

2013 Admiral Swansea Bay 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
1	0:28:44	3	Peter Emasse	M		RUN FAST	1	0:28:44
2	0:29:00	1	Bernard Rotich	M		MOYO SPORTS	2	0:29:00
3	0:29:14	6	Nicolas Torry	M		SERPENTINE RC	3	0:29:13
4	0:29:25	2	Boniface Kongin	M		RUN FAST	4	0:29:24
5	0:29:59	8	Paul Martelletti	M		RUN FAST	5	0:29:57
6	0:30:00	4	David Webb	M		LEEDS CITY	6	0:30:00
7	0:30:25	18	Weynay Ghebresalasia	M		BIRCHFIELD HARRIERS	8	0:30:25
8	0:30:26	13	Richard Horton	M		SHAFTESBURY BARNET HARRIERS	7	0:30:25
9	0:30:36	3872	Dewi Griffiths	M	22	SWANSEA HARRIERS	9	0:30:36
10	0:30:55	12	Tom Merson	M		BRISTOL AND WEST AC	10	0:30:55
11	0:31:14	5	Frank Tickner	M		WELLS CITY	11	0:31:14
12	0:31:19	9	Benjamin Jones	M		COVENTRY GODIVA HARRIERS	12	0:31:18
13	0:31:22	10	Daniel Woodgate	M		LUTON / ST MARYS UNIVERSITY	13	0:31:21
14	0:31:23	75	Jon Hopkins	M	21	CARDIFF AAC	14	0:31:22
15	0:31:26	89	Ian Williams	M		TIPTON	15	0:31:25
16	0:31:53	7	Peter Huck	M		RUN FAST	16	0:31:52
17	0:32:11	90	Matt Evans	M		SWANSEA HARRIERS	17	0:32:09
18	0:32:11	14	Harvey Speed	M		COVENTRY GODIVA HARRIERS	18	0:32:10
19	0:32:12	76	Nathaniel Lane	M	35	CARDIFF AAC	19	0:32:11
20	0:32:13	3482	Michael Kallenberg	M	22	CARDIFF AAC	20	0:32:12
21	0:32:15	37	Phil Matthews	M		SWANSEA HARRIERS	21	0:32:15
22	0:32:18	3859	Daniel Rothwell	M		SWANSEA HARRIERS	22	0:32:17
23	0:32:19	22	Polline Wanjiku	F		RUN FAST	23	0:32:18
24	0:32:23	1702	Thomas Beedell	M		WOODFORD GREEN	24	0:32:23
25	0:32:26	61	Ricky Challinor	M			25	0:32:25
26	0:32:33	85	Graham Breen	M	35	LES CROUPIERS	26	0:32:31
27	0:32:49	2585	Daniel Clarke	M		COVENTRY GODIVA HARRIERS	27	0:32:47
28	0:32:51	2246	Scott Hazell	M		COVENTRY GODIVA HARRIERS	28	0:32:48
29	0:32:53	71	Daniel Bodman	M		ABERDARE VALLEY AAC	29	0:32:52
30	0:32:56	36	Matt Collins	M		FAIRWATER RUNNERS	30	0:32:54
31	0:32:59	40	Matty Edmunds	M		LLISWERRY RUNNERS	31	0:32:56
32	0:33:05	3798	Tes Goitom	M		LES CROUPIERS	32	0:33:02
33	0:33:09	83	Jerome Edwards	M	35	LES CROUPIERS	33	0:33:05
34	0:33:17	91	Matt Harvey	M		NEATH HARRIERS	34	0:33:14
35	0:33:21	3442	Chris Davies	M			35	0:33:18
36	0:33:30	657	Joshua Griffiths	M	19	SWANSEA HARRIERS	36	0:33:28
37	0:33:32	17	Huw Evans	M	40	LES CROUPIERS	37	0:33:30
38	0:33:35	3843	Elsidig Ibrahim	M		CARDIFF AAC	38	0:33:32
39	0:33:37	63	Lee Jones	M	40	DESSIDE AC	40	0:33:36
40	0:33:37	62	Brendan Rothery	M		ERYRI HARRIERS	39	0:33:35
41	0:33:46	72	Matthew Wells	M		BRIDGEND AC	41	0:33:43
42	0:33:55	2070	Oliver Williams	M		LES CROUPIERS	42	0:33:52
43	0:33:57	2702	Tish Jones	F		BELGRAVE HARRIERS	43	0:33:55
44	0:34:07	64	Chris Evans	M		ERYRI HARRIERS	45	0:34:04
45	0:34:08	3164	Chris Millington	M		LES CROUPIERS	44	0:34:04
46	0:34:22	65	Andy Edwards	M	22	DEESTRIDERS	46	0:34:21
47	0:34:23	35	Daryll Barnby	M		FAIRWATER RUNNERS	47	0:34:21
48	0:34:26	658	Scott Campbell	M		WESTBURY HARRIERS	48	0:34:24
49	0:34:32	23	Gladys Ruto	F		RUN FAST	49	0:34:30
50	0:34:35	73	Edward Donovan	M		LES CROUPIERS	50	0:34:31
51	0:34:41	3158	Ifan Richards	M	35	MEIRIONYDD RUNNING CLUB	51	0:34:38
52	0:34:45	92	Andrea Whitcombe	F	40	SWANSEA HARRIERS	52	0:34:43
53	0:34:50	2454	Paul Griffiths	M	45	NEATH HARRIERS	53	0:34:46
54	0:34:51	20	Katrina Wootton	F		COVENTRY GODIVA HARRIERS	54	0:34:49
55	0:34:56	2854	Stephen Thomas	M	45	ABERDARE VALLEY AAC	55	0:34:54
56	0:35:00	1356	Gareth Ayres	M		PORT TALBOT HARRIERS	56	0:34:58
57	0:35:01	38	Mark Jennings	M	35	FAIRWATER RUNNERS	57	0:34:58
58	0:35:02	1066	Simon Beedell	M		CHILTERN HARRIERS AC	59	0:34:59
59	0:35:03	2444	Peter Coles	M	50	PONTYPRIDD ROADENTS AC	58	0:34:59
60	0:35:05	43	Steffan Sims	M	45	FAIRWATER RUNNERS	60	0:35:02
61	0:35:07	1514	Lee Aherne	M	45	PARC BRYN BACH	61	0:35:05
62	0:35:10	2899	Richard Wilder	M	40	SAN DOMENICO RRC	63	0:35:08
63	0:35:11	3391	Matthew Jacklin	M	35	ABERDARE VALLEY AAC	62	0:35:08
64	0:35:21	1316	Matthew Hurford	M	40	LES CROUPIERS	64	0:35:16
65	0:35:27	2875	Martin Shaw	M	40	BRECON AC	66	0:35:26
66	0:35:28	26	Jenny Jagger	F		BRISTOL AND WEST AC	65	0:35:26
67	0:35:29	3535	Ian Harris	M		3MS GORSEINON RR	67	0:35:26
68	0:35:35	2475	Mike Evans	M	35	TROTS	68	0:35:32
69	0:35:35	2077	Darren Blazier	M	40	ABERGELE	69	0:35:32
70	0:35:40	2993	John Rooney	M			70	0:35:34
71	0:35:41	77	Kate Roberts	F		BRIDGEND AC	71	0:35:39
72	0:35:42	27	Claire Jacobs	F		TIPTON	72	0:35:39
73	0:35:45	25	Emma D'Alton	F	35	WESTBURY HARRIERS	73	0:35:41
74	0:35:46	385	Eamonn Kirk	M	40	SWANSEA HARRIERS	74	0:35:43
75	0:35:50	1815	Royston Whitehouse	M	50	NEATH HARRIERS	75	0:35:46

2013 Admiral Swansea Bay 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
76	0:35:51	389	Richard Copp	M			77	0:35:48
77	0:35:56	1055	Christopher Silver	M			76	0:35:48
78	0:36:00	70	Chris Yorke	M	45	NWRRRC	78	0:35:58
79	0:36:02	3249	Michael Dury	M	35	ISLWYN RC	79	0:35:59
80	0:36:07	68	Simon Roberts	M	40	BUCKLEY RUNNERS	80	0:36:05
81	0:36:17	3560	Carl Ellis	M	35	NEATH HARRIERS	81	0:36:12
82	0:36:25	3413	Owen Flage	M	40	OLDHAM & ROYTON H & AC	83	0:36:22
83	0:36:26	448	Matthew Reynolds	M			84	0:36:23
84	0:36:28	3295	Christopher Jenkins	M	35	NEATH HARRIERS	86	0:36:25
85	0:36:29	2105	Chris Fulcher	M	45	NEATH HARRIERS	85	0:36:24
86	0:36:30	3214	Antonio Cirillo	M	22		82	0:36:12
87	0:36:35	346	Emyr Morgan	M	40	SOUTHAMPTON ATHLETIC CLUB	87	0:36:31
88	0:36:38	2607	Phil Bristow	M	50	SAN DOMENICO RRC	89	0:36:34
89	0:36:40	1913	Philip Kendrick	M	50		90	0:36:37
90	0:36:42	2440	Kevin Griffiths	M	45	TROTS	88	0:36:33
91	0:36:43	2894	Tim Crossman	M	50		91	0:36:38
92	0:36:43	3360	Martin Williams	M	45		92	0:36:40
93	0:36:50	246	Jason Dickinson	M	45	TROTS	94	0:36:48
94	0:36:51	42	Steve Davies	M	50	PONT Y PWL	93	0:36:48
95	0:37:03	44	Emma Wookey	F	20	LLISWERRY RUNNERS	97	0:37:00
96	0:37:05	99	Ifan Lloyd	M	50	SWANSEA HARRIERS	96	0:37:00
97	0:37:05	1650	Michael Bryant	M			95	0:36:56
98	0:37:06	53	Emma Crowe	F	40	WREXHAM AC	99	0:37:02
99	0:37:08	2569	Steve Rhind	M	45		98	0:37:01
100	0:37:11	3453	Alun Jones	M		LES CROUPIERS	100	0:37:07
101	0:37:23	2796	Adam Grant	M			101	0:37:15
102	0:37:23	3161	David Richardson	M			103	0:37:19
103	0:37:25	67	Andy Campbell	M	35	WRECSAM TRI	105	0:37:23
104	0:37:25	1298	Paul Clarke	M			102	0:37:18
105	0:37:31	2797	Alex Clark	M			104	0:37:22
106	0:37:33	84	Samuel Longville	M			107	0:37:30
107	0:37:34	2512	Peter Osborne	M	50	LLANELLI AC	108	0:37:31
108	0:37:41	1968	Haydn Hartnell	M	50	ISLWYN RC	109	0:37:36
109	0:37:45	252	Alex Williams	M	45	PORT TALBOT HARRIERS	110	0:37:36
110	0:37:48	3778	Peter Crane	M	50	NEATH HARRIERS	113	0:37:41
111	0:37:48	2838	Eddie Campbell-Adams	M			112	0:37:38
112	0:37:49	3445	Andrew Dwyer	M	45		111	0:37:37
113	0:37:51	665	Richard L Jones	M	50		115	0:37:50
114	0:37:53	2191	Steven Warren Dinham	M		PORT TALBOT HARRIERS	114	0:37:42
115	0:37:57	3698	Steve Sanders	M		ADMIRAL	116	0:37:52
116	0:38:01	3875	Paul Evans	M	45		106	0:37:26
117	0:38:09	1760	Kieran John	M	18		117	0:38:05
118	0:38:13	1124	Eryl John Husband	M	55	WELSH ANGLO ATHLETICS	121	0:38:09
119	0:38:15	3494	Mark Finlayson	M	35	LES CROUPIERS	122	0:38:11
120	0:38:18	493	Louise Bardsley	F		READING AC	124	0:38:14
121	0:38:19	2667	Llyr Lewis	M			120	0:38:09
122	0:38:21	2888	Gareth Poston	M			125	0:38:14
123	0:38:23	3592	Elysia Ridley	F		SWANSEA HARRIERS	126	0:38:17
124	0:38:23	1591	Leyton Fleet	M	40	FOREST OF DEAN AC	123	0:38:12
125	0:38:24	871	Benjamin Bowen	M			119	0:38:08
126	0:38:26	2647	Tom Lloyd	M			118	0:38:07
127	0:38:26	1251	Glyn Sansom	M	50	SAN DOMENICO RRC	129	0:38:23
128	0:38:27	2867	Johnny Lam	M	40	SAN DOMENICO RRC	130	0:38:23
129	0:38:28	2056	Kneath Philippart	M	55	SWANSEA HARRIERS	127	0:38:20
130	0:38:28	486	John George	M			132	0:38:24
131	0:38:29	822	Ceri Davies	M	35	SAN DOMENICO RRC	128	0:38:20
132	0:38:31	98	Simon Wilson	M	45	SWANSEA HARRIERS	133	0:38:26
133	0:38:34	2724	Callum Beare	M	16	LLANELLI AC	134	0:38:30
134	0:38:34	1187	Nick Reid	M			131	0:38:24
135	0:38:44	2940	Michael Roderick	M		SWANSEA HARRIERS	135	0:38:38
136	0:38:48	2141	Michael Murphy	M	55	LES CROUPIERS	137	0:38:42
137	0:38:51	3781	Katie Hughes	F	35	WESTBURY HARRIERS	138	0:38:44
138	0:38:52	2760	Andrew Charles	M			136	0:38:40
139	0:38:53	223	Simon Thomas	M	40	FETCH EVERYONE	139	0:38:48
140	0:38:55	1205	Michael Hodder	M			141	0:38:50
141	0:38:56	3162	Jack Jones	M		SWANSEA HARRIERS	140	0:38:48
142	0:38:57	2900	Sally Wilder	F		SAN DOMENICO RRC	143	0:38:51
143	0:38:59	3583	Paul Price	M	45		144	0:38:54
144	0:39:01	3032	Stephen Davies	M	55	MANSFIELD HARRIERS AC	145	0:38:54
145	0:39:02	2775	Rhodri Evans	M			146	0:38:56
146	0:39:02	1168	John Rees	M	50		148	0:38:58
147	0:39:05	2651	Vicky Tester	F		WESTBURY HARRIERS	149	0:39:01
148	0:39:10	3547	Marley Swindells	M			147	0:38:57
149	0:39:11	97	Ceri-Anne Santos	F	20	SWANSEA HARRIERS	153	0:39:06
150	0:39:12	1950	Wayne Bowen	M			142	0:38:51

2013 Admiral Swansea Bay 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
151	0:39:14	741	Steve Lawrence	M			154	0:39:08
152	0:39:15	3799	David Garcia Ruiz	M			150	0:39:02
153	0:39:15	2280	Richard Segust	M	45		151	0:39:05
154	0:39:16	1238	Karl Eenmaa	M	40	PORT TALBOT HARRIERS	152	0:39:05
155	0:39:18	3329	Lee Sandham	M	40	NEATH HARRIERS	155	0:39:11
156	0:39:18	977	Julian Boon	M	40	FOREST OF DEAN AC	156	0:39:11
157	0:39:20	2181	Huw Roberts	M	55		159	0:39:15
158	0:39:26	2177	Andrew Morris	M			160	0:39:18
159	0:39:30	854	Ori Bowen	M			157	0:39:14
160	0:39:30	82	Susan Watson	F	45	LES CROUPIERS	163	0:39:24
161	0:39:30	1830	Steve Williams	M	55	NEATH HARRIERS	162	0:39:24
162	0:39:34	1638	Attila Garai	M	45		161	0:39:23
163	0:39:39	1133	Deborah Steer	F	50	ST ALBANS STRIDERS	164	0:39:30
164	0:39:40	1960	Frankie Ward	M	40		158	0:39:15
165	0:39:40	52	Nicola Gething	F	40	PARC BRYN BACH	167	0:39:36
166	0:39:41	3501	Dale Williams	M			168	0:39:36
167	0:39:41	721	Stefan Goodwin	M			166	0:39:31
168	0:39:44	1167	Vincent Brain	M			170	0:39:39
169	0:39:47	3536	Andrew Blair	M	45	LES CROUPIERS	171	0:39:40
170	0:39:49	1599	William Ferguson	M	45		169	0:39:38
171	0:39:50	1917	Chris Allton	M	45	SWANSEA HARRIERS	172	0:39:43
172	0:39:50	1290	Keith Thompson	M	50		174	0:39:45
173	0:39:51	3082	Ann Thomas	F	45	TROTS	175	0:39:46
174	0:39:52	96	Ellen Gallie	F		SWANSEA HARRIERS	179	0:39:47
175	0:39:53	2054	Adam Morton	M			173	0:39:44
176	0:39:53	1910	Steven Hooper	M	45	PONTYPRIDD ROADENTS AC	176	0:39:46
177	0:40:00	3777	Philip Crane	M	50		181	0:39:54
178	0:40:00	2936	Alex Lewis	M		NEATH HARRIERS	180	0:39:47
179	0:40:01	1664	Philip Tucker	M			182	0:39:54
180	0:40:02	3399	Richard Davies	M			165	0:39:30
181	0:40:07	3256	Robert Evans	M	50	EBBW VALE RC	185	0:40:01
182	0:40:08	1315	Stephen Cable	M	35	3MS GORSEINON RR	186	0:40:04
183	0:40:11	2321	Gair Mcadie	M			178	0:39:47
184	0:40:13	3796	Neema Mal	M		LES CROUPIERS	187	0:40:04
185	0:40:15	3055	Simon Gill	M		LLISWERRY RUNNERS	188	0:40:05
186	0:40:15	312	Kevin Jones	M	45	VEGAN RUNNERS UK	189	0:40:05
187	0:40:17	2997	Andrew Davies	M			193	0:40:09
188	0:40:17	2028	Gabriella Maine	F		LES CROUPIERS	194	0:40:11
189	0:40:18	634	Andrew Brain	M			190	0:40:06
190	0:40:18	2968	Trystan Daniels	M			177	0:39:47
191	0:40:20	2095	John Crotty	M			192	0:40:08
192	0:40:22	1985	Tony Wain	M	45	SERPENTINE RC	195	0:40:12
193	0:40:22	2794	Simon Smith	M			184	0:40:00
194	0:40:23	2767	Jon Hancock	M	40	TROTS	197	0:40:16
195	0:40:24	722	Julie Evans	F	40		191	0:40:07
196	0:40:24	1565	Laurence Worth	M	50	PEMBROKESHIRE HARRIERS	196	0:40:12
197	0:40:26	3468	Mick Mcgeoch	M	55		198	0:40:17
198	0:40:26	2132	Terry O'Brien	M	55		183	0:39:58
199	0:40:30	2862	James Head	M		GLOUCESTER AC	199	0:40:22
200	0:40:30	51	Niki Morgan	F	45	CHEPSTOW HARRIERS	202	0:40:25
201	0:40:30	3239	Jason Lammie	M	40	SOUTHVILLE RUNNING CLUB	200	0:40:22
202	0:40:32	861	Rob Falconer	M	55	SWANSEA HARRIERS	201	0:40:24
203	0:40:33	50	Lou Summers	F	45	CHEPSTOW HARRIERS	205	0:40:30
204	0:40:36	54	Jay Jennions	F		DEESTRIDERS	210	0:40:34
205	0:40:38	3108	Marcus Bennetto	M		FOREST OF DEAN AC	203	0:40:29
206	0:40:40	1530	Adam Flay	M			207	0:40:33
207	0:40:41	3546	Niki Puleio	M			208	0:40:34
208	0:40:42	2758	Stephen Raikes	M			209	0:40:34
209	0:40:46	3570	William Edwards	M	40	PORTCAWL HARRIERS	213	0:40:39
210	0:40:48	2011	Mark Dunscombe	M	50	SARN HELEN	212	0:40:37
211	0:40:49	1473	Dominic Johnson	M			204	0:40:30
212	0:40:50	1190	Gareth Harris	M			216	0:40:40
213	0:40:54	3699	Graham Schultz	M		ADMIRAL	218	0:40:47
214	0:40:55	3873	Runner 3873	M			206	0:40:31
215	0:40:57	1883	Emyr Jones	M	40		217	0:40:42
216	0:40:58	3062	Paul Warlow	M			214	0:40:40
217	0:40:58	2646	Alun Williams	M	50	FAIRWATER RUNNERS	215	0:40:40
218	0:40:59	2016	David.E Williams	M	50	LES CROUPIERS	221	0:40:51
219	0:41:03	3302	Bernard Henderson	M	55	PORT TALBOT HARRIERS	222	0:40:52
220	0:41:03	3857	Jeffrey Davis	M	45		220	0:40:51
221	0:41:07	1868	Matt Tooze	M	40		230	0:41:02
222	0:41:08	1286	Paul Abraham	M	45		227	0:40:58
223	0:41:09	1844	Tim Davies	M			219	0:40:49
224	0:41:13	1062	Gavin Robertson	M			226	0:40:58
225	0:41:14	2370	Marcus Coles	M	40	LES CROUPIERS	231	0:41:06

2013 Admiral Swansea Bay 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
226	0:41:14	1425	Steven Williams	M			229	0:41:01
227	0:41:17	1989	Matthew Rees	M			224	0:40:54
228	0:41:21	3254	Derek Hegarty	M	50		228	0:41:01
229	0:41:21	1137	David Bembo	M	45		225	0:40:57
230	0:41:22	1506	Jonathan Meadows	M			223	0:40:54
231	0:41:28	2929	Lloyd Morgan	M	35	SAN DOMENICO RRC	234	0:41:19
232	0:41:29	712	Matthew Lewis	M		LES CROUPIERS	233	0:41:17
233	0:41:29	1424	Jeremy Forshew	M	45	LES CROUPIERS	232	0:41:17
234	0:41:30	1781	Howard Kent	M	60	LES CROUPIERS	238	0:41:22
235	0:41:31	1043	Ashley Pascoe	M	40		237	0:41:20
236	0:41:31	2844	Gerard Howells	M	45	CHIPPENHAM HARRIERS	236	0:41:20
237	0:41:35	3621	Matthew Crole-Rees	M		ADMIRAL	241	0:41:27
238	0:41:37	2616	Dale Crutcher	M			243	0:41:28
239	0:41:38	3368	Paul Morris	M	50		244	0:41:32
240	0:41:41	3437	Carol Glover	F			247	0:41:36
241	0:41:42	2421	Rebecca Davies	F		WYE VALLEY RUNNERS	242	0:41:28
242	0:41:44	632	Simon Partridge	M	60	NEATH HARRIERS	248	0:41:37
243	0:41:44	56	Michaela Owen	F		CYBI STRIDERS	249	0:41:38
244	0:41:45	81	Kelly Morgan	F	35	ABERDARE VALLEY AAC	251	0:41:41
245	0:41:46	2665	Nicola Rimmer	F			253	0:41:41
246	0:41:49	47	Jade Gittins	F		CAERLEON RC	254	0:41:44
247	0:41:50	1885	Paul Whitmarsh	M		PENARTH & DINAS RUNNERS	245	0:41:32
248	0:41:55	1600	Alun Board	M			235	0:41:19
249	0:41:56	2503	Matthew Bound	M	40		240	0:41:24
250	0:41:59	1385	Robert Bamsey	M	55	NEATH HARRIERS	260	0:41:54
251	0:42:00	1103	Jenny Maddocks	F		ST ALBANS STRIDERS	258	0:41:50
252	0:42:01	2176	Neil Stevens	M	40	EBBW VALE RC	256	0:41:50
253	0:42:03	3466	Paulo Simoes	M			239	0:41:23
254	0:42:06	2331	Matthew Jones	M			257	0:41:50
255	0:42:10	3143	Ben Hubbard	M			250	0:41:39
256	0:42:13	2082	Ian Hoskins	M	40	3MS GORSEINON RR	265	0:42:00
257	0:42:15	894	Mathew Court	M			263	0:41:59
258	0:42:16	3734	Daniel Thomas	M		ADMIRAL	211	0:40:36
259	0:42:16	3568	Richie Hart	M	45		255	0:41:45
260	0:42:19	3362	Gerald Brace	M	40		267	0:42:06
261	0:42:21	2630	Michael Williams	M	40		259	0:41:52
262	0:42:23	1324	Huw Rowcliffe	M		SARN HELEN	271	0:42:09
263	0:42:25	3282	Richard Jones	M	55		273	0:42:11
264	0:42:25	887	Laura Stockley	F			264	0:42:00
265	0:42:26	2907	Debbie Evans	F	45	PENARTH & DINAS RUNNERS	269	0:42:08
266	0:42:26	876	Daniel Henwood	M			246	0:41:33
267	0:42:28	2791	Angela Jones	F	45	FAIRWATER RUNNERS	282	0:42:22
268	0:42:29	2985	Stephen Hughes	M			278	0:42:19
269	0:42:30	3340	Richard Pegler	M	40	FOREST OF DEAN AC	276	0:42:16
270	0:42:31	49	Ceri Bartley	F		ISLWYN RC	289	0:42:26
271	0:42:31	3106	Jeffrey Hanson	M	50		284	0:42:23
272	0:42:33	2199	Ricki Morgan	M		LES CROUPIERS	277	0:42:19
273	0:42:34	2102	Daniel Luffman	M	40		280	0:42:20
274	0:42:35	2834	Darren Stevens	M	40		285	0:42:23
275	0:42:35	2863	Rory Mathias	M			266	0:42:01
276	0:42:35	3572	John Morris	M			252	0:41:41
277	0:42:36	3093	Allen Bunney	M	45	ABERDARE VALLEY AAC	283	0:42:23
278	0:42:36	2365	Sarah Davies	F	35	OXFORD CITY AC	290	0:42:28
279	0:42:39	2169	Sara Thomas	F			279	0:42:20
280	0:42:39	2116	Alex Humphreys	M			268	0:42:07
281	0:42:39	1773	Stephen Thomas	M	50		275	0:42:15
282	0:42:41	2464	Tim Jones	M			272	0:42:10
283	0:42:42	3091	Peter Jones	M	55		261	0:41:54
284	0:42:42	1472	Colin Thomason	M	45		274	0:42:13
285	0:42:43	1302	Lee White	M			287	0:42:25
286	0:42:45	1447	Martin Wootton	M			295	0:42:35
287	0:42:48	100	Jacqueline Brace	F	50	BRIDGEND AC	299	0:42:42
288	0:42:51	2012	Jon Belcher	M	35		294	0:42:34
289	0:42:52	2719	Matthew Tippins	M			286	0:42:24
290	0:42:53	2952	Daniel Greenwell	M			270	0:42:09
291	0:42:54	1099	Stephen Lisle	M			281	0:42:21
292	0:42:55	1786	Llyr Ab Einion	M	15	ABERYSTWYTH AC	292	0:42:32
293	0:42:56	969	Jim Storrar	M	50	FOREST OF DEAN AC	303	0:42:45
294	0:42:58	2502	Owen Shadick	M			301	0:42:43
295	0:42:58	2287	Thomas John	M		NEATH HARRIERS	310	0:42:51
296	0:42:58	994	Malcolm Bradley	M	60	PENARTH & DINAS RUNNERS	298	0:42:39
297	0:43:00	2164	Andrew Griffiths	M			296	0:42:36
298	0:43:01	1731	Andrew Davies	M	40		300	0:42:42
299	0:43:01	255	Christine Dight	F			293	0:42:34
300	0:43:02	1164	James Kirkpatrick	M	50		311	0:42:51

2013 Admiral Swansea Bay 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
301	0:43:03	2953	Philip Meyler	M	55	PONTYPRIDD ROADENTS AC	319	0:42:54
302	0:43:03	3124	Peter Moody	M	70	CARMARTHEN AND DISTRICT HARRIE	325	0:42:57
303	0:43:04	621	Nick Francis	M			309	0:42:51
304	0:43:05	442	Dr. Pushpa Dissanayake	M			329	0:43:00
305	0:43:05	1376	Leann Gibbs	F	40		318	0:42:54
306	0:43:06	2163	Simon Hazel	M	40	LES CROUPIERS	312	0:42:52
307	0:43:07	2561	John Gardener	M	70	PEMBROKESHIRE HARRIERS	306	0:42:50
308	0:43:08	3230	Andrew Beaton	F	40		307	0:42:50
309	0:43:09	59	Lisa Morley	F	40	WREXHAM AC	333	0:43:02
310	0:43:09	2038	Lisa Cleary	F	45	PENARTH & DINAS RUNNERS	308	0:42:50
311	0:43:10	3147	Caroline Blake	F	40		322	0:42:56
312	0:43:11	3632	Adam Farrell	M		ADMIRAL	297	0:42:36
313	0:43:11	481	Hywel Longman	M			313	0:42:52
314	0:43:11	2571	Roger Capper	M	40		321	0:42:56
315	0:43:12	563	David Pole	M	40		324	0:42:57
316	0:43:12	232	Owen Thomas	M	45		330	0:43:02
317	0:43:13	2606	Calvin Hold	M		SWANSEA HARRIERS	334	0:43:06
318	0:43:14	2793	Gareth Morgan	M			320	0:42:56
319	0:43:14	3213	John Magee	M		LES CROUPIERS	327	0:42:59
320	0:43:14	2883	Stephen Poole	M	50	RHONDDA VALLEY RUNNERS	328	0:43:00
321	0:43:15	2109	James Delaney	M	55		326	0:42:58
322	0:43:16	111	Tim Ford	M	45		291	0:42:31
323	0:43:17	3020	Stella Roushias	F		SWANSEA HARRIERS	314	0:42:52
324	0:43:18	1271	David Moore	M			323	0:42:56
325	0:43:18	3355	Nick Heard	M	55		302	0:42:44
326	0:43:21	45	Louise Howells	F	35	LLISWERRY RUNNERS	346	0:43:16
327	0:43:22	3439	Daniel Bolton	M			305	0:42:47
328	0:43:23	3366	Stuart Macdonald	M			337	0:43:09
329	0:43:24	1810	Benjamin Grice	M			335	0:43:07
330	0:43:24	1571	Matthew Hudson	M			332	0:43:02
331	0:43:25	2326	Clive Osmond	M	50	LES CROUPIERS	340	0:43:12
332	0:43:26	3353	Cain Thomas	M	40		344	0:43:16
333	0:43:29	2786	Stephen Bendle	M	45	SWANSEA HARRIERS	347	0:43:18
334	0:43:30	2931	Andy Wayt	M	40		338	0:43:10
335	0:43:32	2553	Claire Beatty	F	35	LES CROUPIERS	354	0:43:26
336	0:43:32	308	Paul Wallis	M	40		342	0:43:14
337	0:43:33	2006	Owain Morris	M			317	0:42:53
338	0:43:35	1036	Scott Berry	M		FOREST OF DEAN AC	349	0:43:19
339	0:43:35	2010	Nina Brocklebank	F	40	3MS GORSEINON RR	353	0:43:24
340	0:43:36	230	Craig Jones	M			316	0:42:53
341	0:43:36	133	Dominic Shields	M	45	SAN DOMENICO RRC	348	0:43:18
342	0:43:37	2205	Rod Davies	M			350	0:43:20
343	0:43:39	1196	Mary Bowen-Rees	F	50	TROTS	362	0:43:31
344	0:43:40	2576	Aron Jones	M			358	0:43:30
345	0:43:40	2443	Tom Avington	M			288	0:42:25
346	0:43:41	1169	Ruth Treharne	F	45	ISLWYN RC	345	0:43:16
347	0:43:41	3829	Steve Porter	M	40		341	0:43:14
348	0:43:41	58	Tracey Llewlynn	F	35	CYBI STRIDERS	366	0:43:35
349	0:43:42	1445	Phill Hopkinson	M			360	0:43:30
350	0:43:43	714	Jonathan Bowen	M			315	0:42:52
351	0:43:44	2228	Daniel Manning	M			351	0:43:20
352	0:43:44	2941	Richard Drewett	M	45		367	0:43:37
353	0:43:45	3849	Sean Woodman	M		ADMIRAL	368	0:43:37
354	0:43:45	2581	John Bibby	M	45		343	0:43:15
355	0:43:45	1047	Caerwyn Ash	M			262	0:41:55
356	0:43:47	2466	Alex Pirie	M			331	0:43:02
357	0:43:47	2675	Paul Nowaczek	M	40		359	0:43:30
358	0:43:48	1621	John Evans	M	45		361	0:43:31
359	0:43:48	1984	Sarah Knox	F	40	SERPENTINE RC	357	0:43:28
360	0:43:51	2850	Natalie Crane	F	35		371	0:43:39
361	0:43:53	1301	Andrew Hughes	M	40		370	0:43:38
362	0:43:54	816	Kevin Pugh	M	45		364	0:43:32
363	0:43:57	2733	Emma Lloyd	F	35		355	0:43:26
364	0:43:58	3848	Sandrine Gorin	M			369	0:43:38
365	0:43:59	3622	Jos Davies	F		ADMIRAL	339	0:43:11
366	0:43:59	1289	Phillip Watts	M			385	0:43:49
367	0:44:00	3764	Richard Elgar	M		LLISWERRY RUNNERS	378	0:43:42
368	0:44:02	2061	John Redmond	M	40		380	0:43:47
369	0:44:02	3874	Peter Walters	M	50	TROTS	384	0:43:49
370	0:44:04	2352	James Chess	M			392	0:43:53
371	0:44:04	3224	Richard Dennant	M	50	FOREST OF DEAN AC	391	0:43:52
372	0:44:05	2476	Louise Jones-Evans	F	45		381	0:43:48
373	0:44:05	2872	Bill Leslie	M	40	AMMAN VALLEY HARRIERS	352	0:43:22
374	0:44:06	1965	Mark Bryant	F	45		373	0:43:39
375	0:44:07	1174	Jon Chapple	M	40		377	0:43:42

