



## Series 1 Results



Bib No	First Name	Last Name	Club	Category	Gender	Finish	Overall Pos	Category Pos	Gender Pos
115	Rob	Davies	Amman Valley Harriers	MO	M	00:16:56.05	1	1	1
125	Craig	Jones	Swansea Harriers	MO	M	00:17:32.10	2	2	2
134	Steven	Wilkinson	Nene Valley Harriers	MO	M	00:17:38.55	3	3	3
121	Nathan	Daniel	Neath Harriers	MO	M	00:17:47.60	4	4	4
133	Steven	Taylor	Swansea Harriers	MO	M	00:17:50.60	5	5	5
25	Dean	Protheroe	RUN4ALL Neath	MO	M	00:17:54.90	6	6	6
142	Tony	Davies	Swansea Harriers	MO	M	00:17:58.00	7	7	7
34	Gareth	Davey	Neath Harriers	M40	M	00:18:04.05	8	1	8
43	Ian	Phillips	Swansea Harriers	MO	M	00:18:08.15	9	8	9
3	Aled	Tumelty		MO	M	00:18:09.95	10	9	10
89	Ryan	Govier	Swansea Harriers	MO	M	00:18:16.95	11	10	11
74	Matthew	Phillips	Llanelli AC	MO	M	00:18:27.60	12	11	12
24	Daniel	Otteson	Swansea Harriers	MO	M	00:18:33.65	13	12	13
153	Sam	Joseph	Swansea Harriers	MO	M	00:18:43.25	14	13	14
31	Gabrielius	Stuokus	Swansea Harriers	MO	M	00:18:45.35	15	14	15
2	Alan	Davies	Llanelli AC	M60	M	00:18:50.35	16	1	16
159	Logan	Lamb		MO	M	00:18:54.60	17	15	17
82	Niki	Puleio	Ogmore Phoenix Runners	M40	M	00:18:54.65	18	2	18
126	Mathew	Hendery	Swansea Harriers	MO	M	00:18:54.95	19	16	19
59	Lee	Allen		MO	M	00:19:03.40	20	17	20
32	Gair	Mcadie	Swansea Harriers	M40	M	00:19:08.60	21	3	21
120	Aled	Hughes	Ogmore Phoenix Runners	M40	M	00:19:09.45	22	4	22
148	Rachel	Davies	Swansea Harriers	FO	F	00:19:11.50	23	1	1
124	Joe	Tucker	Swansea Harriers	MO	M	00:19:15.00	24	18	23
40	Helen-Marie	Davies	Swansea Harriers	F35	F	00:19:27.95	25	1	2
114	Charley	Bleasdale	Amman Valley Harriers	MO	M	00:19:29.25	26	19	24
58	Lee	Stone		MO	M	00:19:36.60	27	20	25
110	Peter	Osborne	Llanelli AC	M50	M	00:19:37.75	28	1	26
149	Llinos	Jones	Swansea Harriers	F35	F	00:19:46.80	29	2	3
1	Adam	Runacres	Paul Popham Running Club	MO	M	00:19:52.20	30	21	27
95	Tenniel	O'Brien	Paul Popham Running Club	M40	M	00:19:53.15	31	5	28
83	Owen	Davies	Swansea Harriers	M40	M	00:20:06.40	32	6	29
39	Heath	Brett	Swansea Harriers	M50	M	00:20:14.20	33	2	30
71	Martin	Bennett	3M Gorseinon Road Runners	MO	M	00:20:15.90	34	22	31
104	Michael	Jones	Paul Popham Running Club	MO	M	00:20:21.25	35	23	32
6	Amy	Evans	Clwb Rhedeg Pontardawe Runni	FO	F	00:20:40.70	36	2	4
4	Alex	Wilson		MO	M	00:20:54.25	37	24	33
156	Carl	Morris		MO	M	00:20:57.20	38	25	34

168	Leigh	Fennell	Swansea Harriers	M40	M	00:20:58.35	39	7	35
