

# Swansea Harriers Seaside 5K Series

## Race Results: June 2005

1	Jones	Simon	Cardiff AAC	14:53
2	Gardiner	Richard	Cardiff AC	15:01
3	Phillips	Jonathan	Cardiff AC	15:04
4	Donald	Alex	Cardiff AC	16:01
5	Kendrick	Phillip	-	16:05 v
6	Davies	Mark	Swansea Harriers	16:07
7	Richards	Paul	-	16:12 v
8	Griffiths	Paul	Swansea Harriers	16:14
9	Roberts	Mark	Swansea Harriers	16:24
10	Jones	Gareth	Neath Harriers	16:29
11	Thomas	Aled	Multi Sport	16:31
12	Jones	Steve	Brigend A.C	16:33
13	Kettle	Jeff	Brackla Harriers	16:38
14	Colcombe	Gavin	Cardiff AAC	16:54
15	Clisham	Vince	-	17:05 v
16	Thomas	Gareth	Multi Sport	17:11
17	Williams	John	Neath Harriers	17:28 v
18	Rimmer	Andrew	Swansea Harriers	17:33
19	Newhams	Greg	Brigend A.C	17:33 v
20	Alexander	Tom	Swansea Harriers	17:38
21	Dyson	Paul	Swansea Harriers	17:43 v
22	Davies	Niel	Cornelly	17:47 v
23	Wilkinson	Steven	Port Talbot Harriers	17:54 v
24	Tooze	Matthew	-	18:04
25	Worlock	Mike	Port Talbot Harriers	18:10 v
26	Williams	Jonathan	Team Deviant	18:11
27	Huczowski	Patryk	-	18:23 v
28	Walsh	Charles	Port Talbot Harriers	18:26
29	Bentley	Chris	-	18:33
30	Webborn	Martin	Swansea Harriers	18:35 v
31	Jones	Mathew	Swansea Harriers	18:38
32	Tate	Mike	Multi Sport	18:38
33	Christopher	Lynsey	Visteon Running Club	18:39
34	Coupe	Steve	Sospan R R	18:40 v
35	Watkeys	Peter Rhys	Swansea Harriers	18:41
36	Richuards	Annnane	-	18:42 v
37	Falconer	Rob	-	18:50 v
38	Ball	Ben	-	18:51
39	Lloyd	Peter	3M's	18:53
40	Elvins	Colin	Swansea Harriers	18:56 v
41	Jellyman	Keith	Team Deviant	18:58
42	Lumsdaine	Andrew	-	18:59
43	Morris	Lee	-	19:00
44	Mansfield	Helen	-	19:03 v
45	Llewellyn	Paul	Visteon Running Club	19:07 v
46	Bowen	Rod	-	19:10 v
47	Brace	Steve	Brigend A.C	19:10 v
48	Deacon	Peter	Swansea Harriers	19:11 v
49	Rimmer	Mike	Swansea Harriers	19:15 v
50	Kirk	Sian	Swansea Harriers	19:18
51	James	Wayne	Brackla Harriers	19:18 v
52	Jones	Robert	Swansea Harriers	19:20 v
53	Jones	Kristian	-	19:23
54	Gleeson	Michael	Visteon Running Club	19:28
55	Walters	Cyril	Cardiff AC	19:30 v
56	Kersting	Jonathan	-	19:30 v

