

# 3M Runners Report



## Jemma Ambrose

1

2022 Wizz Air Cardiff Half Marathon Half Marathon 02/10/2022 1602 01:44:28 FOPEN

## Ian Anderson

1

Swansea Bay parkrun 5k 24/12/2016 170 00:26:50

## Olivia Andrews

1

RNLI Great Christmas Fun Run 5k - Mumbles 5k 08/12/2019 53 00:29:46 F40-49

## Antony Andrus

90

Sandy Water parkrun 5k 18/03/2023 16 00:21:23

Sandy Water parkrun 5k 11/03/2023 20 00:24:21

Admiral City of Newport Half Marathon Half Marathon 05/03/2023 203 01:32:21 MSEN

Sandy Water parkrun 5k 04/02/2023 14 00:20:57

Swansea Bay parkrun 5k 28/01/2023 39 00:20:43

Swansea Bay parkrun 5k 21/01/2023 15 00:19:20

Swansea Bay parkrun 5k 14/01/2023 61 00:21:46

Sandy Water parkrun 5k 07/01/2023 30 00:24:29

Swansea Bay parkrun 5k 01/01/2023 72 00:23:58

Swansea Bay parkrun 5k 31/12/2022 34 00:21:00

Sandy Water parkrun 5k 24/12/2022 18 00:20:47

Sandy Water parkrun 5k 03/12/2022 31 00:24:12

Sandy Water parkrun 5k 26/11/2022 23 00:23:16

Sospan MT10 10 miles 20/11/2022 50 01:12:42 M35-44

|                             |               |            |     |          |        |
|-----------------------------|---------------|------------|-----|----------|--------|
| Sandy Water parkrun         | 5k            | 19/11/2022 | 34  | 00:24:19 |        |
| Sandy Water parkrun         | 5k            | 12/11/2022 | 14  | 00:21:46 |        |
| Richard Burton 10k          | 10k           | 06/11/2022 | 129 | 00:42:08 | M20-39 |
| Sandy Water parkrun         | 5k            | 05/11/2022 | 7   | 00:22:54 |        |
| Sandy Water parkrun         | 5k            | 29/10/2022 | 12  | 00:22:40 |        |
| Porthcawl parkrun           | 5k            | 08/10/2022 | 7   | 00:19:16 |        |
| Great Bristol Half Marathon | Half Marathon | 25/09/2022 | 104 | 01:24:09 |        |
| Swansea Bay parkrun         | 5k            | 24/09/2022 | 118 | 00:24:38 |        |
| Porthcawl parkrun           | 5k            | 10/09/2022 | 16  | 00:20:05 |        |
| Sandy Water parkrun         | 5k            | 03/09/2022 | 2   | 00:18:59 |        |
| Sandy Water parkrun         | 5k            | 20/08/2022 | 7   | 00:20:23 |        |
| Sandy Water parkrun         | 5k            | 13/08/2022 | 15  | 00:21:34 |        |
| Swansea Bay parkrun         | 5k            | 06/08/2022 | 155 | 00:26:24 |        |
| Tenby 10k                   | 10k           | 31/07/2022 | 24  | 00:44:19 | OM     |
| Swansea Bay parkrun         | 5k            | 30/07/2022 | 134 | 00:24:43 |        |
| Sandy Water parkrun         | 5k            | 23/07/2022 | 47  | 00:27:36 |        |
| Llyn Llech Owain parkrun    | 5k            | 16/07/2022 | 9   | 00:22:12 |        |
| Swansea Bay parkrun         | 5k            | 09/07/2022 | 17  | 00:19:23 |        |
| Healthspan Porthcawl 10k    | 10k           | 03/07/2022 | 89  | 00:39:52 | M35+   |
| Sandy Water parkrun         | 5k            | 02/07/2022 | 22  | 00:21:10 |        |
| Sandy Water parkrun         | 5k            | 18/06/2022 | 13  | 00:20:59 |        |
| JCP Swansea Half Marathon   | Half Marathon | 12/06/2022 | 293 | 01:36:07 | MSEN   |
| Llyn Llech Owain parkrun    | 5k            | 11/06/2022 | 15  | 00:22:57 |        |
| Sandy Water parkrun         | 5k            | 04/06/2022 | 14  | 00:21:33 |        |
| Swansea Bay parkrun         | 5k            | 30/04/2022 | 55  | 00:21:07 |        |
| Sandy Water parkrun         | 5k            | 23/04/2022 | 4   | 00:19:18 |        |

|  |               |            |      |          |        |
|--|---------------|------------|------|----------|--------|
| Brynaman parkrun                         | 5k            | 16/04/2022 | 1    | 00:20:28 |        |
| Sandy Water parkrun                      | 5k            | 09/04/2022 | 9    | 00:21:49 |        |
| Sandy Water parkrun                      | 5k            | 19/03/2022 | 175  | 00:21:02 |        |
| Sandy Water parkrun                      | 5k            | 12/03/2022 | 19   | 00:22:46 |        |
| Swansea Bay parkrun                      | 5k            | 05/03/2022 | 86   | 00:22:45 |        |
| Swansea Bay parkrun                      | 5k            | 19/02/2022 | 21   | 00:21:14 |        |
| The Fix Events Cardiff Winter Warmer     | Half Marathon | 12/02/2022 | 18   | 01:33:45 | MSen   |
| Gnoll parkrun                            | 5k            | 25/12/2021 | 14   | 00:22:33 |        |
| Sandy Water parkrun                      | 5k            | 11/12/2021 | 9    | 00:21:18 |        |
| Merthyr Mawr Christmas Pudding Race 2021 | 10k           | 05/12/2021 | 50   | 00:50:52 | SM     |
| Gnoll parkrun                            | 5k            | 20/11/2021 | 3    | 00:20:29 |        |
| Sandy Water parkrun                      | 5k            | 13/11/2021 | 18   | 00:21:43 |        |
| Tata Steel Richard Burton 10k            | 10k           | 07/11/2021 | 77   | 00:41:09 | M30-39 |
| Sandy Water parkrun                      | 5k            | 06/11/2021 | 21   | 00:22:07 |        |
| Sandy Water parkrun                      | 5k            | 30/10/2021 | 7    | 00:20:54 |        |
| Sandy Water parkrun                      | 5k            | 16/10/2021 | 13   | 00:21:22 |        |
| Virgin London Marathon                   | Marathon      | 03/10/2021 | 2597 | 03:04:45 | M18-39 |
| Severn Bridge parkrun                    | 5k            | 02/10/2021 | 4    | 00:20:57 |        |
| Swansea Bay parkrun                      | 5k            | 25/09/2021 | 41   | 00:21:10 |        |
| Great Bristol Half Marathon              | Half Marathon | 19/09/2021 | 105  | 01:24:39 |        |
| Sandy Water parkrun                      | 5k            | 18/09/2021 | 4    | 00:19:33 |        |
| Swansea Bay parkrun                      | 5k            | 11/09/2021 | 27   | 00:20:47 |        |
| Sandy Water parkrun                      | 5k            | 04/09/2021 | 3    | 00:19:37 |        |
| Merthyr Mawr Rabbit Run                  | 7.5 miles     | 04/09/2021 | 14   | 00:57:08 | M35    |
| Sandy Water parkrun                      | 5k            | 28/08/2021 | 28   | 00:21:41 |        |
| Swansea Bay parkrun                      | 5k            | 21/08/2021 | 9    | 00:18:50 |        |

|                                     |               |            |    |          |      |
|-------------------------------------|---------------|------------|----|----------|------|
| Chepstow Racecourse Half Marathon   | Half Marathon | 11/07/2021 | 6  | 01:28:52 | SM   |
| Swansea Bay parkrun                 | 5k            | 07/03/2020 | 84 | 00:23:06 |      |
| Swansea Bay parkrun                 | 5k            | 29/02/2020 | 27 | 00:20:28 |      |
| Swansea Bay parkrun                 | 5k            | 22/02/2020 | 9  | 00:19:12 |      |
| Swansea Bay parkrun                 | 5k            | 15/02/2020 | 19 | 00:19:52 |      |
| Llanelli Coast parkrun              | 5k            | 08/02/2020 | 11 | 00:21:02 |      |
| Llanelli Coast parkrun              | 5k            | 01/02/2020 | 19 | 00:22:08 |      |
| Gnoll parkrun                       | 5k            | 25/01/2020 | 6  | 00:20:34 |      |
| Swansea Bay parkrun                 | 5k            | 18/01/2020 | 62 | 00:21:35 |      |
| Tata Steel Round the Reservoir      | 5.6 miles     | 12/01/2020 | 90 | 00:37:38 | MSEN |
| Llanelli Coast parkrun              | 5k            | 11/01/2020 | 16 | 00:21:23 |      |
| Llanelli Coast parkrun              | 5k            | 04/01/2020 | 7  | 00:20:32 |      |
| Swansea Bay parkrun                 | 5k            | 01/01/2020 | 57 | 00:21:35 |      |
| Llanelli Coast parkrun              | 5k            | 21/12/2019 | 18 | 00:20:52 |      |
| Llanelli Coast parkrun              | 5k            | 14/12/2019 | 5  | 00:21:21 |      |
| Merthyr Mawr Christmas Pudding Race | 10k           | 08/12/2019 | 63 | 00:57:24 | MSen |
| Sospan MT10                         | 10 miles      | 17/11/2019 | 41 | 01:14:29 | MSen |
| Llanelli Coast parkrun              | 5k            | 16/11/2019 | 6  | 00:20:28 |      |
| Swansea Bay parkrun                 | 5k            | 19/10/2019 | 44 | 00:20:53 |      |
| Mumbles Triathlon Sprint Distance   | Triathlon     | 27/09/2019 | 73 | 01:54:35 | SenM |
| Llanelli Coast parkrun              | 5k            | 21/09/2019 | 10 | 00:20:42 |      |
| Llanelli Coast parkrun              | 5k            | 14/09/2019 | 7  | 00:19:53 |      |
| Swansea Bay parkrun                 | 5k            | 07/09/2019 | 30 | 00:20:21 |      |
| Swansea Bay parkrun                 | 5k            | 31/08/2019 | 74 | 00:23:17 |      |
| <b>Rob Appleby</b>                  |               |            | 6  |          |      |
| Llanelli Coast parkrun              | 5k            | 01/02/2020 | 11 | 00:21:09 |      |

|                          |               |            |      |          |        |
|--------------------------|---------------|------------|------|----------|--------|
| Sospan MT10              | 10 miles      | 17/11/2019 | 81   | 01:20:45 | M35-44 |
| Cardiff Half Marathon    | Half Marathon | 06/10/2019 | 2778 | 01:45:30 | M40+   |
| Tenby 10k                | 10k           | 28/07/2019 | 107  | 00:48:53 |        |
| Llyn Llech Owain parkrun | 5k            | 20/04/2019 | 22   | 00:21:10 |        |
| Llanelli Half Marathon   | Half Marathon | 10/02/2019 | 300  | 01:38:46 | M40    |
| <b>Julie Archer</b>      |               | 61         |      |          |        |
| Swansea Bay parkrun      | 5k            | 26/10/2024 | 243  | 00:25:51 |        |
| Swansea Bay parkrun      | 5k            | 14/09/2024 | 150  | 00:25:35 |        |
| Swansea Bay parkrun      | 5k            | 07/09/2024 | 144  | 00:25:31 |        |
| Swansea Bay parkrun      | 5k            | 31/08/2024 | 197  | 00:25:37 |        |
| Swansea Bay parkrun      | 5k            | 27/07/2024 | 218  | 00:25:41 |        |
| Swansea Bay parkrun      | 5k            | 13/07/2024 | 189  | 00:25:52 |        |
| Swansea Half Marathon    | Half Marathon | 09/06/2024 |      | 01:57:21 | F55    |
| Brisco Gorseinon 10k     | 10k           | 19/05/2024 |      | 00:54:46 |        |
| Haverfordwest parkrun    | 5k            | 02/03/2024 | 19   | 00:28:23 |        |
| Swansea Bay parkrun      | 5k            | 24/02/2024 | 174  | 00:25:29 |        |
| Swansea Bay parkrun      | 5k            | 01/01/2024 | 178  | 00:25:58 |        |
| Swansea Bay parkrun      | 5k            | 09/12/2023 | 131  | 00:26:08 |        |
| Tenby 10k                | 10k           | 29/10/2023 | 308  | 00:54:50 |        |
| Swansea Bay parkrun      | 5k            | 07/10/2023 | 173  | 00:24:22 |        |
| Swansea Bay parkrun      | 5k            | 30/09/2023 | 114  | 00:23:58 |        |
| Swansea Bay parkrun      | 5k            | 16/09/2023 | 104  | 00:24:25 |        |
| Swansea Bay parkrun      | 5k            | 09/09/2023 | 125  | 00:24:43 |        |
| Swansea Bay parkrun      | 5k            | 02/09/2023 | 133  | 00:24:34 |        |
| Swansea Bay parkrun      | 5k            | 19/08/2023 | 150  | 00:24:55 |        |
| Swansea Bay parkrun      | 5k            | 29/07/2023 | 194  | 00:25:08 |        |

|                                   |               |            |     |          |     |
|-----------------------------------|---------------|------------|-----|----------|-----|
| Swansea Bay parkrun               | 5k            | 08/07/2023 | 151 | 00:24:37 |     |
| Swansea Bay parkrun               | 5k            | 17/06/2023 | 185 | 00:25:48 |     |
| Swansea Bay parkrun               | 5k            | 27/05/2023 | 203 | 00:25:35 |     |
| Swansea Bay parkrun               | 5k            | 20/05/2023 | 172 | 00:25:42 |     |
| Swansea Bay parkrun               | 5k            | 11/02/2023 | 116 | 00:24:50 |     |
| Swansea Bay parkrun               | 5k            | 04/02/2023 | 107 | 00:24:10 |     |
| Swansea Bay parkrun               | 5k            | 28/01/2023 | 132 | 00:24:23 |     |
| Swansea Bay parkrun               | 5k            | 21/01/2023 | 120 | 00:24:53 |     |
| Swansea Bay parkrun               | 5k            | 31/12/2022 | 116 | 00:24:45 |     |
| Swansea Bay parkrun               | 5k            | 24/12/2022 | 153 | 00:24:17 |     |
| Swansea Bay parkrun               | 5k            | 03/12/2022 | 98  | 00:24:30 |     |
| Swansea Bay parkrun               | 5k            | 22/10/2022 | 124 | 00:24:11 |     |
| Swansea Bay parkrun               | 5k            | 08/10/2022 | 117 | 00:23:38 |     |
| Swansea Bay parkrun               | 5k            | 01/10/2022 | 85  | 00:24:01 |     |
| Llanelli Half Marathon            | Half Marathon | 25/09/2022 | 209 | 01:49:42 | F50 |
| Swansea Bay parkrun               | 5k            | 17/09/2022 | 76  | 00:23:45 |     |
| Swansea Bay parkrun               | 5k            | 10/09/2022 | 137 | 00:24:18 |     |
| Swansea Bay parkrun               | 5k            | 03/09/2022 | 107 | 00:24:04 |     |
| Swansea Bay parkrun               | 5k            | 27/08/2022 | 173 | 00:24:44 |     |
| Swansea Bay parkrun               | 5k            | 20/08/2022 | 118 | 00:24:24 |     |
| Swansea Bay parkrun               | 5k            | 13/08/2022 | 88  | 00:24:48 |     |
| Swansea Bay parkrun               | 5k            | 23/07/2022 | 100 | 00:24:14 |     |
| Swansea Bay parkrun               | 5k            | 25/06/2022 | 124 | 00:24:53 |     |
| Great Welsh Half Marathon         | Half Marathon | 10/04/2022 | 190 | 01:51:18 | F50 |
| Colby parkrun                     | 5k            | 05/03/2022 | 33  | 00:25:59 |     |
| M & D Care Llanelli Half Marathon | Half Marathon | 31/10/2021 | 256 | 01:52:11 | F50 |

|   |               |            |      |          |            |
|---|---------------|------------|------|----------|------------|
| Admiral Swansea Bay 10k                               | 10k           | 19/09/2021 | 644  | 00:51:18 |            |
| Swansea Bay parkrun                                   | 5k            | 21/08/2021 | 143  | 00:26:10 |            |
| Swansea Bay parkrun                                   | 5k            | 23/11/2019 | 88   | 00:24:00 |            |
| Sospan MT10   | 10 miles      | 17/11/2019 | 161  | 01:28:40 | F45-54     |
| Swansea Bay parkrun                                   | 5k            | 16/11/2019 | 93   | 00:24:09 |            |
| Admiral Swansea Bay 10k                               | 10k           | 22/09/2019 |      | 00:50:01 |            |
| Welsh Athletics Road Relay Championships              | 5400m         | 15/09/2019 |      | 00:28:04 | MW35       |
| Swansea Bay parkrun                                   | 5k            | 07/09/2019 | 99   | 00:23:34 |            |
| Swansea Bay parkrun                                   | 5k            | 24/08/2019 | 132  | 00:24:17 |            |
| Swansea Bay parkrun                                   | 5k            | 17/08/2019 | 123  | 00:24:30 |            |
| JCP Swansea Half Marathon                             | Half Marathon | 23/06/2019 | 1493 | 01:54:40 | F50        |
| Llanelli Half Marathon                                | Half Marathon | 10/02/2019 | 587  | 01:48:37 | F50        |
| Jcp Swansea Half Marathon                             | Half Marathon | 24/06/2018 | 1475 | 01:55:35 | FV45       |
| Paul Popham Running Club Swansea Bay Summer 5k Series | 5k            | 09/05/2017 | 42   | 00:25:16 |            |
| Llanelli Half Marathon 2017                           | Half Marathon | 12/03/2017 | 423  | 01:48:50 | FV45       |
| <b>Cris Arnold</b>                                    |               | 3          |      |          |            |
| Brisco Gorseinon 10k                                  | 10k           | 19/05/2024 |      | 00:52:04 |            |
| Toughrunner Swansea Epic Trail 10k                    | 10k           | 20/05/2023 | 121  | 00:57:16 | M50-59     |
| Swansea Trail Half Marathon                           | Half Marathon | 01/04/2023 | 114  | 02:24:07 | M50-59     |
| <b>Andrew Arran</b>                                   |               | 16         |      |          |            |
| Welsh Castles Relay Stage 13                          | 10.6 miles    | 10/06/2018 | 48   | 01:21:28 | M          |
| Swansea Bay parkrun                                   | 5k            | 14/04/2018 | 57   | 00:22:44 |            |
| Brooks Snowdonia Marathon                             | Marathon      | 30/10/2017 | 1687 | 05:07:32 | Mopen      |
| Cardiff Half Marathon                                 | Half Marathon | 01/10/2017 | 2819 | 01:46:09 | MSEN       |
| Admiral Swansea Bay 10k                               | 10k           | 24/09/2017 | 362  | 00:44:59 | SenM       |
| 2017 Tydfilians Roman Run                             | 16 miles      | 02/09/2017 | 83   | 02:31:19 | Senior Men |

|  |               |            |      |          |       |
|--|---------------|------------|------|----------|-------|
| Jcp Swansea Half Marathon                | Half Marathon | 25/06/2017 | 570  | 01:40:13 | SenM  |
| Swansea Bay parkrun                      | 5k            | 20/05/2017 | 193  | 00:29:36 |       |
| Swansea Bay parkrun                      | 5k            | 13/05/2017 | 26   | 00:21:10 |       |
| Swansea Bay parkrun                      | 5k            | 06/05/2017 | 31   | 00:20:52 |       |
| Swansea Bay parkrun                      | 5k            | 15/04/2017 | 34   | 00:20:49 |       |
| Llyn Llech Owain parkrun                 | 5k            | 08/04/2017 | 14   | 00:21:57 |       |
| Lliswerry 8                              | 8 miles       | 29/01/2017 | 237  | 00:59:41 | MS    |
| Swansea Bay parkrun                      | 5k            | 07/01/2017 | 46   | 00:22:57 |       |
| Swansea Bay parkrun                      | 5k            | 31/12/2016 | 52   | 00:22:13 |       |
| Glynneath Boxing Day 5 Mile Road Race    | 5 miles       | 26/12/2016 | 166  | 00:38:34 | M     |
| <b>Cayo Arran</b>                        |               | 27         |      |          |       |
| Brooks Snowdonia Marathon                | Marathon      | 30/10/2017 | 1051 | 04:28:02 | Mopen |
| Cardiff Half Marathon                    | Half Marathon | 01/10/2017 | 2063 | 01:42:23 | MSEN  |
| Jcp Swansea Half Marathon                | Half Marathon | 25/06/2017 | 244  | 01:31:48 | SenM  |
| Llanelli Coast parkrun                   | 5k            | 17/06/2017 | 5    | 00:19:25 |       |
| Swansea Bay parkrun                      | 5k            | 10/06/2017 | 24   | 00:21:55 |       |
| Swansea Bay parkrun                      | 5k            | 03/06/2017 | 19   | 00:20:00 |       |
| Swansea Bay parkrun                      | 5k            | 27/05/2017 | 20   | 00:20:06 |       |
| Simplyhealth Great Bristol 10k           | 10k           | 07/05/2017 | 811  | 00:43:20 | M     |
| Swansea Bay parkrun                      | 5k            | 06/05/2017 | 30   | 00:20:50 |       |
| Nn Rotterdam Marathon                    | Marathon      | 09/04/2017 | 2092 | 03:28:59 | MSR   |
| Cardiff And Vale College Cardiff Bay Run | 10k           | 02/04/2017 | 85   | 00:38:43 | MSEN  |
| Swansea Bay parkrun                      | 5k            | 25/03/2017 | 10   | 00:19:11 |       |
| Swansea Trotters 360 Marina 5k           | 5k            | 18/03/2017 | 27   | 00:19:23 |       |
| Llanelli Half Marathon 2017              | Half Marathon | 12/03/2017 | 68   | 01:29:29 | SenM  |
| Llanelli Coast parkrun                   | 5k            | 25/02/2017 | 5    | 00:19:04 |       |



|   |               |            |     |          |      |
|---|---------------|------------|-----|----------|------|
| Hoka One One Trail Half Marathon                      | Half Marathon | 19/02/2017 | 25  | 01:43:45 | SENM |
| Lliswerry 8   | 8 miles       | 29/01/2017 | 49  | 00:50:09 | MS   |
| Llanelli Coast parkrun                                | 5k            | 21/01/2017 | 17  | 00:21:44 |      |
| Llanelli Coast parkrun                                | 5k            | 14/01/2017 | 7   | 00:18:50 |      |
| Tata Steel Round The Reservoir Race - Men             | 5.6 miles     | 08/01/2017 | 12  | 00:35:06 | SM   |
| Swansea Bay parkrun                                   | 5k            | 07/01/2017 | 9   | 00:18:30 |      |
| Llanelli Coast parkrun                                | 5k            | 31/12/2016 | 4   | 00:18:34 |      |
| Glynneath Boxing Day 5 Mile Road Race                 | 5 miles       | 26/12/2016 | 44  | 00:30:54 | M    |
| Llyn Llech Owain parkrun                              | 5k            | 25/12/2016 | 4   | 00:19:43 |      |
| Swansea Bay parkrun                                   | 5k            | 24/12/2016 | 31  | 00:20:01 |      |
| 18th Welsh Inter-regional Cross Country Championships | 9,440m        | 10/12/2016 | 76  | 00:36:40 | SENM |
| Sospan MT10   | 10 miles      | 20/11/2016 | 38  | 01:09:27 | M    |
| <b>Ian Bamford</b>                                    |               | 111        |     |          |      |
| Gnoll parkrun   | 5k            | 23/11/2024 | 40  | 00:28:51 |      |
| Swansea Bay parkrun                                   | 5k            | 19/10/2024 | 174 | 00:24:38 |      |
| Bank of America Chicago Marathon                      | Marathon      | 13/10/2024 |     | 03:50:07 |      |
| Swansea Bay parkrun                                   | 5k            | 24/08/2024 | 304 | 00:29:23 |      |
| Swansea Bay parkrun                                   | 5k            | 13/07/2024 | 279 | 00:27:52 |      |
| Swansea Bay parkrun                                   | 5k            | 29/06/2024 | 240 | 00:28:04 |      |
| Cycle Route 43 parkrun Ystalyfera                     | 5k            | 11/05/2024 | 132 | 00:39:50 |      |
| Sandy Water parkrun                                   | 5k            | 04/05/2024 | 40  | 00:24:17 |      |
| TCS London Marathon                                   | Marathon      | 21/04/2024 |     | 03:49:47 |      |
| San Domenico 20M                                      | 20 miles      | 10/03/2024 | 95  | 02:47:42 | M45  |
| Swansea Bay parkrun                                   | 5k            | 24/02/2024 | 130 | 00:24:10 |      |
| Swansea Bay parkrun                                   | 5k            | 27/01/2024 | 223 | 00:26:33 |      |
| Swansea Bay parkrun                                   | 5k            | 06/01/2024 | 186 | 00:25:34 |      |

|                             |          |            |       |          |              |
|-----------------------------|----------|------------|-------|----------|--------------|
| Swansea Bay parkrun         | 5k       | 18/11/2023 | 89    | 00:23:51 |              |
| Swansea Bay parkrun         | 5k       | 28/10/2023 | 213   | 00:27:50 |              |
| TCS Amsterdam Marathon 2023 | Marathon | 15/10/2023 | 11266 | 04:23:01 |              |
| Amsterdamse Bos parkrun     | 5k       | 14/10/2023 | 224   | 00:27:29 |              |
| Swansea Bay parkrun         | 5k       | 16/09/2023 | 121   | 00:24:57 |              |
| Swansea Bay parkrun         | 5k       | 27/05/2023 | 53    | 00:20:58 |              |
| Swansea Bay parkrun         | 5k       | 13/05/2023 | 201   | 00:25:45 |              |
| Brisco Gorseinon 10k        | 10k      | 30/04/2023 | 88    | 00:44:03 | M45          |
| TCS London Marathon 2023    | Marathon | 23/04/2023 | 29447 | 04:38:05 | M45-49       |
| Swansea Bay parkrun         | 5k       | 18/03/2023 | 219   | 00:27:57 |              |
| Tokyo Marathon              | Marathon | 05/03/2023 | 19942 | 04:35:28 | Marathon Men |
| Swansea Bay parkrun         | 5k       | 11/02/2023 | 179   | 00:27:03 |              |
| Swansea Bay parkrun         | 5k       | 28/01/2023 | 245   | 00:28:19 |              |
| Gnoll parkrun               | 5k       | 25/12/2022 | 38    | 00:28:37 |              |
| Swansea Bay parkrun         | 5k       | 24/12/2022 | 216   | 00:26:30 |              |
| Sospan MT10                 | 10 miles | 20/11/2022 | 304   | 01:38:15 | M45-54       |
| TCS New York City Marathon  | Marathon | 06/11/2022 | 22812 | 04:41:47 | M48          |
| TCS London Marathon         | Marathon | 02/10/2022 | 22576 | 04:40:02 | M45-49       |
| Admiral Swansea Bay 10k     | 10k      | 18/09/2022 | 719   | 00:49:58 | 50 PACER     |
| Swansea Bay parkrun         | 5k       | 10/09/2022 | 168   | 00:25:20 |              |
| Swansea Bay parkrun         | 5k       | 27/08/2022 | 226   | 00:26:43 |              |
| Swansea Bay parkrun         | 5k       | 13/08/2022 | 143   | 00:27:02 |              |
| Tenby 10k                   | 10k      | 31/07/2022 | 35    | 00:45:33 | M40          |
| Swansea Bay parkrun         | 5k       | 26/03/2022 | 241   | 00:30:59 |              |
| Swansea Bay parkrun         | 5k       | 19/02/2022 | 89    | 00:26:08 |              |
| Swansea Bay parkrun         | 5k       | 29/01/2022 | 140   | 00:26:04 |              |

|                               |          |            |       |          |        |
|-------------------------------|----------|------------|-------|----------|--------|
| Swansea Bay parkrun           | 5k       | 22/01/2022 | 143   | 00:25:33 |        |
| Swansea Bay parkrun           | 5k       | 15/01/2022 | 77    | 00:24:34 |        |
| Gnoll parkrun                 | 5k       | 25/12/2021 | 69    | 00:27:55 |        |
| Tata Steel Richard Burton 10k | 10k      | 07/11/2021 | 214   | 00:46:13 | M40-49 |
| Swansea Bay parkrun           | 5k       | 06/11/2021 | 126   | 00:24:55 |        |
| Swansea Bay parkrun           | 5k       | 30/10/2021 | 114   | 00:25:10 |        |
| ABP Newport Wales Marathon    | Marathon | 24/10/2021 | 826   | 03:50:27 | M45+   |
| Virgin London Marathon        | Marathon | 03/10/2021 | 21165 | 04:38:30 | M45-49 |
| Swansea Bay parkrun           | 5k       | 04/09/2021 | 216   | 00:28:00 |        |
| Longrun Meadow parkrun        | 5k       | 24/07/2021 | 55    | 00:23:31 |        |
| Swansea Bay parkrun           | 5k       | 14/03/2020 | 173   | 00:26:47 |        |
| Swansea Bay parkrun           | 5k       | 07/03/2020 | 293   | 00:30:08 |        |
| Swansea Bay parkrun           | 5k       | 29/02/2020 | 110   | 00:24:08 |        |
| The Wammy parkrun             | 5k       | 15/02/2020 | 33    | 00:21:05 |        |
| Swansea Bay parkrun           | 5k       | 01/02/2020 | 35    | 00:20:47 |        |
| Brueton parkrun               | 5k       | 25/01/2020 | 48    | 00:21:00 |        |
| Swansea Bay parkrun           | 5k       | 18/01/2020 | 144   | 00:24:37 |        |
| Swansea Bay parkrun           | 5k       | 11/01/2020 | 73    | 00:23:37 |        |
| Gnoll parkrun                 | 5k       | 04/01/2020 | 85    | 00:26:56 |        |
| Maesteg parkrun               | 5k       | 01/01/2020 | 21    | 00:22:42 |        |
| Swansea Bay parkrun           | 5k       | 01/01/2020 | 106   | 00:23:00 |        |
| Swansea Bay parkrun           | 5k       | 28/12/2019 | 73    | 00:22:43 |        |
| Glynneath 5                   | 5 miles  | 26/12/2019 | 80    | 00:34:24 | MV45   |
| Swansea Bay parkrun           | 5k       | 21/12/2019 | 53    | 00:21:47 |        |
| Swansea Bay parkrun           | 5k       | 14/12/2019 | 90    | 00:26:37 |        |
| Swansea Bay parkrun           | 5k       | 07/12/2019 | 56    | 00:21:59 |        |

|                              |               |            |       |          |        |
|------------------------------|---------------|------------|-------|----------|--------|
| Sospan MT10                  | 10 miles      | 17/11/2019 | 51    | 01:15:56 | M45-54 |
| Swansea Bay parkrun          | 5k            | 09/11/2019 | 30    | 00:22:02 |        |
| Swansea Bay parkrun          | 5k            | 02/11/2019 | 16    | 00:20:24 |        |
| Cardiff Half Marathon        | Half Marathon | 06/10/2019 | 5918  | 01:56:37 | M45+   |
| BMW Berlin Marathon          | Marathon      | 29/09/2019 | 7286  | 03:27:52 | M45    |
| Llanelli Coast parkrun       | 5k            | 21/09/2019 | 28    | 00:22:51 |        |
| Swansea Bay parkrun          | 5k            | 24/08/2019 | 38    | 00:20:18 |        |
| Swansea Bay parkrun          | 5k            | 03/08/2019 | 33    | 00:20:19 |        |
| Tenby 10k                    | 10k           | 28/07/2019 | 37    | 00:43:05 |        |
| Swansea Bay parkrun          | 5k            | 27/07/2019 | 113   | 00:23:31 |        |
| Llanelli Coast parkrun       | 5k            | 06/07/2019 | 10    | 00:19:38 |        |
| Swansea Bay parkrun          | 5k            | 29/06/2019 | 126   | 00:25:01 |        |
| JCP Swansea Half Marathon    | Half Marathon | 23/06/2019 | 234   | 01:31:16 | M45    |
| Swansea Bay parkrun          | 5k            | 15/06/2019 | 119   | 00:24:15 |        |
| Swansea Bay parkrun          | 5k            | 25/05/2019 | 147   | 00:24:11 |        |
| Hanley parkrun               | 5k            | 18/05/2019 | 13    | 00:20:36 |        |
| Swansea Bay parkrun          | 5k            | 11/05/2019 | 27    | 00:19:55 |        |
| Swansea Bay parkrun          | 5k            | 04/05/2019 | 54    | 00:21:07 |        |
| Virgin Money London Marathon | Marathon      | 28/04/2019 | 6867  | 03:30:31 | M45-49 |
| Boston Marathon              | Marathon      | 15/04/2019 | 13347 | 03:45:40 |        |
| Swansea Bay parkrun          | 5k            | 09/03/2019 | 72    | 00:22:52 |        |
| Llanelli Half Marathon       | Half Marathon | 10/02/2019 | 933   | 01:58:49 | M45    |
| Swansea Bay parkrun          | 5k            | 09/02/2019 | 114   | 00:26:43 |        |
| Swansea Bay parkrun          | 5k            | 26/01/2019 | 83    | 00:23:24 |        |
| Swansea Bay parkrun          | 5k            | 19/01/2019 | 99    | 00:24:21 |        |
| Swansea Bay parkrun          | 5k            | 12/01/2019 | 24    | 00:20:51 |        |

|                                  |               |            |       |          |           |
|----------------------------------|---------------|------------|-------|----------|-----------|
| Swansea Bay parkrun              | 5k            | 05/01/2019 | 42    | 00:21:31 |           |
| Glynneath Boxing Day 5 Mile Race | 5 miles       | 26/12/2018 | 92    | 00:34:46 | MV40      |
| Llyn Llech Owain parkrun         | 5k            | 25/12/2018 | 32    | 00:23:36 |           |
| Swansea Bay parkrun              | 5k            | 22/12/2018 | 79    | 00:22:59 |           |
| Swansea Bay parkrun              | 5k            | 08/12/2018 | 63    | 00:23:51 |           |
| Swansea Bay parkrun              | 5k            | 01/12/2018 | 84    | 00:25:38 |           |
| Swansea Bay parkrun              | 5k            | 24/11/2018 | 314   | 00:34:24 |           |
| Swansea Bay parkrun              | 5k            | 20/10/2018 | 33    | 00:20:09 |           |
| Admiral Swansea Bay 10k          | 10k           | 16/09/2018 | 763   | 00:49:55 | M40 Pacer |
| Jcp Swansea Half Marathon        | Half Marathon | 24/06/2018 | 1935  | 01:58:47 | PACER     |
| St Illtyds Ultra 50k             | Ultra         | 06/05/2018 | 17    | 06:54:00 |           |
| Virgin London Marathon 2018      | Marathon      | 22/04/2018 | 7112  | 03:47:38 | M40-44    |
| Tokyo Marathon                   | Marathon      | 25/02/2018 | 5548  | 03:39:01 | M40-44    |
| Srr M10                          | 10 miles      | 19/11/2017 | 156   | 01:24:44 | M3544     |
| Swansea Bay parkrun              | 5k            | 18/11/2017 | 60    | 00:23:51 |           |
| Cardiff Half Marathon            | Half Marathon | 01/10/2017 | 5325  | 01:56:18 | M40-44    |
| Bmw Berlin Marathon              | Marathon      | 24/09/2017 | 12770 | 03:55:28 | M40       |
| Virgin London Marathon 2017      | Marathon      | 23/04/2017 | 16773 | 04:14:56 | 40-44     |
| Llanelli Half Marathon 2017      | Half Marathon | 12/03/2017 | 352   | 01:45:42 | MV40      |
| New York Marathon                | Marathon      | 06/11/2016 |       | 03:43:51 | MO        |
| <b>Kelly Bamford</b>             |               | 7          |       |          |           |
| Brisco Gorseinon 10k             | 10k           | 19/05/2024 |       | 01:16:26 |           |
| TCS London Marathon 2023         | Marathon      | 23/04/2023 | 38269 | 05:13:25 | F40-44    |
| Cardiff Bay 10k                  | 10k           | 26/09/2021 | 2704  | 01:14:46 | F40+      |
| Cardiff Half Marathon            | Half Marathon | 06/10/2019 | 12866 | 02:28:56 | F40+      |
| Tenby 10k                        | 10k           | 28/07/2019 | 429   | 01:12:38 |           |

|   |               |            |       |          |             |
|---|---------------|------------|-------|----------|-------------|
| Brecon Carreg Cardiff Bay Run 10k             | 10k           | 31/03/2019 | 3159  | 01:03:53 | F35+        |
| Tata Steel Richard Burton 10k                 | 10k           | 04/11/2018 | 1159  | 01:06:07 | Female Open |
| <b>Mark Bamford</b>                           |               | 52         |       |          |             |
| Swansea Bay parkrun                           | 5k            | 21/12/2024 | 311   | 00:28:47 |             |
| Sandy Water parkrun                           | 5k            | 14/12/2024 | 46    | 00:24:32 |             |
| Swansea Bay parkrun                           | 5k            | 30/11/2024 | 287   | 00:29:22 |             |
| Swansea Bay parkrun                           | 5k            | 28/09/2024 | 444   | 00:31:21 |             |
| Swansea Bay parkrun                           | 5k            | 27/07/2024 | 298   | 00:28:09 |             |
| Swansea Bay parkrun                           | 5k            | 20/07/2024 | 201   | 00:27:44 |             |
| Swansea Bay parkrun                           | 5k            | 13/07/2024 | 441   | 00:31:56 |             |
| Swansea Bay parkrun                           | 5k            | 27/04/2024 | 81    | 00:23:04 |             |
| Swansea Bay parkrun                           | 5k            | 25/02/2023 | 112   | 00:23:27 |             |
| Swansea Bay parkrun                           | 5k            | 21/01/2023 | 141   | 00:25:28 |             |
| Swansea Bay parkrun                           | 5k            | 14/01/2023 | 182   | 00:26:05 |             |
| Swansea Bay parkrun                           | 5k            | 07/01/2023 | 170   | 00:27:12 |             |
| Jamaica Pond parkrun                          | 5k            | 10/12/2022 | 44    | 00:26:36 |             |
| Swansea Bay parkrun                           | 5k            | 03/12/2022 | 126   | 00:25:43 |             |
| Swansea Bay parkrun                           | 5k            | 19/11/2022 | 223   | 00:28:07 |             |
| TCS New York City Marathon                    | Marathon      | 06/11/2022 | 24107 | 04:45:25 | M48         |
| TCS London Marathon                           | Marathon      | 02/10/2022 | 22710 | 04:40:37 | M45-49      |
| Sandy Water parkrun                           | 5k            | 30/04/2022 | 16    | 00:22:12 |             |
| 2022 Cardiff University Cardiff Half Marathon | Half Marathon | 27/03/2022 | 1839  | 01:45:37 | M45+        |
| Swansea Bay parkrun                           | 5k            | 26/03/2022 | 55    | 00:22:32 |             |
| Virtual Virgin London Marathon                | Marathon      | 03/10/2021 |       | 04:39:49 |             |
| Swansea Bay parkrun                           | 5k            | 21/08/2021 | 110   | 00:24:52 |             |
| Swansea Bay parkrun                           | 5k            | 29/02/2020 | 275   | 00:31:39 |             |

|                                   |               |            |       |          |        |
|-----------------------------------|---------------|------------|-------|----------|--------|
| Llanelli Coast parkrun            | 5k            | 16/11/2019 | 59    | 00:25:36 |        |
| Cardiff Half Marathon             | Half Marathon | 06/10/2019 | 9668  | 02:11:32 | M45+   |
| Llanelli Coast parkrun            | 5k            | 31/08/2019 | 19    | 00:22:49 |        |
| Tenby 10k                         | 10k           | 28/07/2019 | 430   | 01:12:39 |        |
| Brecon Carreg Cardiff Bay Run 10k | 10k           | 31/03/2019 | 2322  | 00:57:48 | M45+   |
| Llanelli Half Marathon            | Half Marathon | 10/02/2019 | 1436  | 02:11:31 | M45    |
| Swansea Bay parkrun               | 5k            | 24/11/2018 | 186   | 00:27:07 |        |
| Bank Of America Chicago Marathon  | Marathon      | 07/10/2018 | 21779 | 04:25:53 | M40-44 |
| Llanelli Coast parkrun            | 5k            | 29/09/2018 | 21    | 00:22:36 |        |
| Tenby 10k                         | 10k           | 29/07/2018 | 72    | 00:47:22 | M40    |
| Ironman Uk                        | Triathlon     | 15/07/2018 | 937   | 12:34:45 | M40    |
| Welsh Castles Relay Stage 1       | 9.1 miles     | 09/06/2018 | 40    | 01:14:20 | MV     |
| Swansea Triathlon                 | Triathlon     | 20/05/2018 | 197   | 01:19:50 | MV     |
| Ironman 70.3 Marbella             | Triathlon     | 29/04/2018 | 1156  | 06:17:51 |        |
| Great Welsh Half Marathon         | Half Marathon | 15/04/2018 | 93    | 01:46:55 | MV40   |
| Tcs New York City Marathon        | Marathon      | 05/11/2017 | 9931  | 03:49:54 | M43    |
| Swansea Bay parkrun               | 5k            | 14/10/2017 | 105   | 00:25:30 |        |
| Cardiff Half Marathon             | Half Marathon | 01/10/2017 | 3040  | 01:47:11 | M40-44 |
| Admiral Swansea Bay 10k           | 10k           | 24/09/2017 | 598   | 00:48:37 | M40+   |
| Gower Sprint Triathlon            | Triathlon     | 12/08/2017 | 168   | 01:55:56 | MV     |
| Tenby 10k                         | 10k           | 30/07/2017 | 95    | 00:49:06 | M40    |
| Swansea Bay parkrun               | 5k            | 03/06/2017 | 21    | 00:20:42 |        |
| Swansea Triathlon                 | Triathlon     | 28/05/2017 | 319   | 01:19:35 | MV     |
| Swansea Bay parkrun               | 5k            | 20/05/2017 | 186   | 00:29:30 |        |
| Whitford Point Multi-terrain Race | 5.6 miles     | 17/05/2017 | 85    | 00:47:24 | VM40   |
| Virgin London Marathon 2017       | Marathon      | 23/04/2017 | 5719  | 03:27:17 | 40-44  |

|                                   |               |            |      |          |      |
|-----------------------------------|---------------|------------|------|----------|------|
| Llanelli Half Marathon 2017       | Half Marathon | 12/03/2017 | 142  | 01:36:01 | MV40 |
| Fan Dance                         | 15 miles      | 14/01/2017 | 43   | 05:00:00 | MC   |
| Endurancelife Gower Marathon      | Marathon      | 12/11/2016 | 115  | 06:19:30 | M    |
| <b>Nia Banfield</b>               |               | 1          |      |          |      |
| Richard Burton 10k                | 10k           | 03/11/2024 | 186  | 00:42:08 |      |
| <b>David Barham</b>               |               | 161        |      |          |      |
| Marathon Lanzarote 2024 - 10k     | 10k           | 07/12/2024 | 566  | 01:15:28 |      |
| Llyn Llech Owain parkrun          | 5k            | 19/10/2024 | 76   | 00:32:44 |      |
| Cranbrook Country Park parkrun    | 5k            | 28/09/2024 | 121  | 00:32:21 |      |
| Y Promend parkrun Aberhonddu      | 5k            | 21/09/2024 | 88   | 00:31:19 |      |
| Admiral Swansea Bay 10k           | 10k           | 15/09/2024 | 3149 | 01:17:16 |      |
| RossonWye parkrun                 | 5k            | 31/08/2024 | 55   | 00:31:01 |      |
| Aberfields parkrun                | 5k            | 24/08/2024 | 25   | 00:31:36 |      |
| Pollok parkrun Glasgow            | 5k            | 10/08/2024 | 255  | 00:33:05 |      |
| Amager Strandpark parkrun         | 5k            | 27/07/2024 | 48   | 00:32:04 |      |
| Lvstien parkrun Bergen            | 5k            | 13/07/2024 | 25   | 00:36:25 |      |
| Cycle Route 43 parkrun Ystalyfera | 5k            | 06/07/2024 | 95   | 00:30:48 |      |
| Croxteth Hall parkrun             | 5k            | 29/06/2024 | 300  | 00:40:03 |      |
| Longrun Meadow parkrun            | 5k            | 22/06/2024 | 292  | 00:33:23 |      |
| Gnoll parkrun                     | 5k            | 01/06/2024 | 95   | 00:33:59 |      |
| Barrow parkrun                    | 5k            | 25/05/2024 | 121  | 00:35:20 |      |
| Monsal Trail parkrun              | 5k            | 18/05/2024 | 200  | 00:33:14 |      |
| AJ Bell Great Birmingham Run      | 10k           | 05/05/2024 | 2839 | 01:12:48 |      |
| Edgbaston Reservoir parkrun       | 5k            | 04/05/2024 | 230  | 00:34:27 |      |
| Killerton parkrun                 | 5k            | 03/02/2024 | 211  | 00:38:14 |      |
| Swansea Bay parkrun               | 5k            | 06/01/2024 | 493  | 00:34:31 |      |



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|---|---------------|------------|------|----------|--------|
| Cranbrook Country Park parkrun                        | 5k            | 01/01/2024 | 355  | 00:34:08 |        |
| Exmouth parkrun                                       | 5k            | 30/12/2023 | 415  | 00:34:50 |        |
| Exeter Riverside parkrun                              | 5k            | 25/12/2023 | 357  | 00:33:54 |        |
| Severn Bridge parkrun                                 | 5k            | 23/12/2023 | 211  | 00:30:52 |        |
| Swansea Bay parkrun                                   | 5k            | 16/12/2023 | 297  | 00:32:21 |        |
| Hastings parkrun                                      | 5k            | 09/12/2023 | 102  | 00:31:53 |        |
| Teifi Marshes Nature Reserve parkrun                  | 5k            | 28/10/2023 | 65   | 00:33:10 |        |
| Sharpham Estate parkrun                               | 5k            | 23/09/2023 | 43   | 00:33:22 |        |
| Crosby parkrun  | 5k            | 16/09/2023 | 212  | 00:42:38 |        |
| Pont y Bala parkrun                                   | 5k            | 02/09/2023 | 81   | 00:33:39 |        |
| Lands End parkrun                                     | 5k            | 19/08/2023 | 101  | 00:32:50 |        |
| Swansea Bay parkrun                                   | 5k            | 29/07/2023 | 487  | 00:38:25 |        |
| Bressay parkrun                                       | 5k            | 08/07/2023 | 50   | 00:33:11 |        |
| West Links parkrun                                    | 5k            | 01/07/2023 | 57   | 00:31:27 |        |
| Barry Island parkrun                                  | 5k            | 24/06/2023 | 69   | 00:34:22 |        |
| Dolgellau parkrun                                     | 5k            | 17/06/2023 | 53   | 00:33:49 |        |
| Cranbrook Country Park parkrun                        | 5k            | 03/06/2023 | 96   | 00:34:40 |        |
| Brisco Gorseinon 10k                                  | 10k           | 30/04/2023 | 588  | 01:05:00 | M55    |
| Kew Gardens Half Marathon                             | Half Marathon | 02/04/2023 | 1554 | 02:29:01 | M55-59 |
| Old Deer Park parkrun                                 | 5k            | 01/04/2023 | 68   | 00:35:47 |        |
| Berkeley Green parkrun                                | 5k            | 25/02/2023 | 44   | 00:30:25 |        |
| Princes parkrun Liverpool                             | 5k            | 24/12/2022 | 254  | 00:32:22 |        |
| Richard Burton 10k                                    | 10k           | 06/11/2022 | 1359 | 01:06:12 | M50-59 |
| Shrewsbury Metric Half Marathon                       | 13.1 km       | 09/10/2022 | 147  | 01:30:38 | M55    |
| Shrewsbury parkrun                                    | 5k            | 08/10/2022 | 281  | 00:31:12 |        |
| Welsh Road Relay Championships - Pembrey Country Park | 5400m         | 24/09/2022 |      | 00:32:36 | MM55   |

|                                |               |            |     |          |      |
|--------------------------------|---------------|------------|-----|----------|------|
| Dolgellau parkrun              | 5k            | 17/09/2022 | 38  | 00:29:12 |      |
| Aberdare parkrun               | 5k            | 27/08/2022 | 40  | 00:29:57 |      |
| Maesteg parkrun                | 5k            | 20/08/2022 | 41  | 00:31:35 |      |
| Kirkwall parkrun               | 5k            | 30/07/2022 | 38  | 00:31:30 |      |
| Elgin parkrun                  | 5k            | 23/07/2022 | 114 | 00:30:16 |      |
| Ammanford 10k                  | 10k           | 10/07/2022 | 215 | 01:11:18 | M50  |
| Rothay Park parkrun            | 5k            | 11/06/2022 | 123 | 00:32:54 |      |
| Workington parkrun             | 5k            | 04/06/2022 | 71  | 00:30:57 |      |
| Brynaman parkrun               | 5k            | 14/05/2022 | 15  | 00:29:32 |      |
| Forest of Dean parkrun         | 5k            | 30/04/2022 | 56  | 00:30:50 |      |
| Colby parkrun                  | 5k            | 23/04/2022 | 62  | 00:31:10 |      |
| Sandy Water parkrun            | 5k            | 09/04/2022 | 69  | 00:30:28 |      |
| Eden Project parkrun           | 5k            | 02/04/2022 | 103 | 00:30:30 |      |
| Hameldown 7EVEN                | 7 miles       | 27/02/2022 | 77  | 01:59:11 | MV50 |
| Teignmouth Promenade parkrun   | 5k            | 26/02/2022 | 173 | 00:32:46 |      |
| Erddig parkrun                 | 5k            | 29/01/2022 | 90  | 00:31:30 |      |
| The Doynton Hard Half Marathon | Half Marathon | 23/01/2022 | 451 | 03:44:16 | MV50 |
| Stratford Park, Stroud parkrun | 5k            | 08/01/2022 | 51  | 00:33:23 |      |
| Clevedon Boxing Day Race       | 4 miles       | 26/12/2021 | 580 | 00:38:45 | MV50 |
| Ashton Court parkrun           | 5k            | 25/12/2021 | 228 | 00:30:44 |      |
| Chippenham Shortest Day 10mile | 10 miles      | 19/12/2021 | 102 | 01:48:04 | MV50 |
| Chippenham parkrun             | 5k            | 18/12/2021 | 102 | 00:30:04 |      |
| Sandy Water parkrun            | 5k            | 11/12/2021 | 77  | 00:29:39 |      |
| Chester parkrun                | 5k            | 04/12/2021 | 119 | 00:30:17 |      |
| Ashton Court parkrun           | 5k            | 27/11/2021 | 270 | 00:32:18 |      |
| Rogiet parkrun                 | 5k            | 20/11/2021 | 34  | 00:29:19 |      |

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| Trelai Park parkrun                                    | 5k            | 06/11/2021 | 40   | 00:30:51 |        |
| Cosmeston Lakes parkrun                                | 5k            | 30/10/2021 | 52   | 00:30:18 |        |
| Henstridge Airfield parkrun                            | 5k            | 16/10/2021 | 97   | 00:31:53 |        |
| Loch Ness Marathon                                     | Marathon      | 03/10/2021 | 2457 | 06:03:31 | M50    |
| Alness parkrun   | 5k            | 02/10/2021 | 56   | 00:34:42 |        |
| Salisbury Plain Half Marathon                          | Half Marathon | 15/08/2021 | 99   | 02:48:46 | M50    |
| Plymvalley parkrun                                     | 5k            | 14/08/2021 | 204  | 00:34:39 |        |
| Two Tunnels - July 2021                                | Half Marathon | 04/07/2021 | 101  | 02:28:35 | M50-59 |
| Not Offah's Dyke 15                                    | 9.1 miles     | 12/06/2021 | 246  | 02:22:34 | MV55   |
| Run Northumberland Kirkharle Capability Brown 10k 2021 | 10k           | 09/05/2021 | 85   | 01:10:55 | M55-59 |
| Bath Skyline parkrun                                   | 5k            | 07/03/2020 | 268  | 00:32:46 |        |
| Swansea Bay parkrun                                    | 5k            | 29/02/2020 | 256  | 00:30:37 |        |
| Tamar Trails parkrun                                   | 5k            | 15/02/2020 | 79   | 00:33:10 |        |
| Gnoll parkrun  | 5k            | 01/02/2020 | 86   | 00:31:51 |        |
| Swansea Bay parkrun                                    | 5k            | 25/01/2020 | 400  | 00:32:34 |        |
| Swansea Bay parkrun                                    | 5k            | 04/01/2020 | 272  | 00:29:35 |        |
| Haverfordwest parkrun                                  | 5k            | 01/01/2020 | 126  | 00:30:29 |        |
| Milford Waterfront parkrun                             | 5k            | 01/01/2020 | 146  | 00:31:38 |        |
| Llanelli Coast parkrun                                 | 5k            | 28/12/2019 | 114  | 00:28:49 |        |
| Plymvalley parkrun                                     | 5k            | 25/12/2019 | 271  | 00:34:04 |        |
| Swansea Bay parkrun                                    | 5k            | 21/12/2019 | 209  | 00:30:11 |        |
| Race the Light   | 8.5 miles     | 14/12/2019 | 208  | 01:54:41 | MV50   |
| Broadhaven Pudding Run 10k                             | 10k           | 30/11/2019 | 183  | 01:03:12 | MSV    |
| Sospan MT10  | 10 miles      | 17/11/2019 | 378  | 01:50:36 | M45-54 |
| New Forest Trail Half Marathon                         | Half Marathon | 10/11/2019 | 62   | 02:25:43 |        |
| Brockenhurst parkrun                                   | 5k            | 09/11/2019 | 128  | 00:29:45 |        |

|  |               |            |      |          |          |
|--|---------------|------------|------|----------|----------|
| Culloden 1746                                | 17.46 km      | 27/10/2019 | 113  | 01:44:21 | Sup Vet  |
| Aberystwyth Twins Peaks                      | 7 miles       | 13/10/2019 | 84   | 01:23:48 | MV50     |
| Haldon Forest parkrun                        | 5k            | 07/09/2019 | 50   | 00:28:52 |          |
| Woods And Water Clatworthy Reservoir 5 miles | 5 miles       | 17/08/2019 | 43   | 00:55:16 | MV50     |
| Cardinham Woods Trail 10k                    | 10k           | 19/07/2019 | 72   | 01:17:29 | MV50     |
| Mount Edgcumbe parkrun                       | 5k            | 29/06/2019 | 48   | 00:33:07 |          |
| Hereford parkrun                             | 5k            | 25/05/2019 | 128  | 00:28:42 |          |
| Whitford Point Multi Terrain Race            | 5.8 miles     | 15/05/2019 | 126  | 01:05:51 | VM50     |
| Beyond Jurassic Trail 2019 10k               | 10k           | 28/04/2019 | 85   | 01:17:07 |          |
| Seaton parkrun                               | 5k            | 27/04/2019 | 99   | 00:30:08 |          |
| Lanhydrock parkrun                           | 5k            | 20/04/2019 | 240  | 00:34:45 |          |
| City Runs Fast Friday 10k - Exeter           | 10k           | 19/04/2019 | 214  | 01:02:36 | M50+     |
| Newport parkrun                              | 5k            | 06/04/2019 | 152  | 00:27:49 |          |
| Llanerchaeron parkrun                        | 5k            | 30/03/2019 | 28   | 00:27:51 |          |
| Weston Super Half                            | Half Marathon | 24/03/2019 | 1217 | 02:20:30 | MV50     |
| Llyn Llech Owain parkrun                     | 5k            | 16/02/2019 | 90   | 00:29:13 |          |
| Plymvalley parkrun                           | 5k            | 25/12/2018 | 215  | 00:32:15 |          |
| Swansea Bay parkrun                          | 5k            | 01/12/2018 | 121  | 00:29:14 |          |
| Tata Steel Richard Burton 10k                | 10k           | 04/11/2018 | 1009 | 01:02:28 | Male 50+ |
| Run Northumberland Hexham 10k                | 10k           | 28/10/2018 | 318  | 00:59:35 | MV50     |
| Prudhoe Riverside parkrun                    | 5k            | 27/10/2018 | 73   | 00:29:28 |          |
| Swansea Bay parkrun                          | 5k            | 20/10/2018 | 196  | 00:28:57 |          |
| Gnoll parkrun                                | 5k            | 06/10/2018 | 57   | 00:30:59 |          |
| Warrington parkrun                           | 5k            | 01/09/2018 | 264  | 00:30:25 |          |
| Rogiet parkrun                               | 5k            | 21/07/2018 | 82   | 00:30:53 |          |
| Lanhydrock parkrun                           | 5k            | 07/07/2018 | 140  | 00:35:26 |          |

|  |           |            |      |          |        |
|--|-----------|------------|------|----------|--------|
| Plymvalley parkrun                       | 5k        | 05/05/2018 | 354  | 00:49:24 |        |
| Swansea Bay parkrun                      | 5k        | 28/04/2018 | 226  | 00:29:46 |        |
| Bushy parkrun                            | 5k        | 17/02/2018 | 1119 | 00:36:21 |        |
| Swansea Bay parkrun                      | 5k        | 30/12/2017 | 144  | 00:29:18 |        |
| Plymvalley parkrun                       | 5k        | 25/12/2017 | 132  | 00:35:08 |        |
| Swindon parkrun                          | 5k        | 09/12/2017 | 238  | 00:30:09 |        |
| Swansea Bay parkrun                      | 5k        | 02/12/2017 | 143  | 00:29:41 |        |
| Chichester parkrun                       | 5k        | 21/10/2017 | 89   | 00:30:19 |        |
| Admiral Swansea Bay 10k                  | 10k       | 24/09/2017 | 1999 | 01:00:50 | M50+   |
| Severn Bridge 10k                        | 10k       | 27/08/2017 | 218  | 01:01:18 | M50+   |
| Swansea Bay parkrun                      | 5k        | 05/08/2017 | 130  | 00:26:16 |        |
| Mount Edgcumbe parkrun                   | 5k        | 01/07/2017 | 32   | 00:34:02 |        |
| Cambridge parkrun                        | 5k        | 24/06/2017 | 365  | 00:29:49 |        |
| Pomphrey Hill parkrun                    | 5k        | 17/06/2017 | 215  | 00:32:57 |        |
| Swansea Bay parkrun                      | 5k        | 10/06/2017 | 86   | 00:26:42 |        |
| Llanelli Coast parkrun                   | 5k        | 27/05/2017 | 62   | 00:25:56 |        |
| Royal Welsh Trail Festival 10k           | 10k       | 21/05/2017 | 262  | 01:12:05 | MM50   |
| Swansea Bay parkrun                      | 5k        | 20/05/2017 | 203  | 00:29:50 |        |
| Whitford Point Multi-terrain Race        | 5.6 miles | 17/05/2017 | 140  | 01:01:19 | VM50   |
| Exe Valley Triathlon 2017 Sprint         | Triathlon | 14/05/2017 | 277  | 01:45:57 | M50-59 |
| Plymvalley parkrun                       | 5k        | 13/05/2017 | 99   | 00:27:28 |        |
| Gnoll parkrun                            | 5k        | 29/04/2017 | 63   | 00:29:46 |        |
| Cardiff And Vale College Cardiff Bay Run | 10k       | 02/04/2017 | 2399 | 00:58:46 | M45+   |
| Llanelli Coast parkrun                   | 5k        | 01/04/2017 | 69   | 00:27:47 |        |
| Llyn Llech Owain parkrun                 | 5k        | 25/03/2017 | 48   | 00:28:19 |        |
| Tamar Trails parkrun                     | 5k        | 18/03/2017 | 40   | 00:30:24 |        |

|   |               |            |     |          |     |
|---|---------------|------------|-----|----------|-----|
| Gnoll parkrun                             | 5k            | 04/03/2017 | 50  | 00:29:15 |     |
| Dolgellau parkrun                         | 5k            | 25/02/2017 | 18  | 00:27:43 |     |
| Swansea Bay parkrun                       | 5k            | 18/02/2017 | 167 | 00:28:34 |     |
| Swansea Bay parkrun                       | 5k            | 28/01/2017 | 110 | 00:26:59 |     |
| Plymvalley parkrun                        | 5k            | 21/01/2017 | 189 | 00:37:23 |     |
| Tata Steel Round The Reservoir Race - Men | 5.6 miles     | 08/01/2017 | 75  | 01:03:55 | V50 |
| Llanelli Coast parkrun                    | 5k            | 07/01/2017 | 116 | 00:34:18 |     |
| Swansea Bay parkrun                       | 5k            | 01/01/2017 | 84  | 00:27:23 |     |
| Glynneath Boxing Day 5 Mile Road Race     | 5 miles       | 26/12/2016 | 377 | 00:59:38 | M   |
| Swansea Bay parkrun                       | 5k            | 24/12/2016 | 222 | 00:29:41 |     |
| Richmond Old Deer Park                    | 10k           | 20/11/2016 | 282 | 01:05:22 | M50 |
| <b>Sarah Barham</b>                       |               | 217        |     |          |     |
| Swansea Bay parkrun                       | 5k            | 21/12/2024 | 265 | 00:27:27 |     |
| Marathon Lanzarote 2024 - Half Marathon   | Half Marathon | 07/12/2024 | 725 | 02:11:40 |     |
| Llyn Llech Owain parkrun                  | 5k            | 19/10/2024 | 27  | 00:24:51 |     |
| Swansea Bay parkrun                       | 5k            | 05/10/2024 | 122 | 00:24:03 |     |
| Cranbrook Country Park parkrun            | 5k            | 28/09/2024 | 33  | 00:24:30 |     |
| Y Promend parkrun Aberhonddu              | 5k            | 21/09/2024 | 34  | 00:24:22 |     |
| Admiral Swansea Bay 10k                   | 10k           | 15/09/2024 | 716 | 00:49:07 |     |
| RossonWye parkrun                         | 5k            | 31/08/2024 | 24  | 00:24:36 |     |
| Aberfields parkrun                        | 5k            | 24/08/2024 | 18  | 00:25:31 |     |
| Tri Hard Harriers 5K On The Bay           | 5k            | 22/08/2024 | 173 | 00:24:06 |     |
| Pollok parkrun Glasgow                    | 5k            | 10/08/2024 | 100 | 00:26:00 |     |
| Amager Strandpark parkrun                 | 5k            | 27/07/2024 | 18  | 00:24:56 |     |
| Lvstien parkrun Bergen                    | 5k            | 13/07/2024 | 15  | 00:27:56 |     |
| Cycle Route 43 parkrun Ystalyfera         | 5k            | 06/07/2024 | 32  | 00:24:19 |     |

|                                      |     |            |     |          |
|--------------------------------------|-----|------------|-----|----------|
| Croxteth Hall parkrun                | 5k  | 29/06/2024 | 69  | 00:24:29 |
| Longrun Meadow parkrun               | 5k  | 22/06/2024 | 107 | 00:24:49 |
| Gnoll parkrun                        | 5k  | 01/06/2024 | 29  | 00:25:00 |
| Monsal Trail parkrun                 | 5k  | 18/05/2024 | 75  | 00:25:14 |
| AJ Bell Great Birmingham Run         | 10k | 05/05/2024 | 477 | 00:48:32 |
| Edgbaston Reservoir parkrun          | 5k  | 04/05/2024 | 90  | 00:25:32 |
| Old Railway Trail parkrun Llangollen | 5k  | 13/04/2024 | 31  | 00:24:04 |
| Killerton parkrun                    | 5k  | 03/02/2024 | 56  | 00:24:32 |
| Swansea Bay parkrun                  | 5k  | 06/01/2024 | 146 | 00:24:22 |
| Cranbrook Country Park parkrun       | 5k  | 01/01/2024 | 99  | 00:23:46 |
| Exmouth parkrun                      | 5k  | 30/12/2023 | 93  | 00:23:50 |
| Exeter Riverside parkrun             | 5k  | 25/12/2023 | 105 | 00:24:09 |
| Severn Bridge parkrun                | 5k  | 23/12/2023 | 61  | 00:23:11 |
| Swansea Bay parkrun                  | 5k  | 16/12/2023 | 80  | 00:23:23 |
| Hastings parkrun                     | 5k  | 09/12/2023 | 28  | 00:24:04 |
| Swansea Bay parkrun                  | 5k  | 25/11/2023 | 141 | 00:23:25 |
| Tenby 10k                            | 10k | 29/10/2023 | 183 | 00:50:04 |
| Teifi Marshes Nature Reserve parkrun | 5k  | 28/10/2023 | 24  | 00:24:45 |
| Sharpham Estate parkrun              | 5k  | 23/09/2023 | 13  | 00:25:10 |
| Crosby parkrun                       | 5k  | 16/09/2023 | 39  | 00:24:03 |
| Pont y Bala parkrun                  | 5k  | 02/09/2023 | 30  | 00:23:44 |
| Lands End parkrun                    | 5k  | 19/08/2023 | 26  | 00:24:24 |
| Swansea Bay parkrun                  | 5k  | 29/07/2023 | 113 | 00:23:02 |
| Bressay parkrun                      | 5k  | 08/07/2023 | 15  | 00:24:29 |
| West Links parkrun                   | 5k  | 01/07/2023 | 15  | 00:23:50 |
| Barry Island parkrun                 | 5k  | 24/06/2023 | 22  | 00:25:12 |

|   |               |            |     |          |        |
|---|---------------|------------|-----|----------|--------|
| Dolgellau parkrun                                     | 5k            | 17/06/2023 | 14  | 00:24:00 |        |
| Cranbrook Country Park parkrun                        | 5k            | 03/06/2023 | 34  | 00:24:29 |        |
| Brisco Gorseinon 10k                                  | 10k           | 30/04/2023 | 173 | 00:48:33 | F55    |
| Swansea Bay parkrun                                   | 5k            | 15/04/2023 | 119 | 00:24:10 |        |
| Swansea Bay parkrun                                   | 5k            | 08/04/2023 | 121 | 00:24:00 |        |
| Kew Gardens Half Marathon                             | Half Marathon | 02/04/2023 | 862 | 01:57:33 | F55-59 |
| Old Deer Park parkrun                                 | 5k            | 01/04/2023 | 31  | 00:27:43 |        |
| Colby parkrun   | 5k            | 04/03/2023 | 28  | 00:24:55 |        |
| Berkeley Green parkrun                                | 5k            | 25/02/2023 | 16  | 00:24:49 |        |
| Swansea Bay parkrun                                   | 5k            | 28/01/2023 | 160 | 00:25:31 |        |
| Llandeilo 10 Mile                                     | 10 miles      | 31/12/2022 | 86  | 01:41:28 |        |
| Princes parkrun Liverpool                             | 5k            | 24/12/2022 | 122 | 00:25:20 |        |
| Richard Burton 10k                                    | 10k           | 06/11/2022 | 762 | 00:55:22 | F50-59 |
| Swansea Bay parkrun                                   | 5k            | 05/11/2022 | 107 | 00:25:52 |        |
| Shrewsbury Half Marathon                              | Half Marathon | 09/10/2022 | 292 | 02:02:21 | F55    |
| Shrewsbury parkrun                                    | 5k            | 08/10/2022 | 170 | 00:26:14 |        |
| Welsh Road Relay Championships - Pembrey Country Park | 5400m         | 24/09/2022 |     | 00:28:36 | MW55   |
| Dolgellau parkrun                                     | 5k            | 17/09/2022 | 28  | 00:26:11 |        |
| Aberdare parkrun                                      | 5k            | 27/08/2022 | 23  | 00:26:03 |        |
| Maesteg parkrun                                       | 5k            | 20/08/2022 | 22  | 00:26:15 |        |
| Kirkwall parkrun                                      | 5k            | 30/07/2022 | 13  | 00:25:09 |        |
| Elgin parkrun   | 5k            | 23/07/2022 | 55  | 00:25:22 |        |
| Ammanford 10k   | 10k           | 10/07/2022 | 133 | 00:57:05 | F55    |
| Rothay Park parkrun                                   | 5k            | 11/06/2022 | 63  | 00:26:16 |        |
| Workington parkrun                                    | 5k            | 04/06/2022 | 23  | 00:24:44 |        |
| Brynaman parkrun                                      | 5k            | 14/05/2022 | 10  | 00:25:30 |        |



|                                |               |            |      |          |        |
|--------------------------------|---------------|------------|------|----------|--------|
| Forest of Dean parkrun         | 5k            | 30/04/2022 | 18   | 00:25:43 |        |
| Colby parkrun                  | 5k            | 23/04/2022 | 33   | 00:25:47 |        |
| Sandy Water parkrun            | 5k            | 09/04/2022 | 32   | 00:25:16 |        |
| Eden Project parkrun           | 5k            | 02/04/2022 | 59   | 00:25:39 |        |
| Colby parkrun                  | 5k            | 05/03/2022 | 36   | 00:26:25 |        |
| Hameldown 7EVEN                | 7 miles       | 27/02/2022 | 57   | 01:35:52 | FV50   |
| Teignmouth Promenade parkrun   | 5k            | 26/02/2022 | 73   | 00:27:03 |        |
| Erddig parkrun                 | 5k            | 29/01/2022 | 54   | 00:28:17 |        |
| The Doynton Hard Half Marathon | Half Marathon | 23/01/2022 | 351  | 02:57:50 | FV50   |
| Stratford Park, Stroud parkrun | 5k            | 08/01/2022 | 38   | 00:30:06 |        |
| Clevedon Boxing Day Race       | 4 miles       | 26/12/2021 | 564  | 00:38:28 | FV50   |
| Ashton Court parkrun           | 5k            | 25/12/2021 | 139  | 00:27:30 |        |
| Chippenham Shortest Day 10mile | 10 miles      | 19/12/2021 | 72   | 01:34:52 | FV50   |
| Chippenham parkrun             | 5k            | 18/12/2021 | 67   | 00:26:03 |        |
| Sandy Water parkrun            | 5k            | 11/12/2021 | 37   | 00:25:35 |        |
| Chester parkrun                | 5k            | 04/12/2021 | 62   | 00:25:58 |        |
| Ashton Court parkrun           | 5k            | 27/11/2021 | 191  | 00:28:34 |        |
| Rogiet parkrun                 | 5k            | 20/11/2021 | 15   | 00:25:43 |        |
| Trelai Park parkrun            | 5k            | 06/11/2021 | 20   | 00:26:38 |        |
| Cosmeston Lakes parkrun        | 5k            | 30/10/2021 | 30   | 00:26:24 |        |
| Henstridge Airfield parkrun    | 5k            | 16/10/2021 | 57   | 00:27:19 |        |
| Loch Ness Marathon             | Marathon      | 03/10/2021 | 2004 | 05:07:46 | F50    |
| Alness parkrun                 | 5k            | 02/10/2021 | 37   | 00:27:51 |        |
| Salisbury Plain Half Marathon  | Half Marathon | 15/08/2021 | 58   | 02:15:27 | F50    |
| Plymvalley parkrun             | 5k            | 14/08/2021 | 83   | 00:27:04 |        |
| Two Tunnels - July 2021        | Half Marathon | 04/07/2021 | 76   | 02:08:30 | F50-59 |

|  |               |            |     |          |                 |
|--|---------------|------------|-----|----------|-----------------|
| Not Offah's Dyke 15                                    | 9.1 miles     | 12/06/2021 | 233 | 02:04:15 | FV55            |
| Run Northumberland Kirkharle Capability Brown 10k 2021 | 10k           | 09/05/2021 | 62  | 01:01:06 | F55-59          |
| Swansea Bay parkrun                                    | 5k            | 14/03/2020 | 191 | 00:27:25 |                 |
| Bath Skyline parkrun                                   | 5k            | 07/03/2020 | 107 | 00:26:33 |                 |
| Llanerchaeron parkrun                                  | 5k            | 29/02/2020 | 21  | 00:25:04 |                 |
| Tamar Trails parkrun                                   | 5k            | 15/02/2020 | 40  | 00:28:06 |                 |
| Gnoll parkrun  | 5k            | 01/02/2020 | 39  | 00:26:16 |                 |
| Swansea Bay parkrun                                    | 5k            | 25/01/2020 | 174 | 00:25:32 |                 |
| Swansea Bay parkrun                                    | 5k            | 04/01/2020 | 188 | 00:26:30 |                 |
| Milford Waterfront parkrun                             | 5k            | 01/01/2020 | 60  | 00:25:48 |                 |
| Haverfordwest parkrun                                  | 5k            | 01/01/2020 | 64  | 00:25:49 |                 |
| Llanelli Coast parkrun                                 | 5k            | 28/12/2019 | 56  | 00:24:02 |                 |
| Plymvalley parkrun                                     | 5k            | 25/12/2019 | 118 | 00:27:33 |                 |
| Swansea Bay parkrun                                    | 5k            | 21/12/2019 | 140 | 00:26:06 |                 |
| Race the Light   | 8.5 miles     | 14/12/2019 | 104 | 01:29:55 | FV50            |
| Merthyr Mawr Christmas Pudding Race                    | 10k           | 08/12/2019 | 217 | 01:13:01 | FV              |
| Broadhaven Pudding Run 10k                             | 10k           | 30/11/2019 | 91  | 00:51:39 | FSV             |
| Sospan MT10  | 10 miles      | 17/11/2019 | 194 | 01:32:08 | F55+            |
| Inter-regional cross country (West Wales)              | 6090 m        | 16/11/2019 | 3   | 00:31:07 | Master Women 55 |
| New Forest Trail Half Marathon                         | Half Marathon | 10/11/2019 | 37  | 02:06:32 |                 |
| Brockenhurst parkrun                                   | 5k            | 09/11/2019 | 66  | 00:25:34 |                 |
| Culloden 1746  | 17.46 km      | 27/10/2019 | 80  | 01:36:15 | Sup Vet         |
| Aberystwyth Twins Peaks                                | 7 miles       | 13/10/2019 | 69  | 01:15:34 | FV55            |
| Welsh Athletics Road Relay Championships               | 5400m         | 15/09/2019 |     | 00:28:11 | MW55            |
| Haldon Forest parkrun                                  | 5k            | 07/09/2019 | 33  | 00:26:00 |                 |
| Woods And Water Clatworthy Reservoir 10 miles          | 10 miles      | 17/08/2019 | 36  | 01:42:05 | FV50            |

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| ABP Barry 10k                            | 10k           | 04/08/2019 | 751  | 00:52:50 | F40+       |
| Cardinham Woods Trail 10k                | 10k           | 19/07/2019 | 40   | 01:04:09 | FV50       |
| Mount Edgcumbe parkrun                   | 5k            | 29/06/2019 | 36   | 00:29:32 |            |
| Offah's Dyke 15                          | 15 miles      | 15/06/2019 | 226  | 03:22:28 | FV55       |
| Hereford parkrun                         | 5k            | 25/05/2019 | 75   | 00:25:35 |            |
| Whitford Point Multi Terrain Race        | 5.8 miles     | 15/05/2019 | 106  | 00:55:02 | VF50       |
| Preseli Beast Bach                       | 11 miles      | 11/05/2019 | 97   | 02:08:04 | F50        |
| Beyond Jurassic Trail 2019 Half Marathon | Half Marathon | 28/04/2019 | 69   | 02:37:44 |            |
| Seaton parkrun                           | 5k            | 27/04/2019 | 42   | 00:25:02 |            |
| Lanhydrock parkrun                       | 5k            | 20/04/2019 | 134  | 00:29:52 |            |
| City Runs Fast Friday 10k - Exeter       | 10k           | 19/04/2019 | 156  | 00:54:40 | F55+       |
| Newport parkrun                          | 5k            | 06/04/2019 | 89   | 00:24:47 |            |
| Llanerchaeron parkrun                    | 5k            | 30/03/2019 | 15   | 00:24:37 |            |
| Weston Super Half                        | Half Marathon | 24/03/2019 | 662  | 01:58:09 | FV55       |
| Rhayader Round The Lakes                 | 30k           | 02/03/2019 | 372  | 03:12:00 | FV55       |
| Llyn Llech Owain parkrun                 | 5k            | 16/02/2019 | 53   | 00:25:47 |            |
| Llanelli Half Marathon                   | Half Marathon | 10/02/2019 | 1217 | 02:06:02 | F55        |
| Worms Head 10k                           | 10k           | 03/02/2019 | 152  | 01:05:44 | FVet55     |
| Plymvalley parkrun                       | 5k            | 25/12/2018 | 100  | 00:26:26 |            |
| Swansea Bay parkrun                      | 5k            | 01/12/2018 | 93   | 00:26:23 |            |
| Tata Steel Richard Burton 10k            | 10k           | 04/11/2018 | 458  | 00:51:41 | Female 50+ |
| Llanelli Coast parkrun                   | 5k            | 03/11/2018 | 48   | 00:23:27 |            |
| Run Northumberland Hexham 10k            | 10k           | 28/10/2018 | 168  | 00:49:48 | FV55       |
| Prudhoe Riverside parkrun                | 5k            | 27/10/2018 | 30   | 00:25:21 |            |
| Swansea Bay parkrun                      | 5k            | 20/10/2018 | 136  | 00:25:48 |            |
| Gnoll parkrun                            | 5k            | 06/10/2018 | 34   | 00:25:47 |            |

|                                  |               |            |      |          |        |
|----------------------------------|---------------|------------|------|----------|--------|
| Tamar Trails parkrun             | 5k            | 29/09/2018 | 40   | 00:26:19 |        |
| Warrington parkrun               | 5k            | 01/09/2018 | 89   | 00:24:04 |        |
| Swansea Bay parkrun              | 5k            | 25/08/2018 | 310  | 00:33:59 |        |
| Swansea Bay parkrun              | 5k            | 18/08/2018 | 112  | 00:24:58 |        |
| Swansea Bay parkrun              | 5k            | 11/08/2018 | 144  | 00:26:49 |        |
| Rogiet parkrun                   | 5k            | 21/07/2018 | 37   | 00:25:20 |        |
| Lanhydrock parkrun               | 5k            | 07/07/2018 | 61   | 00:28:12 |        |
| Jcp Swansea Half Marathon        | Half Marathon | 24/06/2018 | 1655 | 01:58:00 | FV50   |
| Swansea Bay parkrun              | 5k            | 23/06/2018 | 110  | 00:25:56 |        |
| Plymvalley parkrun               | 5k            | 16/06/2018 | 72   | 00:26:40 |        |
| Swansea Bay parkrun              | 5k            | 09/06/2018 | 131  | 00:25:51 |        |
| Llanelli Sprint Triathlon        | Triathlon     | 13/05/2018 | 337  | 01:59:16 |        |
| Saltash Half Marathon            | Half Marathon | 06/05/2018 | 117  | 02:16:13 | F50-54 |
| Plymvalley parkrun               | 5k            | 05/05/2018 | 104  | 00:29:22 |        |
| Swansea Bay parkrun              | 5k            | 28/04/2018 | 135  | 00:26:04 |        |
| Great Welsh Marathon             | Marathon      | 15/04/2018 | 233  | 04:34:53 | FV50   |
| Swansea Bay parkrun              | 5k            | 10/03/2018 | 183  | 00:30:26 |        |
| Swansea Bay parkrun              | 5k            | 24/02/2018 | 192  | 00:29:31 |        |
| Hampton Court Half Marathon      | Half Marathon | 18/02/2018 | 2053 | 01:54:22 | F45-54 |
| Bushy parkrun                    | 5k            | 17/02/2018 | 417  | 00:25:10 |        |
| Swansea Bay parkrun              | 5k            | 10/02/2018 | 118  | 00:28:31 |        |
| Swansea Bay parkrun              | 5k            | 03/02/2018 | 99   | 00:24:51 |        |
| Plymvalley parkrun               | 5k            | 27/01/2018 | 140  | 00:35:16 |        |
| Swansea Bay parkrun              | 5k            | 20/01/2018 | 178  | 00:28:37 |        |
| International Lanzarote Duathlon | Duathlon      | 13/01/2018 | 30   | 01:35:50 | F55-59 |
| Swansea Bay parkrun              | 5k            | 06/01/2018 | 166  | 00:28:25 |        |

|  |           |            |     |          |             |
|--|-----------|------------|-----|----------|-------------|
| Swansea Bay parkrun                          | 5k        | 01/01/2018 | 168 | 00:29:47 |             |
| Llandeilo New Years Eve 10 Miler             | 10 miles  | 31/12/2017 | 163 | 01:38:26 |             |
| Swansea Bay parkrun                          | 5k        | 30/12/2017 | 90  | 00:25:43 |             |
| Plymvalley parkrun                           | 5k        | 25/12/2017 | 82  | 00:29:36 |             |
| Plymvalley parkrun                           | 5k        | 23/12/2017 | 113 | 00:28:58 |             |
| Plymvalley parkrun                           | 5k        | 16/12/2017 | 111 | 00:34:11 |             |
| Swindon parkrun                              | 5k        | 09/12/2017 | 117 | 00:25:00 |             |
| Colby parkrun                                | 5k        | 04/11/2017 | 39  | 00:25:50 |             |
| Swansea Bay parkrun                          | 5k        | 28/10/2017 | 111 | 00:25:26 |             |
| Chichester parkrun                           | 5k        | 21/10/2017 | 59  | 00:26:03 |             |
| Swansea Bay parkrun                          | 5k        | 14/10/2017 | 95  | 00:24:38 |             |
| Mumbles Sprint Distance Triathlon            | Triathlon | 07/10/2017 | 224 | 02:31:23 | FVintageVet |
| Admiral Swansea Bay 10k                      | 10k       | 24/09/2017 | 842 | 00:50:32 | F45+        |
| Llyn Llech Owain parkrun                     | 5k        | 23/09/2017 | 33  | 00:26:06 |             |
| West Glamorgan Xc League - Llanmadoc - Women | 4.5 miles | 17/09/2017 | 53  | 00:41:26 |             |
| Swansea Bay parkrun                          | 5k        | 16/09/2017 | 96  | 00:24:49 |             |
| Grangemoor parkrun                           | 5k        | 09/09/2017 | 74  | 00:24:38 |             |
| Swansea Bay parkrun                          | 5k        | 02/09/2017 | 105 | 00:25:30 |             |
| Severn Bridge 10k                            | 10k       | 27/08/2017 | 75  | 00:53:21 | F50+        |
| Llanelli Coast parkrun                       | 5k        | 26/08/2017 | 73  | 00:25:54 |             |
| Swansea Bay parkrun                          | 5k        | 19/08/2017 | 115 | 00:25:11 |             |
| Swansea Bay parkrun                          | 5k        | 05/08/2017 | 105 | 00:25:13 |             |
| Cambridge parkrun                            | 5k        | 24/06/2017 | 249 | 00:26:45 |             |
| Pomphrey Hill parkrun                        | 5k        | 17/06/2017 | 115 | 00:26:35 |             |
| Polkerris Biathlon                           | Biathlon  | 03/06/2017 | 64  | 01:49:02 | F46-55      |
| Llanelli Coast parkrun                       | 5k        | 27/05/2017 | 45  | 00:24:31 |             |

|   |               |            |     |          |        |
|---|---------------|------------|-----|----------|--------|
| Royal Welsh Trail Festival Half Marathon    | Half Marathon | 21/05/2017 | 258 | 02:20:26 | MW45   |
| Whitford Point Multi-terrain Race           | 5.6 miles     | 17/05/2017 | 136 | 00:58:17 | VF45   |
| Gnoll parkrun                               | 5k            | 29/04/2017 | 36  | 00:25:29 |        |
| Cardiff And Vale College Cardiff Bay Run    | 10k           | 02/04/2017 | 958 | 00:50:20 | F45+   |
| Llanelli Coast parkrun                      | 5k            | 01/04/2017 | 40  | 00:23:59 |        |
| Llyn Llech Owain parkrun                    | 5k            | 25/03/2017 | 31  | 00:25:07 |        |
| Tamar Trails parkrun                        | 5k            | 18/03/2017 | 15  | 00:26:04 |        |
| Admiral City Of Newport Half Marathon       | Half Marathon | 05/03/2017 | 743 | 01:55:28 | F50-59 |
| Gnoll parkrun                               | 5k            | 04/03/2017 | 30  | 00:26:10 |        |
| Dolgellau parkrun                           | 5k            | 25/02/2017 | 9   | 00:25:19 |        |
| Swansea Bay parkrun                         | 5k            | 18/02/2017 | 84  | 00:24:29 |        |
| Swansea Bay parkrun                         | 5k            | 28/01/2017 | 65  | 00:24:09 |        |
| Plymvalley parkrun                          | 5k            | 21/01/2017 | 79  | 00:27:32 |        |
| Tata Steel Round The Reservoir Race - Women | 5.6 miles     | 08/01/2017 | 14  | 00:46:31 | V50    |
| Llanelli Coast parkrun                      | 5k            | 07/01/2017 | 31  | 00:24:27 |        |
| Swansea Bay parkrun                         | 5k            | 01/01/2017 | 54  | 00:24:48 |        |
| Swansea Bay parkrun                         | 5k            | 31/12/2016 | 132 | 00:26:20 |        |
| Glynneath Boxing Day 5 Mile Road Race       | 5 miles       | 26/12/2016 | 288 | 00:46:36 | F      |
| Swansea Bay parkrun                         | 5k            | 24/12/2016 | 220 | 00:29:40 |        |
| Richmond Old Deer Park                      | 10k           | 20/11/2016 | 158 | 00:54:45 | W50    |
| Richard Burton 10k                          | 10k           | 06/11/2016 | 388 | 00:50:43 | FV50   |
| <b>Clare Baxter</b>                         |               | 34         |     |          |        |
| Richard Burton 10k                          | 10k           | 03/11/2024 | 798 | 00:51:47 | F40-49 |
| Longrun Meadow parkrun                      | 5k            | 31/08/2024 | 148 | 00:26:10 |        |
| Swansea Bay parkrun                         | 5k            | 24/08/2024 | 131 | 00:24:34 |        |
| Tri Hard Harriers 5K On The Bay             | 5k            | 22/08/2024 | 296 | 00:31:48 |        |

|   |               |            |     |          |        |
|---|---------------|------------|-----|----------|--------|
| Swansea Bay parkrun                                   | 5k            | 10/08/2024 | 135 | 00:24:45 |        |
| Maryport Prom parkrun                                 | 5k            | 13/07/2024 | 18  | 00:24:28 |        |
| Swansea Bay parkrun                                   | 5k            | 29/06/2024 | 192 | 00:26:37 |        |
| Longrun Meadow parkrun                                | 5k            | 15/06/2024 | 93  | 00:25:46 |        |
| Sandy Water parkrun                                   | 5k            | 08/06/2024 | 60  | 00:26:43 |        |
| Swansea Bay parkrun                                   | 5k            | 01/06/2024 | 244 | 00:26:57 |        |
| Sandy Water parkrun                                   | 5k            | 25/05/2024 | 82  | 00:27:43 |        |
| Brisco Gorseinon 10k                                  | 10k           | 19/05/2024 |     | 00:50:57 |        |
| Swansea Bay parkrun                                   | 5k            | 11/05/2024 | 354 | 00:29:38 |        |
| Endurancelife Pembrokeshire "10k"                     | 10k           | 27/04/2024 | 57  | 01:34:58 |        |
| Longrun Meadow parkrun                                | 5k            | 30/03/2024 | 97  | 00:26:51 |        |
| Longrun Meadow parkrun                                | 5k            | 23/12/2023 | 189 | 00:27:12 |        |
| Tenby 10k   | 10k           | 29/10/2023 | 201 | 00:50:54 |        |
| Swansea Bay parkrun                                   | 5k            | 07/10/2023 | 372 | 00:29:19 |        |
| Sandy Water parkrun                                   | 5k            | 23/09/2023 | 38  | 00:24:17 |        |
| Admiral Swansea Bay 10k                               | 10k           | 17/09/2023 | 676 | 00:50:05 | Female |
| Brisco Gorseinon 10k                                  | 10k           | 30/04/2023 | 219 | 00:50:13 | F40    |
| Great Welsh Half Marathon                             | Half Marathon | 02/04/2023 | 194 | 01:52:21 | F40    |
| Glynneath 5 Boxing Day 5 Mile Race                    | 5 miles       | 26/12/2022 | 133 | 00:39:59 | F40-49 |
| Sandy Water parkrun                                   | 5k            | 24/12/2022 | 61  | 00:25:16 |        |
| Richard Burton 10k                                    | 10k           | 06/11/2022 | 880 | 00:57:11 | F40-49 |
| Welsh Road Relay Championships - Pembrey Country Park | 5400m         | 24/09/2022 |     |          | MW35   |
| Admiral Swansea Bay 10k                               | 10k           | 18/09/2022 | 673 | 00:49:05 | F40    |
| Tenby 10k   | 10k           | 31/07/2022 | 98  | 00:53:28 | OF     |
| Swansea Bay parkrun                                   | 5k            | 25/06/2022 | 100 | 00:24:17 |        |
| Swansea Bay parkrun                                   | 5k            | 04/06/2022 | 143 | 00:24:29 |        |

|                                       |               |            |      |          |             |
|---------------------------------------|---------------|------------|------|----------|-------------|
| Toughrunner UK Swansea Epic Trail 10k | 10k           | 22/05/2022 | 133  | 00:53:40 | F40-49      |
| Swansea Bay parkrun                   | 5k            | 16/04/2022 | 166  | 00:24:48 |             |
| Swansea Bay parkrun                   | 5k            | 26/03/2022 | 101  | 00:25:13 |             |
| Swansea Bay parkrun                   | 5k            | 12/02/2022 | 174  | 00:27:31 |             |
| <b>Hayley Beharrell</b>               |               |            | 1    |          |             |
| Swansea Bay parkrun                   | 5k            | 24/03/2018 | 138  | 00:28:25 |             |
| <b>James Bennett</b>                  |               |            | 22   |          |             |
| Richard Burton 10k                    | 10k           | 03/11/2024 | 760  | 00:51:02 | M18-39      |
| Principality Cardiff Half Marathon    | Half Marathon | 06/10/2024 | 3768 | 01:46:40 | MSEN        |
| Admiral Swansea Bay 10k               | 10k           | 15/09/2024 | 526  | 00:46:06 |             |
| Tri Hard Harriers 5K On The Bay       | 5k            | 22/08/2024 | 147  | 00:23:00 |             |
| Swansea Bay 5k Summer Series Race 3   | 5k            | 10/07/2024 | 64   | 00:23:04 |             |
| Swansea Bay 5k Summer Series Race 2   | 5k            | 12/06/2024 | 68   | 00:23:12 |             |
| Swansea Half Marathon                 | Half Marathon | 09/06/2024 |      | 01:55:05 | MSEN        |
| Brisco Gorseinon 10k                  | 10k           | 19/05/2024 |      | 00:47:42 |             |
| Paul Popham Swansea Bay Summer Series | 5k            | 08/05/2024 | 75   | 00:22:30 |             |
| TCS London Marathon                   | Marathon      | 21/04/2024 |      | 04:50:06 |             |
| WCR 20 miler                          | 20 miles      | 31/03/2024 | 37   | 03:46:12 |             |
| San Domenico 10M                      | 10 miles      | 10/03/2024 | 156  | 01:59:48 | MSen        |
| Rhayader Round the Lake               | 30k           | 02/03/2024 | 189  | 02:58:15 | MSen        |
| Mizuno Half Marathon - Amsterdam      | Half Marathon | 15/10/2023 | 3547 | 01:45:53 |             |
| Admiral Swansea Bay 10k               | 10k           | 17/09/2023 | 396  | 00:45:42 | Male        |
| Tri Hard Harriers 5k on the Bay       | 5k            | 24/08/2023 | 95   | 00:22:07 | Senior Male |
| Two Tunnels Half Marathon             | Half Marathon | 20/08/2023 | 136  | 01:58:38 | M20-29      |
| Swansea Half Marathon                 | Half Marathon | 11/06/2023 |      | 01:48:33 | MSEN        |
| Toughrunner Swansea Epic Trail 10k    | 10k           | 20/05/2023 | 47   | 00:49:56 | M30-39      |



|                                     |          |            |      |          |        |
|-------------------------------------|----------|------------|------|----------|--------|
| Swansea Bay Summer 5k Series        | 5k       | 10/05/2023 | 85   | 00:22:12 | MSEN   |
| Brisco Gorseinon 10k                | 10k      | 30/04/2023 | 123  | 00:45:50 | MSEN   |
| Glynneath 5 Boxing Day 5 Mile Race  | 5 miles  | 26/12/2022 | 115  | 00:39:02 | M30-39 |
| <b>Martin Bennett</b>               |          |            | 149  |          |        |
| Swansea Bay parkrun                 | 5k       | 14/12/2024 | 19   | 00:19:25 |        |
| Swansea Bay parkrun                 | 5k       | 16/11/2024 | 19   | 00:18:57 |        |
| Swansea Bay parkrun                 | 5k       | 02/11/2024 | 20   | 00:19:28 |        |
| Brynaman parkrun                    | 5k       | 28/09/2024 | 3    | 00:19:30 |        |
| Admiral Swansea Bay 10k             | 10k      | 15/09/2024 | 170  | 00:39:34 |        |
| Porthcawl parkrun                   | 5k       | 14/09/2024 | 56   | 00:22:28 |        |
| Swansea Bay parkrun                 | 5k       | 07/09/2024 | 59   | 00:22:38 |        |
| Cosmeston Lakes parkrun             | 5k       | 31/08/2024 | 2    | 00:19:40 |        |
| Aberystwyth parkrun                 | 5k       | 24/08/2024 | 8    | 00:19:38 |        |
| Swansea Bay parkrun                 | 5k       | 03/08/2024 | 28   | 00:19:23 |        |
| Swansea Bay parkrun                 | 5k       | 13/07/2024 | 14   | 00:19:45 |        |
| Swansea Bay 5k Summer Series Race 3 | 5k       | 10/07/2024 | 19   | 00:19:12 |        |
| Ogi Porthcawl 10k                   | 10k      | 07/07/2024 |      | 00:40:19 | M40    |
| Cycle Route 43 parkrun Ystalyfera   | 5k       | 06/07/2024 | 4    | 00:19:43 |        |
| Swansea Bay parkrun                 | 5k       | 29/06/2024 | 36   | 00:20:57 |        |
| Swansea Bay parkrun                 | 5k       | 15/06/2024 | 15   | 00:19:32 |        |
| Swansea Bay parkrun                 | 5k       | 01/06/2024 | 26   | 00:19:41 |        |
| Swansea Bay parkrun                 | 5k       | 18/05/2024 | 22   | 00:19:29 |        |
| Swansea Bay parkrun                 | 5k       | 27/04/2024 | 52   | 00:21:55 |        |
| Swansea Bay parkrun                 | 5k       | 20/04/2024 | 54   | 00:20:33 |        |
| adidas Manchester Marathon 2024     | Marathon | 14/04/2024 | 1669 | 03:08:22 |        |
| Swansea Bay parkrun                 | 5k       | 06/04/2024 | 33   | 00:20:48 |        |

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| San Domenico 20M                        | 20 miles      | 10/03/2024 | 29  | 02:19:20 | M35    |
| Sandy Water parkrun                     | 5k            | 24/02/2024 | 5   | 00:18:56 |        |
| Swansea Bay parkrun                     | 5k            | 03/02/2024 | 45  | 00:21:01 |        |
| Swansea Bay parkrun                     | 5k            | 27/01/2024 | 197 | 00:26:00 |        |
| Swansea Bay parkrun                     | 5k            | 20/01/2024 | 12  | 00:19:06 |        |
| Swansea Bay parkrun                     | 5k            | 13/01/2024 | 12  | 00:19:06 |        |
| Swansea Bay parkrun                     | 5k            | 06/01/2024 | 49  | 00:21:00 |        |
| Swansea Bay parkrun                     | 5k            | 30/12/2023 | 20  | 00:19:20 |        |
| Gnoll parkrun                           | 5k            | 23/12/2023 | 3   | 00:19:54 |        |
| Tremorfa parkrun                        | 5k            | 25/11/2023 | 3   | 00:19:22 |        |
| Swansea Bay parkrun                     | 5k            | 18/11/2023 | 24  | 00:20:11 |        |
| 2023 Marathon Eryri                     | Marathon      | 28/10/2023 | 137 | 03:27:14 | M40+   |
| Principality Cardiff Half Marathon 2023 | Half Marathon | 01/10/2023 |     | 01:29:56 | M40-44 |
| Swansea Bay parkrun                     | 5k            | 30/09/2023 | 58  | 00:22:00 |        |
| AJ Bell Great North Run 2023            | Half Marathon | 24/09/2023 | 858 | 01:30:39 |        |
| Admiral Swansea Bay 10k                 | 10k           | 17/09/2023 | 123 | 00:39:05 | Male   |
| Sandy Water parkrun                     | 5k            | 16/09/2023 | 7   | 00:19:30 |        |
| Swansea Bay parkrun                     | 5k            | 29/07/2023 | 22  | 00:19:25 |        |
| Mic Morris Torfaen 10k                  | 10k           | 16/07/2023 | 27  | 00:37:10 |        |
| Swansea Bay parkrun                     | 5k            | 08/07/2023 | 17  | 00:18:56 |        |
| Sandy Water parkrun                     | 5k            | 01/07/2023 | 12  | 00:19:23 |        |
| Swansea Bay parkrun                     | 5k            | 17/06/2023 | 24  | 00:19:44 |        |
| Swansea Half Marathon                   | Half Marathon | 11/06/2023 |     | 01:37:31 | M40    |
| Swansea Bay parkrun                     | 5k            | 10/06/2023 | 40  | 00:21:06 |        |
| Swansea Bay parkrun                     | 5k            | 03/06/2023 | 87  | 00:22:35 |        |
| Swansea Bay parkrun                     | 5k            | 27/05/2023 | 19  | 00:18:52 |        |

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|---|---------------|------------|-----|----------|--------|
| Swansea Bay parkrun                                   | 5k            | 13/05/2023 | 77  | 00:21:42 |        |
| Swansea Bay Summer 5k Series                          | 5k            | 10/05/2023 | 24  | 00:19:06 | MSEN   |
| Swansea Bay parkrun                                   | 5k            | 06/05/2023 | 12  | 00:18:54 |        |
| Brisco Gorseinon 10k                                  | 10k           | 30/04/2023 | 256 | 00:51:39 | M40    |
| Swansea Bay parkrun                                   | 5k            | 29/04/2023 | 131 | 00:23:01 |        |
| Swansea Bay parkrun                                   | 5k            | 22/04/2023 | 50  | 00:21:20 |        |
| Sandy Water parkrun                                   | 5k            | 15/04/2023 | 8   | 00:20:21 |        |
| Swansea Bay parkrun                                   | 5k            | 08/04/2023 | 30  | 00:19:40 |        |
| Colby parkrun   | 5k            | 01/04/2023 | 4   | 00:20:14 |        |
| Swansea Bay parkrun                                   | 5k            | 25/03/2023 | 21  | 00:19:42 |        |
| Swansea Bay parkrun                                   | 5k            | 18/03/2023 | 23  | 00:19:42 |        |
| Swansea Bay parkrun                                   | 5k            | 04/03/2023 | 20  | 00:19:36 |        |
| Swansea Bay parkrun                                   | 5k            | 21/01/2023 | 17  | 00:19:40 |        |
| Swansea Bay parkrun                                   | 5k            | 14/01/2023 | 22  | 00:19:32 |        |
| Swansea Bay parkrun                                   | 5k            | 07/01/2023 | 26  | 00:20:09 |        |
| Glynneath 5 Boxing Day 5 Mile Race                    | 5 miles       | 26/12/2022 | 30  | 00:31:42 | M40-49 |
| Swansea Bay parkrun                                   | 5k            | 24/12/2022 | 31  | 00:19:29 |        |
| Abingdon parkrun                                      | 5k            | 03/12/2022 | 8   | 00:19:42 |        |
| Swansea Bay parkrun                                   | 5k            | 26/11/2022 | 10  | 00:19:21 |        |
| Swansea Bay parkrun                                   | 5k            | 12/11/2022 | 14  | 00:19:41 |        |
| Snowdonia Eryri Marathon                              | Marathon      | 28/10/2022 | 193 | 03:42:38 | MV40   |
| Welsh Road Relay Championships - Pembrey Country Park | 5400m         | 24/09/2022 |     | 00:22:09 | MSEN   |
| Great North Run 2022                                  | Half Marathon | 11/09/2022 | 784 | 01:27:08 |        |
| Albert parkrun Middlesbrough                          | 5k            | 10/09/2022 | 9   | 00:19:03 |        |
| Gnoll parkrun   | 5k            | 03/09/2022 | 4   | 00:19:38 |        |
| Swansea Bay parkrun                                   | 5k            | 27/08/2022 | 25  | 00:19:04 |        |

|   |               |            |     |          |      |
|---|---------------|------------|-----|----------|------|
| Swansea Bay parkrun                           | 5k            | 23/07/2022 | 27  | 00:19:41 |      |
| Ammanford 10k                                 | 10k           | 10/07/2022 | 24  | 00:41:20 |      |
| Swansea Bay parkrun                           | 5k            | 09/07/2022 | 43  | 00:21:18 |      |
| Healthspan Porthcawl 10k                      | 10k           | 03/07/2022 | 79  | 00:39:36 | M40+ |
| Swansea Bay parkrun                           | 5k            | 25/06/2022 | 9   | 00:19:13 |      |
| JCP Swansea Half Marathon                     | Half Marathon | 12/06/2022 | 114 | 01:27:44 | M40  |
| Gnoll parkrun                                 | 5k            | 04/06/2022 | 2   | 00:19:37 |      |
| Swansea Bay parkrun                           | 5k            | 28/05/2022 | 29  | 00:18:54 |      |
| Brecon Carreg Cardiff Bay Run 10k             | 10k           | 22/05/2022 | 156 | 00:39:56 | M40+ |
| Swansea Bay parkrun                           | 5k            | 14/05/2022 | 13  | 00:18:54 |      |
| Sandy Water parkrun                           | 5k            | 07/05/2022 | 11  | 00:20:03 |      |
| Cardiff 5K - Race For Victory                 | 5k            | 01/05/2022 | 239 | 00:18:31 |      |
| Swansea Bay parkrun                           | 5k            | 30/04/2022 | 29  | 00:19:41 |      |
| Great Welsh Half Marathon                     | Half Marathon | 10/04/2022 | 22  | 01:28:29 | M40  |
| Swansea Bay parkrun                           | 5k            | 09/04/2022 | 15  | 00:18:56 |      |
| Swansea Bay parkrun                           | 5k            | 02/04/2022 | 21  | 00:19:38 |      |
| 2022 Cardiff University Cardiff Half Marathon | Half Marathon | 27/03/2022 | 442 | 01:32:34 | M40+ |
| Swansea Bay parkrun                           | 5k            | 19/03/2022 | 46  | 00:20:11 |      |
| Swansea Bay parkrun                           | 5k            | 12/03/2022 | 36  | 00:21:08 |      |
| Swansea Bay parkrun                           | 5k            | 19/02/2022 | 12  | 00:19:57 |      |
| Swansea Bay parkrun                           | 5k            | 12/02/2022 | 94  | 00:24:32 |      |
| Swansea Bay parkrun                           | 5k            | 05/02/2022 | 37  | 00:20:31 |      |
| Swansea Bay parkrun                           | 5k            | 29/01/2022 | 52  | 00:22:01 |      |
| Swansea Bay parkrun                           | 5k            | 22/01/2022 | 40  | 00:20:14 |      |
| Swansea Bay parkrun                           | 5k            | 27/11/2021 | 13  | 00:20:48 |      |
| M & D Care Llanelli Half Marathon             | Half Marathon | 31/10/2021 | 69  | 01:31:56 | M40  |

|  |               |            |     |          |      |
|--|---------------|------------|-----|----------|------|
| JCP Swansea Half Marathon                      | Half Marathon | 17/10/2021 | 387 | 01:41:51 | M40  |
| Swansea Bay parkrun                            | 5k            | 02/10/2021 | 13  | 00:19:57 |      |
| Cardiff Bay 10k                                | 10k           | 26/09/2021 | 140 | 00:40:19 |      |
| Swansea Bay parkrun                            | 5k            | 25/09/2021 | 34  | 00:20:49 |      |
| Admiral Swansea Bay 10k                        | 10k           | 19/09/2021 | 117 | 00:40:28 |      |
| Welsh Athletics Welsh Road Relay Championships | 5400m         | 11/09/2021 | 44  | 00:21:12 | SM   |
| Cardiff Race for Victory 5k                    | 5k            | 29/08/2021 | 186 | 00:18:55 | MV40 |
| Swansea Bay parkrun                            | 5k            | 28/08/2021 | 353 | 00:33:45 |      |
| Swansea Bay parkrun                            | 5k            | 21/08/2021 | 224 | 00:29:14 |      |
| Chepstow Racecourse Half Marathon              | Half Marathon | 11/07/2021 | 16  | 01:34:22 | SM   |
| Welsh 5k Series - Pembrey (Fixture 2)          | 5k            | 04/07/2021 | 80  | 00:19:50 | M40  |
| Swansea Bay parkrun                            | 5k            | 22/02/2020 | 46  | 00:21:41 |      |
| Swansea Bay parkrun                            | 5k            | 08/02/2020 | 22  | 00:19:11 |      |
| Swansea Bay parkrun                            | 5k            | 25/01/2020 | 88  | 00:23:08 |      |
| Swansea Bay parkrun                            | 5k            | 18/01/2020 | 173 | 00:25:37 |      |
| Tata Steel Round the Reservoir                 | 5.6 miles     | 12/01/2020 | 67  | 00:36:24 | MV35 |
| Swansea Bay parkrun                            | 5k            | 11/01/2020 | 120 | 00:25:18 |      |
| Gnoll parkrun                                  | 5k            | 04/01/2020 | 9   | 00:20:16 |      |
| Prince of Wales Kenfig New Year's Day 4        | 4 miles       | 01/01/2020 | 20  | 00:24:24 | MV35 |
| Swansea Bay parkrun                            | 5k            | 14/12/2019 | 11  | 00:20:14 |      |
| Colby parkrun                                  | 5k            | 07/12/2019 | 1   | 00:20:26 |      |
| Llanelli Coast parkrun                         | 5k            | 30/11/2019 | 9   | 00:19:49 |      |
| Llyn Llech Owain parkrun                       | 5k            | 23/11/2019 | 7   | 00:20:36 |      |
| Swansea Bay parkrun                            | 5k            | 09/11/2019 | 13  | 00:20:08 |      |
| Porthcawl parkrun                              | 5k            | 02/11/2019 | 7   | 00:20:12 |      |
| Swansea Bay parkrun                            | 5k            | 26/10/2019 | 28  | 00:21:02 |      |

|  |               |            |      |          |        |
|--|---------------|------------|------|----------|--------|
| Swansea Bay parkrun                                      | 5k            | 12/10/2019 | 18   | 00:19:16 |        |
| Cardiff Half Marathon                                    | Half Marathon | 06/10/2019 | 566  | 01:29:08 | M35+   |
| Admiral Swansea Bay 10k                                  | 10k           | 22/09/2019 |      | 00:40:51 |        |
| Welsh Athletics Road Relay Championships                 | 5400m         | 15/09/2019 |      | 00:22:56 | SM     |
| Swansea Bay parkrun                                      | 5k            | 07/09/2019 | 25   | 00:19:56 |        |
| Swansea Bay parkrun                                      | 5k            | 24/08/2019 | 30   | 00:19:51 |        |
| Brechfa Trail Half Marathon 2019                         | Half Marathon | 18/08/2019 | 15   | 01:48:41 | M30-39 |
| ABP Barry 10k  | 10k           | 04/08/2019 | 167  | 00:43:00 | M35+   |
| Tenby 10k  | 10k           | 28/07/2019 | 46   | 00:43:38 |        |
| Porthcawl 10k  | 10k           | 07/07/2019 | 160  | 00:42:21 | MOPEN  |
| JCP Swansea Half Marathon                                | Half Marathon | 23/06/2019 | 426  | 01:37:46 | MSEN   |
| PPRC 5k Summer Series Race 2                             | 5k            | 13/06/2019 |      | 00:19:54 | MS     |
| Welsh Castles Relay Stage 7 - Dolgellau to Dinas Mawddwy | 10.1 miles    | 08/06/2019 | 45   | 01:15:55 | Mopen  |
| Swansea Bay parkrun                                      | 5k            | 25/05/2019 | 30   | 00:20:09 |        |
| Swansea Bay parkrun                                      | 5k            | 18/05/2019 | 25   | 00:19:28 |        |
| Virgin Money London Marathon                             | Marathon      | 28/04/2019 | 5282 | 03:23:12 | M18-39 |
| Swansea Bay parkrun                                      | 5k            | 20/04/2019 | 50   | 00:21:27 |        |
| Llanelli Half Marathon                                   | Half Marathon | 10/02/2019 | 199  | 01:35:18 | MSEN   |
| Swansea Bay parkrun                                      | 5k            | 19/01/2019 | 12   | 00:19:55 |        |
| Swansea Bay parkrun                                      | 5k            | 05/01/2019 | 26   | 00:20:31 |        |
| Swansea Bay parkrun                                      | 5k            | 01/12/2018 | 17   | 00:20:22 |        |
| Swansea Bay parkrun                                      | 5k            | 24/11/2018 | 23   | 00:19:39 |        |
| Cardiff Half Marathon                                    | Half Marathon | 07/10/2018 | 676  | 01:29:40 | M35+   |
| <b>Karen Bennett-wilson</b>                              |               |            | 4    |          |        |
| Swansea Bay parkrun                                      | 5k            | 13/07/2019 | 320  | 00:31:29 |        |
| Swansea Bay parkrun                                      | 5k            | 11/05/2019 | 302  | 00:31:37 |        |

|  |               |            |      |          |              |
|--|---------------|------------|------|----------|--------------|
| Swansea Bay parkrun  | 5k            | 30/03/2019 | 281  | 00:31:59 |              |
| Swansea Bay parkrun  | 5k            | 16/02/2019 | 353  | 00:32:59 |              |
| <b>Nina Brocklebank</b>  |               | 7          |      |          |              |
| Gnoll parkrun  | 5k            | 25/03/2017 | 22   | 00:24:21 |              |
| Swansea Bay parkrun  | 5k            | 18/03/2017 | 54   | 00:23:38 |              |
| Swansea Bay parkrun  | 5k            | 11/03/2017 | 257  | 00:49:56 |              |
| Grangemoor parkrun   | 5k            | 04/03/2017 | 26   | 00:23:29 |              |
| Swansea Bay parkrun  | 5k            | 25/02/2017 | 72   | 00:24:24 |              |
| Ellenbrook Fields parkrun                                      | 5k            | 18/02/2017 | 43   | 00:24:53 |              |
| Merthyr Mawr Christmas Pudding Run 2016                        | 6 miles       | 11/12/2016 | 406  | 01:07:08 | FV35         |
| <b>Rebecca Brown</b>   |               | 6          |      |          |              |
| MBNA Chester Marathon  | Marathon      | 08/10/2023 | 2207 | 04:29:47 | FV40         |
| Swansea Half Marathon  | Half Marathon | 11/06/2023 |      | 02:06:37 | F40          |
| Brisco Gorseinon 10k   | 10k           | 30/04/2023 | 385  | 00:56:45 | F40          |
| Toughrunner UK Swansea Epic Trail 10k                          | 10k           | 22/05/2022 | 240  | 00:59:37 | F40-49       |
| Hoka One Winter Trail Half Marathon (Afan Forest Country Park) | Half Marathon | 13/11/2021 | 361  | 02:30:29 | 40-44 Female |
| Toughrunner Swansea Trail Half Marathon                        | Half Marathon | 30/10/2021 | 415  | 03:08:50 | F40-49       |
| <b>Steve Burton</b>  |               | 271        |      |          |              |
| Swansea Bay parkrun  | 5k            | 18/05/2024 | 507  | 00:34:26 |              |
| Swansea Bay parkrun  | 5k            | 20/01/2024 | 402  | 00:31:48 |              |
| Swansea Bay parkrun  | 5k            | 01/01/2024 | 330  | 00:30:37 |              |
| Swansea Bay parkrun  | 5k            | 30/12/2023 | 409  | 00:32:05 |              |
| Swansea Bay parkrun  | 5k            | 23/12/2023 | 334  | 00:29:35 |              |
| Swansea Bay parkrun  | 5k            | 14/10/2023 | 402  | 00:31:20 |              |
| Swansea Bay parkrun  | 5k            | 07/10/2023 | 395  | 00:29:49 |              |
| Swansea Bay parkrun  | 5k            | 30/09/2023 | 115  | 00:23:59 |              |

|                              |               |            |       |          |        |
|------------------------------|---------------|------------|-------|----------|--------|
| Swansea Bay parkrun          | 5k            | 23/09/2023 | 244   | 00:27:48 |        |
| Swansea Bay parkrun          | 5k            | 16/09/2023 | 190   | 00:27:38 |        |
| Gnoll parkrun                | 5k            | 09/09/2023 | 46    | 00:26:39 |        |
| Swansea Bay parkrun          | 5k            | 02/09/2023 | 224   | 00:27:22 |        |
| Swansea Bay parkrun          | 5k            | 26/08/2023 | 197   | 00:24:34 |        |
| Two Tunnels Half Marathon    | Half Marathon | 20/08/2023 | 296   | 02:20:37 | M40-49 |
| Swansea Bay parkrun          | 5k            | 19/08/2023 | 273   | 00:28:44 |        |
| Swansea Bay parkrun          | 5k            | 12/08/2023 | 130   | 00:25:23 |        |
| Swansea Bay parkrun          | 5k            | 05/08/2023 | 243   | 00:30:52 |        |
| Llyn Llech Owain parkrun     | 5k            | 29/07/2023 | 34    | 00:27:21 |        |
| Swansea Bay parkrun          | 5k            | 22/07/2023 | 167   | 00:27:35 |        |
| Swansea Bay parkrun          | 5k            | 15/07/2023 | 164   | 00:26:42 |        |
| Swansea Bay parkrun          | 5k            | 08/07/2023 | 276   | 00:28:37 |        |
| Sandy Water parkrun          | 5k            | 01/07/2023 | 143   | 00:29:31 |        |
| Swansea Bay parkrun          | 5k            | 17/06/2023 | 263   | 00:28:02 |        |
| Swansea Bay parkrun          | 5k            | 10/06/2023 | 281   | 00:29:25 |        |
| Swansea Bay parkrun          | 5k            | 03/06/2023 | 441   | 00:33:40 |        |
| Swansea Bay parkrun          | 5k            | 20/05/2023 | 296   | 00:28:58 |        |
| Swansea Bay parkrun          | 5k            | 13/05/2023 | 283   | 00:28:06 |        |
| Swansea Bay Summer 5k Series | 5k            | 10/05/2023 | 130   | 00:25:49 | MVET   |
| Swansea Bay parkrun          | 5k            | 06/05/2023 | 178   | 00:25:41 |        |
| Swansea Bay parkrun          | 5k            | 29/04/2023 | 252   | 00:26:06 |        |
| TCS London Marathon 2023     | Marathon      | 23/04/2023 | 34810 | 04:57:23 | M45-49 |
| Swansea Bay parkrun          | 5k            | 15/04/2023 | 274   | 00:28:26 |        |
| Swansea Bay parkrun          | 5k            | 01/04/2023 | 251   | 00:29:43 |        |
| Swansea Bay parkrun          | 5k            | 25/03/2023 | 323   | 00:29:47 |        |



|                                     |               |            |      |          |      |
|-------------------------------------|---------------|------------|------|----------|------|
| Swansea Bay parkrun                 | 5k            | 18/03/2023 | 180  | 00:26:42 |      |
| Swansea Bay parkrun                 | 5k            | 11/03/2023 | 258  | 00:30:26 |      |
| Swansea Bay parkrun                 | 5k            | 04/03/2023 | 141  | 00:25:02 |      |
| Swansea Bay parkrun                 | 5k            | 25/02/2023 | 248  | 00:28:06 |      |
| Swansea Bay parkrun                 | 5k            | 18/02/2023 | 141  | 00:24:43 |      |
| Swansea Bay parkrun                 | 5k            | 11/02/2023 | 161  | 00:26:20 |      |
| Swansea Bay parkrun                 | 5k            | 04/02/2023 | 96   | 00:23:56 |      |
| Swansea Bay parkrun                 | 5k            | 28/01/2023 | 161  | 00:25:32 |      |
| Swansea Bay parkrun                 | 5k            | 21/01/2023 | 159  | 00:26:07 |      |
| Swansea Bay parkrun                 | 5k            | 14/01/2023 | 259  | 00:28:14 |      |
| Swansea Bay parkrun                 | 5k            | 07/01/2023 | 251  | 00:29:52 |      |
| Swansea Bay parkrun                 | 5k            | 01/01/2023 | 326  | 00:45:02 |      |
| Swansea Bay parkrun                 | 5k            | 31/12/2022 | 266  | 00:30:35 |      |
| Swansea Bay parkrun                 | 5k            | 24/12/2022 | 194  | 00:25:55 |      |
| Gnoll parkrun                       | 5k            | 17/12/2022 | 14   | 00:25:59 |      |
| Swansea Bay parkrun                 | 5k            | 10/12/2022 | 154  | 00:28:31 |      |
| Swansea Bay parkrun                 | 5k            | 03/12/2022 | 123  | 00:25:40 |      |
| Swansea Bay parkrun                 | 5k            | 26/11/2022 | 128  | 00:25:16 |      |
| Swansea Bay parkrun                 | 5k            | 19/11/2022 | 135  | 00:25:08 |      |
| Swansea Bay parkrun                 | 5k            | 12/11/2022 | 143  | 00:26:09 |      |
| Swansea Bay parkrun                 | 5k            | 05/11/2022 | 85   | 00:24:35 |      |
| Swansea Bay parkrun                 | 5k            | 29/10/2022 | 120  | 00:25:03 |      |
| Swansea Bay parkrun                 | 5k            | 22/10/2022 | 312  | 00:30:37 |      |
| Swansea Bay parkrun                 | 5k            | 15/10/2022 | 131  | 00:26:17 |      |
| Swansea Bay parkrun                 | 5k            | 08/10/2022 | 103  | 00:22:59 |      |
| 2022 Wizz Air Cardiff Half Marathon | Half Marathon | 02/10/2022 | 5485 | 02:06:55 | M45+ |

|                           |               |            |      |          |          |
|---------------------------|---------------|------------|------|----------|----------|
| Swansea Bay parkrun       | 5k            | 01/10/2022 | 202  | 00:28:36 |          |
| Llanelli Half Marathon    | Half Marathon | 25/09/2022 | 272  | 01:56:25 | M45      |
| Swansea Bay parkrun       | 5k            | 24/09/2022 | 267  | 00:29:57 |          |
| Admiral Swansea Bay 10k   | 10k           | 18/09/2022 | 1614 | 00:59:34 | 60 PACER |
| Swansea Bay parkrun       | 5k            | 17/09/2022 | 118  | 00:25:22 |          |
| Swansea Bay parkrun       | 5k            | 10/09/2022 | 284  | 00:29:22 |          |
| Swansea Bay parkrun       | 5k            | 03/09/2022 | 186  | 00:27:04 |          |
| Swansea Bay parkrun       | 5k            | 27/08/2022 | 229  | 00:26:46 |          |
| Swansea Bay parkrun       | 5k            | 20/08/2022 | 177  | 00:26:27 |          |
| Port Talbot Half Marathon | Half Marathon | 14/08/2022 | 189  | 02:15:05 |          |
| Swansea Bay parkrun       | 5k            | 13/08/2022 | 235  | 00:31:38 |          |
| Swansea Bay parkrun       | 5k            | 30/07/2022 | 126  | 00:24:22 |          |
| Swansea Bay parkrun       | 5k            | 23/07/2022 | 142  | 00:26:11 |          |
| Swansea Bay parkrun       | 5k            | 16/07/2022 | 155  | 00:26:56 |          |
| Swansea Bay parkrun       | 5k            | 09/07/2022 | 112  | 00:25:02 |          |
| Healthspan Porthcawl 10k  | 10k           | 03/07/2022 | 1182 | 00:57:33 | M45+     |
| Gnoll parkrun             | 5k            | 02/07/2022 | 61   | 00:28:21 |          |
| Swansea Bay parkrun       | 5k            | 25/06/2022 | 256  | 00:29:42 |          |
| Swansea Bay parkrun       | 5k            | 18/06/2022 | 180  | 00:27:33 |          |
| Swansea Bay parkrun       | 5k            | 04/06/2022 | 267  | 00:28:55 |          |
| Swansea Bay parkrun       | 5k            | 28/05/2022 | 288  | 00:29:01 |          |
| Swansea Bay parkrun       | 5k            | 21/05/2022 | 208  | 00:27:25 |          |
| Barry Island parkrun      | 5k            | 14/05/2022 | 65   | 00:29:09 |          |
| Sandy Water parkrun       | 5k            | 07/05/2022 | 99   | 00:28:37 |          |
| Swansea Bay parkrun       | 5k            | 30/04/2022 | 242  | 00:28:03 |          |
| Swansea Bay parkrun       | 5k            | 23/04/2022 | 232  | 00:27:55 |          |

|                                |          |            |     |          |        |
|--------------------------------|----------|------------|-----|----------|--------|
| Swansea Bay parkrun            | 5k       | 16/04/2022 | 239 | 00:27:14 |        |
| Swansea Bay parkrun            | 5k       | 26/03/2022 | 171 | 00:28:00 |        |
| Swansea Bay parkrun            | 5k       | 05/03/2022 | 145 | 00:25:24 |        |
| Swansea Bay parkrun            | 5k       | 26/02/2022 | 350 | 00:37:17 |        |
| Swansea Bay parkrun            | 5k       | 12/02/2022 | 130 | 00:26:02 |        |
| Aberdare parkrun               | 5k       | 05/02/2022 | 32  | 00:26:11 |        |
| Swansea Bay parkrun            | 5k       | 29/01/2022 | 245 | 00:30:01 |        |
| Swansea Bay parkrun            | 5k       | 22/01/2022 | 257 | 00:29:30 |        |
| Sandy Water parkrun            | 5k       | 18/12/2021 | 105 | 00:33:05 |        |
| Gnoll parkrun                  | 5k       | 11/12/2021 | 83  | 00:36:29 |        |
| Bushy parkrun                  | 5k       | 27/11/2021 | 243 | 00:24:08 |        |
| Swansea Bay parkrun            | 5k       | 20/11/2021 | 150 | 00:25:47 |        |
| Swansea Bay parkrun            | 5k       | 13/11/2021 | 138 | 00:25:49 |        |
| Tata Steel Richard Burton 10k  | 10k      | 07/11/2021 | 553 | 00:53:42 | M40-49 |
| Swansea Bay parkrun            | 5k       | 06/11/2021 | 81  | 00:23:10 |        |
| Swansea Bay parkrun            | 5k       | 30/10/2021 | 149 | 00:26:29 |        |
| Llyn Llech Owain parkrun       | 5k       | 23/10/2021 | 31  | 00:25:01 |        |
| Swansea Bay parkrun            | 5k       | 16/10/2021 | 75  | 00:24:47 |        |
| Swansea Bay parkrun            | 5k       | 09/10/2021 | 108 | 00:25:13 |        |
| Virtual Virgin London Marathon | Marathon | 03/10/2021 |     | 04:41:47 |        |
| Swansea Bay parkrun            | 5k       | 25/09/2021 | 232 | 00:29:27 |        |
| Gnoll parkrun                  | 5k       | 18/09/2021 | 71  | 00:28:32 |        |
| Sandy Water parkrun            | 5k       | 11/09/2021 | 29  | 00:23:34 |        |
| Swansea Bay parkrun            | 5k       | 04/09/2021 | 132 | 00:24:38 |        |
| Swansea Bay parkrun            | 5k       | 21/08/2021 | 136 | 00:25:45 |        |
| Swansea Bay parkrun            | 5k       | 14/03/2020 | 138 | 00:25:13 |        |

|                                 |               |            |      |          |         |
|---------------------------------|---------------|------------|------|----------|---------|
| Swansea Bay parkrun             | 5k            | 07/03/2020 | 390  | 00:35:22 |         |
| Swansea Bay parkrun             | 5k            | 29/02/2020 | 53   | 00:21:59 |         |
| Swansea Bay parkrun             | 5k            | 22/02/2020 | 177  | 00:26:23 |         |
| Swansea Bay parkrun             | 5k            | 15/02/2020 | 60   | 00:22:41 |         |
| Swansea Bay parkrun             | 5k            | 01/02/2020 | 129  | 00:25:27 |         |
| Swansea Bay parkrun             | 5k            | 18/01/2020 | 177  | 00:25:41 |         |
| Swansea Bay parkrun             | 5k            | 11/01/2020 | 169  | 00:26:53 |         |
| Gnoll parkrun                   | 5k            | 04/01/2020 | 44   | 00:24:07 |         |
| Maesteg parkrun                 | 5k            | 01/01/2020 | 39   | 00:25:01 |         |
| Swansea Bay parkrun             | 5k            | 01/01/2020 | 178  | 00:25:06 |         |
| Swansea Bay parkrun             | 5k            | 28/12/2019 | 163  | 00:26:03 |         |
| Swansea Bay parkrun             | 5k            | 21/12/2019 | 129  | 00:25:25 |         |
| Cottrell Park Christmas Cracker | 10k           | 15/12/2019 | 111  | 01:04:26 | MM35-44 |
| Swansea Bay parkrun             | 5k            | 30/11/2019 | 128  | 00:25:48 |         |
| Swansea Bay parkrun             | 5k            | 23/11/2019 | 101  | 00:24:32 |         |
| Sospan MT10                     | 10 miles      | 17/11/2019 | 224  | 01:35:07 | M35-44  |
| Swansea Bay parkrun             | 5k            | 16/11/2019 | 321  | 00:52:35 |         |
| Swansea Bay parkrun             | 5k            | 09/11/2019 | 55   | 00:24:09 |         |
| Porthcawl parkrun               | 5k            | 02/11/2019 | 84   | 00:26:12 |         |
| Llyn Llech Owain parkrun        | 5k            | 23/03/2019 | 23   | 00:24:27 |         |
| Swansea Bay parkrun             | 5k            | 16/03/2019 | 196  | 00:29:22 |         |
| Swansea Bay parkrun             | 5k            | 09/03/2019 | 130  | 00:25:30 |         |
| Swansea Bay parkrun             | 5k            | 02/03/2019 | 331  | 00:34:14 |         |
| Swansea Bay parkrun             | 5k            | 16/02/2019 | 165  | 00:25:58 |         |
| Llanelli Half Marathon          | Half Marathon | 10/02/2019 | 1056 | 02:01:00 | PACER   |
| Swansea Bay parkrun             | 5k            | 09/02/2019 | 88   | 00:24:55 |         |

|                               |               |            |      |          |           |
|-------------------------------|---------------|------------|------|----------|-----------|
| Swansea Bay parkrun           | 5k            | 02/02/2019 | 61   | 00:22:52 |           |
| Swansea Bay parkrun           | 5k            | 26/01/2019 | 160  | 00:26:07 |           |
| Swansea Bay parkrun           | 5k            | 19/01/2019 | 91   | 00:24:03 |           |
| Swansea Bay parkrun           | 5k            | 12/01/2019 | 153  | 00:26:59 |           |
| Llanelli Coast parkrun        | 5k            | 05/01/2019 | 79   | 00:25:52 |           |
| Swansea Bay parkrun           | 5k            | 01/01/2019 | 177  | 00:24:59 |           |
| Swansea Bay parkrun           | 5k            | 29/12/2018 | 290  | 00:30:48 |           |
| Sospan RR MT10                | 10 miles      | 18/11/2018 | 95   | 01:18:52 | M3544     |
| Swansea Bay parkrun           | 5k            | 10/11/2018 | 26   | 00:22:31 |           |
| Tata Steel Richard Burton 10k | 10k           | 04/11/2018 | 479  | 00:52:39 | Male 50+  |
| Swansea Bay parkrun           | 5k            | 03/11/2018 | 74   | 00:23:57 |           |
| Swansea Bay parkrun           | 5k            | 27/10/2018 | 254  | 00:30:01 |           |
| Swansea Bay parkrun           | 5k            | 20/10/2018 | 99   | 00:24:30 |           |
| Cardiff Half Marathon         | Half Marathon | 07/10/2018 | 3554 | 01:48:39 | M40+      |
| Llanelli Coast parkrun        | 5k            | 06/10/2018 | 43   | 00:25:59 |           |
| Swansea Bay parkrun           | 5k            | 29/09/2018 | 148  | 00:26:03 |           |
| Cwmbran parkrun               | 5k            | 22/09/2018 | 23   | 00:23:14 |           |
| Admiral Swansea Bay 10k       | 10k           | 16/09/2018 | 1887 | 00:59:59 | M40 Pacer |
| Llyn Llech Owain parkrun      | 5k            | 15/09/2018 | 34   | 00:26:38 |           |
| Swansea Bay parkrun           | 5k            | 08/09/2018 | 32   | 00:21:42 |           |
| Random Act Of Kindness        | Ultra         | 01/09/2018 | 23   | 05:42:16 |           |
| Swansea Bay parkrun           | 5k            | 25/08/2018 | 158  | 00:25:57 |           |
| Swansea Bay parkrun           | 5k            | 18/08/2018 | 107  | 00:24:33 |           |
| Port Talbot Half Marathon     | Half Marathon | 12/08/2018 | 117  | 01:48:22 | M         |
| Swansea Bay parkrun           | 5k            | 11/08/2018 | 132  | 00:26:34 |           |
| Forest Of Dean Marathon       | Marathon      | 05/08/2018 | 137  | 04:32:59 | MV40      |

|  |               |            |       |          |        |
|--|---------------|------------|-------|----------|--------|
| Swansea Bay parkrun                        | 5k            | 28/07/2018 | 67    | 00:26:10 |        |
| Swansea Bay parkrun                        | 5k            | 21/07/2018 | 159   | 00:27:17 |        |
| Swansea Bay parkrun                        | 5k            | 14/07/2018 | 38    | 00:21:36 |        |
| Pprc Swansea Bay Summer 5k Series          | 5k            | 12/07/2018 | 56    | 00:21:40 | M      |
| Swansea Bay parkrun                        | 5k            | 07/07/2018 | 112   | 00:26:54 |        |
| Llanelli Coast parkrun                     | 5k            | 30/06/2018 | 46    | 00:24:09 |        |
| Jcp Swansea Half Marathon                  | Half Marathon | 24/06/2018 | 2722  | 02:09:30 | PACER  |
| Swansea Bay parkrun                        | 5k            | 23/06/2018 | 91    | 00:25:03 |        |
| Llyn Llech Owain parkrun                   | 5k            | 16/06/2018 | 19    | 00:24:04 |        |
| Pprc Swansea Bay Summer 5k Series - Race 2 | 5k            | 14/06/2018 | 36    | 00:22:29 | M      |
| Swansea Bay parkrun                        | 5k            | 09/06/2018 | 80    | 00:23:42 |        |
| Swansea Bay parkrun                        | 5k            | 02/06/2018 | 151   | 00:25:40 |        |
| Llandeilo 3 Parks Challenge                | 10k           | 01/06/2018 | 100   | 00:55:31 | MV40   |
| Pontypridd parkrun                         | 5k            | 19/05/2018 | 55    | 00:23:18 |        |
| Llanelli Coast parkrun                     | 5k            | 12/05/2018 | 43    | 00:24:42 |        |
| Pprc Swansea Bay Summer 5k Series          | 5k            | 10/05/2018 | 54    | 00:22:33 | M      |
| St Illtyds Ultra 50k                       | Ultra         | 06/05/2018 | 88    | 08:23:00 |        |
| Swansea Bay parkrun                        | 5k            | 05/05/2018 | 226   | 00:28:41 |        |
| Swansea Bay parkrun                        | 5k            | 28/04/2018 | 234   | 00:30:00 |        |
| Virgin London Marathon 2018                | Marathon      | 22/04/2018 | 19461 | 04:45:12 | M40-44 |
| Bushy parkrun                              | 5k            | 21/04/2018 | 715   | 00:27:36 |        |
| Swansea Bay parkrun                        | 5k            | 14/04/2018 | 304   | 00:33:47 |        |
| Swansea Bay parkrun                        | 5k            | 07/04/2018 | 135   | 00:30:26 |        |
| Swansea Bay parkrun                        | 5k            | 31/03/2018 | 160   | 00:25:58 |        |
| Maesteg parkrun                            | 5k            | 24/03/2018 | 10    | 00:23:54 |        |
| Swansea Bay parkrun                        | 5k            | 17/03/2018 | 103   | 00:27:24 |        |

|  |               |            |      |          |        |
|--|---------------|------------|------|----------|--------|
| Porthcawl parkrun                                      | 5k            | 10/03/2018 | 230  | 00:30:24 |        |
| Swansea Bay parkrun                                    | 5k            | 24/02/2018 | 194  | 00:29:43 |        |
| Llanelli Half Marathon                                 | Half Marathon | 18/02/2018 | 601  | 01:51:16 | SenM   |
| Swansea Bay parkrun                                    | 5k            | 17/02/2018 | 137  | 00:28:28 |        |
| Llyn Llech Owain parkrun                               | 5k            | 03/02/2018 | 21   | 00:23:19 |        |
| Swansea Bay parkrun                                    | 5k            | 27/01/2018 | 94   | 00:26:10 |        |
| Swansea Bay parkrun                                    | 5k            | 13/01/2018 | 60   | 00:23:33 |        |
| Llanelli Coast parkrun                                 | 5k            | 06/01/2018 | 89   | 00:29:52 |        |
| Swansea Bay parkrun                                    | 5k            | 01/01/2018 | 122  | 00:26:56 |        |
| Swansea Bay parkrun                                    | 5k            | 30/12/2017 | 78   | 00:25:12 |        |
| Swansea Bay parkrun                                    | 5k            | 23/12/2017 | 91   | 00:23:38 |        |
| Porthcawl parkrun                                      | 5k            | 16/12/2017 | 120  | 00:27:04 |        |
| Swansea Bay parkrun                                    | 5k            | 09/12/2017 | 70   | 00:24:12 |        |
| Llanelli Coast parkrun                                 | 5k            | 02/12/2017 | 10   | 00:21:34 |        |
| West Glamorgan Xc League - Kenfig Nature Reserve - Men | TBC           | 26/11/2017 | 147  | 00:34:54 |        |
| Swansea Bay parkrun                                    | 5k            | 25/11/2017 | 41   | 00:21:49 |        |
| Srr M10  | 10 miles      | 19/11/2017 | 248  | 01:31:35 | M3544  |
| Llanelli Coast parkrun                                 | 5k            | 18/11/2017 | 17   | 00:22:05 |        |
| Swansea Bay parkrun                                    | 5k            | 11/11/2017 | 115  | 00:27:11 |        |
| Blackpool parkrun                                      | 5k            | 04/11/2017 | 31   | 00:24:00 |        |
| Swansea Bay parkrun                                    | 5k            | 28/10/2017 | 37   | 00:21:44 |        |
| West Glamorgan Xc League - Gnoll - Men                 | 5.6 miles     | 22/10/2017 | 152  | 00:48:00 |        |
| Swansea Bay parkrun                                    | 5k            | 21/10/2017 | 163  | 00:29:53 |        |
| Swansea Bay parkrun                                    | 5k            | 14/10/2017 | 56   | 00:22:40 |        |
| Swansea Bay parkrun                                    | 5k            | 07/10/2017 | 54   | 00:22:20 |        |
| Cardiff Half Marathon                                  | Half Marathon | 01/10/2017 | 5318 | 01:56:15 | M40-44 |

|                                |               |            |      |          |        |
|--------------------------------|---------------|------------|------|----------|--------|
| Swansea Bay parkrun            | 5k            | 30/09/2017 | 80   | 00:25:33 |        |
| Admiral Swansea Bay 10k        | 10k           | 24/09/2017 | 622  | 00:48:39 | M40+   |
| Porthcawl parkrun              | 5k            | 23/09/2017 | 91   | 00:24:37 |        |
| Mic Morris Torfaen 10k         | 10k           | 17/09/2017 | 199  | 00:44:54 | VetM   |
| Swansea Bay parkrun            | 5k            | 16/09/2017 | 163  | 00:28:35 |        |
| Swansea Bay parkrun            | 5k            | 09/09/2017 | 83   | 00:22:53 |        |
| Swansea Bay parkrun            | 5k            | 02/09/2017 | 66   | 00:23:05 |        |
| Severn Bridge Half Marathon    | Half Marathon | 27/08/2017 | 705  | 02:02:23 | M40+   |
| Gnoll parkrun                  | 5k            | 19/08/2017 | 32   | 00:24:03 |        |
| Port Talbot Half Marathon      | Half Marathon | 13/08/2017 | 139  | 01:54:44 | MV40   |
| Swansea Bay parkrun            | 5k            | 12/08/2017 | 73   | 00:24:02 |        |
| Barry Island parkrun           | 5k            | 05/08/2017 | 25   | 00:25:02 |        |
| Tenby 10k                      | 10k           | 30/07/2017 | 211  | 00:55:14 | M40    |
| Scorcher Run Festival          | Half Marathon | 25/07/2017 | 2    | 01:56:27 | V40    |
| Swansea Bay parkrun            | 5k            | 22/07/2017 | 53   | 00:23:25 |        |
| The Great Celtic Half Marathon | Half Marathon | 15/07/2017 | 138  | 02:12:29 | M40-49 |
| Ammanford Lions 10k            | 10k           | 09/07/2017 | 120  | 01:00:26 | M40    |
| Swansea Bay parkrun            | 5k            | 08/07/2017 | 52   | 00:24:44 |        |
| Jcp Swansea Half Marathon      | Half Marathon | 25/06/2017 | 2077 | 02:01:33 | MV40   |
| Swansea Bay parkrun            | 5k            | 24/06/2017 | 163  | 00:35:18 |        |
| Llanelli Coast parkrun         | 5k            | 17/06/2017 | 58   | 00:28:15 |        |
| Swansea Bay parkrun            | 5k            | 10/06/2017 | 106  | 00:29:00 |        |
| Merthyr parkrun                | 5k            | 03/06/2017 | 28   | 00:24:53 |        |
| Swansea Bay parkrun            | 5k            | 27/05/2017 | 82   | 00:24:55 |        |
| Pprc Wear Wally Fun Run        | 10 miles      | 21/05/2017 | 19   | 01:29:33 | M      |
| Swansea Bay parkrun            | 5k            | 20/05/2017 | 183  | 00:29:28 |        |



|   |               |            |      |          |      |
|---|---------------|------------|------|----------|------|
| Cwm Ogwr 5 Miler                          | 5 miles       | 14/05/2017 | 177  | 00:44:44 | Mvet |
| Swansea Bay parkrun                       | 5k            | 13/05/2017 | 186  | 00:28:26 |      |
| Simplyhealth Great Bristol 10k            | 10k           | 07/05/2017 | 2655 | 00:49:53 |      |
| Swansea Bay parkrun                       | 5k            | 06/05/2017 | 210  | 00:29:55 |      |
| Swansea Bay parkrun                       | 5k            | 29/04/2017 | 116  | 00:25:53 |      |
| Swansea Bay parkrun                       | 5k            | 22/04/2017 | 128  | 00:27:35 |      |
| Teifi 10                                  | 10 miles      | 16/04/2017 | 85   | 01:25:01 | M40  |
| Swansea Bay parkrun                       | 5k            | 15/04/2017 | 62   | 00:21:56 |      |
| Swansea Bay parkrun                       | 5k            | 08/04/2017 | 59   | 00:22:18 |      |
| Cardiff And Vale College Cardiff Bay Run  | 10k           | 02/04/2017 | 930  | 00:50:09 | M35+ |
| Swansea Bay parkrun                       | 5k            | 01/04/2017 | 81   | 00:25:07 |      |
| Swansea Bay parkrun                       | 5k            | 25/03/2017 | 62   | 00:23:16 |      |
| Swansea Bay parkrun                       | 5k            | 18/03/2017 | 57   | 00:23:52 |      |
| Llanelli Half Marathon 2017               | Half Marathon | 12/03/2017 | 437  | 01:49:20 | MV40 |
| Swansea Bay parkrun                       | 5k            | 11/03/2017 | 85   | 00:24:32 |      |
| Swansea Bay parkrun                       | 5k            | 04/03/2017 | 44   | 00:22:18 |      |
| Ras Dewi Sant Coast Path Half Marathon    | Half Marathon | 25/02/2017 | 66   | 02:13:54 |      |
| Llyn Llech Owain parkrun                  | 5k            | 18/02/2017 | 28   | 00:23:42 |      |
| Swansea Bay parkrun                       | 5k            | 11/02/2017 | 88   | 00:25:03 |      |
| Swansea Bay parkrun                       | 5k            | 04/02/2017 | 39   | 00:22:26 |      |
| Swansea Bay parkrun                       | 5k            | 28/01/2017 | 50   | 00:23:09 |      |
| Llanelli Coast parkrun                    | 5k            | 21/01/2017 | 28   | 00:22:57 |      |
| Tata Steel Round The Reservoir Race - Men | 5.6 miles     | 08/01/2017 | 58   | 00:45:15 | V40  |
| Swansea Bay parkrun                       | 5k            | 07/01/2017 | 81   | 00:24:42 |      |
| Swansea Bay parkrun                       | 5k            | 01/01/2017 | 60   | 00:25:04 |      |
| Llanelli Coast parkrun                    | 5k            | 31/12/2016 | 45   | 00:24:09 |      |

|                                     |               |            |      |          |      |
|-------------------------------------|---------------|------------|------|----------|------|
| Swansea Bay parkrun                 | 5k            | 24/12/2016 | 228  | 00:29:56 |      |
| Run4all Neath Santa 5k              | 5k            | 03/12/2016 | 103  | 00:28:29 | MV40 |
| Richard Burton 10k                  | 10k           | 06/11/2016 | 361  | 00:50:13 | MV40 |
| <b>Adrian Bytheway</b>              |               |            | 220  |          |      |
| Swansea Bay parkrun                 | 5k            | 21/12/2024 | 175  | 00:25:18 |      |
| Swansea Bay parkrun                 | 5k            | 14/12/2024 | 115  | 00:24:09 |      |
| Swansea Bay parkrun                 | 5k            | 30/11/2024 | 181  | 00:26:07 |      |
| Gnoll parkrun                       | 5k            | 23/11/2024 | 43   | 00:29:21 |      |
| Swansea Bay parkrun                 | 5k            | 16/11/2024 | 222  | 00:26:18 |      |
| Swansea Bay parkrun                 | 5k            | 09/11/2024 | 306  | 00:29:20 |      |
| Swansea Bay parkrun                 | 5k            | 02/11/2024 | 292  | 00:27:55 |      |
| Swansea Bay parkrun                 | 5k            | 26/10/2024 | 336  | 00:27:42 |      |
| Swansea Bay parkrun                 | 5k            | 19/10/2024 | 249  | 00:26:56 |      |
| Principality Cardiff Half Marathon  | Half Marathon | 06/10/2024 | 5326 | 01:54:28 | M55  |
| Swansea Bay parkrun                 | 5k            | 05/10/2024 | 215  | 00:26:50 |      |
| Swansea Bay parkrun                 | 5k            | 21/09/2024 | 144  | 00:24:58 |      |
| Swansea Bay parkrun                 | 5k            | 14/09/2024 | 157  | 00:25:43 |      |
| Swansea Bay parkrun                 | 5k            | 07/09/2024 | 127  | 00:25:13 |      |
| Swansea Bay parkrun                 | 5k            | 31/08/2024 | 160  | 00:24:41 |      |
| Swansea Bay parkrun                 | 5k            | 24/08/2024 | 130  | 00:24:33 |      |
| Swansea Bay parkrun                 | 5k            | 17/08/2024 | 274  | 00:27:44 |      |
| Swansea Bay parkrun                 | 5k            | 03/08/2024 | 216  | 00:25:51 |      |
| Swansea Bay parkrun                 | 5k            | 27/07/2024 | 215  | 00:25:37 |      |
| Sandy Water parkrun                 | 5k            | 20/07/2024 | 113  | 00:29:44 |      |
| Aberystwyth parkrun                 | 5k            | 13/07/2024 | 39   | 00:24:52 |      |
| Swansea Bay 5k Summer Series Race 3 | 5k            | 10/07/2024 | 72   | 00:23:43 |      |

|                                       |               |            |     |          |     |
|---------------------------------------|---------------|------------|-----|----------|-----|
| Sandy Water parkrun                   | 5k            | 06/07/2024 | 63  | 00:24:59 |     |
| Swansea Bay parkrun                   | 5k            | 29/06/2024 | 177 | 00:26:05 |     |
| Swansea Bay parkrun                   | 5k            | 22/06/2024 | 193 | 00:26:35 |     |
| Swansea Bay parkrun                   | 5k            | 15/06/2024 | 132 | 00:25:07 |     |
| Swansea Bay 5k Summer Series Race 2   | 5k            | 12/06/2024 | 91  | 00:25:26 |     |
| Swansea Half Marathon                 | Half Marathon | 09/06/2024 |     | 02:06:28 | M55 |
| Swansea Bay parkrun                   | 5k            | 08/06/2024 | 171 | 00:26:06 |     |
| Swansea Bay parkrun                   | 5k            | 01/06/2024 | 202 | 00:25:41 |     |
| Swansea Bay parkrun                   | 5k            | 25/05/2024 | 364 | 00:28:24 |     |
| Brisco Gorseinon 10k                  | 10k           | 19/05/2024 |     | 00:55:24 |     |
| Swansea Bay parkrun                   | 5k            | 18/05/2024 | 167 | 00:24:31 |     |
| Cycle Route 43 parkrun Ystalyfera     | 5k            | 11/05/2024 | 31  | 00:25:10 |     |
| Paul Popham Swansea Bay Summer Series | 5k            | 08/05/2024 | 90  | 00:24:11 |     |
| Swansea Bay parkrun                   | 5k            | 04/05/2024 | 194 | 00:25:12 |     |
| Sandy Water parkrun                   | 5k            | 27/04/2024 | 37  | 00:24:23 |     |
| Swansea Bay parkrun                   | 5k            | 20/04/2024 | 410 | 00:30:19 |     |
| Sandy Water parkrun                   | 5k            | 13/04/2024 | 62  | 00:25:16 |     |
| Swansea Bay parkrun                   | 5k            | 06/04/2024 | 110 | 00:24:30 |     |
| Swansea Bay parkrun                   | 5k            | 30/03/2024 | 210 | 00:25:50 |     |
| Princes parkrun Liverpool             | 5k            | 23/03/2024 | 230 | 00:26:42 |     |
| Great Welsh Half                      | Half Marathon | 17/03/2024 |     | 01:55:43 |     |
| Swansea Bay parkrun                   | 5k            | 16/03/2024 | 175 | 00:25:17 |     |
| Swansea Bay parkrun                   | 5k            | 09/03/2024 | 135 | 00:25:00 |     |
| Sandy Water parkrun                   | 5k            | 02/03/2024 | 30  | 00:24:38 |     |
| Swansea Bay parkrun                   | 5k            | 24/02/2024 | 111 | 00:23:40 |     |
| Swansea Bay parkrun                   | 5k            | 17/02/2024 | 118 | 00:24:06 |     |

|   |               |            |     |          |        |
|---|---------------|------------|-----|----------|--------|
| Swansea Bay parkrun                     | 5k            | 10/02/2024 | 113 | 00:24:35 |        |
| Swansea Bay parkrun                     | 5k            | 03/02/2024 | 204 | 00:26:02 |        |
| Swansea Bay parkrun                     | 5k            | 27/01/2024 | 159 | 00:24:52 |        |
| Swansea Bay parkrun                     | 5k            | 20/01/2024 | 140 | 00:25:05 |        |
| Swansea Bay parkrun                     | 5k            | 13/01/2024 | 128 | 00:23:58 |        |
| Swansea Bay parkrun                     | 5k            | 06/01/2024 | 132 | 00:24:00 |        |
| Swansea Bay parkrun                     | 5k            | 01/01/2024 | 156 | 00:25:16 |        |
| Swansea Bay parkrun                     | 5k            | 30/12/2023 | 221 | 00:26:18 |        |
| Swansea Bay parkrun                     | 5k            | 23/12/2023 | 213 | 00:25:39 |        |
| Sandy Water parkrun                     | 5k            | 16/12/2023 | 30  | 00:23:58 |        |
| Swansea Bay parkrun                     | 5k            | 09/12/2023 | 119 | 00:25:33 |        |
| Swansea Bay parkrun                     | 5k            | 02/12/2023 | 90  | 00:23:17 |        |
| Sandy Water parkrun                     | 5k            | 25/11/2023 | 27  | 00:23:30 |        |
| Swansea Bay parkrun                     | 5k            | 18/11/2023 | 118 | 00:25:14 |        |
| Sandy Water parkrun                     | 5k            | 11/11/2023 | 37  | 00:23:56 |        |
| Swansea Bay parkrun                     | 5k            | 04/11/2023 | 89  | 00:23:33 |        |
| Swansea Bay parkrun                     | 5k            | 28/10/2023 | 95  | 00:24:00 |        |
| Swansea Bay parkrun                     | 5k            | 21/10/2023 | 180 | 00:25:58 |        |
| Amsterdamse Bos parkrun                 | 5k            | 14/10/2023 | 168 | 00:25:49 |        |
| Swansea Bay parkrun                     | 5k            | 07/10/2023 | 185 | 00:24:41 |        |
| Principality Cardiff Half Marathon 2023 | Half Marathon | 01/10/2023 |     | 01:54:04 | M55-59 |
| Sandy Water parkrun                     | 5k            | 23/09/2023 | 32  | 00:23:41 |        |
| Swansea Bay parkrun                     | 5k            | 16/09/2023 | 70  | 00:22:50 |        |
| Swansea Bay parkrun                     | 5k            | 09/09/2023 | 90  | 00:23:34 |        |
| Swansea Bay parkrun                     | 5k            | 02/09/2023 | 276 | 00:29:16 |        |
| Swansea Bay parkrun                     | 5k            | 26/08/2023 | 219 | 00:25:04 |        |

|                           |               |            |     |          |     |
|---------------------------|---------------|------------|-----|----------|-----|
| Swansea Bay parkrun       | 5k            | 05/08/2023 | 69  | 00:23:25 |     |
| Sandy Water parkrun       | 5k            | 29/07/2023 | 45  | 00:24:16 |     |
| Sandy Water parkrun       | 5k            | 22/07/2023 | 26  | 00:23:04 |     |
| Swansea Bay parkrun       | 5k            | 15/07/2023 | 70  | 00:22:57 |     |
| Swansea Bay parkrun       | 5k            | 08/07/2023 | 102 | 00:23:02 |     |
| Sandy Water parkrun       | 5k            | 01/07/2023 | 73  | 00:24:59 |     |
| Swansea Bay parkrun       | 5k            | 24/06/2023 | 126 | 00:23:39 |     |
| Swansea Bay parkrun       | 5k            | 17/06/2023 | 93  | 00:23:01 |     |
| Swansea Half Marathon     | Half Marathon | 11/06/2023 |     | 01:57:46 | M50 |
| Swansea Bay parkrun       | 5k            | 10/06/2023 | 90  | 00:23:54 |     |
| Swansea Bay parkrun       | 5k            | 03/06/2023 | 265 | 00:27:40 |     |
| Swansea Bay parkrun       | 5k            | 27/05/2023 | 131 | 00:23:42 |     |
| Swansea Bay parkrun       | 5k            | 20/05/2023 | 91  | 00:23:14 |     |
| Swansea Bay parkrun       | 5k            | 13/05/2023 | 115 | 00:23:02 |     |
| Swansea Bay parkrun       | 5k            | 06/05/2023 | 97  | 00:22:46 |     |
| Brisco Gorseinon 10k      | 10k           | 30/04/2023 | 107 | 00:45:18 | M50 |
| Colby parkrun             | 5k            | 29/04/2023 | 37  | 00:25:16 |     |
| Sandy Water parkrun       | 5k            | 15/04/2023 | 27  | 00:23:04 |     |
| Swansea Bay parkrun       | 5k            | 08/04/2023 | 79  | 00:22:22 |     |
| Great Welsh Half Marathon | Half Marathon | 02/04/2023 | 115 | 01:44:47 | M50 |
| Swansea Bay parkrun       | 5k            | 01/04/2023 | 82  | 00:22:45 |     |
| Swansea Bay parkrun       | 5k            | 25/03/2023 | 187 | 00:25:42 |     |
| Swansea Bay parkrun       | 5k            | 18/03/2023 | 104 | 00:23:57 |     |
| Swansea Bay parkrun       | 5k            | 11/03/2023 | 64  | 00:22:58 |     |
| Swansea Bay parkrun       | 5k            | 04/03/2023 | 74  | 00:22:33 |     |
| Swansea Bay parkrun       | 5k            | 25/02/2023 | 91  | 00:23:04 |     |

|                                     |               |            |      |          |        |
|-------------------------------------|---------------|------------|------|----------|--------|
| Swansea Bay parkrun                 | 5k            | 18/02/2023 | 98   | 00:23:29 |        |
| Swansea Bay parkrun                 | 5k            | 11/02/2023 | 68   | 00:22:57 |        |
| Swansea Bay parkrun                 | 5k            | 04/02/2023 | 77   | 00:23:21 |        |
| Swansea Bay parkrun                 | 5k            | 28/01/2023 | 123  | 00:24:06 |        |
| Swansea Bay parkrun                 | 5k            | 21/01/2023 | 89   | 00:23:38 |        |
| Swansea Bay parkrun                 | 5k            | 14/01/2023 | 147  | 00:24:45 |        |
| Swansea Bay parkrun                 | 5k            | 01/01/2023 | 88   | 00:24:56 |        |
| Swansea Bay parkrun                 | 5k            | 31/12/2022 | 124  | 00:25:04 |        |
| Swansea Bay parkrun                 | 5k            | 24/12/2022 | 199  | 00:26:04 |        |
| Swansea Bay parkrun                 | 5k            | 10/12/2022 | 76   | 00:23:27 |        |
| Swansea Bay parkrun                 | 5k            | 03/12/2022 | 83   | 00:23:50 |        |
| Swansea Bay parkrun                 | 5k            | 26/11/2022 | 105  | 00:24:11 |        |
| Sospan MT10                         | 10 miles      | 20/11/2022 | 256  | 01:33:03 | M45-54 |
| Swansea Bay parkrun                 | 5k            | 19/11/2022 | 109  | 00:24:15 |        |
| Swansea Bay parkrun                 | 5k            | 12/11/2022 | 101  | 00:24:14 |        |
| Richard Burton 10k                  | 10k           | 06/11/2022 | 568  | 00:51:30 | M50-59 |
| Swansea Bay parkrun                 | 5k            | 05/11/2022 | 74   | 00:24:13 |        |
| Swansea Bay parkrun                 | 5k            | 29/10/2022 | 101  | 00:24:24 |        |
| Swansea Bay parkrun                 | 5k            | 22/10/2022 | 158  | 00:25:18 |        |
| Swansea Bay parkrun                 | 5k            | 15/10/2022 | 91   | 00:24:45 |        |
| Swansea Bay parkrun                 | 5k            | 08/10/2022 | 115  | 00:23:36 |        |
| 2022 Wizz Air Cardiff Half Marathon | Half Marathon | 02/10/2022 | 3618 | 01:54:38 | M50+   |
| Llanelli Half Marathon              | Half Marathon | 25/09/2022 | 178  | 01:47:33 | M50    |
| Swansea Bay parkrun                 | 5k            | 24/09/2022 | 152  | 00:25:42 |        |
| Sandy Water parkrun                 | 5k            | 17/09/2022 | 34   | 00:24:02 |        |
| Swansea Bay parkrun                 | 5k            | 10/09/2022 | 121  | 00:23:48 |        |

|   |               |            |      |          |      |
|---|---------------|------------|------|----------|------|
| Sandy Water parkrun                           | 5k            | 03/09/2022 | 38   | 00:23:39 |      |
| Swansea Bay parkrun                           | 5k            | 27/08/2022 | 112  | 00:22:56 |      |
| Swansea Bay parkrun                           | 5k            | 06/08/2022 | 110  | 00:24:04 |      |
| Swansea Bay parkrun                           | 5k            | 23/07/2022 | 79   | 00:23:18 |      |
| Swansea Bay parkrun                           | 5k            | 16/07/2022 | 133  | 00:26:18 |      |
| Barry Island parkrun                          | 5k            | 02/07/2022 | 22   | 00:23:33 |      |
| Swansea Bay parkrun                           | 5k            | 25/06/2022 | 71   | 00:23:15 |      |
| JCP Swansea Half Marathon                     | Half Marathon | 12/06/2022 | 622  | 01:45:00 | M50  |
| Swansea Bay parkrun                           | 5k            | 11/06/2022 | 60   | 00:22:59 |      |
| Swansea Bay parkrun                           | 5k            | 04/06/2022 | 105  | 00:23:04 |      |
| Swansea Bay parkrun                           | 5k            | 28/05/2022 | 125  | 00:22:55 |      |
| Swansea Bay parkrun                           | 5k            | 21/05/2022 | 71   | 00:22:03 |      |
| Swansea Bay parkrun                           | 5k            | 14/05/2022 | 93   | 00:22:44 |      |
| Sandy Water parkrun                           | 5k            | 07/05/2022 | 44   | 00:24:01 |      |
| Swansea Bay parkrun                           | 5k            | 30/04/2022 | 108  | 00:23:47 |      |
| Swansea Bay parkrun                           | 5k            | 23/04/2022 | 68   | 00:22:01 |      |
| Swansea Bay parkrun                           | 5k            | 16/04/2022 | 108  | 00:22:47 |      |
| Great Welsh Half Marathon                     | Half Marathon | 10/04/2022 | 87   | 01:41:48 | M50  |
| Swansea Bay parkrun                           | 5k            | 09/04/2022 | 52   | 00:22:09 |      |
| 2022 Cardiff University Cardiff Half Marathon | Half Marathon | 27/03/2022 | 1349 | 01:40:47 | M50+ |
| Swansea Bay parkrun                           | 5k            | 26/03/2022 | 45   | 00:21:37 |      |
| Swansea Bay parkrun                           | 5k            | 19/03/2022 | 96   | 00:22:40 |      |
| Swansea Bay parkrun                           | 5k            | 12/03/2022 | 60   | 00:22:39 |      |
| Swansea Bay parkrun                           | 5k            | 26/02/2022 | 47   | 00:21:37 |      |
| Swansea Bay parkrun                           | 5k            | 19/02/2022 | 25   | 00:21:26 |      |
| Swansea Bay parkrun                           | 5k            | 12/02/2022 | 41   | 00:21:36 |      |

|                                   |               |            |     |          |      |
|-----------------------------------|---------------|------------|-----|----------|------|
| Swansea Bay parkrun               | 5k            | 05/02/2022 | 76  | 00:22:40 |      |
| Swansea Bay parkrun               | 5k            | 29/01/2022 | 42  | 00:21:36 |      |
| Swansea Bay parkrun               | 5k            | 22/01/2022 | 65  | 00:21:55 |      |
| Swansea Bay parkrun               | 5k            | 15/01/2022 | 40  | 00:22:00 |      |
| Sandy Water parkrun               | 5k            | 18/12/2021 | 25  | 00:22:34 |      |
| Pontypridd parkrun                | 5k            | 04/12/2021 | 31  | 00:22:23 |      |
| Swansea Bay parkrun               | 5k            | 20/11/2021 | 50  | 00:21:23 |      |
| Pontypridd parkrun                | 5k            | 13/11/2021 | 41  | 00:22:09 |      |
| Tata Steel Richard Burton 10k     | 10k           | 07/11/2021 | 277 | 00:48:08 | M50+ |
| Pontypridd parkrun                | 5k            | 06/11/2021 | 45  | 00:22:19 |      |
| M & D Care Llanelli Half Marathon | Half Marathon | 31/10/2021 | 132 | 01:39:58 | M50  |
| Swansea Bay parkrun               | 5k            | 30/10/2021 | 33  | 00:21:24 |      |
| Llyn Llech Owain parkrun          | 5k            | 23/10/2021 | 21  | 00:23:02 |      |
| Swansea Bay parkrun               | 5k            | 16/10/2021 | 37  | 00:22:19 |      |
| Sandy Water parkrun               | 5k            | 09/10/2021 | 28  | 00:22:39 |      |
| Virtual Virgin London Marathon    | Marathon      | 03/10/2021 |     | 04:03:25 |      |
| Swansea Bay parkrun               | 5k            | 25/09/2021 | 67  | 00:22:34 |      |
| Sandy Water parkrun               | 5k            | 18/09/2021 | 31  | 00:24:11 |      |
| Sandy Water parkrun               | 5k            | 11/09/2021 | 17  | 00:21:40 |      |
| Swansea Bay parkrun               | 5k            | 04/09/2021 | 80  | 00:22:05 |      |
| Swansea Bay parkrun               | 5k            | 28/08/2021 | 42  | 00:21:26 |      |
| Swansea Bay parkrun               | 5k            | 21/08/2021 | 53  | 00:21:29 |      |
| Swansea Bay parkrun               | 5k            | 14/03/2020 | 73  | 00:23:15 |      |
| Swansea Bay parkrun               | 5k            | 07/03/2020 | 61  | 00:22:19 |      |
| Swansea Bay parkrun               | 5k            | 29/02/2020 | 49  | 00:21:41 |      |
| Swansea Bay parkrun               | 5k            | 22/02/2020 | 35  | 00:20:53 |      |



|                                |           |            |     |          |        |
|--------------------------------|-----------|------------|-----|----------|--------|
| Swansea Bay parkrun            | 5k        | 15/02/2020 | 45  | 00:21:49 |        |
| Swansea Bay parkrun            | 5k        | 08/02/2020 | 57  | 00:21:17 |        |
| Llanelli Coast parkrun         | 5k        | 01/02/2020 | 15  | 00:21:54 |        |
| Swansea Bay parkrun            | 5k        | 25/01/2020 | 53  | 00:22:06 |        |
| Clacton Seafront parkrun       | 5k        | 18/01/2020 | 7   | 00:22:26 |        |
| Tata Steel Round the Reservoir | 5.6 miles | 12/01/2020 | 154 | 00:41:38 | MV50   |
| Swansea Bay parkrun            | 5k        | 11/01/2020 | 44  | 00:22:17 |        |
| Gnoll parkrun                  | 5k        | 04/01/2020 | 40  | 00:23:50 |        |
| Swansea Bay parkrun            | 5k        | 01/01/2020 | 74  | 00:22:07 |        |
| Swansea Bay parkrun            | 5k        | 28/12/2019 | 69  | 00:22:35 |        |
| Swansea Bay parkrun            | 5k        | 21/12/2019 | 91  | 00:23:28 |        |
| Swansea Bay parkrun            | 5k        | 14/12/2019 | 37  | 00:22:59 |        |
| Swansea Bay parkrun            | 5k        | 07/12/2019 | 65  | 00:22:43 |        |
| Swansea Bay parkrun            | 5k        | 30/11/2019 | 95  | 00:24:29 |        |
| Pontypridd parkrun             | 5k        | 23/11/2019 | 44  | 00:23:03 |        |
| Sospan MT10                    | 10 miles  | 17/11/2019 | 106 | 01:24:23 | M45-54 |
| Llanelli Coast parkrun         | 5k        | 16/11/2019 | 23  | 00:22:17 |        |
| Swansea Bay parkrun            | 5k        | 09/11/2019 | 41  | 00:22:57 |        |
| Llanelli Coast parkrun         | 5k        | 02/11/2019 | 29  | 00:23:18 |        |
| Swansea Bay parkrun            | 5k        | 26/10/2019 | 46  | 00:22:47 |        |
| Llanelli Coast parkrun         | 5k        | 19/10/2019 | 23  | 00:22:41 |        |
| Swansea Bay parkrun            | 5k        | 12/10/2019 | 73  | 00:23:05 |        |
| Swansea Bay parkrun            | 5k        | 05/10/2019 | 61  | 00:22:47 |        |
| Admiral Swansea Bay 10k        | 10k       | 22/09/2019 |     | 00:49:26 |        |
| Llanelli Coast parkrun         | 5k        | 14/09/2019 | 28  | 00:22:49 |        |
| Penrhyn parkrun                | 5k        | 07/09/2019 | 31  | 00:24:22 |        |

|                          |    |            |     |          |
|--------------------------|----|------------|-----|----------|
| Swansea Bay parkrun      | 5k | 31/08/2019 | 51  | 00:22:21 |
| Clacton Seafront parkrun | 5k | 24/08/2019 | 26  | 00:23:39 |
| Swansea Bay parkrun      | 5k | 10/08/2019 | 36  | 00:22:02 |
| Gnoll parkrun            | 5k | 03/08/2019 | 36  | 00:23:38 |
| Swansea Bay parkrun      | 5k | 27/07/2019 | 61  | 00:21:38 |
| Swansea Bay parkrun      | 5k | 20/07/2019 | 74  | 00:22:31 |
| Swansea Bay parkrun      | 5k | 13/07/2019 | 53  | 00:21:31 |
| Llyn Llech Owain parkrun | 5k | 06/07/2019 | 16  | 00:23:24 |
| South Manchester parkrun | 5k | 22/06/2019 | 118 | 00:22:53 |
| Swansea Bay parkrun      | 5k | 08/06/2019 | 43  | 00:21:17 |
| Swansea Bay parkrun      | 5k | 01/06/2019 | 55  | 00:21:49 |
| Swansea Bay parkrun      | 5k | 25/05/2019 | 101 | 00:22:52 |
| Swansea Bay parkrun      | 5k | 18/05/2019 | 53  | 00:21:08 |
| Swansea Bay parkrun      | 5k | 11/05/2019 | 46  | 00:21:13 |
| Swansea Bay parkrun      | 5k | 04/05/2019 | 52  | 00:20:59 |
| Swansea Bay parkrun      | 5k | 27/04/2019 | 22  | 00:21:52 |
| <b>Lindsay Cable</b>     |    | 22         |     |          |
| Swansea Bay parkrun      | 5k | 31/08/2024 | 247 | 00:27:02 |
| Swansea Bay parkrun      | 5k | 17/08/2024 | 278 | 00:27:56 |
| Swansea Bay parkrun      | 5k | 10/08/2024 | 231 | 00:27:48 |
| Swansea Bay parkrun      | 5k | 03/08/2024 | 315 | 00:28:13 |
| Swansea Bay parkrun      | 5k | 06/04/2024 | 335 | 00:30:38 |
| Swansea Bay parkrun      | 5k | 27/05/2023 | 228 | 00:26:09 |
| Swansea Bay parkrun      | 5k | 20/05/2023 | 261 | 00:27:48 |
| Swansea Bay parkrun      | 5k | 29/04/2023 | 305 | 00:27:12 |
| Swansea Bay parkrun      | 5k | 15/04/2023 | 275 | 00:28:28 |

|  |               |            |      |          |       |
|--|---------------|------------|------|----------|-------|
| Swansea Bay parkrun                            | 5k            | 28/01/2023 | 275  | 00:29:34 |       |
| Swansea Bay parkrun                            | 5k            | 22/10/2022 | 243  | 00:27:43 |       |
| Swansea Bay parkrun                            | 5k            | 08/10/2022 | 285  | 00:28:47 |       |
| JCP Swansea Half Marathon                      | Half Marathon | 12/06/2022 | 1494 | 02:04:46 | F40   |
| Swansea Bay parkrun                            | 5k            | 04/06/2022 | 179  | 00:25:48 |       |
| Swansea Bay parkrun                            | 5k            | 07/05/2022 | 154  | 00:24:57 |       |
| Swansea Bay parkrun                            | 5k            | 16/04/2022 | 183  | 00:25:27 |       |
| Swansea Bay parkrun                            | 5k            | 09/04/2022 | 124  | 00:25:12 |       |
| Swansea Bay parkrun                            | 5k            | 26/03/2022 | 125  | 00:26:00 |       |
| Swansea Bay parkrun                            | 5k            | 12/03/2022 | 175  | 00:28:11 |       |
| Swansea Bay parkrun                            | 5k            | 12/02/2022 | 227  | 00:29:35 |       |
| Admiral Swansea Bay 10k                        | 10k           | 19/09/2021 | 950  | 00:58:32 |       |
| Welsh Athletics Welsh Road Relay Championships | 5400m         | 11/09/2021 | 31   | 00:30:31 | SF    |
| <b>Stephen David Cable</b>                     |               | 15         |      |          |       |
| Swansea Bay parkrun                            | 5k            | 08/09/2018 | 28   | 00:21:26 |       |
| Swansea Bay parkrun                            | 5k            | 25/08/2018 | 108  | 00:23:54 |       |
| Welsh Castles Relay Stage 6                    | 10.7 miles    | 09/06/2018 | 51   | 01:29:25 | MV    |
| Great Welsh Marathon                           | Marathon      | 15/04/2018 | 217  | 04:28:20 | Pacer |
| West Glamorgan Xc League - Margam Park - Men   | TBC           | 28/01/2018 | 101  | 00:41:20 |       |
| Swansea Bay parkrun                            | 5k            | 27/01/2018 | 27   | 00:21:10 |       |
| Swansea Bay parkrun                            | 5k            | 01/01/2018 | 106  | 00:25:45 |       |
| Swansea Bay parkrun                            | 5k            | 02/12/2017 | 20   | 00:20:58 |       |
| Swansea Bay parkrun                            | 5k            | 09/09/2017 | 172  | 00:27:38 |       |
| Swansea Bay parkrun                            | 5k            | 25/03/2017 | 28   | 00:21:05 |       |
| Swansea Bay parkrun                            | 5k            | 11/03/2017 | 23   | 00:20:56 |       |
| Swansea Bay parkrun                            | 5k            | 25/02/2017 | 30   | 00:21:15 |       |

|                                       |          |            |      |          |         |
|---------------------------------------|----------|------------|------|----------|---------|
| Swansea Bay parkrun                   | 5k       | 18/02/2017 | 34   | 00:22:12 |         |
| Swansea Bay parkrun                   | 5k       | 21/01/2017 | 41   | 00:22:42 |         |
| Swansea Bay parkrun                   | 5k       | 07/01/2017 | 28   | 00:21:05 |         |
| <b>Megan Chick</b>                    |          | 5          |      |          |         |
| Merthyr Mawr Christmas Pudding Race   | 10k      | 15/12/2024 | 229  | 01:08:28 | SeniorF |
| Richard Burton 10k                    | 10k      | 03/11/2024 | 303  | 00:44:45 | F18-39  |
| Great Welsh Marathon                  | Marathon | 17/03/2024 |      | 03:42:29 |         |
| Rhayader Round the Lake               | 30k      | 02/03/2024 | 95   | 02:35:59 | FSen    |
| Brynaman parkrun                      | 5k       | 07/10/2023 | 9    | 00:24:02 |         |
| <b>Peter Clement</b>                  |          | 58         |      |          |         |
| Pembrey MT10                          | 10 miles | 17/11/2024 | 128  | 01:39:23 |         |
| Richard Burton 10k                    | 10k      | 03/11/2024 | 1263 | 00:57:50 | M60-69  |
| Swansea Bay parkrun                   | 5k       | 26/10/2024 | 541  | 00:33:47 |         |
| Swansea Bay parkrun                   | 5k       | 28/09/2024 | 275  | 00:26:59 |         |
| Swansea Bay parkrun                   | 5k       | 14/09/2024 | 266  | 00:28:46 |         |
| Swansea Bay parkrun                   | 5k       | 07/09/2024 | 359  | 00:33:08 |         |
| Swansea Bay parkrun                   | 5k       | 31/08/2024 | 265  | 00:27:32 |         |
| Tri Hard Harriers 5K On The Bay       | 5k       | 22/08/2024 | 214  | 00:25:54 |         |
| Swansea Bay parkrun                   | 5k       | 10/08/2024 | 367  | 00:33:53 |         |
| Swansea Bay parkrun                   | 5k       | 03/08/2024 | 486  | 00:33:27 |         |
| Swansea Bay parkrun                   | 5k       | 22/06/2024 | 353  | 00:31:30 |         |
| Swansea Bay parkrun                   | 5k       | 15/06/2024 | 315  | 00:30:48 |         |
| Swansea Bay 5k Summer Series Race 2   | 5k       | 12/06/2024 | 117  | 00:29:22 |         |
| Swansea Bay parkrun                   | 5k       | 08/06/2024 | 295  | 00:28:53 |         |
| Paul Popham Swansea Bay Summer Series | 5k       | 08/05/2024 | 140  | 00:30:12 |         |
| Swansea Bay parkrun                   | 5k       | 20/04/2024 | 480  | 00:32:47 |         |

