

## Admiral Swansea Bay 10k

## 3k Results

(Provisional)

RaceNo	Time	Name	Gender	Cat	Club
1	87 00:09:58	Matthew Antoniazzi	M	14	Cwmbran Harriers
2	99 00:10:09	Ronan Llyr	M	14	Carmarthen Harriers
3	115 00:10:25	Jacob Hood	M	14	Weston Boys
4	29 00:10:25	Emmett Thompson	M	13	Forest Of Dean AC
5	111 00:10:36	Stephen Scarfi	M	14	Cwmbran Harriers
6	33 00:10:47	Evan Wynne	M	14	
7	204 00:10:53	Christian Lovatt	M	13	Carmarthen Harriers
8	124 00:10:59	Jordan Smart	F	14	Swansea Harriers
9	122 00:11:02	Finley Davies	M	13	Swansea Harriers
10	202 00:11:10	Jonathan Tobin	M	13	Swansea Harriers
11	55 00:11:11	Stephen Williams	M	13	Aberystwyth
12	60 00:11:15	Olivia Gwynn	F	12	Swansea Harriers
13	72 00:11:30	Megan Turner	F	14	Aberystwyth
14	2 00:11:36	Iona Angharad Evans	F	13	Swansea Harriers
15	45 00:11:40	Daniel James Hall	M	13	Swansea Harriers
16	35 00:11:45	Andrew Evans	M	11	Forest Of Dean AC
17	67 00:11:47	Megan Osborne	F	13	Bridgend AC
18	40 00:11:49	Fenella Madley	F	12	FODAC
19	103 00:11:54	Emily Thomas	F	11	Carmarthen Harriers
20	57 00:12:03	Kari O'Neill	F	13	Carmarthen Harriers
21	42 00:12:07	Thomas John	M	12	Neath Harriers
22	107 00:12:13	Charlie Wlker	M	13	Cwmbran Harriers
23	49 00:12:13	Lucy Fligelstone	F	12	Swansea Harriers
24	50 00:12:17	Harry Powell	M	11	Forest Of Dean AC
25	41 00:12:19	Kieran Gilfedder	M	14	Wycombe Phoenix
26	119 00:12:21	Joe Lingard	M	12	Swansea Harriers
27	121 00:12:21	Elin Davies	F	13	Swansea Harriers
28	110 00:12:27	Deri Stewart	M	13	Celtic Tri
29	95 00:12:30	Gareth Hurman	M	12	
30	209 00:12:36	Sadies Melhuish	F	12	Forest of Dean
31	53 00:12:39	Richard James Soons	M	14	
32	116 00:12:40	Lucy Jones	F	12	Carmarthen Harriers
33	80 00:12:50	Sion Wyn Thomas	M	13	Amman Valley Harriers
34	28 00:12:57	Ifan Thomas	M	11	
35	58 00:13:00	Lowri Heckler	F	13	Carmarthen Harriers
36	23 00:13:01	Naomi Osborn	F	13	Swansea Harriers
37	109 00:13:03	Thomas Richards	M	12	Swansea Harriers
38	227 00:13:09	James Colburn	M	13	
39	205 00:13:12	Tomos Green	M	11	
40	94 00:13:12	Jamie Hargraves	M	11	Aberdare
41	211 00:13:13	Aled Williams	M	11	
42	213 00:13:21	Josh Howells	M	14	Chippenham AC
43	217 00:13:32	Oliver Ford	M		
44	108 00:13:38	Steven Roderick	M	14	
45	71 00:13:38	Aled Tomos	M	12	Neath Harriers
46	214 00:13:42	Laura Taylor	F	11	FODAC
47	81 00:13:42	Connor Rhys Evans	M	11	
48	32 00:13:43	Ffion Wynne	F	13	
49	54 00:13:43	Lucy Sarah Hammett	F	13	Swansea Harriers
50	44 00:13:46	Bethan Radford	F	12	Swansea Harriers
51	89 00:13:47	Niamh Elain	F	13	Carmarthen Harriers
52	37 00:13:48	Tara Sladen	F	10	FODAC