2013 Admiral Swansea Bay 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
376	0:44:09	2996	John Marson	M	40	SOSPAN ROAD RUNNERS	398	0:43:56
377	0:44:09	3104	Tim Green	M	45	LES CROUPIERS	356	0:43:27
378	0:44:10	441	Stephanie Gibson	F			393	0:43:54
379	0:44:11	706	Gareth Parry	M			383	0:43:49
380	0:44:12	3316	Jamie Richmond	M			363	0:43:32
381	0:44:13	2683	David Howell	M			376	0:43:41
382	0:44:13	2887	Andrew Williams	M			374	0:43:40
383	0:44:15	3803	Trevor Hedges	M			365	0:43:35
384	0:44:15	2216	Mike Griffiths	M	40		388	0:43:51
385	0:44:16	3002	Michael Davies	M	60	LES CROUPIERS	394	0:43:54
386	0:44:16	2480	Brian Bromfield	M	50		336	0:43:08
387	0:44:18	2046	Chris Rees	M			402	0:44:01
388	0:44:18	877	Jon Trew	M			410	0:44:10
389	0:44:19	3126	Simon Batty	M	45		403	0:44:02
390	0:44:19	769	Darren Way	M	40	BITTON ROAD RUNNERS	409	0:44:09
391	0:44:21	2672	Matthew Rees	M			407	0:44:06
392	0:44:24	3120	Helen Jones	F	40		404	0:44:04
393	0:44:25	78	Shelley Brace	F	22	STOKE	419	0:44:20
394	0:44:26	2598	Wayne Jones	M	40	BRECON AC	395	0:43:55
395	0:44:27	2890	Ioan Davies	M			375	0:43:41
396	0:44:28	2705	Samuel Young	M			304	0:42:46
397	0:44:29	2809	Morgan Allen	M	50	PEMBROKESHIRE HARRIERS	408	0:44:07
398	0:44:31	1417	Paul Davies	M			415	0:44:12
399	0:44:31	3825	Rhun Llwyd	M			400	0:44:00
400	0:44:32	3459	Ruth Barrett	F		SAN DOMENICO RRC	426	0:44:27
401	0:44:32	3221	Andrew Lucas	M	50	3MS GORSEINON RR	382	0:43:48
402	0:44:33	2822	Robert Evans	M	40		423	0:44:23
403	0:44:33	1771	Andrew Hilton	M	40		379	0:43:46
404	0:44:34	3770	David Phelps	M			416	0:44:13
405	0:44:34	2254	Martin Slucutt	M	35	SWANSEA HARRIERS	387	0:43:51
406	0:44:34	146	Justin Showell	M	40	FENLAND RC	411	0:44:10
407	0:44:34	48	Emma Bayliss	F		PONT Y PWL	433	0:44:30
408	0:44:35	3840	Aine Kenny	F			389	0:43:52
409	0:44:35	499	Matthew Rees	M			396	0:43:55
410	0:44:36	2088	Darren Chapple	M		RUN4ALL RUNNING CLUB	406	0:44:05
411	0:44:36	1322	Kerrith Ashby	M	40		397	0:43:55
412	0:44:37	3484	Paul Davies	M	45	PORT TALBOT HARRIERS	390	0:43:52
413	0:44:38	1907	Ioan Richards	M			422	0:44:23
414	0:44:38	3117	Jason Evans	M			418	0:44:16
415	0:44:39	3686	Garan Pieniazek	M		ADMIRAL	420	0:44:20
416	0:44:41	2816	Rob Morgan	M	40		412	0:44:10
417	0:44:41	961	Dawn Kenwright	F	55	SARN HELEN	432	0:44:29
418	0:44:42	1024	Heath Brett	M	40		405	0:44:04
419	0:44:43	2513	Adrian Thornhill	M	45		413	0:44:12
420	0:44:43	560	Ryan Herbert	M			440	0:44:37
421	0:44:44	2377	Graham Colvin	M	50	CELTIC TRI	435	0:44:33
422	0:44:47	3842	Martin Turton	M			425	0:44:25
423	0:44:47	1922	David Way	M			428	0:44:28
424	0:44:47	2195	Darren Mamiso	M			434	0:44:32
425	0:44:50	829	Alan Robertson	M	55	FOREST OF DEAN AC	438	0:44:35
426	0:44:50	597	Suz West	F	35	BOURNEVILLE HARRIERS	427	0:44:27
427	0:44:51	2861	Lloyd Griffiths	M			443	0:44:38
428	0:44:51	488	Colin Wellstead	M	45		399	0:43:56
429	0:44:53	1646	Nick Hedges	M	40		446	0:44:40
430	0:44:54	3412	Keri Phillips	M	45		417	0:44:16
431	0:44:56	2648	Jonathan Roberts	M	45		439	0:44:36
432	0:44:56	476	Sharon Anderson	F	45		449	0:44:43
433	0:44:58	1257	Elizabeth Bretherton	F			414	0:44:12
434	0:44:59	2192	Michael Elliston	M	40	LES CROUPIERS	453	0:44:46
435	0:44:59	3448	Martin Reed	M	50		442	0:44:38
436	0:45:00	3427	John Seaward	M		SAN DOMENICO RRC	451	0:44:45
437	0:45:01	1691	Joanna Griffiths	F			461	0:44:53
438	0:45:02	3268	James Roberts	M			424	0:44:25
439	0:45:02	3562	Esther Williams-Kadiri	F	40		431	0:44:28
440	0:45:02	3561	Adewale Kadiri	M	45	PURPLE PATCH RUNNERS	429	0:44:28
441	0:45:03	3060	Lucille Gummerson	F	40		448	0:44:43
442	0:45:07	2516	Gareth Davies	M			421	0:44:21
443	0:45:08	1988	John Rees	M			460	0:44:52
444	0:45:09	1171	Lloyd West	M	50		450	0:44:43
445	0:45:10	286	Janet Richards	F	45	LLISWERRY RUNNERS	467	0:44:56
446	0:45:11	2387	James Ferguson	M	40		386	0:43:50
447	0:45:12	134	Marcia Smith	F		SAN DOMENICO RRC	463	0:44:54
448	0:45:12	3310	Lana Brace	F	40		468	0:44:58
449	0:45:13	2373	Seamus Gallagher	M		SAN DOMENICO RRC	465	0:44:55
450	0:45:13	2690	Iwan Hughes	M	40		462	0:44:54

2013 Admiral Swansea Bay 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
451	0:45:13	1641	Hannah Thomas	F			466	0:44:56
452	0:45:14	3014	Brian Downey	M	50	ABM MOB BOTS	452	0:44:46
453	0:45:15	2108	Kevin Fitzgerald	M	65		456	0:44:51
454	0:45:15	3406	Mark Greenslade	M			459	0:44:52
455	0:45:15	2857	Sifn Phillips	F	50	SWANSEA HARRIERS	444	0:44:38
456	0:45:17	686	Nicky Cordiner	M	40		437	0:44:35
457	0:45:17	2827	Brian Gough	M	70	PONTYPRIDD ROADENTS AC	481	0:45:07
458	0:45:19	2551	Derek Fenton	M	50		472	0:44:59
459	0:45:19	1131	James Jones	M			457	0:44:51
460	0:45:21	2057	Steve Roberts	M	45		454	0:44:48
461	0:45:21	1843	Daneen Hughes	F		WYE VALLEY RUNNERS	470	0:44:59
462	0:45:21	254	Johnathan Dight	M			464	0:44:54
463	0:45:22	2399	Geoffrey Pearson	M	50		445	0:44:39
464	0:45:23	2405	Mark Johnson	M			436	0:44:34
465	0:45:24	1267	Rod Harris	M	45		471	0:44:59
466	0:45:24	2146	Sam Jones	M			372	0:43:39
467	0:45:25	3654	Matthew Hooper	M		ADMIRAL	491	0:45:14
468	0:45:25	1026	Rhodri Lewis	M			497	0:45:18
469	0:45:26	1857	Andrew Smedley	M			469	0:44:58
470	0:45:26	3677	Steven Mccuaig	M		ADMIRAL	441	0:44:37
471	0:45:27	1841	Alan Watts	M			500	0:45:19
472	0:45:28	2171	Richard Morgan	M			494	0:45:16
473	0:45:29	3794	Lyn Thomas	M			401	0:44:00
474	0:45:33	2483	Mario Rabaiotti	M	50	PORT TALBOT HARRIERS	480	0:45:07
475	0:45:33	2411	Michael Davies	M	50		477	0:45:05
476	0:45:34	1285	Ian Nash	M	45	BITTON ROAD RUNNERS	508	0:45:26
477	0:45:35	668	Robert Bevan	M	40		492	0:45:14
478	0:45:36	2559	David Thomas	M			514	0:45:28
479	0:45:36	303	Mark Lewis	M			488	0:45:13
480	0:45:37	3661	Ross Jones	M		ADMIRAL	430	0:44:28
481	0:45:38	1849	Richard Tate	M	45		493	0:45:15
482	0:45:38	2544	Robert Jones	M	45		478	0:45:05
483	0:45:39	2706	Noelwyn Daniel	M	45		473	0:44:59
484	0:45:40	2047	Catharine Bleasdale	F	45	TROTS	501	0:45:19
485	0:45:40	2614	Michael Rossiter	M	50	LES CROUPIERS	455	0:44:48
486	0:45:41	305	Andrew Bartle	M			519	0:45:36
487	0:45:42	1609	Stephen Riseley	M	50		486	0:45:12
488	0:45:43	1075	Ceri Stone	M	45		489	0:45:13
489	0:45:43	3286	Kevin Jenkins	M	50	TROTS	504	0:45:22
490	0:45:43	2958	Joshua Cantrill	M			490	0:45:13
491	0:45:43	2918	Mark Jones	M			474	0:45:01
492	0:45:44	1648	Jonc Cousins	M	40		506	0:45:24
493	0:45:45	1035	Peter Cook	M	40	READING AC	483	0:45:10
494	0:45:45	3346	Paul Davies	M	40		484	0:45:10
495	0:45:46	2889	Wendy Owen	F	40	SAN DOMENICO RRC	496	0:45:18
496	0:45:47	1468	Andrea Hurman	F	45	PENARTH & DINAS RUNNERS	476	0:45:05
497	0:45:49	1507	Claire Conway	F			502	0:45:20
498	0:45:49	1060	Mike Lane	M	35	BLACK PEAR JOGGERS	475	0:45:03
499	0:45:49	2823	Rachel Evans	F	40		507	0:45:25
500	0:45:50	1956	Matthew Williams	M			513	0:45:26
501	0:45:52	331	Colin Spence	M	60	SOUTHVILLE RUNNING CLUB	510	0:45:26
502	0:45:52	3064	Barry Morgan	M		BRACKLA HARRIERS	511	0:45:26
503	0:45:53	3502	Rich Skyrme	M			482	0:45:09
504	0:45:53	164	Adam Cooke	M			521	0:45:40
505	0:45:55	3650	Chris Hinchey	M		ADMIRAL	503	0:45:21
506	0:45:56	3378	Robert Gray	M	50		533	0:45:50
507	0:45:56	1744	Lucy Boucher	F			509	0:45:26
508	0:45:59	754	David Freeman	M			534	0:45:50
509	0:45:59	3533	Dean Thomas	M	40		538	0:45:51
510	0:46:00	3077	Matthew Cook	M			535	0:45:50
511	0:46:00	1272	Aled Hughes	M		CWM OGWR RUNNING CLUB	485	0:45:11
512	0:46:01	3261	Mark Prior	M			505	0:45:24
513	0:46:03	3130	Joanne Tucker	F	40	LES CROUPIERS	499	0:45:19
514	0:46:03	2166	Stephen Murphy	M			529	0:45:47
515	0:46:06	2971	Carwyn Jenkins	M	40	3MS GORSEINON RR	495	0:45:16
516	0:46:08	57	Jo Mcdonough	F		PRESTATYN RC	552	0:46:01
517	0:46:08	3759	Lloyd Harris	M		EBBW VALE RC	517	0:45:35
518	0:46:09	2525	Caroline Jones	F	50	TROTS	545	0:45:56
519	0:46:09	3793	Ifan Williams	M			447	0:44:41
520	0:46:10	304	Antony Metcalfe	M	40		523	0:45:40
521	0:46:11	580	Steven Badger	M	40		515	0:45:28
522	0:46:12	2859	Jamey Taylor	M			498	0:45:18
523	0:46:12	3354	Jon Young	M			516	0:45:30
524	0:46:13	1040	Wayne Holford	M			549	0:46:00
525	0:46:14	1704	James Davies	M			487	0:45:12

2013 Admiral Swansea Bay 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
526	0:46:16	1359	Christopher Moore	M	55	FOREST OF DEAN AC	547	0:45:58
527	0:46:17	641	Samuel Tucker	M			537	0:45:51
528	0:46:17	1224	Leighton Gardner	M	45	SWANSEA HARRIERS	568	0:46:10
529	0:46:18	873	Barry Griffiths	M	45	BRECON AC	532	0:45:48
530	0:46:18	1180	David Driscoll	M			522	0:45:40
531	0:46:19	2023	Clive Greaves	M	45	3MS GORSEINON RR	544	0:45:55
532	0:46:19	3203	Alistair Thomson	M			526	0:45:42
533	0:46:20	2035	Paul Brown	M	40		556	0:46:03
534	0:46:20	3837	Sally Munro	F	35		546	0:45:56
535	0:46:22	2390	Ian Ranft	M			458	0:44:52
536	0:46:22	3706	Darren Thomas	M		ADMIRAL	539	0:45:53
537	0:46:22	3551	Lee Griffiths	M	40	ABERDARE VALLEY AAC	548	0:45:59
538	0:46:22	2465	Dan Steele	M			518	0:45:36
539	0:46:25	2919	Kirsty Ellis	F			524	0:45:41
540	0:46:25	265	Keith Powell	M	55	TROTS	559	0:46:05
541	0:46:26	760	Robert Evans	M	40	FAIRLANDS VALLEY SPARTANS	531	0:45:47
542	0:46:28	2670	Owen Bodger	M	40		530	0:45:47
543	0:46:28	3380	Clara Evans	F		HEREFORD & COUNTY AC	550	0:46:00
544	0:46:30	2942	Julie Scholey	F	50	LES CROUPIERS	577	0:46:19
545	0:46:30	1226	Keith Verheyden	M	50	FETCH EVERYONE	542	0:45:54
546	0:46:30	1434	Jonathan Kinnear	M	45		558	0:46:04
547	0:46:30	471	Caryl Davies	F		SARN HELEN	566	0:46:08
548	0:46:30	3388	Christina Smith	F	50	3MS GORSEINON RR	565	0:46:07
549	0:46:31	1287	Jim Holland	M	40		569	0:46:14
550	0:46:31	1446	Gareth Jenkins	M		CWM OGWR RUNNING CLUB	557	0:46:04
551	0:46:32	3785	Richard Thomas	M	40		567	0:46:09
552	0:46:33	1957	Mike Wade	M	50		525	0:45:41
553	0:46:33	2346	Antony Evans	M		WYE VALLEY RUNNERS	560	0:46:05
554	0:46:35	3550	Scott Gray	M			584	0:46:30
555	0:46:36	1121	Nick Wellsted	M	40	FOREST OF DEAN AC	541	0:45:54
556	0:46:37	1362	Brian Francis	M	50	FOREST OF DEAN AC	574	0:46:18
557	0:46:37	1313	Joseph Hawkins	M			570	0:46:16
558	0:46:39	1920	Andrew Dunscombe	M	45		562	0:46:06
559	0:46:40	2535	Steven Phillips	M			575	0:46:18
560	0:46:40	2605	Rod Perons	M	50	LES CROUPIERS	527	0:45:43
561	0:46:41	2256	Llinos Jones	F		AMMAN VALLEY HARRIERS	540	0:45:53
562	0:46:41	1266	Caroline Harris	F	45	OUTDOOR FITNESS	571	0:46:16
563	0:46:42	3348	Jenny Martin	F		LES CROUPIERS	536	0:45:50
564	0:46:43	1146	Andrew Blackman	M	55	WYE VALLEY RUNNERS	563	0:46:06
565	0:46:44	3277	Jason Benson	M			528	0:45:45
566	0:46:45	1964	Louise Piper-Jones	F	35	PORTHCAWL HARRIERS	572	0:46:16
567	0:46:47	1310	Geraint Hussey	M	40		543	0:45:55
568	0:46:47	1817	Russell Crocker	M	40		555	0:46:03
569	0:46:48	2304	Andrew Proctor	M			582	0:46:27
570	0:46:49	2499	Paul Jones	F	40	ABM ITU INOTROOPS	553	0:46:01
571	0:46:50	3142	Ainsley Evans	M			596	0:46:37
572	0:46:50	1508	Gary Davidson	M	50		586	0:46:30
573	0:46:52	1933	Sara Gwynn	F	21		602	0:46:46
574	0:46:53	926	Andrew Gibbs	M			592	0:46:34
575	0:46:54	1694	Robert Freeman	M	40	FOREST OF DEAN AC	598	0:46:42
576	0:46:55	2183	Richard Weller	M	45		573	0:46:16
577	0:46:55	69	Chris Scott	M	40		585	0:46:30
578	0:46:55	1812	Gary Bodman	M	50	LES CROUPIERS	551	0:46:01
579	0:46:57	2008	Hywel Williams	M			583	0:46:30
580	0:46:57	3807	Andrew Downie	M		LC COBRAS	578	0:46:22
581	0:46:58	897	Rhydderch Wilson	M	40		512	0:45:26
582	0:46:58	2543	Neil Watkins	M	45		554	0:46:01
583	0:46:59	1132	Nigel Ian Sutton	M	55		579	0:46:26
584	0:46:59	1240	James Ace	M			479	0:45:06
585	0:47:00	675	Paul Furlong	M	65	PENARTH & DINAS RUNNERS	610	0:46:52
586	0:47:00	903	William Short	M			590	0:46:32
587	0:47:01	3188	Kathryn Holley	F		EBBW VALE RC	580	0:46:27
588	0:47:01	1862	Dominic Morris	M		RUN4ALL RUNNING CLUB	588	0:46:30
589	0:47:03	694	Robin D'Arcy	M			581	0:46:27
590	0:47:04	166	Neil Thomas	M	60		597	0:46:38
591	0:47:04	2632	Ceri Jones	M	45		616	0:46:55
592	0:47:04	859	Peter Abbott	M			576	0:46:18
593	0:47:06	3370	Niall O'Brien	M			589	0:46:31
594	0:47:06	2954	Bob Woolterton	M	65		614	0:46:55
595	0:47:07	2727	Reuben Morgan	M			618	0:46:56
596	0:47:11	1071	Steffan Davies	M			591	0:46:33
597	0:47:11	758	Jeff Deere	M	60		606	0:46:50
598	0:47:12	2364	Stuart Evans	M			600	0:46:45
599	0:47:12	869	Bryan Meredith	M	50	RHONDDA VALLEY RUNNERS	599	0:46:43
600	0:47:17	2855	Brendan Price	M			627	0:47:00

2013 Admiral Swansea Bay 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
601	0:47:18	276	Michael Powell	M			604	0:46:47
602	0:47:18	3495	Geraint Pritchard	M	40		615	0:46:55
603	0:47:20	943	Clint Welson	M		WYE VALLEY RUNNERS	634	0:47:03
604	0:47:21	3530	Kyle Winter	M			617	0:46:56
605	0:47:22	1366	Jamie Clode	M			630	0:47:02
606	0:47:22	253	Andrea Williams	F	40	PORT TALBOT HARRIERS	644	0:47:13
607	0:47:24	3446	Carolyne Sanders	F	40	MALVERN JOGGERS	629	0:47:01
608	0:47:24	1328	Adrian Luckman	M	45		613	0:46:52
609	0:47:25	343	Alex Grove	M			601	0:46:46
610	0:47:25	904	William Daniels	M			620	0:46:57
611	0:47:25	3220	Gareth Nicholas	M	55		607	0:46:50
612	0:47:28	3101	Gareth Davies	M	40		649	0:47:17
613	0:47:29	1516	Brian Lonergan	M			611	0:46:52
614	0:47:32	1261	Russell Davies	M	45		651	0:47:18
615	0:47:33	3692	Darren Ritchie	M		ADMIRAL	624	0:46:59
616	0:47:33	3232	Stephanie Doyle	F			603	0:46:46
617	0:47:33	1636	Stephen Milburn	M	50		636	0:47:07
618	0:47:33	3257	Louise Evans	F	45	EBBW VALE RC	626	0:46:59
619	0:47:34	1912	Jamie Sampson	M	40		621	0:46:58
620	0:47:34	466	Kerry Williams	M			605	0:46:49
621	0:47:37	2342	Carwyn Evans	M			638	0:47:09
622	0:47:37	3664	Geraint Jones	M		ADMIRAL	594	0:46:36
623	0:47:37	3619	John Coles	M		ADMIRAL	593	0:46:35
624	0:47:38	2245	Amy Edwards	F		RHONDDA VALLEY RUNNERS	641	0:47:11
625	0:47:39	3576	Helen-Marie Davies	F	35	SWANSEA HARRIERS	645	0:47:14
626	0:47:39	2860	Tim Padfield	M	45		647	0:47:16
627	0:47:41	3625	Alex Deem	M		ADMIRAL	653	0:47:18
628	0:47:41	3096	Katrina Wheadon	F		ROYAL WOOTON BASSETT HOUNDS R	595	0:46:36
629	0:47:41	3233	Jason Smith	M	40	WYE VALLEY RUNNERS	635	0:47:05
630	0:47:42	3408	Dafydd Lewis	M			520	0:45:37
631	0:47:42	1608	Lawrence Chancer	M			650	0:47:17
632	0:47:42	1323	Tim Godfrey	M			642	0:47:12
633	0:47:42	3373	Andy Rees	M	50		648	0:47:16
634	0:47:42	1579	Matthew Marsden	M	40		623	0:46:59
635	0:47:42	467	Kate Russell	F	35		637	0:47:08
636	0:47:44	2126	Graham Huxtable	M	50		632	0:47:03
637	0:47:44	3308	Huw Davies	M	40		633	0:47:03
638	0:47:44	2302	Martin Foster	M	55		658	0:47:26
639	0:47:44	3283	Simon Evans	M			587	0:46:30
640	0:47:46	2196	Richard Collier	M			561	0:46:05
641	0:47:48	2893	Dave Hope	M	50	ABM ITU INOTROOPS	628	0:47:01
642	0:47:48	1198	Julie Cooke	F	55		622	0:46:58
643	0:47:52	2716	Brenda Avery	F	60	CHEPSTOW HARRIERS	678	0:47:40
644	0:47:53	2395	Hoey Lee	M			657	0:47:24
645	0:47:53	2802	Gary Cleaves	M	55	EBBW VALE RC	609	0:46:51
646	0:47:55	3543	Stephen Harris	M			674	0:47:38
647	0:47:58	306	Andrew Stoneman	M			686	0:47:45
648	0:47:58	60	Emma Collins	F	50	DENBIGH RUNNERS	698	0:47:54
649	0:47:58	1475	Jordan Discombe	M			685	0:47:44
650	0:47:58	1211	Neil Willis	M			608	0:46:50
651	0:47:58	513	Andrew Davies	M	40		631	0:47:02
652	0:48:00	3631	Rob Fairclough	M	50	ADMIRAL	662	0:47:28
653	0:48:00	2729	Lyndsey Paolella	F			664	0:47:29
654	0:48:00	1906	Tony Baker	M	45		671	0:47:36
655	0:48:03	2382	Andrew Thomas	M	45		690	0:47:48
656	0:48:03	2293	Philippa Sampson	F	45		661	0:47:27
657	0:48:05	2583	Ralph Lloyd	M	50	WYE VALLEY RUNNERS	625	0:46:59
658	0:48:05	184	David Hebbes	M	60		667	0:47:31
659	0:48:05	2003	Debbie Cockram	F	45	FAIRWATER RUNNERS	675	0:47:38
660	0:48:06	2014	Rachel Bowen	F	35		639	0:47:10
661	0:48:07	2068	Tim Washbrook	M			684	0:47:44
662	0:48:08	2766	Anthony Harris	M			655	0:47:20
663	0:48:08	1914	Cyril Walters	M	65	TROTS	687	0:47:46
664	0:48:08	2852	Laura Rose	F			668	0:47:35
665	0:48:09	3146	Brendan Sweeney	M	45		646	0:47:16
666	0:48:10	2564	Gavin Davies	M			660	0:47:26
667	0:48:10	1637	Jeffrey Dong	M	40		643	0:47:13
668	0:48:10	479	Sarah Travers	F	40		677	0:47:40
669	0:48:11	1859	Luke Daniel	M			612	0:46:52
670	0:48:13	2843	Jayne Howells	F	45	CHIPPENHAM HARRIERS	693	0:47:49
671	0:48:14	3336	Brian Fox	M	65		701	0:47:58
672	0:48:16	3023	Arjun Nambiar	M		ABM UROLOGY UNITED	619	0:46:57
673	0:48:17	3300	Dean Cartwright	M	40		676	0:47:38
674	0:48:20	3042	Stephen Lloyd	M			705	0:48:02
675	0:48:21	2363	Marc Davies	M			688	0:47:47

2013 Admiral Swansea Bay 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
676	0:48:22	3247	Andrew Evans	M	50		670	0:47:36
677	0:48:22	3588	Barrie Roberts	M	70	BOURNEVILLE HARRIERS	691	0:47:48
678	0:48:23	1444	Liam Davies	M	55	FETCH EVERYONE	692	0:47:48
679	0:48:26	1378	Tony Bell	M	40		640	0:47:10
680	0:48:27	572	Stephen Owen	M	55	LES CROUPIERS	659	0:47:26
681	0:48:29	949	Emma Parsons	F	40		680	0:47:41
682	0:48:31	603	Nick Meek	M	45		696	0:47:51
683	0:48:32	1946	Ben Adams	M		RUN4ALL RUNNING CLUB	689	0:47:47
684	0:48:32	398	Brian Griffiths	M	55	ELLESMERE PORT RC	695	0:47:51
685	0:48:33	2033	Lizzy Felton	F			708	0:48:03
686	0:48:33	2771	Richard Broad	M	65		683	0:47:43
687	0:48:35	2788	Gareth Phillips	M	50		663	0:47:29
688	0:48:35	3627	Luke Dorrington	M		ADMIRAL	665	0:47:30
689	0:48:35	1432	Jan Edwards	F	55	WYE VALLEY RUNNERS	718	0:48:16
690	0:48:36	359	Vaughan Budd	M			682	0:47:41
691	0:48:36	1512	Adam Gittoes	M			681	0:47:41
692	0:48:37	3048	Peter Cucuz	M			719	0:48:16
693	0:48:38	1197	Ronald Anthony	M	60	TROTS	720	0:48:16
694	0:48:38	3227	Mark Thomas	M	40		700	0:47:58
695	0:48:40	2519	Stephen Baddick	M			707	0:48:03
696	0:48:40	2154	Dave Powner	M			669	0:47:35
697	0:48:40	3761	Andrew Yorath	M			737	0:48:29
698	0:48:41	434	Callum Mcphee	M			694	0:47:49
699	0:48:43	3707	Mathew Thomas	M		ADMIRAL	717	0:48:16
700	0:48:45	355	Darren Hughes	M			740	0:48:30
701	0:48:46	1138	Paul Hambly	M	40	PORT TALBOT HARRIERS	703	0:48:01
702	0:48:47	1633	Alison Banfield	F	35		725	0:48:20
703	0:48:48	1606	Margrett Monk	F	60	PARC BRYN BACH	727	0:48:22
704	0:48:48	2741	Shaun Wiltshire	M			714	0:48:13
705	0:48:51	2897	Richard Brown	M			713	0:48:12
706	0:48:52	2658	Martyn Dulake	M	45		723	0:48:17
707	0:48:53	1743	David Boucher	M	60		729	0:48:23
708	0:48:55	1723	Kevin Chapman	M	40		710	0:48:07
709	0:48:56	2573	Gaynor Jones	F	40		751	0:48:39
710	0:48:56	1726	Bill Griffiths	M	60	WYE VALLEY RUNNERS	656	0:47:20
711	0:48:56	1369	Julie Webster	F	40		728	0:48:22
712	0:48:56	635	Ken Kelling	M	50		679	0:47:40
713	0:48:59	2970	Simon Davies	M	40		711	0:48:09
714	0:49:01	1361	Callum Francis	M		FOREST OF DEAN AC	757	0:48:43
715	0:49:02	1798	Adrian Killa	M			732	0:48:25
716	0:49:03	848	Andrew Russell	M	40	TROTS	755	0:48:41
717	0:49:03	1233	Thomas Smith	M	50		730	0:48:23
718	0:49:04	1552	Rhys Jones	M			754	0:48:40
719	0:49:06	1216	Keiron Burrows	M	45		699	0:47:55
720	0:49:07	3818	Iain Burns	M		ABM MOB BOTS	654	0:47:20
721	0:49:07	1452	David Evans	M			702	0:47:58
722	0:49:08	3016	Benny Collins	M		ABM MOB BOTS	741	0:48:31
723	0:49:10	2623	Nick Fielden	M			724	0:48:18
724	0:49:11	3264	Steve Mcllelland	M	55	3MS GORSEINON RR	763	0:48:46
725	0:49:12	480	Matthew Minifie	M			715	0:48:14
726	0:49:14	3876	Runner 3876	M			742	0:48:32
727	0:49:14	382	Natalie Hern	F	45	GRIFFITHSTOWN HARRIERS	749	0:48:36
728	0:49:15	1892	Lynne Bain	F	45	RUN4ALL RUNNING CLUB	736	0:48:28
729	0:49:15	1756	Debra Clarke	F	45	RUN4ALL RUNNING CLUB	735	0:48:27
730	0:49:16	1686	Brian Symonds	M	70	WYE VALLEY RUNNERS	780	0:48:57
731	0:49:16	2824	Andy Evans	M	45		733	0:48:26
732	0:49:16	1713	Owain Jones	M			775	0:48:53
733	0:49:17	3511	Elizabeth Baynton-Clarke	F	55		767	0:48:49
734	0:49:18	1467	Andrew Bowen	M			564	0:46:06
735	0:49:18	809	Huw Morris	M			709	0:48:06
736	0:49:19	2998	Paul Williams	M			772	0:48:51
737	0:49:20	3200	Leigh De-Vulgt	M			672	0:47:37
738	0:49:20	2140	Owen Pearse	M			759	0:48:43
739	0:49:21	836	Lewis Dempster	M			704	0:48:01
740	0:49:21	3792	Ben O'Calaghan	M			697	0:47:53
741	0:49:21	2810	Neil Jones	M			752	0:48:39
742	0:49:22	2922	Michael Parkhouse	M			673	0:47:38
743	0:49:22	2504	Kelly Rose	F	35	WYE VALLEY RUNNERS	762	0:48:46
744	0:49:23	1631	Jay M Ramsurrun	M	60		761	0:48:44
745	0:49:24	2311	Michelle Ratti	F			726	0:48:22
746	0:49:26	2619	Jaime Williams	M			766	0:48:48
747	0:49:32	1350	Mark Thompson	M			716	0:48:15
748	0:49:34	1156	Richard Evans	M	50		734	0:48:26
749	0:49:34	2898	Andrew Williams	M			745	0:48:34
750	0:49:34	1419	Richard Parsons	M	40		792	0:49:08