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|---|---------------|------------|-------|----------|------------------|
| San Domenico 10M                              | 10 miles      | 10/03/2024 | 140   | 01:45:24 | M55              |
| Llandeilo New Years Eve 10 miler              | 10 miles      | 31/12/2023 | 173   | 01:52:19 |                  |
| Mizuno Half Marathon - Amsterdam              | Half Marathon | 15/10/2023 | 10226 | 02:05:03 |                  |
| Admiral Swansea Bay 10k                       | 10k           | 17/09/2023 | 1051  | 00:55:17 | Male             |
| Tri Hard Harriers 5k on the Bay               | 5k            | 24/08/2023 | 163   | 00:25:45 | M40+             |
| Toughrunner Swansea Epic Trail 10k            | 10k           | 20/05/2023 | 213   | 01:05:29 | M50-59           |
| Brisco Gorseinon 10k                          | 10k           | 30/04/2023 | 633   | 01:05:59 | M55              |
| ABP Newport 10k                               | 10k           | 16/04/2023 | 1421  | 01:03:00 | M55-59           |
| Richard Burton 10k                            | 10k           | 06/11/2022 | 1794  | 01:13:08 | M50-59           |
| 2022 Wizz Air Cardiff Half Marathon           | Half Marathon | 02/10/2022 | 10536 | 02:39:33 | M55+             |
| Admiral Swansea Bay 10k                       | 10k           | 18/09/2022 | 1764  | 01:02:14 | M55              |
| Toughrunner UK Swansea Epic Trail 10k         | 10k           | 22/05/2022 | 332   | 01:05:51 | M50-59           |
| Great Welsh Half Marathon                     | Half Marathon | 10/04/2022 | 392   | 02:11:02 | M55              |
| 2022 Cardiff University Cardiff Half Marathon | Half Marathon | 27/03/2022 | 6157  | 02:12:34 | M55+             |
| Tata Steel Richard Burton 10k                 | 10k           | 07/11/2021 | 925   | 01:02:24 | M50+             |
| JCP Swansea Half Marathon                     | Half Marathon | 17/10/2021 | 1504  | 02:17:25 | M55              |
| Virgin London Marathon                        | Marathon      | 03/10/2021 | 31471 | 05:42:22 | M55-59           |
| Admiral Swansea Bay 10k                       | 10k           | 19/09/2021 | 1900  | 01:07:06 |                  |
| Merthyr Mawr Rabbit Run                       | 7.5 miles     | 04/09/2021 | 281   | 01:41:45 | M55              |
| Tough Runner Bristol Epic 10k 2021            | 10k           | 11/07/2021 | 519   | 01:02:44 | M50-59           |
| Buff Wales 10K                                | 10k           | 11/01/2020 | 585   | 01:10:15 | Vintage Vet Male |
| Cottrell Park Christmas Cracker               | 10k           | 15/12/2019 | 219   | 01:30:11 | MM55-64          |
| Merthyr Mawr Christmas Pudding Race           | 10k           | 08/12/2019 | 275   | 01:34:29 | MV               |
| Sospan MT10                                   | 10 miles      | 17/11/2019 | 405   | 01:54:52 | M55+             |
| Cardiff Half Marathon                         | Half Marathon | 06/10/2019 | 13375 | 02:33:45 | M55+             |
| JCP Swansea Half Marathon                     | Half Marathon | 23/06/2019 | 3342  | 02:21:32 | M50              |

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|----------------------------------|---------------|------------|------|----------|----------|
| Rock'n'roll Liverpool Marathon   | Marathon      | 26/05/2019 | 2898 | 05:34:12 | M50-54   |
| Rock'n'roll Liverpool 5k         | 5k            | 25/05/2019 | 1447 | 00:30:28 | M50-54   |
| St Illtyds Ultra 50k Race        | Ultra         | 05/05/2019 | 137  | 08:04:33 |          |
| Orlen Wasaw Marathon             | Marathon      | 14/04/2019 | 3815 | 05:11:30 | M50      |
| Weston Super Half                | Half Marathon | 24/03/2019 | 1271 | 02:24:45 | MV50     |
| Village Bakery Wrexham Half 2019 | Half Marathon | 17/02/2019 | 1914 | 02:14:31 | MV50     |
| Llanelli Half Marathon           | Half Marathon | 10/02/2019 | 2091 | 02:48:27 | M50      |
| Glynneath Boxing Day 5 Mile Race | 5 miles       | 26/12/2018 | 291  | 00:43:44 | MV50     |
| Tata Steel Richard Burton 10k    | 10k           | 04/11/2018 | 926  | 01:00:15 | Male 50+ |
| Snowdonia Marathon Eryri         | Marathon      | 27/10/2018 | 1775 | 05:16:30 | M50-54   |
| Admiral Swansea Bay 10k          | 10k           | 16/09/2018 | 2075 | 01:03:08 | M50      |
| Port Talbot Half Marathon        | Half Marathon | 12/08/2018 | 359  | 02:20:09 | M        |
| Merthyr Mawr Rabbit Run          | 10k           | 16/06/2018 | 313  | 01:29:12 | MM45-54  |
| St Illtyds Ultra 50k             | Ultra         | 06/05/2018 | 109  | 08:57:00 |          |
| Great Welsh Half Marathon        | Half Marathon | 15/04/2018 | 281  | 02:14:42 | MV50     |
| Richard Burton 10k               | 10k           | 05/11/2017 | 875  | 00:59:12 | M50+     |
| <b>Robert Coffey</b>             |               | 5          |      |          |          |
| Great North Run                  | Half Marathon | 09/09/2018 | 5563 | 01:53:26 |          |
| Tokyo Marathon                   | Marathon      | 25/02/2018 | 7292 | 03:49:33 | M45-49   |
| Cardiff Half Marathon            | Half Marathon | 01/10/2017 | 2028 | 01:42:09 | M45-49   |
| Virgin London Marathon 2017      | Marathon      | 23/04/2017 | 9233 | 03:44:32 | 45-49    |
| New York Marathon                | Marathon      | 06/11/2016 |      | 03:38:08 | MO       |
| <b>Michelle Cole</b>             |               | 20         |      |          |          |
| Brecon Carreg CDF 10K            | 10k           | 01/09/2024 |      | 00:44:32 | F45      |
| Brisco Gorseinon 10k             | 10k           | 19/05/2024 |      | 00:45:03 |          |
| Admiral Swansea Bay 10k          | 10k           | 17/09/2023 | 262  | 00:43:10 | Female   |

|  |               |            |       |          |        |
|--|---------------|------------|-------|----------|--------|
| Brisco Gorseinon 10k                     | 10k           | 30/04/2023 | 78    | 00:43:42 | F45    |
| Admiral Swansea Bay 10k                  | 10k           | 18/09/2022 | 310   | 00:43:21 | F40    |
| Tenby 10k                                | 10k           | 31/07/2022 | 27    | 00:44:59 | F35    |
| Merthyr Mawr Christmas Pudding Race 2021 | 10k           | 05/12/2021 | 104   | 00:56:24 | VF     |
| Admiral Swansea Bay 10k                  | 10k           | 19/09/2021 | 181   | 00:43:28 |        |
| Tata Steel Round the Reservoir           | 5.6 miles     | 12/01/2020 | 3     | 00:37:24 | FV40   |
| Glynneath 5                              | 5 miles       | 26/12/2019 | 75    | 00:34:15 | FV40   |
| Merthyr Mawr Christmas Pudding Race      | 10k           | 08/12/2019 | 115   | 01:02:34 | FV     |
| Admiral Swansea Bay 10k                  | 10k           | 22/09/2019 |       | 00:41:59 |        |
| Welsh Athletics Road Relay Championships | 5400m         | 15/09/2019 |       | 00:23:58 | MW35   |
| ABP Barry 10k                            | 10k           | 04/08/2019 | 129   | 00:42:03 | F40+   |
| Tenby 10k                                | 10k           | 28/07/2019 | 33    | 00:42:54 |        |
| JCP Swansea Half Marathon                | Half Marathon | 23/06/2019 | 232   | 01:31:28 | F40    |
| PPRC 5k Summer Series Race 2             | 5k            | 13/06/2019 |       | 00:20:27 | F35    |
| Swansea Epic Trail 10k                   | 10k           | 12/05/2019 | 21    | 00:44:53 | FV40   |
| Port Talbot Half Marathon                | Half Marathon | 12/08/2018 | 35    | 01:31:54 | F      |
| Tenby 10k                                | 10k           | 29/07/2018 | 17    | 00:41:27 | Top    |
| <b>Karen Cuff</b>                        |               | 30         |       |          |        |
| A J Bell Great North Run                 | Half Marathon | 08/09/2024 | 23665 | 02:14:04 |        |
| Ammanford 10k                            | 10k           | 14/07/2024 | 146   | 00:58:01 |        |
| Swansea Half Marathon                    | Half Marathon | 09/06/2024 |       | 02:10:14 | F55    |
| Brisco Gorseinon 10k                     | 10k           | 19/05/2024 |       | 00:59:17 |        |
| Principality Cardiff Half Marathon 2023  | Half Marathon | 01/10/2023 |       | 02:17:40 | F55-59 |
| Penallta parkrun                         | 5k            | 23/09/2023 | 79    | 00:28:13 |        |
| Sandy Water parkrun                      | 5k            | 16/09/2023 | 56    | 00:27:59 |        |
| Sandy Water parkrun                      | 5k            | 09/09/2023 | 71    | 00:28:12 |        |

|                                       |          |            |      |          |        |
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| Brisco Gorseinon 10k                  | 10k      | 30/04/2023 | 388  | 00:56:23 | F50    |
| Sandy Water parkrun                   | 5k       | 03/12/2022 | 53   | 00:27:01 |        |
| Sospan MT10                           | 10 miles | 20/11/2022 | 338  | 01:41:15 | F45-54 |
| Richard Burton 10k                    | 10k      | 06/11/2022 | 712  | 00:55:14 | F50-59 |
| Sandy Water parkrun                   | 5k       | 08/10/2022 | 47   | 00:26:12 |        |
| Sandy Water parkrun                   | 5k       | 27/08/2022 | 78   | 00:30:07 |        |
| Sandy Water parkrun                   | 5k       | 20/08/2022 | 62   | 00:26:43 |        |
| Swansea Bay parkrun                   | 5k       | 16/07/2022 | 157  | 00:27:03 |        |
| Sandy Water parkrun                   | 5k       | 02/07/2022 | 88   | 00:26:57 |        |
| Swansea Bay parkrun                   | 5k       | 25/06/2022 | 135  | 00:25:10 |        |
| Swansea Bay parkrun                   | 5k       | 18/06/2022 | 166  | 00:26:59 |        |
| Swansea Bay parkrun                   | 5k       | 04/06/2022 | 232  | 00:27:34 |        |
| Toughrunner UK Swansea Epic Trail 10k | 10k      | 22/05/2022 | 167  | 00:55:56 | F50-59 |
| Swansea Bay parkrun                   | 5k       | 14/05/2022 | 211  | 00:27:00 |        |
| Sandy Water parkrun                   | 5k       | 07/05/2022 | 97   | 00:28:36 |        |
| Swansea Bay parkrun                   | 5k       | 30/04/2022 | 172  | 00:25:46 |        |
| Llyn Llech Owain parkrun              | 5k       | 19/03/2022 | 23   | 00:27:06 |        |
| Swansea Bay parkrun                   | 5k       | 12/03/2022 | 211  | 00:30:04 |        |
| Swansea Bay parkrun                   | 5k       | 05/03/2022 | 227  | 00:28:30 |        |
| Swansea Bay parkrun                   | 5k       | 26/02/2022 | 151  | 00:25:47 |        |
| Swansea Bay parkrun                   | 5k       | 19/02/2022 | 123  | 00:27:36 |        |
| Swansea Bay parkrun                   | 5k       | 12/02/2022 | 226  | 00:29:34 |        |
| <b>Bob Davies</b>                     |          | 6          |      |          |        |
| Richard Burton 10k                    | 10k      | 03/11/2024 | 1351 | 00:59:15 | M40-49 |
| Admiral Swansea Bay 10k               | 10k      | 17/09/2023 | 610  | 00:49:25 | Male   |
| Tri Hard Harriers 5k on the Bay       | 5k       | 24/08/2023 | 129  | 00:23:48 | M40+   |



|   |               |            |      |          |        |
|---|---------------|------------|------|----------|--------|
| Two Tunnels Half Marathon   | Half Marathon | 20/08/2023 | 249  | 02:12:52 | M40-49 |
| Swansea Half Marathon   | Half Marathon | 11/06/2023 |      | 02:11:49 | M45    |
| Swansea Bay Summer 5k Series  | 5k            | 10/05/2023 | 163  | 00:31:03 | MVET   |
| <b>Byron Davies</b>   |               |            | 4    |          |        |
| Llanelli Coast parkrun  | 5k            | 20/10/2018 | 22   | 00:21:08 |        |
| Llanelli Coast parkrun  | 5k            | 29/09/2018 | 15   | 00:20:38 |        |
| Llanelli Coast parkrun  | 5k            | 30/06/2018 | 19   | 00:21:22 |        |
| Melin Sospan Sizzler Middle Distance Triathlon (swim Replaced With 2nd Run) | Triathlon     | 11/06/2017 | 38   | 05:27:56 | M40    |
| <b>Edward Davies</b>  |               |            | 225  |          |        |
| Swansea Bay parkrun   | 5k            | 16/11/2024 | 253  | 00:27:20 |        |
| Swansea Bay parkrun   | 5k            | 09/11/2024 | 256  | 00:27:48 |        |
| Swansea Bay parkrun   | 5k            | 26/10/2024 | 268  | 00:26:17 |        |
| Swansea Bay parkrun   | 5k            | 19/10/2024 | 248  | 00:26:54 |        |
| Swansea Bay parkrun   | 5k            | 12/10/2024 | 205  | 00:26:29 |        |
| Swansea Bay parkrun   | 5k            | 05/10/2024 | 196  | 00:26:16 |        |
| Swansea Bay parkrun   | 5k            | 28/09/2024 | 280  | 00:27:09 |        |
| Swansea Bay parkrun   | 5k            | 21/09/2024 | 192  | 00:26:00 |        |
| Admiral Swansea Bay 10k   | 10k           | 15/09/2024 | 1845 | 01:00:11 |        |
| Swansea Bay parkrun   | 5k            | 14/09/2024 | 227  | 00:27:28 |        |
| Swansea Bay parkrun   | 5k            | 07/09/2024 | 193  | 00:27:22 |        |
| Swansea Bay parkrun   | 5k            | 31/08/2024 | 242  | 00:26:53 |        |
| Swansea Bay parkrun   | 5k            | 24/08/2024 | 265  | 00:28:11 |        |
| Swansea Bay parkrun   | 5k            | 17/08/2024 | 270  | 00:27:39 |        |
| Swansea Bay parkrun   | 5k            | 27/07/2024 | 282  | 00:27:43 |        |
| Swansea Bay parkrun   | 5k            | 20/07/2024 | 268  | 00:29:32 |        |

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|---------------------|----|------------|-----|----------|
| Swansea Bay parkrun | 5k | 29/06/2024 | 207 | 00:27:08 |
| Swansea Bay parkrun | 5k | 08/06/2024 | 197 | 00:26:43 |
| Swansea Bay parkrun | 5k | 01/06/2024 | 234 | 00:26:44 |
| Swansea Bay parkrun | 5k | 25/05/2024 | 344 | 00:27:55 |
| Swansea Bay parkrun | 5k | 11/05/2024 | 278 | 00:27:52 |
| Swansea Bay parkrun | 5k | 27/04/2024 | 256 | 00:27:46 |
| Swansea Bay parkrun | 5k | 20/04/2024 | 352 | 00:29:00 |
| Swansea Bay parkrun | 5k | 06/04/2024 | 187 | 00:26:41 |
| Swansea Bay parkrun | 5k | 30/03/2024 | 263 | 00:27:07 |
| Swansea Bay parkrun | 5k | 16/03/2024 | 218 | 00:26:25 |
| Swansea Bay parkrun | 5k | 02/03/2024 | 166 | 00:25:34 |
| Swansea Bay parkrun | 5k | 24/02/2024 | 225 | 00:26:40 |
| Swansea Bay parkrun | 5k | 17/02/2024 | 337 | 00:30:10 |
| Swansea Bay parkrun | 5k | 10/02/2024 | 193 | 00:26:43 |
| Swansea Bay parkrun | 5k | 03/02/2024 | 230 | 00:26:56 |
| Swansea Bay parkrun | 5k | 27/01/2024 | 265 | 00:27:31 |
| Swansea Bay parkrun | 5k | 20/01/2024 | 277 | 00:28:33 |
| Swansea Bay parkrun | 5k | 13/01/2024 | 290 | 00:28:12 |
| Swansea Bay parkrun | 5k | 06/01/2024 | 325 | 00:28:59 |
| Swansea Bay parkrun | 5k | 01/01/2024 | 291 | 00:29:07 |
| Swansea Bay parkrun | 5k | 30/12/2023 | 396 | 00:31:37 |
| Swansea Bay parkrun | 5k | 16/12/2023 | 287 | 00:31:33 |
| Swansea Bay parkrun | 5k | 02/12/2023 | 264 | 00:29:18 |
| Swansea Bay parkrun | 5k | 25/11/2023 | 296 | 00:27:33 |
| Swansea Bay parkrun | 5k | 04/11/2023 | 305 | 00:31:41 |
| Conwy parkrun       | 5k | 30/09/2023 | 123 | 00:29:04 |

|                     |    |            |     |          |
|---------------------|----|------------|-----|----------|
| Swansea Bay parkrun | 5k | 16/09/2023 | 216 | 00:28:14 |
| Swansea Bay parkrun | 5k | 09/09/2023 | 201 | 00:27:24 |
| Swansea Bay parkrun | 5k | 02/09/2023 | 251 | 00:28:28 |
| Swansea Bay parkrun | 5k | 26/08/2023 | 414 | 00:29:43 |
| Swansea Bay parkrun | 5k | 19/08/2023 | 224 | 00:27:02 |
| Swansea Bay parkrun | 5k | 12/08/2023 | 157 | 00:26:39 |
| Swansea Bay parkrun | 5k | 05/08/2023 | 124 | 00:25:49 |
| Swansea Bay parkrun | 5k | 29/07/2023 | 257 | 00:27:01 |
| Swansea Bay parkrun | 5k | 22/07/2023 | 175 | 00:28:01 |
| Swansea Bay parkrun | 5k | 15/07/2023 | 172 | 00:26:53 |
| Swansea Bay parkrun | 5k | 24/06/2023 | 214 | 00:25:53 |
| Swansea Bay parkrun | 5k | 17/06/2023 | 254 | 00:27:50 |
| Swansea Bay parkrun | 5k | 10/06/2023 | 253 | 00:28:42 |
| Swansea Bay parkrun | 5k | 27/05/2023 | 535 | 00:44:35 |
| Swansea Bay parkrun | 5k | 20/05/2023 | 175 | 00:25:46 |
| Swansea Bay parkrun | 5k | 13/05/2023 | 213 | 00:26:03 |
| Swansea Bay parkrun | 5k | 06/05/2023 | 282 | 00:28:24 |
| Swansea Bay parkrun | 5k | 29/04/2023 | 325 | 00:27:43 |
| Swansea Bay parkrun | 5k | 22/04/2023 | 306 | 00:29:19 |
| Swansea Bay parkrun | 5k | 15/04/2023 | 243 | 00:27:35 |
| Swansea Bay parkrun | 5k | 08/04/2023 | 209 | 00:26:30 |
| Swansea Bay parkrun | 5k | 25/03/2023 | 240 | 00:27:04 |
| Swansea Bay parkrun | 5k | 04/03/2023 | 167 | 00:25:53 |
| Swansea Bay parkrun | 5k | 18/02/2023 | 192 | 00:26:28 |
| Swansea Bay parkrun | 5k | 11/02/2023 | 128 | 00:25:22 |
| Swansea Bay parkrun | 5k | 04/02/2023 | 152 | 00:25:33 |

|                     |    |            |     |          |
|---------------------|----|------------|-----|----------|
| Swansea Bay parkrun | 5k | 28/01/2023 | 171 | 00:25:48 |
| Swansea Bay parkrun | 5k | 14/01/2023 | 210 | 00:27:12 |
| Swansea Bay parkrun | 5k | 07/01/2023 | 138 | 00:25:58 |
| Swansea Bay parkrun | 5k | 01/01/2023 | 120 | 00:26:06 |
| Swansea Bay parkrun | 5k | 31/12/2022 | 165 | 00:26:40 |
| Swansea Bay parkrun | 5k | 24/12/2022 | 254 | 00:27:28 |
| Swansea Bay parkrun | 5k | 19/11/2022 | 271 | 00:30:40 |
| Swansea Bay parkrun | 5k | 12/11/2022 | 146 | 00:26:14 |
| Swansea Bay parkrun | 5k | 05/11/2022 | 229 | 00:41:20 |
| Swansea Bay parkrun | 5k | 22/10/2022 | 230 | 00:27:18 |
| Swansea Bay parkrun | 5k | 15/10/2022 | 162 | 00:27:22 |
| Swansea Bay parkrun | 5k | 08/10/2022 | 196 | 00:26:12 |
| Swansea Bay parkrun | 5k | 01/10/2022 | 205 | 00:28:43 |
| Swansea Bay parkrun | 5k | 24/09/2022 | 145 | 00:25:33 |
| Swansea Bay parkrun | 5k | 17/09/2022 | 237 | 00:30:09 |
| Swansea Bay parkrun | 5k | 10/09/2022 | 190 | 00:26:02 |
| Swansea Bay parkrun | 5k | 03/09/2022 | 158 | 00:26:07 |
| Swansea Bay parkrun | 5k | 27/08/2022 | 310 | 00:29:12 |
| Swansea Bay parkrun | 5k | 20/08/2022 | 183 | 00:26:35 |
| Swansea Bay parkrun | 5k | 13/08/2022 | 153 | 00:27:42 |
| Swansea Bay parkrun | 5k | 30/07/2022 | 158 | 00:25:36 |
| Swansea Bay parkrun | 5k | 23/07/2022 | 116 | 00:24:58 |
| Conwy parkrun       | 5k | 16/07/2022 | 96  | 00:26:53 |
| Swansea Bay parkrun | 5k | 09/07/2022 | 138 | 00:26:02 |
| Gnoll parkrun       | 5k | 02/07/2022 | 48  | 00:27:11 |
| Swansea Bay parkrun | 5k | 18/06/2022 | 108 | 00:24:48 |

|                     |    |            |     |          |
|---------------------|----|------------|-----|----------|
| Swansea Bay parkrun | 5k | 11/06/2022 | 114 | 00:25:10 |
| Swansea Bay parkrun | 5k | 04/06/2022 | 157 | 00:25:01 |
| Swansea Bay parkrun | 5k | 28/05/2022 | 179 | 00:24:41 |
| Swansea Bay parkrun | 5k | 14/05/2022 | 150 | 00:24:53 |
| Swansea Bay parkrun | 5k | 07/05/2022 | 158 | 00:25:07 |
| Swansea Bay parkrun | 5k | 30/04/2022 | 149 | 00:24:54 |
| Swansea Bay parkrun | 5k | 23/04/2022 | 142 | 00:25:15 |
| Swansea Bay parkrun | 5k | 16/04/2022 | 157 | 00:24:32 |
| Swansea Bay parkrun | 5k | 09/04/2022 | 107 | 00:24:34 |
| Swansea Bay parkrun | 5k | 02/04/2022 | 112 | 00:24:40 |
| Swansea Bay parkrun | 5k | 26/03/2022 | 95  | 00:24:51 |
| Swansea Bay parkrun | 5k | 19/03/2022 | 103 | 00:25:29 |
| Swansea Bay parkrun | 5k | 12/03/2022 | 115 | 00:25:18 |
| Swansea Bay parkrun | 5k | 05/03/2022 | 139 | 00:25:10 |
| Swansea Bay parkrun | 5k | 26/02/2022 | 137 | 00:25:25 |
| Swansea Bay parkrun | 5k | 19/02/2022 | 96  | 00:26:38 |
| Swansea Bay parkrun | 5k | 12/02/2022 | 121 | 00:25:36 |
| Swansea Bay parkrun | 5k | 05/02/2022 | 216 | 00:28:31 |
| Gnoll parkrun       | 5k | 29/01/2022 | 63  | 00:29:56 |
| Gnoll parkrun       | 5k | 22/01/2022 | 66  | 00:30:35 |
| Gnoll parkrun       | 5k | 25/12/2021 | 127 | 00:34:03 |
| Swansea Bay parkrun | 5k | 27/11/2021 | 126 | 00:28:33 |
| Swansea Bay parkrun | 5k | 06/11/2021 | 159 | 00:26:21 |
| Swansea Bay parkrun | 5k | 30/10/2021 | 136 | 00:25:43 |
| Porthcawl parkrun   | 5k | 16/10/2021 | 235 | 00:30:20 |
| Swansea Bay parkrun | 5k | 09/10/2021 | 105 | 00:25:01 |

|                         |     |            |      |          |
|-------------------------|-----|------------|------|----------|
| Swansea Bay parkrun     | 5k  | 25/09/2021 | 146  | 00:25:34 |
| Admiral Swansea Bay 10k | 10k | 19/09/2021 | 1716 | 01:06:36 |
| Gnoll parkrun           | 5k  | 18/09/2021 | 94   | 00:30:31 |
| Swansea Bay parkrun     | 5k  | 11/09/2021 | 135  | 00:25:43 |
| Swansea Bay parkrun     | 5k  | 04/09/2021 | 163  | 00:25:42 |
| Swansea Bay parkrun     | 5k  | 28/08/2021 | 142  | 00:24:57 |
| Swansea Bay parkrun     | 5k  | 21/08/2021 | 126  | 00:25:24 |
| Swansea Bay parkrun     | 5k  | 14/03/2020 | 118  | 00:24:34 |
| Swansea Bay parkrun     | 5k  | 07/03/2020 | 125  | 00:24:31 |
| Swansea Bay parkrun     | 5k  | 29/02/2020 | 120  | 00:24:34 |
| Swansea Bay parkrun     | 5k  | 22/02/2020 | 129  | 00:24:42 |
| Swansea Bay parkrun     | 5k  | 15/02/2020 | 111  | 00:25:35 |
| Swansea Bay parkrun     | 5k  | 25/01/2020 | 140  | 00:24:31 |
| Swansea Bay parkrun     | 5k  | 18/01/2020 | 170  | 00:25:26 |
| Swansea Bay parkrun     | 5k  | 11/01/2020 | 88   | 00:24:20 |
| Swansea Bay parkrun     | 5k  | 04/01/2020 | 134  | 00:24:35 |
| Swansea Bay parkrun     | 5k  | 01/01/2020 | 151  | 00:24:17 |
| Swansea Bay parkrun     | 5k  | 28/12/2019 | 138  | 00:25:12 |
| Swansea Bay parkrun     | 5k  | 21/12/2019 | 124  | 00:25:13 |
| Swansea Bay parkrun     | 5k  | 30/11/2019 | 112  | 00:25:00 |
| Swansea Bay parkrun     | 5k  | 16/11/2019 | 113  | 00:25:02 |
| Swansea Bay parkrun     | 5k  | 02/11/2019 | 80   | 00:25:25 |
| Swansea Bay parkrun     | 5k  | 12/10/2019 | 99   | 00:24:22 |
| Swansea Bay parkrun     | 5k  | 05/10/2019 | 105  | 00:24:47 |
| Admiral Swansea Bay 10k | 10k | 22/09/2019 |      | 00:53:20 |
| Swansea Bay parkrun     | 5k  | 31/08/2019 | 106  | 00:24:45 |

|                     |     |            |     |          |      |
|---------------------|-----|------------|-----|----------|------|
| Conwy parkrun       | 5k  | 24/08/2019 | 127 | 00:26:06 |      |
| Gnoll parkrun       | 5k  | 17/08/2019 | 39  | 00:25:47 |      |
| Swansea Bay parkrun | 5k  | 10/08/2019 | 59  | 00:24:14 |      |
| ABP Barry 10k       | 10k | 04/08/2019 | 849 | 00:54:37 | M50+ |
| Swansea Bay parkrun | 5k  | 03/08/2019 | 128 | 00:24:50 |      |
| Swansea Bay parkrun | 5k  | 27/07/2019 | 126 | 00:24:05 |      |
| Swansea Bay parkrun | 5k  | 20/07/2019 | 105 | 00:24:34 |      |
| Swansea Bay parkrun | 5k  | 13/07/2019 | 121 | 00:24:16 |      |
| Swansea Bay parkrun | 5k  | 22/06/2019 | 83  | 00:24:03 |      |
| Swansea Bay parkrun | 5k  | 15/06/2019 | 108 | 00:23:48 |      |
| Swansea Bay parkrun | 5k  | 01/06/2019 | 112 | 00:23:34 |      |
| Swansea Bay parkrun | 5k  | 11/05/2019 | 97  | 00:23:34 |      |
| Swansea Bay parkrun | 5k  | 04/05/2019 | 139 | 00:24:33 |      |
| Swansea Bay parkrun | 5k  | 27/04/2019 | 71  | 00:24:54 |      |
| Swansea Bay parkrun | 5k  | 20/04/2019 | 109 | 00:23:53 |      |
| Swansea Bay parkrun | 5k  | 13/04/2019 | 122 | 00:24:28 |      |
| Swansea Bay parkrun | 5k  | 06/04/2019 | 78  | 00:23:32 |      |
| Swansea Bay parkrun | 5k  | 30/03/2019 | 94  | 00:23:49 |      |
| Swansea Bay parkrun | 5k  | 23/03/2019 | 94  | 00:23:45 |      |
| Swansea Bay parkrun | 5k  | 02/03/2019 | 88  | 00:23:22 |      |
| Swansea Bay parkrun | 5k  | 09/02/2019 | 71  | 00:23:50 |      |
| Swansea Bay parkrun | 5k  | 02/02/2019 | 253 | 00:33:40 |      |
| Swansea Bay parkrun | 5k  | 26/01/2019 | 99  | 00:23:56 |      |
| Swansea Bay parkrun | 5k  | 12/01/2019 | 75  | 00:23:48 |      |
| Swansea Bay parkrun | 5k  | 01/01/2019 | 133 | 00:23:36 |      |
| Swansea Bay parkrun | 5k  | 29/12/2018 | 140 | 00:24:35 |      |

|                         |     |            |      |          |     |
|-------------------------|-----|------------|------|----------|-----|
| Swansea Bay parkrun     | 5k  | 24/11/2018 | 99   | 00:23:29 |     |
| Swansea Bay parkrun     | 5k  | 27/10/2018 | 110  | 00:24:17 |     |
| Swansea Bay parkrun     | 5k  | 20/10/2018 | 93   | 00:24:14 |     |
| Colby parkrun           | 5k  | 06/10/2018 | 76   | 00:30:41 |     |
| Admiral Swansea Bay 10k | 10k | 16/09/2018 | 1029 | 00:53:33 | M50 |
| Swansea Bay parkrun     | 5k  | 08/09/2018 | 65   | 00:23:35 |     |
| Swansea Bay parkrun     | 5k  | 01/09/2018 | 101  | 00:23:44 |     |
| Swansea Bay parkrun     | 5k  | 25/08/2018 | 100  | 00:23:27 |     |
| Swansea Bay parkrun     | 5k  | 18/08/2018 | 99   | 00:24:04 |     |
| Swansea Bay parkrun     | 5k  | 11/08/2018 | 86   | 00:24:43 |     |
| Swansea Bay parkrun     | 5k  | 04/08/2018 | 96   | 00:23:49 |     |
| Swansea Bay parkrun     | 5k  | 28/07/2018 | 45   | 00:23:56 |     |
| Swansea Bay parkrun     | 5k  | 21/07/2018 | 96   | 00:24:06 |     |
| Swansea Bay parkrun     | 5k  | 14/07/2018 | 97   | 00:24:43 |     |
| Swansea Bay parkrun     | 5k  | 23/06/2018 | 72   | 00:23:54 |     |
| Swansea Bay parkrun     | 5k  | 16/06/2018 | 68   | 00:23:42 |     |
| Swansea Bay parkrun     | 5k  | 02/06/2018 | 106  | 00:23:45 |     |
| Llanelli Coast parkrun  | 5k  | 26/05/2018 | 45   | 00:23:21 |     |
| Swansea Bay parkrun     | 5k  | 28/04/2018 | 61   | 00:22:46 |     |
| Swansea Bay parkrun     | 5k  | 14/04/2018 | 51   | 00:22:29 |     |
| Swansea Bay parkrun     | 5k  | 31/03/2018 | 85   | 00:22:52 |     |
| Swansea Bay parkrun     | 5k  | 24/03/2018 | 48   | 00:22:47 |     |
| Swansea Bay parkrun     | 5k  | 10/03/2018 | 58   | 00:23:20 |     |
| Hove Promenade parkrun  | 5k  | 24/02/2018 | 66   | 00:24:23 |     |
| Swansea Bay parkrun     | 5k  | 17/02/2018 | 44   | 00:23:40 |     |
| Swansea Bay parkrun     | 5k  | 10/02/2018 | 53   | 00:23:24 |     |



|  |               |            |       |          |        |
|--|---------------|------------|-------|----------|--------|
| Swansea Bay parkrun                      | 5k            | 03/02/2018 | 170   | 00:28:40 |        |
| Swansea Bay parkrun                      | 5k            | 20/01/2018 | 214   | 00:30:23 |        |
| Swansea Bay parkrun                      | 5k            | 13/01/2018 | 235   | 00:32:33 |        |
| Swansea Bay parkrun                      | 5k            | 06/01/2018 | 165   | 00:28:23 |        |
| Swansea Bay parkrun                      | 5k            | 01/01/2018 | 70    | 00:23:50 |        |
| Swansea Bay parkrun                      | 5k            | 30/12/2017 | 100   | 00:26:19 |        |
| Swansea Bay parkrun                      | 5k            | 23/12/2017 | 114   | 00:25:24 |        |
| Swansea Bay parkrun                      | 5k            | 09/12/2017 | 62    | 00:23:30 |        |
| Swansea Bay parkrun                      | 5k            | 25/11/2017 | 74    | 00:23:17 |        |
| Cardiff Half Marathon                    | Half Marathon | 01/10/2017 | 12019 | 02:19:41 | M50-54 |
| Admiral Swansea Bay 10k                  | 10k           | 24/09/2017 | 829   | 00:51:01 |        |
| Swansea Bay parkrun                      | 5k            | 16/09/2017 | 88    | 00:24:29 |        |
| Swansea Bay parkrun                      | 5k            | 26/08/2017 | 89    | 00:24:25 |        |
| Swansea Bay parkrun                      | 5k            | 12/08/2017 | 87    | 00:24:36 |        |
| Swansea Bay parkrun                      | 5k            | 05/08/2017 | 129   | 00:26:15 |        |
| Swansea Bay parkrun                      | 5k            | 08/07/2017 | 60    | 00:25:13 |        |
| Swansea Bay parkrun                      | 5k            | 17/06/2017 | 150   | 00:29:56 |        |
| Swansea Bay parkrun                      | 5k            | 10/06/2017 | 80    | 00:26:16 |        |
| Gnoll parkrun                            | 5k            | 03/06/2017 | 47    | 00:28:42 |        |
| Swansea Bay parkrun                      | 5k            | 20/05/2017 | 195   | 00:29:37 |        |
| Swansea Bay parkrun                      | 5k            | 13/05/2017 | 116   | 00:26:19 |        |
| Cardiff And Vale College Cardiff Bay Run | 10k           | 02/04/2017 | 1185  | 00:52:10 | M45+   |
| Swansea Bay parkrun                      | 5k            | 18/03/2017 | 63    | 00:24:35 |        |
| Swansea Bay parkrun                      | 5k            | 04/03/2017 | 82    | 00:24:37 |        |
| Swansea Bay parkrun                      | 5k            | 21/01/2017 | 48    | 00:23:15 |        |
| Swansea Bay parkrun                      | 5k            | 31/12/2016 | 81    | 00:24:16 |        |

|                                      |     |            |     |          |          |
|--------------------------------------|-----|------------|-----|----------|----------|
| Swansea Bay parkrun                  | 5k  | 24/12/2016 | 108 | 00:24:25 |          |
| <b>Gavin Davies</b>                  |     | 284        |     |          |          |
| Merthyr Mawr Christmas Pudding Race  | 10k | 15/12/2024 | 87  | 00:56:31 | VeteranM |
| Swansea Bay parkrun                  | 5k  | 14/12/2024 | 53  | 00:21:35 |          |
| Swansea Bay parkrun                  | 5k  | 16/11/2024 | 41  | 00:20:27 |          |
| Richard Burton 10k                   | 10k | 03/11/2024 | 214 | 00:42:53 | M60-69   |
| Swansea Bay parkrun                  | 5k  | 02/11/2024 | 112 | 00:23:16 |          |
| Swansea Bay parkrun                  | 5k  | 26/10/2024 | 122 | 00:23:15 |          |
| Swansea Bay parkrun                  | 5k  | 19/10/2024 | 37  | 00:20:20 |          |
| Swansea Bay parkrun                  | 5k  | 05/10/2024 | 30  | 00:20:26 |          |
| Swansea Bay parkrun                  | 5k  | 28/09/2024 | 42  | 00:20:08 |          |
| Swansea Bay parkrun                  | 5k  | 21/09/2024 | 29  | 00:20:34 |          |
| Swansea Bay parkrun                  | 5k  | 07/09/2024 | 26  | 00:20:37 |          |
| Brecon Carreg CDF 10K                | 10k | 01/09/2024 |     | 00:42:31 | M60      |
| Swansea Bay parkrun                  | 5k  | 31/08/2024 | 79  | 00:22:00 |          |
| Swansea Bay parkrun                  | 5k  | 24/08/2024 | 39  | 00:20:30 |          |
| Tri Hard Harriers 5K On The Bay      | 5k  | 22/08/2024 | 81  | 00:20:06 |          |
| Swansea Bay parkrun                  | 5k  | 17/08/2024 | 41  | 00:20:17 |          |
| Swansea Bay parkrun                  | 5k  | 10/08/2024 | 38  | 00:20:45 |          |
| Swansea Bay parkrun                  | 5k  | 03/08/2024 | 54  | 00:20:46 |          |
| Swansea Bay parkrun                  | 5k  | 27/07/2024 | 39  | 00:20:21 |          |
| Teifi Marshes Nature Reserve parkrun | 5k  | 20/07/2024 | 3   | 00:22:04 |          |
| Ammanford 10k                        | 10k | 14/07/2024 | 55  | 00:44:34 |          |
| Swansea Bay parkrun                  | 5k  | 13/07/2024 | 36  | 00:21:01 |          |
| Swansea Bay 5k Summer Series Race 3  | 5k  | 10/07/2024 | 47  | 00:21:19 |          |
| Ogi Porthcawl 10k                    | 10k | 07/07/2024 |     | 00:45:29 | M60      |

|                                     |    |            |     |          |
|-------------------------------------|----|------------|-----|----------|
| Sandy Water parkrun                 | 5k | 06/07/2024 | 20  | 00:21:58 |
| Swansea Bay parkrun                 | 5k | 29/06/2024 | 39  | 00:21:09 |
| Swansea Bay parkrun                 | 5k | 22/06/2024 | 47  | 00:21:28 |
| Swansea Bay 5k Summer Series Race 2 | 5k | 12/06/2024 | 66  | 00:23:03 |
| Swansea Bay parkrun                 | 5k | 08/06/2024 | 59  | 00:22:23 |
| Swansea Bay parkrun                 | 5k | 01/06/2024 | 127 | 00:23:48 |
| Swansea Bay parkrun                 | 5k | 25/05/2024 | 212 | 00:25:16 |
| Swansea Bay parkrun                 | 5k | 18/05/2024 | 120 | 00:23:27 |
| Cycle Route 43 parkrun Ystalyfera   | 5k | 11/05/2024 | 17  | 00:23:21 |
| Swansea Bay parkrun                 | 5k | 04/05/2024 | 289 | 00:27:33 |
| Cycle Route 43 parkrun Ystalyfera   | 5k | 27/04/2024 | 13  | 00:20:58 |
| Swansea Bay parkrun                 | 5k | 20/04/2024 | 56  | 00:20:36 |
| Swansea Bay parkrun                 | 5k | 13/04/2024 | 35  | 00:20:29 |
| Swansea Bay parkrun                 | 5k | 06/04/2024 | 37  | 00:21:16 |
| Swansea Bay parkrun                 | 5k | 30/03/2024 | 45  | 00:20:16 |
| Swansea Bay parkrun                 | 5k | 23/03/2024 | 48  | 00:21:12 |
| Swansea Bay parkrun                 | 5k | 16/03/2024 | 50  | 00:20:42 |
| Swansea Bay parkrun                 | 5k | 09/03/2024 | 35  | 00:20:31 |
| Swansea Bay parkrun                 | 5k | 02/03/2024 | 33  | 00:20:13 |
| Swansea Bay parkrun                 | 5k | 24/02/2024 | 40  | 00:20:40 |
| Swansea Bay parkrun                 | 5k | 10/02/2024 | 34  | 00:20:40 |
| Swansea Bay parkrun                 | 5k | 03/02/2024 | 37  | 00:20:37 |
| Swansea Bay parkrun                 | 5k | 27/01/2024 | 37  | 00:20:24 |
| Swansea Bay parkrun                 | 5k | 20/01/2024 | 37  | 00:20:44 |
| Swansea Bay parkrun                 | 5k | 13/01/2024 | 40  | 00:20:46 |
| Swansea Bay parkrun                 | 5k | 06/01/2024 | 42  | 00:20:38 |

|                                 |     |            |     |          |        |
|---------------------------------|-----|------------|-----|----------|--------|
| Swansea Bay parkrun             | 5k  | 01/01/2024 | 41  | 00:21:03 |        |
| Swansea Bay parkrun             | 5k  | 30/12/2023 | 61  | 00:21:16 |        |
| Swansea Bay parkrun             | 5k  | 23/12/2023 | 64  | 00:20:37 |        |
| Swansea Bay parkrun             | 5k  | 16/12/2023 | 37  | 00:20:43 |        |
| Swansea Bay parkrun             | 5k  | 09/12/2023 | 32  | 00:21:03 |        |
| Swansea Bay parkrun             | 5k  | 02/12/2023 | 25  | 00:20:09 |        |
| Swansea Bay parkrun             | 5k  | 25/11/2023 | 45  | 00:20:29 |        |
| Swansea Bay parkrun             | 5k  | 18/11/2023 | 32  | 00:20:52 |        |
| Swansea Bay parkrun             | 5k  | 04/11/2023 | 49  | 00:21:37 |        |
| Tenby 10k                       | 10k | 29/10/2023 | 39  | 00:43:30 |        |
| Swansea Bay parkrun             | 5k  | 28/10/2023 | 31  | 00:20:47 |        |
| Swansea Bay parkrun             | 5k  | 21/10/2023 | 59  | 00:21:17 |        |
| Brynaman parkrun                | 5k  | 07/10/2023 | 3   | 00:20:39 |        |
| Swansea Bay parkrun             | 5k  | 30/09/2023 | 29  | 00:20:11 |        |
| Porthcawl parkrun               | 5k  | 23/09/2023 | 24  | 00:20:10 |        |
| Admiral Swansea Bay 10k         | 10k | 17/09/2023 | 233 | 00:42:35 | Male   |
| Swansea Bay parkrun             | 5k  | 16/09/2023 | 44  | 00:21:27 |        |
| Cardiff 10k                     | 10k | 03/09/2023 | 276 | 00:41:45 | M60-64 |
| Swansea Bay parkrun             | 5k  | 02/09/2023 | 32  | 00:20:46 |        |
| Swansea Bay parkrun             | 5k  | 26/08/2023 | 33  | 00:19:48 |        |
| Tri Hard Harriers 5k on the Bay | 5k  | 24/08/2023 | 60  | 00:20:01 | M40+   |
| Swansea Bay parkrun             | 5k  | 19/08/2023 | 47  | 00:20:41 |        |
| Swansea Bay parkrun             | 5k  | 12/08/2023 | 38  | 00:20:12 |        |
| Swansea Bay parkrun             | 5k  | 05/08/2023 | 32  | 00:20:50 |        |
| Swansea Bay parkrun             | 5k  | 29/07/2023 | 41  | 00:20:16 |        |
| Swansea Bay parkrun             | 5k  | 08/07/2023 | 34  | 00:20:04 |        |

|                              |     |            |     |          |        |
|------------------------------|-----|------------|-----|----------|--------|
| Sandy Water parkrun          | 5k  | 01/07/2023 | 19  | 00:20:23 |        |
| Swansea Bay parkrun          | 5k  | 24/06/2023 | 38  | 00:20:30 |        |
| Swansea Bay parkrun          | 5k  | 17/06/2023 | 32  | 00:20:15 |        |
| Swansea Bay parkrun          | 5k  | 10/06/2023 | 26  | 00:20:22 |        |
| Milford Waterfront parkrun   | 5k  | 03/06/2023 | 4   | 00:21:18 |        |
| Swansea Bay parkrun          | 5k  | 27/05/2023 | 39  | 00:20:34 |        |
| Swansea Bay parkrun          | 5k  | 20/05/2023 | 36  | 00:21:04 |        |
| Torbay Velopark parkrun      | 5k  | 13/05/2023 | 13  | 00:20:56 |        |
| Swansea Bay Summer 5k Series | 5k  | 10/05/2023 | 62  | 00:21:07 | MVET   |
| Swansea Bay parkrun          | 5k  | 06/05/2023 | 47  | 00:20:57 |        |
| Brisco Gorseinon 10k         | 10k | 30/04/2023 | 84  | 00:44:00 | M55    |
| Swansea Bay parkrun          | 5k  | 29/04/2023 | 87  | 00:21:55 |        |
| Swansea Bay parkrun          | 5k  | 22/04/2023 | 46  | 00:21:09 |        |
| ABP Newport 10k              | 10k | 16/04/2023 | 238 | 00:43:38 | M55-59 |
| Swansea Bay parkrun          | 5k  | 15/04/2023 | 76  | 00:22:45 |        |
| Swansea Bay parkrun          | 5k  | 08/04/2023 | 50  | 00:21:07 |        |
| Swansea Bay parkrun          | 5k  | 01/04/2023 | 49  | 00:21:27 |        |
| Swansea Bay parkrun          | 5k  | 25/03/2023 | 51  | 00:21:26 |        |
| Swansea Bay parkrun          | 5k  | 18/03/2023 | 47  | 00:21:40 |        |
| Swansea Bay parkrun          | 5k  | 11/03/2023 | 98  | 00:24:49 |        |
| Swansea Bay parkrun          | 5k  | 04/03/2023 | 46  | 00:21:22 |        |
| Swansea Bay parkrun          | 5k  | 25/02/2023 | 64  | 00:22:07 |        |
| Swansea Bay parkrun          | 5k  | 28/01/2023 | 55  | 00:21:39 |        |
| Swansea Bay parkrun          | 5k  | 21/01/2023 | 59  | 00:22:36 |        |
| Swansea Bay parkrun          | 5k  | 14/01/2023 | 130 | 00:24:05 |        |
| Swansea Bay parkrun          | 5k  | 07/01/2023 | 90  | 00:24:10 |        |

|   |       |            |     |          |      |
|---|-------|------------|-----|----------|------|
| Swansea Bay parkrun                                   | 5k    | 01/01/2023 | 168 | 00:28:45 |      |
| Swansea Bay parkrun                                   | 5k    | 31/12/2022 | 272 | 00:30:46 |      |
| Swansea Bay parkrun                                   | 5k    | 05/11/2022 | 78  | 00:24:21 |      |
| Swansea Bay parkrun                                   | 5k    | 29/10/2022 | 26  | 00:19:59 |      |
| Swansea Bay parkrun                                   | 5k    | 22/10/2022 | 35  | 00:20:10 |      |
| Swansea Bay parkrun                                   | 5k    | 15/10/2022 | 17  | 00:19:46 |      |
| Swansea Bay parkrun                                   | 5k    | 08/10/2022 | 37  | 00:20:07 |      |
| Swansea Bay parkrun                                   | 5k    | 01/10/2022 | 28  | 00:20:32 |      |
| Welsh Road Relay Championships - Pembrey Country Park | 5400m | 24/09/2022 |     | 00:22:48 | MM55 |
| Admiral Swansea Bay 10k                               | 10k   | 18/09/2022 | 195 | 00:40:31 | M55  |
| Swansea Bay parkrun                                   | 5k    | 17/09/2022 | 25  | 00:19:56 |      |
| Swansea Bay parkrun                                   | 5k    | 10/09/2022 | 40  | 00:19:42 |      |
| Haverfordwest parkrun                                 | 5k    | 03/09/2022 | 3   | 00:20:38 |      |
| Swansea Bay parkrun                                   | 5k    | 27/08/2022 | 28  | 00:19:30 |      |
| Swansea Bay parkrun                                   | 5k    | 20/08/2022 | 20  | 00:19:43 |      |
| Llyn Llech Owain parkrun                              | 5k    | 13/08/2022 | 4   | 00:20:26 |      |
| Swansea Bay parkrun                                   | 5k    | 06/08/2022 | 22  | 00:19:41 |      |
| Tenby 10k   | 10k   | 31/07/2022 | 18  | 00:42:30 | M50  |
| Swansea Bay parkrun                                   | 5k    | 30/07/2022 | 39  | 00:20:09 |      |
| Swansea Bay parkrun                                   | 5k    | 23/07/2022 | 30  | 00:20:05 |      |
| Swansea Bay parkrun                                   | 5k    | 09/07/2022 | 23  | 00:19:38 |      |
| Healthspan Porthcawl 10k                              | 10k   | 03/07/2022 | 138 | 00:41:27 | M55+ |
| Gnoll parkrun   | 5k    | 02/07/2022 | 6   | 00:20:31 |      |
| Swansea Bay parkrun                                   | 5k    | 25/06/2022 | 13  | 00:19:43 |      |
| Swansea Bay parkrun                                   | 5k    | 18/06/2022 | 36  | 00:19:53 |      |
| Swansea Bay parkrun                                   | 5k    | 11/06/2022 | 15  | 00:19:44 |      |

|   |         |            |    |          |      |
|---|---------|------------|----|----------|------|
| Swansea Bay Summer 5k Series                          | 5k      | 08/06/2022 | 26 | 00:20:22 | M55  |
| Swansea Bay parkrun                                   | 5k      | 04/06/2022 | 27 | 00:19:38 |      |
| Swansea Bay parkrun                                   | 5k      | 28/05/2022 | 48 | 00:19:39 |      |
| Swansea Bay parkrun                                   | 5k      | 21/05/2022 | 30 | 00:19:45 |      |
| Swansea Bay parkrun                                   | 5k      | 14/05/2022 | 33 | 00:20:15 |      |
| PPRC Swansea Bay Summer 5k Series                     | 5k      | 11/05/2022 | 21 | 00:20:27 | M55  |
| Sandy Water parkrun                                   | 5k      | 07/05/2022 | 8  | 00:19:44 |      |
| Swansea Bay parkrun                                   | 5k      | 30/04/2022 | 30 | 00:19:43 |      |
| Hydro Dragon Events - Drefach Felindre 10km Challenge | 10k     | 24/04/2022 | 2  | 01:04:20 |      |
| Swansea Bay parkrun                                   | 5k      | 23/04/2022 | 31 | 00:20:20 |      |
| The Kymin Dash - Monmouth                             | 7 miles | 10/04/2022 | 18 | 00:48:56 | MV50 |
| Swansea Bay parkrun                                   | 5k      | 09/04/2022 | 20 | 00:19:35 |      |
| Swansea Bay parkrun                                   | 5k      | 02/04/2022 | 26 | 00:19:59 |      |
| Swansea Bay parkrun                                   | 5k      | 26/03/2022 | 18 | 00:19:49 |      |
| Swansea Bay parkrun                                   | 5k      | 12/03/2022 | 23 | 00:19:52 |      |
| Swansea Bay parkrun                                   | 5k      | 05/03/2022 | 39 | 00:19:53 |      |
| Swansea Bay parkrun                                   | 5k      | 26/02/2022 | 26 | 00:19:52 |      |
| Swansea Bay parkrun                                   | 5k      | 19/02/2022 | 16 | 00:20:38 |      |
| Swansea Bay parkrun                                   | 5k      | 12/02/2022 | 21 | 00:20:04 |      |
| Swansea Bay parkrun                                   | 5k      | 05/02/2022 | 35 | 00:20:22 |      |
| Swansea Bay parkrun                                   | 5k      | 29/01/2022 | 20 | 00:20:06 |      |
| Swansea Bay parkrun                                   | 5k      | 22/01/2022 | 35 | 00:20:01 |      |
| Swansea Bay parkrun                                   | 5k      | 15/01/2022 | 23 | 00:20:17 |      |
| Swansea Bay parkrun                                   | 5k      | 18/12/2021 | 43 | 00:20:20 |      |
| Gnoll parkrun   | 5k      | 11/12/2021 | 8  | 00:21:12 |      |
| Merthyr Mawr Christmas Pudding Race 2021              | 10k     | 05/12/2021 | 65 | 00:53:02 | VM   |

|  |       |            |     |          |        |
|--|-------|------------|-----|----------|--------|
| Swansea Bay parkrun                            | 5k    | 27/11/2021 | 16  | 00:21:19 |        |
| Swansea Bay parkrun                            | 5k    | 20/11/2021 | 37  | 00:20:52 |        |
| Swansea Bay parkrun                            | 5k    | 13/11/2021 | 38  | 00:21:04 |        |
| Tata Steel Richard Burton 10k                  | 10k   | 07/11/2021 | 165 | 00:44:54 | M50+   |
| Swansea Bay parkrun                            | 5k    | 06/11/2021 | 45  | 00:21:29 |        |
| Swansea Bay parkrun                            | 5k    | 30/10/2021 | 40  | 00:21:54 |        |
| Sandy Water parkrun                            | 5k    | 23/10/2021 | 15  | 00:20:27 |        |
| Swansea Bay parkrun                            | 5k    | 16/10/2021 | 18  | 00:20:40 |        |
| Swansea Bay parkrun                            | 5k    | 09/10/2021 | 25  | 00:20:16 |        |
| Swansea Bay parkrun                            | 5k    | 02/10/2021 | 28  | 00:21:43 |        |
| Cardiff Bay 10k                                | 10k   | 26/09/2021 | 209 | 00:42:21 | M55+   |
| Swansea Bay parkrun                            | 5k    | 25/09/2021 | 26  | 00:20:18 |        |
| Admiral Swansea Bay 10k                        | 10k   | 19/09/2021 | 138 | 00:41:28 |        |
| Welsh Athletics Welsh Road Relay Championships | 5400m | 11/09/2021 | 20  | 00:22:08 | MM35   |
| Swansea Bay parkrun                            | 5k    | 04/09/2021 | 28  | 00:19:55 |        |
| Swansea Bay parkrun                            | 5k    | 28/08/2021 | 23  | 00:20:01 |        |
| Swansea Bay parkrun                            | 5k    | 21/08/2021 | 34  | 00:20:35 |        |
| Welsh 5k Series - Pembrey (Fixture 3 - Men)    | 5k    | 31/07/2021 | 65  | 00:19:49 | M55    |
| Tough Runner Bristol Epic 10k 2021             | 10k   | 11/07/2021 | 37  | 00:46:40 | M50-59 |
| Welsh 5k Series - Pembrey (Fixture 2)          | 5k    | 04/07/2021 | 84  | 00:20:04 | M55    |
| Swansea Bay parkrun                            | 5k    | 14/03/2020 | 21  | 00:20:13 |        |
| Swansea Bay parkrun                            | 5k    | 07/03/2020 | 38  | 00:20:25 |        |
| Swansea Bay parkrun                            | 5k    | 29/02/2020 | 28  | 00:20:35 |        |
| Swansea Bay parkrun                            | 5k    | 15/02/2020 | 34  | 00:21:16 |        |
| Swansea Bay parkrun                            | 5k    | 08/02/2020 | 43  | 00:20:39 |        |
| Swansea Bay parkrun                            | 5k    | 25/01/2020 | 32  | 00:20:44 |        |



|  |       |            |     |          |         |
|--|-------|------------|-----|----------|---------|
| King George V Playing Field parkrun      | 5k    | 18/01/2020 | 6   | 00:21:28 |         |
| Gnoll parkrun                            | 5k    | 04/01/2020 | 13  | 00:21:00 |         |
| Swansea Bay parkrun                      | 5k    | 01/01/2020 | 35  | 00:20:31 |         |
| Swansea Bay parkrun                      | 5k    | 28/12/2019 | 25  | 00:20:28 |         |
| Swansea Bay parkrun                      | 5k    | 21/12/2019 | 39  | 00:20:49 |         |
| Cottrell Park Christmas Cracker          | 10k   | 15/12/2019 | 32  | 00:50:22 | MM55-64 |
| Swansea Bay parkrun                      | 5k    | 14/12/2019 | 13  | 00:20:57 |         |
| Merthyr Mawr Christmas Pudding Race      | 10k   | 08/12/2019 | 77  | 00:58:53 | MV      |
| King George V Playing Field parkrun      | 5k    | 07/12/2019 | 4   | 00:21:34 |         |
| Swansea Bay parkrun                      | 5k    | 30/11/2019 | 37  | 00:20:59 |         |
| Swansea Bay parkrun                      | 5k    | 23/11/2019 | 25  | 00:20:23 |         |
| Swansea Bay parkrun                      | 5k    | 02/11/2019 | 40  | 00:22:52 |         |
| Swansea Bay parkrun                      | 5k    | 26/10/2019 | 18  | 00:20:30 |         |
| Swansea Bay parkrun                      | 5k    | 19/10/2019 | 42  | 00:20:47 |         |
| Swansea Bay parkrun                      | 5k    | 12/10/2019 | 30  | 00:20:32 |         |
| Swansea Bay parkrun                      | 5k    | 28/09/2019 | 22  | 00:20:13 |         |
| Admiral Swansea Bay 10k                  | 10k   | 22/09/2019 |     | 00:42:28 |         |
| Welsh Athletics Road Relay Championships | 5400m | 15/09/2019 |     | 00:24:20 | MM45    |
| Swansea Bay parkrun                      | 5k    | 14/09/2019 | 35  | 00:20:28 |         |
| Craft 10K Series Race 1                  | 10k   | 08/09/2019 | 4   | 00:44:22 | M55     |
| Swansea Bay parkrun                      | 5k    | 31/08/2019 | 23  | 00:20:45 |         |
| Llantwit Major 10k                       | 10k   | 24/08/2019 | 33  | 00:46:48 | M45+    |
| Swansea Bay parkrun                      | 5k    | 17/08/2019 | 36  | 00:20:28 |         |
| Swansea Bay parkrun                      | 5k    | 10/08/2019 | 25  | 00:21:01 |         |
| ABP Barry 10k                            | 10k   | 04/08/2019 | 206 | 00:44:17 | M55+    |
| Swansea Bay parkrun                      | 5k    | 03/08/2019 | 78  | 00:22:57 |         |

|                                       |         |            |     |          |       |
|---------------------------------------|---------|------------|-----|----------|-------|
| Tenby 10k                             | 10k     | 28/07/2019 | 50  | 00:44:06 |       |
| Swansea Bay parkrun                   | 5k      | 27/07/2019 | 46  | 00:20:56 |       |
| Swansea Bay parkrun                   | 5k      | 20/07/2019 | 38  | 00:20:49 |       |
| Swansea Bay parkrun                   | 5k      | 13/07/2019 | 38  | 00:20:40 |       |
| Porthcawl 10k                         | 10k     | 07/07/2019 | 340 | 00:45:47 | M55+  |
| Llanelli Coast parkrun                | 5k      | 06/07/2019 | 14  | 00:20:26 |       |
| Swansea Bay parkrun                   | 5k      | 29/06/2019 | 44  | 00:21:32 |       |
| Swansea Bay parkrun                   | 5k      | 22/06/2019 | 24  | 00:20:23 |       |
| Swansea Bay parkrun                   | 5k      | 15/06/2019 | 48  | 00:20:59 |       |
| PPRC 5k Summer Series Race 2          | 5k      | 13/06/2019 |     | 00:22:09 | M50   |
| Kingsbury Water parkrun               | 5k      | 08/06/2019 | 18  | 00:20:28 |       |
| Run4All Neath 5k Summer Series Race 2 | 5k      | 05/06/2019 | 47  | 00:21:21 | MV40+ |
| Tonmawr Hilly 5                       | 5 miles | 26/05/2019 | 42  | 00:37:29 | MV55  |
| Swansea Bay parkrun                   | 5k      | 25/05/2019 | 33  | 00:20:14 |       |
| Swansea Bay parkrun                   | 5k      | 18/05/2019 | 45  | 00:20:50 |       |
| Clermont Waterfront parkrun           | 5k      | 11/05/2019 | 5   | 00:22:03 |       |
| Swansea Bay parkrun                   | 5k      | 27/04/2019 | 8   | 00:20:46 |       |
| Brueton parkrun                       | 5k      | 20/04/2019 | 34  | 00:20:18 |       |
| Swansea Bay parkrun                   | 5k      | 13/04/2019 | 39  | 00:20:57 |       |
| Llanelli Coast parkrun                | 5k      | 06/04/2019 | 13  | 00:20:32 |       |
| Swansea Bay parkrun                   | 5k      | 30/03/2019 | 20  | 00:20:14 |       |
| Swansea Bay parkrun                   | 5k      | 23/03/2019 | 35  | 00:21:01 |       |
| Swansea Bay parkrun                   | 5k      | 16/03/2019 | 26  | 00:20:29 |       |
| Swansea Bay parkrun                   | 5k      | 09/03/2019 | 31  | 00:20:44 |       |
| Kingsbury Water parkrun               | 5k      | 02/03/2019 | 21  | 00:20:58 |       |
| Swansea Bay parkrun                   | 5k      | 23/02/2019 | 16  | 00:20:40 |       |

|                               |         |            |     |          |          |
|-------------------------------|---------|------------|-----|----------|----------|
| Swansea Bay parkrun           | 5k      | 16/02/2019 | 49  | 00:21:06 |          |
| Swansea Bay parkrun           | 5k      | 02/02/2019 | 21  | 00:20:37 |          |
| Kingsbury Water parkrun       | 5k      | 26/01/2019 | 17  | 00:21:11 |          |
| Swansea Bay parkrun           | 5k      | 19/01/2019 | 57  | 00:22:25 |          |
| Swansea Bay parkrun           | 5k      | 12/01/2019 | 23  | 00:20:48 |          |
| Porthcawl parkrun             | 5k      | 05/01/2019 | 19  | 00:20:23 |          |
| Swansea Bay parkrun           | 5k      | 01/01/2019 | 45  | 00:20:42 |          |
| Swansea Bay parkrun           | 5k      | 29/12/2018 | 44  | 00:20:35 |          |
| Swansea Bay parkrun           | 5k      | 22/12/2018 | 28  | 00:20:33 |          |
| Kingsbury Water parkrun       | 5k      | 15/12/2018 | 11  | 00:20:25 |          |
| Swansea Bay parkrun           | 5k      | 08/12/2018 | 14  | 00:20:43 |          |
| Swansea Bay parkrun           | 5k      | 24/11/2018 | 38  | 00:20:38 |          |
| Brueton parkrun               | 5k      | 17/11/2018 | 43  | 00:21:39 |          |
| Tata Steel Richard Burton 10k | 10k     | 04/11/2018 | 250 | 00:47:05 | Male 50+ |
| Swansea Bay parkrun           | 5k      | 03/11/2018 | 33  | 00:21:53 |          |
| Swansea Bay parkrun           | 5k      | 20/10/2018 | 34  | 00:20:13 |          |
| Swansea Bay parkrun           | 5k      | 06/10/2018 | 15  | 00:20:46 |          |
| Porthcawl parkrun             | 5k      | 29/09/2018 | 18  | 00:20:22 |          |
| Worcester parkrun             | 5k      | 22/09/2018 | 26  | 00:20:46 |          |
| Admiral Swansea Bay 10k       | 10k     | 16/09/2018 | 228 | 00:42:35 | M50      |
| Porthcawl parkrun             | 5k      | 15/09/2018 | 27  | 00:21:41 |          |
| Wyre Forest parkrun           | 5k      | 08/09/2018 | 10  | 00:21:23 |          |
| Swansea Bay parkrun           | 5k      | 01/09/2018 | 59  | 00:22:12 |          |
| Swansea Bay parkrun           | 5k      | 25/08/2018 | 40  | 00:20:35 |          |
| Dudley parkrun                | 5k      | 11/08/2018 | 21  | 00:21:45 |          |
| Andy Holden Memorial 5        | 5 miles | 08/08/2018 | 37  | 00:32:20 | MV50     |

|  |     |            |    |          |      |
|--|-----|------------|----|----------|------|
| Worcester parkrun                          | 5k  | 04/08/2018 | 25 | 00:20:47 |      |
| Tenby 10k                                  | 10k | 29/07/2018 | 36 | 00:43:45 | M50  |
| Swansea Bay parkrun                        | 5k  | 28/07/2018 | 17 | 00:21:23 |      |
| Kingsbury Water parkrun                    | 5k  | 21/07/2018 | 10 | 00:20:27 |      |
| Swansea Bay parkrun                        | 5k  | 14/07/2018 | 21 | 00:20:11 |      |
| Pprc Swansea Bay Summer 5k Series          | 5k  | 12/07/2018 | 39 | 00:20:17 | M    |
| Ammanford 10k                              | 10k | 08/07/2018 | 50 | 00:43:16 | MV50 |
| Swansea Bay parkrun                        | 5k  | 07/07/2018 | 21 | 00:20:26 |      |
| Llyn Llech Owain parkrun                   | 5k  | 30/06/2018 | 10 | 00:21:16 |      |
| Swansea Bay parkrun                        | 5k  | 23/06/2018 | 18 | 00:19:59 |      |
| Swansea Bay parkrun                        | 5k  | 16/06/2018 | 19 | 00:20:03 |      |
| Pprc Swansea Bay Summer 5k Series - Race 2 | 5k  | 14/06/2018 | 26 | 00:20:36 | M    |
| Gnoll parkrun                              | 5k  | 09/06/2018 | 4  | 00:20:27 |      |
| Run4all Neath 5k Series - Race 2           | 5k  | 06/06/2018 | 40 | 00:20:42 | MV40 |
| Swansea Bay parkrun                        | 5k  | 02/06/2018 | 30 | 00:20:06 |      |
| Swansea Bay parkrun                        | 5k  | 12/05/2018 | 22 | 00:20:01 |      |
| Pprc Swansea Bay Summer 5k Series          | 5k  | 10/05/2018 | 32 | 00:20:19 | M    |
| Llanelli Coast parkrun                     | 5k  | 05/05/2018 | 10 | 00:19:45 |      |
| Run4all Neath 5k Series - Race 1           | 5k  | 02/05/2018 | 34 | 00:21:11 | MV40 |
| Abp Newport Wales 10k                      | 10k | 29/04/2018 | 96 | 00:41:05 | M50+ |
| Swansea Bay parkrun                        | 5k  | 28/04/2018 | 27 | 00:20:34 |      |
| Swansea Bay parkrun                        | 5k  | 21/04/2018 | 18 | 00:19:52 |      |
| Swansea Bay parkrun                        | 5k  | 14/04/2018 | 14 | 00:20:06 |      |
| Swansea Bay parkrun                        | 5k  | 07/04/2018 | 13 | 00:20:10 |      |
| Swansea Bay parkrun                        | 5k  | 31/03/2018 | 30 | 00:20:05 |      |
| Swansea Bay parkrun                        | 5k  | 24/03/2018 | 14 | 00:20:07 |      |

| James Davies                     |          | 163        |      |                 |
|----------------------------------|----------|------------|------|-----------------|
| Swansea Bay parkrun              | 5k       | 21/12/2024 | 313  | 00:28:48        |
| Swansea Bay parkrun              | 5k       | 14/12/2024 | 210  | 00:27:35        |
| Swansea Bay parkrun              | 5k       | 30/11/2024 | 288  | 00:29:23        |
| Richard Burton 10k               | 10k      | 03/11/2024 | 1112 | 00:55:53 M50-59 |
| Swansea Bay parkrun              | 5k       | 26/10/2024 | 236  | 00:25:43        |
| Bank of America Chicago Marathon | Marathon | 13/10/2024 |      | 05:14:50        |
| Swansea Bay parkrun              | 5k       | 28/09/2024 | 445  | 00:31:21        |
| Swansea Bay parkrun              | 5k       | 21/09/2024 | 421  | 00:33:00        |
| Southwark parkrun                | 5k       | 14/09/2024 | 398  | 00:29:12        |
| Swansea Bay parkrun              | 5k       | 24/08/2024 | 278  | 00:28:48        |
| Tri Hard Harriers 5K On The Bay  | 5k       | 22/08/2024 | 224  | 00:26:32        |
| Swansea Bay parkrun              | 5k       | 27/07/2024 | 299  | 00:28:10        |
| Swansea Bay parkrun              | 5k       | 20/07/2024 | 202  | 00:27:45        |
| Swansea Bay parkrun              | 5k       | 24/02/2024 | 312  | 00:29:02        |
| Swansea Bay parkrun              | 5k       | 17/02/2024 | 254  | 00:28:12        |
| Swansea Bay parkrun              | 5k       | 03/02/2024 | 321  | 00:29:56        |
| Swansea Bay parkrun              | 5k       | 27/01/2024 | 289  | 00:28:29        |
| Swansea Bay parkrun              | 5k       | 20/01/2024 | 342  | 00:30:22        |
| Swansea Bay parkrun              | 5k       | 13/01/2024 | 412  | 00:31:45        |
| Swansea Bay parkrun              | 5k       | 06/01/2024 | 349  | 00:29:38        |
| Swansea Bay parkrun              | 5k       | 30/12/2023 | 372  | 00:30:41        |
| Tenby 10k                        | 10k      | 29/10/2023 | 288  | 00:54:03        |
| Swansea Bay parkrun              | 5k       | 21/10/2023 | 186  | 00:26:12        |
| Swansea Bay parkrun              | 5k       | 14/10/2023 | 183  | 00:25:02        |
| Swansea Bay parkrun              | 5k       | 07/10/2023 | 166  | 00:24:12        |

|                                 |               |            |       |          |      |
|---------------------------------|---------------|------------|-------|----------|------|
| Swansea Bay parkrun             | 5k            | 30/09/2023 | 160   | 00:25:24 |      |
| BMW Berlin Marathon 2023        | Marathon      | 24/09/2023 | 18184 | 04:13:17 | M55  |
| Swansea Bay parkrun             | 5k            | 16/09/2023 | 158   | 00:26:21 |      |
| Swansea Bay parkrun             | 5k            | 02/09/2023 | 127   | 00:24:20 |      |
| Tri Hard Harriers 5k on the Bay | 5k            | 24/08/2023 | 126   | 00:23:41 | M40+ |
| Swansea Bay parkrun             | 5k            | 19/08/2023 | 174   | 00:25:38 |      |
| Swansea Bay parkrun             | 5k            | 12/08/2023 | 167   | 00:27:01 |      |
| Swansea Bay parkrun             | 5k            | 05/08/2023 | 94    | 00:24:54 |      |
| Swansea Bay parkrun             | 5k            | 29/07/2023 | 332   | 00:29:08 |      |
| Swansea Bay parkrun             | 5k            | 08/07/2023 | 241   | 00:27:41 |      |
| Sandy Water parkrun             | 5k            | 01/07/2023 | 107   | 00:26:44 |      |
| Swansea Bay parkrun             | 5k            | 17/06/2023 | 171   | 00:25:32 |      |
| Swansea Bay parkrun             | 5k            | 10/06/2023 | 283   | 00:29:28 |      |
| Swansea Bay parkrun             | 5k            | 03/06/2023 | 178   | 00:25:24 |      |
| Swansea Bay parkrun             | 5k            | 27/05/2023 | 227   | 00:26:08 |      |
| Swansea Bay parkrun             | 5k            | 13/05/2023 | 200   | 00:25:45 |      |
| Swansea Bay Summer 5k Series    | 5k            | 10/05/2023 | 111   | 00:24:12 | MVET |
| Swansea Bay parkrun             | 5k            | 06/05/2023 | 155   | 00:25:00 |      |
| Brisco Gorseinon 10k            | 10k           | 30/04/2023 | 222   | 00:50:51 | M55  |
| Swansea Bay parkrun             | 5k            | 15/04/2023 | 213   | 00:26:54 |      |
| Swansea Bay parkrun             | 5k            | 08/04/2023 | 215   | 00:26:47 |      |
| Great Welsh Half Marathon       | Half Marathon | 02/04/2023 | 220   | 01:56:12 | M55  |
| Brecon Carreg Cardiff Bay 10k   | 10k           | 26/03/2023 | 985   | 00:50:35 | M55  |
| Swansea Bay parkrun             | 5k            | 11/03/2023 | 125   | 00:25:43 |      |
| Swansea Bay parkrun             | 5k            | 04/03/2023 | 98    | 00:23:28 |      |
| Swansea Bay parkrun             | 5k            | 18/02/2023 | 172   | 00:25:54 |      |

|                                     |               |            |       |          |        |
|-------------------------------------|---------------|------------|-------|----------|--------|
| Swansea Bay parkrun                 | 5k            | 04/02/2023 | 166   | 00:25:54 |        |
| Swansea Bay parkrun                 | 5k            | 28/01/2023 | 154   | 00:25:16 |        |
| Swansea Bay parkrun                 | 5k            | 07/01/2023 | 89    | 00:24:08 |        |
| Swansea Bay parkrun                 | 5k            | 01/01/2023 | 135   | 00:26:53 |        |
| Swansea Bay parkrun                 | 5k            | 31/12/2022 | 97    | 00:24:02 |        |
| Glynneath 5 Boxing Day 5 Mile Race  | 5 miles       | 26/12/2022 | 102   | 00:38:36 | M50-59 |
| Gnoll parkrun                       | 5k            | 25/12/2022 | 40    | 00:28:38 |        |
| Swansea Bay parkrun                 | 5k            | 24/12/2022 | 149   | 00:24:06 |        |
| Gnoll parkrun                       | 5k            | 17/12/2022 | 13    | 00:25:12 |        |
| Ashton Court parkrun                | 5k            | 10/12/2022 | 107   | 00:26:23 |        |
| Swansea Bay parkrun                 | 5k            | 03/12/2022 | 59    | 00:22:43 |        |
| Swansea Bay parkrun                 | 5k            | 26/11/2022 | 68    | 00:22:48 |        |
| Sospan MT10                         | 10 miles      | 20/11/2022 | 209   | 01:29:06 | M45-54 |
| Swansea Bay parkrun                 | 5k            | 12/11/2022 | 74    | 00:22:48 |        |
| TCS New York City Marathon          | Marathon      | 06/11/2022 | 17945 | 04:27:14 | M54    |
| Swansea Bay parkrun                 | 5k            | 29/10/2022 | 162   | 00:26:39 |        |
| Swansea Bay parkrun                 | 5k            | 15/10/2022 | 143   | 00:26:50 |        |
| Swansea Bay parkrun                 | 5k            | 08/10/2022 | 177   | 00:25:31 |        |
| 2022 Wizz Air Cardiff Half Marathon | Half Marathon | 02/10/2022 | 3532  | 01:59:27 | M50+   |
| Swansea Bay parkrun                 | 5k            | 01/10/2022 | 209   | 00:28:54 |        |
| Swansea Bay parkrun                 | 5k            | 03/09/2022 | 137   | 00:25:12 |        |
| Swansea Bay parkrun                 | 5k            | 27/08/2022 | 210   | 00:26:14 |        |
| Swansea Bay parkrun                 | 5k            | 18/06/2022 | 96    | 00:23:59 |        |
| Swansea Bay parkrun                 | 5k            | 21/05/2022 | 113   | 00:24:01 |        |
| PPRC Swansea Bay Summer 5k Series   | 5k            | 11/05/2022 | 56    | 00:24:54 | M50    |
| Sandy Water parkrun                 | 5k            | 07/05/2022 | 45    | 00:24:07 |        |

|  |           |            |     |          |      |
|--|-----------|------------|-----|----------|------|
| Sandy Water parkrun                      | 5k        | 30/04/2022 | 35  | 00:23:50 |      |
| Swansea Bay parkrun                      | 5k        | 23/04/2022 | 116 | 00:24:23 |      |
| Swansea Bay parkrun                      | 5k        | 16/04/2022 | 304 | 00:29:19 |      |
| Swansea Bay parkrun                      | 5k        | 22/01/2022 | 102 | 00:23:34 |      |
| Swansea Bay parkrun                      | 5k        | 15/01/2022 | 75  | 00:24:33 |      |
| Merthyr Mawr Christmas Pudding Race 2021 | 10k       | 05/12/2021 | 200 | 01:06:46 | VM   |
| Brynaman parkrun                         | 5k        | 27/11/2021 | 9   | 00:25:03 |      |
| Swansea Bay parkrun                      | 5k        | 13/11/2021 | 137 | 00:25:48 |      |
| Tata Steel Richard Burton 10k            | 10k       | 07/11/2021 | 593 | 00:55:07 | M50+ |
| Swansea Bay parkrun                      | 5k        | 09/10/2021 | 101 | 00:24:53 |      |
| Swansea Bay parkrun                      | 5k        | 25/09/2021 | 139 | 00:25:10 |      |
| Swansea Bay parkrun                      | 5k        | 04/09/2021 | 165 | 00:25:50 |      |
| Swansea Bay parkrun                      | 5k        | 21/08/2021 | 161 | 00:26:46 |      |
| Swansea Bay parkrun                      | 5k        | 07/03/2020 | 108 | 00:24:07 |      |
| Swansea Bay parkrun                      | 5k        | 29/02/2020 | 99  | 00:23:44 |      |
| Swansea Bay parkrun                      | 5k        | 22/02/2020 | 99  | 00:23:18 |      |
| Swansea Bay parkrun                      | 5k        | 08/02/2020 | 136 | 00:24:15 |      |
| Tata Steel Round the Reservoir           | 5.6 miles | 12/01/2020 | 214 | 00:45:28 | MV50 |
| Gnoll parkrun                            | 5k        | 04/01/2020 | 50  | 00:24:56 |      |
| Swansea Bay parkrun                      | 5k        | 01/01/2020 | 183 | 00:25:14 |      |
| Swansea Bay parkrun                      | 5k        | 28/12/2019 | 134 | 00:24:57 |      |
| Glynneath 5                              | 5 miles   | 26/12/2019 | 177 | 00:41:21 | MV50 |
| Swansea Bay parkrun                      | 5k        | 21/12/2019 | 108 | 00:24:22 |      |
| Merthyr Mawr Christmas Pudding Race      | 10k       | 08/12/2019 | 211 | 01:12:16 | MV   |
| Llanelli Coast parkrun                   | 5k        | 30/11/2019 | 38  | 00:23:51 |      |
| Swansea Bay parkrun                      | 5k        | 12/10/2019 | 74  | 00:23:07 |      |



|                                  |               |            |     |          |       |
|----------------------------------|---------------|------------|-----|----------|-------|
| Swansea Bay parkrun              | 5k            | 05/10/2019 | 73  | 00:23:26 |       |
| Swansea Bay parkrun              | 5k            | 28/09/2019 | 77  | 00:23:34 |       |
| Swansea Bay parkrun              | 5k            | 24/08/2019 | 109 | 00:23:29 |       |
| Llanelli Coast parkrun           | 5k            | 06/07/2019 | 46  | 00:22:34 |       |
| Swansea Bay parkrun              | 5k            | 22/06/2019 | 70  | 00:23:00 |       |
| Swansea Bay parkrun              | 5k            | 15/06/2019 | 101 | 00:23:27 |       |
| Swansea Bay parkrun              | 5k            | 25/05/2019 | 95  | 00:22:41 |       |
| Swansea Bay parkrun              | 5k            | 18/05/2019 | 123 | 00:23:35 |       |
| Swansea Bay parkrun              | 5k            | 16/03/2019 | 90  | 00:23:56 |       |
| Llanelli Half Marathon           | Half Marathon | 10/02/2019 | 861 | 01:57:11 | M50   |
| Swansea Bay parkrun              | 5k            | 02/02/2019 | 69  | 00:23:32 |       |
| Bushy parkrun                    | 5k            | 26/01/2019 | 272 | 00:23:13 |       |
| Swansea Bay parkrun              | 5k            | 05/01/2019 | 92  | 00:24:05 |       |
| Swansea Bay parkrun              | 5k            | 01/01/2019 | 150 | 00:24:23 |       |
| Swansea Bay parkrun              | 5k            | 29/12/2018 | 127 | 00:23:54 |       |
| Glynneath Boxing Day 5 Mile Race | 5 miles       | 26/12/2018 | 213 | 00:39:59 | MV50  |
| Swansea Bay parkrun              | 5k            | 22/12/2018 | 74  | 00:22:51 |       |
| Swansea Bay parkrun              | 5k            | 15/12/2018 | 50  | 00:24:57 |       |
| Swansea Bay parkrun              | 5k            | 08/12/2018 | 42  | 00:22:58 |       |
| Swansea Bay parkrun              | 5k            | 01/12/2018 | 45  | 00:23:10 |       |
| Swansea Bay parkrun              | 5k            | 24/11/2018 | 122 | 00:24:21 |       |
| Sospan RR MT10                   | 10 miles      | 18/11/2018 | 233 | 01:30:48 | M4554 |
| Carmarthen Senior Tri            | Triathlon     | 07/10/2018 | 25  | 01:16:58 | M50   |
| Llanelli Coast parkrun           | 5k            | 29/09/2018 | 31  | 00:23:58 |       |
| Llanelli Coast parkrun           | 5k            | 01/09/2018 | 35  | 00:24:18 |       |
| Porthcawl parkrun                | 5k            | 11/08/2018 | 98  | 00:23:51 |       |

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|---|---------------|------------|------|----------|--------|
| Swansea Bay parkrun   | 5k            | 04/08/2018 | 95   | 00:23:48 |        |
| Llanelli Coast parkrun  | 5k            | 30/06/2018 | 33   | 00:22:53 |        |
| Jcp Swansea Half Marathon   | Half Marathon | 24/06/2018 | 1330 | 01:53:20 | MV50   |
| Welsh Castles Relay Stage 2   | 10.7 miles    | 09/06/2018 | 57   | 01:32:40 | MV     |
| Swansea Triathlon   | Triathlon     | 20/05/2018 | 178  | 01:18:58 | MVV    |
| Ironman 70.3 Marbella   | Triathlon     | 29/04/2018 | 907  | 05:57:33 |        |
| Swansea Bay parkrun   | 5k            | 17/03/2018 | 51   | 00:23:48 |        |
| Swansea Bay parkrun   | 5k            | 24/02/2018 | 72   | 00:24:00 |        |
| Llyn Llech Owain parkrun  | 5k            | 03/02/2018 | 22   | 00:23:49 |        |
| Swansea Bay parkrun   | 5k            | 13/01/2018 | 67   | 00:24:03 |        |
| Swansea Bay parkrun   | 5k            | 06/01/2018 | 65   | 00:23:50 |        |
| Swansea Bay parkrun   | 5k            | 30/12/2017 | 57   | 00:24:23 |        |
| Glynneath 5   | 5 miles       | 26/12/2017 | 269  | 00:41:23 |        |
| Llanelli Coast parkrun  | 5k            | 02/12/2017 | 46   | 00:25:51 |        |
| Llanelli Coast parkrun  | 5k            | 18/11/2017 | 24   | 00:23:05 |        |
| Swansea Bay parkrun   | 5k            | 28/10/2017 | 71   | 00:23:29 |        |
| Swansea Bay parkrun   | 5k            | 21/10/2017 | 102  | 00:26:04 |        |
| Admiral Swansea Bay 10k   | 10k           | 24/09/2017 | 600  | 00:48:27 | M40+   |
| Swansea Bay parkrun   | 5k            | 16/09/2017 | 58   | 00:22:50 |        |
| Swansea Bay parkrun   | 5k            | 09/09/2017 | 84   | 00:23:00 |        |
| Swansea Bay parkrun   | 5k            | 02/09/2017 | 62   | 00:22:57 |        |
| Severn Bridge Half Marathon   | Half Marathon | 27/08/2017 | 749  | 02:04:24 | M45+   |
| Outlaw Triathlon  | Triathlon     | 23/07/2017 | 241  | 11:22:08 | M45-49 |
| Melin Sospan Sizzler Middle Distance Triathlon (swim Replaced With 2nd Run) | Triathlon     | 11/06/2017 | 56   | 05:42:50 | M40    |
| Swansea Triathlon   | Triathlon     | 28/05/2017 | 168  | 01:14:30 | MV     |

|                                   |               |            |       |          |       |
|-----------------------------------|---------------|------------|-------|----------|-------|
| Whitford Point Multi-terrain Race | 5.6 miles     | 17/05/2017 | 94    | 00:49:06 | VM45  |
| Llanelli Sprint Triathlon         | Triathlon     | 14/05/2017 | 108   | 01:31:50 | MS    |
| Virgin London Marathon 2017       | Marathon      | 23/04/2017 | 12751 | 03:58:08 | 45-49 |
| Llanelli Half Marathon 2017       | Half Marathon | 12/03/2017 | 376   | 01:46:46 | MV40  |
| Swansea Bay parkrun               | 5k            | 31/12/2016 | 80    | 00:24:12 |       |
| Swansea Bay parkrun               | 5k            | 24/12/2016 | 124   | 00:25:08 |       |
| Sospan MT10                       | 10 miles      | 20/11/2016 | 242   | 01:29:33 | M45+  |
| Endurancelife Gower Half          | Half Marathon | 12/11/2016 | 232   | 02:38:34 | MV45  |
| Richard Burton 10k                | 10k           | 06/11/2016 | 352   | 00:49:53 | MV40  |
| <b>Julie Davies</b>               |               | 32         |       |          |       |
| Sandy Water parkrun               | 5k            | 23/12/2023 | 190   | 00:56:32 |       |
| Colby parkrun                     | 5k            | 05/03/2022 | 124   | 00:49:10 |       |
| Llanelli Coast parkrun            | 5k            | 18/01/2020 | 169   | 00:37:15 |       |
| Tata Steel Round the Reservoir    | 5.6 miles     | 12/01/2020 | 215   | 01:04:56 | FV65  |
| Glynneath 5                       | 5 miles       | 26/12/2019 | 333   | 00:57:10 | FV65  |
| Llanelli Coast parkrun            | 5k            | 21/12/2019 | 136   | 00:36:44 |       |
| Llanelli Coast parkrun            | 5k            | 19/10/2019 | 129   | 00:33:29 |       |
| Admiral Swansea Bay 10k           | 10k           | 22/09/2019 |       | 01:09:51 |       |
| ABP Barry 10k                     | 10k           | 04/08/2019 | 2407  | 01:14:27 | F65+  |
| Tenby 10k                         | 10k           | 28/07/2019 | 473   | 01:16:43 |       |
| Porthcawl 10k                     | 10k           | 07/07/2019 | 2871  | 01:14:48 | F65+  |
| Llanelli Coast parkrun            | 5k            | 02/03/2019 | 129   | 00:34:43 |       |
| Glynneath Boxing Day 5 Mile Race  | 5 miles       | 26/12/2018 | 436   | 00:58:26 | FV65  |
| Llanelli Coast parkrun            | 5k            | 15/12/2018 | 48    | 00:35:24 |       |
| Sospan RR MT10                    | 10 miles      | 18/11/2018 | 484   | 02:17:08 | F55+  |
| Llanelli Coast parkrun            | 5k            | 27/10/2018 | 133   | 00:36:07 |       |

|   |               |            |      |          |          |
|---|---------------|------------|------|----------|----------|
| Tenby 10k   | 10k           | 29/07/2018 | 445  | 01:11:22 | F55      |
| Llanelli Coast parkrun                              | 5k            | 16/06/2018 | 99   | 00:32:56 |          |
| Llyn Llech Owain parkrun                            | 5k            | 24/03/2018 | 92   | 00:34:30 |          |
| Llanelli Coast parkrun                              | 5k            | 17/03/2018 | 90   | 00:34:10 |          |
| West Glamorgan Xc League - Margam Park - Women      | TBC           | 28/01/2018 | 118  | 01:05:45 |          |
| West Glamorgan Xc League - Margam Reservoir - Women | 5.6 miles     | 14/01/2018 | 142  | 01:01:56 |          |
| Glynneath 5   | 5 miles       | 26/12/2017 | 471  | 00:56:35 |          |
| Colby parkrun                                       | 5k            | 04/11/2017 | 102  | 00:35:23 |          |
| West Glamorgan Xc League - Gnoll - Women            | 5k            | 25/10/2017 | 146  | 00:34:24 |          |
| Admiral Swansea Bay 10k                             | 10k           | 24/09/2017 | 2606 | 01:08:37 | F55+     |
| Severn Bridge 10k                                   | 10k           | 27/08/2017 | 394  | 01:12:35 | F65+     |
| Tenby 10k   | 10k           | 30/07/2017 | 454  | 01:11:20 | F55      |
| Ammanford Lions 10k                                 | 10k           | 09/07/2017 | 137  | 01:12:37 | F55      |
| Royal Welsh Trail Festival 10k                      | 10k           | 21/05/2017 | 449  | 01:29:02 | MW55     |
| Tata Steel Round The Reservoir Race - Women         | 5.6 miles     | 08/01/2017 | 51   | 01:03:05 | V65      |
| Glynneath Boxing Day 5 Mile Road Race               | 5 miles       | 26/12/2016 | 356  | 00:54:39 | F        |
| <b>Emma Davies Maiden</b>                           |               | 2          |      |          |          |
| Swansea Bay parkrun                                 | 5k            | 07/01/2017 | 281  | 00:44:55 |          |
| Swansea Bay parkrun                                 | 5k            | 01/01/2017 | 113  | 00:29:56 |          |
| <b>Mark Davies</b>                                  |               | 5          |      |          |          |
| Tata Steel Richard Burton 10k                       | 10k           | 04/11/2018 | 448  | 00:51:57 | Male 40+ |
| Cardiff Half Marathon                               | Half Marathon | 07/10/2018 | 7135 | 02:06:57 | M40+     |
| Admiral Swansea Bay 10k                             | 10k           | 16/09/2018 | 799  | 00:50:24 | M40      |
| Jcp Swansea Half Marathon                           | Half Marathon | 24/06/2018 | 1886 | 01:58:10 | MV40     |
| West Glamorgan Xc League - Margam Reservoir - Men   | 5.6 miles     | 14/01/2018 | 180  | 00:44:24 |          |
| <b>Nicola Davies</b>                                |               | 3          |      |          |          |

|  |               |            |       |          |        |
|--|---------------|------------|-------|----------|--------|
| Cardiff Half Marathon                    | Half Marathon | 06/10/2019 | 15046 | 02:41:17 | F40+   |
| JCP Swansea Half Marathon                | Half Marathon | 23/06/2019 | 3080  | 02:16:25 | F40    |
| Swansea Epic Trail 10k                   | 10k           | 12/05/2019 | 446   | 01:08:20 | FV40   |
| <b>Paul Davies</b>                       |               | 4          |       |          |        |
| Principality Cardiff Half Marathon       | Half Marathon | 06/10/2024 | 4426  | 01:48:38 | M50    |
| Swansea Half Marathon                    | Half Marathon | 09/06/2024 |       | 01:47:42 | M50    |
| Severn Bridge parkrun                    | 5k            | 09/12/2023 | 30    | 00:24:50 |        |
| Swansea Bay parkrun                      | 5k            | 23/09/2023 | 71    | 00:22:29 |        |
| <b>Stuart Davies</b>                     |               | 4          |       |          |        |
| Principality Cardiff Half Marathon 2023  | Half Marathon | 01/10/2023 |       | 01:39:07 | M45-49 |
| Admiral Swansea Bay 10k                  | 10k           | 17/09/2023 | 289   | 00:43:49 | Male   |
| Swansea Half Marathon                    | Half Marathon | 11/06/2023 |       | 01:40:30 | M40    |
| Brisco Gorseinon 10k                     | 10k           | 30/04/2023 | 89    | 00:44:10 | M40    |
| <b>Susan Davies</b>                      |               | 1          |       |          |        |
| Severn Bridge Half Marathon              | Half Marathon | 27/08/2017 | 1184  | 02:22:59 | F55+   |
| <b>Isobel Dawson</b>                     |               | 13         |       |          |        |
| Swansea Bay parkrun                      | 5k            | 22/02/2020 | 55    | 00:22:01 |        |
| Tata Steel Round the Reservoir           | 5.6 miles     | 12/01/2020 | 15    | 00:40:30 | FV35   |
| Old Trecastle Run                        | 6 miles       | 31/12/2019 | 20    | 00:46:46 |        |
| Swansea Bay parkrun                      | 5k            | 28/12/2019 | 51    | 00:21:57 |        |
| Gnoll parkrun                            | 5k            | 14/12/2019 | 12    | 00:23:14 |        |
| Gnoll parkrun                            | 5k            | 02/11/2019 | 4     | 00:23:01 |        |
| Llyn Llech Owain parkrun                 | 5k            | 12/10/2019 | 20    | 00:23:34 |        |
| Cardiff Half Marathon                    | Half Marathon | 06/10/2019 | 2782  | 01:44:37 | F35+   |
| Welsh Athletics Road Relay Championships | 5400m         | 15/09/2019 |       | 00:26:13 | MW35   |
| TROTS St Clears 10k                      | 10k           | 14/08/2019 | 57    | 00:48:34 | F35    |

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| Llyn Llech Owain parkrun           | 5k            | 27/07/2019 | 23    | 00:23:20 |     |
| Llanelli Coast parkrun             | 5k            | 20/07/2019 | 43    | 00:22:50 |     |
| Llanelli Coast parkrun             | 5k            | 13/07/2019 | 20    | 00:22:22 |     |
| <b>David Doherty</b>               |               |            | 190   |          |     |
| Llyn Llech Owain parkrun           | 5k            | 21/12/2024 | 87    | 00:30:42 |     |
| Sandy Water parkrun                | 5k            | 14/12/2024 | 73    | 00:27:42 |     |
| Gnoll parkrun                      | 5k            | 23/11/2024 | 58    | 00:31:32 |     |
| Gnoll parkrun                      | 5k            | 16/11/2024 | 72    | 00:29:49 |     |
| Sandy Water parkrun                | 5k            | 02/11/2024 | 109   | 00:30:05 |     |
| Sandy Water parkrun                | 5k            | 26/10/2024 | 141   | 00:32:00 |     |
| Gnoll parkrun                      | 5k            | 19/10/2024 | 61    | 00:31:26 |     |
| Principality Cardiff Half Marathon | Half Marathon | 06/10/2024 | 17073 | 02:24:45 | M70 |
| Sandy Water parkrun                | 5k            | 05/10/2024 | 132   | 00:34:59 |     |
| Sandy Water parkrun                | 5k            | 31/08/2024 | 132   | 00:30:16 |     |
| Sandy Water parkrun                | 5k            | 24/08/2024 | 132   | 00:28:54 |     |
| Sandy Water parkrun                | 5k            | 17/08/2024 | 101   | 00:27:45 |     |
| Sandy Water parkrun                | 5k            | 10/08/2024 | 130   | 00:31:01 |     |
| Gnoll parkrun                      | 5k            | 03/08/2024 | 62    | 00:30:32 |     |
| Gnoll parkrun                      | 5k            | 27/07/2024 | 81    | 00:30:17 |     |
| Sandy Water parkrun                | 5k            | 13/07/2024 | 136   | 00:30:44 |     |
| Sandy Water parkrun                | 5k            | 01/06/2024 | 172   | 00:33:01 |     |
| Gnoll parkrun                      | 5k            | 25/05/2024 | 85    | 00:30:42 |     |
| Brisco Gorseinon 10k               | 10k           | 19/05/2024 |       | 01:01:01 |     |
| Sandy Water parkrun                | 5k            | 18/05/2024 | 107   | 00:29:33 |     |
| Gnoll parkrun                      | 5k            | 11/05/2024 | 38    | 00:29:09 |     |
| Sandy Water parkrun                | 5k            | 04/05/2024 | 121   | 00:30:02 |     |

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|---|---------------|------------|-----|----------|--------|
| Gnoll parkrun                           | 5k            | 27/04/2024 | 50  | 00:29:36 |        |
| Sandy Water parkrun                     | 5k            | 20/04/2024 | 86  | 00:28:27 |        |
| Gnoll parkrun                           | 5k            | 13/04/2024 | 61  | 00:29:06 |        |
| Sandy Water parkrun                     | 5k            | 06/04/2024 | 98  | 00:31:00 |        |
| Gnoll parkrun                           | 5k            | 30/03/2024 | 53  | 00:29:17 |        |
| Gnoll parkrun                           | 5k            | 23/03/2024 | 65  | 00:30:52 |        |
| Sandy Water parkrun                     | 5k            | 16/03/2024 | 87  | 00:29:47 |        |
| Gnoll parkrun                           | 5k            | 24/02/2024 | 56  | 00:30:53 |        |
| Sandy Water parkrun                     | 5k            | 10/02/2024 | 94  | 00:29:20 |        |
| Sandy Water parkrun                     | 5k            | 03/02/2024 | 109 | 00:33:00 |        |
| Sandy Water parkrun                     | 5k            | 27/01/2024 | 105 | 00:30:15 |        |
| Gnoll parkrun                           | 5k            | 20/01/2024 | 120 | 00:34:59 |        |
| Gnoll parkrun                           | 5k            | 13/01/2024 | 83  | 00:30:47 |        |
| Sandy Water parkrun                     | 5k            | 30/12/2023 | 104 | 00:29:30 |        |
| Llyn Llech Owain parkrun                | 5k            | 23/12/2023 | 60  | 00:29:42 |        |
| Gnoll parkrun                           | 5k            | 16/12/2023 | 49  | 00:29:24 |        |
| Sandy Water parkrun                     | 5k            | 09/12/2023 | 52  | 00:31:19 |        |
| Sandy Water parkrun                     | 5k            | 25/11/2023 | 92  | 00:29:24 |        |
| Gnoll parkrun                           | 5k            | 18/11/2023 | 78  | 00:32:06 |        |
| Gnoll parkrun                           | 5k            | 04/11/2023 | 66  | 00:32:23 |        |
| Sandy Water parkrun                     | 5k            | 28/10/2023 | 75  | 00:31:15 |        |
| Sandy Water parkrun                     | 5k            | 21/10/2023 | 72  | 00:29:16 |        |
| Gnoll parkrun                           | 5k            | 14/10/2023 | 72  | 00:30:10 |        |
| Sandy Water parkrun                     | 5k            | 07/10/2023 | 70  | 00:27:54 |        |
| Principality Cardiff Half Marathon 2023 | Half Marathon | 01/10/2023 |     | 02:20:45 | M65-69 |
| Gnoll parkrun                           | 5k            | 26/08/2023 | 59  | 00:28:25 |        |

|                          |     |            |     |          |     |
|--------------------------|-----|------------|-----|----------|-----|
| Sandy Water parkrun      | 5k  | 19/08/2023 | 74  | 00:28:51 |     |
| Gnoll parkrun            | 5k  | 12/08/2023 | 78  | 00:29:38 |     |
| Gnoll parkrun            | 5k  | 05/08/2023 | 49  | 00:28:43 |     |
| Sandy Water parkrun      | 5k  | 29/07/2023 | 82  | 00:27:20 |     |
| Gnoll parkrun            | 5k  | 22/07/2023 | 47  | 00:28:15 |     |
| Gnoll parkrun            | 5k  | 15/07/2023 | 66  | 00:28:56 |     |
| Gnoll parkrun            | 5k  | 08/07/2023 | 77  | 00:30:48 |     |
| Clitheroe Castle parkrun | 5k  | 01/07/2023 | 26  | 00:29:14 |     |
| Gnoll parkrun            | 5k  | 24/06/2023 | 99  | 00:30:11 |     |
| Sandy Water parkrun      | 5k  | 17/06/2023 | 80  | 00:27:44 |     |
| Gnoll parkrun            | 5k  | 10/06/2023 | 85  | 00:30:49 |     |
| Sandy Water parkrun      | 5k  | 03/06/2023 | 148 | 00:32:02 |     |
| Groe parkrun             | 5k  | 27/05/2023 | 61  | 00:27:32 |     |
| Chester parkrun          | 5k  | 20/05/2023 | 159 | 00:28:56 |     |
| Llyn Llech Owain parkrun | 5k  | 13/05/2023 | 53  | 00:29:06 |     |
| Sandy Water parkrun      | 5k  | 06/05/2023 | 112 | 00:32:01 |     |
| Brisco Gorseinon 10k     | 10k | 30/04/2023 | 443 | 00:59:18 | M65 |
| Sandy Water parkrun      | 5k  | 29/04/2023 | 70  | 00:30:22 |     |
| Gnoll parkrun            | 5k  | 22/04/2023 | 69  | 00:29:47 |     |
| Swansea Bay parkrun      | 5k  | 15/04/2023 | 224 | 00:27:10 |     |
| Sandy Water parkrun      | 5k  | 08/04/2023 | 85  | 00:27:53 |     |
| Gnoll parkrun            | 5k  | 01/04/2023 | 58  | 00:28:43 |     |
| Gnoll parkrun            | 5k  | 25/03/2023 | 87  | 00:30:35 |     |
| Sandy Water parkrun      | 5k  | 18/03/2023 | 66  | 00:28:38 |     |
| Gnoll parkrun            | 5k  | 11/03/2023 | 58  | 00:31:01 |     |
| Sandy Water parkrun      | 5k  | 25/02/2023 | 75  | 00:28:55 |     |



|   |               |            |      |          |      |
|---|---------------|------------|------|----------|------|
| Gnoll parkrun   | 5k            | 18/02/2023 | 63   | 00:31:29 |      |
| Sandy Water parkrun                                   | 5k            | 04/02/2023 | 101  | 00:33:01 |      |
| Gnoll parkrun   | 5k            | 28/01/2023 | 78   | 00:30:24 |      |
| Swansea Bay parkrun                                   | 5k            | 21/01/2023 | 214  | 00:27:58 |      |
| Gnoll parkrun   | 5k            | 14/01/2023 | 82   | 00:30:25 |      |
| Sandy Water parkrun                                   | 5k            | 07/01/2023 | 68   | 00:28:50 |      |
| Gnoll parkrun   | 5k            | 31/12/2022 | 79   | 00:30:34 |      |
| Hyndburn parkrun                                      | 5k            | 24/12/2022 | 44   | 00:30:40 |      |
| Gnoll parkrun   | 5k            | 17/12/2022 | 46   | 00:33:41 |      |
| Worsley Woods parkrun                                 | 5k            | 03/12/2022 | 180  | 00:29:11 |      |
| Gnoll parkrun   | 5k            | 26/11/2022 | 49   | 00:30:15 |      |
| Gnoll parkrun   | 5k            | 05/11/2022 | 40   | 00:30:05 |      |
| Gnoll parkrun   | 5k            | 29/10/2022 | 65   | 00:29:46 |      |
| Sandy Water parkrun                                   | 5k            | 22/10/2022 | 115  | 00:29:45 |      |
| Gnoll parkrun   | 5k            | 08/10/2022 | 68   | 00:30:25 |      |
| 2022 Wizz Air Cardiff Half Marathon                   | Half Marathon | 02/10/2022 | 9723 | 02:25:16 | M65+ |
| Gnoll parkrun   | 5k            | 01/10/2022 | 73   | 00:33:45 |      |
| Welsh Road Relay Championships - Pembrey Country Park | 5400m         | 24/09/2022 |      | 00:33:46 | MM55 |
| Admiral Swansea Bay 10k                               | 10k           | 18/09/2022 | 1365 | 00:56:59 | M65  |
| Gnoll parkrun   | 5k            | 17/09/2022 | 42   | 00:29:26 |      |
| Sandy Water parkrun                                   | 5k            | 10/09/2022 | 65   | 00:28:55 |      |
| Sandy Water parkrun                                   | 5k            | 03/09/2022 | 117  | 00:30:59 |      |
| Sandy Water parkrun                                   | 5k            | 27/08/2022 | 57   | 00:27:41 |      |
| Gnoll parkrun   | 5k            | 20/08/2022 | 53   | 00:28:28 |      |
| Gnoll parkrun   | 5k            | 13/08/2022 | 50   | 00:29:16 |      |
| Llyn Llech Owain parkrun                              | 5k            | 06/08/2022 | 42   | 00:28:50 |      |

|                          |     |            |     |          |     |
|--------------------------|-----|------------|-----|----------|-----|
| Sandy Water parkrun      | 5k  | 30/07/2022 | 34  | 00:26:57 |     |
| Gnoll parkrun            | 5k  | 23/07/2022 | 55  | 00:30:06 |     |
| Gnoll parkrun            | 5k  | 16/07/2022 | 59  | 00:29:47 |     |
| Ammanford 10k            | 10k | 10/07/2022 | 174 | 01:03:58 | M60 |
| Gnoll parkrun            | 5k  | 09/07/2022 | 62  | 00:29:33 |     |
| Sandy Water parkrun      | 5k  | 02/07/2022 | 133 | 00:32:01 |     |
| Gnoll parkrun            | 5k  | 25/06/2022 | 53  | 00:29:22 |     |
| Gnoll parkrun            | 5k  | 18/06/2022 | 84  | 00:28:47 |     |
| Llyn Llech Owain parkrun | 5k  | 11/06/2022 | 68  | 00:34:57 |     |
| Sandy Water parkrun      | 5k  | 04/06/2022 | 102 | 00:32:00 |     |
| Hyndburn parkrun         | 5k  | 28/05/2022 | 52  | 00:31:20 |     |
| Gnoll parkrun            | 5k  | 21/05/2022 | 57  | 00:30:27 |     |
| Gnoll parkrun            | 5k  | 14/05/2022 | 75  | 00:31:54 |     |
| Sandy Water parkrun      | 5k  | 07/05/2022 | 145 | 00:32:59 |     |
| Sandy Water parkrun      | 5k  | 30/04/2022 | 87  | 00:30:27 |     |
| Gnoll parkrun            | 5k  | 23/04/2022 | 93  | 00:48:22 |     |
| Gnoll parkrun            | 5k  | 09/04/2022 | 98  | 00:51:19 |     |
| Sandy Water parkrun      | 5k  | 26/03/2022 | 51  | 00:28:24 |     |
| Gnoll parkrun            | 5k  | 12/03/2022 | 79  | 00:50:58 |     |
| Sandy Water parkrun      | 5k  | 05/03/2022 | 137 | 00:38:01 |     |
| Clitheroe Castle parkrun | 5k  | 26/02/2022 | 59  | 00:33:10 |     |
| Gnoll parkrun            | 5k  | 12/02/2022 | 98  | 00:40:00 |     |
| Gnoll parkrun            | 5k  | 05/02/2022 | 56  | 00:30:39 |     |
| Sandy Water parkrun      | 5k  | 29/01/2022 | 65  | 00:28:43 |     |
| Gnoll parkrun            | 5k  | 22/01/2022 | 105 | 00:53:29 |     |
| Gnoll parkrun            | 5k  | 15/01/2022 | 62  | 00:29:09 |     |

|   |           |            |      |          |      |
|---|-----------|------------|------|----------|------|
| Gnoll parkrun                                     | 5k        | 25/12/2021 | 83   | 00:29:19 |      |
| Sandy Water parkrun                               | 5k        | 18/12/2021 | 66   | 00:27:37 |      |
| Gnoll parkrun                                     | 5k        | 11/12/2021 | 62   | 00:30:25 |      |
| Tremorfa parkrun                                  | 5k        | 13/11/2021 | 45   | 00:27:05 |      |
| Gnoll parkrun                                     | 5k        | 06/11/2021 | 53   | 00:29:18 |      |
| Sandy Water parkrun                               | 5k        | 23/10/2021 | 80   | 00:27:30 |      |
| Llyn Llech Owain parkrun                          | 5k        | 09/10/2021 | 48   | 00:28:03 |      |
| Gnoll parkrun                                     | 5k        | 02/10/2021 | 35   | 00:29:02 |      |
| Gnoll parkrun                                     | 5k        | 25/09/2021 | 62   | 00:29:22 |      |
| Admiral Swansea Bay 10k                           | 10k       | 19/09/2021 | 1094 | 00:58:01 |      |
| Sandy Water parkrun                               | 5k        | 18/09/2021 | 86   | 00:28:08 |      |
| Gnoll parkrun                                     | 5k        | 11/09/2021 | 68   | 00:28:51 |      |
| Clitheroe Castle parkrun                          | 5k        | 04/09/2021 | 50   | 00:29:49 |      |
| Sandy Water parkrun                               | 5k        | 28/08/2021 | 96   | 00:27:53 |      |
| Swansea Bay parkrun                               | 5k        | 21/08/2021 | 202  | 00:28:30 |      |
| Tata Steel Round the Reservoir                    | 5.6 miles | 12/01/2020 | 265  | 00:53:38 | MV65 |
| Merthyr Mawr Christmas Pudding Race               | 10k       | 08/12/2019 | 133  | 01:22:27 | MV   |
| Admiral Swansea Bay 10k                           | 10k       | 22/09/2019 |      | 00:57:47 |      |
| West Glamorgan Xc League - Margam Reservoir - Men | 5.6 miles | 14/01/2018 | 192  | 00:45:40 |      |
| Llanelli Coast parkrun                            | 5k        | 06/01/2018 | 73   | 00:29:03 |      |
| Newport parkrun                                   | 5k        | 01/01/2018 | 193  | 00:26:10 |      |
| Cardiff parkrun                                   | 5k        | 01/01/2018 | 235  | 00:24:57 |      |
| Gnoll parkrun                                     | 5k        | 23/12/2017 | 34   | 00:25:57 |      |
| Gnoll parkrun                                     | 5k        | 16/12/2017 | 18   | 00:24:55 |      |
| Llanelli Coast parkrun                            | 5k        | 02/12/2017 | 98   | 00:34:03 |      |
| Gnoll parkrun                                     | 5k        | 18/11/2017 | 17   | 00:25:40 |      |

|  |           |            |      |          |      |
|--|-----------|------------|------|----------|------|
| Swansea Bay parkrun                        | 5k        | 04/11/2017 | 71   | 00:23:39 |      |
| Llanelli Coast parkrun                     | 5k        | 28/10/2017 | 24   | 00:23:50 |      |
| Burnham Highbridge parkrun                 | 5k        | 21/10/2017 | 76   | 00:24:46 |      |
| Gnoll parkrun                              | 5k        | 14/10/2017 | 151  | 00:54:22 |      |
| Llanelli Coast parkrun                     | 5k        | 07/10/2017 | 93   | 00:29:59 |      |
| Gnoll parkrun                              | 5k        | 30/09/2017 | 27   | 00:26:56 |      |
| Admiral Swansea Bay 10k                    | 10k       | 24/09/2017 | 1006 | 00:52:40 | M60+ |
| Llyn Llech Owain parkrun                   | 5k        | 23/09/2017 | 40   | 00:27:03 |      |
| West Glamorgan Xc League - Llanmadoc - Men | 4.5 miles | 17/09/2017 | 114  | 00:39:28 |      |
| Gnoll parkrun                              | 5k        | 16/09/2017 | 30   | 00:26:12 |      |
| Gnoll parkrun                              | 5k        | 19/08/2017 | 37   | 00:25:32 |      |
| Gnoll parkrun                              | 5k        | 12/08/2017 | 27   | 00:25:19 |      |
| Llanelli Coast parkrun                     | 5k        | 05/08/2017 | 44   | 00:25:00 |      |
| Gnoll parkrun                              | 5k        | 29/07/2017 | 23   | 00:25:10 |      |
| Maesteg parkrun                            | 5k        | 22/07/2017 | 43   | 00:24:52 |      |
| Llyn Llech Owain parkrun                   | 5k        | 15/07/2017 | 34   | 00:25:29 |      |
| Llyn Llech Owain parkrun                   | 5k        | 08/07/2017 | 14   | 00:25:11 |      |
| Swansea Bay parkrun                        | 5k        | 24/06/2017 | 58   | 00:24:08 |      |
| Gnoll parkrun                              | 5k        | 17/06/2017 | 22   | 00:24:47 |      |
| Gnoll parkrun                              | 5k        | 10/06/2017 | 17   | 00:25:33 |      |
| Llanelli Coast parkrun                     | 5k        | 03/06/2017 | 32   | 00:24:14 |      |
| Gnoll parkrun                              | 5k        | 27/05/2017 | 25   | 00:25:48 |      |
| Gnoll parkrun                              | 5k        | 13/05/2017 | 33   | 00:25:25 |      |
| Swansea Bay parkrun                        | 5k        | 06/05/2017 | 289  | 00:35:18 |      |
| Gnoll parkrun                              | 5k        | 29/04/2017 | 35   | 00:25:22 |      |
| Gnoll parkrun                              | 5k        | 15/04/2017 | 37   | 00:25:02 |      |

|                                    |           |            |      |          |        |
|------------------------------------|-----------|------------|------|----------|--------|
| Preston parkrun                    | 5k        | 08/04/2017 | 124  | 00:25:55 |        |
| Preston parkrun                    | 5k        | 01/04/2017 | 117  | 00:26:20 |        |
| Gnoll parkrun                      | 5k        | 25/03/2017 | 30   | 00:25:50 |        |
| Gnoll parkrun                      | 5k        | 18/03/2017 | 31   | 00:26:40 |        |
| Gnoll parkrun                      | 5k        | 11/03/2017 | 29   | 00:26:18 |        |
| Gnoll parkrun                      | 5k        | 25/02/2017 | 25   | 00:26:56 |        |
| Llyn Llech Owain parkrun           | 5k        | 11/02/2017 | 26   | 00:25:38 |        |
| Gnoll parkrun                      | 5k        | 28/01/2017 | 26   | 00:26:17 |        |
| Llanelli Coast parkrun             | 5k        | 21/01/2017 | 44   | 00:25:07 |        |
| Newport parkrun                    | 5k        | 01/01/2017 | 134  | 00:26:22 |        |
| Cardiff parkrun                    | 5k        | 01/01/2017 | 202  | 00:25:56 |        |
| Llanelli Coast parkrun             | 5k        | 19/11/2016 | 74   | 00:24:51 |        |
| <b>Richard Donne</b>               |           | 28         |      |          |        |
| Richard Burton 10k                 | 10k       | 03/11/2024 | 2131 | 01:12:31 | M60-69 |
| Admiral Swansea Bay 10k            | 10k       | 15/09/2024 | 2544 | 01:06:16 |        |
| Tri Hard Harriers 5K On The Bay    | 5k        | 22/08/2024 | 303  | 00:32:29 |        |
| Ammanford 10k                      | 10k       | 14/07/2024 | 197  | 01:13:01 |        |
| Ogi Porthcawl 10k                  | 10k       | 07/07/2024 |      | 01:12:44 | M60    |
| Brisco Gorseinon 10k               | 10k       | 19/05/2024 |      | 01:14:25 |        |
| Admiral Swansea Bay 10k            | 10k       | 17/09/2023 | 2235 | 01:11:36 | Male   |
| Glynneath 5 Boxing Day 5 Mile Race | 5 miles   | 26/12/2022 | 224  | 00:50:58 | M60+   |
| Richard Burton 10k                 | 10k       | 06/11/2022 | 1383 | 01:04:33 | M60-69 |
| Admiral Swansea Bay 10k            | 10k       | 18/09/2022 | 1740 | 01:01:48 | M60    |
| Ammanford 10k                      | 10k       | 10/07/2022 | 198  | 01:07:44 | M60    |
| Tata Steel Round the Reservoir     | 5.6 miles | 12/01/2020 | 278  | 00:59:12 | MV55   |
| Glynneath 5                        | 5 miles   | 26/12/2019 | 320  | 00:54:32 | MV55   |

|  |           |            |     |          |        |
|--|-----------|------------|-----|----------|--------|
| RNLI Great Christmas Fun Run 10k - Mumbles             | 10k       | 08/12/2019 | 50  | 01:01:28 | M50-59 |
| Admiral Swansea Bay 10k                                | 10k       | 22/09/2019 |     | 00:59:33 |        |
| TROTS St Clears 10k                                    | 10k       | 14/08/2019 | 130 | 01:02:08 | M50    |
| PPRC 5k Summer Series Race 2                           | 5k        | 13/06/2019 |     | 00:28:13 | M50    |
| Fishguard Sea Cadets 10k                               | 10k       | 14/04/2019 | 50  | 01:01:11 | M50    |
| Glynneath Boxing Day 5 Mile Race                       | 5 miles   | 26/12/2018 | 318 | 00:46:15 | MV55   |
| West Glamorgan Xc League - Margam Park - Men           | TBC       | 28/01/2018 | 185 | 01:01:39 |        |
| Glynneath 5  | 5 miles   | 26/12/2017 | 224 | 00:39:28 |        |
| West Glamorgan Xc League - Kenfig Nature Reserve - Men | TBC       | 26/11/2017 | 202 | 00:44:06 |        |
| Richard Burton 10k                                     | 10k       | 05/11/2017 | 829 | 01:00:24 | M50+   |
| West Glamorgan Xc League - Gnoll - Men                 | 5.6 miles | 22/10/2017 | 186 | 00:56:15 |        |
| Brecon 10  | 10 miles  | 06/08/2017 | 249 | 01:59:22 | M55    |
| Tata Steel Round The Reservoir Race - Men              | 5.6 miles | 08/01/2017 | 68  | 00:50:49 | V55    |
| Glynneath Boxing Day 5 Mile Road Race                  | 5 miles   | 26/12/2016 | 276 | 00:45:32 | M      |
| Rnli Mumbles Great Christmas Fun Run                   | 10k       | 11/12/2016 | 55  | 00:55:12 | MV     |
| <b>Emma Doolan</b>                                     |           |            | 215 |          |        |
| Sandy Water parkrun                                    | 5k        | 23/03/2024 | 141 | 00:45:32 |        |
| Sandy Water parkrun                                    | 5k        | 16/03/2024 | 109 | 00:31:54 |        |
| Haverfordwest parkrun                                  | 5k        | 02/03/2024 | 52  | 00:39:31 |        |
| Sandy Water parkrun                                    | 5k        | 24/02/2024 | 153 | 00:41:19 |        |
| Sandy Water parkrun                                    | 5k        | 17/02/2024 | 80  | 00:30:31 |        |
| Sandy Water parkrun                                    | 5k        | 03/02/2024 | 83  | 00:29:45 |        |
| Sandy Water parkrun                                    | 5k        | 27/01/2024 | 99  | 00:29:36 |        |
| Sandy Water parkrun                                    | 5k        | 20/01/2024 | 89  | 00:31:25 |        |
| Sandy Water parkrun                                    | 5k        | 13/01/2024 | 69  | 00:29:55 |        |
| Swansea Bay parkrun                                    | 5k        | 01/01/2024 | 344 | 00:31:05 |        |

|                         |     |            |      |          |        |
|-------------------------|-----|------------|------|----------|--------|
| Sandy Water parkrun     | 5k  | 30/12/2023 | 125  | 00:31:33 |        |
| Sandy Water parkrun     | 5k  | 23/12/2023 | 139  | 00:30:46 |        |
| Sandy Water parkrun     | 5k  | 16/12/2023 | 84   | 00:33:12 |        |
| Sandy Water parkrun     | 5k  | 02/12/2023 | 76   | 00:31:25 |        |
| Sandy Water parkrun     | 5k  | 25/11/2023 | 109  | 00:32:50 |        |
| Sandy Water parkrun     | 5k  | 18/11/2023 | 69   | 00:31:44 |        |
| Sandy Water parkrun     | 5k  | 28/10/2023 | 78   | 00:31:47 |        |
| Sandy Water parkrun     | 5k  | 14/10/2023 | 142  | 00:35:03 |        |
| Sandy Water parkrun     | 5k  | 07/10/2023 | 84   | 00:28:48 |        |
| Sandy Water parkrun     | 5k  | 30/09/2023 | 84   | 00:28:49 |        |
| Sandy Water parkrun     | 5k  | 23/09/2023 | 85   | 00:28:31 |        |
| Admiral Swansea Bay 10k | 10k | 17/09/2023 | 1418 | 00:59:18 | Female |
| Sandy Water parkrun     | 5k  | 16/09/2023 | 71   | 00:29:32 |        |
| Sandy Water parkrun     | 5k  | 09/09/2023 | 77   | 00:28:40 |        |
| Sandy Water parkrun     | 5k  | 02/09/2023 | 96   | 00:29:25 |        |
| Sandy Water parkrun     | 5k  | 19/08/2023 | 67   | 00:27:58 |        |
| Sandy Water parkrun     | 5k  | 12/08/2023 | 86   | 00:28:15 |        |
| Sandy Water parkrun     | 5k  | 05/08/2023 | 54   | 00:30:01 |        |
| Sandy Water parkrun     | 5k  | 29/07/2023 | 102  | 00:28:49 |        |
| Sandy Water parkrun     | 5k  | 22/07/2023 | 82   | 00:29:13 |        |
| Sandy Water parkrun     | 5k  | 01/07/2023 | 136  | 00:29:00 |        |
| Sandy Water parkrun     | 5k  | 24/06/2023 | 95   | 00:28:34 |        |
| Sandy Water parkrun     | 5k  | 17/06/2023 | 156  | 00:39:50 |        |
| Sandy Water parkrun     | 5k  | 10/06/2023 | 87   | 00:29:47 |        |
| Sandy Water parkrun     | 5k  | 03/06/2023 | 155  | 00:32:34 |        |
| Sandy Water parkrun     | 5k  | 27/05/2023 | 84   | 00:30:03 |        |

|                                     |               |            |      |          |        |
|-------------------------------------|---------------|------------|------|----------|--------|
| Sandy Water parkrun                 | 5k            | 20/05/2023 | 106  | 00:31:38 |        |
| Swansea Bay parkrun                 | 5k            | 13/05/2023 | 322  | 00:29:20 |        |
| Sandy Water parkrun                 | 5k            | 06/05/2023 | 82   | 00:28:42 |        |
| Brisco Gorseinon 10k                | 10k           | 30/04/2023 | 454  | 00:59:30 | F45    |
| Swansea Bay parkrun                 | 5k            | 29/04/2023 | 388  | 00:29:25 |        |
| Sandy Water parkrun                 | 5k            | 22/04/2023 | 74   | 00:28:27 |        |
| Sandy Water parkrun                 | 5k            | 15/04/2023 | 63   | 00:28:02 |        |
| Sandy Water parkrun                 | 5k            | 01/04/2023 | 64   | 00:28:09 |        |
| Sandy Water parkrun                 | 5k            | 18/03/2023 | 65   | 00:28:38 |        |
| Sandy Water parkrun                 | 5k            | 11/03/2023 | 47   | 00:29:06 |        |
| Colby parkrun                       | 5k            | 04/03/2023 | 86   | 00:30:44 |        |
| Sandy Water parkrun                 | 5k            | 25/02/2023 | 71   | 00:28:25 |        |
| Sandy Water parkrun                 | 5k            | 18/02/2023 | 60   | 00:30:17 |        |
| Sandy Water parkrun                 | 5k            | 11/02/2023 | 55   | 00:29:32 |        |
| Sandy Water parkrun                 | 5k            | 28/01/2023 | 74   | 00:29:22 |        |
| Sandy Water parkrun                 | 5k            | 31/12/2022 | 93   | 00:32:03 |        |
| Sandy Water parkrun                 | 5k            | 24/12/2022 | 119  | 00:30:33 |        |
| Sandy Water parkrun                 | 5k            | 12/11/2022 | 81   | 00:27:48 |        |
| Richard Burton 10k                  | 10k           | 06/11/2022 | 1227 | 01:03:58 | F40-49 |
| Sandy Water parkrun                 | 5k            | 05/11/2022 | 45   | 00:28:55 |        |
| Sandy Water parkrun                 | 5k            | 29/10/2022 | 65   | 00:28:59 |        |
| Sandy Water parkrun                 | 5k            | 22/10/2022 | 101  | 00:28:56 |        |
| Sandy Water parkrun                 | 5k            | 15/10/2022 | 88   | 00:33:32 |        |
| Sandy Water parkrun                 | 5k            | 08/10/2022 | 75   | 00:29:33 |        |
| 2022 Wizz Air Cardiff Half Marathon | Half Marathon | 02/10/2022 | 5775 | 02:05:57 | F45+   |
| Sandy Water parkrun                 | 5k            | 01/10/2022 | 70   | 00:29:21 |        |



|   |               |            |      |          |      |
|---|---------------|------------|------|----------|------|
| Sandy Water parkrun                           | 5k            | 24/09/2022 | 51   | 00:29:11 |      |
| Sandy Water parkrun                           | 5k            | 17/09/2022 | 80   | 00:28:39 |      |
| Sandy Water parkrun                           | 5k            | 10/09/2022 | 76   | 00:30:02 |      |
| Sandy Water parkrun                           | 5k            | 03/09/2022 | 110  | 00:29:45 |      |
| Sandy Water parkrun                           | 5k            | 27/08/2022 | 90   | 00:31:44 |      |
| Sandy Water parkrun                           | 5k            | 06/08/2022 | 88   | 00:30:25 |      |
| Tenby 10k                                     | 10k           | 31/07/2022 | 187  | 01:01:43 | F45  |
| Sandy Water parkrun                           | 5k            | 30/07/2022 | 80   | 00:35:51 |      |
| Sandy Water parkrun                           | 5k            | 23/07/2022 | 67   | 00:30:11 |      |
| Ammanford 10k                                 | 10k           | 10/07/2022 | 202  | 01:08:28 | F45  |
| Sandy Water parkrun                           | 5k            | 09/07/2022 | 89   | 00:29:51 |      |
| Sandy Water parkrun                           | 5k            | 02/07/2022 | 117  | 00:29:42 |      |
| Milford Waterfront parkrun                    | 5k            | 25/06/2022 | 38   | 00:29:44 |      |
| Sandy Water parkrun                           | 5k            | 18/06/2022 | 58   | 00:29:09 |      |
| Sandy Water parkrun                           | 5k            | 11/06/2022 | 61   | 00:29:03 |      |
| Sandy Water parkrun                           | 5k            | 04/06/2022 | 79   | 00:29:01 |      |
| Sandy Water parkrun                           | 5k            | 28/05/2022 | 61   | 00:27:49 |      |
| Sandy Water parkrun                           | 5k            | 21/05/2022 | 58   | 00:27:35 |      |
| Sandy Water parkrun                           | 5k            | 14/05/2022 | 62   | 00:27:21 |      |
| Swansea Bay parkrun                           | 5k            | 30/04/2022 | 213  | 00:26:56 |      |
| Sandy Water parkrun                           | 5k            | 23/04/2022 | 59   | 00:27:24 |      |
| Swansea Bay parkrun                           | 5k            | 16/04/2022 | 238  | 00:27:13 |      |
| 2022 Cardiff University Cardiff Half Marathon | Half Marathon | 27/03/2022 | 5459 | 02:07:09 | F40+ |
| Swansea Bay parkrun                           | 5k            | 26/03/2022 | 212  | 00:29:34 |      |
| Sandy Water parkrun                           | 5k            | 19/03/2022 | 216  | 00:28:57 |      |
| Sandy Water parkrun                           | 5k            | 12/03/2022 | 66   | 00:29:00 |      |

|                                |           |            |       |          |        |
|--------------------------------|-----------|------------|-------|----------|--------|
| Colby parkrun                  | 5k        | 05/03/2022 | 58    | 00:28:54 |        |
| Swansea Bay parkrun            | 5k        | 26/02/2022 | 241   | 00:29:04 |        |
| Swansea Bay parkrun            | 5k        | 19/02/2022 | 155   | 00:29:31 |        |
| Sandy Water parkrun            | 5k        | 12/02/2022 | 55    | 00:27:41 |        |
| Swansea Bay parkrun            | 5k        | 29/01/2022 | 200   | 00:28:10 |        |
| Sandy Water parkrun            | 5k        | 11/12/2021 | 66    | 00:28:14 |        |
| Sandy Water parkrun            | 5k        | 04/12/2021 | 71    | 00:28:28 |        |
| Swansea Bay parkrun            | 5k        | 27/11/2021 | 144   | 00:29:58 |        |
| Swansea Bay parkrun            | 5k        | 13/11/2021 | 224   | 00:28:55 |        |
| Swansea Bay parkrun            | 5k        | 30/10/2021 | 214   | 00:29:01 |        |
| Swansea Bay parkrun            | 5k        | 23/10/2021 | 198   | 00:28:32 |        |
| Sandy Water parkrun            | 5k        | 16/10/2021 | 71    | 00:28:15 |        |
| Swansea Bay parkrun            | 5k        | 09/10/2021 | 182   | 00:28:17 |        |
| Virgin London Marathon         | Marathon  | 03/10/2021 | 24493 | 04:54:02 | F40-44 |
| Swansea Bay parkrun            | 5k        | 04/09/2021 | 320   | 00:31:34 |        |
| Swansea Bay parkrun            | 5k        | 28/08/2021 | 298   | 00:30:23 |        |
| Swansea Bay parkrun            | 5k        | 14/03/2020 | 172   | 00:26:46 |        |
| Swansea Bay parkrun            | 5k        | 29/02/2020 | 164   | 00:26:20 |        |
| Swansea Bay parkrun            | 5k        | 22/02/2020 | 176   | 00:26:22 |        |
| Swansea Bay parkrun            | 5k        | 15/02/2020 | 161   | 00:27:40 |        |
| Llanelli Coast parkrun         | 5k        | 01/02/2020 | 68    | 00:27:01 |        |
| Swansea Bay parkrun            | 5k        | 25/01/2020 | 222   | 00:27:00 |        |
| Tata Steel Round the Reservoir | 5.6 miles | 12/01/2020 | 108   | 00:48:43 | FV40   |
| Swansea Bay parkrun            | 5k        | 11/01/2020 | 208   | 00:28:03 |        |
| Gnoll parkrun                  | 5k        | 04/01/2020 | 116   | 00:28:34 |        |
| Swansea Bay parkrun            | 5k        | 01/01/2020 | 256   | 00:27:09 |        |

|                                     |               |            |      |          |        |
|-------------------------------------|---------------|------------|------|----------|--------|
| Swansea Bay parkrun                 | 5k            | 28/12/2019 | 243  | 00:28:44 |        |
| Swansea Bay parkrun                 | 5k            | 21/12/2019 | 174  | 00:28:02 |        |
| Swansea Bay parkrun                 | 5k            | 14/12/2019 | 88   | 00:26:36 |        |
| Merthyr Mawr Christmas Pudding Race | 10k           | 08/12/2019 | 162  | 01:26:31 | FV     |
| Swansea Bay parkrun                 | 5k            | 30/11/2019 | 151  | 00:26:58 |        |
| Swansea Bay parkrun                 | 5k            | 23/11/2019 | 142  | 00:26:14 |        |
| Sospan MT10                         | 10 miles      | 17/11/2019 | 239  | 01:36:26 | F35-44 |
| Llanelli Coast parkrun              | 5k            | 16/11/2019 | 70   | 00:26:06 |        |
| Porthcawl parkrun                   | 5k            | 02/11/2019 | 111  | 00:27:35 |        |
| Llanelli Coast parkrun              | 5k            | 19/10/2019 | 82   | 00:27:21 |        |
| Swansea Bay parkrun                 | 5k            | 12/10/2019 | 131  | 00:25:34 |        |
| Cardiff Half Marathon               | Half Marathon | 06/10/2019 | 7916 | 02:04:02 | F40+   |
| Swansea Bay parkrun                 | 5k            | 05/10/2019 | 179  | 00:28:04 |        |
| Swansea Bay parkrun                 | 5k            | 28/09/2019 | 137  | 00:26:26 |        |
| Admiral Swansea Bay 10k             | 10k           | 22/09/2019 |      | 00:52:24 |        |
| Llanelli Coast parkrun              | 5k            | 21/09/2019 | 74   | 00:26:40 |        |
| Swansea Bay parkrun                 | 5k            | 14/09/2019 | 180  | 00:26:19 |        |
| Swansea Bay parkrun                 | 5k            | 07/09/2019 | 168  | 00:25:44 |        |
| Swansea Bay parkrun                 | 5k            | 31/08/2019 | 147  | 00:26:18 |        |
| ABP Barry 10k                       | 10k           | 04/08/2019 | 933  | 00:54:15 | F40+   |
| Tenby 10k                           | 10k           | 28/07/2019 | 258  | 00:58:41 |        |
| Porthcawl 10k                       | 10k           | 07/07/2019 | 1111 | 00:54:55 | F40+   |
| Llyn Llech Owain parkrun            | 5k            | 06/07/2019 | 59   | 00:28:06 |        |
| Swansea Bay parkrun                 | 5k            | 29/06/2019 | 239  | 00:29:15 |        |
| JCP Swansea Half Marathon           | Half Marathon | 23/06/2019 | 2005 | 02:01:47 | F40    |
| Swansea Bay parkrun                 | 5k            | 15/06/2019 | 196  | 00:26:55 |        |

|                                   |               |            |      |          |      |
|-----------------------------------|---------------|------------|------|----------|------|
| Swansea Bay parkrun               | 5k            | 08/06/2019 | 153  | 00:26:09 |      |
| Swansea Bay parkrun               | 5k            | 01/06/2019 | 220  | 00:26:36 |      |
| Colby parkrun                     | 5k            | 25/05/2019 | 82   | 00:27:55 |      |
| Swansea Bay parkrun               | 5k            | 18/05/2019 | 204  | 00:25:48 |      |
| Swansea Epic Trail 10k            | 10k           | 12/05/2019 | 306  | 01:01:54 | FV40 |
| Swansea Bay parkrun               | 5k            | 11/05/2019 | 201  | 00:27:29 |      |
| Swansea Bay parkrun               | 5k            | 20/04/2019 | 189  | 00:26:24 |      |
| Great Welsh Half Marathon         | Half Marathon | 14/04/2019 | 301  | 02:01:08 | F40  |
| Swansea Bay parkrun               | 5k            | 13/04/2019 | 219  | 00:28:29 |      |
| Brecon Carreg Cardiff Bay Run 10k | 10k           | 31/03/2019 | 2208 | 00:54:30 | F40+ |
| Llanelli Coast parkrun            | 5k            | 30/03/2019 | 51   | 00:26:55 |      |
| Swansea Bay parkrun               | 5k            | 23/03/2019 | 199  | 00:27:58 |      |
| Swansea Bay parkrun               | 5k            | 16/03/2019 | 171  | 00:27:51 |      |
| Swansea Bay parkrun               | 5k            | 09/03/2019 | 185  | 00:27:32 |      |
| Swansea Bay parkrun               | 5k            | 02/03/2019 | 193  | 00:27:21 |      |
| Swansea Bay parkrun               | 5k            | 09/02/2019 | 291  | 00:43:59 |      |
| Swansea Bay parkrun               | 5k            | 02/02/2019 | 167  | 00:28:28 |      |
| Swansea Bay parkrun               | 5k            | 26/01/2019 | 196  | 00:27:54 |      |
| Swansea Bay parkrun               | 5k            | 19/01/2019 | 181  | 00:28:07 |      |
| Swansea Bay parkrun               | 5k            | 12/01/2019 | 173  | 00:27:35 |      |
| Swansea Bay parkrun               | 5k            | 05/01/2019 | 161  | 00:26:49 |      |
| Swansea Bay parkrun               | 5k            | 01/01/2019 | 210  | 00:25:56 |      |
| Swansea Bay parkrun               | 5k            | 29/12/2018 | 256  | 00:29:08 |      |
| Swansea Bay parkrun               | 5k            | 22/12/2018 | 175  | 00:28:11 |      |
| Swansea Bay parkrun               | 5k            | 08/12/2018 | 100  | 00:26:35 |      |
| Swansea Bay parkrun               | 5k            | 01/12/2018 | 95   | 00:26:30 |      |

|                           |               |            |      |          |       |
|---------------------------|---------------|------------|------|----------|-------|
| Swansea Bay parkrun       | 5k            | 24/11/2018 | 248  | 00:29:17 |       |
| Sospan RR MT10            | 10 miles      | 18/11/2018 | 335  | 01:40:36 | F3544 |
| Llanelli Coast parkrun    | 5k            | 17/11/2018 | 74   | 00:27:30 |       |
| Swansea Bay parkrun       | 5k            | 27/10/2018 | 222  | 00:28:58 |       |
| Swansea Bay parkrun       | 5k            | 20/10/2018 | 180  | 00:27:56 |       |
| Cardiff Half Marathon     | Half Marathon | 07/10/2018 | 8640 | 02:07:03 | F40+  |
| Llanelli Coast parkrun    | 5k            | 06/10/2018 | 96   | 00:31:04 |       |
| Swansea Bay parkrun       | 5k            | 29/09/2018 | 175  | 00:27:12 |       |
| Swansea Bay parkrun       | 5k            | 22/09/2018 | 132  | 00:27:58 |       |
| Llyn Llech Owain parkrun  | 5k            | 15/09/2018 | 59   | 00:29:12 |       |
| Swansea Bay parkrun       | 5k            | 08/09/2018 | 141  | 00:28:25 |       |
| Llanelli Coast parkrun    | 5k            | 01/09/2018 | 151  | 00:33:59 |       |
| Swansea Bay parkrun       | 5k            | 25/08/2018 | 222  | 00:29:07 |       |
| Swansea Bay parkrun       | 5k            | 18/08/2018 | 215  | 00:29:15 |       |
| Swansea Bay parkrun       | 5k            | 11/08/2018 | 343  | 00:51:23 |       |
| Swansea Bay parkrun       | 5k            | 07/07/2018 | 165  | 00:30:38 |       |
| Llyn Llech Owain parkrun  | 5k            | 30/06/2018 | 89   | 00:32:32 |       |
| Swansea Bay parkrun       | 5k            | 16/06/2018 | 272  | 00:49:08 |       |
| Swansea Bay parkrun       | 5k            | 19/05/2018 | 223  | 00:29:58 |       |
| Swansea Bay parkrun       | 5k            | 05/05/2018 | 276  | 00:30:32 |       |
| Abp Newport Wales 10k     | 10k           | 29/04/2018 | 1452 | 01:01:05 | F40+  |
| Great Welsh Half Marathon | Half Marathon | 15/04/2018 | 307  | 02:19:42 | FV40  |
| Llanelli Coast parkrun    | 5k            | 07/04/2018 | 55   | 00:27:20 |       |
| Swansea Bay parkrun       | 5k            | 31/03/2018 | 197  | 00:27:18 |       |
| Cardiff Bay 10k           | 10k           | 25/03/2018 | 2191 | 00:58:10 | F40   |
| Swansea Bay parkrun       | 5k            | 24/03/2018 | 131  | 00:27:58 |       |

|   |               |            |      |          |      |
|---|---------------|------------|------|----------|------|
| Swansea Bay parkrun                                 | 5k            | 24/02/2018 | 151  | 00:27:08 |      |
| Llanelli Half Marathon                              | Half Marathon | 18/02/2018 | 928  | 02:05:10 | FV35 |
| Swansea Bay parkrun                                 | 5k            | 17/02/2018 | 150  | 00:28:56 |      |
| Swansea Bay parkrun                                 | 5k            | 10/02/2018 | 113  | 00:27:56 |      |
| Swansea Bay parkrun                                 | 5k            | 03/02/2018 | 152  | 00:27:53 |      |
| West Glamorgan Xc League - Margam Park - Women      | TBC           | 28/01/2018 | 86   | 00:56:34 |      |
| Swansea Bay parkrun                                 | 5k            | 27/01/2018 | 138  | 00:29:53 |      |
| Swansea Bay parkrun                                 | 5k            | 20/01/2018 | 188  | 00:29:10 |      |
| West Glamorgan Xc League - Margam Reservoir - Women | 5.6 miles     | 14/01/2018 | 109  | 00:54:08 |      |
| Swansea Bay parkrun                                 | 5k            | 13/01/2018 | 172  | 00:29:43 |      |
| Swansea Bay parkrun                                 | 5k            | 06/01/2018 | 207  | 00:31:20 |      |
| Swansea Bay parkrun                                 | 5k            | 01/01/2018 | 216  | 00:32:14 |      |
| Swansea Bay parkrun                                 | 5k            | 30/12/2017 | 155  | 00:30:08 |      |
| Swansea Bay parkrun                                 | 5k            | 23/12/2017 | 193  | 00:29:35 |      |
| Rnli Mumbles Great Christmas Fun Run                | 10k           | 10/12/2017 | 105  | 01:01:18 | FV   |
| Swansea Bay parkrun                                 | 5k            | 09/12/2017 | 132  | 00:30:18 |      |
| Swansea Bay parkrun                                 | 5k            | 02/12/2017 | 182  | 00:33:19 |      |
| Swansea Bay parkrun                                 | 5k            | 25/11/2017 | 256  | 00:35:15 |      |
| Richard Burton 10k                                  | 10k           | 05/11/2017 | 1080 | 01:04:54 | F40+ |
| Swansea Bay parkrun                                 | 5k            | 04/11/2017 | 204  | 00:30:12 |      |
| Swansea Bay parkrun                                 | 5k            | 28/10/2017 | 263  | 00:31:52 |      |
| Swansea Bay parkrun                                 | 5k            | 14/10/2017 | 219  | 00:30:19 |      |
| Admiral Swansea Bay 10k                             | 10k           | 24/09/2017 | 1931 | 01:00:27 | F35+ |
| <b>Ciara Dowling</b>                                |               | 1          |      |          |      |
| Swansea Bay parkrun                                 | 5k            | 04/08/2018 | 154  | 00:26:34 |      |
| <b>Rhys Doyle</b>                                   |               | 32         |      |          |      |

|  |               |            |     |          |        |
|--|---------------|------------|-----|----------|--------|
| Swansea Bay parkrun                            | 5k            | 30/12/2023 | 21  | 00:19:22 |        |
| Sandy Water parkrun                            | 5k            | 23/12/2023 | 2   | 00:16:17 |        |
| Swansea Bay parkrun                            | 5k            | 15/04/2023 | 25  | 00:20:18 |        |
| Abingdon parkrun                               | 5k            | 03/12/2022 | 3   | 00:18:05 |        |
| 2022 Wizz Air Cardiff Half Marathon            | Half Marathon | 02/10/2022 | 119 | 01:18:37 | MOPEN  |
| Toughrunner UK Swansea Epic Trail 10k          | 10k           | 22/05/2022 | 4   | 00:39:22 | M30-39 |
| Great Welsh Marathon                           | Marathon      | 10/04/2022 | 12  | 02:55:47 | MSEN   |
| 2022 Cardiff University Cardiff Half Marathon  | Half Marathon | 27/03/2022 | 571 | 01:20:17 | MOPEN  |
| Swansea Bay parkrun                            | 5k            | 05/02/2022 | 3   | 00:17:14 |        |
| Merthyr Mawr Christmas Pudding Race 2021       | 10k           | 05/12/2021 | 19  | 00:46:58 | SM     |
| Toughrunner Swansea Trail Half Marathon        | Half Marathon | 30/10/2021 | 50  | 02:04:14 | SM     |
| Welsh Athletics Welsh Road Relay Championships | 5400m         | 11/09/2021 | 47  | 00:19:47 | SM     |
| Swansea Bay parkrun                            | 5k            | 21/08/2021 | 66  | 00:22:04 |        |
| Swansea Bay parkrun                            | 5k            | 08/02/2020 | 16  | 00:18:55 |        |
| The Wormshead 10K                              | 10k           | 02/02/2020 | 5   | 00:45:33 | MSen   |
| Tata Steel Round the Reservoir                 | 5.6 miles     | 12/01/2020 | 41  | 00:34:16 | MSEN   |
| Merthyr Mawr Christmas Pudding Race            | 10k           | 08/12/2019 | 27  | 00:52:26 | MSen   |
| Llyn Llech Owain parkrun                       | 5k            | 23/11/2019 | 1   | 00:18:40 |        |
| Swansea Bay parkrun                            | 5k            | 09/11/2019 | 1   | 00:18:31 |        |
| Swansea Bay parkrun                            | 5k            | 12/10/2019 | 19  | 00:19:17 |        |
| Cardiff Half Marathon                          | Half Marathon | 06/10/2019 | 201 | 01:21:48 | MOPEN  |
| Welsh Athletics Road Relay Championships       | 5400m         | 15/09/2019 |     | 00:20:18 | SM     |
| Swansea Bay parkrun                            | 5k            | 07/09/2019 | 4   | 00:17:39 |        |
| Swansea Bay parkrun                            | 5k            | 24/08/2019 | 5   | 00:17:55 |        |
| ABP Barry 10k                                  | 10k           | 04/08/2019 | 57  | 00:38:43 | MOPEN  |
| Swansea Bay parkrun                            | 5k            | 03/08/2019 | 155 | 00:25:43 |        |

