

August 2018

Port Talbot Half Marathon

Half Marathon

12/08/2018

Michelle Cole	01:31:54	35	F
Christopher Simons	01:38:47	63	M
Steve Burton	01:48:22	117	M
Sharon Trotman	01:58:42	195	F
Elfed Joseph	01:58:43	197	M
Christopher Jones	02:04:20	243	M
Mike Prasad	02:07:36	269	M
Peter Clement	02:20:09	359	M

Dudley parkrun

5k

11/08/2018

Gavin Davies	00:21:45	21
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Hasenheide parkrun

5k

11/08/2018

Sally Reid	00:27:37	147
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Llanelli Coast parkrun

5k

11/08/2018

Ian Hoskins	00:21:07	10
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Llyn Llech Owain parkrun

5k

11/08/2018

Aron Jones	00:20:40	5
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Eiri Evans-jones	00:28:54	43
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Porthcawl parkrun

5k

11/08/2018

James Davies	00:23:51	98	
Swansea Bay parkrun		5k	11/08/2018
Christopher Simons	00:21:21	27	
Edward Davies	00:24:43	86	
Christopher Jones	00:24:59	93	
Diane Ridgeway	00:26:33	131	
Steve Burton	00:26:34	132	
Sarah Barham	00:26:49	144	
Nathan Williams	00:29:09	204	
Richard Nugent	00:31:36	258	
Anthony Jones	00:31:51	261	
Allan Smith	00:33:49	295	
Emma Doolan	00:51:23	343	
Yeovil Montacute parkrun		5k	11/08/2018
Caroline Morgan	00:29:51	165	
Andy Holden Memorial 5		5 miles	08/08/2018
Gavin Davies	00:32:20	37	MV50
Barry 10k		10k	05/08/2018
Christopher Simons	00:44:08	142	MSEN
Forest of Dean Marathon		Marathon	05/08/2018
Steve Burton	04:32:59	137	MV40
Gnoll parkrun		5k	04/08/2018
Aron Jones	00:20:39	11	

Hasenheide parkrun	5k	04/08/2018
Sally Reid	00:28:12	47
Haverfordwest parkrun	5k	04/08/2018
Christopher Simons	00:21:55	14
Christopher Jones	00:29:12	65
Llanelli Coast parkrun	5k	04/08/2018
Ian Hoskins	00:21:50	17
Llanerchaeron parkrun	5k	04/08/2018
Leighton Jones	00:27:00	37
Swansea Bay parkrun	5k	04/08/2018
James Davies	00:23:48	95
Edward Davies	00:23:49	96
Ciara Dowling	00:26:34	154
Diane Ridgeway	00:26:49	162
Katie Williams	00:26:56	165
Anthony Jones	00:28:28	209
Nathan Williams	00:28:28	210
Gina Southam	00:31:09	268
Allan Smith	00:33:41	309
Tamar Lakes parkrun	5k	04/08/2018
Gwen Smith	00:27:24	89
Worcester parkrun	5k	04/08/2018
Gavin Davies	00:20:47	25

July 2018

Tenby 10k	10k	29/07/2018	
Michelle Cole	00:41:27	17	Top
Gavin Davies	00:43:45	36	M50
Chris Montenegro	00:44:25	43	OM
Christopher Simons	00:44:39	45	OM
Mark Eakins	00:46:43	64	M40
Mark Bamford	00:47:22	72	M40
Dewi West	00:48:42	95	M50
John Sanderson	00:50:59	127	M60
Christopher Jones	00:53:45	176	M40
Mike Prasad	00:54:35	198	M50
Louise Steer	00:55:23	216	F35
Linda Rees	00:56:24	232	F55
Paul Rees	00:56:26	233	M50
Helen Jenkins	00:56:51	242	F45
Kim Holohan	00:57:04	251	F55
Louise Eakins	00:57:06	252	F45
John Holohan	00:58:59	287	M60
Fay Sharpe	01:00:01	301	F55
Meinir Jones	01:00:58	318	F55
Gina Southam	01:01:25	325	F35
Lynn Holmes	01:01:42	329	F55
Gwen Smith	01:02:46	344	F45
Victoria Holmes	01:03:48	352	OF

Christine Hurdidge	01:04:10	355	F55
Linda Owens	01:11:01	437	F55
Julie Davies	01:11:22	445	F55
Gnoll parkrun		5k	28/07/2018
Aron Jones	00:21:00	9	
Johnstown parkrun Wexford		5k	28/07/2018
Caroline Morgan	00:29:45	43	
Llyn Llech Owain parkrun		5k	28/07/2018
Ian Hoskins	00:22:44	19	
Swansea Bay parkrun		5k	28/07/2018
Gareth Parry	00:20:01	11	
Gavin Davies	00:21:23	17	
Christopher Simons	00:21:59	24	
Dewi West	00:22:56	32	
Alice Sullivan	00:23:15	35	
Edward Davies	00:23:56	45	
Mike Prasad	00:25:03	54	
Steve Burton	00:26:10	67	
Nathan Williams	00:27:25	77	
Sally Reid	00:27:50	85	
Diane Ridgeway	00:33:32	134	
Gina Southam	00:34:17	137	
Allan Smith	00:34:45	139	
Whitby parkrun		5k	28/07/2018
Laura Hughes-Dowdle	00:25:18	10	

Johanne Hughes-Dowdle	00:29:59	17	
Kingsbury Water parkrun		5k	21/07/2018
Gavin Davies	00:20:27	10	
Llyn Llech Owain parkrun		5k	21/07/2018
Ian Hoskins	00:22:47	18	
Porthcawl parkrun		5k	21/07/2018
Leighton Jones	00:26:24	138	
Rogiet parkrun		5k	21/07/2018
Sarah Barham	00:25:20	37	
David Barham	00:30:53	82	
Swansea Bay parkrun		5k	21/07/2018
Jonah Fage	00:18:24	5	
Dewi West	00:21:00	39	
Edward Davies	00:24:06	96	
Mike Prasad	00:24:24	104	
Christopher Jones	00:25:34	127	
Gwen Smith	00:26:34	146	
Steve Burton	00:27:17	159	
Nathan Williams	00:27:59	179	
Delia Pudney	00:28:35	193	
Gina Southam	00:28:40	195	
Diane Ridgeway	00:31:03	239	
Allan Smith	00:33:54	278	
Ironman UK		Triathlon	15/07/2018

Mark Bamford	12:34:45	937	M40
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Llanelli Coast parkrun**5k****14/07/2018**

Brian Griffiths	00:26:49	46
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Swansea Bay parkrun**5k****14/07/2018**

Gavin Davies	00:20:11	21
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Steve Burton	00:21:36	38
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Andy Rees	00:22:30	51
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Edward Davies	00:24:43	97
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Gwen Smith	00:26:36	135
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Nathan Williams	00:28:30	175
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Diane Ridgeway	00:29:54	200
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Allan Smith	00:33:16	263
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PPRC Swansea Bay Summer 5k Series**5k****12/07/2018**

Gareth Parry	00:19:19	20	M
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Gavin Davies	00:20:17	39	M
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Steve Burton	00:21:40	56	M
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Andy Rees	00:22:31	68	M
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Alice Sullivan	00:23:53	85	F
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Diane Ridgeway	00:26:54	104	F
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Louise Steer	00:27:43	109	F
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Ammanford 10k**10k****08/07/2018**

Chris Francis	00:39:26	24	SENM
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Lee Morris	00:43:06	47	MV35
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Gavin Davies	00:43:16	50	MV50
Christopher Simons	00:44:46	63	MSEN
Stephen Lisk	00:46:58	83	MV45
Alice Sullivan	00:57:05	161	FV40
Fay Sharpe	01:03:45	198	FV55
Lynn Holmes	01:08:21	226	FV55
Christine Hurdidge	01:09:11	236	FV65
Victoria Holmes	01:13:58	249	FU23

Bushy parkrun 5k 07/07/2018

Allan Smith 00:35:01 881

Lanhydrock parkrun 5k 07/07/2018

Sarah Barham 00:28:12 61

David Barham 00:35:26 140

Llanelli Coast parkrun 5k 07/07/2018

Aron Jones 00:20:05 3

Christopher Simons 00:21:45 8

Leighton Jones 00:26:21 41

Llyn Llech Owain parkrun 5k 07/07/2018

Ian Hoskins 00:23:11 12

Swansea Bay parkrun 5k 07/07/2018

Dean Webster 00:20:10 18

Gavin Davies 00:20:26 21

Dewi West 00:21:26 33

Andy Rees 00:22:26 47

Eleanor Wood 00:23:50 64

Mike Prasad	00:24:00	70
Louise Steer	00:26:41	109
Diane Ridgeway	00:26:53	111
Steve Burton	00:26:54	112
Gina Southam	00:28:25	129
Emma Doolan	00:30:38	165
Saran Lewis	00:32:45	213

June 2018

Gnoll parkrun

5k

30/06/2018

Allan Smith	00:35:27	94
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Llanelli Coast parkrun

5k

30/06/2018

Chris Francis	00:18:45	4
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Christopher Simons	00:21:02	16
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Andy Rees	00:22:37	28
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James Davies	00:22:53	33
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Steve Burton	00:24:09	46
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Leighton Jones	00:26:20	68
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Gwen Smith	00:26:54	78
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Llyn Llech Owain parkrun

5k

30/06/2018

Aron Jones	00:20:21	8
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Gavin Davies	00:21:16	10
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Ian Hoskins	00:22:16	12
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Nathan Williams	00:28:09	52
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Diane Ridgeway	00:28:10	53
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Emma Doolan	00:32:32	89
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JCP Swansea Half Marathon

