

Overall Pos	Overall Time	Bib	Name	Surname	Gender	Category	Event	Status	Club	Gender Pos	Category Pos	Avg Speed	Net Time
1	00:16:21	153	Michael	Roderick	Male	Senior Male	Race 1 - Swansea Bay 5K	Finished	Tri hard Harriers	1	1	3'16"/Km	00:16:20
2	00:16:23	20	Oliver	Cobbold	Male	Junior Male	Race 1 - Swansea Bay 5K	Finished	Swansea Harriers	2	1	3'16"/Km	00:16:23
3	00:16:29	41	Ned	Gilford	Male	Senior Male	Race 1 - Swansea Bay 5K	Finished	Rugby Northampton	3	2	3'17"/Km	00:16:27
4	00:16:50	28	Harley	Davies	Male	Senior Male	Race 1 - Swansea Bay 5K	Finished	Neath Harriers	4	3	3'22"/Km	00:16:49
5	00:16:51	69	Craig	Jones	Male	Senior Male	Race 1 - Swansea Bay 5K	Finished	Swansea Harriers	5	4	3'22"/Km	00:16:49
6	00:16:52	116	Paul	Teesdale	Male	Senior Male	Race 1 - Swansea Bay 5K	Finished	Ogmore Phoenix	6	5	3'22"/Km	00:16:52
7	00:17:00	95	Daniel	Otteson	Male	Masters Male	Race 1 - Swansea Bay 5K	Finished	Llanelli AC	7	1	3'24"/Km	00:17:00
8	00:17:17	103	Harri	Roberts-truman	Male	Junior Male	Race 1 - Swansea Bay 5K	Finished	Celtic Tri	8	2	3'27"/Km	00:17:16
9	00:17:17	96	Matthew	Phillips	Male	Masters Male	Race 1 - Swansea Bay 5K	Finished		9	2	3'27"/Km	00:17:16
10	00:17:49	57	Sioned	Howells	Female	Senior Female	Race 1 - Swansea Bay 5K	Finished	Swansea Harriers	1	1	3'33"/Km	00:17:49
11	00:17:50	117	Gareth	Thomas	Male	Senior Male	Race 1 - Swansea Bay 5K	Finished	Tri Hard	10	6	3'34"/Km	00:17:49
12	00:17:56	72	Daniel	Jones	Male	Senior Male	Race 1 - Swansea Bay 5K	Finished	Sun Helen	11	7	3'35"/Km	00:17:56
13	00:17:58	85	Gareth	Morgan	Male	Masters Male	Race 1 - Swansea Bay 5K	Finished	3M Gorseinon Road Runners	12	3	3'35"/Km	00:17:56
14	00:18:20	113	Dylan	Strawbridge	Male	Junior Male	Race 1 - Swansea Bay 5K	Finished	Neath Harriers	13	3	3'40"/Km	00:18:18
15	00:18:20	138	Thomas	Williams	Male	Senior Male	Race 1 - Swansea Bay 5K	Finished	Tri Hard	14	8	3'40"/Km	00:18:19
16	00:18:25	40	Paul	Flynn	Male	Masters Male	Race 1 - Swansea Bay 5K	Finished	Swansea Harriers	15	4	3'41"/Km	00:18:24
17	00:18:26	111	Charlie	Stephens	Male	Junior Male	Race 1 - Swansea Bay 5K	Finished	Celtic Tri	16	4	3'41"/Km	00:18:25
18	00:18:30	77	Toby	Kearns	Male	Senior Male	Race 1 - Swansea Bay 5K	Finished	Ogmore	17	9	3'42"/Km	00:18:29
19	00:18:31	81	Peter	Lloyd	Male	Masters Male	Race 1 - Swansea Bay 5K	Finished	3M Gorseinon Road Runners	18	5	3'42"/Km	00:18:29
20	00:18:34	14	John	Burridge	Male	Masters Male	Race 1 - Swansea Bay 5K	Finished	Ogmore	19	6	3'42"/Km	00:18:33
21	00:18:39	152	Anthony	Jones	Male	Senior Male	Race 1 - Swansea Bay 5K	Finished	Swansea Harriers	20	10	3'43"/Km	00:18:38
22	00:18:41	29	Alan	Davies	Male	Masters Male	Race 1 - Swansea Bay 5K	Finished	Swansea Harriers	21	7	3'44"/Km	00:18:40
23	00:18:50	18	David	Clarke	Male	Masters Male	Race 1 - Swansea Bay 5K	Finished	Llanelli AC	22	8	3'46"/Km	00:18:50
