

**ADMIRAL 3K
RESULTS**

Pos	No	Time	Forename	Surname	M/F	Cat	Club
1	107	00:09:28	Luke	Davies	M		13
2	31	00:09:43	Elliot	Lawrence	M		14
3	42	00:09:59	Dominic	Smith	M		14
4	137	00:10:12	Mark	Tobin	M		14
5	37	00:10:25	Ben	Thomas	M		13
6	88	00:10:31	Joe	Lloyd	M		12
7	101	00:10:53	Donovan	Williams-HM			14
8	56	00:10:55	Iestyn	Williams	M		13
9	75	00:10:57	Tomos	Rees	M		12
10	66	00:11:08	Frank	Morgan	M		9 CARMARTHEN AND DISTRICT HARRIERS
11	111	00:11:15	Louie	Thomas	M		12
12	63	00:11:18	Gareth	Thompson	M		12
13	86	00:11:19	Sioned	Glynn	F		14
14	15	00:11:21	Osián	Thomas	M		14
15	85	00:11:21	Caitlin	Gwyther	F		11
16	138	00:11:22	Kian	Evans	M		10 Mayals Primary
17	61	00:11:22	Ellie	Kiff	F		14
18	113	00:11:25	Lucy	James	F		14
19	92	00:11:27	Josiah	Legg	M		14
20	132	00:11:32	Francis	Lewis	M		13
21	100	00:11:39	Caitlin	Ward	F		13
22	27	00:11:39	Trystan	Leech	M		13
23	60	00:11:41	William	Thompson	M		13
24	46	00:11:46	Siwan	Jones-Eva	F		11
25	91	00:11:51	Bronwen	Stratton-Tl	F		12
26	62	00:11:56	Rosa	Humphrey	F		12
27	82	00:11:56	Rebecca	Martin	F		12
28	35	00:12:02	Lloyd	Jones	M		10
29	58	00:12:04	Thomas	Park	M		14
30	84	00:12:06	Bedwyr	Thomas	M		11
31	125	00:12:14	Beth	Thomas	F		12 SWANSEA HARRIERS
32	99	00:12:23	Rhiannon	Phillips	F		13
33	67	00:12:23	Alex	Jackson	M		13
34	55	00:12:27	Bethan	Samuel	F		13
35	48	00:12:29	Tom	Wright	M		14
36	87	00:12:38	Charlie	Powell	M		11
37	94	00:12:51	Alfie	Robinson	M		12
38	128	00:12:53	Steffan	Evans	M		12
39	98	00:12:53	Ceris	Davies	F		14
40	119	00:12:54	Iwan	White	M		10
41	47	00:13:06	Iestyn	Jones-Eva	M		13
42	9	00:13:09	Ben	Hope	M		11
43	53	00:13:15	Jack	Hawkins	M		11
44	6	00:13:18	Callum	Griffiths	M		12
45	131	00:13:18	Ellie	Mcdyer	F		12
46	129	00:13:21	Darcie	Bass	F		11
47	10	00:13:23	Eva	Edwards	F		12
48	38	00:13:23	Ashleigh	Willis	F		11
49	14	00:13:30	Cerys	Davies	F		13
50	19	00:13:32	Harry	Fleet	M		13
51	32	00:13:35	Nandini	Rawat	F		14
52	17	00:13:37	Samuel	Herrieven	M		10
53	110	00:13:38	Aled	Lloyd-Bistc	M		14
54	71	00:13:45	Tia	Sandry	F		12
55	80	00:13:55	Freya	Reese	F		12
56	34	00:14:00	Lili	Jones	F		10
57	123	00:14:07	Lewis	Bamford	M		13
58	77	00:14:09	Jamie	Holland	F		11
59	103	00:14:11	Leoni	John	F		11
60	36	00:14:16	Jack	Wright	M		10
61	139	00:14:20	Nathan	Skyrme	M		12 Morriston Comp
62	33	00:14:28	Luke	Orum	M		10
63	18	00:14:32	Iona	Melrose	F		10
64	68	00:14:37	Evan	Williams	M		10
65	22	00:14:41	Kieran	Morgan	M		9
66	4	00:14:48	Samuel	Hill	M		12
67	89	00:15:00	Lauren	Thomas	F		10
68	40	00:15:02	Ffion	Jones	F		11

69	1	00:15:09	Maisie	Miller	F	8
70	50	00:15:15	Isaac	Dingwall	M	9
71	126	00:15:18	Sophie	Beynon	F	9
72	104	00:15:26	Bethan	Meyrick	F	11
73	21	00:15:28	Chloe	Morgan	F	9
74	59	00:15:28	Rizzy	Burrow	F	11
75	70	00:15:33	Tamzin	Sandry	F	12
76	20	00:15:49	Oliver	Fleet	M	10
77	108	00:15:53	Nathan	Taylor	M	12
78	81	00:15:54	Rebecca	Stephens	F	12
79	25	00:15:58	Samuel	Wells	M	10
80	7	00:15:59	Sali	Goodwin	F	12
81	95	00:15:59	Alex	Liu	M	14
82	49	00:16:01	Ruby	Tomkins	F	14
83	44	00:16:02	Stacey	Hyde	F	10
84	96	00:16:08	Grace	Mackenzie	F	11
85	26	00:16:18	Medi	Phillips	F	12
86	106	00:16:34	Alex	Davies	M	10
87	65	00:16:38	Lucas	Davies	M	9
88	57	00:16:40	Joshua	Goodwin	M	10
89	2	00:16:48	Rhiannon	Clarke	F	9
90	54	00:16:48	Joseph	Robins	M	10
91	43	00:16:53	Elen	Appleby	F	12
92	13	00:17:15	Dylan	Meyler	M	12
93	140	00:17:17	Lucy	Richards	F	12
94	116	00:17:21	Ellie	Goss	F	1
95	30	00:17:41	Ciara	Bray	F	12
96	114	00:17:46	Harriet	Powell	F	11
97	69	00:17:47	Lily	Pearce	F	10
98	118	00:18:02	Jack	O'Connell	M	10
99	105	00:18:04	Drew	Davies	F	13
100	83	00:18:48	Tegan	Madge	F	12
101	117	00:18:54	Seren	Wonklyn	F	12
102	134	00:18:57	Holly	Bowen-Elli	F	11
103	120	00:19:09	Alice	Ford	F	13
104	136	00:19:22	Esther	Bowles	F	13
105	135	00:19:34	Leo	Bowen-Elli	M	9
106	45	00:20:06	Jacob	Cooke	M	11
107	73	00:20:07	Anastasia	Joy-William	F	9
108	115	00:20:18	Abigail	Powell	F	13
109	130	00:20:19	Isobel	Bass	F	13
110	16	00:20:22	Sophie	Bevan	F	12
111	23	00:20:42	Bethan	Mcgarrigle	F	11
112	24	00:20:42	Daniel	Mcgarrigle	M	10
113	109	00:21:01	Bryn	Williams	M	11
114	133	00:21:28	Heidi	Charlton	F	10
115	122	00:21:31	Sophia	Harris	F	12
116	121	00:21:34	Maddie	Thomas	F	12
117	28	00:22:14	Phoebe	Brown	F	12
118	127	00:22:38	Carys	Williams	F	8
119	11	00:24:51	Mark	Hughes	M	13