	1924	00:59:04
2004	1415	01:01:48	Ruth	Gates	F	35		1927	00:59:06
2101	3042	01:02:54	Liam	Hover	M			1926	00:59:06
2005	1432	01:01:48	Jonathan	Gates	M			1928	00:59:07
1895	3886	01:00:42	Amy	Clinch	F			1929	00:59:08
1945	1519	01:01:09	Malcolm	Callender	M	55		1930	00:59:09
1900	3799	01:00:44	Julie	Cox	F		Admiral	1934	00:59:10
1967	1876	01:01:24	Eva	Goodhead	F	35		1933	00:59:10
2076	2633	01:02:42	Dewi	Griffiths	M	40		1931	00:59:10
2077	2635	01:02:42	Jonathan	Griffiths	M	45		1932	00:59:10
1974	1408	01:01:27	Tracey	Edwards	F			1935	00:59:11
1933	2225	01:00:59	David	Evans	M	40		1936	00:59:12
1961	465	01:01:20	Frances	Keogh-Davies	F	45		1937	00:59:13
1956	72	01:01:16	Meleri	Cole	F	35	Active Swansea	1938	00:59:14
1917	3366	01:00:53	Gayle	Quick	F			1939	00:59:15
1918	656	01:00:53	Laura	Grey	F	40		1940	00:59:15
1838	951	01:00:14	Alison	Sandy	F	50		1942	00:59:16
2100	1891	01:02:54	Steve	Parker	M			1941	00:59:16
1976	3186	01:01:27	Mike	Footman	M	40		1943	00:59:17
2007	653	01:01:49	Chris	Marshall	M	40		1944	00:59:17
1886	3931	01:00:35	Runner		3931	M		1946	00:59:18
1947	1137	01:01:09	Anthony	Hall	M	60		1945	00:59:18
1854	567	01:00:20	Victoria	Newton	F			1953	00:59:19
1856	2129	01:00:21	Cathy	Morgan	F	50	Wye Valley Runners	1952	00:59:19
1878	3490	01:00:32	Sarah	Allen	F			1951	00:59:19
1903	3394	01:00:46	Louise	Piper-Jones	F			1949	00:59:19
1935	2301	01:01:00	Claire	Rawle	F	35		1950	00:59:19
1986	1931	01:01:36	Alun	Edwards	M	40		1948	00:59:19
2031	613	01:02:02	Clint	Budd	M	55		1947	00:59:19
1816	2131	01:00:00	David	Hockin	M			1954	00:59:21
1978	522	01:01:28	Katrina	Free	F			1955	00:59:22
1902	3350	01:00:46	Graham	Singer	M	55		1956	00:59:23
1840	2617	01:00:15	Susan	Harris	F	40	3Ms	1957	00:59:24
1981	1288	01:01:30	Denise	Brennan	F	40		1958	00:59:25
2059	3707	01:02:31	Jenna	Morgan	F			1959	00:59:25

## 2011 Admiral Swansea Bay 10k

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
1829	2268	01:00:07	Alison	Strong	F	35		1960	00:59:26
1786	838	00:59:42	Tina	Lloyd	F	45		1962	00:59:27
1972	1372	01:01:26	Elaine	Carwardine	F	50		1961	00:59:27
2030	3481	01:01:59	Karen	Phillips	F	45		1963	00:59:27
2068	3555	01:02:36	Louise	Rhydderch	F			1964	00:59:28
1894	2748	01:00:41	Keith	Hopkinson	M	55		1965	00:59:29
1899	3025	01:00:44	Nigel	Evans	M	50		1967	00:59:31
1960	66	01:01:20	Leighton	James	M		Active Swansea	1968	00:59:31
2047	2406	01:02:20	Miles	Oakes	M	20		1966	00:59:31
1932	3552	01:00:59	Sara	Privato	F			1969	00:59:32
1965	1958	01:01:23	Debbie	Cresswell	F	50		1970	00:59:32
1946	1857	01:01:09	James	Raleigh	M			1971	00:59:34
1998	3242	01:01:44	Des	Fitzpatrick	M	55		1972	00:59:34
2012	2007	01:01:50	Rob	Trick	M	55		1973	00:59:35
1934	1016	01:00:59	Robert	Auerbach	M			1975	00:59:36
2014	1549	01:01:50	Allyson	Cullen	F	45		1974	00:59:36
2079	2025	01:02:44	Jill	Luckwell	F	50		1977	00:59:37
2131	2112	01:03:14	Tony	Marshall	M	50		1976	00:59:37
1877	1873	01:00:31	Gillian	Murphy	F	55	Les Croupiers	1979	00:59:39
1888	2455	01:00:35	Janine	Ware	F	40		1981	00:59:39
1948	3061	01:01:10	Sarah	Hawker	F	35		1978	00:59:39
1950	3410	01:01:10	Neil	Hawker	M	45		1980	00:59:39
1927	3557	01:00:57	Andrew	Rockley	M	40		1982	00:59:40
2002	664	01:01:47	Katie	Williams	F	20		1983	00:59:40
1975	1317	01:01:27	Derek	Hughes	M			1985	00:59:41
2106	2356	01:02:56	Jonathan	Banfield	M			1984	00:59:41
1943	974	01:01:07	Seamus	Edney	M	50		1986	00:59:43
1887	2478	01:00:35	Pauline	Thomas	F	65	TROTS	1987	00:59:44
1993	1328	01:01:40	Caroline	Stevens	F			1988	00:59:44
1907	1368	01:00:49	Ken	Evans	M	55		1989	00:59:45
2023	3464	01:01:52	Peter	Shanley	M	45		1990	00:59:47
1858	2215	01:00:22	Emma	Conway	F	35		1997	00:59:48
1908	3819	01:00:49	Andrew	Milligan	M		Admiral	1992	00:59:48
1994	3119	01:01:42	Sara	Davies	F			1994	00:59:48
2035	3484	01:02:09	Christine	Snape	F	60		1995	00:59:48
2043	2263	01:02:15	Julie	Madden	F	40		1993	00:59:48
2099	1381	01:02:54	Keith	Child	M	50		1991	00:59:48
2118	1024	01:03:10	Janet	Humphry	F	40		1996	00:59:48
1881	2673	01:00:32	Jemma	Jones	F			1998	00:59:50
1923	2664	01:00:55	Ron	Thomas	M	50	Builth & district RC	1999	00:59:50
1953	2712	01:01:12	Sarah	Davies	F	40		2004	00:59:51
2001	571	01:01:46	Michelle	George	F	40		2000	00:59:51
2024	3493	01:01:53	Mike	Balsamo	M			2003	00:59:51
2075	3010	01:02:41	Jayne	Evans	F	50		2001	00:59:51
2084	1623	01:02:49	Clare	Bennett	F	45		2002	00:59:51
2044	2518	01:02:16	Susan	Baldry	F	45	Women Running Penarth	2005	00:59:52
1884	2468	01:00:33	Tracy	Loney	F	40	Unilever	2010	00:59:53
1936	2272	01:01:01	Kathryn	James	F			2008	00:59:53
1987	3166	01:01:37	Jonathan	Simeonides	M			2007	00:59:53
2022	2436	01:01:52	Jo	Thomas	F	35		2006	00:59:53
2046	1543	01:02:20	Michelle	Humphreys	F			2011	00:59:53
2060	2062	01:02:31	Paul	Smith	M			2139	00:59:53
2152	977	01:03:28	Swati	Prusty	F			2009	00:59:53

## 2011 Admiral Swansea Bay 10k

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
2042	646	01:02:15	Simon	Reed	M			2013	00:59:54
2071	967	01:02:38	David	Bagnall	M	50		2012	00:59:54
1924	1029	01:00:55	Robert	Pitt	M	40		2015	00:59:56
2021	1582	01:01:52	Diane	Williams	F			2016	00:59:56
2026	64	01:01:55	Laura	Humphreys	F		Active Swansea	2014	00:59:56
1905	3544	01:00:48	Paul	Michael	M	40		2018	00:59:59
1944	2230	01:01:08	Adrian	Demoulpied	M	45		2019	00:59:59
1964	3905	01:01:23	Daniel	Torrance	M	20		2017	00:59:59
2057	102	01:02:30	Adrian	Taylor	M			2020	01:00:00
1958	1013	01:01:19	Richard	Llewellyn	M	40		2021	01:00:01
2112	558	01:03:06	Kevin	Lane	M	55		2022	01:00:02
2128	2185	01:03:14	Melanie	Tancock	F	40	Amman Valley Harriers	2023	01:00:02
1942	3691	01:01:07	Hannah	Buckland	F			2025	01:00:03
2053	481	01:02:25	Andrew	Booth	M	55		2024	01:00:03
2127	3411	01:03:13	Paul	Warren	M			2026	01:00:04
1916	3808	01:00:53	Matthew	Griffiths	M		Admiral	2027	01:00:05
2016	3035	01:01:50	Howard	Dawson	M			2028	01:00:05
2051	755	01:02:23	Arienne	Grail	F			2029	01:00:06
2069	3455	01:02:36	Gayle	Hughes	F	40		2030	01:00:08
2009	2389	01:01:49	Ani	Newman	F			2031	01:00:09
2015	472	01:01:50	Alec	Warburton	M	55		2034	01:00:10
2033	818	01:02:03	Rachel	Tough	F	35		2032	01:00:10
2107	1853	01:02:57	Randall	Baker	M	60		2033	01:00:10
2070	3112	01:02:37	Philip	Hobbs	M			2035	01:00:11
1925	3785	01:00:55	Vanessa	Harragan	F		Admiral	2037	01:00:12
2126	2724	01:03:13	Andrew	Morris	M			2036	01:00:12
1909	3285	01:00:50	Joanne	Phillips	F	40		2039	01:00:13
2144	3039	01:03:22	Louise	Warren	F			2038	01:00:13
2011	2365	01:01:49	Penny	Lauder	F	40		2040	01:00:14
2019	3216	01:01:51	Kim	Parry	F	40		2041	01:00:14
1962	1838	01:01:22	Alison	Maddocks	F	60		2042	01:00:15
2013	2360	01:01:50	Elizabeth	Morgan	F	35		2045	01:00:15
2018	1420	01:01:51	Alex	Parry	M	40		2043	01:00:15
2049	1576	01:02:22	Dave	Lucas	M			2044	01:00:15
2151	2194	01:03:27	Kath	Treharne	F	40	Amman Valley Harriers	2046	01:00:16
2017	3424	01:01:50	Mike	Clinch	M	50		2047	01:00:17
1889	2472	01:00:36	Joanne	Beynon	F	45	Unilever	2048	01:00:19
1957	394	01:01:19	Cristopher	Mcgowan	M			2050	01:00:20
2052	3595	01:02:24	Lea	Mitchell	F	50		2049	01:00:20
2080	728	01:02:45	Hannah	Townsend	F			2051	01:00:20
2032	1834	01:02:03	Geraldine	Clayton	F	45	LC Cobras	2053	01:00:21
2055	3572	01:02:27	Barry	Williams	M			2052	01:00:21
2065	1672	01:02:35	Tom	Cottrell	M			2054	01:00:21
2074	1545	01:02:41	Paul	Evans	M	45		2055	01:00:22
2078	2053	01:02:43	Sally	Jones	F			2056	01:00:23
2083	1398	01:02:48	Neil	Davies	M	60		2057	01:00:23
2056	3476	01:02:30	Jane	Murphy	F	35		2059	01:00:26
2113	925	01:03:06	Joanna	John	F	40		2058	01:00:26
1990	1364	01:01:39	Richard	Law	M	50		2062	01:00:29
1991	3434	01:01:39	Chris	Law	M	55		2061	01:00:29
1992	3453	01:01:39	Lyn	Willis	F	50		2060	01:00:29
1969	2844	01:01:25	Sarah	Wagstaffe	F			2064	01:00:30
2027	2993	01:01:55	James	Colburn	M	20		2063	01:00:30

