

Race 3 Results

Bib No	First Name	Last Name	Club	Category	Gender	Finish	Overall Pos	Category Pos
34	Dean	Summers	Llanelli AC	MS	M	00:16:51.55	1	1
87	Michael	Roderick	Paul Popham Running Club	MS	M	00:17:22.00	2	2
158	Craig	Jones	Swansea Harriers	MS	M	00:17:26.40	3	3
32	Dean	Protheroe	RUN4ALL Neath	MS	M	00:17:44.45	4	4
120	Tristan	Hearsey		MS	M	00:18:05.25	5	5
42	Gareth	Davey	Neath Harriers	M40	M	00:18:21.80	6	1
4	Alan	Davies	Llanelli AC	M65+	M	00:18:24.20	7	1
27	Christopher	Montenegro	3M Gorseinon Road Runners	MS	M	00:18:36.00	8	6
40	Gabrielius	Stuokus	Swansea Harriers	MS	M	00:18:39.15	9	7
106	Sam	Joseph	Swansea Harriers	MS	M	00:18:47.35	10	8
162	Rachel	Davies	Swansea Harriers	FS	F	00:19:12.00	11	1
149	Gemma	Seaman	Swansea Harriers	FS	F	00:19:27.05	12	2
130	Dom	Parkes		M45	M	00:19:32.30	13	1
147	Aled	Hughes	Ogmore Phoenix Runners	M40	M	00:19:46.80	14	2
94	Owen	Davies	Swansea Harriers	M40	M	00:19:51.90	15	3
148	Mike	Stephens		M40	M	00:19:59.60	16	4
128	Dale	Morgan		M45	M	00:19:59.90	17	2
59	John	Moran	Swansea Harriers	MS	M	00:20:01.50	18	9
47	Helen-Marie	Davies	Swansea Harriers	F40	F	00:20:02.10	19	1
2	Adam	Runacres	Paul Popham Running Club	MS	M	00:20:05.05	20	10
25	Charlie	Bleasdale	Amman Valley Harriers	MS	M	00:20:06.50	21	11
113	Tenniel	O Brien	Paul Popham Running Club	M40	M	00:20:16.55	22	5
80	Martin	Bennett	3M Gorseinon Road Runners	MS	M	00:20:16.65	23	12
46	Heath	Brett	Swansea Harriers	M50	M	00:20:17.15	24	1
161	Luticia	Thomas	Swansea Harriers	FS	F	00:20:17.60	25	3
114	Terry	O Brien		M60	M	00:20:21.00	26	1
101	Rob	Falconer	Swansea Harriers	M60	M	00:20:29.35	27	2
43	Gareth	Meardon	Paul Popham Running Club	MS	M	00:20:39.60	28	13
115	Tom	Bacon	Swansea Harriers	MS	M	00:20:51.35	29	14
129	Steven	Taylor	Swansea Harriers	MS	M	00:20:51.65	30	15
78	Mark	Williams	Parc Bryn Bach Running Club	M60	M	00:21:00.80	31	3
92	Nick	Venables	Llanelli AC	MS	M	00:21:01.85	32	16
15	Antony	Andrus		MS	M	00:21:09.40	33	17
3	Andrew	Silk	Paul Popham Running Club	MS	M	00:21:21.00	34	18
22	Carys	Jones	Llanelli AC	FS	F	00:21:26.20	35	4
44	Gavin	Davies	3M Gorseinon Road Runners	M55	M	00:21:38.10	36	1
160	Fern	Davies		FS	F	00:21:41.75	37	5
104	Ryan Craig	Govier	Swansea Harriers	MS	M	00:21:42.00	38	19
175	Michael	Williams	Swansea Harriers	M45	M	00:22:01.50	39	3
96	Penny	Kennedy	Swansea Harriers	F50	F	00:22:04.15	40	1

