

## 2010 Admiral Swansea Bay 10k

GunPos	Bib	Firstname	Lastname	M/F	Cat	Club	GunTime	ChipPos	ChipTime
1	1	Edwin	Kipkorir	M		Kenya	00:28:31	1	00:28:28
2	3	Gordon Mugi	Muhugu	M		Kenya	00:28:37	2	00:28:37
3	2	Edwin	Kipyego	M	20	Kenya	00:28:39	3	00:28:39
4	17	Michael	Johnson	M		Cardiff AAC	00:29:56	4	00:29:55
5	18	Nick	Swinburn	M		Morpeth	00:30:16	5	00:30:15
6	5	Hicham	Ettaichmi	M		Morocco	00:30:29	6	00:30:28
7	98	James	Smith	M		Leeds	00:30:39	7	00:30:38
8	12	Simon	Jones	M		Belgrave Harriers	00:30:40	8	00:30:39
9	14	Carwyn	Jones	M		Cardiff AAC	00:30:41	9	00:30:40
10	13	Dewi	Griffiths	M	20	Carmarthen Harriers	00:30:45	10	00:30:45
11	15	Marc	Hobbs	M		Swansea Harriers	00:31:10	11	00:31:09
12	3174	Adam	Bitchell	M	20	Cardiff AAC	00:31:14	12	00:31:13
13	9	Tim	Dalton	M		Severn AC	00:31:28	13	00:31:26
14	19	Joe	Bailey	M		Salford	00:31:31	14	00:31:30
15	8	Dave	Roper	M		Cheltenham	00:31:44	15	00:31:43
16	16	Marc	Jenkins	M		Bridgend AC	00:31:49	16	00:31:48
17	20	Ben	Riddell	M		Salford	00:32:02	17	00:32:01
18	27	Daniel	Gurmin	M		Swansea Harriers	00:32:12	18	00:32:11
19	3289	Phillip	Matthews	M		Swansea Harriers	00:32:21	20	00:32:20
20	26	Jamal	Mohamed	M		Somalia	00:32:21	19	00:32:19
21	87	Stephen	Paterson	M		Les Croupiers	00:32:26	21	00:32:25
22	100	Dave	Archer	M		Hallamshire Harriers	00:32:29	22	00:32:29
23	11	Joe	DalGLISH	M	20	Stroud	00:32:35	23	00:32:34
24	1462	Paul	Halford	M		Werrington Joggers	00:32:37	24	00:32:36
25	30	Lee	Ladd	M		Carmarthen Harriers	00:32:48	25	00:32:46
26	31	Miriam	Makewa	F		Kenya	00:32:49	26	00:32:48
27	2571	Barry	Reynolds	M		Great Western Runners	00:32:59	27	00:32:57
28	1900	Michael	Kallenberg	M	20	Carmarthen Harriers	00:33:05	28	00:33:03
29	3062	Matthew	Evans	M		Neath Harriers	00:33:17	29	00:33:15
30	2307	Stuart	Crees	M		Les Croupiers	00:33:20	30	00:33:19
31	2458	Luke	Mason	M		Wye Valley Runners	00:33:29	31	00:33:27
32	2315	Robert	Palmer	M	40	Luton AC	00:33:32	32	00:33:31
33	36	Gemma	Steel	F		Charnwood	00:33:34	33	00:33:33
34	3242	Matthew	Harvey	M		Neath Harriers	00:33:41	34	00:33:40
35	2735	Mike	Hager	M	60	Tipton Harriers	00:33:47	35	00:33:45
36	88	Iwan	Jones	M		Coventry Godiva	00:33:50	36	00:33:48
37	3386	Stephen	Hale	M		Severn AC	00:33:50	37	00:33:48
38	2723	Peter	Coles	M	45	Pontypridd Roadents	00:33:55	38	00:33:53
39	28	Lewys	Hobbs	M		Swansea Harriers	00:33:58	39	00:33:57
40	392	Christopher	Parker	M	45	Swansea Harriers	00:34:16	40	00:34:14
41	979	Edward	Donovan	M		Les Croupiers	00:34:19	41	00:34:17
42	3155	Jonathan	Barnes	M	20	Wye Valley Runners	00:34:20	43	00:34:19
43	2034	Jerome	Edwards	M		Les Croupiers	00:34:21	42	00:34:18
44	2861	Paul	Griffiths	M	40	Neath Harriers	00:34:35	44	00:34:33
45	1443	Steven	Pritchard	M		Pontypridd Roadents	00:34:37	45	00:34:35
46	3109	Glyn	Price	M	40	Sarn Helen	00:34:42	46	00:34:40
47	2086	Nick	Dukes	M		Les Croupiers	00:34:44	47	00:34:43
48	1051	Michael	Rix	M		Farnham Runners	00:34:50	48	00:34:49
49	281	Jamie	Langley	M	20	Leamington C & AC	00:34:52	49	00:34:50
50	1588	Stephen	Thomas	M	40	Islwyn RC	00:34:54	51	00:34:52
51	3253	Paul	Talbot	M	40	Neath Harriers	00:34:54	50	00:34:52
52	39	Kate	Goodhead	F		Bristol And West	00:35:13	52	00:35:12
53	33	Sarah Jeriwoi	Kiptoo	F	20	Kenya	00:35:21	53	00:35:20
54	1082	Richard	Bullen	M	45	Les Croupiers	00:35:24	54	00:35:22
55	2042	Simon	Osborne	M	50	Bridgend AC	00:35:31	55	00:35:28
56	581	Bernd	Kulessa	M	40		00:35:33	56	00:35:30
57	2418	Martin	Williams	M	45	Les Croupiers	00:35:35	57	00:35:32
58	1538	Nicholas	Frost	M	50	Pontypridd Roadents	00:35:38	58	00:35:36
59	2245	James	Rose	M		Severn AC	00:35:42	59	00:35:39
60	3347	Scott	Howell	M	50	Les Croupiers	00:35:44	60	00:35:42
61	1075	Stephen	Shields	M		San Domenico	00:35:52	61	00:35:50
62	2385	Matthew	Hurford	M		Les Croupiers	00:35:52	62	00:35:51
63	1391	Jeffrey	Giansiracusa	M		Swansea Harriers	00:35:58	63	00:35:55
64	1600	Matthew	Jacklin	M			00:35:59	64	00:35:55
65	44	Tess	Walker	F		Salford	00:36:00	65	00:35:58
66	783	Peter	Morton	M			00:36:04	66	00:36:02
67	41	Anne Marie	Hutchinson	F		Neath Harriers	00:36:04	67	00:36:02
68	2342	Ifan	Lloyd	M	50	Swansea Harriers	00:36:11	68	00:36:09
69	1508	Richard	Mulvany	M			00:36:13	69	00:36:10
70	2843	Tom	Davis	M	20	Porthcawl Runnerslife	00:36:24	70	00:36:19
71	1021	Hayden	Hartnell	M	45	Islwyn RC	00:36:26	71	00:36:24
72	2087	Peter	Crane	M	45	Neath Harriers	00:36:27	72	00:36:25
73	761	Owain	Jones	M		Swansea Harriers	00:36:28	73	00:36:26
74	51	Daniel	Thomas	M		Swansea Harriers	00:36:35	74	00:36:34
75	2298	John	Morris	M		Amman Valley Harriers	00:36:39	75	00:36:36
76	1696	Gareth	Green	M		San Domenico	00:36:43	76	00:36:40
77	2784	Jason	Scanlon	M		Pontypridd Roadents	00:36:46	77	00:36:44
78	2675	Geraint	Kathrens	M			00:36:47	78	00:36:45
79	658	Dean	Webster	M		3Ms	00:36:56	79	00:36:54
80	2604	Geraint	King	M			00:36:57	80	00:36:56
81	3196	Royston	Whitehouse	M	45	Neath Harriers	00:37:00	81	00:36:58
82	3216	Philip	Kendrick	M	45	Brecon AC	00:37:05	82	00:37:03
83	3323	Mick	Mcgeoch	M	55	Les Croupiers	00:37:12	83	00:37:09
84	861	Dave	Wintle	M	55	Great Western Runners	00:37:13	84	00:37:10
85	40	Marilyn	Kitching	F	40	Tattenhal Runners	00:37:14	86	00:37:12

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GunPos	Bib	Firstname	Lastname	M/F	Cat	Club	GunTime	ChipPos	ChipTime
86	2264	Nigel	Phillips	M			00:37:15	85	00:37:11
87	45	Jenny	Knass	F		Stockport Harriers	00:37:20	88	00:37:18
88	1582	Joshua	Lawless	M	20		00:37:23	89	00:37:20
89	1421	Matthew	Thomas	M	20	Swansea Harriers	00:37:25	87	00:37:18
90	2324	Raul	Reismann	M			00:37:27	90	00:37:24
91	48	Kate	Roberts	F		Bridgend AC	00:37:30	93	00:37:29
92	35	Holly	Wheeler	F		Hastings AC	00:37:32	92	00:37:28
93	1718	Charles	Walsh	M		Port Talbot Harriers	00:37:33	91	00:37:28
94	2104	Oliver	Williams	M			00:37:35	94	00:37:33
95	1245	Gerwyn	Williams	M			00:37:36	96	00:37:34
96	3087	Huw	Roberts	M	50	Bridgend AC	00:37:36	95	00:37:34
97	53	Gary	Irving	M	50	Swansea Harriers	00:37:39	97	00:37:36
98	2396	Ami	Yetton	F		Plymouth Harriers	00:37:41	98	00:37:36
99	1820	Ian	Phillips	M		3Ms	00:37:42	99	00:37:38
100	42	Natasha	Cockram	F	20	Cwmbran Harriers	00:37:43	101	00:37:42
101	3263	Andrew	Dwyer	M	40		00:37:46	100	00:37:41
102	1383	Robert	Williams	M		Wye Valley Runners	00:37:50	102	00:37:48
103	1534	Claire	Conway	F			00:37:52	103	00:37:50
104	2399	Hugh	Pascoe	M			00:37:59	106	00:37:57
105	1609	Ann	Thomas	F	40	TROTS	00:38:00	108	00:37:57
106	2599	Peter	Kellam	M	40	Les Croupiers	00:38:00	105	00:37:56
107	2607	Terry	Jones	M		Porthcawl Runnerslife	00:38:01	104	00:37:52
108	3570	Stuart	Griffiths	M		3Ms	00:38:03	110	00:38:00
109	1734	Steven	Hooper	M	40	Pontypridd Roadents	00:38:03	109	00:37:59
110	43	Erika	Robinson	F		Buckley	00:38:04	111	00:38:01
111	656	Shaun	Tobin	M	45	Swansea Harriers	00:38:08	107	00:37:57
112	2738	Richard	Hayes	M			00:38:11	112	00:38:08
113	2595	Rhodri	Davies	M			00:38:12	113	00:38:09
114	2082	David	Crane	M	50	Neath Harriers	00:38:14	115	00:38:12
115	2189	Peter	Osborne	M	50	Swansea Harriers	00:38:17	116	00:38:15
116	1271	David	Bembo	M	40		00:38:18	114	00:38:11
117	173	Matthew	Dumelow	M		Hermitage Harriers	00:38:21	118	00:38:17
118	1197	Martin	Davies	M	50	Lliswerry Runners	00:38:21	119	00:38:18
119	2316	Gareth	Morgan	M		Les Croupiers	00:38:22	117	00:38:17
120	3284	Neil	Davies	M	50	Cornelly Striders	00:38:22	120	00:38:19
121	2584	James	Bromfield	M			00:38:27	121	00:38:23
122	52	Simon	Wilson	M	40	Swansea Harriers	00:38:28	123	00:38:26
123	2909	Pete	Hawkins	M	45	Great Western Runners	00:38:29	122	00:38:25
124	111	Gareth	Lynch	M		Les Croupiers	00:38:32	124	00:38:29
125	3231	Aled	Anderson	M	20		00:38:38	125	00:38:34
126	1828	Paul	Mason	M		Great Western Runners	00:38:41	126	00:38:34
127	2366	Adam	Bruce-Smith	M			00:38:42	127	00:38:39
128	2043	Glyn	Sansom	M	45	San Domenico	00:38:43	128	00:38:40
129	3055	Martin	Webborn	M	45	Swansea Harriers	00:38:44	129	00:38:41
130	831	Mark	Dunscombe	M	45	Sarn Helen	00:38:46	131	00:38:42
131	1613	Paul	Clarke	M		Carmarthen Harriers	00:38:46	130	00:38:42
132	1371	John	Hiddlestone	M			00:38:46	132	00:38:44
133	2113	Jonathan	Sizer	M	50		00:38:49	133	00:38:47
134	2152	Pete	Davis	M			00:38:53	135	00:38:49
135	3246	Ronald	Morris	M	60	San Domenico	00:38:55	136	00:38:53
136	2540	Simon	Bond	M		Neath Harriers	00:39:00	134	00:38:48
137	2161	Peter	Turnbull	M	45	Les Croupiers	00:39:00	137	00:38:55
138	2778	Ben	Mitchell	M	20		00:39:02	138	00:38:56
139	3250	Shan	Roberts	F	40	Islwyn RC	00:39:03	139	00:38:59
140	2694	Andrew	Wilkinson	M			00:39:06	140	00:39:02
141	1852	Andrew	Smith	M		Swansea Harriers	00:39:09	142	00:39:05
142	1247	Andrew	Davies	M	45	Pontypridd Roadents	00:39:10	141	00:39:05
143	2297	Gethin	Jones	M		Sarn Helen	00:39:12	143	00:39:08
144	3279	Gary	Brown	M		Penarth & Dinas Runners	00:39:14	144	00:39:11
145	1778	Alistair	Wood	M	40	San Domenico	00:39:16	145	00:39:13
146	2913	Mark	Bryant	M	45		00:39:20	146	00:39:16
147	3518	Ross	Quick	M		Active Swansea	00:39:22	147	00:39:16
148	2011	Stephen	Williams	M	50	Neath Harriers	00:39:22	149	00:39:19
149	3260	Mike	Murphy	M	55	Les Croupiers	00:39:23	150	00:39:21
150	266	Derek	Hegarty	M	50		00:39:25	148	00:39:18
151	2295	Rhodri	Evans	M		Pontypridd Roadents	00:39:27	152	00:39:23
152	3441	Steve	Sanders	M		Admiral	00:39:29	151	00:39:23
153	290	Chris	Driscoll	M	20		00:39:33	154	00:39:30
154	2716	Richard	Marks	M	60	Sarn Helen	00:39:34	155	00:39:31
155	2633	David	Rees	M	55	Hay Hot Footers	00:39:35	153	00:39:30
156	1895	Chris	Hiatt	M			00:39:38	156	00:39:31
157	86	Alaw	Beynon-Thomas	F		Carmarthen Harriers	00:39:38	159	00:39:35
158	3554	James	O'Callaghan	M	40	Active Swansea	00:39:40	160	00:39:36
159	1587	Brian	Richardson	M	50	Les Croupiers	00:39:41	157	00:39:33
160	2444	Rob	Falconer	M	50		00:39:45	161	00:39:40
161	3265	Paul	Price	M	45		00:39:46	163	00:39:41
162	1303	Christopher	Rees	M	20		00:39:47	158	00:39:35
163	3590	Steve	Sheard	M		Cardiff AAC	00:39:47	165	00:39:44
164	939	Espen	Bowen	M	20		00:39:49	164	00:39:42
165	215	Pete	Smith	M			00:39:49	162	00:39:41
166	3141	Vicki	Brand	F	40		00:39:51	166	00:39:44
167	2532	Nigel	Penney	M	50		00:39:55	170	00:39:52
168	525	Alexander	Llewellyn	M			00:39:56	168	00:39:50
169	2771	Matt	Tooze	M	40		00:39:57	172	00:39:53
170	562	Peter	Murphy	M	55	Great Western Runners	00:39:59	173	00:39:54

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GunPos	Bib	Firstname	Lastname	M/F	Cat	Club	GunTime	ChipPos	ChipTime
171	548	Richard	Copp	M			00:39:59	169	00:39:52
172	2153	Lynsey	Christopher	M	40	Corus Multisport	00:40:01	178	00:39:58
173	633	Jeremy	Forshev	M	40	Les Croupiers	00:40:02	174	00:39:54
174	2083	Dave	Collins	M			00:40:03	177	00:39:58
175	409	John	Sutherland	M			00:40:04	175	00:39:54
176	2249	Stephen	Davies	M			00:40:04	176	00:39:57
177	2612	Darren	Edwards	M		Celtic Tri	00:40:04	179	00:39:59
178	3177	Huw	Price	M	45	Sam Helen	00:40:04	180	00:40:00
179	1385	Wayne	Bowen	M			00:40:04	167	00:39:49
180	2773	Satu	Haikala	F	40	Brecon AC	00:40:06	182	00:40:03
181	2554	Jason	Evans	M		Porthcawl AAC	00:40:10	171	00:39:53
182	1429	Robert	Davies	M		Islwyn RC	00:40:12	181	00:40:01
183	2703	Gerard	Howells	M	45	Chippenham Harriers	00:40:14	183	00:40:10
184	2010	Chris	Stockdale	M		Great Western Runners	00:40:15	184	00:40:10
185	2611	Stephen	Richards	M		Swansea Harriers	00:40:19	186	00:40:17
186	3034	Ellen	Butler	F		Swansea Harriers	00:40:24	185	00:40:13
187	2319	Matthew	Stroud	M			00:40:25	188	00:40:19
188	2661	Peter	Carwardine	M	50	Hereford Couriers	00:40:26	187	00:40:17
189	399	Simon	Thomas	M			00:40:27	189	00:40:19
190	346	Gareth	Jehu	M	40	Aberdare Valley AAC	00:40:28	190	00:40:23
191	3543	Mark	Gosney	M		Active Swansea	00:40:32	192	00:40:27
192	3566	Paul	Tobin	M	20	Swansea Harriers	00:40:33	191	00:40:25
193	32	Yimenashy	Taye	F		Ethiopia	00:40:33	196	00:40:32
194	3336	Barry	Wilson	M	55	Ludlow Runners	00:40:35	193	00:40:27
195	2177	Andrew	Thomas	M		3Ms	00:40:41	199	00:40:36
196	3156	Leighton	Williams	M	45	3Ms	00:40:42	200	00:40:36
197	1724	Ross	Bullock	M			00:40:43	197	00:40:34
198	2019	Gareth	Moss	M	40		00:40:44	198	00:40:35
199	3409	Tim	Phillips	M		Admiral	00:40:44	205	00:40:40
200	3329	Nigel	Clarke	M	40	Hereford Couriers	00:40:45	203	00:40:39
201	2119	David	Jones	M	45		00:40:45	195	00:40:32
202	2214	Knill	Baird-Murray	M	45	Penarth & Dinas Runners	00:40:46	201	00:40:37
203	1592	Catherine	Beecher	F		Les Croupiers	00:40:46	204	00:40:40
204	1954	Simon	Philpin	M			00:40:47	206	00:40:41
205	1277	Amanda	Evans	F	40	3Ms	00:40:49	208	00:40:44
206	2853	Matthew	Widdup	M		Great Western Runners	00:40:50	194	00:40:31
207	2912	Kelly	Morqan	F		Pontypridd Roadents	00:40:51	210	00:40:49
208	1337	Gareth	Ash	M	45		00:40:51	207	00:40:42
209	2102	Andrew	George	M			00:40:52	202	00:40:38
210	1416	Ian	Joslin	M			00:40:53	209	00:40:47
211	2898	Barry	Owen	M		Emlyn Runners	00:40:55	212	00:40:50
212	3235	Dean	House	M	45		00:40:56	216	00:40:52
213	1581	Hugh	Hughes	M			00:40:56	215	00:40:52
214	1002	Dominic	Shields	M	45	San Domenico	00:40:58	217	00:40:53
215	1546	Mike	Lane	M		Black Pear Joggers	00:40:59	220	00:40:54
216	2562	Terry	White	M	55		00:40:59	222	00:40:55
217	852	Paul	Flynn	M	40		00:41:00	219	00:40:54
218	152	Barri	Edwards	M	40		00:41:00	213	00:40:51
219	2194	Drew	Jackson	M			00:41:01	221	00:40:54
220	760	Tim	James	M			00:41:01	218	00:40:54
221	1263	Matthew	Nankivell	M			00:41:01	211	00:40:49
222	2999	Alex	Lewis	M			00:41:07	226	00:41:00
223	3573	Andy	Olsen	M	45		00:41:07	223	00:40:58
224	1522	Ian	Hoskins	M			00:41:08	224	00:40:59
225	1921	Michael	Holloway	M			00:41:08	227	00:41:01
226	2740	Johnny	Lam	M		San Domenico	00:41:12	225	00:41:00
227	1285	Matthew	Turner	M			00:41:13	228	00:41:04
228	167	Stephen	Owen	M	50	Les Croupiers	00:41:14	229	00:41:08
229	1743	Jeremy	Mccluskey	M			00:41:15	214	00:40:52
230	2354	Warren	Jackson-Hookins	M		Gosport Road Runners	00:41:20	231	00:41:14
231	3104	Christopher	Jones	M	40		00:41:22	233	00:41:17
232	789	Robin	Bereza	M	60		00:41:24	232	00:41:16
233	3197	Leon	Murnieks	M		Royal Navy	00:41:26	230	00:41:12
234	3068	Gary	Howe	M	50	3Ms	00:41:28	234	00:41:17
235	2937	Kieran	Mackintosh	M		Port Talbot Harriers	00:41:29	235	00:41:19
236	105	Steve	Duffill	M	40		00:41:31	236	00:41:20
237	2112	Paul	Boxer	M			00:41:32	237	00:41:24
238	1763	Gareth	Hill	M			00:41:38	240	00:41:31
239	3027	Ian	Harris	M			00:41:40	238	00:41:27
240	56	Lewis	Preece	M	20	Swansea Harriers	00:41:43	242	00:41:35
241	2308	Andrew	Morris	M			00:41:44	244	00:41:37
242	2008	Michael	Halsall	M		Llanelli AC	00:41:44	247	00:41:41
243	762	Sharon	Leech	F	40	Carmarthen Harriers	00:41:45	248	00:41:42
244	1682	Dewi	West	M	45	3Ms	00:41:47	251	00:41:43
245	2792	Richard	Davies	M			00:41:47	250	00:41:43
246	1217	Andrew	Miles	M	50		00:41:48	246	00:41:40
247	3313	Leighton	Gardner	M	40	Swansea Harriers	00:41:49	253	00:41:46
248	1800	David	Proffitt	M	55	Newport Harriers AC	00:41:49	252	00:41:44
249	345	Daniel	Heard	M			00:41:52	243	00:41:36
250	2803	Michael	Davies	M	60	Les Croupiers	00:41:53	256	00:41:48
251	1879	Marc	Batcup	M		Swansea Harriers	00:41:53	241	00:41:34
252	1130	John	Lloyd	M	45		00:41:54	239	00:41:30
253	1867	Donald	Hill	M	20		00:41:57	245	00:41:39
254	2549	Marcus	Coles	M		Les Croupiers	00:41:58	259	00:41:51
255	2568	Garry	Merrell	M			00:41:58	254	00:41:47

## 2010 Admiral Swansea Bay 10k

GunPos	Bib	Firstname	Lastname	M/F	Cat	Club	GunTime	ChipPos	ChipTime
256	1774	Stuart	Tyrrell	M			00:42:00	249	00:41:43
257	3031	Jonathan	Richards	M			00:42:01	260	00:41:53
258	1244	Andrew	Williams	M			00:42:03	257	00:41:49
259	3220	Robert	King	M	45		00:42:03	255	00:41:48
260	1397	Stephen	Paul	M			00:42:03	258	00:41:49
261	2691	Andrew	Butler	M			00:42:05	261	00:41:54
262	1654	Richard	Drewett	M	45		00:42:08	266	00:42:02
263	2520	Michael	Roderick	M	20		00:42:09	263	00:41:58
264	2945	Rod	Harris	M	45		00:42:09	270	00:42:04
265	2204	Abyd	Quinn-Aziz	M	50	Penarth & Dinas Runners	00:42:09	262	00:41:55
266	1862	David	Bown	M		Mumbles Milers	00:42:10	269	00:42:03
267	2875	Matthew	Orchard	M			00:42:11	267	00:42:02
268	2724	Ori	Bowen	M			00:42:13	272	00:42:06
269	3350	David	Moore	M			00:42:14	268	00:42:03
270	2606	Ruth	Barrett	F		San Domenico	00:42:17	271	00:42:05
271	1279	Steve	Littlewood	M	55	Hereford Couriers	00:42:19	275	00:42:14
272	1687	Ian	Burns	M		Great Western Runners	00:42:22	265	00:42:01
273	1225	Paul	Evans	M		Brecon AC	00:42:22	273	00:42:07
274	251	Anthony	Deacy	M	50		00:42:22	277	00:42:17
275	1289	Meirion	Daniels	M	50		00:42:24	276	00:42:15
276	3491	Dale	Rees	M		Alberto Culver	00:42:25	282	00:42:22
277	3324	John	Magee	M		Les Croupiers	00:42:26	278	00:42:18
278	1899	Tom	James	M			00:42:28	280	00:42:20
279	2941	Christopher	Green	M			00:42:32	283	00:42:25
280	1183	Stephen	Cable	M		3Ms	00:42:32	284	00:42:27
281	2355	Guy	Watkins	M	40		00:42:33	285	00:42:27
282	1310	Robert	Coles	M	45		00:42:34	281	00:42:20
283	1059	Wayne Robert	Cross	M	40		00:42:36	290	00:42:32
284	1515	Alun	Board	M			00:42:36	288	00:42:31
285	531	Anthony	Sudworth	M	50		00:42:37	289	00:42:31
286	3567	Tom	Morris	M	50	Hercules Wimbledon	00:42:37	286	00:42:30
287	2211	David	Richardson	M			00:42:39	279	00:42:19
288	608	Richard	Noon	M			00:42:39	287	00:42:30
289	2905	John	Mcneilly	M	60	Great Western Runners	00:42:41	291	00:42:36
290	3614	Peter	Jones	M	50		00:42:41	274	00:42:10
291	1149	Caroline	Jones	F	50	TROTS	00:42:44	296	00:42:42
292	648	Chris	Pridmore	M			00:42:48	294	00:42:41
293	2133	Neil	Parry	M			00:42:50	297	00:42:43
294	2589	Nick	Francis	M			00:42:52	293	00:42:39
295	987	Roger	Bell	M	45		00:42:53	298	00:42:46
296	965	Steven	Jones	M			00:42:55	299	00:42:47
297	2996	Owen	Lewis	M			00:42:56	295	00:42:41
298	3363	Sam	Figgures	M			00:42:58	303	00:42:51
299	1191	Chris	Jones	M	45	Redhill Road Runners	00:42:59	305	00:42:55
300	3539	Paul	Martin	M		Active Swansea	00:42:59	300	00:42:48
301	2813	Malcolm	Edwards	M		Wye Valley Runners	00:43:02	292	00:42:38
302	845	Julian	Vance-Daniel	M	50		00:43:06	304	00:42:54
303	1913	Jon	Belcher	M			00:43:07	302	00:42:50
304	382	Leigh	Ridgeway	M			00:43:10	301	00:42:49
305	157	Robert	Galpin	M	50	Wye Valley Runners	00:43:10	312	00:43:05
306	1541	Graham	Hotchen	M	50		00:43:12	311	00:43:04
307	2648	Gary	Cleaves	M	50	Ebbw Vale RC	00:43:13	316	00:43:08
308	444	Sean	Morris	M			00:43:13	306	00:42:58
309	586	Michael	Hughes	M	40		00:43:14	314	00:43:06
310	3142	Stephen	Murphy	M	50		00:43:14	318	00:43:11
311	3178	David	Garlick	M	55	Brecon AC	00:43:15	310	00:43:03
312	982	Kevin	Jones	M	40		00:43:16	313	00:43:05
313	276	Andrew	Hosking	M	50		00:43:18	315	00:43:06
314	1948	Brian	Dias	M		Cardiff AAC	00:43:18	323	00:43:16
315	3575	Steve	Haggett	M			00:43:19	308	00:43:03
316	645	Paul	Mcneill	M			00:43:21	319	00:43:11
317	636	Raymond	Greenhouse	M	45	Ebbw Vale RC	00:43:21	326	00:43:17
318	2508	Mark	Overton	M	40		00:43:22	317	00:43:09
319	2252	Alan	Marshall	M			00:43:22	309	00:43:03
320	2602	Gareth	Davies	M			00:43:24	329	00:43:17
321	1721	Phillip	Worth	M			00:43:25	320	00:43:14
322	2798	Chris	Joce	M			00:43:27	321	00:43:15
323	1933	Peter	Burne	M			00:43:29	325	00:43:16
324	3005	Lyndon	Jones	M			00:43:30	324	00:43:16
325	1844	Andrew	Hurley	M		Penarth & Dinas Runners	00:43:30	328	00:43:17
326	2824	Aled	Evans	M	45		00:43:30	332	00:43:24
327	1615	Dennis	Collins	M	45		00:43:31	333	00:43:26
328	2666	Chris	Herdman	M		Penarth & Dinas Runners	00:43:32	331	00:43:22
329	902	Dawn	Kenwright	F	55	Sam Helen	00:43:34	336	00:43:30
330	1469	Craig	Hughes	M			00:43:36	330	00:43:19
331	3327	Matthew	Hudson	M			00:43:38	322	00:43:15
332	1784	Ashlee	Farrell	M			00:43:39	327	00:43:17
333	2169	Carwyn	Thomas	M	40		00:43:42	334	00:43:29
334	2200	Jamie	Sampson	M	40		00:43:44	339	00:43:34
335	3298	Graeme	Hays	M	40		00:43:48	342	00:43:39
336	2932	John	McDonald	M	55		00:43:48	348	00:43:45
337	1658	Christopher	Gibbard	M			00:43:49	335	00:43:30
338	3465	Gemma	Hughes	F		Admiral	00:43:49	344	00:43:41
339	1940	Paul	Smith	M			00:43:50	340	00:43:34
340	2645	Joanne	Ross	F		Great Western Runners	00:43:50	337	00:43:32