2013 Admiral Swansea Bay 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
751	0:49:34	192	Phil Jones	M	40		743	0:48:32
752	0:49:35	806	Margaret E Fligelstone	F	50		765	0:48:48
753	0:49:37	3136	Heidi Lea	F	40		747	0:48:34
754	0:49:38	1654	David Hutchinson	M	45		795	0:49:09
755	0:49:38	821	Graham Davies	M	45		706	0:48:02
756	0:49:38	2004	Daniel Goodfellow	M			750	0:48:36
757	0:49:40	567	Berwyn Lewis	M	40		802	0:49:13
758	0:49:41	1297	Andrew Rees	M	40		748	0:48:36
759	0:49:41	1529	Steve Williams	M	40		782	0:48:59
760	0:49:41	3402	Michael Brett	M			712	0:48:10
761	0:49:43	2676	Richard Marvin	M	45		796	0:49:10
762	0:49:44	3766	Robert Dick	M			739	0:48:29
763	0:49:45	1093	Alun Evans	M	45		815	0:49:23
764	0:49:46	826	Rhys Williams	M			769	0:48:50
765	0:49:47	2600	Katie Mcdermott	F		SARN HELEN	790	0:49:07
766	0:49:47	1067	Gareth Hemming	M			760	0:48:44
767	0:49:47	2402	Chris Taylor	M			758	0:48:43
768	0:49:47	1431	Eleanor Ross	F			753	0:48:39
769	0:49:49	3138	Gareth Howell	M			721	0:48:17
770	0:49:49	723	Silke Luhrmann	F	45		778	0:48:55
771	0:49:50	2634	Ricardo Martins	M		WYE VALLEY RUNNERS	799	0:49:11
772	0:49:51	1543	James Ashwn	M			801	0:49:12
773	0:49:51	1958	Matthew Locke	M	40		774	0:48:52
774	0:49:53	2916	Andrew Gourlay	M			819	0:49:27
775	0:49:53	1364	Nick Stocker	M	40		839	0:49:40
776	0:49:53	3186	Gerwyn Williams	M	40		783	0:49:01
777	0:49:54	3187	Steven Fleet	M			722	0:48:17
778	0:49:54	2522	Andy Williams	M	45		810	0:49:19
779	0:49:54	1905	Jordan Kibble	M			820	0:49:27
780	0:49:55	747	Gary Thompson	M			800	0:49:11
781	0:49:56	1712	Gareth Jones	M	50		832	0:49:33
782	0:49:56	2410	Emmanuel Bakare	M	45		830	0:49:33
783	0:49:58	1825	Neil Wheeler	M	40	RUN4ALL RUNNING CLUB	744	0:48:32
784	0:49:59	333	Richard Roberts	M			773	0:48:52
785	0:50:01	2413	Steven Evans	M	40		779	0:48:57
786	0:50:01	3094	Kristian Davies	M			806	0:49:17
787	0:50:02	2879	Michael Cosgrove	M	50		731	0:48:24
788	0:50:03	1656	Michael Grant	M	55		756	0:48:42
789	0:50:04	2635	Ashleigh Williams	M			789	0:49:06
790	0:50:05	2994	Angie Ridge	F	45	RUN4ALL RUNNING CLUB	818	0:49:25
791	0:50:05	1438	Alun Jeremiah	M			771	0:48:51
792	0:50:05	1660	Lynne Compton	F	45	WYE VALLEY RUNNERS	827	0:49:30
793	0:50:06	2211	Gafin Griffiths	M		LES CROUPIERS	855	0:49:52
794	0:50:08	2715	Eleri Rivers	F	35	SARN HELEN	823	0:49:28
795	0:50:10	2707	Clare Sheppard	F	35	LLISWERRY RUNNERS	812	0:49:20
796	0:50:11	123	Marie-Claire Hopkin	F	40		858	0:49:53
797	0:50:11	3504	Dave Williams	M			776	0:48:55
798	0:50:14	2812	Rachael Bayona	F			791	0:49:07
799	0:50:15	1659	Gareth King	M			807	0:49:17
800	0:50:15	1558	Suzanne Bevan	F	45		787	0:49:06
801	0:50:16	3245	Jeff Aston	M	65	LES CROUPIERS	816	0:49:23
802	0:50:17	1450	Pete Douel	M	60		781	0:48:59
803	0:50:17	2354	Barry Nichols-Grey	M			808	0:49:18
804	0:50:17	2355	Eleanor Nichols-Grey	F			805	0:49:17
805	0:50:18	2514	Brian Griffiths	M	65	3MS GORSEINON RR	738	0:48:29
806	0:50:20	1672	John Kevin Williams	M	45		849	0:49:46
807	0:50:20	2307	Alan Ryland	M	60		856	0:49:53
808	0:50:21	3539	Shaun Davies	M			881	0:50:12
809	0:50:22	1833	Steven Perks	M	50	RUN4ALL RUNNING CLUB	835	0:49:37
810	0:50:22	1789	Sian Watkins	F	40		770	0:48:51
811	0:50:22	2599	Dean Seymour	M			837	0:49:39
812	0:50:23	3638	Rob Golledge	M		ADMIRAL	813	0:49:20
813	0:50:24	794	Jon Pinch	M			836	0:49:39
814	0:50:26	2529	Nigel Williams	M			860	0:49:56
815	0:50:28	3567	Eirwyn Morgan	M			768	0:48:49
816	0:50:30	3791	Luc Morgan	M			785	0:49:02
817	0:50:30	746	Paul Robbins	M	45		821	0:49:27
818	0:50:31	2034	Nicholas Harris	M		CWM OGWR RUNNING CLUB	841	0:49:41
819	0:50:31	3860	Hefin Rees	M			826	0:49:30
820	0:50:32	1288	Thomas Spencer	M			843	0:49:42
821	0:50:32	2456	Matt Bailey	M	40		777	0:48:55
822	0:50:33	3306	Stuart Thomas	M			829	0:49:33
823	0:50:33	1538	Stephanie Foulkes-Moran	F	35		876	0:50:10
824	0:50:34	3240	Andrea Goude	F	40		869	0:50:01
825	0:50:34	2257	Martyn Borland	M	55		867	0:50:01

2013 Admiral Swansea Bay 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
826	0:50:34	3383	Mark Castle	M	45		797	0:49:10
827	0:50:35	2320	Jenny Mcadie	F	35		825	0:49:30
828	0:50:35	631	Paul Cook	M			886	0:50:14
829	0:50:36	3156	Celyn Evans	M		SOSPAN ROAD RUNNERS	845	0:49:43
830	0:50:36	1368	Graham James	M	50	FOREST OF DEAN AC	866	0:50:01
831	0:50:36	2322	William Crowe	M			809	0:49:19
832	0:50:36	2858	David Rothwell	M			853	0:49:52
833	0:50:38	3497	Andrew Davies	M			842	0:49:42
834	0:50:38	3172	Caryl Williams-Ford	F	35		824	0:49:29
835	0:50:38	828	David Lloyd-Hawkshaw	M	40		859	0:49:56
836	0:50:39	3044	Emma Rees-Taylor	F	35		788	0:49:06
837	0:50:39	195	Ian Brice	M	45		863	0:50:00
838	0:50:39	2206	Gary Gregor	M	65		871	0:50:04
839	0:50:39	3112	Dave Gould	M	45		828	0:49:32
840	0:50:40	3379	Paul Graham	F		PONTYPRIDD ROADENTS AC	877	0:50:11
841	0:50:41	1011	Daniel Cloke	M			846	0:49:43
842	0:50:41	3498	Anthony Davies	M			848	0:49:46
843	0:50:42	2398	Junior Scully	M			913	0:50:35
844	0:50:43	2595	Laura Collacott	F		SOUTHVILLE RUNNING CLUB	814	0:49:20
845	0:50:43	2106	Gareth Anson-Harries	M			784	0:49:02
846	0:50:44	1953	Emily Davies	F		WYE VALLEY RUNNERS	854	0:49:52
847	0:50:44	1513	Ryan Evans	M			840	0:49:41
848	0:50:44	1869	Kristian Watts	M			894	0:50:21
849	0:50:46	2066	Penelope Graepel	F	50		844	0:49:42
850	0:50:47	3675	Andrew Matthews	M		ADMIRAL	874	0:50:09
851	0:50:49	3210	Andrew Brown	M	40		817	0:49:24
852	0:50:50	3087	Andrew Reynolds	M	40		847	0:49:45
853	0:50:51	1941	Anthony Williams	M	45		851	0:49:51
854	0:50:52	3541	Christopher Bloodworth	M	50		919	0:50:38
855	0:50:53	2509	Gareth Rees	M			883	0:50:13
856	0:50:53	1389	Robbie Mcgee	M			803	0:49:15
857	0:50:54	383	Kelly Walker	F			889	0:50:16
858	0:50:57	2853	Brian Brookes	M	60		944	0:50:53
859	0:50:57	2340	Matthew John	M	40		870	0:50:02
860	0:50:58	2659	Hedd Tudur	M			811	0:49:20
861	0:50:59	1615	Becky Debuf	F	40		666	0:47:31
862	0:50:59	1982	Ricky Mattioli	M	45		902	0:50:27
863	0:51:00	3324	Martin George	M		LLANELLI AC	935	0:50:47
864	0:51:01	1899	Brian Cotton	M			896	0:50:23
865	0:51:05	3184	Kelvin Phillips	M			786	0:49:02
866	0:51:05	3598	Richard Cannon	M			885	0:50:14
867	0:51:05	2681	Nicholas Orum	M			850	0:49:49
868	0:51:06	2730	Chris Morcom	M	50		904	0:50:28
869	0:51:07	1440	Keith Evans	M			838	0:49:39
870	0:51:07	2026	Gareth Jones	M			822	0:49:28
871	0:51:08	1540	Tim Soar	M	50		899	0:50:25
872	0:51:08	2184	Louise Ward	F			939	0:50:51
873	0:51:09	2744	Matthew Griffiths	M			888	0:50:15
874	0:51:09	866	Jacqui Wynds	F	60	FOREST OF DEAN AC	890	0:50:16
875	0:51:09	289	Ernest Clift	M	55		875	0:50:09
876	0:51:09	1281	Mark Jones	M	50		929	0:50:44
877	0:51:11	2776	Ryan Meredith	M			932	0:50:45
878	0:51:12	2374	Wayne Edmond	M	60		909	0:50:32
879	0:51:12	663	Julian Wake	M	40		873	0:50:09
880	0:51:15	1805	Chris Timmins	M	40		921	0:50:41
881	0:51:16	1548	Christopher Williams	M	40		910	0:50:32
882	0:51:16	963	David Hodges	M	50	LES CROUPIERS	895	0:50:22
883	0:51:16	3526	Richard Williams	M			746	0:48:34
884	0:51:17	2122	Richard Lewis	M			872	0:50:07
885	0:51:17	3460	Ruth Newman	F	40		652	0:47:18
886	0:51:18	3303	Andrew Townsend	M		OUTDOOR FITNESS	941	0:50:51
887	0:51:18	662	Chris Davies	M			930	0:50:44
888	0:51:21	3569	James Thomas	M			879	0:50:12
889	0:51:21	1658	Deian Owen	M			891	0:50:18
890	0:51:21	1339	James Chambers	M	40		887	0:50:14
891	0:51:21	2742	Chris Webb	F	40		906	0:50:31
892	0:51:21	3279	Mark Fermannel	M			965	0:51:02
893	0:51:22	2334	Alex Thomas	M			893	0:50:21
894	0:51:24	2913	Anthony Holling	M	55	PORT TALBOT HARRIERS	920	0:50:38
895	0:51:24	1860	John Heycock	M	45	TAIBACH JUNIOR RUGBY	857	0:49:53
896	0:51:25	3111	Desmond Davies	M	60		897	0:50:24
897	0:51:26	3853	Emma Pullen	F			865	0:50:01
898	0:51:26	2895	Sarah Roberts	F			901	0:50:27
899	0:51:26	1847	Ian Lloyd	M			861	0:49:57
900	0:51:28	1806	Darian Jones	M	40		852	0:49:51

2013 Admiral Swansea Bay 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
901	0:51:29	1955	Brian Varcas	M	55		908	0:50:32
902	0:51:30	3599	Peter Drew	M	50	ABM PLASTIC FANTASTIC	892	0:50:19
903	0:51:30	2404	Clive McCall	M	50		878	0:50:11
904	0:51:30	700	Joshua Oconnor	M			923	0:50:41
905	0:51:30	3218	Rhodri Owen	M			882	0:50:12
906	0:51:30	3403	Sonia Creswell	F	35		868	0:50:01
907	0:51:31	3765	Huw Williams	M	45	BRIDGEND AC	952	0:50:57
908	0:51:31	3061	Mark Hopkins	M			764	0:48:47
909	0:51:31	1568	Giulian Hill	F	45		864	0:50:00
910	0:51:33	2949	Brinley Aherne	M	65		933	0:50:46
911	0:51:34	1931	Susan Jeal	F	40		931	0:50:45
912	0:51:36	3434	Allen Bevan	M	55		978	0:51:09
913	0:51:37	2785	Marc King	M			953	0:50:58
914	0:51:37	1033	Robin Bodger	M	40		950	0:50:56
915	0:51:39	1853	Christian Rees	M			922	0:50:41
916	0:51:41	3228	Christine Sutton	F			977	0:51:09
917	0:51:45	2613	Christina Rossiter	F	50	LES CROUPIERS	948	0:50:54
918	0:51:47	736	Richard Sorroll	M			831	0:49:33
919	0:51:48	623	Chloe Stening	F			833	0:49:34
920	0:51:48	1222	Julian Griffiths	M	45		884	0:50:13
921	0:51:48	3607	Karen Davies	F	35		916	0:50:37
922	0:51:48	624	Graeme Stening	M	45		834	0:49:35
923	0:51:49	2226	Antonio Milello	M	50		949	0:50:55
924	0:51:49	830	Daniel Lovelock	M			862	0:49:58
925	0:51:49	3179	Dylan Harris	M			970	0:51:03
926	0:51:50	1443	Annette Davies	F	50	FETCH EVERYONE	964	0:51:01
927	0:51:50	1278	Luthfur Rahman	M			992	0:51:22
928	0:51:52	531	Nick Jacques	M	50		917	0:50:37
929	0:51:53	2185	Donna Hunkin	F	35		1016	0:51:33
930	0:51:53	2567	Bethan Jones	F			971	0:51:04
931	0:51:55	2807	Mark John	M	40		903	0:50:28
932	0:51:55	295	Jonathan Palmer	M			898	0:50:25
933	0:51:56	2748	Robert Powell	M			983	0:51:15
934	0:51:56	2840	Rhodri Rees	M			968	0:51:03
935	0:51:57	155	Mike Pritchard	M	55		996	0:51:25
936	0:51:58	2270	Thierry Maffeis	M	40		915	0:50:36
937	0:51:58	3658	Michael John	M		ADMIRAL	956	0:50:59
938	0:51:59	3776	Angela Delaney	F	45	SWANSEA HARRIERS	994	0:51:22
939	0:51:59	290	Carole Morgan	F	50		990	0:51:20
940	0:52:00	2167	Delash Patel	M			880	0:50:12
941	0:52:00	1135	James Owen	M			1008	0:51:30
942	0:52:01	3012	Geraldine Williams	F		ABM PLASTIC FANTASTIC	934	0:50:46
943	0:52:01	501	Blaise Emery	F			943	0:50:53
944	0:52:01	3347	Julia Rees	F			936	0:50:48
945	0:52:02	1215	Ross Jones	M		CWM OGWR RUNNING CLUB	937	0:50:49
946	0:52:03	3178	Darren Harris	M	45		986	0:51:16
947	0:52:04	356	Laura Parsons	F			938	0:50:50
948	0:52:04	3636	David Foulston	M		ADMIRAL	927	0:50:44
949	0:52:04	2318	Richard Jenkins	M			1055	0:52:04
950	0:52:08	2306	Aaron Pegler	M			924	0:50:42
951	0:52:08	2626	Darren James	M	45		974	0:51:07
952	0:52:08	2258	Debbie Davies	F	45		961	0:50:59
953	0:52:09	3611	Scott Bennett	M		ADMIRAL	1028	0:51:48
954	0:52:09	3197	Tim Warner	M	40		911	0:50:34
955	0:52:10	966	David Trew	M	55		980	0:51:13
956	0:52:12	3717	Delyth Wright	F		ADMIRAL	1027	0:51:48
957	0:52:12	1894	Alyson Egan	F	45		1015	0:51:33
958	0:52:13	188	Ian Bevan	M			976	0:51:08
959	0:52:15	204	Fiona Humphreys	F			905	0:50:28
960	0:52:15	3642	Tudor Gunn	M		ADMIRAL	955	0:50:59
961	0:52:15	2400	Ashley Fovargue	M	45		1007	0:51:30
962	0:52:17	2608	Jane Griffiths	F	35		946	0:50:53
963	0:52:18	124	Martin Carter-Thomas	M			958	0:50:59
964	0:52:18	3614	Andrew Boucheron	M		ADMIRAL	926	0:50:44
965	0:52:21	3479	Sarah Jones	F	45		997	0:51:25
966	0:52:22	954	Chris Purnell	M	45		989	0:51:19
967	0:52:22	3519	Tracy Thomas	F	45		1000	0:51:26
968	0:52:22	2194	Gareth Edmunds	M			925	0:50:42
969	0:52:22	3694	Dean Robinson	M		ADMIRAL	1032	0:51:51
970	0:52:23	1000	Bronwen Atkins	F			951	0:50:57
971	0:52:23	1750	Claire Morgan	F	50	FOREST OF DEAN AC	1009	0:51:30
972	0:52:23	2299	Paul Clarke	M	40		988	0:51:17
973	0:52:23	2718	Tim Stewart	M			1059	0:52:08
974	0:52:23	1284	Robert Rees	M			1058	0:52:08
975	0:52:24	3075	Jamie Trollope	M			804	0:49:16

2013 Admiral Swansea Bay 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
976	0:52:25	1703	David Dermody	M			914	0:50:36
977	0:52:25	1177	Ann Rowell	F	55	TROTS	1053	0:52:04
978	0:52:25	921	Gary Sawdon	M	50		1029	0:51:48
979	0:52:26	2521	Kenneth Oliver	M	50	ISLWYN RC	1026	0:51:47
980	0:52:27	3404	Nikki Powell	F	35		1046	0:52:00
981	0:52:28	3805	Laura Chapple	F		RUN4ALL RUNNING CLUB	966	0:51:02
982	0:52:29	3297	Raymond James	M	50	PORT TALBOT HARRIERS	1011	0:51:30
983	0:52:29	787	David Ure	M			793	0:49:09
984	0:52:30	3618	Stephen Chappell	M		ADMIRAL	998	0:51:25
985	0:52:31	646	Ross Baglow	M			1034	0:51:53
986	0:52:31	1823	Kate Jones	F		ABM MOB BOTS	1018	0:51:37
987	0:52:31	1004	Gareth Giddings	M	40		1049	0:52:02
988	0:52:32	1819	Paul Richards	M			1013	0:51:32
989	0:52:32	2943	Nigel Davies	M	55		1080	0:52:16
990	0:52:33	3529	Jason Evans	M	35	TEAM JEN	947	0:50:53
991	0:52:34	1607	Bernard Monk	M	65	PARC BRYN BACH	982	0:51:14
992	0:52:35	1835	Richard Barrow	M			979	0:51:12
993	0:52:36	3290	Jade Thomas	F	20	SWANSEA HARRIERS	1098	0:52:29
994	0:52:36	3358	Paul Stone	M	40		1036	0:51:54
995	0:52:37	1493	Julie Broughton	F	45		962	0:51:00
996	0:52:38	3084	Mark Rees	M			981	0:51:13
997	0:52:38	1870	Daniel Evans	M			972	0:51:04
998	0:52:39	2162	Michael Szulik	M			940	0:50:51
999	0:52:39	2036	Shirley Albrow	F	55	FOREST OF DEAN AC	1051	0:52:02
1000	0:52:40	3097	Ian Storrar	M	45		1012	0:51:32
1001	0:52:40	2917	Christopher Gourlay	M			1078	0:52:15
1002	0:52:40	2538	Justin John	M	40		1081	0:52:17
1003	0:52:41	2215	James Froggy Evans	M			963	0:51:00
1004	0:52:42	3069	Rhian Durham	F		PONTYPRIDD ROADENTS AC	1024	0:51:45
1005	0:52:43	3669	Emma Leach	F		ADMIRAL	1063	0:52:10
1006	0:52:45	1923	Michael Coe	M			1023	0:51:42
1007	0:52:47	2083	Uku Kumari	M	60	SWANSEA HARRIERS	1099	0:52:29
1008	0:52:47	1360	Stefanie Francis	F	45	FOREST OF DEAN AC	1066	0:52:10
1009	0:52:48	2656	Lucy Morgan	F	35		1054	0:52:04
1010	0:52:49	341	Karen Phillips	F	50		1045	0:52:00
1011	0:52:49	1070	Dean Hughes	M	40		975	0:51:08
1012	0:52:49	268	Chris Carley	M			1040	0:51:56
1013	0:52:50	1644	Sara Morgan	F	16	PONTYPRIDD ROADENTS AC	1070	0:52:13
1014	0:52:50	3134	Polly Natynczuk	F			928	0:50:44
1015	0:52:50	2992	Rhian Owen	F	50		1072	0:52:13
1016	0:52:50	1970	Ian Rapsey	M			1001	0:51:26
1017	0:52:51	958	Mark Holt	M			1006	0:51:29
1018	0:52:51	2336	Penny Kennedy	F	45	SWANSEA HARRIERS	1033	0:51:53
1019	0:52:52	1595	Richard Bond	M			942	0:50:52
1020	0:52:53	1486	Terry Shore	M	60		1047	0:52:01
1021	0:52:54	1116	Trevor Alderson	M	50		960	0:50:59
1022	0:52:54	2610	Aleem Javed	M			1035	0:51:53
1023	0:52:55	209	Thomas Docherty	M			959	0:50:59
1024	0:52:55	1016	Robin Edwards	M			794	0:49:09
1025	0:52:56	3361	Jon Parnell	M	40		984	0:51:15
1026	0:52:56	1916	Suzanne Kendrick	F	50		985	0:51:16
1027	0:52:57	1383	Gwilym Jones	M			798	0:49:11
1028	0:52:57	2093	Wayne Jenkins	M	40		1005	0:51:27
1029	0:52:57	1030	David Phillips	M	45		1043	0:51:58
1030	0:52:58	2468	Will Cowburn	M	65		1014	0:51:32
1031	0:52:58	3127	Sean Kiernan	M	40		1003	0:51:26
1032	0:52:59	2575	Eiri Evans	F		3MS GORSEINON RR	1119	0:52:47
1033	0:52:59	752	Jon Stone	M			967	0:51:02
1034	0:53:00	1961	Wayne Isaac	M			1017	0:51:36
1035	0:53:00	1129	Paul Rowley	M	55		1050	0:52:02
1036	0:53:00	307	Martin Allen Williams	M	40		987	0:51:17
1037	0:53:01	2275	Steve Brown	M	55		973	0:51:06
1038	0:53:03	3512	Alexander Still	M			995	0:51:23
1039	0:53:03	1344	Daniel Kanaris	M			1057	0:52:05
1040	0:53:03	1909	Gary Jones	M	45		1079	0:52:15
1041	0:53:04	3132	Laura Jones	F			1093	0:52:24
1042	0:53:06	3431	Alex Davies	F			1060	0:52:08
1043	0:53:06	1457	Caroline Loach	F	40		1056	0:52:05
1044	0:53:07	1779	Huw Macrae Jones	M			1064	0:52:10
1045	0:53:09	3744	Dean Morgan	M		ADMIRAL	991	0:51:20
1046	0:53:10	2991	Davies Tudur	M	50		999	0:51:26
1047	0:53:11	1751	Sali Davies	F	40	3MS GORSEINON RR	1094	0:52:26
1048	0:53:11	2964	Derek Balsdon	M	70		1041	0:51:57
1049	0:53:13	1850	Kathryn Tate	F	50		1062	0:52:09
1050	0:53:13	1876	Paul Wyatt	M			1052	0:52:04

2013 Admiral Swansea Bay 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
1051	0:53:14	3566	Reggie Chamberlain-King	M			945	0:50:53
1052	0:53:14	3712	Helen Williams	F		ADMIRAL	1116	0:52:45
1053	0:53:14	2080	Glyn Hicks	M	60	ISLWYN RC	1095	0:52:27
1054	0:53:16	3663	Gabrielle Jones	F		ADMIRAL	1110	0:52:41
1055	0:53:17	3248	Will Davey	M			969	0:51:03
1056	0:53:18	438	Paul Peters	M	45		1159	0:53:09
1057	0:53:21	2915	Ian Broom	M	50		1141	0:52:56
1058	0:53:22	753	Rachel Jones	F			957	0:50:59
1059	0:53:22	1699	Kieran Brown	M			1130	0:52:52
1060	0:53:23	2471	Patrick Phillips	M			1068	0:52:11
1061	0:53:23	837	Kate Penquet	F			1100	0:52:30
1062	0:53:23	3574	Paul Forde	M			1096	0:52:29
1063	0:53:25	3177	Beth Lewis	F	35	LES CROUPIERS	1115	0:52:43
1064	0:53:25	1893	Gel Bousie	F	45		1071	0:52:13
1065	0:53:25	3628	Andrew Driscoll	M		ADMIRAL	1030	0:51:50
1066	0:53:25	2230	Phil Rees	M	50		1073	0:52:13
1067	0:53:27	568	Dawn Morgan	F	40		1002	0:51:26
1068	0:53:27	2847	Jonathan Hay	M			1022	0:51:40
1069	0:53:28	596	Anthony Nuttall	M			1122	0:52:48
1070	0:53:28	1149	Vyvyan Smith	M	50		1114	0:52:43
1071	0:53:28	2552	Warren Abraham	M	40		1176	0:53:20
1072	0:53:29	3395	Alec Mcdonald	M			954	0:50:58
1073	0:53:29	1557	Rhys Jones	M	40		993	0:51:22
1074	0:53:31	1550	Dan Tucker	M			1154	0:53:06
1075	0:53:31	1539	Oliver Barrett	M			1118	0:52:47
1076	0:53:32	1665	Chris Blandford	M	40		1138	0:52:56
1077	0:53:32	2241	Matthew Kelly	M	40		912	0:50:35
1078	0:53:33	1363	Andrew Walsh	M			900	0:50:26
1079	0:53:33	2375	Julian Williams	M			1031	0:51:50
1080	0:53:34	3068	Ian Moss	M			1087	0:52:21
1081	0:53:34	2752	Adam Gilbert	M			907	0:50:32
1082	0:53:34	2976	Mark Bridgens	M			1112	0:52:43
1083	0:53:35	3363	Dylan Hughes	M	40		1038	0:51:56
1084	0:53:37	342	Tomos Grove	M			1107	0:52:38
1085	0:53:39	1940	Jonathan Neads	M			1085	0:52:19
1086	0:53:39	526	Philippa Francis	F	50		1136	0:52:54
1087	0:53:39	2190	Craig Wilkinson	M			1145	0:53:00
1088	0:53:40	1842	Robert Cox	M			1065	0:52:10
1089	0:53:41	2450	Gareth Noot	M			1010	0:51:30
1090	0:53:41	1549	Ben Curtin	M			1089	0:52:22
1091	0:53:42	1111	Neil Webb	M			1042	0:51:58
1092	0:53:44	595	Paige Lewis	F			1153	0:53:04
1093	0:53:44	2200	Pete Heckles	M			1082	0:52:17
1094	0:53:46	361	Philip Clifford	M	50	WYE VALLEY RUNNERS	1162	0:53:13
1095	0:53:46	2891	Kim Phelps	F	35		1102	0:52:32
1096	0:53:46	2052	Angharad Vaughan-Owen	F			1142	0:52:56
1097	0:53:46	3267	Philippe Wauters	M	40		1037	0:51:54
1098	0:53:46	1010	John Evans	M	65		1140	0:52:56
1099	0:53:48	439	Anthony Snape	M			1128	0:52:51
1100	0:53:48	951	Chris Hawkins	M	60	FOREST OF DEAN AC	1135	0:52:53
1101	0:53:49	1719	Chris Wall	M	50		1019	0:51:37
1102	0:53:49	3806	Marc Thomas	M			1084	0:52:18
1103	0:53:49	3372	Bill Meiklejohn	M	60		1069	0:52:12
1104	0:53:49	3492	Isabelle Ford	F			1185	0:53:27
1105	0:53:49	1720	Bethan Wall	F	45		1020	0:51:37
1106	0:53:49	2540	Victoria Walters	F			1139	0:52:56
1107	0:53:50	3486	Robert Lewis	M	45		1067	0:52:11
1108	0:53:50	2881	Kate D'Arcy	F			1123	0:52:48
1109	0:53:51	1897	Jose Luis De La Cuesta Padilla	M	40		1103	0:52:34
1110	0:53:51	3714	Sara Williams	F		ADMIRAL	1137	0:52:55
1111	0:53:52	890	Christina Williams	F	40		1083	0:52:17
1112	0:53:52	561	Josh Herbert	M			1209	0:53:44
1113	0:53:53	2002	Paul Williams	M	50		1108	0:52:40
1114	0:53:53	2805	Charlotte Vaux	F			1104	0:52:35
1115	0:53:54	3319	John Davies	M	60		1120	0:52:47
1116	0:53:56	2652	Deborah Evans	F	50		1201	0:53:38
1117	0:53:58	1027	Keith Coleman	M	40		1126	0:52:50
1118	0:53:59	1561	Nicholas Jenkins	M	45	RUN4ALL RUNNING CLUB	1086	0:52:20
1119	0:53:59	2617	Pippa Wilson	F	35		1075	0:52:13
1120	0:53:59	2826	Vanessa Boyett	F	35	TROTS	1004	0:51:26
1121	0:54:00	2584	Ian Evans	M			1097	0:52:29
1122	0:54:00	482	Chris Morton	M	45		1124	0:52:49
1123	0:54:03	2628	James Mason	M			1214	0:53:48
1124	0:54:04	1107	Julie Stantiford	F	35		1195	0:53:34
1125	0:54:04	3115	Simon Flaherty	M	45		1092	0:52:23