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|---|---------------|------------|------|----------|----------|
| Porthcawl 10k   | 10k           | 07/07/2019 | 36   | 00:37:32 | MOPEN    |
| Swansea Bay parkrun   | 5k            | 29/06/2019 | 21   | 00:19:57 |          |
| JCP Swansea Half Marathon                                   | Half Marathon | 23/06/2019 | 135  | 01:27:31 | MSEN     |
| Swansea Bay parkrun   | 5k            | 15/06/2019 | 7    | 00:18:05 |          |
| Welsh Castles Relay Stage 11 - Newtown to Llanbadarn Fynydd | 10.8 miles    | 09/06/2019 | 24   | 01:11:09 | Mopen    |
| Whitford Point Multi Terrain Race                           | 5.8 miles     | 15/05/2019 | 7    | 00:39:45 | M        |
| <b>Karen Dugate</b>   |               | 34         |      |          |          |
| Merthyr Mawr Christmas Pudding Race                         | 10k           | 15/12/2024 | 555  | 01:37:10 | VeteranF |
| Marathon Lanzarote 2024 - Half Marathon                     | Half Marathon | 07/12/2024 | 1007 | 02:29:36 |          |
| Swansea Bay parkrun   | 5k            | 16/11/2024 | 411  | 00:32:00 |          |
| Chippenham Playing Fields parkrun Monmouth                  | 5k            | 08/06/2024 | 92   | 00:32:41 |          |
| Haverfordwest parkrun                                       | 5k            | 02/03/2024 | 37   | 00:34:43 |          |
| Milford Waterfront parkrun                                  | 5k            | 09/12/2023 | 56   | 00:45:22 |          |
| 2023 Marathon Eryri   | Marathon      | 28/10/2023 | 1574 | 05:14:47 | F55+     |
| Tri Hard Harriers 5k on the Bay                             | 5k            | 24/08/2023 | 199  | 00:29:17 | F40+     |
| Brisco Gorseinon 10k  | 10k           | 30/04/2023 | 494  | 00:59:49 | F55      |
| Colby parkrun   | 5k            | 03/12/2022 | 85   | 00:58:43 |          |
| Narberth Night Nobbler                                      | 10k           | 03/12/2022 | 458  | 03:03:22 |          |
| Richard Burton 10k  | 10k           | 06/11/2022 | 2075 | 01:43:33 | F50-59   |
| Tata Steel Richard Burton 10k                               | 10k           | 07/11/2021 | 919  | 01:01:58 | F50+     |
| Toughrunner Swansea Trail Half Marathon                     | Half Marathon | 30/10/2021 | 457  | 03:19:29 | F50-59   |
| Admiral Swansea Bay 10k                                     | 10k           | 19/09/2021 | 1055 | 00:58:43 |          |
| StratforduponAvon parkrun                                   | 5k            | 08/02/2020 | 271  | 00:30:30 |          |
| Grangemoor parkrun  | 5k            | 11/01/2020 | 114  | 00:29:14 |          |
| Glynneath 5   | 5 miles       | 26/12/2019 | 265  | 00:48:35 | FV50     |
| Colby parkrun   | 5k            | 14/12/2019 | 39   | 00:31:57 |          |



|                             |               |            |      |          |        |
|-----------------------------|---------------|------------|------|----------|--------|
| Sospan MT10                 | 10 miles      | 17/11/2019 | 339  | 01:45:26 | F45-54 |
| Leamington parkrun          | 5k            | 19/10/2019 | 195  | 00:29:04 |        |
| Futakotamagawa parkrun      | 5k            | 28/09/2019 | 90   | 00:30:51 |        |
| Admiral Swansea Bay 10k     | 10k           | 22/09/2019 |      | 01:00:06 |        |
| Leamington parkrun          | 5k            | 09/03/2019 | 319  | 00:30:21 |        |
| Swansea Bay parkrun         | 5k            | 02/03/2019 | 171  | 00:26:34 |        |
| Swansea Bay parkrun         | 5k            | 09/02/2019 | 141  | 00:27:44 |        |
| Swansea Bay parkrun         | 5k            | 02/02/2019 | 149  | 00:27:39 |        |
| Swansea Bay parkrun         | 5k            | 05/01/2019 | 232  | 00:29:20 |        |
| Swansea Bay parkrun         | 5k            | 15/12/2018 | 105  | 00:46:02 |        |
| Swansea Bay parkrun         | 5k            | 01/12/2018 | 141  | 00:30:48 |        |
| Swansea Bay parkrun         | 5k            | 24/11/2018 | 327  | 00:38:01 |        |
| Leamington parkrun          | 5k            | 07/07/2018 | 483  | 00:30:52 |        |
| Swansea Bay parkrun         | 5k            | 05/05/2018 | 389  | 00:39:14 |        |
| Swansea Bay parkrun         | 5k            | 17/02/2018 | 159  | 00:29:43 |        |
| <b>Louise Eakins</b>        |               | 10         |      |          |        |
| Brisco Gorseinon 10k        | 10k           | 30/04/2023 | 491  | 01:00:27 | F50    |
| Richard Burton 10k          | 10k           | 06/11/2022 | 1167 | 01:02:25 | F50-59 |
| Great Welsh Half Marathon   | Half Marathon | 10/04/2022 | 440  | 02:14:58 | F50    |
| Tenby 10k                   | 10k           | 29/07/2018 | 252  | 00:57:06 | F45    |
| Hampton Court Half Marathon | Half Marathon | 18/02/2018 | 2144 | 02:11:00 | FV45   |
| Llanelli Coast parkrun      | 5k            | 25/11/2017 | 34   | 00:26:58 |        |
| Tenby 10k                   | 10k           | 30/07/2017 | 279  | 00:58:25 | F45    |
| Ammanford Lions 10k         | 10k           | 09/07/2017 | 112  | 00:58:45 | F45    |
| Jcp Swansea Half Marathon   | Half Marathon | 25/06/2017 | 2117 | 02:02:21 | FV45   |
| Richard Burton 10k          | 10k           | 06/11/2016 | 494  | 00:54:15 | FV40   |

|                                    |               |            |      |          |        |
|------------------------------------|---------------|------------|------|----------|--------|
| <b>Mark Eakins</b>                 |               |            | 13   |          |        |
| Principality Cardiff Half Marathon | Half Marathon | 06/10/2024 | 2671 | 01:43:31 | M50    |
| Brisco Gorseinon 10k               | 10k           | 30/04/2023 | 105  | 00:45:30 | M50    |
| Sospan MT10                        | 10 miles      | 20/11/2022 | 99   | 01:18:38 | M45-54 |
| Great Welsh Half Marathon          | Half Marathon | 10/04/2022 | 71   | 01:38:59 | M50    |
| Sandy Water parkrun                | 5k            | 29/01/2022 | 18   | 00:22:33 |        |
| Admiral Swansea Bay 10k            | 10k           | 19/09/2021 | 814  | 00:57:20 |        |
| Hampton Court Palace Half Marathon | Half Marathon | 17/03/2019 | 470  | 01:43:16 | MV45   |
| Tenby 10k                          | 10k           | 29/07/2018 | 64   | 00:46:43 | M40    |
| Admiral Swansea Bay 10k            | 10k           | 24/09/2017 | 294  | 00:43:48 | M40+   |
| Tenby 10k                          | 10k           | 30/07/2017 | 65   | 00:45:57 | M40    |
| Ammanford Lions 10k                | 10k           | 09/07/2017 | 36   | 00:45:17 | M40    |
| Jcp Swansea Half Marathon          | Half Marathon | 25/06/2017 | 480  | 01:38:24 | MV40   |
| Richard Burton 10k                 | 10k           | 06/11/2016 | 131  | 00:42:41 | MV40   |
| <b>Alfryn Easter</b>               |               |            | 6    |          |        |
| Admiral Swansea Bay 10k            | 10k           | 17/09/2023 | 2616 | 01:21:36 | Male   |
| Admiral Swansea Bay 10k            | 10k           | 18/09/2022 | 2685 | 01:25:20 | M70    |
| Admiral Swansea Bay 10k            | 10k           | 22/09/2019 |      | 01:10:13 |        |
| Tenby 10k                          | 10k           | 28/07/2019 | 439  | 01:13:25 |        |
| Admiral Swansea Bay 10k            | 10k           | 16/09/2018 | 2379 | 01:05:06 | M60    |
| Admiral Swansea Bay 10k            | 10k           | 24/09/2017 | 2432 | 01:04:46 | M60+   |
| <b>Lee Edwards</b>                 |               |            | 11   |          |        |
| Richard Burton 10k                 | 10k           | 03/11/2024 | 373  | 00:46:16 | M40-49 |
| Swansea Half Marathon              | Half Marathon | 09/06/2024 |      | 01:45:35 | M40    |
| Ballincollig parkrun               | 5k            | 30/03/2024 | 36   | 00:22:32 |        |
| Swansea Bay parkrun                | 5k            | 06/01/2024 | 38   | 00:20:31 |        |

|   |               |            |      |          |        |
|---|---------------|------------|------|----------|--------|
| Principality Cardiff Half Marathon 2023               | Half Marathon | 01/10/2023 |      | 01:52:52 | M40-44 |
| Admiral Swansea Bay 10k                               | 10k           | 17/09/2023 | 312  | 00:44:10 | Male   |
| Brisco Gorseinon 10k                                  | 10k           | 30/04/2023 | 95   | 00:45:03 | M40    |
| Vitality Reading Half Marathon                        | Half Marathon | 19/03/2017 | 2135 | 01:44:53 | MSEN   |
| Hoka One One Trail Half Marathon                      | Half Marathon | 19/02/2017 | 101  | 02:00:07 | SENM   |
| Ballincollig parkrun                                  | 5k            | 31/12/2016 | 53   | 00:22:46 |        |
| Ballincollig parkrun                                  | 5k            | 24/12/2016 | 50   | 00:22:43 |        |
| <b>Abbie Evans</b>                                    |               |            | 1    |          |        |
| West Glamorgan Xc League - Margam Park - Women        | TBC           | 28/01/2018 | 41   | 00:46:35 |        |
| <b>Alex Evans</b>                                     |               |            | 6    |          |        |
| Toughrunner UK Swansea Epic Trail 10k                 | 10k           | 22/05/2022 | 10   | 00:40:52 | M30-39 |
| Great Welsh Marathon                                  | Marathon      | 10/04/2022 | 14   | 02:57:15 | MSEN   |
| 2022 Cardiff University Cardiff Half Marathon         | Half Marathon | 27/03/2022 | 267  | 01:25:15 | MOPEN  |
| Endurance Life Gower Ultra                            | Ultra         | 13/11/2021 | 35   | 05:59:49 | M      |
| Toughrunner Swansea Trail Half Marathon               | Half Marathon | 30/10/2021 | 60   | 02:05:53 | SM     |
| JCP Swansea Half Marathon                             | Half Marathon | 17/10/2021 | 166  | 01:34:00 | MSEN   |
| <b>Nigel Evans</b>                                    |               |            | 21   |          |        |
| Swansea Bay parkrun                                   | 5k            | 18/05/2024 | 30   | 00:20:09 |        |
| 2023 Marathon Eryri                                   | Marathon      | 28/10/2023 | 614  | 04:12:52 | M55+   |
| Stratford-upon-Avon parkrun                           | 5k            | 18/02/2023 | 41   | 00:20:13 |        |
| Stratford-upon-Avon parkrun                           | 5k            | 08/10/2022 | 20   | 00:20:26 |        |
| Welsh Road Relay Championships - Pembrey Country Park | 5400m         | 24/09/2022 |      | 00:22:42 | MM55   |
| Great Welsh Marathon                                  | Marathon      | 10/04/2022 | 62   | 03:28:16 | M55    |
| Tata Steel Richard Burton 10k                         | 10k           | 07/11/2021 | 151  | 00:44:30 | M50+   |
| ABP Newport Wales Marathon                            | Marathon      | 24/10/2021 | 521  | 03:30:30 | M55+   |
| Dolgellau parkrun                                     | 5k            | 11/09/2021 | 6    | 00:20:33 |        |

|   |               |            |      |          |        |
|---|---------------|------------|------|----------|--------|
| Fulham Palace parkrun   | 5k            | 11/01/2020 | 73   | 00:20:48 |        |
| Wormwood Scrubs parkrun                                       | 5k            | 23/11/2019 | 16   | 00:22:31 |        |
| Welsh Athletics Road Relay Championships                      | 5400m         | 15/09/2019 |      | 00:23:19 | MM45   |
| Cambridge parkrun   | 5k            | 29/06/2019 | 37   | 00:21:00 |        |
| JCP Swansea Half Marathon                                     | Half Marathon | 23/06/2019 | 372  | 01:35:33 | M50    |
| Welsh Castles Relay Stage 10 - Llanfair Caereinion to Newtown | Half Marathon | 08/06/2019 | 50   | 01:40:00 | MV     |
| Cambridge parkrun   | 5k            | 05/01/2019 | 33   | 00:20:28 |        |
| Swansea Bay parkrun   | 5k            | 24/11/2018 | 30   | 00:19:57 |        |
| Snowdonia Marathon Eryri                                      | Marathon      | 27/10/2018 | 486  | 03:55:52 | M50-54 |
| Welsh Castles Relay Stage 3                                   | 12.3 miles    | 09/06/2018 | 57   | 01:37:58 | MV     |
| Swansea Bay parkrun   | 5k            | 02/06/2018 | 26   | 00:19:55 |        |
| Cambridge parkrun   | 5k            | 04/11/2017 | 31   | 00:21:14 |        |
| <b>Eiri Evans-jones</b>                                       |               | 79         |      |          |        |
| Llyn Llech Owain parkrun                                      | 5k            | 21/12/2024 | 44   | 00:27:27 |        |
| Llyn Llech Owain parkrun                                      | 5k            | 14/12/2024 | 37   | 00:27:25 |        |
| Gnoll parkrun   | 5k            | 23/11/2024 | 38   | 00:28:40 |        |
| Llyn Llech Owain parkrun                                      | 5k            | 16/11/2024 | 36   | 00:26:49 |        |
| Llyn Llech Owain parkrun                                      | 5k            | 09/11/2024 | 32   | 00:26:49 |        |
| Llyn Llech Owain parkrun                                      | 5k            | 12/10/2024 | 45   | 00:27:16 |        |
| Sandy Water parkrun   | 5k            | 05/10/2024 | 56   | 00:26:41 |        |
| Sandy Water parkrun   | 5k            | 28/09/2024 | 60   | 00:26:35 |        |
| Admiral Swansea Bay 10k                                       | 10k           | 15/09/2024 | 1526 | 00:55:56 |        |
| Sandy Water parkrun   | 5k            | 31/08/2024 | 93   | 00:27:33 |        |
| Cycle Route 43 parkrun Ystalyfera                             | 5k            | 03/08/2024 | 55   | 00:27:55 |        |
| Sandy Water parkrun   | 5k            | 20/04/2024 | 69   | 00:27:21 |        |
| Llyn Llech Owain parkrun                                      | 5k            | 30/03/2024 | 65   | 00:29:41 |        |

|                           |     |            |     |          |     |
|---------------------------|-----|------------|-----|----------|-----|
| Sandy Water parkrun       | 5k  | 23/03/2024 | 56  | 00:28:37 |     |
| Sandy Water parkrun       | 5k  | 16/03/2024 | 74  | 00:28:36 |     |
| Conwy parkrun             | 5k  | 17/02/2024 | 142 | 00:29:15 |     |
| Sandy Water parkrun       | 5k  | 20/01/2024 | 54  | 00:27:26 |     |
| Sandy Water parkrun       | 5k  | 13/01/2024 | 45  | 00:26:54 |     |
| Llyn Llech Owain parkrun  | 5k  | 01/01/2024 | 51  | 00:28:23 |     |
| Sandy Water parkrun       | 5k  | 30/12/2023 | 80  | 00:27:22 |     |
| Swansea Bay parkrun       | 5k  | 23/12/2023 | 238 | 00:26:26 |     |
| Sandy Water parkrun       | 5k  | 02/12/2023 | 45  | 00:26:58 |     |
| Llyn Llech Owain parkrun  | 5k  | 25/11/2023 | 41  | 00:27:19 |     |
| Swansea Bay parkrun       | 5k  | 18/11/2023 | 173 | 00:27:18 |     |
| Sandy Water parkrun       | 5k  | 11/11/2023 | 50  | 00:26:13 |     |
| Exeter Riverside parkrun  | 5k  | 28/10/2023 | 197 | 00:28:29 |     |
| Sandy Water parkrun       | 5k  | 21/10/2023 | 46  | 00:26:30 |     |
| Swansea Bay parkrun       | 5k  | 14/10/2023 | 231 | 00:26:35 |     |
| Sandy Water parkrun       | 5k  | 07/10/2023 | 60  | 00:27:13 |     |
| Llyn Llech Owain parkrun  | 5k  | 23/09/2023 | 45  | 00:27:51 |     |
| Sandy Water parkrun       | 5k  | 16/09/2023 | 57  | 00:28:01 |     |
| Sandy Water parkrun       | 5k  | 09/09/2023 | 70  | 00:28:11 |     |
| Sandy Water parkrun       | 5k  | 02/09/2023 | 78  | 00:27:23 |     |
| Sandy Water parkrun       | 5k  | 26/08/2023 | 85  | 00:28:39 |     |
| Newborough Forest parkrun | 5k  | 19/08/2023 | 65  | 00:29:24 |     |
| Brynaman parkrun          | 5k  | 05/08/2023 | 19  | 00:29:04 |     |
| Brisco Gorseinon 10k      | 10k | 30/04/2023 | 419 | 00:58:34 | F40 |
| Sandy Water parkrun       | 5k  | 15/04/2023 | 75  | 00:29:18 |     |
| Sandy Water parkrun       | 5k  | 12/11/2022 | 76  | 00:27:26 |     |

|                                   |     |            |      |          |      |
|-----------------------------------|-----|------------|------|----------|------|
| Swansea Bay parkrun               | 5k  | 29/10/2022 | 194  | 00:27:42 |      |
| Sandy Water parkrun               | 5k  | 22/10/2022 | 82   | 00:27:53 |      |
| Sandy Water parkrun               | 5k  | 15/10/2022 | 59   | 00:28:36 |      |
| Healthspan Porthcawl 10k          | 10k | 03/07/2022 | 1148 | 00:58:04 | F40+ |
| Llyn Llech Owain parkrun          | 5k  | 25/06/2022 | 35   | 00:28:13 |      |
| Llyn Llech Owain parkrun          | 5k  | 18/06/2022 | 67   | 00:31:27 |      |
| Llyn Llech Owain parkrun          | 5k  | 11/06/2022 | 44   | 00:27:28 |      |
| Llyn Llech Owain parkrun          | 5k  | 04/06/2022 | 29   | 00:27:50 |      |
| Llyn Llech Owain parkrun          | 5k  | 21/05/2022 | 38   | 00:27:19 |      |
| Llyn Llech Owain parkrun          | 5k  | 14/05/2022 | 31   | 00:27:41 |      |
| PPRC Swansea Bay Summer 5k Series | 5k  | 11/05/2022 | 73   | 00:27:48 | W40  |
| Llyn Llech Owain parkrun          | 5k  | 07/05/2022 | 36   | 00:28:34 |      |
| Llyn Llech Owain parkrun          | 5k  | 30/04/2022 | 28   | 00:28:06 |      |
| Llyn Llech Owain parkrun          | 5k  | 23/04/2022 | 54   | 00:31:10 |      |
| Sandy Water parkrun               | 5k  | 16/04/2022 | 99   | 00:28:23 |      |
| Llyn Llech Owain parkrun          | 5k  | 09/04/2022 | 36   | 00:30:49 |      |
| Maesteg parkrun                   | 5k  | 02/04/2022 | 26   | 00:28:22 |      |
| Brynaman parkrun                  | 5k  | 26/03/2022 | 20   | 00:28:53 |      |
| Admiral Swansea Bay 10k           | 10k | 19/09/2021 | 692  | 00:55:00 |      |
| Swansea Bay parkrun               | 5k  | 11/09/2021 | 150  | 00:26:12 |      |
| Porthcawl parkrun                 | 5k  | 04/09/2021 | 193  | 00:26:39 |      |
| Brynaman parkrun                  | 5k  | 28/08/2021 | 27   | 00:26:06 |      |
| Sandy Water parkrun               | 5k  | 21/08/2021 | 53   | 00:26:35 |      |
| Colby parkrun                     | 5k  | 27/10/2018 | 131  | 00:34:31 |      |
| Cirencester parkrun               | 5k  | 25/08/2018 | 96   | 00:28:56 |      |
| Llyn Llech Owain parkrun          | 5k  | 11/08/2018 | 43   | 00:28:54 |      |

|                                       |         |            |      |          |      |
|---------------------------------------|---------|------------|------|----------|------|
| Llanelli Coast parkrun                | 5k      | 02/06/2018 | 68   | 00:28:07 |      |
| Llyn Llech Owain parkrun              | 5k      | 19/05/2018 | 39   | 00:27:58 |      |
| Llyn Llech Owain parkrun              | 5k      | 12/05/2018 | 34   | 00:27:25 |      |
| Llyn Llech Owain parkrun              | 5k      | 05/05/2018 | 49   | 00:28:06 |      |
| Llanelli Coast parkrun                | 5k      | 21/04/2018 | 53   | 00:26:57 |      |
| Llyn Llech Owain parkrun              | 5k      | 10/03/2018 | 36   | 00:29:04 |      |
| Llyn Llech Owain parkrun              | 5k      | 24/02/2018 | 42   | 00:29:34 |      |
| Llyn Llech Owain parkrun              | 5k      | 27/01/2018 | 94   | 00:41:56 |      |
| Llyn Llech Owain parkrun              | 5k      | 13/01/2018 | 90   | 00:37:42 |      |
| Llyn Llech Owain parkrun              | 5k      | 30/12/2017 | 74   | 00:31:29 |      |
| Llanelli Coast parkrun                | 5k      | 28/10/2017 | 48   | 00:26:38 |      |
| Admiral Swansea Bay 10k               | 10k     | 24/09/2017 | 1516 | 00:58:10 | F35+ |
| Glynneath Boxing Day 5 Mile Road Race | 5 miles | 26/12/2016 | 252  | 00:44:09 | F    |
| Llyn Llech Owain parkrun              | 5k      | 24/12/2016 | 69   | 00:27:49 |      |
| <b>Matthew Evanson</b>                |         | 36         |      |          |      |
| Haverfordwest parkrun                 | 5k      | 30/03/2024 | 2    | 00:20:35 |      |
| Swansea Bay parkrun                   | 5k      | 23/03/2024 | 25   | 00:19:34 |      |
| Haverfordwest parkrun                 | 5k      | 09/03/2024 | 34   | 00:30:00 |      |
| Swansea Bay parkrun                   | 5k      | 24/02/2024 | 66   | 00:21:59 |      |
| Milford Waterfront parkrun            | 5k      | 17/02/2024 | 3    | 00:19:11 |      |
| Swansea Bay parkrun                   | 5k      | 10/02/2024 | 296  | 00:29:59 |      |
| Swansea Bay parkrun                   | 5k      | 03/02/2024 | 32   | 00:20:22 |      |
| Swansea Bay parkrun                   | 5k      | 27/01/2024 | 73   | 00:21:57 |      |
| Swansea Bay parkrun                   | 5k      | 20/01/2024 | 13   | 00:19:06 |      |
| Swansea Bay parkrun                   | 5k      | 13/01/2024 | 13   | 00:19:07 |      |
| Swansea Bay parkrun                   | 5k      | 06/01/2024 | 405  | 00:31:24 |      |

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|-----------------------------|----------|------------|-----|----------|
| Gnoll parkrun               | 5k       | 25/12/2023 | 62  | 00:26:38 |
| Swansea Bay parkrun         | 5k       | 23/12/2023 | 383 | 00:30:57 |
| Swansea Bay parkrun         | 5k       | 16/12/2023 | 10  | 00:18:05 |
| Swansea Bay parkrun         | 5k       | 02/12/2023 | 3   | 00:17:18 |
| Swansea Bay parkrun         | 5k       | 25/11/2023 | 130 | 00:22:54 |
| Sandy Water parkrun         | 5k       | 18/11/2023 | 18  | 00:22:49 |
| Porthcawl parkrun           | 5k       | 11/11/2023 | 271 | 00:29:11 |
| Swansea Bay parkrun         | 5k       | 04/11/2023 | 296 | 00:31:24 |
| Tenby 10k                   | 10k      | 29/10/2023 | 9   | 00:38:36 |
| Swansea Bay parkrun         | 5k       | 21/10/2023 | 4   | 00:18:04 |
| TCS Amsterdam Marathon 2023 | Marathon | 15/10/2023 | 790 | 02:55:57 |
| Amsterdamse Bos parkrun     | 5k       | 14/10/2023 | 254 | 00:28:30 |
| Swansea Bay parkrun         | 5k       | 07/10/2023 | 72  | 00:21:48 |
| Swansea Bay parkrun         | 5k       | 30/09/2023 | 93  | 00:23:14 |
| Swansea Bay parkrun         | 5k       | 23/09/2023 | 66  | 00:22:17 |
| Swansea Bay parkrun         | 5k       | 16/09/2023 | 110 | 00:24:42 |
| Swansea Bay parkrun         | 5k       | 09/09/2023 | 85  | 00:23:25 |
| Swansea Bay parkrun         | 5k       | 02/09/2023 | 59  | 00:22:00 |
| Swansea Bay parkrun         | 5k       | 26/08/2023 | 174 | 00:24:00 |
| Swansea Bay parkrun         | 5k       | 19/08/2023 | 80  | 00:22:10 |
| Swansea Bay parkrun         | 5k       | 12/08/2023 | 9   | 00:17:56 |
| Swansea Bay parkrun         | 5k       | 05/08/2023 | 241 | 00:30:45 |
| Swansea Bay parkrun         | 5k       | 29/07/2023 | 111 | 00:23:00 |
| Swansea Bay parkrun         | 5k       | 22/07/2023 | 5   | 00:18:10 |
| Basingstoke parkrun         | 5k       | 15/07/2023 | 2   | 00:18:58 |
| <b>Del Eyre</b>             |          |            | 1   |          |



|                                   |               |            |     |          |      |
|-----------------------------------|---------------|------------|-----|----------|------|
| Sospan MT10                       | 10 miles      | 20/11/2016 | 349 | 01:37:55 | F45+ |
| <b>Jacque Eagan</b>               |               | 2          |     |          |      |
| Jcp Swansea Half Marathon         | Half Marathon | 25/06/2017 | 941 | 01:46:29 | FV35 |
| Whitford Point Multi-terrain Race | 5.6 miles     | 17/05/2017 | 98  | 00:49:39 | VF45 |
| <b>Jonah Fage</b>                 |               | 21         |     |          |      |
| Eastville parkrun                 | 5k            | 24/11/2018 | 17  | 00:19:06 |      |
| Eastville parkrun                 | 5k            | 20/10/2018 | 5   | 00:18:42 |      |
| Eastville parkrun                 | 5k            | 29/09/2018 | 9   | 00:19:17 |      |
| Swansea Bay parkrun               | 5k            | 21/07/2018 | 5   | 00:18:24 |      |
| Jcp Swansea Half Marathon         | Half Marathon | 24/06/2018 | 155 | 01:28:35 | SenM |
| Swansea Bay parkrun               | 5k            | 16/06/2018 | 7   | 00:18:49 |      |
| Swansea Bay parkrun               | 5k            | 02/06/2018 | 6   | 00:18:09 |      |
| Swansea Bay parkrun               | 5k            | 05/05/2018 | 4   | 00:17:50 |      |
| Swansea Bay parkrun               | 5k            | 28/04/2018 | 9   | 00:19:07 |      |
| Swansea Bay parkrun               | 5k            | 21/04/2018 | 9   | 00:18:15 |      |
| Swansea Bay parkrun               | 5k            | 14/04/2018 | 5   | 00:17:53 |      |
| Swansea Bay parkrun               | 5k            | 07/04/2018 | 8   | 00:18:33 |      |
| Swansea Bay parkrun               | 5k            | 31/03/2018 | 8   | 00:18:05 |      |
| Swansea Bay parkrun               | 5k            | 17/03/2018 | 1   | 00:18:08 |      |
| Swansea Bay parkrun               | 5k            | 10/03/2018 | 6   | 00:18:27 |      |
| Swansea Bay parkrun               | 5k            | 17/02/2018 | 6   | 00:18:38 |      |
| Swansea Bay parkrun               | 5k            | 10/02/2018 | 9   | 00:19:18 |      |
| Swansea Bay parkrun               | 5k            | 27/01/2018 | 2   | 00:18:13 |      |
| Swansea Bay parkrun               | 5k            | 20/01/2018 | 6   | 00:18:46 |      |
| Swansea Bay parkrun               | 5k            | 06/01/2018 | 13  | 00:19:38 |      |
| Swansea Bay parkrun               | 5k            | 23/12/2017 | 24  | 00:18:58 |      |

**Sebastian Ferris**

2

|                    |     |            |     |          |        |
|--------------------|-----|------------|-----|----------|--------|
| Richard Burton 10k | 10k | 03/11/2024 | 286 | 00:44:34 | M40-49 |
|--------------------|-----|------------|-----|----------|--------|

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|---|-----|------------|---|----------|------|
| Maverick adidas TERREX Original Afan Forest 10k | 10k | 28/09/2024 | 7 | 00:46:18 | MV40 |
|---|-----|------------|---|----------|------|

**Emma Fielding**

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|                    |     |            |     |          |        |
|--------------------|-----|------------|-----|----------|--------|
| Richard Burton 10k | 10k | 03/11/2024 | 322 | 00:45:28 | F18-39 |
|--------------------|-----|------------|-----|----------|--------|

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| Maverick adidas TERREX Original Afan Forest 10k | 10k | 28/09/2024 | 11 | 00:49:42 | FOpen |
|---|-----|------------|----|----------|-------|

**Nathan Flear**

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|                     |          |            |  |          |  |
|---------------------|----------|------------|--|----------|--|
| TCS London Marathon | Marathon | 21/04/2024 |  | 02:41:08 |  |
|---------------------|----------|------------|--|----------|--|

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| TCS London Marathon 2023 | Marathon | 23/04/2023 | 581 | 02:39:37 | M40-44 |
|--------------------------|----------|------------|-----|----------|--------|

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| Adidas Manchester Marathon | Marathon | 16/04/2023 | 170 | 02:43:04 |  |
|----------------------------|----------|------------|-----|----------|--|

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| Swansea Bay parkrun | 5k | 23/04/2022 | 385 | 00:35:11 |  |
|---------------------|----|------------|-----|----------|--|

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|--|-------|------------|---|----------|-------------------|
| Резултати 2022 на живо 6 hour race, Bulgaria | Ultra | 20/03/2022 | 1 | 05:58:19 | 78.52km, 121 laps |
|--|-------|------------|---|----------|-------------------|

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| Barry 40 | Ultra | 10/03/2019 | 3 | 04:44:59 | M35 |
|----------|-------|------------|---|----------|-----|

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| Village Bakery Wrexham Half 2019 | Half Marathon | 17/02/2019 | 39 | 01:16:23 | MSen |
|----------------------------------|---------------|------------|----|----------|------|

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|-------------------|----|------------|-----|----------|--|
| Porthcawl parkrun | 5k | 17/11/2018 | 321 | 00:40:01 |  |
|-------------------|----|------------|-----|----------|--|

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| Tata Steel Richard Burton 10k | 10k | 04/11/2018 | 66 | 00:39:22 | Male Open |
|-------------------------------|-----|------------|----|----------|-----------|

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|--------------------------|----------|------------|----|----------|-------|
| Snowdonia Marathon Eryri | Marathon | 27/10/2018 | 85 | 03:18:45 | MOPEN |
|--------------------------|----------|------------|----|----------|-------|

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|---------------------|-------|------------|---|----------|-----|
| Energia 24 (belast) | Ultra | 23/06/2018 | 3 | 00:00:03 | M35 |
|---------------------|-------|------------|---|----------|-----|

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|------------------------------|-----------|------------|---|----------|---|
| Welsh Castles Relay Stage 19 | 7.7 miles | 10/06/2018 | 5 | 00:47:44 | M |
|------------------------------|-----------|------------|---|----------|---|

|                            |          |            |   |          |  |
|----------------------------|----------|------------|---|----------|--|
| Pleven Friendship Marathon | Marathon | 20/05/2018 | 3 | 02:58:29 |  |
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|----------------------------|----------|------------|-----|----------|------|
| Abp Newport Wales Marathon | Marathon | 29/04/2018 | 175 | 03:06:09 | M35+ |
|----------------------------|----------|------------|-----|----------|------|

|                             |          |            |     |          |        |
|-----------------------------|----------|------------|-----|----------|--------|
| Virgin London Marathon 2018 | Marathon | 22/04/2018 | 732 | 02:55:56 | M18-39 |
|-----------------------------|----------|------------|-----|----------|--------|

|                      |          |            |    |          |      |
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| Great Welsh Marathon | Marathon | 15/04/2018 | 11 | 03:09:50 | Msen |
|----------------------|----------|------------|----|----------|------|

|                                      |       |            |   |          |     |
|--------------------------------------|-------|------------|---|----------|-----|
| 32nd Annual Barry 40 Mile Track Race | Ultra | 11/03/2018 | 2 | 04:41:26 | M34 |
|--------------------------------------|-------|------------|---|----------|-----|

|                        |    |            |    |          |  |
|------------------------|----|------------|----|----------|--|
| Llanelli Coast parkrun | 5k | 10/03/2018 | 94 | 00:41:39 |  |
|------------------------|----|------------|----|----------|--|

|                       |          |            |   |          |  |
|-----------------------|----------|------------|---|----------|--|
| Marathon Day Marathon | Marathon | 26/02/2018 | 1 | 03:12:57 |  |
|-----------------------|----------|------------|---|----------|--|

|   |               |            |    |          |                           |
|---|---------------|------------|----|----------|---------------------------|
| Mods V Rockers Marathon   | Marathon      | 25/02/2018 | 1  | 03:09:45 |                           |
| Llanelli Half Marathon  | Half Marathon | 18/02/2018 | 32 | 01:19:38 | SenM                      |
| West Glamorgan Xc League - Margam Reservoir - Men                               | 5.6 miles     | 14/01/2018 | 11 | 00:32:06 |                           |
| Llanelli Coast parkrun  | 5k            | 06/01/2018 | 7  | 00:19:54 |                           |
| Swansea Bay parkrun   | 5k            | 01/01/2018 | 1  | 00:17:18 |                           |
| Glynneath 5   | 5 miles       | 26/12/2017 | 17 | 00:28:22 |                           |
| Swansea Bay parkrun   | 5k            | 23/12/2017 | 11 | 00:17:02 |                           |
| Swansea Bay parkrun   | 5k            | 09/12/2017 | 5  | 00:17:34 |                           |
| Llanelli Coast parkrun  | 5k            | 02/12/2017 | 3  | 00:19:46 |                           |
| Force12 Event Beacons Ultra - 45 Miles  | Ultra         | 17/11/2017 | 3  | 06:41:28 | M                         |
| White Rose 60   | Ultra         | 04/11/2017 | 2  | 09:44:19 | M                         |
| Brooks Snowdonia Marathon   | Marathon      | 30/10/2017 | 22 | 02:58:32 | Mopen                     |
| Swansea Bay parkrun   | 5k            | 21/10/2017 | 11 | 00:19:58 |                           |
| Great Birmingham Run  | Half Marathon | 15/10/2017 | 31 | 01:19:31 | M                         |
| Shoreditch 10k  | 10k           | 08/10/2017 | 27 | 00:36:11 | MSen                      |
| Spartathlon - International Historic Ultra-distance Race - Athens-sparta- 246km | Ultra         | 29/09/2017 | 19 |          | 27:01:41 1st Brit Finishe |
| Admiral Swansea Bay 10k   | 10k           | 24/09/2017 | 22 | 00:34:32 | SenM                      |
| Llanelli Coast parkrun  | 5k            | 23/09/2017 | 1  | 00:16:49 |                           |
| West Glamorgan Xc League - Llanmadoc - Men                                      | 4.5 miles     | 17/09/2017 | 3  | 00:27:13 |                           |
| Swansea Bay parkrun   | 5k            | 16/09/2017 | 3  | 00:17:38 |                           |
| Simplyhealth Great North Run 2017   | Half Marathon | 10/09/2017 | 95 | 01:17:27 |                           |
| Essex 50  | Ultra         | 15/07/2017 | 1  | 06:42:33 | M                         |
| Colby parkrun   | 5k            | 08/07/2017 | 3  | 00:18:47 |                           |
| Belfast World 24 Championships  | Ultra         | 01/07/2017 | 13 |          | 188.328km                 |
| Jcp Swansea Half Marathon   | Half Marathon | 25/06/2017 | 73 | 01:23:31 | SenM                      |

|   |               |            |     |          |                         |
|---|---------------|------------|-----|----------|-------------------------|
| Llyn Llech Owain parkrun                              | 5k            | 17/06/2017 | 78  | 00:41:20 |                         |
| Dorney Lakes  | Ultra         | 15/06/2017 | 1   | 04:46:48 | 36.7 miles              |
| 2017 Endure 24 Reading                                | Ultra         | 11/06/2017 | 1   |          | Pro Direct Team - Time: |
| Swansea Bay parkrun                                   | 5k            | 03/06/2017 | 304 | 00:39:27 |                         |
| Meridian Ultra 100k                                   | Ultra         | 21/05/2017 | 8   | 07:45:49 | SENM                    |
| Cwm Ogwr 5 Miler                                      | 5 miles       | 14/05/2017 | 2   | 00:29:02 | Msen                    |
| Paul Popham Running Club Swansea Bay Summer 5k Series | 5k            | 09/05/2017 | 3   | 00:18:08 |                         |
| Great Welsh Half Marathon                             | Half Marathon | 07/05/2017 | 3   | 01:18:22 | MSEN                    |
| Swansea Bay parkrun                                   | 5k            | 06/05/2017 | 2   | 00:17:31 |                         |
| Llanelli Coast parkrun                                | 5k            | 29/04/2017 | 1   | 00:17:20 |                         |
| Virgin London Marathon 2017                           | Marathon      | 23/04/2017 | 835 | 02:49:59 | 18-39                   |
| Teifi 10  | 10 miles      | 16/04/2017 | 7   | 00:59:03 | M                       |
| Swansea Bay parkrun                                   | 5k            | 15/04/2017 | 311 | 00:39:50 |                         |
| Asics Greater Manchester Marathon                     | Marathon      | 02/04/2017 | 491 | 03:03:32 | SENM                    |
| Pembrey Twilight Trail Run Male Senior 15k            | 15k           | 30/03/2017 | 1   | 01:02:35 | MSEN                    |
| Llyn Llech Owain parkrun                              | 5k            | 18/03/2017 | 59  | 00:39:31 |                         |
| 31st Annual Barry 40 Mile Track Race                  | Ultra         | 12/03/2017 | 2   | 04:36:01 |                         |
| Jones Crisps Anglesey Half Marathon                   | Half Marathon | 05/03/2017 | 11  | 01:20:38 | MOPEN                   |
| Ras Dewi Sant Coast Path Marathon                     | Marathon      | 25/02/2017 | 2   | 03:51:16 |                         |
| Porthcawl parkrun                                     | 5k            | 18/02/2017 | 2   | 00:18:05 |                         |
| Swansea Bay parkrun                                   | 5k            | 11/02/2017 | 239 | 00:38:27 |                         |
| Llyn Llech Owain parkrun                              | 5k            | 04/02/2017 | 96  | 00:40:40 |                         |
| Flich Way 100k  | Ultra         | 29/01/2017 | 1   | 07:50:56 | M                       |
| Llanelli Coast parkrun                                | 5k            | 28/01/2017 | 151 | 00:44:18 |                         |
| Swansea Bay parkrun                                   | 5k            | 21/01/2017 | 5   | 00:17:19 |                         |
| Swansea Bay parkrun                                   | 5k            | 07/01/2017 | 4   | 00:17:38 |                         |

|  |          |            |     |          |            |
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| Prince Of Wales New Year's Day Run                     | 4 miles  | 01/01/2017 | 11  | 00:22:37 | SENM       |
| 2016 Nos Galan Elites                                  | 5k       | 31/12/2016 | 63  | 00:17:31 | M          |
| Glynnneath Boxing Day 5 Mile Road Race                 | 5 miles  | 26/12/2016 | 21  | 00:28:51 | M          |
| Swansea Bay parkrun                                    | 5k       | 24/12/2016 | 6   | 00:17:51 |            |
| Portsmouth Coastal Waterside Marathon                  | Marathon | 18/12/2016 | 9   | 02:54:58 | M30-39     |
| Cottrell Park Christmas Cracker                        | 10k      | 17/12/2016 | 4   | 00:38:51 | Senior Men |
| 18th Welsh Inter-regional Cross Country Championships  | 9,440m   | 10/12/2016 | 44  | 00:34:30 | SENM       |
| Run4all Neath Santa 5k                                 | 5k       | 03/12/2016 | 3   | 00:17:58 | MSEN       |
| Hell Of A Hill Marathon Day 3                          | Marathon | 11/11/2016 | 4   | 04:11:56 | M          |
| Hell Of A Hill Marathon Day 2                          | Marathon | 10/11/2016 | 2   | 03:59:29 | M          |
| Hell Of A Hill Marathon Day 1                          | Marathon | 09/11/2016 | 2   | 03:45:58 | M          |
| Richard Burton 10k                                     | 10k      | 06/11/2016 | 20  | 00:36:30 | MO         |
| <b>Anthony Fox</b>                                     |          |            | 10  |          |            |
| Harrogate parkrun                                      | 5k       | 31/08/2024 | 226 | 00:29:55 |            |
| Swansea Bay parkrun                                    | 5k       | 17/08/2024 | 93  | 00:22:51 |            |
| Swansea Bay parkrun                                    | 5k       | 01/01/2019 | 64  | 00:21:36 |            |
| Swansea Bay parkrun                                    | 5k       | 01/09/2018 | 57  | 00:22:05 |            |
| Swansea Bay parkrun                                    | 5k       | 03/02/2018 | 43  | 00:21:31 |            |
| Llyn Llech Owain parkrun                               | 5k       | 06/01/2018 | 23  | 00:25:36 |            |
| Swansea Bay parkrun                                    | 5k       | 23/12/2017 | 164 | 00:27:53 |            |
| West Glamorgan Xc League - Kenfig Nature Reserve - Men | TBC      | 26/11/2017 | 100 | 00:31:46 |            |
| Swansea Bay parkrun                                    | 5k       | 07/10/2017 | 35  | 00:21:35 |            |
| Swansea Bay parkrun                                    | 5k       | 25/03/2017 | 25  | 00:20:48 |            |
| <b>Christian Fox</b>                                   |          |            | 8   |          |            |
| Swansea Bay parkrun                                    | 5k       | 21/12/2024 | 340 | 00:29:47 |            |
| Swansea Bay parkrun                                    | 5k       | 02/11/2024 | 351 | 00:29:09 |            |

|  |               |            |      |          |           |
|--|---------------|------------|------|----------|-----------|
| Swansea Bay parkrun                            | 5k            | 05/10/2024 | 316  | 00:29:13 |           |
| Swansea Bay parkrun                            | 5k            | 31/08/2024 | 490  | 00:37:01 |           |
| Swansea Bay parkrun                            | 5k            | 03/08/2024 | 255  | 00:26:51 |           |
| Swansea Bay parkrun                            | 5k            | 22/06/2024 | 227  | 00:27:37 |           |
| Swansea Half Marathon                          | Half Marathon | 09/06/2024 |      | 02:08:03 | M45       |
| Swansea Bay parkrun                            | 5k            | 04/05/2024 | 473  | 00:31:54 |           |
| <b>Chris Francis</b>                           |               | 55         |      |          |           |
| Sandy Water parkrun                            | 5k            | 31/12/2022 | 6    | 00:18:41 |           |
| Great Welsh Marathon                           | Marathon      | 10/04/2022 | 7    | 02:52:01 | MSEN      |
| Merthyr Mawr Christmas Pudding Race 2021       | 10k           | 05/12/2021 | 26   | 00:47:43 | SM        |
| M & D Care Llanelli Half Marathon              | Half Marathon | 31/10/2021 | 21   | 01:22:37 | MSEN      |
| Admiral Swansea Bay 10k                        | 10k           | 19/09/2021 | 61   | 00:37:29 |           |
| Welsh Athletics Welsh Road Relay Championships | 5400m         | 11/09/2021 | 42   | 00:19:20 | SM        |
| Mumbles Duathlon                               | Duathlon      | 23/03/2019 | 94   | 01:53:42 | MSen      |
| Wildflower Duathlon                            | Duathlon      | 10/03/2019 | 38   | 01:25:44 | M         |
| Llyn Llech Owain parkrun                       | 5k            | 09/03/2019 | 36   | 00:24:52 |           |
| Village Bakery Wrexham Half 2019               | Half Marathon | 17/02/2019 | 174  | 01:24:37 | MSen      |
| Swansea Bay parkrun                            | 5k            | 24/11/2018 | 33   | 00:20:03 |           |
| Llanelli Coast parkrun                         | 5k            | 17/11/2018 | 3    | 00:18:33 |           |
| Tata Steel Richard Burton 10k                  | 10k           | 04/11/2018 | 60   | 00:39:16 | Male Open |
| Bank Of America Chicago Marathon               | Marathon      | 07/10/2018 | 1687 | 03:04:11 | M30-34    |
| Ammanford 10k                                  | 10k           | 08/07/2018 | 24   | 00:39:26 | SENM      |
| Llanelli Coast parkrun                         | 5k            | 30/06/2018 | 4    | 00:18:45 |           |
| Jcp Swansea Half Marathon                      | Half Marathon | 24/06/2018 | 108  | 01:26:15 | SenM      |
| Welsh Castles Relay Stage 16                   | 12.5 miles    | 10/06/2018 | 28   | 01:33:30 | M         |
| 2018 Royal Welsh Trail Half Marathon           | Half Marathon | 19/05/2018 | 33   | 01:46:33 | MOPEN     |

|   |               |            |      |          |            |
|---|---------------|------------|------|----------|------------|
| Ras Barcud Coed Half Marathon 2018                | Half Marathon | 05/05/2018 | 16   | 01:59:05 | MSEN       |
| Virgin London Marathon 2018                       | Marathon      | 22/04/2018 | 3446 | 03:23:54 | M18-39     |
| Zurich Marato Barcelona                           | Marathon      | 11/03/2018 | 1303 | 03:15:52 | SenM       |
| Llanelli Half Marathon                            | Half Marathon | 18/02/2018 | 72   | 01:27:05 | SenM       |
| West Glamorgan Xc League - Margam Park - Men      | TBC           | 28/01/2018 | 43   | 00:36:06 |            |
| West Glamorgan Xc League - Margam Reservoir - Men | 5.6 miles     | 14/01/2018 | 40   | 00:35:02 |            |
| Prince Of Wales Nyd Run                           | 3.6 miles     | 01/01/2018 | 9    | 00:24:12 | SENM       |
| Swansea Bay parkrun                               | 5k            | 23/12/2017 | 19   | 00:18:33 |            |
| Swansea Bay parkrun                               | 5k            | 09/12/2017 | 9    | 00:18:37 |            |
| Llanelli Coast parkrun                            | 5k            | 18/11/2017 | 2    | 00:18:37 |            |
| Conwy parkrun                                     | 5k            | 11/11/2017 | 5    | 00:18:45 |            |
| Richard Burton 10k                                | 10k           | 05/11/2017 | 41   | 00:38:38 | SenM       |
| Brooks Snowdonia Marathon                         | Marathon      | 30/10/2017 | 143  | 03:29:09 | Mopen      |
| Cardiff Half Marathon                             | Half Marathon | 01/10/2017 | 189  | 01:22:52 | MSEN       |
| Admiral Swansea Bay 10k                           | 10k           | 24/09/2017 | 61   | 00:37:44 | SenM       |
| Conwy parkrun                                     | 5k            | 16/09/2017 | 4    | 00:18:52 |            |
| 2017 Tydfilians Roman Run                         | 16 miles      | 02/09/2017 | 12   | 02:04:03 | Senior Men |
| Severn Bridge Half Marathon                       | Half Marathon | 27/08/2017 | 29   | 01:27:48 | Msen       |
| Trot's St Clear's 10k                             | 10k           | 20/08/2017 | 7    | 00:39:13 | OM         |
| Brecon 10   | 10 miles      | 06/08/2017 | 19   | 01:05:41 | MO         |
| Tenby 10k   | 10k           | 30/07/2017 | 15   | 00:39:35 | OM         |
| The Great Celtic Half Marathon                    | Half Marathon | 15/07/2017 | 8    | 01:34:51 | M30-39     |
| Llanelli Coast parkrun                            | 5k            | 08/07/2017 | 2    | 00:18:19 |            |
| Jcp Swansea Half Marathon                         | Half Marathon | 25/06/2017 | 91   | 01:25:19 | SenM       |
| Llanelli Coast parkrun                            | 5k            | 17/06/2017 | 2    | 00:18:47 |            |
| Llandeilo 3 Parks Challenge                       | 10k           | 02/06/2017 | 12   | 00:41:31 | OM         |

|   |               |            |      |          |             |
|---|---------------|------------|------|----------|-------------|
| Swansea Bay parkrun   | 5k            | 27/05/2017 | 4    | 00:18:55 |             |
| Worcester Marathon  | Marathon      | 21/05/2017 | 20   | 03:21:26 | MSEN        |
| Swansea Bay parkrun   | 5k            | 06/05/2017 | 6    | 00:19:01 |             |
| Llanelli Half Marathon 2017                                       | Half Marathon | 12/03/2017 | 26   | 01:23:58 | SenM        |
| George Crump Mbe Memorial 113th Welsh Cross Country Championships | 10k           | 25/02/2017 | 65   | 00:44:27 | SENM        |
| Village Bakery Wrexham Half Marathon                              | Half Marathon | 19/02/2017 | 113  | 01:23:46 | SM          |
| Llanelli Coast parkrun  | 5k            | 21/01/2017 | 3    | 00:18:59 |             |
| Llanelli Coast parkrun  | 5k            | 31/12/2016 | 6    | 00:18:44 |             |
| 18th Welsh Inter-regional Cross Country Championships             | 9,440m        | 10/12/2016 | 78   | 00:36:42 | SENM        |
| Richard Burton 10k  | 10k           | 06/11/2016 | 52   | 00:38:37 | MO          |
| <b>Christopher Freestone</b>                                      |               |            | 1    |          |             |
| Tri Hard Harriers 5k on the Bay                                   | 5k            | 24/08/2023 | 54   | 00:19:48 | Senior Male |
| <b>Debbie Gibbs</b>   |               |            | 6    |          |             |
| Swansea Bay parkrun   | 5k            | 21/12/2024 | 271  | 00:27:40 |             |
| Gnoll parkrun   | 5k            | 23/11/2024 | 65   | 00:32:54 |             |
| Porthcawl parkrun   | 5k            | 02/11/2024 | 272  | 00:28:33 |             |
| Swansea Bay parkrun   | 5k            | 26/10/2024 | 324  | 00:27:22 |             |
| Swansea Bay parkrun   | 5k            | 19/10/2024 | 293  | 00:27:50 |             |
| Swansea Bay parkrun   | 5k            | 05/10/2024 | 567  | 00:48:45 |             |
| <b>Dan Gilbert</b>  |               |            | 6    |          |             |
| Jcp Swansea Half Marathon   | Half Marathon | 25/06/2017 | 1116 | 01:49:06 | SenM        |
| Royal Welsh Trail Festival Half Marathon                          | Half Marathon | 21/05/2017 | 77   | 01:45:12 | SENM        |
| Whitford Point Multi-terrain Race                                 | 5.6 miles     | 17/05/2017 | 50   | 00:44:02 | M           |
| Pembrey Twilight Trail Run Male Senior 15k                        | 15k           | 30/03/2017 | 8    | 01:18:31 | MSEN        |
| Llanelli Half Marathon 2017                                       | Half Marathon | 12/03/2017 | 150  | 01:36:44 | SenM        |



|                                     |               |            |      |          |      |
|-------------------------------------|---------------|------------|------|----------|------|
| Sospan MT10                         | 10 miles      | 20/11/2016 | 164  | 01:22:10 | M    |
| <b>Laura Gilbert</b>                |               | 76         |      |          |      |
| Sandy Water parkrun                 | 5k            | 21/12/2024 | 110  | 00:31:20 |      |
| Sandy Water parkrun                 | 5k            | 02/11/2024 | 95   | 00:28:24 |      |
| Sandy Water parkrun                 | 5k            | 19/10/2024 | 50   | 00:24:09 |      |
| Principality Cardiff Half Marathon  | Half Marathon | 06/10/2024 | 7743 | 01:56:37 | FSEN |
| Sandy Water parkrun                 | 5k            | 05/10/2024 | 108  | 00:31:11 |      |
| Sandy Water parkrun                 | 5k            | 21/09/2024 | 82   | 00:27:56 |      |
| Sandy Water parkrun                 | 5k            | 31/08/2024 | 85   | 00:27:07 |      |
| Sandy Water parkrun                 | 5k            | 24/08/2024 | 120  | 00:28:03 |      |
| Sandy Water parkrun                 | 5k            | 17/08/2024 | 67   | 00:26:03 |      |
| Sandy Water parkrun                 | 5k            | 03/08/2024 | 95   | 00:28:42 |      |
| Llyn Llech Owain parkrun            | 5k            | 27/07/2024 | 38   | 00:27:56 |      |
| Ammanford 10k                       | 10k           | 14/07/2024 | 124  | 00:54:25 |      |
| Swansea Bay 5k Summer Series Race 3 | 5k            | 10/07/2024 | 81   | 00:25:06 |      |
| Gnoll parkrun                       | 5k            | 22/06/2024 | 69   | 00:27:47 |      |
| Sandy Water parkrun                 | 5k            | 15/06/2024 | 60   | 00:26:15 |      |
| Sandy Water parkrun                 | 5k            | 08/06/2024 | 100  | 00:30:04 |      |
| Sandy Water parkrun                 | 5k            | 01/06/2024 | 150  | 00:29:46 |      |
| Sandy Water parkrun                 | 5k            | 25/05/2024 | 95   | 00:28:45 |      |
| Sandy Water parkrun                 | 5k            | 11/05/2024 | 90   | 00:28:39 |      |
| Sandy Water parkrun                 | 5k            | 04/05/2024 | 91   | 00:28:11 |      |
| Sandy Water parkrun                 | 5k            | 20/04/2024 | 97   | 00:29:58 |      |
| Sandy Water parkrun                 | 5k            | 06/04/2024 | 113  | 00:32:16 |      |
| Sandy Water parkrun                 | 5k            | 30/03/2024 | 193  | 00:41:11 |      |
| Sandy Water parkrun                 | 5k            | 23/03/2024 | 140  | 00:45:31 |      |

|                          |          |            |     |          |        |
|--------------------------|----------|------------|-----|----------|--------|
| Sandy Water parkrun      | 5k       | 09/03/2024 | 166 | 00:42:23 |        |
| Sandy Water parkrun      | 5k       | 24/02/2024 | 167 | 00:47:12 |        |
| Sandy Water parkrun      | 5k       | 23/12/2023 | 188 | 00:56:29 |        |
| Sandy Water parkrun      | 5k       | 16/12/2023 | 85  | 00:33:12 |        |
| Sandy Water parkrun      | 5k       | 25/11/2023 | 110 | 00:32:52 |        |
| Sandy Water parkrun      | 5k       | 18/11/2023 | 93  | 00:36:25 |        |
| Sandy Water parkrun      | 5k       | 21/10/2023 | 75  | 00:29:35 |        |
| Sandy Water parkrun      | 5k       | 23/09/2023 | 113 | 00:31:42 |        |
| Sandy Water parkrun      | 5k       | 09/09/2023 | 81  | 00:28:57 |        |
| Sandy Water parkrun      | 5k       | 02/09/2023 | 97  | 00:29:26 |        |
| Swansea Bay parkrun      | 5k       | 26/08/2023 | 462 | 00:31:10 |        |
| Sandy Water parkrun      | 5k       | 12/08/2023 | 106 | 00:31:17 |        |
| Sandy Water parkrun      | 5k       | 08/07/2023 | 101 | 00:31:20 |        |
| Sandy Water parkrun      | 5k       | 17/06/2023 | 106 | 00:30:24 |        |
| Sandy Water parkrun      | 5k       | 27/05/2023 | 85  | 00:30:09 |        |
| Monsal Trail parkrun     | 5k       | 06/05/2023 | 77  | 00:25:19 |        |
| Brisco Gorseinon 10k     | 10k      | 30/04/2023 | 247 | 00:51:20 | FSEN   |
| Swansea Bay parkrun      | 5k       | 29/04/2023 | 451 | 00:31:21 |        |
| Llyn Llech Owain parkrun | 5k       | 15/04/2023 | 50  | 00:30:10 |        |
| Sandy Water parkrun      | 5k       | 01/04/2023 | 55  | 00:27:42 |        |
| Llyn Llech Owain parkrun | 5k       | 04/03/2023 | 42  | 00:31:08 |        |
| Chipping Sodbury parkrun | 5k       | 21/01/2023 | 249 | 00:32:41 |        |
| Sandy Water parkrun      | 5k       | 24/12/2022 | 90  | 00:27:32 |        |
| Sospan MT10              | 10 miles | 20/11/2022 | 400 | 01:47:21 | FSEN   |
| Richard Burton 10k       | 10k      | 06/11/2022 | 646 | 00:53:09 | F20-39 |
| Sandy Water parkrun      | 5k       | 22/10/2022 | 79  | 00:27:36 |        |

|  |               |            |      |          |      |
|--|---------------|------------|------|----------|------|
| Lymington Woodside parkrun                   | 5k            | 15/10/2022 | 68   | 00:29:25 |      |
| Eden Project parkrun                         | 5k            | 17/09/2022 | 119  | 00:27:11 |      |
| Sandy Water parkrun                          | 5k            | 10/09/2022 | 71   | 00:29:20 |      |
| Sandy Water parkrun                          | 5k            | 03/09/2022 | 89   | 00:28:22 |      |
| Swansea Bay parkrun                          | 5k            | 13/08/2022 | 163  | 00:28:05 |      |
| Tremorfa parkrun                             | 5k            | 30/07/2022 | 36   | 00:27:01 |      |
| Swansea Bay parkrun                          | 5k            | 16/07/2022 | 160  | 00:27:14 |      |
| Ammanford 10k                                | 10k           | 10/07/2022 | 116  | 00:54:35 | SenF |
| Sandy Water parkrun                          | 5k            | 09/07/2022 | 79   | 00:29:01 |      |
| Sandy Water parkrun                          | 5k            | 18/06/2022 | 36   | 00:24:45 |      |
| Sandy Water parkrun                          | 5k            | 11/06/2022 | 67   | 00:29:36 |      |
| Sandy Water parkrun                          | 5k            | 28/05/2022 | 99   | 00:32:42 |      |
| Swansea Bay parkrun                          | 5k            | 30/04/2022 | 159  | 00:25:33 |      |
| Dursley Dozen Multi-terrain                  | 12 miles      | 11/02/2018 | 230  | 02:10:34 | FSen |
| Weston Christmas Cracker                     | 10k           | 17/12/2017 | 343  | 00:52:59 | SenF |
| Srr M10                                      | 10 miles      | 19/11/2017 | 254  | 01:32:28 | SF   |
| West Glamorgan Xc League - Llanmadoc - Women | 4.5 miles     | 17/09/2017 | 50   | 00:41:10 |      |
| Pomphrey Hill parkrun                        | 5k            | 12/08/2017 | 178  | 00:28:12 |      |
| Jcp Swansea Half Marathon                    | Half Marathon | 25/06/2017 | 1642 | 01:56:12 | SenF |
| Eastleigh parkrun                            | 5k            | 17/06/2017 | 167  | 00:26:51 |      |
| Royal Welsh Trail Festival 10k               | 10k           | 21/05/2017 | 188  | 01:06:38 | SENW |
| Swansea Bay parkrun                          | 5k            | 08/04/2017 | 85   | 00:23:42 |      |
| Pembrey Twilight Trail Run Female Senior 15k | 15k           | 30/03/2017 | 2    | 01:31:22 | FSEN |
| Llanelli Half Marathon 2017                  | Half Marathon | 12/03/2017 | 433  | 01:49:15 | SenF |
| Llanelli Coast parkrun                       | 5k            | 11/02/2017 | 25   | 00:23:41 |      |
| Sospan MT10                                  | 10 miles      | 20/11/2016 | 269  | 01:31:15 | SF   |

|   |               |            |     |          |        |
|---|---------------|------------|-----|----------|--------|
| <b>Alana Glabe</b>                                    |               |            | 1   |          |        |
| Buff Trail 10k  | 10k           | 22/01/2017 | 56  | 00:50:30 | F      |
| <b>Mark Gosney</b>                                    |               |            | 13  |          |        |
| Swansea Bay parkrun                                   | 5k            | 17/02/2024 | 29  | 00:19:56 |        |
| Swansea Bay parkrun                                   | 5k            | 30/12/2023 | 36  | 00:20:10 |        |
| Swansea Bay parkrun                                   | 5k            | 14/10/2023 | 35  | 00:20:07 |        |
| Brisco Gorseinon 10k                                  | 10k           | 30/04/2023 | 55  | 00:41:59 | M40    |
| Welsh Road Relay Championships - Pembrey Country Park | 5400m         | 24/09/2022 |     | 00:24:21 | MSEN   |
| Toughrunner UK Swansea Epic Trail 10k                 | 10k           | 22/05/2022 | 62  | 00:47:15 | M40-49 |
| Swansea Bay parkrun                                   | 5k            | 21/08/2021 | 55  | 00:21:39 |        |
| Tata Steel Round the Reservoir                        | 5.6 miles     | 12/01/2020 | 92  | 00:37:47 | MV40   |
| West Glamorgan Xc League - Gnoll - Men                | 5.6 miles     | 22/10/2017 | 59  | 00:39:16 |        |
| Admiral Swansea Bay 10k                               | 10k           | 24/09/2017 | 160 | 00:40:52 | SenM   |
| West Glamorgan Xc League - Llanmadoc - Men            | 4.5 miles     | 17/09/2017 | 49  | 00:32:01 |        |
| Jcp Swansea Half Marathon                             | Half Marathon | 25/06/2017 | 217 | 01:30:36 | SenM   |
| Llanelli Coast parkrun                                | 5k            | 18/02/2017 | 8   | 00:19:26 |        |
| <b>Gary Gregor</b>                                    |               |            | 9   |          |        |
| Swansea Bay parkrun                                   | 5k            | 14/03/2020 | 224 | 00:28:41 |        |
| Swansea Bay parkrun                                   | 5k            | 07/03/2020 | 226 | 00:27:29 |        |
| Swansea Bay parkrun                                   | 5k            | 26/10/2019 | 130 | 00:27:47 |        |
| Swansea Bay parkrun                                   | 5k            | 12/10/2019 | 196 | 00:27:46 |        |
| Swansea Bay parkrun                                   | 5k            | 05/10/2019 | 162 | 00:27:14 |        |
| Swansea Bay parkrun                                   | 5k            | 28/09/2019 | 150 | 00:27:05 |        |
| Swansea Bay parkrun                                   | 5k            | 14/09/2019 | 209 | 00:27:07 |        |
| Swansea Bay parkrun                                   | 5k            | 07/09/2019 | 204 | 00:26:56 |        |
| Llanelli Coast parkrun                                | 5k            | 24/08/2019 | 93  | 00:28:21 |        |

| Ross Gribble  |               | 31         |      |          |           |
|---|---------------|------------|------|----------|-----------|
| Swansea Bay parkrun                                       | 5k            | 19/10/2024 | 285  | 00:27:40 |           |
| Principality Cardiff Half Marathon                        | Half Marathon | 06/10/2024 | 5868 | 01:57:55 | M35       |
| Swansea Bay parkrun                                       | 5k            | 20/01/2024 | 242  | 00:27:31 |           |
| Brisco Gorseinon 10k                                      | 10k           | 30/04/2023 | 144  | 00:47:01 | MSEN      |
| Swansea Bay parkrun                                       | 5k            | 18/03/2023 | 59   | 00:22:07 |           |
| Swansea Bay parkrun                                       | 5k            | 10/12/2022 | 57   | 00:22:28 |           |
| Swansea Bay parkrun                                       | 5k            | 29/10/2022 | 157  | 00:26:29 |           |
| Welsh Road Relay Championships - Pembrey Country Park     | 5400m         | 24/09/2022 |      | 00:26:19 | MSEN      |
| Admiral Swansea Bay 10k                                   | 10k           | 18/09/2022 | 424  | 00:45:31 | MS        |
| Swansea Bay parkrun                                       | 5k            | 03/09/2022 | 69   | 00:22:15 |           |
| JCP Swansea Half Marathon                                 | Half Marathon | 12/06/2022 | 963  | 01:53:51 | MSEN      |
| Admiral Swansea Bay 10k                                   | 10k           | 19/09/2021 | 1082 | 00:57:02 |           |
| Admiral Swansea Bay 10k                                   | 10k           | 22/09/2019 |      | 00:55:25 |           |
| Welsh Castles Relay Stage 13 - Crossgates to Builth Wells | 10.6 miles    | 09/06/2019 | 37   | 01:16:52 | Mopen     |
| Whitford Point Multi Terrain Race                         | 5.8 miles     | 15/05/2019 | 57   | 00:47:45 | M         |
| Swansea Bay parkrun                                       | 5k            | 16/02/2019 | 58   | 00:21:32 |           |
| Tata Steel Richard Burton 10k                             | 10k           | 04/11/2018 | 269  | 00:47:33 | Male Open |
| Cardiff Bay 10k   | 10k           | 25/03/2018 | 792  | 00:49:11 | MSEN      |
| West Glamorgan Xc League - Kenfig Nature Reserve - Men    | TBC           | 26/11/2017 | 94   | 00:31:25 |           |
| Richard Burton 10k  | 10k           | 05/11/2017 | 223  | 00:45:12 | SenM      |
| West Glamorgan Xc League - Gnoll - Men                    | 5.6 miles     | 22/10/2017 | 114  | 00:43:26 |           |
| Cardiff Half Marathon                                     | Half Marathon | 01/10/2017 | 3433 | 01:48:52 | MSEN      |
| Admiral Swansea Bay 10k                                   | 10k           | 24/09/2017 | 843  | 00:51:01 | SenM      |
| Long Course Wales - Marathon                              | Marathon      | 09/07/2017 | 301  | 04:13:34 | Msen      |
| Jcp Swansea Half Marathon                                 | Half Marathon | 25/06/2017 | 1117 | 01:49:07 | SenM      |

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| Whitford Point Multi-terrain Race        | 5.6 miles     | 17/05/2017 | 62   | 00:45:21 | M      |
| Cardiff And Vale College Cardiff Bay Run | 10k           | 02/04/2017 | 311  | 00:44:13 | MSEN   |
| Llanelli Half Marathon 2017              | Half Marathon | 12/03/2017 | 202  | 01:39:29 | SenM   |
| Llanelli Coast parkrun                   | 5k            | 14/01/2017 | 23   | 00:21:36 |        |
| Llanelli Coast parkrun                   | 5k            | 07/01/2017 | 19   | 00:22:00 |        |
| Richard Burton 10k                       | 10k           | 06/11/2016 | 163  | 00:43:50 | MO     |
| <b>Brian Griffiths</b>                   |               | 6          |      |          |        |
| Llanelli Coast parkrun                   | 5k            | 14/07/2018 | 46   | 00:26:49 |        |
| Cardiff Bay 10k                          | 10k           | 25/03/2018 | 1861 | 00:56:12 | M70    |
| Llanelli Coast parkrun                   | 5k            | 02/12/2017 | 119  | 00:54:43 |        |
| Naas parkrun                             | 5k            | 14/10/2017 | 53   | 00:26:32 |        |
| Llanelli Coast parkrun                   | 5k            | 02/09/2017 | 158  | 00:51:38 |        |
| Llanelli Coast parkrun                   | 5k            | 08/04/2017 | 62   | 00:26:39 |        |
| <b>Catrin Griffiths</b>                  |               | 5          |      |          |        |
| Richard Burton 10k                       | 10k           | 03/11/2024 | 1946 | 01:09:52 | F18-39 |
| Swansea Bay parkrun                      | 5k            | 24/08/2024 | 520  | 00:59:58 |        |
| Tri Hard Harriers 5K On The Bay          | 5k            | 22/08/2024 | 274  | 00:29:38 |        |
| Swansea Bay parkrun                      | 5k            | 10/08/2024 | 300  | 00:30:14 |        |
| Ogi Porthcawl 10k                        | 10k           | 07/07/2024 |      | 01:02:16 | FSEN   |
| <b>Samuel Grunhut</b>                    |               | 3          |      |          |        |
| Royal Parks Half Marathon                | Half Marathon | 13/10/2024 | 5127 | 02:02:03 | M17-34 |
| Admiral Swansea Bay 10k                  | 10k           | 15/09/2024 | 1281 | 00:54:04 |        |
| Brisco Gorseinon 10k                     | 10k           | 19/05/2024 |      | 01:03:05 |        |
| <b>Darren Hall</b>                       |               | 1          |      |          |        |
| Llanelli Half Marathon                   | Half Marathon | 10/02/2019 | 1605 | 02:19:02 | M40    |
| <b>Laura Hall</b>                        |               | 28         |      |          |        |

|  |               |            |       |          |        |
|--|---------------|------------|-------|----------|--------|
| Richard Burton 10k                                       | 10k           | 03/11/2024 | 2066  | 01:15:43 | F60-69 |
| Brisco Gorseinon 10k                                     | 10k           | 19/05/2024 |       | 01:10:30 |        |
| Endurancelife Pembrokeshire "10k"                        | 10k           | 27/04/2024 | 107   | 02:02:04 |        |
| WCR 10 miler   | 10 miles      | 31/03/2024 | 24    | 01:49:50 |        |
| AJ Bell Great South Run 2023                             | 10 miles      | 15/10/2023 | 10765 | 01:49:20 |        |
| Brisco Gorseinon 10k                                     | 10k           | 30/04/2023 | 570   | 01:04:02 | F60    |
| Richard Burton 10k                                       | 10k           | 06/11/2022 | 1429  | 01:07:23 | F60-69 |
| 2022 Wizz Air Cardiff Half Marathon                      | Half Marathon | 02/10/2022 | 9982  | 02:30:29 | F50+   |
| Tenby 10k  | 10k           | 31/07/2022 | 265   | 01:08:01 | F55    |
| Ammanford 10k  | 10k           | 10/07/2022 | 214   | 01:10:46 | F55    |
| Admiral Swansea Bay 10k                                  | 10k           | 19/09/2021 | 1692  | 01:09:31 |        |
| Tenby 10k  | 10k           | 28/07/2019 | 351   | 01:04:07 |        |
| Pont y Bala parkrun                                      | 5k            | 06/07/2019 | 29    | 00:30:12 |        |
| Swansea Bay parkrun                                      | 5k            | 20/04/2019 | 349   | 00:32:06 |        |
| Swansea Bay parkrun                                      | 5k            | 24/11/2018 | 220   | 00:28:21 |        |
| Great Welsh Half Marathon                                | Half Marathon | 15/04/2018 | 276   | 02:13:57 | FV50   |
| West Glamorgan Xc League - Margam Reservoir - Women      | 5.6 miles     | 14/01/2018 | 106   | 00:53:55 |        |
| Glynneath 5  | 5 miles       | 26/12/2017 | 386   | 00:48:42 |        |
| West Glamorgan Xc League - Kenfig Nature Reserve - Women | TBC           | 26/11/2017 | 107   | 00:44:01 |        |
| Swansea Bay parkrun                                      | 5k            | 18/11/2017 | 124   | 00:28:47 |        |
| Colby parkrun  | 5k            | 04/11/2017 | 81    | 00:30:57 |        |
| Swansea Bay parkrun                                      | 5k            | 28/10/2017 | 248   | 00:30:45 |        |
| Tenby 10k  | 10k           | 30/07/2017 | 360   | 01:03:34 | F45    |
| Ammanford Lions 10k                                      | 10k           | 09/07/2017 | 130   | 01:05:06 | F45    |
| Royal Welsh Trail Festival 10k                           | 10k           | 21/05/2017 | 397   | 01:21:54 | MW45   |
| Glynneath Boxing Day 5 Mile Road Race                    | 5 miles       | 26/12/2016 | 299   | 00:47:11 | F      |

|   |           |            |      |          |        |
|---|-----------|------------|------|----------|--------|
| Swansea Bay parkrun                                   | 5k        | 24/12/2016 | 209  | 00:29:13 |        |
| Richard Burton 10k                                    | 10k       | 06/11/2016 | 699  | 01:00:07 | FV50   |
| <b>Dean Hardie</b>                                    |           | 4          |      |          |        |
| Swansea Bay parkrun                                   | 5k        | 21/10/2023 | 109  | 00:23:37 |        |
| Swansea Bay parkrun                                   | 5k        | 14/10/2023 | 156  | 00:24:30 |        |
| Welsh Road Relay Championships - Pembrey Country Park | 5400m     | 24/09/2022 |      | 00:23:51 | MM55   |
| Llanelli Coast parkrun                                | 5k        | 04/03/2017 | 6    | 00:20:01 |        |
| <b>Debbie Harris</b>                                  |           | 7          |      |          |        |
| Swansea Bay parkrun                                   | 5k        | 14/03/2020 | 242  | 00:29:49 |        |
| Llanelli Coast parkrun                                | 5k        | 01/02/2020 | 95   | 00:29:20 |        |
| Swansea Bay parkrun                                   | 5k        | 28/12/2019 | 209  | 00:27:24 |        |
| RNLI Great Christmas Fun Run 10k - Mumbles            | 10k       | 08/12/2019 | 39   | 00:56:51 | F50-59 |
| Swansea Bay parkrun                                   | 5k        | 30/11/2019 | 291  | 00:37:24 |        |
| Llanelli Coast parkrun                                | 5k        | 16/11/2019 | 94   | 00:27:25 |        |
| Swansea Bay parkrun                                   | 5k        | 26/10/2019 | 173  | 00:32:16 |        |
| <b>Paul Harris</b>                                    |           | 41         |      |          |        |
| Llanelli Coast parkrun                                | 5k        | 19/10/2019 | 18   | 00:21:54 |        |
| Admiral Swansea Bay 10k                               | 10k       | 22/09/2019 |      | 01:00:10 |        |
| Ironman Wales   | Triathlon | 15/09/2019 | 1241 | 14:24:49 | M50-54 |
| Llanelli Coast parkrun                                | 5k        | 24/08/2019 | 26   | 00:23:00 |        |
| Llanelli Coast parkrun                                | 5k        | 03/08/2019 | 11   | 00:21:10 |        |
| Mumbles Duathlon                                      | Duathlon  | 23/03/2019 | 189  | 02:07:13 | MVV    |
| Swansea Bay parkrun                                   | 5k        | 02/02/2019 | 172  | 00:28:42 |        |
| Swansea Bay parkrun                                   | 5k        | 26/01/2019 | 123  | 00:25:01 |        |
| Swansea Bay parkrun                                   | 5k        | 12/01/2019 | 90   | 00:24:41 |        |
| Glynneath Boxing Day 5 Mile Race                      | 5 miles   | 26/12/2018 | 438  | 00:58:56 | MV50   |



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|---|---------------|------------|-------|----------|------------|
| Llyn Llech Owain parkrun                        | 5k            | 25/12/2018 | 48    | 00:25:13 |            |
| Swansea Bay parkrun                             | 5k            | 01/12/2018 | 86    | 00:25:40 |            |
| Llanelli Coast parkrun                          | 5k            | 17/11/2018 | 18    | 00:21:51 |            |
| Swansea Bay parkrun                             | 5k            | 27/10/2018 | 100   | 00:23:46 |            |
| Snowdonia Marathon Eryri                        | Marathon      | 27/10/2018 | 1908  | 05:31:19 | M50-54     |
| Llanelli Coast parkrun                          | 5k            | 29/09/2018 | 122   | 00:38:42 |            |
| Swansea Bay parkrun                             | 5k            | 22/09/2018 | 235   | 00:36:41 |            |
| Zurich Marato Barcelona                         | Marathon      | 11/03/2018 | 10023 | 04:27:33 | VetBM      |
| Swansea Bay parkrun                             | 5k            | 24/02/2018 | 130   | 00:25:55 |            |
| Llanelli Half Marathon                          | Half Marathon | 18/02/2018 | 361   | 01:44:39 | MV40       |
| Llanelli Coast parkrun                          | 5k            | 17/02/2018 | 10    | 00:22:48 |            |
| Llanelli Coast parkrun                          | 5k            | 06/01/2018 | 45    | 00:25:00 |            |
| Llyn Llech Owain parkrun                        | 5k            | 25/12/2017 | 32    | 00:24:25 |            |
| Swansea Bay parkrun                             | 5k            | 25/11/2017 | 104   | 00:25:09 |            |
| Srr M10   | 10 miles      | 19/11/2017 | 144   | 01:24:08 | M4554      |
| Richard Burton 10k                              | 10k           | 05/11/2017 | 411   | 00:51:19 | M40+       |
| Brooks Snowdonia Marathon                       | Marathon      | 30/10/2017 | 1464  | 04:51:50 | MV45       |
| Admiral Swansea Bay 10k                         | 10k           | 24/09/2017 | 1943  | 01:00:13 | M40+       |
| Simplyhealth Great North Run 2017               | Half Marathon | 10/09/2017 | 15060 | 02:04:32 |            |
| Newcastle parkrun                               | 5k            | 09/09/2017 | 158   | 00:24:13 |            |
| 2017 Scott Snowdonia Trail Marathon             | Marathon      | 23/07/2017 | 535   | 07:42:33 | M45-49     |
| The Great Celtic Marathon                       | Marathon      | 15/07/2017 | 67    | 04:47:57 | M40-49     |
| Dorney Lakes                                    | Ultra         | 15/06/2017 | 68    | 02:26:17 | 13.1 miles |
| Swansea Bay parkrun                             | 5k            | 20/05/2017 | 191   | 00:29:34 |            |
| Swansea Bay parkrun                             | 5k            | 06/05/2017 | 115   | 00:25:26 |            |
| Go Events Wales St Illtyds Ultra Marathon - 50k | Ultra         | 30/04/2017 | 37    | 07:24:00 | M          |

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|--|---------------|------------|------|----------|------|
| Fan Dance  | 15 miles      | 14/01/2017 | 20   | 05:00:00 | MCM  |
| Swansea Bay parkrun  | 5k            | 24/12/2016 | 139  | 00:25:59 |      |
| Might Contain Nuts Round 4 - Ultra - 43 Miles - Brecon Beacons | Ultra         | 03/12/2016 | 53   | 12:31:10 | MV   |
| Sospan MT10  | 10 miles      | 20/11/2016 | 260  | 01:30:49 | M45+ |
| Richard Burton 10k   | 10k           | 06/11/2016 | 297  | 00:47:49 | MV40 |
| <b>Laura Harry</b>   |               |            | 8    |          |      |
| Swansea Bay parkrun  | 5k            | 29/06/2024 | 479  | 00:41:45 |      |
| Huskisson parkrun  | 5k            | 17/02/2024 | 92   | 00:32:13 |      |
| Swansea Bay parkrun  | 5k            | 19/08/2023 | 223  | 00:27:01 |      |
| Swansea Bay parkrun  | 5k            | 29/07/2023 | 296  | 00:28:06 |      |
| Swansea Bay parkrun  | 5k            | 08/07/2023 | 232  | 00:27:30 |      |
| Swansea Bay parkrun  | 5k            | 24/06/2023 | 160  | 00:24:39 |      |
| Swansea Bay parkrun  | 5k            | 27/05/2023 | 219  | 00:25:53 |      |
| Brisco Gorseinon 10k   | 10k           | 30/04/2023 | 644  | 01:09:02 | FSEN |
| <b>Davinder Hayer</b>  |               |            | 1    |          |      |
| Llanelli Half Marathon   | Half Marathon | 10/02/2019 | 1425 | 02:11:13 | MSEN |
| <b>Alyson Heard</b>  |               |            | 11   |          |      |
| Porthcawl parkrun  | 5k            | 20/07/2024 | 332  | 00:32:41 |      |
| Swansea Bay parkrun  | 5k            | 29/06/2024 | 502  | 00:54:26 |      |
| Swansea Bay parkrun  | 5k            | 29/12/2018 | 160  | 00:25:28 |      |
| Swansea Bay parkrun  | 5k            | 22/12/2018 | 102  | 00:24:48 |      |
| Swansea Bay parkrun  | 5k            | 24/11/2018 | 117  | 00:24:15 |      |
| Swansea Bay parkrun  | 5k            | 27/10/2018 | 62   | 00:22:33 |      |
| Swansea Bay parkrun  | 5k            | 18/08/2018 | 76   | 00:23:02 |      |
| Swansea Bay parkrun  | 5k            | 09/06/2018 | 90   | 00:24:02 |      |
| West Glamorgan Xc League - Kenfig Nature Reserve - Women       | TBC           | 26/11/2017 | 55   | 00:37:03 |      |

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| Colby parkrun                            | 5k | 04/11/2017 | 34  | 00:25:06 |
| West Glamorgan Xc League - Gnoll - Women | 5k | 25/10/2017 | 52  | 00:25:27 |
| <b>Alex Heron</b>                        |    | 134        |     |          |
| Swansea Bay parkrun                      | 5k | 21/12/2024 | 168 | 00:25:03 |
| Swansea Bay parkrun                      | 5k | 14/12/2024 | 155 | 00:25:27 |
| Swansea Bay parkrun                      | 5k | 30/11/2024 | 149 | 00:25:08 |
| Swansea Bay parkrun                      | 5k | 09/11/2024 | 156 | 00:25:08 |
| Swansea Bay parkrun                      | 5k | 02/11/2024 | 194 | 00:25:26 |
| Swansea Bay parkrun                      | 5k | 14/09/2024 | 105 | 00:24:07 |
| Swansea Bay parkrun                      | 5k | 31/08/2024 | 157 | 00:24:31 |
| Swansea Bay parkrun                      | 5k | 24/08/2024 | 142 | 00:24:47 |
| Tri Hard Harriers 5K On The Bay          | 5k | 22/08/2024 | 181 | 00:24:35 |
| Swansea Bay parkrun                      | 5k | 17/08/2024 | 136 | 00:24:36 |
| Swansea Bay parkrun                      | 5k | 10/08/2024 | 137 | 00:24:53 |
| Swansea Bay parkrun                      | 5k | 03/08/2024 | 161 | 00:24:38 |
| Swansea Bay parkrun                      | 5k | 27/07/2024 | 179 | 00:24:54 |
| Swansea Bay parkrun                      | 5k | 20/07/2024 | 116 | 00:24:57 |
| Swansea Bay parkrun                      | 5k | 13/07/2024 | 153 | 00:24:55 |
| Swansea Bay parkrun                      | 5k | 29/06/2024 | 132 | 00:24:43 |
| Swansea Bay parkrun                      | 5k | 22/06/2024 | 127 | 00:24:54 |
| Swansea Bay parkrun                      | 5k | 15/06/2024 | 156 | 00:25:29 |
| Swansea Bay parkrun                      | 5k | 08/06/2024 | 169 | 00:26:04 |
| Swansea Bay parkrun                      | 5k | 01/06/2024 | 258 | 00:27:28 |
| Swansea Bay parkrun                      | 5k | 25/05/2024 | 354 | 00:28:09 |
| Swansea Bay parkrun                      | 5k | 18/05/2024 | 467 | 00:31:44 |
| Swansea Bay parkrun                      | 5k | 03/02/2024 | 153 | 00:24:49 |

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|----------------------|-----|------------|-----|----------|-----|
| Swansea Bay parkrun  | 5k  | 06/01/2024 | 167 | 00:25:01 |     |
| Swansea Bay parkrun  | 5k  | 30/12/2023 | 189 | 00:25:26 |     |
| Swansea Bay parkrun  | 5k  | 23/12/2023 | 169 | 00:24:31 |     |
| Swansea Bay parkrun  | 5k  | 09/12/2023 | 140 | 00:26:44 |     |
| Swansea Bay parkrun  | 5k  | 18/11/2023 | 100 | 00:24:15 |     |
| Swansea Bay parkrun  | 5k  | 28/10/2023 | 116 | 00:24:47 |     |
| Swansea Bay parkrun  | 5k  | 21/10/2023 | 329 | 00:30:49 |     |
| Swansea Bay parkrun  | 5k  | 23/09/2023 | 140 | 00:24:25 |     |
| Swansea Bay parkrun  | 5k  | 16/09/2023 | 96  | 00:24:08 |     |
| Swansea Bay parkrun  | 5k  | 09/09/2023 | 111 | 00:24:14 |     |
| Swansea Bay parkrun  | 5k  | 19/08/2023 | 124 | 00:23:48 |     |
| Swansea Bay parkrun  | 5k  | 05/08/2023 | 80  | 00:24:14 |     |
| Swansea Bay parkrun  | 5k  | 29/07/2023 | 149 | 00:24:01 |     |
| Swansea Bay parkrun  | 5k  | 22/07/2023 | 87  | 00:24:13 |     |
| Swansea Bay parkrun  | 5k  | 08/07/2023 | 122 | 00:23:46 |     |
| Swansea Bay parkrun  | 5k  | 24/06/2023 | 131 | 00:23:49 |     |
| Swansea Bay parkrun  | 5k  | 10/06/2023 | 83  | 00:23:40 |     |
| Brisco Gorseinon 10k | 10k | 30/04/2023 | 198 | 00:49:55 | M65 |
| Swansea Bay parkrun  | 5k  | 29/04/2023 | 154 | 00:23:43 |     |
| Swansea Bay parkrun  | 5k  | 08/04/2023 | 109 | 00:23:30 |     |
| Swansea Bay parkrun  | 5k  | 01/04/2023 | 105 | 00:24:15 |     |
| Swansea Bay parkrun  | 5k  | 25/03/2023 | 115 | 00:23:38 |     |
| Swansea Bay parkrun  | 5k  | 18/03/2023 | 282 | 00:30:16 |     |
| Swansea Bay parkrun  | 5k  | 04/03/2023 | 100 | 00:23:32 |     |
| Swansea Bay parkrun  | 5k  | 18/02/2023 | 119 | 00:23:55 |     |
| Swansea Bay parkrun  | 5k  | 04/02/2023 | 82  | 00:23:32 |     |

|                           |               |            |     |          |      |
|---------------------------|---------------|------------|-----|----------|------|
| Swansea Bay parkrun       | 5k            | 28/01/2023 | 108 | 00:23:28 |      |
| Swansea Bay parkrun       | 5k            | 21/01/2023 | 116 | 00:24:44 |      |
| Swansea Bay parkrun       | 5k            | 24/12/2022 | 107 | 00:22:59 |      |
| Swansea Bay parkrun       | 5k            | 10/12/2022 | 79  | 00:23:40 |      |
| Swansea Bay parkrun       | 5k            | 26/11/2022 | 258 | 00:31:42 |      |
| Richard Burton 10k        | 10k           | 06/11/2022 | 436 | 00:50:04 | M70+ |
| Swansea Bay parkrun       | 5k            | 29/10/2022 | 85  | 00:23:31 |      |
| Swansea Bay parkrun       | 5k            | 22/10/2022 | 108 | 00:23:36 |      |
| Swansea Bay parkrun       | 5k            | 01/10/2022 | 69  | 00:23:20 |      |
| Swansea Bay parkrun       | 5k            | 24/09/2022 | 76  | 00:22:53 |      |
| Swansea Bay parkrun       | 5k            | 17/09/2022 | 60  | 00:23:05 |      |
| Swansea Bay parkrun       | 5k            | 10/09/2022 | 100 | 00:22:52 |      |
| Swansea Bay parkrun       | 5k            | 03/09/2022 | 91  | 00:23:08 |      |
| Swansea Bay parkrun       | 5k            | 27/08/2022 | 129 | 00:23:39 |      |
| Swansea Bay parkrun       | 5k            | 20/08/2022 | 79  | 00:23:07 |      |
| Swansea Bay parkrun       | 5k            | 13/08/2022 | 82  | 00:24:24 |      |
| Swansea Bay parkrun       | 5k            | 23/07/2022 | 83  | 00:23:26 |      |
| Swansea Bay parkrun       | 5k            | 16/07/2022 | 83  | 00:23:58 |      |
| Swansea Bay parkrun       | 5k            | 09/07/2022 | 80  | 00:23:35 |      |
| Swansea Bay parkrun       | 5k            | 18/06/2022 | 80  | 00:23:07 |      |
| JCP Swansea Half Marathon | Half Marathon | 12/06/2022 | 906 | 01:52:09 | F70  |
| Swansea Bay parkrun       | 5k            | 11/06/2022 | 319 | 00:38:09 |      |
| Swansea Bay parkrun       | 5k            | 04/06/2022 | 119 | 00:23:25 |      |
| Swansea Bay parkrun       | 5k            | 28/05/2022 | 128 | 00:23:04 |      |
| Swansea Bay parkrun       | 5k            | 21/05/2022 | 94  | 00:23:17 |      |
| Swansea Bay parkrun       | 5k            | 07/05/2022 | 109 | 00:23:27 |      |

|  |               |            |     |          |          |
|--|---------------|------------|-----|----------|----------|
| Swansea Bay parkrun  | 5k            | 30/04/2022 | 112 | 00:23:55 |          |
| Swansea Bay parkrun  | 5k            | 16/04/2022 | 114 | 00:22:57 |          |
| Swansea Bay parkrun  | 5k            | 09/04/2022 | 69  | 00:23:14 |          |
| Swansea Bay parkrun  | 5k            | 02/04/2022 | 86  | 00:23:24 |          |
| Swansea Bay parkrun  | 5k            | 26/03/2022 | 67  | 00:23:28 |          |
| Swansea Bay parkrun  | 5k            | 05/03/2022 | 98  | 00:23:22 |          |
| Swansea Bay parkrun  | 5k            | 19/02/2022 | 55  | 00:23:39 |          |
| Swansea Bay parkrun  | 5k            | 12/02/2022 | 78  | 00:23:43 |          |
| Swansea Bay parkrun  | 5k            | 22/01/2022 | 84  | 00:23:06 |          |
| Swansea Bay parkrun  | 5k            | 15/01/2022 | 61  | 00:23:23 |          |
| Swansea Bay parkrun  | 5k            | 18/12/2021 | 94  | 00:23:22 |          |
| Swansea Bay parkrun  | 5k            | 11/12/2021 | 85  | 00:23:40 |          |
| Swansea Bay parkrun  | 5k            | 20/11/2021 | 85  | 00:22:58 |          |
| Hoka One Winter Trail Half Marathon (Afan Forest Country Park) | Half Marathon | 13/11/2021 | 253 | 02:13:50 | 70+ Male |
| Tata Steel Richard Burton 10k                                  | 10k           | 07/11/2021 | 396 | 00:50:48 | M50+     |
| Toughrunner Swansea Trail Half Marathon                        | Half Marathon | 30/10/2021 | 307 | 02:47:41 | M60+     |
| Swansea Bay parkrun  | 5k            | 23/10/2021 | 72  | 00:23:19 |          |
| JCP Swansea Half Marathon                                      | Half Marathon | 17/10/2021 | 597 | 01:49:01 | M70      |
| Swansea Bay parkrun  | 5k            | 25/09/2021 | 70  | 00:22:38 |          |
| Gnoll parkrun  | 5k            | 18/09/2021 | 22  | 00:23:40 |          |
| Welsh Athletics Welsh Road Relay Championships                 | 5400m         | 11/09/2021 | 25  | 00:25:00 | MM35     |
| Swansea Bay parkrun  | 5k            | 04/09/2021 | 91  | 00:22:46 |          |
| Swansea Bay parkrun  | 5k            | 28/08/2021 | 82  | 00:23:03 |          |
| Swansea Bay parkrun  | 5k            | 14/03/2020 | 67  | 00:22:58 |          |
| Swansea Bay parkrun  | 5k            | 07/03/2020 | 77  | 00:22:50 |          |
| Swansea Bay parkrun  | 5k            | 29/02/2020 | 92  | 00:23:33 |          |

|                           |     |            |     |          |     |
|---------------------------|-----|------------|-----|----------|-----|
| Swansea Bay parkrun       | 5k  | 22/02/2020 | 98  | 00:23:17 |     |
| Swansea Bay parkrun       | 5k  | 15/02/2020 | 86  | 00:23:46 |     |
| Swansea Bay parkrun       | 5k  | 08/02/2020 | 111 | 00:23:28 |     |
| Swansea Bay parkrun       | 5k  | 01/02/2020 | 103 | 00:24:34 |     |
| Swansea Bay parkrun       | 5k  | 25/01/2020 | 124 | 00:24:06 |     |
| Swansea Bay parkrun       | 5k  | 18/01/2020 | 122 | 00:24:02 |     |
| Irchester Country parkrun | 5k  | 11/01/2020 | 74  | 00:25:00 |     |
| Swansea Bay parkrun       | 5k  | 04/01/2020 | 127 | 00:24:14 |     |
| Swansea Bay parkrun       | 5k  | 01/01/2020 | 141 | 00:24:07 |     |
| Swansea Bay parkrun       | 5k  | 28/12/2019 | 96  | 00:23:49 |     |
| Swansea Bay parkrun       | 5k  | 21/12/2019 | 100 | 00:23:56 |     |
| Swansea Bay parkrun       | 5k  | 14/12/2019 | 64  | 00:25:06 |     |
| Swansea Bay parkrun       | 5k  | 30/11/2019 | 133 | 00:26:03 |     |
| Swansea Bay parkrun       | 5k  | 26/10/2019 | 49  | 00:23:04 |     |
| Swansea Bay parkrun       | 5k  | 19/10/2019 | 107 | 00:23:35 |     |
| Swansea Bay parkrun       | 5k  | 05/10/2019 | 70  | 00:23:19 |     |
| Swansea Bay parkrun       | 5k  | 28/09/2019 | 69  | 00:23:16 |     |
| Penrose parkrun           | 5k  | 21/09/2019 | 55  | 00:23:36 |     |
| Swansea Bay parkrun       | 5k  | 14/09/2019 | 76  | 00:22:36 |     |
| Craft 10K Series Race 1   | 10k | 08/09/2019 | 10  | 00:50:21 | M60 |
| Swansea Bay parkrun       | 5k  | 07/09/2019 | 76  | 00:22:33 |     |
| Swansea Bay parkrun       | 5k  | 31/08/2019 | 60  | 00:22:51 |     |
| Swansea Bay parkrun       | 5k  | 24/08/2019 | 103 | 00:23:15 |     |
| Swansea Bay parkrun       | 5k  | 03/08/2019 | 80  | 00:23:01 |     |
| Swansea Bay parkrun       | 5k  | 20/07/2019 | 77  | 00:22:48 |     |
| Swansea Bay parkrun       | 5k  | 13/07/2019 | 78  | 00:22:49 |     |

|                                     |               |            |      |          |        |
|-------------------------------------|---------------|------------|------|----------|--------|
| Long Eaton parkrun                  | 5k            | 29/06/2019 | 93   | 00:23:12 |        |
| JCP Swansea Half Marathon           | Half Marathon | 23/06/2019 | 1360 | 01:53:30 | M70    |
| Swansea Bay parkrun                 | 5k            | 08/06/2019 | 67   | 00:22:33 |        |
| Swansea Bay parkrun                 | 5k            | 18/05/2019 | 101  | 00:22:42 |        |
| Whitford Point Multi Terrain Race   | 5.8 miles     | 15/05/2019 | 86   | 00:51:36 | VM55   |
| Swansea Bay parkrun                 | 5k            | 04/05/2019 | 94   | 00:23:00 |        |
| Swansea Bay parkrun                 | 5k            | 20/04/2019 | 84   | 00:22:52 |        |
| <b>Francis Heron</b>                |               |            | 12   |          |        |
| Swansea Bay parkrun                 | 5k            | 21/12/2024 | 217  | 00:26:12 |        |
| Swansea Bay parkrun                 | 5k            | 16/11/2024 | 159  | 00:24:27 |        |
| Swansea Bay parkrun                 | 5k            | 02/11/2024 | 158  | 00:24:32 |        |
| Swansea Bay parkrun                 | 5k            | 26/10/2024 | 258  | 00:26:05 |        |
| Swansea Bay parkrun                 | 5k            | 28/09/2024 | 175  | 00:24:25 |        |
| Swansea Bay parkrun                 | 5k            | 21/09/2024 | 130  | 00:24:24 |        |
| Swansea Bay parkrun                 | 5k            | 14/09/2024 | 109  | 00:24:13 |        |
| Swansea Bay parkrun                 | 5k            | 31/08/2024 | 151  | 00:24:23 |        |
| Swansea Bay parkrun                 | 5k            | 24/08/2024 | 117  | 00:24:04 |        |
| Tri Hard Harriers 5K On The Bay     | 5k            | 22/08/2024 | 165  | 00:23:49 |        |
| Swansea Bay parkrun                 | 5k            | 17/08/2024 | 138  | 00:24:40 |        |
| Swansea Half Marathon               | Half Marathon | 09/06/2024 |      | 02:17:45 | M70    |
| <b>Natalie Holborow</b>             |               |            | 1    |          |        |
| Tata Steel Round the Reservoir      | 5.6 miles     | 12/01/2020 | 36   | 00:42:27 | FSEN   |
| <b>Lynn Holmes</b>                  |               |            | 65   |          |        |
| Richard Burton 10k                  | 10k           | 03/11/2024 | 2017 | 01:08:52 | F60-69 |
| Swansea Bay 5k Summer Series Race 3 | 5k            | 10/07/2024 | 127  | 00:30:35 |        |
| Swansea Bay 5k Summer Series Race 2 | 5k            | 12/06/2024 | 130  | 00:31:38 |        |



|   |               |            |      |          |        |
|---|---------------|------------|------|----------|--------|
| Brisco Gorseinon 10k                                  | 10k           | 19/05/2024 |      | 01:09:37 |        |
| Paul Popham Swansea Bay Summer Series                 | 5k            | 08/05/2024 | 134  | 00:29:45 |        |
| Endurancelife Pembrokeshire "10k"                     | 10k           | 27/04/2024 | 105  | 02:01:49 |        |
| Sandy Water parkrun                                   | 5k            | 20/04/2024 | 99   | 00:30:15 |        |
| WCR 10 miler  | 10 miles      | 31/03/2024 | 21   | 01:46:27 |        |
| Haverfordwest parkrun                                 | 5k            | 02/03/2024 | 36   | 00:33:51 |        |
| Sandy Water parkrun                                   | 5k            | 24/02/2024 | 86   | 00:29:51 |        |
| Sandy Water parkrun                                   | 5k            | 03/02/2024 | 84   | 00:29:48 |        |
| Sandy Water parkrun                                   | 5k            | 20/01/2024 | 73   | 00:30:02 |        |
| Brynaman parkrun                                      | 5k            | 30/12/2023 | 37   | 00:31:48 |        |
| Sandy Water parkrun                                   | 5k            | 02/12/2023 | 74   | 00:30:09 |        |
| Sandy Water parkrun                                   | 5k            | 23/09/2023 | 107  | 00:31:01 |        |
| Sandy Water parkrun                                   | 5k            | 19/08/2023 | 89   | 00:30:52 |        |
| Sandy Water parkrun                                   | 5k            | 29/07/2023 | 123  | 00:31:05 |        |
| Sandy Water parkrun                                   | 5k            | 22/07/2023 | 90   | 00:30:33 |        |
| Sandy Water parkrun                                   | 5k            | 10/06/2023 | 108  | 00:31:41 |        |
| Swansea Bay Summer 5k Series                          | 5k            | 10/05/2023 | 160  | 00:30:49 | FVET   |
| Brisco Gorseinon 10k                                  | 10k           | 30/04/2023 | 564  | 01:04:47 | F60    |
| Sandy Water parkrun                                   | 5k            | 08/04/2023 | 108  | 00:30:20 |        |
| Great Welsh Half Marathon                             | Half Marathon | 02/04/2023 | 510  | 02:27:24 | F60    |
| Brecon Carreg Cardiff Bay 10k                         | 10k           | 26/03/2023 | 2656 | 01:06:03 | F55    |
| Colby parkrun   | 5k            | 04/03/2023 | 112  | 00:33:07 |        |
| Sandy Water parkrun                                   | 5k            | 31/12/2022 | 90   | 00:31:34 |        |
| Richard Burton 10k                                    | 10k           | 06/11/2022 | 1448 | 01:08:15 | F60-69 |
| Welsh Road Relay Championships - Pembrey Country Park | 5400m         | 24/09/2022 |      | 00:32:44 | MW55   |
| Sandy Water parkrun                                   | 5k            | 17/09/2022 | 84   | 00:28:45 |        |

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|---|---------------|------------|------|----------|------------|
| Sandy Water parkrun                                 | 5k            | 10/09/2022 | 83   | 00:30:37 |            |
| Sandy Water parkrun                                 | 5k            | 27/08/2022 | 79   | 00:30:10 |            |
| Tenby 10k   | 10k           | 31/07/2022 | 255  | 01:07:18 | F55        |
| Ammanford 10k                                       | 10k           | 10/07/2022 | 216  | 01:12:23 | F55        |
| Sandy Water parkrun                                 | 5k            | 11/06/2022 | 72   | 00:29:59 |            |
| Colby parkrun                                       | 5k            | 05/03/2022 | 80   | 00:32:30 |            |
| Sandy Water parkrun                                 | 5k            | 12/02/2022 | 80   | 00:30:10 |            |
| Watermead Country Park parkrun                      | 5k            | 05/02/2022 | 173  | 00:30:12 |            |
| Tata Steel Richard Burton 10k                       | 10k           | 07/11/2021 | 1189 | 01:08:25 | F50+       |
| JCP Swansea Half Marathon                           | Half Marathon | 17/10/2021 | 1848 | 02:35:11 | F55        |
| Llanelli Coast parkrun                              | 5k            | 08/02/2020 | 111  | 00:30:01 |            |
| Llanelli Coast parkrun                              | 5k            | 23/11/2019 | 70   | 00:29:46 |            |
| Llanelli Coast parkrun                              | 5k            | 16/11/2019 | 115  | 00:29:44 |            |
| Severn Bridge 10k                                   | 10k           | 25/08/2019 | 632  | 01:11:26 | F55        |
| JCP Swansea Half Marathon                           | Half Marathon | 23/06/2019 | 3445 | 02:23:23 | F55        |
| Llanelli Coast parkrun                              | 5k            | 02/03/2019 | 76   | 00:28:57 |            |
| Tata Steel Richard Burton 10k                       | 10k           | 04/11/2018 | 1080 | 01:04:37 | Female 50+ |
| Admiral Swansea Bay 10k                             | 10k           | 16/09/2018 | 1711 | 00:59:44 | F55        |
| Tenby 10k   | 10k           | 29/07/2018 | 329  | 01:01:42 | F55        |
| Ammanford 10k                                       | 10k           | 08/07/2018 | 226  | 01:08:21 | FV55       |
| Jcp Swansea Half Marathon                           | Half Marathon | 24/06/2018 | 3366 | 02:19:17 | FV55+      |
| Llanelli Coast parkrun                              | 5k            | 17/03/2018 | 59   | 00:29:30 |            |
| Llanelli Coast parkrun                              | 5k            | 27/01/2018 | 42   | 00:29:33 |            |
| West Glamorgan Xc League - Margam Reservoir - Women | 5.6 miles     | 14/01/2018 | 115  | 00:55:42 |            |
| Colby parkrun                                       | 5k            | 04/11/2017 | 92   | 00:32:16 |            |
| Swansea Bay parkrun                                 | 5k            | 28/10/2017 | 235  | 00:30:13 |            |

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|---|---------------|------------|-------|----------|--------|
| Cardiff Half Marathon                       | Half Marathon | 01/10/2017 | 17891 | 02:55:45 | F55-59 |
| Severn Bridge Half Marathon                 | Half Marathon | 27/08/2017 | 1296  | 02:31:55 | F55+   |
| Tenby 10k                                   | 10k           | 30/07/2017 | 393   | 01:05:35 | F55    |
| Ammanford Lions 10k                         | 10k           | 09/07/2017 | 133   | 01:07:08 | F55    |
| Jcp Swansea Half Marathon                   | Half Marathon | 25/06/2017 | 3589  | 02:24:01 | FV55+  |
| Llanelli Coast parkrun                      | 5k            | 17/06/2017 | 73    | 00:30:27 |        |
| Royal Welsh Trail Festival 10k              | 10k           | 21/05/2017 | 438   | 01:27:35 | MW55   |
| Llanelli Coast parkrun                      | 5k            | 11/02/2017 | 85    | 00:31:15 |        |
| Tata Steel Round The Reservoir Race - Women | 5.6 miles     | 08/01/2017 | 48    | 01:01:15 | V50    |
| Richard Burton 10k                          | 10k           | 06/11/2016 | 837   | 01:06:06 | FV50   |
| <b>Victoria Holmes</b>                      |               | 68         |       |          |        |
| Sandy Water parkrun                         | 5k            | 21/12/2024 | 127   | 00:33:59 |        |
| Sandy Water parkrun                         | 5k            | 16/11/2024 | 161   | 00:35:13 |        |
| Sandy Water parkrun                         | 5k            | 12/10/2024 | 166   | 00:38:50 |        |
| Swansea Bay 5k Summer Series Race 2         | 5k            | 12/06/2024 | 111   | 00:28:07 |        |
| Brisco Gorseinon 10k                        | 10k           | 19/05/2024 |       | 01:09:38 |        |
| Paul Popham Swansea Bay Summer Series       | 5k            | 08/05/2024 | 108   | 00:26:15 |        |
| Sandy Water parkrun                         | 5k            | 20/04/2024 | 79    | 00:28:05 |        |
| Haverfordwest parkrun                       | 5k            | 02/03/2024 | 33    | 00:32:43 |        |
| Sandy Water parkrun                         | 5k            | 24/02/2024 | 74    | 00:28:30 |        |
| Sandy Water parkrun                         | 5k            | 03/02/2024 | 54    | 00:26:55 |        |
| Sandy Water parkrun                         | 5k            | 20/01/2024 | 61    | 00:28:13 |        |
| Brynaman parkrun                            | 5k            | 30/12/2023 | 34    | 00:30:36 |        |
| Sandy Water parkrun                         | 5k            | 23/12/2023 | 133   | 00:30:07 |        |
| Sandy Water parkrun                         | 5k            | 02/12/2023 | 70    | 00:29:28 |        |
| Sandy Water parkrun                         | 5k            | 07/10/2023 | 87    | 00:29:12 |        |

|                                |               |            |      |          |               |
|--------------------------------|---------------|------------|------|----------|---------------|
| Sandy Water parkrun            | 5k            | 23/09/2023 | 78   | 00:28:01 |               |
| Sandy Water parkrun            | 5k            | 02/09/2023 | 173  | 00:49:22 |               |
| Sandy Water parkrun            | 5k            | 19/08/2023 | 87   | 00:30:08 |               |
| Sandy Water parkrun            | 5k            | 29/07/2023 | 103  | 00:28:50 |               |
| Sandy Water parkrun            | 5k            | 22/07/2023 | 85   | 00:29:53 |               |
| Swansea Bay Summer 5k Series   | 5k            | 10/05/2023 | 149  | 00:28:24 | FSEN          |
| Brisco Gorseinon 10k           | 10k           | 30/04/2023 | 501  | 01:01:50 | FSEN          |
| Sandy Water parkrun            | 5k            | 08/04/2023 | 120  | 00:31:44 |               |
| Brecon Carreg Cardiff Bay 10k  | 10k           | 26/03/2023 | 2021 | 00:59:07 | FSEN          |
| Colby parkrun                  | 5k            | 04/03/2023 | 116  | 00:33:51 |               |
| Sandy Water parkrun            | 5k            | 31/12/2022 | 87   | 00:30:47 |               |
| Richard Burton 10k             | 10k           | 06/11/2022 | 1395 | 01:07:57 | F20-39        |
| Sandy Water parkrun            | 5k            | 17/09/2022 | 66   | 00:27:28 |               |
| Sandy Water parkrun            | 5k            | 10/09/2022 | 66   | 00:29:02 |               |
| Sandy Water parkrun            | 5k            | 27/08/2022 | 89   | 00:31:42 |               |
| Tenby 10k                      | 10k           | 31/07/2022 | 318  | 01:14:15 | OF            |
| Ammanford 10k                  | 10k           | 10/07/2022 | 233  | 01:18:33 | SenF          |
| Sandy Water parkrun            | 5k            | 11/06/2022 | 62   | 00:29:08 |               |
| Great Welsh Half Marathon      | Half Marathon | 10/04/2022 | 510  | 02:26:35 | FSEN          |
| Colby parkrun                  | 5k            | 05/03/2022 | 68   | 00:30:44 |               |
| Sandy Water parkrun            | 5k            | 12/02/2022 | 47   | 00:27:25 |               |
| Watermead Country Park parkrun | 5k            | 05/02/2022 | 145  | 00:28:17 |               |
| Tata Steel Richard Burton 10k  | 10k           | 07/11/2021 | 1237 | 01:10:15 | Senior Female |
| JCP Swansea Half Marathon      | Half Marathon | 17/10/2021 | 1878 | 02:37:37 | FSEN          |
| Llanelli Coast parkrun         | 5k            | 08/02/2020 | 131  | 00:31:38 |               |
| Llanelli Coast parkrun         | 5k            | 18/01/2020 | 167  | 00:37:14 |               |

|   |               |            |       |          |             |
|---|---------------|------------|-------|----------|-------------|
| Tata Steel Round the Reservoir                      | 5.6 miles     | 12/01/2020 | 181   | 00:57:23 | FSEN        |
| Llanelli Coast parkrun                              | 5k            | 23/11/2019 | 94    | 00:33:24 |             |
| Severn Bridge 10k                                   | 10k           | 25/08/2019 | 946   | 01:24:05 | FS          |
| Tenby 10k   | 10k           | 28/07/2019 | 413   | 01:10:44 |             |
| Llanelli Coast parkrun                              | 5k            | 13/04/2019 | 120   | 00:30:06 |             |
| Llanelli Coast parkrun                              | 5k            | 02/03/2019 | 41    | 00:25:59 |             |
| Tata Steel Richard Burton 10k                       | 10k           | 04/11/2018 | 831   | 00:59:31 | Female Open |
| Admiral Swansea Bay 10k                             | 10k           | 16/09/2018 | 1659  | 00:59:15 | FSEN        |
| Tenby 10k   | 10k           | 29/07/2018 | 352   | 01:03:48 | OF          |
| Ammanford 10k                                       | 10k           | 08/07/2018 | 249   | 01:13:58 | FU23        |
| Swansea Bay parkrun                                 | 5k            | 14/04/2018 | 310   | 00:33:52 |             |
| Llanelli Coast parkrun                              | 5k            | 17/03/2018 | 65    | 00:30:07 |             |
| West Glamorgan Xc League - Margam Park - Women      | TBC           | 28/01/2018 | 83    | 00:55:53 |             |
| West Glamorgan Xc League - Margam Reservoir - Women | 5.6 miles     | 14/01/2018 | 118   | 00:55:56 |             |
| Swansea Bay parkrun                                 | 5k            | 18/11/2017 | 152   | 00:31:17 |             |
| Colby parkrun                                       | 5k            | 04/11/2017 | 71    | 00:30:01 |             |
| Cardiff Half Marathon                               | Half Marathon | 01/10/2017 | 15989 | 02:39:13 | FSEN        |
| Severn Bridge Half Marathon                         | Half Marathon | 27/08/2017 | 1282  | 02:30:09 | Fsen        |
| Tenby 10k   | 10k           | 30/07/2017 | 345   | 01:01:46 | OF          |
| Ammanford Lions 10k                                 | 10k           | 09/07/2017 | 127   | 01:04:11 | FO          |
| Jcp Swansea Half Marathon                           | Half Marathon | 25/06/2017 | 2821  | 02:11:00 | SenF        |
| Llanelli Coast parkrun                              | 5k            | 17/06/2017 | 72    | 00:30:20 |             |
| Royal Welsh Trail Festival 10k                      | 10k           | 21/05/2017 | 377   | 01:19:23 | SENW        |
| Llanelli Coast parkrun                              | 5k            | 11/02/2017 | 61    | 00:28:11 |             |
| Tata Steel Round The Reservoir Race - Women         | 5.6 miles     | 08/01/2017 | 33    | 00:54:17 | SW          |
| Glynneath Boxing Day 5 Mile Road Race               | 5 miles       | 26/12/2016 | 327   | 00:49:52 | F           |

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|---|---------------|------------|------|----------|----------|
| Richard Burton 10k                                | 10k           | 06/11/2016 | 581  | 00:57:17 | FO       |
| <b>John Holohan</b>                               |               | 25         |      |          |          |
| Richard Burton 10k                                | 10k           | 06/11/2022 | 1317 | 01:06:00 | M70+     |
| Tenby 10k   | 10k           | 31/07/2022 | 264  | 01:07:57 | M60      |
| Ammanford 10k                                     | 10k           | 10/07/2022 | 201  | 01:08:04 | M70      |
| Tata Steel Richard Burton 10k                     | 10k           | 07/11/2021 | 838  | 00:59:32 | M50+     |
| Swansea Bay parkrun                               | 5k            | 25/09/2021 | 259  | 00:30:26 |          |
| Swansea Bay parkrun                               | 5k            | 04/09/2021 | 274  | 00:29:49 |          |
| Llanelli Coast parkrun                            | 5k            | 26/10/2019 | 40   | 00:28:35 |          |
| Swansea Bay parkrun                               | 5k            | 12/10/2019 | 197  | 00:27:47 |          |
| Swansea Bay parkrun                               | 5k            | 05/10/2019 | 180  | 00:28:05 |          |
| Swansea Bay parkrun                               | 5k            | 14/09/2019 | 248  | 00:28:11 |          |
| Swansea Bay parkrun                               | 5k            | 31/08/2019 | 230  | 00:30:32 |          |
| Swansea Bay parkrun                               | 5k            | 17/08/2019 | 255  | 00:28:56 |          |
| Llanelli Coast parkrun                            | 5k            | 03/08/2019 | 91   | 00:28:41 |          |
| Tenby 10k   | 10k           | 28/07/2019 | 317  | 01:02:02 |          |
| Hampton Court Palace Half Marathon                | Half Marathon | 17/03/2019 | 2180 | 02:12:15 | MV65     |
| Tata Steel Richard Burton 10k                     | 10k           | 04/11/2018 | 880  | 00:58:55 | Male 60+ |
| Tenby 10k   | 10k           | 29/07/2018 | 287  | 00:58:59 | M60      |
| West Glamorgan Xc League - Margam Reservoir - Men | 5.6 miles     | 14/01/2018 | 233  | 00:52:42 |          |
| Richard Burton 10k                                | 10k           | 05/11/2017 | 809  | 00:58:26 | M60+     |
| Cardiff Half Marathon                             | Half Marathon | 01/10/2017 | 9229 | 02:09:27 | M65-69   |
| Severn Bridge Half Marathon                       | Half Marathon | 27/08/2017 | 923  | 02:10:00 | M65+     |
| Tenby 10k   | 10k           | 30/07/2017 | 255  | 00:57:10 | M60      |
| Ammanford Lions 10k                               | 10k           | 09/07/2017 | 111  | 00:58:13 | M60      |
| Jcp Swansea Half Marathon                         | Half Marathon | 25/06/2017 | 2468 | 02:07:19 | MV60+    |

|   |               |            |      |          |            |
|---|---------------|------------|------|----------|------------|
| Richard Burton 10k                                  | 10k           | 06/11/2016 | 506  | 00:54:30 | MV50       |
| <b>Kim Holohan</b>                                  |               | 18         |      |          |            |
| Richard Burton 10k                                  | 10k           | 03/11/2024 | 1765 | 01:04:18 | F60-69     |
| Brisco Gorseinon 10k                                | 10k           | 30/04/2023 | 506  | 01:01:07 | F60        |
| Richard Burton 10k                                  | 10k           | 06/11/2022 | 1101 | 01:01:05 | F60-69     |
| Tata Steel Richard Burton 10k                       | 10k           | 07/11/2021 | 837  | 00:59:33 | F50+       |
| Tata Steel Round the Reservoir                      | 5.6 miles     | 12/01/2020 | 133  | 00:51:25 | FV60       |
| Llanelli Coast parkrun                              | 5k            | 26/10/2019 | 34   | 00:27:33 |            |
| Llanelli Coast parkrun                              | 5k            | 03/08/2019 | 85   | 00:28:11 |            |
| Tenby 10k   | 10k           | 28/07/2019 | 376  | 01:06:20 |            |
| Tata Steel Richard Burton 10k                       | 10k           | 04/11/2018 | 844  | 00:58:23 | Female 60+ |
| Tenby 10k   | 10k           | 29/07/2018 | 251  | 00:57:04 | F55        |
| West Glamorgan Xc League - Margam Reservoir - Women | 5.6 miles     | 14/01/2018 | 89   | 00:51:26 |            |
| Llanelli Coast parkrun                              | 5k            | 25/11/2017 | 33   | 00:26:57 |            |
| Richard Burton 10k                                  | 10k           | 05/11/2017 | 776  | 00:57:59 | F60+       |
| West Glamorgan Xc League - Gnoll - Women            | 5k            | 25/10/2017 | 94   | 00:28:14 |            |
| Severn Bridge Half Marathon                         | Half Marathon | 27/08/2017 | 1183 | 02:22:59 | F60+       |
| Tenby 10k   | 10k           | 30/07/2017 | 275  | 00:58:11 | F55        |
| Ammanford Lions 10k                                 | 10k           | 09/07/2017 | 107  | 00:57:33 | F55        |
| Richard Burton 10k                                  | 10k           | 06/11/2016 | 523  | 00:55:08 | FV50       |
| <b>Katherine Hooper</b>                             |               | 6          |      |          |            |
| Great Welsh Half Marathon                           | Half Marathon | 02/04/2023 | 117  | 01:44:51 | FSEN       |
| The Cardiff Half Marathon Winter Warmer Run         | Half Marathon | 11/02/2023 | 102  | 01:47:58 | FSEN       |
| Swansea Bay parkrun                                 | 5k            | 14/01/2023 | 106  | 00:23:07 |            |
| 2022 Wizz Air Cardiff Half Marathon                 | Half Marathon | 02/10/2022 | 6538 | 02:11:07 | FOPEN      |
| Swansea Bay parkrun                                 | 5k            | 03/09/2022 | 185  | 00:27:03 |            |

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|---|---------------|------------|-----|----------|--------|
| JCP Swansea Half Marathon               | Half Marathon | 12/06/2022 | 990 | 01:54:13 | FSEN   |
| <b>Lara Hooper</b>                      |               | 1          |     |          |        |
| Hoka One One Winter Trail Half Marathon | Half Marathon | 17/02/2018 | 307 | 02:15:41 | FJ     |
| <b>Cameron Hopkins</b>                  |               | 57         |     |          |        |
| Swansea Bay parkrun                     | 5k            | 01/01/2023 | 51  | 00:22:59 |        |
| Swansea Bay parkrun                     | 5k            | 31/12/2022 | 46  | 00:21:40 |        |
| Glynneath 5 Boxing Day 5 Mile Race      | 5 miles       | 26/12/2022 | 59  | 00:34:49 | M30-39 |
| Gnoll parkrun                           | 5k            | 25/12/2022 | 10  | 00:23:13 |        |
| Sandy Water parkrun                     | 5k            | 24/12/2022 | 34  | 00:22:28 |        |
| Sospan MT10                             | 10 miles      | 20/11/2022 | 108 | 01:19:54 | MSEN   |
| Richard Burton 10k                      | 10k           | 06/11/2022 | 174 | 00:43:55 | M20-39 |
| Sandy Water parkrun                     | 5k            | 29/10/2022 | 18  | 00:23:23 |        |
| Swansea Bay parkrun                     | 5k            | 08/10/2022 | 54  | 00:21:08 |        |
| Great Bristol Half Marathon             | Half Marathon | 25/09/2022 | 383 | 01:32:03 |        |
| Porthcawl parkrun                       | 5k            | 10/09/2022 | 18  | 00:20:33 |        |
| Sandy Water parkrun                     | 5k            | 20/08/2022 | 14  | 00:21:46 |        |
| Swansea Bay parkrun                     | 5k            | 06/08/2022 | 146 | 00:26:00 |        |
| Tenby 10k                               | 10k           | 31/07/2022 | 25  | 00:44:33 |        |
| Swansea Bay parkrun                     | 5k            | 09/07/2022 | 25  | 00:19:42 |        |
| Healthspan Porthcawl 10k                | 10k           | 03/07/2022 | 90  | 00:39:51 | MSEN   |
| Sandy Water parkrun                     | 5k            | 02/07/2022 | 23  | 00:21:14 |        |
| Swansea Bay parkrun                     | 5k            | 25/06/2022 | 25  | 00:20:50 |        |
| Cardiff parkrun                         | 5k            | 18/06/2022 | 36  | 00:20:02 |        |
| JCP Swansea Half Marathon               | Half Marathon | 12/06/2022 | 225 | 01:33:37 | MSEN   |
| Llyn Llech Owain parkrun                | 5k            | 11/06/2022 | 19  | 00:23:35 |        |
| Sandy Water parkrun                     | 5k            | 04/06/2022 | 12  | 00:20:57 |        |



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|--|---------------|------------|------|----------|-----------|
| Swansea Bay parkrun  | 5k            | 28/05/2022 | 152  | 00:23:50 |           |
| Toughrunner UK Swansea Epic Trail 10k                          | 10k           | 22/05/2022 | 28   | 00:44:36 | M30-39    |
| Swansea Bay parkrun  | 5k            | 21/05/2022 | 45   | 00:20:36 |           |
| Swansea Bay parkrun  | 5k            | 14/05/2022 | 42   | 00:20:36 |           |
| Sandy Water parkrun  | 5k            | 23/04/2022 | 12   | 00:20:41 |           |
| Brynaman parkrun   | 5k            | 16/04/2022 | 4    | 00:21:18 |           |
| Great Welsh Half Marathon                                      | Half Marathon | 10/04/2022 | 76   | 01:39:46 | MSEN      |
| Sandy Water parkrun  | 5k            | 09/04/2022 | 12   | 00:22:31 |           |
| Therme Manchester Marathon 2022                                | Marathon      | 03/04/2022 | 5011 | 03:44:22 | SM        |
| Swansea Bay parkrun  | 5k            | 05/03/2022 | 54   | 00:21:12 |           |
| Swansea Bay parkrun  | 5k            | 19/02/2022 | 30   | 00:21:47 |           |
| The Fix Events Cardiff Winter Warmer                           | Half Marathon | 12/02/2022 | 24   | 01:35:18 | MSen      |
| Gnoll parkrun  | 5k            | 25/12/2021 | 17   | 00:23:13 |           |
| Merthyr Mawr Christmas Pudding Race 2021                       | 10k           | 05/12/2021 | 101  | 00:55:57 | SM        |
| Hoka One Winter Trail Half Marathon (Afan Forest Country Park) | Half Marathon | 13/11/2021 | 131  | 01:56:51 | Open Male |
| Tata Steel Richard Burton 10k                                  | 10k           | 07/11/2021 | 117  | 00:43:11 | M30-39    |
| Sandy Water parkrun  | 5k            | 06/11/2021 | 22   | 00:22:09 |           |
| M & D Care Llanelli Half Marathon                              | Half Marathon | 31/10/2021 | 94   | 01:34:23 | MSEN      |
| Swansea Bay parkrun  | 5k            | 23/10/2021 | 35   | 00:20:51 |           |
| JCP Swansea Half Marathon                                      | Half Marathon | 17/10/2021 | 146  | 01:32:24 | MSEN      |
| Sandy Water parkrun  | 5k            | 16/10/2021 | 15   | 00:21:33 |           |
| Virgin London Marathon   | Marathon      | 03/10/2021 | 6542 | 03:33:26 | M18-39    |
| Blackpool parkrun  | 5k            | 28/08/2021 | 20   | 00:21:25 |           |
| Swansea Bay parkrun  | 5k            | 21/08/2021 | 25   | 00:19:57 |           |
| Chepstow Racecourse Half Marathon                              | Half Marathon | 11/07/2021 | 19   | 01:36:59 | SM        |
| Swansea Bay parkrun  | 5k            | 07/03/2020 | 86   | 00:23:11 |           |

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|---|---------------|------------|------|----------|------|
| Swansea Bay parkrun                           | 5k            | 29/02/2020 | 59   | 00:22:19 |      |
| Swansea Bay parkrun                           | 5k            | 22/02/2020 | 80   | 00:22:50 |      |
| Llanelli Coast parkrun                        | 5k            | 01/02/2020 | 42   | 00:25:20 |      |
| Gnoll parkrun                                 | 5k            | 25/01/2020 | 18   | 00:23:25 |      |
| Llanelli Coast parkrun                        | 5k            | 11/01/2020 | 36   | 00:24:03 |      |
| Swansea Bay parkrun                           | 5k            | 01/01/2020 | 143  | 00:24:08 |      |
| Merthyr Mawr Christmas Pudding Race           | 10k           | 08/12/2019 | 236  | 01:16:02 | MSen |
| Llanelli Coast parkrun                        | 5k            | 16/11/2019 | 46   | 00:24:47 |      |
| Simplyhealth Great Bristol Half Marathon 2019 | Half Marathon | 15/09/2019 | 3978 | 02:07:18 |      |
| <b>Ian Hoskins</b>                            |               | 65         |      |          |      |
| Llanelli Coast parkrun                        | 5k            | 19/01/2019 | 19   | 00:21:14 |      |
| Llanelli Coast parkrun                        | 5k            | 12/01/2019 | 12   | 00:21:27 |      |
| Llanelli Coast parkrun                        | 5k            | 05/01/2019 | 25   | 00:21:59 |      |
| Newport parkrun                               | 5k            | 01/01/2019 | 41   | 00:21:33 |      |
| Riverfront parkrun                            | 5k            | 01/01/2019 | 63   | 00:21:38 |      |
| Llanelli Coast parkrun                        | 5k            | 29/12/2018 | 12   | 00:20:56 |      |
| Llyn Llech Owain parkrun                      | 5k            | 25/12/2018 | 22   | 00:22:32 |      |
| Llanelli Coast parkrun                        | 5k            | 22/12/2018 | 30   | 00:21:43 |      |
| Llyn Llech Owain parkrun                      | 5k            | 15/12/2018 | 19   | 00:22:47 |      |
| Llanelli Coast parkrun                        | 5k            | 08/12/2018 | 11   | 00:21:41 |      |
| Llanelli Coast parkrun                        | 5k            | 01/12/2018 | 21   | 00:22:02 |      |
| Llanelli Coast parkrun                        | 5k            | 24/11/2018 | 15   | 00:21:02 |      |
| Llanelli Coast parkrun                        | 5k            | 17/11/2018 | 12   | 00:21:07 |      |
| Llanelli Coast parkrun                        | 5k            | 10/11/2018 | 12   | 00:21:23 |      |
| Llanelli Coast parkrun                        | 5k            | 03/11/2018 | 42   | 00:22:48 |      |
| Llanelli Coast parkrun                        | 5k            | 27/10/2018 | 23   | 00:21:48 |      |

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| Llanelli Coast parkrun                      | 5k       | 06/10/2018 | 24 | 00:24:01 |      |
| Llyn Llech Owain parkrun                    | 5k       | 18/08/2018 | 10 | 00:21:53 |      |
| Llanelli Coast parkrun                      | 5k       | 11/08/2018 | 10 | 00:21:07 |      |
| Llanelli Coast parkrun                      | 5k       | 04/08/2018 | 17 | 00:21:50 |      |
| Llyn Llech Owain parkrun                    | 5k       | 28/07/2018 | 19 | 00:22:44 |      |
| Llyn Llech Owain parkrun                    | 5k       | 21/07/2018 | 18 | 00:22:47 |      |
| Llyn Llech Owain parkrun                    | 5k       | 07/07/2018 | 12 | 00:23:11 |      |
| Llyn Llech Owain parkrun                    | 5k       | 30/06/2018 | 12 | 00:22:16 |      |
| Llanelli Coast parkrun                      | 5k       | 23/06/2018 | 15 | 00:22:45 |      |
| Llyn Llech Owain parkrun                    | 5k       | 09/06/2018 | 20 | 00:24:19 |      |
| Llyn Llech Owain parkrun                    | 5k       | 26/05/2018 | 18 | 00:23:07 |      |
| Llanelli Coast parkrun                      | 5k       | 19/05/2018 | 11 | 00:20:47 |      |
| St Illtyds Ultra 50k                        | Ultra    | 06/05/2018 | 18 | 06:54:00 |      |
| Llanelli Coast parkrun                      | 5k       | 05/05/2018 | 57 | 00:24:58 |      |
| Llyn Llech Owain parkrun                    | 5k       | 28/04/2018 | 9  | 00:21:46 |      |
| Llanelli Coast parkrun                      | 5k       | 07/04/2018 | 14 | 00:21:54 |      |
| Llanelli Coast parkrun                      | 5k       | 24/03/2018 | 9  | 00:20:49 |      |
| Llanelli Coast parkrun                      | 5k       | 10/03/2018 | 12 | 00:22:04 |      |
| Llanelli Coast parkrun                      | 5k       | 17/02/2018 | 3  | 00:20:09 |      |
| Llanelli Coast parkrun                      | 5k       | 03/02/2018 | 9  | 00:20:11 |      |
| Llanelli Coast parkrun                      | 5k       | 20/01/2018 | 19 | 00:20:18 |      |
| Llanelli Coast parkrun                      | 5k       | 06/01/2018 | 18 | 00:22:00 |      |
| Llanelli Coast parkrun                      | 5k       | 30/12/2017 | 16 | 00:21:28 |      |
| Llyn Llech Owain parkrun                    | 5k       | 25/12/2017 | 19 | 00:22:41 |      |
| Llanelli Coast parkrun                      | 5k       | 23/12/2017 | 19 | 00:21:16 |      |
| Endurancelife Cts Gower Marathon (28 Miles) | Marathon | 11/11/2017 | 56 | 05:37:12 | MV45 |

|                                |               |            |     |          |      |
|--------------------------------|---------------|------------|-----|----------|------|
| Llanelli Coast parkrun         | 5k            | 04/11/2017 | 74  | 00:27:58 |      |
| Ron Skilton 1/2 Marathon       | Half Marathon | 22/10/2017 | 28  | 02:04:49 | M40  |
| Pumsaint Half Marathon         | Half Marathon | 17/09/2017 | 36  | 01:53:08 | MV40 |
| Narberth Nobbler               | Marathon      | 27/08/2017 | 22  | 05:26:14 | M    |
| Llyn Llech Owain parkrun       | 5k            | 12/08/2017 | 12  | 00:22:39 |      |
| Llanelli Coast parkrun         | 5k            | 05/08/2017 | 42  | 00:24:46 |      |
| Llyn Llech Owain parkrun       | 5k            | 29/07/2017 | 7   | 00:21:10 |      |
| Llyn Llech Owain parkrun       | 5k            | 22/07/2017 | 11  | 00:21:29 |      |
| Llyn Llech Owain parkrun       | 5k            | 08/07/2017 | 5   | 00:21:22 |      |
| Llanelli Coast parkrun         | 5k            | 01/07/2017 | 42  | 00:26:05 |      |
| Llyn Llech Owain parkrun       | 5k            | 17/06/2017 | 13  | 00:22:07 |      |
| Llyn Llech Owain parkrun       | 5k            | 10/06/2017 | 9   | 00:21:47 |      |
| Llandeilo 3 Parks Challenge    | 10k           | 02/06/2017 | 41  | 00:46:22 | M40  |
| Royal Welsh Trail Festival 10k | 10k           | 21/05/2017 | 53  | 00:54:42 | MM40 |
| Llyn Llech Owain parkrun       | 5k            | 29/04/2017 | 9   | 00:20:59 |      |
| Llanelli Coast parkrun         | 5k            | 08/04/2017 | 10  | 00:20:21 |      |
| Llanelli Coast parkrun         | 5k            | 01/04/2017 | 10  | 00:20:10 |      |
| Llanelli Coast parkrun         | 5k            | 18/02/2017 | 13  | 00:19:55 |      |
| The Beast                      | 10k           | 05/02/2017 | 30  | 00:49:22 | M    |
| Buff Trail 10k                 | 10k           | 22/01/2017 | 27  | 00:46:57 | M    |
| Llanelli Coast parkrun         | 5k            | 07/01/2017 | 5   | 00:19:55 |      |
| Swansea Bay parkrun            | 5k            | 01/01/2017 | 9   | 00:19:56 |      |
| Llyn Llech Owain parkrun       | 5k            | 25/12/2016 | 7   | 00:21:05 |      |
| <b>Johanne Hughes-Dowdle</b>   |               | 151        |     |          |      |
| Swansea Bay parkrun            | 5k            | 14/12/2024 | 310 | 00:31:13 |      |
| Swansea Bay parkrun            | 5k            | 30/11/2024 | 354 | 00:32:09 |      |

|                                       |               |            |      |          |
|---------------------------------------|---------------|------------|------|----------|
| Swansea Bay parkrun                   | 5k            | 19/10/2024 | 448  | 00:31:45 |
| Swansea Bay parkrun                   | 5k            | 28/09/2024 | 471  | 00:32:48 |
| Swansea Bay parkrun                   | 5k            | 21/09/2024 | 351  | 00:30:32 |
| Admiral Swansea Bay 10k               | 10k           | 15/09/2024 | 2252 | 01:03:22 |
| Swansea Bay parkrun                   | 5k            | 31/08/2024 | 416  | 00:32:44 |
| Tri Hard Harriers 5K On The Bay       | 5k            | 22/08/2024 | 300  | 00:32:12 |
| Swansea Bay parkrun                   | 5k            | 17/08/2024 | 407  | 00:31:36 |
| Swansea Bay parkrun                   | 5k            | 03/08/2024 | 444  | 00:31:54 |
| Swansea Bay parkrun                   | 5k            | 20/07/2024 | 317  | 00:31:11 |
| Swansea Bay parkrun                   | 5k            | 13/07/2024 | 433  | 00:31:43 |
| Swansea Bay parkrun                   | 5k            | 22/06/2024 | 328  | 00:30:23 |
| Swansea Bay 5k Summer Series Race 2   | 5k            | 12/06/2024 | 126  | 00:31:02 |
| Swansea Bay parkrun                   | 5k            | 08/06/2024 | 325  | 00:29:45 |
| Swansea Bay parkrun                   | 5k            | 01/06/2024 | 506  | 00:34:59 |
| Swansea Bay parkrun                   | 5k            | 25/05/2024 | 510  | 00:32:25 |
| Swansea Bay parkrun                   | 5k            | 18/05/2024 | 418  | 00:30:13 |
| Cycle Route 43 parkrun Ystalyfera     | 5k            | 11/05/2024 | 76   | 00:29:48 |
| Paul Popham Swansea Bay Summer Series | 5k            | 08/05/2024 | 75   | 00:30:11 |
| Swansea Bay parkrun                   | 5k            | 04/05/2024 | 421  | 00:30:34 |
| Swansea Bay parkrun                   | 5k            | 27/04/2024 | 336  | 00:29:43 |
| Llanishen Park parkrun                | 5k            | 20/04/2024 | 171  | 00:30:49 |
| Swansea Bay parkrun                   | 5k            | 13/04/2024 | 355  | 00:30:27 |
| Swansea Bay parkrun                   | 5k            | 06/04/2024 | 378  | 00:32:31 |
| Swansea Bay parkrun                   | 5k            | 30/03/2024 | 543  | 00:33:58 |
| Swansea Bay parkrun                   | 5k            | 23/03/2024 | 367  | 00:31:58 |
| Great Welsh Half                      | Half Marathon | 17/03/2024 |      | 02:23:12 |

|                                  |               |            |       |          |        |
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| Swansea Bay parkrun              | 5k            | 24/02/2024 | 418   | 00:32:31 |        |
| Swansea Bay parkrun              | 5k            | 10/02/2024 | 348   | 00:31:33 |        |
| Swansea Bay parkrun              | 5k            | 03/02/2024 | 376   | 00:31:40 |        |
| Swansea Bay parkrun              | 5k            | 20/01/2024 | 361   | 00:30:52 |        |
| Swansea Bay parkrun              | 5k            | 13/01/2024 | 395   | 00:31:00 |        |
| Swansea Bay parkrun              | 5k            | 06/01/2024 | 347   | 00:29:35 |        |
| Swansea Bay parkrun              | 5k            | 01/01/2024 | 308   | 00:29:47 |        |
| Swansea Bay parkrun              | 5k            | 30/12/2023 | 373   | 00:30:42 |        |
| Swansea Bay parkrun              | 5k            | 23/12/2023 | 332   | 00:29:30 |        |
| Swansea Bay parkrun              | 5k            | 09/12/2023 | 210   | 00:30:18 |        |
| Swansea Bay parkrun              | 5k            | 02/12/2023 | 271   | 00:29:36 |        |
| Swansea Bay parkrun              | 5k            | 25/11/2023 | 345   | 00:29:10 |        |
| Swansea Bay parkrun              | 5k            | 18/11/2023 | 252   | 00:29:46 |        |
| Swansea Bay parkrun              | 5k            | 11/11/2023 | 318   | 00:29:23 |        |
| Swansea Bay parkrun              | 5k            | 04/11/2023 | 308   | 00:31:45 |        |
| Swansea Bay parkrun              | 5k            | 28/10/2023 | 304   | 00:32:12 |        |
| Swansea Bay parkrun              | 5k            | 21/10/2023 | 391   | 00:32:29 |        |
| Mizuno Half Marathon - Amsterdam | Half Marathon | 15/10/2023 | 14257 | 02:24:51 |        |
| Amsterdamse Bos parkrun          | 5k            | 14/10/2023 | 427   | 00:33:34 |        |
| Swansea Bay parkrun              | 5k            | 07/10/2023 | 413   | 00:30:16 |        |
| Swansea Bay parkrun              | 5k            | 30/09/2023 | 385   | 00:33:12 |        |
| Admiral Swansea Bay 10k          | 10k           | 17/09/2023 | 1799  | 01:04:39 | Female |
| Swansea Bay parkrun              | 5k            | 16/09/2023 | 357   | 00:33:47 |        |
| Swansea Bay parkrun              | 5k            | 09/09/2023 | 305   | 00:30:23 |        |
| Swansea Bay parkrun              | 5k            | 26/08/2023 | 503   | 00:32:51 |        |
| Swansea Bay parkrun              | 5k            | 19/08/2023 | 320   | 00:30:24 |        |

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| Swansea Bay parkrun       | 5k            | 12/08/2023 | 291   | 00:31:39 |        |
| Swansea Bay parkrun       | 5k            | 29/07/2023 | 438   | 00:33:19 |        |
| Swansea Half Marathon     | Half Marathon | 11/06/2023 |       | 01:43:51 | F50    |
| Swansea Bay parkrun       | 5k            | 03/06/2023 | 385   | 00:31:02 |        |
| Swansea Bay parkrun       | 5k            | 27/05/2023 | 366   | 00:29:54 |        |
| Swansea Bay parkrun       | 5k            | 29/04/2023 | 463   | 00:31:47 |        |
| TCS London Marathon 2023  | Marathon      | 23/04/2023 | 43682 | 05:48:45 | F50-54 |
| Swansea Bay parkrun       | 5k            | 15/04/2023 | 333   | 00:30:38 |        |
| Swansea Bay parkrun       | 5k            | 08/04/2023 | 309   | 00:29:32 |        |
| Great Welsh Half Marathon | Half Marathon | 02/04/2023 | 478   | 02:20:37 | F50    |
| Swansea Bay parkrun       | 5k            | 01/04/2023 | 269   | 00:30:36 |        |
| Swansea Bay parkrun       | 5k            | 25/03/2023 | 349   | 00:30:45 |        |
| Swansea Bay parkrun       | 5k            | 18/03/2023 | 263   | 00:29:19 |        |
| Swansea Bay parkrun       | 5k            | 11/03/2023 | 265   | 00:30:41 |        |
| Swansea Bay parkrun       | 5k            | 04/03/2023 | 294   | 00:29:45 |        |
| Swansea Bay parkrun       | 5k            | 18/02/2023 | 251   | 00:28:43 |        |
| Swansea Bay parkrun       | 5k            | 04/02/2023 | 242   | 00:28:40 |        |
| Swansea Bay parkrun       | 5k            | 28/01/2023 | 319   | 00:32:04 |        |
| Swansea Bay parkrun       | 5k            | 21/01/2023 | 252   | 00:29:25 |        |
| Swansea Bay parkrun       | 5k            | 14/01/2023 | 297   | 00:29:04 |        |
| Swansea Bay parkrun       | 5k            | 07/01/2023 | 212   | 00:28:37 |        |
| Swansea Bay parkrun       | 5k            | 01/01/2023 | 169   | 00:28:45 |        |
| Swansea Bay parkrun       | 5k            | 31/12/2022 | 274   | 00:30:57 |        |
| Swansea Bay parkrun       | 5k            | 10/12/2022 | 163   | 00:29:10 |        |
| Swansea Bay parkrun       | 5k            | 26/11/2022 | 195   | 00:28:14 |        |
| Sospan MT10               | 10 miles      | 20/11/2022 | 435   | 01:53:10 | F45-54 |

|                                       |               |            |      |          |        |
|---------------------------------------|---------------|------------|------|----------|--------|
| Swansea Bay parkrun                   | 5k            | 19/11/2022 | 335  | 00:35:25 |        |
| Swansea Bay parkrun                   | 5k            | 12/11/2022 | 211  | 00:28:31 |        |
| Swansea Bay parkrun                   | 5k            | 22/10/2022 | 280  | 00:29:09 |        |
| Swansea Bay parkrun                   | 5k            | 08/10/2022 | 319  | 00:30:12 |        |
| 2022 Wizz Air Cardiff Half Marathon   | Half Marathon | 02/10/2022 | 8144 | 02:18:05 | F50+   |
| Admiral Swansea Bay 10k               | 10k           | 18/09/2022 | 1517 | 00:58:51 | F50    |
| Swansea Bay parkrun                   | 5k            | 10/09/2022 | 283  | 00:29:21 |        |
| Swansea Bay parkrun                   | 5k            | 03/09/2022 | 283  | 00:32:03 |        |
| Swansea Bay parkrun                   | 5k            | 27/08/2022 | 358  | 00:30:50 |        |
| Swansea Bay parkrun                   | 5k            | 13/08/2022 | 234  | 00:31:36 |        |
| Swansea Bay parkrun                   | 5k            | 06/08/2022 | 246  | 00:29:11 |        |
| Swansea Bay parkrun                   | 5k            | 30/07/2022 | 280  | 00:31:58 |        |
| Swansea Bay parkrun                   | 5k            | 23/07/2022 | 233  | 00:29:05 |        |
| Swansea Bay parkrun                   | 5k            | 16/07/2022 | 199  | 00:28:55 |        |
| Gnoll parkrun                         | 5k            | 02/07/2022 | 85   | 00:31:12 |        |
| Swansea Bay parkrun                   | 5k            | 04/06/2022 | 248  | 00:28:20 |        |
| Swansea Bay parkrun                   | 5k            | 28/05/2022 | 249  | 00:27:25 |        |
| Toughrunner UK Swansea Epic Trail 10k | 10k           | 22/05/2022 | 338  | 01:06:15 | F50-59 |
| Swansea Bay parkrun                   | 5k            | 21/05/2022 | 267  | 00:29:29 |        |
| Sandy Water parkrun                   | 5k            | 07/05/2022 | 129  | 00:30:33 |        |
| Swansea Bay parkrun                   | 5k            | 30/04/2022 | 291  | 00:30:45 |        |
| Swansea Bay parkrun                   | 5k            | 23/04/2022 | 284  | 00:29:26 |        |
| Swansea Bay parkrun                   | 5k            | 16/04/2022 | 305  | 00:29:20 |        |
| Swansea Bay parkrun                   | 5k            | 09/04/2022 | 277  | 00:32:51 |        |
| Swansea Bay parkrun                   | 5k            | 12/03/2022 | 168  | 00:27:59 |        |
| Swansea Bay parkrun                   | 5k            | 26/02/2022 | 312  | 00:33:03 |        |



|                          |     |            |      |          |     |
|--------------------------|-----|------------|------|----------|-----|
| Swansea Bay parkrun      | 5k  | 12/02/2022 | 188  | 00:28:04 |     |
| Aberdare parkrun         | 5k  | 05/02/2022 | 46   | 00:28:25 |     |
| Swansea Bay parkrun      | 5k  | 29/01/2022 | 249  | 00:30:33 |     |
| Swansea Bay parkrun      | 5k  | 18/12/2021 | 241  | 00:33:01 |     |
| Swansea Bay parkrun      | 5k  | 11/12/2021 | 183  | 00:28:16 |     |
| Brynaman parkrun         | 5k  | 27/11/2021 | 19   | 00:30:00 |     |
| Swansea Bay parkrun      | 5k  | 09/10/2021 | 162  | 00:27:26 |     |
| Swansea Bay parkrun      | 5k  | 25/09/2021 | 169  | 00:27:00 |     |
| Admiral Swansea Bay 10k  | 10k | 19/09/2021 | 979  | 00:57:05 |     |
| Llyn Llech Owain parkrun | 5k  | 11/09/2021 | 38   | 00:27:09 |     |
| Sandy Water parkrun      | 5k  | 04/09/2021 | 77   | 00:26:35 |     |
| Swansea Bay parkrun      | 5k  | 28/08/2021 | 192  | 00:26:38 |     |
| Swansea Bay parkrun      | 5k  | 07/03/2020 | 290  | 00:30:00 |     |
| Swansea Bay parkrun      | 5k  | 15/02/2020 | 209  | 00:30:19 |     |
| Swansea Bay parkrun      | 5k  | 25/01/2020 | 388  | 00:32:04 |     |
| Swansea Bay parkrun      | 5k  | 02/11/2019 | 145  | 00:30:21 |     |
| Llyn Llech Owain parkrun | 5k  | 03/11/2018 | 64   | 00:29:43 |     |
| Admiral Swansea Bay 10k  | 10k | 16/09/2018 | 1905 | 01:00:59 | F45 |
| Swansea Bay parkrun      | 5k  | 01/09/2018 | 220  | 00:28:35 |     |
| Whitby parkrun           | 5k  | 28/07/2018 | 17   | 00:29:59 |     |
| Swansea Bay parkrun      | 5k  | 02/06/2018 | 223  | 00:28:23 |     |
| Swansea Bay parkrun      | 5k  | 12/05/2018 | 172  | 00:28:27 |     |
| Llanelli Coast parkrun   | 5k  | 05/05/2018 | 88   | 00:27:59 |     |
| Swansea Bay parkrun      | 5k  | 28/04/2018 | 206  | 00:28:46 |     |
| Swansea Bay parkrun      | 5k  | 14/04/2018 | 311  | 00:33:53 |     |
| Swansea Bay parkrun      | 5k  | 07/04/2018 | 113  | 00:29:11 |     |

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|--|---------------|------------|-------|----------|--------|
| Swansea Bay parkrun                                      | 5k            | 03/02/2018 | 196   | 00:30:06 |        |
| West Glamorgan Xc League - Margam Park - Women           | TBC           | 28/01/2018 | 97    | 00:58:24 |        |
| Llanelli Coast parkrun                                   | 5k            | 20/01/2018 | 98    | 00:29:32 |        |
| West Glamorgan Xc League - Margam Reservoir - Women      | 5.6 miles     | 14/01/2018 | 123   | 00:57:01 |        |
| West Glamorgan Xc League - Kenfig Nature Reserve - Women | TBC           | 26/11/2017 | 113   | 00:45:17 |        |
| Cardiff Half Marathon                                    | Half Marathon | 01/10/2017 | 12302 | 02:20:45 | F45-49 |
| West Glamorgan Xc League - Llanmadoc - Women             | 4.5 miles     | 17/09/2017 | 79    | 00:47:31 |        |
| Severn Bridge 10k  | 10k           | 27/08/2017 | 231   | 01:02:00 | F45+   |
| Swansea Bay parkrun                                      | 5k            | 08/07/2017 | 103   | 00:28:41 |        |
| Llanelli Coast parkrun                                   | 5k            | 01/07/2017 | 58    | 00:28:29 |        |
| Swansea Bay parkrun                                      | 5k            | 17/06/2017 | 132   | 00:29:18 |        |
| Swansea Bay parkrun                                      | 5k            | 03/06/2017 | 201   | 00:29:01 |        |
| Swansea Bay parkrun                                      | 5k            | 27/05/2017 | 179   | 00:29:56 |        |
| Llyn Llech Owain parkrun                                 | 5k            | 11/03/2017 | 66    | 00:30:25 |        |
| Swansea Bay parkrun                                      | 5k            | 25/02/2017 | 138   | 00:29:21 |        |
| Swansea Bay parkrun                                      | 5k            | 18/02/2017 | 181   | 00:29:02 |        |
| Gnoll parkrun  | 5k            | 11/02/2017 | 53    | 00:30:09 |        |
| Llanelli Coast parkrun                                   | 5k            | 04/02/2017 | 64    | 00:29:45 |        |
| Richard Burton 10k                                       | 10k           | 06/11/2016 | 687   | 01:00:28 | FV40   |
| <b>Laura Hughes-Dowdle</b>                               |               |            | 118   |          |        |
| Swansea Bay parkrun                                      | 5k            | 14/12/2024 | 175   | 00:26:18 |        |
| Swansea Bay parkrun                                      | 5k            | 26/10/2024 | 498   | 00:31:53 |        |
| Swansea Bay parkrun                                      | 5k            | 19/10/2024 | 209   | 00:25:34 |        |
| Principality Cardiff Half Marathon                       | Half Marathon | 06/10/2024 | 15536 | 02:33:08 | FSEN   |
| Swansea Bay parkrun                                      | 5k            | 28/09/2024 | 245   | 00:26:24 |        |
| Swansea Bay parkrun                                      | 5k            | 21/09/2024 | 366   | 00:30:59 |        |

|                                       |    |            |     |          |
|---------------------------------------|----|------------|-----|----------|
| Swansea Bay parkrun                   | 5k | 24/08/2024 | 311 | 00:29:28 |
| Tri Hard Harriers 5K On The Bay       | 5k | 22/08/2024 | 207 | 00:25:42 |
| Swansea Bay parkrun                   | 5k | 17/08/2024 | 147 | 00:24:51 |
| Swansea Bay parkrun                   | 5k | 03/08/2024 | 179 | 00:24:56 |
| Swansea Bay parkrun                   | 5k | 27/07/2024 | 278 | 00:27:36 |
| Swansea Bay parkrun                   | 5k | 20/07/2024 | 95  | 00:24:12 |
| Swansea Bay parkrun                   | 5k | 13/07/2024 | 163 | 00:25:10 |
| Swansea Bay parkrun                   | 5k | 22/06/2024 | 83  | 00:23:28 |
| Swansea Bay parkrun                   | 5k | 15/06/2024 | 142 | 00:25:16 |
| Swansea Bay parkrun                   | 5k | 08/06/2024 | 173 | 00:26:07 |
| Swansea Bay parkrun                   | 5k | 01/06/2024 | 505 | 00:34:58 |
| Swansea Bay parkrun                   | 5k | 25/05/2024 | 188 | 00:24:42 |
| Swansea Bay parkrun                   | 5k | 18/05/2024 | 161 | 00:24:27 |
| Cycle Route 43 parkrun Ystalyfera     | 5k | 11/05/2024 | 50  | 00:26:50 |
| Paul Popham Swansea Bay Summer Series | 5k | 08/05/2024 | 71  | 00:21:40 |
| Swansea Bay parkrun                   | 5k | 04/05/2024 | 82  | 00:22:24 |
| Swansea Bay parkrun                   | 5k | 27/04/2024 | 138 | 00:24:39 |
| Swansea Bay parkrun                   | 5k | 06/04/2024 | 107 | 00:24:28 |
| Swansea Bay parkrun                   | 5k | 30/03/2024 | 358 | 00:28:59 |
| Swansea Bay parkrun                   | 5k | 16/03/2024 | 239 | 00:27:06 |
| Swansea Bay parkrun                   | 5k | 09/03/2024 | 315 | 00:30:22 |
| Swansea Bay parkrun                   | 5k | 24/02/2024 | 290 | 00:28:23 |
| Swansea Bay parkrun                   | 5k | 10/02/2024 | 300 | 00:30:05 |
| Swansea Bay parkrun                   | 5k | 03/02/2024 | 380 | 00:31:46 |
| Swansea Bay parkrun                   | 5k | 30/12/2023 | 214 | 00:26:02 |
| Swansea Bay parkrun                   | 5k | 23/12/2023 | 210 | 00:25:37 |

|                                  |               |            |      |          |               |
|----------------------------------|---------------|------------|------|----------|---------------|
| Swansea Bay parkrun              | 5k            | 02/12/2023 | 88   | 00:23:12 |               |
| Swansea Bay parkrun              | 5k            | 18/11/2023 | 120  | 00:25:19 |               |
| Swansea Bay parkrun              | 5k            | 04/11/2023 | 206  | 00:27:47 |               |
| Swansea Bay parkrun              | 5k            | 28/10/2023 | 93   | 00:23:52 |               |
| Swansea Bay parkrun              | 5k            | 21/10/2023 | 151  | 00:24:52 |               |
| Mizuno Half Marathon - Amsterdam | Half Marathon | 15/10/2023 | 3971 | 01:47:20 |               |
| Amsterdamse Bos parkrun          | 5k            | 14/10/2023 | 268  | 00:28:57 |               |
| Swansea Bay parkrun              | 5k            | 07/10/2023 | 92   | 00:22:18 |               |
| Swansea Bay parkrun              | 5k            | 30/09/2023 | 117  | 00:24:01 |               |
| Swansea Bay parkrun              | 5k            | 16/09/2023 | 111  | 00:24:43 |               |
| Holyrood parkrun                 | 5k            | 09/09/2023 | 117  | 00:25:29 |               |
| Swansea Bay parkrun              | 5k            | 26/08/2023 | 125  | 00:22:50 |               |
| Tri Hard Harriers 5k on the Bay  | 5k            | 24/08/2023 | 75   | 00:20:59 | Senior Female |
| Swansea Bay parkrun              | 5k            | 19/08/2023 | 60   | 00:21:16 |               |
| Swansea Bay parkrun              | 5k            | 12/08/2023 | 79   | 00:22:58 |               |
| Swansea Bay parkrun              | 5k            | 05/08/2023 | 152  | 00:26:53 |               |
| Swansea Bay parkrun              | 5k            | 29/07/2023 | 150  | 00:24:02 |               |
| Sandy Water parkrun              | 5k            | 01/07/2023 | 26   | 00:21:28 |               |
| Swansea Bay parkrun              | 5k            | 24/06/2023 | 136  | 00:23:57 |               |
| Swansea Bay parkrun              | 5k            | 17/06/2023 | 72   | 00:22:08 |               |
| Swansea Half Marathon            | Half Marathon | 11/06/2023 |      | 01:55:32 | FSEN          |
| Swansea Bay parkrun              | 5k            | 10/06/2023 | 282  | 00:29:27 |               |
| Whiteley parkrun                 | 5k            | 03/06/2023 | 32   | 00:22:31 |               |
| Swansea Bay parkrun              | 5k            | 27/05/2023 | 68   | 00:21:37 |               |
| Swansea Bay parkrun              | 5k            | 20/05/2023 | 206  | 00:26:23 |               |
| Swansea Bay parkrun              | 5k            | 13/05/2023 | 197  | 00:25:38 |               |

|                      |     |            |     |          |        |
|----------------------|-----|------------|-----|----------|--------|
| Brisco Gorseinon 10k | 10k | 30/04/2023 | 127 | 00:46:10 | FSEN   |
| Aldenham parkrun     | 5k  | 22/04/2023 | 11  | 00:23:37 |        |
| Swansea Bay parkrun  | 5k  | 15/04/2023 | 99  | 00:23:34 |        |
| Swansea Bay parkrun  | 5k  | 08/04/2023 | 127 | 00:24:07 |        |
| Swansea Bay parkrun  | 5k  | 01/04/2023 | 63  | 00:22:08 |        |
| Swansea Bay parkrun  | 5k  | 25/03/2023 | 158 | 00:24:54 |        |
| Swansea Bay parkrun  | 5k  | 18/03/2023 | 149 | 00:25:45 |        |
| Swansea Bay parkrun  | 5k  | 11/03/2023 | 183 | 00:27:38 |        |
| Swansea Bay parkrun  | 5k  | 04/03/2023 | 104 | 00:23:54 |        |
| Swansea Bay parkrun  | 5k  | 25/02/2023 | 237 | 00:27:35 |        |
| Swansea Bay parkrun  | 5k  | 18/02/2023 | 146 | 00:24:58 |        |
| Swansea Bay parkrun  | 5k  | 04/02/2023 | 98  | 00:23:58 |        |
| Swansea Bay parkrun  | 5k  | 14/01/2023 | 73  | 00:22:06 |        |
| Swansea Bay parkrun  | 5k  | 07/01/2023 | 213 | 00:28:37 |        |
| Swansea Bay parkrun  | 5k  | 01/01/2023 | 170 | 00:28:46 |        |
| Swansea Bay parkrun  | 5k  | 31/12/2022 | 113 | 00:24:39 |        |
| Swansea Bay parkrun  | 5k  | 24/12/2022 | 288 | 00:28:37 |        |
| Swansea Bay parkrun  | 5k  | 10/12/2022 | 66  | 00:22:57 |        |
| Swansea Bay parkrun  | 5k  | 26/11/2022 | 134 | 00:25:38 |        |
| Swansea Bay parkrun  | 5k  | 19/11/2022 | 318 | 00:33:42 |        |
| Swansea Bay parkrun  | 5k  | 12/11/2022 | 124 | 00:25:07 |        |
| Richard Burton 10k   | 10k | 06/11/2022 | 338 | 00:48:15 | F20-39 |
| Swansea Bay parkrun  | 5k  | 29/10/2022 | 144 | 00:25:56 |        |
| Swansea Bay parkrun  | 5k  | 22/10/2022 | 116 | 00:23:50 |        |
| Swansea Bay parkrun  | 5k  | 08/10/2022 | 132 | 00:24:13 |        |
| Swansea Bay parkrun  | 5k  | 01/10/2022 | 164 | 00:27:26 |        |

