

ADMIRAL SWANSEA BAY 3K RESULTS

Position	Race Number	First Name	Last Name	Team Name	Age Cat	Cat Position	Club Name	Club Position	Time	Status
1	95	BEN	THOMAS		M	1		1	00:09:47	RES
2	139	SETH	KELLY		M	2		2	00:10:07	RES
3	185	JOSEPH	REARDON		M	3		3	00:10:09	RES
4	99	TOMOS	REES		M	4		4	00:10:14	RES
5	138	JACK	JENKINS		M	5		5	00:10:46	RES
6	17	DAISY	THOMPSON		F	1	CARMARTHEN AND DISTRICT HARRIERS	1	00:10:47	RES
7	136	MOLLIE	JONES		F	2		6	00:10:54	RES
8	195	DEVIN	COOMBES		M	6	BRIDGEND AC	1	00:10:55	RES
9	87	TRYSTAN	LEECH		M	7		7	00:10:56	RES
10	15	LIAM	EDWARDS		M	8	CARMARTHEN AND DISTRICT HARRIERS	2	00:10:59	RES
11	129	FRANCIS	LEWIS		M	9		8	00:11:02	RES
12	137	BRONWEN	STRATTON-THOMAS		F	3		9	00:11:05	RES
13	117	SEBASTIAN	LEWIS		M	10		10	00:11:05	RES
14	182	NIA	CLATWORTHY		F	4		11	00:11:10	RES
15	85	CAITLIN	GWYTHER		F	5		12	00:11:26	RES
16	111	TOM	HENDERSON		M	11		13	00:11:27	RES
17	121	NATHAN	JONES		M	12		14	00:11:31	RES
18	78	DARCIE HOPE	BASS		F	6		15	00:11:34	RES
19	84	ASHLEIGH	WILLIS		F	7		16	00:11:37	RES
20	145	JOSHUA	GRAY		M	13		17	00:11:38	RES
21	76	BEN	DAVIES		M	14		18	00:11:39	RES

22	47	IESTYN	JONES-EVANS		M	15		19	00:11:45	RES
23	126	MADDIE	MORGAN		F	8		20	00:11:49	RES
24	106	ROSA	HUMPHREYS		F	9		21	00:11:54	RES
25	183	BETH	THOMAS		F	10		22	00:11:55	RES
26	80	REBECCA	MARTIN		F	11		23	00:11:55	RES
27	48	SIWAN	JONES-EVANS		F	12		24	00:12:16	RES
28	88	HYWEL	LEYSHON		M	16		25	00:12:18	RES
29	186	MOLLY	REARDON		F	13		26	00:12:26	RES
30	151	ALFIE	SMALLMAN		M	17		27	00:12:29	RES
31	22	HARRY	FLEET		M	18		28	00:12:31	RES
32	154	NATHAN	SKYRME		M	19		29	00:12:35	RES
							CARMARTHEN AND DISTRICT HARRIERS			
33	14	EVA	EDWARDS		F	14		3	00:12:39	RES
34	110	KIERAN	OWEN		M	20		30	00:12:40	RES
35	98	JERI-LYNNE	GRABHAM		F	15		31	00:12:41	RES
36	147	CERYS	DAVIES		F	16		32	00:12:43	RES
37	163	SOFIA	VELLA		F	17		33	00:12:48	RES
38	67	FREYA	REESE		F	18		34	00:12:53	RES
39	54	WILLIAM	COMPTON		M	21		35	00:13:00	RES
40	116	ELLIE	MCDYER		F	19		36	00:13:02	RES
41	41	CALLUM	GRIFFITHS		M	22		37	00:13:12	RES
42	11	HOLLY	JAMES		F	20		38	00:13:16	RES
43	50	REBECCA	WARD		F	21		39	00:13:17	RES
44	38	MATT	GUDGEON		M	23		40	00:13:18	RES
45	36	JED	HOWARD-JONES		M	24		41	00:13:19	RES
46	55	EVAN	BROWN		M	25		42	00:13:33	RES
47	118	JACK	WAYT		M	26		43	00:13:34	RES
48	51	JACK	THOMAS		M	27		44	00:13:34	RES
49	130	CEIRON	WILLIAMS		M	28		45	00:13:36	RES
50	60	CALLUM	HEARD		M	29		46	00:13:39	RES

