

Results for 5k - June 13th 2006

Position	Time	Number	Name	Club	Category
1	00:15:11	116	Marc Hobbs	Swansea Harriers	MO
2	00:15:12	107	Simon Jones	Cornelly Striders	MO
3	00:15:28	19	Daniel Gurmin	Abertillery	MO
4	00:15:47	119	Lewys Hobbs	Swansea Harriers	MO
5	00:15:58	10	Andrew Fargus	Bridgend	MO
6	00:16:02	130	Christopher Davies	Swansea Harriers	MO
7	00:16:07	42	David Notman	Swansea Harriers	MO
8	00:16:09	55	Ben Powell		MO
9	00:16:12	204	Steve Rees	PT Harriers	MV
10	00:16:28	118	Steve Davies	Swansea Harriers	MO
11	00:16:35	113	Dean Morgan	Amman Valley	MO
12	00:16:39	102	Gareth Jones	3M	MO
13	00:17:00	64	Jeff Kettle	Swansea Harriers	MO
14	00:17:32	152	Alan Davies		MV
15	00:17:38	191	Chris Parker		MV
16	00:17:41	29	Paul Bowen	3M	MO
17	00:17:54	125	Robert Evans		MO
18	00:17:58	11	Lewis Bevan	Aberdare	MO
19	00:17:59	242	Brian Palmer	Celtic Tri	MV
20	00:18:01	162	Greg Newhams	Bridgend	MV
21	00:18:06	171	Jon Embling	Bridgend	MV
22	00:18:07	40	Andrew Davies		MO
23	00:18:10	2	Petros Tesfaye		MO
24	00:18:12	47	Wilf Lewis	Team Dezrez	MO
26	00:18:17	45	Charles Walsh	PT Harriers	MO
25	00:18:17	135	Simon Bird	Pembroke Harriers	MO
27	00:18:18	32	Jon Bailey	Team Deviant	MO
28	00:18:18	38	James O'Callaghan		MO
29	00:18:19	35	Kris Jones	Swansea Harriers	MO
30	00:18:19	718	Antonio Cirillo		MO
31	00:18:22	57	Mark Carroll		MO
33	00:18:24	368	Ann Marie Richard		FV
32	00:18:24	788	Steve Coupe	Sospan RR	MV
34	00:18:25	206	Paul Reynolds	3M	MV
35	00:18:27	164	Grayham McLean	Multisport	MV
36	00:18:29	201	Robert Bamsey	Neath	MV
37	00:18:31	105	Mark Reynolds	Black Tues	MO
39	00:18:32	4	Jason Hughes	Multisport	MO
38	00:18:32	61	Andrew Reynolds	Black Tues	MO
40	00:18:33	31	Martin George	Sospan RR	MO
41	00:18:35	36	Paul Flynn		MO
42	00:18:39	229	Gareth Ayers	PT Harriers	MV
43	00:18:44	234	Alan Perkins	PT Harriers	MV
44	00:18:50	193	Sean McGillicuddy		MV
47	00:18:51	56	Andrew Charles		MO
45	00:18:51	163	Richard Bowen	Neath	MV
46	00:18:51	208	Graham Colvin	Gorseinon RR	MV
49	00:18:52	89	Simon Price	Multisport	MO
48	00:18:52	254	Elinor Kirk	Swansea Harriers	FO
50	00:18:58	18	Gareth Hill		MO
51	00:19:01	117	Peter Lloyd	3M	MO
52	00:19:02	170	Howard Carpenter	Neath	MV
53	00:19:05	178	Noel Husband	Swansea Harriers	MV
54	00:19:10	50	Gair McAdie	Team Deviant	MO
55	00:19:14	235	Nigel Barnes	PT Harriers	MV

56	00:19:23	177 Colin Elvins	Swansea Harriers	MV
57	00:19:25	222 Dai Richards	Celtic Tri	MV
58	00:19:28	213 Leighton Gardener	Swansea Harriers	MV
59	00:19:29	121 Adrian Weaver	PT Harriers	MO
