

Swansea Bay 5k May Event

11th May 2010

LC Swansea Bay 5k

Pos	Time	No	Name	M/F	Cat	Club
1	00:15:47	45	Marc Jenkins	M		
2	00:16:00	124	Lee Ladd	M		Carmarthen
3	00:16:07	87	Matthew Harvey	M		Neath
4	00:16:46	137	David Kehoe	M		
5	00:17:00	16	Richard Gordon	M		
6	00:17:00	51	Steven Richards	M		Swansea Harriers
7	00:17:01	469	Alan Davies	M	V	
8	00:17:02	25	Joshua Leech Griffiths	M		Carmarthen
9	00:17:18	426	Ifan Lloyd	M	V	Swansea Harriers
10	00:17:19	484	Steve Evans	M	V	Neath
11	00:17:34	100	Jeffrey Giansiracusa	M		Swansea Harriers
12	00:17:36	511	Simon Wilson	M	V	Swansea Harriers
13	00:17:37	506	Chris Parker	M	V	Swansea Harriers
14	00:17:40	83	Gareth Ayres	M		Port Talbot
15	00:17:42	479	Bernd Kulesa	M	V	3Ms
16	00:17:47	416	Kevin Griffiths	M	V	Trots
17	00:17:50	470	David Wilson-Evans	M	V	
18	00:17:53	79	Andrew Wright	M		Port Talbot
19	00:17:57	70	Stephen Richards	M		Swansea Harriers
20	00:17:58	452	Anthony Powell	M	V	Neath Harriers
21	00:18:01	513	Grant Howells	M	V	
22	00:18:03	102	Bryn Griffiths	M		Bridgend AC
23	00:18:07	246	Jade Williams	F		Amman
24	00:18:07	71	Aled Anderson	M		
25	00:18:08	468	Royston Whitehouse	M	V	Neath
26	00:18:09	529	gary Irving	M	V	Swansea Harriers
27	00:18:15	424	James Alexander	M	V	
28	00:18:15	467	Pete Lloyd	M	V	3Ms
29	00:18:16	227	Kate Roberts	F		
30	00:18:18	34	Andrew Smith	M		
31	00:18:23	119	Lee Morris	M		
32	00:18:32	130	raul Reismann	M		
33	00:18:37	245	Elysia Ridley	F		Swansea Harriers
34	00:18:39	44	Kristian Evans	M		Team Deviant
35	00:18:53	47	Nick Wright	M		
36	00:18:54	38	Matthew Herbert	M		Bridgend AC
37	00:18:55	143	Mathew Powell	M		Celtic Tri
38	00:19:01	420	Steve Walsh	M	V	3M
39	00:19:02	466	Mark Dunscombe	M	V	Sarn Helen
40	00:19:03	447	Jon Embling	M	V	Bridgend AC
41	00:19:05	475	Steve Williams	M	V	Neath
42	00:19:06	74	Shaun Broome	M		Swansea Harriers
43	00:19:10	520	Chris Allton	M	V	Swansea Harriers
44	00:19:16	17	Adam Bruce-Smith	M		
45	00:19:18	121	Jonathan Walker	M		
46	00:19:18	489	Paul Lewis	M	V	3Ms
47	00:19:20	48	Lloyd Thomas	M		
48	00:19:23	142	Ed Gale	M		
49	00:19:24	108	Daniel Pritchard	M		
50	00:19:29	440	Sean Treloar	M	V	Port Talbot
51	00:19:34	84	Kieran Mackintosh	M		Port Talbot
52	00:19:35	802	Deri Stewart	M		Celtic Tri
53	00:19:35	449	Paul Davies	M	V	Port Talbot
54	00:19:39	438	Dave Rose	M	V	Porthcawl
55	00:19:42	406	Dean Porter	M	V	
56	00:19:42	86	Joshua Sandles	M		3Ms
57	00:19:44	509	Paul Ezard	M	V	Brackla
58	00:19:46	132	Jason Dickinson	M		TROTS
59	00:19:48	417	John Morgan	M	V	Brackla Harriers
60	00:19:49	90	Mark Gosney	M		
61	00:19:58	515	Paul Rees	M	V	3Ms
62	00:19:59	437	David Sullivan	M	V	3Ms
63	00:20:01	514	Greq Matthews	M	V	
64	00:20:04	502	Howard carpenter	M	V	Neath