24	00:19:01	84	Isaac	Mcadie	Male	Junior Male	Race 1 - Swansea Bay 5K	Finished	Swansea Harriers	23	5	3'48"/Km	00:19:00
25	00:19:03	75	Mattias	Jonsson	Male	Masters Male	Race 1 - Swansea Bay 5K	Finished		24	9	3'48"/Km	00:19:02
26	00:19:08	71	Tomi	Jones	Male	Junior Male	Race 1 - Swansea Bay 5K	Finished	Swansea Harriers	25	6	3'49"/Km	00:19:07
27	00:19:12	74	Lyla	Jonsson	Female	Junior Female	Race 1 - Swansea Bay 5K	Finished	Swansea Harriers	2	1	3'50"/Km	00:19:11
28	00:19:14	47	Craig	Harris	Male	Senior Male	Race 1 - Swansea Bay 5K	Finished	Tri Hard	26	11	3'50"/Km	00:19:14
29	00:19:18	125	Mark	Truman	Male	Masters Male	Race 1 - Swansea Bay 5K	Finished	Celtic Tri	27	10	3'51"/Km	00:19:18
30	00:19:34	100	Micky	Ricky	Male	Masters Male	Race 1 - Swansea Bay 5K	Finished	Llanelli AC	28	11	3'54"/Km	00:19:31
31	00:19:40	159	Mark	Lewis	Male	Masters Male	Race 1 - Swansea Bay 5K	Finished	Tri hard Harriers	29	12	3'56"/Km	00:19:38
32	00:19:46	9	Darren	Beynon	Male	Masters Male	Race 1 - Swansea Bay 5K	Finished	Llanelli AC	30	13	3'57"/Km	00:19:44
33	00:19:48	50	Chloe	Hartley-green	Female	Junior Female	Race 1 - Swansea Bay 5K	Finished	Swansea Harriers	3	2	3'57"/Km	00:19:47
34	00:19:49	126	Nick	Venables	Male	Masters Male	Race 1 - Swansea Bay 5K	Finished	Amman Valley	31	14	3'57"/Km	00:19:46
35	00:19:52	3	Orion	Bailey	Male	Masters Male	Race 1 - Swansea Bay 5K	Finished	Bridgend Athletics	32	15	3'58"/Km	00:19:48
36	00:19:56	120	Christopher	Thomas	Male	Senior Male	Race 1 - Swansea Bay 5K	Finished	Swansea Harriers	33	12	3'59"/Km	00:19:56
37	00:19:57	80	Paul	Llewellyn	Male	Masters Male	Race 1 - Swansea Bay 5K	Finished	Swansea Harriers	34	16	3'59"/Km	00:19:56
38	00:19:59	30	Felix	Davies	Female	Junior Female	Race 1 - Swansea Bay 5K	Finished	Swansea Harriers	4	3	3'59"/Km	00:19:59
39	00:20:06	149	Dom	Parke	Male	Masters Male	Race 1 - Swansea Bay 5K	Finished	PPRC	35	17	4'01"/Km	00:20:03
40	00:20:06	16	David	Cascarino	Male	Masters Male	Race 1 - Swansea Bay 5K	Finished	Neath Harriers	36	18	4'01"/Km	00:20:03
41	00:20:06	73	Aron	Jones	Male	Masters Male	Race 1 - Swansea Bay 5K	Finished	3M Gorseinon Road Runners	37	19	4'01"/Km	00:20:04
42	00:20:09	87	Ricki	Morgan	Male	Masters Male	Race 1 - Swansea Bay 5K	Finished	Tenby	38	20	4'01"/Km	00:20:06
43	00:20:16	133	Lily	Williams	Female	Junior Female	Race 1 - Swansea Bay 5K	Finished	Celtic Tri	5	4	4'03"/Km	00:20:16
44	00:20:21	98	Gareth	Richards	Male	Masters Male	Race 1 - Swansea Bay 5K	Finished	Ogmore	39	21	4'04"/Km	00:20:18
45	00:20:35	161	Dave	Jones	Male	Senior Male	Race 1 - Swansea Bay 5K	Finished	3M Gorseinon Road Runners	40	13	4'07"/Km	00:20:33
46	00:20:36	99	Lucy	Richards	Female	Senior Female	Race 1 - Swansea Bay 5K	Finished	Swansea Harriers	6	2	4'07"/Km	00:20:33
