

FUSION 5k 3rd Race

Pos	Time	Family	First	Num	Gen	Cat	Club	K/Split
1	0:18:05	Thomas	Mark	573	M	M40	Sospan RR	0:03:37
2	0:18:10	Harris	Ian	607	M	OM	3Ms Gorseinon RR	0:03:38
3	0:18:11	Webb	Ian	566	M	M50	Llanelli A C	0:03:38
4	0:18:12	Jones	Aaron	609	M	M50	Port Talbot Harriers A. C.	0:03:38
5	0:18:14	Dickinson	Jason	553	M	M40	TROTs	0:03:39
6	0:18:31	Lewis	Zak	600	M	OM	Llanelli A C	0:03:42
7	0:18:59	Ashley	Ed	512	M	OM		0:03:48
8	0:19:05	Morgan	David	523	M	M40	Dunstable R R	0:03:49
9	0:19:10	Smith	Simon	535	M	OM		0:03:50
10	0:19:15	Harries	Rhys	563	M	OM		0:03:51
11	0:19:31	Harrison	Nathan	599	M	OM	Llanelli A C	0:03:54
12	0:19:35	Scurrrell	Simon	591	M	OM	TROTs	0:03:55
13	0:19:44	Thomas	Dean	608	M	M40		0:03:57
14	0:19:47	Daey	Gareth	576	M	OM	Llanelli A C	0:03:57
15	0:19:52	Jones	Kevin	520	M	M40	Vegan Runners	0:03:58
16	0:19:56	Howe	Gary	537	M	M50	3Ms Gorseinon RR	0:03:59
17	0:20:00	Murry	Kirsty	547	F	F35	TROTs	0:04:00
18	0:20:00	Lewis	Owen	550	M	OM	3Ms Gorseinon RR	0:04:00
19	0:20:23	Price	Martin	562	M	OM		0:04:05
20	0:20:26	Davies	Gareth	585	M	OM		0:04:05

21	0:20:37	Wright	Tom	602	M	M50	Sospan RR	0:04:07
22	0:20:42	O'Brien	Simon	518	M	M40	Sospan RR	0:04:08
23	0:20:44	Davies	Charlotte	546	F	F35		0:04:09
24	0:20:46	Kinnear	Josh	548	M	OM	Sanshirokwai	0:04:09
25	0:20:54	Phillips	Jenny	501	F	F45	Llanelli A C	0:04:11
26	0:20:58	Halsall	Michael	542	M	OM	Llanelli A C	0:04:12
27	0:21:19	Howells	Stuart	569	M	M40		0:04:16
28	0:21:22	Thomas	Creg	531	M	OM		0:04:16
29	0:21:25	Painer	Ross	598	M	OM	3Ms Gorseinon RR	0:04:17
30	0:21:31	Cook	John	596	M	M60	Sospan RR	0:04:18
31	0:21:39	Mann	Helen	538	F	OF		0:04:20
32	0:21:58	Jones	Jonathan	555	M	OM		0:04:24
33	0:22:01	Evans	Dean	522	M	OM		0:04:24
34	0:22:03	Grey	Michelle	580	F	OF	Port Talbot Harriers A. C.	0:04:25
35	0:22:16	Majer	Ray	593	M	M50		0:04:27
36	0:22:49	Davies	Justin	549	M	M40	Purple Patch Runners	0:04:34
37	0:22:53	Majer	Robin	592	M	OM	Sospan RR	0:04:35
38	0:22:54	Brown	Steven	582	M	M50		0:04:35
39	0:23:01	Williams	Lisa	583	F	OF	3Ms Gorseinon RR	0:04:36
40	0:23:20	Reed	Roger	560	M	M40		0:04:40
41	0:23:24	Davies	Mark	564	M	M40		0:04:41
42	0:23:26	Job	Stephen	570	M	M40		0:04:41
43	0:23:31	Tonge	George	604	M	OM		0:04:42
44	0:23:34	Sinclair	Emma	606	F	F35		0:04:43
45	0:23:40	Jones	Cardelia	559	F	OF	3Ms Gorseinon RR	0:04:44
46	0:24:15	Duffy	Patrick	578	M	OM		0:04:51