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|---|-------|------------|-----|----------|------|
| Welsh Road Relay Championships - Pembrey Country Park | 5400m | 24/09/2022 |     | 00:26:37 | FSEN |
| Swansea Bay parkrun                                   | 5k    | 17/09/2022 | 71  | 00:23:36 |      |
| Swansea Bay parkrun                                   | 5k    | 10/09/2022 | 173 | 00:25:32 |      |
| Swansea Bay parkrun                                   | 5k    | 03/09/2022 | 100 | 00:23:40 |      |
| Swansea Bay parkrun                                   | 5k    | 27/08/2022 | 201 | 00:25:54 |      |
| Swansea Bay parkrun                                   | 5k    | 20/08/2022 | 88  | 00:23:26 |      |
| Swansea Bay parkrun                                   | 5k    | 13/08/2022 | 81  | 00:24:18 |      |
| Swansea Bay parkrun                                   | 5k    | 06/08/2022 | 100 | 00:23:35 |      |
| Swansea Bay parkrun                                   | 5k    | 30/07/2022 | 170 | 00:26:07 |      |
| Swansea Bay parkrun                                   | 5k    | 23/07/2022 | 102 | 00:24:16 |      |
| Swansea Bay parkrun                                   | 5k    | 16/07/2022 | 94  | 00:24:38 |      |
| Swansea Bay parkrun                                   | 5k    | 04/06/2022 | 128 | 00:23:49 |      |
| Swansea Bay parkrun                                   | 5k    | 28/05/2022 | 138 | 00:23:24 |      |
| Swansea Bay parkrun                                   | 5k    | 21/05/2022 | 109 | 00:23:56 |      |
| Swansea Bay parkrun                                   | 5k    | 23/04/2022 | 115 | 00:24:21 |      |
| Cannon Hill Parkrun Birmingham                        | 5k    | 02/03/2019 | 193 | 00:23:08 |      |
| Llyn Llech Owain parkrun                              | 5k    | 03/11/2018 | 35  | 00:24:44 |      |
| Admiral Swansea Bay 10k                               | 10k   | 16/09/2018 | 594 | 00:48:27 | FJ   |
| Swansea Bay parkrun                                   | 5k    | 25/08/2018 | 89  | 00:23:01 |      |
| Whitby parkrun  | 5k    | 28/07/2018 | 10  | 00:25:18 |      |
| Merthyr Mawr Rabbit Run                               | 10k   | 16/06/2018 | 211 | 01:18:16 | U20W |
| Swansea Bay parkrun                                   | 5k    | 12/05/2018 | 83  | 00:24:01 |      |
| Llanelli Coast parkrun                                | 5k    | 05/05/2018 | 50  | 00:24:11 |      |
| Swansea Bay parkrun                                   | 5k    | 28/04/2018 | 98  | 00:24:08 |      |
| Llyn Llech Owain parkrun                              | 5k    | 21/04/2018 | 30  | 00:25:11 |      |
| Swansea Bay parkrun                                   | 5k    | 14/04/2018 | 99  | 00:24:41 |      |

|  |           |            |     |          |     |
|--|-----------|------------|-----|----------|-----|
| Swansea Bay parkrun                                      | 5k        | 07/04/2018 | 67  | 00:25:08 |     |
| Llyn Llech Owain parkrun                                 | 5k        | 24/03/2018 | 43  | 00:26:04 |     |
| Gnoll parkrun  | 5k        | 10/03/2018 | 22  | 00:26:51 |     |
| Swansea Bay parkrun                                      | 5k        | 03/02/2018 | 136 | 00:26:52 |     |
| West Glamorgan Xc League - Margam Park - Women           | TBC       | 28/01/2018 | 79  | 00:54:28 |     |
| West Glamorgan Xc League - Margam Reservoir - Women      | 5.6 miles | 14/01/2018 | 103 | 00:53:05 |     |
| Llyn Llech Owain parkrun                                 | 5k        | 02/12/2017 | 39  | 00:28:44 |     |
| West Glamorgan Xc League - Kenfig Nature Reserve - Women | TBC       | 26/11/2017 | 98  | 00:42:22 |     |
| <b>Christine Hurdidge</b>                                |           |            | 55  |          |     |
| Sandy Water parkrun                                      | 5k        | 30/11/2024 | 120 | 00:38:29 |     |
| Sandy Water parkrun                                      | 5k        | 17/08/2024 | 195 | 00:40:54 |     |
| Mallards Pike parkrun                                    | 5k        | 22/06/2024 | 81  | 00:36:29 |     |
| Sandy Water parkrun                                      | 5k        | 15/06/2024 | 157 | 00:35:38 |     |
| Sandy Water parkrun                                      | 5k        | 25/05/2024 | 177 | 00:35:35 |     |
| Sandy Water parkrun                                      | 5k        | 23/03/2024 | 119 | 00:34:40 |     |
| Haverfordwest parkrun                                    | 5k        | 02/03/2024 | 46  | 00:36:49 |     |
| Sandy Water parkrun                                      | 5k        | 24/02/2024 | 154 | 00:41:22 |     |
| Sandy Water parkrun                                      | 5k        | 20/01/2024 | 115 | 00:35:25 |     |
| Sandy Water parkrun                                      | 5k        | 23/12/2023 | 169 | 00:35:34 |     |
| Sandy Water parkrun                                      | 5k        | 07/10/2023 | 135 | 00:34:21 |     |
| Sandy Water parkrun                                      | 5k        | 02/09/2023 | 131 | 00:33:17 |     |
| Sandy Water parkrun                                      | 5k        | 29/07/2023 | 153 | 00:34:20 |     |
| Sandy Water parkrun                                      | 5k        | 22/07/2023 | 111 | 00:34:49 |     |
| Sandy Water parkrun                                      | 5k        | 24/06/2023 | 173 | 00:40:08 |     |
| Brisco Gorseinon 10k                                     | 10k       | 30/04/2023 | 661 | 01:08:15 | F60 |
| Colby parkrun  | 5k        | 04/03/2023 | 127 | 00:35:36 |     |

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|--|-----------|------------|------|----------|------|
| Tenby 10k                                      | 10k       | 31/07/2022 | 295  | 01:11:12 | F55  |
| Ammanford 10k                                  | 10k       | 10/07/2022 | 223  | 01:13:55 | F65  |
| Colby parkrun                                  | 5k        | 05/03/2022 | 92   | 00:34:04 |      |
| Sandy Water parkrun                            | 5k        | 12/02/2022 | 91   | 00:32:33 |      |
| Sandy Water parkrun                            | 5k        | 11/12/2021 | 86   | 00:31:22 |      |
| Sandy Water parkrun                            | 5k        | 04/12/2021 | 94   | 00:33:20 |      |
| Sandy Water parkrun                            | 5k        | 04/09/2021 | 131  | 00:32:26 |      |
| Tata Steel Round the Reservoir                 | 5.6 miles | 12/01/2020 | 187  | 00:57:55 | FV65 |
| Glynneath 5                                    | 5 miles   | 26/12/2019 | 307  | 00:52:33 | FV65 |
| Llanelli Coast parkrun                         | 5k        | 21/12/2019 | 135  | 00:36:43 |      |
| Llanelli Coast parkrun                         | 5k        | 19/10/2019 | 111  | 00:31:06 |      |
| Admiral Swansea Bay 10k                        | 10k       | 22/09/2019 |      | 01:05:23 |      |
| ABP Barry 10k                                  | 10k       | 04/08/2019 | 1877 | 01:05:08 | F65+ |
| Tenby 10k                                      | 10k       | 28/07/2019 | 384  | 01:06:54 |      |
| Porthcawl 10k                                  | 10k       | 07/07/2019 | 2180 | 01:04:52 | F65+ |
| Llanelli Coast parkrun                         | 5k        | 13/04/2019 | 133  | 00:31:27 |      |
| Llanelli Coast parkrun                         | 5k        | 02/03/2019 | 93   | 00:30:31 |      |
| Glynneath Boxing Day 5 Mile Race               | 5 miles   | 26/12/2018 | 376  | 00:50:38 | FV65 |
| Llanelli Coast parkrun                         | 5k        | 15/12/2018 | 42   | 00:32:03 |      |
| Sospan RR MT10                                 | 10 miles  | 18/11/2018 | 438  | 01:55:15 | F55+ |
| Tenby 10k                                      | 10k       | 29/07/2018 | 355  | 01:04:10 | F55  |
| Ammanford 10k                                  | 10k       | 08/07/2018 | 236  | 01:09:11 | FV65 |
| Llanelli Coast parkrun                         | 5k        | 16/06/2018 | 73   | 00:30:03 |      |
| Llyn Llech Owain parkrun                       | 5k        | 24/03/2018 | 82   | 00:31:21 |      |
| Llanelli Coast parkrun                         | 5k        | 17/03/2018 | 76   | 00:31:13 |      |
| West Glamorgan Xc League - Margam Park - Women | TBC       | 28/01/2018 | 90   | 00:57:29 |      |



|   |               |            |       |          |        |
|---|---------------|------------|-------|----------|--------|
| West Glamorgan Xc League - Margam Reservoir - Women | 5.6 miles     | 14/01/2018 | 117   | 00:55:52 |        |
| Glynneath 5   | 5 miles       | 26/12/2017 | 401   | 00:49:20 |        |
| Colby parkrun                                       | 5k            | 04/11/2017 | 85    | 00:31:19 |        |
| West Glamorgan Xc League - Gnoll - Women            | 5k            | 25/10/2017 | 130   | 00:31:38 |        |
| Cardiff Half Marathon                               | Half Marathon | 01/10/2017 | 17897 | 02:55:46 | F65-69 |
| Admiral Swansea Bay 10k                             | 10k           | 24/09/2017 | 2124  | 01:03:08 | F55+   |
| Severn Bridge Half Marathon                         | Half Marathon | 27/08/2017 | 1230  | 02:26:25 | F65+   |
| Tenby 10k   | 10k           | 30/07/2017 | 367   | 01:03:26 | F55    |
| Ammanford Lions 10k                                 | 10k           | 09/07/2017 | 129   | 01:04:21 | F55    |
| Royal Welsh Trail Festival 10k                      | 10k           | 21/05/2017 | 387   | 01:20:51 | MW55   |
| Tata Steel Round The Reservoir Race - Women         | 5.6 miles     | 08/01/2017 | 37    | 00:56:11 | V65    |
| Glynneath Boxing Day 5 Mile Road Race               | 5 miles       | 26/12/2016 | 322   | 00:49:20 | F      |
| <b>Simon Hurford</b>                                |               | 122        |       |          |        |
| Swansea Bay parkrun                                 | 5k            | 30/03/2019 | 146   | 00:26:07 |        |
| Swansea Bay parkrun                                 | 5k            | 23/03/2019 | 49    | 00:21:56 |        |
| Swansea Bay parkrun                                 | 5k            | 16/03/2019 | 97    | 00:24:24 |        |
| Swansea Bay parkrun                                 | 5k            | 09/03/2019 | 133   | 00:25:32 |        |
| Ras Dewi Sant Marathon                              | Marathon      | 02/03/2019 | 51    | 06:06:38 | M40-49 |
| Colby parkrun                                       | 5k            | 23/02/2019 | 30    | 00:23:57 |        |
| Swansea Bay parkrun                                 | 5k            | 16/02/2019 | 152   | 00:25:30 |        |
| Llanelli Half Marathon                              | Half Marathon | 10/02/2019 | 526   | 01:47:10 |        |
| Swansea Bay parkrun                                 | 5k            | 02/02/2019 | 60    | 00:22:51 |        |
| Swansea Bay parkrun                                 | 5k            | 19/01/2019 | 106   | 00:24:33 |        |
| Severn Bridge parkrun                               | 5k            | 12/01/2019 | 130   | 00:28:15 |        |
| Swansea Bay parkrun                                 | 5k            | 01/01/2019 | 230   | 00:26:47 |        |
| Swansea Bay parkrun                                 | 5k            | 29/12/2018 | 238   | 00:28:06 |        |

|                          |    |            |     |          |
|--------------------------|----|------------|-----|----------|
| Swansea Bay parkrun      | 5k | 22/12/2018 | 104 | 00:24:53 |
| Swansea Bay parkrun      | 5k | 08/12/2018 | 146 | 00:29:40 |
| Swansea Bay parkrun      | 5k | 01/12/2018 | 79  | 00:25:12 |
| Swansea Bay parkrun      | 5k | 24/11/2018 | 216 | 00:28:09 |
| Gnoll parkrun            | 5k | 17/11/2018 | 40  | 00:26:14 |
| Swansea Bay parkrun      | 5k | 10/11/2018 | 74  | 00:25:41 |
| Swansea Bay parkrun      | 5k | 03/11/2018 | 94  | 00:24:48 |
| Swansea Bay parkrun      | 5k | 27/10/2018 | 203 | 00:28:06 |
| Grangemoor parkrun       | 5k | 13/10/2018 | 85  | 00:26:27 |
| Llanelli Coast parkrun   | 5k | 06/10/2018 | 73  | 00:28:43 |
| Porthcawl parkrun        | 5k | 29/09/2018 | 146 | 00:26:29 |
| Cwmbran parkrun          | 5k | 22/09/2018 | 81  | 00:28:46 |
| Llyn Llech Owain parkrun | 5k | 15/09/2018 | 46  | 00:27:17 |
| Cardiff parkrun          | 5k | 08/09/2018 | 224 | 00:27:14 |
| Llanelli Coast parkrun   | 5k | 01/09/2018 | 100 | 00:28:58 |
| Bestwood Village parkrun | 5k | 25/08/2018 | 29  | 00:28:09 |
| Swansea Bay parkrun      | 5k | 18/08/2018 | 156 | 00:26:37 |
| Swansea Bay parkrun      | 5k | 11/08/2018 | 114 | 00:25:53 |
| Haverfordwest parkrun    | 5k | 04/08/2018 | 52  | 00:27:05 |
| Swansea Bay parkrun      | 5k | 28/07/2018 | 86  | 00:28:02 |
| Swansea Bay parkrun      | 5k | 14/07/2018 | 134 | 00:26:35 |
| Llanelli Coast parkrun   | 5k | 30/06/2018 | 70  | 00:26:31 |
| Swansea Bay parkrun      | 5k | 23/06/2018 | 148 | 00:27:21 |
| Swansea Bay parkrun      | 5k | 09/06/2018 | 128 | 00:25:47 |
| Swansea Bay parkrun      | 5k | 02/06/2018 | 127 | 00:24:37 |
| Pontypridd parkrun       | 5k | 19/05/2018 | 79  | 00:24:59 |

|                                    |          |            |       |          |       |
|------------------------------------|----------|------------|-------|----------|-------|
| Pprc Swansea Bay Summer 5k Series  | 5k       | 10/05/2018 | 74    | 00:25:00 | M     |
| St Illtyds Ultra 50k               | Ultra    | 06/05/2018 | 100   | 08:33:00 |       |
| Swansea Bay parkrun                | 5k       | 28/04/2018 | 142   | 00:26:12 |       |
| Swansea Bay parkrun                | 5k       | 21/04/2018 | 100   | 00:24:58 |       |
| Swansea Bay parkrun                | 5k       | 14/04/2018 | 318   | 00:34:00 |       |
| Swansea Bay parkrun                | 5k       | 07/04/2018 | 56    | 00:24:23 |       |
| Swansea Bay parkrun                | 5k       | 31/03/2018 | 222   | 00:28:05 |       |
| Maesteg parkrun                    | 5k       | 24/03/2018 | 12    | 00:24:09 |       |
| Swansea Bay parkrun                | 5k       | 17/03/2018 | 69    | 00:25:12 |       |
| Zurich Marato Barcelona            | Marathon | 11/03/2018 | 10072 | 04:28:03 | VetAM |
| Swansea Bay parkrun                | 5k       | 24/02/2018 | 172   | 00:28:19 |       |
| Swansea Bay parkrun                | 5k       | 17/02/2018 | 166   | 00:30:19 |       |
| Swansea Bay parkrun                | 5k       | 10/02/2018 | 94    | 00:26:22 |       |
| Llyn Llech Owain parkrun           | 5k       | 03/02/2018 | 24    | 00:24:07 |       |
| Gedling parkrun                    | 5k       | 27/01/2018 | 52    | 00:25:22 |       |
| Merthyr Mawr Christmas Pudding Run | 10k      | 21/01/2018 | 204   | 01:14:55 | SenM  |
| Swansea Bay parkrun                | 5k       | 20/01/2018 | 160   | 00:27:37 |       |
| Swansea Bay parkrun                | 5k       | 13/01/2018 | 65    | 00:23:56 |       |
| Llanelli Coast parkrun             | 5k       | 06/01/2018 | 60    | 00:26:58 |       |
| Swansea Bay parkrun                | 5k       | 01/01/2018 | 183   | 00:30:22 |       |
| Gnoll parkrun                      | 5k       | 30/12/2017 | 29    | 00:25:53 |       |
| Swansea Bay parkrun                | 5k       | 23/12/2017 | 99    | 00:24:14 |       |
| Porthcawl parkrun                  | 5k       | 16/12/2017 | 99    | 00:26:28 |       |
| Swansea Bay parkrun                | 5k       | 09/12/2017 | 73    | 00:24:21 |       |
| Llanelli Coast parkrun             | 5k       | 02/12/2017 | 57    | 00:27:01 |       |
| Gnoll parkrun                      | 5k       | 25/11/2017 | 17    | 00:24:32 |       |

|                               |               |            |      |          |        |
|-------------------------------|---------------|------------|------|----------|--------|
| Srr M10                       | 10 miles      | 19/11/2017 | 221  | 01:29:14 | M3544  |
| Llanelli Coast parkrun        | 5k            | 18/11/2017 | 33   | 00:23:39 |        |
| Swansea Bay parkrun           | 5k            | 11/11/2017 | 65   | 00:23:40 |        |
| Swansea Bay parkrun           | 5k            | 04/11/2017 | 78   | 00:24:05 |        |
| Swansea Bay parkrun           | 5k            | 28/10/2017 | 92   | 00:24:32 |        |
| Swansea Bay parkrun           | 5k            | 21/10/2017 | 132  | 00:27:58 |        |
| Swansea Bay parkrun           | 5k            | 14/10/2017 | 106  | 00:25:30 |        |
| Run Walk Crawl Gower Ultra 50 | Ultra         | 07/10/2017 | 132  | 16:03:49 | M      |
| Cardiff Half Marathon         | Half Marathon | 01/10/2017 | 6293 | 01:59:17 | M35-39 |
| Swansea Bay parkrun           | 5k            | 30/09/2017 | 96   | 00:26:33 |        |
| Admiral Swansea Bay 10k       | 10k           | 24/09/2017 | 982  | 00:53:14 | SenM   |
| Porthcawl parkrun             | 5k            | 23/09/2017 | 114  | 00:25:51 |        |
| Mic Morris Torfaen 10k        | 10k           | 17/09/2017 | 308  | 00:48:14 | SenM   |
| Swansea Bay parkrun           | 5k            | 16/09/2017 | 102  | 00:25:30 |        |
| Swansea Bay parkrun           | 5k            | 09/09/2017 | 132  | 00:25:45 |        |
| Swansea Bay parkrun           | 5k            | 02/09/2017 | 141  | 00:27:19 |        |
| Severn Bridge Half Marathon   | Half Marathon | 27/08/2017 | 823  | 02:07:06 | Msen   |
| Swindon parkrun               | 5k            | 26/08/2017 | 115  | 00:24:33 |        |
| Gedling parkrun               | 5k            | 19/08/2017 | 38   | 00:25:57 |        |
| Swansea Bay parkrun           | 5k            | 12/08/2017 | 90   | 00:24:41 |        |
| Barry Island parkrun          | 5k            | 05/08/2017 | 30   | 00:26:01 |        |
| Tenby 10k                     | 10k           | 30/07/2017 | 160  | 00:52:46 | OM     |
| Swansea Bay parkrun           | 5k            | 29/07/2017 | 52   | 00:24:08 |        |
| Swansea Bay parkrun           | 5k            | 22/07/2017 | 63   | 00:23:52 |        |
| Swansea Bay parkrun           | 5k            | 15/07/2017 | 55   | 00:24:21 |        |
| Long Course Wales - Marathon  | Marathon      | 09/07/2017 | 611  | 04:53:00 | Msen   |

|   |               |            |      |          |        |
|---|---------------|------------|------|----------|--------|
| Swansea Bay parkrun   | 5k            | 08/07/2017 | 102  | 00:28:30 |        |
| Aberystwyth parkrun   | 5k            | 01/07/2017 | 32   | 00:24:12 |        |
| Jcp Swansea Half Marathon   | Half Marathon | 25/06/2017 | 1433 | 01:54:01 | SenM   |
| Swansea Bay parkrun   | 5k            | 24/06/2017 | 78   | 00:25:19 |        |
| Llanelli Coast parkrun  | 5k            | 17/06/2017 | 36   | 00:25:04 |        |
| Swansea Bay parkrun   | 5k            | 10/06/2017 | 65   | 00:24:59 |        |
| Merthyr parkrun   | 5k            | 03/06/2017 | 29   | 00:24:54 |        |
| Swansea Bay parkrun   | 5k            | 27/05/2017 | 80   | 00:24:52 |        |
| Swansea Bay parkrun   | 5k            | 20/05/2017 | 187  | 00:29:30 |        |
| Simplyhealth Great Bristol 10k  | 10k           | 07/05/2017 | 2825 | 00:50:25 |        |
| Swansea Bay parkrun   | 5k            | 29/04/2017 | 76   | 00:24:01 |        |
| Swansea Bay parkrun   | 5k            | 22/04/2017 | 68   | 00:23:53 |        |
| Light Up Mumbles - Unofficial Timings Only. Untimed Race. No Positions. | 10k           | 19/04/2017 |      | 00:49:29 | M      |
| Swansea Bay parkrun   | 5k            | 15/04/2017 | 124  | 00:24:31 |        |
| Nn Rotterdam Marathon   | Marathon      | 09/04/2017 | 8599 | 04:25:33 | M35    |
| Swansea Bay parkrun   | 5k            | 01/04/2017 | 45   | 00:22:50 |        |
| Swansea Bay parkrun   | 5k            | 25/03/2017 | 67   | 00:23:34 |        |
| Swansea Bay parkrun   | 5k            | 18/03/2017 | 47   | 00:23:16 |        |
| Llanelli Half Marathon 2017   | Half Marathon | 12/03/2017 | 453  | 01:50:04 | SenM   |
| Swansea Bay parkrun   | 5k            | 04/03/2017 | 74   | 00:24:10 |        |
| Swansea Bay parkrun   | 5k            | 25/02/2017 | 71   | 00:24:23 |        |
| Swansea Bay parkrun   | 5k            | 18/02/2017 | 82   | 00:24:25 |        |
| Bath Skyline 10k  | 10k           | 12/02/2017 | 182  | 01:05:58 | M20-39 |
| Swansea Bay parkrun   | 5k            | 11/02/2017 | 67   | 00:23:46 |        |
| The Beast   | 10k           | 05/02/2017 | 109  | 01:02:47 | M      |

|   |               |            |       |          |        |
|---|---------------|------------|-------|----------|--------|
| Swansea Bay parkrun                               | 5k            | 04/02/2017 | 71    | 00:24:19 |        |
| Gnoll parkrun                                     | 5k            | 28/01/2017 | 25    | 00:26:13 |        |
| Llanelli Coast parkrun                            | 5k            | 21/01/2017 | 52    | 00:26:23 |        |
| Swansea Bay parkrun                               | 5k            | 07/01/2017 | 105   | 00:25:28 |        |
| Swansea Bay parkrun                               | 5k            | 01/01/2017 | 64    | 00:25:46 |        |
| Swansea Bay parkrun                               | 5k            | 24/12/2016 | 186   | 00:28:02 |        |
| <b>Ceri Isaac</b>                                 |               | 35         |       |          |        |
| Swansea Bay parkrun                               | 5k            | 08/02/2020 | 81    | 00:22:10 |        |
| Swansea Bay parkrun                               | 5k            | 07/12/2019 | 144   | 00:26:49 |        |
| Swansea Bay parkrun                               | 5k            | 30/11/2019 | 287   | 00:37:02 |        |
| Swansea Bay parkrun                               | 5k            | 28/09/2019 | 277   | 00:50:23 |        |
| Swansea Bay parkrun                               | 5k            | 20/07/2019 | 102   | 00:24:30 |        |
| Swansea Bay parkrun                               | 5k            | 30/03/2019 | 275   | 00:31:48 |        |
| Swansea Bay parkrun                               | 5k            | 09/03/2019 | 326   | 00:38:18 |        |
| Admiral Swansea Bay 10k                           | 10k           | 16/09/2018 | 243   | 00:42:55 | MSEN   |
| Jcp Swansea Half Marathon                         | Half Marathon | 24/06/2018 | 214   | 01:30:58 | SenM   |
| Welsh Castles Relay Stage 17                      | 8.7 miles     | 10/06/2018 | 18    | 00:56:11 | M      |
| West Glamorgan Xc League - Margam Park - Men      | TBC           | 28/01/2018 | 51    | 00:37:10 |        |
| West Glamorgan Xc League - Margam Reservoir - Men | 5.6 miles     | 14/01/2018 | 53    | 00:36:14 |        |
| Swansea Bay parkrun                               | 5k            | 23/12/2017 | 23    | 00:18:56 |        |
| Portsmouth Coastal Waterside Marathon             | Marathon      | 17/12/2017 | 189   | 03:53:17 | M30-39 |
| Swansea Bay parkrun                               | 5k            | 09/12/2017 | 11    | 00:18:56 |        |
| Swansea Bay parkrun                               | 5k            | 02/12/2017 | 8     | 00:19:00 |        |
| West Glamorgan Xc League - Gnoll - Men            | 5.6 miles     | 22/10/2017 | 70    | 00:39:53 |        |
| Cardiff Half Marathon                             | Half Marathon | 01/10/2017 | 16916 | 02:46:11 | MSEN   |
| Swansea Bay parkrun                               | 5k            | 02/09/2017 | 89    | 00:24:24 |        |

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|---|---------------|------------|-----|----------|------------|
| Jcp Swansea Half Marathon   | Half Marathon | 25/06/2017 | 342 | 01:35:01 | SenM       |
| Sospan 10k  | 10k           | 17/06/2017 | 335 | 01:16:50 | SM         |
| Llyn Llech Owain parkrun  | 5k            | 27/05/2017 | 1   | 00:19:45 |            |
| Swansea Bay parkrun   | 5k            | 20/05/2017 | 9   | 00:19:14 |            |
| Great Welsh Half Marathon   | Half Marathon | 07/05/2017 | 22  | 01:37:17 | MSEN       |
| Swansea Bay parkrun   | 5k            | 22/04/2017 | 11  | 00:19:28 |            |
| Pendine Sands Half Marathon                                       | Half Marathon | 16/04/2017 | 17  | 01:58:00 | M          |
| Gnoll parkrun   | 5k            | 15/04/2017 | 20  | 00:23:00 |            |
| 2017 San Domenico 20 Miler  | 20 miles      | 19/03/2017 | 223 | 03:31:35 | Senior Men |
| Swansea Bay parkrun   | 5k            | 11/03/2017 | 12  | 00:19:38 |            |
| Mile End parkrun  | 5k            | 04/03/2017 | 112 | 00:23:47 |            |
| George Crump Mbe Memorial 113th Welsh Cross Country Championships | 10k           | 25/02/2017 | 84  | 00:48:35 | SENM       |
| Swansea Bay parkrun   | 5k            | 18/02/2017 | 16  | 00:20:19 |            |
| Gnoll parkrun   | 5k            | 21/01/2017 | 48  | 00:30:20 |            |
| Swansea Bay parkrun   | 5k            | 07/01/2017 | 22  | 00:20:41 |            |
| Swansea Bay parkrun   | 5k            | 01/01/2017 | 130 | 00:32:24 |            |
| <b>Alexandra Iwaczyk</b>  |               |            | 4   |          |            |
| Fulham Palace parkrun   | 5k            | 11/01/2020 | 414 | 00:27:40 |            |
| Welsh Athletics Road Relay Championships                          | 5400m         | 15/09/2019 |     | 00:30:08 | MW45       |
| Cambridge parkrun   | 5k            | 05/01/2019 | 197 | 00:27:09 |            |
| Swansea Bay parkrun   | 5k            | 24/11/2018 | 114 | 00:24:09 |            |
| <b>Charlie James</b>  |               |            | 32  |          |            |
| Brisco Gorseinon 10k  | 10k           | 19/05/2024 |     | 00:56:06 |            |
| Swansea Bay parkrun   | 5k            | 13/04/2024 | 233 | 00:26:57 |            |
| Swansea Bay parkrun   | 5k            | 30/03/2024 | 502 | 00:32:33 |            |

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|--|---------------|------------|------|----------|-------------|
| Swansea Bay parkrun  | 5k            | 18/03/2023 | 269  | 00:29:30 |             |
| Swansea Bay parkrun  | 5k            | 26/11/2022 | 107  | 00:24:23 |             |
| Swansea Bay parkrun  | 5k            | 22/10/2022 | 136  | 00:24:33 |             |
| Welsh Road Relay Championships - Pembrey Country Park      | 5400m         | 24/09/2022 |      | 00:28:44 | FSEN        |
| Admiral Swansea Bay 10k                                    | 10k           | 18/09/2022 | 803  | 00:51:02 | FS          |
| Swansea Bay parkrun  | 5k            | 10/09/2022 | 164  | 00:25:13 |             |
| Swansea Bay parkrun  | 5k            | 09/07/2022 | 120  | 00:25:22 |             |
| Swansea Bay parkrun  | 5k            | 05/02/2022 | 202  | 00:28:06 |             |
| Admiral Swansea Bay 10k                                    | 10k           | 19/09/2021 | 1084 | 00:57:04 |             |
| Swansea Bay parkrun  | 5k            | 21/08/2021 | 186  | 00:27:41 |             |
| Admiral Swansea Bay 10k                                    | 10k           | 22/09/2019 |      | 00:55:26 |             |
| Welsh Castles Relay Stage 19 - Navigation Park to Nantgarw | 7.7 miles     | 09/06/2019 | 61   | 01:10:34 | Fopen       |
| Whitford Point Multi Terrain Race                          | 5.8 miles     | 15/05/2019 | 119  | 01:01:49 | F           |
| Tata Steel Richard Burton 10k                              | 10k           | 04/11/2018 | 1008 | 01:02:25 | Female Open |
| Admiral Swansea Bay 10k                                    | 10k           | 16/09/2018 | 1311 | 00:55:23 | FSEN        |
| Cardiff Bay 10k  | 10k           | 25/03/2018 | 2549 | 00:59:56 | FSEN        |
| Richard Burton 10k   | 10k           | 05/11/2017 | 542  | 00:53:53 | SenF        |
| West Glamorgan Xc League - Gnoll - Women                   | 5k            | 25/10/2017 | 59   | 00:26:15 |             |
| Cardiff Half Marathon                                      | Half Marathon | 01/10/2017 | 5341 | 01:56:19 | FSEN        |
| Admiral Swansea Bay 10k                                    | 10k           | 24/09/2017 | 844  | 00:51:02 | SenF        |
| West Glamorgan Xc League - Llanmadoc - Women               | 4.5 miles     | 17/09/2017 | 47   | 00:40:44 |             |
| Long Course Wales - Half Marathon                          | Half Marathon | 09/07/2017 | 329  | 02:12:32 | Fsen        |
| Jcp Swansea Half Marathon                                  | Half Marathon | 25/06/2017 | 1118 | 01:49:07 | SenF        |
| Whitford Point Multi-terrain Race                          | 5.6 miles     | 17/05/2017 | 109  | 00:51:46 | F           |
| Cardiff And Vale College Cardiff Bay Run                   | 10k           | 02/04/2017 | 879  | 00:49:48 | FSEN        |
| Llanelli Half Marathon 2017                                | Half Marathon | 12/03/2017 | 414  | 01:48:34 | SenF        |



|   |               |            |       |          |        |
|---|---------------|------------|-------|----------|--------|
| Llanelli Coast parkrun                        | 5k            | 14/01/2017 | 47    | 00:24:49 |        |
| Llanelli Coast parkrun                        | 5k            | 07/01/2017 | 37    | 00:25:15 |        |
| Richard Burton 10k                            | 10k           | 06/11/2016 | 370   | 00:50:53 | FO     |
| <b>Carwyn Jenkins</b>                         |               | 8          |       |          |        |
| Snowdonia Marathon Eryri                      | Marathon      | 27/10/2018 | 1069  | 04:29:56 | M45-49 |
| Admiral Swansea Bay 10k                       | 10k           | 16/09/2018 | 297   | 00:43:34 | M40    |
| Market Harborough parkrun                     | 5k            | 14/07/2018 | 33    | 00:21:17 |        |
| Jcp Swansea Half Marathon                     | Half Marathon | 24/06/2018 | 691   | 01:43:46 | MV40   |
| The Great Celtic Half Marathon                | Half Marathon | 15/07/2017 | 84    | 02:01:50 | M40-49 |
| Jcp Swansea Half Marathon                     | Half Marathon | 25/06/2017 | 821   | 01:45:00 | MV40   |
| Whitford Point Multi-terrain Race             | 5.6 miles     | 17/05/2017 | 37    | 00:41:49 | VM40   |
| Virgin London Marathon 2017                   | Marathon      | 23/04/2017 | 10190 | 03:48:47 | 40-44  |
| <b>Helen Jenkins</b>                          |               | 23         |       |          |        |
| Richard Burton 10k                            | 10k           | 03/11/2024 | 1809  | 01:07:16 | F50-59 |
| Admiral Swansea Bay 10k                       | 10k           | 15/09/2024 | 2668  | 01:09:14 |        |
| Brisco Gorseinon 10k                          | 10k           | 19/05/2024 |       | 00:59:47 |        |
| WCR 10 miler                                  | 10 miles      | 31/03/2024 | 16    | 01:39:49 |        |
| AJ Bell Great South Run 2023                  | 10 miles      | 15/10/2023 | 9954  | 01:45:48 |        |
| Brisco Gorseinon 10k                          | 10k           | 30/04/2023 | 523   | 01:00:36 | F55    |
| Great Welsh Half Marathon                     | Half Marathon | 02/04/2023 | 315   | 02:02:53 | F55    |
| Richard Burton 10k                            | 10k           | 06/11/2022 | 990   | 00:58:22 | F50-59 |
| Tenby 10k                                     | 10k           | 31/07/2022 | 186   | 01:01:24 | F45    |
| 2022 Cardiff University Cardiff Half Marathon | Half Marathon | 27/03/2022 | 4544  | 02:01:38 | F50+   |
| Colby parkrun                                 | 5k            | 05/03/2022 | 46    | 00:27:57 |        |
| Sospan MT10                                   | 10 miles      | 17/11/2019 | 301   | 01:41:30 | F45-54 |
| Cardiff Half Marathon                         | Half Marathon | 06/10/2019 | 7737  | 02:03:58 | F50+   |

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| Tenby 10k                                | 10k           | 28/07/2019 | 278  | 00:59:42 |        |
| Great Welsh Half Marathon                | Half Marathon | 14/04/2019 | 314  | 02:02:25 | F50    |
| Cardiff Half Marathon                    | Half Marathon | 07/10/2018 | 8158 | 02:04:20 | F50+   |
| Tenby 10k                                | 10k           | 29/07/2018 | 242  | 00:56:51 | F45    |
| Colby parkrun                            | 5k            | 04/11/2017 | 64   | 00:29:23 |        |
| West Glamorgan Xc League - Gnoll - Women | 5k            | 25/10/2017 | 115  | 00:29:46 |        |
| Cardiff Half Marathon                    | Half Marathon | 01/10/2017 | 8225 | 02:05:56 | F45-49 |
| Tenby 10k                                | 10k           | 30/07/2017 | 286  | 00:58:39 | F45    |
| Royal Welsh Trail Festival Half Marathon | Half Marathon | 21/05/2017 | 273  | 02:25:17 | MW45   |
| Llanelli Half Marathon 2017              | Half Marathon | 12/03/2017 | 766  | 02:03:16 | FV45   |
| <b>Mark Jenkins</b>                      |               | 32         |      |          |        |
| Swansea Bay parkrun                      | 5k            | 18/05/2024 | 299  | 00:27:46 |        |
| Swansea Bay parkrun                      | 5k            | 11/05/2024 | 268  | 00:27:37 |        |
| Swansea Bay parkrun                      | 5k            | 27/04/2024 | 260  | 00:27:52 |        |
| Swansea Bay parkrun                      | 5k            | 20/04/2024 | 292  | 00:27:39 |        |
| Swansea Bay parkrun                      | 5k            | 23/03/2024 | 256  | 00:28:10 |        |
| Swansea Bay parkrun                      | 5k            | 27/05/2023 | 362  | 00:29:48 |        |
| Swansea Bay parkrun                      | 5k            | 13/05/2023 | 325  | 00:29:23 |        |
| Swansea Bay parkrun                      | 5k            | 06/05/2023 | 309  | 00:29:24 |        |
| Swansea Bay parkrun                      | 5k            | 29/04/2023 | 405  | 00:29:55 |        |
| Swansea Bay parkrun                      | 5k            | 15/04/2023 | 396  | 00:32:52 |        |
| Swansea Bay parkrun                      | 5k            | 08/04/2023 | 416  | 00:33:05 |        |
| Swansea Bay parkrun                      | 5k            | 11/03/2023 | 195  | 00:27:56 |        |
| Swansea Bay parkrun                      | 5k            | 18/02/2023 | 229  | 00:28:05 |        |
| Swansea Bay parkrun                      | 5k            | 28/01/2023 | 181  | 00:26:18 |        |
| Swansea Bay parkrun                      | 5k            | 01/01/2023 | 148  | 00:27:35 |        |

|   |               |            |     |          |      |
|---|---------------|------------|-----|----------|------|
| Swansea Bay parkrun                                   | 5k            | 24/12/2022 | 416 | 00:34:13 |      |
| Swansea Bay parkrun                                   | 5k            | 19/11/2022 | 151 | 00:25:33 |      |
| Swansea Bay parkrun                                   | 5k            | 29/10/2022 | 168 | 00:26:51 |      |
| Swansea Bay parkrun                                   | 5k            | 01/10/2022 | 165 | 00:27:27 |      |
| Welsh Road Relay Championships - Pembrey Country Park | 5400m         | 24/09/2022 |     | 00:30:33 | MM55 |
| Swansea Bay parkrun                                   | 5k            | 27/08/2022 | 414 | 00:33:38 |      |
| Swansea Bay parkrun                                   | 5k            | 30/07/2022 | 286 | 00:32:07 |      |
| Swansea Bay parkrun                                   | 5k            | 23/07/2022 | 269 | 00:32:25 |      |
| Swansea Bay parkrun                                   | 5k            | 25/06/2022 | 151 | 00:25:53 |      |
| Swansea Bay parkrun                                   | 5k            | 14/05/2022 | 179 | 00:25:39 |      |
| Swansea Bay parkrun                                   | 5k            | 05/03/2022 | 148 | 00:25:40 |      |
| Swansea Bay parkrun                                   | 5k            | 05/02/2022 | 132 | 00:25:28 |      |
| Swansea Bay parkrun                                   | 5k            | 15/01/2022 | 115 | 00:26:43 |      |
| Swansea Bay parkrun                                   | 5k            | 18/12/2021 | 120 | 00:25:22 |      |
| Swansea Bay parkrun                                   | 5k            | 13/11/2021 | 170 | 00:27:04 |      |
| Swansea Bay parkrun                                   | 5k            | 23/10/2021 | 165 | 00:27:22 |      |
| Swansea Bay parkrun                                   | 5k            | 31/08/2019 | 164 | 00:27:13 |      |
| <b>Paul Jenkins</b>                                   |               | 19         |     |          |      |
| Principality Cardiff Half Marathon                    | Half Marathon | 06/10/2024 | 918 | 01:29:24 | M45  |
| Admiral Swansea Bay 10k                               | 10k           | 15/09/2024 | 219 | 00:40:47 |      |
| Brecon Carreg CDF 10K                                 | 10k           | 01/09/2024 |     | 00:41:30 | M45  |
| Tri Hard Harriers 5K On The Bay                       | 5k            | 22/08/2024 | 79  | 00:19:55 |      |
| Ogi Porthcawl 10k                                     | 10k           | 07/07/2024 |     | 00:41:58 | M45  |
| Swansea Half Marathon                                 | Half Marathon | 09/06/2024 |     | 01:29:44 | M45  |
| Sandy Water parkrun                                   | 5k            | 01/06/2024 | 8   | 00:19:53 |      |
| Brisco Gorseinon 10k                                  | 10k           | 19/05/2024 |     | 00:41:55 |      |

|  |               |            |       |          |        |
|--|---------------|------------|-------|----------|--------|
| Sandy Water parkrun                                      | 5k            | 04/05/2024 | 10    | 00:20:00 |        |
| Sandy Water parkrun                                      | 5k            | 13/04/2024 | 15    | 00:19:58 |        |
| Sandy Water parkrun                                      | 5k            | 10/02/2024 | 20    | 00:20:40 |        |
| Sandy Water parkrun                                      | 5k            | 13/01/2024 | 9     | 00:20:00 |        |
| Principality Cardiff Half Marathon 2023                  | Half Marathon | 01/10/2023 |       | 01:32:51 | M45-49 |
| Admiral Swansea Bay 10k                                  | 10k           | 17/09/2023 | 228   | 00:42:23 | Male   |
| Cardiff 10k  | 10k           | 03/09/2023 | 273   | 00:41:39 | M45-49 |
| Basingstoke parkrun                                      | 5k            | 22/07/2023 | 22    | 00:20:26 |        |
| Swansea Bay parkrun                                      | 5k            | 27/05/2023 | 27    | 00:19:40 |        |
| Swansea Bay parkrun                                      | 5k            | 13/05/2023 | 35    | 00:20:09 |        |
| Swansea Bay parkrun                                      | 5k            | 22/04/2023 | 22    | 00:19:48 |        |
| <b>Natalie John</b>                                      |               |            | 10    |          |        |
| Swansea Bay parkrun                                      | 5k            | 29/12/2018 | 332   | 00:33:22 |        |
| Cardiff Half Marathon                                    | Half Marathon | 07/10/2018 | 14487 | 02:27:43 | FSEN   |
| Jcp Swansea Half Marathon                                | Half Marathon | 24/06/2018 | 3993  | 02:29:18 | PACER  |
| Pprc Swansea Bay Summer 5k Series                        | 5k            | 10/05/2018 | 154   | 00:32:32 | F      |
| St Illtyds Ultra 50k                                     | Ultra         | 06/05/2018 | 117   | 09:29:00 |        |
| Llanelli Coast parkrun                                   | 5k            | 10/02/2018 | 49    | 00:28:15 |        |
| West Glamorgan Xc League - Margam Reservoir - Women      | 5.6 miles     | 14/01/2018 | 86    | 00:51:18 |        |
| Llanelli Coast parkrun                                   | 5k            | 06/01/2018 | 66    | 00:27:53 |        |
| Swansea Bay parkrun                                      | 5k            | 23/12/2017 | 124   | 00:26:06 |        |
| West Glamorgan Xc League - Kenfig Nature Reserve - Women | TBC           | 26/11/2017 | 88    | 00:40:12 |        |
| <b>Karl Johns</b>  |               |            | 100   |          |        |
| Swansea Bay parkrun                                      | 5k            | 21/12/2024 | 210   | 00:26:04 |        |
| Swansea Bay parkrun                                      | 5k            | 14/12/2024 | 161   | 00:25:49 |        |
| Marathon Lanzarote 2024 - 10k                            | 10k           | 07/12/2024 | 112   | 00:52:15 |        |

|                                   |         |            |     |          |     |
|-----------------------------------|---------|------------|-----|----------|-----|
| Swansea Bay parkrun               | 5k      | 30/11/2024 | 141 | 00:24:51 |     |
| Gnoll parkrun                     | 5k      | 23/11/2024 | 36  | 00:28:33 |     |
| Swansea Bay parkrun               | 5k      | 16/11/2024 | 188 | 00:25:15 |     |
| Swansea Bay parkrun               | 5k      | 09/11/2024 | 227 | 00:27:05 |     |
| Swansea Bay parkrun               | 5k      | 05/10/2024 | 261 | 00:27:50 |     |
| Swansea Bay parkrun               | 5k      | 28/09/2024 | 312 | 00:28:11 |     |
| Swansea Bay parkrun               | 5k      | 14/09/2024 | 188 | 00:26:27 |     |
| Tri Hard Harriers 5K On The Bay   | 5k      | 22/08/2024 | 155 | 00:23:21 |     |
| Swansea Bay parkrun               | 5k      | 17/08/2024 | 123 | 00:24:18 |     |
| Swansea Bay parkrun               | 5k      | 03/08/2024 | 275 | 00:27:11 |     |
| Sandy Water parkrun               | 5k      | 20/07/2024 | 47  | 00:24:06 |     |
| Llyn Llech Owain parkrun          | 5k      | 06/07/2024 | 19  | 00:25:20 |     |
| Llyn Llech Owain parkrun          | 5k      | 29/06/2024 | 20  | 00:24:46 |     |
| Swansea Bay parkrun               | 5k      | 22/06/2024 | 75  | 00:23:07 |     |
| Swansea 5 miler                   | 5 miles | 09/06/2024 |     | 00:38:59 | M45 |
| Swansea Bay parkrun               | 5k      | 25/05/2024 | 120 | 00:23:05 |     |
| Brisco Gorseinon 10k              | 10k     | 19/05/2024 |     | 00:48:18 |     |
| Swansea Bay parkrun               | 5k      | 18/05/2024 | 129 | 00:23:39 |     |
| Cycle Route 43 parkrun Ystalyfera | 5k      | 11/05/2024 | 18  | 00:23:22 |     |
| Cycle Route 43 parkrun Ystalyfera | 5k      | 04/05/2024 | 28  | 00:23:13 |     |
| Thames Path parkrun Woolwich      | 5k      | 20/04/2024 | 68  | 00:23:17 |     |
| Sandy Water parkrun               | 5k      | 13/04/2024 | 41  | 00:23:34 |     |
| Swansea Bay parkrun               | 5k      | 24/02/2024 | 95  | 00:23:19 |     |
| Swansea Bay parkrun               | 5k      | 10/02/2024 | 99  | 00:24:18 |     |
| Swansea Bay parkrun               | 5k      | 03/02/2024 | 224 | 00:26:38 |     |
| Swansea Bay parkrun               | 5k      | 27/01/2024 | 209 | 00:26:20 |     |

|                                  |          |            |     |          |      |
|----------------------------------|----------|------------|-----|----------|------|
| Llandeilo New Years Eve 10 miler | 10 miles | 31/12/2023 | 105 | 01:32:24 |      |
| Glynneath Boxing Day 5 Miler     | 5 miles  | 26/12/2023 | 83  | 00:39:51 |      |
| Swansea Bay parkrun              | 5k       | 04/11/2023 | 119 | 00:24:57 |      |
| Swansea Bay parkrun              | 5k       | 28/10/2023 | 281 | 00:30:40 |      |
| Swansea Bay parkrun              | 5k       | 21/10/2023 | 90  | 00:22:50 |      |
| Swansea Bay parkrun              | 5k       | 07/10/2023 | 206 | 00:25:04 |      |
| Swansea Bay parkrun              | 5k       | 23/09/2023 | 139 | 00:24:24 |      |
| Swansea Bay parkrun              | 5k       | 16/09/2023 | 62  | 00:22:13 |      |
| Swansea Bay parkrun              | 5k       | 26/08/2023 | 173 | 00:23:57 |      |
| Tri Hard Harriers 5k on the Bay  | 5k       | 24/08/2023 | 115 | 00:23:09 | M40+ |
| Swansea Bay parkrun              | 5k       | 19/08/2023 | 114 | 00:23:25 |      |
| Swansea Bay parkrun              | 5k       | 05/08/2023 | 82  | 00:24:18 |      |
| Llyn Llech Owain parkrun         | 5k       | 29/07/2023 | 25  | 00:24:56 |      |
| Swansea Bay parkrun              | 5k       | 08/07/2023 | 146 | 00:24:28 |      |
| Sandy Water parkrun              | 5k       | 01/07/2023 | 74  | 00:25:00 |      |
| Swansea Bay parkrun              | 5k       | 24/06/2023 | 204 | 00:25:38 |      |
| Swansea Bay Summer 5k Series     | 5k       | 10/05/2023 | 122 | 00:24:59 | MVET |
| Swansea Bay parkrun              | 5k       | 06/05/2023 | 256 | 00:27:44 |      |
| Brisco Gorseinon 10k             | 10k      | 30/04/2023 | 193 | 00:49:47 | M45  |
| Swansea Bay parkrun              | 5k       | 22/04/2023 | 97  | 00:22:57 |      |
| Swansea Bay parkrun              | 5k       | 15/04/2023 | 138 | 00:24:36 |      |
| Swansea Bay parkrun              | 5k       | 08/04/2023 | 159 | 00:25:01 |      |
| Gnoll parkrun                    | 5k       | 25/03/2023 | 36  | 00:25:20 |      |
| Swansea Bay parkrun              | 5k       | 11/03/2023 | 104 | 00:25:00 |      |
| Swansea Bay parkrun              | 5k       | 04/03/2023 | 90  | 00:23:08 |      |
| Swansea Bay parkrun              | 5k       | 25/02/2023 | 133 | 00:24:35 |      |

|   |               |            |      |          |        |
|---|---------------|------------|------|----------|--------|
| Swansea Bay parkrun                           | 5k            | 11/02/2023 | 119  | 00:25:04 |        |
| Swansea Bay parkrun                           | 5k            | 28/01/2023 | 84   | 00:22:40 |        |
| Swansea Bay parkrun                           | 5k            | 21/01/2023 | 85   | 00:23:28 |        |
| Swansea Bay parkrun                           | 5k            | 14/01/2023 | 146  | 00:24:44 |        |
| Glynneath 5 Boxing Day 5 Mile Race            | 5 miles       | 26/12/2022 | 112  | 00:38:56 | M40-49 |
| Swansea Bay parkrun                           | 5k            | 24/12/2022 | 113  | 00:23:09 |        |
| Swansea Bay parkrun                           | 5k            | 03/12/2022 | 81   | 00:23:48 |        |
| Richard Burton 10k                            | 10k           | 06/11/2022 | 472  | 00:50:52 | M40-49 |
| Swansea Bay parkrun                           | 5k            | 05/11/2022 | 87   | 00:24:42 |        |
| Swansea Bay parkrun                           | 5k            | 22/10/2022 | 135  | 00:24:31 |        |
| TCS London Marathon                           | Marathon      | 02/10/2022 | 9779 | 03:49:18 | M45-49 |
| Swansea Bay parkrun                           | 5k            | 03/09/2022 | 152  | 00:25:58 |        |
| Swansea Bay parkrun                           | 5k            | 27/08/2022 | 166  | 00:24:34 |        |
| Swansea Bay parkrun                           | 5k            | 20/08/2022 | 222  | 00:27:49 |        |
| Swansea Bay parkrun                           | 5k            | 13/08/2022 | 136  | 00:26:52 |        |
| Tenby 10k                                     | 10k           | 31/07/2022 | 66   | 00:50:16 | M40    |
| Swansea Bay parkrun                           | 5k            | 16/07/2022 | 88   | 00:24:17 |        |
| Swansea Bay parkrun                           | 5k            | 11/06/2022 | 73   | 00:23:38 |        |
| Swansea Bay parkrun                           | 5k            | 04/06/2022 | 131  | 00:23:56 |        |
| Swansea Bay parkrun                           | 5k            | 21/05/2022 | 83   | 00:22:48 |        |
| Swansea Bay parkrun                           | 5k            | 30/04/2022 | 84   | 00:22:42 |        |
| Swansea Bay parkrun                           | 5k            | 23/04/2022 | 82   | 00:22:53 |        |
| Swansea Bay parkrun                           | 5k            | 16/04/2022 | 132  | 00:23:42 |        |
| Swansea Bay parkrun                           | 5k            | 09/04/2022 | 72   | 00:23:19 |        |
| Swansea Bay parkrun                           | 5k            | 02/04/2022 | 77   | 00:23:00 |        |
| 2022 Cardiff University Cardiff Half Marathon | Half Marathon | 27/03/2022 | 2362 | 01:48:21 | M45+   |

|                                     |          |            |       |          |        |
|-------------------------------------|----------|------------|-------|----------|--------|
| Swansea Bay parkrun                 | 5k       | 12/03/2022 | 142   | 00:26:45 |        |
| Swansea Bay parkrun                 | 5k       | 05/03/2022 | 105   | 00:23:37 |        |
| Swansea Bay parkrun                 | 5k       | 26/02/2022 | 114   | 00:24:30 |        |
| Swansea Bay parkrun                 | 5k       | 19/02/2022 | 73    | 00:25:16 |        |
| Haverfordwest parkrun               | 5k       | 12/02/2022 | 21    | 00:26:14 |        |
| Sandy Water parkrun                 | 5k       | 29/01/2022 | 40    | 00:25:37 |        |
| Tata Steel Richard Burton 10k       | 10k      | 07/11/2021 | 551   | 00:54:28 | M40-49 |
| Admiral Swansea Bay 10k             | 10k      | 19/09/2021 | 341   | 00:48:33 |        |
| Swansea Bay parkrun                 | 5k       | 11/09/2021 | 70    | 00:23:02 |        |
| Swansea Bay parkrun                 | 5k       | 28/08/2021 | 91    | 00:23:29 |        |
| Seaton parkrun                      | 5k       | 31/07/2021 | 61    | 00:23:51 |        |
| Merthyr Mawr Christmas Pudding Race | 10k      | 08/12/2019 | 191   | 01:10:07 | MV     |
| Sospan MT10                         | 10 miles | 17/11/2019 | 111   | 01:24:51 | M45-54 |
| Swansea Bay parkrun                 | 5k       | 19/10/2019 | 97    | 00:23:18 |        |
| Llanelli Coast parkrun              | 5k       | 12/10/2019 | 31    | 00:23:36 |        |
| Llanelli Coast parkrun              | 5k       | 05/10/2019 | 27    | 00:23:24 |        |
| Llanelli Coast parkrun              | 5k       | 28/09/2019 | 30    | 00:23:47 |        |
| Llanelli Coast parkrun              | 5k       | 03/08/2019 | 47    | 00:24:30 |        |
| Llanelli Coast parkrun              | 5k       | 27/07/2019 | 43    | 00:25:32 |        |
| <b>Keith Johns</b>                  |          | 13         |       |          |        |
| TCS London Marathon                 | Marathon | 02/10/2022 | 28378 | 05:04:54 | M55-59 |
| Swansea Bay parkrun                 | 5k       | 01/01/2020 | 197   | 00:25:33 |        |
| Admiral Swansea Bay 10k             | 10k      | 22/09/2019 |       | 00:52:43 |        |
| Tenby 10k                           | 10k      | 28/07/2019 | 181   | 00:54:46 |        |
| Porthcawl 10k                       | 10k      | 07/07/2019 | 836   | 00:52:09 | M55+   |
| Swansea Bay parkrun                 | 5k       | 29/06/2019 | 101   | 00:24:23 |        |



|  |               |            |       |          |        |
|--|---------------|------------|-------|----------|--------|
| JCP Swansea Half Marathon                | Half Marathon | 23/06/2019 | 1376  | 01:53:33 | M55    |
| Swansea Bay parkrun                      | 5k            | 25/05/2019 | 137   | 00:23:55 |        |
| Virgin Money London Marathon             | Marathon      | 28/04/2019 | 30946 | 05:03:31 | M55-59 |
| Bath Half Marathon                       | Half Marathon | 17/03/2019 | 6354  | 02:04:10 |        |
| Leamington parkrun                       | 5k            | 09/02/2019 | 205   | 00:28:23 |        |
| Simplyhealth Great Bristol Half Marathon | Half Marathon | 23/09/2018 | 3281  | 01:56:05 |        |
| Admiral Swansea Bay 10k                  | 10k           | 16/09/2018 | 1058  | 00:52:57 | M50    |
| <b>Stewart Johnson</b>                   |               | 101        |       |          |        |
| Swansea Bay parkrun                      | 5k            | 30/11/2024 | 89    | 00:23:17 |        |
| Swansea Bay parkrun                      | 5k            | 16/11/2024 | 110   | 00:22:53 |        |
| Swansea Bay parkrun                      | 5k            | 09/11/2024 | 88    | 00:22:56 |        |
| Richard Burton 10k                       | 10k           | 03/11/2024 | 509   | 00:49:08 | M40-49 |
| Swansea Bay parkrun                      | 5k            | 02/11/2024 | 101   | 00:23:00 |        |
| Swansea Bay parkrun                      | 5k            | 12/10/2024 | 79    | 00:22:28 |        |
| Swansea Bay parkrun                      | 5k            | 05/10/2024 | 76    | 00:22:37 |        |
| Swansea Bay parkrun                      | 5k            | 28/09/2024 | 101   | 00:22:23 |        |
| Swansea Bay parkrun                      | 5k            | 21/09/2024 | 76    | 00:22:51 |        |
| Swansea Bay parkrun                      | 5k            | 14/09/2024 | 56    | 00:22:26 |        |
| Swansea Bay parkrun                      | 5k            | 07/09/2024 | 68    | 00:23:13 |        |
| Swansea Bay parkrun                      | 5k            | 31/08/2024 | 118   | 00:23:18 |        |
| Swansea Bay parkrun                      | 5k            | 10/08/2024 | 86    | 00:23:06 |        |
| Swansea Bay parkrun                      | 5k            | 03/08/2024 | 114   | 00:23:07 |        |
| Swansea Bay parkrun                      | 5k            | 20/07/2024 | 63    | 00:22:48 |        |
| Swansea Bay parkrun                      | 5k            | 13/07/2024 | 73    | 00:22:19 |        |
| Llyn Llech Owain parkrun                 | 5k            | 06/07/2024 | 6     | 00:23:14 |        |
| Swansea Bay parkrun                      | 5k            | 29/06/2024 | 57    | 00:22:05 |        |

|                     |    |            |     |          |
|---------------------|----|------------|-----|----------|
| Swansea Bay parkrun | 5k | 22/06/2024 | 64  | 00:22:30 |
| Swansea Bay parkrun | 5k | 15/06/2024 | 74  | 00:22:55 |
| Swansea Bay parkrun | 5k | 01/06/2024 | 83  | 00:22:12 |
| Swansea Bay parkrun | 5k | 25/05/2024 | 93  | 00:22:21 |
| Swansea Bay parkrun | 5k | 18/05/2024 | 84  | 00:22:25 |
| Swansea Bay parkrun | 5k | 11/05/2024 | 455 | 00:32:28 |
| Swansea Bay parkrun | 5k | 04/05/2024 | 94  | 00:22:39 |
| Swansea Bay parkrun | 5k | 27/04/2024 | 62  | 00:22:17 |
| Swansea Bay parkrun | 5k | 20/04/2024 | 96  | 00:22:22 |
| Swansea Bay parkrun | 5k | 13/04/2024 | 85  | 00:22:54 |
| Swansea Bay parkrun | 5k | 06/04/2024 | 83  | 00:23:32 |
| Swansea Bay parkrun | 5k | 30/03/2024 | 131 | 00:23:32 |
| Swansea Bay parkrun | 5k | 17/02/2024 | 73  | 00:22:27 |
| Swansea Bay parkrun | 5k | 10/02/2024 | 51  | 00:22:01 |
| Swansea Bay parkrun | 5k | 03/02/2024 | 89  | 00:22:39 |
| Swansea Bay parkrun | 5k | 27/01/2024 | 76  | 00:22:08 |
| Swansea Bay parkrun | 5k | 20/01/2024 | 82  | 00:22:47 |
| Swansea Bay parkrun | 5k | 13/01/2024 | 67  | 00:22:01 |
| Swansea Bay parkrun | 5k | 06/01/2024 | 82  | 00:22:19 |
| Swansea Bay parkrun | 5k | 01/01/2024 | 64  | 00:22:13 |
| Swansea Bay parkrun | 5k | 30/12/2023 | 86  | 00:22:22 |
| Swansea Bay parkrun | 5k | 23/12/2023 | 90  | 00:21:53 |
| Swansea Bay parkrun | 5k | 16/12/2023 | 50  | 00:21:53 |
| Swansea Bay parkrun | 5k | 02/12/2023 | 62  | 00:22:14 |
| Swansea Bay parkrun | 5k | 25/11/2023 | 483 | 00:37:28 |
| Swansea Bay parkrun | 5k | 18/11/2023 | 49  | 00:22:15 |

|                     |    |            |     |          |
|---------------------|----|------------|-----|----------|
| Swansea Bay parkrun | 5k | 11/11/2023 | 54  | 00:21:54 |
| Swansea Bay parkrun | 5k | 04/11/2023 | 74  | 00:22:46 |
| Jersey parkrun      | 5k | 28/10/2023 | 26  | 00:22:15 |
| Swansea Bay parkrun | 5k | 21/10/2023 | 70  | 00:22:08 |
| Swansea Bay parkrun | 5k | 14/10/2023 | 67  | 00:21:55 |
| Swansea Bay parkrun | 5k | 07/10/2023 | 67  | 00:21:42 |
| Swansea Bay parkrun | 5k | 30/09/2023 | 52  | 00:21:38 |
| Swansea Bay parkrun | 5k | 23/09/2023 | 55  | 00:21:51 |
| Swansea Bay parkrun | 5k | 16/09/2023 | 330 | 00:32:23 |
| Swansea Bay parkrun | 5k | 09/09/2023 | 48  | 00:21:51 |
| Swansea Bay parkrun | 5k | 02/09/2023 | 76  | 00:22:39 |
| Swansea Bay parkrun | 5k | 05/08/2023 | 40  | 00:21:56 |
| Swansea Bay parkrun | 5k | 29/07/2023 | 81  | 00:22:02 |
| Swansea Bay parkrun | 5k | 22/07/2023 | 53  | 00:22:25 |
| Swansea Bay parkrun | 5k | 15/07/2023 | 67  | 00:22:52 |
| Swansea Bay parkrun | 5k | 08/07/2023 | 82  | 00:22:17 |
| Swansea Bay parkrun | 5k | 24/06/2023 | 83  | 00:22:06 |
| Swansea Bay parkrun | 5k | 10/06/2023 | 64  | 00:22:31 |
| Cirencester parkrun | 5k | 03/06/2023 | 32  | 00:22:28 |
| Swansea Bay parkrun | 5k | 27/05/2023 | 94  | 00:22:35 |
| Swansea Bay parkrun | 5k | 20/05/2023 | 68  | 00:22:20 |
| Swansea Bay parkrun | 5k | 13/05/2023 | 312 | 00:28:53 |
| Swansea Bay parkrun | 5k | 06/05/2023 | 84  | 00:22:26 |
| Swansea Bay parkrun | 5k | 22/04/2023 | 75  | 00:22:09 |
| Swansea Bay parkrun | 5k | 01/04/2023 | 259 | 00:30:05 |
| Swansea Bay parkrun | 5k | 25/03/2023 | 77  | 00:22:23 |

|                     |     |            |     |          |        |
|---------------------|-----|------------|-----|----------|--------|
| Swansea Bay parkrun | 5k  | 18/03/2023 | 65  | 00:22:19 |        |
| Swansea Bay parkrun | 5k  | 11/03/2023 | 59  | 00:22:43 |        |
| Swansea Bay parkrun | 5k  | 04/03/2023 | 62  | 00:22:03 |        |
| Swansea Bay parkrun | 5k  | 25/02/2023 | 69  | 00:22:16 |        |
| Swansea Bay parkrun | 5k  | 21/01/2023 | 49  | 00:22:06 |        |
| Swansea Bay parkrun | 5k  | 14/01/2023 | 85  | 00:22:26 |        |
| Swansea Bay parkrun | 5k  | 07/01/2023 | 76  | 00:23:18 |        |
| Swansea Bay parkrun | 5k  | 01/01/2023 | 54  | 00:23:09 |        |
| Swansea Bay parkrun | 5k  | 31/12/2022 | 296 | 00:32:04 |        |
| Swansea Bay parkrun | 5k  | 24/12/2022 | 95  | 00:22:36 |        |
| Swansea Bay parkrun | 5k  | 03/12/2022 | 45  | 00:22:07 |        |
| Swansea Bay parkrun | 5k  | 19/11/2022 | 60  | 00:21:54 |        |
| Swansea Bay parkrun | 5k  | 12/11/2022 | 44  | 00:21:57 |        |
| Richard Burton 10k  | 10k | 06/11/2022 | 389 | 00:48:39 | M40-49 |
| Swansea Bay parkrun | 5k  | 29/10/2022 | 48  | 00:21:45 |        |
| Swansea Bay parkrun | 5k  | 22/10/2022 | 73  | 00:22:12 |        |
| Swansea Bay parkrun | 5k  | 15/10/2022 | 35  | 00:22:01 |        |
| Swansea Bay parkrun | 5k  | 08/10/2022 | 67  | 00:21:48 |        |
| Swansea Bay parkrun | 5k  | 01/10/2022 | 40  | 00:21:43 |        |
| Swansea Bay parkrun | 5k  | 24/09/2022 | 55  | 00:21:39 |        |
| Swansea Bay parkrun | 5k  | 17/09/2022 | 42  | 00:21:50 |        |
| Swansea Bay parkrun | 5k  | 10/09/2022 | 78  | 00:22:14 |        |
| Swansea Bay parkrun | 5k  | 03/09/2022 | 66  | 00:22:07 |        |
| Swansea Bay parkrun | 5k  | 13/08/2022 | 57  | 00:22:40 |        |
| Swansea Bay parkrun | 5k  | 06/08/2022 | 61  | 00:22:00 |        |
| Swansea Bay parkrun | 5k  | 23/07/2022 | 58  | 00:21:55 |        |

|  |               |            |      |          |        |
|--|---------------|------------|------|----------|--------|
| Swansea Bay parkrun                      | 5k            | 16/07/2022 | 43   | 00:21:48 |        |
| Swansea Bay parkrun                      | 5k            | 09/07/2022 | 47   | 00:21:43 |        |
| Sandy Water parkrun                      | 5k            | 02/07/2022 | 28   | 00:22:03 |        |
| Swansea Bay parkrun                      | 5k            | 25/06/2022 | 42   | 00:22:04 |        |
| Swansea Bay parkrun                      | 5k            | 18/06/2022 | 65   | 00:22:06 |        |
| <b>Anthony Jones</b>                     |               | 60         |      |          |        |
| Principality Cardiff Half Marathon 2023  | Half Marathon | 01/10/2023 |      | 02:24:18 | M50-54 |
| Brisco Gorseinon 10k                     | 10k           | 30/04/2023 | 375  | 00:56:01 | M50    |
| Swansea Trail Half Marathon              | Half Marathon | 01/04/2023 | 228  | 03:10:10 | M50-59 |
| Sospan MT10                              | 10 miles      | 20/11/2022 | 391  | 01:45:42 | M45-54 |
| Richard Burton 10k                       | 10k           | 06/11/2022 | 1051 | 01:00:21 | M50-59 |
| Admiral Swansea Bay 10k                  | 10k           | 18/09/2022 | 992  | 00:53:16 | M50    |
| Swansea Bay parkrun                      | 5k            | 17/09/2022 | 131  | 00:26:00 |        |
| Swansea Bay parkrun                      | 5k            | 10/09/2022 | 209  | 00:26:34 |        |
| Port Talbot Half Marathon                | Half Marathon | 14/08/2022 | 205  | 02:19:31 |        |
| Swansea Bay parkrun                      | 5k            | 16/07/2022 | 142  | 00:26:36 |        |
| Great Welsh Marathon                     | Marathon      | 10/04/2022 | 306  | 04:26:28 | M45    |
| Merthyr Mawr Christmas Pudding Race 2021 | 10k           | 05/12/2021 | 151  | 01:15:10 | VM     |
| Tata Steel Richard Burton 10k            | 10k           | 07/11/2021 | 576  | 00:53:21 | M40-49 |
| Toughrunner Swansea Trail Half Marathon  | Half Marathon | 30/10/2021 | 353  | 02:56:26 | M40-49 |
| ABP Newport Wales Marathon               | Marathon      | 24/10/2021 | 1713 | 04:54:17 | M45+   |
| Admiral Swansea Bay 10k                  | 10k           | 19/09/2021 | 712  | 00:52:39 |        |
| Merthyr Mawr Rabbit Run                  | 7.5 miles     | 04/09/2021 | 179  | 01:23:12 | M45    |
| Swansea Bay parkrun                      | 5k            | 29/02/2020 | 176  | 00:26:46 |        |
| Swansea Bay parkrun                      | 5k            | 21/12/2019 | 139  | 00:26:01 |        |
| Merthyr Mawr Christmas Pudding Race      | 10k           | 08/12/2019 | 113  | 01:19:26 | MV     |

|                           |               |            |       |          |        |
|---------------------------|---------------|------------|-------|----------|--------|
| Swansea Bay parkrun       | 5k            | 07/12/2019 | 136   | 00:26:19 |        |
| Sospan MT10               | 10 miles      | 17/11/2019 | 317   | 01:43:03 | M45-54 |
| Swansea Bay parkrun       | 5k            | 16/11/2019 | 170   | 00:27:28 |        |
| Swansea Bay parkrun       | 5k            | 19/10/2019 | 174   | 00:26:23 |        |
| Swansea Bay parkrun       | 5k            | 12/10/2019 | 178   | 00:27:11 |        |
| Cardiff Half Marathon     | Half Marathon | 06/10/2019 | 12809 | 02:11:44 | M45+   |
| Admiral Swansea Bay 10k   | 10k           | 22/09/2019 |       | 01:02:31 |        |
| Swansea Bay parkrun       | 5k            | 14/09/2019 | 174   | 00:26:13 |        |
| Swansea Bay parkrun       | 5k            | 03/08/2019 | 162   | 00:26:13 |        |
| Swansea Bay parkrun       | 5k            | 20/07/2019 | 176   | 00:26:42 |        |
| JCP Swansea Half Marathon | Half Marathon | 23/06/2019 | 2862  | 02:13:06 | M45    |
| Swansea Bay parkrun       | 5k            | 22/06/2019 | 169   | 00:27:21 |        |
| Rabbit Run                | 7.6 miles     | 15/06/2019 | 331   | 01:29:56 | M45-49 |
| Swansea Bay parkrun       | 5k            | 08/06/2019 | 170   | 00:26:47 |        |
| Swansea Bay parkrun       | 5k            | 18/05/2019 | 253   | 00:27:26 |        |
| Swansea Epic Trail 10k    | 10k           | 12/05/2019 | 397   | 01:06:23 | MV45   |
| Great Welsh Marathon      | Marathon      | 14/04/2019 | 462   | 05:04:19 | M45    |
| Swansea Bay parkrun       | 5k            | 09/03/2019 | 236   | 00:29:37 |        |
| Swansea Bay parkrun       | 5k            | 23/02/2019 | 130   | 00:25:44 |        |
| Llanelli Half Marathon    | Half Marathon | 10/02/2019 | 1417  | 02:11:15 | M45    |
| Swansea Bay parkrun       | 5k            | 26/01/2019 | 157   | 00:26:04 |        |
| Swansea Bay parkrun       | 5k            | 12/01/2019 | 337   | 00:40:25 |        |
| Swansea Bay parkrun       | 5k            | 05/01/2019 | 163   | 00:26:57 |        |
| Swansea Bay parkrun       | 5k            | 22/12/2018 | 148   | 00:26:58 |        |
| Swansea Bay parkrun       | 5k            | 24/11/2018 | 154   | 00:26:07 |        |
| Sospan RR MT10            | 10 miles      | 18/11/2018 | 370   | 01:44:28 | M4554  |

|                               |               |            |       |          |          |
|-------------------------------|---------------|------------|-------|----------|----------|
| Swansea Bay parkrun           | 5k            | 10/11/2018 | 195   | 00:33:08 |          |
| Tata Steel Richard Burton 10k | 10k           | 04/11/2018 | 906   | 00:59:45 | Male 40+ |
| Swansea Bay parkrun           | 5k            | 03/11/2018 | 122   | 00:26:39 |          |
| Swansea Bay parkrun           | 5k            | 27/10/2018 | 181   | 00:27:04 |          |
| Swansea Bay parkrun           | 5k            | 20/10/2018 | 305   | 00:44:37 |          |
| Cardiff Half Marathon         | Half Marathon | 07/10/2018 | 10120 | 02:12:24 | M45+     |
| Swansea Bay parkrun           | 5k            | 06/10/2018 | 212   | 00:43:55 |          |
| Swansea Bay parkrun           | 5k            | 29/09/2018 | 170   | 00:27:01 |          |
| Swansea Bay parkrun           | 5k            | 22/09/2018 | 155   | 00:28:48 |          |
| Admiral Swansea Bay 10k       | 10k           | 16/09/2018 | 1596  | 00:58:11 | M40      |
| Swansea Bay parkrun           | 5k            | 01/09/2018 | 200   | 00:27:40 |          |
| Swansea Bay parkrun           | 5k            | 18/08/2018 | 181   | 00:28:02 |          |
| Swansea Bay parkrun           | 5k            | 11/08/2018 | 261   | 00:31:51 |          |
| Swansea Bay parkrun           | 5k            | 04/08/2018 | 209   | 00:28:28 |          |
| <b>Aron Jones</b>             |               |            | 135   |          |          |
| Llyn Llech Owain parkrun      | 5k            | 21/12/2024 | 12    | 00:22:21 |          |
| Llyn Llech Owain parkrun      | 5k            | 14/12/2024 | 7     | 00:21:10 |          |
| Gnoll parkrun                 | 5k            | 23/11/2024 | 5     | 00:22:27 |          |
| Llyn Llech Owain parkrun      | 5k            | 16/11/2024 | 3     | 00:20:58 |          |
| Llyn Llech Owain parkrun      | 5k            | 09/11/2024 | 4     | 00:20:57 |          |
| Llyn Llech Owain parkrun      | 5k            | 12/10/2024 | 6     | 00:21:13 |          |
| Sandy Water parkrun           | 5k            | 05/10/2024 | 8     | 00:20:52 |          |
| Sandy Water parkrun           | 5k            | 28/09/2024 | 11    | 00:20:24 |          |
| Admiral Swansea Bay 10k       | 10k           | 15/09/2024 | 298   | 00:42:57 |          |
| Sandy Water parkrun           | 5k            | 31/08/2024 | 14    | 00:20:54 |          |
| Sandy Water parkrun           | 5k            | 10/08/2024 | 12    | 00:20:45 |          |

|                                   |    |            |    |          |
|-----------------------------------|----|------------|----|----------|
| Cycle Route 43 parkrun Ystalyfera | 5k | 03/08/2024 | 12 | 00:20:59 |
| Sandy Water parkrun               | 5k | 20/04/2024 | 7  | 00:19:59 |
| Sandy Water parkrun               | 5k | 13/04/2024 | 14 | 00:19:54 |
| Sandy Water parkrun               | 5k | 06/04/2024 | 9  | 00:20:28 |
| Llyn Llech Owain parkrun          | 5k | 30/03/2024 | 15 | 00:21:46 |
| Sandy Water parkrun               | 5k | 23/03/2024 | 7  | 00:20:20 |
| Sandy Water parkrun               | 5k | 16/03/2024 | 7  | 00:19:54 |
| Sandy Water parkrun               | 5k | 09/03/2024 | 6  | 00:20:34 |
| Conwy parkrun                     | 5k | 17/02/2024 | 21 | 00:21:37 |
| Sandy Water parkrun               | 5k | 20/01/2024 | 10 | 00:20:20 |
| Sandy Water parkrun               | 5k | 13/01/2024 | 8  | 00:19:55 |
| Llyn Llech Owain parkrun          | 5k | 01/01/2024 | 7  | 00:21:31 |
| Sandy Water parkrun               | 5k | 30/12/2023 | 8  | 00:20:17 |
| Swansea Bay parkrun               | 5k | 23/12/2023 | 52 | 00:19:54 |
| Sandy Water parkrun               | 5k | 16/12/2023 | 7  | 00:19:57 |
| Sandy Water parkrun               | 5k | 02/12/2023 | 6  | 00:19:53 |
| Llyn Llech Owain parkrun          | 5k | 25/11/2023 | 11 | 00:21:31 |
| Swansea Bay parkrun               | 5k | 18/11/2023 | 30 | 00:20:43 |
| Sandy Water parkrun               | 5k | 11/11/2023 | 12 | 00:20:04 |
| Exeter Riverside parkrun          | 5k | 28/10/2023 | 33 | 00:21:48 |
| Sandy Water parkrun               | 5k | 21/10/2023 | 8  | 00:20:00 |
| Swansea Bay parkrun               | 5k | 14/10/2023 | 31 | 00:19:52 |
| Sandy Water parkrun               | 5k | 07/10/2023 | 10 | 00:20:06 |
| Llyn Llech Owain parkrun          | 5k | 23/09/2023 | 7  | 00:21:40 |
| Sandy Water parkrun               | 5k | 16/09/2023 | 14 | 00:20:53 |
| Sandy Water parkrun               | 5k | 09/09/2023 | 12 | 00:21:11 |



|                                   |     |            |     |          |      |
|-----------------------------------|-----|------------|-----|----------|------|
| Sandy Water parkrun               | 5k  | 02/09/2023 | 20  | 00:21:10 |      |
| Sandy Water parkrun               | 5k  | 26/08/2023 | 17  | 00:21:03 |      |
| Newborough Forest parkrun         | 5k  | 19/08/2023 | 15  | 00:22:22 |      |
| Brynaman parkrun                  | 5k  | 05/08/2023 | 6   | 00:21:35 |      |
| Brisco Gorseinon 10k              | 10k | 30/04/2023 | 67  | 00:42:53 | MSEN |
| Sandy Water parkrun               | 5k  | 22/04/2023 | 11  | 00:20:50 |      |
| Sandy Water parkrun               | 5k  | 15/04/2023 | 14  | 00:21:11 |      |
| Sandy Water parkrun               | 5k  | 12/11/2022 | 8   | 00:21:05 |      |
| Swansea Bay parkrun               | 5k  | 29/10/2022 | 35  | 00:20:45 |      |
| Sandy Water parkrun               | 5k  | 22/10/2022 | 13  | 00:20:41 |      |
| Sandy Water parkrun               | 5k  | 15/10/2022 | 8   | 00:20:54 |      |
| Healthspan Porthcawl 10k          | 10k | 03/07/2022 | 234 | 00:43:52 | M35+ |
| Llyn Llech Owain parkrun          | 5k  | 25/06/2022 | 7   | 00:21:00 |      |
| Llyn Llech Owain parkrun          | 5k  | 18/06/2022 | 9   | 00:20:58 |      |
| Llyn Llech Owain parkrun          | 5k  | 11/06/2022 | 6   | 00:21:05 |      |
| Llyn Llech Owain parkrun          | 5k  | 04/06/2022 | 4   | 00:21:20 |      |
| Llyn Llech Owain parkrun          | 5k  | 21/05/2022 | 9   | 00:21:15 |      |
| Llyn Llech Owain parkrun          | 5k  | 14/05/2022 | 6   | 00:21:22 |      |
| PPRC Swansea Bay Summer 5k Series | 5k  | 11/05/2022 | 26  | 00:21:18 | M35  |
| Llyn Llech Owain parkrun          | 5k  | 07/05/2022 | 5   | 00:21:03 |      |
| Llyn Llech Owain parkrun          | 5k  | 30/04/2022 | 7   | 00:21:15 |      |
| Llyn Llech Owain parkrun          | 5k  | 23/04/2022 | 6   | 00:21:02 |      |
| Sandy Water parkrun               | 5k  | 16/04/2022 | 20  | 00:20:44 |      |
| Llyn Llech Owain parkrun          | 5k  | 09/04/2022 | 3   | 00:21:12 |      |
| Maesteg parkrun                   | 5k  | 02/04/2022 | 10  | 00:21:20 |      |
| Brynaman parkrun                  | 5k  | 26/03/2022 | 3   | 00:21:21 |      |

|                          |          |            |     |          |      |
|--------------------------|----------|------------|-----|----------|------|
| Llyn Llech Owain parkrun | 5k       | 30/10/2021 | 11  | 00:21:37 |      |
| Llyn Llech Owain parkrun | 5k       | 23/10/2021 | 8   | 00:21:12 |      |
| Sandy Water parkrun      | 5k       | 09/10/2021 | 10  | 00:20:26 |      |
| Llyn Llech Owain parkrun | 5k       | 02/10/2021 | 10  | 00:21:15 |      |
| Llyn Llech Owain parkrun | 5k       | 25/09/2021 | 7   | 00:21:38 |      |
| Admiral Swansea Bay 10k  | 10k      | 19/09/2021 | 202 | 00:44:15 |      |
| Swansea Bay parkrun      | 5k       | 11/09/2021 | 25  | 00:20:35 |      |
| Porthcawl parkrun        | 5k       | 04/09/2021 | 34  | 00:20:57 |      |
| Brynaman parkrun         | 5k       | 28/08/2021 | 6   | 00:20:58 |      |
| Sandy Water parkrun      | 5k       | 21/08/2021 | 11  | 00:21:00 |      |
| Llyn Llech Owain parkrun | 5k       | 14/03/2020 | 13  | 00:22:41 |      |
| Llanelli Coast parkrun   | 5k       | 11/05/2019 | 12  | 00:21:06 |      |
| Llanelli Coast parkrun   | 5k       | 04/05/2019 | 13  | 00:21:16 |      |
| Llanelli Coast parkrun   | 5k       | 20/04/2019 | 17  | 00:21:07 |      |
| Llanelli Coast parkrun   | 5k       | 06/04/2019 | 17  | 00:21:08 |      |
| Llyn Llech Owain parkrun | 5k       | 09/03/2019 | 15  | 00:22:12 |      |
| Sospan RR MT10           | 10 miles | 18/11/2018 | 115 | 01:20:24 | SM   |
| Llyn Llech Owain parkrun | 5k       | 10/11/2018 | 6   | 00:21:43 |      |
| Colby parkrun            | 5k       | 27/10/2018 | 15  | 00:21:50 |      |
| Llanelli Coast parkrun   | 5k       | 20/10/2018 | 9   | 00:20:11 |      |
| Llyn Llech Owain parkrun | 5k       | 06/10/2018 | 10  | 00:22:23 |      |
| Llanelli Coast parkrun   | 5k       | 29/09/2018 | 10  | 00:20:13 |      |
| Llanelli Coast parkrun   | 5k       | 22/09/2018 | 9   | 00:20:42 |      |
| Admiral Swansea Bay 10k  | 10k      | 16/09/2018 | 275 | 00:43:27 | MSEN |
| Cirencester parkrun      | 5k       | 25/08/2018 | 10  | 00:21:20 |      |
| Llyn Llech Owain parkrun | 5k       | 11/08/2018 | 5   | 00:20:40 |      |

|  |               |            |     |          |      |
|--|---------------|------------|-----|----------|------|
| Gnoll parkrun                            | 5k            | 04/08/2018 | 11  | 00:20:39 |      |
| Gnoll parkrun                            | 5k            | 28/07/2018 | 9   | 00:21:00 |      |
| Llanelli Coast parkrun                   | 5k            | 07/07/2018 | 3   | 00:20:05 |      |
| Llyn Llech Owain parkrun                 | 5k            | 30/06/2018 | 8   | 00:20:21 |      |
| Llanelli Coast parkrun                   | 5k            | 02/06/2018 | 7   | 00:19:46 |      |
| Llyn Llech Owain parkrun                 | 5k            | 19/05/2018 | 3   | 00:20:22 |      |
| Llyn Llech Owain parkrun                 | 5k            | 12/05/2018 | 3   | 00:20:35 |      |
| Carmarthen Mayors 5k Race & Fun Run 2018 | 5k            | 07/05/2018 | 21  | 00:20:46 | MS   |
| Llyn Llech Owain parkrun                 | 5k            | 05/05/2018 | 6   | 00:20:48 |      |
| Tenovus Botanic Garden 10k 2018          | 10k           | 29/04/2018 | 12  | 00:43:25 | OM   |
| Llanelli Coast parkrun                   | 5k            | 21/04/2018 | 5   | 00:19:50 |      |
| Great Welsh Half Marathon                | Half Marathon | 15/04/2018 | 29  | 01:37:34 | Msen |
| Llanelli Coast parkrun                   | 5k            | 24/03/2018 | 6   | 00:19:50 |      |
| Llyn Llech Owain parkrun                 | 5k            | 10/03/2018 | 3   | 00:20:39 |      |
| Llyn Llech Owain parkrun                 | 5k            | 24/02/2018 | 10  | 00:21:18 |      |
| Llanelli Half Marathon                   | Half Marathon | 18/02/2018 | 169 | 01:36:49 | SenM |
| Llyn Llech Owain parkrun                 | 5k            | 27/01/2018 | 8   | 00:21:41 |      |
| Llyn Llech Owain parkrun                 | 5k            | 13/01/2018 | 5   | 00:21:25 |      |
| Llyn Llech Owain parkrun                 | 5k            | 30/12/2017 | 8   | 00:22:00 |      |
| Llyn Llech Owain parkrun                 | 5k            | 23/12/2017 | 9   | 00:21:24 |      |
| Swansea Bay parkrun                      | 5k            | 25/11/2017 | 16  | 00:19:51 |      |
| Llanelli Coast parkrun                   | 5k            | 18/11/2017 | 8   | 00:19:44 |      |
| Gnoll parkrun                            | 5k            | 11/11/2017 | 6   | 00:21:18 |      |
| Richard Burton 10k                       | 10k           | 05/11/2017 | 130 | 00:42:50 | SenM |
| Llanelli Coast parkrun                   | 5k            | 28/10/2017 | 10  | 00:19:54 |      |
| West Glamorgan Xc League - Gnoll - Men   | 5.6 miles     | 22/10/2017 | 90  | 00:41:46 |      |

|                                       |               |            |      |          |        |
|---------------------------------------|---------------|------------|------|----------|--------|
| Swansea Bay parkrun                   | 5k            | 21/10/2017 | 12   | 00:20:00 |        |
| Llyn Llech Owain parkrun              | 5k            | 14/10/2017 | 4    | 00:21:20 |        |
| Admiral Swansea Bay 10k               | 10k           | 24/09/2017 | 1514 | 00:58:10 | SenM   |
| Llyn Llech Owain parkrun              | 5k            | 05/08/2017 | 10   | 00:21:23 |        |
| Gnoll parkrun                         | 5k            | 29/07/2017 | 5    | 00:21:20 |        |
| Gnoll parkrun                         | 5k            | 22/07/2017 | 8    | 00:21:18 |        |
| The Great Celtic Half Marathon        | Half Marathon | 15/07/2017 | 50   | 01:51:30 | M30-39 |
| Jcp Swansea Half Marathon             | Half Marathon | 25/06/2017 | 299  | 01:34:12 | SenM   |
| Llanelli Coast parkrun                | 5k            | 27/05/2017 | 8    | 00:20:25 |        |
| Llanelli Coast parkrun                | 5k            | 20/05/2017 | 11   | 00:20:15 |        |
| Llyn Llech Owain parkrun              | 5k            | 06/05/2017 | 3    | 00:20:52 |        |
| Llanelli Coast parkrun                | 5k            | 29/04/2017 | 8    | 00:20:07 |        |
| Llyn Llech Owain parkrun              | 5k            | 08/04/2017 | 8    | 00:20:50 |        |
| Tenovus Botanic Garden 10k            | 10k           | 02/04/2017 | 19   | 00:44:02 | MO     |
| Llanelli Coast parkrun                | 5k            | 25/03/2017 | 5    | 00:19:43 |        |
| Llanelli Coast parkrun                | 5k            | 04/03/2017 | 7    | 00:20:14 |        |
| Llanelli Coast parkrun                | 5k            | 25/02/2017 | 8    | 00:20:19 |        |
| Llyn Llech Owain parkrun              | 5k            | 18/02/2017 | 10   | 00:20:54 |        |
| Glynneath Boxing Day 5 Mile Road Race | 5 miles       | 26/12/2016 | 95   | 00:34:17 | M      |
| Llyn Llech Owain parkrun              | 5k            | 24/12/2016 | 16   | 00:21:23 |        |
| <b>Bethan Jones</b>                   |               | 23         |      |          |        |
| Sandy Water parkrun                   | 5k            | 24/12/2022 | 12   | 00:19:25 |        |
| Sandy Water parkrun                   | 5k            | 26/11/2022 | 7    | 00:21:55 |        |
| Sandy Water parkrun                   | 5k            | 18/06/2022 | 5    | 00:19:43 |        |
| Sandy Water parkrun                   | 5k            | 30/04/2022 | 17   | 00:22:15 |        |
| Sandy Water parkrun                   | 5k            | 26/02/2022 | 41   | 00:27:19 |        |

|                                     |               |            |      |          |        |
|-------------------------------------|---------------|------------|------|----------|--------|
| Sandy Water parkrun                 | 5k            | 22/01/2022 | 15   | 00:20:42 |        |
| British Athletics Cross Challenge   | 8.1 km        | 27/11/2021 | 114  | 00:33:51 | WSEN   |
| Sandy Water parkrun                 | 5k            | 20/11/2021 | 28   | 00:23:16 |        |
| Sandy Water parkrun                 | 5k            | 13/11/2021 | 12   | 00:20:12 |        |
| M & D Care Llanelli Half Marathon   | Half Marathon | 31/10/2021 | 88   | 01:33:41 | FSEN   |
| London Landmarks Half Marathon      | Half Marathon | 01/08/2021 | 983  | 01:37:16 | F20-24 |
| Llanelli Coast parkrun              | 5k            | 08/02/2020 | 44   | 00:24:39 |        |
| Llanelli Coast parkrun              | 5k            | 11/01/2020 | 66   | 00:28:44 |        |
| Llanelli Coast parkrun              | 5k            | 04/01/2020 | 29   | 00:22:48 |        |
| Llanelli Coast parkrun              | 5k            | 21/12/2019 | 85   | 00:28:25 |        |
| Merthyr Mawr Christmas Pudding Race | 10k           | 08/12/2019 | 158  | 01:26:22 | FSen   |
| Swansea Bay parkrun                 | 5k            | 30/11/2019 | 116  | 00:25:08 |        |
| Sospan MT10                         | 10 miles      | 17/11/2019 | 159  | 01:28:25 | FSen   |
| Cardiff Half Marathon               | Half Marathon | 06/10/2019 | 5906 | 01:56:32 | FOPEN  |
| Admiral Swansea Bay 10k             | 10k           | 22/09/2019 |      | 00:51:14 |        |
| Swansea Bay parkrun                 | 5k            | 31/08/2019 | 198  | 00:28:55 |        |
| Gunnersbury parkrun                 | 5k            | 17/08/2019 | 253  | 00:25:54 |        |
| Swansea Bay parkrun                 | 5k            | 13/07/2019 | 140  | 00:24:48 |        |
| <b>Bev Jones</b>                    |               | 54         |      |          |        |
| Richard Burton 10k                  | 10k           | 03/11/2024 | 1206 | 00:57:22 | F60-69 |
| Swansea Bay parkrun                 | 5k            | 02/11/2024 | 380  | 00:29:51 |        |
| Swansea Bay parkrun                 | 5k            | 05/10/2024 | 239  | 00:27:17 |        |
| Swansea Bay parkrun                 | 5k            | 21/09/2024 | 226  | 00:26:42 |        |
| Admiral Swansea Bay 10k             | 10k           | 15/09/2024 | 1319 | 00:54:17 |        |
| Swansea Bay parkrun                 | 5k            | 31/08/2024 | 209  | 00:26:05 |        |
| Tri Hard Harriers 5K On The Bay     | 5k            | 22/08/2024 | 232  | 00:26:57 |        |

|                              |               |            |       |          |        |
|------------------------------|---------------|------------|-------|----------|--------|
| Swansea Bay parkrun          | 5k            | 03/08/2024 | 347   | 00:28:57 |        |
| Swansea Bay parkrun          | 5k            | 27/07/2024 | 267   | 00:27:21 |        |
| Ogi Porthcawl 10k            | 10k           | 07/07/2024 |       | 01:00:28 | F65    |
| Sandy Water parkrun          | 5k            | 15/06/2024 | 85    | 00:27:59 |        |
| Swansea Half Marathon        | Half Marathon | 09/06/2024 |       | 02:09:41 | F65    |
| Swansea Bay parkrun          | 5k            | 08/06/2024 | 273   | 00:28:34 |        |
| Swansea Bay parkrun          | 5k            | 01/06/2024 | 292   | 00:28:12 |        |
| Lawson parkrun               | 5k            | 25/05/2024 | 76    | 00:32:38 |        |
| Kingscliff parkrun           | 5k            | 18/05/2024 | 70    | 00:27:33 |        |
| Runaway Sydney Half Marathon | Half Marathon | 05/05/2024 | 12185 | 02:22:28 | F65-69 |
| Swansea Bay parkrun          | 5k            | 27/04/2024 | 235   | 00:26:58 |        |
| Keswick parkrun              | 5k            | 20/04/2024 | 148   | 00:28:34 |        |
| Sandy Water parkrun          | 5k            | 13/04/2024 | 89    | 00:27:14 |        |
| Milford Waterfront parkrun   | 5k            | 06/04/2024 | 63    | 00:29:52 |        |
| Swansea Bay parkrun          | 5k            | 16/03/2024 | 340   | 00:30:23 |        |
| Swansea Bay parkrun          | 5k            | 03/02/2024 | 268   | 00:28:22 |        |
| Swansea Bay parkrun          | 5k            | 27/01/2024 | 259   | 00:27:26 |        |
| Swansea Bay parkrun          | 5k            | 01/01/2024 | 216   | 00:27:10 |        |
| Sandy Water parkrun          | 5k            | 30/12/2023 | 79    | 00:27:13 |        |
| Llyn Llech Owain parkrun     | 5k            | 25/12/2023 | 78    | 00:29:04 |        |
| Swansea Bay parkrun          | 5k            | 23/12/2023 | 233   | 00:26:15 |        |
| Swansea Bay parkrun          | 5k            | 09/12/2023 | 144   | 00:26:52 |        |
| Tenby 10k                    | 10k           | 29/10/2023 | 338   | 00:55:54 |        |
| Haverfordwest parkrun        | 5k            | 28/10/2023 | 45    | 00:29:21 |        |
| Buckingham parkrun           | 5k            | 07/10/2023 | 128   | 00:27:22 |        |
| Swansea Bay parkrun          | 5k            | 30/09/2023 | 183   | 00:26:04 |        |

|                                    |               |            |     |          |      |
|------------------------------------|---------------|------------|-----|----------|------|
| Swansea Bay parkrun                | 5k            | 23/09/2023 | 242 | 00:27:40 |      |
| Swansea Bay parkrun                | 5k            | 02/09/2023 | 211 | 00:26:58 |      |
| Tri Hard Harriers 5k on the Bay    | 5k            | 24/08/2023 | 167 | 00:25:56 | F40+ |
| Swansea Bay parkrun                | 5k            | 29/07/2023 | 219 | 00:25:51 |      |
| Swansea Bay parkrun                | 5k            | 22/07/2023 | 153 | 00:27:10 |      |
| Colby parkrun                      | 5k            | 08/07/2023 | 54  | 00:29:21 |      |
| Sandy Water parkrun                | 5k            | 17/06/2023 | 64  | 00:26:48 |      |
| Swansea Half Marathon              | Half Marathon | 11/06/2023 |     | 02:19:11 | F65  |
| Swansea Bay parkrun                | 5k            | 27/05/2023 | 296 | 00:27:42 |      |
| Swansea Bay parkrun                | 5k            | 06/05/2023 | 221 | 00:26:46 |      |
| Swansea Bay parkrun                | 5k            | 08/04/2023 | 234 | 00:27:11 |      |
| Swansea Bay parkrun                | 5k            | 01/04/2023 | 203 | 00:27:52 |      |
| Swansea Bay parkrun                | 5k            | 18/03/2023 | 170 | 00:26:20 |      |
| Swansea Bay parkrun                | 5k            | 04/03/2023 | 221 | 00:27:31 |      |
| Swansea Bay parkrun                | 5k            | 25/02/2023 | 245 | 00:27:54 |      |
| Swansea Bay parkrun                | 5k            | 21/01/2023 | 184 | 00:27:02 |      |
| Glynneath 5 Boxing Day 5 Mile Race | 5 miles       | 26/12/2022 | 161 | 00:42:38 | F60+ |
| Swansea Bay parkrun                | 5k            | 24/12/2022 | 181 | 00:25:33 |      |
| Aylesbury parkrun                  | 5k            | 03/12/2022 | 85  | 00:28:03 |      |
| Swansea Bay parkrun                | 5k            | 26/11/2022 | 162 | 00:26:41 |      |
| Sandy Water parkrun                | 5k            | 12/11/2022 | 69  | 00:26:44 |      |
| <b>Caroline Jones</b>              |               | 69         |     |          |      |
| Swansea Bay parkrun                | 5k            | 21/12/2024 | 203 | 00:25:55 |      |
| Swansea Bay parkrun                | 5k            | 30/11/2024 | 172 | 00:26:00 |      |
| Swansea Bay parkrun                | 5k            | 16/11/2024 | 204 | 00:25:45 |      |
| Swansea Bay parkrun                | 5k            | 31/08/2024 | 229 | 00:26:30 |      |

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|---|---------------|------------|------|----------|--------|
| Swansea Bay parkrun                     | 5k            | 10/08/2024 | 184  | 00:26:29 |        |
| Swansea Bay parkrun                     | 5k            | 03/08/2024 | 244  | 00:26:27 |        |
| Swansea Bay parkrun                     | 5k            | 27/07/2024 | 230  | 00:26:04 |        |
| Swansea Bay parkrun                     | 5k            | 20/07/2024 | 161  | 00:26:39 |        |
| Swansea Bay parkrun                     | 5k            | 29/06/2024 | 190  | 00:26:30 |        |
| Cycle Route 43 parkrun Ystalyfera       | 5k            | 22/06/2024 | 110  | 00:33:22 |        |
| Swansea Bay parkrun                     | 5k            | 22/06/2024 | 209  | 00:26:58 |        |
| Cycle Route 43 parkrun Ystalyfera       | 5k            | 08/06/2024 | 87   | 00:33:42 |        |
| Ormeau parkrun                          | 5k            | 11/05/2024 | 184  | 00:27:05 |        |
| Swansea Bay parkrun                     | 5k            | 04/05/2024 | 255  | 00:27:02 |        |
| Swansea Bay parkrun                     | 5k            | 30/03/2024 | 512  | 00:32:56 |        |
| Porthcawl parkrun                       | 5k            | 16/03/2024 | 182  | 00:27:45 |        |
| Haverfordwest parkrun                   | 5k            | 02/03/2024 | 48   | 00:37:47 |        |
| Belfast Victoria parkrun                | 5k            | 06/01/2024 | 156  | 00:28:32 |        |
| Swansea Bay parkrun                     | 5k            | 23/12/2023 | 251  | 00:26:38 |        |
| Swansea Bay parkrun                     | 5k            | 11/11/2023 | 212  | 00:26:44 |        |
| Ormeau parkrun                          | 5k            | 04/11/2023 | 206  | 00:27:03 |        |
| Principality Cardiff Half Marathon 2023 | Half Marathon | 01/10/2023 |      | 02:11:51 | F60-64 |
| Swansea Bay parkrun                     | 5k            | 23/09/2023 | 223  | 00:26:50 |        |
| Admiral Swansea Bay 10k                 | 10k           | 17/09/2023 | 1250 | 00:57:07 | Female |
| Clonbur Woods parkrun                   | 5k            | 02/09/2023 | 26   | 00:28:11 |        |
| Swansea Bay parkrun                     | 5k            | 19/08/2023 | 230  | 00:27:11 |        |
| Swansea Bay parkrun                     | 5k            | 05/08/2023 | 161  | 00:27:08 |        |
| Swansea Bay parkrun                     | 5k            | 15/07/2023 | 184  | 00:27:17 |        |
| Swansea Bay parkrun                     | 5k            | 06/05/2023 | 224  | 00:26:49 |        |
| Ormeau parkrun                          | 5k            | 29/04/2023 | 146  | 00:26:39 |        |



|                     |    |            |     |          |
|---------------------|----|------------|-----|----------|
| Swansea Bay parkrun | 5k | 01/04/2023 | 190 | 00:27:31 |
| Swansea Bay parkrun | 5k | 11/03/2023 | 164 | 00:27:03 |
| Colby parkrun       | 5k | 04/03/2023 | 111 | 00:33:05 |
| Swansea Bay parkrun | 5k | 04/03/2023 | 207 | 00:27:07 |
| Ormeau parkrun      | 5k | 04/02/2023 | 159 | 00:26:07 |
| Swansea Bay parkrun | 5k | 28/01/2023 | 173 | 00:25:58 |
| Swansea Bay parkrun | 5k | 01/01/2023 | 133 | 00:26:43 |
| Swansea Bay parkrun | 5k | 24/12/2022 | 231 | 00:26:55 |
| Neckarau parkrun    | 5k | 10/12/2022 | 24  | 00:27:20 |
| Neckarau parkrun    | 5k | 27/08/2022 | 42  | 00:30:09 |
| Swansea Bay parkrun | 5k | 20/08/2022 | 260 | 00:29:32 |
| Ormeau parkrun      | 5k | 30/07/2022 | 307 | 00:37:08 |
| Swansea Bay parkrun | 5k | 23/04/2022 | 157 | 00:25:53 |
| Swansea Bay parkrun | 5k | 16/04/2022 | 205 | 00:26:02 |
| Swansea Bay parkrun | 5k | 12/03/2022 | 137 | 00:26:29 |
| Colby parkrun       | 5k | 05/03/2022 | 79  | 00:32:00 |
| Swansea Bay parkrun | 5k | 05/03/2022 | 161 | 00:26:17 |
| Swansea Bay parkrun | 5k | 26/02/2022 | 173 | 00:26:44 |
| Swansea Bay parkrun | 5k | 19/02/2022 | 112 | 00:27:16 |
| Swansea Bay parkrun | 5k | 12/02/2022 | 167 | 00:27:21 |
| Ormeau parkrun      | 5k | 08/01/2022 | 190 | 00:28:19 |
| Ormeau parkrun      | 5k | 09/10/2021 | 79  | 00:25:15 |
| Worcester parkrun   | 5k | 24/07/2021 | 222 | 00:32:18 |
| Swansea Bay parkrun | 5k | 29/02/2020 | 107 | 00:24:05 |
| Swansea Bay parkrun | 5k | 01/02/2020 | 94  | 00:24:02 |
| Swansea Bay parkrun | 5k | 21/12/2019 | 109 | 00:24:22 |

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|---|---------------|------------|------|----------|--------|
| Neckarau parkrun                                      | 5k            | 07/12/2019 | 19   | 00:25:21 |        |
| Gnoll parkrun   | 5k            | 07/09/2019 | 37   | 00:26:10 |        |
| Gnoll parkrun   | 5k            | 31/08/2019 | 38   | 00:25:02 |        |
| Fort William parkrun                                  | 5k            | 10/08/2019 | 33   | 00:27:33 |        |
| Penrose parkrun                                       | 5k            | 27/07/2019 | 107  | 00:25:03 |        |
| Blandford parkrun                                     | 5k            | 29/06/2019 | 47   | 00:24:56 |        |
| Llanelli Half Marathon                                | Half Marathon | 10/02/2019 | 1660 | 02:18:02 | F45    |
| Swansea Bay parkrun                                   | 5k            | 12/01/2019 | 86   | 00:24:24 |        |
| Swansea Bay parkrun                                   | 5k            | 01/01/2019 | 137  | 00:23:44 |        |
| Swansea Bay parkrun                                   | 5k            | 15/12/2018 | 43   | 00:24:36 |        |
| Tenby 10k   | 10k           | 30/07/2017 | 331  | 01:01:12 | F45    |
| Paul Popham Running Club Swansea Bay Summer 5k Series | 5k            | 09/05/2017 | 68   | 00:29:00 |        |
| Llanelli Half Marathon 2017                           | Half Marathon | 12/03/2017 | 928  | 02:12:04 | FV45   |
| <b>Christopher Jones</b>                              |               |            | 174  |          |        |
| Griffin Mill Merthyr Half Marathon                    | Half Marathon | 24/03/2019 | 631  | 02:52:57 | M45-49 |
| Swansea Bay parkrun                                   | 5k            | 16/03/2019 | 50   | 00:22:04 |        |
| Swansea Bay parkrun                                   | 5k            | 09/03/2019 | 41   | 00:21:32 |        |
| Ras Dewi Sant Marathon                                | Marathon      | 02/03/2019 | 50   | 06:06:37 | M40-49 |
| Colby parkrun   | 5k            | 23/02/2019 | 17   | 00:23:10 |        |
| Village Bakery Wrexham Half 2019                      | Half Marathon | 17/02/2019 | 642  | 01:41:08 | MV40   |
| Swansea Bay parkrun                                   | 5k            | 16/02/2019 | 151  | 00:25:29 |        |
| Llanelli Half Marathon                                | Half Marathon | 10/02/2019 | 395  | 01:43:42 | M45    |
| Worms Head 10k  | 10k           | 03/02/2019 | 236  | 00:55:09 | MVet40 |
| Swansea Bay parkrun                                   | 5k            | 02/02/2019 | 40   | 00:21:42 |        |
| Swansea Bay parkrun                                   | 5k            | 26/01/2019 | 100  | 00:23:56 |        |
| Severn Bridge parkrun                                 | 5k            | 12/01/2019 | 36   | 00:22:39 |        |

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|----------------------------------|---------------|------------|-------|----------|----------|
| Llanelli Coast parkrun           | 5k            | 05/01/2019 | 21    | 00:21:41 |          |
| Penallta parkrun                 | 5k            | 01/01/2019 | 45    | 00:22:47 |          |
| Cardiff parkrun                  | 5k            | 01/01/2019 | 185   | 00:22:58 |          |
| Swansea Bay parkrun              | 5k            | 29/12/2018 | 132   | 00:24:03 |          |
| Glynneath Boxing Day 5 Mile Race | 5 miles       | 26/12/2018 | 180   | 00:38:49 | MV45     |
| Llyn Llech Owain parkrun         | 5k            | 25/12/2018 | 37    | 00:24:17 |          |
| Swansea Bay parkrun              | 5k            | 01/12/2018 | 27    | 00:21:28 |          |
| Swansea Bay parkrun              | 5k            | 24/11/2018 | 64    | 00:21:58 |          |
| Gnoll parkrun                    | 5k            | 17/11/2018 | 17    | 00:22:16 |          |
| Swansea Bay parkrun              | 5k            | 10/11/2018 | 27    | 00:22:33 |          |
| Tata Steel Richard Burton 10k    | 10k           | 04/11/2018 | 251   | 00:47:00 | Male 40+ |
| Swansea Bay parkrun              | 5k            | 03/11/2018 | 54    | 00:22:54 |          |
| Snowdonia Marathon Eryri         | Marathon      | 27/10/2018 | 422   | 03:52:43 | M45-49   |
| Swansea Bay parkrun              | 5k            | 20/10/2018 | 134   | 00:25:47 |          |
| Grangemoor parkrun               | 5k            | 13/10/2018 | 67    | 00:25:05 |          |
| Cardiff Half Marathon            | Half Marathon | 07/10/2018 | 10064 | 02:08:28 | M45+     |
| Porthcawl parkrun                | 5k            | 29/09/2018 | 149   | 00:26:31 |          |
| Cwmbran parkrun                  | 5k            | 22/09/2018 | 53    | 00:25:51 |          |
| Llyn Llech Owain parkrun         | 5k            | 15/09/2018 | 36    | 00:26:44 |          |
| Ironman Wales                    | Triathlon     | 09/09/2018 | 2012  | 16:39:57 | M45      |
| Newborough Forest parkrun        | 5k            | 18/08/2018 | 154   | 00:43:03 |          |
| Port Talbot Half Marathon        | Half Marathon | 12/08/2018 | 243   | 02:04:20 | M        |
| Swansea Bay parkrun              | 5k            | 11/08/2018 | 93    | 00:24:59 |          |
| Haverfordwest parkrun            | 5k            | 04/08/2018 | 65    | 00:29:12 |          |
| Tenby 10k                        | 10k           | 29/07/2018 | 176   | 00:53:45 | M40      |
| Swansea Bay parkrun              | 5k            | 21/07/2018 | 127   | 00:25:34 |          |

|                                    |               |            |       |          |        |
|------------------------------------|---------------|------------|-------|----------|--------|
| Llyn Llech Owain parkrun           | 5k            | 16/06/2018 | 26    | 00:25:13 |        |
| Welsh Castles Relay Stage 5        | 9.6 miles     | 09/06/2018 | 61    | 01:31:00 | MV     |
| Llanelli Coast parkrun             | 5k            | 26/05/2018 | 52    | 00:24:14 |        |
| Liverpool Rock N Roll Marathon     | Marathon      | 20/05/2018 | 2105  | 04:49:24 | M45-49 |
| Princes Parkrun Liverpool          | 5k            | 19/05/2018 | 190   | 00:27:04 |        |
| Llanelli Coast parkrun             | 5k            | 12/05/2018 | 51    | 00:25:25 |        |
| Pprc Swansea Bay Summer 5k Series  | 5k            | 10/05/2018 | 83    | 00:26:29 | M      |
| St Illtyds Ultra 50k               | Ultra         | 06/05/2018 | 53    | 07:32:00 |        |
| Llanelli Coast parkrun             | 5k            | 05/05/2018 | 97    | 00:29:08 |        |
| Abp Newport Wales Marathon         | Marathon      | 29/04/2018 | 1631  | 04:08:02 | M45+   |
| Swansea Bay parkrun                | 5k            | 28/04/2018 | 194   | 00:28:10 |        |
| Virgin London Marathon 2018        | Marathon      | 22/04/2018 | 18197 | 04:39:58 | M45-49 |
| Great Welsh Marathon               | Marathon      | 15/04/2018 | 160   | 04:12:42 | MV40   |
| Swansea Bay parkrun                | 5k            | 14/04/2018 | 319   | 00:34:02 |        |
| Asics Greater Manchester Marathon  | Marathon      | 08/04/2018 | 5781  | 04:19:39 | V45    |
| Oldham parkrun                     | 5k            | 07/04/2018 | 51    | 00:25:27 |        |
| Swansea Bay parkrun                | 5k            | 31/03/2018 | 150   | 00:25:37 |        |
| Zurich Marato Barcelona            | Marathon      | 11/03/2018 | 8311  | 04:11:53 | VetBM  |
| Swansea Bay parkrun                | 5k            | 24/02/2018 | 80    | 00:24:10 |        |
| Llanelli Half Marathon             | Half Marathon | 18/02/2018 | 626   | 01:54:36 | MV40   |
| Swansea Bay parkrun                | 5k            | 17/02/2018 | 136   | 00:28:25 |        |
| Swansea Bay parkrun                | 5k            | 10/02/2018 | 135   | 00:29:18 |        |
| Llyn Llech Owain parkrun           | 5k            | 03/02/2018 | 25    | 00:24:39 |        |
| Gnoll parkrun                      | 5k            | 27/01/2018 | 32    | 00:24:49 |        |
| Merthyr Mawr Christmas Pudding Run | 10k           | 21/01/2018 | 130   | 01:08:40 |        |
| Kingsbury Water parkrun            | 5k            | 20/01/2018 | 92    | 00:25:16 |        |

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| West Glamorgan Xc League - Margam Reservoir - Men      | 5.6 miles     | 14/01/2018 | 199  | 00:46:14 |                    |
| Swansea Bay parkrun                                    | 5k            | 13/01/2018 | 83   | 00:24:33 |                    |
| Swansea Bay parkrun                                    | 5k            | 01/01/2018 | 184  | 00:30:23 |                    |
| Gnoll parkrun  | 5k            | 30/12/2017 | 20   | 00:24:02 |                    |
| Glynneath 5  | 5 miles       | 26/12/2017 | 190  | 00:38:12 |                    |
| Llyn Llech Owain parkrun                               | 5k            | 25/12/2017 | 41   | 00:25:55 |                    |
| Cottrell Park Christmas Cracker                        | 10k           | 17/12/2017 | 89   | 00:54:17 | Mens Masters 45-54 |
| Porthcawl parkrun                                      | 5k            | 16/12/2017 | 51   | 00:23:33 |                    |
| Swansea Bay parkrun                                    | 5k            | 09/12/2017 | 54   | 00:23:09 |                    |
| Llanelli Coast parkrun                                 | 5k            | 02/12/2017 | 27   | 00:24:02 |                    |
| West Glamorgan Xc League - Kenfig Nature Reserve - Men | TBC           | 26/11/2017 | 134  | 00:33:46 |                    |
| Gnoll parkrun  | 5k            | 25/11/2017 | 13   | 00:23:15 |                    |
| Srr M10  | 10 miles      | 19/11/2017 | 159  | 01:25:02 | M4554              |
| Llanelli Coast parkrun                                 | 5k            | 18/11/2017 | 16   | 00:22:02 |                    |
| Swansea Bay parkrun                                    | 5k            | 11/11/2017 | 174  | 00:30:25 |                    |
| Richard Burton 10k                                     | 10k           | 05/11/2017 | 275  | 00:47:37 | M40+               |
| Llanelli Coast parkrun                                 | 5k            | 04/11/2017 | 25   | 00:22:25 |                    |
| Brooks Snowdonia Marathon                              | Marathon      | 30/10/2017 | 580  | 04:02:56 | MV45               |
| West Glamorgan Xc League - Gnoll - Men                 | 5.6 miles     | 22/10/2017 | 127  | 00:45:02 |                    |
| Swansea Bay parkrun                                    | 5k            | 21/10/2017 | 67   | 00:24:02 |                    |
| Swansea Bay parkrun                                    | 5k            | 14/10/2017 | 53   | 00:22:34 |                    |
| Run Walk Crawl Gower Ultra 50                          | Ultra         | 07/10/2017 | 129  | 16:03:20 | M                  |
| Cardiff Half Marathon                                  | Half Marathon | 01/10/2017 | 4519 | 01:53:23 | M45-49             |
| Swansea Bay parkrun                                    | 5k            | 30/09/2017 | 63   | 00:24:43 |                    |
| Admiral Swansea Bay 10k                                | 10k           | 24/09/2017 | 462  | 00:46:39 | M40+               |
| Porthcawl parkrun                                      | 5k            | 23/09/2017 | 93   | 00:24:38 |                    |

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|---|---------------|------------|------|----------|-------------------|
| Mic Morris Torfaen 10k                                | 10k           | 17/09/2017 | 198  | 00:44:59 | VetM              |
| Swansea Bay parkrun                                   | 5k            | 16/09/2017 | 56   | 00:22:44 |                   |
| Simplyhealth Great North Run 2017                     | Half Marathon | 10/09/2017 | 6440 | 01:49:41 |                   |
| Newcastle parkrun                                     | 5k            | 09/09/2017 | 133  | 00:23:33 |                   |
| 2017 Cardiff Kidney Wales 10k                         | 10k           | 03/09/2017 | 1410 | 00:51:31 | M45+              |
| Merthyr parkrun                                       | 5k            | 02/09/2017 | 5    | 00:24:24 |                   |
| 2017 Tydfilians Roman Run                             | 16 miles      | 02/09/2017 | 181  | 03:00:06 | Men's Masters 40+ |
| Severn Bridge Half Marathon                           | Half Marathon | 27/08/2017 | 407  | 01:51:23 | M45+              |
| Swindon parkrun                                       | 5k            | 26/08/2017 | 88   | 00:23:20 |                   |
| Dolgellau parkrun                                     | 5k            | 19/08/2017 | 30   | 00:24:15 |                   |
| Port Talbot Half Marathon                             | Half Marathon | 13/08/2017 | 118  | 01:50:39 | MV45              |
| Llyn Llech Owain parkrun                              | 5k            | 12/08/2017 | 53   | 00:29:04 |                   |
| Gloucester City Marathon                              | Marathon      | 06/08/2017 | 196  | 04:04:48 | M45-49            |
| Barry Island parkrun                                  | 5k            | 05/08/2017 | 64   | 00:29:29 |                   |
| Tenby 10k   | 10k           | 30/07/2017 | 180  | 00:54:10 | M40               |
| 2017 Scott Snowdonia Trail Marathon                   | Marathon      | 23/07/2017 | 554  | 07:48:56 | M45-49            |
| Conwy parkrun   | 5k            | 22/07/2017 | 81   | 00:24:20 |                   |
| The Great Celtic Marathon                             | Marathon      | 15/07/2017 | 89   | 05:29:21 | M40-49            |
| Paul Popham Running Club Swansea Bay Summer 5k Series | 5k            | 11/07/2017 | 33   | 00:23:50 | M                 |
| Long Course Wales - Marathon                          | Marathon      | 09/07/2017 | 384  | 04:24:36 | MV45              |
| Colby parkrun   | 5k            | 08/07/2017 | 43   | 00:24:44 |                   |
| Run4all Neath 5k Series - Race 3                      | 5k            | 05/07/2017 | 67   | 00:22:48 | MVET              |
| Aberystwyth parkrun                                   | 5k            | 01/07/2017 | 25   | 00:22:57 |                   |
| Jcp Swansea Half Marathon                             | Half Marathon | 25/06/2017 | 891  | 01:46:10 | MV40              |
| Swansea Bay parkrun                                   | 5k            | 24/06/2017 | 67   | 00:24:36 |                   |
| Offah's Dyke 15                                       | 15 miles      | 18/06/2017 | 119  | 03:19:42 | MV45              |

|   |           |            |      |          |            |
|---|-----------|------------|------|----------|------------|
| Llanelli Coast parkrun  | 5k        | 17/06/2017 | 26   | 00:24:09 |            |
| Sospan 10k  | 10k       | 17/06/2017 | 74   | 00:49:47 | M3544      |
| Dorney Lakes  | Ultra     | 15/06/2017 | 34   | 04:46:48 | 26.2 miles |
| Paul Popham Running Club Swansea Bay Summer 5k Series                   | 5k        | 13/06/2017 | 31   | 00:22:04 | M          |
| Swansea Bay parkrun   | 5k        | 10/06/2017 | 23   | 00:21:54 |            |
| Merthyr parkrun   | 5k        | 03/06/2017 | 20   | 00:23:02 |            |
| Llandeilo 3 Parks Challenge   | 10k       | 02/06/2017 | 65   | 00:50:22 | M40        |
| Azores Trail Ilha Azul 70k  | Ultra     | 28/05/2017 | 44   | 11:33:21 |            |
| Worcester Marathon  | Marathon  | 21/05/2017 | 122  | 04:11:01 | MV45       |
| Swansea Bay parkrun   | 5k        | 20/05/2017 | 185  | 00:29:29 |            |
| Whitford Point Multi-terrain Race                                       | 5.6 miles | 17/05/2017 | 87   | 00:47:47 | VM45       |
| Cwm Ogwr 5 Miler  | 5 miles   | 14/05/2017 | 129  | 00:40:30 | Mvet       |
| Porthcawl parkrun   | 5k        | 13/05/2017 | 50   | 00:22:12 |            |
| Paul Popham Running Club Swansea Bay Summer 5k Series                   | 5k        | 09/05/2017 | 34   | 00:23:43 |            |
| Simplyhealth Great Bristol 10k  | 10k       | 07/05/2017 | 2620 | 00:49:46 |            |
| The Uni-lite Night Trail 10k Wales                                      | 10k       | 06/05/2017 | 45   | 00:51:39 | M          |
| Swansea Bay parkrun   | 5k        | 06/05/2017 | 58   | 00:22:35 |            |
| Go Events Wales St Illtyds Ultra Marathon - 50k                         | Ultra     | 30/04/2017 | 38   | 07:28:00 | M          |
| Llyn Llech Owain parkrun  | 5k        | 29/04/2017 | 18   | 00:22:45 |            |
| Llyn Llech Owain parkrun  | 5k        | 22/04/2017 | 18   | 00:23:00 |            |
| Light Up Mumbles - Unofficial Timings Only. Untimed Race. No Positions. | 10k       | 19/04/2017 |      | 00:46:38 | M          |
| Rogue Runs Gilwern Grunt  | 8 miles   | 17/04/2017 | 87   | 01:17:23 | MV40       |
| Teifi 10  | 10 miles  | 16/04/2017 | 68   | 01:17:50 | M40        |
| Swansea Bay parkrun   | 5k        | 15/04/2017 | 53   | 00:21:44 |            |
| Nn Rotterdam Marathon   | Marathon  | 09/04/2017 | 5374 | 03:58:51 | M45        |

|   |               |            |     |          |                  |
|---|---------------|------------|-----|----------|------------------|
| Walsall Arboretum parkrun                 | 5k            | 01/04/2017 | 97  | 00:24:00 |                  |
| Swansea Bay parkrun                       | 5k            | 25/03/2017 | 70  | 00:23:36 |                  |
| Swansea Bay parkrun                       | 5k            | 18/03/2017 | 34  | 00:22:45 |                  |
| Swansea Trotters 360 Marina 5k            | 5k            | 18/03/2017 | 75  | 00:23:10 |                  |
| Llanelli Half Marathon 2017               | Half Marathon | 12/03/2017 | 431 | 01:49:13 | MV40             |
| Llanelli Coast parkrun                    | 5k            | 11/03/2017 | 26  | 00:24:22 |                  |
| St David's Day 10k - Cardiff              | 10k           | 05/03/2017 | 351 | 00:56:05 | Male Masters 45+ |
| Swansea Bay parkrun                       | 5k            | 04/03/2017 | 46  | 00:22:30 |                  |
| Pontypool 10k                             | 10k           | 26/02/2017 | 277 | 00:57:35 | M40              |
| Ras Dewi Sant Coast Path Marathon         | Marathon      | 25/02/2017 | 27  | 05:54:11 |                  |
| Hoka One One Trail Half Marathon          | Half Marathon | 19/02/2017 | 139 | 02:06:13 | M45              |
| Bath Skyline 10k                          | 10k           | 12/02/2017 | 62  | 00:56:07 | M40-49           |
| Swansea Bay parkrun                       | 5k            | 11/02/2017 | 37  | 00:22:09 |                  |
| Swansea Bay parkrun                       | 5k            | 04/02/2017 | 286 | 00:42:06 |                  |
| Lliswerry 8                               | 8 miles       | 29/01/2017 | 355 | 01:04:43 | M45              |
| Gnoll parkrun                             | 5k            | 28/01/2017 | 14  | 00:24:06 |                  |
| Buff Trail 10k                            | 10k           | 22/01/2017 | 113 | 00:55:57 | M                |
| Llanelli Coast parkrun                    | 5k            | 21/01/2017 | 16  | 00:21:43 |                  |
| Fan Dance                                 | 15 miles      | 14/01/2017 | 19  | 04:59:00 | MCM              |
| Tata Steel Round The Reservoir Race - Men | 5.6 miles     | 08/01/2017 | 42  | 00:41:54 | V45              |
| Swansea Bay parkrun                       | 5k            | 07/01/2017 | 38  | 00:22:29 |                  |
| Prince Of Wales New Year's Day Run        | 4 miles       | 01/01/2017 | 119 | 00:30:59 | MM40             |
| Llanelli Coast parkrun                    | 5k            | 31/12/2016 | 32  | 00:22:23 |                  |
| 2016 Nos Galan Seniors                    | 5k            | 31/12/2016 | 130 | 00:24:18 | M45              |
| Glynneath Boxing Day 5 Mile Road Race     | 5 miles       | 26/12/2016 | 180 | 00:39:26 | M                |
| Llyn Llech Owain parkrun                  | 5k            | 25/12/2016 | 29  | 00:25:45 |                  |



|  |               |            |      |          |                    |
|--|---------------|------------|------|----------|--------------------|
| Swansea Bay parkrun                      | 5k            | 24/12/2016 | 117  | 00:24:46 |                    |
| Cottrell Park Christmas Cracker          | 10k           | 17/12/2016 | 114  | 00:56:26 | Mens Masters 45-54 |
| Merthyr Mawr Christmas Pudding Run 2016  | 6 miles       | 11/12/2016 | 152  | 00:52:29 | MV40               |
| Run4all Neath Santa 5k                   | 5k            | 03/12/2016 | 68   | 00:26:20 | MV45               |
| Sospan MT10                              | 10 miles      | 20/11/2016 | 226  | 01:28:19 | M45+               |
| Endurancelife Gower Half                 | Half Marathon | 12/11/2016 | 217  | 02:36:38 | MV45               |
| Richard Burton 10k                       | 10k           | 06/11/2016 | 309  | 00:48:13 | MV40               |
| <b>Hannah Jones</b>                      |               | 29         |      |          |                    |
| Sandy Water parkrun                      | 5k            | 04/03/2023 | 40   | 00:26:09 |                    |
| Sandy Water parkrun                      | 5k            | 07/01/2023 | 28   | 00:24:17 |                    |
| Swansea Bay parkrun                      | 5k            | 31/12/2022 | 54   | 00:22:12 |                    |
| Richard Burton 10k                       | 10k           | 06/11/2022 | 302  | 00:47:28 | F20-39             |
| TCS London Marathon                      | Marathon      | 02/10/2022 | 7557 | 03:39:46 | F18-39             |
| Sandy Water parkrun                      | 5k            | 06/08/2022 | 36   | 00:24:47 |                    |
| Sandy Water parkrun                      | 5k            | 09/07/2022 | 71   | 00:27:44 |                    |
| JCP Swansea Half Marathon                | Half Marathon | 12/06/2022 | 452  | 01:40:55 | FSEN               |
| Therme Manchester Marathon 2022          | Marathon      | 03/04/2022 | 4737 | 03:41:57 | SW                 |
| Sandy Water parkrun                      | 5k            | 26/02/2022 | 40   | 00:27:19 |                    |
| Merthyr Mawr Christmas Pudding Race 2021 | 10k           | 05/12/2021 | 147  | 01:13:41 | SF                 |
| Sandy Water parkrun                      | 5k            | 20/11/2021 | 27   | 00:23:14 |                    |
| M & D Care Llanelli Half Marathon        | Half Marathon | 31/10/2021 | 254  | 01:51:57 | FSEN               |
| JCP Swansea Half Marathon                | Half Marathon | 17/10/2021 | 535  | 01:47:10 | FSEN               |
| London Landmarks Half Marathon           | Half Marathon | 01/08/2021 | 2692 | 01:50:59 | F25-29             |
| Llanelli Coast parkrun                   | 5k            | 08/02/2020 | 65   | 00:26:16 |                    |
| Llanelli Coast parkrun                   | 5k            | 25/01/2020 | 81   | 00:28:22 |                    |
| Llanelli Coast parkrun                   | 5k            | 11/01/2020 | 69   | 00:28:57 |                    |

|                           |               |            |      |          |        |
|---------------------------|---------------|------------|------|----------|--------|
| Llanelli Coast parkrun    | 5k            | 04/01/2020 | 51   | 00:26:03 |        |
| Cardiff Half Marathon     | Half Marathon | 06/10/2019 | 5920 | 01:56:37 | FOPEN  |
| Admiral Swansea Bay 10k   | 10k           | 22/09/2019 |      | 00:52:08 |        |
| Llanelli Coast parkrun    | 5k            | 07/09/2019 | 61   | 00:25:10 |        |
| Swansea Bay parkrun       | 5k            | 31/08/2019 | 128  | 00:25:26 |        |
| Gunnersbury parkrun       | 5k            | 17/08/2019 | 254  | 00:25:55 |        |
| Swansea Bay parkrun       | 5k            | 13/07/2019 | 210  | 00:26:57 |        |
| Llanelli Coast parkrun    | 5k            | 06/07/2019 | 115  | 00:26:18 |        |
| JCP Swansea Half Marathon | Half Marathon | 23/06/2019 | 2651 | 02:10:13 | FSEN   |
| Llanelli Coast parkrun    | 5k            | 06/04/2019 | 101  | 00:27:43 |        |
| Llanelli Coast parkrun    | 5k            | 16/02/2019 | 117  | 00:28:10 |        |
| <b>Julie Jones</b>        |               |            | 13   |          |        |
| Sandy Water parkrun       | 5k            | 04/03/2023 | 67   | 00:29:39 |        |
| Sandy Water parkrun       | 5k            | 25/02/2023 | 57   | 00:26:53 |        |
| Sandy Water parkrun       | 5k            | 07/01/2023 | 70   | 00:29:11 |        |
| Sandy Water parkrun       | 5k            | 22/10/2022 | 94   | 00:28:27 |        |
| Llanelli Coast parkrun    | 5k            | 04/01/2020 | 64   | 00:27:19 |        |
| Swansea Bay parkrun       | 5k            | 30/11/2019 | 149  | 00:26:55 |        |
| Sospan MT10               | 10 miles      | 17/11/2019 | 300  | 01:41:05 | F45-54 |
| Cardiff Half Marathon     | Half Marathon | 06/10/2019 | 7742 | 02:03:59 | F50+   |
| Swansea Bay parkrun       | 5k            | 13/07/2019 | 212  | 00:26:58 |        |
| Llanelli Coast parkrun    | 5k            | 06/07/2019 | 116  | 00:26:18 |        |
| JCP Swansea Half Marathon | Half Marathon | 23/06/2019 | 2652 | 02:10:12 | F50    |
| Llanelli Coast parkrun    | 5k            | 06/04/2019 | 126  | 00:29:09 |        |
| Llanelli Coast parkrun    | 5k            | 16/02/2019 | 116  | 00:28:10 |        |
| <b>Leighton Jones</b>     |               |            | 204  |          |        |

|                                   |     |            |      |          |        |
|-----------------------------------|-----|------------|------|----------|--------|
| Sandy Water parkrun               | 5k  | 16/11/2024 | 100  | 00:28:16 |        |
| Swansea Bay parkrun               | 5k  | 09/11/2024 | 272  | 00:28:12 |        |
| Richard Burton 10k                | 10k | 03/11/2024 | 1533 | 01:03:35 | M70-79 |
| Sandy Water parkrun               | 5k  | 28/09/2024 | 79   | 00:28:03 |        |
| Sandy Water parkrun               | 5k  | 14/09/2024 | 65   | 00:27:14 |        |
| Sandy Water parkrun               | 5k  | 07/09/2024 | 82   | 00:27:49 |        |
| Swansea Bay parkrun               | 5k  | 24/08/2024 | 326  | 00:29:42 |        |
| Swansea Bay parkrun               | 5k  | 17/08/2024 | 291  | 00:28:15 |        |
| Porthcawl parkrun                 | 5k  | 10/08/2024 | 221  | 00:27:39 |        |
| Sandy Water parkrun               | 5k  | 03/08/2024 | 76   | 00:27:40 |        |
| Sandy Water parkrun               | 5k  | 20/07/2024 | 78   | 00:26:50 |        |
| Cycle Route 43 parkrun Ystalyfera | 5k  | 13/07/2024 | 50   | 00:27:43 |        |
| Ogi Porthcawl 10k                 | 10k | 07/07/2024 |      | 00:58:39 | M75    |
| Porthcawl parkrun                 | 5k  | 22/06/2024 | 236  | 00:26:53 |        |
| Swansea Bay parkrun               | 5k  | 15/06/2024 | 478  | 00:59:13 |        |
| Swansea Bay parkrun               | 5k  | 08/06/2024 | 218  | 00:27:18 |        |
| Sandy Water parkrun               | 5k  | 01/06/2024 | 151  | 00:30:24 |        |
| Porthcawl parkrun                 | 5k  | 25/05/2024 | 263  | 00:28:27 |        |
| Brisco Gorseinon 10k              | 10k | 19/05/2024 |      | 01:02:02 |        |
| Swansea Bay parkrun               | 5k  | 11/05/2024 | 332  | 00:29:10 |        |
| Sandy Water parkrun               | 5k  | 04/05/2024 | 80   | 00:27:21 |        |
| Swansea Bay parkrun               | 5k  | 06/04/2024 | 356  | 00:31:34 |        |
| Sandy Water parkrun               | 5k  | 09/03/2024 | 107  | 00:30:47 |        |
| Porthcawl parkrun                 | 5k  | 06/01/2024 | 262  | 00:28:15 |        |
| Porthcawl parkrun                 | 5k  | 23/12/2023 | 448  | 00:34:10 |        |
| Porthcawl parkrun                 | 5k  | 11/11/2023 | 206  | 00:27:03 |        |

|                      |     |            |     |          |     |
|----------------------|-----|------------|-----|----------|-----|
| Porthcawl parkrun    | 5k  | 07/10/2023 | 179 | 00:27:15 |     |
| Porthcawl parkrun    | 5k  | 23/09/2023 | 166 | 00:26:31 |     |
| Swansea Bay parkrun  | 5k  | 09/09/2023 | 275 | 00:29:34 |     |
| Swansea Bay parkrun  | 5k  | 26/08/2023 | 564 | 00:35:24 |     |
| Sandy Water parkrun  | 5k  | 19/08/2023 | 73  | 00:28:50 |     |
| Porthcawl parkrun    | 5k  | 12/08/2023 | 278 | 00:32:30 |     |
| Porthcawl parkrun    | 5k  | 29/07/2023 | 200 | 00:28:17 |     |
| Porthcawl parkrun    | 5k  | 08/07/2023 | 232 | 00:28:39 |     |
| Sandy Water parkrun  | 5k  | 01/07/2023 | 110 | 00:26:54 |     |
| Sandy Water parkrun  | 5k  | 24/06/2023 | 78  | 00:27:17 |     |
| Porthcawl parkrun    | 5k  | 17/06/2023 | 211 | 00:27:58 |     |
| Sandy Water parkrun  | 5k  | 10/06/2023 | 70  | 00:28:00 |     |
| Swansea Bay parkrun  | 5k  | 27/05/2023 | 471 | 00:33:30 |     |
| Sandy Water parkrun  | 5k  | 20/05/2023 | 162 | 00:00:53 |     |
| Porthcawl parkrun    | 5k  | 13/05/2023 | 183 | 00:27:56 |     |
| Sandy Water parkrun  | 5k  | 06/05/2023 | 65  | 00:27:25 |     |
| Brisco Gorseinon 10k | 10k | 30/04/2023 | 396 | 00:57:19 | M65 |
| Swansea Bay parkrun  | 5k  | 15/04/2023 | 203 | 00:26:40 |     |
| Sandy Water parkrun  | 5k  | 01/04/2023 | 54  | 00:27:41 |     |
| Sandy Water parkrun  | 5k  | 18/03/2023 | 71  | 00:29:40 |     |
| Porthcawl parkrun    | 5k  | 24/12/2022 | 324 | 00:30:35 |     |
| Swansea Bay parkrun  | 5k  | 03/12/2022 | 184 | 00:27:38 |     |
| Porthcawl parkrun    | 5k  | 19/11/2022 | 163 | 00:27:38 |     |
| Sandy Water parkrun  | 5k  | 29/10/2022 | 59  | 00:27:51 |     |
| Sandy Water parkrun  | 5k  | 01/10/2022 | 48  | 00:27:17 |     |
| Porthcawl parkrun    | 5k  | 24/09/2022 | 142 | 00:25:52 |     |

|                          |     |            |      |          |      |
|--------------------------|-----|------------|------|----------|------|
| Swansea Bay parkrun      | 5k  | 17/09/2022 | 147  | 00:26:37 |      |
| Sandy Water parkrun      | 5k  | 10/09/2022 | 58   | 00:27:27 |      |
| Porthcawl parkrun        | 5k  | 03/09/2022 | 159  | 00:27:47 |      |
| Swansea Bay parkrun      | 5k  | 27/08/2022 | 431  | 00:34:51 |      |
| Swansea Bay parkrun      | 5k  | 20/08/2022 | 169  | 00:26:19 |      |
| Sandy Water parkrun      | 5k  | 06/08/2022 | 66   | 00:27:43 |      |
| Swansea Bay parkrun      | 5k  | 23/07/2022 | 157  | 00:26:36 |      |
| Swansea Bay parkrun      | 5k  | 16/07/2022 | 170  | 00:27:47 |      |
| Healthspan Porthcawl 10k | 10k | 03/07/2022 | 1242 | 00:56:29 | M70+ |
| Sandy Water parkrun      | 5k  | 02/07/2022 | 137  | 00:33:13 |      |
| Sandy Water parkrun      | 5k  | 04/06/2022 | 106  | 00:33:04 |      |
| Swansea Bay parkrun      | 5k  | 28/05/2022 | 317  | 00:29:58 |      |
| Porthcawl parkrun        | 5k  | 21/05/2022 | 142  | 00:26:38 |      |
| Porthcawl parkrun        | 5k  | 14/05/2022 | 160  | 00:26:42 |      |
| Sandy Water parkrun      | 5k  | 07/05/2022 | 108  | 00:29:00 |      |
| Porthcawl parkrun        | 5k  | 16/04/2022 | 155  | 00:27:14 |      |
| Gnoll parkrun            | 5k  | 19/03/2022 | 168  | 00:28:43 |      |
| Sandy Water parkrun      | 5k  | 12/03/2022 | 57   | 00:27:52 |      |
| Porthcawl parkrun        | 5k  | 26/02/2022 | 180  | 00:29:04 |      |
| Swansea Bay parkrun      | 5k  | 19/02/2022 | 129  | 00:27:49 |      |
| Swansea Bay parkrun      | 5k  | 22/01/2022 | 201  | 00:27:17 |      |
| Sandy Water parkrun      | 5k  | 11/12/2021 | 46   | 00:26:45 |      |
| Porthcawl parkrun        | 5k  | 04/12/2021 | 141  | 00:28:15 |      |
| Swansea Bay parkrun      | 5k  | 27/11/2021 | 168  | 00:33:05 |      |
| Sandy Water parkrun      | 5k  | 30/10/2021 | 57   | 00:27:31 |      |
| Sandy Water parkrun      | 5k  | 16/10/2021 | 61   | 00:27:39 |      |

|                                |           |            |     |          |      |
|--------------------------------|-----------|------------|-----|----------|------|
| Swansea Bay parkrun            | 5k        | 02/10/2021 | 132 | 00:27:38 |      |
| Admiral Swansea Bay 10k        | 10k       | 19/09/2021 | 960 | 00:55:34 |      |
| Swansea Bay parkrun            | 5k        | 11/09/2021 | 167 | 00:26:43 |      |
| Swansea Bay parkrun            | 5k        | 04/09/2021 | 185 | 00:26:42 |      |
| Sandy Water parkrun            | 5k        | 28/08/2021 | 75  | 00:26:15 |      |
| Porthcawl parkrun              | 5k        | 21/08/2021 | 167 | 00:26:08 |      |
| Llanelli Coast parkrun         | 5k        | 07/03/2020 | 40  | 00:27:27 |      |
| Swansea Bay parkrun            | 5k        | 29/02/2020 | 169 | 00:26:35 |      |
| Swansea Bay parkrun            | 5k        | 22/02/2020 | 249 | 00:28:30 |      |
| Porthcawl parkrun              | 5k        | 08/02/2020 | 218 | 00:27:34 |      |
| Llanelli Coast parkrun         | 5k        | 01/02/2020 | 106 | 00:30:20 |      |
| Porthcawl parkrun              | 5k        | 25/01/2020 | 240 | 00:27:16 |      |
| Tata Steel Round the Reservoir | 5.6 miles | 12/01/2020 | 257 | 00:52:08 | MV70 |
| Llanelli Coast parkrun         | 5k        | 11/01/2020 | 50  | 00:26:37 |      |
| Brynaman parkrun               | 5k        | 04/01/2020 | 12  | 00:27:22 |      |
| Swansea Bay parkrun            | 5k        | 01/01/2020 | 268 | 00:27:25 |      |
| Llanelli Coast parkrun         | 5k        | 28/12/2019 | 98  | 00:27:37 |      |
| Llanelli Coast parkrun         | 5k        | 14/12/2019 | 46  | 00:28:24 |      |
| Swansea Bay parkrun            | 5k        | 07/12/2019 | 135 | 00:26:12 |      |
| Llanelli Coast parkrun         | 5k        | 30/11/2019 | 65  | 00:26:05 |      |
| Porthcawl parkrun              | 5k        | 23/11/2019 | 125 | 00:26:09 |      |
| Porthcawl parkrun              | 5k        | 16/11/2019 | 168 | 00:27:46 |      |
| Llanelli Coast parkrun         | 5k        | 09/11/2019 | 38  | 00:27:45 |      |
| Llanelli Coast parkrun         | 5k        | 02/11/2019 | 89  | 00:30:39 |      |
| Swansea Bay parkrun            | 5k        | 19/10/2019 | 165 | 00:25:59 |      |
| Llanelli Coast parkrun         | 5k        | 12/10/2019 | 69  | 00:26:39 |      |

|                        |     |            |      |          |      |
|------------------------|-----|------------|------|----------|------|
| Evesham parkrun        | 5k  | 28/09/2019 | 58   | 00:27:55 |      |
| Llanelli Coast parkrun | 5k  | 21/09/2019 | 103  | 00:29:23 |      |
| Swansea Bay parkrun    | 5k  | 14/09/2019 | 249  | 00:28:13 |      |
| Swansea Bay parkrun    | 5k  | 31/08/2019 | 277  | 00:33:19 |      |
| Swansea Bay parkrun    | 5k  | 24/08/2019 | 183  | 00:25:56 |      |
| Llanelli Coast parkrun | 5k  | 03/08/2019 | 86   | 00:28:20 |      |
| Swansea Bay parkrun    | 5k  | 27/07/2019 | 262  | 00:28:36 |      |
| Llanerchaeron parkrun  | 5k  | 20/07/2019 | 58   | 00:28:49 |      |
| Porthcawl 10k          | 10k | 07/07/2019 | 1053 | 00:54:27 | M70+ |
| Swansea Bay parkrun    | 5k  | 29/06/2019 | 333  | 00:36:43 |      |
| Porthcawl parkrun      | 5k  | 22/06/2019 | 218  | 00:27:26 |      |
| Llanelli Coast parkrun | 5k  | 08/06/2019 | 71   | 00:26:27 |      |
| Swansea Bay parkrun    | 5k  | 18/05/2019 | 179  | 00:25:05 |      |
| Swansea Bay parkrun    | 5k  | 11/05/2019 | 175  | 00:26:12 |      |
| Llanelli Coast parkrun | 5k  | 04/05/2019 | 88   | 00:28:01 |      |
| Porthcawl parkrun      | 5k  | 20/04/2019 | 237  | 00:26:45 |      |
| Porthcawl parkrun      | 5k  | 13/04/2019 | 232  | 00:27:49 |      |
| Llanelli Coast parkrun | 5k  | 06/04/2019 | 125  | 00:29:07 |      |
| Porthcawl parkrun      | 5k  | 30/03/2019 | 125  | 00:25:24 |      |
| Llanelli Coast parkrun | 5k  | 23/03/2019 | 51   | 00:25:08 |      |
| Porthcawl parkrun      | 5k  | 09/03/2019 | 187  | 00:27:54 |      |
| Llanelli Coast parkrun | 5k  | 02/03/2019 | 97   | 00:30:54 |      |
| Llanelli Coast parkrun | 5k  | 16/02/2019 | 87   | 00:26:13 |      |
| Llanelli Coast parkrun | 5k  | 09/02/2019 | 104  | 00:33:39 |      |
| Porthcawl parkrun      | 5k  | 12/01/2019 | 213  | 00:27:48 |      |
| Swansea Bay parkrun    | 5k  | 01/01/2019 | 250  | 00:27:30 |      |

|                               |     |            |     |          |          |
|-------------------------------|-----|------------|-----|----------|----------|
| Porthcawl parkrun             | 5k  | 29/12/2018 | 292 | 00:28:59 |          |
| Porthcawl parkrun             | 5k  | 22/12/2018 | 183 | 00:27:25 |          |
| Llanelli Coast parkrun        | 5k  | 01/12/2018 | 60  | 00:26:04 |          |
| Swansea Bay parkrun           | 5k  | 24/11/2018 | 165 | 00:26:28 |          |
| Porthcawl parkrun             | 5k  | 10/11/2018 | 178 | 00:28:58 |          |
| Tata Steel Richard Burton 10k | 10k | 04/11/2018 | 839 | 00:58:13 | Male 60+ |
| Porthcawl parkrun             | 5k  | 27/10/2018 | 223 | 00:28:27 |          |
| Llanelli Coast parkrun        | 5k  | 20/10/2018 | 63  | 00:25:34 |          |
| Porthcawl parkrun             | 5k  | 29/09/2018 | 192 | 00:28:36 |          |
| Llanelli Coast parkrun        | 5k  | 15/09/2018 | 48  | 00:24:50 |          |
| Llanelli Coast parkrun        | 5k  | 08/09/2018 | 37  | 00:25:06 |          |
| Porthcawl parkrun             | 5k  | 01/09/2018 | 143 | 00:26:17 |          |
| Llanelli Coast parkrun        | 5k  | 25/08/2018 | 43  | 00:25:38 |          |
| Porthcawl parkrun             | 5k  | 18/08/2018 | 167 | 00:26:49 |          |
| Llanerchaeron parkrun         | 5k  | 04/08/2018 | 37  | 00:27:00 |          |
| Porthcawl parkrun             | 5k  | 21/07/2018 | 138 | 00:26:24 |          |
| Llanelli Coast parkrun        | 5k  | 07/07/2018 | 41  | 00:26:21 |          |
| Llanelli Coast parkrun        | 5k  | 30/06/2018 | 68  | 00:26:20 |          |
| Llanelli Coast parkrun        | 5k  | 23/06/2018 | 38  | 00:25:51 |          |
| Porthcawl parkrun             | 5k  | 16/06/2018 | 130 | 00:25:58 |          |
| Llanelli Coast parkrun        | 5k  | 09/06/2018 | 49  | 00:25:54 |          |
| Swansea Bay parkrun           | 5k  | 02/06/2018 | 165 | 00:26:14 |          |
| Llanelli Coast parkrun        | 5k  | 26/05/2018 | 60  | 00:25:12 |          |
| Llanelli Coast parkrun        | 5k  | 19/05/2018 | 58  | 00:26:16 |          |
| Porthcawl parkrun             | 5k  | 05/05/2018 | 170 | 00:26:49 |          |
| Llanelli Coast parkrun        | 5k  | 21/04/2018 | 51  | 00:26:22 |          |



|                          |    |            |     |          |
|--------------------------|----|------------|-----|----------|
| Swansea Bay parkrun      | 5k | 14/04/2018 | 185 | 00:28:18 |
| Swansea Bay parkrun      | 5k | 31/03/2018 | 467 | 00:46:12 |
| Llyn Llech Owain parkrun | 5k | 24/03/2018 | 54  | 00:27:31 |
| Llanelli Coast parkrun   | 5k | 10/03/2018 | 36  | 00:25:41 |
| Porthcawl parkrun        | 5k | 24/02/2018 | 125 | 00:26:59 |
| Llanelli Coast parkrun   | 5k | 17/02/2018 | 29  | 00:26:31 |
| Llanelli Coast parkrun   | 5k | 03/02/2018 | 58  | 00:27:32 |
| Swansea Bay parkrun      | 5k | 06/01/2018 | 113 | 00:26:23 |
| Porthcawl parkrun        | 5k | 30/12/2017 | 181 | 00:28:54 |
| Llanelli Coast parkrun   | 5k | 02/12/2017 | 32  | 00:24:42 |
| Swansea Bay parkrun      | 5k | 25/11/2017 | 105 | 00:25:11 |
| Llanelli Coast parkrun   | 5k | 18/11/2017 | 48  | 00:25:12 |
| Porthcawl parkrun        | 5k | 11/11/2017 | 132 | 00:28:08 |
| Llanelli Coast parkrun   | 5k | 04/11/2017 | 146 | 00:45:41 |
| Llanelli Coast parkrun   | 5k | 28/10/2017 | 37  | 00:25:19 |
| Llanelli Coast parkrun   | 5k | 14/10/2017 | 40  | 00:25:26 |
| Swansea Bay parkrun      | 5k | 07/10/2017 | 103 | 00:25:36 |
| Llanelli Coast parkrun   | 5k | 30/09/2017 | 47  | 00:26:34 |
| Llanelli Coast parkrun   | 5k | 02/09/2017 | 37  | 00:24:54 |
| Llanelli Coast parkrun   | 5k | 26/08/2017 | 90  | 00:27:38 |
| Porthcawl parkrun        | 5k | 12/08/2017 | 103 | 00:25:24 |
| Porthcawl parkrun        | 5k | 05/08/2017 | 105 | 00:26:18 |
| Gnoll parkrun            | 5k | 29/07/2017 | 24  | 00:25:14 |
| Llanelli Coast parkrun   | 5k | 22/07/2017 | 34  | 00:24:24 |
| Swansea Bay parkrun      | 5k | 15/07/2017 | 84  | 00:25:33 |
| Llanelli Coast parkrun   | 5k | 17/06/2017 | 39  | 00:25:19 |

|                                   |           |            |       |          |      |
|-----------------------------------|-----------|------------|-------|----------|------|
| Llanelli Coast parkrun            | 5k        | 10/06/2017 | 49    | 00:27:50 |      |
| Llanelli Coast parkrun            | 5k        | 03/06/2017 | 52    | 00:26:37 |      |
| Swansea Bay parkrun               | 5k        | 27/05/2017 | 131   | 00:27:36 |      |
| Whitford Point Multi-terrain Race | 5.6 miles | 17/05/2017 | 126   | 00:56:21 | VM50 |
| Llyn Llech Owain parkrun          | 5k        | 13/05/2017 | 34    | 00:26:20 |      |
| Porthcawl parkrun                 | 5k        | 29/04/2017 | 115   | 00:25:49 |      |
| Llanelli Coast parkrun            | 5k        | 22/04/2017 | 80    | 00:29:39 |      |
| Porthcawl parkrun                 | 5k        | 15/04/2017 | 138   | 00:25:14 |      |
| Llanelli Coast parkrun            | 5k        | 08/04/2017 | 43    | 00:24:44 |      |
| Swansea Bay parkrun               | 5k        | 01/04/2017 | 132   | 00:29:30 |      |
| Porthcawl parkrun                 | 5k        | 25/03/2017 | 148   | 00:26:23 |      |
| Swansea Bay parkrun               | 5k        | 18/03/2017 | 134   | 00:29:32 |      |
| Swansea Bay parkrun               | 5k        | 11/03/2017 | 165   | 00:29:11 |      |
| Llanelli Coast parkrun            | 5k        | 04/03/2017 | 75    | 00:30:28 |      |
| Swansea Bay parkrun               | 5k        | 25/02/2017 | 160   | 00:31:10 |      |
| Swansea Bay parkrun               | 5k        | 18/02/2017 | 162   | 00:28:21 |      |
| Swansea Bay parkrun               | 5k        | 28/01/2017 | 97    | 00:26:16 |      |
| Porthcawl parkrun                 | 5k        | 21/01/2017 | 206   | 00:28:04 |      |
| Porthcawl parkrun                 | 5k        | 14/01/2017 | 171   | 00:28:37 |      |
| Porthcawl parkrun                 | 5k        | 07/01/2017 | 182   | 00:28:19 |      |
| Porthcawl parkrun                 | 5k        | 31/12/2016 | 180   | 00:26:05 |      |
| Llanelli Coast parkrun            | 5k        | 24/12/2016 | 41    | 00:24:59 |      |
| <b>Meinir Jones</b>               |           | 16         |       |          |      |
| Endurancelife Pembrokeshire "10k" | 10k       | 27/04/2024 | 111   | 02:08:14 |      |
| WCR 10 miler                      | 10 miles  | 31/03/2024 | 25    | 01:51:08 |      |
| AJ Bell Great South Run 2023      | 10 miles  | 15/10/2023 | 10928 | 01:49:56 |      |

|  |               |            |       |          |        |
|--|---------------|------------|-------|----------|--------|
| Brisco Gorseinon 10k                                     | 10k           | 30/04/2023 | 576   | 01:03:38 | F60    |
| Richard Burton 10k                                       | 10k           | 06/11/2022 | 1387  | 01:06:44 | F60-69 |
| Tenby 10k  | 10k           | 31/07/2022 | 262   | 01:07:43 | F55    |
| Sospan MT10  | 10 miles      | 17/11/2019 | 409   | 01:55:38 | F55+   |
| Tenby 10k  | 10k           | 28/07/2019 | 365   | 01:05:04 |        |
| Tenby 10k  | 10k           | 29/07/2018 | 318   | 01:00:58 | F55    |
| West Glamorgan Xc League - Kenfig Nature Reserve - Women | TBC           | 26/11/2017 | 109   | 00:44:18 |        |
| West Glamorgan Xc League - Gnoll - Women                 | 5k            | 25/10/2017 | 124   | 00:30:27 |        |
| Cardiff Half Marathon                                    | Half Marathon | 01/10/2017 | 17893 | 02:55:45 | F60-64 |
| West Glamorgan Xc League - Llanmadoc - Women             | 4.5 miles     | 17/09/2017 | 80    | 00:47:39 |        |
| Tenby 10k  | 10k           | 30/07/2017 | 357   | 01:02:32 | F55    |
| Royal Welsh Trail Festival 10k                           | 10k           | 21/05/2017 | 354   | 01:17:39 | MW55   |
| Run4all Neath Santa 5k                                   | 5k            | 03/12/2016 | 111   | 00:29:17 | FV60   |
| <b>Nerys Jones</b>                                       |               | 43         |       |          |        |
| Sandy Water parkrun                                      | 5k            | 06/08/2022 | 72    | 00:28:24 |        |
| Healthspan Porthcawl 10k                                 | 10k           | 03/07/2022 | 853   | 00:53:50 | F40+   |
| Sandy Water parkrun                                      | 5k            | 04/06/2022 | 52    | 00:26:18 |        |
| Admiral Swansea Bay 10k                                  | 10k           | 19/09/2021 | 775   | 00:53:13 |        |
| Swansea Bay parkrun                                      | 5k            | 11/09/2021 | 130   | 00:25:33 |        |
| Swansea Bay parkrun                                      | 5k            | 04/09/2021 | 150   | 00:25:28 |        |
| Llanelli Coast parkrun                                   | 5k            | 07/03/2020 | 43    | 00:27:59 |        |
| Swansea Bay parkrun                                      | 5k            | 22/02/2020 | 186   | 00:26:30 |        |
| Llanelli Coast parkrun                                   | 5k            | 01/02/2020 | 75    | 00:27:13 |        |
| Llanelli Coast parkrun                                   | 5k            | 28/12/2019 | 119   | 00:29:09 |        |
| Llanelli Coast parkrun                                   | 5k            | 21/09/2019 | 102   | 00:29:18 |        |
| Swansea Bay parkrun                                      | 5k            | 24/08/2019 | 219   | 00:27:25 |        |