57	Williams	Simon	-	19:31
58	Haddock	Nigel	Sospan R R	19:31
59	Hughes	Jason	Multi Sport	19:33
60	Lucas	Andrew	3M's	19:33 v
61	Thomas	Chris	-	19:34
62	Powell	Stephen	Port Talbot Harriers	19:34 v
63	Jones	Dave	Pontypridd	19:38 v
64	Wells	Andrew	-	19:38 v
65	Thomason	Colin	-	19:38
66	Turner	Peter	Cornelly	19:41 v
67	Mcadie	Gair	Team Deviant	19:44
68	Bennett	David	-	19:45
69	Griffiths	Rob	Swansea Harriers	19:46
70	Jones	Mike	Aberdare	19:55 v
71	Charles	Andrew	-	19:57
72	jones	caroline	-	19:58 v
73	Phillips	Jenny	-	19:58 v
74	Evans	Michael	Neath Harriers	20:01 v
75	Pinkham	Sandra	Neath Harriers	20:03 v
76	Tucker	Benjamin	Neath Harriers	20:07
77	Browne	Owen	-	20:12
78	Richards	Leonard	Port Talbot Harriers	20:14 v
79	Robertson	James	-	20:19
80	Perkins	Alan	Port Talbot Harriers	20:20 v
81	Williams	Julian	Team Deviant	20:21
82	Phillips	Tim	-	20:22 v
83	Thomas	Dean	-	20:23
84	Moore	Nathan	-	20:23
85	Barlow	Graham	-	20:24 v
86	Irving	Gary	-	20:24 v
87	Morris	Tony	-	20:25 v
88	Taylor	Ingrid	3M's	20:33 v
89	Thomas	Andrew	-	20:35
90	Hill	Terry	Brackla Harriers	20:38
91	Thomas	Grant	-	20:40
92	Challenger	Robert	Neath Harriers	20:41 v
93	Griffiths	Chris	Neath Harriers	20:42
94	Oak	David	Port Talbot Harriers	20:43 v
95	Roberts	Gavin	Swansea Harriers	20:48 v
96	Morgan	John	-	20:49
97	Jones	Christopher	Port Talbot Harriers	20:49 v
98	Griffiths	Mike	Team Deviant	20:50
99	Knight	Kevin	3M's	20:52
100	Jones	Huw	Swansea Harriers	20:54 v
101	Evans	Hywel	Visteon Running Club	20:56 v
102	Henton	Ian	Multi Sport	21:02
103	Howells	Joanne	-	21:07
104	Jefferies	Alan	Swansea Harriers	21:09 v
105	Chambers	Stephen	-	21:10 v
106	Mansfield	Simon	-	21:15 v
107	Blandford	Brian	Neath Harriers	21:16 v
108	Henderson	Jon	-	21:16
109	Gwenter	Mathew	Swansea Harriers	21:17
110	Morgan	Lewis	-	21:19 v
111	Moss	Ian	-	21:23
112	Hart	Jenny	3M's	21:23
113	Hellier	Andrew	Visteon Running Club	21:23 v
114	Higgins	Geraint	-	21:25
115	Willis	Miles	-	21:29
116	Cox	Simon	-	21:30 v
117	Barrett	Zak	-	21:30
118	Williams	Hayden	Amman Valley Harriers	21:31
119	Lewis	Andrew Paul	3M's	21:31

120	Fox	Brian	Swansea Harriers	21:35 v
121	Williams	Mark	Sospan R R	21:35
122	Beer	Simon	-	21:36
123	Morris	Mark	Port Talbot Harriers	21:36
124	Jones	Shan	Brackla Harriers	21:40 v
125	Parsons	Thomas	-	21:43
126	Phillips	Sian	Swansea Harriers	21:44 v
127	Bell	Roger	3M's	21:46 v
128	Trace	James	Amman Valley Harriers	21:46 v
129	Smith	Julian	-	21:48
130	Dobler	Sara	Swansea Harriers	21:50
131	Willis	Gerard	-	21:51
132	James	Ray	Port Talbot Harriers	21:54 v
133	Clement	John	-	21:54 v
134	Hurford	Sarah	Swansea Harriers	21:56
135	Fincher	Matthew	Sospan R R	21:56
136	Simpson	Richard	-	21:56
137	Protheroe	Phil	Road Runners	21:57
138	Jones	Terry	Swansea Harriers	21:57 v
139	James	Leigh	Brigend A.C	21:58
140	Powell	Martyn	Multi Sport	21:58
141	Boyce	Raymond	Cornelly	22:03 v
142	Davies	Nigel	-	22:04 v
143	Glen	Fiona	-	22:06
144	Parker	Chris	-	22:07
145	Nash	Mike	3M's	22:07 v
146	Bidder	Paul	Visteon Running Club	22:09
147	Lovell	John	Neath Harriers	22:09 v
148	Winterflood	Paul	-	22:18
149	Holling	Anthony	Port Talbot Harriers	22:18 v
150	McNeill	Paul	-	22:21
151	Mainwaring	Richard	-	22:21
152	Phillips	Arthur	Sospan R R	22:23 v
153	Smith	Gwen	Swansea Harriers	22:23 v
154	Jones	Jill	-	22:23 v
155	Birmingham	Stephen Paul	Brackla Harriers	22:23
156	Marshall	Helen	Swansea Harriers	22:24
157	Cunnane	John	-	22:25 v
158	Cogger	Simon	Swansea Harriers	22:26 v
159	Williams	Alex	-	22:26
160	Jones	Kristian	-	22:29
161	Wilson	Richard	-	22:29
162	Hallam	Tudor	-	22:32
163	Holding	Michael	-	22:34 v
164	Cobbold	Paul	Team Deviant	22:35
165	Samih	Ari	-	22:43
166	Davies	Aly	Swansea Harriers	22:44 v
167	Moodie	Richuard	Sospan R R	22:46
168	Jones	Sian	Amman Valley Harriers	22:46
169	Gardiner	Robert	-	22:47 v
170	Elvins	Matthew	-	22:47
171	Wilcox	Stephan	-	22:49 v
172	McAteer	Anthony	-	22:51
173	Jones	Steve	-	22:54 v
174	Mitchell	David	-	22:54 v
175	Wallis	Andrew	-	22:57
176	Moore	Gavin	-	23:01
177	Parry	Matthew	3M's	23:10
178	Pullen	Russell	Neath Harriers	23:10 v
179	Joseph	Mark	-	23:11 v
180	Morris	Mandy	-	23:13
181	Lewis	Angela	-	23:14
182	Evans	Gerwyn	-	23:15 v