60	00:19:31	373 Sandra Pinkham	Neath	FV
61	00:19:32	33 Will Roberts	Swansea Harriers	MO
62	00:19:36	257 Rachel Goddard	Swansea Harriers	FO
63	00:19:38	3 Peter Spriggs	Swansea Harriers	MO
64	00:19:39	775 Robert Jones	Swansea Harriers	MV
65	00:19:45	16 John Gyurkovits		MO
66	00:19:45	184 David Sullivan	3M	MV
67	00:19:46	783 Cyril Walters	TROT	MV
69	00:19:47	157 Kevin Taylor	Amman Valley	MV
68	00:19:47	210 Mike Gleeson	Visteon	MV
70	00:19:48	27 Martyn Powell	Multisport	MO
71	00:19:49	73 Dean Llewellyn	Celtic Tri	MO
72	00:19:50	236 Jeff Thomas	Bridgend	MV
73	00:19:52	23 Lee Chapman	Amman Valley	MO
74	00:19:56	216 Hugo Thompson		MV
75	00:19:57	24 David Chapman	Amman Valley	MO
76	00:19:58	212 Leonard Richards	PT Harriers	MV
77	00:19:59	165 Roger Bell	3M	MV
78	00:20:00	703 Dean Thomas		MO
79	00:20:02	255 Sian Kirk	Swansea Harriers	FO
80	00:20:03	243 Chris Allton		MV
81	00:20:07	155 Kevin Corcoran	Swansea Harriers	MV
82	00:20:10	68 Chris Fulcher	PT Harriers	MO
83	00:20:11	173 Gavin Roberts	Swansea Harriers	MV
84	00:20:12	120 Geraint Davies		MO
85	00:20:14	211 Ray James	PT Harriers	MV
86	00:20:15	276 Becky Jones	PT Harriers	FO
87	00:20:19	939 Caroline Jones	Swansea Harriers	FV
88	00:20:20	37 John Stanford		MO
89	00:20:21	132 Rhodri		MO
90	00:20:22	167 Graham Barlow		MV
91	00:20:23	227 Neil Watkins		MV
92	00:20:24	205 Simon Beer		MV
93	00:20:24	244 Michael Marshall		MV
94	00:20:25	175 Robert Fowler	Amman Valley	MV
95	00:20:26	104 Richard Wilson		MO
96	00:20:27	203 Ian Richards	Sospan RR	MV
97	00:20:28	174 Andrew Bowen	Swansea Harriers	MV
98	00:20:29	251 Joanne Howells	Swansea Harriers	FO
99	00:20:32	381 Jacqueline Brace	Bridgend AC	FV
100	00:20:35	220 Brian Short		MV
101	00:20:36	252 Rebecca King	Swansea Harriers	FO
102	00:20:41	83 Mark Stevens		MO
103	00:20:41	111 Jack Newton	Celtic Tri	MO
104	00:20:42	79 Mark Hanford		MO
105	00:20:43	196 Brian Downey		MV
106	00:20:44	787 Keith Davies	Swansea Harriers	MV
107	00:20:49	88 Grant Thomas	Team Wecori	MO
108	00:20:50	28 Alexander David	Celtic Tri	MO
109	00:20:55	711 Michael Roderick		MO
110	00:20:56	250 Andrew Thomas	3M	MV
111	00:20:58	59 David Hopkins		MO
112	00:20:59	776 John Collins	Swansea Harriers	MV
113	00:21:00	259 Helen Marshall	Swansea Harriers	FO

114	00:21:02	124 Michael Evans		MO
115	00:21:08	85 Matt Lewis		MO
116	00:21:09	202 Philip Bamsey	Neath	MV
117	00:21:13	77 Mike Griffiths	Team Deviant	MO
118	00:21:14	133 Andy Dalrymple		MO
119	00:21:14	369 Anna David	Neath	FV
120	00:21:15	156 Leighton Hughes	Neath	MV