51	146	JAYA	JONES		F	22		47	00:13:40	RES
52	128	LUKE	ORUM		M	30		48	00:13:56	RES
53	23	OLIVER	FLEET		M	31		49	00:14:06	RES
54	119	ELLIE	GOSS		F	23		50	00:14:06	RES
55	134	SCOTT	SANDBROOK		M	32		51	00:14:07	RES
56	81	TIA	SANDRY		F	24		52	00:14:10	RES
57	160	KACEY	SARICH		F	25		53	00:14:16	RES
58	122	OWAIN	CLARK		M	33		54	00:14:19	RES
59	109	JAMIE	HOLLAND		F	26		55	00:14:20	RES
60	32	DYLAN	EVANS		M	34		56	00:14:22	RES
61	149	SOPHIE	PHILLIPS		F	27		57	00:14:27	RES
62	56	ISSY	CHAPMAN		F	28		58	00:14:31	RES
63	115	JOE	NETHELL		M	35		59	00:14:33	RES
64	180	RIZZY	BURROW		F	29		60	00:14:33	RES
65	7	ALANA	REES		F	30		61	00:14:34	RES
66	188	JOSHUA	BRUDENELL		M	36		62	00:14:49	RES
67	135	RHYS	SANDBROOK		M	37		63	00:14:54	RES
68	159	DELYN	WALTERS		F	31		64	00:14:59	RES
69	133	CARYS	POOLE		F	32		65	00:15:02	RES
70	90	FINN	HARVEY		M	38		66	00:15:02	RES
71	3	JOE	ROBINS		M	39	ADMIRAL	1	00:15:10	RES
72	82	TAMZIN	SANDRY		F	33		67	00:15:14	RES
73	125	LEWIS	BAMFORD		M	40		68	00:15:17	RES
74	31	ISAAC	DINGWALL		M	41		69	00:15:22	RES
75	189	LEAH	HARFORD		F	34		70	00:15:23	RES
76	158	EMMA	FERNS		F	35		71	00:15:34	RES
77	91	GWENLLIAN MAIR	REES		F	36		72	00:15:41	RES
78	28	RHYS	GREENAN		M	42		73	00:15:43	RES
79	77	RHIANNON	CLARKE		F	37		74	00:15:50	RES
80	155	ELERI	JOHN		F	38		75	00:15:50	RES
81	192	PHILIP	PRICE		M	43		76	00:15:54	RES
82	164	JAC	JONES		M	44		77	00:15:56	RES

83	153	ALYSSA	NORRIS		F	39		78	00:16:10	RES
84	71	TUDUR	DAVIES		M	45		79	00:16:18	RES
85	152	EBONI	RENDELL		F	40		80	00:16:20	RES
86	72	OSIAN	THOMAS		M	46		81	00:16:25	RES
87	142	JESSICA	BESLEY		F	41		82	00:16:31	RES
88	35	SEAN	WOOD		M	47		83	00:16:36	RES
89	148	MASON	STEPHENS		M	48		84	00:16:38	RES
90	27	RYAN	GREENSLADE		M	49		85	00:16:40	RES
91	65	CARWYN	JONES		M	50		86	00:16:53	RES
92	64	BRONWYN	JONES		F	42		87	00:16:59	RES
93	124	LEO	BOWEN-ELLIOTT		M	51		88	00:17:01	RES
94	100	IWAN	MATTHEWS		M	52		89	00:17:13	RES
95	34	ADAM	FELTON		M	53		90	00:17:14	RES
96	131	ELLA	FORSTER		F	43		91	00:17:24	RES
97	92	TABITHA	WALBY-KETTLE		F	44		92	00:17:26	RES
98	193	JACK	ELSEY		M	54		93	00:17:28	RES
99	94	DANIEL	EVANS		M	55		94	00:17:30	RES
100	20	JARETH	KALE		M	56		95	00:17:32	RES
101	13	AIMEE	HOOPER		F	45	ABERTILLER Y COMP	1	00:17:42	RES
102	21	CAMERON	KALE		M	57		96	00:17:46	RES
103	39	LAURA	LEWIS		F	46		97	00:17:53	RES
104	132	LUKA	APPANNA		M	58		98	00:18:04	RES
105	120	KAVAN	TWIGG		M	59		99	00:18:17	RES
106	187	IMOGEN	MORRIS		F	47		100	00:18:21	RES
107	102	CAITLIN	ALLAN		F	48		101	00:18:31	RES
108	107	SOPHIE	MEREDITH		F	49		102	00:18:32	RES
109	57	RHIA	THOMAS		F	50		103	00:18:46	RES
110	89	CHLOE	GUEST		F	51		104	00:18:48	RES
111	73	BRYN	WILLIAMS		M	60		105	00:18:59	RES
112	63	CAMRON	EVANS		M	61		106	00:19:07	RES
113	141	LUCY	BESLEY		F	52		107	00:19:11	RES