47	00:20:40	92	Adrian	Novis	Male	Masters Male	Race 1 - Swansea Bay 5K	Finished	Swansea Harriers	41	22	4'08"/Km	00:20:36
48	00:20:41	43	Kevin	Halmkan	Male	Senior Male	Race 1 - Swansea Bay 5K	Finished	NLA	42	14	4'08"/Km	00:20:34
49	00:20:43	32	Catrin	Davies	Female	Senior Female	Race 1 - Swansea Bay 5K	Finished	Swansea Harriers	7	3	4'08"/Km	00:20:41
50	00:20:48	154	Tenniel	O'Brian	Male	Masters Male	Race 1 - Swansea Bay 5K	Finished	Tri hard Harriers	43	23	4'09"/Km	00:20:46
51	00:20:59	124	Millie	Thorne	Female	Senior Female	Race 1 - Swansea Bay 5K	Finished	Swansea Harriers	8	4	4'12"/Km	00:20:57
52	00:21:02	94	Peter	Osborne	Male	Masters Male	Race 1 - Swansea Bay 5K	Finished		44	24	4'12"/Km	00:21:00
53	00:21:03	12	Holly	Blower	Female	Senior Female	Race 1 - Swansea Bay 5K	Finished	Swansea Harriers	9	5	4'12"/Km	00:21:02
54	00:21:04	160	Rob	Jones	Male	Masters Male	Race 1 - Swansea Bay 5K	Finished	3M Gorseinon Road Runners	45	25	4'12"/Km	00:21:02
55	00:21:08	10	Helen	Beynon	Female	Masters Female	Race 1 - Swansea Bay 5K	Finished	Llanelli AC	10	1	4'13"/Km	00:21:05
56	00:21:11	25	Angharad	Croot	Female	Senior Female	Race 1 - Swansea Bay 5K	Finished	Ogmore	11	6	4'14"/Km	00:21:07
57	00:21:18	51	Anthony	Heald	Male	Masters Male	Race 1 - Swansea Bay 5K	Finished	Llanelli AC	46	26	4'15"/Km	00:21:15
58	00:21:21	93	Piers	Olipphant	Male	Senior Male	Race 1 - Swansea Bay 5K	Finished	Swansea Harriers	47	15	4'16"/Km	00:21:20
59	00:21:23	155	Ethan	Matthews	Male	Junior Male	Race 1 - Swansea Bay 5K	Finished	Celtic Tri	48	7	4'16"/Km	00:21:20
60	00:21:26	62	Gareth	Jenkins	Male	Masters Male	Race 1 - Swansea Bay 5K	Finished	Ogmore	49	27	4'17"/Km	00:21:21
61	00:21:28	102	Zac	Roberts	Male	Junior Male	Race 1 - Swansea Bay 5K	Finished	Celtic Tri	50	8	4'17"/Km	00:21:26
62	00:21:31	37	Annie	Evans	Female	Junior Female	Race 1 - Swansea Bay 5K	Finished	Celtic Tri	12	5	4'18"/Km	00:21:30
63	00:21:46	1	Mary	Anthony	Female	Masters Female	Race 1 - Swansea Bay 5K	Finished	Trotts	13	2	4'21"/Km	00:21:44
64	00:21:53	156	Keith	Coleman	Male	Masters Male	Race 1 - Swansea Bay 5K	Finished	Ogmore Phoenix	51	28	4'22"/Km	00:21:49
65	00:21:59	60	Owain	James	Male	Junior Male	Race 1 - Swansea Bay 5K	Finished	Celtic Tri	52	9	4'23"/Km	00:21:57
66	00:21:59	59	Hattie	James	Female	Senior Female	Race 1 - Swansea Bay 5K	Finished	Ogmore	14	7	4'23"/Km	00:21:56
67	00:22:01	123	Zoe	Thompson	Female	Junior Female	Race 1 - Swansea Bay 5K	Finished	Swansea Harriers	15	6	4'24"/Km	00:21:59
68	00:22:24	13	Heath	Brett	Male	Masters Male	Race 1 - Swansea Bay 5K	Finished	Swansea Harriers	53	29	4'28"/Km	00:22:21
69	00:22:46	157	James	Bennett	Male	Senior Male	Race 1 - Swansea Bay 5K	Finished	3M Gorseinon Road Runners	54	16	4'33"/Km	00:22:39
70	00:22:48	142	Lois	Woodward	Female	Masters Female	Race 1 - Swansea Bay 5K	Finished	Swansea Harriers	16	3	4'33"/Km	00:22:43