122	00:21:16	231 Phil Williams		MV
121	00:21:16	247 John Sterio		MV
123	00:21:17	46 Ben Seabourne		MO
124	00:21:18	239 Miles Willis	Dog on rope	MV
125	00:21:20	122 Doug Morgan		MO
126	00:21:20	362 Gillian Phillips	Sospan RR	FV
127	00:21:24	159 Mark Joseph		MV
128	00:21:25	72 Mark Brace	Bridgend	MO
129	00:21:28	58 Steve Keogh	Swansea Harriers	MO
130	00:21:29	728 Simon Pinner	Wecori	MV
131	00:21:30	8 Richard Howe		MO
132	00:21:33	209 Rhydian Evans		MV
133	00:21:35	25 Neil Crawford		MO
134	00:21:35	454 Anne Follan	Pontypridd Road Runners AC	FV
135	00:21:36	49 Kevin Sweeney	Swansea Harriers	MO
136	00:21:37	198 Andrew Dunscombe	Brackla	MV
137	00:21:39	129 Rich Wilson	Team Dezrez	MO
138	00:21:40	136 Gavin Sullivan	Team Tanyard	MO
139	00:21:42	54 James Morgan		MO
140	00:21:43	702 Antonio Rodriguez		MO
141	00:21:47	354 Diane Wilson-Ewens	Swansea Harriers	FV
142	00:21:49	9 Michael Halsall		MO
143	00:21:50	926 Sian Phillips	Swansea Harriers	FV
144	00:21:51	176 Ray Donovan		MV
145	00:21:53	115 Dominic Parkes	Dog on rope	MO
146	00:21:54	228 Geoff Hall		MV
147	00:21:55	268 Jenny Gray	PT Harriers	FO
149	00:21:56	451 Julie Loyns	3M	FV
148	00:21:56	700 Richard Harris		MO
150	00:21:57	179 Kevin Tobin	Swansea Harriers	MV
151	00:22:00	106 Ian Roberts		MO
152	00:22:03	26 Andrew Smart		MO
153	00:22:04	269 Mandy Morris	Neath	FO
154	00:22:05	21 Andrew Lloyd		MO
155	00:22:07	374 Christina Smith	3M	FV
156	00:22:08	352 Gill Stanford	Swansea Harriers	FV
157	00:22:14	716 Richard Bracken		MO
158	00:22:18	260 Sarah Murford	Swansea Harriers	FO
159	00:22:20	275 Carol Moseley	PT Harriers	FO
160	00:22:22	225 Philip Green	Mumbles Milers	MV
161	00:22:23	264 Nerys Hughes	Team Deviant	FO
162	00:22:27	53 Ross Liddell	Team Dezrez	MO
163	00:22:30	241 Glenn Perry		MV
164	00:22:33	853 Joanna Crosier		FO
165	00:22:36	134 Richard Mainwaring		MO
166	00:22:38	215 Paul Davies		MV
167	00:22:39	6 Ian Moss	Team Dezrez	MO
168	00:22:40	221 Tony Holling	PT Harriers	MV
169	00:22:41	701 Richard Dugate		MO
170	00:22:42	30 Ian Jones		MO
171	00:22:45	779 Paul Rowlands		MV

172	00:22:48	249 John Cunnane	100 km association	MV
173	00:22:50	358 Gwen Smith		FV
175	00:22:51	87 Steve Press	Team Wecori	MO
174	00:22:51	240 Gerwyn Evans		MV
176	00:22:53	123 Lionel Germain		MO
178	00:22:54	20 Peter Tibbitts		MO
177	00:22:54	82 Paul Stevens		MO
180	00:22:56	263 Sara Griffiths	Neath	FO
179	00:22:56	725 Alan Jeffries	Swansea Harriers	MV
181	00:22:57	168 Tim Elias		MV
182	00:22:59	169 Richard McKie	Amman Valley	MV