Half Marathon

24/06/2018

Jamie Nobbs	01:25:10	94	SenM
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Chris Francis	01:26:15	108	SenM
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Jonah Fage	01:28:35	155	SenM
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Gareth Parry	01:28:54	164	SenM
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Ceri Isaac	01:30:58	214	SenM
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Dean Webster	01:33:08	262	SenM
Chris Montenegro	01:35:00	320	SenM
Stephen Lisk	01:40:55	545	MV40
Andy Rees	01:46:48	894	MV50
Steve Mclelland	01:48:15	993	MV60+
Alice Sullivan	01:49:13	1090	FV35
James Davies	01:53:20	1330	MV50
Lisa Williams	01:51:52	1362	FV35
Mike Prasad	01:55:13	1410	MV50
Julie Archer	01:55:35	1475	FV45
Sharon Trotman	01:53:55	1518	FV45
Sarah Barham	01:58:00	1655	FV50
Christopher Simons	01:57:51	1858	PACER
Mark Davies	01:58:10	1886	MV40
Ian Bamford	01:58:47	1935	PACER
Sally Reid	02:02:27	2027	FV45
John Sanderson	02:06:34	2427	MV60+
Diane Ridgeway	02:06:59	2476	FV45
Steve Burton	02:09:30	2722	PACER
Louise Steer	02:10:46	2780	FV35
Shereen Lisk	02:20:36	3246	FV40
Sandra Rees	02:17:42	3261	FV45
Lynn Holmes	02:19:17	3366	FV55+
Caroline Morgan	02:19:52	3414	FV45
Tim Macdermott	02:26:50	3674	MV50
Delia Pudney	02:27:49	3876	FV35

Natalie John	02:29:18	3993	PACER
Nicola Julian	02:30:21	4031	FV45
Energia 24 (Belast)		Ultra	23/06/2018
Nathan Flear	00:00:03	3	M35
Llanelli Coast parkrun		5k	23/06/2018
Christopher Simons	00:22:45	14	
Ian Hoskins	00:22:45	15	
Leighton Jones	00:25:51	38	
Sospan 10k		10k	23/06/2018
Christopher Simons	00:48:01	42	SM
Elfed Joseph	00:49:17	47	M55+
Swansea Bay parkrun		5k	23/06/2018
Gavin Davies	00:19:59	18	
Edward Davies	00:23:54	72	
Steve Burton	00:25:03	91	
Sarah Barham	00:25:56	110	
Gwen Smith	00:27:19	146	
Gina Southam	00:28:00	167	
Nathan Williams	00:28:13	172	
Diane Ridgeway	00:29:11	183	
Saran Lewis	00:32:23	248	
Allan Smith	00:34:25	271	
Llanelli Coast parkrun		5k	16/06/2018
Shereen Lisk	00:25:10	33	

Christine Hurdidge	00:30:03	73	
Julie Davies	00:32:56	99	
Llyn Llech Owain parkrun	5k		16/06/2018
Christopher Simons	00:22:41	16	
Steve Burton	00:24:04	19	
Christopher Jones	00:25:13	26	
Merthyr Mawr Rabbit Run	10k		16/06/2018
Vivienne Kavanagh	01:17:57	207	MW55-64
Laura Hughes-Dowdle	01:18:16	211	U20W
Gwen Smith	01:19:43	227	MW45-54
Peter Clement	01:29:12	313	MM45-54
Plymvalley parkrun	5k		16/06/2018
Sarah Barham	00:26:40	72	
Porthcawl parkrun	5k		16/06/2018
Leighton Jones	00:25:58	130	
Swansea Bay parkrun	5k		16/06/2018
Jonah Fage	00:18:49	7	
Gavin Davies	00:20:03	19	
Andy Rees	00:22:27	51	
Mike Prasad	00:23:22	63	
Edward Davies	00:23:42	68	
Diane Ridgeway	00:27:09	124	
Nathan Williams	00:28:47	156	
Gina Southam	00:31:03	203	
Allan Smith	00:33:52	239	
Emma Doolan	00:49:08	272	

PPRC Swansea Bay Summer 5k Series - Race 2		5k	14/06/2018
Gareth Parry	00:19:00	12	M
Gavin Davies	00:20:36	26	M
Diane Ridgeway	00:27:29	26	F
Steve Burton	00:22:29	36	M
Andy Rees	00:22:53	40	M
Cotswold 113		Triathlon	10/06/2018
Dean Webster	05:44:57	440	M18-49
Welsh Castles Relay Stage 11		12.3 miles	10/06/2018
Stephen Lisk	01:37:04	55	MV
Welsh Castles Relay Stage 12		11.2 miles	10/06/2018
Lisa Williams	01:27:18	54	FV
Welsh Castles Relay Stage 13		10.6 miles	10/06/2018
Andrew Arran	01:21:28	48	M
Welsh Castles Relay Stage 14		11 miles	10/06/2018
Gareth Parry	01:19:24	43	M
Welsh Castles Relay Stage 15		12.8 miles	10/06/2018
John Sanderson	02:02:00	62	MV
Welsh Castles Relay Stage 16		12.5 miles	10/06/2018
Chris Francis	01:33:30	28	M
Welsh Castles Relay Stage 17		8.7 miles	10/06/2018
Ceri Isaac	00:56:11	18	M
Welsh Castles Relay Stage 18		7.6 miles	10/06/2018
Richard Nugent	01:12:00	63	MV

Welsh Castles Relay Stage 19		7.7 miles		10/06/2018
Nathan Flear	00:47:44		5	M
Welsh Castles Relay Stage 20		10.7 miles		10/06/2018
Lee Morris	01:03:04		15	MV
Gnoll parkrun		5k		09/06/2018
Gavin Davies	00:20:27		4	
Llanelli Coast parkrun		5k		09/06/2018
Leighton Jones	00:25:54		49	
Nerys Jones	00:28:21		74	
Llyn Llech Owain parkrun		5k		09/06/2018
Ian Hoskins	00:24:19		20	
Swansea Bay parkrun		5k		09/06/2018
Andy Rees	00:22:41		52	
Steve Burton	00:23:42		80	
Alyson Heard	00:24:02		90	
Sarah Barham	00:25:51		131	
Diane Ridgeway	00:27:48		180	
Nathan Williams	00:30:32		244	
Martin Nicholls	00:34:45		316	
Saran Lewis	00:35:43		329	
Welsh Castles Relay Stage 1		9.1 miles		09/06/2018
Mark Bamford	01:14:20		40	MV
Welsh Castles Relay Stage 10		13.3 miles		09/06/2018
Rob Sandles	01:38:35		51	MV
Welsh Castles Relay Stage 2		10.7 miles		09/06/2018

James Davies	01:32:40	57	MV
Welsh Castles Relay Stage 3		12.3 miles	09/06/2018
Nigel Evans	01:37:58	57	MV
Welsh Castles Relay Stage 4		9.5 miles	09/06/2018
Mike Prasad	01:20:11	56	MV
Welsh Castles Relay Stage 5		9.6 miles	09/06/2018
Christopher Jones	01:31:00	61	MV
Welsh Castles Relay Stage 6		10.7 miles	09/06/2018
Stephen David Cable	01:29:25	51	MV
Welsh Castles Relay Stage 7		10.1 miles	09/06/2018
Christopher Simons	01:20:22	44	M
Welsh Castles Relay Stage 8		10.8 miles	09/06/2018
Caroline Sandles	01:30:27	54	FV
Welsh Castles Relay Stage 9		8.6 miles	09/06/2018
Alice Sullivan	01:06:29	44	FV
Run4All Neath 5k Series - Race 2		5k	06/06/2018
Chris Montenegro	00:20:32	37	MSen
Gavin Davies	00:20:42	40	MV40
Llanelli Coast parkrun		5k	02/06/2018
Aron Jones	00:19:46	7	
Eiri Evans-jones	00:28:07	68	
Swansea Bay parkrun		5k	02/06/2018
Jonah Fage	00:18:09	6	
Gareth Parry	00:19:02	16	

Nigel Evans	00:19:55	26
Gavin Davies	00:20:06	30
Christopher Simons	00:20:45	36
Andy Rees	00:22:39	76
Edward Davies	00:23:45	106
Mike Prasad	00:23:51	110
Steve Burton	00:25:40	151
Leighton Jones	00:26:14	165
Nerys Jones	00:28:03	217
Johanne Hughes-Dowdle	00:28:23	223
Diane Ridgeway	00:31:03	292
Saran Lewis	00:32:53	334
Allan Smith	00:33:29	342

Llandeilo 3 Parks Challenge

10k

01/06/2018

Christopher Simons	00:48:32	50	OM
Steve Burton	00:55:31	100	MV40

May 2018

Dymock Half Marathon

Half Marathon

27/05/2018

Elfed Joseph	01:53:31	69	VM
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Aberystwyth parkrun

5k

26/05/2018

Sally Reid	00:26:58	64
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Llanelli Coast parkrun

5k

26/05/2018

Christopher Simons	00:21:52	28
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Andy Rees	00:22:44	38
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Edward Davies	00:23:21	45
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Christopher Jones	00:24:14	52
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Leighton Jones	00:25:12	60
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Sharon Trotman	00:25:37	65
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Nerys Jones	00:28:16	86
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Allan Smith	00:33:27	131
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Llyn Llech Owain parkrun

5k

26/05/2018

Ian Hoskins	00:23:07	18
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Diane Ridgeway	00:28:07	48
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Liverpool Rock n Roll Marathon

Marathon

20/05/2018

Gareth Parry	03:25:10	179	M35-39
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Christopher Simons	03:58:17	762	M30-34
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Christopher Jones	04:49:24	2105	M45-49
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Pleven Friendship Marathon