|                           |               |            |      |          |      |
|---------------------------|---------------|------------|------|----------|------|
| Porthcawl 10k             | 10k           | 07/07/2019 | 1042 | 00:54:22 | F40+ |
| Swansea Bay parkrun       | 5k            | 29/06/2019 | 121  | 00:24:54 |      |
| JCP Swansea Half Marathon | Half Marathon | 23/06/2019 | 1892 | 01:59:31 | F40  |
| Swansea Bay parkrun       | 5k            | 25/05/2019 | 188  | 00:25:14 |      |
| Swansea Bay parkrun       | 5k            | 18/05/2019 | 202  | 00:25:46 |      |
| Llanelli Coast parkrun    | 5k            | 23/03/2019 | 58   | 00:25:39 |      |
| Porthcawl parkrun         | 5k            | 29/12/2018 | 291  | 00:28:58 |      |
| Llanelli Coast parkrun    | 5k            | 01/12/2018 | 59   | 00:26:02 |      |
| Llanelli Coast parkrun    | 5k            | 25/08/2018 | 77   | 00:28:17 |      |
| Llanelli Coast parkrun    | 5k            | 09/06/2018 | 74   | 00:28:21 |      |
| Swansea Bay parkrun       | 5k            | 02/06/2018 | 217  | 00:28:03 |      |
| Llanelli Coast parkrun    | 5k            | 26/05/2018 | 86   | 00:28:16 |      |
| Swansea Bay parkrun       | 5k            | 14/04/2018 | 204  | 00:29:26 |      |
| Llanelli Coast parkrun    | 5k            | 28/10/2017 | 54   | 00:26:56 |      |
| Llanelli Coast parkrun    | 5k            | 14/10/2017 | 69   | 00:28:16 |      |
| Swansea Bay parkrun       | 5k            | 07/10/2017 | 158  | 00:29:13 |      |
| Llanelli Coast parkrun    | 5k            | 30/09/2017 | 55   | 00:27:32 |      |
| Llanelli Coast parkrun    | 5k            | 26/08/2017 | 98   | 00:28:42 |      |
| Llanelli Coast parkrun    | 5k            | 22/07/2017 | 65   | 00:27:47 |      |
| Swansea Bay parkrun       | 5k            | 15/07/2017 | 114  | 00:27:40 |      |
| Llanelli Coast parkrun    | 5k            | 17/06/2017 | 64   | 00:28:47 |      |
| Llanelli Coast parkrun    | 5k            | 10/06/2017 | 56   | 00:29:04 |      |
| Swansea Bay parkrun       | 5k            | 27/05/2017 | 132  | 00:27:41 |      |
| Swansea Bay parkrun       | 5k            | 20/05/2017 | 158  | 00:28:26 |      |
| Llanelli Coast parkrun    | 5k            | 22/04/2017 | 83   | 00:29:51 |      |
| Swansea Bay parkrun       | 5k            | 01/04/2017 | 133  | 00:29:31 |      |

|                         |               |            |     |          |      |
|-------------------------|---------------|------------|-----|----------|------|
| Swansea Bay parkrun     | 5k            | 18/03/2017 | 133 | 00:29:31 |      |
| Swansea Bay parkrun     | 5k            | 11/03/2017 | 163 | 00:29:09 |      |
| Llanelli Coast parkrun  | 5k            | 04/03/2017 | 73  | 00:30:26 |      |
| Swansea Bay parkrun     | 5k            | 25/02/2017 | 158 | 00:31:07 |      |
| Swansea Bay parkrun     | 5k            | 18/02/2017 | 224 | 00:31:27 |      |
| <b>Philip Jones</b>     |               | 23         |     |          |      |
| Swansea Bay parkrun     | 5k            | 05/03/2022 | 114 | 00:23:59 |      |
| Swansea Bay parkrun     | 5k            | 29/01/2022 | 115 | 00:25:07 |      |
| Swansea Bay parkrun     | 5k            | 22/01/2022 | 125 | 00:24:39 |      |
| Witney parkrun          | 5k            | 18/12/2021 | 62  | 00:26:33 |      |
| Swansea Bay parkrun     | 5k            | 27/11/2021 | 66  | 00:24:33 |      |
| Swansea Bay parkrun     | 5k            | 13/11/2021 | 96  | 00:23:58 |      |
| Worcester Half Marathon | Half Marathon | 16/05/2021 | 119 | 01:56:47 | MV55 |
| Swansea Bay parkrun     | 5k            | 29/02/2020 | 100 | 00:23:46 |      |
| Swansea Bay parkrun     | 5k            | 08/02/2020 | 117 | 00:23:37 |      |
| Swansea Bay parkrun     | 5k            | 23/11/2019 | 98  | 00:24:25 |      |
| Swansea Bay parkrun     | 5k            | 28/09/2019 | 75  | 00:23:31 |      |
| Admiral Swansea Bay 10k | 10k           | 22/09/2019 |     | 00:48:12 |      |
| Swansea Bay parkrun     | 5k            | 17/08/2019 | 86  | 00:23:21 |      |
| Swansea Bay parkrun     | 5k            | 13/07/2019 | 98  | 00:23:22 |      |
| Swansea Bay parkrun     | 5k            | 22/06/2019 | 74  | 00:23:20 |      |
| Swansea Bay parkrun     | 5k            | 08/06/2019 | 93  | 00:23:35 |      |
| Swansea Bay parkrun     | 5k            | 11/05/2019 | 122 | 00:24:19 |      |
| Swansea Bay parkrun     | 5k            | 13/04/2019 | 104 | 00:23:48 |      |
| Swansea Bay parkrun     | 5k            | 06/04/2019 | 85  | 00:23:43 |      |
| Swansea Bay parkrun     | 5k            | 09/03/2019 | 93  | 00:24:01 |      |

|                                     |     |            |    |          |
|-------------------------------------|-----|------------|----|----------|
| Swansea Bay parkrun                 | 5k  | 26/01/2019 | 75 | 00:23:06 |
| Swansea Bay parkrun                 | 5k  | 22/12/2018 | 91 | 00:24:05 |
| Swansea Bay parkrun                 | 5k  | 15/12/2018 | 46 | 00:24:44 |
| <b>Rob Jones</b>                    |     | 49         |    |          |
| Sandy Water parkrun                 | 5k  | 14/12/2024 | 38 | 00:23:52 |
| Sandy Water parkrun                 | 5k  | 30/11/2024 | 16 | 00:22:09 |
| Sandy Water parkrun                 | 5k  | 02/11/2024 | 14 | 00:21:08 |
| Sandy Water parkrun                 | 5k  | 26/10/2024 | 38 | 00:23:42 |
| Sandy Water parkrun                 | 5k  | 19/10/2024 | 59 | 00:25:02 |
| Sandy Water parkrun                 | 5k  | 12/10/2024 | 20 | 00:21:56 |
| Sandy Water parkrun                 | 5k  | 05/10/2024 | 11 | 00:21:32 |
| Sandy Water parkrun                 | 5k  | 28/09/2024 | 10 | 00:20:03 |
| Sandy Water parkrun                 | 5k  | 21/09/2024 | 10 | 00:20:20 |
| Sandy Water parkrun                 | 5k  | 17/08/2024 | 16 | 00:21:33 |
| Sandy Water parkrun                 | 5k  | 27/07/2024 | 9  | 00:20:37 |
| Sandy Water parkrun                 | 5k  | 20/07/2024 | 14 | 00:20:14 |
| Swansea Bay 5k Summer Series Race 3 | 5k  | 10/07/2024 | 32 | 00:20:04 |
| Sandy Water parkrun                 | 5k  | 06/07/2024 | 11 | 00:20:43 |
| Swansea Bay parkrun                 | 5k  | 29/06/2024 | 38 | 00:21:07 |
| Swansea Bay 5k Summer Series Race 2 | 5k  | 12/06/2024 | 29 | 00:20:12 |
| Sandy Water parkrun                 | 5k  | 01/06/2024 | 10 | 00:20:04 |
| Sandy Water parkrun                 | 5k  | 25/05/2024 | 11 | 00:19:59 |
| Brisco Gorseinon 10k                | 10k | 19/05/2024 |    | 00:41:12 |
| Sandy Water parkrun                 | 5k  | 18/05/2024 | 45 | 00:24:26 |
| Sandy Water parkrun                 | 5k  | 11/05/2024 | 10 | 00:19:53 |
| Endurancelife Pembrokeshire "10k"   | 10k | 27/04/2024 | 18 | 01:18:15 |

|                       |               |            |    |          |     |
|-----------------------|---------------|------------|----|----------|-----|
| Sandy Water parkrun   | 5k            | 13/04/2024 | 12 | 00:19:40 |     |
| Sandy Water parkrun   | 5k            | 06/04/2024 | 19 | 00:21:37 |     |
| Sandy Water parkrun   | 5k            | 30/03/2024 | 9  | 00:20:15 |     |
| Sandy Water parkrun   | 5k            | 23/03/2024 | 9  | 00:20:54 |     |
| Sandy Water parkrun   | 5k            | 16/03/2024 | 9  | 00:20:43 |     |
| Sandy Water parkrun   | 5k            | 09/03/2024 | 8  | 00:20:54 |     |
| Sandy Water parkrun   | 5k            | 02/03/2024 | 6  | 00:19:31 |     |
| Sandy Water parkrun   | 5k            | 24/02/2024 | 20 | 00:21:26 |     |
| Sandy Water parkrun   | 5k            | 17/02/2024 | 10 | 00:19:59 |     |
| Sandy Water parkrun   | 5k            | 10/02/2024 | 18 | 00:19:58 |     |
| Sandy Water parkrun   | 5k            | 27/01/2024 | 11 | 00:20:05 |     |
| Sandy Water parkrun   | 5k            | 20/01/2024 | 48 | 00:26:43 |     |
| Sandy Water parkrun   | 5k            | 13/01/2024 | 11 | 00:20:24 |     |
| Sandy Water parkrun   | 5k            | 23/12/2023 | 22 | 00:19:52 |     |
| Sandy Water parkrun   | 5k            | 16/12/2023 | 19 | 00:22:27 |     |
| Swansea Bay parkrun   | 5k            | 09/12/2023 | 20 | 00:20:00 |     |
| Sandy Water parkrun   | 5k            | 02/12/2023 | 41 | 00:26:18 |     |
| Swansea Bay parkrun   | 5k            | 25/11/2023 | 32 | 00:19:36 |     |
| Sandy Water parkrun   | 5k            | 11/11/2023 | 13 | 00:20:16 |     |
| Sandy Water parkrun   | 5k            | 04/11/2023 | 51 | 00:29:08 |     |
| Swansea Bay parkrun   | 5k            | 07/10/2023 | 36 | 00:19:42 |     |
| Sandy Water parkrun   | 5k            | 30/09/2023 | 9  | 00:19:27 |     |
| Sandy Water parkrun   | 5k            | 23/09/2023 | 12 | 00:19:56 |     |
| Sandy Water parkrun   | 5k            | 16/09/2023 | 10 | 00:20:01 |     |
| Swansea Half Marathon | Half Marathon | 11/06/2023 |    | 01:32:34 | M40 |
| Brisco Gorseinon 10k  | 10k           | 30/04/2023 | 71 | 00:43:18 | M40 |

|                                   |     |            |      |          |        |
|-----------------------------------|-----|------------|------|----------|--------|
| Richard Burton 10k                | 10k | 06/11/2022 | 203  | 00:45:11 | M40-49 |
| <b>Rosemarie Jones</b>            |     | 48         |      |          |        |
| Cycle Route 43 parkrun Ystalyfera | 5k  | 21/12/2024 | 47   | 00:39:16 |        |
| Swansea Bay parkrun               | 5k  | 14/12/2024 | 387  | 00:37:33 |        |
| Cycle Route 43 parkrun Ystalyfera | 5k  | 16/11/2024 | 91   | 00:48:37 |        |
| Porthcawl parkrun                 | 5k  | 09/11/2024 | 424  | 00:39:17 |        |
| Richard Burton 10k                | 10k | 03/11/2024 | 2460 | 01:25:59 | F60-69 |
| Cycle Route 43 parkrun Ystalyfera | 5k  | 02/11/2024 | 89   | 00:40:11 |        |
| Sandy Water parkrun               | 5k  | 26/10/2024 | 186  | 00:40:17 |        |
| Porthcawl parkrun                 | 5k  | 19/10/2024 | 397  | 00:42:20 |        |
| Sandy Water parkrun               | 5k  | 12/10/2024 | 169  | 00:40:50 |        |
| Cycle Route 43 parkrun Ystalyfera | 5k  | 05/10/2024 | 66   | 00:40:47 |        |
| Sandy Water parkrun               | 5k  | 21/09/2024 | 174  | 00:41:03 |        |
| Sandy Water parkrun               | 5k  | 17/08/2024 | 199  | 00:43:46 |        |
| Swansea Bay parkrun               | 5k  | 10/08/2024 | 433  | 00:47:10 |        |
| Porthcawl parkrun                 | 5k  | 27/07/2024 | 529  | 00:40:58 |        |
| Porthcawl parkrun                 | 5k  | 13/07/2024 | 477  | 00:41:09 |        |
| Swansea Bay parkrun               | 5k  | 25/05/2024 | 623  | 00:46:31 |        |
| Sandy Water parkrun               | 5k  | 13/04/2024 | 164  | 00:39:03 |        |
| Porthcawl parkrun                 | 5k  | 06/04/2024 | 416  | 00:41:09 |        |
| Swansea Bay parkrun               | 5k  | 30/03/2024 | 681  | 00:45:57 |        |
| Swansea Bay parkrun               | 5k  | 23/03/2024 | 475  | 00:47:19 |        |
| Porthcawl parkrun                 | 5k  | 02/03/2024 | 407  | 00:38:39 |        |
| Swansea Bay parkrun               | 5k  | 24/02/2024 | 512  | 00:37:41 |        |
| Swansea Bay parkrun               | 5k  | 27/01/2024 | 551  | 00:39:11 |        |
| Porthcawl parkrun                 | 5k  | 13/01/2024 | 465  | 00:38:54 |        |



|                                     |     |            |      |          |          |
|-------------------------------------|-----|------------|------|----------|----------|
| Swansea Bay parkrun                 | 5k  | 06/01/2024 | 558  | 00:39:03 |          |
| Swansea Bay parkrun                 | 5k  | 30/12/2023 | 489  | 00:39:12 |          |
| Swansea Bay parkrun                 | 5k  | 23/12/2023 | 524  | 00:39:18 |          |
| Swansea Bay parkrun                 | 5k  | 16/12/2023 | 367  | 00:48:14 |          |
| Swansea Bay parkrun                 | 5k  | 18/11/2023 | 409  | 00:39:38 |          |
| Porthcawl parkrun                   | 5k  | 11/11/2023 | 401  | 00:39:06 |          |
| Swansea Bay parkrun                 | 5k  | 21/10/2023 | 446  | 00:38:28 |          |
| Sandy Water parkrun                 | 5k  | 14/10/2023 | 158  | 00:38:24 |          |
| Sandy Water parkrun                 | 5k  | 07/10/2023 | 163  | 00:41:26 |          |
| Haverfordwest parkrun               | 5k  | 23/09/2023 | 91   | 00:40:58 |          |
| Admiral Swansea Bay 10k             | 10k | 17/09/2023 | 2734 | 01:26:52 | Female   |
| Swansea Bay parkrun                 | 5k  | 19/08/2023 | 432  | 00:39:25 |          |
| Swansea Bay parkrun                 | 5k  | 12/08/2023 | 371  | 00:39:40 |          |
| Swansea Bay parkrun                 | 5k  | 29/07/2023 | 489  | 00:39:07 |          |
| Haverfordwest parkrun               | 5k  | 15/07/2023 | 82   | 00:41:00 |          |
| Porthcawl parkrun                   | 5k  | 01/07/2023 | 293  | 00:39:49 |          |
| Swansea Bay parkrun                 | 5k  | 24/06/2023 | 493  | 00:40:11 |          |
| Porthcawl parkrun                   | 5k  | 17/06/2023 | 414  | 00:40:34 |          |
| Porthcawl parkrun                   | 5k  | 10/06/2023 | 376  | 00:41:33 |          |
| Swansea Bay parkrun                 | 5k  | 03/06/2023 | 517  | 00:45:24 |          |
| Swansea Bay parkrun                 | 5k  | 27/05/2023 | 540  | 00:45:19 |          |
| Porthcawl parkrun                   | 5k  | 20/05/2023 | 411  | 00:41:29 |          |
| Swansea Bay parkrun                 | 5k  | 13/05/2023 | 515  | 00:45:39 |          |
| Swansea Bay parkrun                 | 5k  | 22/04/2023 | 469  | 00:39:40 |          |
| <b>Simon Jones</b>                  |     | 22         |      |          |          |
| Merthyr Mawr Christmas Pudding Race | 10k | 15/12/2024 | 17   | 00:47:20 | VeteranM |

|  |               |            |      |          |        |
|--|---------------|------------|------|----------|--------|
| Richard Burton 10k                             | 10k           | 03/11/2024 | 75   | 00:38:37 | M40-49 |
| MBNA Chester Marathon                          | Marathon      | 06/10/2024 | 270  | 02:59:07 | MV40   |
| Admiral Swansea Bay 10k                        | 10k           | 15/09/2024 | 204  | 00:40:25 |        |
| A J Bell Great North Run                       | Half Marathon | 08/09/2024 | 1283 | 01:29:10 |        |
| Swansea Bay 5k Summer Series Race 3            | 5k            | 10/07/2024 | 20   | 00:19:16 |        |
| adidas Manchester Marathon 2024                | Marathon      | 14/04/2024 | 264  | 02:48:10 |        |
| Tenby 10k                                      | 10k           | 29/10/2023 | 8    | 00:38:36 |        |
| Admiral Swansea Bay 10k                        | 10k           | 17/09/2023 | 104  | 00:38:32 | Male   |
| Brisco Gorseinon 10k                           | 10k           | 30/04/2023 | 41   | 00:41:19 | M40    |
| Bank of America Chicago Marathon               | Marathon      | 09/10/2022 | 2754 | 03:06:15 | M40-44 |
| Llanelli Half Marathon                         | Half Marathon | 25/09/2022 | 20   | 01:26:11 | M40    |
| Admiral Swansea Bay 10k                        | 10k           | 18/09/2022 | 129  | 00:38:46 | M40    |
| 2022 Castell Howell International Snowdon Race | 10 miles      | 16/07/2022 | 153  | 01:50:29 | M40+   |
| Toughrunner UK Swansea Epic Trail 10k          | 10k           | 22/05/2022 | 13   | 00:42:07 | M40-49 |
| St Iltyd's Ultra Marathon (50km)               | Ultra         | 01/05/2022 | 4    | 04:51:40 |        |
| Great Welsh Marathon                           | Marathon      | 10/04/2022 | 17   | 02:59:17 | M40    |
| Endurance Life Gower Ultra                     | Ultra         | 13/11/2021 | 34   | 05:59:47 | M      |
| Tata Steel Richard Burton 10k                  | 10k           | 07/11/2021 | 58   | 00:39:48 | M30-39 |
| JCP Swansea Half Marathon                      | Half Marathon | 17/10/2021 | 87   | 01:28:19 | MSEN   |
| Admiral Swansea Bay 10k                        | 10k           | 19/09/2021 | 95   | 00:39:30 |        |
| Welsh Athletics Welsh Road Relay Championships | 5400m         | 11/09/2021 | 19   | 00:21:05 | MM35   |
| <b>Steve Jones</b>                             |               |            | 44   |          |        |
| Tri Hard Harriers 5K On The Bay                | 5k            | 22/08/2024 | 261  | 00:28:49 |        |
| Swansea Bay parkrun                            | 5k            | 27/07/2024 | 355  | 00:29:34 |        |
| Ogi Porthcawl 10k                              | 10k           | 07/07/2024 |      | 01:00:28 | M65    |
| Sandy Water parkrun                            | 5k            | 15/06/2024 | 92   | 00:28:32 |        |

|                                 |               |            |       |          |        |
|---------------------------------|---------------|------------|-------|----------|--------|
| Swansea Bay parkrun             | 5k            | 01/06/2024 | 293   | 00:28:13 |        |
| Lawson parkrun                  | 5k            | 25/05/2024 | 72    | 00:32:09 |        |
| Kingscliff parkrun              | 5k            | 18/05/2024 | 67    | 00:26:56 |        |
| Runaway Sydney Half Marathon    | Half Marathon | 05/05/2024 | 12581 | 02:22:27 | M65-69 |
| Keswick parkrun                 | 5k            | 20/04/2024 | 149   | 00:28:34 |        |
| Sandy Water parkrun             | 5k            | 13/04/2024 | 88    | 00:27:14 |        |
| Milford Waterfront parkrun      | 5k            | 06/04/2024 | 47    | 00:27:46 |        |
| Swansea Bay parkrun             | 5k            | 16/03/2024 | 341   | 00:30:24 |        |
| Swansea Bay parkrun             | 5k            | 27/01/2024 | 174   | 00:25:14 |        |
| Swansea Bay parkrun             | 5k            | 01/01/2024 | 124   | 00:24:31 |        |
| Sandy Water parkrun             | 5k            | 30/12/2023 | 57    | 00:25:27 |        |
| Llyn Llech Owain parkrun        | 5k            | 25/12/2023 | 46    | 00:26:45 |        |
| Swansea Bay parkrun             | 5k            | 23/12/2023 | 232   | 00:26:14 |        |
| Swansea Bay parkrun             | 5k            | 16/12/2023 | 103   | 00:24:33 |        |
| Swansea Bay parkrun             | 5k            | 09/12/2023 | 145   | 00:26:52 |        |
| Tenby 10k                       | 10k           | 29/10/2023 | 337   | 00:55:54 |        |
| Haverfordwest parkrun           | 5k            | 28/10/2023 | 44    | 00:29:20 |        |
| Buckingham parkrun              | 5k            | 07/10/2023 | 84    | 00:25:36 |        |
| Swansea Bay parkrun             | 5k            | 30/09/2023 | 184   | 00:26:05 |        |
| Swansea Bay parkrun             | 5k            | 02/09/2023 | 145   | 00:25:01 |        |
| Tri Hard Harriers 5k on the Bay | 5k            | 24/08/2023 | 139   | 00:24:28 | M40+   |
| Swansea Bay parkrun             | 5k            | 19/08/2023 | 137   | 00:24:41 |        |
| Swansea Bay parkrun             | 5k            | 29/07/2023 | 473   | 00:36:11 |        |
| Swansea Bay parkrun             | 5k            | 22/07/2023 | 99    | 00:24:59 |        |
| Colby parkrun                   | 5k            | 08/07/2023 | 32    | 00:26:39 |        |
| Sandy Water parkrun             | 5k            | 17/06/2023 | 39    | 00:25:02 |        |

|                                     |               |            |      |          |          |
|-------------------------------------|---------------|------------|------|----------|----------|
| Swansea Half Marathon               | Half Marathon | 11/06/2023 |      | 02:19:09 | M65      |
| Swansea Bay parkrun                 | 5k            | 27/05/2023 | 224  | 00:26:05 |          |
| Swansea Bay parkrun                 | 5k            | 06/05/2023 | 157  | 00:25:03 |          |
| Swansea Bay parkrun                 | 5k            | 08/04/2023 | 235  | 00:27:12 |          |
| Swansea Bay parkrun                 | 5k            | 01/04/2023 | 114  | 00:24:45 |          |
| Swansea Bay parkrun                 | 5k            | 18/03/2023 | 171  | 00:26:21 |          |
| Swansea Bay parkrun                 | 5k            | 04/03/2023 | 108  | 00:23:59 |          |
| Swansea Bay parkrun                 | 5k            | 25/02/2023 | 163  | 00:25:30 |          |
| Swansea Bay parkrun                 | 5k            | 21/01/2023 | 117  | 00:24:46 |          |
| Glynneath 5 Boxing Day 5 Mile Race  | 5 miles       | 26/12/2022 | 101  | 00:38:30 | M60+     |
| Swansea Bay parkrun                 | 5k            | 24/12/2022 | 183  | 00:25:35 |          |
| Aylesbury parkrun                   | 5k            | 03/12/2022 | 43   | 00:24:30 |          |
| Swansea Bay parkrun                 | 5k            | 26/11/2022 | 99   | 00:23:55 |          |
| Sandy Water parkrun                 | 5k            | 12/11/2022 | 33   | 00:24:02 |          |
| <b>Terry Jones</b>                  |               | 48         |      |          |          |
| Cycle Route 43 parkrun Ystalyfera   | 5k            | 21/12/2024 | 27   | 00:29:30 |          |
| Merthyr Mawr Christmas Pudding Race | 10k           | 15/12/2024 | 217  | 01:07:35 | VeteranM |
| Swansea Bay parkrun                 | 5k            | 14/12/2024 | 215  | 00:27:47 |          |
| Cycle Route 43 parkrun Ystalyfera   | 5k            | 16/11/2024 | 39   | 00:28:23 |          |
| Richard Burton 10k                  | 10k           | 03/11/2024 | 1328 | 00:58:42 | M70-79   |
| Cycle Route 43 parkrun Ystalyfera   | 5k            | 02/11/2024 | 56   | 00:29:37 |          |
| Sandy Water parkrun                 | 5k            | 26/10/2024 | 73   | 00:26:58 |          |
| Porthcawl parkrun                   | 5k            | 19/10/2024 | 231  | 00:28:42 |          |
| Cycle Route 43 parkrun Ystalyfera   | 5k            | 05/10/2024 | 24   | 00:27:59 |          |
| Cycle Route 43 parkrun Ystalyfera   | 5k            | 28/09/2024 | 42   | 00:28:19 |          |
| Sandy Water parkrun                 | 5k            | 21/09/2024 | 81   | 00:27:53 |          |

|                                   |     |            |      |          |
|-----------------------------------|-----|------------|------|----------|
| Admiral Swansea Bay 10k           | 10k | 15/09/2024 | 1745 | 00:58:13 |
| Swansea Bay parkrun               | 5k  | 14/09/2024 | 299  | 00:29:45 |
| Sandy Water parkrun               | 5k  | 17/08/2024 | 114  | 00:28:47 |
| Swansea Bay parkrun               | 5k  | 10/08/2024 | 294  | 00:29:49 |
| Swansea Bay parkrun               | 5k  | 03/08/2024 | 549  | 00:38:19 |
| Porthcawl parkrun                 | 5k  | 27/07/2024 | 339  | 00:30:11 |
| Porthcawl parkrun                 | 5k  | 13/07/2024 | 276  | 00:28:26 |
| Swansea Bay parkrun               | 5k  | 29/06/2024 | 294  | 00:29:15 |
| Swansea Bay parkrun               | 5k  | 22/06/2024 | 288  | 00:29:19 |
| Cycle Route 43 parkrun Ystalyfera | 5k  | 01/06/2024 | 84   | 00:29:52 |
| Swansea Bay parkrun               | 5k  | 25/05/2024 | 359  | 00:28:17 |
| Sandy Water parkrun               | 5k  | 13/04/2024 | 95   | 00:27:46 |
| Porthcawl parkrun                 | 5k  | 06/04/2024 | 223  | 00:29:56 |
| Swansea Bay parkrun               | 5k  | 30/03/2024 | 388  | 00:29:33 |
| Swansea Bay parkrun               | 5k  | 23/03/2024 | 289  | 00:29:05 |
| Porthcawl parkrun                 | 5k  | 02/03/2024 | 404  | 00:38:20 |
| Swansea Bay parkrun               | 5k  | 24/02/2024 | 360  | 00:30:36 |
| Gnoll parkrun                     | 5k  | 03/02/2024 | 76   | 00:30:15 |
| Swansea Bay parkrun               | 5k  | 27/01/2024 | 342  | 00:29:51 |
| Porthcawl parkrun                 | 5k  | 13/01/2024 | 261  | 00:29:14 |
| Swansea Bay parkrun               | 5k  | 06/01/2024 | 307  | 00:28:42 |
| Swansea Bay parkrun               | 5k  | 01/01/2024 | 349  | 00:31:18 |
| Swansea Bay parkrun               | 5k  | 30/12/2023 | 332  | 00:29:21 |
| Swansea Bay parkrun               | 5k  | 23/12/2023 | 525  | 00:39:19 |
| Swansea Bay parkrun               | 5k  | 18/11/2023 | 227  | 00:29:03 |
| Swansea Bay parkrun               | 5k  | 04/11/2023 | 260  | 00:29:50 |

|   |               |            |      |          |      |
|---|---------------|------------|------|----------|------|
| Tenby 10k   | 10k           | 29/10/2023 | 454  | 00:59:21 |      |
| Sandy Water parkrun                               | 5k            | 07/10/2023 | 69   | 00:27:49 |      |
| Swansea Bay parkrun                               | 5k            | 30/09/2023 | 246  | 00:28:05 |      |
| Haverfordwest parkrun                             | 5k            | 23/09/2023 | 55   | 00:29:52 |      |
| Admiral Swansea Bay 10k                           | 10k           | 17/09/2023 | 1475 | 01:00:09 | Male |
| Swansea Bay parkrun                               | 5k            | 19/08/2023 | 429  | 00:38:55 |      |
| Swansea Bay parkrun                               | 5k            | 12/08/2023 | 372  | 00:39:41 |      |
| Swansea Bay parkrun                               | 5k            | 29/07/2023 | 333  | 00:29:09 |      |
| Haverfordwest parkrun                             | 5k            | 15/07/2023 | 61   | 00:32:17 |      |
| Porthcawl parkrun                                 | 5k            | 01/07/2023 | 294  | 00:39:49 |      |
| Swansea Bay parkrun                               | 5k            | 24/06/2023 | 495  | 00:40:16 |      |
| <b>Elfed Joseph</b>                               |               | 23         |      |          |      |
| Swansea Bay parkrun                               | 5k            | 14/03/2020 | 93   | 00:23:55 |      |
| Swansea Bay parkrun                               | 5k            | 07/03/2020 | 130  | 00:24:39 |      |
| Celtic Christmas Trail                            | Half Marathon | 21/12/2019 | 188  | 04:05:03 | V50  |
| Admiral Swansea Bay 10k                           | 10k           | 22/09/2019 |      | 00:53:06 |      |
| Swansea Bay parkrun                               | 5k            | 24/11/2018 | 112  | 00:24:01 |      |
| Swansea Bay parkrun                               | 5k            | 22/09/2018 | 71   | 00:23:28 |      |
| Swansea Bay parkrun                               | 5k            | 25/08/2018 | 345  | 00:40:24 |      |
| Port Talbot Half Marathon                         | Half Marathon | 12/08/2018 | 197  | 01:58:43 | M    |
| Sospan 10k  | 10k           | 23/06/2018 | 47   | 00:49:17 | M55+ |
| Dymock Half Marathon                              | Half Marathon | 27/05/2018 | 69   | 01:53:31 | VM   |
| Vale Coastal Ultra (32 Miles)                     | Ultra         | 07/04/2018 | 205  | 09:10:55 | M    |
| Hoka One One Winter Trail Half Marathon           | Half Marathon | 17/02/2018 | 395  | 02:29:20 | MV55 |
| West Glamorgan Xc League - Margam Park - Men      | TBC           | 28/01/2018 | 157  | 00:48:02 |      |
| West Glamorgan Xc League - Margam Reservoir - Men | 5.6 miles     | 14/01/2018 | 196  | 00:46:03 |      |

|  |               |            |      |          |                    |
|--|---------------|------------|------|----------|--------------------|
| Llandeilo New Years Eve 10 Miler                       | 10 miles      | 31/12/2017 | 182  | 01:44:02 |                    |
| Cottrell Park Christmas Cracker                        | 10k           | 17/12/2017 | 146  | 01:01:52 | Mens Masters 55-64 |
| West Glamorgan Xc League - Kenfig Nature Reserve - Men | TBC           | 26/11/2017 | 191  | 00:39:26 |                    |
| Jcp Swansea Half Marathon                              | Half Marathon | 25/06/2017 | 1482 | 01:55:07 | MV50               |
| Swansea Bay parkrun                                    | 5k            | 27/05/2017 | 64   | 00:23:47 |                    |
| Llanelli Half Marathon 2017                            | Half Marathon | 12/03/2017 | 371  | 01:46:32 | MV50               |
| Hoka One One Trail Half Marathon                       | Half Marathon | 19/02/2017 | 307  | 02:32:19 | M55                |
| Buff Trail 10k   | 10k           | 22/01/2017 | 145  | 00:58:44 | M                  |
| Cottrell Park Christmas Cracker                        | 10k           | 17/12/2016 | 104  | 00:55:38 | Mens Masters 55-64 |
| <b>Nicola Julian</b>                                   |               | 40         |      |          |                    |
| Richard Burton 10k                                     | 10k           | 03/11/2024 | 2318 | 01:17:30 | F50-59             |
| Sandy Water parkrun                                    | 5k            | 15/06/2024 | 150  | 00:34:31 |                    |
| Brisco Gorseinon 10k                                   | 10k           | 19/05/2024 |      | 01:12:44 |                    |
| Endurancelife Pembrokeshire "10k"                      | 10k           | 27/04/2024 | 112  | 02:10:00 |                    |
| Haverfordwest parkrun                                  | 5k            | 02/03/2024 | 56   | 00:40:38 |                    |
| Sandy Water parkrun                                    | 5k            | 24/02/2024 | 148  | 00:39:52 |                    |
| Sandy Water parkrun                                    | 5k            | 23/12/2023 | 160  | 00:34:28 |                    |
| Tenby 10k  | 10k           | 29/10/2023 | 757  | 01:13:52 |                    |
| Sandy Water parkrun                                    | 5k            | 07/10/2023 | 146  | 00:35:31 |                    |
| Sandy Water parkrun                                    | 5k            | 02/09/2023 | 152  | 00:37:24 |                    |
| Sandy Water parkrun                                    | 5k            | 22/07/2023 | 112  | 00:34:50 |                    |
| Brisco Gorseinon 10k                                   | 10k           | 30/04/2023 | 705  | 01:11:35 | F55                |
| Colby parkrun  | 5k            | 04/03/2023 | 131  | 00:36:00 |                    |
| Richard Burton 10k                                     | 10k           | 06/11/2022 | 1733 | 01:15:20 | F50-59             |
| Sandy Water parkrun                                    | 5k            | 17/09/2022 | 122  | 00:34:10 |                    |
| Sandy Water parkrun                                    | 5k            | 10/09/2022 | 103  | 00:35:19 |                    |

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|---|---------------|------------|-------|----------|------------|
| Colby parkrun                                       | 5k            | 05/03/2022 | 106   | 00:38:01 |            |
| Sandy Water parkrun                                 | 5k            | 12/02/2022 | 106   | 00:36:41 |            |
| Severn Bridge 10k                                   | 10k           | 25/08/2019 | 749   | 01:14:57 | F50        |
| ABP Barry 10k                                       | 10k           | 04/08/2019 | 2122  | 01:10:05 | F50+       |
| Tenby 10k   | 10k           | 28/07/2019 | 425   | 01:11:52 |            |
| Porthcawl 10k                                       | 10k           | 07/07/2019 | 2452  | 01:08:29 | F50+       |
| Llanelli Coast parkrun                              | 5k            | 13/04/2019 | 148   | 00:32:53 |            |
| Hockley Woods parkrun                               | 5k            | 01/01/2019 | 392   | 00:37:32 |            |
| Llanelli Coast parkrun                              | 5k            | 15/12/2018 | 45    | 00:33:40 |            |
| Tata Steel Richard Burton 10k                       | 10k           | 04/11/2018 | 1348  | 01:11:44 | Female 50+ |
| Admiral Swansea Bay 10k                             | 10k           | 16/09/2018 | 2219  | 01:05:30 | F45        |
| Jcp Swansea Half Marathon                           | Half Marathon | 24/06/2018 | 4031  | 02:30:21 | FV45       |
| Llanelli Coast parkrun                              | 5k            | 17/03/2018 | 89    | 00:34:00 |            |
| West Glamorgan Xc League - Margam Reservoir - Women | 5.6 miles     | 14/01/2018 | 153   | 01:07:01 |            |
| Swansea Bay parkrun                                 | 5k            | 18/11/2017 | 180   | 00:33:40 |            |
| Cardiff Half Marathon                               | Half Marathon | 01/10/2017 | 17894 | 02:55:45 | F50-54     |
| Severn Bridge 10k                                   | 10k           | 27/08/2017 | 364   | 01:10:04 | F50+       |
| Tenby 10k   | 10k           | 30/07/2017 | 490   | 01:16:49 | F45        |
| Ammanford Lions 10k                                 | 10k           | 09/07/2017 | 146   | 01:19:57 | F45        |
| Jcp Swansea Half Marathon                           | Half Marathon | 25/06/2017 | 4113  | 02:36:05 | FV45       |
| Royal Welsh Trail Festival 10k                      | 10k           | 21/05/2017 | 450   | 01:29:03 | MW45       |
| Llanelli Coast parkrun                              | 5k            | 11/02/2017 | 89    | 00:32:14 |            |
| Tata Steel Round The Reservoir Race - Women         | 5.6 miles     | 08/01/2017 | 50    | 01:02:05 | V50        |
| Richard Burton 10k                                  | 10k           | 06/11/2016 | 905   | 01:11:13 | FV50       |
| <b>Priy K</b>                                       |               | 2          |       |          |            |
| Sandy Water parkrun                                 | 5k            | 20/08/2022 | 10    | 00:21:00 |            |



|  |               |            |      |          |                    |
|--|---------------|------------|------|----------|--------------------|
| Swansea Bay parkrun                      | 5k            | 16/07/2022 | 29   | 00:20:32 |                    |
| <b>Vivienne Kavanagh</b>                 |               | 13         |      |          |                    |
| Merthyr Mawr Christmas Pudding Race      | 10k           | 08/12/2019 | 157  | 01:26:22 | FV                 |
| Aberystwyth Twins Peaks                  | 7 miles       | 13/10/2019 | 68   | 01:15:34 | FV55               |
| Offah's Dyke 15                          | 15 miles      | 15/06/2019 | 211  | 03:11:30 | FV55               |
| Whitford Point Multi Terrain Race        | 5.8 miles     | 15/05/2019 | 109  | 00:56:12 | VF50               |
| Rhayader Round The Lakes                 | 30k           | 02/03/2019 | 371  | 03:11:59 | FV55               |
| Merthyr Mawr Rabbit Run                  | 10k           | 16/06/2018 | 207  | 01:17:57 | MW55-64            |
| Glynneath 5                              | 5 miles       | 26/12/2017 | 382  | 00:48:31 |                    |
| Cardiff Half Marathon                    | Half Marathon | 01/10/2017 | 3189 | 01:47:52 | F50-54             |
| 2017 Tydfilians Roman Run                | 16 miles      | 02/09/2017 | 132  | 02:42:30 | Ladies Masters 35+ |
| Royal Welsh Trail Festival Half Marathon | Half Marathon | 21/05/2017 | 187  | 02:05:31 | MW45               |
| Glynneath Boxing Day 5 Mile Road Race    | 5 miles       | 26/12/2016 | 186  | 00:39:34 | F                  |
| Sospan MT10                              | 10 miles      | 20/11/2016 | 253  | 01:29:59 | F45+               |
| Richard Burton 10k                       | 10k           | 06/11/2016 | 305  | 00:48:34 | FV50               |
| <b>Bernd Kulesa</b>                      |               | 15         |      |          |                    |
| Aberystwyth parkrun                      | 5k            | 07/12/2019 | 11   | 00:21:48 |                    |
| Llyn Llech Owain parkrun                 | 5k            | 30/11/2019 | 10   | 00:21:50 |                    |
| Brynaman parkrun                         | 5k            | 23/11/2019 | 6    | 00:21:22 |                    |
| Swansea Bay parkrun                      | 5k            | 16/11/2019 | 90   | 00:23:59 |                    |
| Swansea Bay parkrun                      | 5k            | 09/11/2019 | 116  | 00:29:34 |                    |
| Swansea Bay parkrun                      | 5k            | 05/10/2019 | 93   | 00:24:04 |                    |
| Beckton parkrun                          | 5k            | 07/09/2019 | 32   | 00:24:32 |                    |
| Swansea Bay parkrun                      | 5k            | 24/08/2019 | 36   | 00:20:06 |                    |
| Grangemoor parkrun                       | 5k            | 10/08/2019 | 44   | 00:22:34 |                    |
| Richmond Olympic parkrun                 | 5k            | 27/07/2019 | 4    | 00:20:57 |                    |

|                                    |               |            |      |          |               |
|------------------------------------|---------------|------------|------|----------|---------------|
| Richmond Olympic parkrun           | 5k            | 20/07/2019 | 16   | 00:21:23 |               |
| Swansea Bay parkrun                | 5k            | 22/06/2019 | 17   | 00:19:41 |               |
| Bellerive parkrun                  | 5k            | 25/05/2019 | 5    | 00:20:52 |               |
| Launceston parkrun                 | 5k            | 18/05/2019 | 21   | 00:20:17 |               |
| Hobart parkrun                     | 5k            | 11/05/2019 | 5    | 00:21:45 |               |
| <b>Haley Lawton</b>                |               | 83         |      |          |               |
| Principality Cardiff Half Marathon | Half Marathon | 06/10/2024 | 648  | 01:26:37 | F35           |
| Admiral Swansea Bay 10k            | 10k           | 15/09/2024 | 136  | 00:38:20 |               |
| Tri Hard Harriers 5K On The Bay    | 5k            | 22/08/2024 | 35   | 00:18:19 |               |
| Colby parkrun                      | 5k            | 17/08/2024 | 26   | 00:22:52 |               |
| TCS London Marathon                | Marathon      | 21/04/2024 |      | 04:01:29 |               |
| San Domenico 20M                   | 20 miles      | 10/03/2024 | 94   | 02:47:41 | F35           |
| Rhayader Round the Lake            | 30k           | 02/03/2024 | 70   | 02:29:02 | FSen          |
| Ormeau parkrun                     | 5k            | 04/11/2023 | 122  | 00:24:44 |               |
| Swansea Bay parkrun                | 5k            | 21/10/2023 | 152  | 00:24:55 |               |
| Amsterdamse Bos parkrun            | 5k            | 14/10/2023 | 229  | 00:27:35 |               |
| Swansea Bay parkrun                | 5k            | 07/10/2023 | 126  | 00:23:01 |               |
| BMW Berlin Marathon 2023           | Marathon      | 24/09/2023 | 2351 | 03:42:33 | W35           |
| Admiral Swansea Bay 10k            | 10k           | 17/09/2023 | 284  | 00:43:45 | Female        |
| Colby parkrun                      | 5k            | 02/09/2023 | 31   | 00:22:12 |               |
| Swansea Bay parkrun                | 5k            | 26/08/2023 | 43   | 00:20:21 |               |
| Tri Hard Harriers 5k on the Bay    | 5k            | 24/08/2023 | 62   | 00:20:03 | Senior Female |
| Swansea Bay parkrun                | 5k            | 05/08/2023 | 53   | 00:22:39 |               |
| Cosmeston Lakes parkrun            | 5k            | 08/07/2023 | 130  | 00:29:56 |               |
| Barry Island parkrun               | 5k            | 24/06/2023 | 59   | 00:31:27 |               |
| Gnoll parkrun                      | 5k            | 17/06/2023 | 46   | 00:25:53 |               |

|                                    |               |            |       |          |        |
|------------------------------------|---------------|------------|-------|----------|--------|
| Swansea Bay parkrun                | 5k            | 27/05/2023 | 51    | 00:20:53 |        |
| Colby parkrun                      | 5k            | 06/05/2023 | 29    | 00:22:55 |        |
| Brisco Gorseinon 10k               | 10k           | 30/04/2023 | 120   | 00:46:11 | F35    |
| TCS London Marathon 2023           | Marathon      | 23/04/2023 | 10161 | 03:35:48 | F18-39 |
| Milford Waterfront parkrun         | 5k            | 08/04/2023 | 5     | 00:22:19 |        |
| Swansea Bay parkrun                | 5k            | 01/04/2023 | 102   | 00:24:07 |        |
| Brecon Carreg Cardiff Bay 10k      | 10k           | 26/03/2023 | 420   | 00:43:49 | F35    |
| Swansea Bay parkrun                | 5k            | 28/01/2023 | 120   | 00:24:00 |        |
| Cardiff parkrun                    | 5k            | 07/01/2023 | 66    | 00:21:26 |        |
| Llandeilo 10 Mile                  | 10 miles      | 31/12/2022 | 40    | 01:23:53 |        |
| Glynneath 5 Boxing Day 5 Mile Race | 5 miles       | 26/12/2022 | 70    | 00:35:26 | F30-39 |
| Gnoll parkrun                      | 5k            | 25/12/2022 | 18    | 00:25:20 |        |
| Swansea Bay parkrun                | 5k            | 10/12/2022 | 139   | 00:27:51 |        |
| Cardiff parkrun                    | 5k            | 26/11/2022 | 93    | 00:21:42 |        |
| Sospan MT10                        | 10 miles      | 20/11/2022 | 171   | 01:25:55 | F35-44 |
| Swansea Bay parkrun                | 5k            | 12/11/2022 | 166   | 00:26:56 |        |
| Swansea Bay parkrun                | 5k            | 29/10/2022 | 129   | 00:25:26 |        |
| Swansea Bay parkrun                | 5k            | 22/10/2022 | 87    | 00:22:39 |        |
| Swansea Bay parkrun                | 5k            | 08/10/2022 | 237   | 00:27:33 |        |
| Barnstaple parkrun                 | 5k            | 20/08/2022 | 82    | 00:28:20 |        |
| Swansea Bay parkrun                | 5k            | 13/08/2022 | 91    | 00:24:56 |        |
| Swansea Bay parkrun                | 5k            | 11/06/2022 | 161   | 00:26:39 |        |
| Gnoll parkrun                      | 5k            | 30/04/2022 | 30    | 00:26:09 |        |
| Swansea Bay parkrun                | 5k            | 16/04/2022 | 184   | 00:25:30 |        |
| Great Welsh Half Marathon          | Half Marathon | 10/04/2022 | 78    | 01:40:06 | F35    |
| Swansea Bay parkrun                | 5k            | 09/04/2022 | 137   | 00:25:37 |        |

|   |               |            |      |          |        |
|---|---------------|------------|------|----------|--------|
| South Manchester parkrun                      | 5k            | 02/04/2022 | 235  | 00:29:26 |        |
| 2022 Cardiff University Cardiff Half Marathon | Half Marathon | 27/03/2022 | 3578 | 01:57:20 | F35+   |
| Swansea Bay parkrun                           | 5k            | 12/03/2022 | 96   | 00:24:30 |        |
| Swansea Bay parkrun                           | 5k            | 26/02/2022 | 143  | 00:25:31 |        |
| Eastville parkrun                             | 5k            | 15/01/2022 | 259  | 00:27:28 |        |
| Gnoll parkrun                                 | 5k            | 25/12/2021 | 60   | 00:27:34 |        |
| Swansea Bay parkrun                           | 5k            | 18/12/2021 | 51   | 00:21:12 |        |
| Gnoll parkrun                                 | 5k            | 11/12/2021 | 23   | 00:23:12 |        |
| Tata Steel Richard Burton 10k                 | 10k           | 07/11/2021 | 223  | 00:46:27 | F30-39 |
| Sandy Water parkrun                           | 5k            | 23/10/2021 | 30   | 00:22:34 |        |
| SPAR Budapest Marathon                        | Marathon      | 10/10/2021 | 203  | 04:11:55 | W35    |
| Loch Ness Marathon                            | Marathon      | 03/10/2021 | 511  | 03:47:02 | FS     |
| Torvean parkrun                               | 5k            | 02/10/2021 | 285  | 00:35:43 |        |
| Admiral Swansea Bay 10k                       | 10k           | 19/09/2021 | 250  | 00:45:45 |        |
| Cardiff parkrun                               | 5k            | 18/09/2021 | 294  | 00:26:48 |        |
| Haverfordwest parkrun                         | 5k            | 04/09/2021 | 13   | 00:22:07 |        |
| Welsh 5k Series - Pembrey (Fixture 3 - Women) | 5k            | 31/07/2021 | 12   | 00:21:21 | W35    |
| Swansea Bay parkrun                           | 5k            | 14/03/2020 | 83   | 00:23:34 |        |
| Swansea Bay parkrun                           | 5k            | 07/03/2020 | 67   | 00:22:26 |        |
| Swansea Bay parkrun                           | 5k            | 22/02/2020 | 66   | 00:22:32 |        |
| Hoka Half Marathon (Afan Forest)              | Half Marathon | 22/02/2020 | 631  | 02:23:07 | FOpen  |
| Swansea Bay parkrun                           | 5k            | 15/02/2020 | 64   | 00:22:49 |        |
| Swansea Bay parkrun                           | 5k            | 08/02/2020 | 86   | 00:22:22 |        |
| Haverfordwest parkrun                         | 5k            | 01/02/2020 | 13   | 00:24:23 |        |
| Swansea Bay parkrun                           | 5k            | 25/01/2020 | 96   | 00:23:28 |        |
| Swansea Bay parkrun                           | 5k            | 12/10/2019 | 116  | 00:24:53 |        |

|                                   |     |            |     |          |
|-----------------------------------|-----|------------|-----|----------|
| Llanelli Coast parkrun            | 5k  | 21/09/2019 | 35  | 00:23:33 |
| Swansea Bay parkrun               | 5k  | 07/09/2019 | 136 | 00:24:49 |
| Swansea Bay parkrun               | 5k  | 24/08/2019 | 97  | 00:23:03 |
| Haverfordwest parkrun             | 5k  | 17/08/2019 | 41  | 00:25:44 |
| Tenby 10k                         | 10k | 28/07/2019 | 104 | 00:48:56 |
| Swansea Bay parkrun               | 5k  | 27/07/2019 | 225 | 00:27:23 |
| Swansea Bay parkrun               | 5k  | 13/07/2019 | 192 | 00:26:27 |
| Swansea Bay parkrun               | 5k  | 29/06/2019 | 107 | 00:24:35 |
| Swansea Bay parkrun               | 5k  | 22/06/2019 | 52  | 00:21:52 |
| Haverfordwest parkrun             | 5k  | 08/06/2019 | 11  | 00:23:49 |
| Swansea Bay parkrun               | 5k  | 01/06/2019 | 60  | 00:21:53 |
| <b>Saran Lewis</b>                |     | 85         |     |          |
| Sandy Water parkrun               | 5k  | 14/12/2024 | 109 | 00:36:31 |
| Three Brooks parkrun              | 5k  | 30/11/2024 | 293 | 00:31:53 |
| Brynaman parkrun                  | 5k  | 09/11/2024 | 16  | 00:31:54 |
| Sandy Water parkrun               | 5k  | 02/11/2024 | 181 | 00:37:06 |
| Cycle Route 43 parkrun Ystalyfera | 5k  | 26/10/2024 | 70  | 00:41:03 |
| Sandy Water parkrun               | 5k  | 19/10/2024 | 172 | 00:37:19 |
| Sandy Water parkrun               | 5k  | 12/10/2024 | 127 | 00:31:35 |
| Swansea Bay parkrun               | 5k  | 28/09/2024 | 499 | 00:35:00 |
| Swansea Bay parkrun               | 5k  | 21/09/2024 | 440 | 00:33:41 |
| Sandy Water parkrun               | 5k  | 07/09/2024 | 164 | 00:39:22 |
| Sandy Water parkrun               | 5k  | 31/08/2024 | 165 | 00:33:56 |
| Swansea Bay parkrun               | 5k  | 17/08/2024 | 515 | 00:39:17 |
| Sandy Water parkrun               | 5k  | 03/08/2024 | 174 | 00:36:21 |
| Swansea Bay parkrun               | 5k  | 27/07/2024 | 473 | 00:34:27 |

|                                   |     |            |     |          |
|-----------------------------------|-----|------------|-----|----------|
| Swansea Bay parkrun               | 5k  | 20/07/2024 | 418 | 00:35:24 |
| Swansea Bay parkrun               | 5k  | 13/07/2024 | 550 | 00:37:37 |
| Sandy Water parkrun               | 5k  | 06/07/2024 | 191 | 00:36:02 |
| Swansea Bay parkrun               | 5k  | 22/06/2024 | 429 | 00:34:54 |
| Maesteg parkrun                   | 5k  | 15/06/2024 | 42  | 00:35:59 |
| Swansea Bay parkrun               | 5k  | 08/06/2024 | 441 | 00:34:46 |
| Sandy Water parkrun               | 5k  | 01/06/2024 | 195 | 00:36:02 |
| Sandy Water parkrun               | 5k  | 25/05/2024 | 172 | 00:35:06 |
| Brisco Gorseinon 10k              | 10k | 19/05/2024 |     | 01:17:43 |
| Colby parkrun                     | 5k  | 11/05/2024 | 128 | 00:38:51 |
| Cycle Route 43 parkrun Ystalyfera | 5k  | 04/05/2024 | 122 | 00:36:53 |
| Swansea Bay parkrun               | 5k  | 27/04/2024 | 499 | 00:36:50 |
| Southwark parkrun                 | 5k  | 20/04/2024 | 687 | 00:36:46 |
| Sandy Water parkrun               | 5k  | 13/04/2024 | 160 | 00:37:50 |
| Aberfields parkrun                | 5k  | 16/03/2024 | 41  | 00:36:24 |
| Porthcawl parkrun                 | 5k  | 02/03/2024 | 380 | 00:36:15 |
| Swansea Bay parkrun               | 5k  | 10/02/2024 | 503 | 00:37:45 |
| Swansea Bay parkrun               | 5k  | 03/02/2024 | 467 | 00:36:17 |
| Swansea Bay parkrun               | 5k  | 27/01/2024 | 530 | 00:36:49 |
| Swansea Bay parkrun               | 5k  | 20/01/2024 | 498 | 00:36:55 |
| Sandy Water parkrun               | 5k  | 30/12/2023 | 155 | 00:36:52 |
| Llyn Llech Owain parkrun          | 5k  | 23/12/2023 | 100 | 00:39:12 |
| Swansea Bay parkrun               | 5k  | 25/11/2023 | 450 | 00:34:38 |
| Swansea Bay parkrun               | 5k  | 18/11/2023 | 388 | 00:35:57 |
| Sandy Water parkrun               | 5k  | 11/11/2023 | 122 | 00:36:41 |
| Tenby 10k                         | 10k | 29/10/2023 | 777 | 01:15:52 |

|   |               |            |       |          |        |
|---|---------------|------------|-------|----------|--------|
| Principality Cardiff Half Marathon 2023 | Half Marathon | 01/10/2023 |       | 02:44:35 | F45-49 |
| Swansea Bay parkrun                     | 5k            | 09/09/2023 | 419   | 00:36:10 |        |
| Gnoll parkrun                           | 5k            | 24/06/2023 | 142   | 00:35:29 |        |
| Sandy Water parkrun                     | 5k            | 03/06/2023 | 182   | 00:36:32 |        |
| Swansea Bay parkrun                     | 5k            | 20/05/2023 | 479   | 00:36:59 |        |
| Sandy Water parkrun                     | 5k            | 13/05/2023 | 104   | 00:36:44 |        |
| TCS London Marathon 2023                | Marathon      | 23/04/2023 | 44201 | 05:53:25 | F45-49 |
| Sandy Water parkrun                     | 5k            | 18/03/2023 | 93    | 00:34:06 |        |
| Swansea Bay parkrun                     | 5k            | 18/02/2023 | 388   | 00:38:42 |        |
| Swansea Bay parkrun                     | 5k            | 11/02/2023 | 383   | 00:37:11 |        |
| Swansea Bay parkrun                     | 5k            | 28/01/2023 | 391   | 00:37:38 |        |
| Swansea Bay parkrun                     | 5k            | 21/01/2023 | 348   | 00:36:19 |        |
| Swansea Bay parkrun                     | 5k            | 14/01/2023 | 438   | 00:38:25 |        |
| Sandy Water parkrun                     | 5k            | 07/01/2023 | 111   | 00:39:17 |        |
| Sandy Water parkrun                     | 5k            | 31/12/2022 | 112   | 00:39:28 |        |
| Sandy Water parkrun                     | 5k            | 24/12/2022 | 177   | 00:41:52 |        |
| Gnoll parkrun                           | 5k            | 03/12/2022 | 73    | 00:41:18 |        |
| Sandy Water parkrun                     | 5k            | 19/11/2022 | 122   | 00:39:56 |        |
| Gnoll parkrun                           | 5k            | 08/10/2022 | 94    | 00:39:00 |        |
| Swansea Bay parkrun                     | 5k            | 24/09/2022 | 383   | 00:41:28 |        |
| Sandy Water parkrun                     | 5k            | 03/09/2022 | 160   | 00:39:53 |        |
| Healthspan Porthcawl 10k                | 10k           | 03/07/2022 | 2378  | 01:19:16 | F45+   |
| JCP Swansea Half Marathon               | Half Marathon | 12/06/2022 | 2768  | 03:00:29 | F45    |
| Swansea Bay parkrun                     | 5k            | 26/02/2022 | 356   | 00:38:32 |        |
| Cardiff Bay 10k                         | 10k           | 26/09/2021 | 2684  | 01:14:10 | F45+   |
| Swansea Bay parkrun                     | 5k            | 29/02/2020 | 288   | 00:32:28 |        |

|                                   |     |            |      |          |      |
|-----------------------------------|-----|------------|------|----------|------|
| Swansea Bay parkrun               | 5k  | 10/08/2019 | 165  | 00:32:20 |      |
| ABP Barry 10k                     | 10k | 04/08/2019 | 1950 | 01:08:22 | F40+ |
| Brecon Carreg Cardiff Bay Run 10k | 10k | 31/03/2019 | 3459 | 01:05:13 | F40+ |
| Swansea Bay parkrun               | 5k  | 23/03/2019 | 285  | 00:31:47 |      |
| Swansea Bay parkrun               | 5k  | 16/02/2019 | 324  | 00:31:46 |      |
| Swansea Bay parkrun               | 5k  | 09/02/2019 | 217  | 00:32:02 |      |
| Swansea Bay parkrun               | 5k  | 26/01/2019 | 333  | 00:33:37 |      |
| Swansea Bay parkrun               | 5k  | 29/12/2018 | 319  | 00:32:22 |      |
| Swansea Bay parkrun               | 5k  | 01/12/2018 | 172  | 00:33:21 |      |
| Swansea Bay parkrun               | 5k  | 06/10/2018 | 160  | 00:31:36 |      |
| Admiral Swansea Bay 10k           | 10k | 16/09/2018 | 2325 | 01:06:01 | F35  |
| Swansea Bay parkrun               | 5k  | 07/07/2018 | 213  | 00:32:45 |      |
| Swansea Bay parkrun               | 5k  | 23/06/2018 | 248  | 00:32:23 |      |
| Swansea Bay parkrun               | 5k  | 09/06/2018 | 329  | 00:35:43 |      |
| Swansea Bay parkrun               | 5k  | 02/06/2018 | 334  | 00:32:53 |      |
| Cardiff Bay 10k                   | 10k | 25/03/2018 | 3616 | 01:07:22 | F40  |
| Swansea Bay parkrun               | 5k  | 17/02/2018 | 203  | 00:32:31 |      |
| Swansea Bay parkrun               | 5k  | 30/12/2017 | 195  | 00:32:14 |      |
| Swansea Bay parkrun               | 5k  | 23/12/2017 | 218  | 00:30:43 |      |
| <b>Shereen Lisk</b>               |     | 45         |      |          |      |
| Sandy Water parkrun               | 5k  | 10/08/2024 | 106  | 00:28:55 |      |
| Sandy Water parkrun               | 5k  | 27/07/2024 | 85   | 00:28:46 |      |
| Sandy Water parkrun               | 5k  | 20/07/2024 | 122  | 00:30:18 |      |
| Mallards Pike parkrun             | 5k  | 22/06/2024 | 57   | 00:30:37 |      |
| Sandy Water parkrun               | 5k  | 20/01/2024 | 88   | 00:31:24 |      |
| Sandy Water parkrun               | 5k  | 21/10/2023 | 73   | 00:29:18 |      |



|   |               |            |       |          |        |
|---|---------------|------------|-------|----------|--------|
| Sandy Water parkrun                           | 5k            | 14/10/2023 | 71    | 00:27:47 |        |
| Sandy Water parkrun                           | 5k            | 30/09/2023 | 90    | 00:29:26 |        |
| Brisco Gorseinon 10k                          | 10k           | 30/04/2023 | 340   | 00:54:47 | F45    |
| Sandy Water parkrun                           | 5k            | 28/01/2023 | 75    | 00:29:23 |        |
| Sandy Water parkrun                           | 5k            | 22/10/2022 | 87    | 00:28:02 |        |
| Sandy Water parkrun                           | 5k            | 08/10/2022 | 59    | 00:28:00 |        |
| Sandy Water parkrun                           | 5k            | 01/10/2022 | 79    | 00:30:11 |        |
| Sandy Water parkrun                           | 5k            | 30/07/2022 | 79    | 00:34:30 |        |
| 2022 Cardiff University Cardiff Half Marathon | Half Marathon | 27/03/2022 | 5506  | 02:08:18 | F45+   |
| Sandy Water parkrun                           | 5k            | 11/12/2021 | 49    | 00:26:54 |        |
| Sandy Water parkrun                           | 5k            | 04/12/2021 | 66    | 00:27:32 |        |
| Sandy Water parkrun                           | 5k            | 20/11/2021 | 75    | 00:26:59 |        |
| Virgin London Marathon                        | Marathon      | 03/10/2021 | 23227 | 04:48:08 | F45-49 |
| Tata Steel Round the Reservoir                | 5.6 miles     | 12/01/2020 | 91    | 00:47:42 | FV45   |
| Swansea Bay parkrun                           | 5k            | 01/01/2020 | 269   | 00:27:27 |        |
| Cardiff Half Marathon                         | Half Marathon | 06/10/2019 | 6997  | 02:06:31 | F45+   |
| Llanelli Coast parkrun                        | 5k            | 24/08/2019 | 103   | 00:28:36 |        |
| Swansea Bay parkrun                           | 5k            | 29/12/2018 | 347   | 00:34:48 |        |
| Llanelli Coast parkrun                        | 5k            | 15/12/2018 | 34    | 00:31:15 |        |
| Swansea Bay parkrun                           | 5k            | 24/11/2018 | 128   | 00:24:54 |        |
| Tcs New York Marathon                         | Marathon      | 04/11/2018 | 35672 | 04:57:54 | F45    |
| Cardiff Half Marathon                         | Half Marathon | 07/10/2018 | 5491  | 01:53:10 | F45+   |
| Jcp Swansea Half Marathon                     | Half Marathon | 24/06/2018 | 3246  | 02:20:36 | FV40   |
| Llanelli Coast parkrun                        | 5k            | 16/06/2018 | 33    | 00:25:10 |        |
| Llyn Llech Owain parkrun                      | 5k            | 24/03/2018 | 47    | 00:26:47 |        |
| Zurich Marato Barcelona                       | Marathon      | 11/03/2018 | 11162 | 04:39:54 | VetAF  |

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|--|---------------|------------|------|----------|--------------------|
| Llanelli Half Marathon                       | Half Marathon | 18/02/2018 | 757  | 01:57:38 | FV35               |
| Llanelli Coast parkrun                       | 5k            | 11/11/2017 | 32   | 00:25:25 |                    |
| Colby parkrun                                | 5k            | 04/11/2017 | 52   | 00:27:42 |                    |
| Cardiff Half Marathon                        | Half Marathon | 01/10/2017 | 5764 | 01:57:41 | F40-44             |
| Admiral Swansea Bay 10k                      | 10k           | 24/09/2017 | 1089 | 00:52:34 | F35+               |
| West Glamorgan Xc League - Llanmadoc - Women | 4.5 miles     | 17/09/2017 | 59   | 00:42:48 |                    |
| Severn Bridge Half Marathon                  | Half Marathon | 27/08/2017 | 901  | 02:09:44 | F40+               |
| Jcp Swansea Half Marathon                    | Half Marathon | 25/06/2017 | 2273 | 02:03:29 | FV35               |
| Sospan 10k                                   | 10k           | 17/06/2017 | 134  | 00:56:00 | F3544              |
| Llanelli Coast parkrun                       | 5k            | 18/03/2017 | 35   | 00:25:59 |                    |
| Llanelli Half Marathon 2017                  | Half Marathon | 12/03/2017 | 742  | 02:01:42 | FV35               |
| St David's Day 10k - Cardiff                 | 10k           | 05/03/2017 | 281  | 00:54:16 | Female Masters 40+ |
| Llanelli Coast parkrun                       | 5k            | 07/01/2017 | 41   | 00:25:36 |                    |
| <b>Stephen Lisk</b>                          |               | 56         |      |          |                    |
| Sandy Water parkrun                          | 5k            | 10/08/2024 | 36   | 00:23:55 |                    |
| Sandy Water parkrun                          | 5k            | 27/07/2024 | 31   | 00:24:20 |                    |
| Sandy Water parkrun                          | 5k            | 20/07/2024 | 51   | 00:24:36 |                    |
| Sandy Water parkrun                          | 5k            | 21/10/2023 | 32   | 00:24:27 |                    |
| Sandy Water parkrun                          | 5k            | 14/10/2023 | 11   | 00:21:00 |                    |
| Principality Cardiff Half Marathon 2023      | Half Marathon | 01/10/2023 |      | 01:43:35 | M50-54             |
| Swansea Bay parkrun                          | 5k            | 30/09/2023 | 189  | 00:26:13 |                    |
| Shrewsbury parkrun                           | 5k            | 23/09/2023 | 46   | 00:21:49 |                    |
| Swansea Bay parkrun                          | 5k            | 26/08/2023 | 67   | 00:21:00 |                    |
| Brisco Gorseinon 10k                         | 10k           | 30/04/2023 | 103  | 00:45:22 | M50                |
| Swansea Bay parkrun                          | 5k            | 29/04/2023 | 111  | 00:22:27 |                    |
| Sandy Water parkrun                          | 5k            | 28/01/2023 | 21   | 00:22:47 |                    |

|   |               |            |       |          |        |
|---|---------------|------------|-------|----------|--------|
| Swansea Bay parkrun                           | 5k            | 26/11/2022 | 101   | 00:23:57 |        |
| Swansea Bay parkrun                           | 5k            | 29/10/2022 | 71    | 00:22:45 |        |
| 2022 Cardiff University Cardiff Half Marathon | Half Marathon | 27/03/2022 | 2825  | 01:50:37 | M50+   |
| Sandy Water parkrun                           | 5k            | 11/12/2021 | 19    | 00:22:52 |        |
| Llyn Llech Owain parkrun                      | 5k            | 30/10/2021 | 15    | 00:22:34 |        |
| Virgin London Marathon                        | Marathon      | 03/10/2021 | 8256  | 03:42:21 | M50-54 |
| Swansea Bay parkrun                           | 5k            | 21/08/2021 | 208   | 00:28:41 |        |
| Chepstow Racecourse Half Marathon             | Half Marathon | 11/07/2021 | 27    | 01:42:30 | MV45   |
| Tata Steel Round the Reservoir                | 5.6 miles     | 12/01/2020 | 110   | 00:38:50 | MV45   |
| Swansea Bay parkrun                           | 5k            | 01/01/2020 | 184   | 00:25:18 |        |
| Glynneath 5                                   | 5 miles       | 26/12/2019 | 82    | 00:34:51 | MV45   |
| Cardiff Half Marathon                         | Half Marathon | 06/10/2019 | 6999  | 02:06:31 | M45+   |
| Llanelli Coast parkrun                        | 5k            | 21/09/2019 | 32    | 00:23:29 |        |
| JCP Swansea Half Marathon                     | Half Marathon | 23/06/2019 | 857   | 01:46:09 | M45    |
| Llanelli Coast parkrun                        | 5k            | 08/06/2019 | 18    | 00:21:31 |        |
| Mumbles Duathlon                              | Duathlon      | 23/03/2019 | 136   | 01:59:59 | MV     |
| Swansea Bay parkrun                           | 5k            | 05/01/2019 | 44    | 00:21:40 |        |
| Swansea Bay parkrun                           | 5k            | 29/12/2018 | 78    | 00:21:58 |        |
| Swansea Bay parkrun                           | 5k            | 22/12/2018 | 37    | 00:20:56 |        |
| Swansea Bay parkrun                           | 5k            | 24/11/2018 | 109   | 00:23:53 |        |
| Sospan RR MT10                                | 10 miles      | 18/11/2018 | 91    | 01:17:58 | M3544  |
| Tcs New York Marathon                         | Marathon      | 04/11/2018 | 13247 | 03:57:20 | M47    |
| Cardiff Half Marathon                         | Half Marathon | 07/10/2018 | 974   | 01:33:53 | M45+   |
| Swansea Bay parkrun                           | 5k            | 18/08/2018 | 55    | 00:21:43 |        |
| Ammanford 10k                                 | 10k           | 08/07/2018 | 83    | 00:46:58 | MV45   |
| Jcp Swansea Half Marathon                     | Half Marathon | 24/06/2018 | 545   | 01:40:55 | MV40   |

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|--|---------------|------------|------|----------|------------------|
| Welsh Castles Relay Stage 11               | 12.3 miles    | 10/06/2018 | 55   | 01:37:04 | MV               |
| Llanelli Coast parkrun                     | 5k            | 05/05/2018 | 47   | 00:24:02 |                  |
| Swansea Bay parkrun                        | 5k            | 14/04/2018 | 308  | 00:33:50 |                  |
| Swansea Bay parkrun                        | 5k            | 17/03/2018 | 70   | 00:25:13 |                  |
| Zurich Marato Barcelona                    | Marathon      | 11/03/2018 | 4316 | 03:44:00 | VetBM            |
| Llanelli Half Marathon                     | Half Marathon | 18/02/2018 | 151  | 01:35:05 | MV40             |
| Llanelli Coast parkrun                     | 5k            | 02/12/2017 | 11   | 00:21:47 |                  |
| Llanelli Coast parkrun                     | 5k            | 11/11/2017 | 8    | 00:21:27 |                  |
| Cardiff Half Marathon                      | Half Marathon | 01/10/2017 | 1248 | 01:37:15 | M45-49           |
| Admiral Swansea Bay 10k                    | 10k           | 24/09/2017 | 271  | 00:43:26 | M40+             |
| West Glamorgan Xc League - Llanmadoc - Men | 4.5 miles     | 17/09/2017 | 71   | 00:33:49 |                  |
| Severn Bridge Half Marathon                | Half Marathon | 27/08/2017 | 261  | 01:44:36 | M45+             |
| Jcp Swansea Half Marathon                  | Half Marathon | 25/06/2017 | 784  | 01:44:33 | MV40             |
| Sospan 10k                                 | 10k           | 17/06/2017 | 50   | 00:46:28 | M4555            |
| Swansea Bay parkrun                        | 5k            | 06/05/2017 | 57   | 00:22:33 |                  |
| Llanelli Coast parkrun                     | 5k            | 25/03/2017 | 12   | 00:21:58 |                  |
| Llanelli Half Marathon 2017                | Half Marathon | 12/03/2017 | 743  | 02:01:42 | MV40             |
| St David's Day 10k - Cardiff               | 10k           | 05/03/2017 | 280  | 00:54:16 | Masters Male 40+ |
| <b>Ian Llewellyn</b>                       |               |            | 6    |          |                  |
| Swansea Bay parkrun                        | 5k            | 07/03/2020 | 25   | 00:19:56 |                  |
| Swansea Bay parkrun                        | 5k            | 29/02/2020 | 30   | 00:20:37 |                  |
| Swansea Bay parkrun                        | 5k            | 19/10/2019 | 33   | 00:20:16 |                  |
| Llanelli Coast parkrun                     | 5k            | 05/10/2019 | 9    | 00:20:31 |                  |
| Swansea Bay parkrun                        | 5k            | 28/09/2019 | 27   | 00:20:26 |                  |
| Admiral Swansea Bay 10k                    | 10k           | 22/09/2019 |      | 00:44:50 |                  |

**Arabella Llewellyn** 83

|   |               |            |       |          |
|---|---------------|------------|-------|----------|
| Marathon Eryri                          | Marathon      | 25/10/2024 | 1427  | 04:58:11 |
| Sandy Water parkrun                     | 5k            | 19/10/2024 | 106   | 00:28:03 |
| Sandy Water parkrun                     | 5k            | 05/10/2024 | 80    | 00:28:44 |
| Sandy Water parkrun                     | 5k            | 14/09/2024 | 60    | 00:27:01 |
| Sandy Water parkrun                     | 5k            | 24/08/2024 | 119   | 00:28:02 |
| Sandy Water parkrun                     | 5k            | 17/08/2024 | 76    | 00:26:37 |
| Sandy Water parkrun                     | 5k            | 03/08/2024 | 69    | 00:27:09 |
| Swansea Bay parkrun                     | 5k            | 27/07/2024 | 277   | 00:27:32 |
| Sandy Water parkrun                     | 5k            | 06/07/2024 | 146   | 00:29:47 |
| Swansea Bay parkrun                     | 5k            | 29/06/2024 | 274   | 00:28:47 |
| Sandy Water parkrun                     | 5k            | 15/06/2024 | 66    | 00:26:36 |
| Sandy Water parkrun                     | 5k            | 25/05/2024 | 75    | 00:26:50 |
| Sandy Water parkrun                     | 5k            | 18/05/2024 | 78    | 00:27:32 |
| Sandy Water parkrun                     | 5k            | 11/05/2024 | 84    | 00:28:23 |
| Sandy Water parkrun                     | 5k            | 04/05/2024 | 76    | 00:27:06 |
| Endurancelife Pembrokeshire "10k"       | 10k           | 27/04/2024 | 68    | 01:38:59 |
| Sandy Water parkrun                     | 5k            | 20/04/2024 | 78    | 00:28:05 |
| Sandy Water parkrun                     | 5k            | 09/03/2024 | 53    | 00:26:16 |
| Haverfordwest parkrun                   | 5k            | 02/03/2024 | 26    | 00:29:51 |
| Sandy Water parkrun                     | 5k            | 27/01/2024 | 83    | 00:28:41 |
| Swansea Bay parkrun                     | 5k            | 01/01/2024 | 278   | 00:28:48 |
| Sandy Water parkrun                     | 5k            | 30/12/2023 | 73    | 00:26:50 |
| Sandy Water parkrun                     | 5k            | 23/12/2023 | 93    | 00:26:04 |
| Sandy Water parkrun                     | 5k            | 25/11/2023 | 48    | 00:26:25 |
| TCS Amsterdam Marathon 2023             | Marathon      | 15/10/2023 | 12146 | 04:22:11 |
| Principality Cardiff Half Marathon 2023 | Half Marathon | 01/10/2023 |       | 02:03:43 |

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|------------------------------------|---------------|------------|-----|----------|--------|
| Swansea Bay parkrun                | 5k            | 02/09/2023 | 264 | 00:28:50 |        |
| Swansea Bay parkrun                | 5k            | 26/08/2023 | 434 | 00:30:10 |        |
| Sandy Water parkrun                | 5k            | 12/08/2023 | 55  | 00:26:23 |        |
| Sandy Water parkrun                | 5k            | 29/07/2023 | 90  | 00:27:44 |        |
| Swansea Bay parkrun                | 5k            | 10/06/2023 | 231 | 00:28:11 |        |
| Swansea Bay parkrun                | 5k            | 27/05/2023 | 237 | 00:26:24 |        |
| Swansea Bay parkrun                | 5k            | 13/05/2023 | 247 | 00:26:59 |        |
| Swansea Bay parkrun                | 5k            | 22/04/2023 | 268 | 00:27:58 |        |
| Swansea Bay parkrun                | 5k            | 15/04/2023 | 267 | 00:28:15 |        |
| Swansea Bay parkrun                | 5k            | 08/04/2023 | 303 | 00:29:26 |        |
| Great Welsh Half Marathon          | Half Marathon | 02/04/2023 | 224 | 01:56:27 | F50    |
| Swansea Bay parkrun                | 5k            | 25/03/2023 | 205 | 00:26:04 |        |
| Sandy Water parkrun                | 5k            | 18/03/2023 | 36  | 00:24:51 |        |
| Swansea Bay parkrun                | 5k            | 11/03/2023 | 189 | 00:27:45 |        |
| Colby parkrun                      | 5k            | 04/03/2023 | 57  | 00:28:05 |        |
| Swansea Bay parkrun                | 5k            | 25/02/2023 | 294 | 00:29:31 |        |
| Swansea Bay parkrun                | 5k            | 18/02/2023 | 227 | 00:28:00 |        |
| Swansea Bay parkrun                | 5k            | 04/02/2023 | 151 | 00:25:32 |        |
| Swansea Bay parkrun                | 5k            | 01/01/2023 | 150 | 00:27:38 |        |
| Glynneath 5 Boxing Day 5 Mile Race | 5 miles       | 26/12/2022 | 159 | 00:42:27 | F50-59 |
| Sandy Water parkrun                | 5k            | 24/12/2022 | 80  | 00:26:47 |        |
| Narberth Night Nobbler             | 10k           | 03/12/2022 | 417 | 02:16:54 |        |
| Swansea Bay parkrun                | 5k            | 26/11/2022 | 127 | 00:25:15 |        |
| Sospan MT10                        | 10 miles      | 20/11/2022 | 287 | 01:36:13 | M45-54 |
| Sandy Water parkrun                | 5k            | 19/11/2022 | 59  | 00:26:24 |        |
| Sandy Water parkrun                | 5k            | 12/11/2022 | 55  | 00:25:38 |        |

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|-------------------------------------|---------------|------------|------|----------|--------|
| Richard Burton 10k                  | 10k           | 06/11/2022 | 885  | 00:57:07 | F50-59 |
| Swansea Bay parkrun                 | 5k            | 29/10/2022 | 277  | 00:30:57 |        |
| Swansea Bay parkrun                 | 5k            | 15/10/2022 | 228  | 00:30:21 |        |
| 2022 Wizz Air Cardiff Half Marathon | Half Marathon | 02/10/2022 | 7624 | 02:14:05 | F50+   |
| Admiral Swansea Bay 10k             | 10k           | 18/09/2022 | 1306 | 00:56:24 | F50    |
| Sandy Water parkrun                 | 5k            | 03/09/2022 | 93   | 00:28:28 |        |
| Swansea Bay parkrun                 | 5k            | 27/08/2022 | 318  | 00:29:28 |        |
| Southwick Country parkrun           | 5k            | 20/08/2022 | 81   | 00:28:46 |        |
| Swansea Bay parkrun                 | 5k            | 30/07/2022 | 257  | 00:29:44 |        |
| Swansea Bay parkrun                 | 5k            | 09/07/2022 | 183  | 00:27:42 |        |
| Gnoll parkrun                       | 5k            | 02/07/2022 | 64   | 00:28:36 |        |
| Swansea Bay parkrun                 | 5k            | 25/06/2022 | 260  | 00:29:49 |        |
| Sandy Water parkrun                 | 5k            | 11/06/2022 | 47   | 00:27:29 |        |
| Swansea Bay parkrun                 | 5k            | 04/06/2022 | 250  | 00:28:22 |        |
| Swansea Bay parkrun                 | 5k            | 28/05/2022 | 349  | 00:31:57 |        |
| Sandy Water parkrun                 | 5k            | 07/05/2022 | 135  | 00:31:01 |        |
| Swansea Bay parkrun                 | 5k            | 30/04/2022 | 287  | 00:30:20 |        |
| Swansea Bay parkrun                 | 5k            | 12/03/2022 | 210  | 00:30:03 |        |
| Swansea Bay parkrun                 | 5k            | 26/02/2022 | 235  | 00:28:53 |        |
| Swansea Bay parkrun                 | 5k            | 29/01/2022 | 147  | 00:26:18 |        |
| Sandy Water parkrun                 | 5k            | 11/12/2021 | 55   | 00:27:32 |        |
| Swansea Bay parkrun                 | 5k            | 20/11/2021 | 171  | 00:26:30 |        |
| Swansea Bay parkrun                 | 5k            | 13/11/2021 | 195  | 00:28:10 |        |
| Tata Steel Richard Burton 10k       | 10k           | 07/11/2021 | 811  | 00:59:29 | F50+   |
| Swansea Bay parkrun                 | 5k            | 06/11/2021 | 215  | 00:28:32 |        |
| Swansea Bay parkrun                 | 5k            | 30/10/2021 | 195  | 00:28:11 |        |

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|--|---------------|------------|------|----------|--------|
| Swansea Bay parkrun                        | 5k            | 23/10/2021 | 176  | 00:27:38 |        |
| JCP Swansea Half Marathon                  | Half Marathon | 17/10/2021 | 1322 | 02:10:41 | F50    |
| Swansea Bay parkrun                        | 5k            | 16/10/2021 | 181  | 00:29:32 |        |
| Swansea Bay parkrun                        | 5k            | 09/10/2021 | 168  | 00:27:48 |        |
| Admiral Swansea Bay 10k                    | 10k           | 19/09/2021 | 1044 | 00:57:26 |        |
| <b>Lindi Lloyd</b>                         |               | 8          |      |          |        |
| Great Welsh Marathon                       | Marathon      | 17/03/2024 |      | 04:44:59 |        |
| MBNA Chester Marathon                      | Marathon      | 08/10/2023 | 2870 | 05:03:54 | FV50   |
| Swansea Half Marathon                      | Half Marathon | 11/06/2023 |      | 02:09:25 | F50    |
| Brisco Gorseinon 10k                       | 10k           | 30/04/2023 | 365  | 00:56:44 | F50    |
| Healthspan Porthcawl 10k                   | 10k           | 03/07/2022 | 1043 | 00:56:34 | F50+   |
| Forest of Dean Spring Trails Half Marathon | Half Marathon | 20/03/2022 | 740  | 02:10:43 | FV50   |
| Toughrunner Swansea Trail Half Marathon    | Half Marathon | 30/10/2021 | 395  | 03:04:03 | F50-59 |
| Admiral Swansea Bay 10k                    | 10k           | 19/09/2021 | 982  | 00:57:39 |        |
| <b>Peter Lloyd</b>                         |               | 60         |      |          |        |
| Swansea Bay parkrun                        | 5k            | 14/12/2024 | 11   | 00:18:53 |        |
| Swansea Bay parkrun                        | 5k            | 16/11/2024 | 15   | 00:18:35 |        |
| Swansea Bay parkrun                        | 5k            | 09/11/2024 | 17   | 00:18:42 |        |
| Richard Burton 10k                         | 10k           | 03/11/2024 | 93   | 00:39:21 | M50-59 |
| Swansea Bay parkrun                        | 5k            | 02/11/2024 | 16   | 00:19:01 |        |
| Swansea Bay parkrun                        | 5k            | 26/10/2024 | 13   | 00:18:54 |        |
| Swansea Bay parkrun                        | 5k            | 19/10/2024 | 14   | 00:18:49 |        |
| Swansea Bay parkrun                        | 5k            | 12/10/2024 | 13   | 00:19:02 |        |
| Swansea Bay parkrun                        | 5k            | 05/10/2024 | 16   | 00:19:12 |        |
| Swansea Bay parkrun                        | 5k            | 28/09/2024 | 22   | 00:19:14 |        |
| Swansea Bay parkrun                        | 5k            | 21/09/2024 | 17   | 00:19:31 |        |



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| Swansea Bay parkrun             | 5k            | 14/09/2024 | 15 | 00:19:53 |      |
| Swansea Half Marathon           | Half Marathon | 09/06/2024 |    | 01:28:53 | M55  |
| Swansea Bay parkrun             | 5k            | 25/05/2024 | 11 | 00:18:27 |      |
| Swansea Bay parkrun             | 5k            | 11/05/2024 | 11 | 00:18:42 |      |
| Swansea Bay parkrun             | 5k            | 13/04/2024 | 9  | 00:18:27 |      |
| Swansea Bay parkrun             | 5k            | 30/03/2024 | 30 | 00:19:11 |      |
| Swansea Bay parkrun             | 5k            | 23/03/2024 | 13 | 00:18:38 |      |
| Swansea Bay parkrun             | 5k            | 16/03/2024 | 16 | 00:18:37 |      |
| Swansea Bay parkrun             | 5k            | 09/03/2024 | 13 | 00:19:05 |      |
| Swansea Bay parkrun             | 5k            | 17/02/2024 | 15 | 00:19:09 |      |
| Swansea Bay parkrun             | 5k            | 13/01/2024 | 9  | 00:18:42 |      |
| Swansea Bay parkrun             | 5k            | 01/01/2024 | 6  | 00:18:09 |      |
| Swansea Bay parkrun             | 5k            | 30/12/2023 | 6  | 00:18:32 |      |
| Swansea Bay parkrun             | 5k            | 23/12/2023 | 23 | 00:18:13 |      |
| Swansea Bay parkrun             | 5k            | 16/12/2023 | 14 | 00:18:13 |      |
| Swansea Bay parkrun             | 5k            | 25/11/2023 | 13 | 00:18:08 |      |
| Swansea Bay parkrun             | 5k            | 18/11/2023 | 5  | 00:18:18 |      |
| Swansea Bay parkrun             | 5k            | 11/11/2023 | 11 | 00:19:04 |      |
| Swansea Bay parkrun             | 5k            | 14/10/2023 | 26 | 00:19:42 |      |
| Swansea Bay parkrun             | 5k            | 07/10/2023 | 11 | 00:18:24 |      |
| Swansea Bay parkrun             | 5k            | 30/09/2023 | 11 | 00:18:33 |      |
| Severn Bridge Half Marathon     | Half Marathon | 27/08/2023 | 51 | 01:31:44 | MV50 |
| Swansea Bay parkrun             | 5k            | 26/08/2023 | 19 | 00:19:03 |      |
| Tri Hard Harriers 5k on the Bay | 5k            | 24/08/2023 | 27 | 00:17:58 | M40+ |
| Swansea Bay parkrun             | 5k            | 19/08/2023 | 18 | 00:18:19 |      |
| Swansea Bay parkrun             | 5k            | 12/08/2023 | 21 | 00:18:58 |      |

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| Swansea Bay parkrun                                   | 5k            | 29/07/2023 | 15  | 00:18:53 |      |
| Swansea Bay parkrun                                   | 5k            | 22/07/2023 | 22  | 00:19:43 |      |
| Swansea Bay parkrun                                   | 5k            | 08/07/2023 | 9   | 00:18:09 |      |
| Sandy Water parkrun                                   | 5k            | 01/07/2023 | 7   | 00:18:41 |      |
| Swansea Bay parkrun                                   | 5k            | 24/06/2023 | 13  | 00:18:31 |      |
| Swansea Bay parkrun                                   | 5k            | 17/06/2023 | 10  | 00:18:31 |      |
| Swansea Half Marathon                                 | Half Marathon | 11/06/2023 |     | 01:27:06 | M50  |
| Swansea Bay parkrun                                   | 5k            | 27/05/2023 | 10  | 00:17:58 |      |
| Swansea Bay parkrun                                   | 5k            | 20/05/2023 | 17  | 00:18:41 |      |
| Swansea Bay parkrun                                   | 5k            | 13/05/2023 | 10  | 00:18:48 |      |
| Brisco Gorseinon 10k                                  | 10k           | 30/04/2023 | 400 | 00:57:02 | M50  |
| Swansea Bay parkrun                                   | 5k            | 22/04/2023 | 10  | 00:18:24 |      |
| Swansea Bay parkrun                                   | 5k            | 15/04/2023 | 7   | 00:18:30 |      |
| Great Welsh Marathon                                  | Marathon      | 02/04/2023 | 29  | 03:03:52 | M50  |
| Swansea Bay parkrun                                   | 5k            | 25/03/2023 | 7   | 00:18:21 |      |
| Swansea Bay parkrun                                   | 5k            | 18/03/2023 | 12  | 00:18:22 |      |
| Swansea Bay parkrun                                   | 5k            | 11/03/2023 | 8   | 00:19:00 |      |
| Swansea Bay parkrun                                   | 5k            | 25/02/2023 | 11  | 00:18:32 |      |
| Swansea Bay parkrun                                   | 5k            | 04/02/2023 | 10  | 00:18:17 |      |
| Swansea Bay parkrun                                   | 5k            | 28/01/2023 | 10  | 00:18:23 |      |
| Swansea Bay parkrun                                   | 5k            | 14/01/2023 | 12  | 00:18:49 |      |
| Swansea Bay parkrun                                   | 5k            | 01/01/2023 | 6   | 00:18:45 |      |
| Swansea Bay parkrun                                   | 5k            | 24/12/2022 | 22  | 00:18:47 |      |
| <b>Cordiella Loughlin</b>                             |               | 2          |     |          |      |
| Brisco Gorseinon 10k                                  | 10k           | 30/04/2023 | 308 | 00:53:24 | F40  |
| Welsh Road Relay Championships - Pembrey Country Park | 5400m         | 24/09/2022 |     |          | MW35 |

**Brian Macbride**

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| Tata Steel Richard Burton 10k | 10k | 04/11/2018 | 533 | 00:52:25 | Male 60+ |
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**Tim Macdermott**

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|                               |     |            |     |          |  |
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| Marathon Lanzarote 2024 - 10k | 10k | 07/12/2024 | 424 | 01:08:40 |  |
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|-----------------------------------|-----|------------|----|----------|--|
| Endurancelife Pembrokeshire "10k" | 10k | 27/04/2024 | 80 | 01:47:39 |  |
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| Milford Waterfront parkrun | 5k | 09/12/2023 | 31 | 00:31:54 |  |
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| Brisco Gorseinon 10k | 10k | 30/04/2023 | 392 | 00:55:47 | M55 |
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| Colby parkrun | 5k | 03/12/2022 | 63 | 00:34:17 |  |
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| Narberth Night Nobbler | 10k | 03/12/2022 | 459 | 03:03:25 |  |
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| Richard Burton 10k | 10k | 06/11/2022 | 1616 | 01:08:28 | M50-59 |
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| Admiral Swansea Bay 10k | 10k | 19/09/2021 | 933 | 00:55:14 |  |
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| Poolbeg parkrun | 5k | 08/02/2020 | 226 | 00:32:00 |  |
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| Glynneath 5 | 5 miles | 26/12/2019 | 203 | 00:43:34 | MV55 |
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| Cardiff Half Marathon | Half Marathon | 06/10/2019 | 11290 | 02:05:59 | M55+ |
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| Admiral Swansea Bay 10k | 10k | 22/09/2019 |  | 00:53:13 |  |
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| JCP Swansea Half Marathon | Half Marathon | 23/06/2019 | 2318 | 02:03:32 | M55 |
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| Admiral Swansea Bay 10k | 10k | 16/09/2018 | 1669 | 00:59:05 | M50 |
|-------------------------|-----|------------|------|----------|-----|

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| Jcp Swansea Half Marathon | Half Marathon | 24/06/2018 | 3674 | 02:26:50 | MV50 |
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**Deb McCusker**

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| Brisco Gorseinon 10k | 10k | 19/05/2024 |  | 01:16:31 |  |
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**Steve Mclelland**

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| Richard Burton 10k | 10k | 03/11/2024 | 1129 | 00:57:34 | M70-79 |
|--------------------|-----|------------|------|----------|--------|

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| Bank of America Chicago Marathon | Marathon | 13/10/2024 |  | 04:54:10 |  |
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| Admiral Swansea Bay 10k | 10k | 15/09/2024 | 1640 | 00:58:29 |  |
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| Swansea Bay parkrun | 5k | 13/07/2024 | 278 | 00:27:51 |  |
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| Swansea Bay parkrun | 5k | 29/06/2024 | 239 | 00:27:59 |  |
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| Swansea Bay parkrun                           | 5k            | 22/06/2024 | 257   | 00:28:37 |              |
| Swansea Half Marathon                         | Half Marathon | 09/06/2024 |       | 02:19:08 | M70          |
| TCS London Marathon                           | Marathon      | 21/04/2024 |       | 05:23:49 |              |
| Great Welsh Half                              | Half Marathon | 17/03/2024 |       | 02:17:58 |              |
| Amsterdamse Bos parkrun                       | 5k            | 14/10/2023 | 213   | 00:27:04 |              |
| Admiral Swansea Bay 10k                       | 10k           | 17/09/2023 | 1347  | 00:58:25 | Male         |
| Swansea Half Marathon                         | Half Marathon | 11/06/2023 |       | 02:02:28 | M65          |
| Brisco Gorseinon 10k                          | 10k           | 30/04/2023 | 292   | 00:53:36 | M65          |
| TCS London Marathon 2023                      | Marathon      | 23/04/2023 | 28054 | 04:32:57 | M65-69       |
| Tokyo Marathon                                | Marathon      | 05/03/2023 | 19942 | 04:35:28 | Marathon Men |
| TCS New York City Marathon                    | Marathon      | 06/11/2022 | 22801 | 04:41:44 | M68          |
| TCS London Marathon                           | Marathon      | 02/10/2022 | 21969 | 04:37:34 | M65-69       |
| Admiral Swansea Bay 10k                       | 10k           | 18/09/2022 | 797   | 00:50:54 | M65          |
| Port Talbot Half Marathon                     | Half Marathon | 14/08/2022 | 137   | 02:03:06 |              |
| JCP Swansea Half Marathon                     | Half Marathon | 12/06/2022 | 923   | 01:52:45 | M65          |
| Great Welsh Marathon                          | Marathon      | 10/04/2022 | 205   | 04:01:10 | M65          |
| 2022 Cardiff University Cardiff Half Marathon | Half Marathon | 27/03/2022 | 3399  | 01:53:30 | M65+         |
| JCP Swansea Half Marathon                     | Half Marathon | 17/10/2021 | 633   | 01:50:30 | M65          |
| Virgin London Marathon                        | Marathon      | 03/10/2021 | 14128 | 04:06:59 | M65-69       |
| Admiral Swansea Bay 10k                       | 10k           | 19/09/2021 | 510   | 00:51:51 |              |
| Swansea Bay parkrun                           | 5k            | 07/03/2020 | 94    | 00:23:34 |              |
| Swansea Bay parkrun                           | 5k            | 18/01/2020 | 143   | 00:24:36 |              |
| Swansea Bay parkrun                           | 5k            | 01/01/2020 | 118   | 00:23:12 |              |
| BMW Berlin Marathon                           | Marathon      | 29/09/2019 | 14339 | 03:53:43 | M65          |
| Admiral Swansea Bay 10k                       | 10k           | 22/09/2019 |       | 00:50:51 |              |
| Swansea Bay parkrun                           | 5k            | 03/08/2019 | 107   | 00:23:59 |              |

|   |               |            |       |          |        |
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| Llanelli Coast parkrun  | 5k            | 06/07/2019 | 71    | 00:24:14 |        |
| JCP Swansea Half Marathon                                     | Half Marathon | 23/06/2019 | 1186  | 01:51:31 | M65    |
| Swansea Bay parkrun   | 5k            | 15/06/2019 | 118   | 00:24:15 |        |
| Virgin Money London Marathon                                  | Marathon      | 28/04/2019 | 14589 | 03:59:23 | M65-69 |
| Boston Marathon   | Marathon      | 15/04/2019 | 17105 | 04:01:31 |        |
| Swansea Bay parkrun   | 5k            | 02/03/2019 | 90    | 00:23:25 |        |
| Swansea Bay parkrun   | 5k            | 23/02/2019 | 82    | 00:24:02 |        |
| Swansea Bay parkrun   | 5k            | 16/02/2019 | 111   | 00:24:01 |        |
| Llanelli Half Marathon  | Half Marathon | 10/02/2019 | 523   | 01:47:08 | M60    |
| Swansea Bay parkrun   | 5k            | 09/02/2019 | 69    | 00:23:47 |        |
| Swansea Bay parkrun   | 5k            | 19/01/2019 | 98    | 00:24:20 |        |
| Swansea Bay parkrun   | 5k            | 08/12/2018 | 62    | 00:23:50 |        |
| Bank Of America Chicago Marathon                              | Marathon      | 07/10/2018 | 13391 | 03:57:28 | M60-64 |
| Jcp Swansea Half Marathon                                     | Half Marathon | 24/06/2018 | 993   | 01:48:15 | MV60+  |
| Virgin London Marathon 2018                                   | Marathon      | 22/04/2018 | 9468  | 03:58:59 | M60-64 |
| Llanelli Half Marathon  | Half Marathon | 18/02/2018 | 365   | 01:44:48 | MV60+  |
| Mbna Chester Marathon   | Marathon      | 08/10/2017 | 934   | 03:47:28 | MV60   |
| Admiral Swansea Bay 10k                                       | 10k           | 24/09/2017 | 510   | 00:47:16 | M60+   |
| Jcp Swansea Half Marathon                                     | Half Marathon | 25/06/2017 | 904   | 01:46:22 | MV60+  |
| Virgin London Marathon 2017                                   | Marathon      | 23/04/2017 | 11072 | 03:52:29 | 60-64  |
| Llanelli Half Marathon 2017                                   | Half Marathon | 12/03/2017 | 271   | 01:42:36 | MV60+  |
| Swansea Bay parkrun   | 5k            | 11/03/2017 | 63    | 00:23:29 |        |
| <b>Paul Mcneill</b>   |               | 13         |       |          |        |
| JCP Swansea Half Marathon                                     | Half Marathon | 23/06/2019 | 1140  | 01:50:56 | M40    |
| Welsh Castles Relay Stage 15 - Epynt Visitor Centre to Brecon | 12.8 miles    | 09/06/2019 | 50    | 01:36:02 | MV     |
| Whitford Point Multi Terrain Race                             | 5.8 miles     | 15/05/2019 | 43    | 00:45:51 | VM40   |

|   |               |            |     |          |            |
|---|---------------|------------|-----|----------|------------|
| Swansea Bay parkrun                                 | 5k            | 20/04/2019 | 151 | 00:25:23 |            |
| Swansea Bay parkrun                                 | 5k            | 23/03/2019 | 53  | 00:22:05 |            |
| Swansea Bay parkrun                                 | 5k            | 09/02/2019 | 127 | 00:27:21 |            |
| Swansea Bay parkrun                                 | 5k            | 26/01/2019 | 42  | 00:21:34 |            |
| Swansea Bay parkrun                                 | 5k            | 19/01/2019 | 283 | 00:35:51 |            |
| Llyn Llech Owain parkrun                            | 5k            | 03/11/2018 | 26  | 00:23:37 |            |
| West Glamorgan Xc League - Margam Park - Men        | TBC           | 28/01/2018 | 109 | 00:42:10 |            |
| Llanelli Coast parkrun                              | 5k            | 20/01/2018 | 37  | 00:22:26 |            |
| Llyn Llech Owain parkrun                            | 5k            | 13/01/2018 | 11  | 00:23:33 |            |
| Llyn Llech Owain parkrun                            | 5k            | 11/11/2017 | 17  | 00:23:32 |            |
| <b>Gareth Meardon</b>                               |               |            | 5   |          |            |
| Swansea Bay parkrun                                 | 5k            | 25/03/2017 | 19  | 00:20:08 |            |
| 2017 San Domenico 20 Miler                          | 20 miles      | 19/03/2017 | 178 | 03:13:49 | Senior Men |
| The Beast   | 10k           | 05/02/2017 | 49  | 00:52:28 | M          |
| Swansea Bay parkrun                                 | 5k            | 28/01/2017 | 21  | 00:19:52 |            |
| Llanelli Coast parkrun                              | 5k            | 21/01/2017 | 8   | 00:20:19 |            |
| <b>Louise Miskell</b>                               |               |            | 9   |          |            |
| Tata Steel Round the Reservoir                      | 5.6 miles     | 12/01/2020 | 42  | 00:43:01 | FV45       |
| Reading parkrun                                     | 5k            | 15/06/2019 | 70  | 00:23:16 |            |
| West Glamorgan Xc League - Margam Reservoir - Women | 5.6 miles     | 14/01/2018 | 20  | 00:43:19 |            |
| Richard Burton 10k                                  | 10k           | 05/11/2017 | 319 | 00:48:18 | F40+       |
| West Glamorgan Xc League - Llanmadoc - Women        | 4.5 miles     | 17/09/2017 | 26  | 00:37:50 |            |
| Gower Olympic & Fancy Dress Tri                     | Triathlon     | 16/09/2017 | 60  | 03:00:37 | FV         |
| Swansea Triathlon                                   | Triathlon     | 28/05/2017 | 357 | 01:20:54 | FV         |
| Merthyr Tydfil Half Marathon                        | Half Marathon | 26/03/2017 | 104 | 01:45:22 | (F) 45-49  |
| Richard Burton 10k                                  | 10k           | 06/11/2016 | 238 | 00:46:41 | FV40       |

| <b>Christopher Montenegro</b>                            |               | 26         |      |          |        |
|--|---------------|------------|------|----------|--------|
| Swansea Bay parkrun                                      | 5k            | 08/02/2020 | 82   | 00:22:16 |        |
| Swansea Bay parkrun                                      | 5k            | 01/02/2020 | 45   | 00:21:16 |        |
| Run4All Santa Run  | 5k            | 14/12/2019 | 27   | 00:25:54 | MSen   |
| Merthyr Mawr Christmas Pudding Race                      | 10k           | 08/12/2019 | 111  | 01:01:55 | MSen   |
| Porthcawl parkrun  | 5k            | 02/11/2019 | 21   | 00:22:03 |        |
| Swansea Bay parkrun                                      | 5k            | 12/10/2019 | 52   | 00:22:12 |        |
| Cardiff Half Marathon                                    | Half Marathon | 06/10/2019 | 5655 | 02:05:50 | M35+   |
| Llyn Llech Owain parkrun                                 | 5k            | 05/10/2019 | 11   | 00:22:28 |        |
| Swansea Bay parkrun                                      | 5k            | 28/09/2019 | 61   | 00:22:49 |        |
| Llanelli Coast parkrun                                   | 5k            | 21/09/2019 | 27   | 00:22:45 |        |
| Brechfa Trail Half Marathon 2019                         | Half Marathon | 18/08/2019 | 65   | 02:06:46 | M30-39 |
| Tenby 10k  | 10k           | 28/07/2019 | 75   | 00:46:38 |        |
| Swansea Bay parkrun                                      | 5k            | 13/07/2019 | 305  | 00:30:38 |        |
| PPRC 5k Summer Series Race 2                             | 5k            | 13/06/2019 |      | 00:21:29 | MS     |
| Welsh Castles Relay Stage 5 - Harlech Castle to Barmouth | 9.6 miles     | 08/06/2019 | 24   | 01:06:39 | MOPen  |
| Whitford Point Multi Terrain Race                        | 5.8 miles     | 15/05/2019 | 40   | 00:45:02 | M      |
| Swansea Bay parkrun                                      | 5k            | 04/05/2019 | 318  | 00:31:17 |        |
| Swansea Bay parkrun                                      | 5k            | 20/04/2019 | 30   | 00:20:41 |        |
| Brecon Carreg Cardiff Bay Run 10k                        | 10k           | 31/03/2019 | 767  | 00:44:31 | MSEN   |
| Porthcawl parkrun  | 5k            | 02/03/2019 | 54   | 00:23:15 |        |
| Cardiff Half Marathon                                    | Half Marathon | 07/10/2018 | 1043 | 01:34:22 | MSEN   |
| Llanerchaeron parkrun                                    | 5k            | 29/09/2018 | 11   | 00:22:09 |        |
| Admiral Swansea Bay 10k                                  | 10k           | 16/09/2018 | 273  | 00:43:37 | MSEN   |
| Tenby 10k  | 10k           | 29/07/2018 | 43   | 00:44:25 | OM     |
| Jcp Swansea Half Marathon                                | Half Marathon | 24/06/2018 | 320  | 01:35:00 | SenM   |

|   |               |            |      |          |          |
|---|---------------|------------|------|----------|----------|
| Run4all Neath 5k Series - Race 2                      | 5k            | 06/06/2018 | 37   | 00:20:32 | MSen     |
| <b>Sarah Montenegro</b>                               |               | 1          |      |          |          |
| Admiral Swansea Bay 10k                               | 10k           | 19/09/2021 | 749  | 00:55:06 |          |
| <b>Adam Morgan</b>                                    |               | 16         |      |          |          |
| Merthyr Mawr Christmas Pudding Race                   | 10k           | 15/12/2024 | 13   | 00:46:30 | SeniorM  |
| Principality Cardiff Half Marathon                    | Half Marathon | 06/10/2024 | 222  | 01:19:35 | MSEN     |
| Tri Hard Harriers 5K On The Bay                       | 5k            | 22/08/2024 | 21   | 00:17:35 |          |
| Brisco Gorseinon 10k                                  | 10k           | 19/05/2024 |      | 00:37:22 |          |
| adidas Manchester Marathon 2024                       | Marathon      | 14/04/2024 | 993  | 02:58:51 |          |
| 2023 Marathon Eryri                                   | Marathon      | 28/10/2023 | 69   | 03:13:58 | MOPEN    |
| Principality Cardiff Half Marathon 2023               | Half Marathon | 01/10/2023 |      | 01:25:10 | MSEN     |
| Brisco Gorseinon 10k                                  | 10k           | 30/04/2023 | 12   | 00:38:11 | MSEN     |
| Rhayader Round the Lake 2023                          | 30k           | 04/03/2023 | 16   | 02:04:32 | Msen     |
| Swansea Bay parkrun                                   | 5k            | 18/02/2023 | 5    | 00:18:09 |          |
| EnduranceLife Gower Ultra                             | Ultra         | 05/11/2022 | 10   | 05:57:03 | Open M   |
| 2022 Wizz Air Cardiff Half Marathon                   | Half Marathon | 02/10/2022 | 235  | 01:23:46 | MOPEN    |
| Welsh Road Relay Championships - Pembrey Country Park | 5400m         | 24/09/2022 |      | 00:20:47 | MSEN     |
| Admiral Swansea Bay 10k                               | 10k           | 18/09/2022 | 172  | 00:39:50 | 40 PACER |
| JCP Swansea Half Marathon                             | Half Marathon | 12/06/2022 | 89   | 01:26:37 | MSEN     |
| St Iltyd's Ultra Marathon (50km)                      | Ultra         | 01/05/2022 | 2    | 04:39:09 |          |
| <b>Caroline Morgan</b>                                |               | 61         |      |          |          |
| Swansea Bay parkrun                                   | 5k            | 30/11/2024 | 437  | 00:43:31 |          |
| Richard Burton 10k                                    | 10k           | 03/11/2024 | 1668 | 01:04:01 | F50-59   |
| Swansea Bay parkrun                                   | 5k            | 31/08/2024 | 459  | 00:34:59 |          |
| Tri Hard Harriers 5K On The Bay                       | 5k            | 22/08/2024 | 273  | 00:29:43 |          |
| Swansea Bay parkrun                                   | 5k            | 10/08/2024 | 408  | 00:37:36 |          |



|   |               |            |      |          |        |
|---|---------------|------------|------|----------|--------|
| Lews Castle parkrun                           | 5k            | 27/07/2024 | 31   | 00:31:43 |        |
| Sandy Water parkrun                           | 5k            | 06/07/2024 | 186  | 00:35:20 |        |
| Swansea Bay parkrun                           | 5k            | 25/05/2024 | 533  | 00:33:13 |        |
| Brisco Gorseinon 10k                          | 10k           | 19/05/2024 |      | 01:04:27 |        |
| Swansea Bay parkrun                           | 5k            | 11/05/2024 | 469  | 00:33:12 |        |
| Endurancelife Pembrokeshire "10k"             | 10k           | 27/04/2024 | 115  | 02:45:46 |        |
| Haverfordwest parkrun                         | 5k            | 02/03/2024 | 38   | 00:34:44 |        |
| Milford Waterfront parkrun                    | 5k            | 09/12/2023 | 35   | 00:32:29 |        |
| Principality Cardiff Half Marathon 2023       | Half Marathon | 01/10/2023 |      | 02:40:54 | F50-54 |
| Admiral Swansea Bay 10k                       | 10k           | 17/09/2023 | 2579 | 01:20:32 | Female |
| Banstead Woods parkrun                        | 5k            | 26/08/2023 | 152  | 00:32:43 |        |
| Tri Hard Harriers 5k on the Bay               | 5k            | 24/08/2023 | 191  | 00:27:58 | F40+   |
| Sandy Water parkrun                           | 5k            | 22/07/2023 | 107  | 00:33:36 |        |
| Brisco Gorseinon 10k                          | 10k           | 30/04/2023 | 551  | 01:02:17 | F50    |
| Colby parkrun                                 | 5k            | 04/03/2023 | 102  | 00:32:09 |        |
| Colby parkrun                                 | 5k            | 03/12/2022 | 84   | 00:58:43 |        |
| Narberth Night Nobbler                        | 10k           | 03/12/2022 | 457  | 03:03:22 |        |
| Richard Burton 10k                            | 10k           | 06/11/2022 | 1617 | 01:08:29 | F50-59 |
| Sandy Water parkrun                           | 5k            | 24/09/2022 | 49   | 00:29:00 |        |
| Admiral Swansea Bay 10k                       | 10k           | 18/09/2022 | 1638 | 01:00:08 | F50    |
| JCP Swansea Half Marathon                     | Half Marathon | 12/06/2022 | 2270 | 02:27:14 | F50    |
| Swansea Bay parkrun                           | 5k            | 30/04/2022 | 296  | 00:30:54 |        |
| 2022 Cardiff University Cardiff Half Marathon | Half Marathon | 27/03/2022 | 7859 | 02:22:57 | F50+   |
| Swansea Bay parkrun                           | 5k            | 29/01/2022 | 203  | 00:28:19 |        |
| Unleashed Performance Reading Half Marathon   | Half Marathon | 07/11/2021 | 4812 | 02:20:20 | F50    |
| Toughrunner Swansea Trail Half Marathon       | Half Marathon | 30/10/2021 | 519  | 03:47:57 | F50-59 |

|                                  |               |            |       |          |        |
|----------------------------------|---------------|------------|-------|----------|--------|
| Admiral Swansea Bay 10k          | 10k           | 19/09/2021 | 1176  | 00:59:28 |        |
| Swansea Bay parkrun              | 5k            | 28/08/2021 | 256   | 00:28:49 |        |
| Nos Galan Races                  | 5k            | 31/12/2019 | 241   | 00:27:29 | F45    |
| Glynneath 5                      | 5 miles       | 26/12/2019 | 233   | 00:45:40 | FV45   |
| Colby parkrun                    | 5k            | 14/12/2019 | 34    | 00:30:09 |        |
| Sospan MT10                      | 10 miles      | 17/11/2019 | 299   | 01:40:39 | F45-54 |
| Cardiff Half Marathon            | Half Marathon | 06/10/2019 | 11691 | 02:07:59 | F45+   |
| Admiral Swansea Bay 10k          | 10k           | 22/09/2019 |       | 00:54:29 |        |
| Swansea Bay parkrun              | 5k            | 07/09/2019 | 213   | 00:27:12 |        |
| Fell Foot parkrun Newby Bridge   | 5k            | 03/08/2019 | 179   | 00:28:45 |        |
| JCP Swansea Half Marathon        | Half Marathon | 23/06/2019 | 2870  | 02:11:10 | F45    |
| Swansea Bay parkrun              | 5k            | 30/03/2019 | 319   | 00:35:27 |        |
| Sage Reading Half Marathon       | Half Marathon | 17/03/2019 | 5718  | 02:10:45 |        |
| Swansea Bay parkrun              | 5k            | 09/03/2019 | 177   | 00:27:17 |        |
| Swansea Bay parkrun              | 5k            | 16/02/2019 | 252   | 00:28:49 |        |
| Swansea Bay parkrun              | 5k            | 26/01/2019 | 170   | 00:26:35 |        |
| Dulwich parkrun                  | 5k            | 19/01/2019 | 301   | 00:27:11 |        |
| Swansea Bay parkrun              | 5k            | 12/01/2019 | 152   | 00:26:58 |        |
| Swansea Bay parkrun              | 5k            | 05/01/2019 | 186   | 00:27:48 |        |
| Glynneath Boxing Day 5 Mile Race | 5 miles       | 26/12/2018 | 341   | 00:47:25 | FV45   |
| Swansea Bay parkrun              | 5k            | 22/12/2018 | 284   | 00:44:05 |        |
| Swansea Bay parkrun              | 5k            | 08/12/2018 | 109   | 00:27:08 |        |
| Cardiff Half Marathon            | Half Marathon | 07/10/2018 | 10556 | 02:14:15 | F45+   |
| Admiral Swansea Bay 10k          | 10k           | 16/09/2018 | 1484  | 00:57:21 | F45    |
| Yeovil Montacute parkrun         | 5k            | 11/08/2018 | 165   | 00:29:51 |        |
| Johnstown Parkrun Wexford        | 5k            | 28/07/2018 | 43    | 00:29:45 |        |

|  |               |            |      |          |           |
|--|---------------|------------|------|----------|-----------|
| Jcp Swansea Half Marathon                                      | Half Marathon | 24/06/2018 | 3414 | 02:19:52 | FV45      |
| Crystal Palace parkrun   | 5k            | 12/05/2018 | 232  | 00:29:35 |           |
| Swansea Bay parkrun  | 5k            | 05/05/2018 | 229  | 00:28:43 |           |
| Swansea Bay parkrun  | 5k            | 07/04/2018 | 114  | 00:29:12 |           |
| <b>Gareth Morgan</b>   |               | 11         |      |          |           |
| Principality Cardiff Half Marathon                             | Half Marathon | 06/10/2024 | 779  | 01:28:13 | 45        |
| Swansea Bay 5k Summer Series Race 2                            | 5k            | 12/06/2024 | 19   | 00:19:44 |           |
| Swansea Bay parkrun  | 5k            | 27/01/2024 | 16   | 00:18:55 |           |
| Swansea Bay parkrun  | 5k            | 23/12/2023 | 38   | 00:18:58 |           |
| Swansea Bay parkrun  | 5k            | 25/11/2023 | 29   | 00:19:31 |           |
| Swansea Bay parkrun  | 5k            | 04/11/2023 | 27   | 00:20:05 |           |
| Tenby 10k  | 10k           | 29/10/2023 | 36   | 00:42:42 |           |
| Swansea Bay parkrun  | 5k            | 18/02/2023 | 26   | 00:20:01 |           |
| Swansea Bay parkrun  | 5k            | 07/05/2022 | 41   | 00:20:38 |           |
| Worms Head 10k   | 10k           | 03/02/2019 | 30   | 00:53:01 | MSen      |
| Nn Rotterdam Marathon  | Marathon      | 09/04/2017 | 1717 | 03:24:21 | M35       |
| <b>Tom Morgan</b>  |               | 27         |      |          |           |
| Cardiff parkrun  | 5k            | 05/02/2022 | 40   | 00:19:59 |           |
| Cardiiff parkrun   | 5k            | 29/01/2022 | 152  | 00:23:48 |           |
| Cardiff parkrun  | 5k            | 22/01/2022 | 55   | 00:20:27 |           |
| Gnoll parkrun  | 5k            | 25/12/2021 | 39   | 00:25:40 |           |
| Merthyr Mawr Christmas Pudding Race 2021                       | 10k           | 05/12/2021 | 125  | 00:58:49 | SM        |
| Hoka One Winter Trail Half Marathon (Afan Forest Country Park) | Half Marathon | 13/11/2021 | 136  | 01:57:43 | Open Male |
| Tata Steel Richard Burton 10k                                  | 10k           | 07/11/2021 | 192  | 00:45:50 | M30-39    |
| Grangemoor parkrun   | 5k            | 30/10/2021 | 17   | 00:21:55 |           |
| JCP Swansea Half Marathon                                      | Half Marathon | 17/10/2021 | 281  | 01:38:50 | MSEN      |

|   |               |            |      |          |      |
|---|---------------|------------|------|----------|------|
| Cardiff Bay 10k                               | 10k           | 26/09/2021 | 311  | 00:44:19 | MSEN |
| Grangemoor parkrun                            | 5k            | 25/09/2021 | 25   | 00:23:51 |      |
| Great Bristol Half Marathon                   | Half Marathon | 19/09/2021 | 693  | 01:39:30 |      |
| Swansea Bay parkrun                           | 5k            | 11/09/2021 | 32   | 00:21:08 |      |
| Merthyr Mawr Rabbit Run                       | 7.5 miles     | 04/09/2021 | 64   | 01:07:17 | MSen |
| Cardiff parkrun                               | 5k            | 04/09/2021 | 81   | 00:20:49 |      |
| Blackpool parkrun                             | 5k            | 28/08/2021 | 29   | 00:22:09 |      |
| Cardiff parkrun                               | 5k            | 21/08/2021 | 62   | 00:21:20 |      |
| Chepstow Racecourse Half Marathon             | Half Marathon | 11/07/2021 | 30   | 01:42:59 | SM   |
| Gnoll parkrun                                 | 5k            | 25/01/2020 | 27   | 00:24:25 |      |
| Merthyr Mawr Christmas Pudding Race           | 10k           | 08/12/2019 | 238  | 01:16:16 | MSen |
| Llanelli Coast parkrun                        | 5k            | 16/11/2019 | 30   | 00:22:48 |      |
| Llanelli Coast parkrun                        | 5k            | 05/10/2019 | 23   | 00:22:53 |      |
| Mumbles Triathlon Sprint Distance             | Triathlon     | 27/09/2019 | 222  | 02:18:56 | SenM |
| Llanelli Coast parkrun                        | 5k            | 21/09/2019 | 34   | 00:23:32 |      |
| Simplyhealth Great Bristol Half Marathon 2019 | Half Marathon | 15/09/2019 | 2301 | 01:53:08 |      |
| Llanelli Coast parkrun                        | 5k            | 14/09/2019 | 131  | 00:33:33 |      |
| Swansea Bay parkrun                           | 5k            | 07/09/2019 | 98   | 00:23:33 |      |
| <b>Sean Morgans</b>                           |               | 8          |      |          |      |
| Swansea Bay parkrun                           | 5k            | 30/11/2024 | 106  | 00:23:44 |      |
| Swansea Bay parkrun                           | 5k            | 14/09/2024 | 79   | 00:23:17 |      |
| Tri Hard Harriers 5K On The Bay               | 5k            | 22/08/2024 | 156  | 00:23:11 |      |
| Swansea Bay parkrun                           | 5k            | 13/07/2024 | 100  | 00:23:25 |      |
| Swansea Bay parkrun                           | 5k            | 29/06/2024 | 435  | 00:34:59 |      |
| Swansea Half Marathon                         | Half Marathon | 09/06/2024 |      | 01:48:18 | M50  |
| Swansea Bay parkrun                           | 5k            | 18/05/2024 | 130  | 00:23:41 |      |

|  |            |            |     |          |             |
|--|------------|------------|-----|----------|-------------|
| Swansea Bay parkrun  | 5k         | 27/04/2024 | 122 | 00:24:14 |             |
| <b>Lee Morris</b>  |            | 48         |     |          |             |
| Edurancelife Gower 10k   | 10k        | 09/11/2024 | 13  | 00:58:19 | MOpen       |
| Richard Burton 10k   | 10k        | 03/11/2024 | 185 | 00:42:12 | M40-49      |
| Admiral Swansea Bay 10k  | 10k        | 15/09/2024 | 203 | 00:40:20 |             |
| Tri Hard Harriers 5K On The Bay                                | 5k         | 22/08/2024 | 69  | 00:19:40 |             |
| Swansea Bay 5k Summer Series Race 3                            | 5k         | 10/07/2024 | 34  | 00:20:09 |             |
| Ogi Porthcawl 10k  | 10k        | 07/07/2024 |     | 00:42:07 | M40         |
| Swansea Bay 5k Summer Series Race 2                            | 5k         | 12/06/2024 | 35  | 00:20:22 |             |
| Brisco Gorseinon 10k   | 10k        | 19/05/2024 |     | 00:43:25 |             |
| Paul Popham Swansea Bay Summer Series                          | 5k         | 08/05/2024 | 28  | 00:19:26 |             |
| Endurancelife Pembrokeshire "10k"                              | 10k        | 27/04/2024 | 20  | 01:18:19 |             |
| Tenby 10k  | 10k        | 29/10/2023 | 127 | 00:48:20 |             |
| 2023 Marathon Eryri  | Marathon   | 28/10/2023 | 579 | 04:09:36 | M40+        |
| Tri Hard Harriers 5k on the Bay                                | 5k         | 24/08/2023 | 57  | 00:19:56 | M40+        |
| Brisco Gorseinon 10k   | 10k        | 30/04/2023 | 64  | 00:42:40 | M40         |
| Snowdonia Eryri Marathon                                       | Marathon   | 28/10/2022 | 658 | 04:29:59 | MV40        |
| Healthspan Porthcawl 10k                                       | 10k        | 03/07/2022 | 135 | 00:41:21 | M40+        |
| St Iltyd's Ultra Marathon (50km)                               | Ultra      | 01/05/2022 | 11  | 05:28:14 |             |
| Cardiff Bay 10k  | 10k        | 26/09/2021 | 234 | 00:42:52 | M40+        |
| Admiral Swansea Bay 10k  | 10k        | 19/09/2021 | 192 | 00:44:02 |             |
| Buff Wales 10K   | 10k        | 11/01/2020 | 57  | 00:48:40 | Senior Male |
| Welsh Athletics Road Relay Championships                       | 5400m      | 15/09/2019 |     | 00:22:55 | SM          |
| Welsh Castles Relay Stage 16 - Brecon Canal Basin to Torpantau | 12.5 miles | 09/06/2019 | 55  | 01:41:42 | Mopen       |
| St Illtyds Ultra 50k Race                                      | Ultra      | 05/05/2019 | 31  | 05:57:25 |             |
| Llanelli Coast parkrun   | 5k         | 16/02/2019 | 12  | 00:19:57 |             |

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| Ammanford 10k  | 10k           | 08/07/2018 | 47   | 00:43:06 | MV35  |
| Welsh Castles Relay Stage 20                           | 10.7 miles    | 10/06/2018 | 15   | 01:03:04 | MV    |
| Abp Newport Wales Marathon                             | Marathon      | 29/04/2018 | 436  | 03:33:17 | M35+  |
| Zurich Marato Barcelona                                | Marathon      | 11/03/2018 | 2672 | 03:30:02 | VetAM |
| Hoka One One Winter Trail Half Marathon                | Half Marathon | 17/02/2018 | 68   | 01:48:04 |       |
| West Glamorgan Xc League - Margam Reservoir - Men      | 5.6 miles     | 14/01/2018 | 81   | 00:37:46 |       |
| West Glamorgan Xc League - Kenfig Nature Reserve - Men | TBC           | 26/11/2017 | 82   | 00:30:57 |       |
| West Glamorgan Xc League - Gnoll - Men                 | 5.6 miles     | 22/10/2017 | 86   | 00:41:27 |       |
| Meridian Windsor Half Marathon                         | Half Marathon | 24/09/2017 | 101  | 01:33:22 | SenM  |
| West Glamorgan Xc League - Llanmadoc - Men             | 4.5 miles     | 17/09/2017 | 41   | 00:31:18 |       |
| Thames Path 100k Challenge                             | Ultra         | 09/09/2017 | 85   | 14:19:32 |       |
| Trot's St Clear's 10k                                  | 10k           | 20/08/2017 | 17   | 00:44:04 | OM    |
| Caerphilly 10k   | 10k           | 18/06/2017 | 317  | 00:49:17 | MO    |
| Paul Popham Running Club Swansea Bay Summer 5k Series  | 5k            | 13/06/2017 | 18   | 00:20:28 | M     |
| Liverpool Rock'n'roll Half Marathon                    | Half Marathon | 28/05/2017 | 398  | 01:35:44 |       |
| Paul Popham Running Club Swansea Bay Summer 5k Series  | 5k            | 09/05/2017 | 18   | 00:20:50 |       |
| Cardiff And Vale College Cardiff Bay Run               | 10k           | 02/04/2017 | 219  | 00:42:39 | M35+  |
| Llanelli Half Marathon 2017                            | Half Marathon | 12/03/2017 | 59   | 01:28:54 | SenM  |
| Brecon To Cardiff Ultra                                | Ultra         | 19/02/2017 | 58   | 07:55:15 | M     |
| Llanelli Coast parkrun                                 | 5k            | 28/01/2017 | 9    | 00:20:09 |       |
| Llanelli Coast parkrun                                 | 5k            | 31/12/2016 | 14   | 00:20:02 |       |
| Glynneath Boxing Day 5 Mile Road Race                  | 5 miles       | 26/12/2016 | 65   | 00:32:54 | M     |
| Llanelli Coast parkrun                                 | 5k            | 24/12/2016 | 10   | 00:19:54 |       |
| Richard Burton 10k                                     | 10k           | 06/11/2016 | 139  | 00:43:00 | MO    |
| <b>Nigel Morse</b>                                     |               | 4          |      |          |       |
| Llanelli Coast parkrun                                 | 5k            | 20/10/2018 | 17   | 00:20:31 |       |

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| Llanelli Coast parkrun                     | 5k            | 29/09/2018 | 14   | 00:20:35 |             |
| Abp Newport Wales Marathon                 | Marathon      | 29/04/2018 | 179  | 03:33:18 | M50+        |
| Whitford Point Multi-terrain Race          | 5.6 miles     | 17/05/2017 | 60   | 00:45:18 | VM45        |
| <b>Claire Mullin</b>                       |               |            | 1    |          |             |
| Llanelli Half Marathon 2017                | Half Marathon | 12/03/2017 | 330  | 01:44:55 | FV35        |
| <b>Mike Nash</b>                           |               |            | 5    |          |             |
| West Glamorgan Xc League - Llanmadoc - Men | 4.5 miles     | 17/09/2017 | 99   | 00:37:41 |             |
| Swansea Triathlon                          | Triathlon     | 28/05/2017 | 478  | 01:24:15 | MVintageVet |
| Mumbles Duathlon                           | Duathlon      | 25/03/2017 | 131  | 02:03:34 | MV          |
| Gnoll parkrun                              | 5k            | 18/03/2017 | 22   | 00:24:25 |             |
| Richard Burton 10k                         | 10k           | 06/11/2016 | 259  | 00:47:23 | MV50        |
| <b>Dennis Nelder</b>                       |               |            | 1    |          |             |
| Sospan RR MT10                             | 10 miles      | 18/11/2018 | 206  | 01:27:29 | M3544       |
| <b>Francesca Newman</b>                    |               |            | 194  |          |             |
| Swansea Bay parkrun                        | 5k            | 21/12/2024 | 234  | 00:26:29 |             |
| Swansea Bay parkrun                        | 5k            | 14/12/2024 | 154  | 00:25:26 |             |
| Marathon Lanzarote 2024 - Half Marathon    | Half Marathon | 07/12/2024 | 869  | 02:19:19 |             |
| Pembrey MT10                               | 10 miles      | 17/11/2024 | 114  | 01:36:39 |             |
| Richard Burton 10k                         | 10k           | 03/11/2024 | 1112 | 00:55:52 | F60-69      |
| Swansea Bay parkrun                        | 5k            | 26/10/2024 | 428  | 00:30:02 |             |
| Frederic Back parkrun                      | 5k            | 19/10/2024 | 40   | 00:28:09 |             |
| Bank of America Chicago Marathon           | Marathon      | 13/10/2024 |      | 04:43:29 |             |
| Swansea Bay parkrun                        | 5k            | 28/09/2024 | 468  | 00:32:34 |             |
| Swansea Bay parkrun                        | 5k            | 21/09/2024 | 318  | 00:29:29 |             |
| Swansea Bay parkrun                        | 5k            | 31/08/2024 | 415  | 00:32:43 |             |
| Swansea Bay parkrun                        | 5k            | 24/08/2024 | 348  | 00:30:14 |             |

|                                   |               |            |     |          |        |
|-----------------------------------|---------------|------------|-----|----------|--------|
| Tri Hard Harriers 5K On The Bay   | 5k            | 22/08/2024 | 202 | 00:25:37 |        |
| Swansea Bay parkrun               | 5k            | 10/08/2024 | 282 | 00:29:25 |        |
| Swansea Bay parkrun               | 5k            | 27/07/2024 | 352 | 00:29:29 |        |
| Chippenham parkrun                | 5k            | 06/07/2024 | 82  | 00:27:46 |        |
| Swansea Bay parkrun               | 5k            | 29/06/2024 | 448 | 00:35:54 |        |
| Swansea Bay parkrun               | 5k            | 15/06/2024 | 192 | 00:27:06 |        |
| Cheddar Gorge Challenge 2024      | 10k           | 09/06/2024 | 167 | 01:24:40 | F60-69 |
| Chippenham parkrun                | 5k            | 01/06/2024 | 135 | 00:27:40 |        |
| Swansea Bay parkrun               | 5k            | 25/05/2024 | 637 | 00:57:27 |        |
| Cycle Route 43 parkrun Ystalyfera | 5k            | 11/05/2024 | 58  | 00:27:52 |        |
| Swansea Bay parkrun               | 5k            | 04/05/2024 | 637 | 00:01:51 |        |
| Endurancelife Pembrokeshire "10k" | 10k           | 27/04/2024 | 38  | 01:24:10 |        |
| Swansea Bay parkrun               | 5k            | 30/03/2024 | 297 | 00:27:47 |        |
| Great Welsh Half                  | Half Marathon | 17/03/2024 |     | 02:00:54 |        |
| San Domenico 10M                  | 10 miles      | 10/03/2024 | 101 | 01:32:58 | F55    |
| Swansea Bay parkrun               | 5k            | 09/03/2024 | 296 | 00:29:54 |        |
| Swansea Bay parkrun               | 5k            | 24/02/2024 | 277 | 00:28:01 |        |
| Woking parkrun                    | 5k            | 03/02/2024 | 124 | 00:26:52 |        |
| Swansea Bay parkrun               | 5k            | 13/01/2024 | 245 | 00:27:03 |        |
| Swansea Bay parkrun               | 5k            | 06/01/2024 | 170 | 00:25:13 |        |
| Swansea Bay parkrun               | 5k            | 01/01/2024 | 261 | 00:28:24 |        |
| Swansea Bay parkrun               | 5k            | 30/12/2023 | 203 | 00:25:53 |        |
| Swansea Bay parkrun               | 5k            | 23/12/2023 | 188 | 00:25:00 |        |
| Swansea Bay parkrun               | 5k            | 25/11/2023 | 221 | 00:25:50 |        |
| Tenby 10k                         | 10k           | 29/10/2023 | 316 | 00:55:06 |        |
| Swansea Bay parkrun               | 5k            | 28/10/2023 | 187 | 00:26:55 |        |



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| Swansea Bay parkrun                     | 5k            | 21/10/2023 | 253  | 00:28:05 |        |
| Mizuno Half Marathon - Amsterdam        | Half Marathon | 15/10/2023 | 8824 | 02:00:36 |        |
| Amsterdamse Bos parkrun                 | 5k            | 14/10/2023 | 235  | 00:27:40 |        |
| Swansea Bay parkrun                     | 5k            | 07/10/2023 | 255  | 00:26:25 |        |
| Principality Cardiff Half Marathon 2023 | Half Marathon | 01/10/2023 |      | 02:15:03 | F55-59 |
| Swansea Bay parkrun                     | 5k            | 23/09/2023 | 370  | 00:31:44 |        |
| Admiral Swansea Bay 10k                 | 10k           | 17/09/2023 | 696  | 00:50:13 | Female |
| Swansea Bay parkrun                     | 5k            | 02/09/2023 | 159  | 00:25:24 |        |
| Swansea Bay parkrun                     | 5k            | 26/08/2023 | 156  | 00:23:33 |        |
| Tri Hard Harriers 5k on the Bay         | 5k            | 24/08/2023 | 138  | 00:24:36 | F40+   |
| Two Tunnels Half Marathon               | Half Marathon | 20/08/2023 | 259  | 02:14:33 | F50-59 |
| Southwick Country parkrun               | 5k            | 19/08/2023 | 68   | 00:27:45 |        |
| Swansea Bay parkrun                     | 5k            | 12/08/2023 | 117  | 00:24:41 |        |
| Swansea Bay parkrun                     | 5k            | 05/08/2023 | 123  | 00:25:46 |        |
| Swansea Bay parkrun                     | 5k            | 29/07/2023 | 397  | 00:31:29 |        |
| Sandy Water parkrun                     | 5k            | 22/07/2023 | 50   | 00:25:43 |        |
| Swansea Bay parkrun                     | 5k            | 24/06/2023 | 232  | 00:26:26 |        |
| Chippenham parkrun                      | 5k            | 17/06/2023 | 65   | 00:26:37 |        |
| Swansea Half Marathon                   | Half Marathon | 11/06/2023 |      | 02:05:41 | F55    |
| Swansea Bay parkrun                     | 5k            | 10/06/2023 | 250  | 00:28:40 |        |
| Swansea Bay parkrun                     | 5k            | 27/05/2023 | 144  | 00:24:02 |        |
| Swansea Bay parkrun                     | 5k            | 20/05/2023 | 274  | 00:28:15 |        |
| Swansea Bay parkrun                     | 5k            | 13/05/2023 | 251  | 00:27:02 |        |
| Swansea Bay parkrun                     | 5k            | 22/04/2023 | 159  | 00:24:44 |        |
| ABP Newport 10k                         | 10k           | 16/04/2023 | 894  | 00:53:44 | F55-59 |
| Swansea Bay parkrun                     | 5k            | 15/04/2023 | 341  | 00:31:02 |        |

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|-----------------------------|---------------|------------|-----|----------|--------|
| Swansea Bay parkrun         | 5k            | 08/04/2023 | 193 | 00:25:57 |        |
| Great Welsh Half Marathon   | Half Marathon | 02/04/2023 | 238 | 01:57:56 | F55    |
| Swansea Bay parkrun         | 5k            | 01/04/2023 | 373 | 00:53:01 |        |
| Swansea Bay parkrun         | 5k            | 18/03/2023 | 217 | 00:27:56 |        |
| Swansea Bay parkrun         | 5k            | 11/03/2023 | 319 | 00:34:10 |        |
| Colby parkrun               | 5k            | 04/03/2023 | 46  | 00:27:02 |        |
| Swansea Bay parkrun         | 5k            | 18/02/2023 | 162 | 00:25:36 |        |
| Chippenham parkrun          | 5k            | 11/02/2023 | 75  | 00:27:22 |        |
| Swansea Bay parkrun         | 5k            | 04/02/2023 | 144 | 00:25:23 |        |
| Swansea Bay parkrun         | 5k            | 28/01/2023 | 303 | 00:31:16 |        |
| Swansea Bay parkrun         | 5k            | 21/01/2023 | 158 | 00:26:06 |        |
| Swansea Bay parkrun         | 5k            | 14/01/2023 | 298 | 00:29:05 |        |
| Swansea Bay parkrun         | 5k            | 07/01/2023 | 143 | 00:26:10 |        |
| Swansea Bay parkrun         | 5k            | 01/01/2023 | 92  | 00:24:59 |        |
| Swansea Bay parkrun         | 5k            | 31/12/2022 | 137 | 00:25:37 |        |
| Swansea Bay parkrun         | 5k            | 24/12/2022 | 179 | 00:25:27 |        |
| Swansea Bay parkrun         | 5k            | 10/12/2022 | 167 | 00:29:27 |        |
| Tough Runner Buff 10k       | 10k           | 03/12/2022 | 124 | 00:58:27 | F50-59 |
| AVR Wiltshire Half Marathon | Half Marathon | 27/11/2022 | 212 | 02:09:29 | FV50   |
| Swansea Bay parkrun         | 5k            | 19/11/2022 | 317 | 00:33:41 |        |
| Chippenham parkrun          | 5k            | 12/11/2022 | 74  | 00:27:17 |        |
| Richard Burton 10k          | 10k           | 06/11/2022 | 759 | 00:55:08 | F50-59 |
| Swansea Bay parkrun         | 5k            | 29/10/2022 | 174 | 00:27:00 |        |
| Swansea Bay parkrun         | 5k            | 22/10/2022 | 175 | 00:26:05 |        |
| Severn Bridge parkrun       | 5k            | 15/10/2022 | 50  | 00:26:40 |        |
| Swansea Bay parkrun         | 5k            | 08/10/2022 | 183 | 00:25:39 |        |

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|---------------------------------------|---------------|------------|------|----------|----------|
| 2022 Wizz Air Cardiff Half Marathon   | Half Marathon | 02/10/2022 | 6789 | 02:12:01 | F55+     |
| Swansea Bay parkrun                   | 5k            | 24/09/2022 | 194  | 00:27:17 |          |
| Admiral Swansea Bay 10k               | 10k           | 18/09/2022 | 2276 | 01:09:32 | 70 PACER |
| Swansea Bay parkrun                   | 5k            | 17/09/2022 | 177  | 00:27:31 |          |
| Swansea Bay parkrun                   | 5k            | 10/09/2022 | 240  | 00:27:43 |          |
| Swansea Bay parkrun                   | 5k            | 03/09/2022 | 181  | 00:26:45 |          |
| Swansea Bay parkrun                   | 5k            | 27/08/2022 | 181  | 00:25:13 |          |
| Swansea Bay parkrun                   | 5k            | 20/08/2022 | 143  | 00:25:30 |          |
| Swansea Bay parkrun                   | 5k            | 13/08/2022 | 125  | 00:26:31 |          |
| Swansea Bay parkrun                   | 5k            | 06/08/2022 | 188  | 00:27:27 |          |
| Tenby 10k                             | 10k           | 31/07/2022 | 143  | 00:57:12 | F55      |
| Tough Runner Cardiff Epic Trail 10k   | 10k           | 24/07/2022 | 228  | 01:24:39 | F50-59   |
| Swansea Bay parkrun                   | 5k            | 09/07/2022 | 128  | 00:25:36 |          |
| Swansea Bay parkrun                   | 5k            | 18/06/2022 | 137  | 00:25:45 |          |
| JCP Swansea Half Marathon             | Half Marathon | 12/06/2022 | 1455 | 02:05:56 | F55      |
| Chippenham parkrun                    | 5k            | 04/06/2022 | 76   | 00:26:21 |          |
| Swansea Bay parkrun                   | 5k            | 28/05/2022 | 214  | 00:25:59 |          |
| Toughrunner UK Swansea Epic Trail 10k | 10k           | 22/05/2022 | 261  | 01:01:03 | F50-59   |
| Swansea Bay parkrun                   | 5k            | 21/05/2022 | 266  | 00:29:23 |          |
| Barry Island parkrun                  | 5k            | 14/05/2022 | 51   | 00:27:23 |          |
| Sandy Water parkrun                   | 5k            | 07/05/2022 | 69   | 00:26:18 |          |
| Cardiff parkrun                       | 5k            | 30/04/2022 | 213  | 00:26:12 |          |
| Tremorfa parkrun                      | 5k            | 16/04/2022 | 34   | 00:26:35 |          |
| Great Welsh Half Marathon             | Half Marathon | 10/04/2022 | 333  | 02:03:58 | F55      |
| Trelai Park parkrun                   | 5k            | 02/04/2022 | 20   | 00:27:57 |          |
| Swansea Bay parkrun                   | 5k            | 12/03/2022 | 216  | 00:30:25 |          |

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|--------------------------------|-----------|------------|-----|----------|------|
| Colby parkrun                  | 5k        | 05/03/2022 | 63  | 00:29:38 |      |
| Swansea Bay parkrun            | 5k        | 26/02/2022 | 345 | 00:36:13 |      |
| Swansea Bay parkrun            | 5k        | 12/02/2022 | 158 | 00:27:03 |      |
| Grangemoor parkrun             | 5k        | 29/01/2022 | 44  | 00:26:49 |      |
| Swansea Bay parkrun            | 5k        | 22/01/2022 | 158 | 00:25:55 |      |
| Swansea Bay parkrun            | 5k        | 18/12/2021 | 145 | 00:26:36 |      |
| Woking parkrun                 | 5k        | 11/12/2021 | 125 | 00:28:17 |      |
| Brynaman parkrun               | 5k        | 27/11/2021 | 16  | 00:29:02 |      |
| Chippenham parkrun             | 5k        | 13/11/2021 | 108 | 00:28:22 |      |
| Tata Steel Richard Burton 10k  | 10k       | 07/11/2021 | 930 | 01:02:17 | F50+ |
| Swansea Bay parkrun            | 5k        | 30/10/2021 | 203 | 00:28:25 |      |
| Llyn Llech Owain parkrun       | 5k        | 23/10/2021 | 48  | 00:28:28 |      |
| Swansea Bay parkrun            | 5k        | 16/10/2021 | 179 | 00:29:30 |      |
| Swansea Bay parkrun            | 5k        | 02/10/2021 | 162 | 00:30:05 |      |
| Swansea Bay parkrun            | 5k        | 04/09/2021 | 383 | 00:35:53 |      |
| Swansea Bay parkrun            | 5k        | 21/08/2021 | 362 | 00:56:23 |      |
| Swansea Bay parkrun            | 5k        | 14/03/2020 | 156 | 00:25:47 |      |
| Swansea Bay parkrun            | 5k        | 07/03/2020 | 129 | 00:24:34 |      |
| Swansea Bay parkrun            | 5k        | 29/02/2020 | 133 | 00:24:55 |      |
| Swansea Bay parkrun            | 5k        | 08/02/2020 | 358 | 00:31:05 |      |
| Llanelli Coast parkrun         | 5k        | 01/02/2020 | 46  | 00:25:43 |      |
| Swansea Bay parkrun            | 5k        | 25/01/2020 | 167 | 00:25:14 |      |
| Swansea Bay parkrun            | 5k        | 18/01/2020 | 218 | 00:27:07 |      |
| Tata Steel Round the Reservoir | 5.6 miles | 12/01/2020 | 85  | 00:47:27 | V55  |
| Swansea Bay parkrun            | 5k        | 11/01/2020 | 139 | 00:25:46 |      |
| Gnoll parkrun                  | 5k        | 04/01/2020 | 69  | 00:26:15 |      |

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| Swansea Bay parkrun                         | 5k            | 01/01/2020 | 188  | 00:25:23 |         |
| Swansea Bay parkrun                         | 5k            | 21/12/2019 | 144  | 00:26:21 |         |
| Cottrell Park Christmas Cracker             | 10k           | 15/12/2019 | 91   | 01:01:21 | LM55-64 |
| Swansea Bay parkrun                         | 5k            | 14/12/2019 | 76   | 00:26:02 |         |
| Swansea Bay parkrun                         | 5k            | 07/12/2019 | 105  | 00:24:54 |         |
| Chippenham parkrun                          | 5k            | 30/11/2019 | 71   | 00:26:27 |         |
| Chippenham parkrun                          | 5k            | 23/11/2019 | 79   | 00:27:25 |         |
| Swansea Bay parkrun                         | 5k            | 02/11/2019 | 81   | 00:25:30 |         |
| Cardiff Half Marathon                       | Half Marathon | 06/10/2019 | 9831 | 02:02:32 | F55+    |
| Swansea Bay parkrun                         | 5k            | 28/09/2019 | 104  | 00:24:47 |         |
| Admiral Swansea Bay 10k                     | 10k           | 22/09/2019 |      | 00:52:06 |         |
| Llanelli Coast parkrun                      | 5k            | 21/09/2019 | 63   | 00:26:03 |         |
| Welsh Athletics Road Relay Championships    | 5400m         | 15/09/2019 |      | 00:28:49 | MW55    |
| Swansea Bay parkrun                         | 5k            | 14/09/2019 | 217  | 00:27:21 |         |
| Swansea Bay parkrun                         | 5k            | 07/09/2019 | 148  | 00:25:02 |         |
| Cardiff Metropolitan University Cardiff 10K | 10k           | 01/09/2019 | 1719 | 00:52:36 |         |
| Swansea Bay parkrun                         | 5k            | 31/08/2019 | 143  | 00:26:04 |         |
| Swansea Bay parkrun                         | 5k            | 24/08/2019 | 184  | 00:25:59 |         |
| Swansea Bay parkrun                         | 5k            | 17/08/2019 | 132  | 00:24:40 |         |
| Swansea Bay parkrun                         | 5k            | 10/08/2019 | 75   | 00:25:04 |         |
| ABP Barry 10k                               | 10k           | 04/08/2019 | 944  | 00:54:24 | F55+    |
| Gnoll parkrun                               | 5k            | 03/08/2019 | 61   | 00:27:17 |         |
| Tenby 10k                                   | 10k           | 28/07/2019 | 196  | 00:55:25 |         |
| Swansea Bay parkrun                         | 5k            | 27/07/2019 | 182  | 00:25:50 |         |
| Chippenham parkrun                          | 5k            | 20/07/2019 | 93   | 00:26:27 |         |
| Swansea Bay parkrun                         | 5k            | 13/07/2019 | 178  | 00:25:59 |         |

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| Llyn Llech Owain parkrun  | 5k            | 06/07/2019 | 42   | 00:26:46 |      |
| Swansea Bay parkrun       | 5k            | 29/06/2019 | 129  | 00:25:04 |      |
| JCP Swansea Half Marathon | Half Marathon | 23/06/2019 | 2719 | 02:10:42 | F55  |
| Swansea Bay parkrun       | 5k            | 08/06/2019 | 138  | 00:25:46 |      |
| Swansea Bay parkrun       | 5k            | 01/06/2019 | 167  | 00:25:12 |      |
| Swansea Bay parkrun       | 5k            | 18/05/2019 | 189  | 00:25:21 |      |
| Swansea Epic Trail 10k    | 10k           | 12/05/2019 | 321  | 01:02:22 | FV55 |
| Swansea Bay parkrun       | 5k            | 11/05/2019 | 200  | 00:27:26 |      |
| Swansea Bay parkrun       | 5k            | 13/04/2019 | 158  | 00:26:02 |      |
| Swansea Bay parkrun       | 5k            | 06/04/2019 | 117  | 00:25:32 |      |
| Swansea Bay parkrun       | 5k            | 30/03/2019 | 133  | 00:25:24 |      |
| Swansea Bay parkrun       | 5k            | 23/03/2019 | 128  | 00:25:19 |      |
| Swansea Bay parkrun       | 5k            | 16/03/2019 | 124  | 00:26:02 |      |
| Chippenham parkrun        | 5k            | 09/03/2019 | 89   | 00:27:39 |      |
| Swansea Bay parkrun       | 5k            | 02/03/2019 | 161  | 00:26:14 |      |
| Swansea Bay parkrun       | 5k            | 23/02/2019 | 198  | 00:27:49 |      |
| Swansea Bay parkrun       | 5k            | 16/02/2019 | 177  | 00:26:19 |      |
| Swansea Bay parkrun       | 5k            | 26/01/2019 | 133  | 00:25:24 |      |
| Swansea Bay parkrun       | 5k            | 19/01/2019 | 150  | 00:26:46 |      |
| Swansea Bay parkrun       | 5k            | 12/01/2019 | 128  | 00:26:06 |      |
| Swansea Bay parkrun       | 5k            | 05/01/2019 | 124  | 00:25:28 |      |
| Swansea Bay parkrun       | 5k            | 01/01/2019 | 219  | 00:26:22 |      |
| Swansea Bay parkrun       | 5k            | 29/12/2018 | 358  | 00:36:35 |      |
| Swansea Bay parkrun       | 5k            | 22/12/2018 | 137  | 00:26:24 |      |
| Swansea Bay parkrun       | 5k            | 01/12/2018 | 94   | 00:26:26 |      |
| Swansea Bay parkrun       | 5k            | 24/11/2018 | 151  | 00:25:57 |      |

**Becky Nicholas**

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|                                   |               |            |      |          |        |
|-----------------------------------|---------------|------------|------|----------|--------|
| Edgbaston Reservoir parkrun       | 5k            | 14/12/2024 | 59   | 00:23:29 |        |
| Gnoll parkrun                     | 5k            | 16/11/2024 | 11   | 00:23:09 |        |
| Haverfordwest parkrun             | 5k            | 02/11/2024 | 10   | 00:23:02 |        |
| Newborough Forest parkrun         | 5k            | 26/10/2024 | 34   | 00:24:19 |        |
| Llyn Llech Owain parkrun          | 5k            | 14/09/2024 | 6    | 00:22:18 |        |
| Porthcawl parkrun                 | 5k            | 07/09/2024 | 281  | 00:31:06 |        |
| Porthcawl parkrun                 | 5k            | 31/08/2024 | 47   | 00:22:25 |        |
| Colby parkrun                     | 5k            | 24/08/2024 | 130  | 00:31:07 |        |
| Haverfordwest parkrun             | 5k            | 10/08/2024 | 18   | 00:22:32 |        |
| Witney parkrun                    | 5k            | 03/08/2024 | 47   | 00:23:42 |        |
| Cycle Route 43 parkrun Ystalyfera | 5k            | 27/07/2024 | 10   | 00:21:36 |        |
| Leavesden Country parkrun         | 5k            | 20/07/2024 | 7    | 00:23:03 |        |
| Gnoll parkrun                     | 5k            | 06/07/2024 | 82   | 00:33:00 |        |
| RossonWye parkrun                 | 5k            | 29/06/2024 | 10   | 00:22:13 |        |
| Severn Bridge parkrun             | 5k            | 25/05/2024 | 70   | 00:23:56 |        |
| Brisco Gorseinon 10k              | 10k           | 19/05/2024 |      | 00:46:22 |        |
| Sandy Water parkrun               | 5k            | 11/05/2024 | 113  | 00:30:39 |        |
| Swansea Bay parkrun               | 5k            | 04/05/2024 | 169  | 00:24:43 |        |
| Milford Waterfront parkrun        | 5k            | 17/02/2024 | 14   | 00:23:24 |        |
| MBNA Chester Marathon             | Marathon      | 08/10/2023 | 557  | 03:24:04 | FV35   |
| Swansea Bay parkrun               | 5k            | 05/08/2023 | 18   | 00:19:50 |        |
| TCS London Marathon 2023          | Marathon      | 23/04/2023 | 5553 | 03:16:22 | F18-39 |
| Great Welsh Half Marathon         | Half Marathon | 02/04/2023 | 39   | 01:29:05 | F35    |
| Narberth Night Nobbler            | 10k           | 03/12/2022 | 416  | 02:16:53 |        |
| Sospan MT10                       | 10 miles      | 20/11/2022 | 91   | 01:18:08 | FSEN   |

|   |               |            |       |          |        |
|---|---------------|------------|-------|----------|--------|
| Richard Burton 10k                                    | 10k           | 06/11/2022 | 215   | 00:44:46 | F20-39 |
| Sandy Water parkrun                                   | 5k            | 22/10/2022 | 10    | 00:20:34 |        |
| 2022 Wizz Air Cardiff Half Marathon                   | Half Marathon | 02/10/2022 | 822   | 01:37:27 | FOPEN  |
| Welsh Road Relay Championships - Pembrey Country Park | 5400m         | 24/09/2022 |       | 00:23:44 | FSEN   |
| Admiral Swansea Bay 10k                               | 10k           | 18/09/2022 | 274   | 00:42:32 | FS     |
| Tenby 10k   | 10k           | 31/07/2022 | 38    | 00:46:45 | OF     |
| JCP Swansea Half Marathon                             | Half Marathon | 12/06/2022 | 218   | 01:33:16 | FSEN   |
| Sandy Water parkrun                                   | 5k            | 21/05/2022 | 11    | 00:20:25 |        |
| Great Welsh Marathon                                  | Marathon      | 10/04/2022 | 55    | 03:23:56 | FSEN   |
| Welsh Athletics Welsh Road Relay Championships        | 5400m         | 11/09/2021 | 16    | 00:23:53 | SF     |
| <b>Martin Nicholls</b>                                |               |            | 6     |          |        |
| Admiral Swansea Bay 10k                               | 10k           | 16/09/2018 | 2376  | 01:05:31 | M50    |
| Swansea Bay parkrun                                   | 5k            | 09/06/2018 | 316   | 00:34:45 |        |
| Swansea Bay parkrun                                   | 5k            | 05/05/2018 | 294   | 00:31:06 |        |
| Swansea Bay parkrun                                   | 5k            | 17/03/2018 | 143   | 00:30:15 |        |
| Swansea Bay parkrun                                   | 5k            | 10/03/2018 | 211   | 00:32:38 |        |
| Swansea Bay parkrun                                   | 5k            | 17/02/2018 | 200   | 00:32:19 |        |
| <b>Jamie Nobbs</b>                                    |               |            | 3     |          |        |
| Jcp Swansea Half Marathon                             | Half Marathon | 24/06/2018 | 94    | 01:25:10 | SenM   |
| Cardiff Half Marathon                                 | Half Marathon | 01/10/2017 | 15118 | 02:34:05 | MSEN   |
| Admiral Swansea Bay 10k                               | 10k           | 24/09/2017 | 73    | 00:38:06 | SenM   |
| <b>Adrian Novis</b>                                   |               |            | 26    |          |        |
| Richard Burton 10k                                    | 10k           | 03/11/2024 | 278   | 00:44:39 | M50-59 |
| Bank of America Chicago Marathon                      | Marathon      | 13/10/2024 |       | 03:27:02 |        |
| Tri Hard Harriers 5K On The Bay                       | 5k            | 22/08/2024 | 185   | 00:24:44 |        |
| Swansea Bay 5k Summer Series Race 2                   | 5k            | 12/06/2024 | 80    | 00:24:36 |        |



|                                       |               |            |       |          |        |
|---------------------------------------|---------------|------------|-------|----------|--------|
| Paul Popham Swansea Bay Summer Series | 5k            | 08/05/2024 | 47    | 00:20:23 |        |
| Endurancelife Pembrokeshire "10k"     | 10k           | 27/04/2024 | 16    | 01:17:07 |        |
| Brighton Marathon                     | Marathon      | 07/04/2024 | 1022  | 03:28:29 |        |
| EDP Meia Maratona de Lisboa 2024      | Half Marathon | 17/03/2024 |       | 01:40:44 |        |
| Tenby 10k                             | 10k           | 29/10/2023 | 134   | 00:47:40 |        |
| Mizuno Half Marathon - Amsterdam      | Half Marathon | 15/10/2023 | 1625  | 01:37:46 |        |
| BMW Berlin Marathon 2023              | Marathon      | 24/09/2023 | 8810  | 03:32:15 | M55    |
| Admiral Swansea Bay 10k               | 10k           | 17/09/2023 | 520   | 00:48:17 | Male   |
| Two Tunnels Half Marathon             | Half Marathon | 20/08/2023 | 60    | 01:48:37 | M50-59 |
| Swansea Half Marathon                 | Half Marathon | 11/06/2023 |       | 01:37:31 | M55    |
| Swansea Bay Summer 5k Series          | 5k            | 10/05/2023 | 73    | 00:21:39 | MVET   |
| Rhodes Half Marathon                  | Half Marathon | 30/04/2023 | 68    | 01:45:14 |        |
| TCS London Marathon 2023              | Marathon      | 23/04/2023 | 11191 | 03:42:17 | M55-59 |
| Great Welsh Half Marathon             | Half Marathon | 02/04/2023 | 171   | 01:49:53 | M55    |
| Rhayader Round the Lake 2023          | 30k           | 04/03/2023 | 201   | 02:59:02 | MV55   |
| Glynneath 5 Boxing Day 5 Mile Race    | 5 miles       | 26/12/2022 | 84    | 00:37:06 | M50-59 |
| TCS New York City Marathon            | Marathon      | 06/11/2022 | 11979 | 04:08:07 | M55    |
| Great Bristol Half Marathon           | Half Marathon | 25/09/2022 | 911   | 01:40:52 |        |
| Admiral Swansea Bay 10k               | 10k           | 18/09/2022 | 415   | 00:45:15 | M50    |
| Healthspan Porthcawl 10k              | 10k           | 03/07/2022 | 392   | 00:47:58 |        |
| JCP Swansea Half Marathon             | Half Marathon | 12/06/2022 | 498   | 01:42:03 | M50    |
| Toughrunner UK Swansea Epic Trail 10k | 10k           | 22/05/2022 | 112   | 00:52:01 | M50-59 |
| <b>Richard Nugent</b>                 |               | 33         |       |          |        |
| Weston Super Half                     | Half Marathon | 24/03/2019 | 755   | 02:00:49 | MV50   |
| Ras Dewi Sant 10k                     | 10k           | 02/03/2019 | 31    | 01:04:50 | M50-59 |
| Llanelli Half Marathon                | Half Marathon | 10/02/2019 | 1382  | 02:10:13 | M50    |

|                                   |               |            |      |          |        |
|-----------------------------------|---------------|------------|------|----------|--------|
| Swansea Bay parkrun               | 5k            | 09/02/2019 | 297  | 00:49:39 |        |
| Worms Head 10k                    | 10k           | 03/02/2019 | 250  | 01:15:04 | MVet50 |
| Swansea Bay parkrun               | 5k            | 26/01/2019 | 336  | 00:33:42 |        |
| Glynneath Boxing Day 5 Mile Race  | 5 miles       | 26/12/2018 | 332  | 00:47:25 | MSen   |
| Sospan RR MT10                    | 10 miles      | 18/11/2018 | 362  | 01:43:15 | M4554  |
| Llanelli Coast parkrun            | 5k            | 17/11/2018 | 59   | 00:26:07 |        |
| Snowdonia Marathon Eryri          | Marathon      | 27/10/2018 | 2135 | 06:20:14 | M50-54 |
| Cardiff Half Marathon             | Half Marathon | 07/10/2018 | 6747 | 01:58:06 | M50+   |
| Llyn Llech Owain parkrun          | 5k            | 15/09/2018 | 67   | 00:29:52 |        |
| Llanelli Coast parkrun            | 5k            | 01/09/2018 | 133  | 00:32:05 |        |
| Llyn Llech Owain parkrun          | 5k            | 18/08/2018 | 69   | 00:29:58 |        |
| Swansea Bay parkrun               | 5k            | 11/08/2018 | 258  | 00:31:36 |        |
| Welsh Castles Relay Stage 18      | 7.6 miles     | 10/06/2018 | 63   | 01:12:00 | MV     |
| Swansea Triathlon                 | Triathlon     | 20/05/2018 | 425  | 01:29:27 | MVV    |
| Llanelli Sprint Tralathlon        | Triathlon     | 13/05/2018 | 290  | 01:50:35 |        |
| Pprc Swansea Bay Summer 5k Series | 5k            | 10/05/2018 | 112  | 00:28:03 | M      |
| St Illtyds Ultra 50k              | Ultra         | 06/05/2018 | 110  | 08:57:00 |        |
| Llanelli Coast parkrun            | 5k            | 05/05/2018 | 142  | 00:34:09 |        |
| Swansea Bay parkrun               | 5k            | 28/04/2018 | 310  | 00:34:18 |        |
| Swansea Bay parkrun               | 5k            | 14/04/2018 | 315  | 00:33:56 |        |
| Asics Greater Manchester Marathon | Marathon      | 08/04/2018 | 8224 | 05:08:03 |        |
| Oldham parkrun                    | 5k            | 07/04/2018 | 107  | 00:29:14 |        |
| Swansea Bay parkrun               | 5k            | 17/03/2018 | 101  | 00:27:21 |        |
| Porthcawl parkrun                 | 5k            | 10/03/2018 | 229  | 00:30:23 |        |
| Swansea Bay parkrun               | 5k            | 24/02/2018 | 258  | 00:33:54 |        |
| Gnoll parkrun                     | 5k            | 27/01/2018 | 66   | 00:29:25 |        |