## 2011 Admiral Swansea Bay 10k

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
2028	2745	01:01:55	Robbie	Waldron	M	20		2066	01:00:30
2045	3648	01:02:18	Michaela	Jones	F	40		2065	01:00:30
2208	3649	01:04:22	Katherine	Leonard	F			2067	01:00:30
1999	1754	01:01:45	Sarah	Dunscombe	F	35	Porthcawl Runnerslife	2068	01:00:32
1979	2384	01:01:29	Liam	Williams	M			2069	01:00:33
1968	1286	01:01:24	Sian	Impey	F	40		2070	01:00:34
2000	2701	01:01:45	Hefin	John	M			2071	01:00:34
2162	2235	01:03:37	Andy	Davies	M	50		2072	01:00:35
2200	1518	01:04:08	Gareth	Thomas	M	40		2073	01:00:35
2207	3134	01:04:20	Rhys	Gronow	M			2074	01:00:35
2081	3521	01:02:47	Robert	Hopping	M	40		2075	01:00:37
2061	3798	01:02:32	Stacey	Bruce	F		Admiral	2076	01:00:38
2150	947	01:03:26	Kathryn	Elias	F			2077	01:00:38
1966	662	01:01:24	Jane	Cheyney	F	40		2079	01:00:39
2003	2175	01:01:47	Jo	Lowe	F			2080	01:00:39
2039	863	01:02:12	Jonathan	Thomas	M	40		2078	01:00:39
2116	1596	01:03:09	Paula	Rex	F	35		2081	01:00:39
1982	2419	01:01:31	Robin	Davies	M			2082	01:00:40
1977	3190	01:01:28	Kirsty	Jones	F	35		2083	01:00:41
2010	1976	01:01:49	Paul	Morgan	M	40		2084	01:00:41
2108	3889	01:02:58	Luke	Marsh	M			2085	01:00:42
2115	261	01:03:08	Simon	Gillings	M	50		2086	01:00:42
2066	2959	01:02:35	Rory	Tufano	M			2089	01:00:43
2124	2003	01:03:12	Donna	Davies	F	40		2088	01:00:43
2174	2139	01:03:50	Marc	Davies	M			2087	01:00:43
1919	2220	01:00:54	Johanne	Hughes-Dowdle	F	40		2090	01:00:44
2063	3775	01:02:35	Christopher	Hoare	M		Admiral	2091	01:00:44
1955	1625	01:01:15	Bryan	King	M	50		2092	01:00:45
2067	3774	01:02:36	Carly	Smith	F		Admiral	2093	01:00:45
2048	3088	01:02:21	Ralph	Allemano	M	60	Swansea Harriers	2094	01:00:46
2097	1584	01:02:54	Dan	Tucker	M			2095	01:00:46
2111	1134	01:03:05	Kevin	Fussell	M			2096	01:00:46
2136	3316	01:03:19	Margaux	Smale	F		Hafan Cymru	2097	01:00:46
2085	3895	01:02:49	Linda	Lewis	F	40		2100	01:00:47
2145	3370	01:03:23	Michael	Collins	M	55		2098	01:00:47
2190	3416	01:04:03	David	Williams	M	45		2099	01:00:47
2133	2538	01:03:15	Caroline	Morgan	M	40		2101	01:00:48
2040	529	01:02:13	Ann	Majer	F	55		2102	01:00:49
2181	2761	01:03:54	Gwynfor	Jackson	M	60		2103	01:00:51
2155	1880	01:03:30	David	Pavey	M	50		2104	01:00:52
2006	2976	01:01:48	Paul	Davies	M	45		2105	01:00:53
2008	3431	01:01:49	Catherine	Hoile-Davies	F	45		2106	01:00:53
2087	1615	01:02:50	Aileen	Brown	F	45	Great Western Runners	2107	01:00:53
2086	918	01:02:50	Emma	Oughton	F	40	Great Western Runners	2108	01:00:54
2054	168	01:02:26	Gregory	Vearey-Roberts	M			2109	01:00:57
2221	3386	01:04:32	Michelle	Higgins	F			2110	01:00:59
2041	3510	01:02:13	Sarah	Evans	F			2111	01:01:01
2125	2946	01:03:12	Kathryn	Paradis	F			2112	01:01:01
2037	2821	01:02:11	Kathryn	Gilbertson	F			2113	01:01:02
2117	387	01:03:10	Kevin	Rees	M	40		2114	01:01:04
2154	121	01:03:30	Chris	Kent	M			2115	01:01:04
2034	1198	01:02:07	Donia	Lindo	F			2116	01:01:06
2148	325	01:03:25	Michael	Jones	M			2117	01:01:07

## 2011 Admiral Swansea Bay 10k

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
2123	768	01:03:12	Laura	Francis	F	45		2118	01:01:08
2147	775	01:03:24	Lilian	Martin	F			2119	01:01:08
2058	3513	01:02:31	Lois	Griffiths	F			2120	01:01:11
2134	2996	01:03:15	Natalie	Tebb	F			2122	01:01:12
2210	573	01:04:23	Sally	Hall	F	40		2121	01:01:12
2064	1917	01:02:35	Louise	Jenkins	F	40		2125	01:01:13
2090	2092	01:02:52	Dean	Pritchard	M			2126	01:01:13
2166	1379	01:03:44	Lydia	Smith	F	40		2123	01:01:13
2212	1062	01:04:25	Steve	Green	M	40		2124	01:01:13
2089	3016	01:02:52	Neil	Pritchard	M			2127	01:01:14
2132	610	01:03:15	Karen	Hart	F	45		2128	01:01:14
2050	434	01:02:23	Geraint	Rees	M	45		2129	01:01:17
2072	2308	01:02:39	Lisa	Isaac	F			2130	01:01:21
2073	2309	01:02:39	Mathew	Thomas	M			2131	01:01:21
2158	2086	01:03:34	Gregory	Cox	M			2132	01:01:22
2215	1908	01:04:29	Sid	Johnson	M	60		2133	01:01:22
2224	3661	01:04:34	Jonathan	Dark	M	20		2134	01:01:22
2095	1559	01:02:53	Richard	Hancock	M			2136	01:01:23
2157	996	01:03:34	Dean	Jones	M			2135	01:01:23
2204	2205	01:04:13	Geraint	Owen	M	40	Southville Running Club	2137	01:01:24
2091	1121	01:02:53	Clare	Warwick	F			2141	01:01:25
2129	2449	01:03:14	Lisa	Heath	F	35		2140	01:01:25
2253	3102	01:05:01	David	Dymond	M			2138	01:01:25
2093	1128	01:02:53	Neil	Ekman	M			2142	01:01:26
2230	1858	01:04:40	Adrian	Roberts	M	50		2143	01:01:26
2135	2776	01:03:16	Karyn	Badger	F	35		2144	01:01:28
2233	1270	01:04:45	Philip	Williams	M			2145	01:01:30
2182	636	01:03:55	Ciara	Small	F			2146	01:01:31
2228	1945	01:04:36	Anita	Ricards	F	45		2147	01:01:32
2114	2884	01:03:07	Mike	Clinch	M	50		2148	01:01:33
2160	3523	01:03:36	Sali	James	F			2149	01:01:34
2110	2191	01:03:03	Rachel	Youlten	F			2151	01:01:35
2196	3065	01:04:06	Carolyn	Williams	F	45		2150	01:01:35
2163	1285	01:03:40	John	Brennan	M	40		2153	01:01:36
2178	1150	01:03:52	Alison	Davies	F	45		2154	01:01:36
2198	3044	01:04:07	Andrea	Croot	F	40		2152	01:01:36
2219	1974	01:04:31	Leah	Treharne	F			2155	01:01:36
2270	2583	01:05:16	John	Lambert	M	70		2156	01:01:37
2082	1779	01:02:48	Neil	Blackman	M	40		2157	01:01:38
2141	3811	01:03:22	Mike	Honey	M			2160	01:01:39
2159	2843	01:03:36	Matthew	Gould	M			2159	01:01:39
2164	336	01:03:40	Neil	Mansell	M	60		2158	01:01:39
2138	2837	01:03:20	Andrew	Harding	M			2164	01:01:40
2139	3829	01:03:20	Rhys	Edwards	M		Admiral	2163	01:01:40
2142	3801	01:03:22	Jason	Battye	M	40		2162	01:01:40
2143	3836	01:03:22	Mark	Evans	M	20		2161	01:01:40
2216	2399	01:04:30	Jo	Oakes	F	40		2165	01:01:41
2184	1039	01:03:57	J M	Hansel	M	50		2166	01:01:42
2185	3209	01:03:58	Bev	James	F	50		2167	01:01:43
2130	339	01:03:14	Paul	Bate	M	45		2168	01:01:46
2167	855	01:03:45	Lily	Powell	F	35		2170	01:01:47
2189	3219	01:04:03	Louisa	Wood	F	35		2169	01:01:47
2231	2637	01:04:43	Penny	Graepel	F	50	Amman Valley Harriers	2171	01:01:47

## 2011 Admiral Swansea Bay 10k

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
2169	927	01:03:46	Lisa	Turner	F	40		2172	01:01:49
2146	2886	01:03:23	Maryam	Dehghani	F	40		2173	01:01:50
2188	3368	01:04:03	Diane	Ridgeway	F	40		2174	01:01:50
2247	1422	01:04:57	Thomas	Morgan	M			2175	01:01:51
2180	3903	01:03:54	Lisa	Miles	F			2176	01:01:52
2217	2078	01:04:30	Joe	Warchal	M			2177	01:01:52
2119	3281	01:03:11	Michelle	Ward	F	40		2179	01:01:53
2175	2171	01:03:51	Lisa	Owens	F	35		2178	01:01:53
2137	1620	01:03:20	Nigel	Evans	M	40		2180	01:01:54
2192	2943	01:04:04	Gemma	Cox	F			2182	01:01:54
2232	2740	01:04:44	Susan	Howells	F			2181	01:01:54
2197	1051	01:04:07	Gareth	Catherall	M	20		2183	01:01:55
2153	915	01:03:28	Ruth	Jones	F	45		2185	01:01:56
2223	1526	01:04:33	Araminta	Peacock	F			2184	01:01:56
2288	1361	01:05:34	Catrin	Jones	F			2186	01:01:57
2259	3669	01:05:05	Ellis	Hopkins	M	50		2187	01:01:59
2140	357	01:03:20	Michael	Hall	M			2188	01:02:00
2183	1878	01:03:56	Alison	Jones	F	50		2189	01:02:02
2121	1831	01:03:11	Bethan	Morris	F			2191	01:02:03
2199	1562	01:04:08	Richard	Peevor	M			2190	01:02:03
2269	1802	01:05:14	Jodie	Jenkins	M			2192	01:02:03
2251	3028	01:04:59	Carolann	Healy	F	35		2193	01:02:04
2170	300	01:03:47	Malcolm	Jones	M	65		2194	01:02:05
2173	393	01:03:50	Carl	Jenkins	M	40		2195	01:02:07
2276	3143	01:05:22	Julie	Cooke	F	50	Porthcawl Runnerslife	2196	01:02:08
2264	1991	01:05:06	Mark	Sellars	M	40		2197	01:02:09
2092	3861	01:02:53	Chris	Ahern	M		Royal Monmouthshire Regiment	2198	01:02:11
2094	3859	01:02:53	Dirk	Nuesink	M		Royal Monmouthshire Regiment	2200	01:02:11
2103	4003	01:02:54	Runner		M	4003		2199	01:02:11
2098	4016	01:02:54	Daniel	Gelabert-Smart	M		Royal Monmouthshire Regiment	2201	01:02:12
2156	1474	01:03:30	Scott	Horton	M			2202	01:02:12
2096	3858	01:02:54	Gareth	Stockman	M		Royal Monmouthshire Regiment	2204	01:02:13
2102	2479	01:02:54	David	Phillips	M	50	Royal Monmouthshire Regiment	2203	01:02:13
2104	2480	01:02:55	Ross	Williams	M		Royal Monmouthshire Regiment	2205	01:02:13
2105	3857	01:02:56	Jonathan	Wisbey	M		Royal Monmouthshire Regiment	2207	01:02:14
2290	3878	01:05:36	Elly	Stagles	F			2206	01:02:14
2303	2451	01:05:47	Sharon	Williams	F	45		2208	01:02:14
2088	2957	01:02:51	Lauren	Shurety	F			2209	01:02:15
2262	3324	01:05:05	James	Alaway	M			2210	01:02:15
2109	3069	01:02:58	Katie	Rowland	F			2211	01:02:16
2279	2575	01:05:26	Leanne	Fakande	F	40		2213	01:02:16
2284	1148	01:05:29	Jennifer	John	F	35	Porthcawl Runnerslife	2212	01:02:16
2281	3863	01:05:27	Rhian	Sula	F	50		2214	01:02:18
2229	1290	01:04:39	Jackie	Blyth	F	50		2215	01:02:19
2194	1236	01:04:06	Helen	Edwards	F	35		2216	01:02:20
2165	3244	01:03:43	Marc	Thomas	M			2218	01:02:21
2186	142	01:03:58	Tania	Almond	F	45		2219	01:02:21
2244	126	01:04:55	Christopher	Hill	M	45		2217	01:02:21
2062	2615	01:02:33	Alun	Thomas	M	45		2220	01:02:23
2120	2900	01:03:11	Sarah	Proctor	F			2221	01:02:24
2238	3008	01:04:50	Rebecca	Kilding	F			2222	01:02:24
2161	2333	01:03:37	Catherine	Grove	F			2224	01:02:27
2209	2126	01:04:23	Kate	Kelynack	F			2223	01:02:27