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Pos	Time	No	Name	M/F	Cat	Club
65	00:20:06	464	Mike tate	M	V	Multisport
66	00:20:08	504	Ian Ogilvie	M	V	Brackla
67	00:20:10	654	Sharon Leech	F	V	Carmarthen
68	00:20:10	505	Peter Jones	M	V	Parkin Runners
69	00:20:11	508	Paul Dyson	M	V	Swansea Harriers
70	00:20:12	476	Michael Evans	M	V	Neath
71	00:20:13	635	Gillian Davies	F	V	Swansea Harriers
72	00:20:14	24	Steffan Jones	M		
73	00:20:15	99999	Unknown Number	M		
74	00:20:18	644	Jenny Phillips	F	V	Llanelli
75	00:20:19	472	David parfitt	M	V	Port Talbot
76	00:20:21	650	Amanda Evans	F	V	3Ms
77	00:20:21	663	Philippa Williams	F	V	
78	00:20:23	495	Mike Rimmer	M	V	Celtic Tri
79	00:20:30	453	Phil Williams	M	V	
80	00:20:31	12	Owen Lewis	M		
81	00:20:32	619	Clare Phillips	F	V	Swansea Harriers
82	00:20:32	414	Graham Vyner	M	V	3M
83	00:20:34	471	Roger Bell	M	V	3Ms
84	00:20:35	96	Gareth Rees	M		Sospan
85	00:20:36	10	Stuart Tyrrell	M		
86	00:20:36	478	Dewi West	M	V	3Ms
87	00:20:39	224	Bethan Knapp	F		Cardiff AAC
88	00:20:41	510	Andrew Lucas	M	V	3Ms
89	00:20:42	656	Jacqueline Brace	F	V	Bridgend AC
90	00:20:43	496	Robert Jones	M	V	Swansea Harriers
91	00:20:45	116	Michael Roderick	M		
92	00:20:45	111	John Sleigh	M		
93	00:20:48	442	Michael Davies	M	V	
94	00:20:49	659	Deborah Reed	F	V	3Ms
95	00:20:50	236	Michelle Cole	F		3Ms
96	00:20:51	624	Caroline Jones	F	V	Trot Club
97	00:20:52	22	Gerwyn Steele	M		Team Steeley
98	00:20:53	499	Pete Deacon	M	V	Swansea Harriers
99	00:20:55	109	Carl Walker	M		
100	00:20:59	6	Ian Hoskins	M		
101	00:21:06	67	Russell Crocker	M		
102	00:21:11	519	Steve Ruddy	M	V	
103	00:21:13	129	Richard Humphreys	M		
104	00:21:15	620	Maqqie Fligelstone	F	V	
105	00:21:17	462	Uku Kumari	M	V	Swansea Harriers
106	00:21:20	126	Ross Griffiths	M		Swansea Uni
107	00:21:25	43	Sam Silke	M		Celtic Tri
108	00:21:26	144	Andrew Dalrymple	M		
109	00:21:27	226	Nicholas Ost	F		
110	00:21:29	104	Gethin Thomas	M		Bryn Tawe
111	00:21:29	105	Jake Peters	M		Bishopgore
112	00:21:30	483	Alan Woodward	M	V	
113	00:21:31	64	Lee Hannamontana	M		
114	00:21:33	528	Mark Sandles	M	V	
115	00:21:35	480	Kevin Corcoran	M	V	Swansea Harriers
116	00:21:37	35	Barry Morgan	M		Brackla
117	00:21:37	448	Ioan Price	M	V	
118	00:21:39	517	Simon Pinner	M	V	Team Wecori
119	00:21:39	63	Craig Phillips	M		
120	00:21:42	491	Glenn Draisey	M	V	
121	00:21:43	500	Andy Oram	M	V	
122	00:21:43	463	Alex Ford	M	V	Brackla
123	00:21:44	58	Steven Jones	M		
124	00:21:44	412	Allan Jones	M	V	Brackla Harriers
125	00:21:44	490	Steve Mcllelland	M	V	3Ms
126	00:21:47	530	Brian Fox	M	V	Swansea Harriers
127	00:21:48	85	Matt Rogerson	M		3Ms
128	00:21:51	493	Runner 493	M	V	
129	00:21:52	81	Sion Hughes	M		
130	00:21:52	651	Christina Smith	F	V	3Ms
131	00:21:53	419	Christopher Cutts	M	V	
132	00:21:53	112	Robert Crabtree	M		Dragon
133	00:21:53	243	Carley Evans	F		Swansea Harriers
134	00:21:54	13	Mike Griffiths	M		Team Deviant
135	00:21:54	15	Andrew Williams	M		

