



MARINA 5KM RUN

Position	Number	First Name	Last Name	Gender	Time	Club/Team
1	103	Jack	Gooch	M	14:58	Swansea University
2	336	Danal	Desta	M	14:59	Swansea Harriers
3	291	Owen	Stepney	M	16:05	Swansea University
4	308	Alec	Vessey	M	16:13	Swansea University
5	49	Bradley	Courtney-Pinn	M	17:13	Unattached
6	61	Dylan	Davies	M	17:20	Swansea University
7	52	Sam	Crossley	M	17:27	Swansea University
8	314	Oliver	Webb	M	17:34	Swansea Trotters
9	189	Stephen	Mathers	M	17:58	Parc Brynbach Running Club
10	273	Tom	Seabury	M	18:04	Swansea University
11	187	Lewis	Marshall	M	18:16	Swansea University
12	81	Sian	Edwards	F (1 st)	18:17	Swansea Trotters
13	129	Tristan	Hearsey	M	18:41	Swansea University
14	337	Cameron	License	M	18:44	Unattached
15	111	James	Greene	M	18:48	Swansea Trotters
16	206	John	Mullaney	M	18:50	Aberdare Valley AAC
17	97	Andrew	Fraser-Cole	M	18:55	Unattached
18	225	Danny	Owen	M	18:56	Swansea University
19	158	Steven	Jones	M	18:57	Swansea Trotters
20	113	Tom	Griffiths	M	18:57	Swansea University
21	182	Chris	Lloyd	M	18:57	Run 4 All
22	309	Jonathon	Vundum	M	19:11	Swansea University
23	259	Stephen	Richards	M	19:14	Swansea Trotters
24	320	Alex	Williams	M	19:22	Port Talbot Harriers
25	27	Simon	Brewer	M	19:32	Swansea Harriers
26	78	Antoinette	Dumayne	F (2 nd)	19:37	Swansea University
27	96	Tom	Frake	M	19:48	Swansea Trotters
28	262	Adam	Ridley	M	19:55	Swansea University
29	311	Tomos	Watson	M	19:56	Swansea University
30	98	Eduardo	Garcia Thomas	M	19:57	Swansea University
31	188	John	Marson	M	20:10	Llanelli AC
32	217	James	Norman	M	20:23	Swansea University
33	54	Andrew	Croucher	M	20:27	Swansea Trotters
34	196	Rebecca	Miller	F (3 rd)	20:33	Swansea University
35	222	Tom	O'Sullivan	M	20:35	Swansea University
36	303	Ben	Tomlinson	M	20:41	Unattached
37	330	Steve	Williams	M	20:45	Unattached
38	287	Martin	Slucutt	M	20:59	Swansea Harriers
39	265	Rhys	Roberts	M	21:04	Swansea University
40	45	Ryan	Cording	M	21:10	Unattached
41	325	Sam	Williams	M	21:15	Unattached
42	162	Dusty	Kennedy	M	21:19	Swansea Harriers
43	66	Ben	Davies	M	21:23	Swansea Trotters
44	232	Pille	Pedmanson	F (4 th)	21:24	Swansea Trotters
45	242	Alex	Powell	M	21:25	Unattached
46	297	James	Thomas	M	21:31	Parc Brynbach Running Club
47	317	Joe	White	M	21:37	Unattached
48	326	Thomas	Williams	M	21:39	Unattached



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49	219	Terry	O'Brien	M	21:42	Unattached
50	249	Samuel	Rai	M	21:44	Unattached
51	18	Jemma	Bennett	F (5 th)	21:50	Swansea University
52	202	Eleanor	Morgan	F (6 th)	22:04	Swansea Trotters
53	55	Claire	Cuddihy	F (7 th)	22:21	Swansea University
54	333	Emanuil	Zashev	M	22:22	Unattached
55	118	Ross	Hall	M	22:26	Unattached