Marathon

20/05/2018

Nathan Flear	02:58:29	3
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Swansea Triathlon		Triathlon		20/05/2018
James Davies	01:18:58		178	MVV
Mark Bamford	01:19:50		197	MV
Richard Nugent	01:29:27		425	MVV
2018 Royal Welsh Trail Half Marathon				
		Half Marathon		19/05/2018
Chris Francis	01:46:33		33	MOPEN
Exeter Riverside parkrun		5k		19/05/2018
Mike Prasad	00:25:22		110	
Liverpool Rock n Roll 5k		5k		19/05/2018
Gareth Parry	00:26:29		686	M35-39
Llanelli Coast parkrun		5k		19/05/2018
Ian Hoskins	00:20:47		11	
Leighton Jones	00:26:16		58	
Allan Smith	00:34:28		121	
Llyn Llech Owain parkrun		5k		19/05/2018
Aron Jones	00:20:22		3	
Eiri Evans-jones	00:27:58		39	
Pontypridd parkrun		5k		19/05/2018
Steve Burton	00:23:18		55	
Princes parkrun Liverpool		5k		19/05/2018
Christopher Simons	00:23:36		96	
Christopher Jones	00:27:04		190	
Swansea Bay parkrun		5k		19/05/2018
Andy Rees	00:22:37		55	
Gwen Smith	00:26:03		128	

Diane Ridgeway	00:29:29	212
Emma Doolan	00:29:58	223
Delia Pudney	00:30:16	231
Gina Southam	00:30:25	241

Llanelli Sprint Trailhlon **Triathlon** **13/05/2018**

Richard Nugent	01:50:35	290
Christina Smith	01:52:29	306
Sarah Barham	01:59:16	337

Crystal Palace parkrun **5k** **12/05/2018**

Caroline Morgan	00:29:35	232
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Llanelli Coast parkrun **5k** **12/05/2018**

Christopher Simons	00:21:11	9
Richard Webster	00:22:28	23
Christina Smith	00:22:56	26
Steve Burton	00:24:42	43
Christopher Jones	00:25:25	51

Llyn Llech Owain parkrun **5k** **12/05/2018**

Aron Jones	00:20:35	3
Eiri Evans-jones	00:27:25	34

Swansea Bay parkrun **5k** **12/05/2018**

Gavin Davies	00:20:01	22
Laura Hughes-Dowdle	00:24:01	83
Louise Steer	00:26:40	137
Diane Ridgeway	00:27:35	152

Johanne Hughes-Dowdle	00:28:27	172
Delia Pudney	00:30:15	217
Allan Smith	00:33:38	289

PPRC Swansea Bay Summer 5k Series

5k

10/05/2018

Gavin Davies	00:20:19	32	M
Steve Burton	00:22:33	54	M
Andy Rees	00:23:05	58	M
Alice Sullivan	00:24:41	69	F
Christopher Jones	00:26:29	83	M
Gwen Smith	00:26:31	84	F
Sally Reid	00:26:51	91	F
Louise Steer	00:27:24	103	F
Diane Ridgeway	00:27:44	107	F
Richard Nugent	00:28:03	112	M
Natalie John	00:32:32	154	F

Carmarthen Mayors 5k Race & Fun Run 2018

5k

07/05/2018

Aron Jones	00:20:46	21	MS
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Saltash Half Marathon

Half Marathon

06/05/2018

Sarah Barham	02:16:13	117	F50-54
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Simplyhealth Great Birmingham 10k

10k

06/05/2018

Richard Webster	00:48:47	750
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St illtyds Ultra 50k

Ultra

06/05/2018

Ian Bamford	06:54:00	17
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Ian Hoskins	06:54:00	18
Christopher Jones	07:32:00	53
Steve Burton	08:23:00	88
Peter Clement	08:57:00	109
Richard Nugent	08:57:00	110
Natalie John	09:29:00	117
Llanelli Coast parkrun		
	5k	05/05/2018
Gavin Davies	00:19:45	10
Stephen Lisk	00:24:02	47
Laura Hughes-Dowdle	00:24:11	50
Ian Hoskins	00:24:58	57
Fay Sharpe	00:27:35	82
Johanne Hughes-Dowdle	00:27:59	88
Christopher Jones	00:29:08	97
Christopher Simons	00:33:09	135
Richard Nugent	00:34:09	142
Louise Steer	00:45:42	187
Llyn Llech Owain parkrun		
	5k	05/05/2018
Aron Jones	00:20:48	6
Eiri Evans-jones	00:28:06	49
Merthyr parkrun		
	5k	05/05/2018
Allan Smith	00:37:21	50
Plymvalley parkrun		
	5k	05/05/2018
Sarah Barham	00:29:22	104
David Barham	00:49:24	354

Porthcawl parkrun**5k****05/05/2018**

Leighton Jones 00:26:49 170

Ras Barcud Coed Half Marathon 2018**Half Marathon****05/05/2018**

Chris Francis 01:59:05 16 MSEN

Swansea Bay parkrun**5k****05/05/2018**

Jonah Fage 00:17:50 4

Andy Rees 00:22:42 69

Diane Ridgeway 00:27:03 191

Steve Burton 00:28:41 226

Caroline Morgan 00:28:43 229

Delia Pudney 00:29:55 266

Emma Doolan 00:30:32 276

Martin Nicholls 00:31:06 294

Dewi West 00:33:11 328

Run4All Neath 5k Series - Race 1**5k****02/05/2018**

Gavin Davies 00:21:11 34 MV40

Sally Reid 00:27:24 77 FV40

April 2018

ABP Newport Wales 10k		10k		29/04/2018
Gavin Davies	00:41:05		96	M50+
Emma Doolan	01:01:05		1452	F40+
ABP Newport Wales Marathon		Marathon		29/04/2018
Nathan Flear	03:06:09		175	M35+
Nigel Morse	03:33:18		179	M50+
Lee Morris	03:33:17		436	M35+
Christopher Jones	04:08:02		1631	M45+
Ironman 70.3 Marbella		Triathlon		29/04/2018
James Davies	05:57:33		907	
Mark Bamford	06:17:51		1156	
Dewi West	07:22:42		1689	
Tenovus Botanic Garden 10k 2018		10k		29/04/2018
Aron Jones	00:43:25		12	OM
Simon Vaughan	00:43:25		17	M40
Llyn Llech Owain parkrun		5k		28/04/2018
Ian Hoskins	00:21:46		9	
Fay Sharpe	00:29:54		40	
Linda Waller	00:31:17		49	
Maesteg parkrun		5k		28/04/2018
Allan Smith	00:36:11		62	
Swansea Bay parkrun		5k		28/04/2018
Jonah Fage	00:19:07		9	

Gavin Davies	00:20:34	27
Christopher Simons	00:22:15	52
Richard Webster	00:22:38	58
Edward Davies	00:22:46	61
Andy Rees	00:22:47	62
Mike Prasad	00:24:02	95
Laura Hughes-Dowdle	00:24:08	98
Gwen Smith	00:25:48	126
Sarah Barham	00:26:04	135
Sally Reid	00:26:13	144
Diane Ridgeway	00:27:19	169
Christopher Jones	00:28:10	194
Johanne Hughes-Dowdle	00:28:46	206
David Barham	00:29:46	226
Steve Burton	00:30:00	234
Richard Nugent	00:34:18	310

Virgin London Marathon 2018

Marathon

22/04/2018

Nathan Flear	02:55:56	732	M18-39
Chris Francis	03:23:54	3446	M18-39
Ian Bamford	03:47:38	7112	M40-44
Steve Mcllland	03:58:59	9468	M60-64
Christopher Jones	04:39:58	18197	M45-49
Steve Burton	04:45:12	19461	M40-44

Bushy parkrun

5k

21/04/2018

Steve Burton	00:27:36	715	
Gnoll parkrun		5k	21/04/2018
Allan Smith	00:35:40	78	
Grangemoor parkrun		5k	21/04/2018
Fay Sharpe	00:29:36	117	
Llanelli Coast parkrun		5k	21/04/2018
Aron Jones	00:19:50	5	
Leighton Jones	00:26:22	51	
Eiri Evans-jones	00:26:57	53	
Llyn Llech Owain parkrun		5k	21/04/2018
Dean Webster	00:21:30	6	
Christopher Simons	00:21:40	8	
Laura Hughes-Dowdle	00:25:11	30	
Ormeau parkrun		5k	21/04/2018
Sharon Trotman	00:27:23	208	
Porthcawl parkrun		5k	21/04/2018
Gina Southam	00:30:41	229	
Swansea Bay parkrun		5k	21/04/2018
Jonah Fage	00:18:15	9	
Gavin Davies	00:19:52	18	
Andy Rees	00:22:37	55	
Mike Prasad	00:25:43	110	
Sally Reid	00:26:41	133	
Louise Steer	00:26:53	139	
Delia Pudney	00:30:05	195	
Diane Ridgeway	00:30:22	202	

Great Welsh Half Marathon				Half Marathon	15/04/2018
Gareth Parry	01:27:51	10	Msen		
Aron Jones	01:37:34	29	Msen		
Mark Bamford	01:46:55	93	MV40		
Alice Sullivan	02:00:13	184	FV40		
Diane Ridgeway	02:05:49	231	FV50		
Laura Hall	02:13:57	276	FV50		
Peter Clement	02:14:42	281	MV50		
Emma Doolan	02:19:42	307	FV40		
Great Welsh Marathon				Marathon	15/04/2018
Nathan Flear	03:09:50	11	Msen		
Christopher Jones	04:12:42	160	MV40		
Christopher Simons	04:13:36	164	Pacer		
Stephen David Cable	04:28:20	217	Pacer		
Sarah Barham	04:34:53	233	FV50		
Llyn Llech Owain parkrun				5k	14/04/2018
Dean Webster	00:21:57	14			
Surfers Paradise parkrun				5k	14/04/2018
Gwen Smith	00:28:16	36			
Swansea Bay parkrun				5k	14/04/2018
Jonah Fage	00:17:53	5			
Gavin Davies	00:20:06	14			
Edward Davies	00:22:29	51			
Andrew Arran	00:22:44	57			