109	Paul	Smith	Paul Popham Running Club	MO	M	00:21:12.25	40	26	36
21	Christopher	Montenegro	3M Gorseinon Road Runners	MO	M	00:21:16.05	41	27	37
81	Nick	Venables	Llanelli AC	MO	M	00:21:27.05	42	28	38
92	Simon	Bromham	RUN4ALL Neath	MO	M	00:21:37.50	43	29	39
96	Tom	Bacon	Swansea Harriers	MO	M	00:21:42.70	44	30	40
84	Penny	Kennedy	Swansea Harriers	F45	F	00:21:43.35	45	1	5
69	Mark	Williams	Parc Bryn Bach Running Club	M60	M	00:21:54.20	46	2	41
112	Bernard	Murphy	Swansea Harriers	M40	M	00:21:56.65	47	8	42
163	Michael	Williams		M40	M	00:22:01.45	48	9	43
108	Andy	Golley	Paul Popham Running Club	M50	M	00:22:01.95	49	3	44
123	Mark	White	Swansea Harriers	F45	M	00:22:10.90	50	2	45
8	Andrew	Downie	Swansea Harriers	MO	M	00:22:10.90	51	31	46
139	Alex	Graham		MO	M	00:22:23.60	52	32	47
13	Ashley	Phillips		MO	M	00:22:27.90	53	33	48
26	Dean	Matthews	Paul Popham Running Club	M40	M	00:22:32.60	54	10	49
51	Judith	Oakley	Vegan Runners UK	F45	F	00:22:33.85	55	3	6
17	Brian	Stevendale	Swansea Harriers	M50	M	00:22:34.10	56	4	50
137	Richard	Sullivan	Paul Popham Running Club	M40	M	00:22:36.60	57	11	51
14	Beth	Darke	Stafford Harriers	FO	F	00:22:37.55	58	3	7
20	Chris	Webb	Swansea Harriers	F45	F	00:22:43.00	59	4	8
160	Jim	Holland		M40	M	00:22:49.30	60	12	52
28	Dylan	Rudling		MO	M	00:22:54.55	61	34	53
60	Leigh	Besley	Paul Popham Running Club	MO	M	00:22:59.95	62	35	54
47	Jenny	Mcadie	Swansea Harriers	F35	F	00:23:09.45	63	3	9
129	Neil	Stokes		MO	M	00:23:12.30	64	36	55
41	Ian	Harris	Paul Popham Running Club	M40	M	00:23:23.30	65	13	56
33	Gareth	Meardon	Paul Popham Running Club	MO	M	00:23:28.65	66	37	57
122	Abbey	Morris		FO	F	00:23:31.30	67	4	10
56	Kelly	Gipson	Swansea Harriers	F45	F	00:23:32.70	68	5	11
10	Angela	Delaney	Swansea Harriers	F45	F	00:23:38.70	69	6	12
138	Michael	Chapman		MO	M	00:23:41.80	70	38	58
131	Lukasz	Dymaizkowuki		MO	M	00:23:41.80	71	39	59
36	Gerwyn	Tumelty		M40	M	00:23:42.55	72	14	60
72	Martyn	Goss		M40	M	00:23:49.75	73	15	61
46	Jen	Sanders		FO	F	00:24:18.45	74	5	13
158	Carl	Morris		M40	M	00:24:28.05	75	16	62
63	Louise	Udiawar	Clwb Rhedeg Pontardawe Runni	F35	F	00:24:29.65	76	4	14
167	Gareth	Sullivan	Swansea Harriers	MO	M	00:24:30.75	77	40	63
111	Ashley	Pearce		MO	M	00:24:34.35	78	41	64
136	Carl	Joseph		MO	M	00:24:47.95	79	42	65
143	David	Masters	Swansea Harriers	MO	M	00:24:49.00	80	43	66
113	Catherine	Bleasdale	Amman Valley Harriers	F45	F	00:24:51.00	81	7	15