33	Dean	Matthews	Paul Popham Running Club	M40	M	00:22:07.40	41	6
156	Stewart	Johnson		M40	M	00:22:09.40	42	7
11	Andrew	Downie	Swansea Harriers	MS	M	00:22:14.30	43	20
16	Ashley	Phillips		MS	M	00:22:25.25	44	21
55	Jenny	Mcadie	Swansea Harriers	F40	F	00:22:27.35	45	2
150	Keith	Coleman	Ogmore Phoenix Runners	M50	M	00:22:34.50	46	2
132	Michael	Cole	3M Gorseinon Road Runners	M40	M	00:22:38.95	47	8
167	Phil	Cheater	Paul Popham Running Club	MS	M	00:22:40.05	48	22
19	Cameron	Hopkins		MS	M	00:22:40.25	49	23
67	Kelly	Gipson	Swansea Harriers	F50	F	00:22:43.15	50	2
168	Rich	Sullivan	Paul Popham Running Club	M40	M	00:22:51.20	51	9
176	Abby	Morris	Paul Popham Running Club	FS	F	00:22:57.00	52	6
139	Andrew	Golly	Paul Popham Running Club	M50	M	00:23:04.90	53	3
13	Angela	Delaney	Swansea Harriers	F50	F	00:23:06.15	54	3
133	Nick	Harris	Ogmore Phoenix Runners	MS	M	00:23:08.85	55	24
70	Leigh	Besley	Paul Popham Running Club	MS	M	00:23:26.50	56	25
49	Ian	Harris	Paul Popham Running Club	M45	M	00:23:28.30	57	4
52	Ian	Cole		M45	M	00:23:33.25	58	5
82	Martin	Croshaw		M45	M	00:23:39.35	59	6
154	Owen	Davies	Swansea Harriers	MS	M	00:24:26.35	60	26
45	Gemma	Savage	Paul Popham Running Club	FS	F	00:24:34.80	61	7
126	Zoe	Marshall	Paul Popham Running Club	FS	F	00:24:43.10	62	8
73	Louise	Udiawar		F40	F	00:24:43.60	63	3
24	Catharine	Bleasdale	Amman Valley Harriers	F50	F	00:24:48.25	64	4
21	Caroline	Jones	3M Gorseinon Road Runners	F55	F	00:24:51.65	65	1
57	Johanna	Jones		FS	F	00:24:52.90	66	9
88	Mick	Grant	Road Runners Club	M60	M	00:24:53.45	67	4
61	Joshua	Caulton	RUN4ALL Neath	MS	M	00:24:58.45	68	27
60	Jonathan	Clark	RUN4ALL Neath	MS	M	00:24:58.95	69	28
155	Daniel	Jones	Paul Popham Running Club	MS	M	00:25:07.45	70	29
76	Malachi	Williams		MJ	M	00:25:15.40	71	1
63	Julian	Williams		M45	M	00:25:18.65	72	7
83	Martyn	Goss		M40	M	00:25:18.75	73	10
172	Lisa	Arnold	Paul Popham Running Club	F40	F	00:25:28.75	74	4
81	Martin	Foster	Bournville Harriers	M60	M	00:25:31.75	75	5
152	Urias	Mayhuire		MS	M	00:25:37.70	76	30
95	Paul	Savage		M55	M	00:25:38.60	77	2
17	Bianca	Kronemann		FS	F	00:25:42.50	78	10
26	Chris	Webb	Swansea Harriers	F45	F	00:25:58.70	79	1
135	James	Nicholas		MS	M	00:25:58.70	80	31
127	Kai	Richards	Paul Popham Running Club	MS	M	00:26:01.95	81	32
163	Laura	Bailey	Paul Popham Running Club	FS	F	00:26:05.70	82	11
6	Alice	Sullivan	3M s Gorseinon	F40	F	00:27:19.70	83	5
30	David	Morgan	Paul Popham Running Club	MS	M	00:27:25.65	84	33
136	Joel	Osborne	Paul Popham Running Club	MJ	M	00:27:30.90	85	2
142	Andrew	Stephens	Llanelli AC	M55	M	00:27:32.70	86	3
66	Kaye	Pedler	Ogmore Phoenix Runners	F40	F	00:27:34.35	87	6
68	Kerry	Palmer	Clwb Pontardawe	F35	F	00:27:38.35	88	1
110	Shawn	Cullen	Ogmore Phoenix Runners	M45	M	00:27:40.20	89	8
144	Richard	Donne	3M Gorseinon Road Runners	M55	M	00:27:49.75	90	4