56	306	Joel	Valcic	M	22:28	Swansea University
57	334	Anna	Zasheva	F (8 th)	22:29	Unattached
58	214	Nikolay	Nedelchev	M	22:35	Unattached
59	252	Nye	Rees	M	22:35	Swansea University
60	305	Amy	Cooper	F (9 th)	22:35	Swansea University
61	276	Matthew	Shepherd	M	22:38	Swansea Trotters
62	70	Davide	De Battisti	M	22:38	Unattached
63	161	Penny	Kennedy	F (10 th)	22:51	Swansea Harriers
64	37	James	Chambers	M	22:56	Unattached
65	164	Steve	Kettle	M	23:00	Unattached
66	150	Martin	Jones	M	23:01	Unattached
67	167	Lee	Kwok	M	23:08	Run 4 All
68	15	Owen	Beams	M	23:14	Swansea University
69	60	Mark	Darch	M	23:15	Swansea Trotters
70	84	Rachel	Edworthy	F (11 th)	23:19	Swansea Trotters
71	321	Sam	Eley	M	23:22	Swansea Trotters
72	123	Vanessa	Harragan	F (12 th)	22:32	Swansea Harriers
73	240	Leigh	Potts	M	24:13	Unattached
74	329	Stephen	Williams	M	24:17	Port Talbot Harriers
75	278	Natalie	Shoemark	F (13 th)	24:24	Unattached
76	91	Liam	Evans	M	24:26	Unattached
77	184	James	Lovegrove	M	24:27	Unattached
78	213	Lewis	Nash	M	24:31	Cwm Ogwr Running Club
79	36	Amy	Carter	F (14 th)	24:40	Llanelli AC
80	304	Drew	Townley	M	24:53	Unattached
81	29	Frances	Brown	F (15 th)	25:06	Unattached
82	260	Edward	Rickard	M	25:08	Unattached
83	114	Elizabeth	Griffiths	F (16 th)	25:15	Unattached
84	241	Sara	Powell	F (17 th)	25:17	Swansea University
85	294	Joe	Thomas	M	25:17	Unattached
86	258	Mark	Richards	M	25:54	Unattached
87	128	David	Heard	M	25:54	Unattached
88	223	Patrick	Over	M	25:59	Swansea Trotters
89	193	Freija	Mendrik	F (18 th)	26:00	Unattached
90	166	Amy	King	F (19 th)	26:00	Unattached
91	235	Neil	Phillips	M	26:02	Unattached
92	148	Delphine	Jones	F (20 th)	26:37	Unattached
93	208	Liz	Murray	F (21 st)	26:44	Run 4 All
94	261	Thea	Ricketts	F (22 nd)	26:50	Swansea Trotters
95	256	Lucy	Reynolds	F (23 rd)	26:50	Swansea Trotters
96	210	Manan	Narayan	M	27:05	Unattached
97	229	Suzanne	Owens	F (24 th)	27:06	Unattached
98	151	Dominic	Jones	M	27:06	Unattached



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99	194	Wyn	Meredith	M	27:09	Unattached
100	270	Chloe	Rutter	F (25 th)	27:15	Unattached
101	331	Ceri	Worcester	F (26 th)	27:20	Unattached
102	101	Stephen	Godden	M	27:26	Unattached
103	137	Ben	Hughes	M	27:37	Swansea University
104	8	Clare	Armstrong	F (27 th)	27:40	Unattached
105	80	Louise	Edginton	F (28 th)	27:41	Swansea Trotters
106	46	Hannah	Cotter	F (29 th)	28:27	Unattached
107	170	Mandy	Lane	F (30 th)	28:30	Unattached
108	95	Natasha	Foster	F (31 st)	28:38	Unattached
109	116	Richard	Gunner	M	29:06	Unattached
110	122	Nick	Harman	M	29:10	Unattached
111	233	Lisa	Phillips	F (32 nd)	29:19	Unattached
112	257	Lowri	Richards	F (33 rd)	29:19	Unattached
