

Swansea Bay Summer 5k Series - Race 3 Wednesday 13 July



Pos	Bib#	Athlete	Club	Gender	Cat	Pace	Gun Time	Chip Time
1	20	Jonathan Butler	Swansea Harriers	M	SM	3:08	15:39	15:39
2	11	Marc Hobbs	Swansea Harriers	M	M40	3:09	15:44	15:44
3	21	Mike Roderick	Trihard Harriers	M	SM	3:10	15:53	15:53
4	293	Ben Williams	Swansea Harriers	M	M35	3:14	16:11	16:11
5	19	Matthew Verran	Swansea Harriers	M	SM	3:19	16:38	16:38
6	5	Alfie Robinson		M	U20	3:19	16:38	16:38
7	23	Sam Joseph	Swansea Harriers	M	SM	3:23	16:55	16:55
8	24	Tristan Kearsy	Trihard Harriers	M	SM	3:23	16:55	16:55
9	289	Edward Foster		M	SM	3:24	17:00	17:00
10	4	Lloyd Jones	Run4All Neath	M	SM	3:25	17:07	17:07
11	287	Joshua Morgan	Swansea Harriers	M	U20	3:26	17:10	17:10
12	296	William James		M	SM	3:34	17:49	17:49
13	6	Thomas Loynes	Neath Harriers	M	U15	3:34	17:50	17:50
14	253	Sioned Howells	Swansea Harriers	F	SW	3:34	17:51	17:51
15	257	Anthony Jones	Swansea Harriers	M	SM	3:36	18:02	18:02
16	243	Matthew Flynn		M	SM	3:39	18:17	18:17
17	32	Owen Davies		M	M45	3:43	18:34	18:33
18	37	Gareth Thomas		M	SM	3:43	18:36	18:35
19	254	Aled Hughes	Ogmore Phoenix Runners	M	M45	3:43	18:38	18:36
20	10	Gavin Alexander		M	U17	3:49	19:09	19:09
21	15	Rhydian Francis		M	U17	3:51	19:14	19:14
22	16	Gavin Richards		M	SM	3:51	19:14	19:12
23	27	Ryan John		M	SM	3:56	19:39	19:38
24	22	Emma Baxter	Swansea Harriers	F	SW	3:56	19:42	19:41
25	236	Helen-Marie Davies	Swansea Harriers	F	W45	3:59	19:57	19:57
26	288	Gavin Davies	3M Gorseionon Road Runners	M	M55	4:01	20:07	20:05
27	299	Bethany Clifford	Celtic Tri	F	U15	4:03	20:18	20:18
28	35	Luticia Thomas		F	SW	4:04	20:20	20:19
29	26	Peter Osborne	Llanelli AC	M	M60	4:05	20:28	20:28
30	14	Tori Barry		F	SW	4:07	20:39	20:37
31	261	Wayne Lewis		M	M45	4:08	20:44	20:44
32	264	Terry O'Brien		M	M65	4:09	20:46	20:43
33	29	James Hole		M	SM	4:11	20:57	20:56
34	12	Daniel Evans	Trihard Harriers	M	M35	4:13	21:05	21:01
35	275	Lloyd Treharne		M	M45	4:14	21:13	21:12
36	13	Andrew Perman		M	M35	4:15	21:16	21:16
37	9	Keith Coleman	Ogmore Phoenix Runners	M	M50	4:16	21:20	21:18
38	8	Nick Venables	Llanelli AC	M	M40	4:17	21:26	21:25
39	235	Edward Davies	Celtic Tri	M	M45	4:18	21:31	21:30
40	286	Wayne Randall	Ogmore Phoenix Runners	M	M50	4:23	21:56	21:54
41	229	Nina Brocklebank	Swansea Harriers	F	W50	4:25	22:03	22:01
42	31	James Holness	Paul Popham Running Club	M	M45	4:26	22:12	22:04
43	291	Katy Griffiths	Bridgend AC	F	U15	4:28	22:23	22:23
44	284	James Curtis		M	U15	4:29	22:25	22:23
45	250	Ian Harris		M	M50	4:38	23:13	23:04