## 2010 Admiral Swansea Bay 10k

GunPos	Bib	Firstname	Lastname	M/F	Cat	Club	GunTime	ChipPos	ChipTime
341	1116	Daniel	Luffman	M			00:43:50	341	00:43:36
342	1471	Robert	Lloyd	M	45		00:43:51	343	00:43:40
343	2662	Stuart	Phillips	M			00:43:52	338	00:43:34
344	3288	Mark	Wheeler	M			00:43:58	352	00:43:47
345	2351	Timothy	Brice	M			00:43:59	347	00:43:43
346	2758	Simon	Walker	M			00:43:59	351	00:43:46
347	1723	Brian	Brookes	M	55		00:43:59	354	00:43:51
348	2567	Gareth	Davey	M			00:44:01	357	00:43:54
349	3331	Lindy	Eynon	F	50	TROTS	00:44:01	353	00:43:50
350	977	Nigel	Barker	M	45	Great Western Runners	00:44:02	356	00:43:54
351	617	Rod	Perons	M	45	Les Croupiers	00:44:02	350	00:43:46
352	3276	Lisa	Quinn	F	35		00:44:02	345	00:43:41
353	856	Steve	Mclelland	M	55	3Ms	00:44:04	364	00:43:58
354	3073	Michael	John	M			00:44:05	346	00:43:42
355	1334	Paul	Rees	M	45	3Ms	00:44:05	372	00:44:02
356	569	David	Comery	M	45		00:44:05	369	00:44:01
357	697	David	Way	M			00:44:06	360	00:43:56
358	679	Leslie	Rowe	M	55		00:44:06	363	00:43:57
359	587	Les	Millar	M	45	Great Western Runners	00:44:06	361	00:43:56
360	54	Stephen	Bendle	M	45	Swansea Harriers	00:44:06	349	00:43:46
361	2931	Stephen	Taylor	M			00:44:08	365	00:43:58
362	2693	Nicholas	Ost	M	40		00:44:08	355	00:43:52
363	1757	Paul	Cook	M			00:44:10	370	00:44:01
364	694	Richard	Payne	M			00:44:11	374	00:44:03
365	3553	Heath	Jones	M	40	Active Swansea	00:44:11	377	00:44:05
366	2132	Stephen	Milburn	M	50		00:44:12	358	00:43:55
367	1866	Richard	Baker	M			00:44:12	368	00:44:00
368	2677	Craig	Morris	M			00:44:13	375	00:44:04
369	2592	Chris	Denyer	M	45		00:44:13	362	00:43:57
370	2454	Gareth	Blatchford	M			00:44:13	359	00:43:56
371	2309	Clive	Davies	M	45		00:44:15	381	00:44:11
372	3579	Alison	Nicholls	F	45	Builth & District	00:44:15	367	00:44:00
373	2918	James	Greig	M			00:44:16	373	00:44:02
374	695	Karl	Sepahpour	M			00:44:16	378	00:44:07
375	826	Gary	Bodman	M	45	Les Croupiers	00:44:17	379	00:44:09
376	1366	Clive	Denton	M	40	Rhondda Valley Runners	00:44:18	382	00:44:11
377	1298	Lisa	King	F			00:44:18	371	00:44:02
378	188	Liam	Davies	M	50		00:44:18	383	00:44:12
379	1152	Adrian	Luckman	M	45		00:44:20	385	00:44:12
380	2278	Stephen	Clarke	M	50		00:44:20	376	00:44:05
381	1188	Andy	Hunter	M			00:44:22	384	00:44:12
382	2720	Gavin	Morris	M			00:44:22	390	00:44:16
383	1849	James	Moon	M			00:44:22	366	00:43:59
384	779	Uku	Kumari	M	55	Swansea Harriers	00:44:23	388	00:44:15
385	2365	Raymond	Greenhouse	M	45	Ebbw Vale RC	00:44:24	396	00:44:21
386	3332	Julie	Scholey	F	50	Les Croupiers	00:44:25	391	00:44:17
387	2609	Neil	Whitehouse	M	40		00:44:28	386	00:44:14
388	1243	Cyril	Walters	M	60	TROTS	00:44:29	399	00:44:22
389	1084	Graham	Colvin	M	45	3Ms	00:44:30	403	00:44:25
390	3048	Russell	Lewis	M			00:44:30	394	00:44:20
391	3247	Derek	Fenton	M	45		00:44:31	392	00:44:20
392	1711	Craig	Perriman	M			00:44:31	397	00:44:21
393	714	Barrie	Parham	M	60	Griffithstown Harriers	00:44:32	389	00:44:16
394	1655	Marcus	Eyre	M	50	3Ms	00:44:32	402	00:44:25
395	2635	Andrew	Proctor	M			00:44:33	395	00:44:20
396	3344	Michael	Williams	M			00:44:33	398	00:44:21
397	864	Owen	Cahill	M			00:44:34	393	00:44:20
398	2636	Matthew	Gwenter	M			00:44:35	401	00:44:23
399	1222	Simon	Walton	M			00:44:35	380	00:44:10
400	3473	Gareth	Rowlands	M		Admiral	00:44:37	404	00:44:27
401	740	Brian	Griffiths	M	55	Elesmere Port Running Club	00:44:38	410	00:44:32
402	497	Richard	Bevan	M	45		00:44:39	407	00:44:30
403	2713	Neil	Williams	M	40		00:44:39	405	00:44:28
404	2261	Tony	Baker	M	45		00:44:40	413	00:44:34
405	3474	Daniel	Mines	M		Admiral	00:44:40	412	00:44:32
406	966	Helen	Jones	F	40		00:44:40	408	00:44:31
407	1308	Jeffrey	Aston	M	60	Les Croupiers	00:44:41	411	00:44:32
408	3041	Andrew	Griffiths	M			00:44:45	400	00:44:22
409	2186	Justin	Tamlin	M			00:44:47	416	00:44:37
410	313	Jon	Cousins	M	40		00:44:48	414	00:44:34
411	540	Tim	Ford	M	40		00:44:49	387	00:44:15
412	637	Nick	Griffiths	M	40		00:44:49	421	00:44:42
413	2722	Andrew	Dunscombe	M	45	Pontypridd Roadents	00:44:51	419	00:44:40
414	2556	Harry	Franklin	M	70	Wye Valley Runners	00:44:51	424	00:44:43
415	398	Lisa	Thomas	F	35		00:44:51	423	00:44:43
416	923	Christina	Smith	F	50	3Ms	00:44:51	422	00:44:43
417	1388	Amy	Edwards	F		Rhondda Valley Runners	00:44:52	420	00:44:42
418	3436	Anthony	Witcombe	M		Admiral	00:44:54	418	00:44:39
419	1637	Andrew	Jones	M			00:44:54	415	00:44:36
420	720	Jason	Burton	M	40	Leamington C & AC	00:44:55	417	00:44:38
421	2305	Byron	Davies	M		3Ms	00:44:57	428	00:44:47
422	49	Jackie	Newton	F	45	Stockport Harriers	00:44:57	434	00:44:50
423	732	Richard	Thorpe	M	40		00:44:58	406	00:44:29
424	2968	Gafin	Griffiths	M			00:44:59	432	00:44:50
425	1231	J	Lloyd	M			00:44:59	409	00:44:31

## 2010 Admiral Swansea Bay 10k

GunPos	Bib	Firstname	Lastname	M/F	Cat	Club	GunTime	ChipPos	ChipTime
426	1121	Paul	Carman	M	55		00:45:01	425	00:44:45
427	2815	John	Hargreaves	M	55	Great Western Runners	00:45:01	435	00:44:50
428	3560	Huw	James	M	45	Active Swansea	00:45:01	431	00:44:50
429	3257	Steve	Hill	M	45	Penarth & Dinas Runners	00:45:01	439	00:44:56
430	2190	Huw	Turner	M	40		00:45:02	436	00:44:51
431	1589	Matthew	Thomas	M			00:45:02	426	00:44:45
432	825	Marc	Bevan	M			00:45:04	429	00:44:49
433	2023	Robert	Morgan	M	40		00:45:09	438	00:44:53
434	786	Sally	Wilson	F	35	Ingli Runners	00:45:09	442	00:44:58
435	2741	Geoff	Hall	M	55		00:45:09	427	00:44:46
436	1486	Jason	Benson	M			00:45:12	446	00:45:02
437	568	Nina	Brocklebank	F	35		00:45:12	447	00:45:02
438	376	Peter	Clegg	M	40		00:45:13	448	00:45:03
439	277	Robin	Thomas	M	40		00:45:14	433	00:44:50
440	1628	Kevin	Francis	M			00:45:15	450	00:45:06
441	960	James	Dibb-Simkin	M			00:45:16	437	00:44:51
442	1722	Gillian	Aldworth	F	40	Brecon AC	00:45:17	440	00:44:57
443	1076	Michael	Stones	M	40		00:45:17	443	00:45:00
444	1976	Maria	Williams	F	35	Islwyn RC	00:45:17	449	00:45:06
445	1714	Caroline	Sandles	F	40	3Ms	00:45:18	453	00:45:07
446	724	Jonathan	Lewis	M			00:45:19	430	00:44:49
447	2955	Hywel	Morgan	M			00:45:20	445	00:45:02
448	2090	Steve	Kettle	M			00:45:20	457	00:45:10
449	551	Terry	Jones	M			00:45:20	455	00:45:10
450	1414	Jason	James	M			00:45:22	451	00:45:06
451	419	Gary	Gregor	M	60		00:45:22	459	00:45:12
452	708	Andrew	Griffiths	M			00:45:24	444	00:45:01
453	2557	Martin	Foster	M	55	Bournville Harriers	00:45:24	464	00:45:17
454	2974	Noelwyn	Daniel	M	40		00:45:25	460	00:45:12
455	2155	Sian	Phillips	F	45	Swansea Harriers	00:45:25	441	00:44:58
456	3293	Ian	Henry	M			00:45:25	461	00:45:13
457	1732	Richie	Hart	M	40		00:45:26	454	00:45:07
458	3343	Neil	Horsley	M	55		00:45:29	465	00:45:17
459	2577	Matthew	Davies	M			00:45:30	463	00:45:16
460	2528	Terry	Fenton	M	50	Great Western Runners	00:45:31	458	00:45:10
461	3187	Hywel	Stanton	M	50		00:45:31	456	00:45:10
462	3095	Simon	Crane	M			00:45:34	472	00:45:23
463	1902	Jamie	Evans	M			00:45:34	473	00:45:24
464	1523	Mathew	James	M			00:45:34	467	00:45:18
465	477	Gavin	David	M			00:45:34	468	00:45:20
466	2729	Kevin	Miller	M			00:45:35	471	00:45:23
467	2946	Caroline	Harris	F	45		00:45:35	483	00:45:30
468	3315	Geoffrey	White	M	55	3Ms	00:45:35	476	00:45:25
469	1428	Philip	Cotterill	M			00:45:36	469	00:45:21
470	1929	Sian	Kirk	F		Swansea Harriers	00:45:36	477	00:45:25
471	797	Philippa	Sampson	F	45		00:45:36	479	00:45:26
472	3200	Matthew	Poles	M		Forest Of Dean AC	00:45:37	462	00:45:14
473	1042	Emma	Oughton	F	40	Great Western Runners	00:45:39	470	00:45:22
474	3516	Chris	Jones	M		Active Swansea	00:45:39	481	00:45:29
475	1473	Malcolm	Mcdermott	M	45		00:45:40	474	00:45:24
476	2674	Paul	Williams	M			00:45:40	478	00:45:26
477	665	Adam	Curtis	M			00:45:43	485	00:45:31
478	1502	Russell	Davies	M	40		00:45:43	475	00:45:25
479	2588	Andrew	Somerville	M		Reading Road Runners	00:45:46	480	00:45:28
480	1423	Joanne	Tucker	F	35	Les Croupiers	00:45:47	488	00:45:36
481	1325	Anthony	Davies	M			00:45:49	482	00:45:29
482	1335	Alex	Tincombe	M			00:45:49	484	00:45:30
483	1856	Alan	Hartley	M			00:45:49	486	00:45:33
484	1481	Hywel	Tomos	M	40		00:45:53	491	00:45:41
485	1018	Robert	Evans	M		Fairlands Valley Spartans	00:45:55	495	00:45:46
486	2500	Robert	Golden	M		HSBC	00:45:55	494	00:45:45
487	1256	Louise	Jenkins	F			00:45:56	489	00:45:37
488	2277	Paul	Wilson	M			00:45:57	452	00:45:07
489	3437	Wendy	Owen	F	35	Admiral	00:45:59	503	00:45:53
490	3192	Robert	Jones	M	55		00:46:00	507	00:45:56
491	3472	Louisa	Lewis	F		Admiral	00:46:01	487	00:45:36
492	2940	Huw	Rowcliffe	M		Sam Helen	00:46:01	509	00:45:57
493	1980	Andrew	Oram	M	40		00:46:04	496	00:45:48
494	2455	Maggie	Fligelstone	F	45		00:46:04	490	00:45:38
495	3232	Jason	Evans	M			00:46:04	501	00:45:51
496	1504	Bob	Gardiner	M	50		00:46:05	505	00:45:55
497	3312	Lee	Stone	M			00:46:06	493	00:45:45
498	1928	Simon	Short	M	45		00:46:07	499	00:45:50
499	1049	Richard Thomas	Lewis	M			00:46:08	497	00:45:49
500	676	Laurence	Pole	M			00:46:09	504	00:45:55
501	219	Andrew	Williams	M			00:46:09	502	00:45:52
502	3413	Rebecca	Morgan	F		Admiral	00:46:10	508	00:45:57
503	1081	Becki	Brett	F	35		00:46:12	516	00:46:03
504	1543	Martin	James	M	45		00:46:12	498	00:45:50
505	757	Mathew	Court	M			00:46:14	512	00:46:00
506	2697	Andy	Rees	M	50		00:46:14	514	00:46:01
507	2539	Rob	Cowell	M	20	Neath Harriers	00:46:16	517	00:46:04
508	1825	Calvin	Hold	M		Swansea Harriers	00:46:17	500	00:45:51
509	2149	Rod	Davies	M			00:46:18	492	00:45:42
510	3450	Neil	Evans	M		Admiral	00:46:18	513	00:46:01

## 2010 Admiral Swansea Bay 10k

GunPos	Bib	Firstname	Lastname	M/F	Cat	Club	GunTime	ChipPos	ChipTime
511	1358	Ruth	Treharne	F	45	Islwyn	00:46:18	519	00:46:06
512	460	Andrew	Martin	M			00:46:20	511	00:46:00
513	1083	Yvonne	Bullen	F	45	Les Croupiers	00:46:20	526	00:46:09
514	1728	David	Donaghy	M			00:46:21	524	00:46:08
515	487	Rich	Bryant	M			00:46:22	515	00:46:03
516	3488	Dennis	Brown	M	45	Alberto Culver	00:46:24	542	00:46:19
517	1386	Martyn	Dulake	M	40		00:46:25	528	00:46:10
518	1577	Marc	Evans	M		San Domenico	00:46:26	537	00:46:15
519	397	Ben	Reid	M			00:46:27	547	00:46:21
520	3190	David	Hutchinson	M	40		00:46:27	534	00:46:14
521	128	Ben	Greenaway	M			00:46:27	525	00:46:08
522	1810	Tim	Jones	M			00:46:28	531	00:46:11
523	2339	Jonathan	Beynon	M			00:46:28	550	00:46:23
524	1117	Kate	Penquet	F			00:46:28	529	00:46:10
525	1430	Cameron	Doster	M			00:46:28	530	00:46:10
526	2911	Osian	Lewis	M	20		00:46:29	521	00:46:07
527	1906	David	Charles	M			00:46:29	544	00:46:20
528	3113	Sue	Davies	F	45		00:46:29	506	00:45:56
529	2958	Ffion	Evans	F	20	Amman Valley Harriers	00:46:29	532	00:46:11
530	1517	Gary	Davidson	M	45		00:46:29	543	00:46:19
531	1846	Vanessa	Hawkins	F	50	Bitton Road Runners	00:46:30	518	00:46:05
532	862	David	Boucher	M	55		00:46:30	535	00:46:14
533	492	Neil	Thomas	M	55		00:46:31	546	00:46:21
534	142	Martyn	Hill	M			00:46:31	510	00:45:58
535	2294	Marc	Parry	M			00:46:33	533	00:46:11
536	846	Pete	Winterbottom	M	45		00:46:34	545	00:46:20
537	1730	Andrew	Edwards	M			00:46:34	539	00:46:18
538	1514	Martin	Allen	M	45	Headington Road Runners	00:46:35	523	00:46:08
539	3025	Sam	Duggan	M			00:46:36	522	00:46:08
540	388	Joe	Hempsted	M			00:46:36	264	00:41:59
541	3007	Richard	Bebell	M	40		00:46:36	538	00:46:16
542	494	Dave	Walker	M	55		00:46:37	548	00:46:23
543	3496	Matthew	Stonham	M		Alberto Culver	00:46:39	551	00:46:23
544	3514	Marcus	Axworthy	M		Alberto Culver	00:46:39	527	00:46:10
545	1202	Morty	O'Shea	M	45		00:46:40	466	00:45:17
546	1015	Russell	Chapman	M			00:46:40	556	00:46:25
547	1738	Ian	Jenkins	M	45		00:46:40	558	00:46:27
548	1918	Tim	Washbrook	M			00:46:41	549	00:46:23
549	2876	Sara	Thomas	F			00:46:42	541	00:46:19
550	1887	Ben	Cranwell	M	20		00:46:43	553	00:46:24
551	261	Andrew	Treharne	M			00:46:44	552	00:46:24
552	1823	Geraint	Jenkins	M	40	Amman Valley Harriers	00:46:46	557	00:46:26
553	2782	Simon	Brewer	M			00:46:46	564	00:46:31
554	1190	Sian	Jones	F			00:46:47	565	00:46:33
555	3182	Stephen	Fitzgerald	M			00:46:47	540	00:46:18
556	909	Martina	Webber	F	35		00:46:48	562	00:46:31
557	585	Ian	Bamford	M			00:46:49	568	00:46:36
558	706	Anthony	Douglas	M			00:46:49	536	00:46:15
559	3040	Richard	Gordon	M			00:46:49	554	00:46:25
560	814	James	Jones	M			00:46:50	520	00:46:07
561	1253	Jim	Holland	M			00:46:50	570	00:46:40
562	1369	Frank	Gower	M	50		00:46:50	560	00:46:28
563	3487	Rhyann	Sutton	F		Alberto Culver	00:46:50	561	00:46:29
564	803	Andrew	Downie	M			00:46:51	579	00:46:46
565	1557	Richard	Brown	M			00:46:51	559	00:46:28
566	983	Silke	Luehrmann	F	40		00:46:52	555	00:46:25
567	262	Philip	Treharne	M	50		00:46:55	566	00:46:35
568	3171	Lynne	Park	M	45	Forest Of Dean AC	00:46:55	574	00:46:43
569	3207	Piers	Morgan-Harvey	M		Mumbles Milers	00:46:55	581	00:46:48
570	225	Carl	James	M			00:46:56	567	00:46:35
571	2976	Alan	Fishwick	M	45		00:46:57	563	00:46:31
572	948	John	Rees	M	45		00:46:58	583	00:46:51
573	1023	David	Rees	M	50		00:46:58	582	00:46:50
574	3037	Timothy	Stewart	M	50		00:46:58	584	00:46:51
575	3593	Jon	Pearce	M			00:47:01	569	00:46:37
576	2241	Tim	Kiley	M			00:47:04	575	00:46:43
577	2530	Simon	Johnson	M		England Athletics	00:47:05	591	00:46:56
578	3419	Mark	Marrin	M		Admiral	00:47:08	571	00:46:40
579	2228	Simon	Kinsman	M	40		00:47:08	586	00:46:52
580	1272	David	Bicker	M	40		00:47:10	585	00:46:51
581	2463	Michael	Shaw	M	55	Wye Valley Runners	00:47:10	576	00:46:44
582	1318	Philip	Sheridan	M			00:47:11	606	00:47:05
583	1119	Alan	Woodward	M	55		00:47:12	572	00:46:41
584	554	Danny	Saines	M			00:47:13	573	00:46:42
585	701	Waseem	Chaudhry	M	45		00:47:13	588	00:46:54
586	1639	David	Lawson	M	55		00:47:13	614	00:47:12
587	2360	Jonathan	Thomas	M			00:47:15	598	00:47:00
588	688	Jo	Hale	F			00:47:15	580	00:46:47
589	3019	John	Salt	M	40		00:47:15	609	00:47:08
590	118	Iain	Burns	M			00:47:17	594	00:46:58
591	3122	Jayne	Littlewood	F	50	Hereford Croupiers	00:47:17	590	00:46:55
592	2828	James	Lovering	M			00:47:18	611	00:47:10
593	2763	Daniel	Benjamin	M	20		00:47:18	599	00:47:00
594	146	Ian	Brice	M	45		00:47:18	601	00:47:01
595	2747	Paul	Benjamin	M	45		00:47:18	600	00:47:01

## 2010 Admiral Swansea Bay 10k

GunPos	Bib	Firstname	Lastname	M/F	Cat	Club	GunTime	ChipPos	ChipTime
596	769	Ashley	Phillips	M			00:47:19	612	00:47:11
597	571	Tim	Davies	M	45		00:47:20	592	00:46:56
598	2386	Sian	Roberts-Jones	F		Sarn Helen	00:47:20	618	00:47:15
599	1857	Julie	Hartley-Green	F	35		00:47:21	605	00:47:04
600	3042	Sion	Bayliss	M			00:47:22	587	00:46:54
601	3091	Dewi	Thomas	M			00:47:23	596	00:46:59
602	2046	Simon	Pascoe	M			00:47:23	593	00:46:56
603	1771	Jason	Smith	M		Wye Valley Runners	00:47:25	597	00:47:00
604	3321	Lowri	Phillips	F	35		00:47:26	604	00:47:04
605	2341	Gareth	Terry	M			00:47:27	628	00:47:21
606	3412	Byron	Davies	M		Admiral	00:47:27	608	00:47:07
607	2731	Andy	Patton	M			00:47:27	595	00:46:58
608	2424	John	Kavanagh	M	45	Great Western Runners	00:47:28	616	00:47:12
609	3589	Elliott	Wagland	M			00:47:28	613	00:47:11
610	271	Karl	Randell	M	20		00:47:29	615	00:47:12
611	463	Bruce	Sawyer	M			00:47:29	617	00:47:13
612	2476	Jonathan	Harvey	M		HSBC	00:47:30	627	00:47:20
613	3547	Elizabeth	Kivell	F		Active Swansea	00:47:30	632	00:47:22
614	1941	Mark	Harvey	M	45		00:47:31	620	00:47:16
615	816	Mark	Kneen	M	50		00:47:31	631	00:47:21
616	1624	Carly	Day	F			00:47:31	607	00:47:06
617	2216	Daniel	James	M	20		00:47:32	577	00:46:45
618	2060	Carl	Atkinson	M	20		00:47:33	578	00:46:45
619	3325	Clare	Lloyd	F			00:47:34	602	00:47:03
620	211	Hugh	Lunt	M			00:47:35	307	00:42:58
621	3230	Shaun	Wiltshire	M			00:47:36	637	00:47:28
622	2125	Stuart	Rees	M			00:47:38	633	00:47:25
623	1892	Paul	Griffiths	M			00:47:38	621	00:47:16
624	2056	Garath	Dobbs	M			00:47:39	625	00:47:19
625	1826	Leigh	Fennell	M			00:47:40	619	00:47:15
626	3224	Becki	Ansfield	F	35	Wye Valley Runners	00:47:41	623	00:47:17
627	2715	Dan	Bowen	M	20		00:47:42	630	00:47:21
628	678	Keith	Powell	M	50	TROTS	00:47:42	641	00:47:29
629	2217	David	Lewis	M			00:47:43	642	00:47:29
630	1275	Stephanie	Davies	F	20	Pontypridd Roadents	00:47:43	650	00:47:37
631	1770	Clyde	Smith	M	45	Wye Valley Runners	00:47:43	624	00:47:18
632	2749	Robert	Hart	M	45		00:47:46	638	00:47:28
633	3226	Vincent	Evans	M	40	Amman Valley Harriers	00:47:46	645	00:47:32
634	1839	Alistair	Thomson	M			00:47:47	610	00:47:10
635	2251	Tim	Davies	M			00:47:49	603	00:47:03
636	529	Robert	Pitt	M	40		00:47:50	646	00:47:33
637	1004	Adam	Francis	M			00:47:51	649	00:47:36
638	371	David	Rees	M			00:47:52	657	00:47:43
639	2313	Mark	Clatworthy	M		Porthcawl Runnerslife	00:47:53	589	00:46:55
640	2991	Carl	Watkins	M			00:47:53	629	00:47:21
641	1444	Chris	Sparrow	M		Rhondda Valley Runners	00:47:54	665	00:47:50
642	1498	Duncan	Thomas	M			00:47:54	663	00:47:48
643	2099	John	Kirby	M			00:47:54	648	00:47:36
644	1146	Daniel	Griffiths	M	20		00:47:55	651	00:47:38
645	2029	Andrew	Brown	M			00:47:55	652	00:47:38
646	2923	Dominic	Poyer	M			00:47:56	634	00:47:25
647	703	Russell	Crocker	M			00:47:56	626	00:47:19
648	384	Ray	Davies	M	60		00:47:57	655	00:47:40
649	1944	Ben	Tucker	M			00:47:57	622	00:47:16
650	1305	John	Rees	M	55		00:47:57	639	00:47:28
651	1870	Richard	Bowmer	M	45		00:47:58	660	00:47:43
652	3084	David	Thomas	M			00:47:58	647	00:47:34
653	85	Brinley	Aherne	M	60		00:47:59	666	00:47:52
654	1147	Rhidian	Griffiths	M			00:47:59	656	00:47:42
655	647	Ian	Price	M	45		00:48:01	678	00:47:58
656	1380	Stuart	Pemberton	M			00:48:02	635	00:47:27
657	3115	Mark	Williams	M	45		00:48:02	680	00:47:59
658	3136	Clive	Greaves	M	45	3Ms	00:48:02	636	00:47:28
659	1270	Richard	Williams	M			00:48:03	659	00:47:43
660	241	Sarah	Rees	F			00:48:04	661	00:47:44
661	596	David	Brown	M			00:48:05	640	00:47:29
662	3060	Bruce	Fellowes	M			00:48:06	673	00:47:55
663	1524	Amanda	John	F	45	Amman Valley Harriers	00:48:07	679	00:47:59
664	545	Josh	Taylor	M	20		00:48:07	653	00:47:39
665	1966	Paul	Hopkins	M	40		00:48:07	644	00:47:31
666	3144	Dorian Phillip	Rees	M	40		00:48:07	691	00:48:05
667	1180	Alfie	Boyle	M			00:48:08	671	00:47:55
668	915	Jon	Dennis	M	45		00:48:08	658	00:47:43
669	1479	Justin	Showell	M	40	Purple Patch Runners	00:48:13	669	00:47:53
670	1454	Kevin	Chapman	M			00:48:15	667	00:47:53
671	3106	Richard	Evans	M	45		00:48:19	674	00:47:55
672	1773	Samuel	Treharne	M			00:48:20	714	00:48:16
673	1519	Michael James	Garden	M	55		00:48:21	681	00:47:59
674	850	John	Evans	M	65		00:48:21	706	00:48:09
675	3176	Raymond	Dowrick	M	60		00:48:21	709	00:48:12
676	2497	Martyn	Gingell	M		HSBC	00:48:21	707	00:48:11
677	2542	Nick	Colwell	M	45	Neath Harriers	00:48:22	703	00:48:08
678	3012	Mike	Mccullagh	M	40		00:48:22	668	00:47:53
679	2254	Jessica	Mellors	F			00:48:22	672	00:47:55
680	2799	Kevin	Barnes	M			00:48:23	696	00:48:06