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|--|-----------|------------|-------|----------|-------------|
| Kingsbury Water parkrun                | 5k        | 20/01/2018 | 210   | 00:30:14 |             |
| Richard Burton 10k                     | 10k       | 05/11/2017 | 662   | 00:57:21 | M50+        |
| West Glamorgan Xc League - Gnoll - Men | 5.6 miles | 22/10/2017 | 187   | 00:57:04 |             |
| Swansea Triathlon                      | Triathlon | 28/05/2017 | 742   | 01:35:24 | MVintageVet |
| <b>Linda Owens</b>                     |           | 42         |       |          |             |
| Richard Burton 10k                     | 10k       | 03/11/2024 | 2293  | 01:16:35 | F70-79      |
| Sandy Water parkrun                    | 5k        | 17/08/2024 | 173   | 00:35:20 |             |
| Sandy Water parkrun                    | 5k        | 15/06/2024 | 154   | 00:35:04 |             |
| Sandy Water parkrun                    | 5k        | 25/05/2024 | 175   | 00:35:34 |             |
| Brisco Gorseinon 10k                   | 10k       | 19/05/2024 |       | 01:16:43 |             |
| Endurancelife Pembrokeshire "10k"      | 10k       | 27/04/2024 | 116   | 02:45:47 |             |
| Sandy Water parkrun                    | 5k        | 23/03/2024 | 131   | 00:36:46 |             |
| Sandy Water parkrun                    | 5k        | 09/03/2024 | 147   | 00:36:14 |             |
| Haverfordwest parkrun                  | 5k        | 02/03/2024 | 49    | 00:38:13 |             |
| Sandy Water parkrun                    | 5k        | 24/02/2024 | 137   | 00:36:09 |             |
| Sandy Water parkrun                    | 5k        | 20/01/2024 | 119   | 00:36:01 |             |
| Tenby 10k                              | 10k       | 29/10/2023 | 758   | 01:13:51 |             |
| AJ Bell Great South Run 2023           | 10 miles  | 15/10/2023 | 13129 | 02:04:04 |             |
| Sandy Water parkrun                    | 5k        | 02/09/2023 | 140   | 00:34:30 |             |
| Sandy Water parkrun                    | 5k        | 22/07/2023 | 113   | 00:35:03 |             |
| Brisco Gorseinon 10k                   | 10k       | 30/04/2023 | 731   | 01:15:19 | F60         |
| Colby parkrun                          | 5k        | 04/03/2023 | 136   | 00:37:27 |             |
| Richard Burton 10k                     | 10k       | 06/11/2022 | 1764  | 01:16:20 | F70+        |
| Sandy Water parkrun                    | 5k        | 24/09/2022 | 90    | 00:35:24 |             |
| Sandy Water parkrun                    | 5k        | 17/09/2022 | 124   | 00:34:15 |             |
| Sandy Water parkrun                    | 5k        | 10/09/2022 | 102   | 00:35:17 |             |

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|---|-----------|------------|------|----------|------|
| Tenby 10k   | 10k       | 31/07/2022 | 201  | 01:02:43 | F55  |
| Ammanford 10k                                       | 10k       | 10/07/2022 | 236  | 01:20:07 | F65  |
| Colby parkrun                                       | 5k        | 05/03/2022 | 103  | 00:36:54 |      |
| Sandy Water parkrun                                 | 5k        | 11/12/2021 | 92   | 00:33:13 |      |
| Swansea Bay parkrun                                 | 5k        | 21/08/2021 | 303  | 00:34:45 |      |
| Tata Steel Round the Reservoir                      | 5.6 miles | 12/01/2020 | 206  | 01:03:10 | FV65 |
| Glynneath 5   | 5 miles   | 26/12/2019 | 265  | 00:52:32 | FV65 |
| Sospan MT10   | 10 miles  | 17/11/2019 | 443  | 02:04:18 | F55+ |
| Tenby 10k   | 10k       | 28/07/2019 | 414  | 01:10:48 |      |
| Swansea Bay parkrun                                 | 5k        | 24/11/2018 | 284  | 00:31:19 |      |
| Sospan RR MT10                                      | 10 miles  | 18/11/2018 | 453  | 02:01:41 | F55+ |
| Admiral Swansea Bay 10k                             | 10k       | 16/09/2018 | 2146 | 01:04:27 | F55  |
| Tenby 10k   | 10k       | 29/07/2018 | 437  | 01:11:01 | F55  |
| West Glamorgan Xc League - Margam Park - Women      | TBC       | 28/01/2018 | 119  | 01:05:45 |      |
| West Glamorgan Xc League - Margam Reservoir - Women | 5.6 miles | 14/01/2018 | 137  | 01:00:02 |      |
| Glynneath 5   | 5 miles   | 26/12/2017 | 442  | 00:52:30 |      |
| Colby parkrun                                       | 5k        | 04/11/2017 | 101  | 00:35:22 |      |
| Admiral Swansea Bay 10k                             | 10k       | 24/09/2017 | 2820 | 01:10:33 | F55+ |
| Llanelli Coast parkrun                              | 5k        | 11/02/2017 | 82   | 00:31:03 |      |
| Glynneath Boxing Day 5 Mile Road Race               | 5 miles   | 26/12/2016 | 313  | 00:49:00 | F    |
| Richard Burton 10k                                  | 10k       | 06/11/2016 | 726  | 01:01:32 | FV50 |
| <b>Alyson Page</b>                                  |           |            | 2    |          |      |
| Admiral Swansea Bay 10k                             | 10k       | 22/09/2019 |      | 00:50:28 |      |
| Cardiff Metropolitan University Cardiff 10K         | 10k       | 01/09/2019 | 1374 | 00:50:29 |      |
| <b>Gareth Parry</b>                                 |           |            | 88   |          |      |
| Tri Hard Harriers 5K On The Bay                     | 5k        | 22/08/2024 | 74   | 00:19:47 |      |

|   |               |            |      |          |        |
|---|---------------|------------|------|----------|--------|
| Swansea Bay parkrun                     | 5k            | 01/06/2024 | 21   | 00:19:23 |        |
| Brisco Gorseinon 10k                    | 10k           | 19/05/2024 |      | 00:41:07 |        |
| adidas Manchester Marathon 2024         | Marathon      | 14/04/2024 | 1779 | 03:09:34 |        |
| Swansea Bay parkrun                     | 5k            | 30/03/2024 | 51   | 00:20:34 |        |
| San Domenico 20M                        | 20 miles      | 10/03/2024 | 79   | 02:41:08 | M35    |
| Swansea Bay parkrun                     | 5k            | 17/02/2024 | 55   | 00:21:48 |        |
| Swansea Bay parkrun                     | 5k            | 01/01/2024 | 132  | 00:24:40 |        |
| Principality Cardiff Half Marathon 2023 | Half Marathon | 01/10/2023 |      | 01:32:05 | M40-44 |
| Admiral Swansea Bay 10k                 | 10k           | 17/09/2023 | 159  | 00:40:08 | Male   |
| Swansea Bay parkrun                     | 5k            | 19/08/2023 | 40   | 00:20:16 |        |
| Swansea Bay parkrun                     | 5k            | 05/08/2023 | 19   | 00:19:51 |        |
| Swansea Bay Summer 5k Series            | 5k            | 10/05/2023 | 27   | 00:19:22 | MSEN   |
| Brisco Gorseinon 10k                    | 10k           | 30/04/2023 | 23   | 00:39:13 | M40    |
| ABP Newport Marathon                    | Marathon      | 16/04/2023 | 186  | 03:10:27 | M40-44 |
| Swansea Bay parkrun                     | 5k            | 08/04/2023 | 29   | 00:19:35 |        |
| Swansea Bay parkrun                     | 5k            | 24/12/2022 | 28   | 00:19:02 |        |
| TCS London Marathon                     | Marathon      | 02/10/2022 | 3815 | 03:18:19 | M40-44 |
| Swansea Bay parkrun                     | 5k            | 10/09/2022 | 68   | 00:21:41 |        |
| Swansea Bay parkrun                     | 5k            | 27/08/2022 | 148  | 00:24:06 |        |
| Tenby 10k                               | 10k           | 31/07/2022 | 15   | 00:41:44 | M40    |
| JCP Swansea Half Marathon               | Half Marathon | 12/06/2022 | 141  | 01:28:59 | M40    |
| Swansea Bay parkrun                     | 5k            | 28/05/2022 | 34   | 00:19:18 |        |
| Swansea Bay parkrun                     | 5k            | 16/04/2022 | 110  | 00:22:51 |        |
| Great Welsh Half Marathon               | Half Marathon | 10/04/2022 | 36   | 01:29:42 | M40    |
| JCP Swansea Half Marathon               | Half Marathon | 17/10/2021 | 122  | 01:31:06 | M40    |
| Admiral Swansea Bay 10k                 | 10k           | 19/09/2021 | 237  | 00:45:36 |        |

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|---|---------------|------------|------|----------|-----------|
| Swansea Bay parkrun                                 | 5k            | 21/08/2021 | 56   | 00:21:39 |           |
| Tata Steel Round the Reservoir                      | 5.6 miles     | 12/01/2020 | 62   | 00:35:58 | MV40      |
| Swansea Bay parkrun                                 | 5k            | 01/01/2020 | 21   | 00:19:32 |           |
| Cardiff Half Marathon                               | Half Marathon | 06/10/2019 | 339  | 01:25:44 | M40+      |
| Admiral Swansea Bay 10k                             | 10k           | 22/09/2019 |      | 00:38:58 |           |
| Welsh Athletics Road Relay Championships            | 5400m         | 15/09/2019 |      | 00:21:52 | MM35      |
| Tenby 10k   | 10k           | 28/07/2019 | 26   | 00:41:08 |           |
| JCP Swansea Half Marathon                           | Half Marathon | 23/06/2019 | 190  | 01:29:54 | M40       |
| Welsh Castles Relay Stage 8 - Dinas Mawddwy to Foel | 10.8 miles    | 08/06/2019 | 19   | 01:10:09 | MV        |
| Swansea Bay parkrun                                 | 5k            | 01/06/2019 | 10   | 00:18:37 |           |
| Swansea Bay parkrun                                 | 5k            | 18/05/2019 | 24   | 00:19:26 |           |
| St Illtyds Ultra 50k Race                           | Ultra         | 05/05/2019 | 30   | 05:57:25 |           |
| Virgin Money London Marathon                        | Marathon      | 28/04/2019 | 5818 | 03:26:03 | M40-44    |
| Great Welsh Half Marathon                           | Half Marathon | 14/04/2019 | 44   | 01:34:41 | M40       |
| Swansea Bay parkrun                                 | 5k            | 23/03/2019 | 205  | 00:28:15 |           |
| Llanelli Half Marathon                              | Half Marathon | 10/02/2019 | 70   | 01:26:20 | MSEN      |
| Swansea Bay parkrun                                 | 5k            | 05/01/2019 | 15   | 00:19:45 |           |
| Swansea Bay parkrun                                 | 5k            | 24/11/2018 | 7    | 00:18:38 |           |
| Sospan RR MT10                                      | 10 miles      | 18/11/2018 | 29   | 01:09:53 | M3544     |
| Tata Steel Richard Burton 10k                       | 10k           | 04/11/2018 | 87   | 00:40:33 | Male Open |
| Swansea Bay parkrun                                 | 5k            | 27/10/2018 | 49   | 00:21:59 |           |
| Cardiff Half Marathon                               | Half Marathon | 07/10/2018 | 467  | 01:27:24 | M35+      |
| Admiral Swansea Bay 10k                             | 10k           | 16/09/2018 | 133  | 00:39:53 | MSEN      |
| Swansea Bay parkrun                                 | 5k            | 28/07/2018 | 11   | 00:20:01 |           |
| Pprc Swansea Bay Summer 5k Series                   | 5k            | 12/07/2018 | 20   | 00:19:19 | M         |
| Jcp Swansea Half Marathon                           | Half Marathon | 24/06/2018 | 164  | 01:28:54 | SenM      |

|  |               |            |     |          |        |
|--|---------------|------------|-----|----------|--------|
| Pprc Swansea Bay Summer 5k Series - Race 2             | 5k            | 14/06/2018 | 12  | 00:19:00 | M      |
| Welsh Castles Relay Stage 14                           | 11 miles      | 10/06/2018 | 43  | 01:19:24 | M      |
| Swansea Bay parkrun                                    | 5k            | 02/06/2018 | 16  | 00:19:02 |        |
| Liverpool Rock N Roll Marathon                         | Marathon      | 20/05/2018 | 179 | 03:25:10 | M35-39 |
| Liverpool Rock N Roll 5k                               | 5k            | 19/05/2018 | 686 | 00:26:29 | M35-39 |
| Great Welsh Half Marathon                              | Half Marathon | 15/04/2018 | 10  | 01:27:51 | Msen   |
| Swansea Bay parkrun                                    | 5k            | 31/03/2018 | 25  | 00:19:49 |        |
| Swansea Bay parkrun                                    | 5k            | 24/02/2018 | 17  | 00:19:59 |        |
| Llanelli Half Marathon                                 | Half Marathon | 18/02/2018 | 85  | 01:28:12 | SenM   |
| West Glamorgan Xc League - Margam Reservoir - Men      | 5.6 miles     | 14/01/2018 | 87  | 00:38:21 |        |
| Glynneath 5  | 5 miles       | 26/12/2017 | 81  | 00:33:06 |        |
| West Glamorgan Xc League - Kenfig Nature Reserve - Men | TBC           | 26/11/2017 | 44  | 00:28:24 |        |
| West Glamorgan Xc League - Gnoll - Men                 | 5.6 miles     | 22/10/2017 | 45  | 00:37:53 |        |
| Swansea Bay parkrun                                    | 5k            | 21/10/2017 | 36  | 00:22:00 |        |
| Cardiff Half Marathon                                  | Half Marathon | 01/10/2017 | 611 | 01:31:13 | M35-39 |
| Admiral Swansea Bay 10k                                | 10k           | 24/09/2017 | 135 | 00:40:01 | SenM   |
| West Glamorgan Xc League - Llanmadoc - Men             | 4.5 miles     | 17/09/2017 | 40  | 00:31:18 |        |
| Severn Bridge Half Marathon                            | Half Marathon | 27/08/2017 | 103 | 01:35:09 | Msen   |
| Port Talbot Half Marathon                              | Half Marathon | 13/08/2017 | 43  | 01:34:51 | MSen   |
| Swansea Bay parkrun                                    | 5k            | 05/08/2017 | 12  | 00:19:35 |        |
| Tenby 10k  | 10k           | 30/07/2017 | 43  | 00:42:45 | OM     |
| Swansea Bay parkrun                                    | 5k            | 29/07/2017 | 54  | 00:24:10 |        |
| Swansea Bay parkrun                                    | 5k            | 22/07/2017 | 62  | 00:23:51 |        |
| The Great Celtic Half Marathon                         | Half Marathon | 15/07/2017 | 29  | 01:44:33 | M30-39 |
| Swansea Bay parkrun                                    | 5k            | 08/07/2017 | 9   | 00:19:57 |        |
| Jcp Swansea Half Marathon                              | Half Marathon | 25/06/2017 | 290 | 01:34:04 | SenM   |

|  |               |            |     |          |          |
|--|---------------|------------|-----|----------|----------|
| Swansea Bay parkrun                            | 5k            | 03/06/2017 | 13  | 00:19:24 |          |
| Swansea Bay parkrun                            | 5k            | 27/05/2017 | 8   | 00:19:29 |          |
| Swansea Bay parkrun                            | 5k            | 20/05/2017 | 182 | 00:29:27 |          |
| Swansea Bay parkrun                            | 5k            | 13/05/2017 | 17  | 00:20:15 |          |
| Simplyhealth Great Bristol 10k                 | 10k           | 07/05/2017 | 747 | 00:42:59 |          |
| Swansea Bay parkrun                            | 5k            | 06/05/2017 | 209 | 00:29:54 |          |
| Swansea Bay parkrun                            | 5k            | 29/04/2017 | 14  | 00:20:01 |          |
| Swansea Bay parkrun                            | 5k            | 22/04/2017 | 18  | 00:19:56 |          |
| Swansea Bay parkrun                            | 5k            | 15/04/2017 | 28  | 00:20:32 |          |
| <b>Ashley Pascoe</b>                           |               |            | 30  |          |          |
| Richard Burton 10k                             | 10k           | 03/11/2024 | 106 | 00:39:53 | M50-59   |
| Brisco Gorseinon 10k                           | 10k           | 30/04/2023 | 44  | 00:41:41 | M50      |
| Richard Burton 10k                             | 10k           | 06/11/2022 | 125 | 00:42:18 | M50-59   |
| Admiral Swansea Bay 10k                        | 10k           | 18/09/2022 | 394 | 00:44:55 | 45 PACER |
| Merthyr Mawr Christmas Pudding Race 2021       | 10k           | 05/12/2021 | 22  | 00:47:25 | VM       |
| Tata Steel Richard Burton 10k                  | 10k           | 07/11/2021 | 53  | 00:39:24 | M40-49   |
| Toughrunner Swansea Trail Half Marathon        | Half Marathon | 30/10/2021 | 14  | 01:51:37 | M40-49   |
| Welsh Athletics Welsh Road Relay Championships | 5400m         | 11/09/2021 | 51  | 00:20:18 | SM       |
| Triathlon X - Half X                           | Triathlon     | 03/07/2021 | 16  | 08:33:06 | M40-49   |
| Hoka Half Marathon (Afan Forest)               | Half Marathon | 22/02/2020 | 40  | 01:37:36 | M45-49   |
| Tata Steel Round the Reservoir                 | 5.6 miles     | 12/01/2020 | 40  | 00:34:12 | MV45     |
| Old Trecastle Run                              | 6 miles       | 31/12/2019 | 3   | 00:38:15 |          |
| Merthyr Mawr Christmas Pudding Race            | 10k           | 08/12/2019 | 14  | 00:50:37 | MV       |
| Welsh Athletics Road Relay Championships       | 5400m         | 15/09/2019 |     | 00:22:00 | MM35     |
| Whitford Point Multi Terrain Race              | 5.8 miles     | 15/05/2019 | 9   | 00:39:57 | VM45     |
| Cardiff Half Marathon                          | Half Marathon | 07/10/2018 | 328 | 01:24:26 | M45+     |



|   |               |            |      |          |           |
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| Admiral Swansea Bay 10k   | 10k           | 16/09/2018 | 126  | 00:39:46 | M40 Pacer |
| West Glamorgan Xc League - Margam Park - Men                      | TBC           | 28/01/2018 | 53   | 00:37:16 |           |
| West Glamorgan Xc League - Margam Reservoir - Men                 | 5.6 miles     | 14/01/2018 | 56   | 00:36:21 |           |
| West Glamorgan Xc League - Kenfig Nature Reserve - Men            | TBC           | 26/11/2017 | 40   | 00:28:15 |           |
| Richard Burton 10k  | 10k           | 05/11/2017 | 100  | 00:41:32 | M40+      |
| West Glamorgan Xc League - Gnoll - Men                            | 5.6 miles     | 22/10/2017 | 31   | 00:37:04 |           |
| Mumbles Middle Distance Triathlon                                 | Triathlon     | 07/10/2017 | 36   | 05:51:11 | Mvet      |
| Cardiff Half Marathon   | Half Marathon | 01/10/2017 | 312  | 01:27:10 | M45-49    |
| Admiral Swansea Bay 10k   | 10k           | 24/09/2017 | 112  | 00:39:39 | M40+      |
| West Glamorgan Xc League - Llanmadoc - Men                        | 4.5 miles     | 17/09/2017 | 28   | 00:29:25 |           |
| Virgin London Marathon 2017                                       | Marathon      | 23/04/2017 | 5231 | 03:24:24 | 45-49     |
| George Crump Mbe Memorial 113th Welsh Cross Country Championships | 10k           | 25/02/2017 | 69   | 00:45:27 | MM40      |
| 18th Welsh Inter-regional Cross Country Championships             | 9,440m        | 10/12/2016 | 65   | 00:35:55 | MM35      |
| Richard Burton 10k  | 10k           | 06/11/2016 | 70   | 00:39:31 | MV40      |
| <b>Sue Peters</b>   |               | 2          |      |          |           |
| Tata Steel Richard Burton 10k                                     | 10k           | 07/11/2021 | 1161 | 01:08:45 | F50+      |
| Admiral Swansea Bay 10k   | 10k           | 19/09/2021 | 646  | 00:50:44 |           |
| <b>Dane Phelps</b>  |               | 1          |      |          |           |
| Admiral Swansea Bay 10k   | 10k           | 17/09/2023 | 275  | 00:43:28 | Male      |
| <b>Lauren Piercy</b>  |               | 6          |      |          |           |
| Llanelli Coast parkrun  | 5k            | 11/03/2017 | 93   | 00:36:56 |           |
| Llanelli Coast parkrun  | 5k            | 28/01/2017 | 77   | 00:29:38 |           |
| Buff Trail 10k  | 10k           | 22/01/2017 | 178  | 01:00:17 | F         |
| Wanstead Flats parkrun  | 5k            | 14/01/2017 | 158  | 00:33:36 |           |
| Swansea Bay parkrun   | 5k            | 31/12/2016 | 231  | 00:33:04 |           |

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| Llyn Llech Owain parkrun                   | 5k        | 25/12/2016 | 74  | 00:39:03 |      |
| <b>Ross Poiner</b>                         |           | 18         |     |          |      |
| Glynneath 5                                | 5 miles   | 26/12/2017 | 271 | 00:41:34 |      |
| Swansea Bay parkrun                        | 5k        | 23/12/2017 | 105 | 00:24:32 |      |
| Swansea Bay parkrun                        | 5k        | 11/11/2017 | 110 | 00:26:44 |      |
| West Glamorgan Xc League - Llanmadoc - Men | 4.5 miles | 17/09/2017 | 125 | 00:41:03 |      |
| Trot's St Clear's 10k                      | 10k       | 20/08/2017 | 58  | 00:58:35 | M40  |
| Llanelli Coast parkrun                     | 5k        | 12/08/2017 | 29  | 00:23:38 |      |
| Llanelli Coast parkrun                     | 5k        | 05/08/2017 | 30  | 00:23:18 |      |
| Llanelli Coast parkrun                     | 5k        | 10/06/2017 | 36  | 00:25:50 |      |
| Llanelli Coast parkrun                     | 5k        | 03/06/2017 | 24  | 00:23:40 |      |
| Llanelli Coast parkrun                     | 5k        | 27/05/2017 | 24  | 00:22:08 |      |
| Swansea Bay parkrun                        | 5k        | 20/05/2017 | 197 | 00:29:39 |      |
| Whitford Point Multi-terrain Race          | 5.6 miles | 17/05/2017 | 81  | 00:46:55 | VM40 |
| Llanelli Coast parkrun                     | 5k        | 13/05/2017 | 20  | 00:22:32 |      |
| Llanelli Coast parkrun                     | 5k        | 06/05/2017 | 12  | 00:22:23 |      |
| Llanelli Coast parkrun                     | 5k        | 29/04/2017 | 15  | 00:22:03 |      |
| Llanelli Coast parkrun                     | 5k        | 22/04/2017 | 16  | 00:22:19 |      |
| Llanelli Coast parkrun                     | 5k        | 15/04/2017 | 34  | 00:23:08 |      |
| Llanelli Coast parkrun                     | 5k        | 08/04/2017 | 32  | 00:22:55 |      |
| <b>Mike Prasad</b>                         |           | 310        |     |          |      |
| Swansea Bay parkrun                        | 5k        | 21/12/2024 | 200 | 00:25:54 |      |
| Swansea Bay parkrun                        | 5k        | 14/12/2024 | 168 | 00:26:07 |      |
| Swansea Bay parkrun                        | 5k        | 30/11/2024 | 210 | 00:26:54 |      |
| Swansea Bay parkrun                        | 5k        | 16/11/2024 | 157 | 00:24:24 |      |
| Swansea Bay parkrun                        | 5k        | 09/11/2024 | 135 | 00:24:44 |      |

|                                    |               |            |      |          |        |
|------------------------------------|---------------|------------|------|----------|--------|
| Swansea Bay parkrun                | 5k            | 26/10/2024 | 183  | 00:24:45 |        |
| Swansea Bay parkrun                | 5k            | 19/10/2024 | 189  | 00:25:02 |        |
| Swansea Bay parkrun                | 5k            | 12/10/2024 | 147  | 00:24:49 |        |
| Principality Cardiff Half Marathon | Half Marathon | 06/10/2024 | 5923 | 01:59:34 | M55    |
| Swansea Bay parkrun                | 5k            | 05/10/2024 | 262  | 00:27:50 |        |
| Swansea Bay parkrun                | 5k            | 28/09/2024 | 176  | 00:24:26 |        |
| Swansea Bay parkrun                | 5k            | 21/09/2024 | 153  | 00:25:09 |        |
| Admiral Swansea Bay 10k            | 10k           | 15/09/2024 | 1048 | 00:52:08 |        |
| Swansea Bay parkrun                | 5k            | 14/09/2024 | 228  | 00:27:29 |        |
| The Old Showfield parkrun          | 5k            | 07/09/2024 | 59   | 00:25:04 |        |
| Swansea Bay parkrun                | 5k            | 31/08/2024 | 320  | 00:29:19 |        |
| Swansea Bay parkrun                | 5k            | 24/08/2024 | 168  | 00:25:24 |        |
| Cycle Route 43 parkrun Ystalyfera  | 5k            | 10/08/2024 | 17   | 00:25:52 |        |
| Swansea Bay parkrun                | 5k            | 03/08/2024 | 320  | 00:28:24 |        |
| Swansea Bay parkrun                | 5k            | 27/07/2024 | 194  | 00:25:10 |        |
| Swansea Bay parkrun                | 5k            | 20/07/2024 | 196  | 00:27:33 |        |
| Mic Morris Torfaen 10k             | 10k           | 14/07/2024 | 311  | 00:51:50 | M50-59 |
| Swansea Bay parkrun                | 5k            | 29/06/2024 | 230  | 00:27:48 |        |
| Fulham Palace parkrun              | 5k            | 22/06/2024 | 313  | 00:28:49 |        |
| Swansea Bay parkrun                | 5k            | 15/06/2024 | 165  | 00:25:45 |        |
| Swansea Bay parkrun                | 5k            | 01/06/2024 | 159  | 00:24:42 |        |
| Swansea Bay parkrun                | 5k            | 25/05/2024 | 203  | 00:25:03 |        |
| Brisco Gorseinon 10k               | 10k           | 19/05/2024 |      | 00:54:36 |        |
| Cycle Route 43 parkrun Ystalyfera  | 5k            | 18/05/2024 | 29   | 00:25:31 |        |
| Mensola parkrun                    | 5k            | 11/05/2024 | 27   | 00:27:37 |        |
| Swansea Bay parkrun                | 5k            | 04/05/2024 | 193  | 00:25:11 |        |

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|----------------------------------|----------|------------|-------|----------|--------|
| Endurancelife Pembrokehire "10k" | 10k      | 27/04/2024 | 89    | 01:53:24 |        |
| Swansea Bay parkrun              | 5k       | 20/04/2024 | 163   | 00:24:11 |        |
| Swansea Bay parkrun              | 5k       | 13/04/2024 | 165   | 00:25:23 |        |
| Swansea Bay parkrun              | 5k       | 06/04/2024 | 156   | 00:25:33 |        |
| Swansea Bay parkrun              | 5k       | 30/03/2024 | 216   | 00:25:59 |        |
| Swansea Bay parkrun              | 5k       | 23/03/2024 | 229   | 00:27:01 |        |
| Swansea Bay parkrun              | 5k       | 16/03/2024 | 188   | 00:25:35 |        |
| Swansea Bay parkrun              | 5k       | 09/03/2024 | 147   | 00:25:15 |        |
| Swansea Bay parkrun              | 5k       | 02/03/2024 | 150   | 00:25:11 |        |
| Swansea Bay parkrun              | 5k       | 17/02/2024 | 167   | 00:25:41 |        |
| Swansea Bay parkrun              | 5k       | 10/02/2024 | 159   | 00:25:57 |        |
| Swansea Bay parkrun              | 5k       | 03/02/2024 | 229   | 00:26:51 |        |
| Swansea Bay parkrun              | 5k       | 20/01/2024 | 141   | 00:25:07 |        |
| Swansea Bay parkrun              | 5k       | 13/01/2024 | 170   | 00:25:07 |        |
| Swansea Bay parkrun              | 5k       | 06/01/2024 | 162   | 00:24:53 |        |
| Swansea Bay parkrun              | 5k       | 01/01/2024 | 138   | 00:24:44 |        |
| Swansea Bay parkrun              | 5k       | 30/12/2023 | 219   | 00:26:14 |        |
| Glynneath Boxing Day 5 Miler     | 5 miles  | 26/12/2023 | 93    | 00:40:46 |        |
| Swansea Bay parkrun              | 5k       | 23/12/2023 | 192   | 00:25:06 |        |
| Swansea Bay parkrun              | 5k       | 16/12/2023 | 112   | 00:24:53 |        |
| Cardiff parkrun                  | 5k       | 09/12/2023 | 195   | 00:25:39 |        |
| Swansea Bay parkrun              | 5k       | 02/12/2023 | 125   | 00:24:25 |        |
| Swansea Bay parkrun              | 5k       | 25/11/2023 | 180   | 00:24:42 |        |
| Swansea Bay parkrun              | 5k       | 18/11/2023 | 146   | 00:26:22 |        |
| Swansea Bay parkrun              | 5k       | 11/11/2023 | 289   | 00:28:47 |        |
| TCS New York Marathon 2023       | Marathon | 05/11/2023 | 37463 | 05:11:34 | M55-59 |

|   |               |            |     |          |        |
|---|---------------|------------|-----|----------|--------|
| Swansea Bay parkrun                     | 5k            | 28/10/2023 | 185 | 00:26:53 |        |
| Swansea Bay parkrun                     | 5k            | 14/10/2023 | 165 | 00:24:40 |        |
| Exeter Riverside parkrun                | 5k            | 07/10/2023 | 212 | 00:26:54 |        |
| Principality Cardiff Half Marathon 2023 | Half Marathon | 01/10/2023 |     | 02:06:50 | M55-59 |
| Swansea Bay parkrun                     | 5k            | 30/09/2023 | 214 | 00:26:57 |        |
| Swansea Bay parkrun                     | 5k            | 23/09/2023 | 162 | 00:25:13 |        |
| Swansea Bay parkrun                     | 5k            | 16/09/2023 | 147 | 00:25:53 |        |
| Swansea Bay parkrun                     | 5k            | 09/09/2023 | 167 | 00:26:06 |        |
| Swansea Bay parkrun                     | 5k            | 02/09/2023 | 176 | 00:25:51 |        |
| Swansea Bay parkrun                     | 5k            | 26/08/2023 | 220 | 00:25:10 |        |
| Swansea Bay parkrun                     | 5k            | 19/08/2023 | 171 | 00:25:34 |        |
| Swansea Bay parkrun                     | 5k            | 12/08/2023 | 146 | 00:26:09 |        |
| Swansea Bay parkrun                     | 5k            | 05/08/2023 | 131 | 00:26:08 |        |
| Swansea Bay parkrun                     | 5k            | 29/07/2023 | 225 | 00:26:00 |        |
| Swansea Bay parkrun                     | 5k            | 22/07/2023 | 123 | 00:26:09 |        |
| Mic Morris Torfaen 10k                  | 10k           | 16/07/2023 | 250 | 00:49:59 | M50-59 |
| Swansea Bay parkrun                     | 5k            | 15/07/2023 | 167 | 00:26:47 |        |
| Swansea Bay parkrun                     | 5k            | 24/06/2023 | 171 | 00:24:54 |        |
| Swansea Bay parkrun                     | 5k            | 17/06/2023 | 174 | 00:25:36 |        |
| Swansea Half Marathon                   | Half Marathon | 11/06/2023 |     | 02:12:23 | M55    |
| Swansea Bay parkrun                     | 5k            | 10/06/2023 | 183 | 00:26:47 |        |
| Cranbrook Country Park parkrun          | 5k            | 03/06/2023 | 48  | 00:26:43 |        |
| Swansea Bay parkrun                     | 5k            | 27/05/2023 | 200 | 00:25:32 |        |
| Toughrunner Swansea Epic Trail 10k      | 10k           | 20/05/2023 | 173 | 01:02:53 | M50-59 |
| Swansea Bay parkrun                     | 5k            | 13/05/2023 | 154 | 00:24:31 |        |
| Brynaman parkrun                        | 5k            | 06/05/2023 | 10  | 00:25:37 |        |

|                                    |               |            |     |          |        |
|------------------------------------|---------------|------------|-----|----------|--------|
| Brisco Gorseinon 10k               | 10k           | 30/04/2023 | 286 | 00:53:34 | M55    |
| Swansea Bay parkrun                | 5k            | 29/04/2023 | 303 | 00:27:09 |        |
| Swansea Bay parkrun                | 5k            | 22/04/2023 | 138 | 00:24:14 |        |
| Swansea Bay parkrun                | 5k            | 15/04/2023 | 141 | 00:24:41 |        |
| Swansea Bay parkrun                | 5k            | 08/04/2023 | 171 | 00:25:19 |        |
| Great Welsh Half Marathon          | Half Marathon | 02/04/2023 | 234 | 01:57:41 | M55    |
| Swansea Bay parkrun                | 5k            | 01/04/2023 | 215 | 00:28:14 |        |
| Southwick Country parkrun          | 5k            | 25/03/2023 | 83  | 00:27:48 |        |
| Swansea Bay parkrun                | 5k            | 18/03/2023 | 128 | 00:25:05 |        |
| Swansea Bay parkrun                | 5k            | 11/03/2023 | 107 | 00:25:08 |        |
| Swansea Bay parkrun                | 5k            | 04/03/2023 | 113 | 00:24:04 |        |
| Swansea Bay parkrun                | 5k            | 25/02/2023 | 137 | 00:24:42 |        |
| Swansea Bay parkrun                | 5k            | 11/02/2023 | 101 | 00:24:17 |        |
| Swansea Bay parkrun                | 5k            | 04/02/2023 | 114 | 00:24:27 |        |
| Swansea Bay parkrun                | 5k            | 28/01/2023 | 138 | 00:24:44 |        |
| South Oxhey parkrun                | 5k            | 21/01/2023 | 15  | 00:26:44 |        |
| Swansea Bay parkrun                | 5k            | 14/01/2023 | 149 | 00:24:48 |        |
| Swansea Bay parkrun                | 5k            | 07/01/2023 | 109 | 00:24:51 |        |
| Swansea Bay parkrun                | 5k            | 01/01/2023 | 91  | 00:24:59 |        |
| Swansea Bay parkrun                | 5k            | 31/12/2022 | 127 | 00:25:16 |        |
| Glynneath 5 Boxing Day 5 Mile Race | 5 miles       | 26/12/2022 | 154 | 00:41:39 | M50-59 |
| Swansea Bay parkrun                | 5k            | 24/12/2022 | 184 | 00:25:35 |        |
| Swansea Bay parkrun                | 5k            | 10/12/2022 | 117 | 00:26:04 |        |
| Swansea Bay parkrun                | 5k            | 03/12/2022 | 100 | 00:24:32 |        |
| Swansea Bay parkrun                | 5k            | 26/11/2022 | 173 | 00:27:12 |        |
| Swansea Bay parkrun                | 5k            | 19/11/2022 | 140 | 00:25:17 |        |

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|---------------------------|---------------|------------|------|----------|--------|
| Grangemoor parkrun        | 5k            | 12/11/2022 | 53   | 00:25:03 |        |
| Richard Burton 10k        | 10k           | 06/11/2022 | 694  | 00:55:01 | M50-59 |
| Swansea Bay parkrun       | 5k            | 05/11/2022 | 103  | 00:25:32 |        |
| Swansea Bay parkrun       | 5k            | 29/10/2022 | 132  | 00:25:31 |        |
| Swansea Bay parkrun       | 5k            | 22/10/2022 | 146  | 00:24:51 |        |
| Swansea Bay parkrun       | 5k            | 15/10/2022 | 108  | 00:25:22 |        |
| Swansea Bay parkrun       | 5k            | 08/10/2022 | 189  | 00:25:54 |        |
| Baxters River Ness 10k    | 10k           | 02/10/2022 | 413  | 00:52:57 | M50    |
| Swansea Bay parkrun       | 5k            | 17/09/2022 | 115  | 00:25:16 |        |
| Swansea Bay parkrun       | 5k            | 10/09/2022 | 166  | 00:25:18 |        |
| Swansea Bay parkrun       | 5k            | 03/09/2022 | 133  | 00:24:56 |        |
| Swansea Bay parkrun       | 5k            | 27/08/2022 | 179  | 00:25:05 |        |
| Swansea Bay parkrun       | 5k            | 20/08/2022 | 135  | 00:25:05 |        |
| Swansea Bay parkrun       | 5k            | 13/08/2022 | 102  | 00:25:31 |        |
| Swansea Bay parkrun       | 5k            | 06/08/2022 | 130  | 00:25:02 |        |
| Exeter Riverside parkrun  | 5k            | 30/07/2022 | 80   | 00:25:52 |        |
| Swansea Bay parkrun       | 5k            | 23/07/2022 | 118  | 00:25:08 |        |
| Swansea Bay parkrun       | 5k            | 16/07/2022 | 113  | 00:25:31 |        |
| Mic Morris Torfaen 10k    | 10k           | 10/07/2022 | 168  | 00:47:54 | M50-59 |
| Swansea Bay parkrun       | 5k            | 09/07/2022 | 151  | 00:26:30 |        |
| Sandy Water parkrun       | 5k            | 02/07/2022 | 43   | 00:23:49 |        |
| Swansea Bay parkrun       | 5k            | 25/06/2022 | 186  | 00:27:04 |        |
| Swansea Bay parkrun       | 5k            | 18/06/2022 | 99   | 00:24:09 |        |
| JCP Swansea Half Marathon | Half Marathon | 12/06/2022 | 1027 | 01:55:41 | M50    |
| Swansea Bay parkrun       | 5k            | 11/06/2022 | 169  | 00:27:01 |        |
| Swansea Bay parkrun       | 5k            | 04/06/2022 | 135  | 00:24:12 |        |

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|---|---------------|------------|------|----------|------|
| Swansea Bay parkrun                           | 5k            | 28/05/2022 | 153  | 00:23:56 |      |
| Brecon Carreg Cardiff Bay Run 10k             | 10k           | 22/05/2022 | 677  | 00:50:35 | M50+ |
| Swansea Bay parkrun                           | 5k            | 21/05/2022 | 189  | 00:26:45 |      |
| Swansea Bay parkrun                           | 5k            | 14/05/2022 | 132  | 00:24:11 |      |
| Swansea Bay parkrun                           | 5k            | 07/05/2022 | 120  | 00:23:45 |      |
| Swansea Bay parkrun                           | 5k            | 30/04/2022 | 110  | 00:23:50 |      |
| Swansea Bay parkrun                           | 5k            | 23/04/2022 | 135  | 00:24:55 |      |
| Swansea Bay parkrun                           | 5k            | 16/04/2022 | 133  | 00:23:45 |      |
| Swansea Bay parkrun                           | 5k            | 09/04/2022 | 76   | 00:23:24 |      |
| Swansea Bay parkrun                           | 5k            | 02/04/2022 | 102  | 00:24:01 |      |
| 2022 Cardiff University Cardiff Half Marathon | Half Marathon | 27/03/2022 | 2914 | 01:52:31 | M50+ |
| Swansea Bay parkrun                           | 5k            | 26/03/2022 | 153  | 00:27:03 |      |
| Swansea Bay parkrun                           | 5k            | 19/03/2022 | 99   | 00:23:54 |      |
| The Old Showfield parkrun                     | 5k            | 12/03/2022 | 42   | 00:24:26 |      |
| Swansea Bay parkrun                           | 5k            | 05/03/2022 | 101  | 00:23:27 |      |
| Cranbrook Country Park parkrun                | 5k            | 26/02/2022 | 46   | 00:26:33 |      |
| Swansea Bay parkrun                           | 5k            | 19/02/2022 | 72   | 00:25:15 |      |
| Swansea Bay parkrun                           | 5k            | 12/02/2022 | 89   | 00:24:10 |      |
| Lliswerry 8                                   | 8 miles       | 06/02/2022 | 342  | 01:05:43 | MV50 |
| Swansea Bay parkrun                           | 5k            | 05/02/2022 | 97   | 00:23:52 |      |
| Swansea Bay parkrun                           | 5k            | 29/01/2022 | 78   | 00:23:52 |      |
| Swansea Bay parkrun                           | 5k            | 22/01/2022 | 114  | 00:24:09 |      |
| Swansea Bay parkrun                           | 5k            | 15/01/2022 | 69   | 00:24:13 |      |
| Swansea Bay parkrun                           | 5k            | 18/12/2021 | 104  | 00:23:56 |      |
| Swansea Bay parkrun                           | 5k            | 04/12/2021 | 82   | 00:24:26 |      |
| Swansea Bay parkrun                           | 5k            | 27/11/2021 | 78   | 00:25:53 |      |



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|---|----------|------------|-----|----------|------|
| Swansea Bay parkrun                         | 5k       | 20/11/2021 | 115 | 00:24:14 |      |
| Swansea Bay parkrun                         | 5k       | 13/11/2021 | 103 | 00:24:25 |      |
| Tata Steel Richard Burton 10k               | 10k      | 07/11/2021 | 464 | 00:52:15 | M50+ |
| Swansea Bay parkrun                         | 5k       | 06/11/2021 | 100 | 00:23:34 |      |
| Swansea Bay parkrun                         | 5k       | 30/10/2021 | 91  | 00:24:20 |      |
| Swansea Bay parkrun                         | 5k       | 23/10/2021 | 93  | 00:24:03 |      |
| Swansea Bay parkrun                         | 5k       | 16/10/2021 | 57  | 00:23:53 |      |
| Swansea Bay parkrun                         | 5k       | 09/10/2021 | 78  | 00:23:40 |      |
| Virtual Virgin London Marathon              | Marathon | 03/10/2021 |     | 05:05:41 |      |
| Swansea Bay parkrun                         | 5k       | 02/10/2021 | 136 | 00:27:48 |      |
| Swansea Bay parkrun                         | 5k       | 25/09/2021 | 114 | 00:24:24 |      |
| Admiral Swansea Bay 10k                     | 10k      | 19/09/2021 | 710 | 00:52:34 |      |
| Maesteg parkrun                             | 5k       | 18/09/2021 | 20  | 00:24:56 |      |
| Swansea Bay parkrun                         | 5k       | 11/09/2021 | 98  | 00:24:03 |      |
| Swansea Bay parkrun                         | 5k       | 04/09/2021 | 113 | 00:24:03 |      |
| Swansea Bay parkrun                         | 5k       | 28/08/2021 | 108 | 00:24:01 |      |
| Swansea Bay parkrun                         | 5k       | 21/08/2021 | 90  | 00:23:53 |      |
| Welsh 5k Series - Pembrey (Fixture 3 - Men) | 5k       | 31/07/2021 | 73  | 00:24:09 | M50  |
| Welsh 5k Series - Pembrey (Fixture 2)       | 5k       | 04/07/2021 | 91  | 00:24:17 | M50  |
| Terry Hershey parkrun                       | 5k       | 07/03/2020 | 12  | 00:24:46 |      |
| Swansea Bay parkrun                         | 5k       | 29/02/2020 | 143 | 00:25:24 |      |
| Swansea Bay parkrun                         | 5k       | 22/02/2020 | 110 | 00:23:39 |      |
| Teignmouth Promenade parkrun                | 5k       | 15/02/2020 | 64  | 00:25:38 |      |
| Swansea Bay parkrun                         | 5k       | 08/02/2020 | 113 | 00:23:33 |      |
| Swansea Bay parkrun                         | 5k       | 25/01/2020 | 153 | 00:24:52 |      |
| Swansea Bay parkrun                         | 5k       | 18/01/2020 | 224 | 00:27:15 |      |

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| Swansea Bay parkrun                                 | 5k            | 11/01/2020 | 150  | 00:26:09 |        |
| Swansea Bay parkrun                                 | 5k            | 04/01/2020 | 123  | 00:23:57 |        |
| Swansea Bay parkrun                                 | 5k            | 01/01/2020 | 154  | 00:24:21 |        |
| Swansea Bay parkrun                                 | 5k            | 28/12/2019 | 106  | 00:24:02 |        |
| Swansea Bay parkrun                                 | 5k            | 21/12/2019 | 111  | 00:24:28 |        |
| Swansea Bay parkrun                                 | 5k            | 30/11/2019 | 108  | 00:24:51 |        |
| Mo-run Swansea                                      | 5k            | 10/11/2019 | 9    | 00:27:07 | MV50   |
| Swansea Bay parkrun                                 | 5k            | 19/10/2019 | 141  | 00:24:47 |        |
| Cardiff Half Marathon                               | Half Marathon | 06/10/2019 | 7840 | 02:11:34 | M50+   |
| Admiral Swansea Bay 10k                             | 10k           | 22/09/2019 |      | 00:57:15 |        |
| Welsh Athletics Road Relay Championships            | 5400m         | 15/09/2019 |      | 00:28:08 | MM45   |
| Swansea Bay parkrun                                 | 5k            | 14/09/2019 | 193  | 00:26:39 |        |
| StratforduponAvon parkrun                           | 5k            | 07/09/2019 | 68   | 00:23:39 |        |
| Swansea Bay parkrun                                 | 5k            | 31/08/2019 | 81   | 00:23:35 |        |
| Swansea Bay parkrun                                 | 5k            | 17/08/2019 | 105  | 00:23:51 |        |
| Swansea Bay parkrun                                 | 5k            | 03/08/2019 | 103  | 00:23:53 |        |
| Tenby 10k   | 10k           | 28/07/2019 | 233  | 00:57:13 |        |
| Exeter Riverside parkrun                            | 5k            | 20/07/2019 | 105  | 00:24:11 |        |
| Swansea Bay parkrun                                 | 5k            | 13/07/2019 | 100  | 00:23:28 |        |
| Porthcawl 10k                                       | 10k           | 07/07/2019 | 776  | 00:51:25 | M50+   |
| Suzuki Midnight Sun Run, Reykjavik, Iceland         | Half Marathon | 20/06/2019 | 327  | 02:00:57 | M50-59 |
| Swansea Bay parkrun                                 | 5k            | 15/06/2019 | 153  | 00:25:26 |        |
| Welsh Castles Relay Stage 6 - Barmouth to Dolgellau | 9.1 miles     | 08/06/2019 | 59   | 01:18:24 | MV     |
| Southampton parkrun                                 | 5k            | 25/05/2019 | 378  | 00:25:47 |        |
| Swansea Bay parkrun                                 | 5k            | 18/05/2019 | 165  | 00:24:43 |        |
| Swansea Bay parkrun                                 | 5k            | 11/05/2019 | 119  | 00:24:13 |        |

|                                   |               |            |       |          |        |
|-----------------------------------|---------------|------------|-------|----------|--------|
| Swansea Bay parkrun               | 5k            | 04/05/2019 | 189   | 00:26:37 |        |
| Virgin Money London Marathon      | Marathon      | 28/04/2019 | 28703 | 04:53:32 | M50-54 |
| Brecon Carreg Cardiff Bay Run 10k | 10k           | 31/03/2019 | 1348  | 00:51:16 | M50+   |
| Swansea Bay parkrun               | 5k            | 16/02/2019 | 126   | 00:24:40 |        |
| Llanelli Half Marathon            | Half Marathon | 10/02/2019 | 1865  | 02:26:17 | PACER  |
| Llanelli Coast parkrun            | 5k            | 05/01/2019 | 61    | 00:24:50 |        |
| Swansea Bay parkrun               | 5k            | 29/12/2018 | 154   | 00:25:09 |        |
| Track Shack Lake Eola Orlando 5k  | 5k            | 01/12/2018 | 66    | 00:25:11 | M50-54 |
| Fetch Everyone Big Fetch Mile     | 1 mile        | 03/11/2018 | 15    | 00:07:07 |        |
| Swansea Bay parkrun               | 5k            | 27/10/2018 | 175   | 00:26:42 |        |
| Swansea Bay parkrun               | 5k            | 20/10/2018 | 118   | 00:25:23 |        |
| Bmw Berlin Marathon               | Marathon      | 16/09/2018 | 25067 | 05:11:54 | M50    |
| Swansea Bay parkrun               | 5k            | 08/09/2018 | 92    | 00:25:37 |        |
| Swansea Bay parkrun               | 5k            | 01/09/2018 | 156   | 00:26:02 |        |
| Port Talbot Half Marathon         | Half Marathon | 12/08/2018 | 269   | 02:07:36 | M      |
| Tenby 10k                         | 10k           | 29/07/2018 | 198   | 00:54:35 | M50    |
| Swansea Bay parkrun               | 5k            | 28/07/2018 | 54    | 00:25:03 |        |
| Swansea Bay parkrun               | 5k            | 21/07/2018 | 104   | 00:24:24 |        |
| Swansea Bay parkrun               | 5k            | 07/07/2018 | 70    | 00:24:00 |        |
| Jcp Swansea Half Marathon         | Half Marathon | 24/06/2018 | 1410  | 01:55:13 | MV50   |
| Swansea Bay parkrun               | 5k            | 16/06/2018 | 63    | 00:23:22 |        |
| Welsh Castles Relay Stage 4       | 9.5 miles     | 09/06/2018 | 56    | 01:20:11 | MV     |
| Swansea Bay parkrun               | 5k            | 02/06/2018 | 110   | 00:23:51 |        |
| Exeter Riverside parkrun          | 5k            | 19/05/2018 | 110   | 00:25:22 |        |
| Swansea Bay parkrun               | 5k            | 28/04/2018 | 95    | 00:24:02 |        |
| Swansea Bay parkrun               | 5k            | 21/04/2018 | 110   | 00:25:43 |        |

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|---|---------------|------------|-----|----------|------|
| Swansea Bay parkrun                               | 5k            | 14/04/2018 | 309 | 00:33:51 |      |
| Swansea Bay parkrun                               | 5k            | 07/04/2018 | 49  | 00:23:12 |      |
| Swansea Bay parkrun                               | 5k            | 24/03/2018 | 36  | 00:22:31 |      |
| Swansea Bay parkrun                               | 5k            | 17/03/2018 | 29  | 00:22:25 |      |
| Swansea Bay parkrun                               | 5k            | 10/03/2018 | 33  | 00:22:05 |      |
| Swansea Bay parkrun                               | 5k            | 24/02/2018 | 79  | 00:24:08 |      |
| Llanelli Half Marathon                            | Half Marathon | 18/02/2018 | 323 | 01:43:53 | MV50 |
| Swansea Bay parkrun                               | 5k            | 10/02/2018 | 46  | 00:23:05 |      |
| Swansea Bay parkrun                               | 5k            | 03/02/2018 | 70  | 00:23:22 |      |
| Swansea Bay parkrun                               | 5k            | 27/01/2018 | 60  | 00:24:03 |      |
| Swansea Bay parkrun                               | 5k            | 20/01/2018 | 48  | 00:22:36 |      |
| West Glamorgan Xc League - Margam Reservoir - Men | 5.6 miles     | 14/01/2018 | 152 | 00:42:19 |      |
| Swansea Bay parkrun                               | 5k            | 13/01/2018 | 37  | 00:22:17 |      |
| Swansea Bay parkrun                               | 5k            | 06/01/2018 | 53  | 00:23:11 |      |
| Old Deer Park parkrun                             | 5k            | 30/12/2017 | 15  | 00:23:47 |      |
| Glynneath 5                                       | 5 miles       | 26/12/2017 | 145 | 00:36:18 |      |
| Swansea Bay parkrun                               | 5k            | 23/12/2017 | 62  | 00:21:54 |      |
| Rnli Mumbles Great Christmas Fun Run              | 10k           | 10/12/2017 | 17  | 00:46:03 | MV   |
| Swansea Bay parkrun                               | 5k            | 09/12/2017 | 47  | 00:22:45 |      |
| Swansea Bay parkrun                               | 5k            | 25/11/2017 | 68  | 00:23:07 |      |
| Swansea Bay parkrun                               | 5k            | 18/11/2017 | 39  | 00:22:30 |      |
| Swansea Bay parkrun                               | 5k            | 11/11/2017 | 42  | 00:21:56 |      |
| Swansea Bay parkrun                               | 5k            | 28/10/2017 | 54  | 00:22:40 |      |
| Swansea Bay parkrun                               | 5k            | 21/10/2017 | 103 | 00:26:04 |      |
| Swansea Bay parkrun                               | 5k            | 14/10/2017 | 36  | 00:21:29 |      |
| Swansea Bay parkrun                               | 5k            | 07/10/2017 | 53  | 00:22:16 |      |

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|---|---------------|------------|------|----------|---------|
| Cardiff Half Marathon                                 | Half Marathon | 01/10/2017 | 2596 | 01:45:06 | M50-54  |
| Swansea Bay parkrun                                   | 5k            | 30/09/2017 | 46   | 00:23:47 |         |
| Admiral Swansea Bay 10k                               | 10k           | 24/09/2017 | 366  | 00:44:57 | M50+    |
| Mic Morris Torfaen 10k                                | 10k           | 17/09/2017 | 140  | 00:42:39 | MasterM |
| Swansea Bay parkrun                                   | 5k            | 09/09/2017 | 47   | 00:21:38 |         |
| Swansea Bay parkrun                                   | 5k            | 02/09/2017 | 36   | 00:21:38 |         |
| Severn Bridge Half Marathon                           | Half Marathon | 27/08/2017 | 312  | 01:46:42 | M50+    |
| Swansea Bay parkrun                                   | 5k            | 19/08/2017 | 40   | 00:21:20 |         |
| Weymouth parkrun                                      | 5k            | 12/08/2017 | 348  | 00:36:04 |         |
| Swansea Bay parkrun                                   | 5k            | 05/08/2017 | 57   | 00:22:24 |         |
| Tenby 10k   | 10k           | 30/07/2017 | 114  | 00:50:05 | M50     |
| Swansea Bay parkrun                                   | 5k            | 29/07/2017 | 31   | 00:22:44 |         |
| Ammanford Lions 10k                                   | 10k           | 09/07/2017 | 71   | 00:50:45 | M50     |
| Swansea Bay parkrun                                   | 5k            | 08/07/2017 | 36   | 00:23:22 |         |
| Run4all Neath 5k Series - Race 3                      | 5k            | 05/07/2017 | 69   | 00:22:57 | MVET    |
| Llyn Llech Owain parkrun                              | 5k            | 01/07/2017 | 21   | 00:24:14 |         |
| Jcp Swansea Half Marathon                             | Half Marathon | 25/06/2017 | 882  | 01:46:02 | MV50    |
| Swansea Bay parkrun                                   | 5k            | 17/06/2017 | 50   | 00:23:05 |         |
| Paul Popham Running Club Swansea Bay Summer 5k Series | 5k            | 13/06/2017 | 36   | 00:22:21 | M       |
| Swansea Bay parkrun                                   | 5k            | 10/06/2017 | 33   | 00:22:43 |         |
| Swansea Bay parkrun                                   | 5k            | 03/06/2017 | 66   | 00:22:54 |         |
| Liverpool Rock'n'roll Marathon                        | Marathon      | 28/05/2017 | 1153 | 04:01:44 | MV50    |
| Liverpool Rock'n'roll 5k (400m Short)                 | 5k            | 27/05/2017 | 169  | 00:21:04 | MV50    |
| Swansea Bay parkrun                                   | 5k            | 20/05/2017 | 190  | 00:29:33 |         |
| Swansea Bay parkrun                                   | 5k            | 13/05/2017 | 40   | 00:22:13 |         |
| Paul Popham Running Club Swansea Bay Summer 5k Series | 5k            | 09/05/2017 | 31   | 00:22:48 |         |

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|---|---------------|------------|------|----------|--------|
| Swansea Bay parkrun                             | 5k            | 06/05/2017 | 52   | 00:22:08 |        |
| Swansea Bay parkrun                             | 5k            | 29/04/2017 | 38   | 00:21:46 |        |
| Swansea Bay parkrun                             | 5k            | 22/04/2017 | 38   | 00:21:34 |        |
| Swansea Bay parkrun                             | 5k            | 15/04/2017 | 51   | 00:21:40 |        |
| Beckton parkrun                                 | 5k            | 08/04/2017 | 19   | 00:22:13 |        |
| Swansea Bay parkrun                             | 5k            | 01/04/2017 | 43   | 00:22:47 |        |
| Swansea Bay parkrun                             | 5k            | 25/03/2017 | 36   | 00:21:53 |        |
| Poole parkrun                                   | 5k            | 18/03/2017 | 128  | 00:22:20 |        |
| Llanelli Half Marathon 2017                     | Half Marathon | 12/03/2017 | 248  | 01:41:49 | MV40   |
| Swansea Bay parkrun                             | 5k            | 11/03/2017 | 37   | 00:22:08 |        |
| Swansea Bay parkrun                             | 5k            | 04/03/2017 | 47   | 00:22:36 |        |
| Swansea Bay parkrun                             | 5k            | 04/02/2017 | 54   | 00:23:23 |        |
| Lliswerry 8                                     | 8 miles       | 29/01/2017 | 258  | 01:00:35 | M45    |
| Swansea Bay parkrun                             | 5k            | 21/01/2017 | 36   | 00:22:05 |        |
| Tata Steel Round The Reservoir Race - Men       | 5.6 miles     | 08/01/2017 | 45   | 00:42:22 | V45    |
| Swansea Bay parkrun                             | 5k            | 01/01/2017 | 35   | 00:23:02 |        |
| Swansea Bay parkrun                             | 5k            | 31/12/2016 | 51   | 00:21:57 |        |
| Swansea Bay parkrun                             | 5k            | 24/12/2016 | 74   | 00:22:17 |        |
| Rnli Mumbles Great Christmas Fun Run            | 10k           | 11/12/2016 | 17   | 00:45:35 | MV     |
| <b>Chris Pridmore</b>                           |               | 14         |      |          |        |
| Cycle Route 43 parkrun Ystalyfera               | 5k            | 21/12/2024 | 2    | 00:18:21 |        |
| Swansea Bay parkrun                             | 5k            | 16/11/2024 | 16   | 00:18:38 |        |
| Gower Ultra Bach 2024                           | Ultra         | 26/10/2024 | 18   | 07:14:44 | MOpen  |
| Maverick adidas TERREX Original Afan Forest 25k | 25 km         | 28/09/2024 | 15   | 02:08:29 | MOpen  |
| Tri Hard Harriers 5K On The Bay                 | 5k            | 22/08/2024 | 282  | 00:30:52 |        |
| Boston Marathon                                 | Marathon      | 15/04/2024 | 2012 | 02:56:28 | M18-39 |

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|---|---------------|------------|------|----------|----------|
| San Domenico 20M                        | 20 miles      | 10/03/2024 | 20   | 02:13:29 | M35      |
| Swansea Bay parkrun                     | 5k            | 17/02/2024 | 9    | 00:18:19 |          |
| Swansea Bay parkrun                     | 5k            | 16/12/2023 | 12   | 00:18:09 |          |
| Swansea Bay parkrun                     | 5k            | 18/11/2023 | 4    | 00:18:16 |          |
| 2023 Marathon Eryri                     | Marathon      | 28/10/2023 | 80   | 03:17:05 | MOPEN    |
| Swansea Half Marathon                   | Half Marathon | 11/06/2023 |      | 01:27:01 | MSEN     |
| Richard Burton 10k                      | 10k           | 06/11/2022 | 90   | 00:40:48 | M20-39   |
| TCS London Marathon                     | Marathon      | 02/10/2022 | 1648 | 02:58:22 | M18-39   |
| <b>Alan Pritchard</b>                   |               |            | 19   |          |          |
| Merthyr Mawr Christmas Pudding Race     | 10k           | 15/12/2024 | 556  | 01:37:10 | VeteranM |
| Trelai Park parkrun                     | 5k            | 28/09/2024 | 30   | 00:33:12 |          |
| Dudley parkrun                          | 5k            | 24/08/2024 | 164  | 00:35:11 |          |
| Swansea Bay parkrun                     | 5k            | 17/08/2024 | 447  | 00:33:29 |          |
| Dudley parkrun                          | 5k            | 11/05/2024 | 173  | 00:37:24 |          |
| Sutton Park parkrun                     | 5k            | 02/03/2024 | 295  | 00:35:40 |          |
| Swansea Bay parkrun                     | 5k            | 24/02/2024 | 452  | 00:33:43 |          |
| Swansea Bay parkrun                     | 5k            | 01/01/2024 | 426  | 00:33:55 |          |
| Principality Cardiff Half Marathon 2023 | Half Marathon | 01/10/2023 |      | 02:10:16 | M65-69   |
| Admiral Swansea Bay 10k                 | 10k           | 17/09/2023 | 2383 | 01:14:09 | Male     |
| Tri Hard Harriers 5k on the Bay         | 5k            | 24/08/2023 | 206  | 00:30:18 | M40+     |
| Arrow Valley parkrun                    | 5k            | 05/08/2023 | 137  | 00:31:15 |          |
| Brisco Gorseinon 10k                    | 10k           | 30/04/2023 | 559  | 01:03:26 | M65      |
| Swansea Bay parkrun                     | 5k            | 11/03/2023 | 289  | 00:32:07 |          |
| Swansea Bay parkrun                     | 5k            | 11/06/2022 | 268  | 00:32:31 |          |
| Swansea Bay parkrun                     | 5k            | 19/03/2022 | 137  | 00:33:18 |          |
| Severn Bridge Night Race                | 5 miles       | 26/11/2021 | 232  | 00:53:49 | MV60     |

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| Swansea Bay parkrun      | 5k            | 22/02/2020 | 181  | 00:26:26 |     |
| Swansea Bay parkrun      | 5k            | 01/02/2020 | 146  | 00:26:02 |     |
| <b>Mark Probert</b>      |               | 4          |      |          |     |
| Llanelli Coast parkrun   | 5k            | 30/09/2017 | 24   | 00:24:14 |     |
| Llyn Llech Owain parkrun | 5k            | 13/05/2017 | 15   | 00:23:34 |     |
| Llanelli Coast parkrun   | 5k            | 22/04/2017 | 23   | 00:23:00 |     |
| Swansea Bay parkrun      | 5k            | 25/02/2017 | 80   | 00:25:27 |     |
| <b>Delia Pudney</b>      |               | 32         |      |          |     |
| Swansea Bay parkrun      | 5k            | 29/02/2020 | 317  | 00:34:42 |     |
| Swansea Bay parkrun      | 5k            | 22/02/2020 | 261  | 00:29:07 |     |
| Swansea Bay parkrun      | 5k            | 08/02/2020 | 299  | 00:29:09 |     |
| Swansea Bay parkrun      | 5k            | 25/01/2020 | 318  | 00:29:51 |     |
| Swansea Bay parkrun      | 5k            | 18/01/2020 | 328  | 00:30:13 |     |
| Swansea Bay parkrun      | 5k            | 11/01/2020 | 268  | 00:30:08 |     |
| Swansea Bay parkrun      | 5k            | 01/01/2020 | 419  | 00:31:23 |     |
| Swansea Bay parkrun      | 5k            | 20/07/2019 | 208  | 00:28:03 |     |
| Swansea Bay parkrun      | 5k            | 13/07/2019 | 252  | 00:28:33 |     |
| Swansea Bay parkrun      | 5k            | 29/06/2019 | 339  | 00:37:37 |     |
| Swansea Bay parkrun      | 5k            | 22/06/2019 | 184  | 00:27:52 |     |
| Swansea Bay parkrun      | 5k            | 20/04/2019 | 251  | 00:28:24 |     |
| Bath Half Marathon       | Half Marathon | 17/03/2019 | 9642 | 02:27:12 |     |
| Swansea Bay parkrun      | 5k            | 01/01/2019 | 345  | 00:30:26 |     |
| Erddig parkrun           | 5k            | 29/12/2018 | 199  | 00:32:03 |     |
| Swansea Bay parkrun      | 5k            | 22/12/2018 | 143  | 00:26:39 |     |
| Swansea Bay parkrun      | 5k            | 24/11/2018 | 204  | 00:27:46 |     |
| Admiral Swansea Bay 10k  | 10k           | 16/09/2018 | 1837 | 00:59:53 | F35 |



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| Swansea Bay parkrun                                 | 5k            | 25/08/2018 | 204   | 00:28:15 |        |
| Swansea Bay parkrun                                 | 5k            | 21/07/2018 | 193   | 00:28:35 |        |
| Jcp Swansea Half Marathon                           | Half Marathon | 24/06/2018 | 3876  | 02:27:49 | FV35   |
| Swansea Bay parkrun                                 | 5k            | 19/05/2018 | 231   | 00:30:16 |        |
| Swansea Bay parkrun                                 | 5k            | 12/05/2018 | 217   | 00:30:15 |        |
| Swansea Bay parkrun                                 | 5k            | 05/05/2018 | 266   | 00:29:55 |        |
| Swansea Bay parkrun                                 | 5k            | 21/04/2018 | 195   | 00:30:05 |        |
| Swansea Bay parkrun                                 | 5k            | 14/04/2018 | 277   | 00:32:32 |        |
| Swansea Bay parkrun                                 | 5k            | 31/03/2018 | 304   | 00:30:43 |        |
| West Glamorgan Xc League - Margam Park - Women      | TBC           | 28/01/2018 | 88    | 00:57:11 |        |
| West Glamorgan Xc League - Margam Reservoir - Women | 5.6 miles     | 14/01/2018 | 108   | 00:54:05 |        |
| Cardiff Half Marathon                               | Half Marathon | 01/10/2017 | 13860 | 02:27:35 | F40-49 |
| Admiral Swansea Bay 10k                             | 10k           | 24/09/2017 | 2204  | 01:02:14 | F35+   |
| Whitford Point Multi-terrain Race                   | 5.6 miles     | 17/05/2017 | 141   | 01:01:30 | VF40   |
| <b>Andy Rees</b>                                    |               | 140        |       |          |        |
| Swansea Bay parkrun                                 | 5k            | 14/12/2024 | 92    | 00:22:58 |        |
| Pembrey MT10  | 10 miles      | 17/11/2024 | 89    | 01:30:35 |        |
| Swansea Bay parkrun                                 | 5k            | 09/11/2024 | 91    | 00:23:07 |        |
| Swansea Bay parkrun                                 | 5k            | 26/10/2024 | 112   | 00:23:01 |        |
| Admiral Swansea Bay 10k                             | 10k           | 15/09/2024 | 564   | 00:47:12 |        |
| Swansea Bay parkrun                                 | 5k            | 31/08/2024 | 105   | 00:22:52 |        |
| Tri Hard Harriers 5K On The Bay                     | 5k            | 22/08/2024 | 149   | 00:23:11 |        |
| Swansea Bay 5k Summer Series Race 3                 | 5k            | 10/07/2024 | 65    | 00:23:09 |        |
| Carlingwark Loch parkrun                            | 5k            | 06/07/2024 | 22    | 00:24:37 |        |
| Swansea Half Marathon                               | Half Marathon | 09/06/2024 |       | 01:42:46 | M60    |
| Brisco Gorseinon 10k                                | 10k           | 19/05/2024 |       | 00:49:11 |        |

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| Swansea Bay parkrun             | 5k            | 23/03/2024 | 86  | 00:23:01 |      |
| Great Welsh Half                | Half Marathon | 17/03/2024 |     | 01:46:16 |      |
| Swansea Bay parkrun             | 5k            | 23/09/2023 | 61  | 00:22:00 |      |
| Admiral Swansea Bay 10k         | 10k           | 17/09/2023 | 404 | 00:45:57 | Male |
| Swansea Bay parkrun             | 5k            | 09/09/2023 | 60  | 00:22:19 |      |
| Swansea Bay parkrun             | 5k            | 02/09/2023 | 70  | 00:22:22 |      |
| Tri Hard Harriers 5k on the Bay | 5k            | 24/08/2023 | 109 | 00:22:47 | M40+ |
| Swansea Bay parkrun             | 5k            | 19/08/2023 | 92  | 00:22:30 |      |
| Swansea Bay parkrun             | 5k            | 29/07/2023 | 92  | 00:22:20 |      |
| Sandy Water parkrun             | 5k            | 01/07/2023 | 37  | 00:22:22 |      |
| Crichton parkrun                | 5k            | 10/06/2023 | 22  | 00:23:15 |      |
| Swansea Bay parkrun             | 5k            | 03/06/2023 | 81  | 00:22:22 |      |
| Brisco Gorseinon 10k            | 10k           | 30/04/2023 | 116 | 00:46:04 | M60  |
| Swansea Bay parkrun             | 5k            | 22/04/2023 | 69  | 00:21:58 |      |
| Swansea Bay parkrun             | 5k            | 15/04/2023 | 65  | 00:22:22 |      |
| Swansea Bay parkrun             | 5k            | 08/04/2023 | 77  | 00:22:18 |      |
| Great Welsh Half Marathon       | Half Marathon | 02/04/2023 | 95  | 01:41:41 | M60  |
| Swansea Bay parkrun             | 5k            | 18/03/2023 | 62  | 00:22:14 |      |
| Swansea Bay parkrun             | 5k            | 04/03/2023 | 64  | 00:22:05 |      |
| Swansea Bay parkrun             | 5k            | 18/02/2023 | 53  | 00:22:13 |      |
| Swansea Bay parkrun             | 5k            | 28/01/2023 | 63  | 00:21:59 |      |
| Swansea Bay parkrun             | 5k            | 21/01/2023 | 50  | 00:22:12 |      |
| Swansea Bay parkrun             | 5k            | 14/01/2023 | 77  | 00:22:12 |      |
| Sandy Water parkrun             | 5k            | 07/01/2023 | 11  | 00:22:22 |      |
| Swansea Bay parkrun             | 5k            | 01/01/2023 | 86  | 00:24:52 |      |
| Swansea Bay parkrun             | 5k            | 31/12/2022 | 72  | 00:23:05 |      |

|                                   |               |            |     |          |        |
|-----------------------------------|---------------|------------|-----|----------|--------|
| Swansea Bay parkrun               | 5k            | 24/12/2022 | 85  | 00:22:20 |        |
| Swansea Bay parkrun               | 5k            | 03/12/2022 | 47  | 00:22:11 |        |
| Swansea Bay parkrun               | 5k            | 26/11/2022 | 59  | 00:22:28 |        |
| Sospan MT10                       | 10 miles      | 20/11/2022 | 175 | 01:26:09 | M55-64 |
| Swansea Bay parkrun               | 5k            | 12/11/2022 | 71  | 00:22:39 |        |
| Swansea Bay parkrun               | 5k            | 29/10/2022 | 73  | 00:22:59 |        |
| Swansea Bay parkrun               | 5k            | 22/10/2022 | 90  | 00:22:46 |        |
| Swansea Bay parkrun               | 5k            | 15/10/2022 | 57  | 00:22:49 |        |
| Central parkrun, Plymouth         | 5k            | 08/10/2022 | 57  | 00:24:13 |        |
| Sandy Water parkrun               | 5k            | 02/07/2022 | 41  | 00:22:58 |        |
| Swansea Bay parkrun               | 5k            | 25/06/2022 | 46  | 00:22:13 |        |
| Crichton parkrun                  | 5k            | 04/06/2022 | 13  | 00:22:32 |        |
| Swansea Bay parkrun               | 5k            | 28/05/2022 | 83  | 00:21:35 |        |
| Brecon Carreg Cardiff Bay Run 10k | 10k           | 22/05/2022 | 358 | 00:44:46 | M60+   |
| Swansea Bay parkrun               | 5k            | 14/05/2022 | 50  | 00:21:08 |        |
| Swansea Bay parkrun               | 5k            | 07/05/2022 | 55  | 00:21:14 |        |
| Swansea Bay parkrun               | 5k            | 30/04/2022 | 54  | 00:21:05 |        |
| Swansea Bay parkrun               | 5k            | 23/04/2022 | 56  | 00:21:40 |        |
| Great Welsh Half Marathon         | Half Marathon | 10/04/2022 | 72  | 01:39:01 | M60    |
| Swansea Bay parkrun               | 5k            | 26/03/2022 | 40  | 00:21:25 |        |
| Swansea Bay parkrun               | 5k            | 19/03/2022 | 95  | 00:21:50 |        |
| Swansea Bay parkrun               | 5k            | 12/03/2022 | 46  | 00:21:49 |        |
| Swansea Bay parkrun               | 5k            | 05/03/2022 | 67  | 00:21:48 |        |
| Swansea Bay parkrun               | 5k            | 26/02/2022 | 60  | 00:22:11 |        |
| Swansea Bay parkrun               | 5k            | 19/02/2022 | 45  | 00:22:38 |        |
| Swansea Bay parkrun               | 5k            | 12/02/2022 | 52  | 00:22:17 |        |

|  |               |            |     |          |      |
|--|---------------|------------|-----|----------|------|
| Swansea Bay parkrun                      | 5k            | 22/01/2022 | 47  | 00:21:46 |      |
| Swansea Bay parkrun                      | 5k            | 18/12/2021 | 74  | 00:22:11 |      |
| Swansea Bay parkrun                      | 5k            | 11/12/2021 | 54  | 00:21:58 |      |
| Merthyr Mawr Christmas Pudding Race 2021 | 10k           | 05/12/2021 | 184 | 01:03:54 | VM   |
| Swansea Bay parkrun                      | 5k            | 04/12/2021 | 48  | 00:22:34 |      |
| Swansea Bay parkrun                      | 5k            | 13/11/2021 | 47  | 00:22:20 |      |
| Swansea Bay parkrun                      | 5k            | 06/11/2021 | 64  | 00:22:29 |      |
| Toughrunner Swansea Trail Half Marathon  | Half Marathon | 30/10/2021 | 215 | 02:32:05 | M60+ |
| JCP Swansea Half Marathon                | Half Marathon | 17/10/2021 | 391 | 01:42:56 | M60  |
| Swansea Bay parkrun                      | 5k            | 09/10/2021 | 45  | 00:21:54 |      |
| Virtual Virgin London Marathon           | Marathon      | 03/10/2021 |     | 04:00:38 |      |
| Admiral Swansea Bay 10k                  | 10k           | 19/09/2021 | 397 | 00:46:14 |      |
| Swansea Bay parkrun                      | 5k            | 21/08/2021 | 76  | 00:22:45 |      |
| Swansea Bay parkrun                      | 5k            | 14/03/2020 | 76  | 00:23:20 |      |
| Swansea Bay parkrun                      | 5k            | 07/03/2020 | 90  | 00:23:16 |      |
| Swansea Bay parkrun                      | 5k            | 29/02/2020 | 98  | 00:23:43 |      |
| Swansea Bay parkrun                      | 5k            | 22/02/2020 | 100 | 00:23:19 |      |
| Swansea Bay parkrun                      | 5k            | 15/02/2020 | 91  | 00:24:18 |      |
| Swansea Bay parkrun                      | 5k            | 08/02/2020 | 109 | 00:23:24 |      |
| Swansea Bay parkrun                      | 5k            | 25/01/2020 | 117 | 00:23:52 |      |
| Swansea Bay parkrun                      | 5k            | 04/01/2020 | 114 | 00:23:45 |      |
| Swansea Bay parkrun                      | 5k            | 28/12/2019 | 99  | 00:23:52 |      |
| Swansea Bay parkrun                      | 5k            | 01/06/2019 | 87  | 00:22:53 |      |
| Swansea Bay parkrun                      | 5k            | 25/05/2019 | 93  | 00:22:39 |      |
| Swansea Bay parkrun                      | 5k            | 18/05/2019 | 100 | 00:22:41 |      |
| Swansea Bay parkrun                      | 5k            | 04/05/2019 | 89  | 00:22:46 |      |

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|-------------------------|---------------|------------|-----|----------|-----|
| Swansea Bay parkrun     | 5k            | 20/04/2019 | 88  | 00:22:56 |     |
| Swansea Bay parkrun     | 5k            | 13/04/2019 | 81  | 00:22:51 |     |
| Swansea Bay parkrun     | 5k            | 06/04/2019 | 61  | 00:22:38 |     |
| Swansea Bay parkrun     | 5k            | 30/03/2019 | 73  | 00:22:52 |     |
| Swansea Bay parkrun     | 5k            | 02/03/2019 | 80  | 00:22:59 |     |
| Swansea Bay parkrun     | 5k            | 16/02/2019 | 79  | 00:22:16 |     |
| Llanelli Half Marathon  | Half Marathon | 10/02/2019 | 527 | 01:47:14 | M55 |
| Swansea Bay parkrun     | 5k            | 02/02/2019 | 59  | 00:22:44 |     |
| Swansea Bay parkrun     | 5k            | 26/01/2019 | 63  | 00:22:36 |     |
| Swansea Bay parkrun     | 5k            | 19/01/2019 | 62  | 00:22:38 |     |
| Swansea Bay parkrun     | 5k            | 12/01/2019 | 50  | 00:22:44 |     |
| Swansea Bay parkrun     | 5k            | 01/01/2019 | 115 | 00:22:57 |     |
| Swansea Bay parkrun     | 5k            | 29/12/2018 | 104 | 00:23:09 |     |
| Swansea Bay parkrun     | 5k            | 22/12/2018 | 71  | 00:22:35 |     |
| Swansea Bay parkrun     | 5k            | 15/12/2018 | 35  | 00:23:34 |     |
| Swansea Bay parkrun     | 5k            | 08/12/2018 | 39  | 00:22:41 |     |
| Swansea Bay parkrun     | 5k            | 01/12/2018 | 36  | 00:22:36 |     |
| Swansea Bay parkrun     | 5k            | 24/11/2018 | 81  | 00:22:34 |     |
| Swansea Bay parkrun     | 5k            | 17/11/2018 | 50  | 00:22:38 |     |
| Swansea Bay parkrun     | 5k            | 10/11/2018 | 34  | 00:22:49 |     |
| Swansea Bay parkrun     | 5k            | 03/11/2018 | 45  | 00:22:23 |     |
| Swansea Bay parkrun     | 5k            | 27/10/2018 | 70  | 00:22:57 |     |
| Swansea Bay parkrun     | 5k            | 20/10/2018 | 70  | 00:22:36 |     |
| Swansea Bay parkrun     | 5k            | 29/09/2018 | 66  | 00:22:35 |     |
| Swansea Bay parkrun     | 5k            | 22/09/2018 | 53  | 00:22:32 |     |
| Admiral Swansea Bay 10k | 10k           | 16/09/2018 | 506 | 00:46:56 | M50 |

|  |               |            |     |          |      |
|--|---------------|------------|-----|----------|------|
| Swansea Bay parkrun                        | 5k            | 08/09/2018 | 45  | 00:22:36 |      |
| Swansea Bay parkrun                        | 5k            | 01/09/2018 | 82  | 00:23:06 |      |
| Swansea Bay parkrun                        | 5k            | 25/08/2018 | 87  | 00:22:58 |      |
| Swansea Bay parkrun                        | 5k            | 14/07/2018 | 51  | 00:22:30 |      |
| Pprc Swansea Bay Summer 5k Series          | 5k            | 12/07/2018 | 68  | 00:22:31 | M    |
| Swansea Bay parkrun                        | 5k            | 07/07/2018 | 47  | 00:22:26 |      |
| Llanelli Coast parkrun                     | 5k            | 30/06/2018 | 28  | 00:22:37 |      |
| Jcp Swansea Half Marathon                  | Half Marathon | 24/06/2018 | 894 | 01:46:48 | MV50 |
| Swansea Bay parkrun                        | 5k            | 16/06/2018 | 51  | 00:22:27 |      |
| Pprc Swansea Bay Summer 5k Series - Race 2 | 5k            | 14/06/2018 | 40  | 00:22:53 | M    |
| Swansea Bay parkrun                        | 5k            | 09/06/2018 | 52  | 00:22:41 |      |
| Swansea Bay parkrun                        | 5k            | 02/06/2018 | 76  | 00:22:39 |      |
| Llanelli Coast parkrun                     | 5k            | 26/05/2018 | 38  | 00:22:44 |      |
| Swansea Bay parkrun                        | 5k            | 19/05/2018 | 55  | 00:22:37 |      |
| Pprc Swansea Bay Summer 5k Series          | 5k            | 10/05/2018 | 58  | 00:23:05 | M    |
| Swansea Bay parkrun                        | 5k            | 05/05/2018 | 69  | 00:22:42 |      |
| Swansea Bay parkrun                        | 5k            | 28/04/2018 | 62  | 00:22:47 |      |
| Swansea Bay parkrun                        | 5k            | 21/04/2018 | 55  | 00:22:37 |      |
| Swansea Bay parkrun                        | 5k            | 14/04/2018 | 59  | 00:22:50 |      |
| Swansea Bay parkrun                        | 5k            | 07/04/2018 | 47  | 00:23:10 |      |
| Swansea Bay parkrun                        | 5k            | 24/03/2018 | 44  | 00:22:43 |      |
| Swansea Bay parkrun                        | 5k            | 17/03/2018 | 48  | 00:23:26 |      |
| Swansea Bay parkrun                        | 5k            | 10/03/2018 | 56  | 00:23:07 |      |
| Swansea Bay parkrun                        | 5k            | 24/02/2018 | 63  | 00:23:22 |      |
| Swansea Bay parkrun                        | 5k            | 17/02/2018 | 36  | 00:22:53 |      |

Linda Rees

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|  |               |            |      |          |        |
|--|---------------|------------|------|----------|--------|
| Richard Burton 10k   | 10k           | 03/11/2024 | 1849 | 01:05:49 | F60-69 |
| Swansea Bay 5k Summer Series Race 2                                | 5k            | 12/06/2024 | 114  | 00:28:42 |        |
| Tenby 10k  | 10k           | 29/10/2023 | 397  | 00:57:52 |        |
| Sandy Water parkrun  | 5k            | 23/09/2023 | 72   | 00:27:15 |        |
| Brisco Gorseinon 10k   | 10k           | 30/04/2023 | 416  | 00:57:53 | F60    |
| Swansea Bay parkrun  | 5k            | 15/04/2023 | 288  | 00:28:45 |        |
| Richard Burton 10k   | 10k           | 06/11/2022 | 785  | 00:55:59 | F60-69 |
| Welsh Road Relay Championships - Pembrey Country Park              | 5400m         | 24/09/2022 |      | 00:30:14 | MW55   |
| Tenby 10k  | 10k           | 31/07/2022 | 175  | 01:00:15 | F55    |
| Tata Steel Richard Burton 10k                                      | 10k           | 07/11/2021 | 532  | 00:53:16 | F50+   |
| Welsh Athletics Welsh Road Relay Championships                     | 5400m         | 11/09/2021 | 22   | 00:26:59 | SF     |
| Tenby 10k  | 10k           | 28/07/2019 | 165  | 00:53:44 |        |
| JCP Swansea Half Marathon  | Half Marathon | 23/06/2019 | 1700 | 01:57:57 | F55    |
| Welsh Castles Relay Stage 20 - Caerphilly Castle to Cardiff Castle | 10.1 miles    | 09/06/2019 | 59   | 01:20:47 | FV     |
| Preseli Beast Bach   | 11 miles      | 11/05/2019 | 116  | 02:12:47 | F50    |
| Tenby 10k  | 10k           | 29/07/2018 | 232  | 00:56:24 | F55    |
| Tenby 10k  | 10k           | 30/07/2017 | 288  | 00:58:44 | F55    |
| <b>Paul Rees</b>   |               | 14         |      |          |        |
| Swansea Bay 5k Summer Series Race 2                                | 5k            | 12/06/2024 | 89   | 00:25:21 |        |
| Tenby 10k  | 10k           | 29/10/2023 | 402  | 00:57:58 |        |
| Sandy Water parkrun  | 5k            | 23/09/2023 | 97   | 00:29:21 |        |
| Swansea Bay parkrun  | 5k            | 15/04/2023 | 419  | 00:33:48 |        |
| Richard Burton 10k   | 10k           | 06/11/2022 | 786  | 00:55:59 | M60-69 |
| Welsh Road Relay Championships - Pembrey Country Park              | 5400m         | 24/09/2022 |      | 00:26:29 | MM45   |
| Tenby 10k  | 10k           | 31/07/2022 | 176  | 01:00:16 | M60    |
| Tata Steel Round the Reservoir                                     | 5.6 miles     | 12/01/2020 | 261  | 00:53:01 | MV55   |

|   |               |            |      |          |            |
|---|---------------|------------|------|----------|------------|
| Tenby 10k   | 10k           | 28/07/2019 | 377  | 01:06:20 |            |
| Preseli Beast Bach                                    | 11 miles      | 11/05/2019 | 117  | 02:12:51 | M50        |
| Swansea Bay parkrun                                   | 5k            | 22/09/2018 | 94   | 00:25:00 |            |
| Swansea Bay parkrun                                   | 5k            | 08/09/2018 | 101  | 00:26:09 |            |
| Tenby 10k   | 10k           | 29/07/2018 | 233  | 00:56:26 | M50        |
| Tenby 10k   | 10k           | 30/07/2017 | 291  | 00:58:47 | M50        |
| <b>Sandra Rees</b>                                    |               | 26         |      |          |            |
| Richard Burton 10k                                    | 10k           | 03/11/2024 | 1766 | 01:03:43 | F60-69     |
| Admiral Swansea Bay 10k                               | 10k           | 15/09/2024 | 2249 | 01:03:02 |            |
| Brisco Gorseinon 10k                                  | 10k           | 19/05/2024 |      | 01:02:23 |            |
| Welsh Road Relay Championships - Pembrey Country Park | 5400m         | 24/09/2022 |      | 00:35:50 | MW55       |
| Tenby 10k   | 10k           | 31/07/2022 | 223  | 01:04:00 | F55        |
| Ammanford 10k   | 10k           | 10/07/2022 | 192  | 01:06:11 | F55        |
| 2022 Cardiff University Cardiff Half Marathon         | Half Marathon | 27/03/2022 | 7130 | 02:21:21 | F55+       |
| Colby parkrun   | 5k            | 05/03/2022 | 69   | 00:30:45 |            |
| JCP Swansea Half Marathon                             | Half Marathon | 17/10/2021 | 1898 | 02:34:52 | F55        |
| Cardiff Half Marathon                                 | Half Marathon | 06/10/2019 | 6709 | 02:00:18 | F55+       |
| Admiral Swansea Bay 10k                               | 10k           | 22/09/2019 |      | 00:58:46 |            |
| Tenby 10k   | 10k           | 28/07/2019 | 265  | 00:59:06 |            |
| Great Welsh Half Marathon                             | Half Marathon | 14/04/2019 | 362  | 02:07:46 | F55        |
| Tata Steel Richard Burton 10k                         | 10k           | 04/11/2018 | 797  | 00:58:49 | Female 50+ |
| Admiral Swansea Bay 10k                               | 10k           | 16/09/2018 | 1335 | 00:56:08 | F55        |
| Jcp Swansea Half Marathon                             | Half Marathon | 24/06/2018 | 3261 | 02:17:42 | FV45       |
| West Glamorgan Xc League - Margam Reservoir - Women   | 5.6 miles     | 14/01/2018 | 97   | 00:52:18 |            |
| Colby parkrun   | 5k            | 04/11/2017 | 67   | 00:29:48 |            |
| West Glamorgan Xc League - Gnoll - Women              | 5k            | 25/10/2017 | 116  | 00:29:48 |            |



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|---|---------------|------------|-------|----------|---------|
| Cardiff Half Marathon                       | Half Marathon | 01/10/2017 | 10895 | 02:15:18 | F50--54 |
| Admiral Swansea Bay 10k                     | 10k           | 24/09/2017 | 1398  | 00:56:14 | F45+    |
| Tenby 10k                                   | 10k           | 30/07/2017 | 276   | 00:58:16 | F45     |
| Ammanford Lions 10k                         | 10k           | 09/07/2017 | 118   | 01:00:19 | F45     |
| Jcp Swansea Half Marathon                   | Half Marathon | 25/06/2017 | 3367  | 02:20:19 | FV45    |
| Tata Steel Round The Reservoir Race - Women | 5.6 miles     | 08/01/2017 | 34    | 00:54:20 | V50     |
| Richard Burton 10k                          | 10k           | 06/11/2016 | 580   | 00:57:16 | FV50    |
| <b>Sally Reid</b>                           |               | 50         |       |          |         |
| Aberystwyth parkrun                         | 5k            | 07/12/2019 | 56    | 00:28:05 |         |
| Brynaman parkrun                            | 5k            | 23/11/2019 | 32    | 00:28:43 |         |
| Swansea Bay parkrun                         | 5k            | 16/11/2019 | 185   | 00:27:48 |         |
| Swansea Bay parkrun                         | 5k            | 09/11/2019 | 123   | 00:29:53 |         |
| Swansea Bay parkrun                         | 5k            | 05/10/2019 | 187   | 00:28:36 |         |
| Beckton parkrun                             | 5k            | 07/09/2019 | 48    | 00:28:31 |         |
| Swansea Bay parkrun                         | 5k            | 24/08/2019 | 253   | 00:28:42 |         |
| Grangemoor parkrun                          | 5k            | 10/08/2019 | 131   | 00:28:12 |         |
| Richmond Olympic parkrun                    | 5k            | 27/07/2019 | 35    | 00:29:20 |         |
| Richmond Olympic parkrun                    | 5k            | 20/07/2019 | 60    | 00:29:22 |         |
| Porthcawl parkrun                           | 5k            | 29/06/2019 | 230   | 00:29:03 |         |
| Swansea Bay parkrun                         | 5k            | 22/06/2019 | 212   | 00:29:10 |         |
| Bushy parkrun                               | 5k            | 15/06/2019 | 898   | 00:29:08 |         |
| Bellerive parkrun                           | 5k            | 25/05/2019 | 73    | 00:29:40 |         |
| Launceston parkrun                          | 5k            | 18/05/2019 | 129   | 00:29:30 |         |
| Hobart parkrun                              | 5k            | 11/05/2019 | 19    | 00:31:03 |         |
| Llyn Llech Owain parkrun                    | 5k            | 09/02/2019 | 37    | 00:29:15 |         |
| Llanelli Coast parkrun                      | 5k            | 22/12/2018 | 91    | 00:26:47 |         |

|                                   |               |            |      |          |      |
|-----------------------------------|---------------|------------|------|----------|------|
| Aberystwyth parkrun               | 5k            | 08/12/2018 | 45   | 00:28:24 |      |
| Grangemoor parkrun                | 5k            | 17/11/2018 | 105  | 00:27:49 |      |
| Swansea Bay parkrun               | 5k            | 25/08/2018 | 177  | 00:27:29 |      |
| Swansea Bay parkrun               | 5k            | 18/08/2018 | 160  | 00:26:44 |      |
| Hasenheide parkrun                | 5k            | 11/08/2018 | 147  | 00:27:37 |      |
| Hasenheide parkrun                | 5k            | 04/08/2018 | 47   | 00:28:12 |      |
| Swansea Bay parkrun               | 5k            | 28/07/2018 | 85   | 00:27:50 |      |
| Jcp Swansea Half Marathon         | Half Marathon | 24/06/2018 | 2027 | 02:02:27 | FV45 |
| Aberystwyth parkrun               | 5k            | 26/05/2018 | 64   | 00:26:58 |      |
| Pprc Swansea Bay Summer 5k Series | 5k            | 10/05/2018 | 91   | 00:26:51 | F    |
| Run4all Neath 5k Series - Race 1  | 5k            | 02/05/2018 | 77   | 00:27:24 | FV40 |
| Swansea Bay parkrun               | 5k            | 28/04/2018 | 144  | 00:26:13 |      |
| Swansea Bay parkrun               | 5k            | 21/04/2018 | 133  | 00:26:41 |      |
| Swansea Bay parkrun               | 5k            | 07/04/2018 | 92   | 00:27:10 |      |
| Swansea Bay parkrun               | 5k            | 31/03/2018 | 230  | 00:28:36 |      |
| Swansea Bay parkrun               | 5k            | 10/03/2018 | 142  | 00:28:21 |      |
| Swansea Bay parkrun               | 5k            | 13/01/2018 | 150  | 00:27:57 |      |
| Swansea Bay parkrun               | 5k            | 06/01/2018 | 158  | 00:28:10 |      |
| Swansea Bay parkrun               | 5k            | 26/08/2017 | 134  | 00:26:21 |      |
| Swansea Bay parkrun               | 5k            | 19/08/2017 | 126  | 00:25:47 |      |
| Swansea Bay parkrun               | 5k            | 12/08/2017 | 112  | 00:26:42 |      |
| Swansea Bay parkrun               | 5k            | 05/08/2017 | 146  | 00:26:47 |      |
| Hackney Marshes parkrun           | 5k            | 29/07/2017 | 146  | 00:26:23 |      |
| Swansea Bay parkrun               | 5k            | 22/07/2017 | 112  | 00:26:56 |      |
| Swansea Bay parkrun               | 5k            | 17/06/2017 | 84   | 00:25:53 |      |
| Swansea Bay parkrun               | 5k            | 13/05/2017 | 110  | 00:25:45 |      |

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|--|---------------|------------|------|----------|--------------|
| Swansea Bay parkrun  | 5k            | 15/04/2017 | 153  | 00:26:01 |              |
| Swansea Bay parkrun  | 5k            | 01/04/2017 | 98   | 00:26:39 |              |
| Grangemoor parkrun   | 5k            | 04/03/2017 | 71   | 00:27:09 |              |
| Swansea Bay parkrun  | 5k            | 18/02/2017 | 124  | 00:26:37 |              |
| Swansea Bay parkrun  | 5k            | 11/02/2017 | 115  | 00:26:50 |              |
| Swansea Bay parkrun  | 5k            | 24/12/2016 | 149  | 00:26:17 |              |
| <b>Claire Reynolds</b>   |               | 8          |      |          |              |
| Swansea Bay parkrun  | 5k            | 27/10/2018 | 278  | 00:31:19 |              |
| Llanelli Half Marathon   | Half Marathon | 18/02/2018 | 522  | 01:50:19 | FV35         |
| Swansea Bay parkrun  | 5k            | 25/11/2017 | 66   | 00:23:02 |              |
| Brooks Snowdonia Marathon                                      | Marathon      | 30/10/2017 | 1519 | 04:54:48 | FV40         |
| Tenby 10k  | 10k           | 30/07/2017 | 147  | 00:52:20 | F35          |
| Jcp Swansea Half Marathon                                      | Half Marathon | 25/06/2017 | 1353 | 01:52:01 | FV35         |
| Sospan 10k   | 10k           | 17/06/2017 | 138  | 00:56:23 | F3544        |
| Llanelli Half Marathon 2017                                    | Half Marathon | 12/03/2017 | 506  | 01:52:19 | FV35         |
| <b>Monica Richards</b>   |               | 12         |      |          |              |
| MBNA Chester Marathon  | Marathon      | 08/10/2023 | 1999 | 04:20:26 | FV45         |
| Swansea Half Marathon  | Half Marathon | 11/06/2023 |      | 01:58:45 | F45          |
| Swansea Bay parkrun  | 5k            | 03/06/2023 | 163  | 00:24:52 |              |
| Swansea Bay parkrun  | 5k            | 27/05/2023 | 174  | 00:24:56 |              |
| Brisco Gorseinon 10k   | 10k           | 30/04/2023 | 326  | 00:54:33 | F45          |
| Toughrunner UK Swansea Epic Trail 10k                          | 10k           | 22/05/2022 | 217  | 00:58:50 | F40-49       |
| Forest of Dean Spring Trails Half Marathon                     | Half Marathon | 20/03/2022 | 739  | 02:10:43 | FV45         |
| Swansea Bay parkrun  | 5k            | 15/01/2022 | 89   | 00:25:16 |              |
| Hoka One Winter Trail Half Marathon (Afan Forest Country Park) | Half Marathon | 13/11/2021 | 360  | 02:30:27 | 40-44 Female |
| Toughrunner Swansea Trail Half Marathon                        | Half Marathon | 30/10/2021 | 394  | 03:04:04 | F40-49       |

|   |               |            |      |          |        |
|---|---------------|------------|------|----------|--------|
| Admiral Swansea Bay 10k                 | 10k           | 19/09/2021 | 707  | 00:52:27 |        |
| Swansea Bay parkrun                     | 5k            | 11/09/2021 | 128  | 00:25:25 |        |
| <b>Manisha Rickards</b>                 |               | 203        |      |          |        |
| Swansea Bay parkrun                     | 5k            | 21/12/2024 | 346  | 00:29:57 |        |
| Swansea Bay parkrun                     | 5k            | 14/12/2024 | 313  | 00:31:17 |        |
| Marathon Lanzarote 2024 - Half Marathon | Half Marathon | 07/12/2024 | 1008 | 02:29:37 |        |
| Avebury8 Nine                           | 9.2 miles     | 17/11/2024 | 143  | 01:39:30 | F60    |
| Richard Burton 10k                      | 10k           | 03/11/2024 | 1561 | 01:02:43 | F60-69 |
| Swansea Bay parkrun                     | 5k            | 02/11/2024 | 406  | 00:30:29 |        |
| Swansea Bay parkrun                     | 5k            | 26/10/2024 | 499  | 00:31:55 |        |
| Swansea Bay parkrun                     | 5k            | 12/10/2024 | 480  | 00:34:43 |        |
| Andover parkrun                         | 5k            | 05/10/2024 | 132  | 00:29:03 |        |
| Swansea Bay parkrun                     | 5k            | 28/09/2024 | 504  | 00:35:07 |        |
| Swansea Bay parkrun                     | 5k            | 21/09/2024 | 341  | 00:30:12 |        |
| Tri Hard Harriers 5K On The Bay         | 5k            | 22/08/2024 | 268  | 00:29:25 |        |
| Swansea Bay parkrun                     | 5k            | 10/08/2024 | 374  | 00:34:03 |        |
| Swansea Bay parkrun                     | 5k            | 03/08/2024 | 485  | 00:33:27 |        |
| Swansea Bay parkrun                     | 5k            | 20/07/2024 | 316  | 00:31:10 |        |
| Swansea Bay 5k Summer Series Race 3     | 5k            | 10/07/2024 | 118  | 00:28:34 |        |
| Crane Park parkrun                      | 5k            | 06/07/2024 | 167  | 00:29:34 |        |
| Swansea Bay parkrun                     | 5k            | 29/06/2024 | 318  | 00:29:46 |        |
| Mallards Pike parkrun                   | 5k            | 22/06/2024 | 48   | 00:29:12 |        |
| Swansea Bay parkrun                     | 5k            | 15/06/2024 | 257  | 00:28:43 |        |
| Swansea Bay 5k Summer Series Race 2     | 5k            | 12/06/2024 | 118  | 00:29:28 |        |
| Cheddar Gorge Challenge 2024            | 10k           | 09/06/2024 | 168  | 01:24:41 | F60-69 |
| Swansea Bay parkrun                     | 5k            | 08/06/2024 | 280  | 00:28:43 |        |

|                                       |               |            |     |          |      |
|---------------------------------------|---------------|------------|-----|----------|------|
| Swansea Bay parkrun                   | 5k            | 01/06/2024 | 511 | 00:35:18 |      |
| Swansea Bay parkrun                   | 5k            | 25/05/2024 | 444 | 00:30:12 |      |
| Brisco Gorseinon 10k                  | 10k           | 19/05/2024 |     | 00:57:15 |      |
| Swansea Bay parkrun                   | 5k            | 18/05/2024 | 375 | 00:29:03 |      |
| Scorpion Run                          | 10k           | 12/05/2024 | 32  | 01:11:47 |      |
| Cycle Route 43 parkrun Ystalyfera     | 5k            | 11/05/2024 | 55  | 00:27:45 |      |
| Paul Popham Swansea Bay Summer Series | 5k            | 08/05/2024 | 117 | 00:26:58 |      |
| Swansea Bay parkrun                   | 5k            | 04/05/2024 | 301 | 00:27:41 |      |
| Endurancelife Pembrokeshire "10k"     | 10k           | 27/04/2024 | 42  | 01:27:54 |      |
| TCS London Marathon                   | Marathon      | 21/04/2024 |     | 04:40:39 |      |
| Swansea Bay parkrun                   | 5k            | 13/04/2024 | 290 | 00:28:24 |      |
| WCR 20 miler                          | 20 miles      | 31/03/2024 | 26  | 03:21:20 |      |
| Swansea Bay parkrun                   | 5k            | 30/03/2024 | 310 | 00:28:06 |      |
| Blaise Castle parkrun                 | 5k            | 23/03/2024 | 62  | 00:28:38 |      |
| EDP Meia Maratona de Lisboa 2024      | Half Marathon | 17/03/2024 |     | 02:13:51 |      |
| San Domenico 20M                      | 20 miles      | 10/03/2024 | 171 | 03:27:33 | F55  |
| Rhayader Round the Lake               | 30k           | 02/03/2024 | 269 | 03:18:14 | FV60 |
| Swansea Bay parkrun                   | 5k            | 24/02/2024 | 463 | 00:34:08 |      |
| Swansea Bay parkrun                   | 5k            | 10/02/2024 | 387 | 00:32:56 |      |
| Swansea Bay parkrun                   | 5k            | 03/02/2024 | 293 | 00:29:02 |      |
| Centennial parkrun                    | 5k            | 20/01/2024 | 395 | 00:29:20 |      |
| Centennial parkrun                    | 5k            | 06/01/2024 | 337 | 00:28:25 |      |
| Bellerive parkrun                     | 5k            | 30/12/2023 | 129 | 00:29:05 |      |
| Bendigo Botanic Gardens parkrun       | 5k            | 16/12/2023 | 38  | 00:27:08 |      |
| Swansea Bay parkrun                   | 5k            | 09/12/2023 | 193 | 00:29:10 |      |
| Swansea Bay parkrun                   | 5k            | 25/11/2023 | 307 | 00:27:47 |      |

|                                 |               |            |     |          |      |
|---------------------------------|---------------|------------|-----|----------|------|
| Northwich parkrun               | 5k            | 18/11/2023 | 110 | 00:28:28 |      |
| Swansea Bay parkrun             | 5k            | 04/11/2023 | 309 | 00:31:49 |      |
| Newport parkrun                 | 5k            | 21/10/2023 | 52  | 00:27:39 |      |
| Amsterdamse Bos parkrun         | 5k            | 14/10/2023 | 269 | 00:29:00 |      |
| Swansea Bay parkrun             | 5k            | 07/10/2023 | 331 | 00:28:19 |      |
| Swansea Bay parkrun             | 5k            | 16/09/2023 | 371 | 00:34:26 |      |
| Swansea Bay parkrun             | 5k            | 09/09/2023 | 473 | 00:51:01 |      |
| Swansea Bay parkrun             | 5k            | 02/09/2023 | 274 | 00:29:11 |      |
| Swansea Bay parkrun             | 5k            | 26/08/2023 | 435 | 00:30:10 |      |
| Tri Hard Harriers 5k on the Bay | 5k            | 24/08/2023 | 162 | 00:25:52 | F40+ |
| Swansea Bay parkrun             | 5k            | 19/08/2023 | 322 | 00:30:25 |      |
| Swansea Bay parkrun             | 5k            | 12/08/2023 | 287 | 00:31:15 |      |
| Swansea Bay parkrun             | 5k            | 05/08/2023 | 297 | 00:43:40 |      |
| Sandy Water parkrun             | 5k            | 29/07/2023 | 83  | 00:27:24 |      |
| Sandy Water parkrun             | 5k            | 22/07/2023 | 70  | 00:27:17 |      |
| Swansea Bay parkrun             | 5k            | 15/07/2023 | 313 | 00:35:27 |      |
| Newport parkrun                 | 5k            | 01/07/2023 | 98  | 00:27:07 |      |
| Swansea Bay parkrun             | 5k            | 24/06/2023 | 402 | 00:32:06 |      |
| Crane Park parkrun              | 5k            | 17/06/2023 | 83  | 00:28:15 |      |
| Swansea Bay parkrun             | 5k            | 10/06/2023 | 328 | 00:30:44 |      |
| Swansea Bay parkrun             | 5k            | 27/05/2023 | 352 | 00:29:35 |      |
| Swansea Bay parkrun             | 5k            | 20/05/2023 | 341 | 00:30:38 |      |
| Swansea Bay parkrun             | 5k            | 13/05/2023 | 305 | 00:28:45 |      |
| Swansea Bay parkrun             | 5k            | 06/05/2023 | 327 | 00:30:06 |      |
| Rhodes Half Marathon            | Half Marathon | 30/04/2023 | 255 | 02:10:16 |      |
| Swansea Bay parkrun             | 5k            | 22/04/2023 | 272 | 00:28:05 |      |

|   |               |            |      |          |          |
|---|---------------|------------|------|----------|----------|
| Mole Valley parkrun                                   | 5k            | 08/04/2023 | 96   | 00:28:05 |          |
| Great Welsh Half Marathon                             | Half Marathon | 02/04/2023 | 479  | 02:20:38 | F55      |
| Swansea Bay parkrun                                   | 5k            | 01/04/2023 | 272  | 00:30:40 |          |
| Swansea Bay parkrun                                   | 5k            | 25/03/2023 | 376  | 00:32:04 |          |
| Swansea Bay parkrun                                   | 5k            | 18/03/2023 | 216  | 00:27:55 |          |
| Swansea Bay parkrun                                   | 5k            | 25/02/2023 | 330  | 00:31:03 |          |
| Swansea Bay parkrun                                   | 5k            | 18/02/2023 | 263  | 00:28:58 |          |
| Swansea Bay parkrun                                   | 5k            | 11/02/2023 | 199  | 00:27:29 |          |
| Swansea Bay parkrun                                   | 5k            | 04/02/2023 | 234  | 00:28:19 |          |
| Swansea Bay parkrun                                   | 5k            | 21/01/2023 | 205  | 00:27:41 |          |
| Swansea Bay parkrun                                   | 5k            | 01/01/2023 | 171  | 00:28:49 |          |
| Swansea Bay parkrun                                   | 5k            | 31/12/2022 | 185  | 00:27:38 |          |
| Gnoll parkrun   | 5k            | 25/12/2022 | 81   | 00:33:12 |          |
| Swansea Bay parkrun                                   | 5k            | 24/12/2022 | 303  | 00:29:06 |          |
| Swansea Bay parkrun                                   | 5k            | 10/12/2022 | 214  | 00:35:16 |          |
| Swansea Bay parkrun                                   | 5k            | 15/10/2022 | 365  | 00:46:06 |          |
| Swansea Bay parkrun                                   | 5k            | 08/10/2022 | 231  | 00:27:12 |          |
| Welsh Road Relay Championships - Pembrey Country Park | 5400m         | 24/09/2022 |      | 00:31:07 | MW55     |
| Swansea Bay parkrun                                   | 5k            | 24/09/2022 | 337  | 00:33:11 |          |
| Admiral Swansea Bay 10k                               | 10k           | 18/09/2022 | 2609 | 01:20:27 | 80 PACER |
| Swansea Bay parkrun                                   | 5k            | 17/09/2022 | 171  | 00:27:14 |          |
| Swansea Bay parkrun                                   | 5k            | 10/09/2022 | 247  | 00:27:54 |          |
| Swansea Bay parkrun                                   | 5k            | 27/08/2022 | 334  | 00:29:56 |          |
| Swansea Bay parkrun                                   | 5k            | 13/08/2022 | 233  | 00:31:35 |          |
| Swansea Bay parkrun                                   | 5k            | 06/08/2022 | 198  | 00:27:44 |          |
| Tenby 10k   | 10k           | 31/07/2022 | 158  | 00:58:37 | F55      |

|   |               |            |      |          |        |
|---|---------------|------------|------|----------|--------|
| Swansea Bay parkrun                           | 5k            | 30/07/2022 | 342  | 00:34:48 |        |
| Swansea Bay parkrun                           | 5k            | 23/07/2022 | 234  | 00:29:10 |        |
| Swansea Bay parkrun                           | 5k            | 16/07/2022 | 187  | 00:28:16 |        |
| Swansea Bay parkrun                           | 5k            | 25/06/2022 | 289  | 00:31:47 |        |
| Swansea Bay parkrun                           | 5k            | 18/06/2022 | 225  | 00:29:24 |        |
| Swansea Bay parkrun                           | 5k            | 04/06/2022 | 272  | 00:29:15 |        |
| Swansea Bay parkrun                           | 5k            | 28/05/2022 | 340  | 00:30:54 |        |
| Toughrunner UK Swansea Epic Trail 10k         | 10k           | 22/05/2022 | 337  | 01:06:07 | F50-59 |
| Swansea Bay parkrun                           | 5k            | 21/05/2022 | 375  | 00:37:19 |        |
| Mole Valley parkrun                           | 5k            | 30/04/2022 | 119  | 00:28:20 |        |
| Swansea Bay parkrun                           | 5k            | 23/04/2022 | 231  | 00:27:54 |        |
| Swansea Bay parkrun                           | 5k            | 16/04/2022 | 234  | 00:26:58 |        |
| Great Welsh Half Marathon                     | Half Marathon | 10/04/2022 | 305  | 01:59:35 | F55    |
| Swansea Bay parkrun                           | 5k            | 09/04/2022 | 171  | 00:27:25 |        |
| Swansea Bay parkrun                           | 5k            | 02/04/2022 | 187  | 00:28:10 |        |
| 2022 Cardiff University Cardiff Half Marathon | Half Marathon | 27/03/2022 | 4726 | 02:01:31 | F55+   |
| Swansea Bay parkrun                           | 5k            | 26/03/2022 | 282  | 00:35:17 |        |
| Swansea Bay parkrun                           | 5k            | 19/03/2022 | 130  | 00:29:02 |        |
| Swansea Bay parkrun                           | 5k            | 12/03/2022 | 212  | 00:30:04 |        |
| Colby parkrun                                 | 5k            | 05/03/2022 | 60   | 00:29:11 |        |
| Swansea Bay parkrun                           | 5k            | 26/02/2022 | 252  | 00:29:32 |        |
| Swansea Bay parkrun                           | 5k            | 19/02/2022 | 135  | 00:28:13 |        |
| Swansea Bay parkrun                           | 5k            | 05/02/2022 | 175  | 00:27:03 |        |
| Swansea Bay parkrun                           | 5k            | 29/01/2022 | 148  | 00:26:18 |        |
| Swansea Bay parkrun                           | 5k            | 15/01/2022 | 146  | 00:28:27 |        |
| Gnoll parkrun                                 | 5k            | 25/12/2021 | 75   | 00:28:11 |        |



|   |               |            |       |          |        |
|---|---------------|------------|-------|----------|--------|
| Swansea Bay parkrun                         | 5k            | 18/12/2021 | 214   | 00:30:50 |        |
| Swansea Bay parkrun                         | 5k            | 11/12/2021 | 164   | 00:27:27 |        |
| 41th Trinidad Alfonso EDP Valencia Marathon | Marathon      | 05/12/2021 | 11724 | 04:44:28 | W55    |
| Brynaman parkrun                            | 5k            | 27/11/2021 | 21    | 00:30:07 |        |
| Swansea Bay parkrun                         | 5k            | 20/11/2021 | 149   | 00:25:47 |        |
| Swansea Bay parkrun                         | 5k            | 13/11/2021 | 206   | 00:28:28 |        |
| Tata Steel Richard Burton 10k               | 10k           | 07/11/2021 | 810   | 00:59:27 | F50+   |
| Toughrunner Swansea Trail Half Marathon     | Half Marathon | 30/10/2021 | 437   | 03:12:58 | F50-59 |
| Swansea Bay parkrun                         | 5k            | 23/10/2021 | 181   | 00:27:45 |        |
| JCP Swansea Half Marathon                   | Half Marathon | 17/10/2021 | 1365  | 02:12:02 | F55    |
| Swansea Bay parkrun                         | 5k            | 25/09/2021 | 258   | 00:30:26 |        |
| Admiral Swansea Bay 10k                     | 10k           | 19/09/2021 | 1054  | 00:58:40 |        |
| Gnoll parkrun                               | 5k            | 18/09/2021 | 69    | 00:28:30 |        |
| Swansea Bay parkrun                         | 5k            | 04/09/2021 | 385   | 00:35:56 |        |
| Tewkesbury parkrun                          | 5k            | 28/08/2021 | 62    | 00:28:45 |        |
| Swansea Bay parkrun                         | 5k            | 14/03/2020 | 247   | 00:30:04 |        |
| Swansea Bay parkrun                         | 5k            | 07/03/2020 | 291   | 00:30:07 |        |
| Swansea Bay parkrun                         | 5k            | 29/02/2020 | 321   | 00:34:57 |        |
| Swansea Bay parkrun                         | 5k            | 15/02/2020 | 197   | 00:29:51 |        |
| Swansea Bay parkrun                         | 5k            | 25/01/2020 | 449   | 00:35:13 |        |
| Swansea Bay parkrun                         | 5k            | 18/01/2020 | 399   | 00:33:02 |        |
| Swansea Bay parkrun                         | 5k            | 04/01/2020 | 261   | 00:29:06 |        |
| Swansea Bay parkrun                         | 5k            | 01/01/2020 | 393   | 00:30:40 |        |
| Swansea Bay parkrun                         | 5k            | 28/12/2019 | 355   | 00:34:58 |        |
| Swansea Bay parkrun                         | 5k            | 21/12/2019 | 196   | 00:29:22 |        |
| RNLI Great Christmas Fun Run 10k - Mumbles  | 10k           | 08/12/2019 | 43    | 00:59:06 | F50-59 |

|   |               |            |      |          |      |
|---|---------------|------------|------|----------|------|
| Swansea Bay parkrun                         | 5k            | 07/12/2019 | 219  | 00:31:04 |      |
| Swansea Bay parkrun                         | 5k            | 30/11/2019 | 275  | 00:34:53 |      |
| Swansea Bay parkrun                         | 5k            | 26/10/2019 | 179  | 00:32:40 |      |
| Swansea Bay parkrun                         | 5k            | 19/10/2019 | 216  | 00:27:47 |      |
| Swansea Bay parkrun                         | 5k            | 28/09/2019 | 164  | 00:27:56 |      |
| Admiral Swansea Bay 10k                     | 10k           | 22/09/2019 |      | 00:58:06 |      |
| Llanelli Coast parkrun                      | 5k            | 21/09/2019 | 100  | 00:29:15 |      |
| Welsh Athletics Road Relay Championships    | 5400m         | 15/09/2019 |      | 00:31:38 | MW55 |
| Swansea Bay parkrun                         | 5k            | 14/09/2019 | 336  | 00:31:44 |      |
| Swansea Bay parkrun                         | 5k            | 07/09/2019 | 259  | 00:28:35 |      |
| Cardiff Metropolitan University Cardiff 10K | 10k           | 01/09/2019 | 2340 | 00:56:34 |      |
| Swansea Bay parkrun                         | 5k            | 31/08/2019 | 303  | 00:36:51 |      |
| Rogiet parkrun                              | 5k            | 24/08/2019 | 34   | 00:27:56 |      |
| Rogiet parkrun                              | 5k            | 17/08/2019 | 18   | 00:28:45 |      |
| Swansea Bay parkrun                         | 5k            | 10/08/2019 | 164  | 00:32:19 |      |
| Swansea Bay parkrun                         | 5k            | 03/08/2019 | 185  | 00:27:15 |      |
| Tenby 10k                                   | 10k           | 28/07/2019 | 308  | 01:01:29 |      |
| Swansea Bay parkrun                         | 5k            | 20/07/2019 | 209  | 00:28:06 |      |
| Swansea Bay parkrun                         | 5k            | 13/07/2019 | 222  | 00:27:16 |      |
| Llyn Llech Owain parkrun                    | 5k            | 06/07/2019 | 60   | 00:28:09 |      |
| Swansea Bay parkrun                         | 5k            | 29/06/2019 | 323  | 00:35:01 |      |
| JCP Swansea Half Marathon                   | Half Marathon | 23/06/2019 | 2718 | 02:10:41 | F55  |
| Swansea Bay parkrun                         | 5k            | 22/06/2019 | 231  | 00:30:29 |      |
| Swansea Bay parkrun                         | 5k            | 08/06/2019 | 201  | 00:27:52 |      |
| Swansea Bay parkrun                         | 5k            | 01/06/2019 | 251  | 00:28:01 |      |
| Swansea Bay parkrun                         | 5k            | 18/05/2019 | 281  | 00:28:15 |      |

|                                   |               |            |      |          |       |
|-----------------------------------|---------------|------------|------|----------|-------|
| Swansea Epic Trail 10k            | 10k           | 12/05/2019 | 400  | 01:06:01 | FV55  |
| Newport parkrun                   | 5k            | 04/05/2019 | 162  | 00:27:30 |       |
| Swansea Bay parkrun               | 5k            | 27/04/2019 | 185  | 00:34:55 |       |
| Swansea Bay parkrun               | 5k            | 20/04/2019 | 218  | 00:27:24 |       |
| Great Welsh Half Marathon         | Half Marathon | 14/04/2019 | 468  | 02:18:23 | F55   |
| Swansea Bay parkrun               | 5k            | 13/04/2019 | 380  | 00:48:17 |       |
| Swansea Bay parkrun               | 5k            | 06/04/2019 | 205  | 00:29:04 |       |
| Brecon Carreg Cardiff Bay Run 10k | 10k           | 31/03/2019 | 3961 | 01:02:22 | F55+  |
| Swansea Bay parkrun               | 5k            | 30/03/2019 | 192  | 00:27:49 |       |
| Swansea Bay parkrun               | 5k            | 23/03/2019 | 230  | 00:29:05 |       |
| Swansea Bay parkrun               | 5k            | 16/03/2019 | 198  | 00:29:26 |       |
| Swansea Bay parkrun               | 5k            | 09/03/2019 | 230  | 00:29:25 |       |
| Swansea Bay parkrun               | 5k            | 23/02/2019 | 327  | 00:33:22 |       |
| Llanelli Half Marathon            | Half Marathon | 10/02/2019 | 1705 | 02:20:47 | F55   |
| Swansea Bay parkrun               | 5k            | 09/02/2019 | 235  | 00:32:52 |       |
| Swansea Bay parkrun               | 5k            | 19/01/2019 | 180  | 00:28:06 |       |
| Newport parkrun                   | 5k            | 05/01/2019 | 170  | 00:28:32 |       |
| Swansea Bay parkrun               | 5k            | 01/01/2019 | 473  | 00:37:58 |       |
| Swansea Bay parkrun               | 5k            | 29/12/2018 | 364  | 00:37:15 |       |
| Swansea Bay parkrun               | 5k            | 22/12/2018 | 208  | 00:30:43 |       |
| Swansea Bay parkrun               | 5k            | 01/12/2018 | 161  | 00:31:52 |       |
| Swansea Bay parkrun               | 5k            | 24/11/2018 | 330  | 00:38:25 |       |
| Sospan RR MT10                    | 10 miles      | 18/11/2018 | 437  | 01:55:04 | F3544 |
| Tata Steel Richard Burton 10k     | 10k           | 04/11/2018 | 1218 | 01:06:25 | F50+  |
| <b>Diane Ridgeway</b>             |               | 292        |      |          |       |
| Sandy Water parkrun               | 5k            | 21/12/2024 | 69   | 00:26:57 |       |

|                                     |               |            |       |          |          |
|-------------------------------------|---------------|------------|-------|----------|----------|
| Merthyr Mawr Christmas Pudding Race | 10k           | 15/12/2024 | 444   | 01:25:44 | VeteranF |
| Sandy Water parkrun                 | 5k            | 14/12/2024 | 91    | 00:30:12 |          |
| Richard Burton 10k                  | 10k           | 03/11/2024 | 864   | 00:52:32 | F50-59   |
| Sandy Water parkrun                 | 5k            | 02/11/2024 | 94    | 00:28:23 |          |
| Marathon Eryri                      | Marathon      | 25/10/2024 | 1278  | 04:50:04 |          |
| Sandy Water parkrun                 | 5k            | 19/10/2024 | 107   | 00:28:06 |          |
| Principality Cardiff Half Marathon  | Half Marathon | 06/10/2024 | 12444 | 02:08:19 | F55      |
| Sandy Water parkrun                 | 5k            | 05/10/2024 | 78    | 00:28:42 |          |
| Admiral Swansea Bay 10k             | 10k           | 15/09/2024 | 1238  | 00:53:41 |          |
| Sandy Water parkrun                 | 5k            | 14/09/2024 | 61    | 00:27:02 |          |
| Sandy Water parkrun                 | 5k            | 31/08/2024 | 120   | 00:29:39 |          |
| Sandy Water parkrun                 | 5k            | 24/08/2024 | 118   | 00:28:02 |          |
| Tri Hard Harriers 5K On The Bay     | 5k            | 22/08/2024 | 195   | 00:25:12 |          |
| Sandy Water parkrun                 | 5k            | 17/08/2024 | 110   | 00:28:28 |          |
| Swansea Bay parkrun                 | 5k            | 27/07/2024 | 289   | 00:27:54 |          |
| Sandy Water parkrun                 | 5k            | 20/07/2024 | 91    | 00:27:53 |          |
| Swansea Bay 5k Summer Series Race 3 | 5k            | 10/07/2024 | 90    | 00:25:51 |          |
| Sandy Water parkrun                 | 5k            | 06/07/2024 | 87    | 00:26:33 |          |
| Swansea Bay parkrun                 | 5k            | 29/06/2024 | 172   | 00:25:55 |          |
| Sandy Water parkrun                 | 5k            | 22/06/2024 | 73    | 00:26:19 |          |
| Sandy Water parkrun                 | 5k            | 15/06/2024 | 64    | 00:26:34 |          |
| Swansea Bay 5k Summer Series Race 2 | 5k            | 12/06/2024 | 84    | 00:25:03 |          |
| Sandy Water parkrun                 | 5k            | 08/06/2024 | 81    | 00:28:17 |          |
| Sandy Water parkrun                 | 5k            | 25/05/2024 | 72    | 00:26:42 |          |
| Brisco Gorseinon 10k                | 10k           | 19/05/2024 |       | 00:54:06 |          |
| Sandy Water parkrun                 | 5k            | 18/05/2024 | 77    | 00:27:30 |          |

|                                   |          |            |       |          |
|-----------------------------------|----------|------------|-------|----------|
| Sandy Water parkrun               | 5k       | 11/05/2024 | 88    | 00:28:37 |
| Sandy Water parkrun               | 5k       | 04/05/2024 | 78    | 00:27:11 |
| Endurancelife Pembrokeshire "10k" | 10k      | 27/04/2024 | 56    | 01:34:55 |
| Sandy Water parkrun               | 5k       | 20/04/2024 | 64    | 00:26:51 |
| Sandy Water parkrun               | 5k       | 13/04/2024 | 72    | 00:26:01 |
| Sandy Water parkrun               | 5k       | 06/04/2024 | 61    | 00:27:13 |
| WCR 10 miler                      | 10 miles | 31/03/2024 | 11    | 01:26:31 |
| Sandy Water parkrun               | 5k       | 23/03/2024 | 115   | 00:34:01 |
| Sandy Water parkrun               | 5k       | 09/03/2024 | 47    | 00:25:38 |
| Haverfordwest parkrun             | 5k       | 02/03/2024 | 21    | 00:28:39 |
| Sandy Water parkrun               | 5k       | 03/02/2024 | 55    | 00:26:55 |
| Sandy Water parkrun               | 5k       | 27/01/2024 | 87    | 00:28:51 |
| Sandy Water parkrun               | 5k       | 20/01/2024 | 42    | 00:26:09 |
| Sandy Water parkrun               | 5k       | 13/01/2024 | 51    | 00:27:56 |
| Swansea Bay parkrun               | 5k       | 01/01/2024 | 345   | 00:31:05 |
| Sandy Water parkrun               | 5k       | 30/12/2023 | 56    | 00:25:26 |
| Sandy Water parkrun               | 5k       | 23/12/2023 | 80    | 00:24:41 |
| Milford Waterfront parkrun        | 5k       | 09/12/2023 | 12    | 00:24:56 |
| Sandy Water parkrun               | 5k       | 02/12/2023 | 26    | 00:24:11 |
| Sandy Water parkrun               | 5k       | 25/11/2023 | 49    | 00:26:26 |
| Sandy Water parkrun               | 5k       | 18/11/2023 | 30    | 00:25:16 |
| Sandy Water parkrun               | 5k       | 11/11/2023 | 67    | 00:27:33 |
| Tenby 10k                         | 10k      | 29/10/2023 | 194   | 00:50:39 |
| Swansea Bay parkrun               | 5k       | 28/10/2023 | 87    | 00:23:37 |
| Sandy Water parkrun               | 5k       | 21/10/2023 | 69    | 00:29:02 |
| TCS Amsterdam Marathon 2023       | Marathon | 15/10/2023 | 10974 | 04:09:52 |

|                                 |     |            |     |          |        |
|---------------------------------|-----|------------|-----|----------|--------|
| Sandy Water parkrun             | 5k  | 30/09/2023 | 59  | 00:26:49 |        |
| Sandy Water parkrun             | 5k  | 23/09/2023 | 79  | 00:28:01 |        |
| Admiral Swansea Bay 10k         | 10k | 17/09/2023 | 844 | 00:52:24 | Female |
| Sandy Water parkrun             | 5k  | 16/09/2023 | 73  | 00:29:33 |        |
| Severn Bridge parkrun           | 5k  | 02/09/2023 | 81  | 00:26:58 |        |
| Swansea Bay parkrun             | 5k  | 26/08/2023 | 249 | 00:25:46 |        |
| Tri Hard Harriers 5k on the Bay | 5k  | 24/08/2023 | 145 | 00:24:51 | F40+   |
| Sandy Water parkrun             | 5k  | 19/08/2023 | 66  | 00:27:58 |        |
| Sandy Water parkrun             | 5k  | 12/08/2023 | 79  | 00:27:48 |        |
| Sandy Water parkrun             | 5k  | 29/07/2023 | 87  | 00:27:38 |        |
| Sandy Water parkrun             | 5k  | 22/07/2023 | 47  | 00:25:38 |        |
| Sandy Water parkrun             | 5k  | 01/07/2023 | 151 | 00:29:52 |        |
| Sandy Water parkrun             | 5k  | 24/06/2023 | 100 | 00:29:05 |        |
| Sandy Water parkrun             | 5k  | 17/06/2023 | 70  | 00:27:10 |        |
| Swansea Bay parkrun             | 5k  | 10/06/2023 | 176 | 00:26:36 |        |
| Sandy Water parkrun             | 5k  | 03/06/2023 | 66  | 00:25:59 |        |
| Sandy Water parkrun             | 5k  | 27/05/2023 | 51  | 00:26:22 |        |
| Sandy Water parkrun             | 5k  | 20/05/2023 | 72  | 00:27:54 |        |
| Swansea Bay parkrun             | 5k  | 13/05/2023 | 245 | 00:26:55 |        |
| Brisco Gorseinon 10k            | 10k | 30/04/2023 | 249 | 00:51:22 | F55    |
| Swansea Bay parkrun             | 5k  | 29/04/2023 | 370 | 00:28:51 |        |
| Sandy Water parkrun             | 5k  | 22/04/2023 | 52  | 00:25:47 |        |
| ABP Newport 10k                 | 10k | 16/04/2023 | 644 | 00:50:53 | F55-59 |
| Swansea Bay parkrun             | 5k  | 15/04/2023 | 273 | 00:28:25 |        |
| Swansea Bay parkrun             | 5k  | 08/04/2023 | 189 | 00:25:47 |        |
| Sandy Water parkrun             | 5k  | 01/04/2023 | 63  | 00:28:06 |        |

|                          |          |            |       |          |        |
|--------------------------|----------|------------|-------|----------|--------|
| Swansea Bay parkrun      | 5k       | 25/03/2023 | 167   | 00:25:08 |        |
| Sandy Water parkrun      | 5k       | 11/03/2023 | 36    | 00:27:35 |        |
| Colby parkrun            | 5k       | 04/03/2023 | 45    | 00:26:42 |        |
| Sandy Water parkrun      | 5k       | 25/02/2023 | 58    | 00:26:58 |        |
| Sandy Water parkrun      | 5k       | 18/02/2023 | 57    | 00:30:00 |        |
| Sandy Water parkrun      | 5k       | 11/02/2023 | 50    | 00:28:58 |        |
| Sandy Water parkrun      | 5k       | 28/01/2023 | 129   | 00:47:43 |        |
| Llyn Llech Owain parkrun | 5k       | 14/01/2023 | 38    | 00:27:29 |        |
| Swansea Bay parkrun      | 5k       | 07/01/2023 | 142   | 00:26:10 |        |
| Swansea Bay parkrun      | 5k       | 01/01/2023 | 93    | 00:25:01 |        |
| Sandy Water parkrun      | 5k       | 31/12/2022 | 59    | 00:26:23 |        |
| Sandy Water parkrun      | 5k       | 24/12/2022 | 85    | 00:27:16 |        |
| Colby parkrun            | 5k       | 03/12/2022 | 26    | 00:25:33 |        |
| Narberth Night Nobbler   | 10k      | 03/12/2022 | 414   | 02:16:52 |        |
| Sandy Water parkrun      | 5k       | 26/11/2022 | 31    | 00:24:57 |        |
| Sospan MT10              | 10 miles | 20/11/2022 | 197   | 01:27:36 | F55-64 |
| Sandy Water parkrun      | 5k       | 19/11/2022 | 58    | 00:26:18 |        |
| Sandy Water parkrun      | 5k       | 12/11/2022 | 31    | 00:24:00 |        |
| Richard Burton 10k       | 10k      | 06/11/2022 | 575   | 00:51:59 | F50-59 |
| Sandy Water parkrun      | 5k       | 05/11/2022 | 44    | 00:28:54 |        |
| Swansea Bay parkrun      | 5k       | 29/10/2022 | 109   | 00:24:40 |        |
| Sandy Water parkrun      | 5k       | 22/10/2022 | 58    | 00:25:30 |        |
| Sandy Water parkrun      | 5k       | 08/10/2022 | 46    | 00:25:59 |        |
| TCS London Marathon      | Marathon | 02/10/2022 | 15169 | 04:10:11 | F55-59 |
| Sandy Water parkrun      | 5k       | 24/09/2022 | 43    | 00:28:22 |        |
| Admiral Swansea Bay 10k  | 10k      | 18/09/2022 | 904   | 00:52:28 | F50    |

|   |               |            |      |          |        |
|---|---------------|------------|------|----------|--------|
| Sandy Water parkrun                           | 5k            | 17/09/2022 | 72   | 00:27:53 |        |
| Sandy Water parkrun                           | 5k            | 10/09/2022 | 68   | 00:29:04 |        |
| Sandy Water parkrun                           | 5k            | 03/09/2022 | 87   | 00:28:15 |        |
| Sandy Water parkrun                           | 5k            | 27/08/2022 | 80   | 00:30:11 |        |
| Sandy Water parkrun                           | 5k            | 20/08/2022 | 57   | 00:26:27 |        |
| Port Talbot Half Marathon                     | Half Marathon | 14/08/2022 | 185  | 02:14:15 |        |
| Swansea Bay parkrun                           | 5k            | 13/08/2022 | 169  | 00:28:18 |        |
| Tenby 10k                                     | 10k           | 31/07/2022 | 106  | 00:53:53 | F45    |
| Sandy Water parkrun                           | 5k            | 30/07/2022 | 40   | 00:27:52 |        |
| Swansea Bay parkrun                           | 5k            | 16/07/2022 | 154  | 00:26:55 |        |
| Ammanford 10k                                 | 10k           | 10/07/2022 | 118  | 00:54:41 | F45    |
| Sandy Water parkrun                           | 5k            | 02/07/2022 | 99   | 00:27:47 |        |
| Swansea Bay parkrun                           | 5k            | 25/06/2022 | 202  | 00:27:47 |        |
| Sandy Water parkrun                           | 5k            | 18/06/2022 | 57   | 00:29:07 |        |
| JCP Swansea Half Marathon                     | Half Marathon | 12/06/2022 | 2269 | 02:27:14 | F50    |
| Sandy Water parkrun                           | 5k            | 11/06/2022 | 37   | 00:26:09 |        |
| Sandy Water parkrun                           | 5k            | 04/06/2022 | 51   | 00:26:17 |        |
| Swansea Bay parkrun                           | 5k            | 28/05/2022 | 267  | 00:27:53 |        |
| Toughrunner UK Swansea Epic Trail 10k         | 10k           | 22/05/2022 | 161  | 00:55:36 | F50-59 |
| Sandy Water parkrun                           | 5k            | 07/05/2022 | 52   | 00:24:42 |        |
| Swansea Bay parkrun                           | 5k            | 30/04/2022 | 170  | 00:25:45 |        |
| Sandy Water parkrun                           | 5k            | 23/04/2022 | 60   | 00:27:25 |        |
| Swansea Bay parkrun                           | 5k            | 16/04/2022 | 204  | 00:26:00 |        |
| Great Welsh Half Marathon                     | Half Marathon | 10/04/2022 | 222  | 01:53:46 | F50    |
| Sandy Water parkrun                           | 5k            | 09/04/2022 | 43   | 00:27:45 |        |
| 2022 Cardiff University Cardiff Half Marathon | Half Marathon | 27/03/2022 | 3422 | 01:54:30 | F50+   |



|  |               |            |      |          |      |
|--|---------------|------------|------|----------|------|
| Swansea Bay parkrun                      | 5k            | 26/03/2022 | 175  | 00:28:10 |      |
| Sandy Water parkrun                      | 5k            | 19/03/2022 | 211  | 00:26:45 |      |
| Sandy Water parkrun                      | 5k            | 12/03/2022 | 54   | 00:27:35 |      |
| Colby parkrun                            | 5k            | 05/03/2022 | 31   | 00:25:46 |      |
| Swansea Bay parkrun                      | 5k            | 19/02/2022 | 116  | 00:27:19 |      |
| Sandy Water parkrun                      | 5k            | 12/02/2022 | 48   | 00:27:25 |      |
| Swansea Bay parkrun                      | 5k            | 29/01/2022 | 117  | 00:25:09 |      |
| Sandy Water parkrun                      | 5k            | 22/01/2022 | 51   | 00:25:51 |      |
| Sandy Water parkrun                      | 5k            | 11/12/2021 | 36   | 00:25:34 |      |
| Merthyr Mawr Christmas Pudding Race 2021 | 10k           | 05/12/2021 | 145  | 01:13:40 | VF   |
| Swansea Bay parkrun                      | 5k            | 27/11/2021 | 97   | 00:26:49 |      |
| Cosmeston Lakes parkrun                  | 5k            | 20/11/2021 | 44   | 00:26:13 |      |
| Swansea Bay parkrun                      | 5k            | 13/11/2021 | 169  | 00:27:02 |      |
| Tata Steel Richard Burton 10k            | 10k           | 07/11/2021 | 499  | 00:52:30 | F50+ |
| Swansea Bay parkrun                      | 5k            | 06/11/2021 | 183  | 00:27:06 |      |
| M & D Care Llanelli Half Marathon        | Half Marathon | 31/10/2021 | 331  | 01:58:15 | F50  |
| Swansea Bay parkrun                      | 5k            | 30/10/2021 | 198  | 00:28:19 |      |
| Swansea Bay parkrun                      | 5k            | 23/10/2021 | 199  | 00:28:33 |      |
| JCP Swansea Half Marathon                | Half Marathon | 17/10/2021 | 799  | 01:54:33 | F50  |
| Sandy Water parkrun                      | 5k            | 16/10/2021 | 70   | 00:28:15 |      |
| Swansea Bay parkrun                      | 5k            | 09/10/2021 | 112  | 00:25:28 |      |
| MBNA Chester Marathon                    | Marathon      | 03/10/2021 | 843  | 04:15:02 | FV50 |
| Admiral Swansea Bay 10k                  | 10k           | 19/09/2021 | 1056 | 00:58:43 |      |
| Swansea Bay parkrun                      | 5k            | 04/09/2021 | 212  | 00:27:49 |      |
| Swansea Bay parkrun                      | 5k            | 28/08/2021 | 293  | 00:30:13 |      |
| Swansea Bay parkrun                      | 5k            | 14/03/2020 | 157  | 00:25:51 |      |

|                                     |               |            |      |          |        |
|-------------------------------------|---------------|------------|------|----------|--------|
| Swansea Bay parkrun                 | 5k            | 07/03/2020 | 196  | 00:26:33 |        |
| Swansea Bay parkrun                 | 5k            | 29/02/2020 | 152  | 00:25:56 |        |
| Swansea Bay parkrun                 | 5k            | 15/02/2020 | 151  | 00:27:09 |        |
| Swansea Bay parkrun                 | 5k            | 08/02/2020 | 221  | 00:26:42 |        |
| Llanelli Coast parkrun              | 5k            | 01/02/2020 | 40   | 00:25:00 |        |
| Swansea Bay parkrun                 | 5k            | 25/01/2020 | 257  | 00:28:04 |        |
| Swansea Bay parkrun                 | 5k            | 18/01/2020 | 370  | 00:31:52 |        |
| Tata Steel Round the Reservoir      | 5.6 miles     | 12/01/2020 | 95   | 00:47:52 | FV50   |
| Swansea Bay parkrun                 | 5k            | 11/01/2020 | 201  | 00:27:51 |        |
| Gnoll parkrun                       | 5k            | 04/01/2020 | 71   | 00:26:22 |        |
| Swansea Bay parkrun                 | 5k            | 01/01/2020 | 199  | 00:25:37 |        |
| Swansea Bay parkrun                 | 5k            | 28/12/2019 | 162  | 00:26:03 |        |
| Swansea Bay parkrun                 | 5k            | 21/12/2019 | 176  | 00:28:07 |        |
| Swansea Bay parkrun                 | 5k            | 14/12/2019 | 83   | 00:26:21 |        |
| Merthyr Mawr Christmas Pudding Race | 10k           | 08/12/2019 | 159  | 01:26:30 | FV     |
| Swansea Bay parkrun                 | 5k            | 30/11/2019 | 165  | 00:27:58 |        |
| Swansea Bay parkrun                 | 5k            | 23/11/2019 | 144  | 00:26:31 |        |
| Sospan MT10                         | 10 miles      | 17/11/2019 | 225  | 01:35:19 | F45-54 |
| Llanelli Coast parkrun              | 5k            | 16/11/2019 | 58   | 00:25:33 |        |
| Porthcawl parkrun                   | 5k            | 02/11/2019 | 97   | 00:26:52 |        |
| Swansea Bay parkrun                 | 5k            | 26/10/2019 | 134  | 00:27:59 |        |
| Swansea Bay parkrun                 | 5k            | 12/10/2019 | 158  | 00:26:38 |        |
| Cardiff Half Marathon               | Half Marathon | 06/10/2019 | 6484 | 01:57:52 | F50+   |
| Swansea Bay parkrun                 | 5k            | 05/10/2019 | 225  | 00:30:31 |        |
| Swansea Bay parkrun                 | 5k            | 28/09/2019 | 113  | 00:25:01 |        |
| Admiral Swansea Bay 10k             | 10k           | 22/09/2019 |      | 00:53:27 |        |

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| Llanelli Coast parkrun                                    | 5k            | 21/09/2019 | 65   | 00:26:11 |      |
| Welsh Athletics Road Relay Championships                  | 5400m         | 15/09/2019 |      | 00:29:45 | MW45 |
| Swansea Bay parkrun                                       | 5k            | 14/09/2019 | 216  | 00:27:16 |      |
| Swansea Bay parkrun                                       | 5k            | 07/09/2019 | 158  | 00:25:25 |      |
| Swansea Bay parkrun                                       | 5k            | 31/08/2019 | 199  | 00:28:56 |      |
| Swansea Bay parkrun                                       | 5k            | 24/08/2019 | 239  | 00:27:53 |      |
| Swansea Bay parkrun                                       | 5k            | 17/08/2019 | 243  | 00:28:37 |      |
| ABP Barry 10k   | 10k           | 04/08/2019 | 1111 | 00:56:40 | F50+ |
| Gnoll parkrun   | 5k            | 03/08/2019 | 68   | 00:27:44 |      |
| Tenby 10k   | 10k           | 28/07/2019 | 221  | 00:56:36 |      |
| Swansea Bay parkrun                                       | 5k            | 27/07/2019 | 316  | 00:31:00 |      |
| Swansea Bay parkrun                                       | 5k            | 20/07/2019 | 189  | 00:27:06 |      |
| Swansea Bay parkrun                                       | 5k            | 13/07/2019 | 211  | 00:26:58 |      |
| Porthcawl 10k   | 10k           | 07/07/2019 | 1326 | 00:57:07 | F50+ |
| Llyn Llech Owain parkrun                                  | 5k            | 06/07/2019 | 53   | 00:27:03 |      |
| Swansea Bay parkrun                                       | 5k            | 29/06/2019 | 205  | 00:28:00 |      |
| JCP Swansea Half Marathon                                 | Half Marathon | 23/06/2019 | 2323 | 02:06:59 | F50  |
| Swansea Bay parkrun                                       | 5k            | 22/06/2019 | 205  | 00:28:55 |      |
| Swansea Bay parkrun                                       | 5k            | 15/06/2019 | 187  | 00:26:47 |      |
| Welsh Castles Relay Stage 9 - Foel to Llanfair Caereinion | 8.5 miles     | 08/06/2019 | 56   | 01:08:57 | FV   |
| Swansea Bay parkrun                                       | 5k            | 01/06/2019 | 218  | 00:26:35 |      |
| Tonmawr Hilly 5   | 5 miles       | 26/05/2019 | 171  | 00:49:21 | FV50 |
| Swansea Bay parkrun                                       | 5k            | 25/05/2019 | 312  | 00:29:02 |      |
| Swansea Bay parkrun                                       | 5k            | 18/05/2019 | 188  | 00:25:15 |      |
| Swansea Epic Trail 10k                                    | 10k           | 12/05/2019 | 239  | 00:58:45 | FV50 |
| Swansea Bay parkrun                                       | 5k            | 11/05/2019 | 198  | 00:27:24 |      |

|                                   |               |            |      |          |       |
|-----------------------------------|---------------|------------|------|----------|-------|
| Swansea Bay parkrun               | 5k            | 04/05/2019 | 194  | 00:26:47 |       |
| Swansea Bay parkrun               | 5k            | 27/04/2019 | 110  | 00:27:11 |       |
| Swansea Bay parkrun               | 5k            | 20/04/2019 | 186  | 00:26:21 |       |
| Great Welsh Half Marathon         | Half Marathon | 14/04/2019 | 300  | 02:01:08 | F50   |
| Swansea Bay parkrun               | 5k            | 13/04/2019 | 267  | 00:30:31 |       |
| Brecon Carreg Cardiff Bay Run 10k | 10k           | 31/03/2019 | 1878 | 00:52:43 | F50+  |
| Llanelli Coast parkrun            | 5k            | 30/03/2019 | 49   | 00:26:41 |       |
| Swansea Bay parkrun               | 5k            | 23/03/2019 | 194  | 00:27:52 |       |
| Swansea Bay parkrun               | 5k            | 16/03/2019 | 159  | 00:27:28 |       |
| Swansea Bay parkrun               | 5k            | 09/03/2019 | 128  | 00:25:29 |       |
| Swansea Bay parkrun               | 5k            | 02/03/2019 | 172  | 00:26:35 |       |
| Swansea Bay parkrun               | 5k            | 23/02/2019 | 199  | 00:27:50 |       |
| Swansea Bay parkrun               | 5k            | 16/02/2019 | 278  | 00:29:42 |       |
| Llanelli Half Marathon            | Half Marathon | 10/02/2019 | 859  | 01:57:04 | F50   |
| Swansea Bay parkrun               | 5k            | 09/02/2019 | 218  | 00:32:03 |       |
| Swansea Bay parkrun               | 5k            | 02/02/2019 | 122  | 00:26:11 |       |
| Swansea Bay parkrun               | 5k            | 26/01/2019 | 177  | 00:26:50 |       |
| Swansea Bay parkrun               | 5k            | 19/01/2019 | 118  | 00:25:01 |       |
| Swansea Bay parkrun               | 5k            | 12/01/2019 | 170  | 00:27:29 |       |
| Swansea Bay parkrun               | 5k            | 05/01/2019 | 135  | 00:25:47 |       |
| Swansea Bay parkrun               | 5k            | 01/01/2019 | 175  | 00:24:58 |       |
| Swansea Bay parkrun               | 5k            | 29/12/2018 | 195  | 00:26:54 |       |
| Swansea Bay parkrun               | 5k            | 08/12/2018 | 91   | 00:25:48 |       |
| Swansea Bay parkrun               | 5k            | 24/11/2018 | 145  | 00:25:50 |       |
| Sospan RR MT10                    | 10 miles      | 18/11/2018 | 315  | 01:37:47 | F4554 |
| Llanelli Coast parkrun            | 5k            | 17/11/2018 | 61   | 00:26:15 |       |

|  |               |            |      |          |      |
|--|---------------|------------|------|----------|------|
| Swansea Bay parkrun                        | 5k            | 27/10/2018 | 289  | 00:32:09 |      |
| Swansea Bay parkrun                        | 5k            | 20/10/2018 | 125  | 00:25:36 |      |
| Cardiff Half Marathon                      | Half Marathon | 07/10/2018 | 6819 | 01:57:55 | F50+ |
| Llanelli Coast parkrun                     | 5k            | 06/10/2018 | 85   | 00:29:41 |      |
| Swansea Bay parkrun                        | 5k            | 29/09/2018 | 131  | 00:25:26 |      |
| Swansea Bay parkrun                        | 5k            | 22/09/2018 | 198  | 00:31:32 |      |
| Admiral Swansea Bay 10k                    | 10k           | 16/09/2018 | 1225 | 00:54:39 | F45  |
| Llyn Llech Owain parkrun                   | 5k            | 15/09/2018 | 66   | 00:29:51 |      |
| Swansea Bay parkrun                        | 5k            | 08/09/2018 | 97   | 00:26:01 |      |
| Llanelli Coast parkrun                     | 5k            | 01/09/2018 | 144  | 00:33:13 |      |
| Swansea Bay parkrun                        | 5k            | 25/08/2018 | 278  | 00:31:37 |      |
| Swansea Bay parkrun                        | 5k            | 18/08/2018 | 163  | 00:26:49 |      |
| Swansea Bay parkrun                        | 5k            | 11/08/2018 | 131  | 00:26:33 |      |
| Swansea Bay parkrun                        | 5k            | 04/08/2018 | 162  | 00:26:49 |      |
| Swansea Bay parkrun                        | 5k            | 28/07/2018 | 134  | 00:33:32 |      |
| Swansea Bay parkrun                        | 5k            | 21/07/2018 | 239  | 00:31:03 |      |
| Swansea Bay parkrun                        | 5k            | 14/07/2018 | 200  | 00:29:54 |      |
| Pprc Swansea Bay Summer 5k Series          | 5k            | 12/07/2018 | 104  | 00:26:54 | F    |
| Swansea Bay parkrun                        | 5k            | 07/07/2018 | 111  | 00:26:53 |      |
| Llyn Llech Owain parkrun                   | 5k            | 30/06/2018 | 53   | 00:28:10 |      |
| Jcp Swansea Half Marathon                  | Half Marathon | 24/06/2018 | 2476 | 02:06:59 | FV45 |
| Swansea Bay parkrun                        | 5k            | 23/06/2018 | 183  | 00:29:11 |      |
| Swansea Bay parkrun                        | 5k            | 16/06/2018 | 124  | 00:27:09 |      |
| Pprc Swansea Bay Summer 5k Series - Race 2 | 5k            | 14/06/2018 | 26   | 00:27:29 | F    |
| Swansea Bay parkrun                        | 5k            | 09/06/2018 | 180  | 00:27:48 |      |
| Swansea Bay parkrun                        | 5k            | 02/06/2018 | 292  | 00:31:03 |      |