71	00:22:49	90	Gemma	Nesbitt	Female	Senior Female	Race 1 - Swansea Bay 5K	Finished	Run 4 all Neath	17	8	4'33"/Km	00:22:44
72	00:22:51	27	Jessie	Davies	Female	Junior Female	Race 1 - Swansea Bay 5K	Finished	Celtic Tri	18	7	4'34"/Km	00:22:49
73	00:22:58	118	Samuel	Thomas	Male	Senior Male	Race 1 - Swansea Bay 5K	Finished	NLA	55	17	4'35"/Km	00:22:53
74	00:23:05	66	Mathew	Jones	Male	Masters Male	Race 1 - Swansea Bay 5K	Finished	Llanelli AC	56	30	4'37"/Km	00:23:01
75	00:23:11	45	Vanessa	Harragan	Female	Masters Female	Race 1 - Swansea Bay 5K	Finished	Swansea Harriers	19	4	4'38"/Km	00:23:07
76	00:23:12	24	Alun	Cox	Male	Masters Male	Race 1 - Swansea Bay 5K	Finished	Port Talbot Harriers	57	31	4'38"/Km	00:23:04
77	00:23:20	104	Betsan	Roberts-truman	Female	Junior Female	Race 1 - Swansea Bay 5K	Finished	Celtic Tri	20	8	4'38"/Km	00:23:11
78	00:23:20	148	Tim	Young	Male	Masters Male	Race 1 - Swansea Bay 5K	Finished		58	32	4'40"/Km	00:23:16
79	00:23:25	139	Chris	Wintle	Male	Senior Male	Race 1 - Swansea Bay 5K	Finished	Ogmore	59	18	4'41"/Km	00:23:21
80	00:23:29	107	Jenny	Sanders	Female	Senior Female	Race 1 - Swansea Bay 5K	Finished	Neath Harriers	21	9	4'41"/Km	00:23:27
81	00:23:36	46	Iwan	Harries	Male	Senior Male	Race 1 - Swansea Bay 5K	Finished	NLA	60	19	4'43"/Km	00:23:30
82	00:23:42	8	Sophie	Beresford	Female	Senior Female	Race 1 - Swansea Bay 5K	Finished	Swansea Harriers	22	10	4'44"/Km	00:23:37
83	00:23:45	162	Leigh	Besley	Female	Masters Female	Race 1 - Swansea Bay 5K	Finished		23	5	4'45"/Km	00:23:42
84	00:23:52	19	Nick	Clarke	Male	Senior Male	Race 1 - Swansea Bay 5K	Finished	Tri Hard	61	20	4'46"/Km	00:23:48
85	00:24:00	23	Matthew	Cox	Male	Junior Male	Race 1 - Swansea Bay 5K	Finished	Celtic Tri	62	10	4'48"/Km	00:23:57
86	00:24:01	121	Frances	Thomas	Female	Masters Female	Race 1 - Swansea Bay 5K	Finished	PPRC	24	6	4'48"/Km	00:23:55
87	00:24:08	54	Stella-rae	Hicks	Female	Senior Female	Race 1 - Swansea Bay 5K	Finished	Swansea Harriers				

115	00:28:34	34	Paul	Deakin	Male	Masters Male	Race 1 - Swansea Bay 5K	Finished	Tri Hard	76	41	5'42"/Km	00:28:28
116	00:29:20	53	Chloe	Henderson	Female	Senior Female	Race 1 - Swansea Bay 5K	Finished	NLA	40	13	5'52"/Km	00:29:13
117	00:29:46	38	Rachel	Evans	Female	Masters Female	Race 1 - Swansea Bay 5K	Finished	Llanelli AC	41	17	5'57"/Km	00:29:37
118	00:30:01	137	Ben	Williams	Male	Senior Male	Race 1 - Swansea Bay 5K	Finished	Ogmore	77	25	6'00"/Km	00:29:52
119	00:30:07	147	Janet	Wright	Female	Masters Female	Race 1 - Swansea Bay 5K	Finished		42	18	6'01"/Km	00:30:01
120	00:30:13	48	Nick	Harris	Male	Senior Male	Race 1 - Swansea Bay 5K	Finished	Ogmore	78	26	6'02"/Km	00:30:07
121	00:30:16	11	Jayne	Bissmire	Female	Masters Female	Race 1 - Swansea Bay 5K	Finished	Ogmore	43	19	6'03"/Km	00:30:08