## 2010 Admiral Swansea Bay 10k

GunPos	Bib	Firstname	Lastname	M/F	Cat	Club	GunTime	ChipPos	ChipTime
681	1511	Karl	Stevens	M	45		00:48:23	701	00:48:07
682	3203	Angela	Ridge	F	40		00:48:24	716	00:48:17
683	2993	Gareth	Rogers	M			00:48:24	643	00:47:29
684	2237	Sarah	Ganderton	F	40		00:48:24	675	00:47:56
685	833	James	Harris	M	50		00:48:24	687	00:48:03
686	3166	Mark	Thomas	M	40		00:48:25	688	00:48:03
687	607	Gerard	Morgan	M	40		00:48:25	677	00:47:57
688	1216	Cordelia	Jones	F		3Ms	00:48:26	711	00:48:15
689	1970	Paul	Read	M			00:48:26	683	00:48:00
690	1634	Darren	James	M	40		00:48:26	694	00:48:06
691	1154	David	Luckman	M	45		00:48:27	700	00:48:07
692	3495	Dennis	Cattell	M	45	Alberto Culver	00:48:28	698	00:48:06
693	309	Philip	Jones	M	50		00:48:29	686	00:48:03
694	1344	Karen	Davies	F	40		00:48:29	699	00:48:07
695	2156	Andrew	Rothwell	M	50		00:48:30	708	00:48:11
696	1990	David	Jones	M	50		00:48:31	654	00:47:39
697	189	Daniel	Hubball	M			00:48:31	704	00:48:09
698	3373	Andrew	Staphnill	M			00:48:32	684	00:48:01
699	2628	Andrew	Morrison	M	45		00:48:32	689	00:48:03
700	1840	Darren	Chappell	M			00:48:32	705	00:48:09
701	1505	Simon	Grogan	M	45		00:48:33	725	00:48:24
702	2328	Elizabeth	Woodgate	F	35		00:48:33	729	00:48:25
703	1448	Andy	Williams	M	40		00:48:34	717	00:48:18
704	972	Steve	Roberts	M	40		00:48:34	695	00:48:06
705	3154	Craig	Brown	M	45		00:48:35	693	00:48:05
706	3024	Jeff	Langley	M	45		00:48:35	719	00:48:18
707	2702	Bill	Beynon	M	45		00:48:35	723	00:48:22
708	2172	Gareth	Phillips	M	50		00:48:35	697	00:48:06
709	2435	Neil	Gabriel	M			00:48:36	682	00:48:00
710	713	Joanna	Morgan	F	35		00:48:36	718	00:48:18
711	217	David	Gomez	M			00:48:37	685	00:48:01
712	2375	Ruth	Swinnerton	F			00:48:38	692	00:48:05
713	2565	Jenny	Brain	F	35		00:48:38	744	00:48:31
714	1278	Goronwy	Evans	M	50		00:48:39	702	00:48:07
715	2781	Robert	Lewis	M	45		00:48:39	722	00:48:22
716	791	Hannah	Brown	F			00:48:40	670	00:47:54
717	2890	Ben	Helliwell	M			00:48:40	730	00:48:25
718	3066	Daniel	Cloke	M			00:48:40	724	00:48:22
719	3020	Jon	Allen	M			00:48:40	737	00:48:29
720	1573	Stephen	Baddick	M			00:48:40	676	00:47:56
721	734	Simon	Birks	M			00:48:41	710	00:48:15
722	1195	Jon	Walters	M			00:48:41	741	00:48:29
723	2585	David	Ashman	M	45		00:48:42	728	00:48:25
724	2620	Stephan	Paustian-Bulmer	M			00:48:44	712	00:48:15
725	2566	Bill	Leslie	M			00:48:45	747	00:48:32
726	1113	Gareth	Baker	M	40		00:48:45	715	00:48:17
727	3238	James	Gwyther	M			00:48:45	734	00:48:28
728	3345	Christopher	Brewer	M			00:48:45	713	00:48:15
729	953	Christine	Webb	F	35		00:48:46	720	00:48:21
730	1095	Richard	Thomas	M			00:48:49	738	00:48:29
731	2100	Vicki	Morgan	F	40	Forest Of Dean AC	00:48:49	754	00:48:33
732	3376	Stephen	Roderick	M			00:48:49	727	00:48:25
733	771	Robert	Scott	M		Brackla Harriers	00:48:50	732	00:48:27
734	1579	David	Harrison	M			00:48:50	690	00:48:04
735	2097	Philip	Smith	M	55	Wye Valley Runners	00:48:50	726	00:48:24
736	3000	Paul	Chapman	M			00:48:51	757	00:48:36
737	343	Alex	Fogwill	M	55	Corsham Running Club	00:48:51	721	00:48:21
738	660	Julie	Archer	F	40		00:48:52	753	00:48:33
739	1293	Richard	Harries	M			00:48:52	740	00:48:29
740	2283	Ben	Gammon	M			00:48:53	759	00:48:37
741	413	Simon	Black	M			00:48:54	776	00:48:46
742	2978	Wynne	Griffiths	M	55		00:48:54	769	00:48:42
743	2664	Rhian	Jones	F	40		00:48:54	755	00:48:34
744	2423	Stephen	Ridley	M			00:48:55	748	00:48:32
745	3609	Richard	Cotterill	M			00:48:56	766	00:48:42
746	649	Mike	Pritchard	M	50		00:48:58	779	00:48:48
747	3028	Mick	Olivant	M	55	Brecon AC	00:48:59	771	00:48:44
748	1811	Darren	Roche	M			00:48:59	768	00:48:42
749	3022	Rob	Mccarthy	M	45		00:49:00	745	00:48:31
750	3258	Colin	Haymonds	M	40	Ledbury And District Harriers	00:49:00	758	00:48:36
751	1283	Tim	Soar	M	45		00:49:00	770	00:48:44
752	1622	Matthew	Vivers	M			00:49:01	735	00:48:28
753	2402	Ged	Wood	M	50		00:49:01	792	00:48:55
754	1883	Lesley	Woodward	F	55		00:49:01	739	00:48:29
755	1891	Glyn	Hicks	M	60	Islwyn RC	00:49:02	743	00:48:31
756	3375	William	Rees	M			00:49:02	746	00:48:32
757	3228	Bryan	Rees	M	60	Emlyn Runners	00:49:02	750	00:48:32
758	680	Colin	Spence	M	55		00:49:03	767	00:48:42
759	199	Robert	Allen	M			00:49:04	664	00:47:48
760	55	Gwen	Smith	F	45	Swansea Harriers	00:49:04	761	00:48:39
761	1640	Andy	Morton	M	50		00:49:05	774	00:48:45
762	224	Ernest	Clift	M	55		00:49:06	762	00:48:39
763	1164	Jason	Edmonds	M	40	Porthcawl Runnerslife	00:49:06	756	00:48:35
764	1425	Suzanne	Bevan	F	45		00:49:07	778	00:48:48
765	192	Andrew	Woodhouse	M		Builth & District	00:49:07	784	00:48:51

## 2010 Admiral Swansea Bay 10k

GunPos	Bib	Firstname	Lastname	M/F	Cat	Club	GunTime	ChipPos	ChipTime
766	2943	Robert	Estelrich	M	40		00:49:07	733	00:48:28
767	956	Ronan	Burns	M			00:49:08	772	00:48:44
768	2111	Eoin	Sills	M			00:49:08	736	00:48:28
769	947	Daniel	Jenkins	M			00:49:09	783	00:48:51
770	541	Seonaid	Gallagher	F			00:49:10	742	00:48:30
771	951	Catrin	Thomas	F	35		00:49:11	781	00:48:50
772	801	Rachel	Biggar	F			00:49:12	777	00:48:48
773	941	Sunniva	Bowen	F			00:49:12	791	00:48:54
774	940	Richard	Bowen	M	55		00:49:12	790	00:48:54
775	1440	Ian	Moss	M			00:49:14	782	00:48:50
776	1339	Judith	Austerberry	F	35	Chepstow Harriers	00:49:15	800	00:49:02
777	624	Tim	Brown	M	55		00:49:16	760	00:48:37
778	236	Paul	Warlow	M			00:49:18	787	00:48:53
779	1545	Alan	Knight	M	60	Great Western Runners	00:49:18	797	00:49:00
780	3606	Claire	Meager	F			00:49:19	809	00:49:08
781	671	Richard	Jones	M	40		00:49:20	817	00:49:12
782	1827	Stephen	Job	M	40		00:49:20	789	00:48:54
783	2816	Ryan	Perrott	M			00:49:20	775	00:48:45
784	1858	Peter	Hartley-Green	M	40		00:49:20	802	00:49:03
785	1168	Liam	Jones	M			00:49:20	798	00:49:02
786	3316	Alan	Kirton	M	45		00:49:20	796	00:48:59
787	3319	John	Bibby	M	40		00:49:21	795	00:48:58
788	510	Julian	Griffiths	M	40		00:49:21	749	00:48:32
789	759	Michael	Hunter	M			00:49:22	793	00:48:56
790	1550	Jonathan	Palmer	M			00:49:23	763	00:48:41
791	512	Joe	Ivins	M			00:49:24	815	00:49:11
792	160	Jakub	Kocoj	M			00:49:24	731	00:48:26
793	630	Angela	Delaney	F	40	Swansea Harriers	00:49:24	823	00:49:14
794	274	Daniel	Shirley	M			00:49:25	794	00:48:58
795	2075	Dennis	Blunt	M	60		00:49:25	822	00:49:14
796	2348	Peter	Davies	M			00:49:26	807	00:49:07
797	1125	Philip	Hughes	M		San Domenico	00:49:26	825	00:49:15
798	1413	Gareth	Harris	M	45		00:49:27	821	00:49:13
799	1206	Adrian	Thomas	M			00:49:27	806	00:49:06
800	2992	James	Richmond	M			00:49:27	785	00:48:51
801	508	Judi	Rhys	F	50	Les Croupiers	00:49:27	828	00:49:16
802	1693	Andy	Evans	M	45		00:49:28	788	00:48:54
803	429	Ian	Grove	M	40		00:49:29	751	00:48:32
804	1877	Paul	Batcup	M			00:49:29	810	00:49:09
805	1072	Jay M	Ramsurrun	M	55		00:49:30	803	00:49:05
806	1403	Maria	Atkin	F	40		00:49:30	808	00:49:08
807	1704	Chris	Lloyd	M			00:49:31	832	00:49:19
808	3296	Wayne	Davies	M			00:49:31	764	00:48:41
809	1123	Wayne	Edmond	M	55		00:49:32	804	00:49:05
810	742	Claire	House	F	35	San Domenico	00:49:32	819	00:49:13
811	372	Thomas	Smith	M	45		00:49:33	816	00:49:11
812	2248	Huw	Hopkins	M			00:49:35	841	00:49:23
813	2302	Ryan	Kelly	M	40		00:49:35	842	00:49:24
814	129	Graham	Holburn	M	45		00:49:36	839	00:49:23
815	1746	Steven	Morris	M			00:49:36	834	00:49:20
816	3264	Kevin	Doyle	M	45		00:49:36	820	00:49:13
817	692	Stephen	Lewis	M			00:49:36	829	00:49:16
818	3588	Andrew	Davies	M	40		00:49:37	830	00:49:17
819	1717	Gareth	Tomos	M			00:49:37	765	00:48:42
820	2312	Kevin	O'Leary	M	50		00:49:38	811	00:49:09
821	3623	Simon	Lane	M			00:49:38	773	00:48:44
822	3523	Gayle	Collins	F		Active Swansea	00:49:38	805	00:49:05
823	578	Phil	Jones	M			00:49:38	827	00:49:16
824	1134	Tom	Owen	M			00:49:38	813	00:49:10
825	1915	Rachel	Bowen	F			00:49:39	801	00:49:02
826	2201	Nigel	Williams	M			00:49:41	852	00:49:30
827	3102	Beverley	Warburton	F	45		00:49:41	838	00:49:22
828	2652	Robert	Malough	M			00:49:41	848	00:49:27
829	723	Stoate	Kathryn	F			00:49:42	843	00:49:24
830	1074	Stephen	Riseley	M	45		00:49:42	833	00:49:19
831	480	Tim	Lewis	M			00:49:44	850	00:49:30
832	2002	Julie	Webster	F	35		00:49:44	867	00:49:40
833	1702	Sean	Kiernan	M			00:49:45	855	00:49:30
834	2128	Philip	Wigmore	M			00:49:46	851	00:49:30
835	2502	Caritas	Adere	M		HSBC	00:49:46	868	00:49:41
836	3408	Stephen	Jones	M		Admiral	00:49:47	780	00:48:50
837	712	Mark	Jones	M	45		00:49:49	862	00:49:36
838	1055	(N) Jason	Beynon	M	40		00:49:49	836	00:49:20
839	2760	Amanda	Parry	F	35		00:49:50	840	00:49:23
840	3054	Rob	Gray	M	50		00:49:50	752	00:48:33
841	629	Neale	Davies	M	45		00:49:51	818	00:49:12
842	2203	Stephen	Hughes	M	40		00:49:51	845	00:49:27
843	1387	Tracy	Edwards	F	40	Rhondda Valley Runners	00:49:53	863	00:49:37
844	1710	Andrew	Owen	M			00:49:54	854	00:49:30
845	2231	Allan	Davies	M	40		00:49:54	866	00:49:40
846	3282	Kelvin	Phillips	M			00:49:55	864	00:49:37
847	1885	Dai	Cambourne	M			00:49:57	846	00:49:27
848	2474	Simon	Hole	M		HSBC	00:49:57	858	00:49:33
849	3497	Mark	Lloyd	M	40	Alberto Culver	00:49:58	799	00:49:02
850	350	Mark	Williams	M	40		00:49:59	844	00:49:25

## 2010 Admiral Swansea Bay 10k

GunPos	Bib	Firstname	Lastname	M/F	Cat	Club	GunTime	ChipPos	ChipTime
851	317	Steve	Dennis	M			00:50:00	857	00:49:32
852	2049	Anthony	Williams	M	40		00:50:01	882	00:49:49
853	2699	Ivor	Hopkins	M	60	Abingdon AAC	00:50:01	859	00:49:35
854	2440	Matthew	Townsend	M	40	Les Croupiers	00:50:02	872	00:49:44
855	1268	Pete	Twibill	M	20		00:50:03	860	00:49:35
856	2523	Peter	Drew	M	45		00:50:03	856	00:49:32
857	2596	Darren	Powis	M			00:50:04	814	00:49:11
858	2253	Tim	Jones	M			00:50:05	884	00:49:49
859	546	Gregory	Woods	M	20		00:50:06	826	00:49:15
860	869	Adrian	Hearne	M	40		00:50:06	861	00:49:35
861	1570	Robert	Williams	M	50	Brecon AC	00:50:07	853	00:49:30
862	2327	Matthew	Gorman	M			00:50:07	869	00:49:43
863	2643	Chris	John	M	45		00:50:08	875	00:49:46
864	1043	David	Rogers	M			00:50:08	837	00:49:21
865	837	Alan	Jenkins	M	45		00:50:10	812	00:49:10
866	1053	David	Williams	M			00:50:10	880	00:49:48
867	1422	Emyr	Timothy	M			00:50:11	831	00:49:17
868	1346	Chris	Edmonds	M	55		00:50:11	891	00:49:55
869	570	Hywel	Daniels	M			00:50:13	835	00:49:20
870	3429	Jonathan	Parker	M	40	Admiral	00:50:14	892	00:49:56
871	2039	Tasmin	Thomas	F			00:50:14	881	00:49:49
872	1630	Caroline	Hansel	F	40	Cirencester AC	00:50:14	878	00:49:47
873	1151	Lalley	Knight	F	35		00:50:15	879	00:49:47
874	2015	Chris	Settle	M			00:50:15	910	00:50:05
875	726	Euan	Pratt	M	40		00:50:16	876	00:49:47
876	1764	Christopher	Jones	M	40		00:50:16	895	00:49:57
877	871	Darian	Jones	M			00:50:16	877	00:49:47
878	326	Ben	Seabourne	M			00:50:18	898	00:49:58
879	3548	Alun	Evans	M		Active Swansea	00:50:18	886	00:49:52
880	1447	Charles	Williams	M	40		00:50:18	897	00:49:58
881	3039	Eleri	Rivers	F	35		00:50:18	894	00:49:57
882	2273	Huw	Davies	M			00:50:22	890	00:49:54
883	2759	Michael John	Williams	M	45		00:50:22	908	00:50:04
884	2552	Penny	Graepel	F	50		00:50:22	889	00:49:52
885	3047	Hayley	Jones	F		Les Croupiers	00:50:23	916	00:50:11
886	934	Richard	Barrow	M			00:50:23	847	00:49:27
887	1317	Aldo	Rinaldi	M			00:50:23	870	00:49:43
888	1107	Vincent	James	M	40		00:50:24	786	00:48:53
889	3255	Derek	Balsdon	M	65		00:50:25	905	00:50:01
890	1685	Jo	Barrow	F			00:50:26	849	00:49:29
891	3086	Anthony	David	M			00:50:26	824	00:49:14
892	933	Julian	Wake	M			00:50:27	885	00:49:51
893	3482	Lloyd	Treharne	M		Alberto Culver	00:50:28	896	00:49:58
894	2762	Ceri	Stone	M	40		00:50:28	887	00:49:52
895	2621	Jonathan	Evens	M			00:50:28	899	00:49:59
896	1931	Simon	Lewis	M			00:50:29	873	00:49:46
897	3489	Allen	Kerr	M		Alberto Culver	00:50:29	901	00:50:00
898	1791	Anthony	Roach	M			00:50:30	918	00:50:12
899	2786	Mark	Davies	M	50		00:50:30	883	00:49:49
900	2569	Keith	Starr	M	60		00:50:31	907	00:50:03
901	3217	Suzanne	Kendrick	F	45	Rhayader Running Club	00:50:32	911	00:50:06
902	2830	Debra	Clarke	F	40		00:50:33	912	00:50:06
903	1618	Lisa	Kethro	F	40		00:50:37	936	00:50:25
904	2362	Stuart	Rowlands	M	50		00:50:37	931	00:50:22
905	893	Ivie	Rennie	M	60		00:50:38	913	00:50:08
906	2410	Thomas	Jackson	M			00:50:38	920	00:50:17
907	1307	Matt	Weller	M	40		00:50:38	919	00:50:12
908	1973	Lawrence	Gilbert	M	60		00:50:39	935	00:50:24
909	3374	Celyn	Kenny	F	20		00:50:40	914	00:50:10
910	2187	Nicholas	Beddoe	M			00:50:40	893	00:49:56
911	1171	Matt	Otteson	M			00:50:40	928	00:50:21
912	3083	Barry	Bowen	M	45		00:50:41	946	00:50:29
913	360	Andrew	Davies	M	40		00:50:41	926	00:50:20
914	1418	Chris	Light	M			00:50:41	938	00:50:26
915	2073	Mark	Davies	M	45		00:50:41	929	00:50:22
916	3384	Dominic	Busher	M			00:50:42	662	00:47:48
917	2139	Liam	Thomas	M	20		00:50:42	915	00:50:11
918	1276	Neale	Davies	M	45		00:50:42	909	00:50:05
919	2215	Allan	Smith	M	75	3Ms	00:50:42	959	00:50:37
920	1301	Hannah	Murch	F			00:50:43	948	00:50:31
921	1177	Simon	Thomas	M	50		00:50:43	904	00:50:01
922	1563	Mark	Harris	M	40		00:50:44	930	00:50:22
923	3139	Murray	Hickey	M			00:50:44	947	00:50:31
924	1139	Neil	Angelone	M			00:50:44	902	00:50:00
925	2040	Paul	White	M	45		00:50:44	900	00:49:59
926	1226	Del	Eyre	F	45	3Ms	00:50:47	865	00:49:39
927	612	Ian	Walford	M			00:50:48	874	00:49:46
928	245	Ryan	Bowen	M			00:50:49	932	00:50:23
929	1316	Lee Andrew	Richards	M			00:50:50	917	00:50:12
930	675	David	Phillips	M	40		00:50:50	943	00:50:27
931	2625	Jordan	Randell	M			00:50:51	961	00:50:39
932	790	Jolene	Bereza	F			00:50:51	966	00:50:42
933	3521	Alison	Banfield	F		Active Swansea	00:50:51	962	00:50:39
934	1452	Richard	Brown	M			00:50:52	924	00:50:19
935	2340	Lynne	Compton	F	40	Wye Valley Runners	00:50:53	933	00:50:23

## 2010 Admiral Swansea Bay 10k

GunPos	Bib	Firstname	Lastname	M/F	Cat	Club	GunTime	ChipPos	ChipTime
936	2780	Lesley	Mainwaring	F	40		00:50:53	942	00:50:27
937	1407	Matthew	Davies	M			00:50:54	903	00:50:01
938	2041	Nick	Searle	M			00:50:55	950	00:50:32
939	716	Stephen	Piacentini	M			00:50:55	934	00:50:24
940	3116	Nigel	Davies	M	50		00:50:55	958	00:50:37
941	3415	James	Sullivan	M		Admiral	00:50:56	939	00:50:26
942	2944	Michael	Cole	M			00:50:57	937	00:50:25
943	1956	Peter	Tanner	M	45	Great Western Runners	00:50:57	954	00:50:36
944	2886	Lloyd	Morgan	M		San Domenico	00:50:57	974	00:50:48
945	3270	Alan	Roberts	M	50	Port Talbot Harriers	00:50:58	953	00:50:35
946	1611	Michael	Williams	M	45		00:50:59	921	00:50:17
947	2037	Ben	Giesbrecht	M	50	Running Somewhere Else	00:51:00	963	00:50:41
948	1884	Beth	Cambourne	F			00:51:01	949	00:50:31
949	2650	Rhys	Davies	M			00:51:01	940	00:50:26
950	1838	Jonathan	Edwards	M			00:51:03	979	00:50:54
951	2920	Jamie	Daniel	M			00:51:03	927	00:50:21
952	151	Paul	Holloway	M		Valley Striders AC	00:51:03	945	00:50:28
953	655	Richard	Thomas	M	45		00:51:03	944	00:50:27
954	1333	Linda	Rees	F	45	3Ms	00:51:04	955	00:50:36
955	775	Andy	Williams	M	45		00:51:05	960	00:50:38
956	1155	David	Pallett	M			00:51:05	922	00:50:18
957	1590	Gareth	Thomas	M			00:51:06	951	00:50:33
958	552	Michael	Monaghan	M			00:51:06	906	00:50:02
959	3001	Ceri	Marrin	F			00:51:07	965	00:50:42
960	2984	Matthew	John	M			00:51:08	968	00:50:45
961	2519	Mike	Wade	M	50		00:51:08	941	00:50:26
962	2137	Dylan	Richards	M			00:51:08	975	00:50:48
963	1749	Simone	Souquet	F			00:51:09	969	00:50:45
964	2919	Katy	Howell	F	35		00:51:09	967	00:50:43
965	3157	Frances	Machin	F	35	Les Croupiers	00:51:09	983	00:50:56
966	1008	Chris	Purnell	M	45	Cardigan	00:51:10	980	00:50:55
967	1620	Huw	Richards	M			00:51:11	957	00:50:37
968	2066	Ian	Hill	M	45		00:51:12	981	00:50:55
969	2364	Marc	Coombe	M			00:51:14	964	00:50:41
970	1684	Marc	Barrow	M			00:51:14	923	00:50:18
971	1747	Sam	Osborne	M			00:51:17	998	00:51:08
972	1694	Rachel	Evans	F	35		00:51:18	982	00:50:55
973	3515	David	Griffiths	M		Active Swansea	00:51:18	992	00:51:02
974	1804	John	Parke	M	40		00:51:18	973	00:50:47
975	2403	Luke	Williams	M			00:51:22	976	00:50:50
976	514	Georgina	Lee	F			00:51:23	988	00:50:59
977	3552	Emma	Savage	F	20	Active Swansea	00:51:23	952	00:50:35
978	868	Paul	Harding	M			00:51:23	871	00:49:43
979	3063	Jared	Davies	M			00:51:25	971	00:50:47
980	2325	David	Griffiths	M			00:51:25	1009	00:51:13
981	2406	Mark	Fermandel	M			00:51:26	1002	00:51:10
982	2427	Owain	Hanmer	M			00:51:27	1007	00:51:12
983	3358	Gareth	Evans	M			00:51:27	1014	00:51:15
984	3167	Neil	Chambers	M	40		00:51:27	994	00:51:04
985	1786	Chris	Timmins	M			00:51:28	993	00:51:03
986	248	Dean	Perkins	M	40		00:51:30	1000	00:51:10
987	315	Berian	Davies	M	50		00:51:30	977	00:50:50
988	2198	Ian	Broom	M	45		00:51:31	999	00:51:08
989	2840	Richard	Davies	M	45		00:51:33	997	00:51:07
990	1604	Sue	Low	F	45	Sole Sisters	00:51:34	991	00:51:01
991	2193	Sarah	Packer	F	40		00:51:34	1005	00:51:12
992	2794	Alex	Arnold	F			00:51:34	1018	00:51:19
993	2192	Dean	Packer	M	40		00:51:34	1008	00:51:12
994	2950	Steve	Jones	M			00:51:35	978	00:50:53
995	3105	Rhodri	Rees	M			00:51:36	995	00:51:05
996	1790	Lee	Bishop	M			00:51:36	985	00:50:58
997	1345	Lee	Davies	M			00:51:36	987	00:50:58
998	202	Jonathan	Gough	M			00:51:37	990	00:51:01
999	3078	Gwyn	Pritchard	M			00:51:37	1013	00:51:15
1000	2515	Ruth	Newman	F	40	Vegan Runners	00:51:38	888	00:49:52
1001	341	Ryan	Davies	M			00:51:38	1035	00:51:30
1002	2363	Rosemary	Spears	F	40		00:51:39	970	00:50:46
1003	1653	Mark	Bryant	M	40		00:51:40	972	00:50:47
1004	1646	Samuel	Thomas	M	20		00:51:40	1015	00:51:16
1005	2212	Owen	Bodger	M	40		00:51:40	989	00:51:00
1006	1296	Huw	Jones	M	45		00:51:41	1010	00:51:13
1007	3173	Vyvyan	Smith	F	45		00:51:42	1036	00:51:30
1008	1178	Kristian	Watts	M			00:51:46	1016	00:51:17
1009	623	Tim	Boothby	M			00:51:46	996	00:51:06
1010	2684	Wayne	Hutchings	M	40		00:51:47	1020	00:51:21
1011	776	Jacqui	Wynds	F	55	Forest Of Dean AC	00:51:48	1021	00:51:21
1012	2977	Damian	Lawson	M	40		00:51:50	1053	00:51:38
1013	2033	Paul	Rowley	M	50		00:51:51	1048	00:51:36
1014	3520	Adam	Owen	M		Active Swansea	00:51:51	956	00:50:37
1015	2959	Louise	Pierpoint	F			00:51:52	1024	00:51:25
1016	2441	Humphrey	Dunn	M	40		00:51:52	1019	00:51:20
1017	2272	Simon	Cogger	M	45		00:51:54	1041	00:51:32
1018	3153	Jackie	Green	M	50	Forest Of Dean AC	00:51:54	1043	00:51:34
1019	2917	Steven	Jones	M	40		00:51:55	1025	00:51:27
1020	1848	Matthew Lynn	Thomas	M	40		00:51:57	1038	00:51:31

## 2010 Admiral Swansea Bay 10k

GunPos	Bib	Firstname	Lastname	M/F	Cat	Club	GunTime	ChipPos	ChipTime
1021	2939	David	Glasby	M	20		00:51:58	1001	00:51:10
1022	2456	Louis	Fligelstone	M	45		00:51:58	1037	00:51:31
1023	3527	Wayne	Isaac	M		Active Swansea	00:51:58	1039	00:51:31
1024	2347	Melanie	Stone	F	35	Celtic Tri	00:51:58	1054	00:51:40
1025	3612	Berwyn	Price	F			00:51:59	1029	00:51:28
1026	3613	Robert	Price	M			00:51:59	1026	00:51:28
1027	2129	Leslie	Chamberlain	M	60	Wye Valley Runners	00:51:59	1056	00:51:41
1028	1458	Liz	Gordon	F			00:52:00	1011	00:51:14
1029	1720	Dave	Williams	M			00:52:03	1012	00:51:14
1030	3162	John	Morrissey	M	50		00:52:03	1045	00:51:35
1031	2823	Paul	Warren	M			00:52:04	1030	00:51:28
1032	2821	Louise	Warren	F			00:52:05	1031	00:51:29
1033	3030	Nicholas	Founds	M			00:52:05	1033	00:51:30
1034	971	Rhys	Roberts	M	20		00:52:05	1049	00:51:36
1035	828	Adam	Cooke	M			00:52:05	1003	00:51:11
1036	2783	Kevin	Davies	M			00:52:06	1047	00:51:36
1037	3485	Craig	Walker	M		Alberto Culver	00:52:06	1063	00:51:44
1038	1106	Nigel	Impey	M			00:52:07	1064	00:51:45
1039	1608	Barry	Roberts	M	45		00:52:08	1059	00:51:42
1040	1841	Tom	Trippett	M			00:52:09	1034	00:51:30
1041	2676	Matthew	Jones	M			00:52:09	1078	00:51:55
1042	1398	Joanne	Perkins	F	40		00:52:10	1067	00:51:47
1043	1286	David	Williams	M	40	Porthcawl Runnerslife	00:52:10	1058	00:51:42
1044	3422	Matt	Regan	M		Admiral	00:52:10	1028	00:51:28
1045	2055	Emily	Luke	F		Penarth & Dinas Runners	00:52:11	1057	00:51:42
1046	3127	Phil	Bendle	M	40		00:52:12	1017	00:51:18
1047	1542	Jane	James	F	45		00:52:12	1069	00:51:50
1048	2663	Leighton	Bowen	M	40		00:52:12	1072	00:51:51
1049	2080	Keri	Hiles	M			00:52:14	1040	00:51:32
1050	3309	Lyndon	Evans	M	60		00:52:16	1097	00:52:05
1051	905	Darren	Raz-Nick	M			00:52:16	1044	00:51:34
1052	349	Alex	Samuel	M	20		00:52:17	1062	00:51:43
1053	2180	Gareth	Stephens	M			00:52:17	1068	00:51:47
1054	3524	Jason	Haynes	M		Active Swansea	00:52:17	1004	00:51:11
1055	1678	Richard	Thomas	M			00:52:18	1027	00:51:28
1056	937	Stuart	Bonathan	M			00:52:19	1022	00:51:21
1057	2065	Christopher	Lane	M	50		00:52:19	1071	00:51:51
1058	3418	Gabrielle	Jones	F		Admiral	00:52:20	1088	00:52:01
1059	2115	Gary	Elward	M	40		00:52:21	1099	00:52:07
1060	3340	Huw Landeg	Morris	M	50		00:52:21	1065	00:51:46
1061	3550	Sarah	Lewis	F	40	Active Swansea	00:52:22	1066	00:51:46
1062	3405	Nicola	Bowman	F	40	Admiral	00:52:23	1055	00:51:41
1063	2811	Aled Wyn	Rees	M			00:52:24	984	00:50:56
1064	2736	Michelle	Graham	F			00:52:24	1060	00:51:42
1065	1496	Susan	Pretty	F	50	Wye Valley Runners	00:52:26	1079	00:51:55
1066	1992	Helen-Marie	Davies	F			00:52:26	1093	00:52:04
1067	1507	Heidi	Lea	F	35		00:52:27	1073	00:51:53
1068	2116	Helen	Elward	F	35		00:52:27	1108	00:52:14
1069	3179	Lucy	Thomas	F		Wye Valley Runners	00:52:27	1090	00:52:02
1070	2074	Lucy	Higgins	F			00:52:28	1080	00:51:56
1071	738	Eiri	Evans	F		3Ms	00:52:29	1095	00:52:04
1072	3120	Kenneth	Stacey	M	40		00:52:32	1085	00:51:59
1073	3271	Deborah	Price	F	45	Port Talbot Harriers	00:52:33	1103	00:52:10
1074	2017	Sarah	Fish	F	35		00:52:33	1102	00:52:09
1075	2432	Jordan	Woodford	M			00:52:33	1070	00:51:51
1076	1455	Jose Luis	De La Cuesta Padilla	M	40		00:52:34	1042	00:51:33
1077	2745	Robert	Walker	M	55		00:52:34	1083	00:51:56
1078	1503	Stuart	Evans	M			00:52:34	1077	00:51:54
1079	1691	Megan	Edney	F	20		00:52:34	1091	00:52:03
1080	3622	Helen	Jones	F	40		00:52:35	986	00:50:58
1081	2421	Mat	Davies	M			00:52:35	1051	00:51:37
1082	2708	William	Crowe	M			00:52:36	1086	00:51:59
1083	1019	David	Gates	M	50		00:52:37	1092	00:52:04
1084	1017	Gareth	Dennis	M			00:52:37	1128	00:52:22
1085	1028	Clair	Starkey	F	35		00:52:37	1081	00:51:56
1086	1539	Chris	Gwynn	M	45		00:52:37	1084	00:51:58
1087	1560	Yvonne	Dury	F	40		00:52:38	1114	00:52:17
1088	2995	Sian	Jones	F			00:52:38	1130	00:52:23
1089	1038	Paul	Harries	M	40		00:52:39	1082	00:51:56
1090	2682	Rob	Trick	M	55		00:52:39	1133	00:52:23
1091	2658	Ross	Miller	M			00:52:40	1046	00:51:35
1092	534	Samantha	Cashmore	F			00:52:41	1101	00:52:08
1093	2114	Helen	Phillips	F	50	Amman Valley Harriers	00:52:41	1127	00:52:22
1094	387	Olaf	Fogwill	M	50		00:52:42	1104	00:52:11
1095	3184	Paul	Sydenham	M	55		00:52:42	1105	00:52:12
1096	2445	Nigel	Thomas	M	55		00:52:42	1106	00:52:12
1097	584	Sally	Reid	F	40		00:52:42	1129	00:52:22
1098	2936	Jonathan	Britton	M		Active Swansea	00:52:42	1107	00:52:13
1099	2956	Emyr	Walters	M			00:52:43	1074	00:51:53
1100	2320	Sian	Lewis	F	50		00:52:43	1149	00:52:37
1101	2531	Lee-John	Griffiths	M			00:52:43	1098	00:52:07
1102	2533	Keith	Griffiths	M	50		00:52:43	1100	00:52:08
1103	153	Alex	Hackett	M			00:52:44	1032	00:51:29
1104	1011	David	Williams	M			00:52:45	1112	00:52:15
1105	312	Philip	Thomas	M			00:52:47	1023	00:51:25

