

## Swansea Bay Summer 5k Series - Race 2 Wednesday 8th June



Pos	Bib#	Athlete	Team	Cat	Time
1	201	Michael Roderick	Tri Hard Harriers	SM	0:16:38
2	207	David Keenan		M35	0:17:26
3	151	Tristan Hearsey	Tri Hard Harriers	SM	0:17:32
4	206	Lloyd Jones		SM	0:17:46
5	212	Daniel Evans	Tri Hard Harriers	M35	0:17:46
6	199	Matt Yelland	Clwb Run Wales	M40	0:17:56
7	154	Sioned Howells	Swansea Harriers	SW	0:18:15
8	223	Ben Sullivan	Swansea Harriers	U20M	0:18:26
9	139	Matthew Flynn	N/A	SM	0:18:28
10	161	Anthony Jones	Swansea Harriers	SM	0:18:30
11	134	Alan Davies	Swansea Harriers	M65	0:18:30
12	160	Dave Jones		SM	0:18:45
13	155	Aled Hughes	Ogmore Phoenix Runners	M45	0:18:53
14	112	Lewis Bradley		SM	0:18:56
15	181	Gareth Richards		SM	0:18:58
16	183	Alex Simpson	Swansea Harriers	SM	0:18:59
17	127	Owen Davies	Swansea Harriers	SM	0:19:00
18	214	Morgan Willis	Swansea Harriers	U17M	0:19:08
19	150	Chloe Hartley-Green	Swansea Harriers	U15G	0:19:13
20	167	Wayne Lewis		M45	0:19:50
21	172	Thomas Morris	Swansea Harriers	SM	0:19:51
22	169	Rhydian Lloyd-Francis		U13B	0:19:56
23	149	Sophie Hartley-Green	Swansea Harriers	U15G	0:19:57
24	215	Llinos Jones	Swansea Harrers	W40	0:20:01
25	204	Darren Harris	Pontardawe RC	M50	0:20:21
26	129	Gavin Davies	3M Gorseinon Road Runners	M55	0:20:22
27	128	Helen-Marie Davies	Swansea Harriers	W45	0:20:22
28	119	Bethany Clifford	Celtic Tri	U15G	0:20:23
29	218	Luticia Thomas	Swansea Harriers	W35	0:20:32
30	210	Peter Osbourne	Llanelli AC	M60	0:20:42
31	122	Simon Coombes	Swansea Harriers	M45	0:20:45
32	175	Terry O'Brien		M65	0:20:49
33	180	WAYNE RANDALL	Ogmore Phoenix Runners	M50	0:21:35
34	162	Matthew Jones		SM	0:21:40
35	190	Lloyd Treharne		M45	0:21:48

36	145	Katy Griffiths	Bridgend AC	U15G	0:22:00
37	114	Diane Brownhill	Swansea harriers	W45	0:22:06
38	219	Dean Matthews		M45	0:22:08
39	106	Tom Bacon		SM	0:22:15
40	120	Michael Coiner		SM	0:22:15
41	124	Kevin Dalling		M55	0:22:28
42	221	Mark Davies	Tri Hard Harriers	M55	0:22:29
43	113	Nina Brocklebank	Swansea Harriers	W50	0:22:34
44	140	David Flynn	Les Croupiers R C	M65	0:22:34
45	195	Lily Williams	Neath Harriers	U15G	0:22:48
46	131	Edward Davies	Celtic Tri	M45	0:22:59
47	109	Leigh Besley	Paul Popham Running Club	M40	0:23:16
48	147	Ian Harris		M50	0:23:20
49	216	Phil Iveson	Ogmore Phoenix Runners	M50	0:24:06
50	222	Christopher Joel	Swansea Harriers	M50	0:24:17
51	176	Joel Osborn	Paul Popham Running Club	U20M	0:24:24
52	213	Ben Evans		M35	0:24:27
53	117	Derek Claydon	Paul Popham Running Club	M55	0:24:32
54	123	James Curtis		U17M	0:24:33
55	191	Simon Treharne	Paul Popham Running Club	M55	0:24:35
56	217	Rhys Morgan		SM	0:25:02
57	142	Kelly Gipson		W50	0:25:05
58	152	Kristopher Heaven	Swansea Harriers	M35	0:25:06
59	164	Bianca Kronemann	Tri Hard Harriers	SW	0:25:18
60	178	Lisa-Marie Penn	Llanelli AC	W35	0:25:37
61	209	Zoe Dixon		SW	0:25:43
62	185	Amanda Smith		W45	0:25:52
63	143	Barbara Gomes	Paul Popham Running Club	W35	0:25:58
64	220	Niall Hughes		SM	0:26:06
65	136	Jonathan Evans		M35	0:26:15
66	198	Mark Worrall	Ogmore Phoenix Runners	M60	0:26:24
67	211	Michael Halsall	Llanelli Striders	M45	0:26:28
68	186	Paul Smith	Paul Popham Running Club	M40	0:26:31
69	174	Qumrun Nahar	Pembrokeshire Harriers	W40	0:26:31
70	111	Craig Bishop	Paul Popham Running Club	M40	0:26:32
71	163	Thomas Judge		SM	0:26:37
72	126	Sarah Davies	Ogmore Phoenix Runners	W45	0:27:12
73	189	Melanie Thomas	Ogmore Phoenix Runners	W40	0:27:12
74	153	Dawn Hopkins	Ogmore Phoenix Runners	W40	0:27:12
75	121	Ant Coker	Paul Popham Running Club	M45	0:27:13

76	116	James Chambers		M50	0:27:17
77	177	Jos O'Sullivan	Paul Popham Running Club	M65	0:27:44
78	173	Andrew Morris	Llanelli AC	M60	0:27:47
79	118	Tony Clements		SM	0:28:13
80	170	Andrew Miller	Clwb Rhedeg Pontardawe RC	M45	0:28:28
81	105	Rebecca Allen	Paul Popham Running Club	W35	0:29:00
82	194	Rebecca Williams	Paul Popham Running Club	W45	0:29:00
83	196	Angharad Wozzley	Paul Popham Running Club	W40	0:29:48
84	148	Andrea Harris		W45	0:29:48
85	171	Bruce Morgan	Llanelli AC	M65	0:30:07
86	192	Jimmy Ward	Paul Popham Running Club	M35	0:30:21
87	202	Olivia Morvizzi	Paul Popham Road Runners	SW	0:31:08
88	108	Debbie Bennion	Ogmore phoenix runners	W60	0:31:27
89	193	Kate White	Paul Popham Running Club	W45	0:31:42
90	157	Anna Jania		U20W	0:32:07
91	107	Jacqueline Bahzad	Paul Popham Running Club	W50	0:32:33
92	179	Sharon Pritchard		W50	0:32:53
93	166	Deborah Lewis		W50	0:33:50
94	205	Pablo Abrahams		M45	0:34:04
95	115	Noelle Brys	Paul Popham Running Club	W35	0:36:39
96	208	Nicola Davies	Paul Popham RC	W40	0:37:19
97	184	Howard Sims	Run4All Neath	M50	0:38:57
98	159	June John	Paul Popham Running Club	W70	0:39:36
99	110	Nigel Best		M60	0:40:00
100	187	Paula Stockley	3M Gorseinon Road Runners	W40	0:41:00
101	197	Laura Worrall	Ogmore Phoenix Runners	SW	0:42:57