113	119	Kevin	Halmkan	M	29:29	Unattached
114	43	Frankie	Collis	F (34 th)	29:39	Unattached
115	286	Lisa	Slee	F (35 th)	29:41	Unattached
116	125	Michala	Harris	F (36 th)	29:43	Swansea Trotters
117	289	Allan	Smith	M	29:49	3M Gorseinon Road Runners
118	255	Tori	Reynolds	F (37 th)	29:55	Unattached
119	203	Gemma	Morgans	F (38 th)	29:56	Unattached
120	149	Maxine	Jones	F (39 th)	29:57	Unattached
121	25	Daniel	Bowen	M	30:00	Unattached
122	24	Christopher	Bodley	M	30:00	Unattached
123	21	Shamima	Bibi	F (40 th)	30:01	Unattached
124	198	Rachel	Mitchell	F (41 st)	30:08	Unattached
125	183	John	Lovegrove	M	30:13	Unattached
126	324	Alison	Williams	F (42 nd)	30:13	Unattached
127	218	Marie-Claire	Nsana	F (43 rd)	30:14	Unattached
128	72	Anda	Decean	F (44 th)	30:14	Unattached
129	76	Greig	Downie	M	30:14	Unattached
130	228	Elizabeth	Owens	F (45 th)	30:24	Unattached
131	227	Linda	Owens	F (46 th)	30:26	3M Gorseinon Road Runners
132	335	Tahani	Zegugu	F (47 th)	30:28	Unattached
133	267	Samantha	Robins	F (48 th)	30:55	Unattached
134	109	Glynis	Green	F (49 th)	30:57	Unattached
135	250	Zara	Reed	F (50 th)	31:02	Unattached
136	110	William	Green	M	31:06	Unattached
137	147	Rebecca	Johns	F (51 st)	31:21	Unattached
138	185	Gary	Maal	M	31:21	Unattached
139	130	John	Heycock	M	31:21	Unattached
140	5	Elinor	Anderson	F (52 nd)	31:22	Unattached
141	30	Amber	Brundle	F (53 rd)	31:44	Unattached
142	178	James	Ley	M	31:44	Unattached
143	332	Jessica	Worthington	F (54 th)	31:45	Unattached
144	204	Katie	Morgans	F (55 th)	32:09	Unattached
145	211	Erin	Nash	F (56 th)	32:14	Unattached
146	169	Sandra	Lade-Ahlidza	F (57 th)	32:37	Unattached
147	115	Joanne	Griffiths	F (58 th)	32:38	Unattached
148	92	Amy	Evans	F (59 th)	32:44	Unattached



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149	9	Samantha	Babb	F (60 th)	32:55	Unattached
150	117	Chloe	Haigh	F (61 st)	32:57	Unattached
151	90	Edward	Evans	M	33:00	Unattached
152	83	Clare	Edwards	F (62 nd)	33:00	Unattached
153	319	Aled	Wile	M	33:04	Unattached
154	197	Meghann	Millership	F (63 rd)	33:11	Unattached
155	245	Caroline	Price	F (64 th)	33:11	Unattached
156	285	Claire	Slade	F (65 th)	33:15	Unattached
157	4	Grace	Anderson	F (66 th)	33:18	Unattached
158	144	Samantha	James	F (67 th)	33:20	Unattached
159	57	Hannah	Curtis	F (68 th)	33:20	Unattached
160	282	Katy	Singleton	F (69 th)	33:34	Unattached
161	327	STEWART	WILLIAMS	M	33:42	Unattached
162	174	Lorna	Lewis	F (70 th)	33:44	Unattached
163	243	Jayne	Powney	F (71 st)	33:52	Unattached
164	11	Melanie	Baker	F (72 nd)	33:52	Unattached
165	10	Richard	Baker	M	33:52	Clwb Rhedeg Pontardawe RC
166	156	Johanna	Jones	F (73 rd)	33:52	Unattached