## 2010 Admiral Swansea Bay 10k

GunPos	Bib	Firstname	Lastname	M/F	Cat	Club	GunTime	ChipPos	ChipTime
1106	2126	Paul	Thomas	M	45		00:52:47	1110	00:52:15
1107	1306	Rhys	Rogan	M	20		00:52:47	1089	00:52:02
1108	1830	Steven	Hirst	M			00:52:48	1050	00:51:36
1109	3396	Oona	Crawford	F	55	TROTS	00:52:48	1126	00:52:21
1110	3287	Mark	Stevens	M			00:52:48	1136	00:52:29
1111	223	Peter	Burrage	M	50		00:52:48	1076	00:51:54
1112	735	Allison	Collier	F	35	Bitton Road Runners	00:52:48	1131	00:52:23
1113	1831	Alan	Hirst	M			00:52:49	1052	00:51:37
1114	3611	Alex	Thomas	M			00:52:49	1109	00:52:14
1115	3219	Darion	Jay	M			00:52:49	1134	00:52:24
1116	2655	Gary	Morris	M			00:52:49	1096	00:52:05
1117	1562	David	Godwin	M			00:52:50	1145	00:52:36
1118	1533	Lyn	Brown	F	45	Amman Valley Harriers	00:52:52	1137	00:52:32
1119	653	Ian	Rowden	M	45		00:52:55	1006	00:51:12
1120	1461	Paul	Grist	M	45		00:52:56	1115	00:52:17
1121	2673	Matthew	Benjamin	M			00:52:57	1113	00:52:16
1122	967	Samuel	Marsh	M			00:52:57	1061	00:51:43
1123	3294	Chris	Osborne	M	50		00:52:58	1122	00:52:19
1124	682	Lynda	Thomas	F			00:52:59	1142	00:52:34
1125	2627	Chris	Gutteridge	M			00:52:59	1075	00:51:54
1126	2751	Gareth	Owen	M			00:53:00	1155	00:52:41
1127	2646	Huw	Williams	M	55		00:53:00	1111	00:52:15
1128	3256	Philippa	Francis	F	45		00:53:01	1140	00:52:33
1129	2868	John	Morgan	M			00:53:01	1151	00:52:38
1130	2069	Andy	Wayt	M			00:53:01	1123	00:52:19
1131	1238	Jonathan	Thomas	M	40		00:53:02	1138	00:52:32
1132	882	Darren	Renwick	M			00:53:02	1124	00:52:20
1133	2616	Paul	Fackrell	M	45		00:53:03	1157	00:52:43
1134	2785	Liz	Kempster	F			00:53:04	1144	00:52:35
1135	1399	Sue	Plenderleith	F	40		00:53:06	1116	00:52:18
1136	3494	Anthony	Simoncini	M		Alberto Culver	00:53:06	1159	00:52:44
1137	892	Martyn	Price	M	45		00:53:06	1119	00:52:18
1138	3118	Sheila	Harris	F	40	Amman Valley Harriers	00:53:06	1153	00:52:39
1139	186	Annette	Davies	F	50		00:53:07	1148	00:52:37
1140	282	Jamie	Rees	M			00:53:07	1120	00:52:18
1141	3551	Kathryn	Savage	F	35	Active Swansea	00:53:08	1121	00:52:19
1142	484	Lisa	Spandryk	F			00:53:08	1147	00:52:37
1143	3280	Anita	Rummels	F	35		00:53:08	1158	00:52:43
1144	2842	Emily	Davies	F		Wye Valley Runners	00:53:10	1152	00:52:38
1145	1815	John	Vine	M	65		00:53:10	1139	00:52:33
1146	2957	Bernard James	Carroll	M	55		00:53:10	1143	00:52:35
1147	2123	Peter	Slee	M	40		00:53:10	1087	00:52:00
1148	2442	Michael	Gilbert	M	40		00:53:11	1163	00:52:45
1149	1381	Andrew	Ralph	M	45		00:53:12	1156	00:52:43
1150	3108	Raymond	Boyce	M	45	Cornelly Striders	00:53:13	1192	00:53:00
1151	1046	Antonia	Crowther	F	35		00:53:13	1176	00:52:53
1152	2948	Eddie	Harris	M	40		00:53:14	1117	00:52:18
1153	2287	Brian	Loneragan	M			00:53:14	1118	00:52:18
1154	3292	Dylan	Hughes	M			00:53:19	1205	00:53:06
1155	446	Jon	Stone	M			00:53:20	1141	00:52:34
1156	836	Bethan	Hughes	F			00:53:20	1179	00:52:54
1157	1016	Steve	Davis	M	50		00:53:21	1174	00:52:52
1158	2578	Robert	Harrhy	M	50		00:53:21	1175	00:52:53
1159	2829	Steffan	Reed	M			00:53:22	1162	00:52:45
1160	2844	Barry	Norris	M	50		00:53:22	1189	00:52:59
1161	200	Chris	Dennis	M			00:53:22	1193	00:53:01
1162	2656	Nia	Rogers	F			00:53:22	1190	00:53:00
1163	2879	Paul	Mcneill	M			00:53:22	1204	00:53:06
1164	556	Jason	Beynon	M			00:53:24	1210	00:53:09
1165	884	Joeli	Sweeney	F			00:53:25	1191	00:53:00
1166	3163	Neil	Griffiths	M	55		00:53:25	1160	00:52:44
1167	718	Sarah	Whitby	F	35		00:53:25	1165	00:52:46
1168	2712	Laura	Henton	F			00:53:26	1154	00:52:40
1169	921	Catherine	Lloyd-Bennett	F		3Ms	00:53:26	1187	00:52:59
1170	1680	Nick	Thomas	M			00:53:26	1146	00:52:37
1171	1127	Neil	Jukes	M			00:53:27	1178	00:52:54
1172	3008	Martyn	Hann	M	45		00:53:27	1199	00:53:03
1173	3017	James	Jenkins	M			00:53:28	1223	00:53:17
1174	875	Matthew	Morgan	M			00:53:29	1206	00:53:06
1175	2934	Leighton	Jenkins	M	50		00:53:29	1164	00:52:45
1176	3605	Sarah	Roberts	F			00:53:30	1177	00:52:53
1177	2904	Paul	Rabaiotti	M	45		00:53:30	1186	00:52:57
1178	3306	Gareth	Giddings	M	40		00:53:30	1224	00:53:18
1179	355	Julian	Rees	M			00:53:31	1216	00:53:12
1180	1781	Laura	Stickley	F			00:53:32	1167	00:52:47
1181	272	Kathryn Elaine	Ratcliffe	F	50		00:53:32	1200	00:53:03
1182	1981	Ted	Powell	M			00:53:33	1225	00:53:18
1183	3428	Rob	Golledge	M		Admiral	00:53:33	1173	00:52:51
1184	1290	Lee	Fudge	M	40	Rhondda Valley Runners	00:53:34	1182	00:52:54
1185	2696	Rachel	Prangley	F			00:53:35	1166	00:52:46
1186	981	Brian	Jones	M	45		00:53:36	1217	00:53:13
1187	995	Clara	Thurgood	F	35		00:53:36	1218	00:53:14
1188	2130	Stephen	Morris	M			00:53:36	1219	00:53:14
1189	318	Mark	Ellis	M	50		00:53:36	1185	00:52:56
1190	3052	Sali	Davies	F	35	3Ms	00:53:37	1197	00:53:03

## 2010 Admiral Swansea Bay 10k

GunPos	Bib	Firstname	Lastname	M/F	Cat	Club	GunTime	ChipPos	ChipTime
1191	683	Pauline	Thornhill	F	35	3Ms	00:53:37	1198	00:53:03
1192	3072	Anna	Stickland	F	35		00:53:37	1125	00:52:21
1193	2986	Louise	Udiawar	F			00:53:38	1195	00:53:02
1194	2284	Jon	Stacey	M			00:53:38	1181	00:52:54
1195	614	Michael	Evans	M			00:53:39	1161	00:52:44
1196	1760	Ray	Fisher	M	50		00:53:39	1209	00:53:08
1197	1809	Jennifer	Evans	F			00:53:40	1171	00:52:51
1198	1200	Martyn	Jenkins	M	50		00:53:40	1245	00:53:29
1199	2301	Mark	Davies	M	45		00:53:40	1094	00:52:04
1200	955	Martin	Brophy	M			00:53:40	1228	00:53:19
1201	865	Amy	Dauncey	F			00:53:41	1221	00:53:16
1202	2387	Paul	Findlay	M			00:53:41	1170	00:52:50
1203	161	Rhianwen	Petruse	F	35		00:53:41	1194	00:53:02
1204	1901	Aled	Thomas	M			00:53:41	1214	00:53:11
1205	2880	Mohammed	Aklaqul-Ambea	M			00:53:42	1208	00:53:08
1206	3057	Alun	Powell	M			00:53:43	1212	00:53:10
1207	1621	John	Sanderson	M	50	3Ms	00:53:43	1234	00:53:23
1208	2449	Ian	James	M			00:53:44	1196	00:53:02
1209	2516	Claire	Morgan	F	45	Forest Of Dean AC	00:53:46	1184	00:52:56
1210	3624	Christopher	Tew	M	50	Orpington Road Runners	00:53:46	1172	00:52:51
1211	1916	Gary	Dowthwaite	M	40		00:53:47	1202	00:53:04
1212	3449	John	Mcsherry	M	40	Admiral	00:53:48	1132	00:52:23
1213	1726	Will	Carter	M	20		00:53:48	1201	00:53:04
1214	1377	Stephen	Ley	M			00:53:48	1168	00:52:48
1215	1737	Anne	James	F	40	UKA	00:53:48	1229	00:53:19
1216	3016	Samantha	Bennett	F			00:53:49	1261	00:53:39
1217	3168	Michael	Lyons	M	50		00:53:50	1180	00:52:54
1218	3490	Joanna	Williams	F	40	Alberto Culver	00:53:50	1242	00:53:28
1219	3400	Peter	Marissen	M	45	Admiral	00:53:51	1188	00:52:59
1220	1249	Kathryn	Davies	F	40		00:53:51	1253	00:53:31
1221	3517	Lisa	Williams	F		Active Swansea	00:53:52	1215	00:53:11
1222	1192	Andrew	Neak	M			00:53:53	1135	00:52:27
1223	997	Glenn	Andrew	M			00:53:53	1262	00:53:39
1224	2344	Nadine	Vazquez	F			00:53:54	1270	00:53:42
1225	2078	Stephen	Grant	M			00:53:54	1227	00:53:19
1226	949	David	Smith	M	45		00:53:55	1247	00:53:29
1227	878	Delyth	Murray- Lines	F			00:53:56	1258	00:53:37
1228	2257	Daniel	East	M			00:53:56	1233	00:53:23
1229	2289	Tanya	Williams	F			00:53:57	1265	00:53:40
1230	2148	Scott	Charles	M			00:53:58	1267	00:53:41
1231	3286	Alison	Palmer	M	50		00:53:59	1238	00:53:26
1232	1331	Andrew	Kasper	M			00:53:59	1203	00:53:04
1233	260	Bethan	Rees	F			00:54:00	1240	00:53:27
1234	2591	Liza	Powell	F	35		00:54:00	1249	00:53:30
1235	441	Karl	Connick	M	40		00:54:01	1232	00:53:22
1236	3272	John	Price	M	55		00:54:01	1263	00:53:39
1237	1660	Tony	Griffiths	M	55		00:54:02	1183	00:52:56
1238	1950	Jenny	Mcadie	F			00:54:02	1150	00:52:38
1239	1725	Chris	Carter	M	50		00:54:03	1226	00:53:19
1240	1087	Steve	Harris	M			00:54:05	1264	00:53:39
1241	2382	Andrew	Palmer	M	40	Penarth & Dinas Runners	00:54:05	1256	00:53:35
1242	144	Simon	Medicke	M	40		00:54:05	1250	00:53:30
1243	1262	Christine	Motteram	F	65	Wye Valley Runners	00:54:05	1268	00:53:41
1244	2243	David	O'Sullivan	M			00:54:06	1222	00:53:17
1245	1649	Damian	Walsh	M	45		00:54:07	1251	00:53:30
1246	2407	John	Wilkinson	M	50		00:54:08	1231	00:53:22
1247	443	Tanya	Fussell	F	45		00:54:08	1230	00:53:21
1248	1739	Nigel Leighton	Jones	M	55		00:54:08	1248	00:53:30
1249	2629	Alex	Kiley	M	20		00:54:08	1277	00:53:48
1250	721	Gerald	Gray	M	55		00:54:08	1278	00:53:49
1251	2653	Mike	Davies	M	40		00:54:10	1244	00:53:28
1252	1353	Sara	Morgan	F			00:54:10	1276	00:53:46
1253	1984	Phillip	Gibbon	M	55		00:54:11	1257	00:53:36
1254	2222	Daniel	Marks	M	20		00:54:13	1239	00:53:26
1255	1169	Peter	Jones	M	50		00:54:14	1297	00:53:59
1256	1173	Stuart	Powell	M			00:54:14	1237	00:53:26
1257	2972	Iain	Armour	M	40		00:54:15	1260	00:53:38
1258	588	Ismaila	Muana	M			00:54:15	1293	00:53:56
1259	1122	Hywel	Davies	M			00:54:15	1266	00:53:41
1260	3303	Marcus	Luporini	M	40		00:54:18	1241	00:53:27
1261	2388	Grayson	Richards	M			00:54:18	1243	00:53:28
1262	2787	Kevin	Morgan	M			00:54:19	1291	00:53:55
1263	1703	Hefin	LI	M			00:54:19	1246	00:53:29
1264	3259	Gill	Murphy	F	55	Les Croupiers	00:54:20	1295	00:53:57
1265	2058	Richard	Rogers	M	55		00:54:20	1211	00:53:09
1266	3300	Rev Pete	Orphan	M	40		00:54:20	1169	00:52:49
1267	340	Mark	Turp	M	45		00:54:21	1299	00:54:01
1268	2244	Jon	Williams	M			00:54:22	1302	00:54:03
1269	2256	Liam	Andrews	M			00:54:22	1207	00:53:07
1270	650	Alex	Robertson	M	55		00:54:23	1269	00:53:42
1271	2529	Alison	Morgan	F	40	England Athletics	00:54:24	1303	00:54:03
1272	1526	Richard	Mccarthy	M			00:54:25	1271	00:53:42
1273	445	Andrew	Oatley	M	40		00:54:25	1275	00:53:46
1274	102	Ian	Michael	M	40		00:54:27	1306	00:54:08
1275	3281	Andrew	Lawrence	M	60		00:54:27	1314	00:54:16

## 2010 Admiral Swansea Bay 10k

GunPos	Bib	Firstname	Lastname	M/F	Cat	Club	GunTime	ChipPos	ChipTime
1276	628	Gwynfor	Davies	M	55		00:54:28	1332	00:54:28
1277	1136	Kirsten	Tucker	F		Port Talbot Harriers	00:54:30	1326	00:54:23
1278	1175	Kate	Quick	F	35		00:54:30	1273	00:53:43
1279	2035	Frances	Hains	F	60		00:54:32	1289	00:53:54
1280	889	John	Heycock	M	40		00:54:32	1279	00:53:49
1281	2960	Michael	Howell	M	45		00:54:32	1290	00:53:55
1282	1668	Gavin	Mathews	M			00:54:32	1235	00:53:25
1283	3138	Linda	Keelaw	F	45		00:54:32	1272	00:53:43
1284	1144	Lowri	Davies	F			00:54:33	1255	00:53:32
1285	835	Maddie	Harris	F	20		00:54:36	1298	00:53:59
1286	704	Gareth	Davies	M	45		00:54:36	1296	00:53:58
1287	1110	Ceri	Morgan	M			00:54:36	1259	00:53:38
1288	3065	Adam	Davies	M			00:54:36	1236	00:53:25
1289	1259	Jothan	Jones	M			00:54:38	1304	00:54:04
1290	1677	Ryan	Stamp	M			00:54:39	1286	00:53:53
1291	2259	Fiona	Evans	F	40		00:54:40	1311	00:54:14
1292	3423	Helen	Williams	F		Admiral	00:54:41	1317	00:54:19
1293	280	Carl	Jenkins	M			00:54:41	1307	00:54:09
1294	295	Nick	Jacques	M	50		00:54:42	1301	00:54:02
1295	3484	Richard	Riby	M		Alberto Culver	00:54:44	1294	00:53:56
1296	3381	Sarah	Coe	F	35		00:54:44	1220	00:53:15
1297	1967	Terry	Shore	M	55		00:54:44	1213	00:53:10
1298	172	Melanie	Dumelow	F			00:54:45	1305	00:54:05
1299	1736	Gareth	Hughes	M			00:54:45	1300	00:54:01
1300	311	Hilary	Thomas	F	50		00:54:46	1347	00:54:35
1301	1205	Kim	Parry	F	40		00:54:46	1320	00:54:19
1302	1204	Alex	Parry	M	40		00:54:46	1319	00:54:19
1303	166	Jim	Mcculloch	M	50	Penarth & Dinas Runners	00:54:47	1321	00:54:20
1304	3368	Huw	Lewis	M	50		00:54:48	1284	00:53:52
1305	672	Keith	Jordan	M	60		00:54:48	1315	00:54:17
1306	1548	Megan	Mullins	F	35		00:54:49	1281	00:53:51
1307	2961	Joseph	Kidd	M			00:54:50	1280	00:53:50
1308	148	John	Heaton	M			00:54:52	1282	00:53:52
1309	1854	Richard	Howells	M			00:54:52	1329	00:54:26
1310	1571	Sian	Williams	F	50	Brecon AC	00:54:53	1309	00:54:10
1311	2329	Iain	Selman	M			00:54:53	1285	00:53:52
1312	3181	Kevin	Fitzgerald	M	60		00:54:54	1327	00:54:24
1313	2377	Nick	Keir	M	40		00:54:54	1310	00:54:12
1314	2669	Michael	Parkhouse	M			00:54:55	1254	00:53:32
1315	265	Kevin	Davis	M	50		00:54:56	1334	00:54:29
1316	744	Ian	Nash	M	40	Bitton Road Runners	00:54:56	1340	00:54:31
1317	500	Nicholas	Ferguson	M			00:54:56	925	00:50:19
1318	844	Duncan	Smith	M			00:54:56	1335	00:54:29
1319	3333	Alan	Whiffin	M	40		00:54:57	1330	00:54:26
1320	3390	Ashley	Amos	M	20		00:54:58	1252	00:53:30
1321	3003	Alan	Marrin	M	60		00:54:59	1338	00:54:31
1322	147	Lisa	Cronin	F			00:55:00	1358	00:54:43
1323	2929	Lee	Berry	M			00:55:00	1342	00:54:33
1324	1354	Bernard	Murphy	M			00:55:01	1316	00:54:17
1325	1047	Jenny	Fifield	F	50		00:55:01	1333	00:54:28
1326	1230	Mark	Ley	M			00:55:01	1348	00:54:36
1327	858	Fay	Sharpe	F	50	3Ms	00:55:01	1283	00:53:52
1328	2925	Christopher	Bevan	M			00:55:02	1360	00:54:45
1329	2199	Ashley	Punter	M			00:55:05	1274	00:53:45
1330	2311	Lisa	Davies	F	35		00:55:06	1318	00:54:19
1331	2076	Gareth	Thomas	M	45		00:55:07	1356	00:54:42
1332	2893	Huw	Thomas	M	45		00:55:07	1357	00:54:43
1333	1480	Sian	Tomos	F	40		00:55:08	1322	00:54:20
1334	365	Gary	Morgan	M	40		00:55:08	1313	00:54:16
1335	3011	Jatinder	Seehra	M	40		00:55:08	1288	00:53:54
1336	2748	Alex	O'Brien	M	20		00:55:09	1324	00:54:20
1337	1128	Nicola	Kelly	F	45		00:55:09	1353	00:54:40
1338	2227	Danielle	Kinsman	F			00:55:10	1308	00:54:10
1339	1949	Richard	Mainwaring	M			00:55:10	1331	00:54:27
1340	1934	Rob	Carter	M	45		00:55:11	1341	00:54:32
1341	1302	Karen	Pitt	F	35	3Ms	00:55:11	1339	00:54:31
1342	3013	Heather	Smith	F	35		00:55:12	1350	00:54:39
1343	3538	Caroline	Griffiths	F	45	Active Swansea	00:55:13	1323	00:54:20
1344	2285	Susan	Williams	F	35		00:55:13	1336	00:54:29
1345	2841	Keith	Clash	M	50		00:55:14	1397	00:55:05
1346	2357	Mackenzie	Noble	M	20		00:55:14	1361	00:54:45
1347	2796	Alex	Terry	M			00:55:14	1349	00:54:37
1348	1597	Elize	Fletcher	F	35		00:55:15	1346	00:54:35
1349	1788	Jason	Priddy	M			00:55:15	1388	00:54:58
1350	2225	Nicola	James	F		Penarth & Dinas Runners	00:55:17	1354	00:54:41
1351	1506	Mark	Kemp	M			00:55:19	1376	00:54:53
1352	298	Glyn	Phillips	M	65		00:55:20	1381	00:54:55
1353	1212	Carl	Farrant	M			00:55:20	1325	00:54:22
1354	3330	Gavin	Lewis	M			00:55:22	1364	00:54:47
1355	606	Rob	Jones	M	40		00:55:23	1287	00:53:53
1356	2906	Ceri	Thomas	M			00:55:23	1367	00:54:49
1357	3395	Sharon	Rogers	F	45		00:55:23	1362	00:54:46
1358	2744	Nick	Jones	M	40		00:55:24	1386	00:54:57
1359	1319	Joanne	Van-Landewyck	F			00:55:24	1370	00:54:51
1360	1470	Steven	Larcombe	M			00:55:24	1371	00:54:51



## 2010 Admiral Swansea Bay 10k

GunPos	Bib	Firstname	Lastname	M/F	Cat	Club	GunTime	ChipPos	ChipTime
1361	3594	Susan	Fletcher	F	40		00:55:24	1374	00:54:53
1362	232	Nicholas	Jenkins	M	45		00:55:25	1363	00:54:46
1363	2181	Sam	Holley	F			00:55:27	1312	00:54:14
1364	1045	Benjamin	Tucker	M			00:55:27	1387	00:54:57
1365	1792	Gareth	Williams	M			00:55:30	1408	00:55:12
1366	3198	Tony	Hall	M	60		00:55:31	1396	00:55:05
1367	3410	Dave	Wathan	M	40	Admiral	00:55:32	1373	00:54:52
1368	745	Ashley	Nash Collier	M	20	Bitton Road Runners	00:55:32	1399	00:55:07
1369	1098	Adrian	Davies	M	40		00:55:33	1375	00:54:53
1370	488	Peter	Cook	M			00:55:33	1292	00:53:55
1371	2389	Megan	Rosser	F	50		00:55:33	1395	00:55:04
1372	589	Joe	Ridge	M			00:55:34	1377	00:54:53
1373	1748	Julia	Rees	F			00:55:34	1372	00:54:51
1374	2064	Gina	Antoniazzi	F		Team Bath	00:55:36	1369	00:54:51
1375	2637	Emma	Jones	F			00:55:37	1416	00:55:16
1376	461	Emma	Rees	F			00:55:37	1337	00:54:30
1377	999	Hoey	Lee	M	20		00:55:38	1352	00:54:40
1378	1261	Carl	Moruzzi	M	45		00:55:38	1383	00:54:56
1379	1209	Michael	Brustinow	M			00:55:38	1366	00:54:49
1380	150	John	Morgan	M	45		00:55:39	1382	00:54:55
1381	122	Keith	Jenkins	M	45		00:55:40	1355	00:54:41
1382	919	Clare	Hughes	F	45		00:55:40	1385	00:54:57
1383	1565	Cy	Knibb	M	65		00:55:41	1444	00:55:31
1384	2660	Damian	Dalton	M			00:55:42	1391	00:55:00
1385	2642	Jamie	Neal	M			00:55:42	1328	00:54:25
1386	2196	Huw	Jones	M			00:55:43	1368	00:54:50
1387	2962	Lowri	Jones	F			00:55:44	1407	00:55:11
1388	2001	Dylan	Harris	M	20		00:55:44	1423	00:55:20
1389	1460	Aileen	Griffiths	F	55	Forest Of Dean AC	00:55:45	1379	00:54:55
1390	1946	Nicola	Roberts	F			00:55:45	1389	00:54:58
1391	1491	Michael	O'Shea	M	65		00:55:45	1394	00:55:04
1392	2265	Phillip	Camm	M	40		00:55:46	1405	00:55:11
1393	2276	Simon	Davies	M			00:55:46	1404	00:55:11
1394	2292	Gareth	Thornton	M	40		00:55:46	1402	00:55:11
1395	2942	Victoria	Anthony	F			00:55:46	1413	00:55:15
1396	300	Ella	Richardson	F			00:55:48	1345	00:54:34
1397	3398	Naidine	Hook	F			00:55:48	1390	00:54:59
1398	196	Neal	Matthews	M	45		00:55:50	1428	00:55:22
1399	1708	Steve	O'Hare	M	45		00:55:50	1425	00:55:22
1400	3427	Delyth	Wright	F		Admiral	00:55:51	1384	00:54:56
1401	1947	Michael	Evans	M	40		00:55:51	1343	00:54:33
1402	524	Darren	Hurley	M	45		00:55:52	1359	00:54:44
1403	149	Stephen	Merchant	M	45		00:55:52	1410	00:55:13
1404	1583	Suzanne	Leighton	F	50		00:55:52	1351	00:54:39
1405	1160	Ralph	Allemano	M	60	Swansea Harriers	00:55:52	1430	00:55:25
1406	3204	Tony	Jay	M	45		00:55:53	1439	00:55:29
1407	2513	Dirk	Neumann	M	40		00:55:54	1344	00:54:34
1408	1436	Mark	Kenna	M			00:55:55	1403	00:55:11
1409	2547	Emyr	Rees	M		Neath Harriers	00:55:56	1435	00:55:28
1410	3117	David	Rosser	M	75	Amman Valley Harriers	00:55:56	1464	00:55:40
1411	1998	Darren	Harris	M	40		00:55:59	1452	00:55:34
1412	1269	Claire	Williams	F			00:55:59	1432	00:55:25
1413	1328	Ken	Evans	M	55		00:56:00	1426	00:55:22
1414	659	Andrew	Worthington	M	50		00:56:00	1440	00:55:29
1415	3452	Alex	Hammett	M		Admiral	00:56:01	1392	00:55:00
1416	1329	Francesca	Evans	F	45		00:56:01	1429	00:55:24
1417	3076	Lucy	Thomas	F			00:56:02	1459	00:55:38
1418	3128	Terri	Shaw	F	35		00:56:03	1400	00:55:10
1419	1695	Lisa	Findlay	F			00:56:04	1409	00:55:13
1420	1978	Stuart	Barrow	M			00:56:04	1437	00:55:29
1421	3074	Kathryn	James	F			00:56:07	1448	00:55:33
1422	435	Matt	Barry	M			00:56:08	1462	00:55:40
1423	818	Steven	Price	F	35		00:56:09	1411	00:55:14
1424	567	Anna	Woodman	F			00:56:10	1417	00:55:18
1425	566	Helen	Williamson	F			00:56:10	1418	00:55:18
1426	1457	Stephanie	Foulkes	F	35		00:56:10	1431	00:55:25
1427	3283	Shirley	Davies	F	45	Corus Multisport	00:56:12	1427	00:55:22
1428	2683	Lloyd	Rowe	M			00:56:12	1485	00:55:51
1429	2701	Sandra	Beynon	F	45		00:56:13	1494	00:55:55
1430	415	Jeremiah	Divers	M			00:56:13	1424	00:55:22
1431	3129	Alison	Thomas	F	35		00:56:13	1421	00:55:19
1432	670	Ian	Janes	M	40		00:56:14	1406	00:55:11
1433	2887	Helen	Williams	F			00:56:14	1450	00:55:34
1434	2601	Christopher	Jones	M			00:56:15	1466	00:55:41
1435	3035	James	Ashwin	M			00:56:15	1419	00:55:18
1436	2896	Lisa	Wells	F			00:56:16	1415	00:55:16
1437	1554	Bernadette	Wilkinson	F	45		00:56:16	1455	00:55:35
1438	2805	Clifford	Ashwin	M	55		00:56:16	1422	00:55:19
1439	2071	Jayne	James	F	40		00:56:17	1467	00:55:41
1440	3058	Peter	Clarke	M	55		00:56:17	1477	00:55:50
1441	3310	Mike	Payne	M	50		00:56:18	1453	00:55:35
1442	1466	Clare	Hingott	F	35		00:56:18	1445	00:55:32
1443	3432	Stephen	Agnew	M		Admiral	00:56:18	1456	00:55:36
1444	559	Catherine	Griffiths	F	35		00:56:18	1447	00:55:33
1445	2121	Claire	Parry	F	35		00:56:18	1484	00:55:51