47	0:24:19	Denieffe	Sophia	528	F	OF		0:04:52
48	0:24:20	Thomas	Michael	577	M	OM		0:04:52
49	0:29:33	Clayton Drabhle	Sue	558	F	F45	Silson Joggers	0:05:55
50	0:24:41	Jones	Mark	511	M	OM		0:04:56
51	0:24:46	Hopkins	Ivor	539	M	M60	Carmarthen Harriers	0:04:57
52	0:24:50	Achoukhi	Adam	557	M	OM		0:04:58
53	0:24:51	Jones	Viv	572	F	F35	Sospan RR	0:04:58
54	0:24:52	Griffiths	Donna	561	F	OF	3Ms Gorseinon RR	0:04:58
55	0:25:34	Coghun	Sue	595	F	F45	Sospan RR	0:05:07
56	0:25:37	Preece	Quadz	588	M	OM	Proptacademy	0:05:07
57	0:25:37	Griffiths	Dafydd	574	M	OM	Proptacademy	0:05:07
58	0:25:55	Frisk Cook	Eva	597	F	F55	Sospan RR	0:05:11
59	0:26:01	Desmond	Kathene	551	F	OF		0:05:12
60	0:26:03	Biscoe	Mark	525	M	OM		0:05:13
61	0:26:06	Grounds	Steve	540	M	M50		0:05:13
62	0:26:42	King	Ali	554	F	OF		0:05:20
63	0:26:53	Bullough	Malcolm	567	M	OM		0:05:23
64	0:27:01	Perry	Anna	516	F	OF		0:05:24
65	0:27:03	Jones	Martin	513	M	OM		0:05:25
66	0:27:13	Thomas	Miriam	579	F	F45	Sole Sisters	0:05:27
67	0:27:17	Davies	Arwel	529	M	M40	Sospan RR	0:05:27
68	0:27:21	Jones	Nigel	581	M	M50		0:05:28
69	0:27:27	Rivett	Michelle	519	F	F35	Vegan Runners	0:05:29
70	0:27:57	Jones	Neil	571	M	M40	Sospan RR	0:05:35
71	0:28:05	O'Brien	Karen	517	F	F45	Sospan RR	0:05:37
72	0:28:06	Morris	Lynsey	527	F	OF		0:05:37

73	0:28:10	Syroka	Monika	524	F	OF		0:05:38
74	0:28:14	Wood	Laura	601	F	OF	Proptacademy	0:05:39
75	0:28:42	Roworth	Charlotte	534	F	OF	Emlyn Runners	0:05:44
76	0:29:02	Roworth	Jessica	532	F	OF	Emlyn Runners	0:05:48
77	0:29:39	Vaughn	Jacqui	589	F	F45	Proptacademy	0:05:56
78	0:29:39	John	Horse	586	M	OM	Proptacademy	0:05:56
80	0:29:46	Treharne	Kath	605	F	F35	Amman Valley harriers	0:05:57
81	0:31:03	Pearce	Kath	575	F	F55	Sole Sisters	0:06:13
82	0:31:03	Majer	Ann	594	F	F55		0:06:13
83	0:31:14	Perkins	Emma	590	F	OF		0:06:15
84	0:32:04	Mctie	Andrew	603	M	M40		0:06:25
85	0:32:44	Tincombe	Peter	584	M	OM	Proptacademy	0:06:33
86	0:34:10	Howells	Lisa	568	F	F35		0:06:50
87	0:35:29	Jeffers	Lee	545	F	F35		0:07:06
88	0:37:10	Sunders	Dorian	521	M	M50		0:07:26
89	0:40:38	Turner	Adrienne	514	F	F55		0:08:08