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Pos	Time	No	Name	M/F	Cat	Club
136	00:21:55	91	Mike Gleeson	M		VRC
137	00:21:58	57	Gary Morgan	M		
138	00:21:59	649	Charlotte Johns	F	V	Brackla
139	00:22:01	431	Geoff Hall	M	V	
140	00:22:02	75	Gareth Davey	M		
141	00:22:03	492	Tony Baker	M	V	
142	00:22:07	477	Geoff White	M	V	3Ms
143	00:22:08	409	Steve Jones	M	V	
144	00:22:10	69	Jonathan Lewis	M		
145	00:22:11	522	Alan Engles	M	V	
146	00:22:12	89	Ludovic Boucher-Hamon	M		Celtic Tri
147	00:22:14	98	gary Robertson	M		
148	00:22:17	99	Owain Rowlands	M		
149	00:22:19	482	Colin Anthony	M	V	Port Talbot
150	00:22:20	118	James Dawson	M		Team Brodie
151	00:22:21	638	Christine Jones	F	V	Celtic Tri
152	00:22:21	65	Craig Lewis	M		
153	00:22:22	457	Nick Griffiths	M	V	
154	00:22:24	481	David Oak	M	V	Port Talbot
155	00:22:33	56	Lloyd Nicholas	M		
156	00:22:33	103	james Evans	M		
157	00:22:36	230	Joanne Clatworthy	F		
158	00:22:39	78	Darren Vaughan	M		Port Talbot
159	00:22:40	564	Runner 564	M	V	
160	00:22:41	434	Roland Matthews	M	V	Brackla
161	00:22:41	88	Andrew Rees	M		
162	00:22:43	240	Cerys Morgan	F		Swansea Harriers
163	00:22:43	653	Caroline Sandles	F	V	3Ms
164	00:22:43	487	Carlos Lawd	M	V	
165	00:22:44	433	Paul Bigmore	M	V	Brackla
166	00:22:45	2	Rob Wood	M		
167	00:22:46	454	David Mitchell	M	V	SBOC
168	00:22:47	52	Paul Karma-carsley	M		
169	00:22:47	458	Brian MacGiollabaum	M	V	Mumbles Milers
170	00:22:48	403	Winston Lord	M	V	
171	00:22:49	41	Jim Holland	M		
172	00:22:51	9	Robert Scott	M		
173	00:22:52	50	Dan Roberts	M		
174	00:22:52	139	Brendan James	M		
175	00:22:53	518	Bob Gardiner	M	V	Team Wecori
176	00:22:54	97	Andrew Beale	M		
177	00:22:54	473	Ian Williams	M	V	Port Talbot
178	00:22:55	501	James Thomas	M	V	Brackla
179	00:23:00	122	Richard Price	M		
180	00:23:02	408	Anthony Kavanagh	M	V	Brackla Harriers
181	00:23:03	657	Cicely Warren	F	V	
182	00:23:04	72	Alastair Ford	M		
183	00:23:05	134	Paul Jones	M		Mumbles Milers
184	00:23:06	60	James Davies	M		
185	00:23:10	30	Chris Kumaran	M		
186	00:23:10	801	James Colburn	M		Celtic Tri
187	00:23:11	24	Already Finished	M		
188	00:23:17	446	Lee Williams	M	V	
189	00:23:19	110	Tom Moore	M		
190	00:23:22	135	Chris Howells	M		
191	00:23:23	4	Martyn Lewis	M		
192	00:23:23	40	Darren Grounds	M		
193	00:23:25	647	Libby Lavis	F	V	Brackla
194	00:23:28	127	Graeme Davies	M		Swansea Uni
195	00:23:29	73	David Willis	M		
196	00:23:32	429	Don Burrows	M	V	Sospan RR
197	00:23:32	634	Claire Morgan	F	V	
198	00:23:32	415	Edward Davies	M	V	
199	00:23:38	26	Gary Matthews	M		
200	00:23:40	25	Already Finished	M		
201	00:23:43	439	Paul Crockett	M	V	
202	00:23:46	95	Chris Thomas	M		
203	00:23:47	216	Alison Tay	F		Swansea Harriers
204	00:23:51	68	Byron Jones	M		
205	00:23:51	435	Tony Burt	M	V	Brackla Harriers
206	00:24:01	49	Iain Leighton	M		