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53	8	00:13:49	Max Adams	M	13	
54	76	00:13:55	Jordan Richard Watkins	M	13	
55	203	00:14:00	Laura E L Miles	F	13	Celtic Tri
56	77	00:14:05	Neil 'Ben' Stanley	M	13	
57	88	00:14:06	Megan Bunney	F	12	Aberdare
58	91	00:14:07	Elin Haf Evans	F	14	Amman Valley Harriers
59	70	00:14:09	Iwan Tomos	M	10	
60	7	00:14:13	Cai Zaluka Sampson	F	13	Swansea Harriers
61	215	00:14:18	Isabel Hughes	F	13	Bridgend AC
62	92	00:14:27	Daniel Griffiths	M	13	
63	34	00:14:40	Catrin Lois Evans	F	11	Swansea Harriers
64	11	00:14:49	Tomas Bousie	M	13	
65	223	00:14:55	Daniel Miles	M	11	
66	100	00:14:58	Jade Meredith	F	13	Swansea Harriers
67	4	00:15:00	Gwen King	F	13	Swansea Harriers
68	224	00:15:01	Laura Crisome	F	11	
69	65	00:15:04	Megan Jones	F	11	Swansea Harriers
70	221	00:15:10	Keanu Weng Kan	M	13	
71	12	00:15:10	Jessica Catterson	F	13	
72	93	00:15:28	Sara Griffiths	F	12	
73	24	00:15:30	Lewis Phillips	M	13	
74	36	00:15:30	Liam Nicholls	M	13	
75	18	00:15:31	Ryan Jarvis	M	13	
76	218	00:15:33	Amman Huffer	M	9	
77	64	00:15:34	Thomas Heydon	M	10	
78	62	00:15:45	Deanna Bowen	F	13	Mounts Bay Harriers
79	9	00:15:49	Cai Adams	M	10	
80	14	00:15:49	Morgan Deacy	M	13	
81	220	00:15:52	Jonathan Weng Kan	M	11	
82	83	00:15:52	Amy Catriona Kinsella	F	13	
83	225	00:16:00	Conor Crispie	M	9	
84	79	00:16:01	Ffion Elin Thomas	F	13	
85	69	00:16:14	Iestyn Rees	M	9	
86	15	00:16:20	Jodi Evans-Morgan	F	11	Swansea Harriers
87	101	00:16:21	Hannah R Owen Rees	F	11	
88	106	00:16:22	Carys Wehden	F	14	
89	31	00:16:26	Dafydd Williams	M	9	
90	46	00:16:27	Ceri Louise Aston	F	12	
91	17	00:16:28	Ellie Jarvis	F	11	
92	39	00:17:00	Emily Claire Olsen	F	12	
93	13	00:17:02	Amy Catterson	F	11	
94	21	00:17:04	Sam Lloyd	M	10	Swansea Harriers
95	90	00:17:18	Morgan Evans	M	9	
96	97	00:17:18	Cameron Jones	M	9	
97	208	00:17:31	Niamh Sarah Sullivan	F	11	
98	226	00:17:32	Robbie Waldron	M	13	Celtic Tri
99	96	00:17:41	Seren James	F	11	
100	16	00:17:48	Victoria Holmes	F	13	
101	207	00:18:03	Caitlin Ford	F	11	
102	84	00:18:04	Joseph Kinsella	M	12	
103	123	00:18:08	Aimee Kirton	F	13	
104	73	00:18:10	Katie Williams	F	10	
105	216	00:18:19	Lucy Emma Domachowski	F	11	

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106	74	00:18:28	Nicola Field	F	13	Swansea Harriers
107	61	00:18:31	Efan Barrett	M	9	
108	56	00:18:33	Jonathan Mulready	M	9	
109	38	00:18:50	Kayleigh Louise Smith	F	12	
110	102	00:18:55	Bethan Sullivan	F	13	
111	30	00:18:58	Ffion Williams	F	11	
112	126	00:19:08	Elin Lewis	F	10	
113	66	00:19:18	Olivia Lewis	F	9	
114	104	00:20:01	Paige Walmsley	F	13	
115	118	00:20:08	Jai Praveen	M	9	
116	86	00:20:08	Daniel Anderton	M	9	
117	19	00:20:22	Carys John	F	11	
118	85	00:21:15	Sophie Anderton	F	9	
119	206	00:21:16	Poppy Pinkerton	F	9	
120	51	00:21:28	Adam Hansford	M	10	
121	78	00:21:37	Emily Sleeman	F	12	
122	228	00:21:38	Alexandra Pugh	F	12	
123	222	00:23:44	Jessica Miles	F	13	
124	120	00:42:57	Daniel Ogden	M	14	