## 2011 Admiral Swansea Bay 10k

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
2237	2138	01:04:50	Lisa	Thomas	F	40		2225	01:02:29
2250	1993	01:04:58	Martin	Williams	M	40		2227	01:02:30
2280	136	01:05:26	Mark	Slade	M	40		2226	01:02:30
2225	1743	01:04:35	Rhian	Rogers	F			2228	01:02:31
2246	3851	01:04:56	Harriet	Jenkins	F			2229	01:02:33
2122	1498	01:03:12	Catherine	Bowen	F	45		2230	01:02:35
2260	1677	01:05:05	Beth	Murphy	F	35		2231	01:02:36
2261	2608	01:05:05	April	Young	F	45		2232	01:02:36
2149	1734	01:03:25	Andrew	Davies	M	40		2233	01:02:38
2256	1515	01:05:04	Mark	Reynish	M			2234	01:02:39
2168	843	01:03:46	Nigel	Prosser	M	40		2236	01:02:40
2172	487	01:03:48	Julie	Clark	F	40	Emlyn Runners	2235	01:02:40
2345	3204	01:06:25	Zoe	Lewis	F			2237	01:02:41
2241	3866	01:04:52	Peter	Hopping	M	40		2238	01:02:42
2245	811	01:04:56	Nick	Whitaker	M	50		2239	01:02:42
2252	3235	01:04:59	Cassie	Bennett	F	35		2242	01:02:43
2275	1830	01:05:20	Sarah	Edwards	F	40	Porthcawl Runnerslife	2241	01:02:43
2349	113	01:06:28	Mathew	Williams	M			2240	01:02:43
2323	2927	01:06:04	Chris	Andrews	M			2243	01:02:44
2239	2519	01:04:50	Victoria	Austin	F	45		2244	01:02:45
2300	1997	01:05:42	Paul	Sellars	M	40		2245	01:02:45
2308	570	01:05:53	Gemma	Woolfe	F			2246	01:02:46
2187	422	01:04:02	Rhyannon	Smith	F			2248	01:02:47
2211	1156	01:04:23	Edward	White	M			2247	01:02:47
2227	275	01:04:36	Gabriel	Fernandez	M			2249	01:02:48
2218	3779	01:04:31	Andrew	Manning	M		Admiral	2250	01:02:49
2291	3346	01:05:36	Susan	Lewis	F	55		2251	01:02:49
2324	3277	01:06:04	Nia	Walters	F	35		2252	01:02:50
2273	3466	01:05:19	Adrian	Hurley	M	50		2253	01:02:51
2201	2646	01:04:11	Michael	Henry	M	45		2254	01:02:52
2202	2645	01:04:11	Rhiannon	Henry	F	40		2256	01:02:52
2274	3220	01:05:20	Eleri	Hurley	F	45		2255	01:02:52
2205	531	01:04:18	Robert	Johnston	M	55	3Ms	2259	01:02:55
2222	1868	01:04:32	June	Clifton	F	55		2258	01:02:55
2304	1325	01:05:49	Michael	Dando	M			2257	01:02:55
2254	3206	01:05:02	Leona	Shanley	F	40		2260	01:02:57
2339	3312	01:06:23	Thomas	Broadhead	M		Hafan Cymru	2261	01:02:59
2177	1032	01:03:52	Antony	Rees	M	45		2264	01:03:00
2179	1297	01:03:54	Jen	Morris	F			2262	01:03:00
2263	1800	01:05:05	Adrian	Thomas	M	50		2263	01:03:00
2176	3681	01:03:52	Barbara	Rees	F	45		2265	01:03:01
2271	1946	01:05:16	Lynn	Price	M	45		2266	01:03:03
2299	2403	01:05:41	Joanne	Healan	F			2267	01:03:04
2171	3104	01:03:48	Sian	King	F	50		2269	01:03:05
2359	1419	01:06:40	Ashley	White	M			2268	01:03:05
2255	3623	01:05:02	Marie-Claire	Hopkin	F	40		2270	01:03:06
2266	1499	01:05:09	Cara	O'Toole	F			2271	01:03:06
2282	2229	01:05:28	Kirsty	Evans	F	35		2273	01:03:08
2335	575	01:06:19	Mills	Emma	F	40		2272	01:03:08
2257	1161	01:05:04	Samantha	Osborn	F	45		2274	01:03:09
2302	2751	01:05:42	Sascha	Wilkes	F	50		2276	01:03:10
2306	2845	01:05:50	Sian	Hollins	F	35		2277	01:03:10
2340	3046	01:06:24	Paula	Phillips	F	40		2275	01:03:10

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
2267	2987	01:05:10	Andrew	Williams	M	40		2278	01:03:12
2297	1757	01:05:41	Jon	Hourihan	M	40		2279	01:03:13
2367	1895	01:06:50	Kirsty	Joseph	F			2280	01:03:13
2235	1160	01:04:49	Anna	Rue	F			2281	01:03:14
2249	3654	01:04:57	Louise	Thomas	F			2282	01:03:14
2283	1817	01:05:28	Richard	Woods	M	45		2283	01:03:14
2296	1768	01:05:40	Peter	Jones	M	60		2284	01:03:14
2242	2862	01:04:53	Kent	Powell	M	50		2285	01:03:16
2193	729	01:04:04	Andrew	Lustig	M			2288	01:03:19
2203	1425	01:04:11	Laura	Hughes	F			2289	01:03:19
2236	180	01:04:49	Leuanne	Rees	F	40		2286	01:03:19
2248	1829	01:04:57	Fiona	Funnell	F	40		2287	01:03:19
2195	2531	01:04:06	Christopher	Plaice	M	65		2290	01:03:20
2191	2392	01:04:04	Lisa	Ogilvie	F	45		2291	01:03:21
2334	3459	01:06:16	Richard	Parkhouse	M			2292	01:03:22
2214	1912	01:04:28	Rebecca	Bowers	F	35		2293	01:03:23
2292	3405	01:05:38	Michael	Agyeman	M	20		2294	01:03:23
2220	1828	01:04:31	Michael	Spencer	M	45		2295	01:03:24
2213	3704	01:04:26	Kathy	Lewis	F	55		2296	01:03:25
2311	1123	01:05:57	Lauren	Savigar	F		LC Cobras	2297	01:03:26
2278	1230	01:05:25	Pamela	Gray	F	45		2298	01:03:27
2298	2670	01:05:41	David	Watkins	M	50		2300	01:03:28
2360	3850	01:06:42	Nicola	Baker	F	40	Porthcawl Runnerslife	2299	01:03:28
2384	2812	01:07:15	Seren	Evans	F			2302	01:03:29
2385	3179	01:07:15	Helyn	Salt	F	35		2301	01:03:29
2243	2295	01:04:54	Mark	Hay	M			2304	01:03:30
2397	2593	01:07:22	Karen	Ceeney	F	50	Lliswerry Runners	2303	01:03:30
2226	3055	01:04:35	Karen	Elliott	F			2305	01:03:34
2285	840	01:05:32	Alun	Powell	M	60		2307	01:03:35
2317	3541	01:06:01	Elwyn	Marfell-Jones	M	45		2306	01:03:35
2320	2162	01:06:02	Linzi	Johnstone	F	50		2308	01:03:35
2318	293	01:06:02	Libby	Nolan	F	45		2310	01:03:36
2319	294	01:06:02	Derrian	Markham	F	45		2309	01:03:36
2348	1818	01:06:26	Alex	West	M	20		2312	01:03:37
2361	3686	01:06:42	Simon	Andrew	M			2311	01:03:37
2234	2442	01:04:47	Kelly Ann	Gough	F			2314	01:03:39
2376	888	01:07:08	Gary	Mills	M	40		2313	01:03:39
2364	2663	01:06:47	Colin	Gardner	M	60		2315	01:03:40
2286	3847	01:05:32	Jo	Doidge	F		Admiral	2317	01:03:41
2321	681	01:06:03	Simon	Locke	M	40		2316	01:03:41
2327	1404	01:06:08	Daniel	Morrell	M	40		2318	01:03:41
2395	914	01:07:21	Alfryn	Easter	M	60	3Ms	2319	01:03:41
2322	2379	01:06:03	Allan	Crawford-Plane	M			2320	01:03:42
2305	2102	01:05:49	Marzena	Ambroziak	F			2321	01:03:43
2287	1218	01:05:33	Sally	Killian	F	40		2322	01:03:45
2368	2127	01:06:51	Tim	Cooper	M	40		2323	01:03:46
2312	831	01:05:59	Rebecca	Lye	F			2324	01:03:47
2294	1893	01:05:38	Sian	Jones	F			2326	01:03:49
2295	1894	01:05:38	Lisa	Williams	F	35		2329	01:03:49
2307	1099	01:05:50	Julie	Griffiths	F	50		2327	01:03:49
2355	60	01:06:37	Steve	Hopkins	M	40	Active Swansea	2328	01:03:49
2371	1836	01:06:59	Ashok	Kumar	M			2325	01:03:49
2414	2811	01:07:38	Paul	Underwood	M			2330	01:03:51

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
2418	1115	01:07:40	Mike	Evans	M	50		2331	01:03:52
2417	1120	01:07:40	Kath	Evans	F	40		2332	01:03:53
2419	1151	01:07:40	Susan	Anderson	F	45		2333	01:03:53
2330	452	01:06:12	Shilpa	Chaudhry	F	45		2334	01:03:54
2240	3527	01:04:51	Ceiriog	Jones	M			2335	01:03:55
2332	1323	01:06:15	Ruth	Evans	F	50		2337	01:03:55
2342	1922	01:06:25	Ambroise	Castaing	M			2336	01:03:55
2277	670	01:05:24	Susan	Barr	F	50		2338	01:03:57
2326	563	01:06:08	Matthew	Oatway	M			2340	01:03:59
2350	1936	01:06:28	Gemma	Hughes	F			2339	01:03:59
2372	1298	01:07:01	David	Ravenhall	M			2341	01:04:00
2289	825	01:05:36	Claire	James	F	35		2342	01:04:01
2206	3207	01:04:20	Carolina	Vallespir	F	35		2343	01:04:02
2309	1473	01:05:54	Eluned	Jones	F	40		2346	01:04:03
2388	3124	01:07:18	Dean	Chapman	M	45		2345	01:04:03
2389	1715	01:07:20	Julie	Kemp	F	45		2344	01:04:03
2310	3894	01:05:57	Richie	Skipper	M			2347	01:04:06
2336	2429	01:06:19	Siriol	Jones	F	45		2348	01:04:07
2431	1697	01:07:46	Peter	Stephenson	M	45		2349	01:04:09
2343	3022	01:06:25	Georgeanna	Palmer	F			2350	01:04:10
2341	756	01:06:25	Chris	Turner	M	60		2351	01:04:12
2346	3390	01:06:25	Linsey	Rabey	F	35	Activa	2352	01:04:12
2365	1346	01:06:48	Alistair	Phillips	M			2353	01:04:14
2370	2826	01:06:58	Emma	Swan	F			2354	01:04:14
2347	163	01:06:26	Chris	Brudenell	M	40		2356	01:04:15
2396	1466	01:07:22	Emma	Turner	F			2355	01:04:15
2407	3275	01:07:33	Ailsa	Harris	M	40		2357	01:04:16
2313	3100	01:06:00	Laura	Cotton	F	35		2358	01:04:17
2265	1866	01:05:07	Rhian	Lewis	F	40		2359	01:04:18
2258	2918	01:05:04	David	Tucker	M	40		2363	01:04:20
2338	146	01:06:22	Sandra	Lewis	F	40		2362	01:04:20
2379	2819	01:07:13	Rachel	Ellis	F			2361	01:04:20
2453	3468	01:08:12	Alun	Weaver	M	40		2360	01:04:20
2344	3222	01:06:25	Mike	Friel	M	50		2365	01:04:21
2391	706	01:07:20	Gareth	Miles	M	40		2364	01:04:21
2412	2720	01:07:37	Anna	Barrett	F			2366	01:04:22
2331	2995	01:06:15	Philip	George	M	50		2367	01:04:24
2366	2058	01:06:49	Clare	Fencott	F			2369	01:04:25
2424	2863	01:07:41	Jessica	Huntley	F			2368	01:04:25
2390	1604	01:07:20	Amanda	Rossiter	F	45		2371	01:04:26
2426	2853	01:07:42	Carly	Jenkins	F			2370	01:04:26
2272	2610	01:05:18	Matthew	Evans	M	20		2372	01:04:27
2433	1478	01:07:48	Wendy	Keepin	F	40		2374	01:04:28
2434	1043	01:07:48	Karen	Crimmings	F	40		2373	01:04:28
2411	710	01:07:36	David	Jenkins	M	20		2375	01:04:30
2399	913	01:07:27	Graham	Smith	M			2376	01:04:31
2410	2507	01:07:35	Jason	Copp	M			2377	01:04:34
2440	1567	01:07:58	Jenny	Wyatt	F	45		2378	01:04:34
2301	3624	01:05:42	Natalie	Hussey	F	35		2380	01:04:36
2439	3536	01:07:58	Deborah	Lewis	F	40	Mumbles Milers	2379	01:04:36
2421	1437	01:07:41	Lisa	Jones	F	35		2381	01:04:38
2354	2516	01:06:36	Lorraine	Swain	F	50		2382	01:04:39
2392	3322	01:07:21	Lucia	Simmons	M			2384	01:04:41