Andy Rees	00:22:50	59
Richard Webster	00:23:29	70
Laura Hughes-Dowdle	00:24:41	99
Leighton Jones	00:28:18	185
Nerys Jones	00:29:26	204
Lisa Williams	00:31:14	257
Delia Pudney	00:32:32	277
Allan Smith	00:33:47	303
Steve Burton	00:33:47	304
Christopher Simons	00:33:48	305
Alice Sullivan	00:33:49	306
Stephen Lisk	00:33:50	308
Mike Prasad	00:33:51	309
Victoria Holmes	00:33:52	310
Johanne Hughes-Dowdle	00:33:53	311
Diane Ridgeway	00:33:55	314
Richard Nugent	00:33:56	315
Gina Southam	00:33:57	316
Christopher Jones	00:34:02	319
Fay Sharpe	00:34:09	322
Dewi West	00:34:13	324
Louise Steer	00:42:09	366

Asics Greater Manchester Marathon

Marathon

08/04/2018

Christopher Jones	04:19:39	5781	V45
Richard Nugent	05:08:03	8224	

Forest of Dean Spring Trails Half Marathon		Half Marathon	07/04/2018
Lisa Williams	01:51:43	290	FV35
Llanelli Coast parkrun		5k	07/04/2018
Dean Webster	00:21:23	10	
Ian Hoskins	00:21:54	14	
Richard Webster	00:24:11	28	
Diane Ridgeway	00:26:58	53	
Emma Doolan	00:27:20	55	
Louise Steer	00:28:32	65	
Oldham parkrun		5k	07/04/2018
Christopher Jones	00:25:27	51	
Richard Nugent	00:29:14	107	
Surfers Paradise parkrun		5k	07/04/2018
Gwen Smith	00:28:37	25	
Swansea Bay parkrun		5k	07/04/2018
Jonah Fage	00:18:33	8	
Gavin Davies	00:20:10	13	
Andy Rees	00:23:10	47	
Mike Prasad	00:23:12	49	
Alice Sullivan	00:24:40	60	
Laura Hughes-Dowdle	00:25:08	67	
Sally Reid	00:27:10	92	
Dewi West	00:27:11	93	
Johanne Hughes-Dowdle	00:29:11	113	
Caroline Morgan	00:29:12	114	

Steve Burton	00:30:26	135		
Allan Smith	00:37:03	187		
Vale Coastal Ultra (32 miles)		Ultra		07/04/2018
Elfed Joseph	09:10:55	205		M

March 2018

Swansea Bay parkrun

5k

31/03/2018

Jonah Fage	00:18:05	8
Gareth Parry	00:19:49	25
Gavin Davies	00:20:05	30
Dewi West	00:21:40	62
Edward Davies	00:22:52	85
Christopher Jones	00:25:37	150
Steve Burton	00:25:58	160
Emma Doolan	00:27:18	197
Gina Southam	00:27:58	219
Simon Hurford	00:28:05	222
Sally Reid	00:28:36	230
Delia Pudney	00:30:43	304
Diane Ridgeway	00:31:49	336
Allan Smith	00:35:28	409
Leighton Jones	00:46:12	467

Cardiff Bay 10k

10k

25/03/2018

Ross Gribble	00:49:11	792	MSEN
Brian Griffiths	00:56:12	1861	M70
Emma Doolan	00:58:10	2191	F40
Charlie James	00:59:56	2549	FSEN
Saran Lewis	01:07:22	3616	F40

Griffin Mill Merthyr Half Marathon

Half Marathon

25/03/2018

Christopher Simons	01:39:54		83	Mopen
Liverpool Half Marathon (400m short)		Half Marathon		25/03/2018
Carl Vonk	02:13:54		3198	M45
Llanelli Coast parkrun		5k		24/03/2018
Aron Jones	00:19:50		6	
Ian Hoskins	00:20:49		9	
Llyn Llech Owain parkrun		5k		24/03/2018
Laura Hughes-Dowdle	00:26:04		43	
Shereen Lisk	00:26:47		47	
Leighton Jones	00:27:31		54	
Fay Sharpe	00:29:47		73	
Linda Waller	00:30:21		75	
Christine Hurdidge	00:31:21		82	
Julie Davies	00:34:30		92	
Maesteg parkrun		5k		24/03/2018
Christopher Simons	00:22:04		7	
Steve Burton	00:23:54		10	
Simon Hurford	00:24:09		12	
Swansea Bay parkrun		5k		24/03/2018
Gavin Davies	00:20:07		14	
Mike Prasad	00:22:31		36	
Andy Rees	00:22:43		44	
Edward Davies	00:22:47		48	
Gwen Smith	00:26:30		105	
Diane Ridgeway	00:27:19		119	

Emma Doolan	00:27:58	131
Hayley Beharrell	00:28:25	138
Allan Smith	00:36:16	224

Llanelli Coast parkrun

5k

17/03/2018

Lynn Holmes	00:29:30	59
Victoria Holmes	00:30:07	65
Christine Hurdidge	00:31:13	76
Fay Sharpe	00:31:42	79
Nicola Julian	00:34:00	89
Julie Davies	00:34:10	90
Jane Wallace	00:34:15	91

Swansea Bay parkrun

5k

17/03/2018

Jonah Fage	00:18:08	1
Mike Prasad	00:22:25	29
Andy Rees	00:23:26	48
James Davies	00:23:48	51
Simon Hurford	00:25:12	69
Stephen Lisk	00:25:13	70
Gwen Smith	00:27:14	98
Richard Nugent	00:27:21	101
Steve Burton	00:27:24	103
Diane Ridgeway	00:27:54	111
Martin Nicholls	00:30:15	143

32nd Annual Barry 40 Mile Track Race

Ultra

11/03/2018

Nathan Flear	04:41:26	2	M34
Zurich Marato Barcelona		Marathon	11/03/2018
Chris Francis	03:15:52	1303	SenM
Lee Morris	03:30:02	2672	VetAM
Christopher Simons	03:31:36	2868	SenM
Stephen Lisk	03:44:00	4316	VetBM
Christopher Jones	04:11:53	8311	VetBM
Paul Harris	04:27:33	10023	VetBM
Simon Hurford	04:28:03	10072	VetAM
Shereen Lisk	04:39:54	11162	VetAF
Gnoll parkrun		5k	10/03/2018
Laura Hughes-Dowdle	00:26:51	22	
Llanelli Coast parkrun		5k	10/03/2018
Ian Hoskins	00:22:04	12	
Leighton Jones	00:25:41	36	
Nathan Flear	00:41:39	94	
Llyn Llech Owain parkrun		5k	10/03/2018
Aron Jones	00:20:39	3	
Eiri Evans-jones	00:29:04	36	
Porthcawl parkrun		5k	10/03/2018
Richard Nugent	00:30:23	229	
Steve Burton	00:30:24	230	
Swansea Bay parkrun		5k	10/03/2018
Jonah Fage	00:18:27	6	
Mike Prasad	00:22:05	33	

Andy Rees	00:23:07	56
Edward Davies	00:23:20	58
Sally Reid	00:28:21	142
Sarah Barham	00:30:26	183
Diane Ridgeway	00:30:52	193
Martin Nicholls	00:32:38	211

February 2018

Marathon Day Marathon

Marathon

26/02/2018

Nathan Flear 03:12:57 1

Mods v Rockers Marathon

Marathon

25/02/2018

Nathan Flear 03:09:45 1

Tokyo Marathon

Marathon

25/02/2018

Ian Bamford 03:39:01 5548 M40-44

Robert Coffey 03:49:33 7292 M45-49

Zurich Maratón Sevilla

Marathon

25/02/2018

John Sanderson 04:23:47 7880 Veterano M 60

Hove Promenade parkrun

5k

24/02/2018

Edward Davies 00:24:23 66

Llyn Llech Owain parkrun

5k

24/02/2018

Aron Jones 00:21:18 10

Eiri Evans-jones 00:29:34 42

Porthcawl parkrun

5k

24/02/2018

Leighton Jones 00:26:59 125

Swansea Bay parkrun

5k

24/02/2018

Gareth Parry 00:19:59 17

Andy Rees 00:23:22 63

James Davies 00:24:00 72

Mike Prasad 00:24:08 79

Christopher Jones 00:24:10 80

Paul Harris	00:25:55	130
Emma Doolan	00:27:08	151
Simon Hurford	00:28:19	172
Sarah Barham	00:29:31	192
Steve Burton	00:29:43	194
Richard Nugent	00:33:54	258
Diane Ridgeway	00:35:50	272

Hampton Court Half Marathon

Half Marathon

18/02/2018

Sarah Barham	01:54:22	2053	F45-54
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Llanelli Half Marathon

Half Marathon

18/02/2018

Nathan Flear	01:19:38	32	SenM
Chris Francis	01:27:05	72	SenM
Gareth Parry	01:28:12	85	SenM
Simon Vaughan	01:32:30	123	MV40
Christopher Simons	01:33:55	138	SenM
Stephen Lisk	01:35:05	151	MV40
Aron Jones	01:36:49	169	SenM
Mike Prasad	01:43:53	323	MV50
Paul Harris	01:44:39	361	MV40
Steve Mcllelland	01:44:48	365	MV60+
Alice Sullivan	01:49:58	501	FV35
Claire Reynolds	01:50:19	522	FV35
Steve Burton	01:51:16	601	SenM
Christopher Jones	01:54:36	626	MV40
Sharon Trotman	01:54:01	629	FV45

Shereen Lisk	01:57:38	757	FV35
Emma Doolan	02:05:10	928	FV35
Diane Ridgeway	02:07:19	1005	FV45
Gina Southam	02:17:43	1244	FV35
Bushy parkrun		5k	17/02/2018
Sarah Barham	00:25:10	417	
David Barham	00:36:21	1119	
HOKA One One Winter Trail Half Marathon		Half Marathon	17/02/2018
Lee Morris	01:48:04	68	
Christopher Simons	01:57:40	165	MJ
Lara Hooper	02:15:41	307	FJ
Elfed Joseph	02:29:20	395	MV55
Llanelli Coast parkrun		5k	17/02/2018
Ian Hoskins	00:20:09	3	
Paul Harris	00:22:48	10	
Leighton Jones	00:26:31	29	
Swansea Bay parkrun		5k	17/02/2018
Jonah Fage	00:18:38	6	
Christopher Simons	00:22:12	23	
Andy Rees	00:22:53	36	
Edward Davies	00:23:40	44	
Christopher Jones	00:28:25	136	
Steve Burton	00:28:28	137	
Diane Ridgeway	00:28:45	144	
Emma Doolan	00:28:56	150	