## 2010 Admiral Swansea Bay 10k

GunPos	Bib	Firstname	Lastname	M/F	Cat	Club	GunTime	ChipPos	ChipTime
1446	1292	Omer	Gurdoğan	M			00:56:19	1433	00:55:27
1447	3540	Adrian	Paton	M		Active Swansea	00:56:19	1412	00:55:15
1448	1424	Menna	Williams	F	50		00:56:20	1414	00:55:16
1449	2573	Lester	Diez	M			00:56:20	1401	00:55:10
1450	3069	Jason	Davies	M			00:56:20	1454	00:55:35
1451	1156	Mark	Thomas	M			00:56:22	1443	00:55:30
1452	2989	William	Marks	M	45		00:56:22	1380	00:54:55
1453	3559	Rebecca	Jenkins	F		Active Swansea	00:56:22	1476	00:55:50
1454	2850	Andrew	Coffey	M			00:56:22	1499	00:56:00
1455	3480	Wendy	Richards	F	45	Alberto Culver	00:56:23	1442	00:55:30
1456	1616	Stephanie	Davies	F	35		00:56:23	1468	00:55:42
1457	3357	Elizabeth	Whitwell	F	45		00:56:24	1441	00:55:30
1458	964	Emma	James	F			00:56:24	1503	00:56:03
1459	2025	Dylan	James	M			00:56:25	1490	00:55:53
1460	3564	Matthew	Chilvers	M		Active Swansea	00:56:25	1398	00:55:06
1461	1161	Mathew	Austin	M			00:56:25	1461	00:55:39
1462	595	Emilia	Ardouin	F	35		00:56:25	1457	00:55:37
1463	2706	Ian	Bacon	M			00:56:26	1451	00:55:34
1464	890	Andrew	Hurford	M			00:56:27	1436	00:55:29
1465	1705	Mike	Mclinden	M	50		00:56:28	1521	00:56:14
1466	137	Jason	Muxworthy	M	40		00:56:28	1458	00:55:38
1467	3056	Roger	Stein	M	55		00:56:29	1538	00:56:21
1468	3145	Annette	Williams	F	40		00:56:29	1463	00:55:40
1469	1357	Rikki	Thomas	M			00:56:30	1488	00:55:52
1470	2179	Sean	Esmonde	M			00:56:31	1378	00:54:53
1471	2005	Clive	Searle	M	50		00:56:32	1474	00:55:46
1472	2973	Nigel	Prosser	M	40		00:56:32	1446	00:55:33
1473	787	Michelle	Amblin	F	35		00:56:32	1496	00:55:57
1474	1159	Philip	Webb	M	40		00:56:33	1475	00:55:47
1475	926	Alison	Davies	F	45		00:56:33	1483	00:55:50
1476	913	Geraldine	Bousie	F	40		00:56:33	1479	00:55:50
1477	2933	Kim	Rickard	F	40		00:56:34	1473	00:55:45
1478	3234	Chris	Bennett	M	55	Great Western Runners	00:56:34	1365	00:54:48
1479	3576	Michael	Jones	M	55		00:56:34	1522	00:56:15
1480	932	Philip	Rees	M	45		00:56:34	1481	00:55:50
1481	2488	Matt	Martin	M		HSBC	00:56:34	1478	00:55:50
1482	756	John	Brooks	M	40		00:56:35	1465	00:55:40
1483	2835	Daniel	Tew	M			00:56:35	1540	00:56:21
1484	3545	Laura	Hall	F	45	Active Swansea	00:56:36	1493	00:55:55
1485	2869	Sarah	Davies	F	20		00:56:36	1497	00:55:58
1486	1088	Sandra	Joy	F	45	WRN	00:56:36	1548	00:56:26
1487	348	Alun	Samuel	M	45		00:56:36	1501	00:56:02
1488	1674	Josh	Morgan	M	20		00:56:36	1480	00:55:50
1489	2141	Gareth	Price	M			00:56:37	1449	00:55:34
1490	3411	Wendy	Holloway	F	35	Admiral	00:56:38	1492	00:55:54
1491	2714	Sean	Perkins	M			00:56:38	1460	00:55:38
1492	3592	Victor	Huelin	M			00:56:38	1487	00:55:52
1493	2207	Sanchia	Osborn	F	35		00:56:38	1438	00:55:29
1494	2057	Joe	Rees	M			00:56:39	1393	00:55:02
1495	1733	Dawn	Headon	F	45		00:56:39	1502	00:56:03
1496	1384	Mike	Balsamo	M			00:56:40	1495	00:55:57
1497	2640	Michelle	Price	F			00:56:41	1486	00:55:51
1498	1009	Alison	Sandy	F	50		00:56:43	1514	00:56:11
1499	1086	Rhian	George	F	35		00:56:43	1534	00:56:18
1500	2429	Marc	Owen	M			00:56:44	1482	00:55:50
1501	2367	Dianne	Robbins	F			00:56:45	1434	00:55:28
1502	2433	Kevin	Landeg	M	40		00:56:48	1508	00:56:06
1503	3245	Isabel	Evans	F	35		00:56:48	1472	00:55:45
1504	2279	Daniel	Thatcher	M			00:56:49	1420	00:55:18
1505	434	Ainslie	Restieaux	F			00:56:49	1506	00:56:05
1506	3158	Joe	Kennedy	M	60	Wye Valley Runners	00:56:49	1509	00:56:07
1507	3152	Mari	Hobbs	F	45		00:56:50	1557	00:56:33
1508	808	Andrew	Russell	M			00:56:52	1535	00:56:19
1509	3317	Ian	Swanson	M	60	Port Talbot Harriers	00:56:53	1523	00:56:15
1510	3364	Tamsin	Josty	F	40	WRN	00:56:53	1530	00:56:17
1511	3080	Natalie	Opdenoordt	F	40		00:56:53	1531	00:56:18
1512	1024	Michelle	Rivett	F	35		00:56:54	1513	00:56:10
1513	2317	Andrea	Pace	F	40		00:56:55	1524	00:56:16
1514	3189	Sian	Thomas	F			00:56:57	1518	00:56:12
1515	3188	Chris	Thomas	M			00:56:57	1519	00:56:12
1516	1073	Andrew	Rennie	M			00:56:57	1533	00:56:18
1517	1612	Malcolm	Williams	M	65		00:56:58	1512	00:56:10
1518	1971	Rhys	Gedrych	M			00:56:59	1549	00:56:28
1519	1729	Susan	Davies	F	45	Celtic Tri	00:57:00	1537	00:56:20
1520	1963	Richard	Payne	M	45		00:57:00	1517	00:56:12
1521	1994	Diane	Davies	F	35		00:57:00	1551	00:56:30
1522	3492	Pete	Morris	M	40	Alberto Culver	00:57:02	1539	00:56:21
1523	3401	Rachel	Roberts	F		Admiral	00:57:02	1505	00:56:05
1524	1058	Kevin	Chappell	M	45		00:57:03	1566	00:56:38
1525	270	Jason	Mcfadzean	M	40		00:57:03	1491	00:55:54
1526	2425	Colin	Thomason	M	40		00:57:04	1469	00:55:42
1527	1260	Angela	Lewis	F	50		00:57:04	1471	00:55:43
1528	591	Christopher	Stone	M			00:57:05	1510	00:56:08
1529	1237	Philip	Saunders	M	55		00:57:07	1544	00:56:25
1530	827	Abi	Cherry	F			00:57:08	1500	00:56:01

## 2010 Admiral Swansea Bay 10k

GunPos	Bib	Firstname	Lastname	M/F	Cat	Club	GunTime	ChipPos	ChipTime
1531	1623	Sue	Davies	F	35		00:57:08	1552	00:56:31
1532	303	Wendy	Walters	F	35		00:57:08	1504	00:56:04
1533	3591	Sheelagh	O'Malley	F			00:57:10	1570	00:56:40
1534	1772	Michael	Steeds	M	50		00:57:10	1527	00:56:17
1535	2094	Amanda	Lloyd	F	35		00:57:10	1567	00:56:38
1536	407	Kevin	Rees	M	40		00:57:11	1529	00:56:17
1537	2930	David	Lloyd-Hawkshaw	M	40		00:57:11	1516	00:56:11
1538	1617	Sian	Davis	F	40		00:57:12	1558	00:56:34
1539	1093	Amy	Rowland	F			00:57:12	1542	00:56:23
1540	3610	Emma-Jane	Parlour	F			00:57:12	1528	00:56:17
1541	1819	Michelle	Garner	F	45		00:57:12	1569	00:56:39
1542	193	Richard	Amos	M			00:57:13	1525	00:56:17
1543	1643	Sarah	Pryor	F	35		00:57:13	1546	00:56:26
1544	2009	David	Evans	M	40		00:57:13	1554	00:56:32
1545	1939	Wendy	Lawrence	F	55	Forest Of Dean AC	00:57:13	1532	00:56:18
1546	2826	Richard	Simpson	M			00:57:14	1555	00:56:32
1547	3225	Michael	Rice	M	60	Penlan Activa Member	00:57:14	1574	00:56:43
1548	2395	Gerald	Curtis	M	55		00:57:14	1526	00:56:17
1549	1555	Jan	Williams	F	50		00:57:14	1520	00:56:13
1550	2096	Julie	Williams	F	40		00:57:15	1560	00:56:35
1551	2368	Steve	Bancroft	M	40		00:57:16	1470	00:55:43
1552	1855	Martyn	Sayce	M	45		00:57:16	1543	00:56:25
1553	1912	Richard	Morgan	M	45		00:57:16	1489	00:55:52
1554	2070	Tracey	Wynne	F	40		00:57:17	1559	00:56:34
1555	418	Neil	Gladwin	M			00:57:17	1498	00:55:58
1556	2434	Adrian	Bater	M	45		00:57:18	1507	00:56:06
1557	2613	Stephen	Marney	M	40		00:57:18	1511	00:56:10
1558	2908	Susanne	Jones	F	60		00:57:18	1565	00:56:38
1559	433	Simon	Lear	M	40		00:57:18	1541	00:56:23
1560	815	Jacky	Jones	F	40		00:57:19	1536	00:56:19
1561	2018	Paul	Richards	M	40		00:57:19	1607	00:57:05
1562	198	Mark	Stevenson	M			00:57:21	1561	00:56:35
1563	857	Ceri	Roberts	F			00:57:21	1547	00:56:26
1564	3569	Donna	Griffiths	F		3Ms	00:57:21	1588	00:56:56
1565	2742	Nina	Olenocinova	F			00:57:23	1586	00:56:54
1566	2415	John	Lovell	M	55		00:57:24	1581	00:56:49
1567	2213	Catherine	Isaac	F	40		00:57:26	1550	00:56:29
1568	2605	Anwen	Jenkins	F			00:57:26	1563	00:56:38
1569	174	Debbie	Hatherell	F			00:57:27	1604	00:57:03
1570	3541	Sharon	Trotman	F	40	Active Swansea	00:57:27	1545	00:56:26
1571	1220	Gareth	Raymond	M			00:57:28	1568	00:56:39
1572	839	Rachel	Jones	F	35		00:57:29	1553	00:56:32
1573	1667	Verina	Leonard	F			00:57:30	1571	00:56:40
1574	3239	Richard	Loosmore	M			00:57:30	1576	00:56:44
1575	1401	Rhyannon	Smith	F			00:57:31	1582	00:56:51
1576	1698	Neil	Harvey	M	45		00:57:33	1577	00:56:46
1577	1697	Clare	Harvey	F			00:57:33	1578	00:56:46
1578	2166	Gwynddri	Williams	M	70		00:57:34	1562	00:56:35
1579	1309	Andrew	Jones	M			00:57:34	1575	00:56:43
1580	1638	Jemma	Jones	F			00:57:34	1584	00:56:53
1581	3079	Koert	Pelders	M	40		00:57:35	1601	00:57:02
1582	1808	Daniel	Simmons	M			00:57:36	1603	00:57:02
1583	2952	Robert Jeremy	Jones	M	45		00:57:37	1596	00:57:00
1584	664	John	Bourne	M	65		00:57:38	1515	00:56:11
1585	1957	Lloyd	Thomas	M			00:57:39	1598	00:57:01
1586	2572	Roland	Gildea	M			00:57:40	1583	00:56:52
1587	2610	Caroline	Jones	F	35		00:57:40	1589	00:56:57
1588	804	Ian	Evans	M			00:57:41	1564	00:56:38
1589	1552	Pam	Taylor	F	50		00:57:42	1611	00:57:08
1590	1065	Steve	Mann	M	50		00:57:42	1593	00:56:59
1591	1079	Pauline	Ada	F			00:57:43	1628	00:57:16
1592	2990	Paul	Michael	M	40		00:57:43	1623	00:57:13
1593	3346	Michelle	Williams	F	40	Wye Valley Runners	00:57:44	1621	00:57:12
1594	1299	Delyth	Mainwaring	F			00:57:44	1608	00:57:05
1595	1799	Anmarie	Trotman	F	35		00:57:44	1590	00:56:58
1596	1744	Stephen	Meek	M	55	Great Western Runners	00:57:44	1587	00:56:55
1597	2411	Alun	Edwards	M	40		00:57:45	1597	00:57:01
1598	2507	Amanda	Davies	F	35		00:57:46	1617	00:57:12
1599	2914	Justine	Cass	F	35		00:57:47	1636	00:57:20
1600	285	Mark	Case	M			00:57:47	1573	00:56:42
1601	3014	Gordon	Perrie	M	45		00:57:47	1609	00:57:06
1602	3110	Philip	Manfield	M	45	Sarn Helen	00:57:48	1630	00:57:18
1603	1232	Richard	Lloyd	M			00:57:49	1633	00:57:19
1604	2586	Jody	Davies	F			00:57:49	1629	00:57:17
1605	2230	Celeste	Carter	F	40		00:57:49	1614	00:57:10
1606	1908	Glen	Bowtell	F			00:57:49	1605	00:57:03
1607	2618	Den	Henton	M			00:57:49	1606	00:57:04
1608	3595	Abigail	Morse	F			00:57:50	1641	00:57:23
1609	834	Branwen	Harris	F			00:57:51	1631	00:57:19
1610	2318	Sarah	Pope	F	45	WRN	00:57:51	1620	00:57:12
1611	1890	Kathryn	Jones	F	35		00:57:52	1612	00:57:08
1612	2576	Jane	Lee	F	45		00:57:52	1556	00:56:33
1613	1475	Connie	Norgate	F	50		00:57:53	1615	00:57:10
1614	1487	Andrew	Booth	M	50		00:57:53	1579	00:56:47
1615	911	Mark	Williamson	M	50		00:57:54	1580	00:56:48

## 2010 Admiral Swansea Bay 10k

GunPos	Bib	Firstname	Lastname	M/F	Cat	Club	GunTime	ChipPos	ChipTime
1616	1365	Jonathan	Dark	M	20		00:57:54	1572	00:56:41
1617	396	Ceri	Probert	M			00:57:55	1595	00:56:59
1618	1969	Emily	Stanfield	F			00:57:55	1613	00:57:10
1619	3314	Anne	Conroy	F	65	Les Croupiers	00:57:55	1638	00:57:21
1620	3416	Michael	Lewis	M		Admiral	00:57:56	1624	00:57:13
1621	3572	Elliott	Rees	M			00:57:56	1626	00:57:15
1622	380	Catrin	Jones	F			00:57:58	1602	00:57:02
1623	2997	Paul	Rees	M	40		00:57:58	1656	00:57:30
1624	125	Helen	Lutley	F	60		00:57:58	1632	00:57:19
1625	121	Dawn	Goulbourne	F	40		00:57:59	1635	00:57:20
1626	2822	Jason	Mcgarrigle	M			00:58:00	1664	00:57:37
1627	422	Janet	Owens	F	40		00:58:00	1643	00:57:23
1628	2436	Stephen	Mabe	M			00:58:01	1667	00:57:39
1629	417	Lindsay	Fogwill	F	45		00:58:01	1639	00:57:21
1630	2335	Darren	Hoskins	M			00:58:01	1616	00:57:10
1631	2343	Cathy	Morgan	F	45	Wye Valley Runners	00:58:01	1618	00:57:12
1632	2971	Steven	Yandle	M			00:58:01	1600	00:57:02
1633	2310	Dorian	White	M			00:58:02	1625	00:57:14
1634	1959	Henry	Gilbert	M	55		00:58:02	1674	00:57:46
1635	3210	Mathew	Thomas	M			00:58:03	1648	00:57:27
1636	3295	Gemma	James	F			00:58:04	1634	00:57:20
1637	2353	Gemma	James	F			00:58:04	1637	00:57:20
1638	1295	Una	Jones	F	45		00:58:05	1622	00:57:12
1639	3355	Christopher	Jones	M			00:58:06	1599	00:57:02
1640	523	Macalla	Hurley	F	20		00:58:06	1594	00:56:59
1641	3033	Graham	Givens	M			00:58:06	1651	00:57:28
1642	2118	Martha	Newman	F	20		00:58:07	1592	00:56:59
1643	3070	Ceridwen	Hughes-Jenkins	F	20		00:58:07	1644	00:57:24
1644	1063	Helen	Harris	F	45		00:58:08	1661	00:57:34
1645	3335	Hazel	Aulsebrook	F	45	Builth & District	00:58:09	1655	00:57:30
1646	1712	Robert	Price	M			00:58:10	1653	00:57:29
1647	1057	Ellen	Chappell	F	45		00:58:11	1675	00:57:46
1648	2987	Leighton	Williams	M	40		00:58:11	1691	00:57:56
1649	367	Tony	Padley	M	50		00:58:13	1649	00:57:27
1650	935	Peter	Barry	M	40		00:58:14	1610	00:57:07
1651	498	Sam	Bevan	M	20		00:58:14	1709	00:58:06
1652	1993	Angela	Frost	F	50	Vegan Runners	00:58:15	1662	00:57:34
1653	3236	Faye	Moryc	F			00:58:16	1642	00:57:23
1654	2281	Chris	Griffiths	M			00:58:16	1647	00:57:27
1655	2845	Isobel	Norris	F			00:58:17	1689	00:57:55
1656	709	Mark	Hamacott	M	50		00:58:18	1627	00:57:15
1657	2867	Louise	Edwards	F	35	Wye Valley Runners	00:58:18	1659	00:57:32
1658	402	Kevin	Bradfield	M	45		00:58:19	1646	00:57:25
1659	994	Christie	Sullivan	F	20		00:58:20	1657	00:57:30
1660	1027	Pippa	Sabine	F	35		00:58:20	1669	00:57:43
1661	2617	Stuart	Cairns	M	60		00:58:22	1650	00:57:28
1662	2027	Alec	Warburton	M	55		00:58:23	1652	00:57:29
1663	3584	Gary	Thompson	M			00:58:25	1692	00:57:57
1664	1510	Alan	Rose	M	50		00:58:25	1677	00:57:49
1665	1568	Keith	Thompson	M	45	Islwyn RC	00:58:25	1693	00:57:57
1666	2468	Sarah	Cant	F	35	HSBC	00:58:27	1654	00:57:29
1667	332	Julia	Jones	F	40		00:58:27	1673	00:57:46
1668	3555	Joanna	O'Heson	F	35	Active Swansea	00:58:28	1665	00:57:37
1669	375	Claire	Williams	F	50		00:58:28	1668	00:57:42
1670	1141	Elaine	Childs	F			00:58:30	1671	00:57:45
1671	1006	Christine	Hurridge	F	55	3Ms	00:58:31	1640	00:57:22
1672	1777	Glyn	Williams	M	60	3Ms	00:58:32	1718	00:58:19
1673	729	Paul	Rowlands	M	55		00:58:32	1686	00:57:53
1674	2032	Steve	Williams	M			00:58:33	1658	00:57:31
1675	2428	Charlie	Reed	M			00:58:33	1679	00:57:50
1676	2167	Michael	Lane	M	55		00:58:34	1663	00:57:35
1677	2949	Angharad	Robinson	F			00:58:34	1722	00:58:22
1678	3229	Claire	Bennett	F	45		00:58:35	1660	00:57:32
1679	3349	Neil	Scoble	M	40		00:58:35	1687	00:57:54
1680	2218	Melanie	Allen	F	40		00:58:36	1683	00:57:52
1681	329	Andrew	Frankland	M			00:58:37	1645	00:57:25
1682	1273	Paul	Cervetto	M	45		00:58:38	1670	00:57:44
1683	2394	Paul	Pritchard	M	50		00:58:38	1666	00:57:38
1684	2690	Amy	Carwardine	F		Hereford Couriers	00:58:39	1711	00:58:06
1685	2705	Elaine	Carwardine	F	50		00:58:39	1713	00:58:07
1686	2819	Martin	Carroll	M	50		00:58:40	1707	00:58:04
1687	2854	Beca	Russell	F			00:58:40	1697	00:58:00
1688	2134	Malcolm	Bullough	M	50		00:58:41	1591	00:56:59
1689	2679	Damien	O'Dwyer	M			00:58:41	1619	00:57:12
1690	2776	Helen	Wolsey	F	45	WRN	00:58:41	1702	00:58:02
1691	2766	Paul	Stone	M	40		00:58:42	1712	00:58:07
1692	263	Kristian	Belmont	M			00:58:42	1685	00:57:53
1693	3277	Peter	Hansford	M	55		00:58:43	1585	00:56:53
1694	1492	Natalie	Parsons	F	35		00:58:44	1717	00:58:13
1695	1488	Joanne	Cunningham	F	45		00:58:45	1716	00:58:12
1696	351	Donna	Black	F	35		00:58:45	1695	00:57:59
1697	908	Gary	Stevens	M			00:58:46	1678	00:57:49
1698	1241	Maggie	Vinestock	F	45		00:58:46	1688	00:57:54
1699	2282	Michelle	Davies	F	40	3Ms	00:58:47	1710	00:58:06
1700	899	Martin	Campbell	M	40		00:58:48	1681	00:57:51

## 2010 Admiral Swansea Bay 10k

GunPos	Bib	Firstname	Lastname	M/F	Cat	Club	GunTime	ChipPos	ChipTime
1701	2379	Helena	Seaward	F			00:58:48	1700	00:58:01
1702	1566	Linda	Owens	F	55	3Ms	00:58:48	1694	00:57:58
1703	1389	Kevin	Fussell	M			00:58:48	1696	00:57:59
1704	2098	Sarah	Baugh - Williams	F	35		00:58:49	1676	00:57:47
1705	220	Martin	Casey	M	40		00:58:49	1680	00:57:51
1706	2101	Nia	Honeybun	F	45		00:58:50	1682	00:57:52
1707	2580	Elizabeth	Bull	F			00:58:50	1703	00:58:02
1708	1672	Craig	Messruther	M			00:58:51	1706	00:58:03
1709	1690	Seamus	Edney	M	50		00:58:52	1719	00:58:19
1710	468	Randall	Baker	M	60		00:58:58	1690	00:57:56
1711	754	Helen	Beale	F		Brackla Harriers	00:59:02	1715	00:58:11
1712	2247	Steve	Fox	M	40		00:59:03	1729	00:58:29
1713	2250	Rhian	Rees	F			00:59:03	1732	00:58:29
1714	2371	Kate	Jones	F	35		00:59:03	1699	00:58:01
1715	1594	Tim	Colebrook	M			00:59:04	1704	00:58:03
1716	2755	William	Mainwaring	M	40		00:59:05	1705	00:58:03
1717	3417	Scott	Davies	M		Admiral	00:59:05	1723	00:58:22
1718	3334	Annette	Davies	F	40	Builth & District	00:59:06	1728	00:58:27
1719	3227	Marcus	Bennett	M	45		00:59:06	1708	00:58:05
1720	403	Julia	Coffey	F			00:59:07	1720	00:58:20
1721	722	Lauren	Jones	F			00:59:07	1766	00:58:49
1722	1442	Tracy	Price	F	40		00:59:08	1726	00:58:26
1723	3377	Catrin	James	F			00:59:08	1755	00:58:43
1724	3222	Jeremy	Dale	M	40		00:59:11	1746	00:58:37
1725	2036	Rob	Latham	M	40		00:59:12	1684	00:57:52
1726	1375	Gary	Hughes	M			00:59:13	1714	00:58:09
1727	2704	Terina	Thomas	F	20		00:59:13	1672	00:57:46
1728	127	Rhidian	Edwards	M			00:59:16	1756	00:58:43
1729	366	Anthony	Padley	M			00:59:16	1731	00:58:29
1730	860	Richard Marc	Whitelock	M	45		00:59:17	1721	00:58:22
1731	3093	Alun	Jones	M	50		00:59:19	1747	00:58:38
1732	2209	Kirsten	Millar	F			00:59:19	1749	00:58:39
1733	126	Sarah	Rees	F			00:59:20	1748	00:58:39
1734	634	Eric	Frew	M	45		00:59:21	1757	00:58:45
1735	1871	Rhian	Roberts	F			00:59:22	1736	00:58:31
1736	1281	Rachel	Phillipps	F			00:59:25	1741	00:58:35
1737	1627	Mark	Essery	M			00:59:25	1750	00:58:40
1738	2536	Marie	Szymonski	F			00:59:27	1786	00:59:02
1739	3269	Michelle	Jones	F			00:59:27	1762	00:58:47
1740	1314	Ceri	Palmer	M			00:59:28	1738	00:58:33
1741	3397	Jamie	Jones	M			00:59:29	1739	00:58:34
1742	495	David	Watkins	M			00:59:29	1733	00:58:29
1743	131	Layla	Ibrahim	F			00:59:31	1760	00:58:46
1744	1904	Rebecca	Kilding	F			00:59:32	1751	00:58:41
1745	2525	Teresa	Maddison	F	40		00:59:33	1737	00:58:31
1746	1235	Paul	Mort	M	50		00:59:34	1744	00:58:36
1747	560	Chris	Hockley	M	40		00:59:35	1727	00:58:26
1748	1321	Chris	Whitehead	M			00:59:36	1735	00:58:31
1749	3600	Rhodri	Parfitt	M			00:59:36	1758	00:58:45
1750	517	Seijun	Wong	M			00:59:36	1761	00:58:47
1751	2270	Kevin	Davies	M	40		00:59:37	1698	00:58:00
1752	2271	Wayne	Davies	M			00:59:37	1701	00:58:01
1753	747	Alun	Powell	M	60		00:59:37	1767	00:58:49
1754	2446	Martin	Pates	M	20		00:59:38	1725	00:58:23
1755	2846	Philip	Wilcox	M	55		00:59:38	1752	00:58:42
1756	1835	Mandy	Beer	F	45	WRN	00:59:39	1782	00:59:00
1757	2062	Oliver	Barrett	M			00:59:40	1799	00:59:11
1758	3585	Tom	Powell	M	20		00:59:41	1807	00:59:15
1759	3053	Pamela	Gray	F	45		00:59:41	1745	00:58:37
1760	2462	Alex	Lever	F	40	WRN	00:59:41	1730	00:58:29
1761	542	Oliver	Kirk	M	20		00:59:42	1743	00:58:36
1762	1651	James	Boyle	M	20		00:59:43	1742	00:58:35
1763	2288	Linda	Waller	F	55		00:59:44	1790	00:59:03
1764	3537	Danielle	Williams	F		Active Swansea	00:59:45	1753	00:58:42
1765	1239	Alun	Thomas	M	45		00:59:46	1818	00:59:21
1766	2804	Barry	Burke	M			00:59:46	1740	00:58:34
1767	2205	Jodie	Grove	F			00:59:47	1797	00:59:09
1768	3404	Sharon	Flaherty	F		Admiral	00:59:47	1793	00:59:04
1769	1080	Carly	Bowen	F			00:59:47	1770	00:58:53
1770	2719	Richard	Thomas	M			00:59:49	1772	00:58:53
1771	194	Bethan	Amos	F			00:59:49	1773	00:58:53
1772	2182	Jane	Murphy	F	35		00:59:50	1795	00:59:06
1773	1888	Tim	Howell	M	45		00:59:50	1822	00:59:24
1774	481	Kate	Mears	F			00:59:50	1778	00:58:58
1775	412	Rosanna	Williams	F			00:59:51	1813	00:59:17
1776	690	Kevin	Lane	M	50		00:59:52	1777	00:58:57
1777	339	Geraint	Rees	M	45		00:59:53	1796	00:59:07
1778	2420	David	Curtis	M			00:59:54	1775	00:58:56
1779	2711	Andrew	Hall	M			00:59:56	1759	00:58:45
1780	2499	Hefin	John	M		HSBC	00:59:56	1754	00:58:42
1781	1404	Catherine	Bowen	F	40		00:59:56	1826	00:59:26
1782	1108	Stuart	James	M	40		00:59:57	1794	00:59:04
1783	1362	Rhys	Collins	M			00:59:57	1734	00:58:31
1784	2024	Mark	Arnold	M	45		00:59:57	1800	00:59:11
1785	2053	Fiona	Evans	F			00:59:58	1844	00:59:37