114	108	WILLIAM	MEREDITH		M	62		108	00:19:13	RES
115	45	ELLIE LOUISE	HUGHES		F	53		109	00:19:14	RES
116	143	CHELSEA	MACAULEY		F	54		110	00:19:14	RES
117	44	IRIS	EVANS		F	55		111	00:19:15	RES
118	93	SUMMER	SCOTT		F	56		112	00:19:20	RES
119	10	PHOEBE	PREECE		F	57	SWANSEA TRISHARKS	1	00:19:21	RES
120	150	FFION	STEPHENS		F	58		113	00:19:22	RES
121	9	AMELIE	PREECE		F	59	SWANSEA TRISHARKS	2	00:19:25	RES
122	103	MATTHEW	ALLAN		M	63		114	00:19:28	RES
123	162	ELLIE	POWELL		F	60		115	00:19:30	RES
124	66	KATIE	DAVIES		F	61		116	00:19:35	RES
125	96	REBEKAH	OWEN-GAMBELL		F	62		117	00:19:39	RES
126	37	CHARLOTTE	MUXWORTHY		F	63		118	00:19:44	RES
127	123	HOLLY	BOWEN-ELLIOTT		F	64		119	00:19:51	RES
128	156	SERICA	BATTAGLAI		F	65		120	00:20:00	RES
129	157	LUCIA	BATTAGLIA		F	66		121	00:20:00	RES
130	75	CADI	SPRINGER		F	67		122	00:20:11	RES
131	83	LUCY	BRADY		F	68		123	00:20:14	RES
132	74	CARYS	WILLIAMS		F	69		124	00:20:14	RES
133	114	CAITLIN	JARRETT		F	70		125	00:20:21	RES
134	33	RHYS	CHAPMAN		M	64		126	00:20:47	RES
135	8	HOLLY	ISAAC		F	71		127	00:21:09	RES
136	184	STEFFAN	BAKER		M	65		128	00:21:15	RES
137	101	KEIRA	CRECRAFT		F	72		129	00:21:27	RES
138	1	JENSON	DAVIES		M	66	ADMIRAL	2	00:21:53	RES
139	62	MARK	HUGHES		M	67		130	00:21:56	RES
140	179	AMY	ELSEY		F	73		131	00:21:57	RES
141	172	MAX	JOHNSON		F	74		132	00:21:57	RES
142	181	CJ	DEVOIS		M	68		133	00:21:58	RES
143	176	JAY	DAVIES		M	69		134	00:21:58	RES

144	171	AARON	THOMAS		M	70		135	00:21:58	RES
145	165	LEON	CLARKE		M	71		136	00:21:58	RES
146	178	JOSEPH	ELSEY		M	72		137	00:21:58	RES
147	177	HARRY	ELSEY		M	73		138	00:21:58	RES
148	175	EVAN	BUDGE		M	74		139	00:21:58	RES
149	167	NATHAN	EVANS		M	75		140	00:21:58	RES
150	173	MAX	SCOTT		M	76		141	00:21:58	RES
151	170	ANTHONY	LUCAS		M	77		142	00:21:59	RES
152	174	ZAK	PRICE		M	78		143	00:21:59	RES
153	166	JOSEPH	HERBERT		M	79		144	00:21:59	RES
154	169	KYLE	BAYLIS		M	80		145	00:21:59	RES
155	97	ABIGAIL	NORTON		F	75		146	01:08:38	RES
156	58	ELLE	DANIEL		F	76		147	01:08:52	RES
157	191	RUTH	WOOD		F	77		148	01:09:14	RES