Swansea Bay 5k May Event

Pos	Time	No	Name	M/F	Cat	Club
207	00:24:02	427	Louis Fligelstone	M	V	
208	00:24:02	131	Carl Watkins	M		
209	00:24:05	459	Leighton Johnson	M	V	
210	00:24:06	76	Rob Duffus	M		
211	00:24:06	456	ralph Jones	M	V	Neath Harriers
212	00:24:08	637	Lisa Kethro	F	V	Celtic Tri
213	00:24:11	208	Angela Davies	F		
214	00:24:12	436	Simon Franks	M	V	Swansea Harriers
215	00:24:16	645	Christa Matthews	F	V	
216	00:24:17	422	Matt Weller	M	V	Mumbles M
217	00:24:18	675	Linda Rees	F	V	3Ms
218	00:24:18	93	Sean Doherty	M		
219	00:24:20	498	terry Hart	M	V	
220	00:24:22	474	Alan Roberts	M	V	
221	00:24:26	631	Melanie Colburn	F	V	Celtic Tri
222	00:24:27	601	Angela Ridge	F	V	Celtic Tri
223	00:24:27	680	Chris Webb	F	V	
224	00:24:30	113	Dan Barber	M		
225	00:24:33	608	Joanne Perkins	F	V	
226	00:24:34	213	Jenny McAdie	F		Team Deviant
227	00:24:35	120	carl Morris	M		
228	00:24:36	46	Jonathan Britton	M		
229	00:24:36	39	Bernard Murphy	M		
230	00:24:36	503	Owen Morgan	M	V	
231	00:24:37	7	Andrew Brown	M		
232	00:24:38	55	Gareth Pickarell	M		
233	00:24:41	445	Iwan Davies	M	V	
234	00:24:42	531	Andrew Rothwell	M	V	
235	00:24:44	497	hatden Williams	M	V	
236	00:24:44	37	David O'Sullivan	M		
237	00:24:44	678	Debra Clarke	F	V	
238	00:24:45	643	Gwen Smith	F	V	
239	00:24:46	92	Oliver Kohll	M		
240	00:24:49	77	Matthew Nolan	M		
241	00:24:50	633	Sali Davies	F	V	3Ms
242	00:24:50	207	Natalie Jones	F		Village Vipers
243	00:24:53	533	Gary Sawdon	M	V	
244	00:24:56	36	Paul Clarke	M		Mumbles Milers
245	00:24:58	665	Vicki Hopkins	F	V	Brackla
246	00:24:58	413	Keith Treharne	M	V	Brackla Harriers
247	00:25:00	210	Sarah Dusgate	F		
248	00:25:00	526	Richard Adams	M	V	
249	00:25:01	451	Tony Dubens	M	V	Neath Harriers
250	00:25:03	612	Ruth Henderson	F	V	
251	00:25:04	229	Victoria Moore	F		
252	00:25:06	8	Ryan Bowen	M		
253	00:25:11	410	Phillip Jenkins	M	V	
254	00:25:11	248	Leonie Thomas	F		
255	00:25:13	42	Kevin Davies	M		
256	00:25:15	209	Grace Bailey	F		
257	00:25:18	922	Laura Miles	F		Celtic Tri
258	00:25:21	669	Melanie Stone	F	V	Celtic Tri
259	00:25:22	677	Lesley mainwaring	F	V	
260	00:25:23	494	Tony Henebery	M	V	Mumbles Milers
261	00:25:23	660	Joanne Popham	F	V	
262	00:25:29	264	Nicola Powell	F		Celtic Tri
263	00:25:30	646	Julie Noble	F	V	Celtic Tri
264	00:25:30	521	Andy Bellingham	M	V	
265	00:25:35	512	Richard Donne	M	V	3Ms
266	00:25:36	405	John Paeice	M	V	
267	00:25:38	265	Joanna Rothwell	F		
268	00:25:39	20	Tom Wimpory	M		
269	00:25:40	203	Kirsten Tucker	F		WRN
270	00:25:42	671	Helen Phillips	F	V	Amman
271	00:25:43	82	Owen Hughes	M		
272	00:25:46	62	Christian Hughes	M		
273	00:25:48	14	Andrew Jones	M		
274	00:25:50	661	Margaret Reynolds	F	V	Swansea Harriers
275	00:25:53	251	Lynda Thomas	F		
276	00:25:53	101	Andrew Davies	M		
277	00:25:55	639	Andrea Griffiths	F	V	Celtic Tri