167	275	Ellen	Sheehan	F (74 th)	33:52	Unattached
168	74	Kirstie	Distazio	F (75 th)	33:58	Unattached
169	264	Gabrielle	Robbins	F (76 th)	33:58	Unattached
170	226	KATH	OWENS	F (77 th)	33:58	Unattached
171	68	Fflur	Davies	F (78 th)	34:00	Unattached
172	132	Nicola	Hodgson	F (79 th)	34:06	Unattached
173	165	Debbie	Kiley	F (80 th)	34:06	Unattached
174	224	Catherine	Owen	F (81 st)	34:08	Unattached
175	82	Fiona	Edwards	F (82 nd)	34:08	Unattached
176	220	Lydia	Ofori	F (83 rd)	34:12	Unattached
177	175	Rachel	Lewis	F (84 th)	34:16	Unattached
178	209	Korianne	Muya	F (85 th)	34:18	Unattached
179	201	Meinir	Morgan	F (86 th)	34:29	Unattached
180	133	Amanda	Hogarth	F (87 th)	34:30	Unattached
181	163	Georgina	Kent	F (88 th)	34:46	Unattached
182	246	Debby	Price	F (89 th)	34:49	Unattached
183	298	Geraldine	Thomas	F (90 th)	35:06	Clwb Rhedeg Pontardawe RC
184	236	Christopher	Phillips	M	35:07	Clwb Rhedeg Pontardawe RC
185	75	Zoe	Dodson	F (91 st)	35:07	Unattached
186	47	Joan	Coughlan	F (92 nd)	35:14	Unattached
187	237	Jon	Pitans	M	35:16	Unattached
188	28	Debbie	Brown	F (83 rd)	35:29	Unattached
189	44	Rebecca	Connor	F (94 th)	35:39	Unattached
190	230	Andrea	Parker	F (95 th)	35:54	Clwb Rhedeg Pontardawe RC
191	244	Hannah	Price	F (96 th)	36:03	Unattached
192	62	Ceri	Davies	F (97 th)	36:10	Unattached
193	277	Alison	Shepherd	F (98 th)	36:32	Clwb Rhedeg Pontardawe RC
194	215	Julie	Nevin	F (99 th)	36:32	Clwb Rhedeg Pontardawe RC
195	253	Natasha	Rees	F (100 th)	36:52	Unattached
196	31	Euan	Bryden	M	36:52	Unattached
197	73	Jodie	Denniss	F (101 st)	36:56	Clwb Rhedeg Pontardawe RC
198	102	Alys	Golding	F (102 nd)	36:56	Unattached



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199	207	Robyn	Murdoch	F (103 rd)	36:57	Unattached
200	192	Julie	Mayberry	F (104 th)	37:02	Unattached
201	16	Bethan	Bell	F (105 th)	37:23	Unattached
202	138	Gemma	Hunt	F (106 th)	37:44	Swansea University
203	12	Carol	Bale	F (107 th)	37:49	Clwb Rhedeg Pontardawe RC
204	126	Sarah	Harry	F (108 th)	37:56	Clwb Rhedeg Pontardawe RC
205	177	Anne	Lewis	F (109 th)	37:57	Clwb Rhedeg Pontardawe RC
206	143	Hannah	James	F (110 th)	38:00	Unattached
207	105	Jo	Gooding	F (111 th)	38:39	Unattached
208	328	SALLYANN	WILLIAMS	F (112 th)	38:41	Unattached
209	238	Georgina	Pooler	F (113 th)	39:07	Unattached
210	142	Cristina	Izura	F (114 th)	39:28	Unattached
211	212	Jane	Nash	F (115 th)	41:14	Unattached
212	140	Ayodeji	Idowu	F (116 th)	42:09	Unattached
213	288	Kanwara	Smith	F (117 th)	42:10	Unattached
214	157	Craig	Jones	M	44:41	Unattached
215	3	Nadia	Ahmed	F (118 th)	46:40	Unattached
216	316	Carol	Wharrad	F (119 th)	46:40	Unattached
217	59	Marian	Darby	F (120 th)	54:41	Unattached