166	Megan	Hill	Paul Popham Running Club	FS	F	00:27:53.30	91	12
84	Maryanne	Moon		F40	F	00:28:29.80	92	7
12	Andrew	Miller		M40	M	00:28:31.40	93	11
98	Ray	Davies		M60	M	00:28:39.85	94	6
10	Andrea	Harris	Paul Popham Running Club	F45	F	00:28:40.90	95	2
97	Phillippa	Ventress	Paul Popham Running Club	F40	F	00:28:43.75	96	8
107	Samantha	Board		F40	F	00:29:02.35	97	9
103	Roseanne	Saunders		F40	F	00:29:09.65	98	10
7	Alice	Thomas		F35	F	00:29:09.90	99	2
48	Helz	Belz	Ogmore Phoenix Runners	F50	F	00:29:10.05	100	5
159	Emma	Davies	Paul Popham Running Club	F40	F	00:29:16.75	101	11
91	Niola	Garnon	Paul Popham Running Club	F35	F	00:29:38.50	102	3
108	Sharon	Pritchard	Ogmore Phoenix Runners	F50	F	00:29:45.05	103	6
65	Kathryn	Sweetman	Fetch Everyone	F45	F	00:29:51.30	104	3
36	Deborah	Lewis	Mumbles Milers	F50	F	00:29:58.45	105	7
35	Debbie	Bennion	Ogmore Phoenix Runners	F55	F	00:30:17.10	106	2
153	Phillippa	Howells	GH Run Club	F35	F	00:30:18.85	107	4
56	Joanne	White		F35	F	00:30:19.25	108	5
77	Maria	Rewston		F50	F	00:30:31.50	109	8
131	Sam	Gardner		MS	M	00:30:36.00	110	34
137	Rebecca	Williams	Paul Popham Running Club	F40	F	00:30:37.35	111	12
86	Menna	Brown		F35	F	00:30:38.35	112	6
171	Rhiannon	Jones	RUN4ALL Neath	F35	F	00:30:43.65	113	7
109	Sharon	Hancock	RUN4ALL Neath	F40	F	00:30:43.85	114	13
141	Philip	Parsons	RUN4ALL Neath	M45	M	00:31:00.50	115	9
14	Angharad	Watson		F40	F	00:31:01.05	116	14
111	Simon	Bromham	RUN4ALL Neath	M40	M	00:31:02.50	117	12
37	Debra	Meredith		F50	F	00:31:04.60	118	9
29	Damian	White		MS	M	00:31:24.10	119	35
1	Abi	Hobson		F40	F	00:31:46.60	120	15
169	Niamh	Lewis		F40	F	00:31:48.05	121	16
157	Nigel	Jones	Llanelli AC	M60	M	00:31:49.55	122	7
90	Natalie	John	Paul Popham Running Club	F40	F	00:31:54.55	123	17
170	John	Steadman	RUN4ALL Neath	MS	M	00:31:58.05	124	36
151	Joanne	Rowling		F45	F	00:32:19.45	125	4
8	Amy	Marston	RUN4ALL Neath	FS	F	00:32:27.25	126	13
100	Rebecca	Parker	RUN4ALL Neath	FS	F	00:32:27.70	127	14
23	Cath	Griffiths	Ogmore Phoenix Runners	F45	F	00:33:19.70	128	5
145	Tia	Taylor		FJ	F	00:33:53.70	129	1
116	Tom	Morris	PPRC	M65+	M	00:34:11.45	130	2
164	Linsey	Ost	Paul Popham Running Club	F50	F	00:34:16.75	131	10
89	Miranda	Williams		F45	F	00:34:22.15	132	6
143	Jacky	Lewis	Llanelli AC	F60+	F	00:34:28.65	133	1
138	Julie	Gale	Ogmore Phoenix Runners	F50	F	00:34:33.15	134	11
134	Nicola	Parsons	Ogmore Phoenix Runners	FS	F	00:34:33.35	135	15
123	Vaughan	Harrett		M55	M	00:35:06.85	136	5
140	Sian	Parsons	RUN4ALL Neath	F35	F	00:36:17.85	137	8
64	Karen	Mackerill		F55	F	00:36:18.10	138	3
173	Layan	Al Hojjly		FJ	F	00:36:27.30	139	2
165	Malcolm	Ballongh		M65+	M	00:38:22.75	140	3

54	Janet	Featherstone	Club Rhydhir	F55	F	00:38:51.00	141	4
69	Laura	Worrall	Ogmore Phoenix Runners	FS	F	00:40:53.10	142	16
174	Dona	Al Dayel		F35	F	00:47:25.30	143	9
5	Alex	Wilson		MS	M	DNS		
9	Amy	Evans		FS	F	DNS		
18	Brian	Stevendale	Swansea Harriers	M50	M	DNS		
20	Carl	Vonk	3M Gorseinon Road Runners	M50	M	DNS		
28	Christopher	Hopkins		MS	M	DNS		
31	David	Masters		MS	M	DNS		
38	Dean	Thomas-Welch		MS	M	DNS		
39	Evan	Meredith-Davies		MS	M	DNS		
41	Gair	Mcadie	Swansea Harriers	M40	M	DNS		
50	Ian	Bird	RUN4ALL Neath	MS	M	DNS		
51	Ian	Phillips	Swansea Harriers	MS	M	DNS		
53	Jacqueline	Baker		F60+	F	DNS		
58	John	Marson	Llanelli AC	M45	M	DNS		
62	Judith	Oakley	Vegan Runners UK	F50	F	DNS		
71	Leigh	Mulvihill		F35	F	DNS		
72	Linzi	Byrne		F35	F	DNS		
74	Lynda	Thomas		F35	F	DNS		
75	Mair	Davies	Port Talbot Harriers	FS	F	DNS		
79	Mark	White	Swansea Harriers	M45	M	DNS		
85	Matthew	Gilbert		MS	M	DNS		
93	Niki	Puleio	Ogmore Phoenix Runners	M40	M	DNS		
99	Rebecca	Griffiths		FS	F	DNS		
102	Robert	Holmes		MS	M	DNS		
105	Sacha	Elsom		FS	F	DNS		
112	Simon	George		M40	M	DNS		
117	Tony	Davies	Swansea Harriers	MS	M	DNS		
118	Tracey	Evans	PPRC	F50	F	DNS		
119	Tracey	Kembery	Ogmore Phoenix Runners	F45	F	DNS		
121	Valerie	Miller		F60+	F	DNS		
122	Vanessa	Harragan	Swansea Harriers	F40	F	DNS		
124	Vicky	Jackson	RUN4ALL Neath	FS	F	DNS		
125	Zoã	Jermin-Jones	Llanelli AC	F40	F	DNS		
146	Emyr	Evans		MS	M	DNF		

Run
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