## 2010 Admiral Swansea Bay 10k

GunPos	Bib	Firstname	Lastname	M/F	Cat	Club	GunTime	ChipPos	ChipTime
1786	3596	Teresa	Nguuri-Francis	F			00:59:58	1810	00:59:16
1787	3243	Simon	Wigley	M	45		00:59:58	1838	00:59:33
1788	515	Catherine	Roberts	F	35		00:59:59	1774	00:58:55
1789	2352	Rachael	Parkinson	F			00:59:59	1832	00:59:28
1790	731	Andrew	Thomas	M			01:00:00	1802	00:59:13
1791	3114	Gareth	Richards	M	60		01:00:00	1724	00:58:23
1792	347	Trudi	Meyrick	F	40		01:00:00	1820	00:59:23
1793	2838	Gareth	Healey	M			01:00:00	1765	00:58:48
1794	1575	Jeremy	Clabon	M	45		01:00:01	1763	00:58:48
1795	187	Rhian	Davies	F			01:00:01	1780	00:58:59
1796	1267	Katie	Roberts	F			01:00:01	1798	00:59:10
1797	466	Rhian	Turner	F			01:00:02	1779	00:58:58
1798	1925	Catherine	Thomas	F	35		01:00:03	1821	00:59:23
1799	404	Matthew	Dainton	M			01:00:03	1776	00:58:57
1800	269	Helen	Martone	F	35		01:00:04	1812	00:59:17
1801	2419	John Lee	Hughes	M			01:00:05	1764	00:58:48
1802	2233	Nerys Anne	Jones	F	35		01:00:05	1835	00:59:31
1803	687	James	Davies	M	40	3Ms	01:00:06	1783	00:59:00
1804	1150	Rachel	Jones	F	40		01:00:08	1814	00:59:19
1805	1409	Jayne	Evans	F	55		01:00:08	1803	00:59:14
1806	1071	Joanne	Phillips	F	40		01:00:09	1847	00:59:38
1807	3046	Lisa	Johansson	F			01:00:10	1855	00:59:46
1808	1094	Vicky	Stevens	F	35		01:00:11	1788	00:59:03
1809	2142	Simon	Jones	M			01:00:11	1804	00:59:14
1810	3067	Kate	Mccabe	F			01:00:15	1861	00:59:49
1811	2852	Paul	Williams	M	45		01:00:15	1811	00:59:17
1812	1903	Nigel	Evans	M	50		01:00:16	1836	00:59:32
1813	2728	Richard	Law	M	50		01:00:17	1801	00:59:12
1814	1709	Samantha	Osborn	F	40		01:00:21	1843	00:59:36
1815	2431	Martin	Pollett	M	45		01:00:22	1806	00:59:14
1816	1172	Paul	Phillips	M	45		01:00:22	1805	00:59:14
1817	1756	Alex	Best	M			01:00:23	1865	00:59:50
1818	768	David	Pavey	M	50		01:00:24	1841	00:59:35
1819	3563	Leighton	James	M		Active Swansea	01:00:24	1852	00:59:41
1820	565	Simon	Thomas	M	45		01:00:24	1849	00:59:41
1821	1033	Arthur	Brooks	M	50		01:00:25	1808	00:59:15
1822	1368	Christopher	Elworthy	M	40		01:00:26	1781	00:58:59
1823	854	Victoria	Jones	F	40		01:00:26	1867	00:59:51
1824	1547	Charlotte	Maling	F			01:00:26	1792	00:59:04
1825	2982	Sharon	Evans	F	40		01:00:27	1837	00:59:32
1826	3620	Katie	Lewis	F	35		01:00:27	1827	00:59:26
1827	1474	Christopher	Mulready	F			01:00:27	1791	00:59:04
1828	362	Michael	Kearney	M	45		01:00:28	1787	00:59:02
1829	363	Kathryn	Kearney	F	45		01:00:28	1789	00:59:03
1830	1798	Joanne	Davies	F			01:00:28	1899	01:00:09
1831	1382	Gary	Smith	M	55		01:00:28	1858	00:59:48
1832	2059	Andrew	Hiseman	M	40		01:00:28	1828	00:59:26
1833	1817	Jennifer	James	F	35		01:00:31	1829	00:59:27
1834	2687	Steve	Kent	M	45		01:00:32	1893	01:00:07
1835	3311	Robert	Mckinley	M	50		01:00:32	1815	00:59:19
1836	2393	John	Rosser	M			01:00:33	1769	00:58:52
1837	2236	Christian	Thomas	M			01:00:33	1768	00:58:52
1838	2260	Adam	Rees	M			01:00:33	1771	00:58:53
1839	753	Peter	Bateman	M	60		01:00:33	1785	00:59:02
1840	3608	Carolyn	Jay	F			01:00:34	1845	00:59:38
1841	1435	Paul	Hinman	M	40		01:00:35	1819	00:59:22
1842	2581	Ian	Evans	M	55		01:00:36	1784	00:59:00
1843	2632	Claire	Guppy	F			01:00:36	1824	00:59:25
1844	3604	David	Thomson	M			01:00:37	1823	00:59:25
1845	1607	Nigel	Roberts	M	40		01:00:37	1904	01:00:11
1846	464	Peter	Shanley	M	40	Rhondda Valley Runners	01:00:38	1830	00:59:27
1847	465	Leona	Shanley	F	40	Rhondda Valley Runners	01:00:38	1831	00:59:28
1848	1211	Richard	Davies	M	45		01:00:39	1853	00:59:44
1849	2020	Jean	Archer	F	50		01:00:39	1886	01:00:05
1850	1707	Janet	Morgan	F	50	Forest Of Dean AC	01:00:40	1833	00:59:28
1851	3075	Huw Aeron	Thomas	M	55		01:00:40	1846	00:59:38
1852	764	Graham	Lewis	M	50		01:00:41	1816	00:59:20
1853	780	Samantha	Marshall	F	40		01:00:41	1850	00:59:41
1854	2483	Rebecca	Trout	F		HSBC	01:00:42	1864	00:59:50
1855	2381	Brian	Szajda	M			01:00:42	1809	00:59:15
1856	1619	Philip	Kethro	M	40		01:00:42	1860	00:59:48
1857	3267	Matthew	Oatway	M			01:00:43	1873	00:59:56
1858	1408	Kevin	Ellis	M	50	Rhondda Valley Runners	01:00:44	1817	00:59:20
1859	370	Catryn	Rees	F	20		01:00:44	1928	01:00:34
1860	252	Julie	Dunn	F	35		01:00:44	1840	00:59:35
1861	259	Clare	Morris	F	35		01:00:45	1842	00:59:35
1862	793	Lisa	Fabb	F	40		01:00:46	1895	01:00:08
1863	112	Richard	Moss	M	40		01:00:47	1851	00:59:41
1864	2437	Carol	Woodford	F	50	Lliswerry Runners	01:00:47	1875	00:59:57
1865	2638	Jenny	Harris	F			01:00:48	1880	01:00:02
1866	2639	Laura	Kelly	F			01:00:49	1881	01:00:03
1867	2165	Keith	Hopkinson	M	50		01:00:49	1868	00:59:51
1868	2085	Aled	Nurton	M			01:00:50	1889	01:00:05
1869	2700	Laura	Huntley	F			01:00:51	1869	00:59:53
1870	393	Michael	Parkin	M			01:00:51	1910	01:00:14

## 2010 Admiral Swansea Bay 10k

GunPos	Bib	Firstname	Lastname	M/F	Cat	Club	GunTime	ChipPos	ChipTime
1871	2574	Mark	Lewis	M	45		01:00:53	1911	01:00:16
1872	737	Lyn	Doherty	F	35		01:00:54	1874	00:59:56
1873	3531	Joanna	Margetts	F		Active Swansea	01:00:54	1862	00:59:49
1874	698	Dele	Aboderin	F	45		01:00:54	1903	01:00:11
1875	1847	Runner		M	1847		01:00:55	1887	01:00:05
1876	2052	Lucy	Evans	F	20		01:00:55	1879	01:00:01
1877	1516	Tracy	Burton	F	45		01:00:56	1863	00:59:49
1878	592	Sara	Thomas	F			01:00:56	1898	01:00:09
1879	451	Owen	Brown	M			01:00:56	1934	01:00:36
1880	1287	Hannah	Buckland	F			01:00:58	1891	01:00:07
1881	3002	Robert	Bygrave	M	60		01:00:58	1878	00:59:59
1882	1937	Owen	Morris	M			01:00:58	1834	00:59:29
1883	1288	Stephen	Buckland	M	50		01:00:58	1892	01:00:07
1884	2545	Paul	Brain	M	65	Neath Harriers	01:00:59	1825	00:59:25
1885	1632	Sheryll Gail	Holley	F	40		01:00:59	1912	01:00:17
1886	183	Simon	Reed	M			01:01:00	1870	00:59:53
1887	250	James	Williams	M			01:01:00	1872	00:59:55
1888	1221	Joy	Thomas	F	40	Amman Valley Harriers	01:01:00	1896	01:00:08
1889	1485	Kate	Woodward	F			01:01:01	1859	00:59:48
1890	1326	Douglas	Dawson	M			01:01:01	1909	01:00:13
1891	3096	Karen	Gibbins	F	40		01:01:02	1877	00:59:58
1892	3571	Lee	Phelps	M	40		01:01:02	1906	01:00:13
1893	2007	Rachel	Holland	F	35		01:01:07	1905	01:00:12
1894	1989	Anna	Joseph	F			01:01:07	1876	00:59:58
1895	408	Raymond	Stockwood	M	45		01:01:08	1908	01:00:13
1896	2768	Chris	Jordan	M	55		01:01:09	1930	01:00:35
1897	1816	Suzanne	Richards	F	45		01:01:09	1931	01:00:35
1898	2016	Adrain	Roberts	M			01:01:09	1857	00:59:47
1899	1845	Neil	Tucker	M			01:01:09	1882	01:00:03
1900	1633	Darran	Hughes	M			01:01:10	1885	01:00:04
1901	3211	Lisa	Isaac	M			01:01:10	1937	01:00:36
1902	3051	Taryn	Talbott	F		Great Western Runners	01:01:10	1884	01:00:03
1903	1048	Dawn	Howells	F			01:01:11	1932	01:00:35
1904	179	David	Walker	M	55		01:01:12	1856	00:59:47
1905	1207	Joe	Tobin	M			01:01:12	1888	01:00:05
1906	1689	Margaret	Edney	F	50		01:01:13	1925	01:00:33
1907	502	Emma	Howell	F			01:01:14	1952	01:00:46
1908	3305	Julie	Richards	F	35		01:01:14	1916	01:00:23
1909	912	Kathryn	Bailey	F	35		01:01:16	1900	01:00:10
1910	2482	Paul	Thomas	M		HSBC	01:01:17	1854	00:59:45
1911	973	Michael	Williams	M	45		01:01:17	1897	01:00:09
1912	3616	Runner		M	3616		01:01:17	1890	01:00:06
1913	1315	Jaqui	Palmer	F	35		01:01:18	1915	01:00:22
1914	60	Lyn	Morris	M			01:01:18	1894	01:00:07
1915	1686	Stuart	Burge-Jones	M			01:01:19	1941	01:00:38
1916	3603	Seonaid	Gallagher	F			01:01:19	1924	01:00:33
1917	536	Paul	Culliford	M			01:01:19	1927	01:00:34
1918	1014	Lucinda	Cartwright	F			01:01:19	1913	01:00:20
1919	264	Paul	Carter	M	40		01:01:19	1936	01:00:36
1920	2022	Richie	Shore	M			01:01:20	1848	00:59:41
1921	2598	Rachel	Phillips	F	40	Chepstow Harriers	01:01:21	1918	01:00:24
1922	3304	Wendy	Anstee	F	45		01:01:21	1923	01:00:31
1923	2657	Roger	Owen	M	45		01:01:21	1839	00:59:34
1924	2975	Richard	Pennell	M	40		01:01:22	1967	01:00:56
1925	1340	Alan	Bladen	M	75	Les Croupiers	01:01:22	1951	01:00:45
1926	2550	Geraint	Griffiths	M	40	Les Croupiers	01:01:24	1883	01:00:03
1927	2559	Colin	Martin	M	45		01:01:24	1871	00:59:54
1928	2473	Julie	Madden	F	40	HSBC	01:01:25	1920	01:00:27
1929	2817	Gareth	Williams	M			01:01:26	1959	01:00:50
1930	2263	Mark	Greenfield	M	40		01:01:27	1901	01:00:10
1931	931	Joby	Randall	M			01:01:28	1866	00:59:50
1932	2397	Eluned	Jones	F	40		01:01:28	1946	01:00:42
1933	1868	Rebecca	Garcia	F	35		01:01:29	1978	01:01:03
1934	870	Sidney	Johnson	M	60		01:01:30	1902	01:00:10
1935	2195	Hannah	Leach	F			01:01:31	1945	01:00:41
1936	2809	Jonathan	Tew	M	40		01:01:32	1938	01:00:37
1937	646	Marie	Morse	F	40		01:01:34	1950	01:00:44
1938	2685	Robin	Williams	M	55		01:01:37	1954	01:00:48
1939	2874	David	Mort	M			01:01:38	1957	01:00:49
1940	456	Tracey	Hughes-Jenkins	F	35		01:01:38	1944	01:00:40
1941	1636	Neil	Jones	M			01:01:38	1914	01:00:21
1942	1153	Saira	Luckman	F	40		01:01:39	1940	01:00:38
1943	2206	Elaine	Amas	F			01:01:39	1939	01:00:38
1944	1374	Peter	Hopping	M			01:01:41	1926	01:00:34
1945	1332	Sarah	Mccoubrey	F			01:01:41	1933	01:00:35
1946	1373	Robert	Hopping	M	40		01:01:41	1935	01:00:36
1947	2623	Emma	Lipscombe	F	20		01:01:42	1907	01:00:13
1948	1509	Lauren	Phillips	F			01:01:43	1917	01:00:23
1949	2746	Susan	Lewis	F	55		01:01:43	1947	01:00:42
1950	3212	Mark	Jones	M	45		01:01:43	2028	01:01:41
1951	3339	Gwenda	Morris	F	45		01:01:44	1958	01:00:50
1952	1451	Andrew	Bennett	M			01:01:44	1979	01:01:05
1953	2570	Glyn	George	M	45		01:01:45	1962	01:00:53
1954	1513	Linda	Allen	F	45		01:01:46	1966	01:00:56
1955	549	Karen	Davies	F	40		01:01:46	2008	01:01:30

## 2010 Admiral Swansea Bay 10k

GunPos	Bib	Firstname	Lastname	M/F	Cat	Club	GunTime	ChipPos	ChipTime
1956	2882	Paul	Rosser	M			01:01:46	1970	01:00:56
1957	821	Nev	White	M	40		01:01:46	2009	01:01:31
1958	805	Gillian	Jones	F	50		01:01:48	1993	01:01:16
1959	644	Ian	Mccloy	M	55		01:01:49	1992	01:01:16
1960	1812	Robert	Johnston	M	50		01:01:51	1929	01:00:34
1961	3199	Eva	Goodhead	F	35	Forest Of Dean AC	01:01:51	1943	01:00:40
1962	1761	Sallyanne	Greenslade	F	40		01:01:52	1969	01:00:56
1963	1218	Rhys	Morgan	M			01:01:52	1953	01:00:47
1964	2426	Mandy	Peace	F	45	Sospan Road Runners	01:01:53	1972	01:00:57
1965	2378	Chris	Scott	M	40		01:01:53	1949	01:00:44
1966	2954	Matthew	George	M	20		01:01:55	1919	01:00:25
1967	3391	Richard	Keates	M			01:01:57	1942	01:00:39
1968	885	Lea	Tanner	M	40		01:01:57	1980	01:01:05
1969	887	Luke	Tanner	M	20		01:01:58	1981	01:01:06
1970	77	Ann Marie	Curtis	F	45	Hafan Cymru	01:01:58	1922	01:00:29
1971	1559	Jennifer	Davies	F	35		01:01:59	1965	01:00:55
1972	2124	Karl	Miller	M			01:01:59	1963	01:00:53
1973	563	Rob	Osborne	M			01:01:59	1976	01:01:02
1974	1489	Derek Richard	Davies	M	50		01:01:59	1971	01:00:56
1975	3151	Nicola	Derrick	F	35		01:02:01	2004	01:01:25
1976	1234	Gareth	Miles	M	40		01:02:01	1964	01:00:54
1977	2054	Sandra	Barnes	F	40		01:02:02	1984	01:01:08
1978	3111	Christipher	Plaice	M	65		01:02:03	1994	01:01:17
1979	528	Donna	Morgan	F	35		01:02:04	2025	01:01:40
1980	3213	Tony	Nakonecznyj	M	55		01:02:04	1961	01:00:51
1981	57	Captain	Beany	M	55		01:02:05	1975	01:01:01
1982	1751	Geraint	Williams	M			01:02:06	1990	01:01:13
1983	2475	Steve	Matthews	M		HSBC	01:02:06	1996	01:01:20
1984	1629	Teresa	Griffiths	F	35		01:02:06	1983	01:01:07
1985	924	Philippa	Wilson	F			01:02:06	1987	01:01:12
1986	2439	Peter	David	M	40		01:02:07	2022	01:01:38
1987	2105	Rhianne	Maxted	F			01:02:07	1997	01:01:21
1988	2789	Catherine	Botting	F		Penarth & Dinas Runners	01:02:09	2010	01:01:32
1989	1795	Leyton	Jones	M	45		01:02:10	1921	01:00:28
1990	2296	Delyth	Jones	F			01:02:10	2018	01:01:36
1991	2790	Craig	Dunn	M			01:02:10	2012	01:01:33
1992	2965	Catherine	Swain	F	45		01:02:12	1974	01:01:00
1993	3577	Jonathan	Taylor	M			01:02:12	1977	01:01:03
1994	2332	Lindsay	Thomas	F	55		01:02:13	2021	01:01:38
1995	377	Leanne	Fakande	F	35		01:02:13	1968	01:00:56
1996	3208	Sam	Fox	F			01:02:14	1948	01:00:43
1997	3342	Sharon	Holmes	F			01:02:14	1986	01:01:11
1998	3598	Rees	Williams	M			01:02:14	1956	01:00:49
1999	1031	David	Ashman	M	60		01:02:14	2019	01:01:36
2000	599	Kathy	Lewis	F	55		01:02:15	1960	01:00:50
2001	1036	Sara	Gwynn	F	20		01:02:15	2001	01:01:23
2002	1540	Rebecca	Gwynn	F	20		01:02:15	2002	01:01:23
2003	3597	Chris	Hughes	M			01:02:15	1955	01:00:49
2004	1402	Zara	Tippins	F			01:02:16	1988	01:01:12
2005	213	Neil	Mansell	M	55		01:02:17	2033	01:01:50
2006	3169	Jonathan	Williams	M	55		01:02:18	1991	01:01:13
2007	2665	Sian	King	F	50		01:02:20	2029	01:01:41
2008	1961	Natasha	Burgess	F			01:02:21	1989	01:01:12
2009	302	Wyn	Walters	M	45		01:02:22	1995	01:01:17
2010	1644	Catherine	Robbins	F			01:02:23	1999	01:01:22
2011	1109	Michaela	Jones	F	35		01:02:23	2011	01:01:33
2012	2546	Kat	Jennings	F		Neath Harriers	01:02:24	2016	01:01:35
2013	616	Jonathan	Perons	M	20		01:02:24	2007	01:01:29
2014	134	Stephanie	Marshall	F	45		01:02:25	2026	01:01:40
2015	447	Ros	Street	F	35		01:02:25	2006	01:01:27
2016	423	Jonathan	Padley	M			01:02:26	2023	01:01:39
2017	214	Hywel	Rees	M			01:02:26	1998	01:01:22
2018	1922	Jayne	Smith	F			01:02:27	2032	01:01:50
2019	2392	Lucy	Davies	F	40		01:02:30	2049	01:02:06
2020	1359	Arwyn	Williams	M	45		01:02:30	2000	01:01:23
2021	1991	Kevin	Topping	M	45		01:02:31	2020	01:01:37
2022	2361	Philip	Rees	M			01:02:31	2059	01:02:14
2023	550	Claire	James	F	35	WRN	01:02:33	1973	01:01:00
2024	3561	Martin	Swan	M		Active Swansea Admiral	01:02:34	2014	01:01:34
2025	3466	Kate	Ogilvie	F			01:02:36	2041	01:01:57
2026	615	Sarah	Perons	F	45		01:02:37	2027	01:01:41
2027	2000	Laura	Phillips	F			01:02:38	2036	01:01:53
2028	2486	James	Brennan	M		HSBC	01:02:40	2005	01:01:26
2029	3457	Elizabeth	James Mahoney	F		Admiral	01:02:41	2054	01:02:10
2030	2391	Karen	Davies	F	40		01:02:41	2055	01:02:11
2031	2138	Lucy	O'Callaghan	F			01:02:44	1982	01:01:06
2032	3206	Jill	Luckwell	F	45		01:02:44	1985	01:01:10
2033	467	Emily	Walker	F			01:02:44	2013	01:01:33
2034	686	Shilpa	Chaudhry	F	45		01:02:46	2048	01:02:05
2035	3481	Tracy	Loney	F	40	Alberto Culver	01:02:47	2073	01:02:25
2036	788	Ben	Bereza	M			01:02:48	2035	01:01:52
2037	3123	Alison	Phillipart	F	45		01:02:49	2072	01:02:24
2038	1631	Jac	Hansel	M	50		01:02:50	2062	01:02:17
2039	1789	Tim	Cooper	M	40		01:02:51	2052	01:02:07
2040	84	Lisa	Davies	F	40	Hafan Cymru	01:02:52	2003	01:01:25



## 2010 Admiral Swansea Bay 10k

GunPos	Bib	Firstname	Lastname	M/F	Cat	Club	GunTime	ChipPos	ChipTime
2041	1214	Mark	Jones	M	40		01:02:53	2042	01:01:59
2042	798	Sheryl	Stoneman	F	35		01:02:53	2017	01:01:36
2043	1601	Ceris	James	F			01:02:54	2039	01:01:56
2044	411	Tricia	Webb	F	40		01:02:58	2024	01:01:40
2045	1495	Jamie	Phillips	M			01:03:01	2031	01:01:50
2046	794	Liz	Knowles	F	50		01:03:01	2045	01:02:02
2047	920	Jeremy	Jones	M	50		01:03:01	2046	01:02:03
2048	784	Stephen	Palmer	M	40		01:03:02	2047	01:02:04
2049	1932	Hazel Alyson	Morgan	F	45		01:03:02	2105	01:02:43
2050	432	Chris	Kehoe	M			01:03:07	2030	01:01:48
2051	3193	Peter	Morse	M	60		01:03:08	2089	01:02:31
2052	1641	Jonathan	Oates	M			01:03:08	2081	01:02:28
2053	3290	Owen	George	M	55	Swansea Harriers	01:03:08	2088	01:02:31
2054	1699	Ruth	Hession	F	40		01:03:09	2034	01:01:50
2055	3535	Michael	Carter	M		Active Swansea	01:03:10	2099	01:02:41
2056	1215	Neil	Jones	M	40		01:03:10	2061	01:02:17
2057	896	Carol	Bloomfield	F	45		01:03:10	2065	01:02:23
2058	895	Christopher	Bloomfield	M			01:03:10	2066	01:02:23
2059	2220	Matt	Jones	M			01:03:11	2015	01:01:35
2060	2534	Lynn	Holmes	F	45	3Ms	01:03:12	2050	01:02:06
2061	855	Samia	Marouf	F			01:03:12	2056	01:02:11
2062	1041	Catherine	Lilygreen	F	40		01:03:12	2037	01:01:54
2063	1390	Mercedes	Garcia	F	40		01:03:13	2096	01:02:37
2064	203	Susan	Jones	F	45		01:03:16	2051	01:02:07
2065	1865	Shab	Trew	F			01:03:17	2122	01:03:01
2066	3006	Kathryn	Mckinty	F	40		01:03:17	2083	01:02:29
2067	3285	Jane	Llewellyn	F	50		01:03:18	2090	01:02:32
2068	627	Sheila	Curran	F	50	WRN	01:03:19	2053	01:02:07
2069	532	Alan	Thomas	M	45		01:03:21	2106	01:02:46
2070	2855	Eleri	Thomas	F			01:03:21	2101	01:02:41
2071	519	Sharon	Davies	F	40		01:03:21	2107	01:02:46
2072	1199	Tom	Henwood	M			01:03:22	2060	01:02:17
2073	2333	Hayley	Nelson	F			01:03:22	2038	01:01:55
2074	806	Annie	Middleton	F			01:03:22	2074	01:02:25
2075	1035	Jon	Gwynn	M	50		01:03:22	2085	01:02:30
2076	807	Jenny	Nam	F			01:03:22	2076	01:02:26
2077	2897	Martin	Whatty	M			01:03:23	2087	01:02:30
2078	3126	Philip A	Williams	M	40		01:03:24	2093	01:02:33
2079	2232	Debbie	Plimmer	F	40		01:03:25	2128	01:03:04
2080	611	Emma	Walford	F			01:03:26	2068	01:02:23
2081	3378	Ceri-Ann	Matthews	F			01:03:26	2040	01:01:56
2082	1092	Kevin	Richards	M	40		01:03:27	2125	01:03:02
2083	3602	Nneka	Okonta	F		Dachet Dashers	01:03:28	2044	01:02:00
2084	1558	Jonathan	Coffey	M	40		01:03:29	2098	01:02:40
2085	3021	Kari	Lucas	F			01:03:29	2043	01:02:00
2086	113	Matthew	Page	M			01:03:29	2097	01:02:39
2087	3353	Gareth	Hughes	M			01:03:31	2067	01:02:23
2088	2709	Susan	Lawrence	F	55		01:03:32	2063	01:02:18
2089	1265	James	Phillips	M			01:03:33	2064	01:02:19
2090	1240	Claire	Thomas	F			01:03:34	2116	01:02:53
2091	2806	Neil	Lane	M			01:03:35	2133	01:03:08
2092	1300	Eve	Moss	F			01:03:36	2086	01:02:30
2093	2303	Jeffrey	Brooks	M	40		01:03:36	2127	01:03:03
2094	1907	Geoffrey	Thomas	M	65		01:03:36	2075	01:02:26
2095	1291	Kate	Greenfield	F	35		01:03:36	2057	01:02:12
2096	2274	Amy	Hanley	F			01:03:36	2084	01:02:30
2097	379	Kathryn	Healey	F			01:03:36	2058	01:02:14
2098	330	Roger	Harding	M	50		01:03:39	2070	01:02:24
2099	2438	Richard	Harry	M			01:03:39	2139	01:03:17
2100	1521	Alex	Harding	M			01:03:39	2069	01:02:23
2101	3533	Clare	Burns	F	35	Active Swansea	01:03:40	2095	01:02:35
2102	730	Jean	Sellars	F	65		01:03:40	2071	01:02:24
2103	817	Lilia	Milani-White	F	35		01:03:41	2152	01:03:26
2104	1652	Susan	Boyle	F	45		01:03:41	2091	01:02:33
2105	1351	Michael	Kennedy	M	55		01:03:42	2121	01:03:00
2106	988	Amanda	Bleach	F	35		01:03:42	2123	01:03:01
2107	992	Judith	Jones	F	35		01:03:45	2080	01:02:28
2108	1342	Colin	Bowen	M	45		01:03:46	2103	01:02:42
2109	1341	Theresa	Bowen	F	40		01:03:46	2104	01:02:42
2110	998	Annette	Heath	F	35		01:03:46	2129	01:03:05
2111	561	Jacqui	Lewis Griffiths	F	40		01:03:48	2118	01:02:57
2112	2951	Rebecca	Temple	F			01:03:50	2109	01:02:48
2113	2765	Anna	Dejaegher-Joseph	F	40		01:03:50	2130	01:03:06
2114	1148	Kelli	Hawkins	F			01:03:52	2108	01:02:46
2115	1223	Mitchell	Aspland	M	20		01:03:54	2077	01:02:26
2116	1233	Kyle	Maunder	M			01:03:55	2078	01:02:26
2117	1105	Sian	Impey	F			01:03:55	2114	01:02:53
2118	530	Ann	Spandrzyk	F	55		01:03:57	2112	01:02:52
2119	1765	Paula	Loveday	F	55		01:03:57	2092	01:02:33
2120	1060	Sarah	Edwards	F			01:03:57	2153	01:03:26
2121	278	Susan	Edwards	F	45		01:04:01	2154	01:03:27
2122	2770	Robert	Williams	M	40		01:04:02	2158	01:03:30
2123	283	Victoria	Westall	F			01:04:02	2157	01:03:27
2124	2866	Amanda	Brown	F			01:04:02	2124	01:03:02
2125	2430	Lisa	Owen	F	35		01:04:02	2134	01:03:09