184	00:23:01	76 Dean Thomas		MO
183	00:23:01	84 Hywel Tomos		MO
185	00:23:02	197 Steve McClelland	3M	MV
186	00:23:04	230 John Ayers	PT Harriers	MV
187	00:23:05	70 Dave Thomas	Celtic Tri	MO
188	00:23:06	108 Kyle Fulcher	PT Harriers	MO
189	00:23:06	272 Michelle Witham	Mumbles Milers	FO
190	00:23:08	717 Stephen Barclay		MO
191	00:23:10	245 Simon Franks	Swansea Harriers	MV
192	00:23:11	39 Matthew Fincher	Sospan RR	MO
193	00:23:12	15 Ian Barnett		MO
194	00:23:18	253 Jemma Corcoran	Swansea Harriers	FO
195	00:23:19	393 Denise Perry		FV
196	00:23:20	69 Eddie Harris	Team Dezrez	MO
197	00:23:20	113 Dean Morgan	Amman Valley	MO
199	00:23:22	112 Gareth Chapman	Amman Valley	MO
198	00:23:22	219 David Brown		MV
200	00:23:23	246 Bob Gardener	Team Wecori	MV
201	00:23:24	226 John Clement		MV
231	00:23:25	126 Simon Thomas		MO
202	00:23:25	154 Raymond Boyce	Cornelly Striders	MV
203	00:23:27	185 Paul Trotter	Swansea Harriers	MV
204	00:23:30	34 Chris Jenkins	Brackla	MO
205	00:23:32	790 Gary Smith		MV
206	00:23:34	232 Alex Williams	RRC	MV
207	00:23:35	392 Andrea Williams		FV
208	00:23:36	364 Sharon David		FV
209	00:23:37	188 Mark Williams	Sospan RR	MV
210	00:23:38	271 Kristina Williams	Team Deviant	FO
211	00:23:38	938 Cindy Loosemore		FV
212	00:23:41	184 David Sullivan	3M	MV
213	00:23:44	224 Neil Lewis	Mumbles Milers	MV
214	00:23:46	355 Sally Killian		FV
215	00:23:50	166 Mike Newman	Neath	MV
216	00:23:51	214 Robert Lewis		MV
217	00:23:58	75 Jason Bowden		MO
218	00:24:03	217 Tim Williams		MV
219	00:24:03	781 Christopher Carter		MV
220	00:24:05	279 Abbie Evans		FO
221	00:24:06	60 Bryon O'Leary		MO
222	00:24:08	927 Kathryn John	3M	FV
223	00:24:09	190 Tony Clements		MV
224	00:24:10	127 Gary Taylor	Mumbles Milers	MO
225	00:24:15	86 Ian Cole		MO
226	00:24:16	192 Dave Thomas	Team Deviant	MV
227	00:24:17	357 Fay Sharpe	3M	FV
228	00:24:19	223 Andy Bellingham		MV

229	00:24:22	195 David Ashman		MV
230	00:24:23	267 Jenny Clark	Team Deviant	FO
232	00:24:27	5 Steve Warlow	Swansea Harriers	MO
233	00:24:29	81 Ben Rees		MO
234	00:24:30	366 Helen Phillips	Amman Valley	FV
235	00:24:33	207 Ian Swanson	PT Harriers	MV
236	00:24:35	729 Simon Cogger		MV
237	00:24:37	160 Phil Protheroe	Brackla	MV
238	00:24:40	74 Mark Whittaker		MO
239	00:24:40	248 Craig Walker		MV
240	00:24:41	80 Paul Jones	Mumbles Milers	MO
242	00:24:42	44 Bruce Risdon		MO
241	00:24:42	397 Patricia Llewellyn	Cardiff	FV
243	00:24:44	351 Sue Jeffrey	Road Runners Club	FV
244	00:24:45	789 Russell Pullin	Neath Harriers	MV
245	00:24:50	238 Ian Halsey	Cardiff	MV