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|-----------------------------------|---------------|------------|------|----------|------|
| Llyn Llech Owain parkrun          | 5k            | 26/05/2018 | 48   | 00:28:07 |      |
| Swansea Bay parkrun               | 5k            | 19/05/2018 | 212  | 00:29:29 |      |
| Swansea Bay parkrun               | 5k            | 12/05/2018 | 152  | 00:27:35 |      |
| Pprc Swansea Bay Summer 5k Series | 5k            | 10/05/2018 | 107  | 00:27:44 | F    |
| Swansea Bay parkrun               | 5k            | 05/05/2018 | 191  | 00:27:03 |      |
| Swansea Bay parkrun               | 5k            | 28/04/2018 | 169  | 00:27:19 |      |
| Swansea Bay parkrun               | 5k            | 21/04/2018 | 202  | 00:30:22 |      |
| Great Welsh Half Marathon         | Half Marathon | 15/04/2018 | 231  | 02:05:49 | FV50 |
| Swansea Bay parkrun               | 5k            | 14/04/2018 | 314  | 00:33:55 |      |
| Llanelli Coast parkrun            | 5k            | 07/04/2018 | 53   | 00:26:58 |      |
| Swansea Bay parkrun               | 5k            | 31/03/2018 | 336  | 00:31:49 |      |
| Swansea Bay parkrun               | 5k            | 24/03/2018 | 119  | 00:27:19 |      |
| Swansea Bay parkrun               | 5k            | 17/03/2018 | 111  | 00:27:54 |      |
| Swansea Bay parkrun               | 5k            | 10/03/2018 | 193  | 00:30:52 |      |
| Swansea Bay parkrun               | 5k            | 24/02/2018 | 272  | 00:35:50 |      |
| Llanelli Half Marathon            | Half Marathon | 18/02/2018 | 1005 | 02:07:19 | FV45 |
| Swansea Bay parkrun               | 5k            | 17/02/2018 | 144  | 00:28:45 |      |
| Swansea Bay parkrun               | 5k            | 10/02/2018 | 171  | 00:32:09 |      |
| Swansea Bay parkrun               | 5k            | 03/02/2018 | 189  | 00:29:43 |      |
| Swansea Bay parkrun               | 5k            | 27/01/2018 | 112  | 00:27:49 |      |
| Swansea Bay parkrun               | 5k            | 13/01/2018 | 169  | 00:29:40 |      |
| Llanelli Coast parkrun            | 5k            | 06/01/2018 | 123  | 00:33:10 |      |
| Swansea Bay parkrun               | 5k            | 01/01/2018 | 181  | 00:30:17 |      |
| Swansea Bay parkrun               | 5k            | 30/12/2017 | 166  | 00:30:33 |      |
| Swansea Bay parkrun               | 5k            | 23/12/2017 | 191  | 00:29:26 |      |
| Swansea Bay parkrun               | 5k            | 02/12/2017 | 123  | 00:28:35 |      |

|                                 |               |            |      |          |       |
|---------------------------------|---------------|------------|------|----------|-------|
| Swansea Bay parkrun             | 5k            | 25/11/2017 | 151  | 00:27:43 |       |
| Srr M10                         | 10 miles      | 19/11/2017 | 380  | 01:46:25 | F4554 |
| Swansea Bay parkrun             | 5k            | 18/11/2017 | 156  | 00:31:24 |       |
| Swansea Bay parkrun             | 5k            | 11/11/2017 | 114  | 00:27:09 |       |
| Swansea Bay parkrun             | 5k            | 28/10/2017 | 194  | 00:28:42 |       |
| <b>James Roberts</b>            |               | 53         |      |          |       |
| Swansea Bay parkrun             | 5k            | 07/03/2020 | 64   | 00:22:21 |       |
| Swansea Bay parkrun             | 5k            | 15/02/2020 | 47   | 00:22:00 |       |
| Swansea Bay parkrun             | 5k            | 08/02/2020 | 73   | 00:21:57 |       |
| Swansea Bay parkrun             | 5k            | 25/01/2020 | 66   | 00:22:27 |       |
| Swansea Bay parkrun             | 5k            | 18/01/2020 | 178  | 00:25:44 |       |
| Gnoll parkrun                   | 5k            | 04/01/2020 | 32   | 00:23:10 |       |
| Maesteg parkrun                 | 5k            | 01/01/2020 | 32   | 00:23:55 |       |
| Swansea Bay parkrun             | 5k            | 01/01/2020 | 132  | 00:23:49 |       |
| Swansea Bay parkrun             | 5k            | 21/12/2019 | 90   | 00:23:26 |       |
| Cottrell Park Christmas Cracker | 10k           | 15/12/2019 | 54   | 00:54:26 | MSen  |
| Llyn Llech Owain parkrun        | 5k            | 14/12/2019 | 13   | 00:23:30 |       |
| Swansea Bay parkrun             | 5k            | 23/11/2019 | 111  | 00:25:04 |       |
| Sospan MT10                     | 10 miles      | 17/11/2019 | 102  | 01:23:57 | MSen  |
| Llanelli Coast parkrun          | 5k            | 16/11/2019 | 14   | 00:21:22 |       |
| Swansea Bay parkrun             | 5k            | 09/11/2019 | 46   | 00:23:26 |       |
| Swansea Bay parkrun             | 5k            | 02/11/2019 | 46   | 00:23:34 |       |
| Swansea Bay parkrun             | 5k            | 12/10/2019 | 57   | 00:22:20 |       |
| Cardiff Half Marathon           | Half Marathon | 06/10/2019 | 3188 | 01:47:47 | MOPEN |
| Swansea Bay parkrun             | 5k            | 05/10/2019 | 97   | 00:24:09 |       |
| Swansea Bay parkrun             | 5k            | 28/09/2019 | 86   | 00:24:06 |       |

|   |               |            |      |          |       |
|---|---------------|------------|------|----------|-------|
| Admiral Swansea Bay 10k                     | 10k           | 22/09/2019 |      | 00:48:40 |       |
| Llanelli Coast parkrun                      | 5k            | 21/09/2019 | 62   | 00:26:01 |       |
| Swansea Bay parkrun                         | 5k            | 14/09/2019 | 123  | 00:24:26 |       |
| Swansea Bay parkrun                         | 5k            | 07/09/2019 | 132  | 00:24:41 |       |
| Cardiff Metropolitan University Cardiff 10K | 10k           | 01/09/2019 | 1155 | 00:48:49 |       |
| Swansea Bay parkrun                         | 5k            | 31/08/2019 | 123  | 00:25:16 |       |
| Swansea Bay parkrun                         | 5k            | 24/08/2019 | 169  | 00:25:25 |       |
| Swansea Bay parkrun                         | 5k            | 17/08/2019 | 129  | 00:24:37 |       |
| Swansea Bay parkrun                         | 5k            | 10/08/2019 | 72   | 00:24:56 |       |
| ABP Barry 10k                               | 10k           | 04/08/2019 | 513  | 00:49:47 | MOPEN |
| Gnoll parkrun                               | 5k            | 03/08/2019 | 56   | 00:26:08 |       |
| Swansea Bay parkrun                         | 5k            | 27/07/2019 | 164  | 00:25:12 |       |
| Swansea Bay parkrun                         | 5k            | 20/07/2019 | 133  | 00:25:30 |       |
| Mic Morris Torfaen 10k                      | 10k           | 14/07/2019 | 179  | 00:45:58 | SM    |
| Swansea Bay parkrun                         | 5k            | 13/07/2019 | 155  | 00:25:18 |       |
| Llyn Llech Owain parkrun                    | 5k            | 06/07/2019 | 48   | 00:26:57 |       |
| Swansea Bay parkrun                         | 5k            | 29/06/2019 | 245  | 00:29:31 |       |
| JCP Swansea Half Marathon                   | Half Marathon | 23/06/2019 | 1524 | 01:55:40 | MSEN  |
| Swansea Bay parkrun                         | 5k            | 08/06/2019 | 84   | 00:23:03 |       |
| Swansea Bay parkrun                         | 5k            | 01/06/2019 | 127  | 00:23:57 |       |
| Swansea Bay parkrun                         | 5k            | 18/05/2019 | 111  | 00:23:12 |       |
| Swansea Bay parkrun                         | 5k            | 27/04/2019 | 36   | 00:22:36 |       |
| Swansea Bay parkrun                         | 5k            | 20/04/2019 | 65   | 00:21:59 |       |
| Llanelli Coast parkrun                      | 5k            | 30/03/2019 | 17   | 00:22:34 |       |
| Swansea Bay parkrun                         | 5k            | 23/03/2019 | 64   | 00:22:41 |       |
| Swansea Bay parkrun                         | 5k            | 09/03/2019 | 61   | 00:22:22 |       |



|                                   |    |            |     |          |
|-----------------------------------|----|------------|-----|----------|
| Swansea Bay parkrun               | 5k | 02/03/2019 | 78  | 00:22:53 |
| Swansea Bay parkrun               | 5k | 19/01/2019 | 156 | 00:27:04 |
| Swansea Bay parkrun               | 5k | 12/01/2019 | 129 | 00:26:07 |
| Swansea Bay parkrun               | 5k | 05/01/2019 | 145 | 00:26:09 |
| Swansea Bay parkrun               | 5k | 29/12/2018 | 185 | 00:26:25 |
| Swansea Bay parkrun               | 5k | 08/12/2018 | 114 | 00:27:21 |
| Swansea Bay parkrun               | 5k | 24/11/2018 | 208 | 00:27:53 |
| <b>Peter Roberts</b>              |    | 220        |     |          |
| Maesteg parkrun                   | 5k | 14/12/2024 | 15  | 00:26:47 |
| Cycle Route 43 parkrun Ystalyfera | 5k | 30/11/2024 | 33  | 00:29:22 |
| Aberfields parkrun                | 5k | 23/11/2024 | 29  | 00:27:54 |
| Cycle Route 43 parkrun Ystalyfera | 5k | 09/11/2024 | 31  | 00:26:26 |
| Cycle Route 43 parkrun Ystalyfera | 5k | 02/11/2024 | 44  | 00:28:07 |
| Cycle Route 43 parkrun Ystalyfera | 5k | 19/10/2024 | 47  | 00:28:25 |
| Swansea Bay parkrun               | 5k | 12/10/2024 | 282 | 00:28:18 |
| Maesteg parkrun                   | 5k | 28/09/2024 | 22  | 00:26:40 |
| Swansea Bay parkrun               | 5k | 21/09/2024 | 248 | 00:27:33 |
| Cycle Route 43 parkrun Ystalyfera | 5k | 14/09/2024 | 24  | 00:27:12 |
| Cycle Route 43 parkrun Ystalyfera | 5k | 07/09/2024 | 53  | 00:28:45 |
| Maesteg parkrun                   | 5k | 31/08/2024 | 20  | 00:28:35 |
| Cycle Route 43 parkrun Ystalyfera | 5k | 24/08/2024 | 64  | 00:30:55 |
| Cycle Route 43 parkrun Ystalyfera | 5k | 03/08/2024 | 61  | 00:28:23 |
| Cycle Route 43 parkrun Ystalyfera | 5k | 20/07/2024 | 35  | 00:28:19 |
| Maesteg parkrun                   | 5k | 13/07/2024 | 21  | 00:27:33 |
| Cycle Route 43 parkrun Ystalyfera | 5k | 06/07/2024 | 75  | 00:28:23 |
| Maesteg parkrun                   | 5k | 29/06/2024 | 15  | 00:27:43 |

|                                   |    |            |     |          |
|-----------------------------------|----|------------|-----|----------|
| Cycle Route 43 parkrun Ystalyfera | 5k | 22/06/2024 | 64  | 00:28:54 |
| Cycle Route 43 parkrun Ystalyfera | 5k | 15/06/2024 | 47  | 00:28:21 |
| Cycle Route 43 parkrun Ystalyfera | 5k | 08/06/2024 | 56  | 00:29:08 |
| Maesteg parkrun                   | 5k | 01/06/2024 | 18  | 00:28:06 |
| Cycle Route 43 parkrun Ystalyfera | 5k | 25/05/2024 | 80  | 00:29:00 |
| Swansea Bay parkrun               | 5k | 18/05/2024 | 320 | 00:28:01 |
| Cycle Route 43 parkrun Ystalyfera | 5k | 11/05/2024 | 91  | 00:31:34 |
| Cycle Route 43 parkrun Ystalyfera | 5k | 04/05/2024 | 58  | 00:28:02 |
| Maesteg parkrun                   | 5k | 27/04/2024 | 15  | 00:27:40 |
| Maesteg parkrun                   | 5k | 06/04/2024 | 23  | 00:28:45 |
| Swansea Bay parkrun               | 5k | 30/03/2024 | 347 | 00:28:45 |
| Swansea Bay parkrun               | 5k | 23/03/2024 | 218 | 00:26:46 |
| Maesteg parkrun                   | 5k | 16/03/2024 | 26  | 00:27:40 |
| Sherwood Pines parkrun            | 5k | 09/03/2024 | 209 | 00:34:45 |
| Swansea Bay parkrun               | 5k | 02/03/2024 | 522 | 00:40:50 |
| Swansea Bay parkrun               | 5k | 24/02/2024 | 514 | 00:38:12 |
| Swansea Bay parkrun               | 5k | 27/01/2024 | 423 | 00:31:55 |
| Maesteg parkrun                   | 5k | 20/01/2024 | 45  | 00:25:24 |
| Maesteg parkrun                   | 5k | 13/01/2024 | 17  | 00:25:32 |
| Gnoll parkrun                     | 5k | 30/12/2023 | 39  | 00:26:22 |
| Gnoll parkrun                     | 5k | 25/12/2023 | 159 | 00:34:21 |
| Gnoll parkrun                     | 5k | 23/12/2023 | 64  | 00:27:09 |
| Gnoll parkrun                     | 5k | 16/12/2023 | 29  | 00:26:03 |
| Swansea Bay parkrun               | 5k | 02/12/2023 | 281 | 00:30:09 |
| Maesteg parkrun                   | 5k | 25/11/2023 | 14  | 00:25:53 |
| Gnoll parkrun                     | 5k | 18/11/2023 | 43  | 00:26:40 |

|                     |    |            |     |          |
|---------------------|----|------------|-----|----------|
| Gnoll parkrun       | 5k | 11/11/2023 | 44  | 00:26:03 |
| Maesteg parkrun     | 5k | 04/11/2023 | 11  | 00:25:54 |
| Maesteg parkrun     | 5k | 28/10/2023 | 18  | 00:26:18 |
| Maesteg parkrun     | 5k | 21/10/2023 | 29  | 00:27:10 |
| Maesteg parkrun     | 5k | 14/10/2023 | 17  | 00:25:38 |
| Maesteg parkrun     | 5k | 07/10/2023 | 21  | 00:26:10 |
| Maesteg parkrun     | 5k | 23/09/2023 | 21  | 00:25:17 |
| Sandy Water parkrun | 5k | 16/09/2023 | 44  | 00:26:22 |
| Erddig parkrun      | 5k | 09/09/2023 | 71  | 00:28:26 |
| Maesteg parkrun     | 5k | 02/09/2023 | 24  | 00:26:25 |
| Swansea Bay parkrun | 5k | 26/08/2023 | 223 | 00:25:15 |
| Maesteg parkrun     | 5k | 19/08/2023 | 13  | 00:24:44 |
| Maesteg parkrun     | 5k | 12/08/2023 | 16  | 00:25:31 |
| Maesteg parkrun     | 5k | 05/08/2023 | 16  | 00:25:24 |
| Maesteg parkrun     | 5k | 29/07/2023 | 23  | 00:25:46 |
| Sandy Water parkrun | 5k | 22/07/2023 | 44  | 00:25:30 |
| Swansea Bay parkrun | 5k | 15/07/2023 | 152 | 00:26:19 |
| Swansea Bay parkrun | 5k | 08/07/2023 | 409 | 00:33:15 |
| Maesteg parkrun     | 5k | 01/07/2023 | 32  | 00:27:09 |
| Sandy Water parkrun | 5k | 24/06/2023 | 81  | 00:27:29 |
| Maesteg parkrun     | 5k | 17/06/2023 | 36  | 00:27:40 |
| Maesteg parkrun     | 5k | 10/06/2023 | 29  | 00:27:58 |
| Sandy Water parkrun | 5k | 03/06/2023 | 156 | 00:32:35 |
| Sandy Water parkrun | 5k | 20/05/2023 | 118 | 00:33:30 |
| Swansea Bay parkrun | 5k | 13/05/2023 | 235 | 00:26:38 |
| Sandy Water parkrun | 5k | 06/05/2023 | 126 | 00:34:12 |

|                           |               |            |     |          |        |
|---------------------------|---------------|------------|-----|----------|--------|
| Swansea Bay parkrun       | 5k            | 29/04/2023 | 547 | 00:35:52 |        |
| Sandy Water parkrun       | 5k            | 22/04/2023 | 46  | 00:25:20 |        |
| Swansea Bay parkrun       | 5k            | 15/04/2023 | 235 | 00:27:22 |        |
| Sandy Water parkrun       | 5k            | 08/04/2023 | 73  | 00:27:03 |        |
| Great Welsh Half Marathon | Half Marathon | 02/04/2023 | 292 | 02:00:33 | M50    |
| Sandy Water parkrun       | 5k            | 01/04/2023 | 49  | 00:27:07 |        |
| Swansea Bay parkrun       | 5k            | 25/03/2023 | 411 | 00:33:42 |        |
| Sandy Water parkrun       | 5k            | 18/03/2023 | 57  | 00:27:51 |        |
| Sandy Water parkrun       | 5k            | 04/03/2023 | 30  | 00:24:30 |        |
| Sandy Water parkrun       | 5k            | 25/02/2023 | 48  | 00:25:39 |        |
| Maesteg parkrun           | 5k            | 18/02/2023 | 36  | 00:26:32 |        |
| Sandy Water parkrun       | 5k            | 11/02/2023 | 30  | 00:26:21 |        |
| Sandy Water parkrun       | 5k            | 04/02/2023 | 47  | 00:25:30 |        |
| Sandy Water parkrun       | 5k            | 28/01/2023 | 32  | 00:24:07 |        |
| Llyn Llech Owain parkrun  | 5k            | 14/01/2023 | 28  | 00:26:24 |        |
| Swansea Bay parkrun       | 5k            | 07/01/2023 | 214 | 00:28:38 |        |
| Swansea Bay parkrun       | 5k            | 01/01/2023 | 70  | 00:23:51 |        |
| Sandy Water parkrun       | 5k            | 31/12/2022 | 51  | 00:25:29 |        |
| Sandy Water parkrun       | 5k            | 24/12/2022 | 83  | 00:27:12 |        |
| Swansea Bay parkrun       | 5k            | 10/12/2022 | 149 | 00:28:11 |        |
| Sandy Water parkrun       | 5k            | 03/12/2022 | 30  | 00:24:05 |        |
| Swansea Bay parkrun       | 5k            | 26/11/2022 | 121 | 00:24:52 |        |
| Sandy Water parkrun       | 5k            | 19/11/2022 | 50  | 00:25:47 |        |
| Sandy Water parkrun       | 5k            | 12/11/2022 | 26  | 00:23:39 |        |
| Richard Burton 10k        | 10k           | 06/11/2022 | 549 | 00:51:44 | M50-59 |
| Sandy Water parkrun       | 5k            | 05/11/2022 | 13  | 00:24:10 |        |

|                           |               |            |      |          |      |
|---------------------------|---------------|------------|------|----------|------|
| Snowdonia Eryri Marathon  | Marathon      | 28/10/2022 | 1272 | 05:33:15 | MV50 |
| Sandy Water parkrun       | 5k            | 22/10/2022 | 42   | 00:24:04 |      |
| Sandy Water parkrun       | 5k            | 15/10/2022 | 26   | 00:23:59 |      |
| Sandy Water parkrun       | 5k            | 08/10/2022 | 21   | 00:23:12 |      |
| Sandy Water parkrun       | 5k            | 24/09/2022 | 28   | 00:26:11 |      |
| Sandy Water parkrun       | 5k            | 17/09/2022 | 43   | 00:25:03 |      |
| Sandy Water parkrun       | 5k            | 10/09/2022 | 33   | 00:24:49 |      |
| Sandy Water parkrun       | 5k            | 03/09/2022 | 35   | 00:23:26 |      |
| Swansea Bay parkrun       | 5k            | 27/08/2022 | 139  | 00:23:55 |      |
| Sandy Water parkrun       | 5k            | 20/08/2022 | 32   | 00:24:11 |      |
| Port Talbot Half Marathon | Half Marathon | 14/08/2022 | 133  | 02:01:56 |      |
| Swansea Bay parkrun       | 5k            | 13/08/2022 | 86   | 00:24:44 |      |
| Sandy Water parkrun       | 5k            | 06/08/2022 | 35   | 00:24:21 |      |
| Tenby 10k                 | 10k           | 31/07/2022 | 115  | 00:54:44 | M50  |
| Swansea Bay parkrun       | 5k            | 30/07/2022 | 268  | 00:31:00 |      |
| Sandy Water parkrun       | 5k            | 23/07/2022 | 39   | 00:26:17 |      |
| Swansea Bay parkrun       | 5k            | 16/07/2022 | 319  | 00:58:08 |      |
| Swansea Bay parkrun       | 5k            | 09/07/2022 | 132  | 00:25:46 |      |
| Sandy Water parkrun       | 5k            | 02/07/2022 | 89   | 00:26:58 |      |
| Swansea Bay parkrun       | 5k            | 25/06/2022 | 350  | 00:37:59 |      |
| Swansea Bay parkrun       | 5k            | 18/06/2022 | 173  | 00:27:09 |      |
| Sandy Water parkrun       | 5k            | 11/06/2022 | 38   | 00:26:09 |      |
| Sandy Water parkrun       | 5k            | 04/06/2022 | 58   | 00:27:02 |      |
| Swansea Bay parkrun       | 5k            | 28/05/2022 | 361  | 00:32:54 |      |
| Swansea Bay parkrun       | 5k            | 21/05/2022 | 151  | 00:25:25 |      |
| Sandy Water parkrun       | 5k            | 14/05/2022 | 45   | 00:25:29 |      |

|                                 |     |            |     |          |         |
|---------------------------------|-----|------------|-----|----------|---------|
| Sandy Water parkrun             | 5k  | 07/05/2022 | 91  | 00:27:58 |         |
| Swansea Bay parkrun             | 5k  | 30/04/2022 | 330 | 00:32:54 |         |
| Swansea Bay parkrun             | 5k  | 23/04/2022 | 156 | 00:25:52 |         |
| Swansea Bay parkrun             | 5k  | 16/04/2022 | 223 | 00:26:42 |         |
| Swansea Bay parkrun             | 5k  | 09/04/2022 | 210 | 00:28:47 |         |
| Swansea Bay parkrun             | 5k  | 02/04/2022 | 239 | 00:30:24 |         |
| Swansea Bay parkrun             | 5k  | 14/03/2020 | 163 | 00:26:15 |         |
| Swansea Bay parkrun             | 5k  | 07/03/2020 | 255 | 00:28:11 |         |
| Swansea Bay parkrun             | 5k  | 29/02/2020 | 310 | 00:33:54 |         |
| Swansea Bay parkrun             | 5k  | 22/02/2020 | 172 | 00:26:13 |         |
| Swansea Bay parkrun             | 5k  | 15/02/2020 | 128 | 00:26:14 |         |
| Swansea Bay parkrun             | 5k  | 08/02/2020 | 203 | 00:26:07 |         |
| Llanelli Coast parkrun          | 5k  | 01/02/2020 | 52  | 00:25:58 |         |
| Swansea Bay parkrun             | 5k  | 25/01/2020 | 178 | 00:25:47 |         |
| Swansea Bay parkrun             | 5k  | 18/01/2020 | 246 | 00:27:52 |         |
| Swansea Bay parkrun             | 5k  | 11/01/2020 | 178 | 00:27:10 |         |
| Gnoll parkrun                   | 5k  | 04/01/2020 | 43  | 00:24:03 |         |
| Maesteg parkrun                 | 5k  | 01/01/2020 | 35  | 00:24:09 |         |
| Swansea Bay parkrun             | 5k  | 01/01/2020 | 182 | 00:25:13 |         |
| Swansea Bay parkrun             | 5k  | 28/12/2019 | 118 | 00:24:28 |         |
| Swansea Bay parkrun             | 5k  | 21/12/2019 | 142 | 00:26:19 |         |
| Cottrell Park Christmas Cracker | 10k | 15/12/2019 | 82  | 01:00:18 | MM45-54 |
| Llyn Llech Owain parkrun        | 5k  | 14/12/2019 | 19  | 00:25:35 |         |
| Swansea Bay parkrun             | 5k  | 07/12/2019 | 91  | 00:24:00 |         |
| Swansea Bay parkrun             | 5k  | 30/11/2019 | 85  | 00:24:11 |         |
| Swansea Bay parkrun             | 5k  | 23/11/2019 | 112 | 00:25:05 |         |

|   |               |            |      |          |        |
|---|---------------|------------|------|----------|--------|
| Sospan MT10                                 | 10 miles      | 17/11/2019 | 183  | 01:30:56 | M45-54 |
| Llanelli Coast parkrun                      | 5k            | 16/11/2019 | 42   | 00:24:32 |        |
| Swansea Bay parkrun                         | 5k            | 09/11/2019 | 63   | 00:25:09 |        |
| Swansea Bay parkrun                         | 5k            | 02/11/2019 | 75   | 00:24:53 |        |
| Llanelli Coast parkrun                      | 5k            | 19/10/2019 | 44   | 00:24:26 |        |
| Swansea Bay parkrun                         | 5k            | 12/10/2019 | 143  | 00:26:02 |        |
| Cardiff Half Marathon                       | Half Marathon | 06/10/2019 | 8116 | 02:13:32 | M50+   |
| Swansea Bay parkrun                         | 5k            | 05/10/2019 | 171  | 00:27:43 |        |
| Swansea Bay parkrun                         | 5k            | 28/09/2019 | 154  | 00:27:17 |        |
| Llanelli Coast parkrun                      | 5k            | 21/09/2019 | 93   | 00:28:53 |        |
| Swansea Bay parkrun                         | 5k            | 14/09/2019 | 258  | 00:28:27 |        |
| Swansea Bay parkrun                         | 5k            | 07/09/2019 | 271  | 00:28:52 |        |
| Cardiff Metropolitan University Cardiff 10K | 10k           | 01/09/2019 | 1458 | 00:51:37 |        |
| Swansea Bay parkrun                         | 5k            | 31/08/2019 | 129  | 00:25:26 |        |
| severn Bridge Half Marathon                 | Half Marathon | 25/08/2019 | 550  | 02:03:46 | M50    |
| Swansea Bay parkrun                         | 5k            | 24/08/2019 | 185  | 00:26:01 |        |
| Swansea Bay parkrun                         | 5k            | 17/08/2019 | 135  | 00:24:48 |        |
| Swansea Bay parkrun                         | 5k            | 10/08/2019 | 86   | 00:25:47 |        |
| ABP Barry 10k                               | 10k           | 04/08/2019 | 611  | 00:51:18 | M50+   |
| Colby parkrun                               | 5k            | 03/08/2019 | 74   | 00:25:32 |        |
| Tenby 10k                                   | 10k           | 28/07/2019 | 154  | 00:52:57 |        |
| Swansea Bay parkrun                         | 5k            | 27/07/2019 | 201  | 00:26:15 |        |
| Swansea Bay parkrun                         | 5k            | 20/07/2019 | 101  | 00:24:29 |        |
| Mic Morris Torfaen 10k                      | 10k           | 14/07/2019 | 229  | 00:47:44 | MGM    |
| Swansea Bay parkrun                         | 5k            | 13/07/2019 | 205  | 00:26:48 |        |
| Llyn Llech Owain parkrun                    | 5k            | 06/07/2019 | 49   | 00:26:58 |        |

|   |               |            |      |          |      |
|---|---------------|------------|------|----------|------|
| Swansea Bay parkrun                       | 5k            | 29/06/2019 | 188  | 00:27:10 |      |
| JCP Swansea Half Marathon                 | Half Marathon | 23/06/2019 | 1697 | 01:58:00 | M50  |
| Swansea Bay parkrun                       | 5k            | 22/06/2019 | 119  | 00:25:16 |      |
| Swansea Bay parkrun                       | 5k            | 08/06/2019 | 251  | 00:29:49 |      |
| Swansea Bay parkrun                       | 5k            | 01/06/2019 | 151  | 00:24:43 |      |
| Swansea Bay parkrun                       | 5k            | 25/05/2019 | 255  | 00:27:01 |      |
| Swansea Bay parkrun                       | 5k            | 18/05/2019 | 287  | 00:28:23 |      |
| St Illtyds Ultra 50k Race                 | Ultra         | 05/05/2019 | 136  | 08:04:33 |      |
| Swansea Bay parkrun                       | 5k            | 04/05/2019 | 191  | 00:26:43 |      |
| Swansea Bay parkrun                       | 5k            | 27/04/2019 | 91   | 00:26:08 |      |
| Swansea Bay parkrun                       | 5k            | 20/04/2019 | 336  | 00:31:34 |      |
| Llanelli Coast parkrun                    | 5k            | 30/03/2019 | 55   | 00:27:23 |      |
| Swansea Bay parkrun                       | 5k            | 16/03/2019 | 115  | 00:25:18 |      |
| Swansea Bay parkrun                       | 5k            | 09/03/2019 | 111  | 00:24:38 |      |
| The Admiral City Of Newport Half Marathon | Half Marathon | 03/03/2019 | 679  | 01:51:58 | MV50 |
| Swansea Bay parkrun                       | 5k            | 02/03/2019 | 158  | 00:26:08 |      |
| Swansea Bay parkrun                       | 5k            | 23/02/2019 | 95   | 00:24:28 |      |
| Swansea Bay parkrun                       | 5k            | 16/02/2019 | 425  | 00:55:18 |      |
| Swansea Bay parkrun                       | 5k            | 02/02/2019 | 49   | 00:22:12 |      |
| Swansea Bay parkrun                       | 5k            | 26/01/2019 | 53   | 00:22:15 |      |
| Swansea Bay parkrun                       | 5k            | 19/01/2019 | 71   | 00:22:56 |      |
| Swansea Bay parkrun                       | 5k            | 12/01/2019 | 81   | 00:24:08 |      |
| Swansea Bay parkrun                       | 5k            | 05/01/2019 | 84   | 00:23:40 |      |
| Penallta parkrun                          | 5k            | 01/01/2019 | 91   | 00:24:41 |      |
| Cardiff parkrun                           | 5k            | 01/01/2019 | 223  | 00:23:48 |      |
| Swansea Bay parkrun                       | 5k            | 29/12/2018 | 116  | 00:23:33 |      |



|                                  |          |            |     |          |          |
|----------------------------------|----------|------------|-----|----------|----------|
| Glynneath Boxing Day 5 Mile Race | 5 miles  | 26/12/2018 | 233 | 00:40:51 | MV50     |
| Swansea Bay parkrun              | 5k       | 22/12/2018 | 176 | 00:28:17 |          |
| Swansea Bay parkrun              | 5k       | 08/12/2018 | 115 | 00:27:22 |          |
| Swansea Bay parkrun              | 5k       | 01/12/2018 | 69  | 00:24:32 |          |
| Swansea Bay parkrun              | 5k       | 24/11/2018 | 118 | 00:24:17 |          |
| Sospan RR MT10                   | 10 miles | 18/11/2018 | 245 | 01:31:40 | M4554    |
| Llanelli Coast parkrun           | 5k       | 17/11/2018 | 47  | 00:24:55 |          |
| Swansea Bay parkrun              | 5k       | 10/11/2018 | 80  | 00:26:08 |          |
| Tata Steel Richard Burton 10k    | 10k      | 04/11/2018 | 872 | 00:59:47 | Male 50+ |
| Swansea Bay parkrun              | 5k       | 20/10/2018 | 301 | 00:42:07 |          |
| Llanelli Coast parkrun           | 5k       | 06/10/2018 | 120 | 00:34:03 |          |
| Swansea Bay parkrun              | 5k       | 29/09/2018 | 112 | 00:24:59 |          |
| Swansea Bay parkrun              | 5k       | 22/09/2018 | 75  | 00:23:42 |          |
| Llyn Llech Owain parkrun         | 5k       | 15/09/2018 | 40  | 00:27:03 |          |
| Swansea Bay parkrun              | 5k       | 08/09/2018 | 132 | 00:27:42 |          |
| Llanelli Coast parkrun           | 5k       | 01/09/2018 | 185 | 00:52:53 |          |
| Swansea Bay parkrun              | 5k       | 25/08/2018 | 85  | 00:22:49 |          |
| Colby parkrun                    | 5k       | 18/08/2018 | 40  | 00:24:02 |          |
| Swansea Bay parkrun              | 5k       | 11/08/2018 | 54  | 00:23:19 |          |
| Swansea Bay parkrun              | 5k       | 04/08/2018 | 80  | 00:23:04 |          |
| <b>Nicola Rowe</b>               |          | 160        |     |          |          |
| Run4All Neath Santa Run          | 5k       | 14/12/2024 | 49  | 00:29:07 |          |
| Swansea Bay parkrun              | 5k       | 14/12/2024 | 214 | 00:27:47 |          |
| Swansea Bay parkrun              | 5k       | 30/11/2024 | 207 | 00:26:51 |          |
| Gnoll parkrun                    | 5k       | 23/11/2024 | 44  | 00:29:37 |          |
| Pembrey MT10                     | 10 miles | 17/11/2024 | 127 | 01:39:13 |          |

|                                       |         |            |      |          |        |
|---------------------------------------|---------|------------|------|----------|--------|
| Swansea Bay parkrun                   | 5k      | 16/11/2024 | 252  | 00:27:18 |        |
| Swansea Bay parkrun                   | 5k      | 09/11/2024 | 226  | 00:27:04 |        |
| Richard Burton 10k                    | 10k     | 03/11/2024 | 1036 | 00:56:45 | F50-59 |
| Swansea Bay parkrun                   | 5k      | 02/11/2024 | 340  | 00:28:51 |        |
| Swansea Bay parkrun                   | 5k      | 26/10/2024 | 335  | 00:27:41 |        |
| Swansea Bay parkrun                   | 5k      | 19/10/2024 | 213  | 00:25:43 |        |
| Swansea Bay parkrun                   | 5k      | 05/10/2024 | 260  | 00:27:49 |        |
| Swansea Bay parkrun                   | 5k      | 28/09/2024 | 251  | 00:26:32 |        |
| Swansea Bay parkrun                   | 5k      | 21/09/2024 | 211  | 00:26:27 |        |
| Admiral Swansea Bay 10k               | 10k     | 15/09/2024 | 1329 | 00:54:23 |        |
| Swansea Bay parkrun                   | 5k      | 14/09/2024 | 189  | 00:26:28 |        |
| Swansea Bay parkrun                   | 5k      | 24/08/2024 | 305  | 00:29:24 |        |
| Tri Hard Harriers 5K On The Bay       | 5k      | 22/08/2024 | 206  | 00:25:43 |        |
| Swansea Bay parkrun                   | 5k      | 17/08/2024 | 246  | 00:27:09 |        |
| Swansea Bay parkrun                   | 5k      | 10/08/2024 | 207  | 00:27:08 |        |
| Swansea Bay parkrun                   | 5k      | 03/08/2024 | 484  | 00:33:26 |        |
| Swansea Bay 5k Summer Series Race 3   | 5k      | 10/07/2024 | 84   | 00:25:10 |        |
| Llyn Llech Owain parkrun              | 5k      | 06/07/2024 | 28   | 00:26:40 |        |
| Swansea Bay parkrun                   | 5k      | 22/06/2024 | 177  | 00:26:06 |        |
| Swansea Bay parkrun                   | 5k      | 15/06/2024 | 182  | 00:26:32 |        |
| Swansea Bay 5k Summer Series Race 2   | 5k      | 12/06/2024 | 95   | 00:26:07 |        |
| Swansea 5 miler                       | 5 miles | 09/06/2024 |      | 00:44:27 | F55    |
| Swansea Bay parkrun                   | 5k      | 01/06/2024 | 387  | 00:30:28 |        |
| Swansea Bay parkrun                   | 5k      | 25/05/2024 | 345  | 00:27:56 |        |
| Cycle Route 43 parkrun Ystalyfera     | 5k      | 11/05/2024 | 57   | 00:27:51 |        |
| Paul Popham Swansea Bay Summer Series | 5k      | 08/05/2024 | 93   | 00:24:18 |        |

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|---|---------------|------------|------|----------|--------|
| TCS London Marathon                     | Marathon      | 21/04/2024 |      | 04:40:39 |        |
| WCR 20 miler                            | 20 miles      | 31/03/2024 | 11   | 03:06:01 |        |
| Swansea Bay parkrun                     | 5k            | 30/03/2024 | 269  | 00:27:16 |        |
| EDP Meia Maratona de Lisboa 2024        | Half Marathon | 17/03/2024 | 9293 | 02:14:55 |        |
| San Domenico 20M                        | 20 miles      | 10/03/2024 | 152  | 03:15:17 | F45    |
| Swansea Bay parkrun                     | 5k            | 09/03/2024 | 192  | 00:26:25 |        |
| Swansea Bay parkrun                     | 5k            | 24/02/2024 | 193  | 00:25:53 |        |
| Swansea Bay parkrun                     | 5k            | 03/02/2024 | 205  | 00:26:02 |        |
| Swansea Bay parkrun                     | 5k            | 27/01/2024 | 218  | 00:26:27 |        |
| Swansea Bay parkrun                     | 5k            | 20/01/2024 | 167  | 00:25:51 |        |
| Swansea Bay parkrun                     | 5k            | 13/01/2024 | 235  | 00:26:51 |        |
| Swansea Bay parkrun                     | 5k            | 06/01/2024 | 205  | 00:26:07 |        |
| Swansea Bay parkrun                     | 5k            | 01/01/2024 | 174  | 00:25:49 |        |
| Llandeilo New Years Eve 10 miler        | 10 miles      | 31/12/2023 | 134  | 01:38:51 |        |
| Swansea Bay parkrun                     | 5k            | 30/12/2023 | 218  | 00:26:10 |        |
| Swansea Bay parkrun                     | 5k            | 09/12/2023 | 134  | 00:26:18 |        |
| Swansea Bay parkrun                     | 5k            | 18/11/2023 | 119  | 00:25:17 |        |
| Swansea Bay parkrun                     | 5k            | 04/11/2023 | 138  | 00:25:30 |        |
| Tenby 10k                               | 10k           | 29/10/2023 | 214  | 00:51:10 |        |
| Swansea Bay parkrun                     | 5k            | 28/10/2023 | 155  | 00:25:53 |        |
| Swansea Bay parkrun                     | 5k            | 21/10/2023 | 209  | 00:26:57 |        |
| Amsterdamse Bos parkrun                 | 5k            | 14/10/2023 | 253  | 00:28:29 |        |
| Swansea Bay parkrun                     | 5k            | 07/10/2023 | 208  | 00:25:06 |        |
| Principality Cardiff Half Marathon 2023 | Half Marathon | 01/10/2023 |      | 02:08:37 | F50-54 |
| Admiral Swansea Bay 10k                 | 10k           | 17/09/2023 | 692  | 00:50:11 | Female |
| Swansea Bay parkrun                     | 5k            | 16/09/2023 | 139  | 00:25:36 |        |

|                                 |               |            |     |          |        |
|---------------------------------|---------------|------------|-----|----------|--------|
| Swansea Bay parkrun             | 5k            | 02/09/2023 | 105 | 00:23:37 |        |
| Swansea Bay parkrun             | 5k            | 26/08/2023 | 240 | 00:25:33 |        |
| Tri Hard Harriers 5k on the Bay | 5k            | 24/08/2023 | 133 | 00:23:57 | F40+   |
| Two Tunnels Half Marathon       | Half Marathon | 20/08/2023 | 269 | 02:15:51 | F50-59 |
| Swansea Bay parkrun             | 5k            | 19/08/2023 | 185 | 00:25:50 |        |
| Swansea Bay parkrun             | 5k            | 05/08/2023 | 109 | 00:25:11 |        |
| Swansea Bay parkrun             | 5k            | 29/07/2023 | 241 | 00:26:35 |        |
| Swansea Bay parkrun             | 5k            | 22/07/2023 | 90  | 00:24:28 |        |
| Swansea Bay parkrun             | 5k            | 08/07/2023 | 301 | 00:29:31 |        |
| Sandy Water parkrun             | 5k            | 01/07/2023 | 105 | 00:26:41 |        |
| Swansea Bay parkrun             | 5k            | 17/06/2023 | 349 | 00:30:37 |        |
| Swansea Bay parkrun             | 5k            | 10/06/2023 | 338 | 00:31:31 |        |
| Swansea Bay parkrun             | 5k            | 27/05/2023 | 266 | 00:26:57 |        |
| Swansea Bay parkrun             | 5k            | 20/05/2023 | 236 | 00:27:06 |        |
| Swansea Bay parkrun             | 5k            | 13/05/2023 | 212 | 00:26:02 |        |
| Swansea Bay Summer 5k Series    | 5k            | 10/05/2023 | 123 | 00:25:00 | FVET   |
| Swansea Bay parkrun             | 5k            | 06/05/2023 | 262 | 00:27:51 |        |
| Rhodes Half Marathon            | Half Marathon | 30/04/2023 | 254 | 02:10:16 |        |
| Swansea Bay parkrun             | 5k            | 22/04/2023 | 187 | 00:25:28 |        |
| Swansea Bay parkrun             | 5k            | 15/04/2023 | 287 | 00:28:44 |        |
| Great Welsh Half Marathon       | Half Marathon | 02/04/2023 | 263 | 01:59:13 | F50    |
| Swansea Bay parkrun             | 5k            | 01/04/2023 | 205 | 00:27:59 |        |
| Brecon Carreg Cardiff Bay 10k   | 10k           | 26/03/2023 | 981 | 00:50:34 | F45    |
| Swansea Bay parkrun             | 5k            | 25/03/2023 | 264 | 00:27:39 |        |
| Swansea Bay parkrun             | 5k            | 18/03/2023 | 158 | 00:25:58 |        |
| Colby parkrun                   | 5k            | 04/03/2023 | 37  | 00:26:10 |        |

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|---|---------------|------------|------|----------|--------|
| Swansea Bay parkrun                                   | 5k            | 25/02/2023 | 239  | 00:27:40 |        |
| Swansea Bay parkrun                                   | 5k            | 18/02/2023 | 191  | 00:26:27 |        |
| Swansea Bay parkrun                                   | 5k            | 11/02/2023 | 200  | 00:27:30 |        |
| Swansea Bay parkrun                                   | 5k            | 28/01/2023 | 135  | 00:24:31 |        |
| Swansea Bay parkrun                                   | 5k            | 21/01/2023 | 140  | 00:25:27 |        |
| Swansea Bay parkrun                                   | 5k            | 14/01/2023 | 161  | 00:25:12 |        |
| Swansea Bay parkrun                                   | 5k            | 07/01/2023 | 91   | 00:24:11 |        |
| Swansea Bay parkrun                                   | 5k            | 01/01/2023 | 89   | 00:24:57 |        |
| Swansea Bay parkrun                                   | 5k            | 31/12/2022 | 186  | 00:27:38 |        |
| Gnoll parkrun   | 5k            | 25/12/2022 | 74   | 00:32:19 |        |
| Swansea Bay parkrun                                   | 5k            | 24/12/2022 | 211  | 00:26:22 |        |
| Swansea Bay parkrun                                   | 5k            | 10/12/2022 | 116  | 00:26:00 |        |
| Swansea Bay parkrun                                   | 5k            | 03/12/2022 | 130  | 00:25:47 |        |
| Sospan MT10   | 10 miles      | 20/11/2022 | 194  | 01:27:27 | F45-54 |
| Swansea Bay parkrun                                   | 5k            | 12/11/2022 | 134  | 00:25:40 |        |
| Richard Burton 10k                                    | 10k           | 06/11/2022 | 580  | 00:51:49 | F50-59 |
| Swansea Bay parkrun                                   | 5k            | 05/11/2022 | 95   | 00:24:54 |        |
| Swansea Bay parkrun                                   | 5k            | 29/10/2022 | 169  | 00:26:55 |        |
| Swansea Bay parkrun                                   | 5k            | 22/10/2022 | 130  | 00:24:23 |        |
| Swansea Bay parkrun                                   | 5k            | 15/10/2022 | 94   | 00:24:51 |        |
| Swansea Bay parkrun                                   | 5k            | 08/10/2022 | 146  | 00:24:36 |        |
| 2022 Wizz Air Cardiff Half Marathon                   | Half Marathon | 02/10/2022 | 4316 | 01:59:28 | F50+   |
| Welsh Road Relay Championships - Pembrey Country Park | 5400m         | 24/09/2022 |      | 00:27:17 | FSEN   |
| Swansea Bay parkrun                                   | 5k            | 24/09/2022 | 151  | 00:25:41 |        |
| Admiral Swansea Bay 10k                               | 10k           | 18/09/2022 | 720  | 00:49:41 | F50    |
| Swansea Bay parkrun                                   | 5k            | 17/09/2022 | 125  | 00:25:42 |        |

|                                       |               |            |      |          |        |
|---------------------------------------|---------------|------------|------|----------|--------|
| Swansea Bay parkrun                   | 5k            | 27/08/2022 | 228  | 00:26:45 |        |
| Swansea Bay parkrun                   | 5k            | 13/08/2022 | 135  | 00:26:51 |        |
| Swansea Bay parkrun                   | 5k            | 06/08/2022 | 150  | 00:26:11 |        |
| Tenby 10k                             | 10k           | 31/07/2022 | 85   | 00:51:55 | F45    |
| Swansea Bay parkrun                   | 5k            | 30/07/2022 | 234  | 00:28:42 |        |
| Swansea Bay parkrun                   | 5k            | 23/07/2022 | 222  | 00:28:30 |        |
| Swansea Bay parkrun                   | 5k            | 16/07/2022 | 151  | 00:26:54 |        |
| Swansea Bay parkrun                   | 5k            | 09/07/2022 | 122  | 00:25:25 |        |
| Healthspan Porthcawl 10k              | 10k           | 03/07/2022 | 737  | 00:52:31 | F50+   |
| Gnoll parkrun                         | 5k            | 02/07/2022 | 39   | 00:26:24 |        |
| Swansea Bay parkrun                   | 5k            | 25/06/2022 | 149  | 00:25:43 |        |
| Swansea Bay parkrun                   | 5k            | 18/06/2022 | 104  | 00:24:21 |        |
| JCP Swansea Half Marathon             | Half Marathon | 12/06/2022 | 1138 | 01:57:31 | F50    |
| Swansea Bay parkrun                   | 5k            | 11/06/2022 | 154  | 00:26:27 |        |
| Swansea Bay parkrun                   | 5k            | 28/05/2022 | 290  | 00:29:03 |        |
| Toughrunner UK Swansea Epic Trail 10k | 10k           | 22/05/2022 | 162  | 00:55:32 | F50-59 |
| Swansea Bay parkrun                   | 5k            | 21/05/2022 | 126  | 00:24:35 |        |
| Barry Island parkrun                  | 5k            | 14/05/2022 | 35   | 00:26:03 |        |
| PPRC Swansea Bay Summer 5k Series     | 5k            | 11/05/2022 | 52   | 00:24:06 | W50    |
| Sandy Water parkrun                   | 5k            | 07/05/2022 | 78   | 00:26:46 |        |
| Swansea Bay parkrun                   | 5k            | 30/04/2022 | 253  | 00:28:24 |        |
| Swansea Bay parkrun                   | 5k            | 23/04/2022 | 164  | 00:26:06 |        |
| Swansea Bay parkrun                   | 5k            | 16/04/2022 | 235  | 00:26:59 |        |
| Great Welsh Half Marathon             | Half Marathon | 10/04/2022 | 255  | 01:57:02 | F50    |
| Swansea Bay parkrun                   | 5k            | 09/04/2022 | 157  | 00:26:47 |        |
| Swansea Bay parkrun                   | 5k            | 02/04/2022 | 173  | 00:27:34 |        |

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|---|---------------|------------|------|----------|------|
| 2022 Cardiff University Cardiff Half Marathon | Half Marathon | 27/03/2022 | 5016 | 02:03:45 | F50+ |
| Swansea Bay parkrun                           | 5k            | 26/03/2022 | 191  | 00:28:44 |      |
| Swansea Bay parkrun                           | 5k            | 12/03/2022 | 103  | 00:24:54 |      |
| Colby parkrun                                 | 5k            | 05/03/2022 | 38   | 00:26:41 |      |
| Swansea Bay parkrun                           | 5k            | 26/02/2022 | 184  | 00:27:06 |      |
| Swansea Bay parkrun                           | 5k            | 19/02/2022 | 82   | 00:25:49 |      |
| Swansea Bay parkrun                           | 5k            | 12/02/2022 | 109  | 00:25:09 |      |
| Aberdare parkrun                              | 5k            | 05/02/2022 | 28   | 00:25:15 |      |
| Swansea Bay parkrun                           | 5k            | 22/01/2022 | 134  | 00:25:05 |      |
| Swansea Bay parkrun                           | 5k            | 15/01/2022 | 73   | 00:24:33 |      |
| Swansea Bay parkrun                           | 5k            | 18/12/2021 | 240  | 00:33:00 |      |
| Swansea Bay parkrun                           | 5k            | 11/12/2021 | 163  | 00:27:22 |      |
| Brynaman parkrun                              | 5k            | 27/11/2021 | 18   | 00:29:59 |      |
| Swansea Bay parkrun                           | 5k            | 20/11/2021 | 164  | 00:26:21 |      |
| Swansea Bay parkrun                           | 5k            | 13/11/2021 | 196  | 00:28:11 |      |
| Swansea Bay parkrun                           | 5k            | 30/10/2021 | 113  | 00:25:09 |      |
| Llyn Llech Owain parkrun                      | 5k            | 23/10/2021 | 40   | 00:26:29 |      |
| JCP Swansea Half Marathon                     | Half Marathon | 17/10/2021 | 1082 | 02:01:00 | F50  |
| Swansea Bay parkrun                           | 5k            | 16/10/2021 | 178  | 00:29:30 |      |
| Virtual Virgin London Marathon                | Marathon      | 03/10/2021 |      | 04:28:00 |      |
| Swansea Bay parkrun                           | 5k            | 25/09/2021 | 249  | 00:30:03 |      |
| Gnoll parkrun                                 | 5k            | 18/09/2021 | 60   | 00:27:14 |      |
| Sandy Water parkrun                           | 5k            | 11/09/2021 | 98   | 00:30:36 |      |
| Swansea Bay parkrun                           | 5k            | 04/09/2021 | 217  | 00:28:01 |      |
| Swansea Bay parkrun                           | 5k            | 28/08/2021 | 233  | 00:28:07 |      |

Ruth Salmon

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|                                     |               |            |       |          |          |
|-------------------------------------|---------------|------------|-------|----------|----------|
| Merthyr Mawr Christmas Pudding Race | 10k           | 15/12/2024 | 443   | 01:25:44 | VeteranF |
| Swansea Bay parkrun                 | 5k            | 30/11/2024 | 171   | 00:25:59 |          |
| Swansea Bay parkrun                 | 5k            | 16/11/2024 | 190   | 00:25:17 |          |
| Swansea Bay parkrun                 | 5k            | 09/11/2024 | 115   | 00:24:10 |          |
| Richard Burton 10k                  | 10k           | 03/11/2024 | 1167  | 00:56:45 | F40-49   |
| Swansea Bay parkrun                 | 5k            | 02/11/2024 | 379   | 00:29:49 |          |
| Swansea Bay parkrun                 | 5k            | 26/10/2024 | 261   | 00:26:11 |          |
| Swansea Bay parkrun                 | 5k            | 19/10/2024 | 259   | 00:27:11 |          |
| Principality Cardiff Half Marathon  | Half Marathon | 06/10/2024 | 12443 | 02:08:19 | F40      |
| Swansea Bay parkrun                 | 5k            | 28/09/2024 | 311   | 00:28:08 |          |
| Swansea Bay parkrun                 | 5k            | 21/09/2024 | 221   | 00:26:38 |          |
| Admiral Swansea Bay 10k             | 10k           | 15/09/2024 | 1414  | 00:55:12 |          |
| Swansea Bay parkrun                 | 5k            | 14/09/2024 | 213   | 00:26:59 |          |
| Swansea Bay parkrun                 | 5k            | 31/08/2024 | 198   | 00:25:40 |          |
| Swansea Bay parkrun                 | 5k            | 24/08/2024 | 245   | 00:27:32 |          |
| Tri Hard Harriers 5K On The Bay     | 5k            | 22/08/2024 | 234   | 00:27:04 |          |
| Swansea Bay parkrun                 | 5k            | 17/08/2024 | 259   | 00:27:24 |          |
| Swansea Bay parkrun                 | 5k            | 03/08/2024 | 346   | 00:28:56 |          |
| Swansea Bay parkrun                 | 5k            | 13/07/2024 | 263   | 00:27:33 |          |
| Swansea Bay 5k Summer Series Race 3 | 5k            | 10/07/2024 | 96    | 00:26:30 |          |
| Swansea Bay parkrun                 | 5k            | 15/06/2024 | 147   | 00:25:20 |          |
| Swansea Bay 5k Summer Series Race 2 | 5k            | 12/06/2024 | 102   | 00:26:34 |          |
| Swansea Half Marathon               | Half Marathon | 09/06/2024 |       | 02:08:21 | F40      |
| Brisco Gorseinon 10k                | 10k           | 19/05/2024 |       | 00:58:14 |          |
| Swansea Bay parkrun                 | 5k            | 11/05/2024 | 334   | 00:29:12 |          |
| Sandy Water parkrun                 | 5k            | 04/05/2024 | 79    | 00:27:12 |          |



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|---|---------------|------------|------|----------|------|
| Endurancelife Pembrokeshire "10k"                                   | 10k           | 27/04/2024 | 82   | 01:47:52 |      |
| Swansea Bay parkrun   | 5k            | 13/04/2024 | 251  | 00:27:27 |      |
| Swansea Bay parkrun   | 5k            | 23/03/2024 | 194  | 00:26:12 |      |
| Swansea Bay parkrun   | 5k            | 02/03/2024 | 228  | 00:27:17 |      |
| Swansea Bay parkrun   | 5k            | 24/02/2024 | 223  | 00:26:38 |      |
| Swansea Bay parkrun   | 5k            | 10/02/2024 | 286  | 00:29:41 |      |
| Swansea Bay parkrun   | 5k            | 03/02/2024 | 394  | 00:32:21 |      |
| Swansea Bay parkrun   | 5k            | 27/01/2024 | 262  | 00:27:29 |      |
| Swansea Bay parkrun   | 5k            | 20/01/2024 | 211  | 00:26:46 |      |
| Swansea Bay parkrun   | 5k            | 13/01/2024 | 251  | 00:27:07 |      |
| Swansea Bay parkrun   | 5k            | 01/01/2024 | 279  | 00:28:49 |      |
| Swansea Bay parkrun   | 5k            | 16/12/2023 | 181  | 00:27:11 |      |
| Swansea Bay parkrun   | 5k            | 09/12/2023 | 148  | 00:26:57 |      |
| Swansea Bay parkrun   | 5k            | 02/12/2023 | 187  | 00:26:35 |      |
| Swansea Bay parkrun   | 5k            | 25/11/2023 | 201  | 00:25:32 |      |
| Swansea Bay parkrun   | 5k            | 18/11/2023 | 166  | 00:27:00 |      |
| Swansea Bay parkrun   | 5k            | 28/10/2023 | 131  | 00:25:13 |      |
| Swansea Bay parkrun   | 5k            | 21/10/2023 | 200  | 00:26:45 |      |
| <b>John Sanderson</b>   |               | 45         |      |          |      |
| Tenby 10k   | 10k           | 31/07/2022 | 236  | 01:05:19 | M60  |
| Swansea Bay parkrun   | 5k            | 19/10/2019 | 171  | 00:26:16 |      |
| Cardiff Half Marathon   | Half Marathon | 06/10/2019 | 2961 | 01:46:47 | M60+ |
| Eastbourne parkrun  | 5k            | 07/09/2019 | 110  | 00:24:37 |      |
| Tenby 10k   | 10k           | 28/07/2019 | 150  | 00:52:10 |      |
| Welsh Castles Relay Stage 18 - Rhyd-y-Car Centre to Navigation Park | 9.1 miles     | 09/06/2019 | 54   | 01:15:51 | MV   |
| Treforest 10k   | 10k           | 26/05/2019 | 98   | 00:50:07 | MV60 |

|  |               |            |       |          |               |
|--|---------------|------------|-------|----------|---------------|
| Whitford Point Multi Terrain Race                  | 5.8 miles     | 15/05/2019 | 104   | 00:54:33 | VM55          |
| Swansea Bay parkrun                                | 5k            | 04/05/2019 | 106   | 00:23:29 |               |
| Asics Greater Manchester Marathon                  | Marathon      | 07/04/2019 | 4956  | 03:51:59 | MV60          |
| Swansea Bay parkrun                                | 5k            | 23/03/2019 | 129   | 00:25:24 |               |
| San Domenico 20 Mile                               | 20 miles      | 17/03/2019 | 98    | 02:54:11 | M55-64        |
| Swansea Bay parkrun                                | 5k            | 16/02/2019 | 127   | 00:24:42 |               |
| Llanelli Half Marathon                             | Half Marathon | 10/02/2019 | 491   | 01:46:14 | M60           |
| Swansea Bay parkrun                                | 5k            | 01/01/2019 | 149   | 00:24:22 |               |
| Glynneath Boxing Day 5 Mile Race                   | 5 miles       | 26/12/2018 | 188   | 00:39:26 | MV60          |
| Swansea Bay parkrun                                | 5k            | 22/12/2018 | 96    | 00:24:28 |               |
| Swansea Bay parkrun                                | 5k            | 24/11/2018 | 90    | 00:23:05 |               |
| Tata Steel Richard Burton 10k                      | 10k           | 04/11/2018 | 493   | 00:51:36 | Male 60+      |
| Bank Of America Chicago Marathon                   | Marathon      | 07/10/2018 | 11188 | 03:50:47 | M60-64        |
| Admiral Swansea Bay 10k                            | 10k           | 16/09/2018 | 518   | 00:47:15 | M60           |
| Swansea Bay parkrun                                | 5k            | 01/09/2018 | 79    | 00:23:02 |               |
| Swansea Bay parkrun                                | 5k            | 25/08/2018 | 91    | 00:23:07 |               |
| Tenby 10k  | 10k           | 29/07/2018 | 127   | 00:50:59 | M60           |
| Jcp Swansea Half Marathon                          | Half Marathon | 24/06/2018 | 2427  | 02:06:34 | MV60+         |
| Welsh Castles Relay Stage 15                       | 12.8 miles    | 10/06/2018 | 62    | 02:02:00 | MV            |
| Zurich Maratón Sevilla                             | Marathon      | 25/02/2018 | 7880  | 04:23:47 | Veterano M 60 |
| Lliswerry 8  | 8 miles       | 25/01/2018 | 333   | 01:04:41 | M60           |
| Gloucester Half Marathon                           | Half Marathon | 14/01/2018 | 177   | 01:53:51 | MV60          |
| Glynneath 5  | 5 miles       | 26/12/2017 | 239   | 00:40:15 |               |
| Endurancelife Cts Gower Half Marathon (13.6 Miles) | Half Marathon | 11/11/2017 | 317   | 02:57:30 | MV60          |
| Brooks Snowdonia Marathon                          | Marathon      | 30/10/2017 | 1429  | 04:49:11 | MV60          |
| Cardiff Half Marathon                              | Half Marathon | 01/10/2017 | 4120  | 01:51:49 | M60-64        |

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|--|---------------|------------|------|----------|-------------------|
| Neath Valley Tri   | Triathlon     | 17/09/2017 | 114  | 01:29:36 | M6069             |
| 2017 Tydfilians Roman Run                                | 16 miles      | 02/09/2017 | 148  | 02:47:54 | Men's Masters 40+ |
| Tenby 10k  | 10k           | 30/07/2017 | 202  | 00:54:40 | M60               |
| Jcp Swansea Half Marathon                                | Half Marathon | 25/06/2017 | 1968 | 01:59:45 | MV60              |
| Whitford Point Multi-terrain Race                        | 5.6 miles     | 17/05/2017 | 115  | 00:53:00 | VM50              |
| Llanelli Coast parkrun                                   | 5k            | 06/05/2017 | 16   | 00:23:55 |                   |
| Swansea Bay parkrun                                      | 5k            | 29/04/2017 | 83   | 00:24:19 |                   |
| Asics Greater Manchester Marathon                        | Marathon      | 02/04/2017 | 4924 | 04:11:31 | V60M              |
| Llanelli Half Marathon 2017                              | Half Marathon | 12/03/2017 | 494  | 01:51:33 | MV50              |
| Southwark parkrun  | 5k            | 11/02/2017 | 104  | 00:24:22 |                   |
| Glynneath Boxing Day 5 Mile Road Race                    | 5 miles       | 26/12/2016 | 215  | 00:41:53 | M                 |
| Swansea Bay parkrun                                      | 5k            | 24/12/2016 | 125  | 00:25:17 |                   |
| <b>Caroline Sandles</b>                                  |               | 18         |      |          |                   |
| Endurancelife Pembrokeshire "Half Marathon"              | Half Marathon | 27/04/2024 | 108  | 02:38:30 |                   |
| 2023 Marathon Eryri                                      | Marathon      | 28/10/2023 | 1188 | 04:45:58 | F55+              |
| Rhayader Round the Lake 2023                             | 30k           | 04/03/2023 | 199  | 02:58:53 | FV55              |
| Toughrunner Swansea Trail Half Marathon                  | Half Marathon | 30/10/2021 | 313  | 02:49:21 | F50-59            |
| Tata Steel Round the Reservoir                           | 5.6 miles     | 12/01/2020 | 62   | 00:44:58 | FV50              |
| Merthyr Mawr Christmas Pudding Race                      | 10k           | 08/12/2019 | 175  | 01:08:54 | FV                |
| Sospan MT10  | 10 miles      | 17/11/2019 | 160  | 01:28:31 | F45-54            |
| Sospan RR MT10   | 10 miles      | 18/11/2018 | 172  | 01:24:35 | F4554             |
| Snowdonia Marathon Eryri                                 | Marathon      | 27/10/2018 | 731  | 04:12:08 | F50-54            |
| Welsh Castles Relay Stage 8                              | 10.8 miles    | 09/06/2018 | 54   | 01:30:27 | FV                |
| West Glamorgan Xc League - Margam Park - Women           | TBC           | 28/01/2018 | 42   | 00:46:42 |                   |
| West Glamorgan Xc League - Kenfig Nature Reserve - Women | TBC           | 26/11/2017 | 39   | 00:35:50 |                   |
| Brooks Snowdonia Marathon                                | Marathon      | 30/10/2017 | 715  | 04:11:18 | FV50              |

|   |               |            |      |          |                    |
|---|---------------|------------|------|----------|--------------------|
| Dale Half Marathon  | Half Marathon | 24/09/2017 | 48   | 01:54:44 | SVF                |
| West Glamorgan Xc League - Llanmadoc - Women                                | 4.5 miles     | 17/09/2017 | 44   | 00:40:20 |                    |
| 2017 Tydfilians Roman Run   | 16 miles      | 02/09/2017 | 100  | 02:35:21 | Ladies Masters 35+ |
| Melin Sospan Sizzler Middle Distance Triathlon (swim Replaced With 2nd Run) | Triathlon     | 11/06/2017 | 109  | 06:21:10 | F50                |
| Sospan MT10   | 10 miles      | 20/11/2016 | 214  | 01:26:48 | F45+               |
| <b>Rob Sandles</b>  |               | 17         |      |          |                    |
| Endurancelife Pembrokeshire "10k"   | 10k           | 27/04/2024 | 19   | 01:18:16 |                    |
| 2023 Marathon Eryri   | Marathon      | 28/10/2023 | 1189 | 04:45:58 | M55+               |
| Rhayader Round the Lake 2023  | 30k           | 04/03/2023 | 154  | 02:47:44 | MV55               |
| Tata Steel Round the Reservoir  | 5.6 miles     | 12/01/2020 | 104  | 00:38:26 | MV50               |
| Merthyr Mawr Christmas Pudding Race   | 10k           | 08/12/2019 | 64   | 00:57:41 | MV                 |
| Sospan MT10   | 10 miles      | 17/11/2019 | 46   | 01:14:54 | M45-54             |
| Sospan RR MT10  | 10 miles      | 18/11/2018 | 189  | 01:26:17 | M4554              |
| Snowdonia Marathon Eryri  | Marathon      | 27/10/2018 | 523  | 03:59:16 | M50-54             |
| Welsh Castles Relay Stage 10  | 13.3 miles    | 09/06/2018 | 51   | 01:38:35 | MV                 |
| West Glamorgan Xc League - Margam Park - Men                                | TBC           | 28/01/2018 | 83   | 00:39:44 |                    |
| West Glamorgan Xc League - Kenfig Nature Reserve - Men                      | TBC           | 26/11/2017 | 77   | 00:30:40 |                    |
| Brooks Snowdonia Marathon   | Marathon      | 30/10/2017 | 315  | 03:45:51 | MV50               |
| Dale Half Marathon  | Half Marathon | 24/09/2017 | 14   | 01:38:18 | SVM                |
| West Glamorgan Xc League - Llanmadoc - Men                                  | 4.5 miles     | 17/09/2017 | 60   | 00:32:44 |                    |
| 2017 Tydfilians Roman Run   | 16 miles      | 02/09/2017 | 33   | 02:15:17 | Men's Masters 40+  |
| Melin Sospan Sizzler Middle Distance Triathlon (swim Replaced With 2nd Run) | Triathlon     | 11/06/2017 | 103  | 06:18:22 | M50                |
| Sospan MT10   | 10 miles      | 20/11/2016 | 215  | 01:27:09 | M45+               |
| <b>Fay Sharpe</b>   |               | 73         |      |          |                    |
| Sandy Water parkrun   | 5k            | 30/11/2024 | 106  | 00:34:42 |                    |

|                                   |          |            |       |          |        |
|-----------------------------------|----------|------------|-------|----------|--------|
| Sandy Water parkrun               | 5k       | 17/08/2024 | 196   | 00:40:55 |        |
| Sandy Water parkrun               | 5k       | 27/07/2024 | 174   | 00:38:39 |        |
| Mallards Pike parkrun             | 5k       | 22/06/2024 | 80    | 00:36:28 |        |
| Sandy Water parkrun               | 5k       | 15/06/2024 | 161   | 00:36:13 |        |
| Sandy Water parkrun               | 5k       | 25/05/2024 | 176   | 00:35:34 |        |
| Brisco Gorseinon 10k              | 10k      | 19/05/2024 |       | 01:19:36 |        |
| Endurancelife Pembrokeshire "10k" | 10k      | 27/04/2024 | 104   | 02:00:52 |        |
| Sandy Water parkrun               | 5k       | 23/03/2024 | 118   | 00:34:26 |        |
| Sandy Water parkrun               | 5k       | 09/03/2024 | 167   | 00:42:23 |        |
| Haverfordwest parkrun             | 5k       | 02/03/2024 | 51    | 00:39:08 |        |
| Sandy Water parkrun               | 5k       | 24/02/2024 | 168   | 00:47:13 |        |
| Sandy Water parkrun               | 5k       | 20/01/2024 | 106   | 00:34:21 |        |
| Sandy Water parkrun               | 5k       | 23/12/2023 | 189   | 00:56:30 |        |
| Sandy Water parkrun               | 5k       | 18/11/2023 | 92    | 00:36:25 |        |
| AJ Bell Great South Run 2023      | 10 miles | 15/10/2023 | 12258 | 01:57:18 |        |
| Sandy Water parkrun               | 5k       | 07/10/2023 | 123   | 00:33:07 |        |
| Sandy Water parkrun               | 5k       | 02/09/2023 | 128   | 00:32:41 |        |
| Sandy Water parkrun               | 5k       | 29/07/2023 | 154   | 00:34:21 |        |
| Sandy Water parkrun               | 5k       | 22/07/2023 | 121   | 00:36:23 |        |
| Sandy Water parkrun               | 5k       | 24/06/2023 | 174   | 00:40:09 |        |
| Brisco Gorseinon 10k              | 10k      | 30/04/2023 | 727   | 01:14:49 | F60    |
| Colby parkrun                     | 5k       | 04/03/2023 | 126   | 00:35:31 |        |
| Sandy Water parkrun               | 5k       | 26/11/2022 | 79    | 00:33:33 |        |
| Richard Burton 10k                | 10k      | 06/11/2022 | 1722  | 01:11:56 | F60-69 |
| Sandy Water parkrun               | 5k       | 10/09/2022 | 104   | 00:35:20 |        |
| Tenby 10k                         | 10k      | 31/07/2022 | 192   | 01:01:46 | F55    |

|                                |           |            |      |          |      |
|--------------------------------|-----------|------------|------|----------|------|
| Ammanford 10k                  | 10k       | 10/07/2022 | 209  | 01:09:47 | F55  |
| Sandy Water parkrun            | 5k        | 18/06/2022 | 76   | 00:45:26 |      |
| Sandy Water parkrun            | 5k        | 04/06/2022 | 112  | 00:38:19 |      |
| Sandy Water parkrun            | 5k        | 28/05/2022 | 95   | 00:32:30 |      |
| Colby parkrun                  | 5k        | 05/03/2022 | 82   | 00:33:06 |      |
| Sandy Water parkrun            | 5k        | 12/02/2022 | 89   | 00:32:10 |      |
| Sandy Water parkrun            | 5k        | 11/12/2021 | 94   | 00:33:45 |      |
| Sandy Water parkrun            | 5k        | 04/12/2021 | 103  | 00:35:00 |      |
| Sandy Water parkrun            | 5k        | 04/09/2021 | 153  | 00:44:36 |      |
| Llanelli Coast parkrun         | 5k        | 18/01/2020 | 166  | 00:37:13 |      |
| Tata Steel Round the Reservoir | 5.6 miles | 12/01/2020 | 146  | 00:53:17 | FV55 |
| Brynaman parkrun               | 5k        | 28/12/2019 | 31   | 00:29:06 |      |
| Llanelli Coast parkrun         | 5k        | 21/12/2019 | 134  | 00:36:43 |      |
| Llanelli Coast parkrun         | 5k        | 07/12/2019 | 121  | 00:39:29 |      |
| Llanelli Coast parkrun         | 5k        | 30/11/2019 | 137  | 00:36:00 |      |
| Llyn Llech Owain parkrun       | 5k        | 23/11/2019 | 53   | 00:30:21 |      |
| Sospan MT10                    | 10 miles  | 17/11/2019 | 364  | 01:48:46 | F55+ |
| Llanelli Coast parkrun         | 5k        | 24/08/2019 | 153  | 00:34:50 |      |
| ABP Barry 10k                  | 10k       | 04/08/2019 | 1277 | 00:58:30 | F55+ |
| Tenby 10k                      | 10k       | 28/07/2019 | 273  | 00:59:38 |      |
| Llyn Llech Owain parkrun       | 5k        | 13/07/2019 | 68   | 00:29:16 |      |
| Porthcawl 10k                  | 10k       | 07/07/2019 | 1904 | 01:01:52 | F55+ |
| Pomphrey Hill parkrun          | 5k        | 11/05/2019 | 209  | 00:29:31 |      |
| Llanelli Coast parkrun         | 5k        | 13/04/2019 | 126  | 00:30:33 |      |
| Llanelli Coast parkrun         | 5k        | 02/03/2019 | 74   | 00:28:36 |      |
| Llanelli Coast parkrun         | 5k        | 15/12/2018 | 33   | 00:31:15 |      |

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|--|---------------|------------|-------|----------|--------|
| Tenby 10k                                | 10k           | 29/07/2018 | 301   | 01:00:01 | F55    |
| Ammanford 10k                            | 10k           | 08/07/2018 | 198   | 01:03:45 | FV55   |
| Llanelli Coast parkrun                   | 5k            | 05/05/2018 | 82    | 00:27:35 |        |
| Llyn Llech Owain parkrun                 | 5k            | 28/04/2018 | 40    | 00:29:54 |        |
| Grangemoor parkrun                       | 5k            | 21/04/2018 | 117   | 00:29:36 |        |
| Swansea Bay parkrun                      | 5k            | 14/04/2018 | 322   | 00:34:09 |        |
| Llyn Llech Owain parkrun                 | 5k            | 24/03/2018 | 73    | 00:29:47 |        |
| Llanelli Coast parkrun                   | 5k            | 17/03/2018 | 79    | 00:31:42 |        |
| Srr M10                                  | 10 miles      | 19/11/2017 | 367   | 01:43:30 | F55+   |
| Brooks Snowdonia Marathon                | Marathon      | 30/10/2017 | 1706  | 05:09:41 | FV55   |
| West Glamorgan Xc League - Gnoll - Women | 5k            | 25/10/2017 | 119   | 00:29:56 |        |
| Cardiff Half Marathon                    | Half Marathon | 01/10/2017 | 17896 | 02:55:46 | F55-59 |
| Severn Bridge Half Marathon              | Half Marathon | 27/08/2017 | 1066  | 02:16:04 | F55+   |
| Tenby 10k                                | 10k           | 30/07/2017 | 289   | 00:58:50 | F55    |
| Ammanford Lions 10k                      | 10k           | 09/07/2017 | 122   | 01:00:56 | F55    |
| Royal Welsh Trail Festival 10k           | 10k           | 21/05/2017 | 379   | 01:19:37 | MW55   |
| Llanelli Coast parkrun                   | 5k            | 29/04/2017 | 85    | 00:30:09 |        |
| Llanelli Half Marathon 2017              | Half Marathon | 12/03/2017 | 873   | 02:09:05 | FV55+  |
| Sospan MT10                              | 10 miles      | 20/11/2016 | 409   | 01:46:24 | F55+   |
| Richard Burton 10k                       | 10k           | 06/11/2016 | 610   | 00:58:11 | FV50   |
| <b>Georgia Shepherd</b>                  |               | 5          |       |          |        |
| Admiral Swansea Bay 10k                  | 10k           | 18/09/2022 | 1347  | 00:56:47 | FS     |
| Swansea Bay parkrun                      | 5k            | 28/05/2022 | 235   | 00:26:38 |        |
| Swansea Bay parkrun                      | 5k            | 04/09/2021 | 298   | 00:30:44 |        |
| Swansea Bay parkrun                      | 5k            | 28/08/2021 | 242   | 00:28:17 |        |
| Swansea Bay parkrun                      | 5k            | 21/08/2021 | 247   | 00:30:16 |        |

**Christopher Simons**

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|                                    |               |            |      |          |        |
|------------------------------------|---------------|------------|------|----------|--------|
| Swansea Bay parkrun                | 5k            | 21/12/2024 | 155  | 00:24:45 |        |
| Swansea Bay parkrun                | 5k            | 14/12/2024 | 91   | 00:22:52 |        |
| Swansea Bay parkrun                | 5k            | 30/11/2024 | 369  | 00:32:55 |        |
| Gnoll parkrun                      | 5k            | 23/11/2024 | 82   | 00:36:41 |        |
| Pembrey MT10                       | 10 miles      | 17/11/2024 | 122  | 01:37:48 |        |
| Swansea Bay parkrun                | 5k            | 09/11/2024 | 116  | 00:24:11 |        |
| Richard Burton 10k                 | 10k           | 03/11/2024 | 838  | 00:53:48 | M18-39 |
| Swansea Bay parkrun                | 5k            | 02/11/2024 | 185  | 00:25:12 |        |
| Royal Parks Half Marathon          | Half Marathon | 13/10/2024 | 4978 | 01:59:58 | M35-40 |
| Swansea Bay parkrun                | 5k            | 12/10/2024 | 112  | 00:23:47 |        |
| Principality Cardiff Half Marathon | Half Marathon | 06/10/2024 | 8801 | 01:55:32 | M35    |
| Swansea Bay parkrun                | 5k            | 05/10/2024 | 146  | 00:24:45 |        |
| Swansea Bay parkrun                | 5k            | 28/09/2024 | 153  | 00:23:55 |        |
| Swansea Bay parkrun                | 5k            | 21/09/2024 | 74   | 00:22:45 |        |
| Swansea Bay parkrun                | 5k            | 07/09/2024 | 360  | 00:33:08 |        |
| Brecon Carreg CDF 10K              | 10k           | 01/09/2024 |      | 00:51:24 | M35    |
| Swansea Bay parkrun                | 5k            | 24/08/2024 | 124  | 00:24:19 |        |
| Tri Hard Harriers 5K On The Bay    | 5k            | 22/08/2024 | 124  | 00:22:03 |        |
| Cycle Route 43 parkrun Ystalyfera  | 5k            | 17/08/2024 | 13   | 00:23:13 |        |
| Swansea Bay parkrun                | 5k            | 03/08/2024 | 196  | 00:25:25 |        |
| Swansea Bay parkrun                | 5k            | 27/07/2024 | 181  | 00:24:56 |        |
| Swansea Bay parkrun                | 5k            | 20/07/2024 | 286  | 00:30:15 |        |
| Ogi Porthcawl 10k                  | 10k           | 07/07/2024 |      | 00:49:06 | M35    |
| Pontypridd parkrun                 | 5k            | 06/07/2024 | 42   | 00:22:44 |        |
| Swansea Bay parkrun                | 5k            | 29/06/2024 | 51   | 00:21:51 |        |



|                                   |               |            |     |          |
|-----------------------------------|---------------|------------|-----|----------|
| Swansea Bay parkrun               | 5k            | 22/06/2024 | 70  | 00:22:45 |
| Brynaman parkrun                  | 5k            | 08/06/2024 | 9   | 00:23:52 |
| Swansea Bay parkrun               | 5k            | 01/06/2024 | 290 | 00:28:09 |
| Cycle Route 43 parkrun Ystalyfera | 5k            | 25/05/2024 | 27  | 00:22:28 |
| Swansea Bay parkrun               | 5k            | 18/05/2024 | 122 | 00:23:28 |
| Swansea Bay parkrun               | 5k            | 27/04/2024 | 187 | 00:26:03 |
| Swansea Bay parkrun               | 5k            | 13/04/2024 | 84  | 00:22:53 |
| Swansea Bay parkrun               | 5k            | 06/04/2024 | 159 | 00:25:39 |
| Swansea Bay parkrun               | 5k            | 30/03/2024 | 150 | 00:24:15 |
| Great Welsh Half                  | Half Marathon | 17/03/2024 |     | 01:51:00 |
| Swansea Bay parkrun               | 5k            | 09/03/2024 | 73  | 00:22:48 |
| Swansea Bay parkrun               | 5k            | 02/03/2024 | 353 | 00:30:39 |
| Swansea Bay parkrun               | 5k            | 17/02/2024 | 144 | 00:24:56 |
| Swansea Bay parkrun               | 5k            | 10/02/2024 | 107 | 00:24:27 |
| Swansea Bay parkrun               | 5k            | 03/02/2024 | 167 | 00:25:06 |
| Swansea Bay parkrun               | 5k            | 27/01/2024 | 198 | 00:26:00 |
| Swansea Bay parkrun               | 5k            | 20/01/2024 | 119 | 00:24:29 |
| Swansea Bay parkrun               | 5k            | 06/01/2024 | 197 | 00:25:48 |
| Eastville parkrun                 | 5k            | 01/01/2024 | 287 | 00:30:15 |
| Swansea Bay parkrun               | 5k            | 30/12/2023 | 346 | 00:29:44 |
| Swansea Bay parkrun               | 5k            | 23/12/2023 | 345 | 00:29:48 |
| Swansea Bay parkrun               | 5k            | 09/12/2023 | 181 | 00:28:32 |
| Swansea Bay parkrun               | 5k            | 02/12/2023 | 216 | 00:27:39 |
| Swansea Bay parkrun               | 5k            | 11/11/2023 | 257 | 00:28:05 |
| Tenby 10k                         | 10k           | 29/10/2023 | 255 | 00:52:48 |
| Swansea Bay parkrun               | 5k            | 28/10/2023 | 156 | 00:25:54 |

|   |               |            |      |          |        |
|---|---------------|------------|------|----------|--------|
| Swansea Bay parkrun                     | 5k            | 21/10/2023 | 275  | 00:28:39 |        |
| Swansea Bay parkrun                     | 5k            | 07/10/2023 | 211  | 00:25:09 |        |
| Principality Cardiff Half Marathon 2023 | Half Marathon | 01/10/2023 |      | 01:58:17 | M35-39 |
| Swansea Bay parkrun                     | 5k            | 30/09/2023 | 402  | 00:34:09 |        |
| Swansea Bay parkrun                     | 5k            | 23/09/2023 | 138  | 00:24:20 |        |
| Admiral Swansea Bay 10k                 | 10k           | 17/09/2023 | 930  | 00:53:40 | Male   |
| Swansea Bay parkrun                     | 5k            | 16/09/2023 | 138  | 00:25:36 |        |
| Cardiff 10k                             | 10k           | 03/09/2023 | 1037 | 00:50:48 | M35-39 |
| Swansea Bay parkrun                     | 5k            | 02/09/2023 | 200  | 00:26:37 |        |
| Severn Bridge Half Marathon             | Half Marathon | 27/08/2023 | 197  | 01:52:51 | MSEN   |
| Swansea Bay parkrun                     | 5k            | 26/08/2023 | 260  | 00:26:02 |        |
| Swansea Bay parkrun                     | 5k            | 19/08/2023 | 176  | 00:25:42 |        |
| Swansea Bay parkrun                     | 5k            | 12/08/2023 | 102  | 00:23:58 |        |
| Swansea Bay parkrun                     | 5k            | 05/08/2023 | 67   | 00:23:24 |        |
| Swansea Bay parkrun                     | 5k            | 29/07/2023 | 255  | 00:26:59 |        |
| Swansea Bay parkrun                     | 5k            | 08/07/2023 | 181  | 00:25:41 |        |
| Sandy Water parkrun                     | 5k            | 01/07/2023 | 104  | 00:26:39 |        |
| Swansea Bay parkrun                     | 5k            | 24/06/2023 | 261  | 00:27:08 |        |
| Swansea Bay parkrun                     | 5k            | 17/06/2023 | 320  | 00:29:32 |        |
| Swansea Half Marathon                   | Half Marathon | 11/06/2023 |      | 01:57:15 | MSEN   |
| Swansea Bay parkrun                     | 5k            | 10/06/2023 | 284  | 00:29:29 |        |
| Swansea Bay parkrun                     | 5k            | 03/06/2023 | 330  | 00:29:33 |        |
| ABP Newport 10k                         | 10k           | 16/04/2023 | 579  | 00:49:51 | M35-39 |
| Swansea Bay parkrun                     | 5k            | 15/04/2023 | 214  | 00:26:55 |        |
| Swansea Bay parkrun                     | 5k            | 08/04/2023 | 216  | 00:26:47 |        |
| Brecon Carreg Cardiff Bay 10k           | 10k           | 26/03/2023 | 1141 | 00:51:11 | M35    |

|                                     |               |            |      |          |        |
|-------------------------------------|---------------|------------|------|----------|--------|
| Swansea Bay parkrun                 | 5k            | 25/03/2023 | 449  | 00:37:07 |        |
| Swansea Bay parkrun                 | 5k            | 11/03/2023 | 157  | 00:26:54 |        |
| Swansea Bay parkrun                 | 5k            | 04/03/2023 | 60   | 00:22:00 |        |
| Swansea Bay parkrun                 | 5k            | 25/02/2023 | 421  | 00:37:04 |        |
| Swansea Bay parkrun                 | 5k            | 18/02/2023 | 77   | 00:22:59 |        |
| Sandy Water parkrun                 | 5k            | 04/02/2023 | 70   | 00:27:24 |        |
| Ally Pally parkrun                  | 5k            | 14/01/2023 | 85   | 00:27:32 |        |
| Swansea Bay parkrun                 | 5k            | 24/12/2022 | 214  | 00:26:24 |        |
| Swansea Bay parkrun                 | 5k            | 10/12/2022 | 181  | 00:30:39 |        |
| Swansea Bay parkrun                 | 5k            | 03/12/2022 | 211  | 00:29:05 |        |
| Swansea Bay parkrun                 | 5k            | 26/11/2022 | 70   | 00:22:59 |        |
| Sospan MT10                         | 10 miles      | 20/11/2022 | 207  | 01:28:22 | M35-44 |
| Swansea Bay parkrun                 | 5k            | 19/11/2022 | 86   | 00:23:05 |        |
| Swansea Bay parkrun                 | 5k            | 12/11/2022 | 125  | 00:25:07 |        |
| Richard Burton 10k                  | 10k           | 06/11/2022 | 524  | 00:51:05 | M20-39 |
| Swansea Bay parkrun                 | 5k            | 05/11/2022 | 96   | 00:24:56 |        |
| Swansea Bay parkrun                 | 5k            | 22/10/2022 | 191  | 00:26:37 |        |
| 2022 Wizz Air Cardiff Half Marathon | Half Marathon | 02/10/2022 | 3706 | 01:52:10 | M35+   |
| Swansea Bay parkrun                 | 5k            | 01/10/2022 | 204  | 00:28:41 |        |
| Swansea Bay parkrun                 | 5k            | 03/09/2022 | 111  | 00:24:19 |        |
| Swansea Bay parkrun                 | 5k            | 27/08/2022 | 177  | 00:24:58 |        |
| Swansea Bay parkrun                 | 5k            | 20/08/2022 | 239  | 00:28:43 |        |
| Port Talbot Half Marathon           | Half Marathon | 14/08/2022 | 109  | 01:57:31 |        |
| Swansea Bay parkrun                 | 5k            | 13/08/2022 | 89   | 00:24:51 |        |
| Swansea Bay parkrun                 | 5k            | 06/08/2022 | 151  | 00:26:11 |        |
| Tenby 10k                           | 10k           | 31/07/2022 | 89   | 00:52:16 | OM     |

|   |               |            |      |          |       |
|---|---------------|------------|------|----------|-------|
| Swansea Bay parkrun                           | 5k            | 30/07/2022 | 61   | 00:21:49 |       |
| Swansea Bay parkrun                           | 5k            | 23/07/2022 | 67   | 00:22:47 |       |
| Swansea Bay parkrun                           | 5k            | 16/07/2022 | 132  | 00:26:16 |       |
| Healthspan Porthcawl 10k                      | 10k           | 03/07/2022 | 447  | 00:49:04 | M35+  |
| Swansea Bay parkrun                           | 5k            | 25/06/2022 | 47   | 00:22:16 |       |
| Swansea Bay parkrun                           | 5k            | 04/06/2022 | 70   | 00:22:01 |       |
| Brecon Carreg Cardiff Bay Run 10k             | 10k           | 22/05/2022 | 685  | 00:50:08 | M35+  |
| Swansea Bay parkrun                           | 5k            | 21/05/2022 | 112  | 00:24:00 |       |
| Barry Island parkrun                          | 5k            | 14/05/2022 | 30   | 00:25:41 |       |
| Sandy Water parkrun                           | 5k            | 07/05/2022 | 80   | 00:26:50 |       |
| Swansea Bay parkrun                           | 5k            | 23/04/2022 | 75   | 00:22:29 |       |
| Swansea Bay parkrun                           | 5k            | 16/04/2022 | 111  | 00:22:52 |       |
| Great Welsh Half Marathon                     | Half Marathon | 10/04/2022 | 172  | 01:49:33 | MSEN  |
| Swansea Bay parkrun                           | 5k            | 02/04/2022 | 47   | 00:21:26 |       |
| 2022 Cardiff University Cardiff Half Marathon | Half Marathon | 27/03/2022 | 3675 | 01:52:25 | MOPEN |
| Swansea Bay parkrun                           | 5k            | 26/03/2022 | 52   | 00:21:59 |       |
| Sandy Water parkrun                           | 5k            | 19/03/2022 | 181  | 00:22:08 |       |
| Swansea Bay parkrun                           | 5k            | 12/03/2022 | 95   | 00:24:29 |       |
| Swansea Bay parkrun                           | 5k            | 05/03/2022 | 135  | 00:25:05 |       |
| Swansea Bay parkrun                           | 5k            | 26/02/2022 | 142  | 00:25:30 |       |
| Swansea Bay parkrun                           | 5k            | 19/02/2022 | 24   | 00:21:23 |       |
| Swansea Bay parkrun                           | 5k            | 12/02/2022 | 36   | 00:21:20 |       |
| Aberdare parkrun                              | 5k            | 05/02/2022 | 6    | 00:20:54 |       |
| Swansea Bay parkrun                           | 5k            | 29/01/2022 | 64   | 00:23:01 |       |
| Swansea Bay parkrun                           | 5k            | 22/01/2022 | 64   | 00:21:55 |       |
| Swansea Bay parkrun                           | 5k            | 18/12/2021 | 88   | 00:22:58 |       |

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|--|---------------|------------|-----|----------|--------|
| Gnoll parkrun                            | 5k            | 11/12/2021 | 9   | 00:21:18 |        |
| Merthyr Mawr Christmas Pudding Race 2021 | 10k           | 05/12/2021 | 35  | 01:02:34 | SM     |
| Swansea Bay parkrun                      | 5k            | 27/11/2021 | 25  | 00:22:01 |        |
| Swansea Bay parkrun                      | 5k            | 20/11/2021 | 65  | 00:21:49 |        |
| Endurance Life Gower Marathon            | Marathon      | 13/11/2021 | 71  | 05:42:57 | M      |
| Tata Steel Richard Burton 10k            | 10k           | 07/11/2021 | 388 | 00:50:32 | M30-39 |
| Swansea Bay parkrun                      | 5k            | 06/11/2021 | 30  | 00:20:28 |        |
| ABP Newport Wales 10K                    | 10k           | 24/10/2021 | 452 | 00:48:36 | MSEN   |
| JCP Swansea Half Marathon                | Half Marathon | 17/10/2021 | 873 | 01:52:31 | MSEN   |
| Swansea Bay parkrun                      | 5k            | 16/10/2021 | 36  | 00:22:10 |        |
| Gnoll parkrun                            | 5k            | 09/10/2021 | 19  | 00:23:30 |        |
| Loch Ness Marathon                       | Marathon      | 03/10/2021 | 510 | 03:47:01 | MS     |
| Torvean parkrun                          | 5k            | 02/10/2021 | 286 | 00:35:43 |        |
| Cardiff Bay 10k                          | 10k           | 26/09/2021 | 735 | 00:49:56 | MSEN   |
| Swansea Bay parkrun                      | 5k            | 25/09/2021 | 35  | 00:20:50 |        |
| Rhayader Round the Lakes                 | 30k           | 18/09/2021 | 67  | 02:35:23 | MSen   |
| Swansea Bay parkrun                      | 5k            | 11/09/2021 | 161 | 00:26:26 |        |
| Merthyr Mawr Rabbit Run                  | 7.5 miles     | 04/09/2021 | 146 | 01:20:02 | MSen   |
| Swansea Bay parkrun                      | 5k            | 28/08/2021 | 340 | 00:33:05 |        |
| Swansea Bay parkrun                      | 5k            | 21/08/2021 | 31  | 00:20:15 |        |
| Tough Runner Bristol Epic 10k 2021       | 10k           | 11/07/2021 | 99  | 00:50:47 | M30-39 |
| Swansea Bay parkrun                      | 5k            | 14/03/2020 | 175 | 00:26:53 |        |
| Swansea Bay parkrun                      | 5k            | 07/03/2020 | 121 | 00:24:26 |        |
| Swansea Bay parkrun                      | 5k            | 29/02/2020 | 279 | 00:31:49 |        |
| Swansea Bay parkrun                      | 5k            | 22/02/2020 | 36  | 00:20:53 |        |
| Swansea Bay parkrun                      | 5k            | 15/02/2020 | 143 | 00:26:48 |        |

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|--|---------------|------------|------|----------|-------|
| Swansea Bay parkrun                        | 5k            | 08/02/2020 | 45   | 00:20:48 |       |
| Haverfordwest parkrun                      | 5k            | 01/02/2020 | 9    | 00:23:14 |       |
| Swansea Bay parkrun                        | 5k            | 25/01/2020 | 110  | 00:23:40 |       |
| Aberdare parkrun                           | 5k            | 11/01/2020 | 15   | 00:23:51 |       |
| Gnoll parkrun                              | 5k            | 04/01/2020 | 83   | 00:26:54 |       |
| Swansea Bay parkrun                        | 5k            | 01/01/2020 | 123  | 00:23:24 |       |
| Swansea Bay parkrun                        | 5k            | 28/12/2019 | 81   | 00:23:02 |       |
| Llyn Llech Owain parkrun                   | 5k            | 25/12/2019 | 59   | 00:25:04 |       |
| Swansea Bay parkrun                        | 5k            | 21/12/2019 | 106  | 00:24:19 |       |
| Run4All Santa Run                          | 5k            | 14/12/2019 | 28   | 00:25:57 | MSen  |
| RNLI Great Christmas Fun Run 10k - Mumbles | 10k           | 08/12/2019 | 18   | 00:49:10 | MSen  |
| Swansea Bay parkrun                        | 5k            | 23/11/2019 | 69   | 00:22:38 |       |
| Swansea Bay parkrun                        | 5k            | 26/10/2019 | 116  | 00:27:07 |       |
| Swansea Bay parkrun                        | 5k            | 19/10/2019 | 85   | 00:22:47 |       |
| Cardiff Half Marathon                      | Half Marathon | 06/10/2019 | 1992 | 01:43:50 | MOPEN |
| Swansea Bay parkrun                        | 5k            | 05/10/2019 | 68   | 00:23:15 |       |
| Swansea Bay parkrun                        | 5k            | 28/09/2019 | 84   | 00:24:00 |       |
| Llanelli Coast parkrun                     | 5k            | 21/09/2019 | 22   | 00:22:03 |       |
| Dare 12                                    | Ultra         | 07/09/2019 | 24   | 10:55:47 | Solo  |
| Swansea Bay parkrun                        | 5k            | 31/08/2019 | 68   | 00:23:03 |       |
| Swansea Bay parkrun                        | 5k            | 24/08/2019 | 75   | 00:22:10 |       |
| Gnoll parkrun                              | 5k            | 03/08/2019 | 21   | 00:22:03 |       |
| Tenby 10k                                  | 10k           | 28/07/2019 | 55   | 00:45:06 |       |
| Swansea Bay parkrun                        | 5k            | 27/07/2019 | 84   | 00:22:28 |       |
| Porthcawl 10k                              | 10k           | 07/07/2019 | 281  | 00:44:46 | MOPEN |
| Llanelli Coast parkrun                     | 5k            | 06/07/2019 | 22   | 00:20:58 |       |

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| Llanelli Coast parkrun                                      | 5k            | 29/06/2019 | 62   | 00:27:56 |       |
| Midnight Mountain Marathon                                  | Marathon      | 29/06/2019 | 79   | 06:18:13 | MS    |
| Sospan Road Runners 10K                                     | 10k           | 29/06/2019 | 113  | 00:54:18 | SM    |
| JCP Swansea Half Marathon                                   | Half Marathon | 23/06/2019 | 466  | 01:37:36 | MSEN  |
| Swansea Bay parkrun   | 5k            | 22/06/2019 | 53   | 00:21:52 |       |
| Offah's Dyke 15   | 15 miles      | 15/06/2019 | 98   | 02:29:52 | MSen  |
| Welsh Castles Relay Stage 3 - Criccieth Castle to Maentwrog | 12.3 miles    | 08/06/2019 | 50   | 01:29:33 | Mopen |
| Swansea Bay parkrun   | 5k            | 01/06/2019 | 54   | 00:21:48 |       |
| Tonmawr Hilly 5   | 5 miles       | 26/05/2019 | 69   | 00:40:13 | M Sen |
| Swansea Bay parkrun   | 5k            | 25/05/2019 | 52   | 00:21:12 |       |
| Swansea Bay parkrun   | 5k            | 18/05/2019 | 96   | 00:22:31 |       |
| Whitford Point Multi Terrain Race                           | 5.8 miles     | 15/05/2019 | 51   | 00:46:57 | M     |
| Swansea Bay parkrun   | 5k            | 11/05/2019 | 57   | 00:21:53 |       |
| Swansea Bay parkrun   | 5k            | 27/04/2019 | 23   | 00:21:56 |       |
| Orlen Wasaw Marathon  | Marathon      | 14/04/2019 | 1211 | 03:35:05 | M30   |
| Parkrun Warszawapraga                                       | 5k            | 13/04/2019 | 73   | 00:35:02 |       |
| Llanelli Coast parkrun                                      | 5k            | 06/04/2019 | 26   | 00:21:53 |       |
| Swansea Bay parkrun   | 5k            | 30/03/2019 | 111  | 00:24:34 |       |
| Griffin Mill Merthyr Half Marathon                          | Half Marathon | 24/03/2019 | 84   | 01:38:46 | Mopen |
| Swansea Bay parkrun   | 5k            | 16/03/2019 | 32   | 00:20:55 |       |
| Swansea Bay parkrun   | 5k            | 09/03/2019 | 35   | 00:20:59 |       |
| Ras Dewi Sant Marathon                                      | Marathon      | 02/03/2019 | 52   | 06:06:39 | OM    |
| Colby parkrun   | 5k            | 23/02/2019 | 5    | 00:20:43 |       |
| Swansea Bay parkrun   | 5k            | 16/02/2019 | 31   | 00:19:50 |       |
| Swansea Bay parkrun   | 5k            | 02/02/2019 | 28   | 00:21:05 |       |
| Swansea Bay parkrun   | 5k            | 26/01/2019 | 29   | 00:20:55 |       |

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|----------------------------------|---------------|------------|-----|----------|--------------|
| Severn Bridge parkrun            | 5k            | 12/01/2019 | 23  | 00:20:59 |              |
| Gnoll parkrun                    | 5k            | 05/01/2019 | 28  | 00:23:51 |              |
| Swansea Bay parkrun              | 5k            | 01/01/2019 | 67  | 00:21:43 |              |
| Swansea Bay parkrun              | 5k            | 29/12/2018 | 52  | 00:20:56 |              |
| Glynneath Boxing Day 5 Mile Race | 5 miles       | 26/12/2018 | 86  | 00:34:34 | MSen         |
| Swansea Bay parkrun              | 5k            | 22/12/2018 | 59  | 00:22:06 |              |
| Swansea Bay parkrun              | 5k            | 24/11/2018 | 47  | 00:21:05 |              |
| Sospan RR MT10                   | 10 miles      | 18/11/2018 | 157 | 01:24:07 | SM           |
| Gnoll parkrun                    | 5k            | 17/11/2018 | 16  | 00:21:58 |              |
| Snowdonia Marathon Eryri         | Marathon      | 27/10/2018 | 981 | 04:26:25 | MOPEN        |
| Porthcawl parkrun                | 5k            | 29/09/2018 | 30  | 00:21:21 |              |
| Cwmbran parkrun                  | 5k            | 22/09/2018 | 9   | 00:20:51 |              |
| Admiral Swansea Bay 10k          | 10k           | 16/09/2018 | 398 | 00:45:05 | MSEN - Pacer |
| Llyn Llech Owain parkrun         | 5k            | 15/09/2018 | 8   | 00:21:42 |              |
| Random Act Of Kindness           | Ultra         | 01/09/2018 | 9   | 04:53:55 |              |
| Swansea Bay parkrun              | 5k            | 25/08/2018 | 109 | 00:23:55 |              |
| Swansea Bay parkrun              | 5k            | 18/08/2018 | 37  | 00:20:44 |              |
| Port Talbot Half Marathon        | Half Marathon | 12/08/2018 | 63  | 01:38:47 | M            |
| Swansea Bay parkrun              | 5k            | 11/08/2018 | 27  | 00:21:21 |              |
| Barry 10k                        | 10k           | 05/08/2018 | 142 | 00:44:08 | MSEN         |
| Haverfordwest parkrun            | 5k            | 04/08/2018 | 14  | 00:21:55 |              |
| Tenby 10k                        | 10k           | 29/07/2018 | 45  | 00:44:39 | OM           |
| Swansea Bay parkrun              | 5k            | 28/07/2018 | 24  | 00:21:59 |              |
| Ammanford 10k                    | 10k           | 08/07/2018 | 63  | 00:44:46 | MSEN         |
| Llanelli Coast parkrun           | 5k            | 07/07/2018 | 8   | 00:21:45 |              |
| Llanelli Coast parkrun           | 5k            | 30/06/2018 | 16  | 00:21:02 |              |



|  |               |            |      |          |        |
|--|---------------|------------|------|----------|--------|
| Jcp Swansea Half Marathon                    | Half Marathon | 24/06/2018 | 1858 | 01:57:51 | PACER  |
| Llanelli Coast parkrun                       | 5k            | 23/06/2018 | 14   | 00:22:45 |        |
| Sospan 10k                                   | 10k           | 23/06/2018 | 42   | 00:48:01 | SM     |
| Llyn Llech Owain parkrun                     | 5k            | 16/06/2018 | 16   | 00:22:41 |        |
| Welsh Castles Relay Stage 7                  | 10.1 miles    | 09/06/2018 | 44   | 01:20:22 | M      |
| Swansea Bay parkrun                          | 5k            | 02/06/2018 | 36   | 00:20:45 |        |
| Llandeilo 3 Parks Challenge                  | 10k           | 01/06/2018 | 50   | 00:48:32 | OM     |
| Llanelli Coast parkrun                       | 5k            | 26/05/2018 | 28   | 00:21:52 |        |
| Liverpool Rock N Roll Marathon               | Marathon      | 20/05/2018 | 762  | 03:58:17 | M30-34 |
| Princes Parkrun Liverpool                    | 5k            | 19/05/2018 | 96   | 00:23:36 |        |
| Llanelli Coast parkrun                       | 5k            | 12/05/2018 | 9    | 00:21:11 |        |
| Llanelli Coast parkrun                       | 5k            | 05/05/2018 | 135  | 00:33:09 |        |
| Swansea Bay parkrun                          | 5k            | 28/04/2018 | 52   | 00:22:15 |        |
| Llyn Llech Owain parkrun                     | 5k            | 21/04/2018 | 8    | 00:21:40 |        |
| Great Welsh Marathon                         | Marathon      | 15/04/2018 | 164  | 04:13:36 | Pacer  |
| Swansea Bay parkrun                          | 5k            | 14/04/2018 | 305  | 00:33:48 |        |
| Griffin Mill Merthyr Half Marathon           | Half Marathon | 25/03/2018 | 83   | 01:39:54 | Mopen  |
| Maesteg parkrun                              | 5k            | 24/03/2018 | 7    | 00:22:04 |        |
| Zurich Marato Barcelona                      | Marathon      | 11/03/2018 | 2868 | 03:31:36 | SenM   |
| Llanelli Half Marathon                       | Half Marathon | 18/02/2018 | 138  | 01:33:55 | SenM   |
| Swansea Bay parkrun                          | 5k            | 17/02/2018 | 23   | 00:22:12 |        |
| Hoka One One Winter Trail Half Marathon      | Half Marathon | 17/02/2018 | 165  | 01:57:40 | MJ     |
| Swansea Bay parkrun                          | 5k            | 10/02/2018 | 28   | 00:21:20 |        |
| Llyn Llech Owain parkrun                     | 5k            | 03/02/2018 | 8    | 00:21:36 |        |
| West Glamorgan Xc League - Margam Park - Men | TBC           | 28/01/2018 | 86   | 00:39:54 |        |
| Kingsbury Water parkrun                      | 5k            | 20/01/2018 | 29   | 00:22:11 |        |

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| West Glamorgan Xc League - Margam Reservoir - Men      | 5.6 miles     | 14/01/2018 | 91   | 00:38:36 |            |
| Swansea Bay parkrun                                    | 5k            | 13/01/2018 | 18   | 00:20:45 |            |
| Llanelli Coast parkrun                                 | 5k            | 06/01/2018 | 10   | 00:21:13 |            |
| Llandeilo New Years Eve 10 Miler                       | 10 miles      | 31/12/2017 | 164  | 01:38:26 |            |
| Gnoll parkrun  | 5k            | 30/12/2017 | 7    | 00:21:20 |            |
| Glynneath 5  | 5 miles       | 26/12/2017 | 101  | 00:34:23 |            |
| Swansea Bay parkrun                                    | 5k            | 23/12/2017 | 52   | 00:21:28 |            |
| Cottrell Park Christmas Cracker                        | 10k           | 17/12/2017 | 48   | 00:48:23 | Senior Men |
| Porthcawl parkrun                                      | 5k            | 16/12/2017 | 13   | 00:20:25 |            |
| Rnli Mumbles Great Christmas Fun Run                   | 10k           | 10/12/2017 | 15   | 00:45:17 | MO         |
| Swansea Bay parkrun                                    | 5k            | 09/12/2017 | 21   | 00:20:19 |            |
| Llanelli Coast parkrun                                 | 5k            | 02/12/2017 | 6    | 00:20:47 |            |
| West Glamorgan Xc League - Kenfig Nature Reserve - Men | TBC           | 26/11/2017 | 92   | 00:31:20 |            |
| Srr M10  | 10 miles      | 19/11/2017 | 66   | 01:16:13 | SM         |
| Llanelli Coast parkrun                                 | 5k            | 18/11/2017 | 10   | 00:20:17 |            |
| Endurancelife Cts Gower Marathon (28 Miles)            | Marathon      | 11/11/2017 | 55   | 05:35:08 | M          |
| Richard Burton 10k                                     | 10k           | 05/11/2017 | 127  | 00:42:48 | SenM       |
| Llanelli Coast parkrun                                 | 5k            | 04/11/2017 | 24   | 00:22:18 |            |
| Brooks Snowdonia Marathon                              | Marathon      | 30/10/2017 | 171  | 03:32:10 | Mopen      |
| West Glamorgan Xc League - Gnoll - Men                 | 5.6 miles     | 22/10/2017 | 108  | 00:42:51 |            |
| Swansea Bay parkrun                                    | 5k            | 21/10/2017 | 38   | 00:22:02 |            |
| Leicester Marathon                                     | Marathon      | 15/10/2017 | 59   | 03:29:52 | MSEN       |
| Mumbles Middle Distance Triathlon                      | Triathlon     | 07/10/2017 | 129  | 07:11:04 | MSen       |
| Cardiff Half Marathon                                  | Half Marathon | 01/10/2017 | 1391 | 01:38:07 | MSEN       |
| Admiral Swansea Bay 10k                                | 10k           | 24/09/2017 | 360  | 00:44:52 | JunM       |
| Porthcawl parkrun                                      | 5k            | 23/09/2017 | 24   | 00:20:55 |            |

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| Mic Morris Torfaen 10k                                | 10k           | 17/09/2017 | 103  | 00:40:57 | SenM   |
| Gower Olympic & Fancy Dress Tri                       | Triathlon     | 16/09/2017 | 128  | 03:27:03 | MO     |
| Simplyhealth Great North Run 2017                     | Half Marathon | 10/09/2017 | 2006 | 01:36:49 |        |
| Newcastle parkrun                                     | 5k            | 09/09/2017 | 67   | 00:21:37 |        |
| 2017 Cardiff Kidney Wales 10k                         | 10k           | 03/09/2017 | 371  | 00:43:03 | MSEN   |
| Swansea Bay parkrun                                   | 5k            | 02/09/2017 | 22   | 00:20:21 |        |
| Severn Bridge Half Marathon                           | Half Marathon | 27/08/2017 | 125  | 01:36:50 | Msen   |
| Swindon parkrun                                       | 5k            | 26/08/2017 | 36   | 00:21:15 |        |
| Gnoll parkrun   | 5k            | 19/08/2017 | 8    | 00:21:45 |        |
| Port Talbot Half Marathon                             | Half Marathon | 13/08/2017 | 62   | 01:39:22 | Msen   |
| Gloucester City Marathon                              | Marathon      | 06/08/2017 | 83   | 03:34:27 | M30-34 |
| Swansea Bay parkrun                                   | 5k            | 05/08/2017 | 74   | 00:23:26 |        |
| 2017 Scott Snowdonia Trail Marathon                   | Marathon      | 23/07/2017 | 255  | 06:20:55 | MOPEN  |
| Conwy parkrun   | 5k            | 22/07/2017 | 79   | 00:24:16 |        |
| The Great Celtic Marathon                             | Marathon      | 15/07/2017 | 32   | 04:11:20 | M30-39 |
| Paul Popham Running Club Swansea Bay Summer 5k Series | 5k            | 11/07/2017 | 25   | 00:22:12 | M      |
| Llanelli Coast parkrun                                | 5k            | 01/07/2017 | 8    | 00:20:51 |        |
| Jcp Swansea Half Marathon                             | Half Marathon | 25/06/2017 | 476  | 01:37:15 | SenM   |
| Swansea Bay parkrun                                   | 5k            | 24/06/2017 | 20   | 00:20:37 |        |
| Caerphilly 10k  | 10k           | 18/06/2017 | 173  | 00:44:31 | MO     |
| Llanelli Coast parkrun                                | 5k            | 17/06/2017 | 9    | 00:21:09 |        |
| Sospan 10k  | 10k           | 17/06/2017 | 31   | 00:44:10 | SM     |
| Swansea Bay parkrun                                   | 5k            | 10/06/2017 | 14   | 00:20:51 |        |
| Merthyr parkrun                                       | 5k            | 03/06/2017 | 10   | 00:20:39 |        |
| Llandeilo 3 Parks Challenge                           | 10k           | 02/06/2017 | 48   | 00:47:34 | OM     |
| Liverpool Rock'n'roll Marathon                        | Marathon      | 28/05/2017 | 383  | 03:29:25 |        |

|   |               |            |     |          |           |
|---|---------------|------------|-----|----------|-----------|
| Swansea Bay parkrun   | 5k            | 20/05/2017 | 180 | 00:29:27 |           |
| Whitford Point Multi-terrain Race                                       | 5.6 miles     | 17/05/2017 | 67  | 00:45:51 | M         |
| Llanelli Sprint Triathlon   | Triathlon     | 14/05/2017 | 321 | 01:56:59 | MS        |
| Porthcawl parkrun   | 5k            | 13/05/2017 | 27  | 00:21:02 |           |
| Swansea Bay parkrun   | 5k            | 06/05/2017 | 29  | 00:20:50 |           |
| Go Events Wales St Illtyds Ultra Marathon - 50k                         | Ultra         | 30/04/2017 | 36  | 07:24:00 | M         |
| Llyn Llech Owain parkrun  | 5k            | 22/04/2017 | 7   | 00:21:18 |           |
| Light Up Mumbles - Unofficial Timings Only. Untimed Race. No Positions. | 10k           | 19/04/2017 |     | 00:43:21 | M         |
| Pendine Sands 32.6 Mile Ultra   | Ultra         | 16/04/2017 | 6   | 05:18:00 | M         |
| Gnoll parkrun   | 5k            | 08/04/2017 | 14  | 00:21:30 |           |
| Pembrey Twilight Trail Run Male Senior 15k                              | 15k           | 30/03/2017 | 9   | 01:18:51 | MSEN      |
| Mumbles Duathlon  | Duathlon      | 25/03/2017 | 137 | 02:04:14 | MO        |
| Forest Of Dean Spring Trails Half Marathon                              | Half Marathon | 19/03/2017 | 494 | 01:45:11 | MSNR      |
| Swansea Bay parkrun   | 5k            | 18/03/2017 | 15  | 00:20:49 |           |
| Swansea Trotters 360 Marina 5k  | 5k            | 18/03/2017 | 51  | 00:21:16 |           |
| Duathlon Cymru 2017   | Duathlon      | 12/03/2017 | 62  | 02:40:53 | MO        |
| Admiral City Of Newport Half Marathon                                   | Half Marathon | 05/03/2017 | 270 | 01:39:21 | Male Open |
| Swansea Bay parkrun   | 5k            | 04/03/2017 | 23  | 00:21:04 |           |
| Ras Dewi Sant Coast Path Marathon                                       | Marathon      | 25/02/2017 |     | 05:02:00 |           |
| Hoka One One Trail Half Marathon  | Half Marathon | 19/02/2017 | 85  | 01:57:08 | SENM      |
| Bath Skyline 10k  | 10k           | 12/02/2017 | 108 | 01:00:02 | M20-39    |
| Lliswerry 8   | 8 miles       | 29/01/2017 | 177 | 00:57:23 | MS        |
| Gnoll parkrun   | 5k            | 28/01/2017 | 6   | 00:21:51 |           |
| Buff Trail 10k  | 10k           | 22/01/2017 | 63  | 00:51:35 | M         |
| Llanelli Coast parkrun  | 5k            | 21/01/2017 | 14  | 00:21:11 |           |

|                                 |               |            |      |          |            |
|---------------------------------|---------------|------------|------|----------|------------|
| Llanelli Coast parkrun          | 5k            | 14/01/2017 | 22   | 00:21:25 |            |
| Swansea Bay parkrun             | 5k            | 07/01/2017 | 31   | 00:21:28 |            |
| Llanelli Coast parkrun          | 5k            | 31/12/2016 | 27   | 00:22:03 |            |
| Swansea Bay parkrun             | 5k            | 24/12/2016 | 80   | 00:22:59 |            |
| Cottrell Park Christmas Cracker | 10k           | 17/12/2016 | 74   | 00:52:49 | Senior Men |
| Run4all Neath Santa 5k          | 5k            | 03/12/2016 | 36   | 00:23:02 | MSEN       |
| Margam Tough 10                 | 10k           | 20/11/2016 | 87   | 00:59:54 | M          |
| Richard Burton 10k              | 10k           | 06/11/2016 | 341  | 00:49:31 | MO         |
| <b>Ons Simpson</b>              |               | 3          |      |          |            |
| Windsor Winter Half Marathon    | Half Marathon | 11/01/2020 | 234  | 02:10:56 | MV40       |
| Sospan MT10                     | 10 miles      | 17/11/2019 | 413  | 01:56:50 | M45-54     |
| Swansea Bay parkrun             | 5k            | 24/08/2019 | 216  | 00:27:20 |            |
| <b>Allan Smith</b>              |               | 115        |      |          |            |
| Sandy Water parkrun             | 5k            | 29/04/2023 | 115  | 00:57:25 |            |
| Swansea Bay parkrun             | 5k            | 15/04/2023 | 496  | 00:54:21 |            |
| Swansea Bay parkrun             | 5k            | 09/10/2021 | 319  | 00:39:45 |            |
| Swansea Bay parkrun             | 5k            | 25/09/2021 | 344  | 00:39:48 |            |
| Admiral Swansea Bay 10k         | 10k           | 19/09/2021 | 2304 | 01:29:32 |            |
| Swansea Bay parkrun             | 5k            | 04/09/2021 | 411  | 00:38:50 |            |
| Cardiff Race for Victory 5k     | 5k            | 29/08/2021 | 865  | 00:38:25 | MV85       |
| Swansea Bay parkrun             | 5k            | 28/08/2021 | 403  | 00:39:10 |            |
| Swansea Bay parkrun             | 5k            | 21/08/2021 | 332  | 00:39:54 |            |
| Swansea Bay parkrun             | 5k            | 25/01/2020 | 482  | 00:37:37 |            |
| Swansea Bay parkrun             | 5k            | 18/01/2020 | 474  | 00:38:24 |            |
| Swansea Bay parkrun             | 5k            | 28/12/2019 | 358  | 00:36:09 |            |
| Glynneath 5                     | 5 miles       | 26/12/2019 | 344  | 01:03:10 | MV80       |

|                        |    |            |      |          |
|------------------------|----|------------|------|----------|
| Swansea Bay parkrun    | 5k | 21/12/2019 | 258  | 00:36:22 |
| Swansea Bay parkrun    | 5k | 16/11/2019 | 303  | 00:37:16 |
| Swansea Bay parkrun    | 5k | 02/11/2019 | 196  | 00:37:59 |
| Swansea Bay parkrun    | 5k | 26/10/2019 | 200  | 00:37:15 |
| Swansea Bay parkrun    | 5k | 19/10/2019 | 350  | 00:37:07 |
| Swansea Bay parkrun    | 5k | 12/10/2019 | 359  | 00:37:53 |
| Llanelli Coast parkrun | 5k | 21/09/2019 | 156  | 00:36:43 |
| Swansea Bay parkrun    | 5k | 14/09/2019 | 397  | 00:35:29 |
| Swansea Bay parkrun    | 5k | 24/08/2019 | 379  | 00:35:18 |
| Swansea Bay parkrun    | 5k | 17/08/2019 | 361  | 00:35:34 |
| Swansea Bay parkrun    | 5k | 10/08/2019 | 181  | 00:35:17 |
| Swansea Bay parkrun    | 5k | 03/08/2019 | 336  | 00:35:01 |
| Swansea Bay parkrun    | 5k | 27/07/2019 | 371  | 00:35:38 |
| Swansea Bay parkrun    | 5k | 20/07/2019 | 309  | 00:34:37 |
| Swansea Bay parkrun    | 5k | 13/07/2019 | 368  | 00:34:35 |
| Bushy parkrun          | 5k | 06/07/2019 | 1177 | 00:37:25 |
| Llanelli Coast parkrun | 5k | 29/06/2019 | 125  | 00:35:38 |
| Swansea Bay parkrun    | 5k | 22/06/2019 | 298  | 00:35:38 |
| Swansea Bay parkrun    | 5k | 15/06/2019 | 344  | 00:34:56 |
| Swansea Bay parkrun    | 5k | 08/06/2019 | 357  | 00:36:00 |
| Swansea Bay parkrun    | 5k | 01/06/2019 | 419  | 00:36:24 |
| Swansea Bay parkrun    | 5k | 27/04/2019 | 186  | 00:35:43 |
| Swansea Bay parkrun    | 5k | 20/04/2019 | 412  | 00:36:15 |
| Gnoll parkrun          | 5k | 13/04/2019 | 126  | 00:37:51 |
| Swansea Bay parkrun    | 5k | 06/04/2019 | 300  | 00:36:07 |
| Swansea Bay parkrun    | 5k | 23/03/2019 | 330  | 00:35:04 |

|                                  |         |            |     |          |       |
|----------------------------------|---------|------------|-----|----------|-------|
| Swansea Bay parkrun              | 5k      | 09/03/2019 | 317 | 00:34:59 |       |
| Swansea Bay parkrun              | 5k      | 02/03/2019 | 330 | 00:34:08 |       |
| Swansea Bay parkrun              | 5k      | 16/02/2019 | 381 | 00:35:01 |       |
| Swansea Bay parkrun              | 5k      | 26/01/2019 | 345 | 00:35:34 |       |
| Swansea Bay parkrun              | 5k      | 19/01/2019 | 289 | 00:36:14 |       |
| Swansea Bay parkrun              | 5k      | 12/01/2019 | 309 | 00:35:17 |       |
| Swansea Bay parkrun              | 5k      | 29/12/2018 | 349 | 00:35:03 |       |
| Glynneath Boxing Day 5 Mile Race | 5 miles | 26/12/2018 | 440 | 00:59:48 | MV80+ |
| Swansea Bay parkrun              | 5k      | 22/12/2018 | 252 | 00:34:14 |       |
| Swansea Bay parkrun              | 5k      | 15/12/2018 | 102 | 00:38:36 |       |
| Swansea Bay parkrun              | 5k      | 08/12/2018 | 185 | 00:34:56 |       |
| Swansea Bay parkrun              | 5k      | 01/12/2018 | 182 | 00:35:51 |       |
| Swansea Bay parkrun              | 5k      | 24/11/2018 | 308 | 00:33:29 |       |
| Swansea Bay parkrun              | 5k      | 10/11/2018 | 224 | 00:36:27 |       |
| Gorleston Cliffs parkrun         | 5k      | 27/10/2018 | 282 | 00:35:11 |       |
| Swansea Bay parkrun              | 5k      | 20/10/2018 | 280 | 00:35:02 |       |
| Swansea Bay parkrun              | 5k      | 22/09/2018 | 221 | 00:33:36 |       |
| Gnoll parkrun                    | 5k      | 15/09/2018 | 101 | 00:36:42 |       |
| Swansea Bay parkrun              | 5k      | 08/09/2018 | 206 | 00:34:34 |       |
| Swansea Bay parkrun              | 5k      | 01/09/2018 | 318 | 00:33:40 |       |
| Llanelli Coast parkrun           | 5k      | 25/08/2018 | 126 | 00:34:07 |       |
| Swansea Bay parkrun              | 5k      | 11/08/2018 | 295 | 00:33:49 |       |
| Swansea Bay parkrun              | 5k      | 04/08/2018 | 309 | 00:33:41 |       |
| Swansea Bay parkrun              | 5k      | 28/07/2018 | 139 | 00:34:45 |       |
| Swansea Bay parkrun              | 5k      | 21/07/2018 | 278 | 00:33:54 |       |
| Swansea Bay parkrun              | 5k      | 14/07/2018 | 263 | 00:33:16 |       |

|                        |         |            |     |          |
|------------------------|---------|------------|-----|----------|
| Bushy parkrun          | 5k      | 07/07/2018 | 881 | 00:35:01 |
| Gnoll parkrun          | 5k      | 30/06/2018 | 94  | 00:35:27 |
| Swansea Bay parkrun    | 5k      | 23/06/2018 | 271 | 00:34:25 |
| Swansea Bay parkrun    | 5k      | 16/06/2018 | 239 | 00:33:52 |
| Swansea Bay parkrun    | 5k      | 02/06/2018 | 342 | 00:33:29 |
| Llanelli Coast parkrun | 5k      | 26/05/2018 | 131 | 00:33:27 |
| Llanelli Coast parkrun | 5k      | 19/05/2018 | 121 | 00:34:28 |
| Swansea Bay parkrun    | 5k      | 12/05/2018 | 289 | 00:33:38 |
| Merthyr parkrun        | 5k      | 05/05/2018 | 50  | 00:37:21 |
| Maesteg parkrun        | 5k      | 28/04/2018 | 62  | 00:36:11 |
| Gnoll parkrun          | 5k      | 21/04/2018 | 78  | 00:35:40 |
| Swansea Bay parkrun    | 5k      | 14/04/2018 | 303 | 00:33:47 |
| Swansea Bay parkrun    | 5k      | 07/04/2018 | 187 | 00:37:03 |
| Swansea Bay parkrun    | 5k      | 31/03/2018 | 409 | 00:35:28 |
| Swansea Bay parkrun    | 5k      | 24/03/2018 | 224 | 00:36:16 |
| Swansea Bay parkrun    | 5k      | 01/01/2018 | 241 | 00:34:44 |
| Swansea Bay parkrun    | 5k      | 30/12/2017 | 210 | 00:33:45 |
| Glynneath 5            | 5 miles | 26/12/2017 | 463 | 00:55:31 |
| Swansea Bay parkrun    | 5k      | 23/12/2017 | 251 | 00:33:13 |
| Swansea Bay parkrun    | 5k      | 09/12/2017 | 151 | 00:34:05 |
| Swansea Bay parkrun    | 5k      | 02/12/2017 | 184 | 00:34:02 |
| Swansea Bay parkrun    | 5k      | 25/11/2017 | 249 | 00:34:15 |
| Swansea Bay parkrun    | 5k      | 18/11/2017 | 181 | 00:33:47 |
| Swansea Bay parkrun    | 5k      | 11/11/2017 | 223 | 00:34:02 |
| Swansea Bay parkrun    | 5k      | 04/11/2017 | 257 | 00:34:29 |
| Swansea Bay parkrun    | 5k      | 28/10/2017 | 282 | 00:33:29 |



|   |               |            |     |          |      |
|---|---------------|------------|-----|----------|------|
| Swansea Bay parkrun                     | 5k            | 21/10/2017 | 210 | 00:34:51 |      |
| Swansea Bay parkrun                     | 5k            | 14/10/2017 | 283 | 00:36:07 |      |
| Swansea Bay parkrun                     | 5k            | 30/09/2017 | 212 | 00:41:46 |      |
| Swansea Bay parkrun                     | 5k            | 20/05/2017 | 179 | 00:29:26 |      |
| Llanelli Coast parkrun                  | 5k            | 13/05/2017 | 91  | 00:30:35 |      |
| Swansea Bay parkrun                     | 5k            | 06/05/2017 | 223 | 00:30:30 |      |
| Swansea Bay parkrun                     | 5k            | 29/04/2017 | 196 | 00:30:14 |      |
| Swansea Bay parkrun                     | 5k            | 22/04/2017 | 180 | 00:30:26 |      |
| Swansea Bay parkrun                     | 5k            | 15/04/2017 | 218 | 00:29:55 |      |
| Swansea Bay parkrun                     | 5k            | 08/04/2017 | 220 | 00:29:59 |      |
| Swansea Bay parkrun                     | 5k            | 01/04/2017 | 151 | 00:30:53 |      |
| Swansea Bay parkrun                     | 5k            | 25/03/2017 | 213 | 00:30:34 |      |
| Swansea Trotters 360 Marina 5k          | 5k            | 18/03/2017 | 148 | 00:31:46 |      |
| Swansea Bay parkrun                     | 5k            | 11/03/2017 | 185 | 00:30:37 |      |
| Swansea Bay parkrun                     | 5k            | 04/03/2017 | 182 | 00:30:49 |      |
| Swansea Bay parkrun                     | 5k            | 18/02/2017 | 212 | 00:30:23 |      |
| Swansea Bay parkrun                     | 5k            | 11/02/2017 | 186 | 00:29:53 |      |
| Swansea Bay parkrun                     | 5k            | 04/02/2017 | 182 | 00:29:51 |      |
| Swansea Bay parkrun                     | 5k            | 28/01/2017 | 157 | 00:30:02 |      |
| Swansea Bay parkrun                     | 5k            | 21/01/2017 | 143 | 00:29:42 |      |
| Swansea Bay parkrun                     | 5k            | 07/01/2017 | 173 | 00:29:47 |      |
| Swansea Bay parkrun                     | 5k            | 31/12/2016 | 194 | 00:29:56 |      |
| Glynneath Boxing Day 5 Mile Road Race   | 5 miles       | 26/12/2016 | 320 | 00:49:18 | M    |
| Merthyr Mawr Christmas Pudding Run 2016 | 6 miles       | 11/12/2016 | 534 | 01:18:58 | MV40 |
| <b>Christina Smith</b>                  |               | 42         |     |          |      |
| Marathon Lanzarote 2024 - Half Marathon | Half Marathon | 07/12/2024 | 798 | 02:15:05 |      |

|   |               |            |       |          |        |
|---|---------------|------------|-------|----------|--------|
| Ashton Court parkrun                                  | 5k            | 09/11/2024 | 267   | 00:29:14 |        |
| Marathon Eryri  | Marathon      | 25/10/2024 | 1387  | 04:56:29 |        |
| Sandy Water parkrun                                   | 5k            | 19/10/2024 | 118   | 00:28:37 |        |
| Principality Cardiff Half Marathon                    | Half Marathon | 06/10/2024 | 12020 | 02:06:20 | F60    |
| Sandy Water parkrun                                   | 5k            | 15/06/2024 | 77    | 00:27:12 |        |
| Llanerchaeron parkrun                                 | 5k            | 08/06/2024 | 42    | 00:26:50 |        |
| Somerdale Pavilion parkrun                            | 5k            | 25/05/2024 | 99    | 00:26:37 |        |
| Endurancelife Pembrokeshire "10k"                     | 10k           | 27/04/2024 | 61    | 01:36:36 |        |
| Sandy Water parkrun                                   | 5k            | 13/04/2024 | 93    | 00:27:43 |        |
| WCR 10 miler  | 10 miles      | 31/03/2024 | 14    | 01:33:16 |        |
| Haverfordwest parkrun                                 | 5k            | 02/03/2024 | 30    | 00:31:01 |        |
| Sandy Water parkrun                                   | 5k            | 03/02/2024 | 76    | 00:29:13 |        |
| Swansea Bay parkrun                                   | 5k            | 01/01/2024 | 294   | 00:29:16 |        |
| Llandeilo New Years Eve 10 miler                      | 10 miles      | 31/12/2023 | 141   | 01:42:45 |        |
| Sandy Water parkrun                                   | 5k            | 23/12/2023 | 117   | 00:28:20 |        |
| Sandy Water parkrun                                   | 5k            | 25/11/2023 | 58    | 00:27:10 |        |
| Tenby 10k   | 10k           | 29/10/2023 | 394   | 00:57:54 |        |
| TCS Amsterdam Marathon 2023                           | Marathon      | 15/10/2023 | 12768 | 04:29:11 |        |
| Sandy Water parkrun                                   | 5k            | 29/07/2023 | 92    | 00:27:56 |        |
| Sandy Water parkrun                                   | 5k            | 01/07/2023 | 137   | 00:29:01 |        |
| Brisco Gorseinon 10k                                  | 10k           | 30/04/2023 | 359   | 00:55:45 | F60    |
| Penrose parkrun                                       | 5k            | 18/03/2023 | 85    | 00:27:02 |        |
| Colby parkrun   | 5k            | 04/03/2023 | 51    | 00:27:46 |        |
| Sospan MT10   | 10 miles      | 20/11/2022 | 333   | 01:40:40 | F55-64 |
| TCS London Marathon                                   | Marathon      | 02/10/2022 | 31328 | 04:34:53 | F60-64 |
| Welsh Road Relay Championships - Pembrey Country Park | 5400m         | 24/09/2022 |       | 00:29:16 | MW55   |

|   |               |            |      |          |        |
|---|---------------|------------|------|----------|--------|
| JCP Swansea Half Marathon   | Half Marathon | 12/06/2022 | 1359 | 02:02:53 | F60    |
| Colby parkrun   | 5k            | 05/03/2022 | 45   | 00:27:52 |        |
| Toughrunner Swansea Trail Half Marathon                                     | Half Marathon | 30/10/2021 | 312  | 02:49:21 | F60+   |
| MBNA Chester Marathon   | Marathon      | 03/10/2021 | 861  | 04:16:30 | FV60   |
| Admiral Swansea Bay 10k   | 10k           | 19/09/2021 | 1289 | 01:02:22 |        |
| Sospan MT10   | 10 miles      | 17/11/2019 | 212  | 01:33:52 | F55+   |
| Ironman Wales   | Triathlon     | 15/09/2019 | 1744 | 16:00:53 | F55-59 |
| Swansea Bay parkrun   | 5k            | 24/11/2018 | 111  | 00:23:59 |        |
| Llanelli Sprint Triathlon   | Triathlon     | 13/05/2018 | 306  | 01:52:29 |        |
| Llanelli Coast parkrun  | 5k            | 12/05/2018 | 26   | 00:22:56 |        |
| Brooks Snowdonia Marathon   | Marathon      | 30/10/2017 | 716  | 04:11:18 | FV55   |
| Outlaw Triathlon  | Triathlon     | 23/07/2017 | 741  | 13:33:01 | F55-59 |
| Melin Sospan Sizzler Middle Distance Triathlon (swim Replaced With 2nd Run) | Triathlon     | 11/06/2017 | 119  | 06:29:42 | F50    |
| Llanelli Coast parkrun  | 5k            | 31/12/2016 | 43   | 00:23:47 |        |
| Richard Burton 10k  | 10k           | 06/11/2016 | 372  | 00:51:01 | FV50   |
| <b>Gwen Smith</b>   |               | 137        |      |          |        |
| Sandy Water parkrun   | 5k            | 30/03/2024 | 173  | 00:34:56 |        |
| Sandy Water parkrun   | 5k            | 23/03/2024 | 114  | 00:33:58 |        |
| Sandy Water parkrun   | 5k            | 09/03/2024 | 140  | 00:35:24 |        |
| Sandy Water parkrun   | 5k            | 10/02/2024 | 114  | 00:32:38 |        |
| Sandy Water parkrun   | 5k            | 03/02/2024 | 128  | 00:35:08 |        |
| Swansea Bay parkrun   | 5k            | 01/01/2024 | 461  | 00:35:48 |        |
| Sandy Water parkrun   | 5k            | 30/12/2023 | 153  | 00:36:38 |        |
| Sandy Water parkrun   | 5k            | 23/12/2023 | 172  | 00:35:46 |        |
| Sandy Water parkrun   | 5k            | 09/12/2023 | 66   | 00:34:18 |        |

|                     |    |            |     |          |
|---------------------|----|------------|-----|----------|
| Sandy Water parkrun | 5k | 25/11/2023 | 113 | 00:34:30 |
| Sandy Water parkrun | 5k | 18/11/2023 | 78  | 00:33:27 |
| Sandy Water parkrun | 5k | 21/10/2023 | 108 | 00:36:07 |
| Sandy Water parkrun | 5k | 14/10/2023 | 135 | 00:33:56 |
| Sandy Water parkrun | 5k | 07/10/2023 | 139 | 00:34:43 |
| Sandy Water parkrun | 5k | 30/09/2023 | 136 | 00:36:30 |
| Sandy Water parkrun | 5k | 23/09/2023 | 149 | 00:37:03 |
| Swansea Bay parkrun | 5k | 26/08/2023 | 499 | 00:32:34 |
| Sandy Water parkrun | 5k | 19/08/2023 | 93  | 00:32:05 |
| Swansea Bay parkrun | 5k | 12/08/2023 | 281 | 00:31:02 |
| Sandy Water parkrun | 5k | 22/07/2023 | 101 | 00:31:46 |
| Swansea Bay parkrun | 5k | 15/07/2023 | 271 | 00:30:43 |
| Sandy Water parkrun | 5k | 24/06/2023 | 113 | 00:30:26 |
| Sandy Water parkrun | 5k | 17/06/2023 | 107 | 00:30:44 |
| Sandy Water parkrun | 5k | 10/06/2023 | 95  | 00:30:38 |
| Swansea Bay parkrun | 5k | 13/05/2023 | 421 | 00:32:55 |
| Sandy Water parkrun | 5k | 06/05/2023 | 89  | 00:29:57 |
| Swansea Bay parkrun | 5k | 29/04/2023 | 445 | 00:31:04 |
| Sandy Water parkrun | 5k | 22/04/2023 | 98  | 00:30:46 |
| Swansea Bay parkrun | 5k | 15/04/2023 | 342 | 00:31:04 |
| Sandy Water parkrun | 5k | 01/04/2023 | 90  | 00:30:59 |
| Swansea Bay parkrun | 5k | 25/03/2023 | 367 | 00:31:36 |
| Sandy Water parkrun | 5k | 18/03/2023 | 78  | 00:31:05 |
| Colby parkrun       | 5k | 04/03/2023 | 105 | 00:32:24 |
| Sandy Water parkrun | 5k | 25/02/2023 | 96  | 00:31:49 |
| Sandy Water parkrun | 5k | 18/02/2023 | 75  | 00:32:53 |

|                     |    |            |     |          |
|---------------------|----|------------|-----|----------|
| Sandy Water parkrun | 5k | 11/02/2023 | 69  | 00:32:55 |
| Sandy Water parkrun | 5k | 04/02/2023 | 109 | 00:34:25 |
| Sandy Water parkrun | 5k | 28/01/2023 | 107 | 00:34:24 |
| Swansea Bay parkrun | 5k | 07/01/2023 | 289 | 00:31:51 |
| Swansea Bay parkrun | 5k | 01/01/2023 | 254 | 00:32:46 |
| Sandy Water parkrun | 5k | 31/12/2022 | 94  | 00:32:08 |
| Sandy Water parkrun | 5k | 24/12/2022 | 130 | 00:32:01 |
| Sandy Water parkrun | 5k | 03/12/2022 | 83  | 00:34:04 |
| Sandy Water parkrun | 5k | 26/11/2022 | 81  | 00:33:52 |
| Sandy Water parkrun | 5k | 12/11/2022 | 120 | 00:34:21 |
| Sandy Water parkrun | 5k | 05/11/2022 | 70  | 00:33:15 |
| Sandy Water parkrun | 5k | 22/10/2022 | 155 | 00:35:22 |
| Sandy Water parkrun | 5k | 15/10/2022 | 90  | 00:33:46 |
| Sandy Water parkrun | 5k | 24/09/2022 | 87  | 00:34:50 |
| Sandy Water parkrun | 5k | 17/09/2022 | 126 | 00:34:56 |
| Swansea Bay parkrun | 5k | 30/04/2022 | 266 | 00:29:06 |
| Swansea Bay parkrun | 5k | 16/04/2022 | 321 | 00:30:02 |
| Swansea Bay parkrun | 5k | 26/03/2022 | 268 | 00:33:34 |
| Sandy Water parkrun | 5k | 12/03/2022 | 79  | 00:30:53 |
| Swansea Bay parkrun | 5k | 19/02/2022 | 173 | 00:30:23 |
| Swansea Bay parkrun | 5k | 29/01/2022 | 303 | 00:34:30 |
| Sandy Water parkrun | 5k | 11/12/2021 | 80  | 00:29:50 |
| Swansea Bay parkrun | 5k | 27/11/2021 | 141 | 00:29:30 |
| Swansea Bay parkrun | 5k | 06/11/2021 | 220 | 00:28:48 |
| Swansea Bay parkrun | 5k | 30/10/2021 | 219 | 00:29:15 |
| Sandy Water parkrun | 5k | 16/10/2021 | 77  | 00:28:54 |

|   |               |            |      |          |        |
|---|---------------|------------|------|----------|--------|
| Swansea Bay parkrun                     | 5k            | 14/03/2020 | 178  | 00:27:00 |        |
| Swansea Bay parkrun                     | 5k            | 07/03/2020 | 188  | 00:26:24 |        |
| Swansea Bay parkrun                     | 5k            | 08/02/2020 | 328  | 00:29:55 |        |
| Swansea Bay parkrun                     | 5k            | 25/01/2020 | 213  | 00:26:42 |        |
| Tata Steel Round the Reservoir          | 5.6 miles     | 12/01/2020 | 102  | 00:48:23 | FV50   |
| Prince of Wales Kenfig New Year's Day 4 | 4 miles       | 01/01/2020 | 125  | 00:33:02 | FV50   |
| Swansea Bay parkrun                     | 5k            | 28/12/2019 | 202  | 00:27:17 |        |
| Swansea Bay parkrun                     | 5k            | 21/12/2019 | 148  | 00:26:39 |        |
| Swansea Bay parkrun                     | 5k            | 14/12/2019 | 92   | 00:26:53 |        |
| Merthyr Mawr Christmas Pudding Race     | 10k           | 08/12/2019 | 116  | 01:19:47 | FV     |
| Swansea Bay parkrun                     | 5k            | 16/11/2019 | 167  | 00:27:21 |        |
| Cardiff Half Marathon                   | Half Marathon | 06/10/2019 | 7599 | 02:03:17 | F50+   |
| Admiral Swansea Bay 10k                 | 10k           | 22/09/2019 |      | 00:56:47 |        |
| Swansea Bay parkrun                     | 5k            | 14/09/2019 | 214  | 00:27:13 |        |
| Swansea Bay parkrun                     | 5k            | 17/08/2019 | 189  | 00:26:43 |        |
| Tamar Trails parkrun                    | 5k            | 10/08/2019 | 76   | 00:29:15 |        |
| Tenby 10k                               | 10k           | 28/07/2019 | 229  | 00:56:58 |        |
| Swansea Bay parkrun                     | 5k            | 20/07/2019 | 175  | 00:26:40 |        |
| Rabbit Run                              | 7.6 miles     | 15/06/2019 | 279  | 01:25:37 | F50-54 |
| Swansea Bay parkrun                     | 5k            | 08/06/2019 | 197  | 00:27:46 |        |
| Swansea Bay parkrun                     | 5k            | 11/05/2019 | 173  | 00:26:05 |        |
| Swansea Bay parkrun                     | 5k            | 04/05/2019 | 207  | 00:27:14 |        |
| Swansea Bay parkrun                     | 5k            | 30/03/2019 | 140  | 00:25:57 |        |
| Swansea Bay parkrun                     | 5k            | 02/03/2019 | 180  | 00:26:54 |        |
| Swansea Bay parkrun                     | 5k            | 09/02/2019 | 116  | 00:26:49 |        |
| Swansea Bay parkrun                     | 5k            | 05/01/2019 | 153  | 00:26:36 |        |

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| Swansea Bay parkrun                            | 5k            | 29/12/2018 | 198  | 00:26:57 |         |
| Swansea Bay parkrun                            | 5k            | 22/12/2018 | 139  | 00:26:28 |         |
| Swansea Bay parkrun                            | 5k            | 08/12/2018 | 101  | 00:26:39 |         |
| Swansea Bay parkrun                            | 5k            | 24/11/2018 | 162  | 00:26:18 |         |
| Sospan RR MT10                                 | 10 miles      | 18/11/2018 | 284  | 01:35:42 | F4554   |
| Swansea Bay parkrun                            | 5k            | 27/10/2018 | 185  | 00:27:27 |         |
| Cardiff Half Marathon                          | Half Marathon | 07/10/2018 | 6163 | 02:00:02 | F50+    |
| Swansea Bay parkrun                            | 5k            | 29/09/2018 | 176  | 00:27:13 |         |
| Swansea Bay parkrun                            | 5k            | 08/09/2018 | 124  | 00:27:07 |         |
| Swansea Bay parkrun                            | 5k            | 25/08/2018 | 153  | 00:25:49 |         |
| Swansea Bay parkrun                            | 5k            | 18/08/2018 | 161  | 00:26:45 |         |
| Tamar Lakes parkrun                            | 5k            | 04/08/2018 | 89   | 00:27:24 |         |
| Tenby 10k                                      | 10k           | 29/07/2018 | 344  | 01:02:46 | F45     |
| Swansea Bay parkrun                            | 5k            | 21/07/2018 | 146  | 00:26:34 |         |
| Swansea Bay parkrun                            | 5k            | 14/07/2018 | 135  | 00:26:36 |         |
| Llanelli Coast parkrun                         | 5k            | 30/06/2018 | 78   | 00:26:54 |         |
| Swansea Bay parkrun                            | 5k            | 23/06/2018 | 146  | 00:27:19 |         |
| Merthyr Mawr Rabbit Run                        | 10k           | 16/06/2018 | 227  | 01:19:43 | MW45-54 |
| Swansea Bay parkrun                            | 5k            | 19/05/2018 | 128  | 00:26:03 |         |
| Pprc Swansea Bay Summer 5k Series              | 5k            | 10/05/2018 | 84   | 00:26:31 | F       |
| Swansea Bay parkrun                            | 5k            | 28/04/2018 | 126  | 00:25:48 |         |
| Surfers Paradise parkrun                       | 5k            | 14/04/2018 | 36   | 00:28:16 |         |
| Surfers Paradise parkrun                       | 5k            | 07/04/2018 | 25   | 00:28:37 |         |
| Swansea Bay parkrun                            | 5k            | 24/03/2018 | 105  | 00:26:30 |         |
| Swansea Bay parkrun                            | 5k            | 17/03/2018 | 98   | 00:27:14 |         |
| West Glamorgan Xc League - Margam Park - Women | TBC           | 28/01/2018 | 63   | 00:51:05 |         |

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| Swansea Bay parkrun                                      | 5k            | 23/12/2017 | 158  | 00:27:42 |      |
| West Glamorgan Xc League - Kenfig Nature Reserve - Women | TBC           | 26/11/2017 | 84   | 00:39:48 |      |
| Swansea Bay parkrun                                      | 5k            | 28/10/2017 | 123  | 00:25:46 |      |
| West Glamorgan Xc League - Gnoll - Women                 | 5k            | 25/10/2017 | 73   | 00:27:10 |      |
| West Glamorgan Xc League - Llanmadoc - Women             | 4.5 miles     | 17/09/2017 | 61   | 00:43:21 |      |
| 2017 Cardiff Kidney Wales 10k                            | 10k           | 03/09/2017 | 2129 | 00:55:21 | F45+ |
| Swansea Bay parkrun                                      | 5k            | 19/08/2017 | 127  | 00:25:52 |      |
| Magor 10k  | 10k           | 29/07/2017 | 132  | 00:53:34 | FV50 |
| Porthcawl parkrun  | 5k            | 15/07/2017 | 113  | 00:26:19 |      |
| Swansea Bay parkrun                                      | 5k            | 03/06/2017 | 116  | 00:25:26 |      |
| Royal Welsh Trail Festival Half Marathon                 | Half Marathon | 21/05/2017 | 188  | 02:05:42 | MW45 |
| Cwm Ogwr 5 Miler   | 5 miles       | 14/05/2017 | 172  | 00:44:09 | Fvet |
| Swansea Bay parkrun                                      | 5k            | 15/04/2017 | 155  | 00:26:09 |      |
| Tenovus Botanic Garden 10k                               | 10k           | 02/04/2017 | 64   | 00:53:54 | F45  |
| Pembrey Twilight Trail Run Female Veteran 15k            | 15k           | 30/03/2017 | 3    | 01:35:32 | FV   |
| Swansea Bay parkrun                                      | 5k            | 18/03/2017 | 81   | 00:25:57 |      |
| Hoka One One Trail Half Marathon                         | Half Marathon | 19/02/2017 | 252  | 02:21:42 | F50  |
| Gnoll parkrun  | 5k            | 11/02/2017 | 54   | 00:30:11 |      |
| Buff Trail 10k   | 10k           | 22/01/2017 | 143  | 00:58:35 | F    |
| Llyn Llech Owain parkrun                                 | 5k            | 07/01/2017 | 42   | 00:26:06 |      |
| Swansea Bay parkrun                                      | 5k            | 31/12/2016 | 91   | 00:24:46 |      |
| Swansea Bay parkrun                                      | 5k            | 24/12/2016 | 128  | 00:25:38 |      |
| Sospan MT10  | 10 miles      | 20/11/2016 | 313  | 01:34:40 | F45+ |
| Richard Burton 10k                                       | 10k           | 06/11/2016 | 373  | 00:51:00 | FV50 |
| <b>Chris Snary</b>                                       |               | 21         |      |          |      |
| Swansea Bay parkrun                                      | 5k            | 16/11/2024 | 237  | 00:27:01 |      |



|   |               |            |      |          |        |
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| Swansea Bay parkrun                     | 5k            | 09/11/2024 | 140  | 00:24:49 |        |
| Swansea Bay parkrun                     | 5k            | 02/11/2024 | 225  | 00:26:17 |        |
| Swansea Bay parkrun                     | 5k            | 26/10/2024 | 377  | 00:28:40 |        |
| Swansea Bay parkrun                     | 5k            | 19/10/2024 | 396  | 00:30:27 |        |
| Swansea Bay parkrun                     | 5k            | 12/10/2024 | 348  | 00:30:23 |        |
| Swansea Bay parkrun                     | 5k            | 05/10/2024 | 362  | 00:30:20 |        |
| Swansea Bay parkrun                     | 5k            | 28/09/2024 | 148  | 00:23:48 |        |
| Tri Hard Harriers 5K On The Bay         | 5k            | 22/08/2024 | 109  | 00:21:20 |        |
| Swansea Bay parkrun                     | 5k            | 20/07/2024 | 308  | 00:30:58 |        |
| Swansea Bay parkrun                     | 5k            | 13/07/2024 | 367  | 00:29:54 |        |
| Swansea Bay parkrun                     | 5k            | 29/06/2024 | 136  | 00:24:55 |        |
| Swansea Bay parkrun                     | 5k            | 01/06/2024 | 388  | 00:30:30 |        |
| EDP Meia Maratona de Lisboa 2024        | Half Marathon | 17/03/2024 |      | 01:47:15 |        |
| Swansea Bay parkrun                     | 5k            | 09/03/2024 | 65   | 00:22:38 |        |
| Swansea Bay parkrun                     | 5k            | 02/03/2024 | 75   | 00:22:32 |        |
| Swansea Bay parkrun                     | 5k            | 17/02/2024 | 126  | 00:24:22 |        |
| Swansea Bay parkrun                     | 5k            | 30/12/2023 | 131  | 00:23:43 |        |
| Swansea Bay parkrun                     | 5k            | 14/10/2023 | 82   | 00:22:36 |        |
| Principality Cardiff Half Marathon 2023 | Half Marathon | 01/10/2023 |      | 02:00:24 | M35-39 |
| Swansea Bay parkrun                     | 5k            | 22/07/2023 | 100  | 00:25:01 |        |
| <b>Gina Southam</b>                     |               | 63         |      |          |        |
| Run4All Neath Santa Run                 | 5k            | 14/12/2024 | 48   | 00:29:07 |        |
| Richard Burton 10k                      | 10k           | 03/11/2024 | 1774 | 01:03:50 | F40-49 |
| Admiral Swansea Bay 10k                 | 10k           | 15/09/2024 | 1879 | 00:58:38 |        |
| Swansea Bay parkrun                     | 5k            | 10/08/2024 | 302  | 00:30:16 |        |
| Mallards Pike parkrun                   | 5k            | 22/06/2024 | 63   | 00:32:18 |        |

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|---|---------------|------------|-------|----------|--------|
| Brisco Gorseinon 10k                          | 10k           | 19/05/2024 |       | 01:02:47 |        |
| Endurancelife Pembrokeshire "10k"             | 10k           | 27/04/2024 | 101   | 01:59:43 |        |
| TCS London Marathon                           | Marathon      | 21/04/2024 |       | 06:17:59 |        |
| WCR 10 miler                                  | 10 miles      | 31/03/2024 | 19    | 01:44:44 |        |
| Great Welsh Half                              | Half Marathon | 17/03/2024 |       | 02:51:13 |        |
| Haverfordwest parkrun                         | 5k            | 02/03/2024 | 35    | 00:33:22 |        |
| Swansea Bay parkrun                           | 5k            | 21/10/2023 | 325   | 00:30:42 |        |
| AJ Bell Great South Run 2023                  | 10 miles      | 15/10/2023 | 9952  | 01:45:47 |        |
| Swansea Bay parkrun                           | 5k            | 07/10/2023 | 446   | 00:31:19 |        |
| Brisco Gorseinon 10k                          | 10k           | 30/04/2023 | 511   | 01:00:23 | F45    |
| Swansea Bay parkrun                           | 5k            | 15/04/2023 | 306   | 00:29:38 |        |
| Great Welsh Half Marathon                     | Half Marathon | 02/04/2023 | 429   | 02:14:30 | F45    |
| Swansea Bay parkrun                           | 5k            | 25/03/2023 | 319   | 00:29:36 |        |
| Colby parkrun                                 | 5k            | 04/03/2023 | 98    | 00:31:50 |        |
| Swansea Bay parkrun                           | 5k            | 21/01/2023 | 270   | 00:30:49 |        |
| Swansea Bay parkrun                           | 5k            | 14/01/2023 | 357   | 00:31:58 |        |
| Richard Burton 10k                            | 10k           | 06/11/2022 | 1293  | 01:04:54 | F40-49 |
| Tenby 10k                                     | 10k           | 31/07/2022 | 245   | 01:06:20 | F45    |
| 2022 Cardiff University Cardiff Half Marathon | Half Marathon | 27/03/2022 | 7089  | 02:21:03 | F45+   |
| Colby parkrun                                 | 5k            | 05/03/2022 | 73    | 00:31:21 |        |
| Tata Steel Richard Burton 10k                 | 10k           | 07/11/2021 | 1062  | 01:05:23 | F40-49 |
| Virgin London Marathon                        | Marathon      | 03/10/2021 | 24914 | 04:56:01 | F45-49 |
| Swansea Bay parkrun                           | 5k            | 14/03/2020 | 226   | 00:28:42 |        |
| Swansea Bay parkrun                           | 5k            | 22/02/2020 | 225   | 00:27:54 |        |
| Swansea Bay parkrun                           | 5k            | 08/02/2020 | 420   | 00:34:52 |        |
| Swansea Bay parkrun                           | 5k            | 09/11/2019 | 104   | 00:28:28 |        |

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| Cardiff Half Marathon                          | Half Marathon | 06/10/2019 | 9498 | 02:12:41 | F40+   |
| Great Welsh Half Marathon                      | Half Marathon | 14/04/2019 | 323  | 02:04:15 | F40    |
| Llanelli Half Marathon                         | Half Marathon | 10/02/2019 | 1043 | 02:01:05 | F40    |
| Minehead parkrun                               | 5k            | 01/12/2018 | 44   | 00:28:01 |        |
| Swansea Bay parkrun                            | 5k            | 24/11/2018 | 163  | 00:26:26 |        |
| Cardiff Half Marathon                          | Half Marathon | 07/10/2018 | 8460 | 02:07:11 | F40+   |
| Swansea Bay parkrun                            | 5k            | 18/08/2018 | 208  | 00:28:57 |        |
| Swansea Bay parkrun                            | 5k            | 04/08/2018 | 268  | 00:31:09 |        |
| Tenby 10k                                      | 10k           | 29/07/2018 | 325  | 01:01:25 | F35    |
| Swansea Bay parkrun                            | 5k            | 28/07/2018 | 137  | 00:34:17 |        |
| Swansea Bay parkrun                            | 5k            | 21/07/2018 | 195  | 00:28:40 |        |
| Swansea Bay parkrun                            | 5k            | 07/07/2018 | 129  | 00:28:25 |        |
| Swansea Bay parkrun                            | 5k            | 23/06/2018 | 167  | 00:28:00 |        |
| Swansea Bay parkrun                            | 5k            | 16/06/2018 | 203  | 00:31:03 |        |
| Swansea Bay parkrun                            | 5k            | 19/05/2018 | 241  | 00:30:25 |        |
| Porthcawl parkrun                              | 5k            | 21/04/2018 | 229  | 00:30:41 |        |
| Swansea Bay parkrun                            | 5k            | 14/04/2018 | 316  | 00:33:57 |        |
| Swansea Bay parkrun                            | 5k            | 31/03/2018 | 219  | 00:27:58 |        |
| Llanelli Half Marathon                         | Half Marathon | 18/02/2018 | 1244 | 02:17:43 | FV35   |
| Minehead parkrun                               | 5k            | 18/11/2017 | 37   | 00:28:09 |        |
| Colby parkrun                                  | 5k            | 04/11/2017 | 82   | 00:31:00 |        |
| Swansea Bay parkrun                            | 5k            | 28/10/2017 | 242  | 00:30:35 |        |
| West Glamorgan Xc League - Gnoll - Women       | 5k            | 25/10/2017 | 127  | 00:31:30 |        |
| Cardiff Half Marathon                          | Half Marathon | 01/10/2017 | 9523 | 02:10:27 | F40-44 |
| Admiral Swansea Bay 10k                        | 10k           | 24/09/2017 | 1542 | 00:57:43 | F35+   |
| Cardigan Running Club Poppit Sands Race Series | 5k            | 08/08/2017 | 78   | 00:31:21 | F35    |

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| Tenby 10k                                | 10k           | 30/07/2017 | 290   | 00:58:51 | F35  |
| Jcp Swansea Half Marathon                | Half Marathon | 25/06/2017 | 2222  | 02:04:39 | FV35 |
| Royal Welsh Trail Festival Half Marathon | Half Marathon | 21/05/2017 | 288   | 02:30:31 | MW35 |
| Llanelli Half Marathon 2017              | Half Marathon | 12/03/2017 | 758   | 02:02:37 | FV35 |
| Rnli Mumbles Great Christmas Fun Run     | 10k           | 11/12/2016 | 68    | 00:56:56 | FV   |
| Run4all Neath Santa 5k                   | 5k            | 03/12/2016 | 107   | 00:28:59 | FV40 |
| <b>Ian Southam</b>                       |               | 5          |       |          |      |
| Run4All Neath Santa Run                  | 5k            | 14/12/2024 | 131   | 00:37:25 |      |
| Admiral Swansea Bay 10k                  | 10k           | 15/09/2024 | 2939  | 01:12:20 |      |
| Brisco Gorseinon 10k                     | 10k           | 19/05/2024 |       | 01:12:44 |      |
| Endurancelife Pembrokeshire "10k"        | 10k           | 27/04/2024 | 100   | 01:59:39 |      |
| TCS London Marathon                      | Marathon      | 21/04/2024 |       | 06:23:02 |      |
| <b>Louise Steer</b>                      |               | 111        |       |          |      |
| Swansea Bay parkrun                      | 5k            | 21/12/2024 | 459   | 00:36:39 |      |
| Three Brooks parkrun                     | 5k            | 30/11/2024 | 334   | 00:33:44 |      |
| Sandy Water parkrun                      | 5k            | 16/11/2024 | 170   | 00:37:18 |      |
| Brynaman parkrun                         | 5k            | 09/11/2024 | 24    | 00:34:33 |      |
| Sandy Water parkrun                      | 5k            | 02/11/2024 | 180   | 00:37:05 |      |
| Irish Life Dublin Marathon               | Marathon      | 27/10/2024 | 15274 | 05:01:43 | W40  |
| Poolbeg parkrun                          | 5k            | 26/10/2024 | 179   | 00:31:39 |      |
| Sandy Water parkrun                      | 5k            | 19/10/2024 | 173   | 00:37:19 |      |
| Swansea Bay parkrun                      | 5k            | 28/09/2024 | 557   | 00:38:13 |      |
| Swansea Bay parkrun                      | 5k            | 21/09/2024 | 457   | 00:34:13 |      |
| Sandy Water parkrun                      | 5k            | 31/08/2024 | 162   | 00:33:38 |      |
| Grangemoor parkrun                       | 5k            | 17/08/2024 | 92    | 00:29:50 |      |
| Swansea Bay parkrun                      | 5k            | 10/08/2024 | 353   | 00:33:21 |      |

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| Sandy Water parkrun                     | 5k            | 03/08/2024 | 176 | 00:36:22 |        |
| Swansea Bay parkrun                     | 5k            | 27/07/2024 | 468 | 00:34:10 |        |
| Swansea Bay parkrun                     | 5k            | 20/07/2024 | 419 | 00:35:25 |        |
| Sandy Water parkrun                     | 5k            | 06/07/2024 | 192 | 00:36:02 |        |
| Swansea Bay parkrun                     | 5k            | 29/06/2024 | 412 | 00:33:53 |        |
| Swansea Bay parkrun                     | 5k            | 22/06/2024 | 415 | 00:34:16 |        |
| Maesteg parkrun                         | 5k            | 15/06/2024 | 32  | 00:32:37 |        |
| Swansea Bay parkrun                     | 5k            | 08/06/2024 | 372 | 00:31:27 |        |
| Sandy Water parkrun                     | 5k            | 25/05/2024 | 166 | 00:34:42 |        |
| Swansea Bay parkrun                     | 5k            | 11/05/2024 | 532 | 00:36:25 |        |
| Cycle Route 43 parkrun Ystalyfera       | 5k            | 04/05/2024 | 97  | 00:32:52 |        |
| Southwark parkrun                       | 5k            | 20/04/2024 | 497 | 00:30:37 |        |
| Sandy Water parkrun                     | 5k            | 13/04/2024 | 135 | 00:32:23 |        |
| WCR 10 miler                            | 10 miles      | 31/03/2024 | 18  | 01:42:23 |        |
| Swansea Bay parkrun                     | 5k            | 30/03/2024 | 608 | 00:36:19 |        |
| Porthcawl parkrun                       | 5k            | 02/03/2024 | 373 | 00:35:53 |        |
| Swansea Bay parkrun                     | 5k            | 20/01/2024 | 439 | 00:32:44 |        |
| Swansea Bay parkrun                     | 5k            | 06/01/2024 | 513 | 00:35:07 |        |
| Swansea Bay parkrun                     | 5k            | 01/01/2024 | 276 | 00:28:47 |        |
| Sandy Water parkrun                     | 5k            | 30/12/2023 | 130 | 00:32:15 |        |
| Glynneath Boxing Day 5 Miler            | 5 miles       | 26/12/2023 | 129 | 00:46:36 |        |
| Llyn Llech Owain parkrun                | 5k            | 23/12/2023 | 99  | 00:39:11 |        |
| Swansea Bay parkrun                     | 5k            | 25/11/2023 | 441 | 00:34:14 |        |
| Sandy Water parkrun                     | 5k            | 11/11/2023 | 119 | 00:36:28 |        |
| Principality Cardiff Half Marathon 2023 | Half Marathon | 01/10/2023 |     | 02:17:16 | F40-44 |
| Swansea Bay parkrun                     | 5k            | 16/09/2023 | 368 | 00:34:20 |        |

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|--------------------------|----------|------------|-------|----------|--------|
| Sandy Water parkrun      | 5k       | 09/09/2023 | 66    | 00:27:44 |        |
| Swansea Bay parkrun      | 5k       | 02/09/2023 | 237   | 00:27:56 |        |
| Riddlesdown parkrun      | 5k       | 05/08/2023 | 53    | 00:29:02 |        |
| Sandy Water parkrun      | 5k       | 29/07/2023 | 95    | 00:28:17 |        |
| Sandy Water parkrun      | 5k       | 22/07/2023 | 80    | 00:29:06 |        |
| Gnoll parkrun            | 5k       | 24/06/2023 | 131   | 00:34:33 |        |
| Sandy Water parkrun      | 5k       | 03/06/2023 | 179   | 00:36:23 |        |
| Sandy Water parkrun      | 5k       | 13/05/2023 | 103   | 00:36:42 |        |
| Swansea Bay parkrun      | 5k       | 29/04/2023 | 559   | 00:37:07 |        |
| TCS London Marathon 2023 | Marathon | 23/04/2023 | 26032 | 04:26:14 | F40-44 |
| Sandy Water parkrun      | 5k       | 18/03/2023 | 92    | 00:34:05 |        |
| Swansea Bay parkrun      | 5k       | 11/03/2023 | 202   | 00:28:12 |        |
| Sandy Water parkrun      | 5k       | 25/02/2023 | 86    | 00:30:35 |        |
| Swansea Bay parkrun      | 5k       | 11/02/2023 | 382   | 00:37:10 |        |
| Swansea Bay parkrun      | 5k       | 28/01/2023 | 286   | 00:30:21 |        |
| Swansea Bay parkrun      | 5k       | 21/01/2023 | 347   | 00:36:17 |        |
| Sandy Water parkrun      | 5k       | 07/01/2023 | 65    | 00:28:34 |        |
| Sandy Water parkrun      | 5k       | 31/12/2022 | 111   | 00:39:23 |        |
| Sandy Water parkrun      | 5k       | 24/12/2022 | 176   | 00:41:52 |        |
| Gnoll parkrun            | 5k       | 03/12/2022 | 72    | 00:41:17 |        |
| Sandy Water parkrun      | 5k       | 19/11/2022 | 121   | 00:39:56 |        |
| Sandy Water parkrun      | 5k       | 05/11/2022 | 53    | 00:29:57 |        |
| Sandy Water parkrun      | 5k       | 29/10/2022 | 67    | 00:29:06 |        |
| Sandy Water parkrun      | 5k       | 22/10/2022 | 117   | 00:29:46 |        |
| Swansea Bay parkrun      | 5k       | 24/09/2022 | 255   | 00:29:30 |        |
| Sandy Water parkrun      | 5k       | 03/09/2022 | 128   | 00:32:23 |        |