Swansea Bay 5k May Event

Pos	Time	No	Name	M/F	Cat	Club
278	00:25:58	200	Rebecca Jenkins	F		
279	00:25:59	125	Matt Pavey	M		
280	00:25:59	219	Danielle Williams	F		
281	00:26:02	666	Louise Oram	F	V	
282	00:26:03	21	Neil Dolman	M		
283	00:26:06	114	Gareth Hughes	M		
284	00:26:08	133	Jonathan Cundill	M		
285	00:26:09	99999	Unknown Number	M		
286	00:26:10	80	Stuart riffiths	M		3Ms
287	00:26:11	239	Donna Griffiths	F		3Ms
288	00:26:13	127	Already Finished	F		
289	00:26:19	247	Rhian Bowen	F		Brackla
290	00:26:29	605	Patricia Jones	F	V	Brackla Harriers
291	00:26:31	628	Denise Bradley	F	V	
292	00:26:32	672	Lyn Brown	F	V	Amman Valley
293	00:26:35	658	Fay Sharpe	F	V	3Ms
294	00:26:35	430	Nigel Leighton Jones	M	V	
295	00:26:39	252	Sarah Mee	F		
296	00:26:42	655	Sally Reid	F	V	3Ms
297	00:26:47	250	katie Evans	F		Celtic Tri
298	00:26:48	244	Clare Carver	F		
299	00:26:51	921	Amelia Boucher	F		Celtic Tri
300	00:26:54	66	Rahul Mankotia	M		
301	00:26:55	450	David Williams	M	V	
302	00:26:56	432	Christopher Hockley	M	V	Swansea
303	00:27:04	461	Ian Swanson	M	V	
304	00:27:06	428	Wayne Jones	M	V	
305	00:27:13	262	Conny Roth	F		
306	00:27:15	441	John Morrissey	M	V	
307	00:27:16	485	Greg Hutton	M	V	
308	00:27:16	205	Helen Beale	F		
309	00:27:17	488	Keith Harris	M	V	Mumbles Milers
310	00:27:19	615	Catherine Morgan	F	V	
311	00:27:21	54	Mark Richards	M		
312	00:27:24	59	Jamie Fletcher	M		
313	00:27:28	486	Rob Skelton	M	V	
314	00:27:34	444	Martin Nicholls	M	V	3Ms
315	00:27:38	524	Andrew Mainwaring	M	V	
316	00:27:40	217	Kat Jennings	F		
317	00:27:44	602	Catherine Isaac	F	V	
318	00:27:46	681	Lisa Fabb	F	V	Oystermouth
319	00:27:53	404	Mark Hammond	M	V	
320	00:27:55	525	Mark Feltrus	M	V	
321	00:27:59	507	Roger Evans	M	V	
322	00:28:00	664	Kathleen Evans	F	V	Brackla
323	00:28:04	249	Hayley Parkinson	F		
324	00:28:05	115	Joe Street	M		
325	00:28:07	123	Phil Davies	M		
326	00:28:08	600	Diane Hynam	F	V	Celtic Tri
327	00:28:15	256	Elin Rees	F		
328	00:28:16	257	Rosanna Fildes	F		
329	00:28:17	516	Daniel Cundy	M	V	
330	00:28:21	128	Mark Hay	M		
331	00:28:24	629	Sian Edwards	F	V	Celtic Tri
332	00:28:25	421	Chris Brudenell	M	V	
333	00:28:25	407	Gary Everett	M	V	
334	00:28:27	260	hannah Thomas	F		
335	00:28:27	136	Chris Edmonds	M		
336	00:28:33	648	Julie Lloyd	F	V	
337	00:28:41	11	Andrew Jones	M		
338	00:28:42	255	Cat Hayes	F		
339	00:28:43	206	Alice Roythorne	F		Cardiff
340	00:28:45	460	Michael Allen	M	V	
341	00:29:06	241	Laura Huntley	F		
342	00:29:10	652	Pauline Thomas	F	V	TROTS
343	00:29:20	613	Valerie phillips	F	V	
344	00:29:24	261	Rachel Holland	F		
345	00:29:26	668	Linda Owens	F	V	3Ms
346	00:29:30	242	Ruth Beer	F		
347	00:29:34	607	Jenny Wyatt	F	V	WRN
348	00:29:36	3	Tim Moody	M		