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
2393	3323	01:07:21	John	Jones	M			2383	01:04:41
2351	273	01:06:31	Geoff	Flynn	M	45		2385	01:04:42
2377	3920	01:07:11	Jane	Roe	F	50		2386	01:04:43
2268	2417	01:05:11	Tracy	Evans	F	35		2387	01:04:44
2315	3381	01:06:01	Jayne	Edwards-Matthews	F			2388	01:04:45
2316	2438	01:06:01	Clare	Burns	F	35		2389	01:04:45
2373	3310	01:07:02	Wayne	Curtis	M	45		2390	01:04:45
2462	153	01:08:24	Mike	Drew	M	50		2392	01:04:47
2463	1347	01:08:24	Chris	Drew	M			2391	01:04:47
2293	2609	01:05:38	Jonathan	Evans	M	40		2394	01:04:48
2428	983	01:07:43	Judith	Jeeves	F	50		2393	01:04:48
2362	2258	01:06:44	Charlotte	Jones	F			2395	01:04:50
2337	1752	01:06:20	Melanie	Jehu	F	40		2396	01:04:53
2425	3296	01:07:41	Mark	Roberts	M	40		2397	01:04:56
2481	2355	01:08:37	Katie	Harding	F			2398	01:04:57
2416	3308	01:07:39	Eleri	Griffiths	F			2399	01:05:00
2437	3753	01:07:55	Andrew	Driscoll	M		Admiral	2400	01:05:00
2333	2741	01:06:15	Gill	Williams	F	50		2403	01:05:01
2394	3375	01:07:21	Matthew	Chancer	M			2402	01:05:01
2435	819	01:07:53	Kevin	Button	M			2401	01:05:01
2478	527	01:08:33	Stephanie	Fielding	F	35		2404	01:05:02
2363	347	01:06:46	Bronwen	Price	F	45		2405	01:05:03
2325	390	01:06:06	Francesca	Evans	F	45		2406	01:05:04
2488	2949	01:08:41	Robert	Clarke	M	50		2407	01:05:04
2328	3295	01:06:11	Jez	James	M			2408	01:05:06
2329	3489	01:06:12	Kath	Ahern	F	50		2409	01:05:07
2405	973	01:07:31	Margaret	Edney	F	50		2410	01:05:09
2444	3149	01:08:03	Justin	Parker	M			2411	01:05:10
2472	181	01:08:28	Julian	Hoskins	M	45		2413	01:05:10
2506	3309	01:08:55	Griff	Rogers	M	55		2412	01:05:10
2447	796	01:08:06	Helen	Smith	F	60		2417	01:05:11
2456	2704	01:08:18	Debbie	Davies	F	45		2416	01:05:11
2486	871	01:08:40	Peter	Bateman	M	60		2415	01:05:11
2502	3677	01:08:52	Nia	Mcveigh	F			2414	01:05:11
2401	1223	01:07:29	Steven	Joseph	M			2420	01:05:12
2403	1228	01:07:30	Fiona	Maclean	F			2419	01:05:12
2406	1293	01:07:32	Alison	Davidson	F	40		2418	01:05:12
2402	3608	01:07:30	Gareth	Williams	M			2421	01:05:13
2429	711	01:07:45	Teleri	Bowen	F			2422	01:05:14
2430	2752	01:07:46	Delith	Tomkinson	F	45		2423	01:05:14
2482	1525	01:08:37	Kay	Barnes	F	40		2424	01:05:14
2438	2657	01:07:58	Gareth	Williams	M	65		2425	01:05:17
2356	2307	01:06:39	Colin	Isaac	M	60		2428	01:05:19
2441	367	01:08:02	Sianie	Edwards	F			2427	01:05:19
2503	1097	01:08:52	Sarah	Harris	F	40		2426	01:05:19
2382	418	01:07:15	Jane	Llewellyn	F	50		2429	01:05:20
2436	1884	01:07:55	Karen	Hayes	F			2430	01:05:20
2383	3279	01:07:15	Richard	Crook	M	45		2431	01:05:21
2432	496	01:07:47	Sarah	Stacey	F	35		2432	01:05:21
2497	199	01:08:45	Garnon	Thornton	M	40		2433	01:05:21
2381	3013	01:07:13	Jackie Denise	Martin	F	45		2435	01:05:22
2496	198	01:08:45	Sara	Thornton	F	35		2434	01:05:22
2468	1501	01:08:27	Simon	Andrew	M			2436	01:05:26

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
2475	2244	01:08:30	Matthew	John	F			2437	01:05:27
2516	1057	01:09:03	Leanne	Kavanagh	F			2438	01:05:28
2443	3315	01:08:02	Bethan	Lewis	F		Hafan Cymru	2439	01:05:29
2398	1986	01:07:25	Angela	Morgan	F	50		2443	01:05:30
2464	3446	01:08:24	Andrew	Parkhouse	M			2442	01:05:30
2480	3437	01:08:35	Judith	Tanner	F	45		2441	01:05:30
2492	2551	01:08:42	Stephen	Bowditch	M	40		2440	01:05:30
2409	1060	01:07:35	Diane	Smith	F	55		2444	01:05:31
2314	1560	01:06:00	Philip	Rees	M			2445	01:05:32
2352	3662	01:06:32	Lucy	Davies	F	40		2447	01:05:36
2380	392	01:07:13	Peter	Moryc	M	55		2448	01:05:36
2520	477	01:09:16	Catherine	Jones	F	40		2446	01:05:36
2378	1459	01:07:12	Darren	Constable	M			2450	01:05:37
2489	2719	01:08:41	Tina	Holmes	F	45		2449	01:05:37
2427	559	01:07:42	Samantha	Welbourn	F	35		2451	01:05:42
2369	3586	01:06:56	Karla	Evans	F			2454	01:05:43
2387	3116	01:07:17	Emily	Cole	F			2452	01:05:43
2508	1479	01:08:56	Justin	Bradley	M			2453	01:05:43
2420	1496	01:07:41	John	Denny	M	55		2455	01:05:44
2422	1510	01:07:41	Carol	Shaw	F	50		2456	01:05:44
2460	544	01:08:21	Siobhan	Fitchett	F			2458	01:05:45
2498	3782	01:08:46	Jessica	Union	F		Admiral	2457	01:05:45
2353	2316	01:06:34	Rachel	Cable	F	35		2461	01:05:47
2415	3545	01:07:38	Richard	Morgan	M			2460	01:05:47
2452	2836	01:08:11	Michelle	Rees	F	45		2459	01:05:47
2445	971	01:08:04	Megan	Burgess	F			2462	01:05:48
2413	1933	01:07:37	Angela	Sonn	F	50	Forest of Dean AC	2463	01:05:49
2455	1904	01:08:16	Victoria	Ford	F	40		2465	01:05:49
2535	1694	01:09:35	Lucy	Thomas	F			2464	01:05:49
2451	3897	01:08:11	Nathan	Jones	M			2466	01:05:51
2357	1457	01:06:39	Paul	Gwilliam	M			2468	01:05:54
2517	3150	01:09:05	Peter	Barnwell	M			2467	01:05:54
2358	1476	01:06:40	Donna	Giles	F			2469	01:05:55
2510	2242	01:08:59	Janine	John	F			2470	01:05:56
2454	321	01:08:15	Daniel	Jones	M	20		2472	01:05:57
2530	3387	01:09:29	Hilary	Brooker-Carey	F	55		2471	01:05:57
2487	2043	01:08:41	Alison	Lloyd	F			2473	01:05:58
2505	2792	01:08:54	Julie	Crossman	F	45		2474	01:05:58
2526	2759	01:09:24	Andrea-Lee	Davies	F	35		2475	01:06:01
2571	2555	01:10:17	Owen	George	M	60		2476	01:06:01
2450	554	01:08:10	David	Thomas	M			2477	01:06:03
2408	3433	01:07:34	Garry	Wharmby	M	45		2478	01:06:05
2493	2894	01:08:44	Peter	Jones	M	50		2479	01:06:07
2442	1985	01:08:02	Morgan	Hazel	F	45		2480	01:06:08
2509	3663	01:08:58	Marla	Dranfield	F			2481	01:06:08
2501	896	01:08:50	Faye	Perry	F			2482	01:06:09
2469	1182	01:08:27	Amanda	Creak	F	40		2484	01:06:11
2470	1183	01:08:27	Andrew	Creak	M	40		2483	01:06:11
2471	1393	01:08:27	Bob	Fenwick	M	40		2485	01:06:12
2483	2124	01:08:38	Melanie	Wilson	F			2486	01:06:13
2499	196	01:08:47	Darren	Elson	M			2487	01:06:13
2500	478	01:08:47	Jamie	Mathias	M			2488	01:06:13
2457	1742	01:08:18	Kate	Mackenzie	F	40		2489	01:06:14