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|---------------------------|---------------|------------|-------|----------|------|
| Colby parkrun             | 5k            | 30/07/2022 | 118   | 00:40:05 |      |
| Sandy Water parkrun       | 5k            | 02/07/2022 | 101   | 00:27:56 |      |
| JCP Swansea Half Marathon | Half Marathon | 12/06/2022 | 2762  | 02:59:53 | F40  |
| Colby parkrun             | 5k            | 14/05/2022 | 92    | 00:44:57 |      |
| Llyn Llech Owain parkrun  | 5k            | 07/05/2022 | 67    | 00:39:32 |      |
| Llyn Llech Owain parkrun  | 5k            | 30/04/2022 | 72    | 00:41:30 |      |
| Sandy Water parkrun       | 5k            | 16/04/2022 | 111   | 00:29:29 |      |
| Sandy Water parkrun       | 5k            | 26/03/2022 | 110   | 00:47:32 |      |
| Llyn Llech Owain parkrun  | 5k            | 19/03/2022 | 36    | 00:43:26 |      |
| Swansea Bay parkrun       | 5k            | 12/03/2022 | 181   | 00:28:38 |      |
| Sandy Water parkrun       | 5k            | 05/03/2022 | 149   | 00:41:34 |      |
| Swansea Bay parkrun       | 5k            | 26/02/2022 | 326   | 00:34:30 |      |
| Gnoll parkrun             | 5k            | 12/02/2022 | 70    | 00:33:11 |      |
| Sandy Water parkrun       | 5k            | 13/11/2021 | 100   | 00:29:19 |      |
| JCP Swansea Half Marathon | Half Marathon | 17/10/2021 | 1556  | 02:14:54 | F40  |
| Swansea Bay parkrun       | 5k            | 29/02/2020 | 301   | 00:33:07 |      |
| Swansea Bay parkrun       | 5k            | 25/01/2020 | 437   | 00:34:11 |      |
| Swansea Bay parkrun       | 5k            | 01/01/2020 | 452   | 00:32:29 |      |
| Cardiff Half Marathon     | Half Marathon | 06/10/2019 | 12303 | 02:25:44 | F35+ |
| Tenby 10k                 | 10k           | 28/07/2019 | 168   | 00:53:59 |      |
| Swansea Bay parkrun       | 5k            | 27/07/2019 | 345   | 00:33:03 |      |
| Swansea Bay parkrun       | 5k            | 13/07/2019 | 249   | 00:28:25 |      |
| Swansea Bay parkrun       | 5k            | 29/06/2019 | 330   | 00:36:01 |      |
| Swansea Bay parkrun       | 5k            | 15/06/2019 | 376   | 00:40:26 |      |
| Swansea Bay parkrun       | 5k            | 25/05/2019 | 394   | 00:32:01 |      |
| Swansea Bay parkrun       | 5k            | 04/05/2019 | 286   | 00:29:48 |      |

|                                    |               |            |       |          |      |
|------------------------------------|---------------|------------|-------|----------|------|
| Swansea Bay parkrun                | 5k            | 27/04/2019 | 161   | 00:32:05 |      |
| Swansea Bay parkrun                | 5k            | 13/04/2019 | 266   | 00:30:30 |      |
| Swansea Bay parkrun                | 5k            | 09/03/2019 | 226   | 00:29:18 |      |
| Swansea Bay parkrun                | 5k            | 01/01/2019 | 434   | 00:34:44 |      |
| Swansea Bay parkrun                | 5k            | 29/12/2018 | 383   | 00:41:46 |      |
| Swansea Bay parkrun                | 5k            | 08/12/2018 | 127   | 00:28:14 |      |
| Swansea Bay parkrun                | 5k            | 20/10/2018 | 178   | 00:27:53 |      |
| Cardiff Half Marathon              | Half Marathon | 07/10/2018 | 8190  | 02:04:49 | F35+ |
| Swansea Bay parkrun                | 5k            | 29/09/2018 | 158   | 00:26:23 |      |
| Swansea Bay parkrun                | 5k            | 18/08/2018 | 145   | 00:26:04 |      |
| Tenby 10k                          | 10k           | 29/07/2018 | 216   | 00:55:23 | F35  |
| Pprc Swansea Bay Summer 5k Series  | 5k            | 12/07/2018 | 109   | 00:27:43 | F    |
| Swansea Bay parkrun                | 5k            | 07/07/2018 | 109   | 00:26:41 |      |
| Jcp Swansea Half Marathon          | Half Marathon | 24/06/2018 | 2780  | 02:10:46 | FV35 |
| Swansea Bay parkrun                | 5k            | 12/05/2018 | 137   | 00:26:40 |      |
| Pprc Swansea Bay Summer 5k Series  | 5k            | 10/05/2018 | 103   | 00:27:24 | F    |
| Llanelli Coast parkrun             | 5k            | 05/05/2018 | 187   | 00:45:42 |      |
| Swansea Bay parkrun                | 5k            | 21/04/2018 | 139   | 00:26:53 |      |
| Swansea Bay parkrun                | 5k            | 14/04/2018 | 366   | 00:42:09 |      |
| Llanelli Coast parkrun             | 5k            | 07/04/2018 | 65    | 00:28:32 |      |
| <b>Paula Stockley</b>              |               | 93         |       |          |      |
| Principality Cardiff Half Marathon | Half Marathon | 06/10/2024 | 22081 | 03:34:59 | F40  |
| Swansea Bay parkrun                | 5k            | 28/09/2024 | 576   | 00:45:18 |      |
| A J Bell Great North Run           | Half Marathon | 08/09/2024 | 45218 | 03:46:47 |      |
| Jesmond Dene parkrun               | 5k            | 07/09/2024 | 517   | 00:57:05 |      |
| Tri Hard Harriers 5K On The Bay    | 5k            | 22/08/2024 | 332   | 00:42:23 |      |



|                                       |               |            |       |          |      |
|---------------------------------------|---------------|------------|-------|----------|------|
| Swansea Bay parkrun                   | 5k            | 27/07/2024 | 550   | 00:45:03 |      |
| Swansea Bay 5k Summer Series Race 3   | 5k            | 10/07/2024 | 146   | 00:43:22 |      |
| Swansea Bay parkrun                   | 5k            | 29/06/2024 | 480   | 00:41:54 |      |
| Swansea Bay 5k Summer Series Race 2   | 5k            | 12/06/2024 | 148   | 00:41:46 |      |
| Paul Popham Swansea Bay Summer Series | 5k            | 08/05/2024 | 62    | 00:42:57 |      |
| Thames Path parkrun Woolwich          | 5k            | 20/04/2024 | 382   | 00:44:09 |      |
| Swansea Bay parkrun                   | 5k            | 13/04/2024 | 552   | 00:52:39 |      |
| Queen Elizabeth parkrun               | 5k            | 30/03/2024 | 178   | 00:55:16 |      |
| Swansea Bay parkrun                   | 5k            | 24/02/2024 | 539   | 00:45:59 |      |
| Swansea Bay parkrun                   | 5k            | 17/02/2024 | 554   | 00:05:24 |      |
| Swansea Bay parkrun                   | 5k            | 09/12/2023 | 293   | 00:45:04 |      |
| Swansea Bay parkrun                   | 5k            | 21/10/2023 | 459   | 00:40:35 |      |
| Conwy parkrun                         | 5k            | 30/09/2023 | 202   | 00:41:12 |      |
| AJ Bell Great North Run 2023          | Half Marathon | 24/09/2023 | 43405 | 04:09:44 |      |
| Blyth Links parkrun                   | 5k            | 09/09/2023 | 221   | 00:44:54 |      |
| Tri Hard Harriers 5k on the Bay       | 5k            | 24/08/2023 | 237   | 00:39:51 | F40+ |
| Swansea Bay parkrun                   | 5k            | 12/08/2023 | 381   | 00:44:38 |      |
| Conkers parkrun                       | 5k            | 29/07/2023 | 430   | 00:44:21 |      |
| Swansea Bay parkrun                   | 5k            | 22/07/2023 | 273   | 00:46:04 |      |
| Swansea Bay parkrun                   | 5k            | 10/06/2023 | 493   | 00:58:49 |      |
| Swansea Bay Summer 5k Series          | 5k            | 10/05/2023 | 191   | 00:44:50 | FSEN |
| Swansea Bay parkrun                   | 5k            | 06/05/2023 | 479   | 00:56:51 |      |
| Swansea Bay parkrun                   | 5k            | 29/04/2023 | 599   | 00:56:40 |      |
| Stockley Country parkrun              | 5k            | 22/04/2023 | 65    | 00:48:24 |      |
| Swansea Bay parkrun                   | 5k            | 15/04/2023 | 490   | 00:46:38 |      |
| Swansea Bay parkrun                   | 5k            | 18/02/2023 | 406   | 00:00:45 |      |

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|---|---------------|------------|-------|----------|--------|
| Swansea Bay parkrun                           | 5k            | 04/02/2023 | 414   | 00:00:13 |        |
| Swansea Bay parkrun                           | 5k            | 21/01/2023 | 389   | 00:50:59 |        |
| Swansea Bay parkrun                           | 5k            | 14/01/2023 | 463   | 00:41:27 |        |
| Swansea Bay parkrun                           | 5k            | 07/01/2023 | 374   | 00:47:41 |        |
| Swansea Bay parkrun                           | 5k            | 01/01/2023 | 330   | 00:47:28 |        |
| Swansea Bay parkrun                           | 5k            | 10/12/2022 | 221   | 00:45:00 |        |
| Swansea Bay parkrun                           | 5k            | 12/11/2022 | 347   | 00:45:15 |        |
| Swansea Bay parkrun                           | 5k            | 29/10/2022 | 348   | 00:41:14 |        |
| Admiral Swansea Bay 10k                       | 10k           | 18/09/2022 | 2694  | 01:26:20 | F40    |
| Swansea Bay parkrun                           | 5k            | 13/08/2022 | 314   | 00:55:18 |        |
| Tenby 10k                                     | 10k           | 31/07/2022 | 361   | 01:29:54 | F35    |
| Swansea Bay parkrun                           | 5k            | 23/07/2022 | 333   | 00:45:40 |        |
| Swansea Bay parkrun                           | 5k            | 09/07/2022 | 312   | 00:56:10 |        |
| Gnoll parkrun                                 | 5k            | 02/07/2022 | 124   | 00:42:25 |        |
| Swansea Bay parkrun                           | 5k            | 25/06/2022 | 361   | 00:41:00 |        |
| Swansea Bay parkrun                           | 5k            | 18/06/2022 | 314   | 00:52:48 |        |
| Swansea Bay parkrun                           | 5k            | 11/06/2022 | 336   | 00:42:07 |        |
| Swansea Bay Summer 5k Series                  | 5k            | 08/06/2022 | 100   | 00:41:00 | F40    |
| Swansea Bay parkrun                           | 5k            | 28/05/2022 | 411   | 00:41:08 |        |
| Toughrunner UK Swansea Epic Trail 10k         | 10k           | 22/05/2022 | 518   | 01:40:59 | F40-49 |
| Swansea Bay parkrun                           | 5k            | 09/04/2022 | 342   | 00:48:57 |        |
| 2022 Cardiff University Cardiff Half Marathon | Half Marathon | 27/03/2022 | 11582 | 03:35:42 | F40+   |
| Swansea Bay parkrun                           | 5k            | 26/02/2022 | 368   | 00:55:48 |        |
| Swansea Bay parkrun                           | 5k            | 12/02/2022 | 330   | 01:03:35 |        |
| Swansea Bay parkrun                           | 5k            | 05/02/2022 | 348   | 00:44:09 |        |
| Swansea Bay parkrun                           | 5k            | 15/01/2022 | 246   | 00:47:27 |        |

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|------------------------------|---------------|------------|-------|----------|--------|
| Swansea Bay parkrun          | 5k            | 20/11/2021 | 359   | 00:41:01 |        |
| JCP Swansea Half Marathon    | Half Marathon | 17/10/2021 | 2084  | 03:26:19 | F40    |
| Virgin London Marathon       | Marathon      | 03/10/2021 | 35724 | 07:55:04 | F40-44 |
| Admiral Swansea Bay 10k      | 10k           | 19/09/2021 | 2341  | 01:35:15 |        |
| Swansea Bay parkrun          | 5k            | 04/09/2021 | 427   | 00:42:07 |        |
| Swansea Bay parkrun          | 5k            | 21/08/2021 | 343   | 00:42:19 |        |
| Swansea Bay parkrun          | 5k            | 22/02/2020 | 478   | 00:58:52 |        |
| Swansea Bay parkrun          | 5k            | 08/02/2020 | 488   | 00:52:10 |        |
| Swansea Bay parkrun          | 5k            | 18/01/2020 | 521   | 01:00:05 |        |
| Swansea Bay parkrun          | 5k            | 11/01/2020 | 408   | 00:53:49 |        |
| Swansea Bay parkrun          | 5k            | 04/01/2020 | 409   | 00:47:09 |        |
| Swansea Bay parkrun          | 5k            | 01/01/2020 | 574   | 00:49:02 |        |
| Swansea Bay parkrun          | 5k            | 14/09/2019 | 433   | 00:45:40 |        |
| Bath Skyline parkrun         | 5k            | 24/08/2019 | 315   | 00:54:48 |        |
| Swansea Bay parkrun          | 5k            | 10/08/2019 | 209   | 00:56:24 |        |
| Swansea Bay parkrun          | 5k            | 03/08/2019 | 399   | 00:50:38 |        |
| Swansea Bay parkrun          | 5k            | 29/06/2019 | 364   | 00:51:22 |        |
| Swansea Bay parkrun          | 5k            | 22/06/2019 | 341   | 00:45:20 |        |
| Swansea Bay parkrun          | 5k            | 15/06/2019 | 385   | 00:46:47 |        |
| Swansea Bay parkrun          | 5k            | 08/06/2019 | 434   | 00:47:50 |        |
| Swansea Bay parkrun          | 5k            | 18/05/2019 | 432   | 00:45:10 |        |
| Swansea Epic Trail 10k       | 10k           | 12/05/2019 | 730   | 01:51:24 | FV35   |
| Swansea Bay parkrun          | 5k            | 04/05/2019 | 407   | 00:46:55 |        |
| Virgin Money London Marathon | Marathon      | 28/04/2019 | 42225 | 07:31:02 | F18-39 |
| Great Welsh Half Marathon    | Half Marathon | 14/04/2019 | 632   | 03:34:48 | FSEN   |
| Sage Reading Half Marathon   | Half Marathon | 17/03/2019 | 8872  | 03:38:45 |        |

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|---------------------------------|---------------|------------|-------|----------|--------|
| Swansea Bay parkrun             | 5k            | 09/03/2019 | 350   | 00:49:14 |        |
| Swansea Bay parkrun             | 5k            | 16/02/2019 | 422   | 00:49:42 |        |
| Swansea Bay parkrun             | 5k            | 26/01/2019 | 396   | 00:48:42 |        |
| Swansea Bay parkrun             | 5k            | 12/01/2019 | 353   | 00:50:54 |        |
| Swansea Bay parkrun             | 5k            | 17/11/2018 | 256   | 00:47:00 |        |
| Admiral Swansea Bay 10k         | 10k           | 16/09/2018 | 3379  | 01:39:34 | F35    |
| Great North Run                 | Half Marathon | 09/09/2018 | 43352 | 04:07:26 |        |
| Swansea Bay parkrun             | 5k            | 25/08/2018 | 354   | 00:45:40 |        |
| Swansea Bay parkrun             | 5k            | 11/08/2018 | 341   | 00:50:49 |        |
| Swansea Bay parkrun             | 5k            | 07/07/2018 | 251   | 00:51:50 |        |
| <b>Alice Sullivan</b>           |               | 116        |       |          |        |
| Swansea Bay parkrun             | 5k            | 21/12/2024 | 240   | 00:26:43 |        |
| Sandy Water parkrun             | 5k            | 14/12/2024 | 105   | 00:35:25 |        |
| Three Brooks parkrun            | 5k            | 30/11/2024 | 181   | 00:28:23 |        |
| Gnoll parkrun                   | 5k            | 23/11/2024 | 45    | 00:29:47 |        |
| Y Promend parkrun Aberhonddu    | 5k            | 16/11/2024 | 103   | 00:29:50 |        |
| Richard Burton 10k              | 10k           | 03/11/2024 | 1366  | 00:59:07 | F40-49 |
| Brynaman parkrun                | 5k            | 02/11/2024 | 53    | 00:51:54 |        |
| Gnoll parkrun                   | 5k            | 19/10/2024 | 60    | 00:31:20 |        |
| Tri Hard Harriers 5K On The Bay | 5k            | 22/08/2024 | 221   | 00:26:19 |        |
| Swansea Bay parkrun             | 5k            | 17/08/2024 | 376   | 00:30:49 |        |
| Swansea Half Marathon           | Half Marathon | 09/06/2024 |       | 02:36:40 | F45    |
| Swansea Bay parkrun             | 5k            | 01/06/2024 | 378   | 00:30:20 |        |
| Brisco Gorseinon 10k            | 10k           | 19/05/2024 |       | 01:09:19 |        |
| Southwark parkrun               | 5k            | 20/04/2024 | 493   | 00:30:32 |        |
| Ipswich parkrun                 | 5k            | 30/03/2024 | 192   | 00:34:53 |        |

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| Swansea Bay parkrun                     | 5k            | 03/02/2024 | 272   | 00:28:26 |        |
| Swansea Bay parkrun                     | 5k            | 27/01/2024 | 290   | 00:28:30 |        |
| Swansea Bay parkrun                     | 5k            | 06/01/2024 | 267   | 00:27:49 |        |
| Swansea Bay parkrun                     | 5k            | 01/01/2024 | 221   | 00:27:30 |        |
| Principality Cardiff Half Marathon 2023 | Half Marathon | 01/10/2023 |       | 02:12:53 | F45-49 |
| Admiral Swansea Bay 10k                 | 10k           | 17/09/2023 | 867   | 00:52:42 | Female |
| Swansea Bay parkrun                     | 5k            | 26/08/2023 | 218   | 00:25:04 |        |
| Tri Hard Harriers 5k on the Bay         | 5k            | 24/08/2023 | 156   | 00:25:32 | F40+   |
| Swansea Bay parkrun                     | 5k            | 19/08/2023 | 225   | 00:27:03 |        |
| Swansea Bay parkrun                     | 5k            | 05/08/2023 | 127   | 00:25:59 |        |
| Swansea Bay parkrun                     | 5k            | 22/07/2023 | 160   | 00:27:22 |        |
| Swansea Bay parkrun                     | 5k            | 15/07/2023 | 174   | 00:26:55 |        |
| Swansea Bay parkrun                     | 5k            | 20/05/2023 | 213   | 00:26:34 |        |
| Swansea Bay parkrun                     | 5k            | 06/05/2023 | 297   | 00:28:49 |        |
| Brisco Gorseinon 10k                    | 10k           | 30/04/2023 | 646   | 01:08:32 | F45    |
| TCS London Marathon 2023                | Marathon      | 23/04/2023 | 26128 | 04:26:33 | F45-49 |
| Swansea Bay parkrun                     | 5k            | 18/03/2023 | 322   | 00:31:51 |        |
| Swansea Bay parkrun                     | 5k            | 04/03/2023 | 459   | 00:50:59 |        |
| Swansea Bay parkrun                     | 5k            | 04/02/2023 | 181   | 00:26:33 |        |
| Swansea Bay parkrun                     | 5k            | 28/01/2023 | 241   | 00:28:12 |        |
| Swansea Bay parkrun                     | 5k            | 14/01/2023 | 332   | 00:30:30 |        |
| Swansea Bay parkrun                     | 5k            | 07/01/2023 | 157   | 00:26:36 |        |
| Swansea Bay parkrun                     | 5k            | 01/01/2023 | 270   | 00:33:53 |        |
| Ipswich parkrun                         | 5k            | 24/12/2022 | 86    | 00:27:30 |        |
| Swansea Bay parkrun                     | 5k            | 26/11/2022 | 171   | 00:27:10 |        |
| MBNA Chester Marathon                   | Marathon      | 02/10/2022 | 1669  | 04:29:15 | FV45   |

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| Admiral Swansea Bay 10k                        | 10k           | 18/09/2022 | 2228 | 01:09:06 | F45 |
| Swansea Bay parkrun                            | 5k            | 27/08/2022 | 392  | 00:32:12 |     |
| Stonehouse parkrun                             | 5k            | 20/08/2022 | 49   | 00:28:20 |     |
| Swansea Bay parkrun                            | 5k            | 13/08/2022 | 190  | 00:29:21 |     |
| Tenby 10k                                      | 10k           | 31/07/2022 | 129  | 00:56:11 | F35 |
| Swansea Bay parkrun                            | 5k            | 25/06/2022 | 173  | 00:26:39 |     |
| Swansea Bay parkrun                            | 5k            | 18/06/2022 | 206  | 00:28:46 |     |
| JCP Swansea Half Marathon                      | Half Marathon | 12/06/2022 | 2205 | 02:24:58 | F40 |
| Swansea Bay parkrun                            | 5k            | 28/05/2022 | 194  | 00:25:13 |     |
| Swansea Bay parkrun                            | 5k            | 21/05/2022 | 169  | 00:26:03 |     |
| Swansea Bay parkrun                            | 5k            | 16/04/2022 | 255  | 00:27:46 |     |
| Swansea Bay parkrun                            | 5k            | 12/02/2022 | 192  | 00:28:11 |     |
| Swansea Bay parkrun                            | 5k            | 05/02/2022 | 347  | 00:42:23 |     |
| Swansea Bay parkrun                            | 5k            | 20/11/2021 | 200  | 00:27:24 |     |
| Swansea Bay parkrun                            | 5k            | 06/11/2021 | 202  | 00:28:04 |     |
| JCP Swansea Half Marathon                      | Half Marathon | 17/10/2021 | 1438 | 02:16:04 | F40 |
| Swansea Bay parkrun                            | 5k            | 02/10/2021 | 151  | 00:28:52 |     |
| Admiral Swansea Bay 10k                        | 10k           | 19/09/2021 | 1002 | 00:57:40 |     |
| Welsh Athletics Welsh Road Relay Championships | 5400m         | 11/09/2021 | 28   | 00:28:41 | SF  |
| Swansea Bay parkrun                            | 5k            | 21/08/2021 | 222  | 00:29:13 |     |
| Swansea Bay parkrun                            | 5k            | 29/02/2020 | 309  | 00:33:52 |     |
| Swansea Bay parkrun                            | 5k            | 01/02/2020 | 160  | 00:26:33 |     |
| Swansea Bay parkrun                            | 5k            | 18/01/2020 | 252  | 00:27:59 |     |
| Swansea Bay parkrun                            | 5k            | 04/01/2020 | 196  | 00:26:51 |     |
| Swansea Bay parkrun                            | 5k            | 01/01/2020 | 320  | 00:28:49 |     |
| Admiral Swansea Bay 10k                        | 10k           | 22/09/2019 |      | 00:53:45 |     |

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| Swansea Bay parkrun                                       | 5k            | 31/08/2019 | 139  | 00:25:51 |       |
| Tenby 10k   | 10k           | 28/07/2019 | 244  | 00:57:57 |       |
| Swansea Bay parkrun                                       | 5k            | 27/07/2019 | 290  | 00:29:46 |       |
| Porthcawl 10k   | 10k           | 07/07/2019 | 1024 | 00:54:10 | F40+  |
| Swansea Bay parkrun                                       | 5k            | 22/06/2019 | 196  | 00:28:29 |       |
| PPRC 5k Summer Series Race 2                              | 5k            | 13/06/2019 |      | 00:25:53 | F35   |
| Welsh Castles Relay Stage 4 - Maentwrog to Harlech Castle | 9.5 miles     | 08/06/2019 | 54   | 01:16:43 | FV    |
| Swansea Bay parkrun                                       | 5k            | 18/05/2019 | 225  | 00:26:28 |       |
| Whitford Point Multi Terrain Race                         | 5.8 miles     | 15/05/2019 | 118  | 01:01:11 | VF40  |
| Swansea Bay parkrun                                       | 5k            | 27/04/2019 | 116  | 00:27:42 |       |
| Swansea Bay parkrun                                       | 5k            | 09/03/2019 | 253  | 00:30:37 |       |
| Swansea Bay parkrun                                       | 5k            | 24/11/2018 | 94   | 00:23:19 |       |
| Sospan RR MT10  | 10 miles      | 18/11/2018 | 332  | 01:40:16 | F3544 |
| Swansea Bay parkrun                                       | 5k            | 17/11/2018 | 111  | 00:25:20 |       |
| Swansea Bay parkrun                                       | 5k            | 27/10/2018 | 241  | 00:29:33 |       |
| Cardiff Half Marathon                                     | Half Marathon | 07/10/2018 | 3266 | 01:46:57 | F40+  |
| Swansea Bay parkrun                                       | 5k            | 28/07/2018 | 35   | 00:23:15 |       |
| Pprc Swansea Bay Summer 5k Series                         | 5k            | 12/07/2018 | 85   | 00:23:53 | F     |
| Ammanford 10k   | 10k           | 08/07/2018 | 161  | 00:57:05 | FV40  |
| Jcp Swansea Half Marathon                                 | Half Marathon | 24/06/2018 | 1090 | 01:49:13 | FV35  |
| Welsh Castles Relay Stage 9                               | 8.6 miles     | 09/06/2018 | 44   | 01:06:29 | FV    |
| Pprc Swansea Bay Summer 5k Series                         | 5k            | 10/05/2018 | 69   | 00:24:41 | F     |
| Great Welsh Half Marathon                                 | Half Marathon | 15/04/2018 | 184  | 02:00:13 | FV40  |
| Swansea Bay parkrun                                       | 5k            | 14/04/2018 | 306  | 00:33:49 |       |
| Swansea Bay parkrun                                       | 5k            | 07/04/2018 | 60   | 00:24:40 |       |
| Llanelli Half Marathon                                    | Half Marathon | 18/02/2018 | 501  | 01:49:58 | FV35  |

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| Llyn Llech Owain parkrun                                 | 5k            | 03/02/2018 | 33    | 00:25:44 |        |
| West Glamorgan Xc League - Margam Park - Women           | TBC           | 28/01/2018 | 53    | 00:49:08 |        |
| West Glamorgan Xc League - Margam Reservoir - Women      | 5.6 miles     | 14/01/2018 | 45    | 00:45:40 |        |
| Swansea Bay parkrun                                      | 5k            | 01/01/2018 | 97    | 00:25:20 |        |
| Swansea Bay parkrun                                      | 5k            | 30/12/2017 | 196   | 00:32:14 |        |
| Ipswich parkrun  | 5k            | 23/12/2017 | 97    | 00:25:36 |        |
| Swansea Bay parkrun                                      | 5k            | 02/12/2017 | 164   | 00:31:00 |        |
| West Glamorgan Xc League - Kenfig Nature Reserve - Women | TBC           | 26/11/2017 | 81    | 00:39:21 |        |
| Swansea Bay parkrun                                      | 5k            | 25/11/2017 | 158   | 00:27:59 |        |
| Colby parkrun  | 5k            | 04/11/2017 | 55    | 00:28:09 |        |
| Swansea Bay parkrun                                      | 5k            | 28/10/2017 | 127   | 00:25:57 |        |
| West Glamorgan Xc League - Gnoll - Women                 | 5k            | 25/10/2017 | 54    | 00:25:52 |        |
| Swansea Bay parkrun                                      | 5k            | 21/10/2017 | 92    | 00:25:21 |        |
| Swansea Bay parkrun                                      | 5k            | 07/10/2017 | 147   | 00:28:33 |        |
| Cardiff Half Marathon                                    | Half Marathon | 01/10/2017 | 17885 | 02:55:43 | F35-39 |
| Admiral Swansea Bay 10k                                  | 10k           | 24/09/2017 | 1037  | 00:52:23 | F35+   |
| Swansea Bay parkrun                                      | 5k            | 26/08/2017 | 285   | 00:33:00 |        |
| Swansea Bay parkrun                                      | 5k            | 20/05/2017 | 189   | 00:29:32 |        |
| Whitford Point Multi-terrain Race                        | 5.6 miles     | 17/05/2017 | 139   | 01:00:56 | VF35   |
| Paul Popham Running Club Swansea Bay Summer 5k Series    | 5k            | 09/05/2017 | 45    | 00:26:22 |        |
| Llanelli Half Marathon 2017                              | Half Marathon | 12/03/2017 | 501   | 01:52:02 | FV35   |
| Swansea Bay parkrun                                      | 5k            | 31/12/2016 | 124   | 00:26:07 |        |
| Swansea Bay parkrun                                      | 5k            | 24/12/2016 | 145   | 00:26:08 |        |
| <b>Jason Taylor</b>                                      |               | 3          |       |          |        |
| Cardiff Half Marathon                                    | Half Marathon | 06/10/2019 | 7344  | 02:09:36 | M40+   |
| Whitford Point Multi Terrain Race                        | 5.8 miles     | 15/05/2019 | 114   | 00:58:06 | VM40   |



|   |               |            |      |          |      |
|---|---------------|------------|------|----------|------|
| Village Bakery Wrexham Half 2019        | Half Marathon | 17/02/2019 | 1443 | 01:58:59 | MV40 |
| <b>Andrew Thomas</b>                    |               | 23         |      |          |      |
| Llanelli Coast parkrun                  | 5k            | 26/08/2017 | 32   | 00:21:36 |      |
| Trot's St Clear's 10k                   | 10k           | 20/08/2017 | 35   | 00:48:43 | M50  |
| Ammanford Lions 10k                     | 10k           | 09/07/2017 | 59   | 00:48:41 | M50  |
| Llanelli Coast parkrun                  | 5k            | 01/07/2017 | 12   | 00:21:54 |      |
| Llandeilo 3 Parks Challenge             | 10k           | 02/06/2017 | 78   | 00:51:22 | M50  |
| Llanelli Coast parkrun                  | 5k            | 20/05/2017 | 17   | 00:21:24 |      |
| Whitford Point Multi-terrain Race       | 5.6 miles     | 17/05/2017 | 78   | 00:46:38 | VM50 |
| Trap Show Charity Fun Run 2017 Mv50     | 4.7 miles     | 14/05/2017 | 3    | 00:34:05 | MV50 |
| Llanelli Coast parkrun                  | 5k            | 22/04/2017 | 13   | 00:21:12 |      |
| Llanelli Coast parkrun                  | 5k            | 15/04/2017 | 16   | 00:21:00 |      |
| Llanelli Coast parkrun                  | 5k            | 08/04/2017 | 16   | 00:21:13 |      |
| Tenovus Botanic Garden 10k              | 10k           | 02/04/2017 | 29   | 00:46:52 | M50  |
| Llanelli Coast parkrun                  | 5k            | 25/03/2017 | 9    | 00:21:13 |      |
| Llanelli Coast parkrun                  | 5k            | 18/03/2017 | 10   | 00:21:14 |      |
| Llanelli Coast parkrun                  | 5k            | 11/03/2017 | 10   | 00:21:23 |      |
| Llanelli Coast parkrun                  | 5k            | 04/03/2017 | 15   | 00:21:40 |      |
| Llanelli Coast parkrun                  | 5k            | 25/02/2017 | 15   | 00:21:34 |      |
| Llanelli Coast parkrun                  | 5k            | 18/02/2017 | 24   | 00:21:28 |      |
| Llanelli Coast parkrun                  | 5k            | 11/02/2017 | 11   | 00:21:36 |      |
| Prince Of Wales New Year's Day Run      | 4 miles       | 01/01/2017 | 62   | 00:27:17 | MM50 |
| 2016 Nos Galan Seniors                  | 5k            | 31/12/2016 | 154  | 00:24:47 | M45  |
| Merthyr Mawr Christmas Pudding Run 2016 | 6 miles       | 11/12/2016 | 184  | 00:54:27 | MV40 |
| Richard Burton 10k                      | 10k           | 06/11/2016 | 291  | 00:47:46 | MV50 |
| <b>Debra Thomas</b>                     |               | 5          |      |          |      |

|                                     |               |            |       |          |        |
|-------------------------------------|---------------|------------|-------|----------|--------|
| TCS New York City Marathon          | Marathon      | 03/11/2024 | 38112 | 04:55:08 | W31    |
| Principality Cardiff Half Marathon  | Half Marathon | 06/10/2024 | 12445 | 02:08:20 | FSEN   |
| Brecon Carreg CDF 10K               | 10k           | 01/09/2024 |       | 01:03:13 | FSEN   |
| Ogi Porthcawl 10k                   | 10k           | 07/07/2024 |       | 00:53:56 | FSEN   |
| Swansea Bay 5k Summer Series Race 2 | 5k            | 12/06/2024 | 87    | 00:25:16 |        |
| <b>Sean Thomas</b>                  |               |            | 3     |          |        |
| Brisco Gorseinon 10k                | 10k           | 30/04/2023 | 330   | 00:54:32 | MSEN   |
| TCS London Marathon 2023            | Marathon      | 23/04/2023 | 8474  | 03:29:31 | M18-39 |
| Admiral Swansea Bay 10k             | 10k           | 18/09/2022 | 300   | 00:43:07 | MS     |
| <b>Hans Thompson</b>                |               |            | 32    |          |        |
| Swansea Bay parkrun                 | 5k            | 21/12/2024 | 129   | 00:23:51 |        |
| Swansea Bay parkrun                 | 5k            | 14/12/2024 | 103   | 00:23:27 |        |
| Marathon Lanzarote 2024 - 10k       | 10k           | 07/12/2024 | 142   | 00:54:40 |        |
| Swansea Bay parkrun                 | 5k            | 30/11/2024 | 57    | 00:22:12 |        |
| Swansea Bay parkrun                 | 5k            | 16/11/2024 | 82    | 00:22:03 |        |
| Swansea Bay parkrun                 | 5k            | 09/11/2024 | 66    | 00:22:10 |        |
| Swansea Bay parkrun                 | 5k            | 26/10/2024 | 61    | 00:21:45 |        |
| Swansea Bay parkrun                 | 5k            | 19/10/2024 | 81    | 00:21:47 |        |
| Swansea Bay parkrun                 | 5k            | 05/10/2024 | 61    | 00:21:59 |        |
| Swansea Bay parkrun                 | 5k            | 28/09/2024 | 70    | 00:21:06 |        |
| Swansea Bay parkrun                 | 5k            | 21/09/2024 | 50    | 00:21:35 |        |
| Swansea Bay parkrun                 | 5k            | 14/09/2024 | 42    | 00:21:46 |        |
| Swansea Bay parkrun                 | 5k            | 31/08/2024 | 65    | 00:21:38 |        |
| Swansea Bay parkrun                 | 5k            | 24/08/2024 | 62    | 00:21:25 |        |
| Tri Hard Harriers 5K On The Bay     | 5k            | 22/08/2024 | 114   | 00:21:45 |        |
| Swansea Bay parkrun                 | 5k            | 17/08/2024 | 62    | 00:21:26 |        |

|                      |          |            |     |          |        |
|----------------------|----------|------------|-----|----------|--------|
| Swansea Bay parkrun  | 5k       | 10/08/2024 | 51  | 00:21:40 |        |
| Swansea Bay parkrun  | 5k       | 03/08/2024 | 69  | 00:21:47 |        |
| Swansea Bay parkrun  | 5k       | 27/07/2024 | 87  | 00:22:16 |        |
| Swansea Bay parkrun  | 5k       | 13/07/2024 | 56  | 00:21:49 |        |
| Swansea Bay parkrun  | 5k       | 29/06/2024 | 55  | 00:22:00 |        |
| Swansea Bay parkrun  | 5k       | 22/06/2024 | 50  | 00:21:31 |        |
| Swansea Bay parkrun  | 5k       | 15/06/2024 | 55  | 00:22:02 |        |
| Swansea Bay parkrun  | 5k       | 08/06/2024 | 43  | 00:21:45 |        |
| Swansea Bay parkrun  | 5k       | 01/06/2024 | 68  | 00:21:32 |        |
| Swansea Bay parkrun  | 5k       | 25/05/2024 | 62  | 00:21:29 |        |
| Swansea Bay parkrun  | 5k       | 18/05/2024 | 60  | 00:21:44 |        |
| Swansea Bay parkrun  | 5k       | 11/05/2024 | 72  | 00:22:10 |        |
| Swansea Bay parkrun  | 5k       | 27/04/2024 | 46  | 00:21:42 |        |
| Swansea Bay parkrun  | 5k       | 20/04/2024 | 87  | 00:22:00 |        |
| Swansea Bay parkrun  | 5k       | 13/04/2024 | 69  | 00:22:29 |        |
| Swansea Bay parkrun  | 5k       | 06/04/2024 | 58  | 00:22:27 |        |
| <b>Chris Timmins</b> |          | 21         |     |          |        |
| Swansea Bay parkrun  | 5k       | 27/01/2018 | 124 | 00:28:30 |        |
| Swansea Bay parkrun  | 5k       | 23/12/2017 | 95  | 00:23:49 |        |
| Swansea Bay parkrun  | 5k       | 02/12/2017 | 25  | 00:21:51 |        |
| Swansea Bay parkrun  | 5k       | 25/11/2017 | 153 | 00:27:46 |        |
| Swansea Bay parkrun  | 5k       | 11/11/2017 | 46  | 00:22:08 |        |
| Swansea Bay parkrun  | 5k       | 04/11/2017 | 48  | 00:22:30 |        |
| Swansea Bay parkrun  | 5k       | 28/10/2017 | 45  | 00:21:59 |        |
| Swansea Bay parkrun  | 5k       | 07/10/2017 | 56  | 00:22:26 |        |
| Hull Marathon        | Marathon | 24/09/2017 | 508 | 04:27:42 | M40-44 |

|  |               |            |      |          |        |
|--|---------------|------------|------|----------|--------|
| Jcp Swansea Half Marathon                | Half Marathon | 25/06/2017 | 1154 | 01:49:24 | MV40   |
| Swansea Bay parkrun                      | 5k            | 17/06/2017 | 109  | 00:27:51 |        |
| Swansea Bay parkrun                      | 5k            | 03/06/2017 | 58   | 00:22:39 |        |
| Swansea Bay parkrun                      | 5k            | 27/05/2017 | 134  | 00:27:43 |        |
| Swansea Bay parkrun                      | 5k            | 20/05/2017 | 192  | 00:29:35 |        |
| Swansea Bay parkrun                      | 5k            | 29/04/2017 | 43   | 00:21:57 |        |
| Swansea Bay parkrun                      | 5k            | 15/04/2017 | 86   | 00:22:50 |        |
| Swansea Bay parkrun                      | 5k            | 08/04/2017 | 58   | 00:22:17 |        |
| Llanelli Half Marathon 2017              | Half Marathon | 12/03/2017 | 445  | 01:49:42 | MV40   |
| Swansea Bay parkrun                      | 5k            | 25/02/2017 | 143  | 00:29:43 |        |
| Swansea Bay parkrun                      | 5k            | 28/01/2017 | 46   | 00:22:48 |        |
| Swansea Bay parkrun                      | 5k            | 21/01/2017 | 49   | 00:23:20 |        |
| <b>Craig Tindal</b>                      |               | 33         |      |          |        |
| Sandy Water parkrun                      | 5k            | 16/04/2022 | 29   | 00:21:44 |        |
| Swansea Bay parkrun                      | 5k            | 21/08/2021 | 223  | 00:29:14 |        |
| Swansea Bay parkrun                      | 5k            | 08/02/2020 | 32   | 00:19:49 |        |
| Llanelli Coast parkrun                   | 5k            | 18/01/2020 | 15   | 00:19:59 |        |
| Llanelli Coast parkrun                   | 5k            | 11/01/2020 | 7    | 00:20:24 |        |
| Llanelli Coast parkrun                   | 5k            | 30/11/2019 | 12   | 00:20:31 |        |
| Cardiff Half Marathon                    | Half Marathon | 06/10/2019 | 1503 | 01:34:57 | M35+   |
| Swansea Bay parkrun                      | 5k            | 28/09/2019 | 11   | 00:19:14 |        |
| Welsh Athletics Road Relay Championships | 5400m         | 15/09/2019 |      | 00:22:27 | SM     |
| Brechfa Trail Half Marathon 2019         | Half Marathon | 18/08/2019 | 23   | 01:51:22 | M30-39 |
| Gnoll parkrun                            | 5k            | 03/08/2019 | 5    | 00:20:05 |        |
| Swansea Bay parkrun                      | 5k            | 27/07/2019 | 24   | 00:19:29 |        |
| Llanelli Coast parkrun                   | 5k            | 20/07/2019 | 13   | 00:19:57 |        |

|   |               |            |      |          |            |
|---|---------------|------------|------|----------|------------|
| Gnoll parkrun   | 5k            | 06/07/2019 | 17   | 00:21:45 |            |
| Swansea Bay parkrun   | 5k            | 29/06/2019 | 20   | 00:19:56 |            |
| JCP Swansea Half Marathon                                   | Half Marathon | 23/06/2019 | 497  | 01:39:03 | MSEN       |
| Welsh Castles Relay Stage 2 - Penygroes to Criccieth Castle | 10.7 miles    | 08/06/2019 | 34   | 01:12:52 | Mopen      |
| Llanelli Coast parkrun                                      | 5k            | 01/06/2019 | 9    | 00:21:01 |            |
| Swansea Bay parkrun   | 5k            | 18/05/2019 | 47   | 00:20:54 |            |
| Whitford Point Multi Terrain Race                           | 5.8 miles     | 15/05/2019 | 54   | 00:47:17 | M          |
| Parkrun Warszawapraga                                       | 5k            | 13/04/2019 | 69   | 00:35:01 |            |
| Griffin Mill Merthyr Half Marathon                          | Half Marathon | 24/03/2019 | 327  | 01:57:37 | M35-39     |
| Swansea Bay parkrun   | 5k            | 16/03/2019 | 59   | 00:22:24 |            |
| Colby parkrun   | 5k            | 23/02/2019 | 16   | 00:23:07 |            |
| Llanelli Half Marathon                                      | Half Marathon | 10/02/2019 | 902  | 01:54:55 |            |
| Swansea Bay parkrun   | 5k            | 02/02/2019 | 80   | 00:24:00 |            |
| Swansea Bay parkrun   | 5k            | 17/11/2018 | 141  | 00:26:42 |            |
| Swansea Bay parkrun   | 5k            | 08/09/2018 | 30   | 00:21:34 |            |
| Llanelli Coast parkrun                                      | 5k            | 01/09/2018 | 13   | 00:22:20 |            |
| Swansea Bay parkrun   | 5k            | 25/08/2018 | 55   | 00:21:37 |            |
| Swansea Bay parkrun   | 5k            | 18/08/2018 | 77   | 00:23:10 |            |
| Llanelli Half Marathon 2017                                 | Half Marathon | 12/03/2017 | 1027 | 02:19:38 | SenM       |
| Cottrell Park Christmas Cracker                             | 10k           | 17/12/2016 | 28   | 00:46:41 | Senior Men |
| <b>Sharon Trotman</b>                                       |               | 173        |      |          |            |
| Sandy Water parkrun   | 5k            | 21/12/2024 | 70   | 00:27:16 |            |
| Marathon Lanzarote 2024 - Half Marathon                     | Half Marathon | 07/12/2024 | 652  | 02:07:46 |            |
| Swansea Bay parkrun   | 5k            | 16/11/2024 | 272  | 00:27:48 |            |
| Marathon Eryri  | Marathon      | 25/10/2024 | 1428 | 04:58:11 |            |
| Sandy Water parkrun   | 5k            | 19/10/2024 | 112  | 00:28:20 |            |

|                                   |          |            |     |          |
|-----------------------------------|----------|------------|-----|----------|
| Sandy Water parkrun               | 5k       | 05/10/2024 | 86  | 00:29:05 |
| Sandy Water parkrun               | 5k       | 14/09/2024 | 62  | 00:27:02 |
| Sandy Water parkrun               | 5k       | 31/08/2024 | 124 | 00:29:43 |
| Sandy Water parkrun               | 5k       | 24/08/2024 | 167 | 00:31:19 |
| Tri Hard Harriers 5K On The Bay   | 5k       | 22/08/2024 | 190 | 00:24:50 |
| Sandy Water parkrun               | 5k       | 17/08/2024 | 90  | 00:27:10 |
| Sandy Water parkrun               | 5k       | 03/08/2024 | 60  | 00:26:50 |
| Swansea Bay parkrun               | 5k       | 27/07/2024 | 303 | 00:28:12 |
| Sandy Water parkrun               | 5k       | 06/07/2024 | 85  | 00:26:26 |
| Sandy Water parkrun               | 5k       | 22/06/2024 | 113 | 00:29:41 |
| Sandy Water parkrun               | 5k       | 25/05/2024 | 73  | 00:26:44 |
| Brisco Gorseinon 10k              | 10k      | 19/05/2024 |     | 00:53:40 |
| Sandy Water parkrun               | 5k       | 18/05/2024 | 95  | 00:28:34 |
| Endurancelife Pembrokeshire "10k" | 10k      | 27/04/2024 | 67  | 01:38:57 |
| Sandy Water parkrun               | 5k       | 20/04/2024 | 55  | 00:26:14 |
| Sandy Water parkrun               | 5k       | 13/04/2024 | 76  | 00:26:03 |
| Sandy Water parkrun               | 5k       | 06/04/2024 | 52  | 00:26:22 |
| WCR 10 miler                      | 10 miles | 31/03/2024 | 12  | 01:26:44 |
| Sandy Water parkrun               | 5k       | 16/03/2024 | 110 | 00:31:55 |
| Sandy Water parkrun               | 5k       | 09/03/2024 | 54  | 00:26:20 |
| Haverfordwest parkrun             | 5k       | 02/03/2024 | 22  | 00:28:40 |
| Sandy Water parkrun               | 5k       | 03/02/2024 | 56  | 00:26:56 |
| Sandy Water parkrun               | 5k       | 27/01/2024 | 89  | 00:28:59 |
| Sandy Water parkrun               | 5k       | 20/01/2024 | 58  | 00:27:35 |
| Swansea Bay parkrun               | 5k       | 01/01/2024 | 290 | 00:29:05 |
| Sandy Water parkrun               | 5k       | 30/12/2023 | 61  | 00:25:47 |

|                                 |          |            |       |          |        |
|---------------------------------|----------|------------|-------|----------|--------|
| Sandy Water parkrun             | 5k       | 23/12/2023 | 94    | 00:26:08 |        |
| Milford Waterfront parkrun      | 5k       | 09/12/2023 | 21    | 00:27:11 |        |
| Sandy Water parkrun             | 5k       | 25/11/2023 | 52    | 00:26:33 |        |
| Sandy Water parkrun             | 5k       | 18/11/2023 | 33    | 00:25:50 |        |
| Tenby 10k                       | 10k      | 29/10/2023 | 305   | 00:54:49 |        |
| TCS Amsterdam Marathon 2023     | Marathon | 15/10/2023 | 11212 | 04:12:16 |        |
| Sandy Water parkrun             | 5k       | 30/09/2023 | 65    | 00:27:03 |        |
| Sandy Water parkrun             | 5k       | 23/09/2023 | 87    | 00:28:42 |        |
| Swansea Bay parkrun             | 5k       | 02/09/2023 | 265   | 00:28:51 |        |
| Swansea Bay parkrun             | 5k       | 26/08/2023 | 463   | 00:31:11 |        |
| Tri Hard Harriers 5k on the Bay | 5k       | 24/08/2023 | 164   | 00:25:43 | F40+   |
| Sandy Water parkrun             | 5k       | 19/08/2023 | 68    | 00:28:22 |        |
| Sandy Water parkrun             | 5k       | 12/08/2023 | 83    | 00:27:55 |        |
| Sandy Water parkrun             | 5k       | 29/07/2023 | 91    | 00:27:53 |        |
| Sandy Water parkrun             | 5k       | 22/07/2023 | 72    | 00:27:43 |        |
| Sandy Water parkrun             | 5k       | 08/07/2023 | 63    | 00:26:31 |        |
| Sandy Water parkrun             | 5k       | 01/07/2023 | 152   | 00:29:53 |        |
| Sandy Water parkrun             | 5k       | 17/06/2023 | 82    | 00:27:53 |        |
| Sandy Water parkrun             | 5k       | 03/06/2023 | 81    | 00:27:01 |        |
| Sandy Water parkrun             | 5k       | 27/05/2023 | 52    | 00:26:29 |        |
| Swansea Bay parkrun             | 5k       | 13/05/2023 | 297   | 00:28:33 |        |
| Brisco Gorseinon 10k            | 10k      | 30/04/2023 | 453   | 00:59:32 | F50    |
| Sandy Water parkrun             | 5k       | 22/04/2023 | 53    | 00:26:00 |        |
| ABP Newport 10k                 | 10k      | 16/04/2023 | 805   | 00:52:22 | F50-54 |
| Swansea Bay parkrun             | 5k       | 15/04/2023 | 317   | 00:30:02 |        |
| Swansea Bay parkrun             | 5k       | 08/04/2023 | 310   | 00:29:32 |        |

|                                |          |            |      |          |        |
|--------------------------------|----------|------------|------|----------|--------|
| Sandy Water parkrun            | 5k       | 01/04/2023 | 38   | 00:25:41 |        |
| Sandy Water parkrun            | 5k       | 18/03/2023 | 48   | 00:26:37 |        |
| Sandy Water parkrun            | 5k       | 11/03/2023 | 37   | 00:27:35 |        |
| Colby parkrun                  | 5k       | 04/03/2023 | 63   | 00:28:22 |        |
| Sandy Water parkrun            | 5k       | 25/02/2023 | 66   | 00:27:50 |        |
| Sandy Water parkrun            | 5k       | 18/02/2023 | 42   | 00:27:22 |        |
| Sandy Water parkrun            | 5k       | 11/02/2023 | 52   | 00:29:06 |        |
| Sandy Water parkrun            | 5k       | 28/01/2023 | 57   | 00:26:43 |        |
| Llyn Llech Owain parkrun       | 5k       | 14/01/2023 | 40   | 00:28:01 |        |
| Swansea Bay parkrun            | 5k       | 01/01/2023 | 161  | 00:28:02 |        |
| Sandy Water parkrun            | 5k       | 31/12/2022 | 73   | 00:27:32 |        |
| Sandy Water parkrun            | 5k       | 24/12/2022 | 87   | 00:27:20 |        |
| Colby parkrun                  | 5k       | 03/12/2022 | 39   | 00:28:04 |        |
| Sandy Water parkrun            | 5k       | 26/11/2022 | 48   | 00:26:12 |        |
| Sandy Water parkrun            | 5k       | 19/11/2022 | 60   | 00:26:40 |        |
| Sandy Water parkrun            | 5k       | 12/11/2022 | 56   | 00:25:45 |        |
| Richard Burton 10k             | 10k      | 06/11/2022 | 1228 | 01:03:59 | F50-59 |
| Sandy Water parkrun            | 5k       | 05/11/2022 | 30   | 00:26:29 |        |
| Swansea Bay parkrun            | 5k       | 29/10/2022 | 170  | 00:26:57 |        |
| Sandy Water parkrun            | 5k       | 22/10/2022 | 77   | 00:27:25 |        |
| Run for All Yorkshire Marathon | Marathon | 16/10/2022 | 2096 | 04:27:54 | FV50   |
| Sandy Water parkrun            | 5k       | 01/10/2022 | 71   | 00:29:22 |        |
| Sandy Water parkrun            | 5k       | 24/09/2022 | 44   | 00:28:24 |        |
| Sandy Water parkrun            | 5k       | 03/09/2022 | 90   | 00:28:23 |        |
| Sandy Water parkrun            | 5k       | 27/08/2022 | 81   | 00:30:11 |        |
| Sandy Water parkrun            | 5k       | 20/08/2022 | 60   | 00:26:33 |        |



|   |               |            |      |          |      |
|---|---------------|------------|------|----------|------|
| Port Talbot Half Marathon                     | Half Marathon | 14/08/2022 | 181  | 02:13:14 |      |
| Tenby 10k                                     | 10k           | 31/07/2022 | 110  | 00:54:04 | F45  |
| Swansea Bay parkrun                           | 5k            | 25/06/2022 | 176  | 00:26:45 |      |
| Sandy Water parkrun                           | 5k            | 11/06/2022 | 40   | 00:26:55 |      |
| Swansea Bay parkrun                           | 5k            | 28/05/2022 | 222  | 00:26:12 |      |
| Sandy Water parkrun                           | 5k            | 14/05/2022 | 70   | 00:28:02 |      |
| Sandy Water parkrun                           | 5k            | 07/05/2022 | 59   | 00:25:23 |      |
| Swansea Bay parkrun                           | 5k            | 30/04/2022 | 194  | 00:26:27 |      |
| Malvern Hills Trail Half Marathon             | Half Marathon | 23/04/2022 | 96   | 02:33:53 |      |
| Swansea Bay parkrun                           | 5k            | 16/04/2022 | 213  | 00:26:27 |      |
| Sandy Water parkrun                           | 5k            | 09/04/2022 | 44   | 00:27:48 |      |
| 2022 Cardiff University Cardiff Half Marathon | Half Marathon | 27/03/2022 | 3437 | 01:54:36 | F50+ |
| Sandy Water parkrun                           | 5k            | 19/03/2022 | 212  | 00:27:00 |      |
| Sandy Water parkrun                           | 5k            | 12/03/2022 | 62   | 00:28:39 |      |
| Colby parkrun                                 | 5k            | 05/03/2022 | 39   | 00:27:09 |      |
| Swansea Bay parkrun                           | 5k            | 19/02/2022 | 118  | 00:27:25 |      |
| Sandy Water parkrun                           | 5k            | 12/02/2022 | 56   | 00:27:43 |      |
| Swansea Bay parkrun                           | 5k            | 29/01/2022 | 123  | 00:25:24 |      |
| Sandy Water parkrun                           | 5k            | 22/01/2022 | 52   | 00:25:53 |      |
| Narberth Night Nobbler                        | 10k           | 18/12/2021 | 208  | 01:22:42 | F50  |
| Sandy Water parkrun                           | 5k            | 11/12/2021 | 35   | 00:25:34 |      |
| Merthyr Mawr Christmas Pudding Race 2021      | 10k           | 05/12/2021 | 144  | 01:13:40 | VF   |
| Swansea Bay parkrun                           | 5k            | 27/11/2021 | 98   | 00:26:50 |      |
| Sandy Water parkrun                           | 5k            | 20/11/2021 | 53   | 00:25:29 |      |
| Swansea Bay parkrun                           | 5k            | 13/11/2021 | 171  | 00:27:04 |      |
| Swansea Bay parkrun                           | 5k            | 30/10/2021 | 118  | 00:25:13 |      |

|  |               |            |     |          |        |
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| JCP Swansea Half Marathon                | Half Marathon | 17/10/2021 | 813 | 01:53:46 | F50    |
| Sandy Water parkrun                      | 5k            | 16/10/2021 | 78  | 00:28:55 |        |
| Swansea Bay parkrun                      | 5k            | 09/10/2021 | 165 | 00:27:35 |        |
| MBNA Chester Marathon                    | Marathon      | 03/10/2021 | 816 | 04:12:26 | FV50   |
| Swansea Bay parkrun                      | 5k            | 28/08/2021 | 296 | 00:30:21 |        |
| Swansea Bay parkrun                      | 5k            | 25/01/2020 | 212 | 00:26:41 |        |
| Swansea Bay parkrun                      | 5k            | 18/01/2020 | 367 | 00:31:46 |        |
| Gnoll parkrun                            | 5k            | 04/01/2020 | 63  | 00:25:49 |        |
| Swansea Bay parkrun                      | 5k            | 01/01/2020 | 221 | 00:26:11 |        |
| Llanelli Coast parkrun                   | 5k            | 28/12/2019 | 73  | 00:25:45 |        |
| Llanelli Coast parkrun                   | 5k            | 23/11/2019 | 39  | 00:25:45 |        |
| Sospan MT10                              | 10 miles      | 17/11/2019 | 221 | 01:34:17 | F45-54 |
| Swansea Bay parkrun                      | 5k            | 02/11/2019 | 84  | 00:25:53 |        |
| Llanelli Coast parkrun                   | 5k            | 26/10/2019 | 29  | 00:25:32 |        |
| Llanelli Coast parkrun                   | 5k            | 19/10/2019 | 64  | 00:25:49 |        |
| Colby parkrun                            | 5k            | 12/10/2019 | 57  | 00:26:58 |        |
| Welsh Athletics Road Relay Championships | 5400m         | 15/09/2019 |     | 00:28:50 | MW45   |
| Llanelli Coast parkrun                   | 5k            | 07/09/2019 | 67  | 00:25:34 |        |
| Llanelli Coast parkrun                   | 5k            | 24/08/2019 | 62  | 00:25:29 |        |
| Swansea Bay parkrun                      | 5k            | 17/08/2019 | 230 | 00:28:01 |        |
| Swansea Bay parkrun                      | 5k            | 03/08/2019 | 169 | 00:26:28 |        |
| Llanelli Coast parkrun                   | 5k            | 20/07/2019 | 64  | 00:24:38 |        |
| Llanelli Coast parkrun                   | 5k            | 13/07/2019 | 57  | 00:25:40 |        |
| Llanelli Coast parkrun                   | 5k            | 06/07/2019 | 131 | 00:27:10 |        |
| Spud 10k                                 | 10k           | 30/06/2019 | 92  | 01:15:49 | F50-59 |
| Llanelli Coast parkrun                   | 5k            | 01/06/2019 | 63  | 00:25:13 |        |

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| Preseli Beast Bach                             | 11 miles      | 11/05/2019 | 103  | 02:09:39 | F40    |
| Great Welsh Half Marathon                      | Half Marathon | 14/04/2019 | 252  | 01:58:11 | F45    |
| Worms Head 10k                                 | 10k           | 03/02/2019 | 255  | 01:16:24 | FVet45 |
| Swansea Bay parkrun                            | 5k            | 01/01/2019 | 188  | 00:25:14 |        |
| Swansea Bay parkrun                            | 5k            | 24/11/2018 | 123  | 00:24:26 |        |
| Sospan RR MT10                                 | 10 miles      | 18/11/2018 | 260  | 01:32:47 | F4554  |
| Mbna Chester Marathon                          | Marathon      | 07/10/2018 | 1591 | 04:03:30 | FV45   |
| Llanelli Coast parkrun                         | 5k            | 29/09/2018 | 33   | 00:24:26 |        |
| Port Talbot Half Marathon                      | Half Marathon | 12/08/2018 | 195  | 01:58:42 | F      |
| Jcp Swansea Half Marathon                      | Half Marathon | 24/06/2018 | 1518 | 01:53:55 | FV45   |
| Llanelli Coast parkrun                         | 5k            | 26/05/2018 | 65   | 00:25:37 |        |
| Ormeau parkrun                                 | 5k            | 21/04/2018 | 208  | 00:27:23 |        |
| Llanelli Half Marathon                         | Half Marathon | 18/02/2018 | 629  | 01:54:01 | FV45   |
| West Glamorgan Xc League - Margam Park - Women | TBC           | 28/01/2018 | 65   | 00:51:12 |        |
| Llanelli Coast parkrun                         | 5k            | 06/01/2018 | 62   | 00:27:13 |        |
| Swansea Bay parkrun                            | 5k            | 01/01/2018 | 113  | 00:26:08 |        |
| Glynneath 5                                    | 5 miles       | 26/12/2017 | 273  | 00:41:38 |        |
| Swansea Bay parkrun                            | 5k            | 18/11/2017 | 84   | 00:25:55 |        |
| Colby parkrun                                  | 5k            | 04/11/2017 | 72   | 00:30:12 |        |
| Brooks Snowdonia Marathon                      | Marathon      | 30/10/2017 | 1256 | 04:38:51 | FV45   |
| Cardiff Half Marathon                          | Half Marathon | 01/10/2017 | 5248 | 01:55:59 | F45-49 |
| West Glamorgan Xc League - Llanmadoc - Women   | 4.5 miles     | 17/09/2017 | 51   | 00:41:20 |        |
| Severn Bridge Half Marathon                    | Half Marathon | 27/08/2017 | 588  | 01:57:57 | F45+   |
| Tenby 10k                                      | 10k           | 30/07/2017 | 201  | 00:54:28 | F45    |
| Long Course Wales - Half Marathon              | Half Marathon | 09/07/2017 | 244  | 02:05:39 | FV45   |
| Llandeilo 3 Parks Challenge                    | 10k           | 02/06/2017 | 107  | 00:55:52 | F45    |

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| Llanelli Coast parkrun                                      | 5k            | 27/05/2017 | 41  | 00:24:19 |      |
| Royal Welsh Trail Festival Half Marathon                    | Half Marathon | 21/05/2017 | 223 | 02:13:51 | F    |
| Llanelli Coast parkrun                                      | 5k            | 15/04/2017 | 55  | 00:25:15 |      |
| Llanelli Coast parkrun                                      | 5k            | 08/04/2017 | 49  | 00:25:50 |      |
| Tenovus Botanic Garden 10k                                  | 10k           | 02/04/2017 | 61  | 00:53:31 | F45  |
| Llanelli Coast parkrun                                      | 5k            | 01/04/2017 | 54  | 00:25:36 |      |
| Llanelli Coast parkrun                                      | 5k            | 18/03/2017 | 29  | 00:25:20 |      |
| Llanelli Half Marathon 2017                                 | Half Marathon | 12/03/2017 | 579 | 01:55:31 | FV45 |
| Llanelli Coast parkrun                                      | 5k            | 18/02/2017 | 52  | 00:25:06 |      |
| Glynneath Boxing Day 5 Mile Road Race                       | 5 miles       | 26/12/2016 | 225 | 00:42:36 | F    |
| Sospan MT10   | 10 miles      | 20/11/2016 | 312 | 01:33:57 | F45+ |
| Richard Burton 10k  | 10k           | 06/11/2016 | 392 | 00:51:32 | FV40 |
| <b>Simon Vaughan</b>  |               | 35         |     |          |      |
| Tata Steel Round the Reservoir                              | 5.6 miles     | 12/01/2020 | 78  | 00:36:59 | MV45 |
| Admiral Swansea Bay 10k                                     | 10k           | 22/09/2019 |     | 00:42:08 |      |
| Porthcawl 10k   | 10k           | 07/07/2019 | 127 | 00:41:33 | M45+ |
| JCP Swansea Half Marathon                                   | Half Marathon | 23/06/2019 | 439 | 01:38:09 | M45  |
| Welsh Castles Relay Stage 14 - Builth Wells to Drovers Arms | 10.8 miles    | 09/06/2019 | 49  | 01:23:34 | MV   |
| Glynneath Boxing Day 5 Mile Race                            | 5 miles       | 26/12/2018 | 88  | 00:34:40 | MV45 |
| Tenovus Botanic Garden 10k 2018                             | 10k           | 29/04/2018 | 17  | 00:43:25 | M40  |
| Llanelli Half Marathon                                      | Half Marathon | 18/02/2018 | 123 | 01:32:30 | MV40 |
| West Glamorgan Xc League - Margam Park - Men                | TBC           | 28/01/2018 | 66  | 00:38:15 |      |
| West Glamorgan Xc League - Margam Reservoir - Men           | 5.6 miles     | 14/01/2018 | 68  | 00:37:01 |      |
| Glynneath 5   | 5 miles       | 26/12/2017 | 69  | 00:32:24 |      |
| West Glamorgan Xc League - Kenfig Nature Reserve - Men      | TBC           | 26/11/2017 | 53  | 00:28:51 |      |
| Llanelli Coast parkrun                                      | 5k            | 18/11/2017 | 6   | 00:19:28 |      |

|  |               |            |      |          |       |
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| Richard Burton 10k                         | 10k           | 05/11/2017 | 90   | 00:41:24 | M40+  |
| West Glamorgan Xc League - Gnoll - Men     | 5.6 miles     | 22/10/2017 | 54   | 00:38:41 |       |
| Admiral Swansea Bay 10k                    | 10k           | 24/09/2017 | 165  | 00:41:02 | M40+  |
| West Glamorgan Xc League - Llanmadoc - Men | 4.5 miles     | 17/09/2017 | 45   | 00:31:44 |       |
| Trot's St Clear's 10k                      | 10k           | 20/08/2017 | 12   | 00:41:58 | M40   |
| Swansea Bay parkrun                        | 5k            | 05/08/2017 | 11   | 00:19:34 |       |
| Llanelli Coast parkrun                     | 5k            | 15/07/2017 | 7    | 00:19:49 |       |
| Ammanford Lions 10k                        | 10k           | 09/07/2017 | 27   | 00:43:41 | M40   |
| Jcp Swansea Half Marathon                  | Half Marathon | 25/06/2017 | 408  | 01:36:10 | MV40  |
| Sospan 10k                                 | 10k           | 17/06/2017 | 21   | 00:41:47 | M3544 |
| Llanelli Coast parkrun                     | 5k            | 03/06/2017 | 7    | 00:19:43 |       |
| Whitford Point Multi-terrain Race          | 5.6 miles     | 17/05/2017 | 28   | 00:41:19 | VM40  |
| Trap Show Charity Fun Run 2017 Mv40        | 4.7 miles     | 14/05/2017 | 3    | 00:31:31 | MV40  |
| Llanelli Coast parkrun                     | 5k            | 15/04/2017 | 8    | 00:19:55 |       |
| Tenovus Botanic Garden 10k                 | 10k           | 02/04/2017 | 18   | 00:43:45 | M40   |
| Swansea Bay parkrun                        | 5k            | 18/03/2017 | 13   | 00:20:41 |       |
| Llanelli Coast parkrun                     | 5k            | 18/02/2017 | 15   | 00:20:29 |       |
| Llanelli Coast parkrun                     | 5k            | 07/01/2017 | 15   | 00:21:10 |       |
| Prince Of Wales New Year's Day Run         | 4 miles       | 01/01/2017 | 70   | 00:27:43 | MM40  |
| Swansea Bay parkrun                        | 5k            | 31/12/2016 | 105  | 00:25:33 |       |
| Llanelli Coast parkrun                     | 5k            | 24/12/2016 | 17   | 00:20:45 |       |
| Richard Burton 10k                         | 10k           | 06/11/2016 | 126  | 00:42:30 | MV40  |
| <b>Carl Vonk</b>                           |               | 6          |      |          |       |
| Admiral Swansea Bay 10k                    | 10k           | 15/09/2024 | 2777 | 01:10:38 |       |
| Ogi Porthcawl 10k                          | 10k           | 07/07/2024 |      | 01:09:10 | M55   |
| Swansea Epic Trail 10k                     | 10k           | 12/05/2019 | 461  | 01:08:39 | MV50  |

|                                      |               |            |       |          |      |
|--------------------------------------|---------------|------------|-------|----------|------|
| Cardiff Half Marathon                | Half Marathon | 07/10/2018 | 15494 | 02:36:11 | M50+ |
| Admiral Swansea Bay 10k              | 10k           | 16/09/2018 | 2375  | 01:05:29 | M50  |
| Liverpool Half Marathon (400m Short) | Half Marathon | 25/03/2018 | 3198  | 02:13:54 | M45  |
| <b>Anna Wake</b>                     |               | 3          |       |          |      |
| Tenby 10k                            | 10k           | 31/07/2022 | 217   | 01:03:44 | F45  |
| Cardiff Half Marathon                | Half Marathon | 06/10/2019 | 9982  | 02:14:58 | F45+ |
| Tenby 10k                            | 10k           | 28/07/2019 | 364   | 01:05:01 |      |
| <b>Jane Wallace</b>                  |               | 15         |       |          |      |
| Sandy Water parkrun                  | 5k            | 30/11/2024 | 121   | 00:38:52 |      |
| Sandy Water parkrun                  | 5k            | 24/02/2024 | 169   | 00:47:13 |      |
| Brisco Gorseinon 10k                 | 10k           | 30/04/2023 | 700   | 01:11:56 | F55  |
| Colby parkrun                        | 5k            | 04/03/2023 | 125   | 00:35:19 |      |
| Tenby 10k                            | 10k           | 31/07/2022 | 333   | 01:17:20 | F55  |
| Ammanford 10k                        | 10k           | 10/07/2022 | 240   | 01:25:15 | F55  |
| Colby parkrun                        | 5k            | 05/03/2022 | 101   | 00:36:14 |      |
| Sandy Water parkrun                  | 5k            | 12/02/2022 | 98    | 00:33:34 |      |
| Sandy Water parkrun                  | 5k            | 11/12/2021 | 95    | 00:34:05 |      |
| Sandy Water parkrun                  | 5k            | 04/12/2021 | 96    | 00:33:51 |      |
| Llanelli Coast parkrun               | 5k            | 24/08/2019 | 132   | 00:31:52 |      |
| ABP Barry 10k                        | 10k           | 04/08/2019 | 2117  | 01:10:01 | F50+ |
| Llanelli Coast parkrun               | 5k            | 02/03/2019 | 110   | 00:32:16 |      |
| Llanelli Coast parkrun               | 5k            | 17/03/2018 | 91    | 00:34:15 |      |
| Colby parkrun                        | 5k            | 04/11/2017 | 99    | 00:34:27 |      |
| <b>Phillip Wallace</b>               |               | 5          |       |          |      |
| Sandy Water parkrun                  | 5k            | 24/02/2024 | 114   | 00:32:14 |      |
| Tenby 10k                            | 10k           | 31/07/2022 | 296   | 01:11:20 | M50  |

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| Ammanford 10k  | 10k       | 10/07/2022 | 196  | 01:07:27 | M50  |
| Sandy Water parkrun                                      | 5k        | 12/02/2022 | 54   | 00:27:40 |      |
| Llanelli Coast parkrun                                   | 5k        | 02/03/2019 | 61   | 00:27:36 |      |
| <b>Linda Waller</b>                                      |           | 35         |      |          |      |
| Llyn Llech Owain parkrun                                 | 5k        | 22/02/2020 | 62   | 00:33:05 |      |
| Llyn Llech Owain parkrun                                 | 5k        | 25/01/2020 | 66   | 00:30:26 |      |
| Tata Steel Round the Reservoir                           | 5.6 miles | 12/01/2020 | 172  | 00:56:28 | FV60 |
| Llyn Llech Owain parkrun                                 | 5k        | 23/11/2019 | 60   | 00:31:26 |      |
| Sospan MT10  | 10 miles  | 17/11/2019 | 385  | 01:51:18 | F55+ |
| ABP Barry 10k  | 10k       | 04/08/2019 | 1671 | 01:03:53 | F60+ |
| Tenby 10k  | 10k       | 28/07/2019 | 357  | 01:04:16 |      |
| Porthcawl 10k  | 10k       | 07/07/2019 | 2034 | 01:03:13 | F60+ |
| Llanelli Coast parkrun                                   | 5k        | 13/04/2019 | 99   | 00:28:36 |      |
| Wildflower Duathlon                                      | Duathlon  | 10/03/2019 | 265  | 02:09:11 | F    |
| Llanelli Coast parkrun                                   | 5k        | 16/02/2019 | 126  | 00:29:02 |      |
| Glynneath Boxing Day 5 Mile Race                         | 5 miles   | 26/12/2018 | 331  | 00:47:00 | FV60 |
| Llyn Llech Owain parkrun                                 | 5k        | 06/10/2018 | 48   | 00:30:36 |      |
| Llyn Llech Owain parkrun                                 | 5k        | 15/09/2018 | 73   | 00:31:23 |      |
| Llyn Llech Owain parkrun                                 | 5k        | 08/09/2018 | 58   | 00:31:49 |      |
| Llyn Llech Owain parkrun                                 | 5k        | 28/04/2018 | 49   | 00:31:17 |      |
| Llyn Llech Owain parkrun                                 | 5k        | 24/03/2018 | 75   | 00:30:21 |      |
| West Glamorgan Xc League - Margam Park - Women           | TBC       | 28/01/2018 | 94   | 00:58:03 |      |
| Llyn Llech Owain parkrun                                 | 5k        | 27/01/2018 | 65   | 00:30:49 |      |
| West Glamorgan Xc League - Margam Reservoir - Women      | 5.6 miles | 14/01/2018 | 113  | 00:55:14 |      |
| Glynneath 5  | 5 miles   | 26/12/2017 | 394  | 00:48:57 |      |
| West Glamorgan Xc League - Kenfig Nature Reserve - Women | TBC       | 26/11/2017 | 97   | 00:42:18 |      |

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|---|---------------|------------|------|----------|--------|
| Colby parkrun   | 5k            | 04/11/2017 | 77   | 00:30:37 |        |
| Brooks Snowdonia Marathon                             | Marathon      | 30/10/2017 | 1601 | 04:59:07 | FV60   |
| West Glamorgan Xc League - Gnoll - Women              | 5k            | 25/10/2017 | 117  | 00:29:49 |        |
| Severn Bridge Half Marathon                           | Half Marathon | 27/08/2017 | 1307 | 02:32:39 | F60+   |
| Gower Sprint Triathlon                                | Triathlon     | 12/08/2017 | 189  | 02:10:16 | FV     |
| Tenby 10k   | 10k           | 30/07/2017 | 360  | 01:02:34 | F55    |
| Aberavon Aquathlon Series                             | Aquathlon     | 24/07/2017 | 157  | 01:05:37 | F6069  |
| Royal Welsh Trail Festival 10k                        | 10k           | 21/05/2017 | 338  | 01:16:39 | MW55   |
| Llyn Llech Owain parkrun                              | 5k            | 22/04/2017 | 61   | 00:30:08 |        |
| Llyn Llech Owain parkrun                              | 5k            | 04/03/2017 | 53   | 00:32:57 |        |
| Llyn Llech Owain parkrun                              | 5k            | 28/01/2017 | 72   | 00:31:58 |        |
| Tata Steel Round The Reservoir Race - Women           | 5.6 miles     | 08/01/2017 | 41   | 00:57:06 | V60    |
| Llyn Llech Owain parkrun                              | 5k            | 24/12/2016 | 98   | 00:34:34 |        |
| <b>Jill Walters</b>                                   |               |            | 1    |          |        |
| Ammanford Lions 10k                                   | 10k           | 09/07/2017 | 145  | 01:19:57 | F45    |
| <b>Kevin Watson</b>                                   |               |            | 26   |          |        |
| Tri Hard Harriers 5K On The Bay                       | 5k            | 22/08/2024 | 118  | 00:21:53 |        |
| Sandy Water parkrun                                   | 5k            | 20/07/2024 | 25   | 00:21:54 |        |
| Tenby 10k   | 10k           | 29/10/2023 | 60   | 00:44:41 |        |
| Principality Cardiff Half Marathon 2023               | Half Marathon | 01/10/2023 |      | 01:43:34 | M50-54 |
| AJ Bell Great North Run 2023                          | Half Marathon | 24/09/2023 | 3704 | 01:45:47 |        |
| Shrewsbury parkrun                                    | 5k            | 23/09/2023 | 67   | 00:22:27 |        |
| Admiral Swansea Bay 10k                               | 10k           | 17/09/2023 | 337  | 00:44:36 | Male   |
| Brisco Gorseinon 10k                                  | 10k           | 30/04/2023 | 122  | 00:45:49 | M50    |
| Swansea Bay parkrun                                   | 5k            | 29/10/2022 | 112  | 00:24:48 |        |
| Welsh Road Relay Championships - Pembrey Country Park | 5400m         | 24/09/2022 |      | 00:27:31 | MM45   |



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|--|---------------|------------|-------|----------|--------|
| Admiral Swansea Bay 10k  | 10k           | 18/09/2022 | 744   | 00:49:59 | M50    |
| 2022 Cardiff University Cardiff Half Marathon  | Half Marathon | 27/03/2022 | 6327  | 02:15:17 | M50+   |
| Sandy Water parkrun  | 5k            | 29/01/2022 | 27    | 00:23:56 |        |
| Tata Steel Richard Burton 10k  | 10k           | 07/11/2021 | 408   | 00:51:04 | M50+   |
| Llyn Llech Owain parkrun   | 5k            | 30/10/2021 | 31    | 00:24:46 |        |
| Virgin London Marathon   | Marathon      | 03/10/2021 | 13908 | 04:05:56 | M50-54 |
| Great North Run  | Half Marathon | 12/09/2021 | 7939  | 01:55:47 |        |
| Swansea Bay parkrun  | 5k            | 21/08/2021 | 209   | 00:28:42 |        |
| Chepstow Racecourse Half Marathon  | Half Marathon | 11/07/2021 | 49    | 01:54:08 | SM     |
| Porthcawl parkrun  | 5k            | 02/11/2019 | 53    | 00:24:38 |        |
| Llyn Llech Owain parkrun   | 5k            | 05/10/2019 | 25    | 00:25:00 |        |
| Admiral Swansea Bay 10k  | 10k           | 22/09/2019 |       | 00:49:37 |        |
| Tenby 10k  | 10k           | 28/07/2019 | 212   | 00:56:15 |        |
| JCP Swansea Half Marathon  | Half Marathon | 23/06/2019 | 1375  | 01:53:33 | M45    |
| Whitford Point Multi Terrain Race  | 5.8 miles     | 15/05/2019 | 111   | 00:56:22 | VM45   |
| Worms Head 10k   | 10k           | 03/02/2019 | 183   | 01:08:04 | MVet40 |
| <b>Ceri Webber</b>   |               | 1          |       |          |        |
| Tata Steel Round the Reservoir   | 5.6 miles     | 12/01/2020 | 94    | 00:47:51 | FSEN   |
| <b>Dean Webster</b>  |               | 38         |       |          |        |
| Swansea Bay parkrun  | 5k            | 18/01/2020 | 50    | 00:21:19 |        |
| Welsh Athletics Road Relay Championships   | 5400m         | 15/09/2019 |       | 00:25:16 | MM35   |
| Swansea Bay parkrun  | 5k            | 22/06/2019 | 31    | 00:20:47 |        |
| Welsh Castles Relay Stage 17 - Taf Fechan Railway Station, Torpantau to Cyfarthfa Castle | 8.7 miles     | 09/06/2019 | 30    | 00:59:29 | MV     |
| Llanelli Coast parkrun   | 5k            | 18/05/2019 | 17    | 00:20:40 |        |
| Great Welsh Half Marathon  | Half Marathon | 14/04/2019 | 47    | 01:36:09 | MSEN   |

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|---|---------------|------------|-----|----------|--------|
| Llanelli Coast parkrun  | 5k            | 09/03/2019 | 15  | 00:20:30 |        |
| Swansea Bay parkrun   | 5k            | 23/02/2019 | 123 | 00:25:31 |        |
| Swansea Bay parkrun   | 5k            | 16/02/2019 | 28  | 00:19:39 |        |
| Swansea Bay parkrun   | 5k            | 19/01/2019 | 21  | 00:20:23 |        |
| Swansea Bay parkrun   | 5k            | 12/01/2019 | 13  | 00:20:21 |        |
| Swansea Bay parkrun   | 5k            | 05/01/2019 | 28  | 00:20:41 |        |
| Swansea Bay parkrun   | 5k            | 01/01/2019 | 50  | 00:20:51 |        |
| Witney parkrun  | 5k            | 29/12/2018 | 19  | 00:23:34 |        |
| Swansea Bay parkrun   | 5k            | 24/11/2018 | 36  | 00:20:14 |        |
| Swansea Bay parkrun   | 5k            | 20/10/2018 | 30  | 00:20:06 |        |
| Mbna Chester Marathon   | Marathon      | 07/10/2018 | 616 | 03:25:09 | MV35   |
| Swansea Bay parkrun   | 5k            | 07/07/2018 | 18  | 00:20:10 |        |
| Jcp Swansea Half Marathon   | Half Marathon | 24/06/2018 | 262 | 01:33:08 | SenM   |
| Cotswold 113  | Triathlon     | 10/06/2018 | 440 | 05:44:57 | M18-49 |
| Llyn Llech Owain parkrun  | 5k            | 21/04/2018 | 6   | 00:21:30 |        |
| Llyn Llech Owain parkrun  | 5k            | 14/04/2018 | 14  | 00:21:57 |        |
| Llanelli Coast parkrun  | 5k            | 07/04/2018 | 10  | 00:21:23 |        |
| Oxford parkrun  | 5k            | 03/02/2018 | 40  | 00:21:59 |        |
| Llanelli Coast parkrun  | 5k            | 06/01/2018 | 14  | 00:21:44 |        |
| Glynneath 5   | 5 miles       | 26/12/2017 | 118 | 00:34:59 |        |
| Llyn Llech Owain parkrun  | 5k            | 14/10/2017 | 6   | 00:21:51 |        |
| Mumbles Middle Distance Triathlon   | Triathlon     | 07/10/2017 | 33  | 05:47:34 | MSen   |
| Gower Sprint Triathlon  | Triathlon     | 12/08/2017 | 64  | 01:31:53 | MO     |
| Aberavon Aquathlon Series   | Aquathlon     | 24/07/2017 | 47  | 00:43:09 | M2039  |
| Melin Sospan Sizzler Middle Distance Triathlon (swim Replaced With 2nd Run) | Triathlon     | 11/06/2017 | 81  | 06:03:51 | MS     |

|                                       |               |            |      |          |          |
|---------------------------------------|---------------|------------|------|----------|----------|
| Llanelli Coast parkrun                | 5k            | 03/06/2017 | 6    | 00:19:41 |          |
| Llanelli Sprint Triathlon             | Triathlon     | 14/05/2017 | 123  | 01:33:22 | MS       |
| Llanelli Half Marathon 2017           | Half Marathon | 12/03/2017 | 84   | 01:30:26 | SenM     |
| Llanelli Coast parkrun                | 5k            | 21/01/2017 | 9    | 00:20:24 |          |
| Swansea Bay parkrun                   | 5k            | 31/12/2016 | 27   | 00:20:41 |          |
| Glynneath Boxing Day 5 Mile Road Race | 5 miles       | 26/12/2016 | 100  | 00:34:32 | M        |
| Llanelli Coast parkrun                | 5k            | 24/12/2016 | 19   | 00:20:55 |          |
| <b>Richard Webster</b>                |               | 43         |      |          |          |
| Admiral Swansea Bay 10k               | 10k           | 18/09/2022 | 2724 | 01:28:23 | 90 PACER |
| Llanelli Coast parkrun                | 5k            | 18/05/2019 | 95   | 00:26:05 |          |
| Llanelli Coast parkrun                | 5k            | 11/05/2019 | 64   | 00:25:31 |          |
| Llanelli Coast parkrun                | 5k            | 04/05/2019 | 66   | 00:26:14 |          |
| Llanelli Coast parkrun                | 5k            | 20/04/2019 | 69   | 00:25:44 |          |
| Llanelli Coast parkrun                | 5k            | 30/03/2019 | 46   | 00:26:10 |          |
| Llanelli Coast parkrun                | 5k            | 09/03/2019 | 74   | 00:27:51 |          |
| Swansea Bay parkrun                   | 5k            | 23/02/2019 | 171  | 00:27:05 |          |
| Swansea Bay parkrun                   | 5k            | 16/02/2019 | 204  | 00:27:02 |          |
| Swansea Bay parkrun                   | 5k            | 19/01/2019 | 178  | 00:28:05 |          |
| Llanelli Coast parkrun                | 5k            | 12/05/2018 | 23   | 00:22:28 |          |
| Simplyhealth Great Birmingham 10k     | 10k           | 06/05/2018 | 750  | 00:48:47 |          |
| Swansea Bay parkrun                   | 5k            | 28/04/2018 | 58   | 00:22:38 |          |
| Swansea Bay parkrun                   | 5k            | 14/04/2018 | 70   | 00:23:29 |          |
| Llanelli Coast parkrun                | 5k            | 07/04/2018 | 28   | 00:24:11 |          |
| Llanelli Coast parkrun                | 5k            | 10/02/2018 | 23   | 00:22:50 |          |
| Llyn Llech Owain parkrun              | 5k            | 03/02/2018 | 15   | 00:22:26 |          |
| Llanelli Coast parkrun                | 5k            | 06/01/2018 | 16   | 00:21:51 |          |

|   |               |            |      |          |        |
|---|---------------|------------|------|----------|--------|
| Glynneath 5   | 5 miles       | 26/12/2017 | 114  | 00:34:49 |        |
| West Glamorgan Xc League - Kenfig Nature Reserve - Men                      | TBC           | 26/11/2017 | 103  | 00:32:04 |        |
| Llanelli Coast parkrun  | 5k            | 18/11/2017 | 12   | 00:21:11 |        |
| Llanelli Coast parkrun  | 5k            | 04/11/2017 | 14   | 00:21:08 |        |
| Swansea Bay parkrun   | 5k            | 28/10/2017 | 30   | 00:21:07 |        |
| Cardiff Half Marathon   | Half Marathon | 01/10/2017 | 1050 | 01:35:46 | M60-64 |
| Admiral Swansea Bay 10k   | 10k           | 24/09/2017 | 770  | 00:49:53 | M60+   |
| West Glamorgan Xc League - Llanmadoc - Men                                  | 4.5 miles     | 17/09/2017 | 74   | 00:34:17 |        |
| Trot's St Clear's 10k   | 10k           | 20/08/2017 | 19   | 00:44:44 | M60    |
| Port Talbot Half Marathon   | Half Marathon | 13/08/2017 | 47   | 01:35:56 | MV60   |
| Ammanford Lions 10k   | 10k           | 09/07/2017 | 32   | 00:45:00 | M60    |
| Jcp Swansea Half Marathon   | Half Marathon | 25/06/2017 | 376  | 01:36:22 | MV60+  |
| Melin Sospan Sizzler Middle Distance Triathlon (swim Replaced With 2nd Run) | Triathlon     | 11/06/2017 | 124  | 06:34:47 | M60    |
| Great Welsh Half Marathon   | Half Marathon | 07/05/2017 | 18   | 01:34:54 | MV60+  |
| Swansea Bay parkrun   | 5k            | 06/05/2017 | 27   | 00:20:39 |        |
| Llanelli Coast parkrun  | 5k            | 15/04/2017 | 15   | 00:20:52 |        |
| Llanelli Half Marathon 2017   | Half Marathon | 12/03/2017 | 137  | 01:35:23 | MV60+  |
| Llanelli Coast parkrun  | 5k            | 25/02/2017 | 11   | 00:21:07 |        |
| Llanelli Coast parkrun  | 5k            | 18/02/2017 | 23   | 00:21:14 |        |
| Llanelli Coast parkrun  | 5k            | 21/01/2017 | 13   | 00:21:09 |        |
| Llanelli Coast parkrun  | 5k            | 14/01/2017 | 21   | 00:21:25 |        |
| Prince Of Wales New Year's Day Run  | 4 miles       | 01/01/2017 | 55   | 00:26:42 | MM60   |
| Swansea Bay parkrun   | 5k            | 31/12/2016 | 36   | 00:21:01 |        |
| Glynneath Boxing Day 5 Mile Road Race                                       | 5 miles       | 26/12/2016 | 104  | 00:34:49 | M      |
| Llanelli Coast parkrun  | 5k            | 24/12/2016 | 22   | 00:21:25 |        |

**Jessica Wesley**

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|  |               |            |      |          |        |
|--|---------------|------------|------|----------|--------|
| Pembrey MT10                             | 10 miles      | 17/11/2024 | 17   | 01:16:14 |        |
| Richard Burton 10k                       | 10k           | 03/11/2024 | 187  | 00:42:01 | F18-39 |
| Swansea Half Marathon                    | Half Marathon | 09/06/2024 |      | 01:28:43 | FSEN   |
| Run for All Yorkshire Marathon           | Marathon      | 16/10/2022 | 562  | 03:29:53 | FS     |
| Admiral Swansea Bay 10k                  | 10k           | 18/09/2022 | 741  | 00:49:58 | FS     |
| JCP Swansea Half Marathon                | Half Marathon | 12/06/2022 | 312  | 01:36:50 | FSEN   |
| Brecon Carreg Cardiff Bay Run 10k        | 10k           | 22/05/2022 | 313  | 00:44:09 | FSEN   |
| Brighton Half Marathon                   | Half Marathon | 27/02/2022 | 1161 | 01:41:02 | FSEN   |
| Merthyr Mawr Christmas Pudding Race 2021 | 10k           | 05/12/2021 | 146  | 01:13:41 | SF     |
| JCP Swansea Half Marathon                | Half Marathon | 17/10/2021 | 519  | 01:46:46 | FSEN   |
| Therme Manchester Marathon               | Marathon      | 10/10/2021 | 4313 | 03:52:54 | FSEN   |
| Sospan MT10                              | 10 miles      | 17/11/2019 | 261  | 01:38:08 | FSen   |
| Admiral Swansea Bay 10k                  | 10k           | 22/09/2019 |      | 00:55:00 |        |

**Dewi West**

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|                                 |     |            |     |          |        |
|---------------------------------|-----|------------|-----|----------|--------|
| Swansea Bay parkrun             | 5k  | 21/12/2024 | 235 | 00:26:37 |        |
| Swansea Bay parkrun             | 5k  | 30/11/2024 | 110 | 00:23:51 |        |
| Richard Burton 10k              | 10k | 03/11/2024 | 762 | 00:51:16 | M60-69 |
| Swansea Bay parkrun             | 5k  | 12/10/2024 | 104 | 00:23:25 |        |
| Admiral Swansea Bay 10k         | 10k | 15/09/2024 | 606 | 00:47:21 |        |
| Swansea Bay parkrun             | 5k  | 31/08/2024 | 139 | 00:23:54 |        |
| Tri Hard Harriers 5K On The Bay | 5k  | 22/08/2024 | 144 | 00:22:52 |        |
| Swansea Bay parkrun             | 5k  | 10/08/2024 | 117 | 00:24:08 |        |
| Swansea Bay parkrun             | 5k  | 03/08/2024 | 316 | 00:28:14 |        |
| Swansea Bay parkrun             | 5k  | 15/06/2024 | 148 | 00:25:21 |        |
| Swansea Bay parkrun             | 5k  | 08/06/2024 | 217 | 00:27:16 |        |

|                                   |     |            |     |          |      |
|-----------------------------------|-----|------------|-----|----------|------|
| Swansea Bay parkrun               | 5k  | 01/06/2024 | 245 | 00:26:58 |      |
| Sandy Water parkrun               | 5k  | 18/05/2024 | 103 | 00:29:19 |      |
| Endurancelife Pembrokeshire "10k" | 10k | 27/04/2024 | 58  | 01:35:00 |      |
| Sandy Water parkrun               | 5k  | 13/04/2024 | 44  | 00:23:40 |      |
| Swansea Bay parkrun               | 5k  | 16/03/2024 | 97  | 00:22:53 |      |
| Swansea Bay parkrun               | 5k  | 24/02/2024 | 385 | 00:31:11 |      |
| Swansea Bay parkrun               | 5k  | 17/02/2024 | 93  | 00:23:10 |      |
| Swansea Bay parkrun               | 5k  | 10/02/2024 | 100 | 00:24:21 |      |
| Sandy Water parkrun               | 5k  | 20/01/2024 | 25  | 00:23:12 |      |
| Sandy Water parkrun               | 5k  | 23/12/2023 | 81  | 00:24:41 |      |
| Milford Waterfront parkrun        | 5k  | 09/12/2023 | 57  | 00:45:24 |      |
| Swansea Bay parkrun               | 5k  | 25/11/2023 | 188 | 00:24:53 |      |
| Tenby 10k                         | 10k | 29/10/2023 | 161 | 00:49:09 |      |
| Swansea Bay parkrun               | 5k  | 21/10/2023 | 140 | 00:24:31 |      |
| Swansea Bay parkrun               | 5k  | 14/10/2023 | 77  | 00:22:23 |      |
| Swansea Bay parkrun               | 5k  | 02/09/2023 | 147 | 00:25:02 |      |
| Swansea Bay parkrun               | 5k  | 26/08/2023 | 254 | 00:25:52 |      |
| Tri Hard Harriers 5k on the Bay   | 5k  | 24/08/2023 | 113 | 00:22:59 | M40+ |
| Swansea Bay parkrun               | 5k  | 29/07/2023 | 221 | 00:25:53 |      |
| Sandy Water parkrun               | 5k  | 22/07/2023 | 36  | 00:23:46 |      |
| Swansea Bay parkrun               | 5k  | 17/06/2023 | 74  | 00:22:11 |      |
| Swansea Bay parkrun               | 5k  | 10/06/2023 | 177 | 00:26:37 |      |
| Swansea Bay parkrun               | 5k  | 13/05/2023 | 98  | 00:22:28 |      |
| Swansea Bay parkrun               | 5k  | 15/04/2023 | 77  | 00:22:46 |      |
| Swansea Bay parkrun               | 5k  | 08/04/2023 | 125 | 00:24:03 |      |
| Sandy Water parkrun               | 5k  | 01/04/2023 | 26  | 00:23:17 |      |

|  |               |            |      |          |          |
|--|---------------|------------|------|----------|----------|
| Swansea Bay parkrun  | 5k            | 18/02/2023 | 87   | 00:23:09 |          |
| Swansea Bay parkrun  | 5k            | 31/12/2022 | 134  | 00:25:35 |          |
| Sandy Water parkrun  | 5k            | 12/11/2022 | 32   | 00:24:01 |          |
| Swansea Bay parkrun  | 5k            | 29/10/2022 | 111  | 00:24:45 |          |
| Admiral Swansea Bay 10k  | 10k           | 18/09/2022 | 1162 | 00:55:03 | 55 PACER |
| Sandy Water parkrun  | 5k            | 20/08/2022 | 26   | 00:23:56 |          |
| Tenby 10k  | 10k           | 31/07/2022 | 51   | 00:48:09 | M60      |
| Swansea Bay parkrun  | 5k            | 16/07/2022 | 44   | 00:21:49 |          |
| Sandy Water parkrun  | 5k            | 07/05/2022 | 27   | 00:22:48 |          |
| Swansea Bay parkrun  | 5k            | 30/04/2022 | 151  | 00:25:00 |          |
| 2022 Cardiff University Cardiff Half Marathon                  | Half Marathon | 27/03/2022 | 5461 | 02:07:10 | M55+     |
| Swansea Bay parkrun  | 5k            | 26/02/2022 | 126  | 00:24:52 |          |
| Swansea Bay parkrun  | 5k            | 29/01/2022 | 118  | 00:25:10 |          |
| Sandy Water parkrun  | 5k            | 11/12/2021 | 18   | 00:22:52 |          |
| Swansea Bay parkrun  | 5k            | 23/10/2021 | 200  | 00:28:33 |          |
| Old Trecastle Run  | 6 miles       | 31/12/2019 | 40   | 00:51:15 |          |
| Gnoll parkrun  | 5k            | 14/12/2019 | 13   | 00:23:15 |          |
| Porthcawl parkrun  | 5k            | 02/11/2019 | 32   | 00:23:24 |          |
| Swansea Bay parkrun  | 5k            | 28/09/2019 | 147  | 00:26:55 |          |
| Llanelli Coast parkrun   | 5k            | 07/09/2019 | 18   | 00:21:41 |          |
| Swansea Bay parkrun  | 5k            | 31/08/2019 | 117  | 00:25:00 |          |
| Tenby 10k  | 10k           | 28/07/2019 | 105  | 00:48:53 |          |
| Welsh Castles Relay Stage 12 - Llanbadarn Fynydd to Crossgates | 11.2 miles    | 09/06/2019 | 47   | 01:22:07 | MV       |
| Swansea Bay parkrun  | 5k            | 11/05/2019 | 99   | 00:23:35 |          |
| Swansea Bay parkrun  | 5k            | 04/05/2019 | 58   | 00:21:26 |          |
| Swansea Bay parkrun  | 5k            | 06/04/2019 | 145  | 00:26:45 |          |

|  |               |            |      |          |           |
|--|---------------|------------|------|----------|-----------|
| Swansea Bay parkrun                                    | 5k            | 02/03/2019 | 45   | 00:21:33 |           |
| Swansea Bay parkrun                                    | 5k            | 19/01/2019 | 120  | 00:25:03 |           |
| Swansea Bay parkrun                                    | 5k            | 01/01/2019 | 79   | 00:22:02 |           |
| Llanelli Coast parkrun                                 | 5k            | 10/11/2018 | 116  | 00:32:40 |           |
| Swansea Bay parkrun                                    | 5k            | 27/10/2018 | 36   | 00:21:07 |           |
| Cardiff Half Marathon                                  | Half Marathon | 07/10/2018 | 1957 | 01:41:49 | M55+      |
| Admiral Swansea Bay 10k                                | 10k           | 16/09/2018 | 1239 | 00:54:47 | M50 Pacer |
| Tenby 10k  | 10k           | 29/07/2018 | 95   | 00:48:42 | M50       |
| Swansea Bay parkrun                                    | 5k            | 28/07/2018 | 32   | 00:22:56 |           |
| Swansea Bay parkrun                                    | 5k            | 21/07/2018 | 39   | 00:21:00 |           |
| Swansea Bay parkrun                                    | 5k            | 07/07/2018 | 33   | 00:21:26 |           |
| Swansea Bay parkrun                                    | 5k            | 05/05/2018 | 328  | 00:33:11 |           |
| Ironman 70.3 Marbella                                  | Triathlon     | 29/04/2018 | 1689 | 07:22:42 |           |
| Swansea Bay parkrun                                    | 5k            | 14/04/2018 | 324  | 00:34:13 |           |
| Swansea Bay parkrun                                    | 5k            | 07/04/2018 | 93   | 00:27:11 |           |
| Swansea Bay parkrun                                    | 5k            | 31/03/2018 | 62   | 00:21:40 |           |
| Swansea Bay parkrun                                    | 5k            | 10/02/2018 | 52   | 00:23:22 |           |
| West Glamorgan Xc League - Margam Park - Men           | TBC           | 28/01/2018 | 139  | 00:44:50 |           |
| Swansea Bay parkrun                                    | 5k            | 30/12/2017 | 45   | 00:23:01 |           |
| Rnli Mumbles Great Christmas Fun Run                   | 10k           | 10/12/2017 | 51   | 00:54:17 | MV        |
| West Glamorgan Xc League - Kenfig Nature Reserve - Men | TBC           | 26/11/2017 | 138  | 00:34:06 |           |
| Swansea Bay parkrun                                    | 5k            | 25/11/2017 | 148  | 00:27:25 |           |
| Swansea Bay parkrun                                    | 5k            | 04/11/2017 | 123  | 00:26:14 |           |
| Swansea Bay parkrun                                    | 5k            | 28/10/2017 | 40   | 00:21:49 |           |
| Swansea Bay parkrun                                    | 5k            | 14/10/2017 | 24   | 00:20:48 |           |
| Llanelli Coast parkrun                                 | 5k            | 23/09/2017 | 15   | 00:21:18 |           |



|   |               |            |       |          |       |
|---|---------------|------------|-------|----------|-------|
| Swansea Bay parkrun                     | 5k            | 19/08/2017 | 205   | 00:29:30 |       |
| Swansea Bay parkrun                     | 5k            | 05/08/2017 | 37    | 00:21:20 |       |
| Tenby 10k                               | 10k           | 30/07/2017 | 94    | 00:49:00 | M50   |
| Swansea Bay parkrun                     | 5k            | 20/05/2017 | 18    | 00:20:44 |       |
| Whitford Point Multi-terrain Race       | 5.6 miles     | 17/05/2017 | 80    | 00:46:49 | VM50  |
| Swansea Bay parkrun                     | 5k            | 13/05/2017 | 28    | 00:21:17 |       |
| Virgin London Marathon 2017             | Marathon      | 23/04/2017 | 16776 | 04:14:56 | 50-54 |
| Llanelli Coast parkrun                  | 5k            | 08/04/2017 | 14    | 00:21:04 |       |
| New Forest Running Festival - Half      | Half Marathon | 18/03/2017 | 26    | 01:52:02 |       |
| <b>Geoff White</b>                      |               |            | 1     |          |       |
| Tenby 10k                               | 10k           | 30/07/2017 | 219   | 00:55:50 | M60   |
| <b>Dave Williams</b>                    |               |            | 5     |          |       |
| Marathon Lanzarote 2024 - Half Marathon | Half Marathon | 07/12/2024 | 386   | 01:54:06 |       |
| WCR 10 miler                            | 10 miles      | 31/03/2024 | 10    | 01:26:31 |       |
| Brisco Gorseinon 10k                    | 10k           | 30/04/2023 | 221   | 00:50:50 | M50   |
| Tata Steel Richard Burton 10k           | 10k           | 07/11/2021 | 236   | 00:46:52 | M50+  |
| Glynneath 5                             | 5 miles       | 26/12/2019 | 136   | 00:38:33 | MV45  |
| <b>Joy Williams</b>                     |               |            | 5     |          |       |
| Marathon Lanzarote 2024 - Half Marathon | Half Marathon | 07/12/2024 | 1213  | 03:04:53 |       |
| Brisco Gorseinon 10k                    | 10k           | 19/05/2024 |       | 01:16:31 |       |
| Tata Steel Richard Burton 10k           | 10k           | 07/11/2021 | 1104  | 01:04:52 | F50+  |
| Glynneath 5                             | 5 miles       | 26/12/2019 | 321   | 00:54:34 | FV45  |
| Carmarthen Senior Tri                   | Triathlon     | 07/10/2018 | 147   | 01:57:58 | FS    |
| <b>Katie Williams</b>                   |               |            | 254   |          |       |
| Swansea Bay parkrun                     | 5k            | 30/11/2024 | 68    | 00:22:36 |       |
| Pembrey MT10                            | 10 miles      | 17/11/2024 | 13    | 01:13:29 |       |

|                                       |          |            |     |          |        |
|---------------------------------------|----------|------------|-----|----------|--------|
| Swansea Bay parkrun                   | 5k       | 09/11/2024 | 65  | 00:22:08 |        |
| Richard Burton 10k                    | 10k      | 03/11/2024 | 239 | 00:43:12 | F40-49 |
| Swansea Bay parkrun                   | 5k       | 26/10/2024 | 192 | 00:24:57 |        |
| Swansea Bay parkrun                   | 5k       | 19/10/2024 | 161 | 00:24:18 |        |
| Bank of America Chicago Marathon      | Marathon | 13/10/2024 |     | 03:23:27 |        |
| Swansea Bay parkrun                   | 5k       | 05/10/2024 | 92  | 00:23:17 |        |
| Admiral Swansea Bay 10k               | 10k      | 15/09/2024 | 242 | 00:41:19 |        |
| Swansea Bay parkrun                   | 5k       | 31/08/2024 | 168 | 00:24:50 |        |
| Tri Hard Harriers 5K On The Bay       | 5k       | 22/08/2024 | 72  | 00:19:45 |        |
| Swansea Bay parkrun                   | 5k       | 17/08/2024 | 155 | 00:25:04 |        |
| Swansea Bay parkrun                   | 5k       | 27/07/2024 | 35  | 00:20:10 |        |
| Swansea Bay parkrun                   | 5k       | 20/07/2024 | 51  | 00:22:15 |        |
| Swansea Bay 5k Summer Series Race 3   | 5k       | 10/07/2024 | 30  | 00:19:55 |        |
| Swansea Bay parkrun                   | 5k       | 29/06/2024 | 106 | 00:23:52 |        |
| Swansea Bay parkrun                   | 5k       | 22/06/2024 | 43  | 00:21:16 |        |
| Swansea Bay parkrun                   | 5k       | 15/06/2024 | 53  | 00:21:51 |        |
| Swansea Bay 5k Summer Series Race 2   | 5k       | 12/06/2024 | 40  | 00:20:38 |        |
| Swansea Bay parkrun                   | 5k       | 01/06/2024 | 383 | 00:30:24 |        |
| Swansea Bay parkrun                   | 5k       | 25/05/2024 | 161 | 00:23:57 |        |
| Brisco Gorseinon 10k                  | 10k      | 19/05/2024 |     | 00:42:54 |        |
| Swansea Bay parkrun                   | 5k       | 18/05/2024 | 121 | 00:23:27 |        |
| Cycle Route 43 parkrun Ystalyfera     | 5k       | 11/05/2024 | 13  | 00:22:37 |        |
| Paul Popham Swansea Bay Summer Series | 5k       | 08/05/2024 | 38  | 00:19:52 |        |
| AJ Bell Great Birmingham Run          | 10k      | 05/05/2024 | 242 | 00:43:11 |        |
| Edgbaston Reservoir parkrun           | 5k       | 04/05/2024 | 130 | 00:27:47 |        |
| Haverfordwest parkrun                 | 5k       | 27/04/2024 | 14  | 00:24:18 |        |

|                                  |               |            |     |          |      |
|----------------------------------|---------------|------------|-----|----------|------|
| TCS London Marathon              | Marathon      | 21/04/2024 |     | 03:25:31 |      |
| Swansea Bay parkrun              | 5k            | 06/04/2024 | 108 | 00:24:28 |      |
| WCR 20 miler                     | 20 miles      | 31/03/2024 | 5   | 02:36:01 |      |
| Swansea Bay parkrun              | 5k            | 30/03/2024 | 50  | 00:20:33 |      |
| Great Welsh Half                 | Half Marathon | 17/03/2024 |     | 01:38:14 |      |
| Swansea Bay parkrun              | 5k            | 16/03/2024 | 240 | 00:27:06 |      |
| San Domenico 20M                 | 20 miles      | 10/03/2024 | 80  | 02:41:09 | F45  |
| Swansea Bay parkrun              | 5k            | 09/03/2024 | 85  | 00:23:12 |      |
| Rhayader Round the Lake          | 30k           | 02/03/2024 | 67  | 02:27:43 | FV45 |
| Swansea Bay parkrun              | 5k            | 24/02/2024 | 118 | 00:23:52 |      |
| Swansea Bay parkrun              | 5k            | 17/02/2024 | 62  | 00:21:58 |      |
| Swansea Bay parkrun              | 5k            | 03/02/2024 | 81  | 00:22:20 |      |
| Swansea Bay parkrun              | 5k            | 27/01/2024 | 231 | 00:26:40 |      |
| Swansea Bay parkrun              | 5k            | 20/01/2024 | 50  | 00:21:17 |      |
| Swansea Bay parkrun              | 5k            | 13/01/2024 | 150 | 00:24:29 |      |
| Swansea Bay parkrun              | 5k            | 06/01/2024 | 79  | 00:22:02 |      |
| Swansea Bay parkrun              | 5k            | 01/01/2024 | 133 | 00:24:41 |      |
| Llandeilo New Years Eve 10 miler | 10 miles      | 31/12/2023 | 50  | 01:20:20 |      |
| Swansea Bay parkrun              | 5k            | 30/12/2023 | 111 | 00:23:03 |      |
| Swansea Bay parkrun              | 5k            | 23/12/2023 | 134 | 00:23:34 |      |
| Swansea Bay parkrun              | 5k            | 09/12/2023 | 52  | 00:22:00 |      |
| Swansea Bay parkrun              | 5k            | 02/12/2023 | 44  | 00:21:04 |      |
| Swansea Bay parkrun              | 5k            | 25/11/2023 | 222 | 00:25:54 |      |
| Swansea Bay parkrun              | 5k            | 18/11/2023 | 45  | 00:21:59 |      |
| Tenby 10k                        | 10k           | 29/10/2023 | 83  | 00:45:36 |      |
| Swansea Bay parkrun              | 5k            | 28/10/2023 | 263 | 00:29:52 |      |

|                                  |               |            |      |          |        |
|----------------------------------|---------------|------------|------|----------|--------|
| Swansea Bay parkrun              | 5k            | 21/10/2023 | 122  | 00:24:01 |        |
| Mizuno Half Marathon - Amsterdam | Half Marathon | 15/10/2023 | 2142 | 01:40:18 |        |
| Amsterdamse Bos parkrun          | 5k            | 14/10/2023 | 223  | 00:27:28 |        |
| Swansea Bay parkrun              | 5k            | 07/10/2023 | 127  | 00:23:02 |        |
| BMW Berlin Marathon 2023         | Marathon      | 24/09/2023 | 1645 | 03:33:42 | W45    |
| Admiral Swansea Bay 10k          | 10k           | 17/09/2023 | 279  | 00:43:32 | Female |
| Swansea Bay parkrun              | 5k            | 16/09/2023 | 159  | 00:26:28 |        |
| Swansea Bay parkrun              | 5k            | 02/09/2023 | 128  | 00:24:22 |        |
| Swansea Bay parkrun              | 5k            | 26/08/2023 | 258  | 00:26:00 |        |
| Tri Hard Harriers 5k on the Bay  | 5k            | 24/08/2023 | 65   | 00:20:14 | F40+   |
| Two Tunnels Half Marathon        | Half Marathon | 20/08/2023 | 47   | 01:45:31 | F40-49 |
| Swansea Bay parkrun              | 5k            | 19/08/2023 | 173  | 00:25:35 |        |
| Swansea Bay parkrun              | 5k            | 12/08/2023 | 72   | 00:22:35 |        |
| Swansea Bay parkrun              | 5k            | 05/08/2023 | 110  | 00:25:12 |        |
| Swansea Bay parkrun              | 5k            | 29/07/2023 | 67   | 00:21:34 |        |
| Swansea Bay parkrun              | 5k            | 22/07/2023 | 91   | 00:24:28 |        |
| Swansea Bay parkrun              | 5k            | 08/07/2023 | 242  | 00:27:41 |        |
| Sandy Water parkrun              | 5k            | 01/07/2023 | 108  | 00:26:44 |        |
| Swansea Bay parkrun              | 5k            | 24/06/2023 | 215  | 00:25:55 |        |
| Swansea Bay parkrun              | 5k            | 17/06/2023 | 73   | 00:22:09 |        |
| Swansea Half Marathon            | Half Marathon | 11/06/2023 |      | 01:43:04 | F35    |
| Swansea Bay parkrun              | 5k            | 10/06/2023 | 233  | 00:28:12 |        |
| Swansea Bay parkrun              | 5k            | 03/06/2023 | 258  | 00:27:29 |        |
| Swansea Bay parkrun              | 5k            | 27/05/2023 | 52   | 00:20:56 |        |
| Swansea Bay parkrun              | 5k            | 20/05/2023 | 205  | 00:26:23 |        |
| Swansea Bay parkrun              | 5k            | 13/05/2023 | 208  | 00:25:54 |        |

|                                    |               |            |      |          |        |
|------------------------------------|---------------|------------|------|----------|--------|
| Swansea Bay Summer 5k Series       | 5k            | 10/05/2023 | 72   | 00:21:37 | FVET   |
| Swansea Bay parkrun                | 5k            | 06/05/2023 | 51   | 00:21:11 |        |
| Brisco Gorseinon 10k               | 10k           | 30/04/2023 | 90   | 00:44:11 | F45    |
| Swansea Bay parkrun                | 5k            | 29/04/2023 | 282  | 00:26:41 |        |
| Swansea Bay parkrun                | 5k            | 22/04/2023 | 87   | 00:22:31 |        |
| Adidas Manchester Marathon         | Marathon      | 16/04/2023 | 4815 | 03:36:02 | FV45   |
| Swansea Bay parkrun                | 5k            | 08/04/2023 | 55   | 00:21:16 |        |
| Great Welsh Half Marathon          | Half Marathon | 02/04/2023 | 94   | 01:40:44 | F45    |
| Swansea Bay parkrun                | 5k            | 01/04/2023 | 168  | 00:26:54 |        |
| Swansea Bay parkrun                | 5k            | 25/03/2023 | 261  | 00:27:34 |        |
| Swansea Bay parkrun                | 5k            | 18/03/2023 | 218  | 00:27:56 |        |
| Rhayader Round the Lake 2023       | 30k           | 04/03/2023 | 95   | 02:31:51 | FV45   |
| Swansea Bay parkrun                | 5k            | 25/02/2023 | 240  | 00:27:41 |        |
| Swansea Bay parkrun                | 5k            | 18/02/2023 | 265  | 00:28:59 |        |
| Swansea Bay parkrun                | 5k            | 11/02/2023 | 168  | 00:26:40 |        |
| Swansea Bay parkrun                | 5k            | 04/02/2023 | 97   | 00:23:57 |        |
| Swansea Bay parkrun                | 5k            | 28/01/2023 | 47   | 00:21:23 |        |
| Swansea Bay parkrun                | 5k            | 21/01/2023 | 86   | 00:23:31 |        |
| Swansea Bay parkrun                | 5k            | 14/01/2023 | 65   | 00:21:50 |        |
| Swansea Bay parkrun                | 5k            | 07/01/2023 | 84   | 00:23:49 |        |
| Swansea Bay parkrun                | 5k            | 01/01/2023 | 101  | 00:25:16 |        |
| Swansea Bay parkrun                | 5k            | 31/12/2022 | 195  | 00:28:01 |        |
| Glynneath 5 Boxing Day 5 Mile Race | 5 miles       | 26/12/2022 | 77   | 00:36:10 | F40-49 |
| Gnoll parkrun                      | 5k            | 25/12/2022 | 39   | 00:28:37 |        |
| Swansea Bay parkrun                | 5k            | 24/12/2022 | 212  | 00:26:23 |        |
| Swansea Bay parkrun                | 5k            | 10/12/2022 | 60   | 00:22:43 |        |

|   |               |            |       |          |        |
|---|---------------|------------|-------|----------|--------|
| Swansea Bay parkrun                                   | 5k            | 03/12/2022 | 84    | 00:23:53 |        |
| Sospan MT10   | 10 miles      | 20/11/2022 | 184   | 01:27:03 | F45-54 |
| Swansea Bay parkrun                                   | 5k            | 19/11/2022 | 110   | 00:24:15 |        |
| Swansea Bay parkrun                                   | 5k            | 12/11/2022 | 164   | 00:26:48 |        |
| TCS New York City Marathon                            | Marathon      | 06/11/2022 | 14228 | 04:16:22 | F45    |
| Swansea Bay parkrun                                   | 5k            | 29/10/2022 | 172   | 00:26:58 |        |
| Swansea Bay parkrun                                   | 5k            | 22/10/2022 | 121   | 00:24:08 |        |
| Swansea Bay parkrun                                   | 5k            | 15/10/2022 | 182   | 00:28:08 |        |
| Swansea Bay parkrun                                   | 5k            | 08/10/2022 | 114   | 00:23:34 |        |
| 2022 Wizz Air Cardiff Half Marathon                   | Half Marathon | 02/10/2022 | 2504  | 01:46:59 | F40+   |
| Swansea Bay parkrun                                   | 5k            | 01/10/2022 | 203   | 00:28:41 |        |
| Welsh Road Relay Championships - Pembrey Country Park | 5400m         | 24/09/2022 |       |          | MW35   |
| Admiral Swansea Bay 10k                               | 10k           | 18/09/2022 | 566   | 00:47:45 | F40    |
| Swansea Bay parkrun                                   | 5k            | 17/09/2022 | 187   | 00:27:52 |        |
| Swansea Bay parkrun                                   | 5k            | 10/09/2022 | 238   | 00:27:42 |        |
| Upton Court parkrun                                   | 5k            | 03/09/2022 | 61    | 00:26:42 |        |
| Swansea Bay parkrun                                   | 5k            | 27/08/2022 | 225   | 00:26:42 |        |
| Coventry parkrun                                      | 5k            | 20/08/2022 | 275   | 00:30:05 |        |
| Tenby 10k   | 10k           | 31/07/2022 | 278   | 01:09:28 | F35    |
| Healthspan Porthcawl 10k                              | 10k           | 03/07/2022 | 575   | 00:40:53 |        |
| Gnoll parkrun   | 5k            | 02/07/2022 | 30    | 00:25:50 |        |
| JCP Swansea Half Marathon                             | Half Marathon | 12/06/2022 | 644   | 01:45:40 | F40    |
| Swansea Bay parkrun                                   | 5k            | 11/06/2022 | 158   | 00:26:34 |        |
| Swansea Bay parkrun                                   | 5k            | 04/06/2022 | 108   | 00:23:06 |        |
| Swansea Bay parkrun                                   | 5k            | 28/05/2022 | 213   | 00:25:53 |        |
| Toughrunner UK Swansea Epic Trail 10k                 | 10k           | 22/05/2022 | 207   | 00:57:39 | F30-39 |

|   |               |            |      |          |      |
|---|---------------|------------|------|----------|------|
| Swansea Bay parkrun                           | 5k            | 21/05/2022 | 70   | 00:22:02 |      |
| Barry Island parkrun                          | 5k            | 14/05/2022 | 22   | 00:24:34 |      |
| PPRC Swansea Bay Summer 5k Series             | 5k            | 11/05/2022 | 44   | 00:23:05 | W40  |
| Sandy Water parkrun                           | 5k            | 07/05/2022 | 34   | 00:23:14 |      |
| Swansea Bay parkrun                           | 5k            | 30/04/2022 | 232  | 00:27:49 |      |
| Swansea Bay parkrun                           | 5k            | 23/04/2022 | 74   | 00:22:28 |      |
| Swansea Bay parkrun                           | 5k            | 16/04/2022 | 224  | 00:26:43 |      |
| Swansea Bay parkrun                           | 5k            | 09/04/2022 | 172  | 00:27:27 |      |
| Swansea Bay parkrun                           | 5k            | 02/04/2022 | 120  | 00:25:07 |      |
| 2022 Cardiff University Cardiff Half Marathon | Half Marathon | 27/03/2022 | 1847 | 01:43:01 | F40+ |
| Swansea Bay parkrun                           | 5k            | 26/03/2022 | 190  | 00:28:43 |      |
| 2022 United Airlines NYC Half                 | Half Marathon | 20/03/2022 | 4232 | 01:45:59 | F44  |
| Swansea Bay parkrun                           | 5k            | 12/03/2022 | 99   | 00:24:35 |      |
| Swansea Bay parkrun                           | 5k            | 26/02/2022 | 183  | 00:27:05 |      |
| Swansea Bay parkrun                           | 5k            | 19/02/2022 | 91   | 00:26:23 |      |
| Swansea Bay parkrun                           | 5k            | 12/02/2022 | 140  | 00:26:15 |      |
| Aberdare parkrun                              | 5k            | 05/02/2022 | 21   | 00:24:09 |      |
| Swansea Bay parkrun                           | 5k            | 29/01/2022 | 196  | 00:28:01 |      |
| Swansea Bay parkrun                           | 5k            | 22/01/2022 | 75   | 00:22:39 |      |
| Swansea Bay parkrun                           | 5k            | 15/01/2022 | 76   | 00:24:33 |      |
| Gnoll parkrun                                 | 5k            | 25/12/2021 | 68   | 00:27:55 |      |
| Swansea Bay parkrun                           | 5k            | 18/12/2021 | 173  | 00:28:03 |      |
| Swansea Bay parkrun                           | 5k            | 11/12/2021 | 72   | 00:22:58 |      |
| Brynaman parkrun                              | 5k            | 27/11/2021 | 8    | 00:24:50 |      |
| Swansea Bay parkrun                           | 5k            | 20/11/2021 | 151  | 00:25:47 |      |
| Swansea Bay parkrun                           | 5k            | 13/11/2021 | 208  | 00:28:29 |      |

|                                |               |            |       |          |        |
|--------------------------------|---------------|------------|-------|----------|--------|
| Tata Steel Richard Burton 10k  | 10k           | 07/11/2021 | 389   | 00:50:33 | F40-49 |
| Swansea Bay parkrun            | 5k            | 06/11/2021 | 135   | 00:25:22 |        |
| Swansea Bay parkrun            | 5k            | 30/10/2021 | 119   | 00:25:14 |        |
| Llyn Llech Owain parkrun       | 5k            | 23/10/2021 | 34    | 00:25:30 |        |
| JCP Swansea Half Marathon      | Half Marathon | 17/10/2021 | 702   | 01:51:57 | F40    |
| Swansea Bay parkrun            | 5k            | 16/10/2021 | 182   | 00:29:36 |        |
| Virgin London Marathon         | Marathon      | 03/10/2021 | 16724 | 04:18:49 | F40-44 |
| Admiral Swansea Bay 10k        | 10k           | 19/09/2021 | 679   | 00:51:33 |        |
| Gnoll parkrun                  | 5k            | 18/09/2021 | 57    | 00:26:56 |        |
| Sandy Water parkrun            | 5k            | 11/09/2021 | 99    | 00:30:37 |        |
| Swansea Bay parkrun            | 5k            | 04/09/2021 | 384   | 00:35:55 |        |
| Swansea Bay parkrun            | 5k            | 28/08/2021 | 234   | 00:28:08 |        |
| Swansea Bay parkrun            | 5k            | 21/08/2021 | 102   | 00:24:37 |        |
| Swansea Bay parkrun            | 5k            | 14/03/2020 | 176   | 00:26:59 |        |
| Swansea Bay parkrun            | 5k            | 07/03/2020 | 219   | 00:27:11 |        |
| Swansea Bay parkrun            | 5k            | 29/02/2020 | 201   | 00:27:37 |        |
| Swansea Bay parkrun            | 5k            | 22/02/2020 | 164   | 00:25:56 |        |
| Swansea Bay parkrun            | 5k            | 15/02/2020 | 157   | 00:27:27 |        |
| Swansea Bay parkrun            | 5k            | 08/02/2020 | 310   | 00:29:24 |        |
| Llanelli Coast parkrun         | 5k            | 01/02/2020 | 65    | 00:26:49 |        |
| Brueton parkrun                | 5k            | 25/01/2020 | 293   | 00:27:32 |        |
| Tata Steel Round the Reservoir | 5.6 miles     | 12/01/2020 | 101   | 00:48:20 | FV40   |
| Swansea Bay parkrun            | 5k            | 11/01/2020 | 148   | 00:26:07 |        |
| Gnoll parkrun                  | 5k            | 04/01/2020 | 81    | 00:26:51 |        |
| Swansea Bay parkrun            | 5k            | 01/01/2020 | 216   | 00:25:56 |        |
| Swansea Bay parkrun            | 5k            | 28/12/2019 | 166   | 00:26:08 |        |



|                                     |               |            |      |          |         |
|-------------------------------------|---------------|------------|------|----------|---------|
| Llyn Llech Owain parkrun            | 5k            | 25/12/2019 | 77   | 00:26:37 |         |
| Swansea Bay parkrun                 | 5k            | 21/12/2019 | 175  | 00:28:04 |         |
| Swansea Bay parkrun                 | 5k            | 14/12/2019 | 118  | 00:29:53 |         |
| Merthyr Mawr Christmas Pudding Race | 10k           | 08/12/2019 | 160  | 01:26:31 | FV      |
| Swansea Bay parkrun                 | 5k            | 30/11/2019 | 207  | 00:30:00 |         |
| Swansea Bay parkrun                 | 5k            | 23/11/2019 | 147  | 00:26:44 |         |
| Sospan MT10                         | 10 miles      | 17/11/2019 | 284  | 01:39:29 | F354-44 |
| Llanelli Coast parkrun              | 5k            | 16/11/2019 | 72   | 00:26:15 |         |
| Bryn Bach parkrun                   | 5k            | 09/11/2019 | 20   | 00:25:46 |         |
| Porthcawl parkrun                   | 5k            | 02/11/2019 | 105  | 00:27:23 |         |
| Swansea Bay parkrun                 | 5k            | 26/10/2019 | 144  | 00:28:54 |         |
| Llanelli Coast parkrun              | 5k            | 19/10/2019 | 75   | 00:26:32 |         |
| Swansea Bay parkrun                 | 5k            | 12/10/2019 | 133  | 00:25:41 |         |
| Cardiff Half Marathon               | Half Marathon | 06/10/2019 | 7639 | 02:02:36 | F40+    |
| Swansea Bay parkrun                 | 5k            | 05/10/2019 | 185  | 00:28:25 |         |
| Swansea Bay parkrun                 | 5k            | 28/09/2019 | 203  | 00:30:59 |         |
| Admiral Swansea Bay 10k             | 10k           | 22/09/2019 |      | 00:53:16 |         |
| Llanelli Coast parkrun              | 5k            | 21/09/2019 | 73   | 00:26:37 |         |
| Swansea Bay parkrun                 | 5k            | 14/09/2019 | 176  | 00:26:15 |         |
| Swansea Bay parkrun                 | 5k            | 31/08/2019 | 127  | 00:25:25 |         |
| Swansea Bay parkrun                 | 5k            | 24/08/2019 | 204  | 00:26:45 |         |
| Swansea Bay parkrun                 | 5k            | 17/08/2019 | 186  | 00:26:36 |         |
| Swansea Bay parkrun                 | 5k            | 10/08/2019 | 114  | 00:27:49 |         |
| ABP Barry 10k                       | 10k           | 04/08/2019 | 1052 | 00:55:52 | F40+    |
| Gnoll parkrun                       | 5k            | 03/08/2019 | 69   | 00:27:44 |         |
| Tenby 10k                           | 10k           | 28/07/2019 | 213  | 00:56:15 |         |

|                                   |               |            |      |          |      |
|-----------------------------------|---------------|------------|------|----------|------|
| Swansea Bay parkrun               | 5k            | 27/07/2019 | 369  | 00:35:22 |      |
| Swansea Bay parkrun               | 5k            | 20/07/2019 | 172  | 00:26:30 |      |
| Mic Morris Torfaen 10k            | 10k           | 14/07/2019 | 279  | 00:49:32 | FM   |
| Swansea Bay parkrun               | 5k            | 13/07/2019 | 202  | 00:26:44 |      |
| Porthcawl 10k                     | 10k           | 07/07/2019 | 1113 | 00:54:55 | F40+ |
| Llyn Llech Owain parkrun          | 5k            | 06/07/2019 | 54   | 00:27:16 |      |
| Swansea Bay parkrun               | 5k            | 29/06/2019 | 256  | 00:30:05 |      |
| JCP Swansea Half Marathon         | Half Marathon | 23/06/2019 | 2493 | 02:09:36 | F40  |
| Swansea Bay parkrun               | 5k            | 22/06/2019 | 206  | 00:28:55 |      |
| Swansea Bay parkrun               | 5k            | 15/06/2019 | 213  | 00:27:53 |      |
| Swansea Bay parkrun               | 5k            | 08/06/2019 | 155  | 00:26:10 |      |
| Swansea Bay parkrun               | 5k            | 25/05/2019 | 254  | 00:27:00 |      |
| Swansea Bay parkrun               | 5k            | 18/05/2019 | 218  | 00:26:15 |      |
| Swansea Epic Trail 10k            | 10k           | 12/05/2019 | 318  | 01:02:14 | FV40 |
| Swansea Bay parkrun               | 5k            | 04/05/2019 | 219  | 00:27:32 |      |
| Bushy parkrun                     | 5k            | 27/04/2019 | 634  | 00:27:21 |      |
| Swansea Bay parkrun               | 5k            | 20/04/2019 | 208  | 00:27:02 |      |
| Swansea Bay parkrun               | 5k            | 13/04/2019 | 213  | 00:28:18 |      |
| Brecon Carreg Cardiff Bay Run 10k | 10k           | 31/03/2019 | 2617 | 00:56:54 | F40+ |
| Swansea Bay parkrun               | 5k            | 23/03/2019 | 175  | 00:27:07 |      |
| Swansea Bay parkrun               | 5k            | 09/03/2019 | 141  | 00:25:44 |      |
| Swansea Bay parkrun               | 5k            | 02/03/2019 | 130  | 00:24:57 |      |
| Swansea Bay parkrun               | 5k            | 23/02/2019 | 186  | 00:27:31 |      |
| Swansea Bay parkrun               | 5k            | 16/02/2019 | 150  | 00:25:29 |      |
| Swansea Bay parkrun               | 5k            | 09/02/2019 | 146  | 00:27:49 |      |
| Swansea Bay parkrun               | 5k            | 02/02/2019 | 127  | 00:26:22 |      |

|  |               |            |      |          |            |
|--|---------------|------------|------|----------|------------|
| Swansea Bay parkrun                        | 5k            | 26/01/2019 | 310  | 00:32:13 |            |
| Swansea Bay parkrun                        | 5k            | 05/01/2019 | 119  | 00:25:18 |            |
| Swansea Bay parkrun                        | 5k            | 01/01/2019 | 184  | 00:25:11 |            |
| Swansea Bay parkrun                        | 5k            | 29/12/2018 | 314  | 00:32:01 |            |
| Llyn Llech Owain parkrun                   | 5k            | 25/12/2018 | 84   | 00:28:02 |            |
| Swansea Bay parkrun                        | 5k            | 22/12/2018 | 128  | 00:25:58 |            |
| Swansea Bay parkrun                        | 5k            | 08/12/2018 | 92   | 00:25:49 |            |
| Swansea Bay parkrun                        | 5k            | 01/12/2018 | 96   | 00:26:33 |            |
| Swansea Bay parkrun                        | 5k            | 24/11/2018 | 290  | 00:31:36 |            |
| Llanelli Coast parkrun                     | 5k            | 17/11/2018 | 63   | 00:26:20 |            |
| Tata Steel Richard Burton 10k              | 10k           | 04/11/2018 | 849  | 00:58:47 | Female 40+ |
| Swansea Bay parkrun                        | 5k            | 27/10/2018 | 150  | 00:25:41 |            |
| Llanelli Coast parkrun                     | 5k            | 06/10/2018 | 106  | 00:32:03 |            |
| Swansea Bay parkrun                        | 5k            | 29/09/2018 | 162  | 00:26:29 |            |
| Swansea Bay parkrun                        | 5k            | 22/09/2018 | 137  | 00:28:21 |            |
| Llyn Llech Owain parkrun                   | 5k            | 15/09/2018 | 65   | 00:29:30 |            |
| 2018 Run Mag 10k Chicago                   | 10k           | 08/09/2018 | 998  | 01:00:26 | F40-44     |
| Swansea Bay parkrun                        | 5k            | 04/08/2018 | 165  | 00:26:56 |            |
| <b>Lisa Williams</b>                       |               | 20         |      |          |            |
| Sospan RR MT10                             | 10 miles      | 18/11/2018 | 221  | 01:29:20 | F3544      |
| Jcp Swansea Half Marathon                  | Half Marathon | 24/06/2018 | 1362 | 01:51:52 | FV35       |
| Welsh Castles Relay Stage 12               | 11.2 miles    | 10/06/2018 | 54   | 01:27:18 | FV         |
| Swansea Bay parkrun                        | 5k            | 14/04/2018 | 257  | 00:31:14 |            |
| Forest Of Dean Spring Trails Half Marathon | Half Marathon | 07/04/2018 | 290  | 01:51:43 | FV35       |
| Glynneath 5                                | 5 miles       | 26/12/2017 | 263  | 00:41:15 |            |
| Srr M10                                    | 10 miles      | 19/11/2017 | 228  | 01:29:55 | F3544      |

|                                       |               |            |      |          |                    |
|---------------------------------------|---------------|------------|------|----------|--------------------|
| Brooks Snowdonia Marathon             | Marathon      | 30/10/2017 | 1093 | 04:29:52 | FV40               |
| Cardiff Half Marathon                 | Half Marathon | 01/10/2017 | 4690 | 01:53:58 | F40-49             |
| Admiral Swansea Bay 10k               | 10k           | 24/09/2017 | 531  | 00:47:34 |                    |
| 2017 Tydfilians Roman Run             | 16 miles      | 02/09/2017 | 119  | 02:40:34 | Ladies Masters 35+ |
| Jcp Swansea Half Marathon             | Half Marathon | 25/06/2017 | 1111 | 01:49:48 | FV35               |
| Swansea Bay parkrun                   | 5k            | 20/05/2017 | 194  | 00:29:37 |                    |
| Swansea Bay parkrun                   | 5k            | 13/05/2017 | 53   | 00:23:05 |                    |
| Swansea Bay parkrun                   | 5k            | 06/05/2017 | 64   | 00:22:52 |                    |
| Llyn Llech Owain parkrun              | 5k            | 22/04/2017 | 30   | 00:24:26 |                    |
| Swansea Bay parkrun                   | 5k            | 15/04/2017 | 84   | 00:22:48 |                    |
| Lliswerry 8                           | 8 miles       | 29/01/2017 | 287  | 01:01:41 | F40                |
| Swansea Bay parkrun                   | 5k            | 07/01/2017 | 52   | 00:23:24 |                    |
| Glynneath Boxing Day 5 Mile Road Race | 5 miles       | 26/12/2016 | 174  | 00:38:58 | F                  |
| <b>Nathan Williams</b>                |               | 251        |      |          |                    |
| Run4All Neath Santa Run               | 5k            | 14/12/2024 | 50   | 00:29:08 |                    |
| Swansea Bay parkrun                   | 5k            | 14/12/2024 | 220  | 00:27:52 |                    |
| Swansea Bay parkrun                   | 5k            | 30/11/2024 | 216  | 00:27:03 |                    |
| Gnoll parkrun                         | 5k            | 23/11/2024 | 46   | 00:29:57 |                    |
| Pembrey MT10                          | 10 miles      | 17/11/2024 | 110  | 01:35:18 |                    |
| Swansea Bay parkrun                   | 5k            | 09/11/2024 | 236  | 00:27:18 |                    |
| Richard Burton 10k                    | 10k           | 03/11/2024 | 744  | 00:52:40 | M40-49             |
| Swansea Bay parkrun                   | 5k            | 02/11/2024 | 369  | 00:29:33 |                    |
| Swansea Bay parkrun                   | 5k            | 26/10/2024 | 305  | 00:26:58 |                    |
| Swansea Bay parkrun                   | 5k            | 19/10/2024 | 205  | 00:25:29 |                    |
| Bank of America Chicago Marathon      | Marathon      | 13/10/2024 |      | 05:29:26 |                    |
| Swansea Bay parkrun                   | 5k            | 05/10/2024 | 235  | 00:27:12 |                    |

|                                 |               |            |      |          |      |
|---------------------------------|---------------|------------|------|----------|------|
| Swansea Bay parkrun             | 5k            | 28/09/2024 | 285  | 00:27:16 |      |
| Swansea Bay parkrun             | 5k            | 21/09/2024 | 365  | 00:30:58 |      |
| Admiral Swansea Bay 10k         | 10k           | 15/09/2024 | 1078 | 00:53:12 |      |
| Swansea Bay parkrun             | 5k            | 14/09/2024 | 264  | 00:28:44 |      |
| Swansea Bay parkrun             | 5k            | 31/08/2024 | 284  | 00:28:17 |      |
| Swansea Bay parkrun             | 5k            | 24/08/2024 | 303  | 00:29:22 |      |
| Tri Hard Harriers 5K On The Bay | 5k            | 22/08/2024 | 186  | 00:24:49 |      |
| Swansea Bay parkrun             | 5k            | 17/08/2024 | 154  | 00:25:03 |      |
| Swansea Bay parkrun             | 5k            | 10/08/2024 | 212  | 00:27:14 |      |
| Swansea Bay parkrun             | 5k            | 27/07/2024 | 274  | 00:27:29 |      |
| Swansea Bay parkrun             | 5k            | 20/07/2024 | 320  | 00:31:13 |      |
| Swansea Bay parkrun             | 5k            | 25/05/2024 | 352  | 00:28:06 |      |
| AJ Bell Great Birmingham Run    | 10k           | 05/05/2024 | 807  | 00:52:49 |      |
| Edgbaston Reservoir parkrun     | 5k            | 04/05/2024 | 131  | 00:27:47 |      |
| Haverfordwest parkrun           | 5k            | 27/04/2024 | 41   | 00:28:19 |      |
| TCS London Marathon             | Marathon      | 21/04/2024 |      | 04:24:03 |      |
| Swansea Bay parkrun             | 5k            | 06/04/2024 | 160  | 00:25:40 |      |
| WCR 20 miler                    | 20 miles      | 31/03/2024 | 22   | 03:16:21 |      |
| Swansea Bay parkrun             | 5k            | 30/03/2024 | 270  | 00:27:16 |      |
| Great Welsh Half                | Half Marathon | 17/03/2024 |      | 01:55:43 |      |
| Swansea Bay parkrun             | 5k            | 16/03/2024 | 275  | 00:28:27 |      |
| San Domenico 20M                | 20 miles      | 10/03/2024 | 144  | 03:11:18 | M45  |
| Swansea Bay parkrun             | 5k            | 09/03/2024 | 184  | 00:26:09 |      |
| Rhayader Round the Lake         | 30k           | 02/03/2024 | 270  | 03:18:13 | MV45 |
| Swansea Bay parkrun             | 5k            | 24/02/2024 | 307  | 00:28:58 |      |
| Swansea Bay parkrun             | 5k            | 27/01/2024 | 236  | 00:26:56 |      |

|                                  |               |            |      |          |        |
|----------------------------------|---------------|------------|------|----------|--------|
| Swansea Bay parkrun              | 5k            | 20/01/2024 | 178  | 00:26:07 |        |
| Swansea Bay parkrun              | 5k            | 13/01/2024 | 236  | 00:26:52 |        |
| Swansea Bay parkrun              | 5k            | 06/01/2024 | 187  | 00:25:35 |        |
| Swansea Bay parkrun              | 5k            | 01/01/2024 | 199  | 00:26:36 |        |
| Llandeilo New Years Eve 10 miler | 10 miles      | 31/12/2023 | 120  | 01:35:37 |        |
| Swansea Bay parkrun              | 5k            | 30/12/2023 | 301  | 00:28:26 |        |
| Swansea Bay parkrun              | 5k            | 09/12/2023 | 161  | 00:27:33 |        |
| Swansea Bay parkrun              | 5k            | 02/12/2023 | 101  | 00:23:35 |        |
| Swansea Bay parkrun              | 5k            | 25/11/2023 | 270  | 00:27:07 |        |
| Swansea Bay parkrun              | 5k            | 18/11/2023 | 147  | 00:26:23 |        |
| Tenby 10k                        | 10k           | 29/10/2023 | 222  | 00:51:29 |        |
| Swansea Bay parkrun              | 5k            | 28/10/2023 | 215  | 00:27:54 |        |
| Swansea Bay parkrun              | 5k            | 21/10/2023 | 263  | 00:28:23 |        |
| Mizuno Half Marathon - Amsterdam | Half Marathon | 15/10/2023 | 6186 | 01:54:14 |        |
| Amsterdamse Bos parkrun          | 5k            | 14/10/2023 | 225  | 00:27:30 |        |
| Swansea Bay parkrun              | 5k            | 07/10/2023 | 396  | 00:29:50 |        |
| Admiral Swansea Bay 10k          | 10k           | 17/09/2023 | 651  | 00:49:52 | Male   |
| Swansea Bay parkrun              | 5k            | 16/09/2023 | 170  | 00:26:46 |        |
| Swansea Bay parkrun              | 5k            | 02/09/2023 | 275  | 00:29:12 |        |
| Swansea Bay parkrun              | 5k            | 26/08/2023 | 259  | 00:26:01 |        |
| Tri Hard Harriers 5k on the Bay  | 5k            | 24/08/2023 | 117  | 00:23:13 | M40+   |
| Two Tunnels Half Marathon        | Half Marathon | 20/08/2023 | 268  | 02:15:47 | M40-49 |
| Swansea Bay parkrun              | 5k            | 19/08/2023 | 184  | 00:25:49 |        |
| Swansea Bay parkrun              | 5k            | 12/08/2023 | 171  | 00:27:05 |        |
| Swansea Bay parkrun              | 5k            | 05/08/2023 | 155  | 00:26:58 |        |
| Swansea Bay parkrun              | 5k            | 29/07/2023 | 243  | 00:26:40 |        |

|                              |               |            |       |          |      |
|------------------------------|---------------|------------|-------|----------|------|
| Swansea Bay parkrun          | 5k            | 08/07/2023 | 223   | 00:27:07 |      |
| Sandy Water parkrun          | 5k            | 01/07/2023 | 106   | 00:26:42 |      |
| Swansea Bay parkrun          | 5k            | 24/06/2023 | 259   | 00:27:06 |      |
| Swansea Bay parkrun          | 5k            | 17/06/2023 | 181   | 00:25:44 |      |
| Swansea Half Marathon        | Half Marathon | 11/06/2023 |       | 02:01:59 | M45  |
| Swansea Bay parkrun          | 5k            | 10/06/2023 | 168   | 00:26:20 |      |
| Swansea Bay parkrun          | 5k            | 03/06/2023 | 186   | 00:25:32 |      |
| Swansea Bay parkrun          | 5k            | 27/05/2023 | 406   | 00:31:03 |      |
| Swansea Bay parkrun          | 5k            | 20/05/2023 | 269   | 00:28:06 |      |
| Swansea Bay parkrun          | 5k            | 13/05/2023 | 239   | 00:26:45 |      |
| Swansea Bay Summer 5k Series | 5k            | 10/05/2023 | 114   | 00:24:23 | MVET |
| Swansea Bay parkrun          | 5k            | 06/05/2023 | 259   | 00:27:47 |      |
| Brisco Gorseinon 10k         | 10k           | 30/04/2023 | 212   | 00:49:53 | M45  |
| Swansea Bay parkrun          | 5k            | 29/04/2023 | 283   | 00:26:41 |      |
| Swansea Bay parkrun          | 5k            | 22/04/2023 | 101   | 00:23:10 |      |
| Adidas Manchester Marathon   | Marathon      | 16/04/2023 | 11346 | 04:19:51 | MV45 |
| Great Welsh Half Marathon    | Half Marathon | 02/04/2023 | 180   | 01:50:26 | M45  |
| Swansea Bay parkrun          | 5k            | 01/04/2023 | 234   | 00:29:00 |      |
| Swansea Bay parkrun          | 5k            | 25/03/2023 | 234   | 00:26:58 |      |
| Swansea Bay parkrun          | 5k            | 18/03/2023 | 220   | 00:27:58 |      |
| Swansea Bay parkrun          | 5k            | 11/03/2023 | 268   | 00:30:54 |      |
| Rhayader Round the Lake 2023 | 30k           | 04/03/2023 | 196   | 02:58:19 | MV45 |
| Swansea Bay parkrun          | 5k            | 25/02/2023 | 360   | 00:33:06 |      |
| Swansea Bay parkrun          | 5k            | 18/02/2023 | 252   | 00:28:44 |      |
| Swansea Bay parkrun          | 5k            | 11/02/2023 | 178   | 00:27:02 |      |
| Swansea Bay parkrun          | 5k            | 04/02/2023 | 226   | 00:28:03 |      |

|   |          |            |       |          |        |
|---|----------|------------|-------|----------|--------|
| Swansea Bay parkrun                                   | 5k       | 28/01/2023 | 104   | 00:23:19 |        |
| Swansea Bay parkrun                                   | 5k       | 21/01/2023 | 208   | 00:27:45 |        |
| Swansea Bay parkrun                                   | 5k       | 14/01/2023 | 165   | 00:25:22 |        |
| Swansea Bay parkrun                                   | 5k       | 07/01/2023 | 179   | 00:27:19 |        |
| Swansea Bay parkrun                                   | 5k       | 01/01/2023 | 220   | 00:30:19 |        |
| Swansea Bay parkrun                                   | 5k       | 31/12/2022 | 211   | 00:28:36 |        |
| Glynneath 5 Boxing Day 5 Mile Race                    | 5 miles  | 26/12/2022 | 139   | 00:40:18 | M40-49 |
| Gnoll parkrun   | 5k       | 25/12/2022 | 57    | 00:29:54 |        |
| Swansea Bay parkrun                                   | 5k       | 24/12/2022 | 226   | 00:26:48 |        |
| Sospan MT10   | 10 miles | 20/11/2022 | 276   | 01:35:19 | M45-54 |
| Swansea Bay parkrun                                   | 5k       | 19/11/2022 | 148   | 00:25:26 |        |
| Swansea Bay parkrun                                   | 5k       | 12/11/2022 | 144   | 00:26:10 |        |
| TCS New York City Marathon                            | Marathon | 06/11/2022 | 30417 | 05:04:02 | M47    |
| Swansea Bay parkrun                                   | 5k       | 29/10/2022 | 261   | 00:29:52 |        |
| Swansea Bay parkrun                                   | 5k       | 08/10/2022 | 268   | 00:28:19 |        |
| Swansea Bay parkrun                                   | 5k       | 01/10/2022 | 210   | 00:28:54 |        |
| Welsh Road Relay Championships - Pembrey Country Park | 5400m    | 24/09/2022 |       | 00:27:29 | MM45   |
| Admiral Swansea Bay 10k                               | 10k      | 18/09/2022 | 671   | 00:49:03 | M45    |
| Swansea Bay parkrun                                   | 5k       | 17/09/2022 | 188   | 00:27:53 |        |
| Swansea Bay parkrun                                   | 5k       | 10/09/2022 | 310   | 00:30:42 |        |
| Upton Court parkrun                                   | 5k       | 03/09/2022 | 62    | 00:26:43 |        |
| Swansea Bay parkrun                                   | 5k       | 27/08/2022 | 271   | 00:27:57 |        |
| Coventry parkrun                                      | 5k       | 20/08/2022 | 154   | 00:26:23 |        |
| Swansea Bay parkrun                                   | 5k       | 13/08/2022 | 142   | 00:27:01 |        |
| Swansea Bay parkrun                                   | 5k       | 06/08/2022 | 212   | 00:28:07 |        |
| Tenby 10k   | 10k      | 31/07/2022 | 97    | 00:53:30 | M40    |



|   |               |            |      |          |        |
|---|---------------|------------|------|----------|--------|
| Swansea Bay parkrun                           | 5k            | 30/07/2022 | 194  | 00:27:08 |        |
| Swansea Bay parkrun                           | 5k            | 16/07/2022 | 152  | 00:26:54 |        |
| Swansea Bay parkrun                           | 5k            | 09/07/2022 | 143  | 00:26:09 |        |
| Gnoll parkrun                                 | 5k            | 02/07/2022 | 54   | 00:27:40 |        |
| Swansea Bay parkrun                           | 5k            | 11/06/2022 | 170  | 00:27:04 |        |
| Swansea Bay parkrun                           | 5k            | 04/06/2022 | 200  | 00:26:47 |        |
| Swansea Bay parkrun                           | 5k            | 28/05/2022 | 240  | 00:26:57 |        |
| Toughrunner UK Swansea Epic Trail 10k         | 10k           | 22/05/2022 | 146  | 00:54:48 | M40-49 |
| Swansea Bay parkrun                           | 5k            | 21/05/2022 | 148  | 00:25:18 |        |
| Barry Island parkrun                          | 5k            | 14/05/2022 | 41   | 00:26:28 |        |
| PPRC Swansea Bay Summer 5k Series             | 5k            | 11/05/2022 | 53   | 00:24:07 | M45    |
| Sandy Water parkrun                           | 5k            | 07/05/2022 | 81   | 00:26:51 |        |
| Swansea Bay parkrun                           | 5k            | 30/04/2022 | 218  | 00:27:07 |        |
| Swansea Bay parkrun                           | 5k            | 23/04/2022 | 113  | 00:24:16 |        |
| Swansea Bay parkrun                           | 5k            | 16/04/2022 | 109  | 00:22:51 |        |
| Great Welsh Half Marathon                     | Half Marathon | 10/04/2022 | 175  | 01:49:28 | M45    |
| Swansea Bay parkrun                           | 5k            | 09/04/2022 | 173  | 00:27:28 |        |
| Swansea Bay parkrun                           | 5k            | 02/04/2022 | 119  | 00:25:06 |        |
| 2022 Cardiff University Cardiff Half Marathon | Half Marathon | 27/03/2022 | 4694 | 02:01:29 | M45+   |
| Swansea Bay parkrun                           | 5k            | 26/03/2022 | 238  | 00:30:55 |        |
| 2022 United Airlines NYC Half                 | Half Marathon | 20/03/2022 | 7685 | 01:56:41 | M47    |
| Swansea Bay parkrun                           | 5k            | 12/03/2022 | 117  | 00:25:24 |        |
| Swansea Bay parkrun                           | 5k            | 05/03/2022 | 136  | 00:25:05 |        |
| Swansea Bay parkrun                           | 5k            | 26/02/2022 | 154  | 00:25:59 |        |
| Swansea Bay parkrun                           | 5k            | 19/02/2022 | 92   | 00:26:24 |        |
| Swansea Bay parkrun                           | 5k            | 12/02/2022 | 114  | 00:25:25 |        |

|                                   |               |            |       |          |        |
|-----------------------------------|---------------|------------|-------|----------|--------|
| Aberdare parkrun                  | 5k            | 05/02/2022 | 30    | 00:25:30 |        |
| Swansea Bay parkrun               | 5k            | 29/01/2022 | 167   | 00:27:03 |        |
| Swansea Bay parkrun               | 5k            | 22/01/2022 | 150   | 00:25:42 |        |
| Swansea Bay parkrun               | 5k            | 15/01/2022 | 72    | 00:24:31 |        |
| Gnoll parkrun                     | 5k            | 25/12/2021 | 66    | 00:27:54 |        |
| Swansea Bay parkrun               | 5k            | 18/12/2021 | 151   | 00:26:55 |        |
| Swansea Bay parkrun               | 5k            | 11/12/2021 | 134   | 00:26:10 |        |
| Brynaman parkrun                  | 5k            | 27/11/2021 | 10    | 00:26:06 |        |
| Swansea Bay parkrun               | 5k            | 20/11/2021 | 145   | 00:25:34 |        |
| Swansea Bay parkrun               | 5k            | 13/11/2021 | 197   | 00:28:12 |        |
| Tata Steel Richard Burton 10k     | 10k           | 07/11/2021 | 481   | 00:52:46 | M40-49 |
| Swansea Bay parkrun               | 5k            | 06/11/2021 | 147   | 00:25:48 |        |
| M & D Care Llanelli Half Marathon | Half Marathon | 31/10/2021 | 303   | 01:56:11 | M45    |
| Swansea Bay parkrun               | 5k            | 30/10/2021 | 141   | 00:26:04 |        |
| Llyn Llech Owain parkrun          | 5k            | 23/10/2021 | 36    | 00:26:09 |        |
| JCP Swansea Half Marathon         | Half Marathon | 17/10/2021 | 983   | 01:59:30 | M45    |
| Swansea Bay parkrun               | 5k            | 16/10/2021 | 174   | 00:29:14 |        |
| Virgin London Marathon            | Marathon      | 03/10/2021 | 21164 | 04:38:30 | M45-49 |
| Admiral Swansea Bay 10k           | 10k           | 19/09/2021 | 761   | 00:52:53 |        |
| Gnoll parkrun                     | 5k            | 18/09/2021 | 65    | 00:28:03 |        |
| Sandy Water parkrun               | 5k            | 11/09/2021 | 59    | 00:25:57 |        |
| Swansea Bay parkrun               | 5k            | 04/09/2021 | 179   | 00:26:23 |        |
| Swansea Bay parkrun               | 5k            | 28/08/2021 | 235   | 00:28:08 |        |
| Swansea Bay parkrun               | 5k            | 21/08/2021 | 113   | 00:25:02 |        |
| Swansea Bay parkrun               | 5k            | 08/02/2020 | 364   | 00:31:14 |        |
| Brueton parkrun                   | 5k            | 25/01/2020 | 334   | 00:28:25 |        |

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|--------------------------|---------------|------------|-------|----------|--------|
| Swansea Bay parkrun      | 5k            | 18/01/2020 | 222   | 00:27:12 |        |
| Swansea Bay parkrun      | 5k            | 11/01/2020 | 321   | 00:32:27 |        |
| Gnoll parkrun            | 5k            | 04/01/2020 | 84    | 00:26:55 |        |
| Swansea Bay parkrun      | 5k            | 01/01/2020 | 232   | 00:26:30 |        |
| Swansea Bay parkrun      | 5k            | 28/12/2019 | 199   | 00:27:14 |        |
| Llyn Llech Owain parkrun | 5k            | 25/12/2019 | 93    | 00:28:01 |        |
| Swansea Bay parkrun      | 5k            | 14/12/2019 | 121   | 00:29:59 |        |
| Swansea Bay parkrun      | 5k            | 23/11/2019 | 219   | 00:31:15 |        |
| Sospan MT10              | 10 miles      | 17/11/2019 | 399   | 01:53:41 | M35-44 |
| Swansea Bay parkrun      | 5k            | 26/10/2019 | 114   | 00:27:04 |        |
| Llanelli Coast parkrun   | 5k            | 19/10/2019 | 70    | 00:26:04 |        |
| Swansea Bay parkrun      | 5k            | 12/10/2019 | 180   | 00:27:13 |        |
| Cardiff Half Marathon    | Half Marathon | 06/10/2019 | 10794 | 02:19:06 | M40+   |
| Swansea Bay parkrun      | 5k            | 05/10/2019 | 202   | 00:29:05 |        |
| Swansea Bay parkrun      | 5k            | 28/09/2019 | 165   | 00:27:58 |        |
| Admiral Swansea Bay 10k  | 10k           | 22/09/2019 |       | 00:57:18 |        |
| Llanelli Coast parkrun   | 5k            | 21/09/2019 | 79    | 00:27:12 |        |
| Swansea Bay parkrun      | 5k            | 14/09/2019 | 169   | 00:25:54 |        |
| Swansea Bay parkrun      | 5k            | 31/08/2019 | 132   | 00:25:34 |        |
| Swansea Bay parkrun      | 5k            | 24/08/2019 | 200   | 00:26:41 |        |
| Swansea Bay parkrun      | 5k            | 17/08/2019 | 191   | 00:26:47 |        |
| Swansea Bay parkrun      | 5k            | 10/08/2019 | 90    | 00:26:02 |        |
| ABP Barry 10k            | 10k           | 04/08/2019 | 1247  | 00:58:19 | M40+   |
| Gnoll parkrun            | 5k            | 03/08/2019 | 75    | 00:28:03 |        |
| Tenby 10k                | 10k           | 28/07/2019 | 268   | 00:59:10 |        |
| Swansea Bay parkrun      | 5k            | 27/07/2019 | 380   | 00:36:12 |        |

|                                   |               |            |      |          |      |
|-----------------------------------|---------------|------------|------|----------|------|
| Swansea Bay parkrun               | 5k            | 20/07/2019 | 139  | 00:25:44 |      |
| Mic Morris Torfaen 10k            | 10k           | 14/07/2019 | 411  | 00:53:39 | MM   |
| Swansea Bay parkrun               | 5k            | 13/07/2019 | 201  | 00:26:44 |      |
| Porthcawl 10k                     | 10k           | 07/07/2019 | 1658 | 00:59:33 | M40+ |
| Llyn Llech Owain parkrun          | 5k            | 06/07/2019 | 55   | 00:27:34 |      |
| Swansea Bay parkrun               | 5k            | 29/06/2019 | 197  | 00:27:45 |      |
| JCP Swansea Half Marathon         | Half Marathon | 23/06/2019 | 3132 | 02:19:10 | M40  |
| Swansea Bay parkrun               | 5k            | 22/06/2019 | 201  | 00:28:44 |      |
| Swansea Bay parkrun               | 5k            | 15/06/2019 | 218  | 00:27:59 |      |
| Swansea Bay parkrun               | 5k            | 08/06/2019 | 218  | 00:28:30 |      |
| Swansea Bay parkrun               | 5k            | 25/05/2019 | 369  | 00:30:49 |      |
| Swansea Bay parkrun               | 5k            | 18/05/2019 | 275  | 00:28:04 |      |
| Swansea Epic Trail 10k            | 10k           | 12/05/2019 | 159  | 00:54:12 | MV40 |
| Bushy parkrun                     | 5k            | 27/04/2019 | 635  | 00:27:22 |      |
| Swansea Bay parkrun               | 5k            | 20/04/2019 | 231  | 00:27:49 |      |
| Great Welsh Half Marathon         | Half Marathon | 14/04/2019 | 254  | 01:58:08 | M40  |
| Swansea Bay parkrun               | 5k            | 13/04/2019 | 220  | 00:28:30 |      |
| Brecon Carreg Cardiff Bay Run 10k | 10k           | 31/03/2019 | 2014 | 00:53:30 | M40+ |
| Swansea Bay parkrun               | 5k            | 30/03/2019 | 199  | 00:28:05 |      |
| Swansea Bay parkrun               | 5k            | 23/03/2019 | 152  | 00:26:18 |      |
| Swansea Bay parkrun               | 5k            | 09/03/2019 | 148  | 00:26:12 |      |
| Swansea Bay parkrun               | 5k            | 02/03/2019 | 145  | 00:25:33 |      |
| Swansea Bay parkrun               | 5k            | 23/02/2019 | 187  | 00:27:31 |      |
| Llanelli Half Marathon            | Half Marathon | 10/02/2019 | 932  | 01:58:41 | M40  |
| Swansea Bay parkrun               | 5k            | 09/02/2019 | 165  | 00:28:20 |      |
| Swansea Bay parkrun               | 5k            | 02/02/2019 | 124  | 00:26:15 |      |

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|--------------------------|----------|------------|-----|----------|--------|
| Swansea Bay parkrun      | 5k       | 26/01/2019 | 257 | 00:30:04 |        |
| Swansea Bay parkrun      | 5k       | 19/01/2019 | 129 | 00:25:30 |        |
| Swansea Bay parkrun      | 5k       | 12/01/2019 | 141 | 00:26:37 |        |
| Swansea Bay parkrun      | 5k       | 05/01/2019 | 138 | 00:26:01 |        |
| Swansea Bay parkrun      | 5k       | 01/01/2019 | 216 | 00:26:12 |        |
| Swansea Bay parkrun      | 5k       | 29/12/2018 | 174 | 00:26:03 |        |
| Llyn Llech Owain parkrun | 5k       | 25/12/2018 | 82  | 00:28:00 |        |
| Swansea Bay parkrun      | 5k       | 22/12/2018 | 164 | 00:27:34 |        |
| Swansea Bay parkrun      | 5k       | 08/12/2018 | 96  | 00:26:05 |        |
| Swansea Bay parkrun      | 5k       | 24/11/2018 | 155 | 00:26:08 |        |
| Sospan RR MT10           | 10 miles | 18/11/2018 | 323 | 01:38:18 | M3544  |
| Llanelli Coast parkrun   | 5k       | 17/11/2018 | 64  | 00:26:26 |        |
| Swansea Bay parkrun      | 5k       | 03/11/2018 | 109 | 00:25:32 |        |
| Swansea Bay parkrun      | 5k       | 27/10/2018 | 177 | 00:26:43 |        |
| Swansea Bay parkrun      | 5k       | 20/10/2018 | 112 | 00:25:11 |        |
| Llanelli Coast parkrun   | 5k       | 06/10/2018 | 111 | 00:32:51 |        |
| Swansea Bay parkrun      | 5k       | 29/09/2018 | 135 | 00:25:31 |        |
| Swansea Bay parkrun      | 5k       | 22/09/2018 | 121 | 00:26:31 |        |
| Llyn Llech Owain parkrun | 5k       | 15/09/2018 | 49  | 00:27:47 |        |
| 2018 Run Mag 10k Chicago | 10k      | 08/09/2018 | 996 | 01:00:26 | M40-44 |
| Swansea Bay parkrun      | 5k       | 25/08/2018 | 160 | 00:26:10 |        |
| Swansea Bay parkrun      | 5k       | 18/08/2018 | 158 | 00:26:41 |        |
| Swansea Bay parkrun      | 5k       | 11/08/2018 | 204 | 00:29:09 |        |
| Swansea Bay parkrun      | 5k       | 04/08/2018 | 210 | 00:28:28 |        |
| Swansea Bay parkrun      | 5k       | 28/07/2018 | 77  | 00:27:25 |        |
| Swansea Bay parkrun      | 5k       | 21/07/2018 | 179 | 00:27:59 |        |

|  |           |            |     |          |       |
|--|-----------|------------|-----|----------|-------|
| Swansea Bay parkrun  | 5k        | 14/07/2018 | 175 | 00:28:30 |       |
| Llyn Llech Owain parkrun                                     | 5k        | 30/06/2018 | 52  | 00:28:09 |       |
| Swansea Bay parkrun  | 5k        | 23/06/2018 | 172 | 00:28:13 |       |
| Swansea Bay parkrun  | 5k        | 16/06/2018 | 156 | 00:28:47 |       |
| Swansea Bay parkrun  | 5k        | 09/06/2018 | 244 | 00:30:32 |       |
| <b>Eleanor Wood</b>  |           | 9          |     |          |       |
| Welsh Castles Relay Stage 1 - Caernarfon Castle to Penygroes | 9.1 miles | 08/06/2019 | 49  | 01:13:35 | Fopen |
| Swansea Bay parkrun  | 5k        | 27/04/2019 | 60  | 00:24:00 |       |
| Swansea Bay parkrun  | 5k        | 06/04/2019 | 46  | 00:21:46 |       |
| Swansea Bay parkrun  | 5k        | 09/03/2019 | 60  | 00:22:21 |       |
| Swansea Bay parkrun  | 5k        | 23/02/2019 | 38  | 00:22:06 |       |
| Swansea Bay parkrun  | 5k        | 16/02/2019 | 82  | 00:22:32 |       |
| Cardiff parkrun  | 5k        | 08/12/2018 | 113 | 00:22:31 |       |
| Swansea Bay parkrun  | 5k        | 24/11/2018 | 132 | 00:25:17 |       |
| Swansea Bay parkrun  | 5k        | 07/07/2018 | 64  | 00:23:50 |       |