2013 Admiral Swansea Bay 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
1126	0:54:05	682	Michael Dando	M			1048	0:52:01
1127	0:54:06	2015	Nigel Evans	M	50		1173	0:53:19
1128	0:54:06	2292	Ian Cole	M			1216	0:53:50
1129	0:54:07	2406	Andrew Weeks	M			1131	0:52:52
1130	0:54:09	1039	Gareth Dockerty	M			1152	0:53:03
1131	0:54:10	1778	Philip John	M	45		1025	0:51:46
1132	0:54:11	1398	Mark Beauchamp	M	50		1133	0:52:53
1133	0:54:11	3171	Mark Ford	M	40		1148	0:53:02
1134	0:54:11	972	Lisa Psaila	F			1174	0:53:19
1135	0:54:14	2801	Jeffery Robinson	M			1200	0:53:37
1136	0:54:15	571	Sara Reed	F			1147	0:53:02
1137	0:54:17	1268	Andrew Cadmore	M	40	BRECON AC	1218	0:53:51
1138	0:54:17	162	Rachael Lauder	F	40		1044	0:51:59
1139	0:54:19	2892	Adam Lewis	M			1021	0:51:38
1140	0:54:20	1585	Jeff Hicks	M	45		1170	0:53:17
1141	0:54:23	3080	Mark Wilcox	M	55		1157	0:53:08
1142	0:54:24	1015	Andrew Jones	M			918	0:50:37
1143	0:54:25	2982	Ian Rothery	M	55	CYBI STRIDERS	1217	0:53:50
1144	0:54:25	1488	Mali Williams	F			1146	0:53:01
1145	0:54:25	2356	Richard Nuth	M	40		1206	0:53:42
1146	0:54:26	1818	Sian Wadham	F	35	RUN4ALL RUNNING CLUB	1121	0:52:48
1147	0:54:26	3345	Edward Harris	M	40		1132	0:52:52
1148	0:54:27	1990	John Rees	M	60		1205	0:53:42
1149	0:54:27	1229	Patrick Dear	M			1077	0:52:14
1150	0:54:27	2642	Matthew Lewis	M			1088	0:52:22
1151	0:54:27	1670	Darren Hughes	M	45		1239	0:54:07
1152	0:54:28	1442	James Ollerhead	M			1074	0:52:13
1153	0:54:29	2780	Calum Orford	M			1260	0:54:17
1154	0:54:29	647	Luke Heslop	M			1158	0:53:08
1155	0:54:29	2327	Rachel White	F			1090	0:52:23
1156	0:54:29	512	Adrian Evans	M	40		1172	0:53:18
1157	0:54:30	3471	Sam Adamson	M			1101	0:52:30
1158	0:54:30	3301	Jessica Cartwright	F			1178	0:53:22
1159	0:54:31	3034	Dewi Griffiths	M	40		1076	0:52:14
1160	0:54:31	1816	Gill Edwards	F	45		1150	0:53:03
1161	0:54:31	118	Samantha Perrott	F	40		1134	0:52:53
1162	0:54:31	1951	Nicholas Tune	M			1167	0:53:15
1163	0:54:32	886	Marcus Adanah	M			1181	0:53:24
1164	0:54:32	1522	Keith Starr	M	65		1161	0:53:13
1165	0:54:34	2415	Fiona Evans	F	40		1227	0:53:59
1166	0:54:34	2495	James Ridgeway	M			1166	0:53:15
1167	0:54:35	3229	Lindy Beaton	F	50		1186	0:53:27
1168	0:54:35	2469	Jeff Unsworth	M	50	LLISWERRY RUNNERS	1224	0:53:56
1169	0:54:36	2978	Bethan Bale	F	35		1202	0:53:38
1170	0:54:37	1397	Alison Jollow	F	60		1253	0:54:12
1171	0:54:37	2977	Meleri Cole	F	35		1203	0:53:40
1172	0:54:39	860	Melonie Senior	F	40	ISLWYN RC	1246	0:54:09
1173	0:54:40	827	Paul Webber	M			1215	0:53:49
1174	0:54:40	3597	Jeff Stephens	M	40		1247	0:54:09
1175	0:54:40	3602	Philip Sheridan	M			1177	0:53:21
1176	0:54:40	1603	Adam O'Gorman	M			1168	0:53:16
1177	0:54:41	2247	Philip Smith	M	60	WYE VALLEY RUNNERS	1204	0:53:41
1178	0:54:42	1089	Marcus Luporini	M	40		1125	0:52:49
1179	0:54:43	1738	Jane Griffiths	F			1207	0:53:42
1180	0:54:43	1739	Rhian Davies	F	35		1208	0:53:42
1181	0:54:45	3321	Claire Marie Jones	F		LES CROUPIERS	1143	0:52:58
1182	0:54:45	1555	Carl Hawkes	M			1061	0:52:08
1183	0:54:45	1403	Rebecca Holland	F	35		1275	0:54:27
1184	0:54:45	1402	Darren Holland	M			1274	0:54:26
1185	0:54:45	733	Sarah Davis	F	45		1105	0:52:37
1186	0:54:46	1837	Lee Daniel	M			1228	0:54:00
1187	0:54:46	3174	Cai Williams	M			1106	0:52:38
1188	0:54:47	3335	Wyn Meredith	M	40		1196	0:53:35
1189	0:54:48	1202	Karen Barnett	F	40	FOREST OF DEAN AC	1222	0:53:54
1190	0:54:48	654	Neil Thomas	M			1091	0:52:23
1191	0:54:49	1880	David Morgan	M	50		1273	0:54:26
1192	0:54:49	2148	Richard Davies	M			1219	0:53:53
1193	0:54:49	194	Tom Mullen	M			1127	0:52:50
1194	0:54:52	1824	Stuart James	M	45		1190	0:53:30
1195	0:54:53	3700	James Shannon	M	45	ADMIRAL	1191	0:53:32
1196	0:54:54	984	Amy Jones	F			1129	0:52:51
1197	0:54:55	759	Victoria Bailey	F		ABM GERUNIMO	1183	0:53:25
1198	0:54:55	228	Catherine Rooke	F	45		1285	0:54:33
1199	0:54:56	3243	Gareth Thomas	M	45		1236	0:54:04
1200	0:54:57	3556	Liz Morgan	F	35	SAN DOMENICO RRC	1164	0:53:14

2013 Admiral Swansea Bay 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
1201	0:54:57	3577	Richard Davies	M	45		1212	0:53:48
1202	0:54:58	3768	Steven Evans	M	50		1156	0:53:07
1203	0:55:00	1275	Andrew Lustig	M			1261	0:54:17
1204	0:55:00	1161	Tim Ardouin	M	50		1113	0:52:43
1205	0:55:01	2938	Sarah Davies	F	40		1226	0:53:58
1206	0:55:03	3305	Sarah Cuke	F			1280	0:54:29
1207	0:55:03	3311	Ella Brace	F			1182	0:53:24
1208	0:55:03	1012	Scott Mainwaring	M			1160	0:53:10
1209	0:55:03	3005	Sharon Trotman	F	40	ABM PLASTIC FANTASTIC	1180	0:53:23
1210	0:55:05	772	Will Fuller	M	40		1192	0:53:32
1211	0:55:05	2856	Andrew Rothwell	M	55		1221	0:53:54
1212	0:55:05	1901	Erika Lina Fitzgibbon	F	60	WOMEN RUNNING PENARTH	1171	0:53:18
1213	0:55:05	3304	Damian Cuke	M		CLC STRIDERS	1284	0:54:32
1214	0:55:06	1217	Alun George Jones	M	50		1289	0:54:35
1215	0:55:07	2948	Robert Mckinley	M	50		1193	0:53:33
1216	0:55:08	974	Andrew Hill	M	40		1117	0:52:45
1217	0:55:09	2409	David Evans	M	45		1144	0:53:00
1218	0:55:09	1643	Nikki Hicks	M			1149	0:53:02
1219	0:55:10	770	Alice Sullivan	F	35		1251	0:54:12
1220	0:55:10	1436	Emma Slade	F			1229	0:54:02
1221	0:55:11	1390	Lyn Evans	M	50	PENARTH & DINAS RUNNERS	1210	0:53:46
1222	0:55:13	3394	Simon Ambler	M	55		1111	0:52:43
1223	0:55:15	1528	Rob Henderson	M	40		1199	0:53:36
1224	0:55:16	1223	Mike Gleeson	M	40	SWANSEA HARRIERS	1324	0:54:55
1225	0:55:17	3528	Lewis Wedlake	M			1109	0:52:41
1226	0:55:19	1032	Stephen Calvert	M	45		1163	0:53:13
1227	0:55:20	2774	Cordelia Loughlin	F			1194	0:53:34
1228	0:55:21	3318	Clare Hilling	F	55		1257	0:54:15
1229	0:55:22	3788	Gary Davies	M			1220	0:53:53
1230	0:55:22	1212	Andrew Biston	M	45		1256	0:54:14
1231	0:55:23	3443	Michael Williams	M	50		1296	0:54:41
1232	0:55:24	2792	Janet Jones	F			1341	0:55:06
1233	0:55:24	2577	Carol Woodford	F	50	LLISWERRY RUNNERS	1213	0:53:48
1234	0:55:24	1476	Mark Wells	M	40		1349	0:55:11
1235	0:55:24	1578	Richard Holmes	M	40		1240	0:54:07
1236	0:55:25	3291	James Evans	M			1300	0:54:42
1237	0:55:26	2024	Darren Jones	M			1264	0:54:21
1238	0:55:26	3289	Robert Bater	M	45		1330	0:54:59
1239	0:55:27	1759	Kathryn Ayres	F			1269	0:54:24
1240	0:55:29	3832	Jenny Fifield	F	50		1286	0:54:33
1241	0:55:29	1059	Joe Kennedy	M	60		1326	0:54:57
1242	0:55:30	2831	Layton John Jones	M	45		1331	0:55:01
1243	0:55:31	3168	Gareth Phillips	M			1188	0:53:28
1244	0:55:31	2250	Linda Keelan	F			1151	0:53:03
1245	0:55:31	1254	Neil Griffiths	M	55		1211	0:53:47
1246	0:55:32	1634	Ifan Gwilym	M			1179	0:53:22
1247	0:55:32	2972	Elin Thomas	F			1242	0:54:07
1248	0:55:33	436	Caroline Heady	F			1270	0:54:25
1249	0:55:33	2032	Lloyd James	M			1235	0:54:03
1250	0:55:35	3038	Richard Herbert	M			1197	0:53:35
1251	0:55:35	2210	Matthew Meader	M			1368	0:55:21
1252	0:55:36	1695	Anna Freeman	F	40	FOREST OF DEAN AC	1303	0:54:42
1253	0:55:37	1484	Lee Harries	M			1271	0:54:25
1254	0:55:37	2051	Hannah Murtagh	F			1332	0:55:01
1255	0:55:39	1858	Shaun Amphlett	M			1238	0:54:05
1256	0:55:40	2654	Ali Wood	F	45		1255	0:54:13
1257	0:55:40	1721	Mark Davies	M	45		1267	0:54:23
1258	0:55:41	1640	Gary Rombach	M			1231	0:54:02
1259	0:55:42	3092	Steve Jones	M	55		1250	0:54:12
1260	0:55:43	1624	Rhiannon Simms	F			1278	0:54:28
1261	0:55:46	893	Marc Taylor	M			1249	0:54:12
1262	0:55:48	2142	Gillian Murphy	F	60	LES CROUPIERS	1319	0:54:53
1263	0:55:48	2100	Samantha Hyett	F	35		1282	0:54:30
1264	0:55:49	716	Mark Mcneish	M	40		1272	0:54:25
1265	0:55:50	353	Sheryl Stoneman	F	40		1198	0:53:35
1266	0:55:50	1102	Richard Delaney	M	40		1258	0:54:15
1267	0:55:50	3490	Laura Cottrell	F			1169	0:53:17
1268	0:55:51	362	Debi Clifford	F	45	WYE VALLEY RUNNERS	1362	0:55:19
1269	0:55:51	2098	Lesley Mainwaring	F	45	RUN4ALL RUNNING CLUB	1336	0:55:02
1270	0:55:51	2579	Len Collacott	M	55		1279	0:54:29
1271	0:55:52	3783	Vicky Ashford	F		ADMIRAL	1337	0:55:02
1272	0:55:52	1232	Claire Williams	F	50		1307	0:54:43
1273	0:55:52	1056	Chris Cowell	M	45		1277	0:54:28
1274	0:55:53	2412	Lawrence Gilbert	M	60		1259	0:54:16
1275	0:55:54	3487	Neil Gabriel	M			1351	0:55:13

2013 Admiral Swansea Bay 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
1276	0:55:55	2284	Mark Gregory	M	45		1321	0:54:55
1277	0:55:55	724	Leandra Rizza	F	50		1165	0:53:14
1278	0:55:55	364	Emma Fortune	F	35		1225	0:53:56
1279	0:55:56	1248	Pete Orphan	M	45		1039	0:51:56
1280	0:55:57	2301	Ruth Hale	F	45		1378	0:55:26
1281	0:55:57	2388	James O'Malley	M			1232	0:54:02
1282	0:55:59	3532	David Drake	M	45		1233	0:54:02
1283	0:55:59	3657	Elizabeth James Mahoney	F		ADMIRAL	1311	0:54:48
1284	0:56:00	3033	Liz Rees	F	35		1281	0:54:30
1285	0:56:02	2711	Alexandra Doherty	F		LES CROUPIERS	1343	0:55:07
1286	0:56:03	2269	Neil Langstone	M	45		1371	0:55:23
1287	0:56:04	2935	Liam Jones	M			1175	0:53:20
1288	0:56:05	2701	Tracy Burton	F	50	LLISWERRY RUNNERS	1189	0:53:29
1289	0:56:05	1800	Tom Davies	M	21		1184	0:53:26
1290	0:56:06	1980	Rob Williams	M	55	BRECON AC	1408	0:55:39
1291	0:56:08	2259	Martin Bowen Jones	M	50		1308	0:54:46
1292	0:56:08	2150	Stuart Edwards	M	45		1369	0:55:21
1293	0:56:09	2188	Alan Mann	M	55	LES CROUPIERS	1306	0:54:42
1294	0:56:10	1145	Lisa Isaac	F			1381	0:55:28
1295	0:56:11	1977	Gayle Douglass	F			1230	0:54:02
1296	0:56:11	2920	Mark Richards	M			1294	0:54:38
1297	0:56:11	2442	David Hirst	M	55		1315	0:54:49
1298	0:56:12	3672	Gareth Lougher	M		ADMIRAL	1348	0:55:11
1299	0:56:12	1749	Sarah Whitby	F	40		1223	0:53:55
1300	0:56:12	1995	Derek Wallace	M	55		1291	0:54:36
1301	0:56:12	1766	Neil Pryce	M			1350	0:55:12
1302	0:56:12	1682	Ian Gill	M			1265	0:54:22
1303	0:56:13	1334	Michael Glover	M	40		1254	0:54:13
1304	0:56:14	1478	Cameron Hopkins	M			1287	0:54:33
1305	0:56:14	1705	Jeremy Haynes	M	45	LC COBRAS	1346	0:55:09
1306	0:56:14	2680	Samantha Singh	F	40		1297	0:54:41
1307	0:56:15	2482	Huw Morris	M	50		1339	0:55:05
1308	0:56:16	761	Sian Coughlan	F	40		1361	0:55:18
1309	0:56:17	1400	Allan Crawford	M	45		1268	0:54:24
1310	0:56:17	1671	Julie Williams	F	45		1335	0:55:02
1311	0:56:17	3045	Clare Channon	F			1298	0:54:41
1312	0:56:18	2494	Gavin Wells	M			1329	0:54:58
1313	0:56:18	2966	Ross Poinés	M		WELSH ANGLO ATHLETICS	1360	0:55:17
1314	0:56:18	2313	Jane Morris	F			1312	0:54:48
1315	0:56:18	3211	Eleanor Reed	F		SWANSEA HARRIERS	1363	0:55:19
1316	0:56:18	3312	Christine Toy	F			1293	0:54:37
1317	0:56:19	2129	Stephen Godwin	M			1302	0:54:42
1318	0:56:21	1079	David Martyn Jones	M	45	LLISWERRY RUNNERS	1345	0:55:07
1319	0:56:21	2725	Charlotte Beare	F	35		1248	0:54:10
1320	0:56:22	2882	Martin Davies	M	40		1317	0:54:52
1321	0:56:24	2131	Huw Williams	M	55		1325	0:54:56
1322	0:56:24	1517	Alison Connaughton	F	35		1305	0:54:42
1323	0:56:24	1160	Danny Evans	M	40		1243	0:54:08
1324	0:56:25	156	Adrian Thomas	M	40		1323	0:54:55
1325	0:56:25	699	Leanne Oconnor	F			1398	0:55:37
1326	0:56:26	3107	Neil Gregory	M	40		1187	0:53:28
1327	0:56:27	3133	Sally Natynczuk	F	50		1263	0:54:19
1328	0:56:28	2300	Ceri Clarke	F	35		1376	0:55:25
1329	0:56:28	3780	Harry Franklin	M	75		1441	0:56:11
1330	0:56:29	1460	Susan Martin	F	40		1241	0:54:07
1331	0:56:30	120	Kathryn Kearney	F	50		1418	0:55:51
1332	0:56:30	3845	Adrian Davies	M			1334	0:55:02
1333	0:56:31	3244	Richard Barnes	M			1283	0:54:30
1334	0:56:31	2984	Neil Leader	M	40		1292	0:54:37
1335	0:56:32	2349	Adam Lewis	M			1310	0:54:47
1336	0:56:32	2278	Kathryn Hopkins	F			1396	0:55:37
1337	0:56:32	3485	Stuart Rowlands	M	50		1299	0:54:41
1338	0:56:32	1021	Katie Davies	F			1359	0:55:16
1339	0:56:33	2219	Steve Jones	M	45		1252	0:54:12
1340	0:56:34	2491	Carl Farrant	M			1328	0:54:58
1341	0:56:35	1186	Eleanor Reid	F			1392	0:55:35
1342	0:56:35	2262	Jamie Ward	M			1370	0:55:22
1343	0:56:35	2783	Sarah Fish	F	40		1385	0:55:31
1344	0:56:37	2720	Steve Mcwilliams	M	60		1447	0:56:15
1345	0:56:37	2179	Jennifer James	F	40		1234	0:54:03
1346	0:56:37	1192	Roger Morrell	M	50		1456	0:56:21
1347	0:56:38	976	Gareth Davies	M	40		1295	0:54:38
1348	0:56:39	3071	Leighton Williams	M	45		1342	0:55:06
1349	0:56:40	2165	Roy Evans	M	40		1316	0:54:51
1350	0:56:41	2660	Nadine Tudur	F			1333	0:55:02

2013 Admiral Swansea Bay 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
1351	0:56:42	630	Kevin Mccreadie	M	45		1462	0:56:23
1352	0:56:43	1930	Danielle Hardcastle	F			1353	0:55:14
1353	0:56:45	435	Gareth Stephens	M			1406	0:55:39
1354	0:56:45	2762	Ian Michael	M	45		1440	0:56:10
1355	0:56:47	1564	Lindsay Davis	M	55	TOTTON RC	1245	0:54:09
1356	0:56:48	2231	Kerry Mcgreevy	F			1391	0:55:34
1357	0:56:48	2120	Eamonn Mcgreevy	M	60		1390	0:55:33
1358	0:56:48	2065	Dylan Jones	M	45		1309	0:54:47
1359	0:56:49	3419	Mathew Gibson	M			1366	0:55:20
1360	0:56:49	2309	Sian Jenkins	F			1262	0:54:18
1361	0:56:51	485	Mark Ellis	M	55		1417	0:55:50
1362	0:56:52	2932	Sara Jones	F			1276	0:54:27
1363	0:56:52	2685	Emma Davies	F			1374	0:55:24
1364	0:56:55	2062	Wendy Redmond	F	35		1314	0:54:49
1365	0:56:56	2983	Nick Pierpoint	M	55	TRING RC	1301	0:54:42
1366	0:56:57	2989	Natalie Jones	F		LLANELLI STROLLERS	1354	0:55:14
1367	0:56:57	1821	Gemma Evans	F			1380	0:55:27
1368	0:56:58	3520	Michelle Bates	F	45	PARC BRYN BACH	1487	0:56:35
1369	0:56:59	2242	Philip Hobbs	M			1347	0:55:09
1370	0:57:00	3538	Jean Gardner	F	40		1288	0:54:34
1371	0:57:01	2546	Sharon Penhale	F	40		1415	0:55:48
1372	0:57:04	2736	Howard Roberts	M	50		1155	0:53:06
1373	0:57:06	2119	Gareth Jones	M	45		1445	0:56:13
1374	0:57:07	3475	Kelly Brooks	F			1515	0:56:53
1375	0:57:07	2279	Kevin Hopkins	M	40		1439	0:56:09
1376	0:57:07	1560	Nicholas Donovan	M			1290	0:54:36
1377	0:57:08	2515	Eleri Andrew	F			1318	0:54:52
1378	0:57:09	1459	Matthew Evans	M			1373	0:55:23
1379	0:57:10	1527	Paul Baker	M	40		1386	0:55:32
1380	0:57:10	2532	Steven Daniels	M			1450	0:56:18
1381	0:57:11	925	Marcus Bennett	M	45		1313	0:54:48
1382	0:57:11	1932	Richard Jenkins	M			1484	0:56:33
1383	0:57:11	3331	Diane Rowlands	F	50	WYE VALLEY RUNNERS	1432	0:56:05
1384	0:57:12	2955	Lowri Hughes	F	35		1454	0:56:20
1385	0:57:12	689	Huw Jones	M	45		1377	0:55:26
1386	0:57:13	1787	Einion Gruffudd	M	45		1304	0:54:42
1387	0:57:14	3193	Darryl Hope	M			1364	0:55:19
1388	0:57:14	2811	Susan Learmonth	F	40		1237	0:54:05
1389	0:57:15	803	Nicola Fitchett	F			1355	0:55:14
1390	0:57:15	1928	Phil Blackler	M	50		1395	0:55:36
1391	0:57:16	2925	Keri Hamer	F			1322	0:54:55
1392	0:57:17	3513	Diana Vulpe	F	21		1503	0:56:44
1393	0:57:17	2508	Andres Delgado	M	40		1375	0:55:24
1394	0:57:17	490	James Dainton	M			1320	0:54:53
1395	0:57:19	1619	Liam Hunt	M			1429	0:56:02
1396	0:57:19	1618	Mark Hunt	M	40		1428	0:56:01
1397	0:57:19	3049	Robert Morgan	M			1476	0:56:30
1398	0:57:20	2848	Adrian Bence	M			1338	0:55:04
1399	0:57:20	3095	Sarah Pope	F	50	WOMEN RUNNING PENARTH	1387	0:55:33
1400	0:57:21	109	Marina Harris	F	40		1435	0:56:06
1401	0:57:21	108	Philip Harris	M	40		1434	0:56:06
1402	0:57:23	3135	Emily Kingston	F	35		1490	0:56:37
1403	0:57:23	924	Clare Bennett	F	45		1327	0:54:58
1404	0:57:25	2754	Malcolm Mcdermott	M	50		1266	0:54:22
1405	0:57:27	3579	Sharon Thomas	F	40		1463	0:56:24
1406	0:57:27	698	Matthew John	M			1489	0:56:37
1407	0:57:28	144	Emma Davies	F			1405	0:55:39
1408	0:57:28	323	Sian Williams	F			1421	0:55:53
1409	0:57:29	807	Louis Fligelstone	M	50		1499	0:56:41
1410	0:57:30	3377	Owain Peckover	M			1402	0:55:38
1411	0:57:31	2798	Josh Kelly	M			1413	0:55:43
1412	0:57:32	2180	Leanne Fethney	F		RUN4ALL RUNNING CLUB	1344	0:55:07
1413	0:57:32	2473	Leah Rogers	F			1357	0:55:15
1414	0:57:32	352	Lisa Draper	F			1470	0:56:28
1415	0:57:33	2988	Nigel Jones	M	55	LLANELLI STROLLERS	1416	0:55:48
1416	0:57:33	715	Kelly Mcneish	F	35		1438	0:56:08
1417	0:57:33	997	Sara Thomas	F	35		1549	0:57:15
1418	0:57:33	1115	Martin Kearns	M	50		1403	0:55:38
1419	0:57:34	1392	Peter Martin	M			1494	0:56:39
1420	0:57:34	1391	Lilian Martin	F	35		1493	0:56:38
1421	0:57:37	374	Lesley Colman	F	40	CHIPPENHAM HARRIERS	1425	0:55:59
1422	0:57:37	3773	Debbie Keogh	F	40		1430	0:56:02
1423	0:57:37	3085	Michaela Rees	F	35		1444	0:56:13
1424	0:57:37	1567	Ben Giesbrecht	M	55	RUNNING SOMEWHERE ELSE	1507	0:56:47
1425	0:57:38	3496	Leanne Phillips	F	40	LLISWERRY RUNNERS	1340	0:55:05

2013 Admiral Swansea Bay 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
1426	0:57:39	2609	Tara Worrall	F		PEMBROKESHIRE HARRIERS	1384	0:55:30
1427	0:57:39	1536	Bethan Amos	F			1407	0:55:39
1428	0:57:39	3527	Louise Udiawar	F			1352	0:55:13
1429	0:57:40	3344	Ivor Novelle	M	45		1411	0:55:41
1430	0:57:40	1106	Elinor Thomas	F			1410	0:55:41
1431	0:57:40	1136	Brian Watkins	M	45		1540	0:57:09
1432	0:57:40	1871	Michael Watkins	M	40		1244	0:54:08
1433	0:57:41	1023	Nicole Casey	F	40		1495	0:56:39
1434	0:57:43	3693	Jonathan Roberts	M		ADMIRAL	1365	0:55:19
1435	0:57:45	2160	Megan Spacie	F			1505	0:56:46
1436	0:57:45	2679	Joseph Clifton	M			1553	0:57:16
1437	0:57:45	2678	June Clifton	F	55		1554	0:57:17
1438	0:57:46	3181	Ellis Hopkins	M			1452	0:56:19
1439	0:57:47	2089	Rhydwyn Harris	M	45	ISLWYN RC	1394	0:55:35
1440	0:57:48	1639	Alan Pugh	M			1437	0:56:08
1441	0:57:49	1902	Jim Fitzgibbon	M	60		1427	0:56:01
1442	0:57:50	2053	Alex Parry	M	45		1604	0:57:50
1443	0:57:50	2488	Rebecca Scadding	F			1356	0:55:15
1444	0:57:51	3705	Andrew Taylor	M		ADMIRAL	1379	0:55:26
1445	0:57:51	2800	Leigh Ayers	M			1550	0:57:16
1446	0:57:52	3343	Nicola Walker	F			1393	0:55:35
1447	0:57:52	2841	Jonathan Britton	M			1533	0:57:03
1448	0:57:53	2314	Andy Morris	M	45		1460	0:56:23
1449	0:57:54	2560	Caroline Drew	F	40		1479	0:56:31
1450	0:57:55	437	Kim Wells	F	35		1474	0:56:29
1451	0:57:55	196	Lisa Cronin	F			1535	0:57:04
1452	0:57:56	3610	Anthony Beer	M		ADMIRAL	1404	0:55:38
1453	0:57:56	618	Simon Hurford	M			1372	0:55:23
1454	0:57:56	2556	Steve Wickwar	M	40		1537	0:57:07
1455	0:57:57	2172	Christopher Morgan	M			1538	0:57:08
1456	0:57:58	800	Jay Toor	M			1546	0:57:12
1457	0:57:59	666	Lisa Morgan	F	40		1461	0:56:23
1458	0:58:00	2478	Jill Luckwell	F	50		1388	0:55:33
1459	0:58:00	3320	Emma Doolan	F	35		1522	0:56:57
1460	0:58:01	322	Erika Thomas	F			1466	0:56:25
1461	0:58:02	3148	Lynne Evans	F	40		1448	0:56:15
1462	0:58:03	885	Steven Price	M			1389	0:55:33
1463	0:58:03	3072	Gemma Slatergemmaslater	F			1531	0:57:02
1464	0:58:05	3682	Meilyr Passmore	M		ADMIRAL	1530	0:57:01
1465	0:58:05	3322	Tracey Newman	F	40		1539	0:57:09
1466	0:58:06	1094	Rhys Gedrych	M			1534	0:57:04
1467	0:58:06	1706	Ruby Harcombe	F			1433	0:56:06
1468	0:58:06	609	Craig Phillips	M			1446	0:56:14
1469	0:58:07	315	Joanne Sperduty	F			1399	0:55:37
1470	0:58:07	967	Peter Davies	M			1358	0:55:16
1471	0:58:07	2201	Elisha Pike	F			1419	0:55:52
1472	0:58:08	1247	Keri Hiles	M	40		1449	0:56:17
1473	0:58:08	2965	Sarah Beynon	F			1420	0:55:52
1474	0:58:08	3341	Ryan Jones	M	40		1414	0:55:45
1475	0:58:09	2747	Malcolm Parker	M	70	ISLWYN RC	1422	0:55:57
1476	0:58:09	1861	Julian Rees	M			1500	0:56:42
1477	0:58:10	3420	Stacy Baker	M			1480	0:56:32
1478	0:58:10	2527	Rob David	M			1442	0:56:12
1479	0:58:10	2923	Carys Jones	F			1488	0:56:36
1480	0:58:11	1151	Andrew Rees	M			1383	0:55:30
1481	0:58:11	143	Phillip Evans	M			1509	0:56:47
1482	0:58:11	205	Isla Humphreys	F			1464	0:56:24
1483	0:58:12	3854	Lizzie Gillman	F			1536	0:57:04
1484	0:58:12	2489	Carol Woodman	F			1482	0:56:33
1485	0:58:13	3253	Roger Stein	M	55		1472	0:56:29
1486	0:58:16	3063	Nia Moss	F			1431	0:56:03
1487	0:58:16	3454	Stephen Barclay	M	40		1517	0:56:54
1488	0:58:16	1382	Elizabeth Parker	F	40	LLISWERRY RUNNERS	1412	0:55:41
1489	0:58:17	1200	Lowri Rees	F			1543	0:57:11
1490	0:58:18	1937	Stuart Rees	M			1424	0:55:58
1491	0:58:19	547	David Pole	M	40		1521	0:56:56
1492	0:58:19	3315	Sion Mason-Evans	M			1544	0:57:12
1493	0:58:19	3749	Callum Ogilvey	M		ADMIRAL	1459	0:56:23
1494	0:58:19	1337	Amy Doman	F			1532	0:57:02
1495	0:58:20	2696	Steffan Shadrach	M			1506	0:56:47
1496	0:58:22	1087	Mari Griffiths	F			1557	0:57:18
1497	0:58:22	1048	Jo Hilborne	F	45		1477	0:56:30
1498	0:58:24	2911	Stacey Price	M	40		1468	0:56:27
1499	0:58:25	1309	Alex Milton	M	45		1582	0:57:33
1500	0:58:26	2668	Dave Shields	M	45	VIRGIN ACTIVE CARDIFF RC	1453	0:56:19