78	Mick	Grant	Road Runners Club	M60	M	00:24:56.05	82	3	67
75	Matthew	Gilbert		MO	M	00:24:57.20	83	44	68
44	Ian	Cole		M40	M	00:24:59.75	84	17	69
128	Sandra	Jones	Celtic Tri	F35	F	00:25:03.00	85	5	16
103	Leah	Morgan	Paul Popham Running Club	FO	F	00:25:09.30	86	6	17
166	David	Darinton		M50	M	00:25:12.00	87	5	70
101	Zoe	Marshall	Paul Popham Running Club	FO	F	00:25:24.00	88	7	18

91	Shawn	Cullen	Ogmore Phoenix Runners	M40	M	00:25:40.20	89	18	71
135	Nick	Marrell		MO	M	00:25:42.55	90	45	72
52	Julian	Williams		M40	M	00:25:44.80	91	19	73
140	Alice	Sullivan	3M Gorseinon Road Runners	F35	F	00:25:47.00	92	6	19
102	James	Nicholas		MO	M	00:25:47.15	93	46	74
67	Malachi	Williams		MO	M	00:25:59.15	94	47	75
132	Johanna	Jones		FO	F	00:26:07.60	95	8	20
61	Leigh	Mulvihill		F35	F	00:26:29.55	96	7	21
38	Gwen	Smith	3M Gorseinon Road Runners	F45	F	00:26:49.40	97	8	22
16	Bianca	Kronemann		FO	F	00:27:04.70	98	9	23
116	Mathew	Copp		M40	M	00:27:15.90	99	20	76
49	John	Marson	Llanelli AC	M40	M	00:27:16.10	100	21	77
105	James	Heale		MO	M	00:27:26.65	101	48	78
106	Naomi	Heale		FO	F	00:27:29.30	102	10	24
147	Gem	Dyer	Clwb Rhedeg Pontardawe Runni	FO	F	00:27:33.85	103	11	25
9	Andrew	Miller	Clwb Rhedeg Pontardawe Runni	M40	M	00:27:38.60	104	22	79
12	Anna	Powell	Paul Popham Running Club	F35	F	00:27:50.70	105	8	26
155	Rebecca	Grifiths	Clwb Rhedeg Pontardawe Runni	FO	F	00:27:51.25	106	12	27
154	Emma	Rees		F35	F	00:27:55.20	107	9	28
118	Jesse	Davies		FO	F	00:28:03.05	108	13	29
145	Kerry	Palmer	Clwb Rhedeg Pontardawe Runni	F35	F	00:28:04.05	109	10	30
119	Nick	Harris	Ogmore Phoenix Runners	MO	M	00:28:05.20	110	49	80
65	Lynda	Thomas		F35	F	00:28:20.80	111	11	31
85	Richard	Adams		MO	M	00:28:21.25	112	50	81
127	Rebecca	Rullell		FO	F	00:28:22.30	113	14	32
35	Geraint	Jenkins		M70	M	00:28:31.90	114	1	82
7	Andrea	Harris	Paul Popham Running Club	F45	F	00:28:35.70	115	9	33
30	Emma	Davies	Paul Popham Running Club	F35	F	00:28:41.80	116	12	34
164	Nicola	Garnon	Paul Popham Running Club	F35	F	00:28:50.60	117	13	35
165	Andrew	Silk	Paul Popham Running Club	MO	M	00:28:50.90	118	51	83
146	Emma	Brophy	Clwb Rhedeg Pontardawe Runni	F35	F	00:28:57.05	119	14	36
150	Daniel	Mcauley	Paul Popham Running Club	MO	M	00:29:04.55	120	52	84
55	Kathryn	Sweetman	Fetch Everyone	F45	F	00:29:13.40	121	10	37
90	Samantha	Board		F35	F	00:29:19.85	122	15	38
144	Joanne	Itube	Paul Popham Running Club	F35	F	00:29:30.50	123	16	39