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
2375	3441	01:07:07	Naidine	Hook	F			2490	01:06:15
2461	1504	01:08:24	Marco	Diiulio	M			2494	01:06:16
2558	637	01:09:59	Melvyn	Williams	M	45		2491	01:06:16
2563	2652	01:10:08	Simon	Lane	M			2492	01:06:16
2564	2653	01:10:08	Helen	Coatsworth	F			2493	01:06:16
2518	2010	01:09:08	Andrew	Vaughan	M	45		2495	01:06:20
2400	885	01:07:28	Robert	Baker	M			2496	01:06:25
2546	1018	01:09:48	Emyr	Morris	M			2497	01:06:26
2538	2815	01:09:40	Alun	Evans	M			2499	01:06:27
2539	2285	01:09:40	Helen	Williams	F			2498	01:06:27
2519	2662	01:09:12	Geoffrey	Williams	M	70		2501	01:06:28
2531	686	01:09:30	Saira	Luckman	F	45		2500	01:06:28
2533	2145	01:09:31	Jeff	Davies	M	40		2503	01:06:29
2572	1456	01:10:19	David	Rees	M	60		2502	01:06:29
2511	3254	01:09:00	Kelly	Cullen	F	40		2504	01:06:30
2528	1340	01:09:27	Geraint	Jenkins	M			2506	01:06:33
2553	1730	01:09:55	Patricia	Hanna	F			2505	01:06:33
2536	949	01:09:35	Andy	Emm	M			2507	01:06:35
2446	689	01:08:05	Sara	Brock	F			2509	01:06:36
2449	1363	01:08:08	Bernita	De Wet	F	40		2508	01:06:36
2542	986	01:09:44	Andrew	Hiscox	M			2510	01:06:39
2495	543	01:08:45	Peter	Davies	M	45		2511	01:06:40
2541	1036	01:09:41	Philip	Brown	M	60		2512	01:06:40
2374	2081	01:07:05	Anne-Marie	Beresford-Webb	F			2513	01:06:41
2534	1816	01:09:31	Sallie	West	F	45		2515	01:06:42
2545	143	01:09:47	Beverley	Evans	F	45		2514	01:06:42
2521	289	01:09:16	Dean	Shears	M			2516	01:06:43
2522	284	01:09:16	Jenaya	Smith	F	35		2517	01:06:43
2386	2689	01:07:17	Jafar	Ghalamkary	M	50		2519	01:06:44
2547	954	01:09:48	Hadi	Brooks	F			2518	01:06:44
2404	782	01:07:31	Natasha	Pedrick	F	35		2520	01:06:45
2458	1322	01:08:19	Richard	Lloyd	M			2521	01:06:45
2485	1061	01:08:39	Michelle	Bray	F	35		2522	01:06:46
2527	3670	01:09:27	Carys	Jones	F			2523	01:06:47
2474	2006	01:08:29	Maxine	Gregson	F			2525	01:06:50
2552	141	01:09:55	Adrian	Evans	M	45		2524	01:06:50
2473	1319	01:08:28	Ronald	Brown	M	55		2526	01:06:52
2577	521	01:10:28	Richard	Thomas	M	45		2527	01:06:52
2507	584	01:08:56	Jackie	Mccormick	F	45		2528	01:06:56
2423	3068	01:07:41	Catherine	Thomas	F	35		2529	01:06:59
2459	633	01:08:20	Emily	Lloyd Hamilton	F			2530	01:06:59
2540	800	01:09:40	Jenny	Johnson	F	45		2531	01:07:01
2554	1129	01:09:56	Sandra	Burnett	F	50		2532	01:07:01
2504	3201	01:08:53	John	Lovell	M	55		2533	01:07:02
2466	511	01:08:25	Ann	Benton	F	50		2534	01:07:03
2467	1006	01:08:26	Rosemary	Jones	F			2536	01:07:03
2477	1316	01:08:32	Eloise	Amos	F			2535	01:07:03
2566	2590	01:10:10	Alan	Bladen	M	75	Les Croupiers	2537	01:07:04
2565	3827	01:10:09	Jonathan	Cronin	M		Admiral	2538	01:07:05
2525	1124	01:09:22	Darren	Waters	M			2539	01:07:10
2543	1860	01:09:44	Howell	Thomas	M	40		2540	01:07:10
2544	2289	01:09:44	Gaynor	James	F	40		2541	01:07:10
2514	3113	01:09:02	Edward	Riby	M			2543	01:07:12

## 2011 Admiral Swansea Bay 10k

GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
2537	3672	01:09:39	Emma	Kehoe	F	40		2542	01:07:12
2595	2576	01:10:58	Olugbenga	Fakande	M	50		2544	01:07:14
2465	877	01:08:25	Patricia	Morris	F	45		2545	01:07:16
2567	2924	01:10:14	Steven	West	M			2546	01:07:16
2484	1369	01:08:38	Stephen	Gardner	M	40		2547	01:07:18
2559	802	01:10:00	Paul	Warburton	M	60	Rhondda Valley Runners	2548	01:07:18
2569	1324	01:10:16	Susan	Thorne	F			2549	01:07:20
2512	1640	01:09:01	Julie	Brown	F	55		2550	01:07:21
2556	207	01:09:58	Catherine	Johnson	F	45		2551	01:07:27
2529	62	01:09:28	Allison	Davies	F	40	Active Swansea	2552	01:07:29
2594	2153	01:10:58	Dawn	Haynes	F	35		2553	01:07:36
2476	2869	01:08:30	Eleri	Quan	F	35		2555	01:07:37
2592	2992	01:10:56	James	Evans	M			2554	01:07:37
2586	1913	01:10:50	David	Quartermain	M			2556	01:07:38
2582	3036	01:10:39	Michael	Stones	M	40		2557	01:07:41
2604	462	01:11:15	Bill	Greenslade	M	60		2558	01:07:41
2557	3604	01:09:58	Phillip	Smith	M			2559	01:07:43
2583	1558	01:10:43	Steven	Burton	M			2560	01:07:43
2490	891	01:08:41	Philip	Dicks	M	50		2561	01:07:48
2491	1221	01:08:41	David	Gwynn	M	40		2562	01:07:48
2479	3258	01:08:34	Glenys	Curtis	F	50		2563	01:07:50
2560	1075	01:10:03	Paul	Giffard	M			2564	01:07:52
2613	2281	01:11:28	Carl	Jones	M	40		2565	01:07:53
2551	3130	01:09:55	Keri	Lewis	M			2567	01:07:54
2578	345	01:10:29	Marcus	Fitchett	M			2566	01:07:54
2593	1661	01:10:57	Bleddyn	Price	M	45		2568	01:07:57
2573	1426	01:10:21	Joanne	Jones	F	35		2569	01:08:00
2523	1162	01:09:21	Nigel	Roberts	M	40		2570	01:08:03
2621	2044	01:11:42	Colin	Finn	M			2571	01:08:03
2603	650	01:11:14	Catherine	Roberts	F	45		2572	01:08:06
2448	2702	01:08:07	Paul	Thomas	M			2573	01:08:07
2515	2871	01:09:03	Peter	Hansford	M	60		2574	01:08:08
2494	2602	01:08:44	David	Rosser	M	75	Amman Valley Harriers	2575	01:08:09
2513	1037	01:09:01	Nicola	Julian	F	45	3Ms	2576	01:08:10
2579	3497	01:10:30	James	Bygate	M			2577	01:08:10
2626	3603	01:11:49	Jessica	Smale	F			2578	01:08:11
2561	3132	01:10:04	Natalie	Summerhill	F			2580	01:08:12
2605	1140	01:11:17	Heather	Jones	F	55		2579	01:08:12
2585	61	01:10:45	Jean	O'Donovan	F	55	Active Swansea	2581	01:08:13
2628	2440	01:11:52	Jayne	Davis	F	40		2582	01:08:13
2532	2313	01:09:31	Ian	Mccloy	M	55		2583	01:08:16
2617	1905	01:11:33	Geri	Ellis	F			2584	01:08:16
2627	643	01:11:51	Stephen	Johnson	M	50		2585	01:08:16
2524	2453	01:09:21	Rebecca	O'Dowd	F			2586	01:08:17
2614	366	01:11:30	Martyn	Simpson	M			2587	01:08:18
2634	3506	01:11:56	Bethan	Davies	F			2589	01:08:19
2642	412	01:12:04	Kevin	Matthews	M	45		2588	01:08:19
2584	3070	01:10:43	Leah	Davies	F			2594	01:08:20
2608	1139	01:11:23	Julie	Roberts	F	45		2593	01:08:20
2615	663	01:11:30	Timothy	Venables	M	40		2591	01:08:20
2632	114	01:11:56	Chris	Windley	M			2592	01:08:20
2633	115	01:11:56	Gail	Windley	F	40		2590	01:08:20
2555	884	01:09:56	Glenys	Maidment	F	50		2595	01:08:24

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
2639	3160	01:12:02	Linda	Taylor	F	40		2596	01:08:28
2623	1952	01:11:46	Cheryl	Gooding	F	35		2597	01:08:29
2641	3161	01:12:03	Lucy	Walker	F	35		2598	01:08:29
2549	3742	01:09:50	David	Morgan	M		Admiral	2599	01:08:30
2597	3342	01:11:04	Jason	Jones	M			2600	01:08:31
2598	1299	01:11:06	Amanda	Gilbert	F	45		2601	01:08:35
2622	3503	01:11:45	Megan	Davies	F			2603	01:08:36
2670	3901	01:12:28	Denise	Wood	F	50	Lliswerry Runners	2602	01:08:36
2607	425	01:11:20	Lee	Davies	M			2604	01:08:37
2650	2371	01:12:12	Sophie	Thorner	F	35		2605	01:08:37
2576	622	01:10:27	Ruth	Warner	F	40		2606	01:08:38
2570	2494	01:10:16	William	Wilson	M	70		2607	01:08:40
2658	1610	01:12:21	Louisa	Harry-Thomas	F	40		2608	01:08:45
2673	3329	01:12:34	Jason	Taylor	M	40		2609	01:08:46
2644	1179	01:12:06	Elaine	Cook	F	55		2611	01:08:47
2675	2941	01:12:34	Ben	Meacham	M			2610	01:08:47
2677	547	01:12:37	Roderick	Mee	M	45		2612	01:08:47
2581	256	01:10:38	Jaynie	Rance	F	45		2613	01:08:48
2631	1170	01:11:55	Michelle	Davies	F	40		2614	01:08:52
2602	1627	01:11:12	Lee	Bamford	M			2615	01:08:53
2655	2216	01:12:19	Terry	Reeks	M	70		2618	01:08:55
2676	1527	01:12:35	Kim	Wells	F	50		2617	01:08:55
2678	1487	01:12:37	Shelly	John	F			2616	01:08:55
2548	2534	01:09:50	Julie	Davies	F	55	3Ms	2620	01:08:58
2580	2885	01:10:31	Charmaine	Clinch	F	45		2619	01:08:58
2562	1164	01:10:07	Charlie	James	F			2621	01:09:00
2647	127	01:12:08	Joanne	Morgan	F	45		2622	01:09:00
2609	3747	01:11:24	Emily	Long	F		Admiral	2625	01:09:01
2610	3768	01:11:24	Sam	Culley	M		Admiral	2624	01:09:01
2648	1159	01:12:09	Justin	Doran	M			2623	01:09:01
2666	1342	01:12:28	Dean	Bufton	M	40		2626	01:09:02
2629	2204	01:11:54	Sallyanne	Greenslade	F	40		2627	01:09:03
2630	3496	01:11:55	Catherine	Butler	F			2628	01:09:03
2668	1595	01:12:28	Martyn	Powell	M	40		2629	01:09:03
2574	1910	01:10:21	Nia	Dickie	F	45		2631	01:09:07
2665	1716	01:12:25	Gerald	Kemp	M	45		2630	01:09:07
2550	2378	01:09:51	Nia	Godsmark	F			2633	01:09:09
2606	3133	01:11:18	Ryan	Davies	M	45		2632	01:09:09
2645	356	01:12:07	Sarah	Evans	F			2634	01:09:11
2646	364	01:12:07	Jeremy	Smith	M	40		2635	01:09:11
2637	3765	01:11:58	Melanie	Edwards	F		Admiral	2636	01:09:13
2616	942	01:11:32	Hayley	Price	F			2638	01:09:15
2686	2690	01:12:51	Howard	Davies	M	50		2637	01:09:15
2685	3385	01:12:49	Tanya	Higgins	F			2639	01:09:17
2568	2173	01:10:15	Rachel Ann	Lowe	F			2640	01:09:24
2656	3870	01:12:20	Beverley	Williams	F	55		2641	01:09:27
2575	826	01:10:22	Lucia	Servini	F			2644	01:09:30
2599	2485	01:11:07	Stuart	Kendall	M			2642	01:09:30
2600	2121	01:11:07	Martin	Rideout-Hutchings	M	40		2643	01:09:30
2660	3846	01:12:23	Janette	Thorne	F	40	Admiral	2646	01:09:31
2661	3820	01:12:24	Zane	Thorne	M		Admiral	2645	01:09:31
2653	970	01:12:15	Cherie	Cannon	F	40		2647	01:09:33
2689	2634	01:13:05	Emyr	Griffiths	M	20		2648	01:09:33