2013 Admiral Swansea Bay 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
1501	0:58:27	3846	Laura Hall	F			1496	0:56:39
1502	0:58:28	2067	Christopher Thomas	M			1614	0:57:56
1503	0:58:28	2568	Andrew Keddie	M			1483	0:56:33
1504	0:58:29	1018	Chris Marshall	M	40		1561	0:57:21
1505	0:58:29	2209	Daniel Jones	M			1469	0:56:28
1506	0:58:29	648	Kate Reilly	F	35		1556	0:57:17
1507	0:58:30	3587	Karen Devine	F	40	ABM ITU INOTROOPS	1572	0:57:27
1508	0:58:32	3858	Mark Biscoe	M	35		1510	0:56:48
1509	0:58:33	500	Lydia Smith	F	45	LC COBRAS	1451	0:56:18
1510	0:58:34	1273	Tim Burton	M	45		1443	0:56:12
1511	0:58:34	478	Catrin Morgan	F			1458	0:56:22
1512	0:58:35	3376	Emma Vaux	F	35		1501	0:56:43
1513	0:58:35	2537	Andrew Jones	M	40		1498	0:56:40
1514	0:58:38	2214	Lee Jollow	F	35		1467	0:56:26
1515	0:58:40	2218	David Williams	M	45		1367	0:55:20
1516	0:58:41	959	Mark Baker	M	45		1397	0:55:37
1517	0:58:43	3078	Huw Lewis	M	55		1497	0:56:40
1518	0:58:44	855	Felicity Shelley	F			1478	0:56:31
1519	0:58:45	2995	Sharon Henton	F	40		1492	0:56:38
1520	0:58:45	1525	Joanne Pudner	F			1508	0:56:47
1521	0:58:46	1355	John Mcintyre	M			1485	0:56:34
1522	0:58:46	1354	Stacey Mcintyre	F	35		1486	0:56:34
1523	0:58:46	1458	Rebecca Young	F			1527	0:57:01
1524	0:58:46	998	Helena Sykes	F			1547	0:57:14
1525	0:58:47	3503	Ashley Rees	M			1436	0:56:07
1526	0:58:47	2523	Mark Heycock	M			1629	0:58:06
1527	0:58:48	1959	Jeremy Ashdown	M			1630	0:58:06
1528	0:58:49	2059	Amanda Coulson	F	65		1523	0:56:59
1529	0:58:50	369	Ben Coulson	M			1525	0:57:00
1530	0:58:50	1846	Daniel Hillier	M			1529	0:57:01
1531	0:58:50	3287	Chris Osborne	M	50		1524	0:57:00
1532	0:58:50	3441	Frank Britton	M	60		1613	0:57:54
1533	0:58:50	368	Kate Skidmore	F			1526	0:57:00
1534	0:58:52	2417	Richard Morris	M			1579	0:57:31
1535	0:58:52	1083	Michael Howell	M	45		1620	0:58:00
1536	0:58:53	390	Anthony Manley	M	55		1590	0:57:43
1537	0:58:53	3864	Hollie Jeans	F			1475	0:56:30
1538	0:58:54	644	Martyn Simpson	M			1465	0:56:25
1539	0:58:54	2341	Karen Penny	F	45		1455	0:56:21
1540	0:58:55	3790	Lucy Thomas	F	40		1568	0:57:25
1541	0:58:55	3416	Liz Carpenter	F			1516	0:56:54
1542	0:58:56	2135	Michelle Williams	F	45	WYE VALLEY RUNNERS	1473	0:56:29
1543	0:58:56	1763	Clare Jones	F	40		1617	0:57:58
1544	0:58:57	2986	John Bourne	M	65		1600	0:57:49
1545	0:58:58	1986	Kenneth Blackie	M	45		1575	0:57:29
1546	0:58:59	902	Abi Cherry	F			1457	0:56:22
1547	0:58:59	3017	Clare Ford	F	50	ABM MOB BOTS	1491	0:56:38
1548	0:59:00	3332	Dominic Masters	M	40		1567	0:57:25
1549	0:59:01	3767	Jessica Wray	F			1596	0:57:47
1550	0:59:01	3641	Alex Grills	M		ADMIRAL	1400	0:55:38
1551	0:59:01	3633	Kevin Foley	M	45	ADMIRAL	1401	0:55:38
1552	0:59:02	1576	Bev Sime	F	45		1423	0:55:58
1553	0:59:03	103	Christopher Hockley	M	40		1635	0:58:08
1554	0:59:04	318	Craig Watkins	M			1426	0:56:01
1555	0:59:05	2627	Sian Thomas	F			1528	0:57:01
1556	0:59:06	2289	Ryan John	M			1593	0:57:45
1557	0:59:07	629	Daniel Griffiths	M			1542	0:57:10
1558	0:59:07	3274	Matthew Thomas	M	45		1615	0:57:56
1559	0:59:10	3521	Eleanor Wilde	F			1382	0:55:29
1560	0:59:10	1827	Laura Henton	F			1622	0:58:03
1561	0:59:11	2117	Iain Robertson	M	45		1552	0:57:16
1562	0:59:12	2305	Sam Ward	F	40		1502	0:56:44
1563	0:59:12	2159	Rachel Gabb	F	35	RUN4ALL RUNNING CLUB	1576	0:57:29
1564	0:59:15	2451	Rebecca Anderson	F			1560	0:57:20
1565	0:59:15	116	Carol Morgan	F	40		1558	0:57:18
1566	0:59:15	1589	Peter Jones	M	60		1690	0:58:45
1567	0:59:16	3166	Peter Rogers	M	50		1619	0:57:59
1568	0:59:17	2653	Richard Bennett	M			1519	0:56:55
1569	0:59:17	3510	Barry James	M	60	PORTHCAWL HARRIERS	1559	0:57:19
1570	0:59:19	707	Jamie Weeks	M			1409	0:55:40
1571	0:59:19	3278	Karen Benson	F	35		1504	0:56:46
1572	0:59:20	608	Hugh Price	M	60		1481	0:56:32
1573	0:59:20	1918	Allan Smith	M	80	3MS GORSEINON RR	1583	0:57:33
1574	0:59:20	3381	Gwen Smith	F	45		1704	0:58:54
1575	0:59:20	3010	Edd Drew	M		ABM PLASTIC FANTASTIC	1581	0:57:33

2013 Admiral Swansea Bay 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
1576	0:59:21	494	Don Clarey	M	50		1551	0:57:16
1577	0:59:22	1072	Andrew Jones	M	50		1563	0:57:22
1578	0:59:22	2369	Fiona Jackson	F			1715	0:59:01
1579	0:59:23	379	Lianne Greenslade	F			1638	0:58:10
1580	0:59:23	971	Susan Wonnacott	F	35		1653	0:58:20
1581	0:59:24	3870	Ashi Malik	F	35		1511	0:56:50
1582	0:59:24	3175	Rhodri Williams	M			1548	0:57:14
1583	0:59:25	987	Sean Thomas	M	40		1684	0:58:41
1584	0:59:25	3160	Kate Jenkins	F			1663	0:58:28
1585	0:59:26	3871	Craig Nicolson	M			1471	0:56:29
1586	0:59:26	3039	Annamarie Parsons	F	40		1610	0:57:53
1587	0:59:27	1357	Ted Powell	M			1642	0:58:13
1588	0:59:28	2345	Jamie Lewis	M			1580	0:57:32
1589	0:59:29	2930	Dave Pearce	M	45		1685	0:58:42
1590	0:59:29	2924	Greg Leeman	M			1611	0:57:54
1591	0:59:29	3867	Richard Murray	M			1577	0:57:31
1592	0:59:31	1602	Steven Lovidge	M	45		1652	0:58:19
1593	0:59:32	1518	Michael Moore	M			1520	0:56:55
1594	0:59:32	3176	Jan Williams	F	55		1565	0:57:23
1595	0:59:33	2332	Karen Davies	F	40		1666	0:58:29
1596	0:59:34	587	Alex Rothe	M			1573	0:57:28
1597	0:59:34	1724	Michelle Chapman	F	35		1518	0:56:54
1598	0:59:36	1225	Martin Jones	M		LES CROUPIERS	1658	0:58:22
1599	0:59:36	2125	Phillipa Cole	F	45		1513	0:56:52
1600	0:59:37	2113	Fiona Crook	F	45		1564	0:57:23
1601	0:59:37	2112	Richard Crook	M	45		1566	0:57:23
1602	0:59:40	3105	Andy Booth	M	55	ROAD RUNNERS CLUB	1555	0:57:17
1603	0:59:41	2042	David Griffiths	M			1670	0:58:30
1604	0:59:43	2429	Carla Lewis	F			1594	0:57:45
1605	0:59:43	862	Bethan Waters	F	35		1656	0:58:22
1606	0:59:43	1537	Richard Amos	M			1592	0:57:43
1607	0:59:43	3066	Joseph Davies	M			1654	0:58:22
1608	0:59:44	2041	Corrine Davies	F	40		1601	0:57:49
1609	0:59:44	3652	Catherine Hook	F		ADMIRAL	1639	0:58:11
1610	0:59:44	497	Peter Harris	M			1621	0:58:01
1611	0:59:45	3330	Andy Rowlands	M	50	WYE VALLEY RUNNERS	1681	0:58:38
1612	0:59:45	2621	Nathan Wilcox	M			1588	0:57:40
1613	0:59:47	489	Dan Triggs	M			1655	0:58:22
1614	0:59:48	425	Christine Williams	F	45		1675	0:58:33
1615	0:59:48	3822	Louise Rees James	F			1667	0:58:29
1616	0:59:48	185	Kevin Davis	M	50		1584	0:57:33
1617	0:59:49	2485	Anthony Marsh	M			1562	0:57:22
1618	0:59:51	543	Sara Thomas	F	35		1647	0:58:16
1619	0:59:51	1757	Betsan Rolles	F	40		1662	0:58:27
1620	0:59:53	1921	Angela Bowkett	F	45	FOREST OF DEAN AC	1710	0:58:58
1621	0:59:54	2386	Clare Ferguson	F	40		1674	0:58:33
1622	0:59:55	173	Andrew Melham	M	55		1732	0:59:07
1623	0:59:56	3185	Thomas Annetts	M			1541	0:57:09
1624	0:59:58	579	Sarah Rees	F			1671	0:58:31
1625	0:59:58	2836	Victoria Williams	F			1585	0:57:33
1626	0:59:59	2837	Lisa Williams	F	35		1760	0:59:22
1627	0:59:59	2271	Catherine Llewellyn	F	45		1747	0:59:15
1628	0:59:59	1100	Natalie Robinson	F			1711	0:58:58
1629	0:59:59	1969	Tony Fisher	M	40		1589	0:57:43
1630	0:59:59	1101	Oliver Wood	M			1709	0:58:58
1631	1:00:00	3745	Joshua Morris	M		ADMIRAL	1626	0:58:05
1632	1:00:00	2542	Kate Hurst	F			1748	0:59:16
1633	1:00:01	1077	Leanne Sullivan	F			1651	0:58:18
1634	1:00:01	3665	Tamsin Jones	F		ADMIRAL	1571	0:57:26
1635	1:00:01	347	Martyn Price	M	40		1686	0:58:42
1636	1:00:01	651	Matthew Dainton	M			1587	0:57:37
1637	1:00:01	598	Adam Cornford	M			1574	0:57:29
1638	1:00:02	2265	Jackie Martin	F	45		1661	0:58:27
1639	1:00:02	3215	Ruth Hale	F			1741	0:59:12
1640	1:00:03	3435	Alison Davies	F	40		1688	0:58:44
1641	1:00:03	1544	Clifford Ashwin	M	55		1636	0:58:09
1642	1:00:03	3850	Araminta Peacock	F			1595	0:57:46
1643	1:00:04	1688	Jennifer Hampson	F			1570	0:57:26
1644	1:00:05	3710	Dave Wathan	M	45	ADMIRAL	1624	0:58:04
1645	1:00:06	1388	Jennifer Henderson	F	45		1605	0:57:52
1646	1:00:07	934	Jolene Williams	F			1586	0:57:35
1647	1:00:07	982	Dean Kent	M	45		1603	0:57:50
1648	1:00:07	3472	Rachel Stewart	F			1750	0:59:16
1649	1:00:07	983	Stephen Swinhoe	M			1597	0:57:47
1650	1:00:08	1112	Laura Mulcahy	F			1608	0:57:53

2013 Admiral Swansea Bay 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
1651	1:00:08	2260	Ian Phillips	M	50		1623	0:58:04
1652	1:00:08	814	Ruth Williams	F	45		1725	0:59:04
1653	1:00:08	3823	Steve Hopkins	M	40		1578	0:57:31
1654	1:00:09	2376	Sion Crees	M			1632	0:58:07
1655	1:00:10	1768	Jonathan Sellick	M			1660	0:58:25
1656	1:00:11	2227	Sharon Williams	F	50		1700	0:58:51
1657	1:00:12	3797	Andrew James	M	40		1512	0:56:52
1658	1:00:12	1866	Helen Alexander	F			1768	0:59:25
1659	1:00:13	2539	Samantha Board	F	35		1782	0:59:37
1660	1:00:13	570	Catherine Howells	F			1712	0:58:59
1661	1:00:14	3266	Sarah Jenkins	F			1609	0:57:53
1662	1:00:16	1308	Alaric Harrison	M			1801	0:59:47
1663	1:00:17	1404	Jenny Baker	F	35		1705	0:58:57
1664	1:00:17	3554	Howard King	M	40		1696	0:58:47
1665	1:00:17	1374	Rachel Hicks	F			1746	0:59:14
1666	1:00:18	313	Michelle Rivett	F	40	LES CROUPIERS	1514	0:56:53
1667	1:00:19	3719	Chelsey Mcgillycuddy	F		ADMIRAL	1668	0:58:29
1668	1:00:19	110	Victoria Ford	F	40		1649	0:58:17
1669	1:00:19	1031	Elizabeth Phillips	F	40		1648	0:58:17
1670	1:00:22	3003	Richard Donne	M	50		1694	0:58:47
1671	1:00:22	2905	Rebecca Pritchard	F	35		1706	0:58:57
1672	1:00:23	2055	Ashley Draisey	M			1569	0:57:25
1673	1:00:24	2927	Elizabeth Macgowan	F	35		1672	0:58:32
1674	1:00:25	1669	Philip Stoneman	M	45		1752	0:59:17
1675	1:00:25	1632	Stephen Lewis	M	45		1722	0:59:03
1676	1:00:26	2497	James Roach-John	M		PEMBROKESHIRE HARRIERS	1646	0:58:15
1677	1:00:27	2591	Bernard Carroll	M	60		1793	0:59:41
1678	1:00:27	3762	Natalie Elgar	F		LLISWERRY RUNNERS	1607	0:57:53
1679	1:00:27	2592	Martin Carroll	M	50		1783	0:59:37
1680	1:00:27	3223	James Howells	M			1625	0:58:05
1681	1:00:28	1679	Sharon Crocker	F			1792	0:59:41
1682	1:00:29	3563	Richard Jones	M			1779	0:59:34
1683	1:00:30	573	Craig Williams	M	40		1657	0:58:22
1684	1:00:30	574	Debra Lewis	F	40		1659	0:58:23
1685	1:00:30	2422	Wendy Lawrence	F	55	FOREST OF DEAN AC	1780	0:59:35
1686	1:00:30	2655	Steve Whyte	M	50		1727	0:59:04
1687	1:00:31	3839	Caroline Kelly	F	40		1664	0:58:28
1688	1:00:31	1898	Lindi Lloyd	F	40		1744	0:59:13
1689	1:00:31	653	Rhys Morris	M			1693	0:58:47
1690	1:00:32	2731	Rachel Sanders	F			1645	0:58:15
1691	1:00:32	2073	Lee Fudge	M	40	RHONDDA VALLEY RUNNERS	1631	0:58:06
1692	1:00:32	3352	Lloyd Wells	M			1677	0:58:36
1693	1:00:33	3683	Daniel Phillips	M		ADMIRAL	1633	0:58:08
1694	1:00:34	1073	Carolyn Jay	F	45		1678	0:58:36
1695	1:00:34	1890	Jones Jason	M	40		1763	0:59:23
1696	1:00:37	1845	Katie Hillier	F			1697	0:58:48
1697	1:00:39	2060	Gareth Thomas	M	45		1616	0:57:57
1698	1:00:39	2743	Alan Kirton	M	45		1683	0:58:40
1699	1:00:40	3457	Richard Price Deer	M		TEAM JEN	1713	0:59:01
1700	1:00:40	3821	Catherine Isaac	F	45		1687	0:58:43
1701	1:00:40	705	Denise Bradley	F	50		1673	0:58:32
1702	1:00:40	1239	Jordan Shamsaee	M			1627	0:58:06
1703	1:00:41	1483	Yasmin Ford	F	40	ABM MOB BOTS	1787	0:59:39
1704	1:00:41	2695	Jenna Shadrach	F			1734	0:59:08
1705	1:00:41	283	Anna Colclough	F			1753	0:59:18
1706	1:00:41	2058	Rhys Roberts	M			1839	1:00:10
1707	1:00:42	2403	Angharad Taylor	F	35		1784	0:59:37
1708	1:00:43	2225	Sian Breeze	F			1799	0:59:45
1709	1:00:43	1667	Erin Thomas	F			1756	0:59:20
1710	1:00:43	3226	Russell Jones	M	55		1703	0:58:54
1711	1:00:44	2431	Andrew Hiscox	M			1545	0:57:12
1712	1:00:44	498	Aimee Williams	F			1723	0:59:03
1713	1:00:44	428	Keith Jordan	M	50		1640	0:58:11
1714	1:00:44	778	Sarah Gatley	F			1730	0:59:05
1715	1:00:45	777	James Beynon	M	40		1724	0:59:04
1716	1:00:45	3339	Lloyd Williams	M	40		1628	0:58:06
1717	1:00:46	2347	My-Yen Butler	F			1682	0:58:39
1718	1:00:48	3470	Tom Long	M	50		1701	0:58:51
1719	1:00:48	2448	Mark Probert	M			1598	0:57:47
1720	1:00:48	1999	Niki Davies	M			1606	0:57:52
1721	1:00:49	2044	Mike Footman	M	40		1599	0:57:48
1722	1:00:50	1994	Michael Lane	M	60		1736	0:59:11
1723	1:00:51	1144	Colin Isaac	M	60		1830	1:00:08
1724	1:00:51	2645	Alexandra Hills	F	40		1665	0:58:28
1725	1:00:52	2790	Rebecca Hurley	F			1766	0:59:25

2013 Admiral Swansea Bay 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
1726	1:00:52	3205	Gemma Pugh	F			1767	0:59:25
1727	1:00:56	2734	Anna Wake	F	40		1679	0:58:37
1728	1:00:58	3668	Aimee Lacey	F		ADMIRAL	1676	0:58:34
1729	1:00:59	978	Paul Brain	M	65		1689	0:58:44
1730	1:01:02	2158	Huw Jenkins	M			1717	0:59:02
1731	1:01:02	3771	Dyfed Stevenson	M			1729	0:59:05
1732	1:01:04	3432	David Eagle	M			1644	0:58:14
1733	1:01:04	711	Steffan Casey	M			1720	0:59:03
1734	1:01:05	2263	Emma James	F			1745	0:59:13
1735	1:01:06	1784	Bernadette Stratford	F	45		1827	1:00:07
1736	1:01:06	3271	Stuart Foyle	M			1591	0:57:43
1737	1:01:08	3455	Elizabeth Barclay	F	40		1797	0:59:44
1738	1:01:09	2620	Royston Whitney	M			1726	0:59:04
1739	1:01:09	2255	Sarah Hawker	F	40		1743	0:59:13
1740	1:01:10	3382	Robert Hopping	M	45		1602	0:57:50
1741	1:01:10	581	James Holmes	M			1721	0:59:03
1742	1:01:11	2587	Paul Childs	M			1757	0:59:21
1743	1:01:12	189	Michelle Dougal	F			1612	0:57:54
1744	1:01:13	3365	Luke Tanner	M			1702	0:58:53
1745	1:01:15	119	Michael Kearney	M	50		1872	1:00:37
1746	1:01:15	3070	Nadia Davies	F			1764	0:59:23
1747	1:01:20	1256	Scott Williams	M			1749	0:59:16
1748	1:01:22	577	Kevin Button	M			1698	0:58:48
1749	1:01:23	3433	Fiona White	F	40		1669	0:58:30
1750	1:01:23	3149	Jan George	F	40	RUN4ALL RUNNING CLUB	1714	0:59:01
1751	1:01:24	3662	Huw Jones	M	45	ADMIRAL	1822	1:00:04
1752	1:01:24	1349	Laura Weaver	F			1836	1:00:09
1753	1:01:26	1420	Nicola Bowden	F	40		1637	0:58:09
1754	1:01:27	1179	Matt Jones	M	40		1825	1:00:06
1755	1:01:28	2368	David John	M			1861	1:00:30
1756	1:01:28	957	Nicholas James Rideout	M			1826	1:00:07
1757	1:01:29	3523	Viv Evans	M	40		1738	0:59:11
1758	1:01:30	3196	Rebecca Jones	F			1815	0:59:54
1759	1:01:32	411	Aaron Harris	M			1848	1:00:18
1760	1:01:32	3478	Jason Garrahan	M	40		1765	0:59:23
1761	1:01:32	562	Lauren Bratton	F			1856	1:00:25
1762	1:01:34	2178	Sarah Dunscombe	F	40		1791	0:59:40
1763	1:01:35	2886	Lorna Hosken-Thomas	F	50		1719	0:59:02
1764	1:01:36	2700	Phill Meaclem	M	45		1728	0:59:05
1765	1:01:36	1155	Tim Andrewes	M			1716	0:59:02
1766	1:01:36	1028	Carlo Marensi	M	45		1933	1:01:21
1767	1:01:37	1939	Peter Roberts	M	45		1718	0:59:02
1768	1:01:37	2517	Philip Jenkins	M	45		1770	0:59:27
1769	1:01:38	1110	Tristan Jeans	M			1680	0:58:38
1770	1:01:38	614	Mark Williams	M			1795	0:59:43
1771	1:01:39	2490	Duncan Barron	M	40		1888	1:00:58
1772	1:01:40	1372	Bev James	F	55	FOREST OF DEAN AC	1774	0:59:29
1773	1:01:40	645	Mark Kneath	M			1882	1:00:52
1774	1:01:40	2832	Suzanne Owens	F			1812	0:59:53
1775	1:01:41	1340	Amanda Hill	F			1838	1:00:10
1776	1:01:42	3524	Tammy Mountain	F	35		1758	0:59:21
1777	1:01:43	1752	Natasha Evans	F			1691	0:58:45
1778	1:01:44	2967	Graham Daniels	M	50		1737	0:59:11
1779	1:01:44	1993	Leo Garcia	M			1692	0:58:46
1780	1:01:44	2637	Simon Lloyd	M			1754	0:59:19
1781	1:01:44	1992	Hannah Townsend	F			1699	0:58:49
1782	1:01:44	2638	Rebecca Lansdowne	F			1751	0:59:17
1783	1:01:44	160	Jayne Evans	F	50		1776	0:59:31
1784	1:01:45	2979	Ben Davies	M			1800	0:59:46
1785	1:01:45	296	Andrew Quirolo	M	45		1650	0:58:18
1786	1:01:45	1755	Lucy Marley	F	35		1618	0:57:59
1787	1:01:45	1546	Graham Lawson	M			1778	0:59:34
1788	1:01:46	1966	Mandy Weare	F	45	FOREST OF DEAN AC	1881	1:00:51
1789	1:01:46	2649	Kerrin Roberts	F			1903	1:01:05
1790	1:01:47	2643	Sharon Halpin	F	35		1733	0:59:08
1791	1:01:47	1406	Francesca Hampson	F	35		1837	1:00:09
1792	1:01:47	3552	Adie Pearson	M	45		1777	0:59:34
1793	1:01:48	141	Alec Warburton	M	55		1755	0:59:20
1794	1:01:48	3307	David Pavey	M	55		1769	0:59:26
1795	1:01:49	3415	Victoria Griffiths	F	35		1707	0:58:57
1796	1:01:50	410	Anthony Jones	M			1873	1:00:38
1797	1:01:51	1325	Ffion James	F			1773	0:59:29
1798	1:01:52	1680	Sallie West	F	50	3MS GORSEINON RR	1807	0:59:50
1799	1:01:52	1891	Ralph Allemano	M	60	SWANSEA HARRIERS	1874	1:00:39
1800	1:01:53	3656	Danny James	M		ADMIRAL	1634	0:58:08

2013 Admiral Swansea Bay 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
1801	1:01:54	1523	Tom Denman	M			1805	0:59:49
1802	1:01:55	1524	Nicola Denman	F	35		1809	0:59:51
1803	1:01:57	157	Amanda Neyland	F	45		1796	0:59:44
1804	1:01:58	3222	T A Williams	F	40		1735	0:59:10
1805	1:01:58	2589	Kerry Greenfield	M	65		1781	0:59:35
1806	1:01:59	1333	Darren Jones	M			1641	0:58:12
1807	1:01:59	1927	Nia Dickie	F	45		1863	1:00:30
1808	1:01:59	3863	Francesca Matthews	F			1808	0:59:51
1809	1:01:59	3534	Christian James	M			1643	0:58:13
1810	1:02:00	1836	Sarah Taylor Daniel	F	35		1922	1:01:13
1811	1:02:01	2423	Gareth James	M			1840	1:00:10
1812	1:02:02	2474	Nathan Roberts	M			1802	0:59:48
1813	1:02:03	131	Simon Lewis	M	40		1731	0:59:06
1814	1:02:03	914	Kathryn Ferris	F			1785	0:59:38
1815	1:02:03	2045	Andrew Thomas	M			1844	1:00:13
1816	1:02:03	1029	Adam Rennie	M			1740	0:59:11
1817	1:02:04	895	Kwok Lee	M			1806	0:59:50
1818	1:02:04	3559	Lowri Williams	F			1742	0:59:12
1819	1:02:05	704	Andy Williams	M	45		1775	0:59:31
1820	1:02:06	2723	Cheryl Hill	F	40		1803	0:59:48
1821	1:02:06	2756	Michael Steeds	M	50		1708	0:58:58
1822	1:02:08	916	Gareth Edwards	M	45		1804	0:59:48
1823	1:02:08	956	Nicholas Rideout	M	45		1762	0:59:22
1824	1:02:08	1707	Suzanna Hammond	F			1832	1:00:08
1825	1:02:10	3488	Rhiannon Gabriel	F	35		1948	1:01:28
1826	1:02:10	3852	Shane Watkins	M			1695	0:58:47
1827	1:02:11	3163	Bethan Bevan	F			1828	1:00:07
1828	1:02:11	552	Rachael Pugh	F	40		1786	0:59:38
1829	1:02:12	3449	Kevin Morgan	M	40		1761	0:59:22
1830	1:02:12	3334	Catriona Davies	F			1859	1:00:27
1831	1:02:13	584	Sarah Rees	F	35		1831	1:00:08
1832	1:02:13	3169	Gareth Edmondson	M			1759	0:59:22
1833	1:02:14	1737	Jamie Thomas	M			1790	0:59:40
1834	1:02:14	1722	Johanne Hughes-Dowdle	F	40		1849	1:00:18
1835	1:02:15	3755	Elliot Homewood	M		ADMIRAL	1847	1:00:17
1836	1:02:15	3596	Gary Stevens	M			1816	0:59:56
1837	1:02:15	1572	Karen Davies	F	40		1845	1:00:15
1838	1:02:16	1900	Tony Hall	M	65		1877	1:00:44
1839	1:02:17	1915	Nadine Williams	F	20		2005	1:02:05
1840	1:02:17	870	Nicky Hamlyn	M			1818	0:59:56
1841	1:02:18	1020	Kirsty Macdonald	F			1896	1:01:02
1842	1:02:18	1022	John Macdonald	M	50		1894	1:01:01
1843	1:02:18	1509	Mark Ley	M			1819	1:00:01
1844	1:02:18	2037	Paul Michael	M	45		1876	1:00:41
1845	1:02:19	3604	Lisa Kostromin	F			1857	1:00:25
1846	1:02:22	1610	Caroline Morgan	F	40		1842	1:00:11
1847	1:02:22	948	Phil Jones	M	45		1871	1:00:36
1848	1:02:24	2094	Leighton James	M			1867	1:00:33
1849	1:02:24	3067	Tracy Rosser	F			1846	1:00:17
1850	1:02:25	3013	Catrin Codd	F	35	ABM PLASTIC FANTASTIC	1875	1:00:39
1851	1:02:26	2238	Marie Parsons	F			1851	1:00:19
1852	1:02:27	2622	Nerys Fielden	F	35		1821	1:00:01
1853	1:02:27	3603	Robert Latham	M	40		1772	0:59:28
1854	1:02:29	3593	Laura Peel	F			1814	0:59:53
1855	1:02:31	1373	Ian James	M	55	FOREST OF DEAN AC	1853	1:00:21
1856	1:02:32	2820	Catherine Bowen	F	45		1868	1:00:34
1857	1:02:33	1573	Niall Oulton	M			1788	0:59:39
1858	1:02:34	3815	Tracy Loney	F	40	UNILEVER	1982	1:01:55
1859	1:02:34	1677	Vanessa Pegler	F	40	FOREST OF DEAN AC	1854	1:00:24
1860	1:02:37	960	Mark Miller	M			1951	1:01:29
1861	1:02:42	1974	Allison Maybrey	F	40	WITNEY RD RUNNERS	1972	1:01:50
1862	1:02:43	3687	Lee-Ann Radnidge	F		ADMIRAL	1817	0:59:56
1863	1:02:44	1535	Vincent Russell	M	50		1798	0:59:45
1864	1:02:44	2244	Marc Whitelock	M	50		1862	1:00:30
1865	1:02:44	2232	Mark O'Dare	M	45		1841	1:00:11
1866	1:02:46	3428	Dave Wisby	M			1820	1:00:01
1867	1:02:46	2951	Ian Hutchinson	M	65		2018	1:02:21
1868	1:02:46	2549	Rebecca Jenkins	F			1855	1:00:24
1869	1:02:46	422	Seamus Edney	M	50		1880	1:00:50
1870	1:02:47	300	Lyudmila Vaughan	F			1930	1:01:20
1871	1:02:49	1130	Helen Mahon	F	35		1898	1:01:03
1872	1:02:49	186	Paula Price	F	50	BRECON AC	1823	1:00:05
1873	1:02:50	187	Jennifer Stephens	F	60		1824	1:00:06
1874	1:02:50	3522	Jatin Verma	M			1739	0:59:11
1875	1:02:51	2353	Laura Ingham	F	35		1794	0:59:42