183	James	Stuart	-	23:16
184	Griffiths	Rhodri	-	23:16
185	Carter	Chris	-	23:17 v
186	Sherman	Jaqui	-	23:19 v
187	McLelland	Steve	3 Ms	23:19 v
188	Raddenbury	Clive	-	23:19 v
189	Skinner	Paul	-	23:20
190	Roberts	Glenda	-	23:22 v
191	Cleland	Mark	-	23:30
192	Davies	Ken	-	23:34 v
193	Gillard	Paul	-	23:41 v
194	Ruddy	Steve	-	23:43
195	Jenkins	Phillip	3M's	23:46
196	Morgan	Barry	Visteon Running Club	23:48
197	Hirons	Sean	Multi Sport	23:49
198	Hirons	Paul	Multi Sport	23:54
199	Phillips	Helen	-	23:55 v
200	Parker	Sarah	-	23:55
201	Edwards	Andrew	-	23:58
202	Woolford	Kirsty	3M's	24:00
203	Thompson	Ryan	-	24:03
204	Colvin	Graham	3M's	24:06 v
205	Brown	Lyn	-	24:07 v
206	Russell	Philip	-	24:12 v
207	Hurdidge	Christine	3M's	24:19 v
208	Jones	Catherine	Swansea Harriers	24:20
209	Morgan	Bruce	Llanelli Tri Club	24:23 v
210	Smith	Gary	-	24:23
211	Follan	Anne	Pontypridd	24:24
212	Cox	Chris	-	24:24
213	Harris	Kelvyn	3M's	24:25 v
214	Brown	Ann	-	24:26
215	Taylor	Kirk	-	24:26
216	James	Barry	-	24:26
217	Rees	David	Neath Harriers	24:29 v
218	Reynolds	Andrea	Swansea Harriers	24:31 v
219	O'Leary	Timothy	Multi Sport	24:35 v
220	Witham	Michelle	Swansea Harriers	24:35
221	Svensson	Dan	-	24:37
222	Newman	Michael	Neath Harriers	24:39 v
223	Sharpe	Fay	3M's	24:46 v
224	cunningham	Joanne	-	24:46 v
225	parsons	natalie	-	24:47
226	Rosser	David	Amman Valley Harriers	24:50 v
227	Reynolds	Margaret	Swansea Harriers	24:52 v
228	Nicholls	Martin	Multi Sport	24:53
229	Lewis	Robert	-	24:54
230	John	Kathryn	-	24:55 v
231	Franks	Simon	-	24:55 v
232	Zarate	Elena	-	24:57 v
233	Griffiths	Sara	Neath Harriers	25:00
234	Lewis	Rhodri	-	25:01
235	Davis	Charles	-	25:03
236	Morgan	Rhidian	-	25:04 v
237	Tanner	Lea	-	25:06
238	Bright	Dave	-	25:06
239	Williams	Steve	-	25:08 v
240	Evans	Andrew	-	25:10
241	Williams	Kristina	Team Deviant	25:11
242	Borders	Billy	-	25:12 v
243	Ashman	David	-	25:18 v
244	O'Neill	Elin	-	25:19 v
245	Seabourne	Ben	-	25:20