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
2596	167	01:11:02	Emyr	Pugh-Evans	M	40		2649	01:09:34
2589	1659	01:10:54	Joanna	Brown	F			2651	01:09:37
2590	2972	01:10:54	Tiffany	Gardner	F			2650	01:09:37
2640	1142	01:12:03	Hayley	Graudins	F			2652	01:09:38
2662	2723	01:12:24	Catrin	Roberts	F	20	Neath Harriers	2654	01:09:42
2706	3120	01:13:32	Daryel	Owen	M			2653	01:09:42
2611	3757	01:11:26	Josh	Battye	M	20		2657	01:09:43
2612	3842	01:11:26	Lee	Cobley	M			2656	01:09:43
2643	1926	01:12:05	Timothy	Hughes	M	45		2658	01:09:43
2663	2456	01:12:24	Sarah	Llewelyn	F	20		2655	01:09:43
2684	120	01:12:47	Andrew	Evans	M			2659	01:09:47
2587	2790	01:10:52	Amy	Roberts	F	35		2662	01:09:48
2649	3064	01:12:12	Mandy	Chong	F	35		2661	01:09:48
2702	1227	01:13:21	Damon	Link	M	40		2660	01:09:48
2591	2528	01:10:55	Lynn	Holmes	F	45	3Ms	2664	01:09:49
2701	2603	01:13:20	Bill	Carr	M	70	Great Western Runners	2663	01:09:49
2618	1217	01:11:37	Karen	Birdsall	F	40		2665	01:09:50
2683	1632	01:12:46	Jo	Attfield	F	40		2666	01:09:55
2721	3697	01:13:56	Rachael	Fox	F			2667	01:09:59
2700	2452	01:13:18	Gareth	Evans	M			2668	01:10:01
2588	1769	01:10:53	Natasha	Tate	F	35		2669	01:10:02
2624	55	01:11:48	Miss Wales Sara	Manchipp	F		Miss Wales	2672	01:10:10
2667	326	01:12:28	Fiona	Barber	F			2670	01:10:10
2714	164	01:13:46	Sally	Sims	F	55		2671	01:10:10
2620	579	01:11:41	Karen	Sutton	F	40		2673	01:10:11
2703	2554	01:13:21	Gareth	Brailey	M			2675	01:10:11
2704	2558	01:13:21	Nicola	Morse	F			2676	01:10:11
2715	165	01:13:46	Colin	Duncan	M	70		2674	01:10:11
2669	1009	01:12:28	Ros	Burgess	F	45	Lliswerry Runners	2677	01:10:12
2690	505	01:13:06	Raffaele	Gervasio	M	45		2678	01:10:14
2724	550	01:14:01	Sarah	Williams	F	35		2680	01:10:14
2725	370	01:14:01	Anna	Smith	F	35		2679	01:10:14
2691	3559	01:13:08	Alex	Thomas	M	40		2681	01:10:15
2705	2067	01:13:26	Joanna	Miles	F			2682	01:10:15
2601	1930	01:11:08	Gemma	Amura	F			2683	01:10:18
2652	396	01:12:14	Mellissa	Nash	F	35		2684	01:10:20
2659	2542	01:12:22	Kim	Evans	F	50		2685	01:10:21
2726	2525	01:14:06	Sarah	Joseph	F	45		2686	01:10:24
2716	151	01:13:48	Maria	Lalic	M	50		2687	01:10:25
2638	3781	01:12:02	Carly	Stabler	F		Admiral	2688	01:10:28
2708	2254	01:13:39	Elizabeth	Leonard	F	45		2689	01:10:31
2679	501	01:12:40	Daniel	Rose	M	20		2690	01:10:32
2672	1263	01:12:34	Michelle	Hunt	F	45		2691	01:10:35
2674	1261	01:12:34	Janet	Lorey	F	50		2692	01:10:35
2651	1822	01:12:13	Claire	Thomas	F			2693	01:10:37
2664	746	01:12:25	Michelle	Harper	F	40		2694	01:10:37
2745	2807	01:14:34	Kevin	Lenahan	M	45		2695	01:10:38
2746	2805	01:14:34	Dean	Wright	M			2696	01:10:39
2671	1083	01:12:32	Lyn	James	M	45		2697	01:10:40
2635	2985	01:11:57	Rachel	Jones	F			2698	01:10:41
2688	170	01:13:04	Helen	Edwards	F	40		2699	01:10:49
2697	3419	01:13:13	Sian	Davies	F			2700	01:10:50
2625	3918	01:11:48	Tom	Lewis	M	20		2701	01:10:51

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
2720	1359	01:13:56	Callum	Johnstone	M	20		2702	01:10:54
2722	2213	01:14:00	Nick	Padfield	M	65		2704	01:10:58
2740	332	01:14:21	Christine	Lucas	F	50		2703	01:10:58
2709	938	01:13:42	Karen	Price	F	35		2705	01:11:03
2713	968	01:13:44	Laura	Constable	F			2706	01:11:03
2729	1406	01:14:10	Bethan	Jones	F	40		2707	01:11:05
2730	2074	01:14:11	Katie	Thomas	F			2708	01:11:06
2731	842	01:14:11	Rhiannon	Walton	F			2709	01:11:06
2636	2535	01:11:57	Nadine	Hall	F	35	3Ms	2710	01:11:07
2680	882	01:12:41	Susan	Sidford	F	45		2712	01:11:08
2696	2000	01:13:13	Faye	Jones	F			2711	01:11:08
2710	2564	01:13:42	Sylwia	Bdorowsha	F			2713	01:11:09
2711	2568	01:13:42	Linda	Evans	F	35		2714	01:11:09
2712	2565	01:13:43	Saquib	Zia	M			2715	01:11:09
2619	652	01:11:41	Camille	Evans	F	20		2716	01:11:10
2723	244	01:14:00	Robin	Padfield	M	40		2717	01:11:12
2682	2057	01:12:44	Joanne	Rees	F	35		2718	01:11:13
2681	1970	01:12:44	Susan	Vaulters	F	35		2719	01:11:14
2733	2930	01:14:13	Michael	Williams	M	45		2720	01:11:16
2734	2936	01:14:14	Hannah	Williams	F	20		2721	01:11:16
2657	2083	01:12:21	Emma	Andrews	F			2722	01:11:19
2717	1185	01:13:48	Nicola	Fenner	F	35		2723	01:11:22
2687	208	01:12:56	Janine	George	F	40		2724	01:11:25
2732	2098	01:14:12	Jo	Harman	F			2725	01:11:27
2698	3585	01:13:15	Rhian	Diamond	F	35		2727	01:11:29
2738	3732	01:14:18	Bethan	Pritchard	F		Admiral	2726	01:11:29
2699	3879	01:13:15	Rebecca	Davies	F	35		2728	01:11:30
2739	3812	01:14:19	Rebecca	Walters	F	35	Admiral	2729	01:11:30
2755	3289	01:14:51	Elaine	Kemp	F	35		2730	01:11:31
2694	1996	01:13:12	Lisa	Lambert	F	35		2731	01:11:33
2695	1972	01:13:12	Geinor	Jones	F			2733	01:11:33
2749	611	01:14:43	Richard	Hughes	M			2732	01:11:33
2753	2965	01:14:49	William	Morgan	M	50		2734	01:11:34
2780	2685	01:15:26	Michael	Rees	M	55		2735	01:11:36
2777	1572	01:15:24	Alistair	Pitt	M	45	Parc Bryn Bach	2736	01:11:39
2654	2925	01:12:18	Melanie	Roberts	F			2738	01:11:40
2769	1580	01:15:14	David	Pole	M	40		2737	01:11:40
2770	1578	01:15:14	Rhian	Pole	F	35		2739	01:11:40
2748	2991	01:14:41	Barrie	Davies	M			2740	01:11:41
2766	2597	01:15:03	Simon	Hudd	M	45	3Ms	2741	01:11:42
2756	2699	01:14:52	Trina	Morgan	F	35		2742	01:11:45
2741	858	01:14:23	Michael	Williams	M	45		2743	01:11:51
2742	853	01:14:23	Elizabeth	Walker	F	40		2744	01:11:51
2743	2325	01:14:23	Rhian	Samuel	F	40		2745	01:11:53
2718	3869	01:13:49	Helen	Jones	F			2746	01:11:56
2719	3530	01:13:50	Chris	Jones	M			2747	01:11:56
2787	962	01:15:37	K	Holley	M	40		2748	01:11:57
2757	4010	01:14:54	Karen	Phillips	F	40	Les Croupiers	2749	01:12:03
2693	3382	01:13:09	Emma	Hale	F			2750	01:12:04
2692	3383	01:13:09	Adrian	Paton	M			2751	01:12:05
2744	1708	01:14:32	Heather	Waller	F	45	Leamington C & A C	2753	01:12:07
2752	3492	01:14:47	Jonathan	Atkins	M			2752	01:12:07
2758	2097	01:14:55	Katie	Wingar	F			2754	01:12:10

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
2774	3538	01:15:19	Clare	Llewellyn	F			2755	01:12:11
2782	3805	01:15:30	Nick	Daniels	M		Admiral	2756	01:12:14
2735	1590	01:14:14	Debra	Williams	F			2757	01:12:18
2773	2159	01:15:19	Marie	Welfare	F			2758	01:12:18
2707	1981	01:13:37	Celyn	Jenkins	F			2760	01:12:19
2754	205	01:14:49	Kevin	Phillips	M			2759	01:12:19
2762	1486	01:14:57	Marghi	Peacock	F	60		2761	01:12:21
2727	919	01:14:06	Sarah	Price	F	40		2763	01:12:22
2728	3238	01:14:06	Stuart	Riby	M			2764	01:12:22
2747	972	01:14:34	Ruth	Burgess	F	20		2765	01:12:22
2779	2152	01:15:25	Claire	Morgan	F	35		2762	01:12:22
2788	2928	01:15:42	Jeffrey	Brooks	M	40		2766	01:12:29
2804	2626	01:16:21	Kate	Greenfield	F	35		2767	01:12:30
2803	2049	01:16:19	Leanne	Malough	F			2768	01:12:33
2806	2276	01:16:23	Julie	Lewis	F	50		2769	01:12:33
2785	145	01:15:36	Michelle	Blackmore	F	35		2770	01:12:34
2776	2096	01:15:21	Sarah	Rowlands	F			2771	01:12:35
2799	2030	01:16:15	Simone	Onyewu	F			2772	01:12:37
2764	3156	01:15:02	Steve	Kent	M	45		2774	01:12:39
2765	3479	01:15:02	Georgina	Kent	F	20		2773	01:12:39
2800	2029	01:16:18	Lucy	Davis	F	20		2775	01:12:39
2781	258	01:15:28	Luke	Bray	M			2776	01:12:43
2771	215	01:15:18	Margaret	Powell	F	50		2777	01:12:44
2792	2253	01:15:50	Sally	Alexander	F			2778	01:12:48
2794	572	01:15:57	Clare	Carpenter	F			2779	01:12:49
2809	3642	01:16:31	Cerys	Gruffydd	F			2780	01:12:50
2768	758	01:15:11	Lynn	Mccall	F			2781	01:12:55
2772	340	01:15:18	Mair	Davies	F			2782	01:12:56
2795	3773	01:15:59	Doug	Powell	M		Admiral	2783	01:12:57
2750	3067	01:14:44	Meinir	Llwyd	F	35		2785	01:12:59
2751	3602	01:14:44	Madeleine	Sherratt	F	35		2784	01:12:59
2759	2574	01:14:55	Kate	Bevan	F			2786	01:13:01
2796	2750	01:16:03	Elise	Jenkins	F	40		2787	01:13:04
2805	3716	01:16:23	Natalie	Reynolds	F			2788	01:13:07
2767	2134	01:15:09	Susan	Smith	F	35		2789	01:13:11
2802	430	01:16:19	Helen	Dunn	F	45		2790	01:13:15
2736	1258	01:14:15	Gavin	Wood	M			2791	01:13:22
2818	2250	01:17:01	Chris	Anthony	M			2792	01:13:22
2819	2251	01:17:02	Sally-Anne	Anthony	F	35		2793	01:13:22
2793	2103	01:15:56	Linzi	Horn	F			2794	01:13:25
2807	2181	01:16:29	Jayne	Hall-Edwards	F	40		2795	01:13:26
2760	1446	01:14:56	Scott	Stevens	M	20		2796	01:13:30
2775	1268	01:15:21	Sean	Crockett	M	45		2797	01:13:31
2808	759	01:16:31	Christian	Morgan	M			2798	01:13:32
2811	600	01:16:40	Phillip	Griffiths	M			2799	01:13:33
2824	1189	01:17:08	Jon	Moore	M	50		2800	01:13:40
2783	2728	01:15:33	Sally	Roberts	F	45		2801	01:13:41
2778	3205	01:15:25	Sarah	Tuckwell	F			2802	01:13:42
2835	1597	01:17:44	Jo	Lewis	F			2803	01:13:46
2817	944	01:17:00	Louise	Evans	F			2805	01:13:49
2828	872	01:17:19	Cerys	Bateman	F			2804	01:13:49
2801	1547	01:16:18	Sheree	Humphreys	F			2806	01:13:52
2789	1720	01:15:45	Graeme	Hughes	M	40		2807	01:13:53