2013 Admiral Swansea Bay 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
1876	1:02:51	2338	Amanda Kyle	F	35		1789	0:59:39
1877	1:02:52	130	Joanne Morgan	F	45		1811	0:59:52
1878	1:02:52	696	Bill Rumble	M	55		1966	1:01:41
1879	1:02:53	279	Hannah Toghill	F			1813	0:59:53
1880	1:02:54	2039	Deborah Lewis	F	40	MUMBLES MILERS	1810	0:59:52
1881	1:02:54	3154	Liza Ludbrook	F	40		1858	1:00:26
1882	1:02:54	2845	Kevin Anderson	M	65		1895	1:01:01
1883	1:02:57	3189	Rhianydd Evans	F			1942	1:01:26
1884	1:02:57	2099	Claire Reid	F	35		1928	1:01:18
1885	1:02:59	2524	Tracey Morris	F	40		1891	1:01:01
1886	1:02:59	1943	Rebecca Williams	F			1945	1:01:27
1887	1:03:01	881	Anne Evans	F			1884	1:00:54
1888	1:03:01	1942	Diane Williams	F	45		1949	1:01:29
1889	1:03:01	3601	Joelle Evans	F			1886	1:00:55
1890	1:03:02	2640	Simon Clarke	M			1887	1:00:56
1891	1:03:03	2315	Lee Bamford	M			2015	1:02:14
1892	1:03:03	263	Amanda Glanville	F	35		1850	1:00:19
1893	1:03:04	1173	Ailish Breen	F			1937	1:01:24
1894	1:03:05	564	Rhian Pole	F	35		2033	1:02:27
1895	1:03:05	2283	Mari Hobbs	F	50		1892	1:01:01
1896	1:03:05	2124	Leonard Williams	M			1900	1:01:04
1897	1:03:06	3327	Luke Milward	M			1943	1:01:26
1898	1:03:06	2096	Alice Mcphee	F			1852	1:00:21
1899	1:03:06	3000	Lisa Fabb	F	40	ABM GERUNIMO	1908	1:01:06
1900	1:03:07	1246	Beth Fisher	F	40		2042	1:02:34
1901	1:03:07	2669	Alexandra Tombs	F	40	VIRGIN ACTIVE CARDIFF RC	1890	1:01:00
1902	1:03:07	3590	Belinda Hansford	F	55		1918	1:01:12
1903	1:03:08	2339	Rosalyn Mills	F			2003	1:02:04
1904	1:03:08	1348	Wendy Hunt	F	45		1883	1:00:52
1905	1:03:08	1867	Andrew Rhodes	M			1835	1:00:08
1906	1:03:08	2296	Michelle Ward	F	40	FOREST OF DEAN AC	1977	1:01:51
1907	1:03:09	2666	Kay Roberts	F	35		1870	1:00:35
1908	1:03:09	3246	Joceline Keenan Team Renal	F	35		1941	1:01:25
1909	1:03:11	2458	Andrew Barber	M			1771	0:59:28
1910	1:03:12	2773	Julie Jones	F	40		2012	1:02:10
1911	1:03:13	3235	Anthony Bonetto	M			1936	1:01:23
1912	1:03:13	2501	Lauren Shurety	F			2077	1:02:58
1913	1:03:14	3234	Lucy Bonetto	F	35		1940	1:01:25
1914	1:03:15	338	Alun Powderhill	M	45		1834	1:00:08
1915	1:03:16	815	Hugh Bennett	M	40		1833	1:00:08
1916	1:03:17	989	Gillian Handscomb	F	40		1885	1:00:54
1917	1:03:18	898	Leanne Fakande	F	40		1829	1:00:08
1918	1:03:18	2604	Sarah Perons	F	50	LES CROUPIERS	2017	1:02:20
1919	1:03:19	2869	Joice Bandoquillo Showell	F			1901	1:01:04
1920	1:03:19	2926	Dione Ball	F	40	EBBW VALE RC	1889	1:00:58
1921	1:03:19	3099	Alison Sandy	F	50		1983	1:01:55
1922	1:03:22	354	Michael Stoneman	M	40		1910	1:01:07
1923	1:03:23	3043	Kelly Morton	F	35		1969	1:01:47
1924	1:03:23	3015	Abigail Clayton	F		ABM MOB BOTS	1897	1:01:02
1925	1:03:24	2064	Erika Hole	F			1978	1:01:52
1926	1:03:24	2143	Tracey Ravenscroft	F	40		1979	1:01:52
1927	1:03:25	395	Andrew Meehan	M			1869	1:00:34
1928	1:03:25	1647	Rachel Charles	F	35		1911	1:01:08
1929	1:03:27	1545	Bahar Lawson	F			1924	1:01:15
1930	1:03:28	740	Jane Llewellyn	F	55		1921	1:01:13
1931	1:03:29	2688	Meirion Green	F	35		2013	1:02:11
1932	1:03:29	2866	Vicky Lott	F	35	ABM ITU INOTROOPS	1962	1:01:39
1933	1:03:31	3288	Linda Owens	F	60	3MS GORSEINON RR	2009	1:02:08
1934	1:03:31	2091	Keith Yeates	M	50		1866	1:00:31
1935	1:03:32	2950	Geraldine Clayton	F	50		1843	1:00:12
1936	1:03:32	2578	Rhys Pellard	M			1944	1:01:27
1937	1:03:32	2712	Julia Peek	F	35		1893	1:01:01
1938	1:03:33	3098	Susan Banfield	F	55		1934	1:01:21
1939	1:03:33	1411	James Thomas	M	40		2020	1:02:22
1940	1:03:35	812	Samantha Croker	F			1902	1:01:04
1941	1:03:35	3110	Stephen Palmer	M	45		1927	1:01:17
1942	1:03:36	3317	Natasha Jones	F			1864	1:00:31
1943	1:03:36	810	Bonita Croker	F	50		1907	1:01:06
1944	1:03:36	811	David Croker	M	50		1906	1:01:05
1945	1:03:37	1741	Emma Jones	F	40		1909	1:01:06
1946	1:03:37	2835	Sandra Stevens	F	65		2002	1:02:04
1947	1:03:37	2545	Gareth Evans	M			1998	1:02:02
1948	1:03:38	1701	Robert Adams	M			1935	1:01:22
1949	1:03:39	1541	Siriol Jones	F	50		1950	1:01:29
1950	1:03:39	558	Jude Davies	F	40		1931	1:01:20

2013 Admiral Swansea Bay 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
1951	1:03:39	1879	Graham Jones	M			1993	1:01:59
1952	1:03:40	2871	Lynwen Williams	F	35		2019	1:02:22
1953	1:03:40	2787	Nerys Jones	F	35		2011	1:02:09
1954	1:03:41	464	Lesley Nicolson	F	50		1879	1:00:48
1955	1:03:43	1736	Ben Gibbon	M			1917	1:01:11
1956	1:03:43	1735	Rachel Gibbon	F			1913	1:01:08
1957	1:03:43	3225	Tamsin Josty	F	45		1920	1:01:13
1958	1:03:44	2912	Natalie Opdenoordt	F	45		1923	1:01:14
1959	1:03:44	2962	Daniel Jeffries	M			1957	1:01:35
1960	1:03:45	1740	Barrie Davies	M			1986	1:01:56
1961	1:03:45	1394	Marie Smith	F			1946	1:01:28
1962	1:03:47	139	Hayley Jonathan	F	40		1999	1:02:03
1963	1:03:47	140	Ceri Williams	F	40		2000	1:02:03
1964	1:03:48	3273	Aine Tormey	F	40		2041	1:02:33
1965	1:03:48	2274	Phil Stone	M	65		1960	1:01:39
1966	1:03:48	1547	Kate Fradley	F			2053	1:02:42
1967	1:03:49	3456	Tony Hennion	M	60		2052	1:02:40
1968	1:03:49	2005	Geraldine Blake	F	45		2050	1:02:39
1969	1:03:51	3702	Carly Stabler	F		ADMIRAL	2096	1:03:16
1970	1:03:51	1770	Jennifer Baker	F			2030	1:02:25
1971	1:03:51	1769	Michael Baker	M	40		2027	1:02:25
1972	1:03:52	3508	Janette Pua	F	40		1947	1:01:28
1973	1:03:53	1293	Sarah Bastian	F	35		1953	1:01:30
1974	1:03:54	1176	Alison Maddocks	F	60		2085	1:03:03
1975	1:03:54	2419	Jason Mcgarrigle	M			1916	1:01:10
1976	1:03:55	3309	Liz Davies	F	40		1938	1:01:24
1977	1:03:55	3473	Lynn Hudson	F	55		2087	1:03:05
1978	1:03:56	3250	Gwyneth Thomas	F			2111	1:03:28
1979	1:03:56	128	Neal Harman	M	50		1904	1:01:05
1980	1:03:57	679	Peter Guard	M	40		1955	1:01:33
1981	1:03:57	2708	Ruth Brickell	F			2016	1:02:14
1982	1:03:59	1497	Gemma Lockwood	F			1878	1:00:46
1983	1:03:59	224	Lisa Thomas	F	40		1988	1:01:57
1984	1:03:59	3493	Marie Ann Beardmore	F			1899	1:01:03
1985	1:03:59	1227	Andrew Harper	M			1912	1:01:08
1986	1:04:01	2017	Eleanor James	F			1959	1:01:37
1987	1:04:02	1855	Ceri Raffill	F	35		1964	1:01:40
1988	1:04:05	2908	Aaron Hill	M			1932	1:01:20
1989	1:04:05	2408	Alistair Pierpoint	M			1970	1:01:48
1990	1:04:05	1264	Gavin Adderson	M			1973	1:01:50
1991	1:04:06	2555	Debbie Veck	F	40		1860	1:00:29
1992	1:04:08	1693	Nicola Bate	F	40		1865	1:00:31
1993	1:04:08	1854	Jackie Lewis	F	60		1968	1:01:47
1994	1:04:09	1604	Ian Rees	M			2025	1:02:24
1995	1:04:09	1605	David Smith	M			2022	1:02:22
1996	1:04:09	3594	Rhodri Evans	M			1974	1:01:50
1997	1:04:10	2393	Jessica Hart	F			2068	1:02:54
1998	1:04:11	114	Peter Roberts	M	45		1925	1:01:15
1999	1:04:12	358	Emma Jones	F			1905	1:01:05
2000	1:04:12	3050	Michael Aston	M	55	LEAMINGTON CYCLING & ATHLETIC C	1996	1:02:01
2001	1:04:12	1998	Steven Davies	M	45		1926	1:01:16
2002	1:04:13	271	Gemma Howlett-Matthews	F			1980	1:01:53
2003	1:04:14	3595	Martin Campbell	M	45		1981	1:01:54
2004	1:04:14	274	Rachelle Prothero	F			2114	1:03:31
2005	1:04:14	2769	Joanne Bassett	F	35		1939	1:01:24
2006	1:04:16	1139	Paul Mort	M	55		1919	1:01:13
2007	1:04:17	2175	Peter Thomas	M			1915	1:01:09
2008	1:04:17	1014	Rachel Taylor	F			1952	1:01:30
2009	1:04:18	293	Dominic Boothroyd	M	45		2007	1:02:05
2010	1:04:19	2880	Owen Griffiths	M	40		1963	1:01:40
2011	1:04:21	2030	Kate Butt	F			1976	1:01:51
2012	1:04:22	2865	Gareth Thomas	M	45		1987	1:01:57
2013	1:04:22	174	Debra Melham	F	50		2117	1:03:31
2014	1:04:22	2864	Lauren Thomas	F			1991	1:01:57
2015	1:04:23	615	Emma Morris	F			2082	1:03:02
2016	1:04:24	3356	Jonathan Evans	M			2075	1:02:58
2017	1:04:24	3357	Eric Evans	M	65		2074	1:02:57
2018	1:04:24	3447	Natalie Jacob	F			1914	1:01:09
2019	1:04:25	2481	Gareth Miles	M	45		1989	1:01:57
2020	1:04:27	1997	Harriet Hopkinson	F			2062	1:02:50
2021	1:04:27	3553	Michelle Tinsley	F	40		1965	1:01:41
2022	1:04:27	2049	Ffion Richards	F			2026	1:02:24
2023	1:04:28	3769	Simon Rees	M			2048	1:02:37
2024	1:04:28	1448	Laura Robinson	F			1967	1:01:42
2025	1:04:28	2174	Lynne Toy	F	40		1929	1:01:19

2013 Admiral Swansea Bay 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
2026	1:04:28	2123	Rachel Evans	F	45		1997	1:02:02
2027	1:04:29	775	Lisa Newton	F	35		2044	1:02:36
2028	1:04:29	776	Daniela Tucker	F	35		2046	1:02:36
2029	1:04:29	649	Peter Jones	M	50		2072	1:02:56
2030	1:04:29	2264	Mike Scott	M	50		2029	1:02:25
2031	1:04:30	2821	Julie Brown	F	55	BRATS	2102	1:03:21
2032	1:04:32	272	Emma Williams	F			2014	1:02:13
2033	1:04:32	2272	Lyn Thomas	M	45		2047	1:02:36
2034	1:04:33	935	Sarah Morris	F	35		2004	1:02:05
2035	1:04:34	261	Chris Stanney	M			1961	1:01:39
2036	1:04:34	2558	Tyler Davies	M			2130	1:03:42
2037	1:04:34	2557	Andrew Davies	M	45		2129	1:03:42
2038	1:04:34	3571	Kathryn Morgans	F	35		2034	1:02:28
2039	1:04:36	554	Liz Phillips	F	40		1954	1:01:31
2040	1:04:38	2704	Wayne Davies	M	45		2159	1:04:05
2041	1:04:39	2348	Kay Barnes	F	40	RUN4ALL RUNNING CLUB	2059	1:02:47
2042	1:04:40	2612	Ceri Avington	F			2049	1:02:38
2043	1:04:40	2819	Morwenna Phillips	F		LLISWERRY RUNNERS	2006	1:02:05
2044	1:04:41	2462	Arturo Sanorjo Jr	M		ABM ITU INOTROOPS	2067	1:02:53
2045	1:04:41	1895	Richard Warr	M			2040	1:02:33
2046	1:04:42	1485	Andrew Richards	M			2032	1:02:25
2047	1:04:44	2168	Zemlia Rhead	F			2045	1:02:36
2048	1:04:45	502	Caren Weston	F	40		2086	1:03:04
2049	1:04:46	919	Lisa Innes	F			2103	1:03:22
2050	1:04:46	3155	Rebecca Hopkins	F		WESTBURY HARRIERS	2038	1:02:32
2051	1:04:46	1034	Paula Bodger	F	35		2107	1:03:27
2052	1:04:47	1526	Marie Fall	F			1990	1:01:57
2053	1:04:50	863	Sam Donaldson	M			2162	1:04:07
2054	1:04:50	426	Mika Ireste	F			2104	1:03:23
2055	1:04:50	1728	Dylan Gravelle	M	50		2028	1:02:25
2056	1:04:51	3450	Darren Davies	M			2118	1:03:32
2057	1:04:51	3410	Leighanne Palmer	F			2083	1:03:03
2058	1:04:51	2662	Sally Killian	F	40		2071	1:02:55
2059	1:04:53	2021	Caroline Flynn	F			2055	1:02:43
2060	1:04:53	2877	Laura Faye Moryc	F	35		2127	1:03:41
2061	1:04:53	2420	Andrew Coffey	M			2008	1:02:07
2062	1:04:55	622	Alan Rees	M	45		2109	1:03:27
2063	1:04:55	1791	Steven Reed	M	45		2039	1:02:33
2064	1:04:55	3401	Tom White	M			1985	1:01:56
2065	1:04:55	3525	Tracey Nihan	F	40		2100	1:03:20
2066	1:04:56	2337	Claire Rawle	F	35		2140	1:03:52
2067	1:04:56	3565	Bridgette Griffiths	F	45		2101	1:03:20
2068	1:04:56	3425	David Evans	M	50		2099	1:03:20
2069	1:04:58	3109	Darren James	M			2106	1:03:25
2070	1:04:59	1511	Andy Smith	M	45		1984	1:01:55
2071	1:04:59	2959	Philip Williams	M	45		2051	1:02:40
2072	1:04:59	1274	Petrine Burton	F	40		2043	1:02:35
2073	1:04:59	2460	Joanna Evans	F	35		2010	1:02:09
2074	1:05:00	3392	Darren Thomas	M	40		2036	1:02:30
2075	1:05:04	309	Kevin Twissell	M			1958	1:01:36
2076	1:05:04	169	Sharon Oliver	F	40		2078	1:02:59
2077	1:05:05	1421	Pamela Milford	F	40		1992	1:01:58
2078	1:05:07	2186	Peter Chowdhury	M	40		2172	1:04:17
2079	1:05:07	1785	Sarah Williams	F			2081	1:03:01
2080	1:05:09	2896	Verity Watson	F			2001	1:02:04
2081	1:05:12	2684	Paul Cooper	M	45		2079	1:03:00
2082	1:05:12	1182	Martyn Price	M	50		2069	1:02:54
2083	1:05:13	1183	Ceri Price	F			2070	1:02:54
2084	1:05:13	999	Geraint Hywel	M	40		1971	1:01:49
2085	1:05:14	3058	Ffion Williams	F			2143	1:03:54
2086	1:05:15	1091	Emma Albrighton	F			2180	1:04:22
2087	1:05:15	3389	Sophie Stephens	F			1994	1:01:59
2088	1:05:16	3276	Leanne Williams	F			1995	1:02:00
2089	1:05:18	1341	Sophie Taylor	F			2089	1:03:06
2090	1:05:19	1622	Reina Den Hollander	F	40		2065	1:02:51
2091	1:05:20	3199	Victoria De-Vulgt	F			2124	1:03:36
2092	1:05:21	2593	Paul Bidder	M	45		1956	1:01:34
2093	1:05:21	487	Hollie Wellstead	F			2148	1:03:57
2094	1:05:22	3606	Mark Jones	M	50	RUN4ALL RUNNING CLUB	2115	1:03:31
2095	1:05:23	590	Sian Moore	F	40	RUN4ALL RUNNING CLUB	2116	1:03:31
2096	1:05:23	3715	Fiona Wilson	F		ADMIRAL	2145	1:03:55
2097	1:05:24	3280	Jessica Caterson	F			2031	1:02:25
2098	1:05:24	3281	Clare Hughes	F	50		2035	1:02:28
2099	1:05:24	3422	Alex Colado	F			1975	1:01:51
2100	1:05:25	1051	Simone Onyewu	F			2097	1:03:17

2013 Admiral Swansea Bay 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
2101	1:05:26	1685	Marc Genesi	M			2093	1:03:10
2102	1:05:26	616	Leon Morris	M			2158	1:04:05
2103	1:05:27	933	Delyth Lloyd	F	50		2152	1:04:02
2104	1:05:27	2751	Henry Gilbert	M	55		2024	1:02:24
2105	1:05:28	1666	Brian Blandford	M	75		2211	1:04:52
2106	1:05:30	2618	Maxine Hopkin	F	45		2057	1:02:46
2107	1:05:30	1758	Lisa Hemming	F			2060	1:02:49
2108	1:05:31	2118	Aled Samuel	M	55		2094	1:03:10
2109	1:05:33	2459	Mark Evans	M	45		2054	1:02:42
2110	1:05:33	317	Jason Watkins	M	50		2037	1:02:31
2111	1:05:34	3088	Peter Jones	M	65		2088	1:03:05
2112	1:05:35	3578	Laura Francis	F	45		2105	1:03:24
2113	1:05:36	407	Becky Church	F			2080	1:03:01
2114	1:05:37	3333	Sandra Davies	F	35		2194	1:04:32
2115	1:05:39	2097	Stacey Evans	F			2073	1:02:57
2116	1:05:41	2360	Richard Norris	M			2126	1:03:41
2117	1:05:42	1519	Philip Corbin	M	50		2091	1:03:09
2118	1:05:43	2243	Katherine Quant	F	35		2058	1:02:46
2119	1:05:43	3516	Helen Dawson	F	35		2076	1:02:58
2120	1:05:46	3089	Bryony Jones	F			2056	1:02:45
2121	1:05:46	3056	Peter Hopping	M	40		2023	1:02:24
2122	1:05:48	1170	Mark Lester	M			2064	1:02:50
2123	1:05:51	3192	Angela Walsh	F		PORTHCAWL HARRIERS	2066	1:02:52
2124	1:05:53	2447	Mark Jones	M	45		2090	1:03:06
2125	1:05:53	3674	Holly Machin	F		ADMIRAL	2187	1:04:28
2126	1:05:55	492	Jessica Kidd	F			2061	1:02:50
2127	1:05:55	491	Joseph Kidd	M			2063	1:02:50
2128	1:05:56	2111	Michelle Bray	F	40	RUN4ALL RUNNING CLUB	2157	1:04:05
2129	1:05:56	2594	Paul Whittaker	M	45		2276	1:05:40
2130	1:05:57	2846	Mark Hay	M			2166	1:04:09
2131	1:05:58	1265	Mario Moruzzi	M	45		2098	1:03:18
2132	1:05:59	3461	Louise Miles	F			2108	1:03:27
2133	1:05:59	3477	Karin Jenkins	F	45		2110	1:03:27
2134	1:06:00	2076	David Williams	M			2084	1:03:03
2135	1:06:02	2550	Andrew Chapman	M			2161	1:04:06
2136	1:06:03	3826	Lynette Booth	F	45		2179	1:04:22
2137	1:06:03	2138	Emma Wheeler	F	45		2213	1:04:56
2138	1:06:04	3678	J'Aime Mcleod	F		ADMIRAL	2236	1:05:12
2139	1:06:04	2739	Sam James	F	40		2135	1:03:46
2140	1:06:04	3182	Rhodri Hopkins	M			2199	1:04:36
2141	1:06:05	2457	Jodi Barber	F	35		2021	1:02:22
2142	1:06:05	3118	Victoria Austin	F	45		2122	1:03:33
2143	1:06:05	905	Alan Rose	M	55		2142	1:03:54
2144	1:06:05	3323	Karen Ford	F	45		2123	1:03:33
2145	1:06:06	3270	Debbie Evans	F		EMLYN RUNNERS	2233	1:05:11
2146	1:06:07	3001	Isabel Evans	F	40		2216	1:04:59
2147	1:06:08	1465	Marie Rees	F	35		2178	1:04:21
2148	1:06:09	907	Charlie James	F			2196	1:04:35
2149	1:06:10	2330	Helen Thompson Jones	F	35		2214	1:04:56
2150	1:06:10	3531	Emma Bumford	F	35	RHONDDA VALLEY RUNNERS	2134	1:03:45
2151	1:06:12	1510	Andrew Bevan	M			2147	1:03:56
2152	1:06:13	2031	Eleri Hurley	F	45		2202	1:04:42
2153	1:06:13	3046	Rebecca Hanford	F			2112	1:03:29
2154	1:06:13	2319	Diane Llewellyn	F			2232	1:05:10
2155	1:06:14	1596	Kristina Enticott	F	35		2149	1:03:58
2156	1:06:15	3866	Rebecca Edwards	F			2177	1:04:20
2157	1:06:16	728	Adrian Bridgway	M	40		2119	1:03:32
2158	1:06:16	729	Paula Bridgway	F	45		2120	1:03:32
2159	1:06:16	282	James John	M			2141	1:03:53
2160	1:06:17	1201	Lewis Griffiths	M			2113	1:03:29
2161	1:06:19	1967	Judith Jeeves	F	50		2167	1:04:10
2162	1:06:21	154	Jafar Ghalamkary	M	50		2305	1:06:02
2163	1:06:22	591	Rachel Baglow	F			2095	1:03:16
2164	1:06:22	1996	Carolyn Wallace	F	50		2205	1:04:44
2165	1:06:24	1714	David Williams	M			2175	1:04:19
2166	1:06:25	3165	Alexandra Millington	F			2138	1:03:48
2167	1:06:26	1270	Catherine Hancock	F			2150	1:03:59
2168	1:06:29	3575	Daniella Forde	F			2269	1:05:34
2169	1:06:30	1307	Kate Surtees	F			2151	1:04:00
2170	1:06:31	3350	Lee Durkee	M		PONT Y PWL	2131	1:03:43
2171	1:06:31	1234	Ceri Fitzgerald	F	45		2132	1:03:43
2172	1:06:31	3787	Budding Lloyd Davies	F			2220	1:05:00
2173	1:06:32	121	Tina Morris	F	35		2215	1:04:58
2174	1:06:32	643	Dominic Johnson	M			2164	1:04:08
2175	1:06:33	731	Julia Coffey	F	35		2154	1:04:03

2013 Admiral Swansea Bay 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
2176	1:06:34	1300	Rebecca Osborn	F			2146	1:03:55
2177	1:06:37	2273	Lucy Nicholson-Smith	F			2250	1:05:23
2178	1:06:38	599	Haley Degruchy	F			2165	1:04:09
2179	1:06:39	3423	Paul Reid	M			2231	1:05:10
2180	1:06:41	3369	Yasmin Bird	F			2188	1:04:29
2181	1:06:43	2009	Jen Morris	F			2206	1:04:45
2182	1:06:43	732	Rachel Hughes	F	35		2168	1:04:11
2183	1:06:43	1262	John Lovell	M	60		2193	1:04:32
2184	1:06:43	823	Angharad Griffin	F	40		2170	1:04:14
2185	1:06:45	227	Steve Melton	M			2275	1:05:40
2186	1:06:45	2484	Natalie Marsh	F			2174	1:04:18
2187	1:06:45	2486	Samuel Marsh	M			2173	1:04:18
2188	1:06:46	2240	Lisa Kelly	F	35		2137	1:03:47
2189	1:06:48	2825	David Rees	M			2225	1:05:03
2190	1:06:48	1237	Ann Benton	F	50		2280	1:05:42
2191	1:06:49	922	Nicola Jones	F			2121	1:03:33
2192	1:06:50	3483	Jonathan West	M			2272	1:05:38
2193	1:06:51	3589	Paula Cole	F	40		2239	1:05:13
2194	1:06:52	1684	Kate Hopkins	F			2201	1:04:39
2195	1:06:55	549	Layton Lewis	M	45		2183	1:04:24
2196	1:06:58	798	Sally Willetts	F	35		2155	1:04:03
2197	1:06:58	2851	Hanan Jamil	M			2234	1:05:12
2198	1:06:58	799	Martyn Willetts	M			2156	1:04:04
2199	1:06:58	2127	Elizabeth Lott	F			2125	1:03:40
2200	1:06:58	2750	Sarah Brown	F	40		2247	1:05:21
2201	1:07:00	1696	Andrew Jones	M			2171	1:04:16
2202	1:07:01	3409	Hannah Balfry	F			2227	1:05:05
2203	1:07:01	452	David Heaven	M			2185	1:04:25
2204	1:07:01	1839	Ceri Parker	M			2292	1:05:49
2205	1:07:01	1092	Clare Morgan	F	40		2311	1:06:09
2206	1:07:02	125	Catherine Johnson	F	45		2226	1:05:05
2207	1:07:03	2713	Sian Jones	F	35		2192	1:04:32
2208	1:07:03	1708	Diane Thomas	F	55		2212	1:04:53
2209	1:07:03	1676	Gary Glenister	M	55		2210	1:04:51
2210	1:07:04	1742	Leeann Neagle	F	35		2181	1:04:23
2211	1:07:04	1790	Keri-Ann Vaughan	F			2133	1:03:44
2212	1:07:04	2086	David Roberts	M	55		2198	1:04:36
2213	1:07:05	3338	Randall Baker	M	60		2136	1:03:47
2214	1:07:05	739	Richard Morgan	M	45		2128	1:03:42
2215	1:07:07	1213	Ceri Phillips	M	55		2139	1:03:48
2216	1:07:07	2207	Rowan Tilston	F			2153	1:04:03
2217	1:07:08	2000	Alison Davidson	F	45		2224	1:05:03
2218	1:07:08	165	Beverley Lansdowne	F	55		2182	1:04:24
2219	1:07:09	1462	Andrea Bradley	F	40		2203	1:04:42
2220	1:07:10	153	Michael Marnell	M			2092	1:03:09
2221	1:07:12	1711	Fiona Walkley	F	35		2184	1:04:25
2222	1:07:13	2291	Paul Rees	M			2160	1:04:06
2223	1:07:14	3328	Maureen Dychitan	F	35	ABM ITU INOTROOPS	2254	1:05:25
2224	1:07:15	3660	Simon Jones	M		ADMIRAL	2229	1:05:06
2225	1:07:15	1162	Emilia Ardouin	F	35		2249	1:05:23
2226	1:07:15	2072	Becki Jones	F			2242	1:05:18
2227	1:07:17	2074	Charlie Zennadi	F			2244	1:05:19
2228	1:07:19	820	Clare Celikyay	F	40		2189	1:04:30
2229	1:07:20	1668	Louise Saddler	F	35		2195	1:04:32
2230	1:07:22	3809	Bethan Davies	F			2186	1:04:25
2231	1:07:23	3741	Alex Hammett	M		ADMIRAL	2268	1:05:34
2232	1:07:23	1717	Terri Kitson	F			2208	1:04:47
2233	1:07:25	1799	Laura Jenkins	F	21		2207	1:04:46
2234	1:07:25	2133	Chris Davies	M			2217	1:04:59
2235	1:07:26	1978	Christopher Rees	M			2144	1:03:55
2236	1:07:28	937	Jamie Mathias	M			2252	1:05:24
2237	1:07:32	2714	John Evans	M			2169	1:04:12
2238	1:07:33	1886	Lucy Charlotte Lewis	F			2299	1:05:53
2239	1:07:33	2928	Adrian Smith	M	50		2297	1:05:52
2240	1:07:35	183	Ruth Cochran	F	45	PONTYPRIDD ROADENTS AC	2191	1:04:31
2241	1:07:37	3272	Corrine Jones	F		ABM GERUNIMO	2176	1:04:20
2242	1:07:38	3740	Luke Evans	M		ADMIRAL	2295	1:05:50
2243	1:07:40	2114	Philip Howell	M	40		2362	1:06:53
2244	1:07:40	2233	Ryan O'Dare	M			2190	1:04:30
2245	1:07:40	148	Kelly Christopher	F	35		2243	1:05:18
2246	1:07:42	1280	Richard Law	M	50		2228	1:05:05
2247	1:07:43	3814	Joanne Beynon	F	45	UNILEVER	2370	1:07:04
2248	1:07:43	1887	Amber Perry	F			2240	1:05:16
2249	1:07:44	992	Lyn Morris	M	50	ABM WELLBEING WANDERERS	2258	1:05:26
2250	1:07:44	1367	Stephen Dare	M			2259	1:05:26