246	Sweetman	Kathryn	-	25:23
247	Dickerson	Alyson	-	25:26
248	Davies	Christine	Sospan R R	25:32 v
249	Darby	Paul	-	25:36
250	Hart	Terry	-	25:38 v
251	Birks	Rhys	-	25:50 v
252	Rogers	Sharon	-	25:52 v
253	Tattersall	Mark	Neath Harriers	25:55 v
254	Burrows	Karen	3M's	26:02 v
255	James	Sheila	-	26:04 v
256	Preston-Farrar	Zea	-	26:13
257	Kemp	Gerald	-	26:18 v
258	Connar	Dianne	-	26:20 v
259	Williams	Tracey	3M's	26:26 v
260	Griffiths	Keith	-	26:31 v
261	Jones	Caroline	-	26:36
262	Packer	Sarah	-	26:38 v
263	Lewis	Neil	-	26:40 v
264	Walters	Rhodri	-	26:43
265	Hurford	Brunley	-	26:57 v
266	Jones	Paul	-	26:57
267	Jones	Nigel	-	27:00 v
268	Amesbury	Rosie	-	27:03 v
269	Harris	haytey	-	27:12 v
270	Evans	Ceri	-	27:23
271	Rogers	Ken	-	27:27 v
272	Harris	Keith	-	27:29 v
273	Gething	Julie	Womans Running Network	27:30 v
274	Bayliss	Amanda Jayne	Sospan R R	27:32
275	Greenfield	Kate	-	27:37
276	Hockley	Christopher	-	27:38
277	Williams	Pauline	-	27:39 v
278	Llwyd	Iola	-	27:42
279	Blyth	Jackie	-	27:44 v
280	Anderson	nicola	Womans Running Network	27:53 v
281	Caswell	Donna	Womans Running Network	28:00 v
282	Jones	David	Team Deviant	28:00
283	Bellingham	Andrew	Team Deviant	28:00
284	Richuards	liz	-	28:05 v
285	Welch	Helen	Womans Running Network	28:06 v
286	Barclay	Stephen	-	28:08
287	Barclay	Elizabeth	-	28:09
288	Dicks	Phillip	Visteon Running Club	28:11 v
289	Diamond	Elizabeth	-	28:11 v
290	Dawson	Jane	-	28:12
291	Sharpe	Laura	Swansea Harriers	28:13
292	Godwin	Wendy	-	28:15
293	williams	Sandra	-	28:18 v
294	Vyner	Carol	-	28:19 v
295	Taylor	Gary	-	28:21
296	Willis	Lisa	-	28:22
297	Churchill	Karen	-	28:25 v
298	Plaice	Christopher	-	28:25 v
299	Wilkins	Paul	-	28:28 v
300	Beynon	Daniel	-	28:32
301	Duenas	Nicholas	-	28:40 v
302	Newton	Tima	3M's	28:46
303	Coghlin	Sue	Sospan R R	28:48 v
304	Davies	Cheryl	-	28:52 v
305	Jones	Andrew	-	29:00
306	Griffith	Rhian	-	29:00
307	Peake	jude	-	29:02
308	Maggs	Amy	-	29:08

309	Hutchings	Meinir	-	29:08 v
310	Beer	Mandy	Womans Running Network	29:08 v
311	Heaven	Carolyn	Womans Running Network	29:17 v
312	Rees	Nigel	-	29:19
313	Morris	Andera	-	29:21 v
314	Keeley	Jayne	-	29:21 v
315	Prior	Carol	-	29:30
316	Daw	Susan	Port Talbot Harriers	29:30 v
317	davies	Susan	3M's	29:31 v
318	John	Andrew	-	29:33 v
319	Rees	Sandri	-	29:34 v
320	Roderick	Carys	-	29:34
321	Restan	Rachel	-	29:35
322	Jones	Lisa	-	29:46
323	Evans	Tessa	-	29:52
324	Flindall	Rowan	-	29:52
325	Hughes	Cathryn	-	29:53
326	Matthews	Sarah	-	30:02 v
327	Gilson	Owen	-	30:04
328	Eynon	Karen	-	30:07 v
329	morgan	annette	-	30:10
330	Kemp	Julie	-	30:14 v
331	Davies	Tracey	-	30:18 v
332	Poole	Malcolm	-	30:18 v
333	Owens	Sian	-	30:27 v
334	Davison	Christopher	-	30:28
335	Kennedy	Michael	-	30:30 v
336	Lucas	Louise	-	30:38
337	King	Peter	-	30:42 v
338	Hamer	Carol	-	30:54 v
339	Tanner	Judith	-	30:54 v
340	Lloyd	Julie	-	31:11 v
341	Hurford	Rachel	-	31:12
342	McCullough	Stephen	-	31:17
343	Mogford	David	-	31:17 v
344	Hienz	Christina	-	31:51 v
345	Maggs	Sharon	-	31:57
346	Healey	Almi	-	32:07
347	Thomas	Nathan	Team Deviant	32:23
348	Wade	Bonny	-	33:00 v
349	Browne	Edward	-	33:00
350	collier	aimme	-	33:04
351	Reed	Karen	-	34:05 v
352	Reed	Wendy	-	34:45 v
353	Gibbs	Kate	-	34:59
354	Browne	Ray	-	35:05 v
355	Domachowski	Lorna	-	35:06
356	Pook	Caroline	-	35:06 v
357	Browne	Karen	-	36:04 v
358	Churchill	Rhiannon	3M's	36:11
359	Pritchard	Sue	-	38:58 v