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
2821	3401	01:17:03	Susan	Warren	F	60		2808	01:13:53
2761	1079	01:14:56	Gemma	Thomas	F	20		2810	01:13:55
2798	3547	01:16:13	Gavin	Morris	M			2809	01:13:55
2786	3138	01:15:37	June	Wheel	F	40		2811	01:13:56
2836	626	01:17:47	Rhian	Dowling	F			2812	01:13:58
2737	3485	01:14:17	Ashley	Lewis	M			2813	01:13:59
2825	3874	01:17:09	Claire	Hill	F			2814	01:14:05
2826	3540	01:17:09	Kate	Loxton	F			2815	01:14:05
2853	3867	01:18:30	Gareth	Shaw	M			2816	01:14:11
2827	4002	01:17:11	Shaunna	Rees	F			2817	01:14:12
2831	1700	01:17:39	Lucy	Abrahams	F	35		2818	01:14:13
2784	2315	01:15:35	Rhiannon	Protheroe	F			2819	01:14:17
2791	2094	01:15:48	Catherine	Jackson	F	50		2820	01:14:17
2848	1855	01:18:21	Keith	Burnett	M			2821	01:14:26
2829	2115	01:17:26	Sunitha	Mannil	F			2823	01:14:29
2847	3077	01:18:19	Amy	Kapell	F	35		2822	01:14:29
2822	3911	01:17:04	Jason	Rowcliffe	M			2824	01:14:31
2815	1968	01:16:59	Olivia Blandiana	Cormack	F	20		2825	01:14:32
2763	2418	01:15:01	Michelle	Griffiths	F	35		2826	01:14:33
2823	1438	01:17:04	Paula	Stockley	F			2828	01:14:35
2833	1495	01:17:43	Sian	Williams	F			2827	01:14:35
2842	2727	01:17:55	Elena	Barrett	F			2829	01:14:39
2837	1341	01:17:48	Kathleen	Roberts	F	60	Bournville Harriers	2830	01:14:43
2843	1511	01:18:01	Kate	Murphy	F			2831	01:14:43
2855	3291	01:18:37	Jamie	Evans	M			2832	01:14:44
2812	2649	01:16:42	Tony	Hickey	M	55		2833	01:14:48
2840	1280	01:17:54	Angharad	Edwards	F			2834	01:14:49
2790	2302	01:15:46	Christopher	Davies	M	40		2835	01:14:52
2841	3680	01:17:55	Michele	Raithby	F	55		2836	01:14:53
2838	3884	01:17:51	Amanda	George	F	55		2837	01:14:55
2839	3611	01:17:52	Jane	Allchurch	F	50		2838	01:14:55
2849	1312	01:18:24	Bethan	Williams	F	35		2839	01:14:55
2845	1332	01:18:15	Denise	Nelson-Bellehewe	F			2840	01:14:58
2846	1291	01:18:15	Leanne	Hammond	F			2841	01:14:58
2810	503	01:16:39	David	Bailey	M	75		2842	01:15:05
2816	2363	01:17:00	Jenny	Coleman	F	35		2843	01:15:07
2844	3561	01:18:03	Catherine	Thomas	F	45		2844	01:15:11
2814	1971	01:16:59	Zoe	Merritt	F			2846	01:15:15
2850	2552	01:18:25	Sian	Watts	F	45		2845	01:15:15
2797	1130	01:16:12	Amy	Richards	F			2847	01:15:22
2867	2828	01:19:27	Jordan	Bolt	M	20		2848	01:15:35
2851	2820	01:18:26	Louise	Morgan	F			2849	01:15:38
2869	2271	01:19:32	Andrew	Lewis	M	50		2850	01:15:41
2870	2238	01:19:33	Judith	Jones	F	50		2851	01:15:42
2857	306	01:18:47	Toni	Hall-Edwards	F			2852	01:15:43
2813	3144	01:16:47	Amanda	Edwards	F	45		2853	01:15:44
2862	1326	01:18:57	Jan	Platt	F	50		2854	01:15:48
2852	2893	01:18:26	Owain	Jones	M	20		2855	01:15:49
2880	1655	01:19:47	Rebecca	Watts	F	35		2856	01:15:50
2879	1854	01:19:45	Clare	Wynn	F			2857	01:15:51
2865	1007	01:19:14	Claire	Norman	F	35		2858	01:15:58
2859	2703	01:18:53	Paul	Brooks	M			2859	01:15:59
2861	112	01:18:56	Michael	Jones	M	50		2860	01:16:02

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
2830	668	01:17:31	David	Chapple	M	65		2862	01:16:04
2868	1733	01:19:28	Paul	Thomas	M	40		2861	01:16:04
2856	3695	01:18:41	Catrin	Evans	F			2864	01:16:08
2860	3535	01:18:56	Becky	Land	F	40		2863	01:16:08
2820	1254	01:17:02	Rhiannon	Griffiths	F	20		2865	01:16:09
2866	950	01:19:20	Simon	Taylor	M			2866	01:16:10
2864	1810	01:19:02	Lloyd	Rees	M			2867	01:16:13
2854	809	01:18:30	Judith	Whitaker	F	45		2868	01:16:17
2885	1477	01:19:56	Sharon	Bevan	F	40		2869	01:16:18
2886	1470	01:19:56	Elizabeth	Donovan	F	45		2870	01:16:18
2891	3215	01:20:28	Kevin	Lenahan	M			2871	01:16:33
2889	1383	01:20:13	Laura	Norris	F			2872	01:16:35
2832	2577	01:17:40	Lillian	Dobby Mbe	F	70		2874	01:16:37
2878	3548	01:19:45	Anna	Mullarkey	F	40		2873	01:16:37
2882	2560	01:19:50	Ann	Barker	F	45		2875	01:16:38
2834	1014	01:17:44	Derek	Hawkins	M	65		2877	01:16:40
2890	2532	01:20:19	James	Evans	M	60		2876	01:16:40
2884	1066	01:19:55	Natasha	Sheen	F			2878	01:16:45
2888	210	01:20:05	Nikita	Dicker	F	20		2879	01:16:46
2871	3890	01:19:34	Debbie	Price	F	35		2880	01:16:54
2873	3286	01:19:39	Anna	Raleigh	F	35		2881	01:17:06
2896	2259	01:20:46	Glenda	Thomas	F	40		2882	01:17:11
2901	1475	01:20:50	Beth	Lewis	F			2883	01:17:16
2858	2536	01:18:48	Clare	Britton	F			2884	01:17:19
2914	1738	01:21:35	Maria	Bloor	F	50		2885	01:17:31
2863	1276	01:18:58	Tasha	Goss	F	20		2886	01:17:33
2875	677	01:19:40	Jane	Elliott	F	55	3Ms	2888	01:17:34
2881	148	01:19:49	Sarah	Dunthorne	F	35		2887	01:17:34
2874	2572	01:19:40	Raymond	Tee	M			2890	01:17:36
2905	2835	01:21:09	April	Parry Walters	F	20		2889	01:17:36
2900	2559	01:20:49	Chris	Gustavson	M	20		2891	01:17:37
2894	1232	01:20:41	Siwan	Mathias	F			2892	01:17:38
2904	1925	01:21:03	Michelle	Morgan	F			2893	01:17:40
2895	978	01:20:44	Justine	Jones	F	45		2895	01:17:41
2907	2522	01:21:20	Liane	Morris	F	35	Les Croupiers	2894	01:17:41
2915	490	01:21:43	Lesley Sian	Maksimovic	F	45		2896	01:17:42
2908	3837	01:21:20	Samantha	Williams	F		Admiral	2897	01:17:46
2917	1574	01:21:49	Nicola	Roach	F	35		2898	01:17:50
2872	3491	01:19:34	Mitchell Trevor Cliv	Aspland	M			2899	01:17:55
2912	175	01:21:30	Phil	David	M	40		2900	01:17:56
2916	2526	01:21:47	Terence	Clarke	M	70		2901	01:17:57
2913	1204	01:21:30	Charlotte	Bloodworth	F	35		2902	01:17:59
2883	1722	01:19:53	Steve	Davies	M	55		2903	01:18:01
2911	2068	01:21:24	Amanda	Corbett	F			2904	01:18:02
2876	3515	01:19:41	Nathan	Harries	M			2905	01:18:03
2877	3876	01:19:43	Kyle Liam	Maunder	M			2907	01:18:04
2920	2257	01:22:03	Joanna	Thomas	F	35		2906	01:18:04
2919	1862	01:21:58	Lynne	Morgan	F	40		2908	01:18:21
2897	921	01:20:46	Zoe	Hood	F	35		2909	01:18:24
2918	1264	01:21:53	Greg	Williams	M			2910	01:18:24
2893	1216	01:20:36	Donna	Rees	F	40		2911	01:18:25
2887	3520	01:20:01	Jennie	Holmes	F			2912	01:18:27
2925	2432	01:22:15	Handel	Walters	M	65		2913	01:18:30

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
2909	3369	01:21:23	Pauline	Collins	F	55		2914	01:18:45
2910	2499	01:21:23	Karen	Hughes	F			2915	01:18:45
2902	2688	01:21:00	Jayne	Woodman	F	40		2916	01:18:56
2921	189	01:22:03	Sarah	Fuge	F			2917	01:18:57
2923	3583	01:22:11	Julie	Davies	F	35		2918	01:18:58
2892	274	01:20:32	Patrick	Cooper	M	20		2919	01:19:03
2926	2710	01:22:22	Lesley	Collier	F	50		2921	01:19:06
2927	2343	01:22:22	Rhiannon	Churchill	F	40		2920	01:19:06
2931	2937	01:22:54	Delyth	Davies	F	45		2922	01:19:12
2929	2489	01:22:43	Liz	Bowen	F	50		2923	01:19:17
2930	3259	01:22:43	Cynthia	Beresford	F	65		2924	01:19:18
2933	1401	01:23:03	Darren	Minett	M			2925	01:19:20
2898	2269	01:20:49	Sian	Morgans	F	45		2926	01:19:22
2928	2177	01:22:41	Hannah	Adkins	F			2927	01:19:28
2922	3314	01:22:07	Rebecca	Riley	F		Hafan Cymru	2928	01:19:30
2939	665	01:23:17	Annette	Kennedy	F	35		2929	01:19:35
2943	1621	01:23:35	Keri	Chahal	M	40		2930	01:19:36
2944	1633	01:23:35	Rebecca	Chahal	F	35		2931	01:19:36
2940	2832	01:23:26	Alice	Walker	F			2932	01:19:39
2906	169	01:21:10	Adam	Lewis	M			2933	01:19:40
2899	2496	01:20:49	Paul	Williams	M			2934	01:19:45
2924	2684	01:22:11	Francis	Watts	F	35		2935	01:19:49
2937	1934	01:23:12	Corinne	Hey	F	40		2936	01:19:49
2950	2971	01:23:55	Natalie	Robinson	F			2937	01:19:50
2936	1835	01:23:08	Emma	Stewart	F			2938	01:19:58
2947	232	01:23:43	Wendy	Johnson	F	45		2940	01:20:01
2948	228	01:23:44	Ursula	Arnold	F	45		2939	01:20:01
2932	334	01:22:57	Lisa	Howells	F	40		2941	01:20:07
2941	2012	01:23:31	Mahmood	Foroughi	M	45		2943	01:20:10
2952	1741	01:24:04	Fay	Sharpe	F	50	3Ms	2942	01:20:10
2938	2763	01:23:12	Louise	Barry	F			2944	01:20:13
2934	1778	01:23:04	Angharad	Dando	F	35		2945	01:20:14
2935	1775	01:23:04	Colleen	Nurton	F	40		2946	01:20:14
2960	3402	01:24:22	Toby	Townrow	M	40		2947	01:20:17
2957	389	01:24:16	Laura	Cummins	F	35		2948	01:20:18
2945	1435	01:23:38	Mark	Lucas	M	45		2949	01:20:21
2946	1444	01:23:38	Pam	Lucas	F	35		2950	01:20:21
2942	1345	01:23:33	Gemma	Parkin	F			2951	01:20:34
2956	2474	01:24:10	Jane	Shaw	F	60	Hafan Cymru	2952	01:20:35
2958	2668	01:24:20	Janine	Davies	F	35		2953	01:20:35
2959	2669	01:24:20	Jason	Davies	M	40		2954	01:20:35
2961	2034	01:24:30	Simon	Glanville	M			2955	01:20:36
2963	2041	01:24:31	Dean	John	M	40	TROTS	2956	01:20:37
2903	1554	01:21:02	Debbie	Harries	F	40		2957	01:20:46
2949	1512	01:23:48	Sarah	Langley	F			2958	01:20:49
2954	1145	01:24:08	Su	Parker	F	40		2959	01:20:54
2955	1147	01:24:08	Alan	Millichip	M	40		2960	01:20:54
2962	2935	01:24:31	Lauren	Morgan	F	20		2961	01:21:12
2969	3203	01:25:06	Andrew	Teague	M			2962	01:21:18
2974	2877	01:25:33	Colin	Clayton	M	45		2963	01:21:45
2975	2878	01:25:33	Ruth	Thomas	F	35		2964	01:21:45
2977	1739	01:25:57	Kerry	Farrell	F			2965	01:21:53
2965	1727	01:24:42	Anita	Harris	F	40		2966	01:22:05