Karen Dusgate	00:29:43	159	
Simon Hurford	00:30:19	166	
Martin Nicholls	00:32:19	200	
Saran Lewis	00:32:31	203	
Dursley Dozen Multi-Terrain		12 miles	11/02/2018
Laura Sharpe	02:10:34	230	FSen
Llanelli Coast parkrun		5k	10/02/2018
Richard Webster	00:22:50	23	
Natalie John	00:28:15	49	
Swansea Bay parkrun		5k	10/02/2018
Jonah Fage	00:19:18	9	
Christopher Simons	00:21:20	28	
Mike Prasad	00:23:05	46	
Dewi West	00:23:22	52	
Edward Davies	00:23:24	53	
Simon Hurford	00:26:22	94	
Emma Doolan	00:27:56	113	
Sarah Barham	00:28:31	118	
Christopher Jones	00:29:18	135	
Diane Ridgeway	00:32:09	171	
Llanelli Coast parkrun		5k	03/02/2018
Ian Hoskins	00:20:11	9	
Leighton Jones	00:27:32	58	

Llyn Llech Owain parkrun	5k	03/02/2018
Christopher Simons	00:21:36	8
Richard Webster	00:22:26	15
Steve Burton	00:23:19	21
James Davies	00:23:49	22
Simon Hurford	00:24:07	24
Christopher Jones	00:24:39	25
Alice Sullivan	00:25:44	33
Oxford parkrun	5k	03/02/2018
Dean Webster	00:21:59	40
Swansea Bay parkrun	5k	03/02/2018
Anthony Fox	00:21:31	43
Mike Prasad	00:23:22	70
Sarah Barham	00:24:51	99
Laura Hughes-Dowdle	00:26:52	136
Emma Doolan	00:27:53	152
Edward Davies	00:28:40	170
Diane Ridgeway	00:29:43	189
Johanne Hughes-Dowdle	00:30:06	196

January 2018

West Glamorgan XC League - Margam Park - Men

TBC

28/01/2018

Chris Francis	00:36:06	43
Ceri Isaac	00:37:10	51
Ashley Pascoe	00:37:16	53
Simon Vaughan	00:38:15	66
Rob Sandles	00:39:44	83
Christopher Simons	00:39:54	86
Stephen David Cable	00:41:20	101
Paul Mcneill	00:42:10	109
Dewi West	00:44:50	139
Elfed Joseph	00:48:02	157
Richard Donne	01:01:39	185

West Glamorgan XC League - Margam Park - Women

TBC

28/01/2018

Abbie Evans	00:46:35	41
Caroline Sandles	00:46:42	42
Alice Sullivan	00:49:08	53
Gwen Smith	00:51:05	63
Sharon Trotman	00:51:12	65
Laura Hughes-Dowdle	00:54:28	79
Victoria Holmes	00:55:53	83
Emma Doolan	00:56:34	86
Delia Pudney	00:57:11	88
Christine Hurdidge	00:57:29	90
Linda Waller	00:58:03	94

Johanne Hughes-Dowdle	00:58:24	97
Julie Davies	01:05:45	118
Linda Owens	01:05:45	119
Gedling parkrun	5k	27/01/2018
Simon Hurford	00:25:22	52
Gnoll parkrun	5k	27/01/2018
Christopher Jones	00:24:49	32
Richard Nugent	00:29:25	66
Llanelli Coast parkrun	5k	27/01/2018
Lynn Holmes	00:29:33	42
Llyn Llech Owain parkrun	5k	27/01/2018
Aron Jones	00:21:41	8
Linda Waller	00:30:49	65
Eiri Evans-jones	00:41:56	94
Plymvalley parkrun	5k	27/01/2018
Sarah Barham	00:35:16	140
Swansea Bay parkrun	5k	27/01/2018
Jonah Fage	00:18:13	2
Stephen David Cable	00:21:10	27
Mike Prasad	00:24:03	60
Steve Burton	00:26:10	94
Diane Ridgeway	00:27:49	112
Chris Timmins	00:28:30	124
Emma Doolan	00:29:53	138

Lliswerry 8		8 miles		25/01/2018
John Sanderson	01:04:41		333	M60

Merthyr Mawr Christmas Pudding Run		10k		21/01/2018
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Christopher Jones	01:08:40		130	
Simon Hurford	01:14:55		204	SenM

Kingsbury Water parkrun		5k		20/01/2018
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Christopher Simons	00:22:11		29	
Christopher Jones	00:25:16		92	
Richard Nugent	00:30:14		210	

Llanelli Coast parkrun		5k		20/01/2018
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Ian Hoskins	00:20:18		19	
Paul Mcneill	00:22:26		37	
Johanne Hughes-Dowdle	00:29:32		98	

Swansea Bay parkrun		5k		20/01/2018
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Jonah Fage	00:18:46		6	
Mike Prasad	00:22:36		48	
Simon Hurford	00:27:37		160	
Sarah Barham	00:28:37		178	
Emma Doolan	00:29:10		188	
Edward Davies	00:30:23		214	

Gloucester Half Marathon		Half Marathon		14/01/2018
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John Sanderson	01:53:51		177	MV60
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West Glamorgan XC League - Margam Reservoir - Men		5.6 miles		14/01/2018
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Nathan Flear	00:32:06	11
Chris Francis	00:35:02	40
Ceri Isaac	00:36:14	53
Ashley Pascoe	00:36:21	56
Simon Vaughan	00:37:01	68
Lee Morris	00:37:46	81
Gareth Parry	00:38:21	87
Christopher Simons	00:38:36	91
Mike Prasad	00:42:19	152
Mark Davies	00:44:24	180
David Doherty	00:45:40	192
Elfed Joseph	00:46:03	196
Christopher Jones	00:46:14	199
John Holohan	00:52:42	233

West Glamorgan XC League - Margam Reservoir - Women

5.6 miles

14/01/2018

Louise Miskell	00:43:19	20
Alice Sullivan	00:45:40	45
Natalie John	00:51:18	86
Kim Holohan	00:51:26	89
Sandra Rees	00:52:18	97
Laura Hughes-Dowdle	00:53:05	103
Laura Hall	00:53:55	106
Delia Pudney	00:54:05	108
Emma Doolan	00:54:08	109
Linda Waller	00:55:14	113
Lynn Holmes	00:55:42	115

Christine Hurdidge	00:55:52	117
Victoria Holmes	00:55:56	118
Johanne Hughes-Dowdle	00:57:01	123
Linda Owens	01:00:02	137
Julie Davies	01:01:56	142
Nicola Julian	01:07:01	153

International Lanzarote Duathlon

Duathlon

13/01/2018

Sarah Barham	01:35:50	30	F55-59
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Llyn Llech Owain parkrun

5k

13/01/2018

Aron Jones	00:21:25	5
Paul Mcneill	00:23:33	11
Eiri Evans-jones	00:37:42	90

Swansea Bay parkrun

5k

13/01/2018

Christopher Simons	00:20:45	18
Mike Prasad	00:22:17	37
Steve Burton	00:23:33	60
Simon Hurford	00:23:56	65
James Davies	00:24:03	67
Christopher Jones	00:24:33	83
Sally Reid	00:27:57	150
Diane Ridgeway	00:29:40	169
Emma Doolan	00:29:43	172
Edward Davies	00:32:33	235

Llanelli Coast parkrun

5k

06/01/2018

Nathan Flear	00:19:54	7	
Christopher Simons	00:21:13	10	
Dean Webster	00:21:44	14	
Richard Webster	00:21:51	16	
Ian Hoskins	00:22:00	18	
Paul Harris	00:25:00	45	
Simon Hurford	00:26:58	60	
Sharon Trotman	00:27:13	62	
Natalie John	00:27:53	66	
David Doherty	00:29:03	73	
Steve Burton	00:29:52	89	
Diane Ridgeway	00:33:10	123	
Llyn Llech Owain parkrun		5k	06/01/2018
Anthony Fox	00:25:36	23	
Swansea Bay parkrun		5k	06/01/2018
Jonah Fage	00:19:38	13	
Mike Prasad	00:23:11	53	
James Davies	00:23:50	65	
Leighton Jones	00:26:23	113	
Sally Reid	00:28:10	158	
Edward Davies	00:28:23	165	
Sarah Barham	00:28:25	166	
Emma Doolan	00:31:20	207	
Cardiff parkrun		5k	01/01/2018
David Doherty	00:24:57	235	

Newport parkrun		5k		01/01/2018
David Doherty	00:26:10		193	
Prince of Wales NYD Run		3.6 miles		01/01/2018
Chris Francis	00:24:12		9	SENM
Swansea Bay parkrun		5k		01/01/2018
Nathan Flear	00:17:18		1	
Edward Davies	00:23:50		70	
Alice Sullivan	00:25:20		97	
Stephen David Cable	00:25:45		106	
Sharon Trotman	00:26:08		113	
Steve Burton	00:26:56		122	
Sarah Barham	00:29:47		168	
Diane Ridgeway	00:30:17		181	
Simon Hurford	00:30:22		183	
Christopher Jones	00:30:23		184	
Emma Doolan	00:32:14		216	
Allan Smith	00:34:44		241	

December 2017

Llandeilo New Years Eve 10 miler

10 miles

31/12/2017

Sarah Barham	01:38:26	163
Christopher Simons	01:38:26	164
Elfed Joseph	01:44:02	182

Gnoll parkrun

5k

30/12/2017

Christopher Simons	00:21:20	7
Christopher Jones	00:24:02	20
Simon Hurford	00:25:53	29