11	Angharad	Watson		F35	F	00:29:39.95	124	17	40
130	Dean	Welch		MO	M	00:29:51.15	125	53	85
88	Rowan	Durrant		FO	F	00:29:57.80	126	15	41
27	Debra	Meredith	Clwb Rhedeg Pontardawe Runni	F45	F	00:30:41.60	127	11	42
50	Johnathan	Steadman	RUN4ALL Neath	MO	M	00:30:50.15	128	54	86
94	Steve	Melton	RUN4ALL Neath	M40	M	00:31:01.50	129	23	87
68	Maria	Rewston	Clwb Rhedeg Pontardawe Runni	F45	F	00:31:26.60	130	12	43
64	Lucy	Williams		F35	F	00:32:05.95	131	18	44
157	Tom	Morris	Paul Popham Running Club	M60	M	00:32:43.35	132	4	88
151	Tracey	Evans	Paul Popham Running Club	F45	F	00:32:47.50	133	13	45
152	Sacha	Elsom		FO	F	00:32:48.20	134	16	46
141	Debra	Treharne	Paul Popham Running Club	F45	F	00:32:50.00	135	14	47
15	Bev	Haigh	Paul Popham Running Club	F45	F	00:32:56.95	136	15	48
37	Gill	Handscomb		F45	F	00:33:02.00	137	16	49
87	Roseanne	Saunders		F35	F	00:33:02.30	138	19	50

54	Karen	Mackerill	Clwb Rhedeg Pontardawe Runni	F55	F	00:33:15.50	139	1	51
79	Miranda	Williams	Clwb Rhedeg Pontardawe Runni	F45	F	00:33:20.75	140	17	52
29	Emma	Oliver	Paul Popham Running Club	F35	F	00:34:11.20	141	20	53
5	Amanda	Hogarth		F45	F	00:34:31.40	142	18	54
45	Jacqueline	Baker		F55	F	00:34:32.40	143	2	55
80	Natalie	Mccombe		F45	F	00:34:37.15	144	19	56
161	Ellie	Holland		FO	F	00:36:11.90	145	17	57
162	Cloudia	Thomas		FO	F	00:36:13.50	146	18	58
19	Catherine	Humphreys	Paul Popham Running Club	F35	F	00:37:14.10	147	21	59
97	Tracey	Kembery	Ogmore Phoenix Runners	F45	F	00:39:04.30	148	20	60
57	Laura	Worrall	Ogmore Phoenix Runners	FO	F	00:41:01.95	149	19	61
117	Janet	Featherstone	Clwb Rhedeg Pontardawe Runni	F55	F	00:41:24.10	150	3	62
98	Valerie	Miller	Clwb Rhedeg Pontardawe Runni	F65	F	00:41:24.65	186	1	65
18	Carl	Vonk	3M Gorseinon Road Runners	M50	M	DNS			
22	Christopher	Hopkins		MO	M	DNS			
23	Damian	White		MO	M	DNS			
42	Ian	Bird	RUN4ALL Neath	MO	M	DNS			
48	Joanne	White		F35	F	DNS			
53	Karen	Grunhut	Paul Popham Running Club	F45	F	DNS			
62	Linzi	Byrne		F35	F	DNS			
66	Mair	Davies	Port Talbot Harriers	FO	F	DNS			
70	Martin	Foster	Bournville Harriers	M60	M	DNS			
73	Matthew	Bond		MO	M	DNS			
76	Melissa	Ferreira	Paul Popham Running Club	F35	F	DNS			
77	Michele	Raithby		F55	F	DNS			
86	Robert	Holmes		MO	M	DNS			
93	Simon	George		M40	M	DNS			
99	Vanessa	Harragan	Swansea Harriers	F35	F	DNS			
100	Vicky	Jackson	RUN4ALL Neath	FO	F	DNS			
107	Michael	Warner	Run 4 All	M50	M	DNS			