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
2971	1571	01:25:27	James	Hutchings	M			2967	01:22:05
2972	848	01:25:27	Denyse	Hutchings	F	55		2968	01:22:05
2970	897	01:25:27	Claire	Silva	F			2969	01:22:06
2967	2377	01:24:54	Anita	James	F	40		2970	01:22:07
2951	2195	01:23:59	Tanya	Peace	F			2971	01:22:08
2953	2801	01:24:06	Sue	Bennett	F	60	Great Western Runners	2972	01:22:11
2968	251	01:25:04	Keith	Skeggs	M			2973	01:22:12
2973	2553	01:25:29	Suzi	Davies	F	35		2974	01:22:21
2964	895	01:24:38	Karen	Hardy	F			2975	01:22:36
2978	287	01:26:04	James	Kerr	M			2976	01:22:53
2979	599	01:26:05	Lewis	Padfield	M	45		2977	01:23:03
2982	2762	01:26:18	Christine	Mackey	F	45		2978	01:23:10
2991	2716	01:27:00	Menna	Lewis	F	45		2979	01:23:15
2992	2445	01:27:05	Lesley	Walters	F	50		2980	01:23:20
2983	1125	01:26:23	Peter	Squire	M	40		2982	01:23:23
2984	3376	01:26:23	Dean	Lewis	M			2981	01:23:23
2987	305	01:26:40	Gwydion	Lyn	M			2983	01:23:30
2989	3110	01:26:44	Wendy	Fisher	F	55		2984	01:23:35
2966	3883	01:24:46	Meredith	Thomas	M			2985	01:23:38
2980	920	01:26:11	Carol	Redman	F	40		2986	01:23:49
2981	1658	01:26:11	Nikki	Pugh	F	35		2987	01:23:49
2986	2502	01:26:37	James	Evans	M			2988	01:23:50
2995	876	01:27:41	Kirsty	Gough	F			2989	01:23:59
2976	3915	01:25:50	Katrina	Diamond	F	45		2990	01:24:05
2990	1809	01:26:58	Natasha	Rees	F			2991	01:24:09
2993	785	01:27:35	Joanne	Hopkins	F			2992	01:24:19
2994	788	01:27:36	Jan	Williams	F	55		2993	01:24:20
3001	3328	01:28:13	Derwyn	Pugh	M	40		2994	01:24:24
2988	817	01:26:41	Marian	Davies	F	60		2995	01:24:47
3007	998	01:28:48	Alison	Thomas	F	40		2996	01:25:05
2996	1453	01:27:42	Sarah	Reddy	F			2997	01:25:07
3010	2294	01:29:04	Graeme	Thelwell	M	55		2998	01:25:17
3009	3371	01:29:01	Heddwyn	Williams	M	60		2999	01:25:23
2997	1728	01:27:44	Ian	Bamford	M		3Ms	3000	01:25:27
2998	1737	01:27:44	Amanda	Bamford	F	35		3001	01:25:28
2985	3849	01:26:33	Lorna	Irving	F	40	Hafan Cymru	3002	01:25:37
2999	1092	01:27:46	Kristine	Foden	F	35		3004	01:25:38
3002	1469	01:28:13	Fran	Reddy	F			3003	01:25:38
3015	979	01:29:33	Paul	Shill	M	50		3005	01:25:41
3000	912	01:27:47	Bethan	Gwynn	F	20		3006	01:25:44
3004	815	01:28:34	Karen	Jones	F	45		3007	01:25:46
3011	2443	01:29:09	Shailesh	Shah	M	50		3008	01:25:49
3005	323	01:28:34	Graham	Jones	M	50		3009	01:26:16
3003	911	01:28:23	Rebecca	Gwynn	F	20		3010	01:26:21
3012	1791	01:29:15	Wendy	Wilkinson	F	35		3011	01:26:29
3013	2037	01:29:15	Emma Jane	Woozley	F			3012	01:26:29
3008	3353	01:28:57	Helen	Odette	F			3013	01:26:32
3014	1355	01:29:27	Angela	Mapp	F	35		3014	01:26:34
3019	278	01:30:14	James	Thomas	M			3015	01:26:39
3020	276	01:30:15	Claire	Thomas	F			3016	01:26:39
3025	2352	01:30:57	Steven David	Hughes	M	50		3017	01:27:42
3018	2599	01:30:10	Mark	Haskins	M	40	3Ms	3018	01:27:44
3016	621	01:30:05	Lisa	Miggins	F			3019	01:27:53

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
3017	623	01:30:06	Karen	Morris	F	45		3020	01:27:54
3006	2469	01:28:45	Lisa	Phillips	M		Unilever	3021	01:28:05
3024	3352	01:30:31	Michelle	Meredith	F			3022	01:28:06
3021	2804	01:30:28	Ron	Harris	M	75	Lliswerry Runners	3023	01:28:09
3022	2795	01:30:28	Deborah	Hay-Harris	F	50	Lliswerry Runners	3024	01:28:09
3023	726	01:30:31	Hannah	Johnson	F			3025	01:28:22
3027	297	01:33:02	Caroline	Phillips	F			3026	01:29:14
3026	2206	01:32:43	Dean	Jones	M	40		3027	01:29:36
3034	1686	01:33:45	Ann	Davies	F	45		3028	01:30:08
3028	1149	01:33:29	Cerys	Millichip	F	45		3029	01:30:15
3029	1146	01:33:30	Sian	Millichip	F	35		3030	01:30:16
3036	257	01:34:15	David	Cooper	M	45		3031	01:30:21
3030	739	01:33:35	Christina	Durbin	F	40		3033	01:30:29
3035	1257	01:34:11	Robert	Latham	M	65		3032	01:30:29
3031	742	01:33:35	Sean	Bacon	M			3034	01:30:30
3033	1947	01:33:45	Tina	Evans	F	50		3035	01:30:41
3040	3045	01:34:28	Andrea	Davies-Tuthill	F	40		3036	01:30:59
3037	468	01:34:22	Andrea	Jenkins	F	45		3038	01:31:04
3038	470	01:34:22	Sian	Harris	F	40		3037	01:31:04
3032	717	01:33:38	Anne	Miles	F	55		3040	01:31:07
3039	469	01:34:25	Rebecca	Mainwaring	F			3039	01:31:07
3041	1033	01:34:52	Joanne	Heavens-Davies	F	35		3041	01:31:13
3042	1500	01:34:52	Simon	Butler	M	40		3042	01:31:13
3045	1608	01:35:29	Annette	Taylor	F	45		3043	01:31:30
3043	749	01:35:00	Lisa	Mcclure	F	45		3044	01:31:48
3044	745	01:35:01	Charles	Mcclure	M	40		3045	01:31:48
3046	3317	01:35:59	Catherine	Davies	F	60	Hafan Cymru	3046	01:32:24
3050	808	01:36:45	Paul	Price	M	55		3047	01:32:56
3051	1461	01:37:13	Jong-Sook	Park	F	40		3048	01:33:21
3049	799	01:36:31	Deborah	Gidney	F	45		3049	01:34:00
3048	801	01:36:31	Andrew	Gidney	M			3050	01:34:01
3047	3923	01:36:26	Charlotte	Cross	F	20		3051	01:34:48
3054	1581	01:39:01	Michelle	Shepherd	F	35		3052	01:35:08
3052	2490	01:38:25	Allen	Watts	M	80	Sarn Helen	3053	01:35:22
3053	2808	01:38:41	Laura	Stockley	F			3054	01:36:12
3055	192	01:40:57	James	Anthony	M	55		3055	01:37:08
3056	1944	01:41:11	Matthew	Lewis	M			3056	01:37:17
3057	2686	01:42:11	Eryl A	Jenkins	F	70	Diabetic Cancer & Stroke Club	3057	01:40:40
3058	2563	01:44:34	Tegwen	Malik	F	35		3058	01:40:54
3059	2544	01:44:34	Ourania	Chatsiou	F			3059	01:40:54
3060	2556	01:45:33	Judy	Loder	F	65		3060	01:42:19
3061	2557	01:45:33	Suzanne	Daniel	F	65		3061	01:42:19
3063	1569	01:47:34	Douglas	Thomas	M	70		3062	01:43:24
3062	1005	01:45:38	Susan	Mccall	F	65		3063	01:43:51
3067	2227	01:50:04	Sujatha	Padmanabhan	F	35		3064	01:46:01
3066	2169	01:50:03	Elaine	John	F	55		3066	01:46:03
3068	1237	01:50:04	Natalie	Foley	F			3065	01:46:03
3064	2567	01:49:39	Fahro	Malik	M	60		3067	01:46:04
3069	1242	01:50:04	Jill	Byrne	F	40		3068	01:46:04
3065	2570	01:49:45	Naz	Malik	F	60		3069	01:46:09
3070	2255	01:50:19	Latika	Cilly	F			3070	01:46:17
3071	3936	01:51:02	Laura Kate	Smith	F			3071	01:46:59
3072	1256	01:51:03	Julie	Wall	F	45		3072	01:47:02

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GunPos	Bib	GunTime	Forename	Surname	M/F	Cat	Club	ChipPos	ChipTime
3074	2503	01:51:30	Julie	Henry	F	45		3073	01:47:27
3075	2458	01:51:31	Sian	Phillips	F	40		3074	01:47:28
3073	1963	01:51:25	Dorian	Williams	M			3075	01:47:32
3076	3885	01:51:36	Susan	Morgan	F	60		3076	01:47:37
3077	3633	01:51:36	Doreen	Aston	F	65		3077	01:47:38
3078	1041	01:51:40	Tracy	Price	F	45		3078	01:47:42
3079	2527	01:51:41	Valarie	Clarke	F	65		3079	01:47:42
3080	1565	01:51:47	Claire	Hiles	F	50		3080	01:47:44
3082	3326	01:52:31	Margaret	Jones	F	55		3081	01:49:44
3081	3321	01:52:31	Nigel	Carter	M	40		3082	01:49:45
3083	236	01:55:03	Stephen	Evans	M	50		3083	01:51:34
3084	237	01:55:03	Kathryn	Evans	F	50		3084	01:51:35
3085	3188	01:55:48	Ruth	Best	F	55		3085	01:51:44
3087	2509	01:55:49	Jackie	Cartwright	F	50		3086	01:51:46
3086	1238	01:55:48	Debbie	James	F	35		3087	01:51:47
3088	1027	01:56:26	Andrea	Maunder	F	45		3088	01:52:20
3089	1028	01:56:28	Simon	Maunder	M	45		3089	01:52:22