122	00:30:20	134	Michael	Williams	Male	Masters Male	Race 1 - Swansea Bay 5K	Finished		79	42	6'04"/Km	00:30:11
123	00:30:20	135	Daniel	Williams	Male	Junior Male	Race 1 - Swansea Bay 5K	Finished		80	11	6'04"/Km	00:30:12
124	00:30:31	55	Victoria	Holmes	Female	Senior Female	Race 1 - Swansea Bay 5K	Finished	3M's	44	14	6'06"/Km	00:30:26
125	00:30:59	86	Claire	Morgan	Female	Masters Female	Race 1 - Swansea Bay 5K	Finished	Brigden Athletic	45	20	6'11"/Km	00:30:51
126	00:31:20	114	Brendan Anthony	Sweeney	Male	Masters Male	Race 1 - Swansea Bay 5K	Finished		81	43	6'16"/Km	00:31:12
127	00:31:26	88	Chloe	Morris	Female	Senior Female	Race 1 - Swansea Bay 5K	Finished	PPRC	46	15	6'17"/Km	00:31:17
128	00:31:45	143	Alan	Woodward	Male	Masters Male	Race 1 - Swansea Bay 5K	Finished		82	44	6'21"/Km	00:31:35
129	00:32:01	145	Mark	Worrall	Male	Masters Male	Race 1 - Swansea Bay 5K	Finished	Ogmore	83	45	6'24"/Km	00:31:54
130	00:33:21	97	Sharon	Pritchard	Female	Masters Female	Race 1 - Swansea Bay 5K	Finished	Ogmore	47	21	6'40"/Km	00:33:14
131	00:34:12	151	Elery	Morgan	Female	Senior Female	Race 1 - Swansea Bay 5K	Finished		48	16	6'50"/Km	00:34:01
132	00:35:51	129	Damian	White	Male	Masters Male	Race 1 - Swansea Bay 5K	Finished		84	46	7'10"/Km	00:35:39
133	00:35:52	128	Joanne	White	Female	Masters Female	Race 1 - Swansea Bay 5K	Finished		49	22	7'10"/Km	00:35:41
134	00:36:01	79	Debbie	Lewis	Female	Masters Female	Race 1 - Swansea Bay 5K	Finished		50	23	7'12"/Km	00:35:52
135	00:36:11	91	Gail	Newell	Female	Masters Female	Race 1 - Swansea Bay 5K	Finished	3M Gorseinon Road Runners	51	24	7'14"/Km	00:36:01
136	00:36:54	83	Melanie	Lowe	Female	Masters Female	Race 1 - Swansea Bay 5K	Finished	Celtic Tri	52	25	7'22"/Km	00:36:51
137	00:37:20	78	Amy	Kilmister	Female	Senior Female	Race 1 - Swansea Bay 5K	Finished	PPRC	53	17	7'28"/Km	00:37:10
138	00:38:35	7	Debbie	Bennion	Female	Masters Female	Race 1 - Swansea Bay 5K	Finished	Ogmore	54	26	7'43"/Km	00:38:28
139	00:39:56	68	Melanie	Jones	Female	Masters Female	Race 1 - Swansea Bay 5K	Finished		55	27	7'59"/Km	00:39:46
140	00:40:09	105	Sharon	Rosser	Female	Masters Female	Race 1 - Swansea Bay 5K	Finished	Port Talbot Harriers	56	28	8'01"/Km	00:39:59
141	00:40:43	144	Laura	Worrall	Female	Senior Female	Race 1 - Swansea Bay 5K	Finished	Ogmore	57	18	8'08"/Km	00:40:35
142	00:41:25	49	Linda	Harris	Female	Masters Female	Race 1 - Swansea Bay 5K	Finished	Ogmore	58	29	8'17"/Km	00:41:15
143	00:41:33	108	Howard	Sims	Male	Masters Male	Race 1 - Swansea Bay 5K	Finished	Run 4 all Neath	85	47	8'18"/Km	00:41:21
144	00:43:44	158	Claire	Densham	Female	Masters Female	Race 1 - Swansea Bay 5K	Finished		59	30	8'44"/Km	00:43:34
145	00:45:10	112	Paula	Stockley	Female	Masters Female	Race 1 - Swansea Bay 5K	Finished	3M	60	31	9'02"/Km	00:45:03