246	00:24:51	66 Peter Jones		MO
247	00:24:53	363 Christine Davies	Sospan RR	FV
248	00:24:54	48 Andrew Evans		MO
249	00:24:55	153 Mike Jeffrey	Veterans AC London	MV
250	00:24:59	67 Daniel Madge		MO
251	00:25:01	114 Graham Vyner		MO
252	00:25:02	710 Paul Wright		MO
253	00:25:03	365 Lyn Brown	Amman Valley	FV
254	00:25:06	376 Maria Poole		FV
255	00:25:09	265 Lowri Randell	Sospan RR	FO
256	00:25:10	194 Mark Rees		MV
257	00:25:12	161 John James	3M	MV
258	00:25:12	378 Christina Smith		FV
259	00:25:17	379 Bethan Wall		FV
260	00:25:22	43 Martin Nicholls	Team Deviant	MO
261	00:25:23	854 Ceri Knight	Les Croupiers	FO
262	00:25:28	708 Dewi Davies		MO
263	00:25:30	396 Gill Stone		FV
264	00:25:32	925 Emma Cownie		FV
265	00:25:34	859 Catherin Lisa Evans		FO
266	00:25:36	62 Gavin Burrige		MO
267	00:25:44	63 Mark Morris	PT Harriers	MO
268	00:25:48	183 Damen Davies		MV
270	00:25:49	285 Becky Martin		FO
269	00:25:49	388 Ruth Henderson		FV
271	00:25:54	186 Mike O'Shea		MV
272	00:26:04	256 Alyson Bexfield		FO
273	00:26:05	13 Jamie Robinson		MO
274	00:26:06	51 Richard Loosmore		MO
275	00:26:07	189 Nigel Jones		MV
276	00:26:09	857 Hayley Martin		FO
277	00:26:12	930 Andrea Reynolds	Swansea Harriers	FV
278	00:26:13	705 Steve Jones		MO
279	00:26:14	709 Wayne Evans		MO
280	00:26:20	262 Clare Jenkins	Brackla	FO
281	00:26:21	200 Kevin Lockett		MV
282	00:26:22	377 Ali Wood		FV
283	00:26:23	101 James Lovell		MO
284	00:26:27	274 Sarah Hartrey	Brackla	FO
285	00:26:28	858 Jenny Louise McGillicuddy		FO
286	00:26:29	398 Caroline Griffiths		FV
287	00:26:30	386 Wendy Richard		FV

288	00:26:31	17 Brian Millford		MO
289	00:26:33	850 Kathryn Sweetman	running4women	FO
290	00:26:38	187 Steve Whyte		MV
291	00:26:39	855 Nicola Donovan		FO
293	00:26:41	371 Liz Lovell		FV
292	00:26:41	726 Leighton Jenkins		MV
294	00:26:42	233 Keith Harris	Mumbles Milers	MV
295	00:26:43	727 Norman Poole		MV
296	00:26:47	280 Demelza Smith		FO
297	00:26:55	14 Declan McNevin		MO
298	00:26:56	7 Paul Skinner		MO
299	00:26:57	181 Euan Hails	Swansea Harriers	MV
300	00:26:59	78 Christopher Griffiths		MO
301	00:27:00	712 Sean Lyon Evans		MO
302	00:27:01	399 Pamela Ahearne		FV
303	00:27:06	52 Terry Hart		MO
304	00:27:07	22 Ian Davies		MO
305	00:27:07	941 Deborah Gould		FV
306	00:27:09	786 Gerald Kemp		MV
307	00:27:11	359 Susan Davies	Swansea Harriers	FV
308	00:27:12	283 Katherine Jones		FO
309	00:27:29	860 Tamara Philips		FO
310	00:27:30	772		
311	00:27:32	385 Sandra William	Mumbles Milers	FV
313	00:27:33	281 Niamh Gill		FO