2013 Admiral Swansea Bay 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
2251	1:07:45	3808	Paul Stephens	M			2238	1:05:13
2252	1:07:45	838	Dawn Browne	F			2235	1:05:12
2253	1:07:46	2615	Lara Sheppard	F			2284	1:05:44
2254	1:07:47	3418	Ryan Smith	M	40		2327	1:06:20
2255	1:07:48	3137	Alfryn Easter	M	65	3MS GORSEINON RR	2200	1:04:37
2256	1:07:49	3260	Anna Vivian Jones	F	50		2230	1:05:08
2257	1:07:50	1329	Saira Luckman	F	45		2218	1:04:59
2258	1:07:51	804	Andrew Jones	M			2219	1:04:59
2259	1:07:52	1764	Sam Jones	M			2361	1:06:53
2260	1:07:53	3263	Amanda Moore	F			2246	1:05:20
2261	1:07:53	2699	Lee Smith	M			2371	1:07:06
2262	1:07:55	3586	Stuart Jones-Lee	M	40		2342	1:06:35
2263	1:07:55	3371	Michael Neale	M	45		2281	1:05:42
2264	1:07:56	640	Gurkan Bulbul	M			2304	1:06:00
2265	1:07:57	3170	Sian Davies	F	45		2163	1:04:08
2266	1:07:57	2418	Elaine Davies	F	45	PEMBROKESHIRE HARRIERS	2285	1:05:45
2267	1:07:59	457	Sophie Dark	F			2209	1:04:48
2268	1:08:00	2691	Bethan Maeve Jenkins	F		RUN4ALL RUNNING CLUB	2425	1:08:00
2269	1:08:01	360	Tina Dennis	F	40		2324	1:06:18
2270	1:08:01	3269	Paula Phillips	F	45	RUN4ALL RUNNING CLUB	2307	1:06:03
2271	1:08:01	2597	Rachel Waters	F			2223	1:05:02
2272	1:08:01	2253	Denna Exon	F	35		2241	1:05:17
2273	1:08:02	1461	Vicky Morris	F	40		2270	1:05:35
2274	1:08:03	1792	Lisa Reed	F	45		2278	1:05:41
2275	1:08:06	2487	Katie Wilson	F			2264	1:05:30
2276	1:08:06	365	Katie Rowland	F			2265	1:05:32
2277	1:08:09	3464	Ryan Davies	M	45		2237	1:05:13
2278	1:08:10	3342	Miranda Williams	F	40	ABM ITU INOTROOPS	2283	1:05:43
2279	1:08:11	1952	Jessica Tune	F	35		2248	1:05:22
2280	1:08:11	3421	Stuart Davies	M			2197	1:04:35
2281	1:08:11	2446	Liam Jones	M			2255	1:05:25
2282	1:08:12	764	Leanne Ryan	F	40		2306	1:06:02
2283	1:08:12	762	Amanda Davies	F	40		2303	1:05:59
2284	1:08:13	2414	Kathleen Montaigne	F			2355	1:06:46
2285	1:08:14	2281	Angela Morgan	F	50		2315	1:06:10
2286	1:08:15	2182	Fiona Maclean	F	35		2245	1:05:19
2287	1:08:15	3140	Catrin Howells Lloyd	F			2262	1:05:29
2288	1:08:16	2239	Steven Joseph	M			2251	1:05:23
2289	1:08:17	851	Tania Hill	F	45		2204	1:04:43
2290	1:08:18	2107	Gareth Williams	M			2253	1:05:25
2291	1:08:18	979	Joanne Trotman	F	40		2308	1:06:07
2292	1:08:19	1052	Rebecca Dowiatt	F			2316	1:06:11
2293	1:08:21	3469	Simon Lloyd	M			2356	1:06:47
2294	1:08:21	3436	Hazel John	F	35		2357	1:06:48
2295	1:08:23	2252	Caroline Cooper	F	40		2271	1:05:37
2296	1:08:23	1972	Rebecca Jones	F			2266	1:05:32
2297	1:08:24	725	Claire Dauria	F	35		2301	1:05:56
2298	1:08:24	2358	Jessica Dolphin	F			2340	1:06:33
2299	1:08:26	2285	Ian Evans	M			2290	1:05:47
2300	1:08:26	964	Badger Miles	M	45		2263	1:05:29
2301	1:08:26	1063	Wendy Gardiner	F	40		2274	1:05:39
2302	1:08:30	947	Michelle Pearl	F	40		2273	1:05:38
2303	1:08:30	1449	Gill Kingston	F	45		2256	1:05:25
2304	1:08:30	2282	Morgan Hazel	F	45		2333	1:06:26
2305	1:08:31	664	Ryan Hopkins	M			2343	1:06:36
2306	1:08:32	2492	Craig Farrant	M			2365	1:06:55
2307	1:08:32	3396	Faye Jones	F	35		2354	1:06:44
2308	1:08:32	1464	Ann Beere	F	40		2337	1:06:29
2309	1:08:32	3238	Stephen Beere	M	40		2336	1:06:29
2310	1:08:33	751	Rhiannon James	F			2312	1:06:10
2311	1:08:33	3643	Stephen Haeney	M	40	ADMIRAL	2288	1:05:46
2312	1:08:33	163	Martin Young	M			2322	1:06:17
2313	1:08:35	2933	Suzanne Sansom	F	50		2267	1:05:33
2314	1:08:35	899	Olugbenga Fakande	M	50		2261	1:05:28
2315	1:08:36	1477	Barry Kelly	M	40		2310	1:06:08
2316	1:08:38	2139	Thomas Wheeler	M			2396	1:07:30
2317	1:08:39	2526	Louise Rowlands	F	35		2298	1:05:53
2318	1:08:40	1252	Michelle Higgins	F			2349	1:06:40
2319	1:08:42	3507	Louise Warren	F	35		2221	1:05:01
2320	1:08:42	709	Christine Akesson	F	40		2313	1:06:10
2321	1:08:42	3506	Paul Warren	M			2222	1:05:02
2322	1:08:44	1678	Susan Lawrence	F	55		2314	1:06:10
2323	1:08:45	593	Owen Emmanuel	M			2282	1:05:43
2324	1:08:46	1469	Alison John	F			2287	1:05:46
2325	1:08:46	392	Kirsty Luke	F			2286	1:05:46

2013 Admiral Swansea Bay 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
2326	1:08:47	1487	Jean Archer	F	55	ABM MOB BOTS	2434	1:08:08
2327	1:08:48	3800	Petra Wood	F	45		2289	1:05:47
2328	1:08:52	1642	Lynwen Matthews	F			2260	1:05:27
2329	1:08:53	750	Allyson Smith	F			2339	1:06:30
2330	1:08:54	258	Claire Bamford	F			2257	1:05:26
2331	1:08:54	792	Huw Cooney	M			2277	1:05:40
2332	1:08:55	2149	Sara Thornton	F	40		2360	1:06:52
2333	1:08:55	1319	Heledd Jones	F	45		2320	1:06:14
2334	1:08:56	1306	Cherie Neak	F	40		2300	1:05:56
2335	1:08:56	1305	Andrew Neak	M	40		2302	1:05:58
2336	1:08:56	3834	Jonathan Hughes	M	40		2296	1:05:52
2337	1:08:58	3219	Tanya Peace	F			2294	1:05:49
2338	1:08:59	1630	Richard Park	M			2293	1:05:49
2339	1:09:01	1061	Francesca Evans	F	45		2330	1:06:25
2340	1:09:02	2956	Sarah Best	F			2279	1:05:41
2341	1:09:04	594	Richard Sweetman	M	40		2335	1:06:29
2342	1:09:06	3646	Lyndon Harris	M		ADMIRAL	2353	1:06:41
2343	1:09:07	3713	Jerry Williams	M		ADMIRAL	2412	1:07:46
2344	1:09:07	1520	Sam White	M			2347	1:06:39
2345	1:09:07	138	Natalie Hussey	F	40		2372	1:07:07
2346	1:09:08	3364	Lea Tanner	M	45		2358	1:06:48
2347	1:09:09	1120	Rachel Power	F			2442	1:08:15
2348	1:09:12	738	Anthony Jones	M	40		2429	1:08:03
2349	1:09:12	1345	Lydia Bressington	F			2348	1:06:40
2350	1:09:14	3100	Stephanie Gill	F			2326	1:06:19
2351	1:09:15	900	Bethan Power	F	35		2291	1:05:49
2352	1:09:15	1296	Simon Locke	M	40		2309	1:06:08
2353	1:09:15	2316	Rhian Thomas	F			2451	1:08:29
2354	1:09:15	2703	Jacqui Murray	F	40		2383	1:07:13
2355	1:09:16	2317	Sian Davies	F			2452	1:08:30
2356	1:09:17	2500	Danielle Egan	F			2404	1:07:40
2357	1:09:19	1777	Bethan Walters	F			2426	1:08:02
2358	1:09:20	2586	Emma Lewis	F			2341	1:06:33
2359	1:09:21	3173	Jamie Evans	M			2352	1:06:41
2360	1:09:22	2441	Chris Morgans	M			2403	1:07:39
2361	1:09:22	2396	Anne Thomas	F	35		2344	1:06:38
2362	1:09:23	773	Ailsa Harris	F	40		2419	1:07:53
2363	1:09:24	3212	Nicola John	F	40	LES CROUPIERS	2321	1:06:16
2364	1:09:24	112	Chris Weirman	M			2405	1:07:41
2365	1:09:25	2596	Mark Waters	M	45		2329	1:06:25
2366	1:09:25	3414	Katherine Bevan	F	35		2334	1:06:27
2367	1:09:26	3019	Sarah Jones	F	40	ABM UROLOGY UNITED	2323	1:06:18
2368	1:09:27	2145	John Lambert	M	70		2328	1:06:23
2369	1:09:29	1807	Rachel Hulmes	F	35		2397	1:07:31
2370	1:09:30	1727	Mark Lock	M			2318	1:06:13
2371	1:09:31	2453	Mairwen Richards	F			2379	1:07:10
2372	1:09:31	1125	Stephen Rees	M	60		2366	1:06:56
2373	1:09:34	3509	Ciara Small	F			2346	1:06:39
2374	1:09:35	1214	Michelle Owen	F			2445	1:08:23
2375	1:09:36	2090	Meinir Collyer	F	35		2368	1:07:02
2376	1:09:36	3375	Constantin Murariu	M			2319	1:06:14
2377	1:09:37	2625	Bethan James	F	45	ABM ITU INOTROOPS	2380	1:07:11
2378	1:09:38	1263	Angela Adderson	F	45		2391	1:07:23
2379	1:09:38	496	Mark Sellars	M	40		2394	1:07:30
2380	1:09:39	1096	Keith Hawkins	M			2476	1:08:54
2381	1:09:40	1635	Allison Charles	F	45		2381	1:07:11
2382	1:09:40	3052	Bethan Morgan	F	35		2364	1:06:54
2383	1:09:40	3144	Jessica Timpson	F			2331	1:06:26
2384	1:09:40	3145	Doug Piper	M	50		2332	1:06:26
2385	1:09:41	1068	Tom Williams	M			2345	1:06:39
2386	1:09:42	2223	Clare Hingott	F	35		2402	1:07:36
2387	1:09:42	2224	Meryl Evans	F			2401	1:07:36
2388	1:09:44	557	Julie Lewis	F	45		2472	1:08:53
2389	1:09:45	697	Catherine John	F	40		2478	1:08:56
2390	1:09:47	1184	Cath Jackson	F	50		2447	1:08:23
2391	1:09:47	3757	Gemma Evans	F		ADMIRAL	2423	1:07:58
2392	1:09:49	1877	Rachel Price	F	40		2317	1:06:13
2393	1:09:50	3190	Matthew Ambler	M			2389	1:07:20
2394	1:09:51	1500	Sandra Owens	F	35		2375	1:07:08
2395	1:09:52	198	Clare Fencott	F			2409	1:07:45
2396	1:09:53	421	Margaret Edney	F	50		2393	1:07:30
2397	1:09:53	3079	Clare Weekes	F	35		2438	1:08:12
2398	1:09:55	3262	Laura Davies	F	40		2351	1:06:40
2399	1:09:55	233	Rachel Newton	F	35		2382	1:07:12
2400	1:09:55	3811	Daniel Bowen	M			2350	1:06:40

2013 Admiral Swansea Bay 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
2401	1:09:56	2366	Rhian Rogers	F			2407	1:07:43
2402	1:09:56	2367	Bethan Rogers	F			2408	1:07:43
2403	1:09:56	1178	Rebecca Tompkins	F			2467	1:08:49
2404	1:09:56	636	Kathryn James	F			2428	1:08:02
2405	1:09:57	363	Bleddyn Francis	M			2369	1:07:03
2406	1:09:57	1454	Anita Lewis	F			2446	1:08:23
2407	1:09:57	2939	Catrin Richards	F	40		2388	1:07:19
2408	1:09:57	1874	Harina Perkins	F			2325	1:06:18
2409	1:09:58	259	Rosanna Fildes	F			2338	1:06:30
2410	1:09:58	3802	Christopher Plaice	M	70		2430	1:08:03
2411	1:10:00	2818	Rhian Chrysanthou	F			2439	1:08:13
2412	1:10:00	1304	Jonathan Wilson	M			2449	1:08:24
2413	1:10:02	3481	Vandse Aithal	M	45		2363	1:06:54
2414	1:10:04	845	Gethin Thomas	M			2415	1:07:49
2415	1:10:04	3125	Laura Tucker	F			2359	1:06:49
2416	1:10:05	1611	Giorgio Vernaschi	M			2398	1:07:32
2417	1:10:06	2507	Jane Birch	F	40		2367	1:07:02
2418	1:10:09	2079	Elaine Williams	F	55	ISLWYN RC	2374	1:07:08
2419	1:10:10	2937	Siwan Rees	F	35		2406	1:07:41
2420	1:10:10	3691	Matthew Richards	M		ADMIRAL	2410	1:07:45
2421	1:10:12	3474	Steven West	M			2376	1:07:09
2422	1:10:14	1864	Elizabeth Parton	F	35		2395	1:07:30
2423	1:10:15	1783	Emma Kehoe	F	40		2411	1:07:46
2424	1:10:16	2151	Jennifer Hart	F			2417	1:07:52
2425	1:10:17	135	Mellissa Nash	F	35		2414	1:07:48
2426	1:10:17	2884	Daniel Bloor	M			2546	1:10:17
2427	1:10:19	2709	Jemma Sedgmond	F		LES CROUPIERS	2496	1:09:14
2428	1:10:19	3011	Kelly Evans	F		ABM PLASTIC FANTASTIC	2456	1:08:34
2429	1:10:26	2914	Andrew Vaughan	M	45		2486	1:08:58
2430	1:10:31	843	Matthew O'Leary	M			2433	1:08:08
2431	1:10:31	676	Chris Turner	M	60		2400	1:07:33
2432	1:10:31	3647	Kristian Harris	M		ADMIRAL	2377	1:07:09
2433	1:10:32	1822	Rebecca Bowers	F	35		2528	1:09:54
2434	1:10:34	1592	Deb Garner	F	50	PEMBROKESHIRE HARRIERS	2448	1:08:23
2435	1:10:37	3398	Julie Davies	F	60	3MS GORSEINON RR	2443	1:08:16
2436	1:10:38	1534	Annette Russell	F	50		2385	1:07:17
2437	1:10:40	193	Malcolm Jones	M	70		2450	1:08:27
2438	1:10:40	1141	Angela Farr	F	40		2386	1:07:19
2439	1:10:40	659	Antonia Cardew	F			2387	1:07:19
2440	1:10:41	1896	Bernita De Wet	F	45		2504	1:09:22
2441	1:10:44	1692	David Hilton	M	50		2373	1:07:07
2442	1:10:45	788	Julie Stephens	F	55		2399	1:07:32
2443	1:10:46	1326	Iona Llyr	F	45		2458	1:08:36
2444	1:10:47	3681	Rory O'Brien	M		ADMIRAL	2378	1:07:09
2445	1:10:47	2631	Morgan Doel	M			2435	1:08:09
2446	1:10:49	2506	Christopher Edwards	M			2441	1:08:13
2447	1:10:49	2768	Leisa Jones	F	45		2424	1:07:59
2448	1:10:51	3384	Edwina Clark	F			2427	1:08:02
2449	1:10:54	874	Dean Bufton	M	40		2416	1:07:49
2450	1:10:57	3591	Emily Firmston	F			2431	1:08:05
2451	1:11:00	2092	Elisa Jenkins	F	40		2508	1:09:30
2452	1:11:01	2789	Christopher Hatfield	M	65		2413	1:07:47
2453	1:11:02	3499	Denise Angove	F	50		2392	1:07:25
2454	1:11:06	3275	Christopher Knapman	M			2463	1:08:47
2455	1:11:10	3157	Fern Williams	F			2459	1:08:37
2456	1:11:10	1681	Ed Fitzgerald	M	40		2384	1:07:16
2457	1:11:10	883	Emma Saunders	F			2494	1:09:02
2458	1:11:11	423	Catherine Ball	F			2531	1:09:57
2459	1:11:12	1097	Laura Jones	F	35		2465	1:08:47
2460	1:11:12	2563	Sean Crockett	M	45		2390	1:07:22
2461	1:11:13	1147	Alexia Taylor	F	35		2503	1:09:22
2462	1:11:14	1276	Richard Taylor	M	45		2505	1:09:25
2463	1:11:15	2814	Jeffrey Collier	M	55		2440	1:08:13
2464	1:11:19	1002	Dean Stringer	M	45		2418	1:07:52
2465	1:11:20	544	Sarah Harvey-Aggett	F			2470	1:08:50
2466	1:11:20	1944	Sallyanne Greenslade	F	40		2437	1:08:11
2467	1:11:20	1123	Justine Powell	F	40		2534	1:09:58
2468	1:11:22	3006	Sian Rees-Jones	F	45	ABM PLASTIC FANTASTIC	2513	1:09:35
2469	1:11:22	335	Andrew Davies	M	40		2464	1:08:47
2470	1:11:23	1435	Sandra Burnett	F	50		2432	1:08:05
2471	1:11:23	172	Eleanor Preece	F			2444	1:08:18
2472	1:11:23	797	Sian George	F			2479	1:08:56
2473	1:11:26	2477	Juliet Phillips-James	F			2457	1:08:36
2474	1:11:26	2202	Nadine Holloway	F			2482	1:08:56
2475	1:11:26	3865	Rebecca Meredith	F			2460	1:08:39

2013 Admiral Swansea Bay 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
2476	1:11:27	231	Alison Thomas	F	40		2421	1:07:56
2477	1:11:28	453	Joshua Heaven	M			2471	1:08:51
2478	1:11:28	1241	Jayne Jones	F	40		2489	1:09:01
2479	1:11:32	3518	Cheryl Copestake	F	40		2420	1:07:54
2480	1:11:34	3411	Kieran Leonard	M			2436	1:08:10
2481	1:11:34	688	Elinor Cordiner	F	45		2468	1:08:49
2482	1:11:35	2384	Lorraine Evans	F			2422	1:07:58
2483	1:11:36	2677	Paul Dunning	M	45	ABM WELLBEING WANDERERS	2483	1:08:58
2484	1:11:36	1709	Andrew Hall	M	40		2466	1:08:48
2485	1:11:36	2155	Jude Harris	F			2453	1:08:31
2486	1:11:37	3451	Lisa Griffiths	F	40		2469	1:08:49
2487	1:11:38	3385	Carol Bowen	F	50		2493	1:09:02
2488	1:11:39	402	Lowri Barnard	F			2485	1:08:58
2489	1:11:39	351	Sarah Joseph	F	45		2462	1:08:46
2490	1:11:40	3476	Nadine Hall	F	40	3MS GORSEINON RR	2502	1:09:20
2491	1:11:41	2110	Sinead Hancock	F	35		2522	1:09:48
2492	1:11:46	825	Charlotte Williams	F			2570	1:10:50
2493	1:11:47	824	Jen Williams	F			2571	1:10:50
2494	1:11:48	1620	Lindsey Woosnam	F			2454	1:08:32
2495	1:11:50	396	Christopher Walden	M	50	WYE VALLEY RUNNERS	2544	1:10:16
2496	1:11:50	419	Allyson Brown	F	40		2497	1:09:14
2497	1:11:52	3390	Karen Morgan	F	35		2515	1:09:39
2498	1:11:55	136	Bethan Mchugh	F	35		2524	1:09:49
2499	1:11:58	1597	Maria Lalic	F	55		2477	1:08:54
2500	1:11:58	1086	Josh Hutin	M			2529	1:09:55
2501	1:11:58	1455	Jean Foster	F	65		2461	1:08:40
2502	1:12:00	909	Gemma Jones	F			2492	1:09:02
2503	1:12:00	910	Alastair Mansell	M			2487	1:08:59
2504	1:12:02	1126	Sally Alexander	F			2484	1:08:58
2505	1:12:03	702	Amy Harper	F			2455	1:08:33
2506	1:12:04	2770	Matthew Cornelius	M			2521	1:09:47
2507	1:12:07	3029	Pradeeo Bose	M	50		2488	1:08:59
2508	1:12:07	145	Rhianwen Petruse	F	40		2475	1:08:54
2509	1:12:08	3022	Jonathan Featherstone	M	40	ABM UROLOGY UNITED	2491	1:09:01
2510	1:12:09	475	Simon Gillings	M	50		2519	1:09:45
2511	1:12:09	2639	Christina Rankin-Moore	F			2473	1:08:53
2512	1:12:10	1163	Kirsty Marie Smith	F			2553	1:10:27
2513	1:12:10	3086	Julie Evans	F	50	ABM WELLBEING WANDERERS	2507	1:09:29
2514	1:12:11	3180	Catheryn Hancock	F	40		2561	1:10:44
2515	1:12:12	789	David Allen	M			2490	1:09:01
2516	1:12:14	3065	Sarah Davies	F	40		2506	1:09:26
2517	1:12:16	565	Frances Hall	F	40		2512	1:09:33
2518	1:12:18	2310	Marco Diiulio	M			2525	1:09:49
2519	1:12:23	1495	Hayley Williams	F			2511	1:09:31
2520	1:12:26	2161	Alan Bladen	M	75	LES CROUPIERS	2538	1:10:09
2521	1:12:26	2548	Rebecca Cooper	F			2552	1:10:23
2522	1:12:29	1401	Cathryn Crawford	F	40		2557	1:10:36
2523	1:12:30	1689	Vanessa Trinder	F	35		2572	1:10:51
2524	1:12:31	1041	Rachel Jones	F	40		2518	1:09:42
2525	1:12:31	713	Helen Woozley	F	40		2517	1:09:42
2526	1:12:32	386	Peter Galvin	M	45		2474	1:08:54
2527	1:12:32	3349	Sharon Martin	F	40		2495	1:09:05
2528	1:12:36	199	Colin Duncan	M	75		2499	1:09:15
2529	1:12:36	200	Sally Sims	F	60		2500	1:09:16
2530	1:12:37	1645	Sally O'Neil	F	45		2523	1:09:48
2531	1:12:37	2084	Alex Thomas	M	40		2520	1:09:46
2532	1:12:38	1143	Emyr Griffiths	M			2550	1:10:22
2533	1:12:39	850	Barry Taylor	M	40		2579	1:11:02
2534	1:12:40	3359	Richard Harry	M			2481	1:08:56
2535	1:12:40	3438	Robert Clarke	M	50		2480	1:08:56
2536	1:12:41	2078	Annie Williams	F	45		2591	1:11:22
2537	1:12:42	1521	Tracey Hughes Jenkins	F	40		2588	1:11:19
2538	1:12:42	1218	Tracey Ann Jones	F	45		2589	1:11:19
2539	1:12:42	1249	Maxine Hall	F	35		2587	1:11:19
2540	1:12:42	3204	Karen Cobb	F	45		2592	1:11:22
2541	1:12:44	2763	Elizabeth Thompson	F			2501	1:09:18
2542	1:12:45	920	Antje Cockrill	F	45		2541	1:10:13
2543	1:12:46	329	Jaynie Rance	F	45		2558	1:10:38
2544	1:12:50	3667	Karl Knight	M	40	ADMIRAL	2596	1:11:29
2545	1:12:51	2128	Matthew Agland	M			2514	1:09:36
2546	1:12:55	1551	Donna Caswell	F	40		2565	1:10:45
2547	1:12:56	3102	Dennis Bird	M	50	ROYAL WOOTON BASSETT HOUNDS R	2606	1:11:50
2548	1:12:57	1412	Andrea Craig	F			2542	1:10:15
2549	1:12:57	2383	Efa Gruffudd Jones	F	40		2509	1:09:30
2550	1:12:57	2379	Gwydion Gruffudd	M	35		2510	1:09:31

2013 Admiral Swansea Bay 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
2551	1:13:00	451	Alice Sims	F			2516	1:09:40
2552	1:13:00	600	Holly Hughes	F			2559	1:10:42
2553	1:13:00	786	Nicholas Martin	M			2498	1:09:15
2554	1:13:00	445	Ben Howells	M			2562	1:10:44
2555	1:13:01	446	Zoe Devlugt	F			2560	1:10:42
2556	1:13:01	444	Melissa Clifford	F			2564	1:10:45
2557	1:13:06	3027	Sarah Hughes	F	45	ABM UROLOGY UNITED	2532	1:09:57
2558	1:13:07	3216	Simon Merrifield	M			2526	1:09:51
2559	1:13:09	656	Annemarie Jeans	F	45		2537	1:10:08
2560	1:13:11	2687	Kathryn Eccleston	F	40		2545	1:10:17
2561	1:13:11	2686	Catrin O'Brien	F	35		2547	1:10:19
2562	1:13:11	1515	Karen Diamond	F	35		2539	1:10:11
2563	1:13:12	3774	Matthew Evans	M			2540	1:10:11
2564	1:13:13	378	Beverley Evans	F	45		2536	1:10:07
2565	1:13:15	3670	Suzanne Lewis	F		ADMIRAL	2595	1:11:28
2566	1:13:18	2945	Terry Clarke	M	70		2535	1:09:59
2567	1:13:19	3564	Heidi Jones	F			2626	1:12:25
2568	1:13:19	2963	Christopher Thomas	M	45		2584	1:11:09
2569	1:13:21	3555	Arlyn Mansit	F	35	ABM ITU INOTROOPS	2602	1:11:37
2570	1:13:21	3775	Jonathan Evans	M	40		2548	1:10:20
2571	1:13:22	1848	Lesley Mcgrotty	F	45		2639	1:12:49
2572	1:13:23	1081	Gareth Heatley	M	50		2551	1:10:22
2573	1:13:23	3426	Laura Potticary	F			2652	1:13:01
2574	1:13:25	1095	Tracy Bevan	F			2585	1:11:10
2575	1:13:25	1269	Debbie Kiley	F	40		2593	1:11:25
2576	1:13:26	1228	Christine Jones	F	40		2594	1:11:26
2577	1:13:30	2815	Dawn Skipper	F	35		2549	1:10:21
2578	1:13:31	3458	Karyn Badger	F	35		2600	1:11:33
2579	1:13:32	2212	Terry Reeks	M	75		2555	1:10:32
2580	1:13:32	2661	Karen Birdsall	F	45		2601	1:11:34
2581	1:13:32	3708	Zane Thorne	M		ADMIRAL	2635	1:12:33
2582	1:13:33	546	Beth Kenward	F			2574	1:10:58
2583	1:13:35	2641	Ellie Clarke	F			2597	1:11:29
2584	1:13:35	545	Laura Williams	F			2580	1:11:02
2585	1:13:38	2664	Chris Hammond	M	50		2556	1:10:36
2586	1:13:38	2663	Huw Thomas	M			2578	1:11:00
2587	1:13:40	3679	Aiesha Melhas	F		ADMIRAL	2527	1:09:53
2588	1:13:44	3620	Jodie Collins	F		ADMIRAL	2530	1:09:57
2589	1:13:45	3648	Victoria Harris	F		ADMIRAL	2533	1:09:57
2590	1:13:46	813	Jane Robbins	F	35		2586	1:11:13
2591	1:13:48	2217	John Selby	M	50		2554	1:10:30
2592	1:13:52	2981	Louise Sweetman	F	40		2590	1:11:20
2593	1:13:53	1429	Philip David	M	45		2616	1:12:15
2594	1:13:54	589	Robert Workman	M	40	RUN4ALL RUNNING CLUB	2577	1:10:59
2595	1:13:56	2438	Jo Denniss	F	40		2573	1:10:52
2596	1:13:57	2799	Amanda Edwards	F	45		2631	1:12:28
2597	1:13:59	3868	Neil Poulton	M			2583	1:11:09
2598	1:13:59	3351	John Smale	M			2582	1:11:06
2599	1:14:00	3810	Marc Saunders	M			2563	1:10:45
2600	1:14:00	882	Sarah Williams	F			2609	1:11:52
2601	1:14:02	521	Andrew Donnelly	M	45		2607	1:11:50
2602	1:14:02	3424	Lorna Wilson	F			2581	1:11:04
2603	1:14:06	1038	Ruth Dockerty	F			2566	1:10:46
2604	1:14:07	847	Matthew Neve	M			2624	1:12:20
2605	1:14:07	2266	Owen George	M	60		2569	1:10:49
2606	1:14:08	1627	Suchanya Jones	F			2678	1:13:41
2607	1:14:09	1733	Gerald Kemp	M	45		2543	1:10:15
2608	1:14:10	473	Jason Morgan	M	40		2567	1:10:47
2609	1:14:11	2136	Gethin Wilcox	M			2633	1:12:31
2610	1:14:16	701	Tanya Gibbons	F	40		2667	1:13:26
2611	1:14:18	548	Rhian Pole	F	35		2644	1:12:55
2612	1:14:19	3008	Sophie Bevan	F		ABM PLASTIC FANTASTIC	2634	1:12:33
2613	1:14:25	1154	Emma-Jayne Ottewell	F			2576	1:10:59
2614	1:14:26	1834	Elizabeth Perks	F	45	RUN4ALL RUNNING CLUB	2598	1:11:32
2615	1:14:26	2392	Kirsten Cottam	F			2640	1:12:49
2616	1:14:27	931	Charlotte Bloodworth	F	40		2622	1:12:20
2617	1:14:29	3440	Clare Britton	F			2672	1:13:32
2618	1:14:29	1502	Valerie George	F	50		2575	1:10:59
2619	1:14:33	334	Kerry Davies	F	35		2611	1:11:57
2620	1:14:34	510	Peter Critchley	M	55		2632	1:12:31
2621	1:14:34	511	Sarah Critchley	F	50		2629	1:12:28
2622	1:14:35	2137	Lesleyann Sterry	F			2645	1:12:55
2623	1:14:36	2693	Zoe Mathias	F	35		2618	1:12:15
2624	1:14:36	2692	Carol Redman	F	40		2620	1:12:15
2625	1:14:41	3763	Laura Rendell	F		LLISWERRY RUNNERS	2613	1:12:05