Llanelli Coast parkrun

5k

30/12/2017

Ian Hoskins	00:21:28	16
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Llyn Llech Owain parkrun

5k

30/12/2017

Aron Jones	00:22:00	8
Eiri Evans-jones	00:31:29	74

Old Deer Park parkrun

5k

30/12/2017

Mike Prasad	00:23:47	15
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Porthcawl parkrun

5k

30/12/2017

Leighton Jones	00:28:54	181
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Swansea Bay parkrun

5k

30/12/2017

Dewi West	00:23:01	45
James Davies	00:24:23	57
Steve Burton	00:25:12	78
Sarah Barham	00:25:43	90
Edward Davies	00:26:19	100

David Barham	00:29:18	144
Emma Doolan	00:30:08	155
Diane Ridgeway	00:30:33	166
Saran Lewis	00:32:14	195
Alice Sullivan	00:32:14	196
Allan Smith	00:33:45	210

Glynneath 5

5 miles

26/12/2017

Nathan Flear	00:28:22	17
Simon Vaughan	00:32:24	69
Gareth Parry	00:33:06	81
Christopher Simons	00:34:23	101
Richard Webster	00:34:49	114
Dean Webster	00:34:59	118
Mike Prasad	00:36:18	145
Christopher Jones	00:38:12	190
Richard Donne	00:39:28	224
John Sanderson	00:40:15	239
Lisa Williams	00:41:15	263
James Davies	00:41:23	269
Ross Poiner	00:41:34	271
Sharon Trotman	00:41:38	273
Vivienne Kavanagh	00:48:31	382
Laura Hall	00:48:42	386
Linda Waller	00:48:57	394
Christine Hurdidge	00:49:20	401

Linda Owens	00:52:30	442
Allan Smith	00:55:31	463
Julie Davies	00:56:35	471

Llyn Llech Owain parkrun	5k	25/12/2017
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Ian Hoskins	00:22:41	19
Paul Harris	00:24:25	32
Christopher Jones	00:25:55	41

Plymvalley parkrun	5k	25/12/2017
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Sarah Barham	00:29:36	82
David Barham	00:35:08	132

Gnoll parkrun	5k	23/12/2017
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David Doherty	00:25:57	34
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Ipswich parkrun	5k	23/12/2017
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Alice Sullivan	00:25:36	97
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Llanelli Coast parkrun	5k	23/12/2017
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Ian Hoskins	00:21:16	19
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Llyn Llech Owain parkrun	5k	23/12/2017
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Aron Jones	00:21:24	9
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Plymvalley parkrun	5k	23/12/2017
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Sarah Barham	00:28:58	113
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Swansea Bay parkrun	5k	23/12/2017
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Nathan Flear	00:17:02	11
Chris Francis	00:18:33	19
Ceri Isaac	00:18:56	23

Jonah Fage	00:18:58	24
Christopher Simons	00:21:28	52
Mike Prasad	00:21:54	62
Steve Burton	00:23:38	91
Chris Timmins	00:23:49	95
Simon Hurford	00:24:14	99
Ross Poiner	00:24:32	105
Edward Davies	00:25:24	114
Natalie John	00:26:06	124
Gwen Smith	00:27:42	158
Anthony Fox	00:27:53	164
Diane Ridgeway	00:29:26	191
Emma Doolan	00:29:35	193
Saran Lewis	00:30:43	218
Allan Smith	00:33:13	251

Cottrell Park Christmas Cracker

10k

17/12/2017

Christopher Simons	00:48:23	48	Senior Men
Christopher Jones	00:54:17	89	Mens Masters 45-54
Elfed Joseph	01:01:52	146	Mens Masters 55-64

Portsmouth Coastal Waterside Marathon

Marathon

17/12/2017

Ceri Isaac	03:53:17	189	M30-39
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Weston Christmas Cracker

10k

17/12/2017

Laura Sharpe	00:52:59	343	SenF
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Gnoll parkrun

5k

16/12/2017

David Doherty	00:24:55	18	
Plymvalley parkrun		5k	16/12/2017
Sarah Barham	00:34:11	111	
Porthcawl parkrun		5k	16/12/2017
Christopher Simons	00:20:25	13	
Christopher Jones	00:23:33	51	
Simon Hurford	00:26:28	99	
Steve Burton	00:27:04	120	
RNLI Mumbles Great Christmas Fun Run		10k	10/12/2017
Christopher Simons	00:45:17	15	MO
Mike Prasad	00:46:03	17	MV
Dewi West	00:54:17	51	MV
Emma Doolan	01:01:18	105	FV
Swansea Bay parkrun		5k	09/12/2017
Nathan Flear	00:17:34	5	
Chris Francis	00:18:37	9	
Ceri Isaac	00:18:56	11	
Christopher Simons	00:20:19	21	
Mike Prasad	00:22:45	47	
Christopher Jones	00:23:09	54	
Edward Davies	00:23:30	62	
Steve Burton	00:24:12	70	
Simon Hurford	00:24:21	73	
Emma Doolan	00:30:18	132	

Allan Smith	00:34:05	151	
Swindon parkrun		5k	09/12/2017
Sarah Barham	00:25:00	117	
David Barham	00:30:09	238	
Llanelli Coast parkrun		5k	02/12/2017
Nathan Flear	00:19:46	3	
Christopher Simons	00:20:47	6	
Steve Burton	00:21:34	10	
Stephen Lisk	00:21:47	11	
Christopher Jones	00:24:02	27	
Leighton Jones	00:24:42	32	
James Davies	00:25:51	46	
Simon Hurford	00:27:01	57	
David Doherty	00:34:03	98	
Brian Griffiths	00:54:43	119	
Llyn Llech Owain parkrun		5k	02/12/2017
Laura Hughes-Dowdle	00:28:44	39	
Swansea Bay parkrun		5k	02/12/2017
Ceri Isaac	00:19:00	8	
Stephen David Cable	00:20:58	20	
Chris Timmins	00:21:51	25	
Diane Ridgeway	00:28:35	123	
David Barham	00:29:41	143	
Alice Sullivan	00:31:00	164	
Emma Doolan	00:33:19	182	

November 2017

West Glamorgan XC League - Kenfig Nature Reserve - Men

TBC

26/11/2017

Ashley Pascoe	00:28:15	40
Gareth Parry	00:28:24	44
Simon Vaughan	00:28:51	53
Rob Sandles	00:30:40	77
Lee Morris	00:30:57	82
Christopher Simons	00:31:20	92
Ross Gribble	00:31:25	94
Anthony Fox	00:31:46	100
Richard Webster	00:32:04	103
Christopher Jones	00:33:46	134
Dewi West	00:34:06	138
Steve Burton	00:34:54	147
Elfed Joseph	00:39:26	191
Richard Donne	00:44:06	202

West Glamorgan XC League - Kenfig Nature Reserve - Women

TBC

26/11/2017

Caroline Sandles	00:35:50	39
Alyson Heard	00:37:03	55
Alice Sullivan	00:39:21	81
Gwen Smith	00:39:48	84
Natalie John	00:40:12	88
Linda Waller	00:42:18	97
Laura Hughes-Dowdle	00:42:22	98
Laura Hall	00:44:01	107

Meinir Jones	00:44:18	109
Johanne Hughes-Dowdle	00:45:17	113

Gnoll parkrun **5k** **25/11/2017**

Christopher Jones	00:23:15	13
Simon Hurford	00:24:32	17

Llanelli Coast parkrun **5k** **25/11/2017**

Kim Holohan	00:26:57	33
Louise Eakins	00:26:58	34

Swansea Bay parkrun **5k** **25/11/2017**

Aron Jones	00:19:51	16
Steve Burton	00:21:49	41
Claire Reynolds	00:23:02	66
Mike Prasad	00:23:07	68
Edward Davies	00:23:17	74
Paul Harris	00:25:09	104
Leighton Jones	00:25:11	105
Dewi West	00:27:25	148
Diane Ridgeway	00:27:43	151
Chris Timmins	00:27:46	153
Alice Sullivan	00:27:59	158
Allan Smith	00:34:15	249
Emma Doolan	00:35:15	256

SRR M10 **10 miles** **19/11/2017**

Christopher Simons	01:16:13	66	SM
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Paul Harris	01:24:08	144	M4554
Ian Bamford	01:24:44	156	M3544
Christopher Jones	01:25:02	159	M4554
Simon Hurford	01:29:14	221	M3544
Lisa Williams	01:29:55	228	F3544
Steve Burton	01:31:35	248	M3544
Laura Sharpe	01:32:28	254	SF
Fay Sharpe	01:43:30	367	F55+
Diane Ridgeway	01:46:25	380	F4554

Gnoll parkrun 5k 18/11/2017

David Doherty	00:25:40	17
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Llanelli Coast parkrun 5k 18/11/2017

Chris Francis	00:18:37	2
Simon Vaughan	00:19:28	6
Aron Jones	00:19:44	8
Christopher Simons	00:20:17	10
Richard Webster	00:21:11	12
Christopher Jones	00:22:02	16
Steve Burton	00:22:05	17
James Davies	00:23:05	24
Simon Hurford	00:23:39	33
Leighton Jones	00:25:12	48

Minehead parkrun 5k 18/11/2017

Gina Southam	00:28:09	37
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Swansea Bay parkrun 5k 18/11/2017

Mike Prasad	00:22:30	39
Ian Bamford	00:23:51	60
Sharon Trotman	00:25:55	84
Laura Hall	00:28:47	124
Victoria Holmes	00:31:17	152
Diane Ridgeway	00:31:24	156
Nicola Julian	00:33:40	180
Allan Smith	00:33:47	181

Force12 Event Beacons Ultra - 45 miles

Ultra

17/11/2017

Nathan Flear	06:41:28	3	M
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Conwy parkrun

5k

11/11/2017

Chris Francis	00:18:45	5
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Endurancelife CTS Gower Half Marathon (13.6 miles)