312	00:27:33	372 Jenny Wyatt	WRN	FV
314	00:27:36	455 Carolyn Thomas		FV
315	00:27:37	714 Christopher Hockley		MO
316	00:27:39	715 Al Marnor		MO
317	00:27:44	41 Matthew Elvins		MO
318	00:27:51	367 Mandy Beer	WRN	FV
319	00:27:54	266 Caroline Jones		FO
320	00:27:59	218 Matthew Harris		MV
321	00:28:00	237 Christopher Plaice		MV
322	00:28:01	452 Ann Magys		FV
323	00:28:05	391 Margit Edwards		FV
324	00:28:11	453 Meinir Hutchings		FV
325	00:28:14	182 Tony Lovell		MV
326	00:28:20	353 Helen McDaid	WRN	FV
327	00:28:32	172 Adrian Bailey		MV
329	00:28:45	780 Andrew John		MV
328	00:28:45	934 Rosie Amesbury		FV
330	00:28:54	151 Peter King		MV
331	00:28:55	270 Sarah Thompson		FO
332	00:29:20	704 Lloyd Watkin		MO
333	00:29:21	935 Julie Kemp		FV
334	00:29:22	933 Pamela Milford		FV
335	00:29:38	91 Kevin Scannell	S Wales Police	MO
336	00:29:44	90 Liam Scannell		MO
337	00:29:44	284 Michelle Hurd		FO
338	00:29:48	137 Dee Lawrence		MO
339	00:29:52	261 Nicola York	Celtic Tri	FO
340	00:29:56	71 Richard Mugford		MO
341	00:30:05	278 Sarah Grant		FO
342	00:30:05	361 Suzanne Carpenter	WRN	FV
343	00:30:08	457 Mary Gillingham	WRN	FV
344	00:30:09	382 Tina Newton		FV
345	00:30:14	370 Helen Hellier		FV

346	00:30:22	180 Andrew Hellier	Visteon	MV
347	00:30:23	109 Leigh Dacy		MO
348	00:30:24	928 Karen Dusgate		FV
349	00:30:45	852 Rhianne Attwood		FO
350	00:30:47	389 Linda Owens		FV
351	00:30:58	396 Gill Stone		FV
352	00:31:22	856 Jackie Evans	Sospan Road Runners	FO
353	00:31:28	128 Ehab Taha		MO
354	00:31:32	258 Clare Smith		FO
355	00:32:16	387 Julie Lloyd		FV
356	00:32:21	380 Mary Davies		FV
357	00:32:26	110 Daniel Long		MO
358	00:32:27	158 Jeremy Cassar		MV
359	00:32:28	862 Becky Debuf		FO
360	00:32:30	936 Linda Waller		FV
361	00:32:31	355 Sally Killian		FV
362	00:32:33	456 Linda Read		FV
363	00:32:35	383 Anna Ruddy		FV
364	00:33:03	282 Rachel Holland		FO
365	00:33:35	360 Anne Newbury	WRN	FV
366	00:33:43	356 Karen Birdsall		FV
367	00:34:04	730 Tom Stear		MV
368	00:34:22	199 Chris Coleman		MV
369	00:34:22	400 Melanie Coleman		FV
370	00:34:38	277 Sophie Lockett		FO
371	00:37:02	131 Anthony Cribb	Pontypridd Road Runners AC	MO
373	DNF	12 Tino Diiulio		MO
374	DNF	65 Steve Ruddy		MO
375	DNF	103 Lee Aherne	Club69	MO
376	DNF	384 Jane Hitchman	Mumbles Milers	FV
378	DNF	782 Christopher Carter		MV
379	DNF	851 Sarah Stevens		FO
380	DNF	861 Emma Mair Perkins		FO
381	DNF	929 Nina Brocklebank	WRN	FV
382	DNF	931 Gaynor Jones		FV
383	DNF	932 Annie Conroy	Les Croupiers	FV
384	DNF	940 Annabelle Denty		FV