## 2010 Admiral Swansea Bay 10k

GunPos	Bib	Firstname	Lastname	M/F	Cat	Club	GunTime	ChipPos	ChipTime
2126	483	Jenny	Prothero	F			01:04:02	2115	01:02:53
2127	661	Gwyneth	Ayers	F			01:04:04	2119	01:02:57
2128	3195	Wendy	Shamsaee	F	50		01:04:04	2126	01:03:02
2129	180	Anne	Waters	F	50		01:04:05	2100	01:02:41
2130	2021	Cerys Wyn	Rees	F			01:04:06	2079	01:02:28
2131	3621	Sarah	Mccoubrey	F			01:04:07	2187	01:03:49
2132	1859	Linos	Davies	F			01:04:08	2117	01:02:57
2133	491	Ashley	Mainwaring	M			01:04:08	2151	01:03:25
2134	201	Graham	Evans	M	45		01:04:09	2113	01:02:53
2135	3251	Jafar	Ghalamkary	M	50	Islwyn RC	01:04:09	2170	01:03:35
2136	943	Alfryn	Easter	M	60	3Ms	01:04:09	2082	01:02:29
2137	143	Josh	Mcmahon	M	20		01:04:11	2120	01:02:57
2138	2050	Victoria	Jones	F			01:04:13	2094	01:02:35
2139	2091	Melanie	Jehu	F	40		01:04:13	2111	01:02:51
2140	3359	William	Wilson	M	70		01:04:13	2164	01:03:32
2141	925	Jane	Cheyney	F	40		01:04:14	2131	01:03:07
2142	2151	Andrea	Wood	F	35		01:04:15	2135	01:03:12
2143	1490	Dan	Jolley	M			01:04:18	2142	01:03:20
2144	3209	Colin	Isaac	M	60		01:04:18	2180	01:03:46
2145	2871	Emma	Mills	F	40		01:04:19	2102	01:02:41
2146	2818	Joanne	Williams	F			01:04:19	2146	01:03:23
2147	1449	Lisa	Worton	F	40		01:04:19	2138	01:03:16
2148	2524	Debbie	Davies	F	45		01:04:19	2155	01:03:27
2149	2603	Laura	Davies	F			01:04:21	2150	01:03:25
2150	3233	David	Watkins	M	45		01:04:24	2161	01:03:30
2151	575	Johanne	Hughes-Dowdle	F	40		01:04:27	2195	01:03:57
2152	301	Chris	Turner	M	60		01:04:28	2132	01:03:07
2153	308	Matthew	Gurnsey	M			01:04:28	2141	01:03:18
2154	631	Lyndon	Evans	M	40		01:04:29	2165	01:03:33
2155	212	Alice	Mansell	F	20		01:04:29	2203	01:04:03
2156	1659	Julie	Griffiths	F	50		01:04:29	2145	01:03:23
2157	3081	Heidi	Jones	F	35		01:04:31	2175	01:03:43
2158	2651	Hannah	Jones	F			01:04:32	2167	01:03:33
2159	1274	Susan	Cervetto	F	40		01:04:32	2137	01:03:15
2160	2400	Nerys	Fielden	F			01:04:34	2166	01:03:33
2161	1129	Tina	Lloyd	F	45		01:04:34	2160	01:03:30
2162	674	Valerie	Mitchell	F			01:04:35	2156	01:03:27
2163	1439	Hayley	Mccutcheon	F			01:04:36	2185	01:03:48
2164	2338	Mark	Rush	M			01:04:37	2168	01:03:33
2165	2262	Kay	Davis	F	35		01:04:37	2149	01:03:24
2166	3254	Alan	Morgan	M	45		01:04:37	2110	01:02:50
2167	2269	Gavin	Jenkins	M			01:04:38	2159	01:03:30
2168	1596	Robert	Drake	M	50		01:04:42	2202	01:04:03
2169	254	Adelle	Gurnsey	F	35		01:04:42	2163	01:03:31
2170	257	Annemarie	Kelleher	F	35		01:04:42	2162	01:03:31
2171	1311	Sarah	Jones	F			01:04:42	2190	01:03:51
2172	689	Joanna	John	F	40		01:04:43	2178	01:03:44
2173	1803	Donna	Davies	F	35		01:04:45	2183	01:03:47
2174	2457	Lisa	Morgan	F			01:04:46	2200	01:04:01
2175	1248	Carys	Davies	F			01:04:48	2144	01:03:22
2176	1250	Gareth	Davies	M	50		01:04:48	2147	01:03:23
2177	2314	Owen	Bodycombe	M			01:04:49	2193	01:03:54
2178	1090	Vivienne	Ni Chonghaile	F			01:04:50	2173	01:03:42
2179	1158	Jacky	Tyrie	F			01:04:50	2186	01:03:49
2180	386	Jim	Evans	M	60		01:04:51	2140	01:03:17
2181	356	Anita	Thomas	F			01:04:54	2172	01:03:40
2182	2164	Helen	Roberts	F	40		01:04:54	2136	01:03:13
2183	1445	Colin	Thomas	M	55		01:04:55	2196	01:03:58
2184	1898	Christine	Venn	F	40		01:04:56	2205	01:04:06
2185	1897	Cath	Jones	F	35		01:04:56	2207	01:04:07
2186	719	Michael	White	M	50		01:04:58	2182	01:03:47
2187	299	Susan	Prosser	F	40		01:05:00	2143	01:03:21
2188	1997	Kirstie	James	F			01:05:02	2256	01:04:54
2189	1673	Paul	Miller	M			01:05:03	2181	01:03:47
2190	1091	Stephen	Rees	M	60		01:05:04	2148	01:03:24
2191	243	Steve	Walsh	M	40	Port Talbot Harriers	01:05:04	2177	01:03:44
2192	1070	Jo	Parham	F			01:05:05	2204	01:04:04
2193	2280	Stephanie	Morrison	F			01:05:05	2169	01:03:34
2194	693	Ani	Newman	F			01:05:09	2184	01:03:47
2195	3402	Leanne	Squires	F		Admiral	01:05:09	2188	01:03:50
2196	2725	Rhodri	Williams	M	20		01:05:09	2213	01:04:17
2197	2862	Daniel	Morrell	M			01:05:10	2192	01:03:54
2198	2668	Natasha	Crowther	F	35		01:05:12	2194	01:03:55
2199	2401	Kelly	O'Neill	F			01:05:15	2208	01:04:07
2200	2848	Sian	Jones	F	40		01:05:17	2201	01:04:02
2201	2004	Cathy	Johnson	F	45		01:05:17	2212	01:04:16
2202	1759	Tracey	Davies	F	45		01:05:17	2189	01:03:51
2203	3352	Sarah	Wagstaffe	F			01:05:20	2211	01:04:15
2204	1468	Megan	Hiscox	F			01:05:21	2176	01:03:44
2205	853	Peter	Jones	M	60		01:05:21	2229	01:04:33
2206	1467	Andrew	Hiscox	M			01:05:22	2179	01:03:45
2207	294	Helen	Evans	F	40		01:05:22	2174	01:03:43
2208	1062	David	Harris	M			01:05:23	2206	01:04:06
2209	3505	Phillip	Hardy	M	40	Alberto Culver	01:05:23	2171	01:03:35
2210	3586	Claire	Beynon	F	50	Active Swansea	01:05:23	2218	01:04:22

## 2010 Admiral Swansea Bay 10k

GunPos	Bib	Firstname	Lastname	M/F	Cat	Club	GunTime	ChipPos	ChipTime
2211	2851	Gethin	Wilcox	M			01:05:24	2224	01:04:27
2212	3137	Tony	Hickey	M	55		01:05:25	2233	01:04:34
2213	727	Bleddyn	Price	M	40		01:05:25	2261	01:04:58
2214	1864	Lisa	Lewis	F	35		01:05:26	2214	01:04:17
2215	2837	Gemma	Richards	F			01:05:27	2191	01:03:53
2216	1367	Joanne	Elworthy	F			01:05:27	2199	01:04:00
2217	2068	Marco	Diiulio	M			01:05:28	2217	01:04:22
2218	3393	Kevin	Reed	M			01:05:29	2209	01:04:10
2219	1497	Nicola	Thomas	F	40		01:05:29	2239	01:04:45
2220	639	Sarah	Hawker	F	35		01:05:29	2240	01:04:45
2221	1821	Kathleen	Mulready	F			01:05:32	2210	01:04:12
2222	190	Jaynie	Rance	F	40	Running4Women Network	01:05:33	2255	01:04:54
2223	3044	Clare	Douglas	F			01:05:34	2198	01:03:58
2224	2970	Ffion	Evans	F			01:05:34	2197	01:03:58
2225	2555	Anja	Evans	F	35		01:05:34	2234	01:04:36
2226	1965	Terri	Webster	F	35		01:05:36	2215	01:04:20
2227	2306	Laura	Burchfield	F			01:05:37	2238	01:04:42
2228	625	Chris	Brudenell	M	40		01:05:37	2259	01:04:56
2229	946	Lynne	Hodgetts	F	55		01:05:42	2245	01:04:48
2230	2889	Sharon	O'Connell	F	35		01:05:43	2222	01:04:26
2231	2966	Lynwen	Williams	F			01:05:43	2223	01:04:27
2232	2330	Ceri	Selman	F			01:05:44	2216	01:04:21
2233	2234	Caroline	Mead	F	40		01:05:44	2237	01:04:40
2234	1434	Sally	Fuller	F	40		01:05:44	2220	01:04:26
2235	3361	Paul	Evans	M			01:05:45	2230	01:04:33
2236	666	Neil	Davies	M	55		01:05:46	2252	01:04:52
2237	2590	Judith	Denyer	F	40		01:05:46	2225	01:04:29
2238	1598	Helen	Gilmore	F	45		01:05:47	2254	01:04:53
2239	2641	Paula	John	F	45		01:05:47	2227	01:04:31
2240	286	Luiissa	Conlan	F	40		01:05:48	2275	01:05:12
2241	2981	Alex	Thomas	M	40		01:05:48	2247	01:04:49
2242	1665	Hughes	Laura	F			01:05:53	2253	01:04:53
2243	115	Keith	Skeggs	M			01:05:53	2241	01:04:45
2244	1537	Julie	Dyer	F	35		01:05:53	2260	01:04:57
2245	1170	Damon	Link	M	40		01:05:57	2236	01:04:39
2246	1580	Julia	Harrison	F			01:05:58	2246	01:04:48
2247	2160	Catrin	Wallace	F	20		01:05:59	2264	01:05:00
2248	2649	Laura	Francis	F	45		01:05:59	2263	01:04:59
2249	1585	Lisa	Newton	F			01:06:01	2249	01:04:51
2250	2356	Swati	Prusty	F			01:06:01	2258	01:04:55
2251	2535	Barry	Young	M	55	Wye Valley Runners	01:06:01	2244	01:04:47
2252	2752	Sarah	Jordan	F	50		01:06:01	2226	01:04:30
2253	1266	Emma	Reynolds	F			01:06:02	2228	01:04:31
2254	2511	Richard	Stevens	M	40		01:06:02	2242	01:04:45
2255	2814	Emma	Varney	F			01:06:02	2231	01:04:34
2256	2710	Eloise	Amos	F			01:06:02	2232	01:04:34
2257	2597	Jonathon	Bainbridge	M			01:06:02	2221	01:04:26
2258	3147	Lynda	Wilshaw	F	40	Wye Valley Runners	01:06:03	2248	01:04:49
2259	3486	Dean	Reynolds	M		Alberto Culver	01:06:03	2272	01:05:11
2260	2229	Hannah	Woodward	F			01:06:04	2257	01:04:55
2261	2147	Sarah	Andrews	F			01:06:04	2219	01:04:26
2262	880	Gary	Rees	M	65		01:06:06	2282	01:05:20
2263	3205	Michael	Rees	M	55		01:06:07	2269	01:05:07
2264	2131	Karen	Davies	F	35		01:06:08	2268	01:05:05
2265	1010	Mark	Williams	M			01:06:11	2243	01:04:46
2266	2376	Susan	Pendleton	F	40		01:06:11	2235	01:04:38
2267	2452	Alun	Watkins	M			01:06:11	2283	01:05:23
2268	2443	Beverley	Hawkins	F	35		01:06:12	2284	01:05:23
2269	1185	Karla	Evans	F			01:06:12	2290	01:05:27
2270	1988	Josephine	Forde	F			01:06:12	2262	01:04:58
2271	1692	Morgan	Edwards	F	20		01:06:12	2281	01:05:17
2272	437	Maddy	Austin	F	50		01:06:13	2271	01:05:10
2273	2907	Nia	Dickie	F	40		01:06:14	2299	01:05:36
2274	2158	Carolyn	Wallace	F	45		01:06:14	2280	01:05:15
2275	3148	John	Wilshaw	M	60	Wye Valley Runners	01:06:14	2265	01:05:01
2276	3100	Angie	Thomas	F			01:06:17	2278	01:05:14
2277	3064	Dean	Jones	M			01:06:17	2274	01:05:12
2278	538	Christopher	Evans	M			01:06:20	2291	01:05:29
2279	582	Peta	Phillips	F	35		01:06:20	2267	01:05:04
2280	320	Frances	Keogh-Davies	F	45		01:06:21	2270	01:05:09
2281	3249	Gary	Taylor	M		Mumbles Milers	01:06:22	2251	01:04:52
2282	1574	Simon	Brooks	M	40		01:06:24	2266	01:05:01
2283	1762	Charlotte	Higgins	F			01:06:25	2287	01:05:25
2284	1767	Sian	Parker	F			01:06:25	2288	01:05:25
2285	2561	Andre	De Beer	M	55		01:06:27	2250	01:04:52
2286	1964	Gary	Seldon	M		Islwyn RC	01:06:30	2279	01:05:14
2287	3532	Catherine	Mckenna	F		Active Swansea	01:06:31	2289	01:05:26
2288	3392	Anne	Higgs	F			01:06:32	2277	01:05:13
2289	918	David	Hainsworth	M			01:06:33	2297	01:05:35
2290	916	Charlotte	Green	F			01:06:34	2298	01:05:35
2291	420	Karen	Long	F	40		01:06:34	2273	01:05:11
2292	1776	Sharon	Williams	F	45		01:06:34	2276	01:05:13
2293	795	Martin	Nicholls	M	40	3Ms	01:06:43	2293	01:05:34
2294	141	Clare	Fencott	F			01:06:47	2295	01:05:34
2295	1426	Karen	Birdsall	F	40		01:06:47	2294	01:05:34

## 2010 Admiral Swansea Bay 10k

GunPos	Bib	Firstname	Lastname	M/F	Cat	Club	GunTime	ChipPos	ChipTime
2296	2839	Natasha	Pedrick	F	35		01:06:47	2305	01:05:48
2297	2012	Kirsty	Evans	F	35		01:06:51	2300	01:05:42
2298	1930	Angela	Morgan	F	50		01:06:54	2358	01:06:37
2299	667	Nia	Godsmark	F			01:06:55	2301	01:05:44
2300	1101	Ryan	Gillette	M			01:06:55	2349	01:06:23
2301	781	Kevin	Matthews	M	45		01:06:56	2292	01:05:32
2302	374	Hannah	Williams	F			01:06:56	2326	01:06:09
2303	1801	Wendy	Diment	F	35		01:06:57	2303	01:05:47
2304	873	Lee	Mahoney	M			01:06:57	2332	01:06:15
2305	3215	Jessica	Long	F			01:06:58	2309	01:05:54
2306	164	Neil	Fernquest	M	40		01:07:00	2352	01:06:28
2307	2505	Danny	Evans	M	40		01:07:01	2302	01:05:44
2308	344	Paul	Hambly	M			01:07:01	2310	01:05:56
2309	1372	David	Hiscox	M			01:07:03	2317	01:06:04
2310	1242	Cathryn	Walters	F			01:07:04	2316	01:06:03
2311	2175	Carl	Jones	F	40		01:07:04	2304	01:05:47
2312	1740	Victoria	Jones	F			01:07:04	2337	01:06:19
2313	2336	Linda Ann	Jones	F	40		01:07:06	2285	01:05:25
2314	2337	James	Allen	M	45		01:07:06	2286	01:05:25
2315	2916	Michelle	Hockridge	F			01:07:08	2306	01:05:48
2316	1396	Cristopher	Mcgowan	M			01:07:08	2361	01:06:41
2317	2451	Robert	Gadd	M			01:07:09	2345	01:06:22
2318	1227	Tracy	Freeman	F			01:07:12	2341	01:06:20
2319	2583	Joanna	Evans	F			01:07:12	2334	01:06:16
2320	1138	Hilary	Williams	F			01:07:13	2335	01:06:17
2321	3337	Sarah	Butt	F	35		01:07:13	2328	01:06:10
2322	3338	Gail	Williams	F	35		01:07:13	2327	01:06:10
2323	1102	Wendy	Godwin	F	35		01:07:13	2307	01:05:49
2324	2903	Sian	Parfitt	F	45		01:07:15	2329	01:06:10
2325	590	Catherine	Seabourne	F			01:07:15	2315	01:06:03
2326	2275	Andrew	Griffith	M			01:07:16	2311	01:05:59
2327	2801	Philip	Richards	M	55		01:07:17	2296	01:05:34
2328	1040	Jodie	Jenkins	M			01:07:18	2320	01:06:05
2329	2159	Sian	Morgan	F			01:07:18	2318	01:06:04
2330	1405	Gemma	Calcutt	F			01:07:18	2314	01:06:02
2331	1032	Katherine	Berry	F			01:07:18	2319	01:06:04
2332	352	Janine	Jones	F	35		01:07:18	2343	01:06:22
2333	3248	Christopher	Thomas	M	40		01:07:20	2353	01:06:31
2334	414	Wayne	Curtis	M	40		01:07:22	2338	01:06:19
2335	819	Hayley	Price	F			01:07:23	2351	01:06:28
2336	1456	Bernita	De Wet	F	40		01:07:23	2347	01:06:23
2337	2088	Teleri	Garner	F	45		01:07:23	2340	01:06:20
2338	3262	Robert	Thomas	M	75		01:07:24	2308	01:05:50
2339	2727	Melanie	Roberts	F			01:07:25	2350	01:06:24
2340	1758	Lucy	Cook	F			01:07:25	2324	01:06:06
2341	1176	Karen	Rees	F	40		01:07:25	2321	01:06:05
2342	1165	Aimee	Evans	F			01:07:25	2322	01:06:05
2343	1910	Peter	Smith	M	60		01:07:26	2336	01:06:17
2344	741	Gethin	Hopkin	M	20		01:07:27	2330	01:06:11
2345	2732	Stuart	Whiffin	M			01:07:27	2360	01:06:41
2346	2185	Lindsay	Millar	F			01:07:29	2366	01:06:45
2347	453	Tina	Hobson	F	35		01:07:29	2331	01:06:15
2348	1911	Danielle	Smith	F			01:07:30	2342	01:06:20
2349	2998	Terry	O'Brien	M	50		01:07:30	2323	01:06:06
2350	3159	Gareth	Morgan	M	50	Wye Valley Runners	01:07:30	2325	01:06:06
2351	74	Jen	Davies	F		Hafan Cymru	01:07:30	2312	01:06:01
2352	334	Simon	Williams	M			01:07:33	2348	01:06:23
2353	1700	Cath	Jackson	F	50		01:07:33	2382	01:07:01
2354	1675	Julie	Phillips	F	35		01:07:36	2339	01:06:20
2355	175	Lucy	John	F			01:07:37	2313	01:06:01
2356	1544	David	Jones	M	45		01:07:38	2346	01:06:22
2357	135	Leana Marie	Morgan	F			01:07:40	2333	01:06:16
2358	1782	Lorraine	Swain	F	50		01:07:42	2344	01:06:22
2359	1727	Diane	Chapman	F	45		01:07:42	2373	01:06:53
2360	1037	Deborah	Harries	F	40		01:07:43	2411	01:07:25
2361	2754	Simon	Williams	M	40		01:07:43	2362	01:06:41
2362	2028	Andreas	Moryc	M	50		01:07:44	2375	01:06:56
2363	2509	Jonathan	Evans	M	40		01:07:46	2354	01:06:34
2364	3615	Sonia	Pritchard	F			01:07:49	2369	01:06:49
2365	2564	Diane	Morgan	F	50		01:07:54	2372	01:06:53
2366	509	Catherine	Brooks	F			01:07:54	2365	01:06:42
2367	1184	Denise	Conlon	F	45		01:07:55	2383	01:07:02
2368	1996	Tony	Rees	M	45		01:07:57	2378	01:06:58
2369	1995	Barbara	Rees	F	45		01:07:57	2379	01:06:59
2370	3268	Victoria	Mitchell	F			01:07:59	2398	01:07:11
2371	2847	Richard	Davies	M			01:07:59	2355	01:06:35
2372	3574	Fiona	Lucas	F	50		01:08:00	2357	01:06:35
2373	3077	Elin	Davies	F	45		01:08:01	2356	01:06:35
2374	204	Maria	Lalic	F	50		01:08:03	2374	01:06:54
2375	101	Darren	Elson	M			01:08:04	2363	01:06:41
2376	1437	Sally	Killian	F	40		01:08:04	2371	01:06:52
2377	897	Ronald	Brown	M	50		01:08:08	2401	01:07:17
2378	1881	Sarah	Jones	F	40		01:08:11	2384	01:07:03
2379	1886	Elaine	Williams	F	55	Islwyn RC	01:08:11	2386	01:07:05
2380	2894	Elizabeth	Hughes	F	40		01:08:11	2385	01:07:04

## 2010 Admiral Swansea Bay 10k

GunPos	Bib	Firstname	Lastname	M/F	Cat	Club	GunTime	ChipPos	ChipTime
2381	1626	Emily	East	F	20		01:08:13	2368	01:06:47
2382	1625	Graeme	East	M	50		01:08:14	2367	01:06:46
2383	2820	Karen	Page	F	40		01:08:16	2359	01:06:40
2384	2563	Nicci	Southard-Stuart	F	35		01:08:17	2388	01:07:06
2385	1893	Libby	Williams	F	35		01:08:17	2400	01:07:15
2386	2103	Fiona	Davies	F			01:08:18	2399	01:07:12
2387	3010	Pete	Kemp	M			01:08:18	2391	01:07:09
2388	2825	Laura	Simpson	F	35		01:08:19	2364	01:06:42
2389	2983	Elaine	Kemp	F	35		01:08:19	2393	01:07:09
2390	3026	Kathryn	Davis	F		Sole Sisters	01:08:20	2404	01:07:19
2391	2202	Dean	Bufton	M	40		01:08:20	2380	01:06:59
2392	1843	Emily	Long	F			01:08:20	2377	01:06:58
2393	2808	Sian	Radnidge	F			01:08:21	2376	01:06:58
2394	1842	Annette	Long	F	45		01:08:21	2381	01:06:59
2395	792	Kevin	Button	M			01:08:22	2395	01:07:11
2396	2902	Kaye	Davies	F	45		01:08:24	2406	01:07:20
2397	522	Clare	Evans	F			01:08:24	2390	01:07:09
2398	3399	Rhian	Burne	F	35		01:08:25	2394	01:07:09
2399	1162	Monica	Biesenbach	F	40		01:08:28	2389	01:07:07
2400	3389	Kathryn	Hurley	F	50		01:08:28	2417	01:07:30
2401	2345	Chris	Birt	M			01:08:28	2410	01:07:24
2402	942	Julie	Davies	F	55	3Ms	01:08:29	2405	01:07:20
2403	2374	Sean	Crockett	M	45		01:08:32	2370	01:06:52
2404	699	Nicola	Barclay	F	35		01:08:32	2431	01:07:53
2405	2858	Bethan	Hopkins	F	50		01:08:32	2407	01:07:22
2406	2891	Ellis	Hopkins	M	50		01:08:32	2409	01:07:22
2407	2994	Cath	Hughes	F			01:08:34	2387	01:07:05
2408	597	Jemma	Evans	F			01:08:34	2408	01:07:22
2409	2788	Sarah	Powell	F			01:08:36	2415	01:07:28
2410	2935	Elle	Davies	F	40		01:08:36	2397	01:07:11
2411	3237	Mark	Hammond	M	40		01:08:37	2439	01:08:01
2412	2895	Benjamin	Perkins	M	20		01:08:37	2412	01:07:25
2413	1026	Julie	Roberts	F	45		01:08:40	2423	01:07:37
2414	1576	Matthew	Corles	M			01:08:42	2403	01:07:17
2415	1569	Lewis	Wallis	M			01:08:42	2402	01:07:17
2416	3479	Joanne	Beynon	F	40	Alberto Culver	01:08:44	2426	01:07:44
2417	3477	Rachel	Lewis	F		Alberto Culver	01:08:44	2427	01:07:44
2418	2779	Rachel	Cable	F			01:08:44	2392	01:07:09
2419	3299	Patricia	Lee	F	40		01:08:46	2396	01:07:11
2420	3526	Amanda	Britton	F	40		01:08:47	2447	01:08:18
2421	2659	Rachael	John	F	20		01:08:48	2425	01:07:40
2422	518	Ben	Brown	M			01:08:52	2441	01:08:07
2423	1005	Stephen	Gardner	M	40		01:08:54	2420	01:07:32
2424	944	Beverley	Evans	F	45		01:08:55	2422	01:07:35
2425	378	Olugbenga	Fakande	M	50		01:08:55	2413	01:07:27
2426	945	Adrian	Evans	M	40		01:08:57	2424	01:07:38
2427	1378	Sarah	Ley	F			01:08:58	2437	01:07:57
2428	2093	Jayne	Edwards-Matthews	F			01:08:58	2435	01:07:54
2429	279	Karen	Grunhut	F	40		01:08:58	2434	01:07:53
2430	1943	James	Murphy	M			01:09:00	2416	01:07:28
2431	638	Ian	Hampson	M			01:09:00	2414	01:07:28
2432	1494	Claire	Perry	F			01:09:01	2440	01:08:05
2433	811	Matt	Clements	M			01:09:02	2428	01:07:52
2434	1982	Louise	Burgess	F			01:09:02	2418	01:07:31
2435	876	Jodie	Murphy	F			01:09:03	2419	01:07:31
2436	1769	Dawn	Skipper	F	35		01:09:06	2443	01:08:10
2437	1656	Carol	Fardoe	F	55		01:09:08	2436	01:07:54
2438	2404	Glenys	Curtis	F	55		01:09:08	2446	01:08:17
2439	513	Mary	Jones	F	40		01:09:08	2430	01:07:53
2440	3180	Emma	Davies	F	35		01:09:08	2432	01:07:53
2441	3581	Aldous	Roberts	M			01:09:09	2421	01:07:32
2442	3308	Kate	Bevan	F			01:09:10	2433	01:07:53
2443	3580	Steven	Parsons	M	40		01:09:11	2488	01:09:09
2444	2067	Nina	Rees	F			01:09:13	2442	01:08:09
2445	1681	Linda	Welch	F	50		01:09:14	2429	01:07:52
2446	490	Jonathan	Hagen	M			01:09:15	2468	01:08:38
2447	2045	Lisa	Thorndyke	F			01:09:18	2476	01:08:46
2448	2831	Michael John	Davies	M	50		01:09:19	2459	01:08:34
2449	3099	Michelle	Harries	F			01:09:19	2460	01:08:34
2450	2095	Katherine	Broome	F	40		01:09:20	2458	01:08:32
2451	2484	Trina	Morgan	F	35	HSBC	01:09:21	2455	01:08:28
2452	970	Simon	Phillips	M	45		01:09:22	2438	01:08:00
2453	2485	Raymond	Stanbury	M		HSBC	01:09:24	2467	01:08:37
2454	473	Timothy	Saer	M			01:09:24	2452	01:08:26
2455	3424	Joanne	Hayes	F		Admiral	01:09:24	2453	01:08:27
2456	1796	June	Wheel	M			01:09:27	2493	01:09:19
2457	1797	Wendy	Johnson	F	35		01:09:28	2494	01:09:19
2458	1683	Josh	Arnold	M			01:09:28	2481	01:08:57
2459	2412	Jackie	Evans	F	35		01:09:28	2444	01:08:11
2460	1829	Rhian	John	F	35		01:09:29	2445	01:08:12
2461	883	Keith	Saddington	M	55		01:09:32	2451	01:08:24
2462	989	Suzanne	D'Arcy	F			01:09:36	2466	01:08:37
2463	191	Dylan	Roberts	M			01:09:36	2463	01:08:34
2464	969	Mellissa	Nash	F			01:09:38	2482	01:08:59
2465	123	Rosemary	Jones	F			01:09:40	2477	01:08:47

## 2010 Admiral Swansea Bay 10k

GunPos	Bib	Firstname	Lastname	M/F	Cat	Club	GunTime	ChipPos	ChipTime
2466	1853	Meinir	Hutchings	F	40		01:09:41	2454	01:08:27
2467	1650	Samantha	Boyle	F			01:09:43	2464	01:08:35
2468	489	Sam	Donaldson	M			01:09:43	2449	01:08:21
2469	331	David	Hilton	M	45		01:09:46	2478	01:08:49
2470	3583	Nerys	Ireland	F	35		01:09:48	2456	01:08:29
2471	1920	Catherine	Lewis	F	40		01:09:48	2457	01:08:30
2472	1411	David Peter	Gronow	M	55		01:09:49	2448	01:08:19
2473	2226	Brian	Farr	M	50		01:09:50	2474	01:08:45
2474	2372	Darren	Thomas	M			01:09:51	2469	01:08:40
2475	2390	Nicola	Thomas	F	35		01:09:51	2470	01:08:40
2476	1348	Anthony	Henebery	M	40	Mumbles Milers	01:09:52	2450	01:08:22
2477	2122	Michelle	Slee	F	35		01:10:03	2480	01:08:52
2478	2514	Peter	Galvin	M	45		01:10:04	2473	01:08:43
2479	886	Judith	Tanner	F	45		01:10:04	2479	01:08:50
2480	3185	Bethan	Morris	F			01:10:06	2461	01:08:34
2481	3186	Paul	Emanuel	M	40		01:10:07	2462	01:08:34
2482	1114	Kathryn	Bromham	F			01:10:09	2475	01:08:45
2483	390	Jacqueline	Jones	F			01:10:12	2495	01:09:25
2484	2810	Jason	Herbert	M			01:10:12	2465	01:08:36
2485	2246	Ian	Midwinter	M	45		01:10:15	2471	01:08:41
2486	2110	Joanne	Heavens-Davies	F	35		01:10:16	2472	01:08:42
2487	796	Karen	Price	F	35		01:10:17	2492	01:09:17
2488	2802	Bethan	Davies	F			01:10:20	2491	01:09:16
2489	3131	Gemma	Harris	F			01:10:25	2505	01:09:39
2490	1000	Martin	Lilygreen	M	40		01:10:26	2486	01:09:08
2491	2504	Annette	Kennedy	F	35		01:10:29	2498	01:09:27
2492	2899	Anne-Marie	Jehu	F			01:10:30	2484	01:09:06
2493	2753	Kate	Lewis	F			01:10:30	2513	01:09:52
2494	812	Jennie	Clements	F	55		01:10:30	2515	01:09:52
2495	813	Tim	Clements	M	55		01:10:32	2490	01:09:15
2496	2326	Helen	Evans	F	35		01:10:32	2502	01:09:31
2497	2268	Mary	Simmonds	F			01:10:34	2503	01:09:31
2498	1294	Eleri	Hiscott	F			01:10:35	2517	01:09:56
2499	3172	Maryam	Dehghani	F	40	WRN	01:10:36	2519	01:09:57
2500	2405	Carly	Todd	F			01:10:40	2499	01:09:29
2501	3094	Natalie	Crane	F			01:10:40	2501	01:09:29
2502	3160	Allison	Church	M		LRN	01:10:42	2487	01:09:09
2503	2884	Laura	Davies	F			01:10:42	2485	01:09:07
2504	3382	Adam	Neill	M	20		01:10:43	2489	01:09:14
2505	610	Catherine	Skuse	F	35		01:10:43	2514	01:09:52
2506	1715	Jason	Shears	M			01:10:45	2507	01:09:44
2507	1716	Valerie	Shears	F	40		01:10:46	2509	01:09:46
2508	1593	Nick	Broad	M			01:10:47	2483	01:09:06
2509	3446	Sarah	Sutton	F	35	Admiral	01:10:48	2516	01:09:55
2510	1663	Bethan	James	F	20		01:10:55	2541	01:10:20
2511	3371	Jamie	Richards	M	20		01:10:58	2500	01:09:29
2512	1194	Matthew	Simons	M			01:10:59	2511	01:09:50
2513	1181	Nancy	Brown	F			01:10:59	2512	01:09:50
2514	894	Sharon	Vaughan Williams	F	35		01:11:00	2496	01:09:25
2515	1595	Emma	Davies	F	40		01:11:00	2497	01:09:25
2516	539	Victoria	Ford	F	35		01:11:02	2508	01:09:45
2517	2146	Philip	Davies	M	60	3Ms	01:11:06	2537	01:10:15
2518	2739	Caroline	Matthews	F	35		01:11:06	2510	01:09:46
2519	1254	Dan	Huntley	M			01:11:06	2526	01:10:05
2520	3050	Dawn	Comisini	F	45		01:11:09	2504	01:09:32
2521	2235	Nicola	O'Sullivan	F	35		01:11:09	2540	01:10:19
2522	3103	Heather	Waller	F	45	Leamington C & AC	01:11:14	2532	01:10:10
2523	428	Kevin	Edwards	M	40		01:11:15	2518	01:09:57
2524	907	Donna	Stapleton	F			01:11:15	2531	01:10:10
2525	2717	Hayley	Thomas	F	35		01:11:16	2539	01:10:19
2526	847	Rebecca	Allen	F			01:11:16	2506	01:09:40
2527	2849	Lesleyanne	Sterry	F			01:11:18	2542	01:10:21
2528	2092	Kim	Taylor	F			01:11:22	2538	01:10:17
2529	2901	Rae	Lewis	F	40		01:11:25	2521	01:10:02
2530	3119	Stuart	Kneath	M	55		01:11:27	2535	01:10:11
2531	2026	Rebecca	Gunstone	F		Mumbles Milers	01:11:27	2556	01:10:56
2532	66	Gemma	Bowden	F		Team Jay	01:11:28	2528	01:10:06
2533	72	Samantha	Cox	F		Team Jay	01:11:28	2530	01:10:09
2534	61	Katherine	Jenkins	F		Team Jay	01:11:28	2527	01:10:05
2535	78	Ffion	Glyn Jones	F	35	Hafan Cymru	01:11:28	2525	01:10:04
2536	62	Tracey	Lawrence	F		Team Jay	01:11:28	2522	01:10:02
2537	68	Tara	Hammett	F		Team Jay	01:11:28	2529	01:10:08
2538	67	Paula	Cole	F	40	Team Jay	01:11:29	2523	01:10:03
2539	64	Elizabeth	Jones	F		Team Jay	01:11:29	2524	01:10:03
2540	2797	Shaun	Wardley	M			01:11:29	2559	01:11:02
2541	707	Wayne	Godden	M	40		01:11:31	2544	01:10:31
2542	3420	Sarah	Jessop	F		Admiral	01:11:32	2553	01:10:49
2543	385	Kim	Evans	F	50		01:11:32	2546	01:10:32
2544	985	Emma	Wilkins	F			01:11:35	2520	01:10:00
2545	1364	Michael	Collins	M	55		01:11:38	2534	01:10:11
2546	1022	Rhian Eleri	Lewis	F			01:11:39	2536	01:10:13
2547	2526	Amanda	Jones	F	40		01:11:40	2552	01:10:47
2548	684	Barry	Vickery	M	40		01:11:42	2548	01:10:34
2549	635	Megan	Gorman	F			01:11:55	2543	01:10:27
2550	3501	Simon	Stonham	M		Alberto Culver	01:11:58	2533	01:10:10