Half Marathon

11/11/2017

John Sanderson	02:57:30	317	MV60
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Endurancelife CTS Gower Marathon (28 miles)

Marathon

11/11/2017

Christopher Simons	05:35:08	55	M
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Ian Hoskins	05:37:12	56	MV45
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Gnoll parkrun

5k

11/11/2017

Aron Jones	00:21:18	6
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Llanelli Coast parkrun

5k

11/11/2017

Stephen Lisk	00:21:27	8
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Shereen Lisk	00:25:25	32
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Llyn Llech Owain parkrun

5k

11/11/2017

Paul Mcneill	00:23:32	17
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Porthcawl parkrun**5k****11/11/2017**

Leighton Jones 00:28:08 132

Swansea Bay parkrun**5k****11/11/2017**

Mike Prasad 00:21:56 42

Chris Timmins 00:22:08 46

Simon Hurford 00:23:40 65

Ross Poiner 00:26:44 110

Diane Ridgeway 00:27:09 114

Steve Burton 00:27:11 115

Christopher Jones 00:30:25 174

Allan Smith 00:34:02 223

Richard Burton 10k**10k****05/11/2017**

Chris Francis 00:38:38 41 SenM

Simon Vaughan 00:41:24 90 M40+

Ashley Pascoe 00:41:32 100 M40+

Christopher Simons 00:42:48 127 SenM

Aron Jones 00:42:50 130 SenM

Ross Gribble 00:45:12 223 SenM

Christopher Jones 00:47:37 275 M40+

Louise Miskell 00:48:18 319 F40+

Paul Harris 00:51:19 411 M40+

Charlie James 00:53:53 542 SenF

Richard Nugent 00:57:21 662 M50+

Kim Holohan 00:57:59 776 F60+

John Holohan 00:58:26 809 M60+

Richard Donne	01:00:24	829	M50+
Peter Clement	00:59:12	875	M50+
Emma Doolan	01:04:54	1080	F40+
TCS New York City Marathon	Marathon		05/11/2017
Mark Bamford	03:49:54	9931	M43
Blackpool parkrun	5k		04/11/2017
Steve Burton	00:24:00	31	
Cambridge parkrun	5k		04/11/2017
Nigel Evans	00:21:14	31	
Colby parkrun	5k		04/11/2017
Alyson Heard	00:25:06	34	
Sarah Barham	00:25:50	39	
Shereen Lisk	00:27:42	52	
Alice Sullivan	00:28:09	55	
Helen Jenkins	00:29:23	64	
Sandra Rees	00:29:48	67	
Victoria Holmes	00:30:01	71	
Sharon Trotman	00:30:12	72	
Linda Waller	00:30:37	77	
Laura Hall	00:30:57	81	
Gina Southam	00:31:00	82	
Christine Hurdidge	00:31:19	85	
Lynn Holmes	00:32:16	92	
Jane Wallace	00:34:27	99	
Linda Owens	00:35:22	101	

Julie Davies	00:35:23	102	
Llanelli Coast parkrun		5k	04/11/2017
Richard Webster	00:21:08	14	
Christopher Simons	00:22:18	24	
Christopher Jones	00:22:25	25	
Ian Hoskins	00:27:58	74	
Leighton Jones	00:45:41	146	
Swansea Bay parkrun		5k	04/11/2017
Chris Timmins	00:22:30	48	
David Doherty	00:23:39	71	
Simon Hurford	00:24:05	78	
Dewi West	00:26:14	123	
Emma Doolan	00:30:12	204	
Allan Smith	00:34:29	257	
White Rose 60		Ultra	04/11/2017
Nathan Flear	09:44:19	2	M

October 2017

Brooks Snowdonia Marathon

Marathon

30/10/2017

Nathan Flear	02:58:32	22	Mopen
Chris Francis	03:29:09	143	Mopen
Christopher Simons	03:32:10	171	Mopen
Rob Sandles	03:45:51	315	MV50
Christopher Jones	04:02:56	580	MV45
Caroline Sandles	04:11:18	715	FV50
Christina Smith	04:11:18	716	FV55
Cayo Arran	04:28:02	1051	Mopen
Lisa Williams	04:29:52	1093	FV40
Sharon Trotman	04:38:51	1256	FV45
John Sanderson	04:49:11	1429	MV60
Paul Harris	04:51:50	1464	MV45
Claire Reynolds	04:54:48	1519	FV40
Linda Waller	04:59:07	1601	FV60
Andrew Arran	05:07:32	1687	Mopen
Fay Sharpe	05:09:41	1706	FV55

Llanelli Coast parkrun

5k

28/10/2017

Aron Jones	00:19:54	10
David Doherty	00:23:50	24
Leighton Jones	00:25:19	37
Eiri Evans-jones	00:26:38	48
Nerys Jones	00:26:56	54

Swansea Bay parkrun	5k	28/10/2017
Richard Webster	00:21:07	30
Steve Burton	00:21:44	37
Dewi West	00:21:49	40
Chris Timmins	00:21:59	45
Mike Prasad	00:22:40	54
James Davies	00:23:29	71
Simon Hurford	00:24:32	92
Sarah Barham	00:25:26	111
Gwen Smith	00:25:46	123
Alice Sullivan	00:25:57	127
Diane Ridgeway	00:28:42	194
Lynn Holmes	00:30:13	235
Gina Southam	00:30:35	242
Laura Hall	00:30:45	248
Emma Doolan	00:31:52	263
Allan Smith	00:33:29	282

West Glamorgan XC League - Gnoll - Women	5k	25/10/2017
Alyson Heard	00:25:27	52
Alice Sullivan	00:25:52	54
Charlie James	00:26:15	59
Gwen Smith	00:27:10	73
Kim Holohan	00:28:14	94
Helen Jenkins	00:29:46	115
Sandra Rees	00:29:48	116

Linda Waller	00:29:49	117
Fay Sharpe	00:29:56	119
Meinir Jones	00:30:27	124
Gina Southam	00:31:30	127
Christine Hurdidge	00:31:38	130
Julie Davies	00:34:24	146

Ron Skilton 1/2 Marathon

Half Marathon

22/10/2017

Ian Hoskins	02:04:49	28	M40
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West Glamorgan XC League - Gnoll - Men

5.6 miles

22/10/2017

Ashley Pascoe	00:37:04	31
Gareth Parry	00:37:53	45
Simon Vaughan	00:38:41	54
Mark Gosney	00:39:16	59
Ceri Isaac	00:39:53	70
Lee Morris	00:41:27	86
Aron Jones	00:41:46	90
Christopher Simons	00:42:51	108
Ross Gribble	00:43:26	114
Christopher Jones	00:45:02	127
Steve Burton	00:48:00	152
Richard Donne	00:56:15	186
Richard Nugent	00:57:04	187

Burnham Highbridge parkrun

5k

21/10/2017

David Doherty	00:24:46	76
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Chichester parkrun		5k		21/10/2017
Sarah Barham	00:26:03		59	
David Barham	00:30:19		89	
Swansea Bay parkrun		5k		21/10/2017
Nathan Flear	00:19:58		11	
Aron Jones	00:20:00		12	
Gareth Parry	00:22:00		36	
Christopher Simons	00:22:02		38	
Christopher Jones	00:24:02		67	
Alice Sullivan	00:25:21		92	
James Davies	00:26:04		102	
Mike Prasad	00:26:04		103	
Simon Hurford	00:27:58		132	
Steve Burton	00:29:53		163	
Allan Smith	00:34:51		210	
Great Birmingham Run		Half Marathon		15/10/2017
Nathan Flear	01:19:31		31	M
Leicester Marathon		Marathon		15/10/2017
Christopher Simons	03:29:52		59	MSEN
Gnoll parkrun		5k		14/10/2017
David Doherty	00:54:22		151	
Llanelli Coast parkrun		5k		14/10/2017
Leighton Jones	00:25:26		40	
Nerys Jones	00:28:16		69	

Llyn Llech Owain parkrun**5k****14/10/2017**

Aron Jones 00:21:20 4

Dean Webster 00:21:51 6

Naas parkrun**5k****14/10/2017**

Brian Griffiths 00:26:32 53

Swansea Bay parkrun**5k****14/10/2017**

Dewi West 00:20:48 24

Mike Prasad 00:21:29 36

Christopher Jones 00:22:34 53

Steve Burton 00:22:40 56

Sarah Barham 00:24:38 95

Mark Bamford 00:25:30 105

Simon Hurford 00:25:30 106

Emma Doolan 00:30:19 219

Allan Smith 00:36:07 283

MBNA Chester Marathon**Marathon****08/10/2017**

Steve Mcllland 03:47:28 934 MV60

Shoreditch 10K**10k****08/10/2017**

Nathan Flear 00:36:11 27 MSen

Llanelli Coast parkrun**5k****07/10/2017**

David Doherty 00:29:59 93

Mumbles Middle Distance Triathlon**Triathlon****07/10/2017**

Dean Webster 05:47:34 33 MSen

Ashley Pascoe 05:51:11 36 Mvet

Christopher Simons	07:11:04	129	M Sen
Mumbles Sprint Distance Triathlon		Triathlon	07/10/2017
Sarah Barham	02:31:23	224	FVintageVet
Run Walk Crawl Gower Ultra 50		Ultra	07/10/2017
Christopher Jones	16:03:20	129	M
Simon Hurford	16:03:49	132	M
Swansea Bay parkrun		5k	07/10/2017
Anthony Fox	00:21:35	35	
Mike Prasad	00:22:16	53	
Steve Burton	00:22:20	54	
Chris Timmins	00:22:26	56	
Leighton Jones	00:25:36	103	
Alice Sullivan	00:28:33	147	
Nerys Jones	00:29:13	158	
Cardiff Half Marathon		Half Marathon	01/10/2017
Chris Francis	01:22:52	189	MSEN
Ashley Pascoe	01:27:10	312	M45-49
Gareth Parry	01:31:13	611	M35-39
Richard Webster	01:35:46	1050	M60-64
Stephen Lisk	01:37:15	1248	M45-49
Christopher Simons	01:38:07	1391	MSEN
Robert Coffey	01:42:09	2028	M45-49
Cayo Arran	01:42:23	2063	MSEN
Mike Prasad	01:45:06	2596	M50-54
Andrew Arran	01:46:09	2819	MSEN