Swansea Bay 5k May Event

Pos	Time	No	Name	M/F	Cat	Club
349	00:29:36	411	Stephen Scott	M	V	
350	00:29:37	609	Nerys Anne Jones	F	V	
351	00:29:52	610	Jane McGregor	F	V	
352	00:29:52	140	Huw Evans	M		
353	00:29:53	642	Johanne Hughes-Dowdle	F	V	
354	00:29:55	662	Sarah Grant	F	V	
355	00:29:59	218	Catherine Thomas	F		
356	00:30:01	640	Tracy Loney	F	V	
357	00:30:19	94	James Phillips	M		
358	00:30:27	455	Graham Yeo	M	V	
359	00:30:27	479	Already Finished	M		
360	00:30:31	603	Janine Lewis	F	V	WRNetwork
361	00:30:31	604	Sarah Gould	F	V	WRNetwork
362	00:30:42	679	Emma Kehoe	F	V	
363	00:30:45	222	Melanie Thomas	F		
364	00:30:47	626	Nicola O'Sullivan	F	V	
365	00:30:49	215	Bronwen Williams	F		
366	00:30:50	632	Marisa Van Den Broek	F	V	
367	00:31:05	107	Gary Taylor	M		Mumbles Milers
368	00:31:07	225	Holly Thomas	F		
369	00:31:27	25	Already Finished	F		
370	00:31:38	211	Cath Tofts	F		
371	00:31:40	223	Alice Sullivan	F		
372	00:31:45	228	Emily Wilson	F		
373	00:31:51	117	Michael Podger	M		
374	00:31:55	622	Kim Evans	F	V	W R N
375	00:31:55	220	Claire Edwards-Matthews	F		
376	00:31:56	611	Sarah Brain	F	V	
377	00:31:57	616	Maria Kostromin	F	V	
378	00:32:05	106	Dan Huntley	M		
379	00:32:06	523	Brian Jones	M	V	
380	00:32:11	676	Alison Jones	F	V	Celtic Tri
381	00:32:15	234	Amy Bibby	F		
382	00:32:18	673	Deborah Lewis	F	V	
383	00:32:20	259	Allison Church	F		
384	00:32:26	202	Marie Griffiths	F		
385	00:32:36	253	Anita Davies	F		
386	00:32:39	26	Already Finished	F		
387	00:32:45	623	Pam Burrows	F	V	Sospan
388	00:33:02	138	Nick Jones	M		
389	00:33:14	641	Claire Traylor	F	V	
390	00:33:18	232	Nicola Evans	F		
391	00:33:27	674	Delyth Sambrook	F	V	
392	00:33:28	258	Georgina Rees	F		
393	00:33:28	237	tara Watt	F		Multisport
394	00:33:45	231	Hayley Thomas	F		
395	00:34:10	235	Sarah Cole	F		
396	00:34:11	617	Sacha Osborne	F	V	
397	00:34:44	636	Ceri Saunders	F	V	
398	00:34:51	625	Mandy Connell	F	V	
399	00:34:52	28	Hefin Ap Daftdd	M		
400	00:35:03	627	Lesley Bigmore	F	V	Brackla
401	00:35:07	670	Charlotte Walker	F	V	
402	00:35:08	254	Angharad Isaac	F		
403	00:36:06	621	Eiry Howells	F	V	
404	00:36:50	238	Sara Gravelle	F		
405	00:37:02	263	Rhiannon Sandles	F		
406	00:37:58	233	Hannah James	F		
407	00:38:34	667	jane Elliott	F	V	3Ms