2013 Admiral Swansea Bay 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
2626	1:14:41	527	Lily Blank	F			2603	1:11:38
2627	1:14:44	2781	Christopher Powell	M	45		2568	1:10:47
2628	1:14:44	3819	Rebecca Hicks	F			2608	1:11:51
2629	1:14:46	454	Darren Elson	M			2638	1:12:43
2630	1:14:48	2673	Carys Evans	F			2610	1:11:53
2631	1:14:52	1128	Naomi Hart	F			2641	1:12:50
2632	1:14:53	2197	Sharon Bowden	F	50		2605	1:11:45
2633	1:14:53	1761	Ann Evans	F	50		2604	1:11:42
2634	1:14:59	190	Rebecca Jones	F			2615	1:12:13
2635	1:15:11	1793	Alison Evans	F	45		2612	1:12:01
2636	1:15:15	3293	Sarah Perdue	F	35	RUN4ALL RUNNING CLUB	2625	1:12:21
2637	1:15:15	923	Jessica Seaton	F	55		2636	1:12:35
2638	1:15:18	311	Maragaret Peacock	F	60		2651	1:13:01
2639	1:15:20	906	Rebecca Grimes	F			2628	1:12:27
2640	1:15:21	2455	Linzi Morris	F	40		2650	1:13:00
2641	1:15:22	1380	Joanne Crompton	F			2599	1:11:33
2642	1:15:22	1255	Stephanie Jones	F	35		2668	1:13:28
2643	1:15:22	2249	Murray Hickey	M			2648	1:12:56
2644	1:15:23	2251	Aimee Prince	F			2647	1:12:56
2645	1:15:23	469	Anthony D'Auria	M	40		2619	1:12:15
2646	1:15:23	470	Jeanette Rees	F	35		2617	1:12:15
2647	1:15:23	1794	Tracey Powell	F	50		2621	1:12:16
2648	1:15:24	319	Roger Hurley	M	40		2614	1:12:09
2649	1:15:26	126	Kevin Phillips	M			2669	1:13:28
2650	1:15:31	1577	Sheila Holmes	F	40		2627	1:12:27
2651	1:15:34	1142	Jennifer Griffiths	F	45		2661	1:13:16
2652	1:15:34	3548	Jonathan Griffiths	M	50		2660	1:13:16
2653	1:15:36	970	Stephen Marshall	M			2707	1:14:25
2654	1:15:37	2947	David Rosser	M	75	AMMAN VALLEY HARRIERS	2676	1:13:39
2655	1:15:37	1748	Cari Randall	F		LES CROUPIERS	2712	1:14:33
2656	1:15:38	3183	Rhys Hopkins	M			2697	1:14:12
2657	1:15:39	537	Rachel Hogg	F			2659	1:13:16
2658	1:15:39	3784	Alistair Downes	M			2662	1:13:16
2659	1:15:40	458	Mari Jones	F			2630	1:12:28
2660	1:15:42	637	Paul Gatenby	M			2664	1:13:20
2661	1:15:42	1690	Anthony Wilby	M			2637	1:12:39
2662	1:15:43	779	Sian Barnett	F			2654	1:13:06
2663	1:15:48	1925	Jennifer Hutt	F	35		2642	1:12:54
2664	1:15:51	3298	Lisa Griffiths	F			2643	1:12:54
2665	1:15:51	3326	Richard Pugh	M	45		2698	1:14:12
2666	1:15:51	3723	Brendan Mulhern	M		ADMIRAL	2693	1:14:00
2667	1:15:52	638	Clare Gatenby	F			2670	1:13:30
2668	1:15:55	3689	Lloyd Rees	M		ADMIRAL	2687	1:13:53
2669	1:15:56	1108	Lucy Davis	F			2682	1:13:47
2670	1:15:57	3517	Jonathan Thomas	M			2658	1:13:15
2671	1:16:00	3313	Leanne Hopkins	F			2623	1:12:20
2672	1:16:04	503	Kath Pugh	F			2649	1:12:58
2673	1:16:08	1981	Alun Powell	M	65		2663	1:13:19
2674	1:16:09	727	Rebecca Heenan	F			2671	1:13:31
2675	1:16:11	2990	Chris Larkin	F	40		2724	1:15:04
2676	1:16:11	3237	Lorraine Hopkin-Munro	F	55		2685	1:13:52
2677	1:16:13	3545	Laura Murton	F			2665	1:13:23
2678	1:16:13	377	Adrian Evans	M	45		2656	1:13:09
2679	1:16:17	2288	Charlotte John	F		NEATH HARRIERS	2719	1:14:55
2680	1:16:21	2335	Teresa Rhys-Thomas	F			2679	1:13:46
2681	1:16:23	1828	Wendy Newton	F	45		2646	1:12:56
2682	1:16:24	585	Benjamin Johnson	M			2655	1:13:09
2683	1:16:24	582	Eleanor Howells	F			2657	1:13:12
2684	1:16:24	2740	Nicola Bromham	F		RUN4ALL RUNNING CLUB	2653	1:13:05
2685	1:16:28	3801	Anita Taanevig	F			2686	1:13:53
2686	1:16:29	465	Ceri Thomas	F	45		2673	1:13:34
2687	1:16:30	287	Stuart Whiffin	M			2690	1:13:57
2688	1:16:31	1471	Delyth Davies	F	45		2666	1:13:25
2689	1:16:32	3750	Yasmin Muzil	F		ADMIRAL	2715	1:14:43
2690	1:16:35	3073	Melanie Roberts	F			2711	1:14:32
2691	1:16:42	1832	William Morgan	M	50		2691	1:13:57
2692	1:16:44	3047	Helen Williams	F	35	ABERDARE VALLEY AAC	2675	1:13:39
2693	1:16:45	2290	Gerald Davies	M			2677	1:13:40
2694	1:16:46	2505	Kirsty Razmgah-Edwards	F			2695	1:14:08
2695	1:16:49	3711	Katie Watts	F		ADMIRAL	2737	1:15:29
2696	1:16:50	1013	Emily Cook	F			2720	1:14:56
2697	1:16:50	1673	Helen Jeffrey	F	45		2714	1:14:40
2698	1:16:54	1697	Sarah Jones	F		ABM UROLOGY UNITED	2696	1:14:10
2699	1:16:55	2777	Helen Threadgold	F			2736	1:15:29
2700	1:16:55	2778	Rachael Donovan	F			2738	1:15:29

2013 Admiral Swansea Bay 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
2701	1:16:57	2050	Caroline Psaila	F	45		2722	1:15:04
2702	1:16:57	3150	Brigid Haines	F	50		2680	1:13:46
2703	1:16:59	2235	Kelly Gipson	F	45		2730	1:15:19
2704	1:17:01	1662	Karen Hardy	F			2699	1:14:12
2705	1:17:05	3208	Leanne Raikes	F			2745	1:15:49
2706	1:17:10	2153	Rhian Pippins	F	35		2703	1:14:18
2707	1:17:15	302	Sarah Newport	F			2700	1:14:13
2708	1:17:19	1370	Joanna Lowe	F			2713	1:14:36
2709	1:17:21	332	David Braithwaite	M	50	SOUTHVILLE RUNNING CLUB	2674	1:13:36
2710	1:17:23	316	Emma Ballardie	F			2708	1:14:26
2711	1:17:24	1653	Mike Shaw	M	60	WYE VALLEY RUNNERS	2683	1:13:49
2712	1:17:24	3833	Sarah Bowring	F	45	WYE VALLEY RUNNERS	2681	1:13:46
2713	1:17:26	1780	Tony Paget	M	55		2709	1:14:27
2714	1:17:30	965	Joanna Hodges	F	35		2705	1:14:21
2715	1:17:33	915	Sally Ware	F	50		2702	1:14:17
2716	1:17:34	1342	Charlotte Garthwaite	F			2688	1:13:54
2717	1:17:34	1559	Robert Thomas	M			2684	1:13:51
2718	1:17:39	3265	Richard Casey	M			2689	1:13:54
2719	1:17:41	2407	June Wheel	F	40	ABM GERUNIMO	2710	1:14:27
2720	1:17:46	220	Leanne Casley	F	40		2726	1:15:06
2721	1:17:46	1153	Andrea Dobson	F	40		2704	1:14:19
2722	1:17:47	1379	Carrie Crompton	F	50		2694	1:14:00
2723	1:17:47	1377	Kate Boothby	F	45		2692	1:13:57
2724	1:17:48	620	Vince Jordan	M			2706	1:14:23
2725	1:17:54	2248	Tony Hickey	M	55		2735	1:15:29
2726	1:17:56	3113	Rhian Harry	F			2743	1:15:35
2727	1:17:58	1935	Stacey Parvin	F			2778	1:17:18
2728	1:18:05	693	Louise White	F			2758	1:16:30
2729	1:18:07	3489	Christine Lewis	F	50		2716	1:14:52
2730	1:18:11	2885	Maria Bloor	F	50		2701	1:14:16
2731	1:18:13	2629	Sian Beynon	F			2741	1:15:33
2732	1:18:15	2636	Nicola Dierkes	F	35		2721	1:15:03
2733	1:18:21	2710	Allyson Edmonds	F	45		2728	1:15:16
2734	1:18:21	1318	Melissa Davies	F			2747	1:15:51
2735	1:18:22	1598	Rachel Adams	F			2748	1:15:51
2736	1:18:22	1381	Andrew Parker	M	45		2727	1:15:09
2737	1:18:31	1875	Dave Evans	M	45		2717	1:14:53
2738	1:18:36	1481	Louise Downing	F	40		2718	1:14:53
2739	1:18:38	3540	Ceri Saunders	F			2744	1:15:43
2740	1:18:44	393	Kate Elliott	F			2750	1:15:53
2741	1:18:44	394	Anna Collette	F	35		2751	1:15:53
2742	1:18:47	1767	Stuart Baker	M			2723	1:15:04
2743	1:18:49	3701	Gareth Simms	M		ADMIRAL	2729	1:15:18
2744	1:18:50	275	Sue Shannon-Jones	F	60		2725	1:15:05
2745	1:18:52	3037	Sian Thomas	F			2752	1:15:53
2746	1:18:52	3131	Nicola Evans	F	40		2749	1:15:52
2747	1:18:52	1542	Melanie Keddle	F	35		2753	1:16:04
2748	1:18:56	2439	Catherine Ball	F	40		2746	1:15:50
2749	1:18:57	2222	Adrian Samuel	M	50		2733	1:15:25
2750	1:18:57	2312	Julia Hannon	F	40		2734	1:15:28
2751	1:18:57	550	Julie Pritlove	F	35		2757	1:16:28
2752	1:19:02	3639	Matthew Griffiths	M		ADMIRAL	2739	1:15:32
2753	1:19:02	3630	Sophie Evans	F		ADMIRAL	2742	1:15:34
2754	1:19:07	3201	Louise Snelgrove	F			2780	1:17:23
2755	1:19:08	1165	Stephen Dalling	M	55	LC COBRAS	2732	1:15:25
2756	1:19:08	1242	Kevin Dalling	M	50		2731	1:15:24
2757	1:19:09	3634	Erin Ford	F		ADMIRAL	2759	1:16:30
2758	1:19:10	1987	Odetta Rees	F	40		2763	1:16:47
2759	1:19:17	1188	Hollie Griggs	F			2794	1:18:10
2760	1:19:22	1852	Taraya Paget	F			2756	1:16:25
2761	1:19:24	326	Sarah Meadowcroft	F	40		2754	1:16:21
2762	1:19:30	1566	Mark Rush	M			2740	1:15:33
2763	1:19:37	726	Hayley Thomas-Yarr	F			2760	1:16:35
2764	1:19:38	535	Kayleigh Lewis	F			2772	1:17:11
2765	1:19:39	536	Andrew Lake	M			2775	1:17:15
2766	1:19:42	601	Nigel Hughes	M			2779	1:17:18
2767	1:19:43	3855	Darren Jones	M			2798	1:18:30
2768	1:19:53	3397	Frances Williams	F	40		2761	1:16:43
2769	1:19:57	795	Iestyn Evans	M			2769	1:17:07
2770	1:19:59	3836	Hazel Gilbert	F			2755	1:16:24
2771	1:20:02	1399	Andrew Gunning	M	45		2762	1:16:45
2772	1:20:02	3732	Jesca Williams	F		ADMIRAL	2796	1:18:13
2773	1:20:03	1657	Michele Raithby	F	55		2774	1:17:14
2774	1:20:05	1076	Joanne Horton	F	35		2797	1:18:23
2775	1:20:07	551	Meinir Williams	F	45		2768	1:17:04

2013 Admiral Swansea Bay 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
2776	1:20:07	1122	Paul Gallagher	M	50		2809	1:19:24
2777	1:20:09	3779	Rachel Evans	F			2791	1:18:01
2778	1:20:11	3782	Louise Joseph	F	40	ABM WELLBEING WANDERERS	2783	1:17:31
2779	1:20:11	1797	Saran Purchase	F			2782	1:17:30
2780	1:20:13	1396	Hannah White	F			2777	1:17:17
2781	1:20:15	3209	Danielle Williams	F			2776	1:17:16
2782	1:20:16	1463	Nicola Gliddon	F			2770	1:17:09
2783	1:20:18	2461	Cynthia Evans	F	65		2766	1:16:58
2784	1:20:23	384	Paula Stockley	F		3MS GORSEINON RR	2771	1:17:09
2785	1:20:24	3585	Antonina Mendola	F	45		2767	1:16:59
2786	1:20:24	3584	Gill Elliott	F	50		2765	1:16:56
2787	1:20:24	1407	Catherine Davies	F	35		2773	1:17:12
2788	1:20:28	3051	Heather Aston	F	50	LEAMINGTON CYCLING & ATHLETIC C	2788	1:17:53
2789	1:20:29	1838	Hannah Kinasz	F			2781	1:17:29
2790	1:20:36	2359	Chris O'Brien	M			2764	1:16:53
2791	1:20:45	1053	Jane Roe	F	50		2790	1:17:55
2792	1:20:52	2286	Harriet Smith	F			2799	1:18:38
2793	1:20:52	2261	Alice Woods	F			2800	1:18:38
2794	1:20:53	678	Bethan Emmanuel	F	35		2789	1:17:55
2795	1:20:53	737	Anna-Marie Sorroll	F			2787	1:17:52
2796	1:20:53	680	Kay Haines	F			2786	1:17:52
2797	1:21:02	248	Karen Jones	F	50		2816	1:19:42
2798	1:21:07	606	Michael Pallett	M			2785	1:17:39
2799	1:21:07	607	Hannah Pallett	F			2784	1:17:39
2800	1:21:11	2817	Becky Shaughnessy	F	35		2811	1:19:26
2801	1:21:14	1386	Karen Higgins	F	40		2792	1:18:08
2802	1:21:14	1387	Andrew Higgins	M			2793	1:18:08
2803	1:21:18	1674	Heddwyn Williams	M	65		2817	1:19:43
2804	1:21:26	3789	Lisa Morgan	F	40		2824	1:19:56
2805	1:21:50	1924	Nicola Thomas	F	40		2804	1:18:54
2806	1:21:52	2876	Holly Morgan	F		ABM ITU INOTROOPS	2825	1:19:59
2807	1:21:52	1851	Donna Rees	F	40		2808	1:19:22
2808	1:21:54	3709	Jeni Warren	F		ADMIRAL	2829	1:20:26
2809	1:21:55	1613	Mark Lucas	M	50		2802	1:18:49
2810	1:21:55	1614	Pam Lucas	F	40		2803	1:18:50
2811	1:21:57	2873	Robert Latham	M	65		2795	1:18:11
2812	1:22:00	3236	Caroline Munro	F	45		2814	1:19:41
2813	1:22:17	1358	Philippa Jones	F	45		2815	1:19:42
2814	1:22:21	380	Sheila Harris	F	45		2806	1:19:03
2815	1:22:24	1065	Erica Knight	F	45		2810	1:19:25
2816	1:22:25	3505	Susan Warren	F	65		2801	1:18:41
2817	1:22:34	901	Julian Power	M			2807	1:19:08
2818	1:22:35	1979	Angelina Rees-Jones	F			2805	1:19:01
2819	1:22:36	2134	Rhian Morris	F	45	RUN4ALL RUNNING CLUB	2818	1:19:43
2820	1:22:40	3116	Jamie Howells	M			2826	1:20:03
2821	1:22:42	962	Dale Cousins	M			2823	1:19:53
2822	1:22:42	3828	Charlotte Peters	F			2822	1:19:49
2823	1:22:43	1480	Nefyn Jones	M	45		2813	1:19:38
2824	1:22:46	3292	Siwan King	F			2812	1:19:34
2825	1:22:51	2732	Rhian Bevan	F			2830	1:20:33
2826	1:22:53	1088	Catherine James	F	45		2849	1:22:00
2827	1:22:57	639	Paul Richards	M	40		2841	1:21:24
2828	1:22:59	1498	Lynn Lockwood	F	55		2819	1:19:46
2829	1:23:01	420	Sarah Shea	F	40		2828	1:20:21
2830	1:23:05	149	Natalie Williams	F	40		2831	1:20:34
2831	1:23:08	1119	Ioan Humphreys	M			2821	1:19:46
2832	1:23:08	1140	Deborah Fitzsimmons	F	40		2820	1:19:46
2833	1:23:14	805	Robert Evans	M			2835	1:21:17
2834	1:23:14	835	Amy Evans	F			2834	1:21:16
2835	1:23:20	2324	Stacey Williams	F			2836	1:21:19
2836	1:23:21	2325	Philip Whelan	M			2837	1:21:19
2837	1:23:33	3616	Sarah Bright	F		ADMIRAL	2827	1:20:04
2838	1:23:34	1005	Bethan Parry	F			2863	1:22:28
2839	1:23:36	2189	Julia Perry	F	35	RUN4ALL RUNNING CLUB	2833	1:20:42
2840	1:23:47	864	Bev Mcgonagle	F	50		2858	1:22:14
2841	1:24:05	1371	Rachel Ann Lowe	F			2843	1:21:25
2842	1:24:11	1090	Kirsty Doner	F			2871	1:23:18
2843	1:24:17	1080	Chris Treharne	M			2832	1:20:34
2844	1:24:17	1590	Mary Mcdermott-Jenkins	F	45		2840	1:21:21
2845	1:24:19	345	Samantha Jones	F			2842	1:21:25
2846	1:24:24	817	Mike Demmel	M			2853	1:22:04
2847	1:24:28	1299	Robyn Stanley	F			2855	1:22:08
2848	1:24:35	780	Angharad Griffiths	F			2847	1:21:58
2849	1:24:38	3467	Louise Parry	F			2861	1:22:18
2850	1:24:42	1772	Arwen Hilton	F	40		2879	1:24:08

2013 Admiral Swansea Bay 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
2851	1:24:45	583	Rachel Smith	F			2844	1:21:31
2852	1:25:03	1338	Kathryn Morgan	F			2856	1:22:09
2853	1:25:04	3258	Cerys Davies	F	35		2839	1:21:20
2854	1:25:05	785	Sarah Martin	F		ABM ITU INOTROOPS	2838	1:21:20
2855	1:25:11	892	Bethan James	F	35		2846	1:21:43
2856	1:25:11	1001	Debbie Stringer	F	45		2845	1:21:43
2857	1:25:14	808	Katie Marsh	F	35		2867	1:22:46
2858	1:25:15	397	Phillip Griffiths	M			2857	1:22:14
2859	1:25:35	1253	Catherine Bain	F	35		2862	1:22:21
2860	1:25:43	944	Tracey Jones	F	40		2848	1:21:59
2861	1:25:44	3615	Sian Bradley	F		ADMIRAL	2874	1:23:54
2862	1:25:45	3194	Ashley Cabico	F			2851	1:22:03
2863	1:25:45	505	Carl Morland	M			2852	1:22:04
2864	1:25:45	504	Jean Williams	F	50		2850	1:22:01
2865	1:25:46	3026	Debbie Bailey	F	35	ABM UROLOGY UNITED	2865	1:22:36
2866	1:25:46	3021	Alison Lindley	F	45	ABM UROLOGY UNITED	2864	1:22:35
2867	1:25:52	506	Lillebeth Larun	F	50		2854	1:22:08
2868	1:25:55	1204	Jonathan Toghill	M			2880	1:24:13
2869	1:25:58	980	Laura Scrine	F			2866	1:22:45
2870	1:26:03	3018	Karen Thomas	F	50	ABM UROLOGY UNITED	2868	1:22:53
2871	1:26:18	2329	Donna Griffiths	F	35		2860	1:22:18
2872	1:26:19	2333	Fay Sharpe	F	50	3MS GORSEINON RR	2859	1:22:16
2873	1:26:24	1532	Sue Barrow	F	60		2872	1:23:19
2874	1:26:29	3195	Kate Johnson	F			2870	1:23:06
2875	1:26:33	2530	Jenna Jenkins	F			2888	1:24:43
2876	1:26:39	2234	Geraldine O'Dare	F	45		2869	1:23:03
2877	1:26:51	3491	Sarah Newman	F			2881	1:24:20
2878	1:27:12	2906	Rachel Dorrington	F			2873	1:23:53
2879	1:27:25	748	Sophie Phillips	F			2882	1:24:24
2880	1:27:28	461	Ged Wood	M	55		2876	1:24:04
2881	1:27:28	460	Alison Macnab	F	50		2875	1:24:02
2882	1:27:30	2973	Shan Davies	F			2883	1:24:25
2883	1:27:33	1098	Derek Hawkins	M	70		2895	1:25:50
2884	1:27:39	3731	Cameron Clarke	M		ADMIRAL	2892	1:25:46
2885	1:27:40	3729	Damien Gosling	M		ADMIRAL	2894	1:25:48
2886	1:27:45	3028	Bev James	F	45	ABM UROLOGY UNITED	2885	1:24:35
2887	1:27:45	938	Bethan Hale	F			2878	1:24:05
2888	1:27:45	939	Gemma Hale	F			2877	1:24:05
2889	1:27:46	3838	Vellore Rajkumar	M	55	ABM UROLOGY UNITED	2884	1:24:34
2890	1:27:49	3726	Sarah Brennan	F		ADMIRAL	2896	1:25:54
2891	1:27:54	247	Ann Pugh	F	50		2886	1:24:39
2892	1:27:59	1554	Rebecca Hawkes	F			2890	1:25:26
2893	1:28:02	541	Sian Lewis	F			2889	1:24:48
2894	1:28:05	3374	Marine Perrin	F			2887	1:24:40
2895	1:28:10	650	Natasha Smith	F			2912	1:27:24
2896	1:28:22	1626	Lamphan Jones	F	45		2916	1:27:54
2897	1:28:40	1209	Paula Williams	F			2907	1:26:58
2898	1:28:43	3241	Elin Street	F			2893	1:25:46
2899	1:28:55	3742	Sara Gray	F		ADMIRAL	2909	1:27:02
2900	1:28:56	3722	Adelisa Owens	F		ADMIRAL	2911	1:27:08
2901	1:29:13	3151	Jason Prigmore	M			2891	1:25:43
2902	1:29:30	1882	Kenneth Lyons	M			2897	1:26:11
2903	1:29:38	3515	David Bolton	M	55		2898	1:26:28
2904	1:29:38	3514	Lorraine Bolton	F	50		2899	1:26:28
2905	1:29:39	2361	Kathryn Kirkup	F	35		2900	1:26:32
2906	1:29:42	1166	Charlotte Ajomale	F			2904	1:26:53
2907	1:29:44	3465	Philip Knapman	M			2913	1:27:25
2908	1:29:46	2147	Paul Shill	M	50		2903	1:26:44
2909	1:29:49	404	Dana Thomas	F			2917	1:28:07
2910	1:29:50	403	Heidy Thomas	F			2918	1:28:08
2911	1:29:54	993	Rhys Parker	M			2924	1:28:44
2912	1:30:00	539	Rachel Waltham	F			2908	1:27:02
2913	1:30:03	1533	Ellie Barrow	F			2906	1:26:55
2914	1:30:03	1113	Emma Walters	F			2901	1:26:37
2915	1:30:03	1109	Lynwen Wilson	F			2902	1:26:37
2916	1:30:04	2435	Carrie Dowling	F			2905	1:26:54
2917	1:30:05	1203	Adrian Lewis	M	45		2921	1:28:23
2918	1:30:31	297	Anja Quirolo	F	45		2910	1:27:04
2919	1:30:43	735	Mandie Adams	F	40		2914	1:27:40
2920	1:31:14	483	Susan Morgan	F	60		2915	1:27:42
2921	1:31:24	1562	Andrea Jenkins	F	50	RUN4ALL RUNNING CLUB	2922	1:28:32
2922	1:31:29	941	Nigel Barnes	M	45		2934	1:30:58
2923	1:31:29	1563	Rebecca Mainwaring	F	35	RUN4ALL RUNNING CLUB	2923	1:28:36
2924	1:31:30	2303	Hannah Bird	F	35		2920	1:28:14
2925	1:31:32	3129	Nicola Davies	F	35		2919	1:28:08

2013 Admiral Swansea Bay 10k

Gun Pos	Gun Time	No	Name	M/F	Cat	Club	Chip Pos	Chip Time
2926	1:31:48	533	Rachael Middleton-Jones	F	35		2925	1:29:06
2927	1:31:48	534	Howard Middleton-Jones	M	50		2926	1:29:06
2928	1:32:04	856	Jan Platt	F	50		2932	1:30:23
2929	1:32:05	344	Rhidian Phillips	M			2927	1:29:08
2930	1:32:21	586	Donna Holmes	F	35		2928	1:29:09
2931	1:32:23	2808	Felicity Jones	F			2929	1:29:29
2932	1:33:13	1193	Nigel Howells	M	45		2930	1:29:36
2933	1:33:32	2830	Jane Hubble	F	40		2931	1:29:53
2934	1:33:37	1840	Andrea Davies	F	35		2938	1:32:26
2935	1:33:56	3820	Angela Jones	F	60		2937	1:32:17
2936	1:34:27	3629	Kate Evans	F		ADMIRAL	2933	1:30:53
2937	1:34:40	1314	Emily Williams	F			2936	1:31:45
2938	1:34:51	213	Tomos Winfield Young	M			2935	1:31:05
2939	1:35:54	336	Bethan Saunders	F			2940	1:33:06
2940	1:36:11	2193	Tracy Elliston	F	50		2939	1:33:04
2941	1:36:15	1416	Ann Sherwood	F	55		2941	1:33:15
2942	1:36:27	1195	Alison Morgan	F			2950	1:35:37
2943	1:36:28	1194	Matt Morgan	M			2951	1:35:37
2944	1:36:44	3827	Runner 3827	M			2948	1:35:01
2945	1:37:12	178	Craig Wade	M			2942	1:33:33
2946	1:37:23	370	Helen Jones	F			2945	1:34:30
2947	1:37:24	129	Vanessa Cashmore	F	40		2946	1:34:30
2948	1:37:26	3299	Natalie Yeates	F			2944	1:34:29
2949	1:37:28	1762	Natalie Bevan	F			2943	1:34:18
2950	1:38:01	3296	Anne Miles	F	55		2949	1:35:31
2951	1:38:05	652	Samantha Scrine	F			2947	1:34:52
2952	1:38:21	3861	Peter Doodes	M			2956	1:37:11
2953	1:39:55	3040	Sara Hayes	F	55	ABM GERUNIMO	2952	1:36:38
2954	1:39:56	3004	Jo Pike	F	50	ABM GERUNIMO	2953	1:36:39
2955	1:40:34	413	Ron Harris	M	50	LLISWERRY RUNNERS	2954	1:36:52
2956	1:40:35	414	Deborah Hay-Harris	F	50	LLISWERRY RUNNERS	2955	1:36:53
2957	1:40:39	2029	David Henry	M	45		2961	1:38:40
2958	1:40:45	455	Sarah Ivett	F	35		2962	1:38:41
2959	1:40:56	1888	Nicola Brown	F			2964	1:38:50
2960	1:40:56	1889	Jack Brown	M			2965	1:38:50
2961	1:41:25	1531	Susan Jones	F	55		2957	1:37:51
2962	1:41:26	3869	Hannah Thomas	F		ADMIRAL	2968	1:39:35
2963	1:41:26	1499	Jan Ohlsson Jones	F	40		2958	1:37:52
2964	1:41:27	1617	Janette Davies	F	45		2959	1:37:52
2965	1:41:27	3856	Kimberley Southall	F		ADMIRAL	2967	1:39:34
2966	1:41:28	3724	Jonathan Fishlock	M		ADMIRAL	2966	1:39:34
2967	1:41:28	3725	Ceri Jones	F		ADMIRAL	2969	1:39:37
2968	1:41:36	2961	Idris Prosser	M	70		2960	1:38:11
2969	1:42:00	381	Bethan Griffiths	F	35		2963	1:38:43
2970	1:42:20	3862	Nikki Doodes	F			2971	1:41:10
2971	1:42:46	321	Donald Fearn	M	80		2970	1:39:42
2972	1:42:56	2698	Ryan Price	M			2975	1:42:50
2973	1:43:05	3718	Sharon Bowen	F	40	ADMIRAL	2972	1:41:10
2974	1:43:05	3730	Brenda Phillips	F	40	ADMIRAL	2973	1:41:13
2975	1:45:49	3025	Alison Lyness	F	45	ABM UROLOGY UNITED	2974	1:42:40
2976	1:46:30	450	Stacey Fox	F			2976	1:43:30
2977	1:47:12	2903	Helen Collins	F	50		2977	1:44:12
2978	1:51:20	3851	Warren Kingston	M	40		2978	1:50:04
2979	1:54:58	991	Jon Parry	M			2979	1:51:00
2980	1:54:58	990	Craig Jones	M			2980	1:51:01
2981	1:58:22	3804	Tracy Price	F	45		2981	1:54:52
2982	1:58:22	2944	Val Clarke	F	70		2983	1:54:52
2983	1:58:23	3605	Andrew Price	M	45		2982	1:54:52
2984	2:01:44	936	David Rees	M	60		2984	1:58:08
2985	2:01:47	852	John Rees	M	50		2985	1:58:11
2986	2:07:10	4300	Runner 4300	M			2986	2:07:10
2987	2:11:28	2397	Lee Parker	M			2988	2:07:30
2988	2:11:29	1049	Tracy Phillips	F	35		2987	2:07:27