46	251	Kristopher Heaven	Swansea Harriers	M	M35	4:40	23:22	23:18
47	265	Joel Osborn	Paul Popham Running Club	M	U20	4:47	23:56	23:50
48	245	Kelly Gipson	Swansea Harriers	F	W50	4:49	24:06	24:04
49	3	Phill Iveson	Ogmore Phoenix Runners	M	M50	4:50	24:14	24:12
50	1	Derek Claydon	Paul Popham Running Club	M	M55	4:51	24:14	24:07
51	28	Lee Saunders		M	M40	4:51	24:14	24:11
52	255	Adam James	Ferry Flatliners	M	SM	4:51	24:16	24:15
53	227	Leigh Besley	Paul Popham Running Club	M	M40	4:53	24:26	24:19
54	276	Simon Treharne	Paul Popham Running Club	M	M55	4:53	24:28	24:21
55	294	Mayara Silveira Bianchim		F	SW	4:58	24:53	24:47
56	271	Amanda Smith		F	W45	5:02	25:09	25:07
57	25	Paul Williams		M	M40	5:03	25:15	25:06
58	272	Paul Smith	Paul Popham Running Club	M	M40	5:07	25:38	25:38
59	228	Craig Bishop	Paul Popham Running Club	M	M40	5:07	25:39	25:32
60	232	James Chambers		M	M50	5:08	25:40	25:37
61	268	Roger Silk	Clwb Rhedeg Pontardawe RC	M	M60	5:10	25:54	25:49
62	30	Richard Adams	Pontardawe RC	M	SM	5:11	25:58	25:52
63	7	Isabelle Williams		F	SW	5:12	26:00	25:53
64	33	Niall Hughes	San Domenico	M	M45	5:12	26:02	25:59
65	246	Barbara Gomes	Paul Popham Running Club	F	W35	5:15	26:15	26:09
66	233	Ant Coker		M	M45	5:15	26:16	26:07
67	290	Steph Iveson	Ogmore Phoenix Runners	F	W35	5:16	26:22	26:21
68	266	Jos O'Sullivan	Paul Popham Running Club	M	M65	5:22	26:53	26:45
69	298	Demi Griffiths	Clwb Rhedeg Pontardawe RC	F	SW	5:25	27:06	27:00
70	2	Ryan Davies		M	M40	5:27	27:14	27:14
71	238	Sarah Davies	Ogmore Phoenix Runners	F	W45	5:28	27:23	27:18
72	274	Melanie Thomas	Ogmore Phoenix Runners	F	W40	5:28	27:23	27:18
73	17	Luisa Barnes		F	SW	5:30	27:29	27:20
74	282	Mark Worrall	Ogmore Phoenix Runners	M	M60	5:31	27:35	27:32
75	292	Martin Foster	Bournville Harriers	M	M65	5:39	28:14	28:07
76	224	Rebecca Allen	Paul Popham Running Club	F	W35	5:42	28:32	28:24
77	263	Bruce Morgan	Llanelli AC	M	M65	5:45	28:44	28:42
78	279	Rebecca Williams	Paul Popham Running Club	F	W45	5:49	29:05	28:58
79	280	Angharad Wozzley	Paul Popham Running Club	F	W40	5:53	29:26	29:21
80	249	Andrea Harris	Paul Popham Running Club	F	W45	5:55	29:38	29:30
81	34	Jimmy Ward	Paul Popham Running Club	M	M35	5:57	29:45	29:42
82	18	Wayne Curtis		M	M45	6:25	32:07	31:59
83	252	Dawn Hopkins	Ogmore Phoenix Runners	F	W40	6:28	32:24	32:14
84	248	Karen Grunhut	Paul Popham Running Club	F	W55	6:33	32:44	32:37
85	267	Sharon Pritchard		F	W50	6:34	32:53	32:45
86	226	Debbie Bennion	Ogmore Phoenix Runners	F	W60	6:35	32:54	32:46
87	260	Deborah Lewis		F	W50	6:46	33:54	33:43
88	242	Kim Evans		F	W65	6:58	34:50	34:43
89	36	Nicola Davies	Paul Popham Running Club	F	W40	7:00	35:01	34:52
90	300	June John	Paul Popham Running Club	F	W70	7:47	38:55	38:46
91	231	Noelle Brys	Paul Popham Running Club	F	W35	7:50	39:09	38:58
92	297	Paula Stockley	3M Gorseinon Road Runners	F	W40	8:02	40:13	40:08
93	281	Laura Worrall	Ogmore Phoenix Runners	F	SW	8:29	42:27	42:22