## 2010 Admiral Swansea Bay 10k

GunPos	Bib	Firstname	Lastname	M/F	Cat	Club	GunTime	ChipPos	ChipTime
2551	1330	Dena	Jones	F	40		01:12:01	2551	01:10:47
2552	284	Simon	Case	M			01:12:01	2557	01:10:56
2553	273	Sarah	Reed	F	35		01:12:02	2545	01:10:32
2554	2173	Richard	Reed	M			01:12:03	2547	01:10:32
2555	773	Melanie	Thornton	F			01:12:04	2570	01:11:25
2556	109	Michelle	Griffiths	F			01:12:07	2558	01:10:59
2557	3387	Janet	Harris	F	50	Porthcawl Runnerslife	01:12:09	2568	01:11:17
2558	866	Rebecca	Davies	F			01:12:12	2567	01:11:14
2559	1438	Jo	Mather	F	40		01:12:12	2549	01:10:38
2560	1196	Donna	Woods	F	45		01:12:14	2550	01:10:38
2561	431	Nathan	Harrington	M			01:12:17	2554	01:10:53
2562	968	Katie	Marsh	F			01:12:17	2561	01:11:03
2563	3439	Emily	Chidwick	F	20	Admiral	01:12:22	2555	01:10:56
2564	2600	Paula	Hendry	F	45		01:12:28	2571	01:11:26
2565	2560	Simon	Hudd	M	40	Great Western Runners	01:12:31	2566	01:11:12
2566	306	Jamie	Dougan	M			01:12:33	2560	01:11:02
2567	1742	Michelle	Maitland-Walker	F	35		01:12:35	2574	01:11:33
2568	874	Karen	Meyrick	F	50		01:12:35	2564	01:11:10
2569	3582	Anabelle	Harrington	F	35		01:12:35	2565	01:11:12
2570	3372	Carys	Wilcox	F	20		01:12:37	2563	01:11:07
2571	353	Melanie	Mackenzie	F	40		01:12:40	2572	01:11:27
2572	1657	Rebecca	Fardoe	F			01:12:41	2573	01:11:28
2573	3506	Charles	Costantini	M	45	Alberto Culver	01:12:43	2583	01:11:49
2574	641	Keith	Hawkins	M			01:12:47	2575	01:11:34
2575	640	Derek	Hawkins	M	65		01:12:47	2576	01:11:34
2576	3089	Rosalind	Mcintyre	F	35		01:12:49	2569	01:11:24
2577	3510	John	Clarke	M	45		01:12:53	2562	01:11:05
2578	841	Antonina	Mendola	F	45		01:12:55	2580	01:11:45
2579	3071	Stefani	Goodrem	F	20		01:12:56	2589	01:11:57
2580	1323	Claire	Burns	F			01:12:56	2593	01:11:58
2581	1586	David	Pope	M	40		01:12:58	2577	01:11:39
2582	906	Gemma	Reynolds	F			01:12:59	2579	01:11:44
2583	1662	Gail	Huelin	F			01:13:00	2601	01:12:11
2584	176	Stephen	Johnson	M	50		01:13:04	2591	01:11:58
2585	181	Luan	Hitchings	F			01:13:04	2592	01:11:58
2586	3088	Sian	Tossell	F	40	Brackla Harriers	01:13:06	2588	01:11:52
2587	218	Sarah	Joseph	F	40		01:13:06	2587	01:11:52
2588	1869	Joanna	Marsh	F			01:13:07	2578	01:11:43
2589	3045	Emma	Bright	F	35		01:13:07	2613	01:12:36
2590	1025	Sarah	Roberts	F	35		01:13:08	2585	01:11:50
2591	832	Gill	Elliott	F	50		01:13:08	2590	01:11:58
2592	1860	Susan	James	F	55		01:13:10	2600	01:12:07
2593	2812	Lynn	Gray	F	40		01:13:10	2597	01:12:07
2594	319	Sian	Ellis	F			01:13:11	2581	01:11:46
2595	1951	Susan	Birch	F	50		01:13:12	2605	01:12:21
2596	1942	Christopher	Birch	M	50	TROTS	01:13:13	2625	01:12:59
2597	1669	Bev	Mcgonagle	F	45		01:13:13	2596	01:12:06
2598	1320	Peter	Wells	M	40		01:13:13	2595	01:12:06
2599	2730	Kirsty	Stimson	F			01:13:27	2604	01:12:16
2600	2465	Audrey	Butler	F	65	Great Western Runners	01:13:31	2603	01:12:16
2601	598	Matthew	Jones	M			01:13:32	2594	01:12:06
2602	155	Craig	Dooley	M			01:13:32	2584	01:11:50
2603	156	Joanne	Dooley	F			01:13:33	2586	01:11:50
2604	2398	Diane	Smith	F	55		01:13:34	2632	01:13:08
2605	3475	Joanne	Tovey	F		Alberto Culver	01:13:35	2582	01:11:48
2606	2150	Laura	Price	F			01:13:38	2611	01:12:34
2607	3043	John	Browne	M	40		01:13:39	2598	01:12:07
2608	3004	Nick	Browne	M	45		01:13:39	2599	01:12:07
2609	1410	Gillian	Gabb	F	55		01:13:41	2622	01:12:45
2610	1648	Lisa	Walsh	F	40		01:13:43	2627	01:13:07
2611	1379	Kathryn	Morris	F			01:13:45	2602	01:12:13
2612	2321	Meinir	Morris	F	35		01:13:49	2606	01:12:22
2613	3369	Darryl	Owen	M			01:13:52	2608	01:12:22
2614	1400	Lisa	Scott	F	40		01:13:54	2621	01:12:45
2615	65	Angela Jay	Jones	F		Team Jay	01:13:55	2609	01:12:30
2616	1482	Susan	Vaulters	F	35		01:13:56	2620	01:12:41
2617	63	Tara	Joseph	F	35	Team Jay	01:13:56	2610	01:12:31
2618	71	Zoe	Irwin	F	40	Team Jay	01:13:56	2612	01:12:35
2619	2512	Claire	Howard	F			01:13:59	2617	01:12:39
2620	2107	Judith	Huntly	F	35		01:14:00	2636	01:13:15
2621	3557	Jon	Wallace	M		Active Swansea	01:14:02	2615	01:12:38
2622	70	Charlotte	Reid	F	40	Team Jay	01:14:02	2616	01:12:39
2623	69	Faye	Arnold	F		Team Jay	01:14:02	2614	01:12:38
2624	3558	Suzanne	Wallace	F		Active Swansea	01:14:03	2618	01:12:39
2625	3440	Kevin	Chidwick	M	45	Admiral	01:14:06	2607	01:12:22
2626	593	Pam	Tincombe	F	55		01:14:12	2623	01:12:52
2627	405	Gemma	Davies	F			01:14:13	2637	01:13:15
2628	1415	Ruth	Jones	F	45		01:14:14	2619	01:12:40
2629	3478	Lisa	Palmer	F	40	Alberto Culver	01:14:15	2635	01:13:14
2630	1338	Jeremy	Ashdown	M			01:14:16	2653	01:13:56
2631	2174	Glenda	Thomas	F	40		01:14:22	2626	01:13:06
2632	2176	Lisa	Roberts	F	35		01:14:22	2628	01:13:07
2633	1851	Nicola Jayne	Thomas	F	35		01:14:25	2633	01:13:10
2634	1167	Christina	Howell	F			01:14:25	2629	01:13:07
2635	1945	Jodie	Murphy	F			01:14:25	2624	01:12:54

## 2010 Admiral Swansea Bay 10k

GunPos	Bib	Firstname	Lastname	M/F	Cat	Club	GunTime	ChipPos	ChipTime
2636	1553	Holly	Watkins	F			01:14:28	2630	01:13:08
2637	1549	Deborah	Nicholas	F			01:14:28	2631	01:13:08
2638	903	Jessica	Player	F			01:14:32	2634	01:13:13
2639	1985	Andrea	Fiddler	F	35		01:14:34	2640	01:13:18
2640	3326	Caren	Weston	F	35		01:14:34	2662	01:14:08
2641	2767	Kathy	Griffiths	F			01:14:35	2638	01:13:15
2642	975	Harriet	Williams	F			01:14:35	2639	01:13:16
2643	3544	Dawn	Taylor	F	35	Active Swansea	01:14:36	2656	01:13:59
2644	2860	Kirk	Massey	M	40		01:14:41	2644	01:13:29
2645	2168	Derek	Wallace	M	50		01:14:52	2650	01:13:51
2646	361	Andrew	Harris	M	40		01:14:59	2649	01:13:50
2647	2460	Sally	Sims	F	55		01:15:00	2641	01:13:24
2648	427	Colin	Duncan	M	70		01:15:00	2642	01:13:25
2649	3403	Helen	Back	F		Admiral	01:15:04	2665	01:14:16
2650	930	Shella	Randall	F	35		01:15:05	2643	01:13:27
2651	777	David	Bailey	M	70		01:15:11	2660	01:14:02
2652	158	Nia	Harries	F			01:15:12	2657	01:14:01
2653	2883	Katie	Harding	F			01:15:18	2645	01:13:38
2654	3143	Hefin	Dafydd	M			01:15:21	2647	01:13:42
2655	3146	Mandy	Connell	F	35		01:15:21	2648	01:13:42
2656	2688	Emma	Williams	F			01:15:23	2646	01:13:40
2657	752	Cerys	Bateman	F			01:15:35	2661	01:14:04
2658	1512	Gareth	Williams	M			01:15:37	2651	01:13:54
2659	1802	Michael	Danaher	M	40		01:15:37	2658	01:14:02
2660	1938	Sarah	Kerin	F	35	Chippenham Harriers	01:15:37	2664	01:14:15
2661	1983	Joanne	Danaher	F	40		01:15:38	2659	01:14:02
2662	2827	Sharon Ivy	Evans	F	45		01:15:38	2663	01:14:09
2663	485	Trystan	Watson	M			01:15:39	2655	01:13:58
2664	2733	Debbie	Escott	F	35		01:15:39	2677	01:14:45
2665	1501	Paul	Collier	M			01:15:39	2652	01:13:56
2666	2698	Hefin	Rees	M			01:15:40	2654	01:13:57
2667	493	Emma	Vines	F	20		01:15:40	2668	01:14:20
2668	1955	Sarah	Rees	F			01:15:47	2666	01:14:19
2669	1924	Keith	Phillips	M			01:15:47	2667	01:14:19
2670	673	Lynn	Mccall	F			01:15:48	2685	01:15:03
2671	1412	Karen	Hardy	F			01:15:50	2672	01:14:27
2672	1935	Nicole	Koeniq-Lewis	F	35		01:15:50	2669	01:14:23
2673	3009	Jackie	Lake	F	55		01:15:52	2671	01:14:27
2674	2579	Cynthia	Davies	F	55		01:15:55	2682	01:14:56
2675	990	Richard	Florance	M	40		01:15:56	2679	01:14:47
2676	2750	Alex	Jordan	M			01:15:57	2670	01:14:27
2677	2255	Emma	Sanders	F			01:15:57	2676	01:14:42
2678	482	Joanne	Morgan	F	40		01:16:02	2675	01:14:42
2679	1297	Theresa	King	F	55		01:16:02	2673	01:14:30
2680	1532	Kate	Wheeler	F			01:16:03	2674	01:14:31
2681	486	Chris	Beard	M	20		01:16:08	2680	01:14:50
2682	957	Chris	Clark	M	50		01:16:08	2678	01:14:46
2683	2300	Steven	West	M			01:16:21	2691	01:15:27
2684	2493	Paul	Brooks	M		HSBC	01:16:24	2681	01:14:52
2685	1061	Nadine	Hall	F	35	3Ms	01:16:28	2688	01:15:19
2686	3519	Pauline	Collins	F	55	Active Swansea	01:16:28	2684	01:15:01
2687	1363	Karen	Collins	F			01:16:28	2683	01:15:00
2688	110	Michael	Jones	M	45		01:16:30	2686	01:15:13
2689	2162	Philip	Juliff	M			01:16:37	2687	01:15:14
2690	1067	Sarah	Martin	F			01:16:38	2693	01:15:30
2691	2870	Guillemine	Owen	F			01:16:41	2689	01:15:21
2692	3442	Lyndon	Harris	M		Admiral	01:16:44	2690	01:15:26
2693	1824	Adam	Heather	M	45		01:16:46	2694	01:15:36
2694	1822	Victoria	Hawes	F			01:16:46	2695	01:15:37
2695	867	Catherine	Evans	F			01:16:56	2696	01:15:38
2696	2491	Sian	Hill	F		HSBC	01:17:02	2692	01:15:30
2697	1551	Andrew	Pincombe	M	45		01:17:05	2698	01:15:48
2698	3360	Martin	Simpson	M			01:17:07	2699	01:15:55
2699	2863	Helen	Morrell	F	35		01:17:13	2700	01:15:57
2700	3201	Lillian	Dobby Mbe	F	70		01:17:15	2697	01:15:45
2701	2136	Caroline	Thomas	F	40		01:17:22	2715	01:16:50
2702	3542	Karen	Davies	F	45	Active Swansea	01:17:22	2701	01:16:03
2703	3530	Mike	Dalling	M		Active Swansea	01:17:29	2704	01:16:24
2704	3587	Caryl	Morgan	F			01:17:30	2702	01:16:03
2705	253	Martyn	Fortune	M			01:17:35	2714	01:16:45
2706	2487	Mair	Wadley	F		HSBC	01:17:38	2705	01:16:24
2707	1219	Douglas	Muir	F			01:17:38	2719	01:17:07
2708	3354	Sian	Hughes	F			01:17:42	2712	01:16:37
2709	3453	Nathan	Davies	M	20	Admiral	01:17:46	2703	01:16:04
2710	357	Catherine	Walsh	F	45		01:17:47	2706	01:16:28
2711	1118	Linda	Thornton	F	55		01:17:49	2707	01:16:31
2712	2832	Susan	Warren	F	60		01:17:50	2713	01:16:43
2713	107	Sarah	Fuge	F			01:17:53	2711	01:16:35
2714	2873	Patricia	Davies	F	50		01:18:07	2709	01:16:32
2715	3036	Susan	Trott	F	55		01:18:08	2710	01:16:32
2716	237	Megan	Williams	F			01:18:16	2718	01:17:03
2717	3476	Sarah	Cole	F		Alberto Culver	01:18:16	2708	01:16:31
2718	952	Laura	Waddell	F			01:18:18	2717	01:16:55
2719	247	Chrissy	Joseph	F	20		01:18:21	2721	01:17:08
2720	2047	Susan	Fox	F	60		01:18:21	2720	01:17:07



## 2010 Admiral Swansea Bay 10k

GunPos	Bib	Firstname	Lastname	M/F	Cat	Club	GunTime	ChipPos	ChipTime
2721	3607	Tony	Wong	M		Admiral	01:18:27	2723	01:17:34
2722	3460	Fiona	Wilson	F		Admiral	01:18:27	2724	01:17:34
2723	2872	Wendy	Griffiths	F	40		01:18:31	2716	01:16:53
2724	1894	Lesley	Maksimovic	F	45		01:18:38	2722	01:17:22
2725	700	Alex	Bevan Morris	F	40		01:18:39	2726	01:17:46
2726	715	Cath	Pendleton	F	35		01:18:39	2725	01:17:45
2727	3528	Lucy	Aspland	F		Active Swansea	01:18:58	2727	01:17:52
2728	594	Nikola	Williams	F	20		01:19:06	2728	01:17:59
2729	1484	Louise Victoria	White	F			01:19:17	2729	01:18:02
2730	108	Kelly	Gilbert	F	35		01:19:23	2741	01:18:56
2731	459	Huw	Madoc	M			01:19:24	2742	01:18:56
2732	2772	Emma	Arnold	F			01:19:28	2733	01:18:22
2733	2761	Francis	Stephen	M			01:19:28	2732	01:18:22
2734	2541	Della	Colwell	F	45	Neath Harriers	01:19:33	2740	01:18:44
2735	1476	Natasha	Purdue	F	35		01:19:36	2730	01:18:21
2736	2106	Gary	Matthews	M			01:19:44	2737	01:18:40
2737	533	Vanessa	Cashmore	F	40		01:19:49	2735	01:18:31
2738	2553	Donna	Rees	F	40		01:19:57	2736	01:18:32
2739	2157	Maisy	Davies	F	45		01:19:59	2734	01:18:23
2740	1914	Louise	Davies	F			01:20:03	2731	01:18:21
2741	3430	Ed	Baker	M		Admiral	01:20:06	2745	01:19:13
2742	2793	Julie	Lockyer	F	40	Great Western Runners	01:20:06	2738	01:18:41
2743	1671	Lucy	Mckelvie	F			01:20:10	2739	01:18:44
2744	618	James	Perons	M	20		01:20:13	2747	01:19:16
2745	210	Andrea	Grasby	F	45		01:20:22	2744	01:19:04
2746	1958	Sue	Barrow	F	55		01:20:25	2743	01:19:03
2747	1635	Emily	Jenkins	F			01:20:47	2746	01:19:14
2748	1889	Wendy	Fisher	F	55		01:20:49	2750	01:19:33
2749	1572	Sian	Williams	F			01:20:54	2749	01:19:28
2750	1360	Catherine	Banner	F			01:21:05	2748	01:19:23
2751	178	Kelly	Shefford	F			01:21:08	2751	01:19:39
2752	503	Christine	Mackey	F	45		01:21:09	2753	01:19:44
2753	1210	Carolyn	Cude	F	40		01:21:26	2769	01:20:55
2754	325	Richard	Riby	M			01:21:30	2752	01:19:43
2755	2764	Sian	Morgans	F	45		01:21:33	2756	01:20:09
2756	2184	Elen	Griffiths	F			01:21:36	2754	01:19:56
2757	2833	Claire	Maruscha	F			01:21:38	2761	01:20:26
2758	1874	Donna	Jones	F			01:21:39	2767	01:20:49
2759	1873	Gary	Staddon	M			01:21:40	2768	01:20:49
2760	1952	Sarah	Curley	F			01:21:40	2755	01:20:04
2761	83	Mandy	Williams	F	35	Hafan Cymru	01:21:48	2760	01:20:25
2762	1962	Jo	Barrow	F			01:21:49	2762	01:20:28
2763	163	Laura	Cummins	F	35		01:22:04	2757	01:20:20
2764	1313	Amanda	Lewis	F	35		01:22:05	2775	01:21:10
2765	2856	Julie	Davies	F	35		01:22:05	2758	01:20:22
2766	1143	Paul	Davies	M	40		01:22:06	2759	01:20:22
2767	1187	Deborah	Hay-Harris	F	50	Lliswerry Runners	01:22:09	2766	01:20:49
2768	1115	Ron	Harris	M	75	Lliswerry Runners	01:22:09	2765	01:20:48
2769	810	Olly	Clements	M			01:22:16	2773	01:21:07
2770	2183	Nia	Phillips	F			01:22:16	2763	01:20:37
2771	1676	Perdie	Roberts	F			01:22:19	2774	01:21:10
2772	2737	Alison	Mathias	F	40		01:22:20	2770	01:21:06
2773	1606	Lisa	Pritchard	F			01:22:20	2772	01:21:06
2774	476	Donna	Sebury	F			01:22:23	2771	01:21:06
2775	3483	Sacha	Woolls	F	35	Alberto Culver	01:22:26	2764	01:20:41
2776	1905	Mary	Perrott	F	50		01:22:33	2776	01:21:16
2777	474	Gary	Sawdon	M	45		01:22:33	2777	01:21:16
2778	2044	Helen	Lloyd Jones	F	60		01:22:37	2783	01:21:36
2779	1975	Rachel	Jones	F			01:22:40	2784	01:21:41
2780	291	Lynne	Driscoll	F	35		01:22:44	2781	01:21:33
2781	297	Tina	Newton	F	45		01:22:44	2782	01:21:34
2782	1999	Toyin	Jenkins	F	35		01:22:46	2779	01:21:19
2783	2006	Robert	Jenkins	M			01:22:48	2780	01:21:21
2784	1370	Neil	Griffiths	M	40		01:22:51	2778	01:21:18
2785	555	Natasha	Smith	F			01:23:07	2785	01:22:01
2786	354	Selina	Philpin	F			01:23:10	2786	01:22:01
2787	2543	Sammie	Colwell	F	45	Neath Harriers	01:23:35	2794	01:22:45
2788	3425	Paul	Collins	M		Admiral	01:23:39	2790	01:22:39
2789	739	Phillip	Griffiths	M			01:23:40	2787	01:22:14
2790	1446	Helen	Williams	F	35		01:23:43	2788	01:22:19
2791	2587	Clive	Davies	M	65		01:23:47	2793	01:22:44
2792	3459	Eleri	Morgan	F		Admiral	01:23:52	2792	01:22:41
2793	3443	Michelle	Deen	F		Admiral	01:23:52	2791	01:22:41
2794	936	Caroline	Behenna	F			01:23:54	2789	01:22:28
2795	3534	Ann Marie	Owen	F		Active Swansea	01:23:56	2796	01:22:54
2796	3618	Johanna	Rees	F			01:24:14	2795	01:22:51
2797	901	Emma	Hadziabdic	F			01:24:15	2799	01:23:10
2798	3451	Donna	Townsend	F		Admiral	01:24:15	2800	01:23:10
2799	583	Helen	Phillips	F	40		01:24:29	2797	01:23:05
2800	576	Wendy	Ivins	F	40		01:24:30	2798	01:23:06
2801	2551	Julie	Woodcock	F	35		01:24:36	2801	01:23:18
2802	381	Andrew	Richards	M			01:25:00	2803	01:23:51
2803	3513	Alun	Harris	M	50	Alberto Culver	01:25:12	2806	01:24:20
2804	3511	Diane	Grove	F		Alberto Culver	01:25:31	2802	01:23:44
2805	1872	Alison	Williams	F	40		01:25:36	2807	01:24:22

## 2010 Admiral Swansea Bay 10k

GunPos	Bib	Firstname	Lastname	M/F	Cat	Club	GunTime	ChipPos	ChipTime
2806	2593	Amanda	Edwards	F	45		01:25:36	2805	01:24:10
2807	3493	Andrea Liliana	O.J.Pereira	F		Alberto Culver	01:25:50	2804	01:24:04
2808	2900	Wayne	Yalland	M	50		01:26:08	2809	01:24:48
2809	3619	Freya	Fenton	F			01:26:08	2808	01:24:48
2810	3385	Helen	Johns	F	45		01:26:12	2810	01:24:52
2811	231	Andrea	Jenkins	F	45		01:26:31	2811	01:24:58
2812	234	Rebecca	Mainwaring	F			01:26:44	2812	01:25:10
2813	73	Victoria	Needs	F		Team Jay	01:26:56	2814	01:25:36
2814	3448	Lisa	Parry	F		Admiral	01:27:08	2817	01:26:15
2815	2240	Victoria	Evans	F	35		01:27:09	2815	01:25:37
2816	1133	Libby	Nolan	F	45		01:27:09	2813	01:25:31
2817	1936	Robert	Latham	M	65		01:27:56	2816	01:26:11
2818	368	Nicola	Perkins	F	40		01:28:25	2818	01:26:56
2819	75	Ann	Sherwood	F	50	Hafan Cymru	01:28:53	2821	01:27:30
2820	2910	Sophie	Maunder	F			01:28:53	2819	01:27:24
2821	333	Paula	Stockley	F			01:29:09	2820	01:27:29
2822	3274	Terence	Clarke	M	80		01:29:52	2822	01:28:07
2823	3244	James	Anthony	M	55		01:29:58	2823	01:28:16
2824	2048	Ian	Fox	M	60		01:31:31	2826	01:30:17
2825	416	Helen	Dunn	F	45		01:31:48	2824	01:30:08
2826	1518	Emily	Dunn	F	20		01:31:51	2825	01:30:11
2827	2877	Anne	Miles	F	55		01:32:17	2827	01:30:59
2828	235	Catherine	Mathieson	F	50		01:32:32	2828	01:31:04
2829	2721	Lisa	Scally	F	40		01:33:07	2832	01:31:50
2830	229	Bethan	Williams	F	40		01:33:08	2831	01:31:44
2831	1056	Claire	Butler	F			01:33:12	2830	01:31:38
2832	1069	Gary	Packer	M	40		01:33:12	2829	01:31:37
2833	76	Sarah	Dickson	F		Hafan Cymru	01:34:31	2833	01:33:07
2834	307	Sheron	French	F			01:35:22	2834	01:34:12
2835	1052	Luke	Sterio	M	20		01:36:40	2836	01:35:20
2836	1050	Sophie	Millar	F	20		01:36:40	2835	01:35:20
2837	438	Michelle	Best	F		Fetch Everyone Running Club	01:37:09	2837	01:35:42
2838	227	Dorothy	Lewis	F	60		01:38:10	2838	01:36:46
2839	2692	Penny	Treiber-Johnson	F	35		01:39:46	2840	01:38:21
2840	3508	Andrew	Batstone	M	40	Alberto Culver	01:39:51	2839	01:38:03
2841	782	Susan Mccall	Mccall	F	65		01:39:55	2841	01:38:45
2842	3525	Eryl Ann	Jenkins	F	70	Life Member Of Stroke Club Of Mumbles A	01:41:44	2842	01:41:07
2843	2615	Heather	Elphick	F	60		01:43:34	2845	01:42:11
2844	3499	Elaine	Draper	F	45	Alberto Culver	01:43:36	2843	01:41:51
2845	3503	Karen	Morris	F	45	Alberto Culver	01:43:37	2844	01:41:53
2846	3536	Gareth	Owen	M	40	Active Swansea	01:44:29	2846	01:43:27
2847	2681	Daniel	Fine	M			01:45:32	2848	01:44:00
2848	2680	Wanda	Woodward	F	55		01:45:33	2847	01:43:57
2849	81	Jackie	Thomas	F	50	Hafan Cymru	01:46:03	2849	01:44:34
2850	80	Stacey	Williams	F		Hafan Cymru	01:46:04	2850	01:44:35
2851	3394	John	Roberts	M	55		01:47:22	2851	01:46:00
2852	2686	Alyson	Williams	F	45		01:47:22	2852	01:46:01
2853	292	Daniel	Drummond	M			01:47:25	2853	01:46:04
2854	293	Charlotte-Victoria	Drummond	F			01:47:26	2854	01:46:05
2855	369	Ruth	Perkins	F	40		01:47:42	2855	01:46:12
2856	226	Lynda	Keward	F	50		01:48:33	2856	01:47:03
2857	3502	Lisa	Miggins	F		Alberto Culver	01:49:39	2857	01:47:54
2858	3500	Pauline	Richards	F	40	Alberto Culver	01:49:40	2859	01:47:55
2859	3504	Gaynor	Earles	F	55	Alberto Culver	01:49:40	2858	01:47:55
2860	82	Cathy	Davies	F	60	Hafan Cymru	01:50:28	2860	01:49:01
2861	3380	Ann	Davies	F			01:51:21	2862	01:49:59
2862	3383	Nicola	Martin	F			01:51:22	2861	01:49:53
2863	79	Jan	Powell	F	50	Hafan Cymru	01:57:09	2863	01:57:02