Mark Bamford	01:47:11	3040	M40-44
Vivienne Kavanagh	01:47:52	3189	F50-54
Ross Gribble	01:48:52	3433	MSEN
John Sanderson	01:51:49	4120	M60-64
Christopher Jones	01:53:23	4519	M45-49
Lisa Williams	01:53:58	4690	F40-49
Sharon Trotman	01:55:59	5248	F45-49
Steve Burton	01:56:15	5318	M40-44
Ian Bamford	01:56:18	5325	M40-44
Charlie James	01:56:19	5341	FSEN
Shereen Lisk	01:57:41	5764	F40-44
Simon Hurford	01:59:17	6293	M35-39
Helen Jenkins	02:05:56	8225	F45-49
John Holohan	02:09:27	9229	M65-69
Gina Southam	02:10:27	9523	F40-44
Sandra Rees	02:15:18	10895	F50--54
Edward Davies	02:19:41	12019	M50-54
Johanne Hughes-Dowdle	02:20:45	12302	F45-49
Delia Pudney	02:27:35	13860	F40-49
Jamie Nobbs	02:34:05	15118	MSEN
Victoria Holmes	02:39:13	15989	FSEN
Ceri Isaac	02:46:11	16916	MSEN
Alice Sullivan	02:55:43	17885	F35-39
Lynn Holmes	02:55:45	17891	F55-59
Meinir Jones	02:55:45	17893	F60-64
Nicola Julian	02:55:45	17894	F50-54

Fay Sharpe	02:55:46	17896	F55-59
Christine Hurdidge	02:55:46	17897	F65-69

September 2017

Gnoll parkrun		5k		30/09/2017
David Doherty	00:26:56		27	
Llanelli Coast parkrun		5k		30/09/2017
Mark Probert	00:24:14		24	
Leighton Jones	00:26:34		47	
Nerys Jones	00:27:32		55	
Swansea Bay parkrun		5k		30/09/2017
Mike Prasad	00:23:47		46	
Christopher Jones	00:24:43		63	
Steve Burton	00:25:33		80	
Simon Hurford	00:26:33		96	
Allan Smith	00:41:46		212	
Spartathlon - International Historic Ultra-Distance Race - Athens-Sparta- 246km		Ultra		29/09/2017
Nathan Flear			19	27:01:41 1st Brit Finisher
Admiral Swansea Bay 10k		10k		24/09/2017
Nathan Flear	00:34:32		22	SenM
Chris Francis	00:37:44		61	SenM
Jamie Nobbs	00:38:06		73	SenM
Ashley Pascoe	00:39:39		112	M40+
Gareth Parry	00:40:01		135	SenM
Mark Gosney	00:40:52		160	SenM

Simon Vaughan	00:41:02	165	M40+
Stephen Lisk	00:43:26	271	M40+
Mark Eakins	00:43:48	294	M40+
Christopher Simons	00:44:52	360	JunM
Andrew Arran	00:44:59	362	SenM
Mike Prasad	00:44:57	366	M50+
Christopher Jones	00:46:39	462	M40+
Steve Mclelland	00:47:16	510	M60+
Lisa Williams	00:47:34	531	
Mark Bamford	00:48:37	598	M40+
James Davies	00:48:27	600	M40+
Steve Burton	00:48:39	622	M40+
Richard Webster	00:49:53	770	M60+
Edward Davies	00:51:01	829	
Sarah Barham	00:50:32	842	F45+
Ross Gribble	00:51:01	843	SenM
Charlie James	00:51:02	844	SenF
Simon Hurford	00:53:14	982	SenM
David Doherty	00:52:40	1006	M60+
Alice Sullivan	00:52:23	1037	F35+
Shereen Lisk	00:52:34	1089	F35+
Sandra Rees	00:56:14	1398	F45+
Aron Jones	00:58:10	1514	SenM
Eiri Evans-jones	00:58:10	1516	F35+
Gina Southam	00:57:43	1542	F35+
Emma Doolan	01:00:27	1931	F35+

Paul Harris	01:00:13	1943	M40+
David Barham	01:00:50	1999	M50+
Christine Hurdidge	01:03:08	2124	F55+
Delia Pudney	01:02:14	2204	F35+
Alfryn Easter	01:04:46	2432	M60+
Julie Davies	01:08:37	2606	F55+
Linda Owens	01:10:33	2820	F55+
BMW Berlin Marathon		Marathon	24/09/2017
Ian Bamford	03:55:28	12770	M40
Dale Half Marathon		Half Marathon	24/09/2017
Rob Sandles	01:38:18	14	SVM
Caroline Sandles	01:54:44	48	SVF
Hull Marathon		Marathon	24/09/2017
Chris Timmins	04:27:42	508	M40-44
Meridian Windsor Half Marathon		Half Marathon	24/09/2017
Lee Morris	01:33:22	101	SenM
Llanelli Coast parkrun		5k	23/09/2017
Nathan Flear	00:16:49	1	
Dewi West	00:21:18	15	
Llyn Llech Owain parkrun		5k	23/09/2017
Sarah Barham	00:26:06	33	
David Doherty	00:27:03	40	
Porthcawl parkrun		5k	23/09/2017
Christopher Simons	00:20:55	24	
Steve Burton	00:24:37	91	

Christopher Jones	00:24:38	93
Simon Hurford	00:25:51	114

Mic Morris Torfaen 10k

10k

17/09/2017

Christopher Simons	00:40:57	103	SenM
Mike Prasad	00:42:39	140	MasterM
Christopher Jones	00:44:59	198	VetM
Steve Burton	00:44:54	199	VetM
Simon Hurford	00:48:14	308	SenM

Neath Valley Tri

Triathlon

17/09/2017

John Sanderson	01:29:36	114	M6069
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Pumsaint Half Marathon

Half Marathon

17/09/2017

Ian Hoskins	01:53:08	36	MV40
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West Glamorgan XC League - Llanmadoc - Men

4.5 miles

17/09/2017

Nathan Flear	00:27:13	3
Ashley Pascoe	00:29:25	28
Gareth Parry	00:31:18	40
Lee Morris	00:31:18	41
Simon Vaughan	00:31:44	45
Mark Gosney	00:32:01	49
Rob Sandles	00:32:44	60
Stephen Lisk	00:33:49	71
Richard Webster	00:34:17	74
Mike Nash	00:37:41	99
David Doherty	00:39:28	114
Ross Poiner	00:41:03	125

West Glamorgan XC League - Llanmadoc - Women**4.5 miles****17/09/2017**

Louise Miskell	00:37:50	26
Caroline Sandles	00:40:20	44
Charlie James	00:40:44	47
Laura Sharpe	00:41:10	50
Sharon Trotman	00:41:20	51
Sarah Barham	00:41:26	53
Shereen Lisk	00:42:48	59
Gwen Smith	00:43:21	61
Johanne Hughes-Dowdle	00:47:31	79
Meinir Jones	00:47:39	80

Conwy parkrun**5k****16/09/2017**

Chris Francis	00:18:52	4
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Gnoll parkrun**5k****16/09/2017**

David Doherty	00:26:12	30
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Gower Olympic & Fancy Dress Tri**Triathlon****16/09/2017**

Louise Miskell	03:00:37	60	FV
Christopher Simons	03:27:03	128	MO

Swansea Bay parkrun**5k****16/09/2017**

Nathan Flear	00:17:38	3
Christopher Jones	00:22:44	56
James Davies	00:22:50	58
Edward Davies	00:24:29	88
Sarah Barham	00:24:49	96
Simon Hurford	00:25:30	102

Steve Burton	00:28:35	163
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Simplyhealth Great North Run 2017**Half Marathon****10/09/2017**

Nathan Flear	01:17:27	95
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Christopher Simons	01:36:49	2006
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Christopher Jones	01:49:41	6440
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Paul Harris	02:04:32	15060
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Grangemoor parkrun**5k****09/09/2017**

Sarah Barham	00:24:38	74
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Newcastle parkrun**5k****09/09/2017**

Christopher Simons	00:21:37	67
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Christopher Jones	00:23:33	133
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Paul Harris	00:24:13	158
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Swansea Bay parkrun**5k****09/09/2017**

Mike Prasad	00:21:38	47
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Steve Burton	00:22:53	83
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James Davies	00:23:00	84
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Simon Hurford	00:25:45	132
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Stephen David Cable	00:27:38	172
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Thames path 100k Challenge**Ultra****09/09/2017**

Lee Morris	14:19:32	85
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2017 Cardiff Kidney Wales 10K**10k****03/09/2017**

Christopher Simons	00:43:03	371	MSEN
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Christopher Jones	00:51:31	1410	M45+
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Gwen Smith	00:55:21	2129	F45+
2017 Tydfilians Roman Run			
	16 miles		02/09/2017
Chris Francis	02:04:03	12	Senior Men
Rob Sandles	02:15:17	33	Men's Masters 40+
Andrew Arran	02:31:19	83	Senior Men
Caroline Sandles	02:35:21	100	Ladies Masters 35+
Lisa Williams	02:40:34	119	Ladies Masters 35+
Vivienne Kavanagh	02:42:30	132	Ladies Masters 35+
John Sanderson	02:47:54	148	Men's Masters 40+
Christopher Jones	03:00:06	181	Men's Masters 40+
Llanelli Coast parkrun			
	5k		02/09/2017
Leighton Jones	00:24:54	37	
Brian Griffiths	00:51:38	158	
Merthyr parkrun			
	5k		02/09/2017
Christopher Jones	00:24:24	5	
Swansea Bay parkrun			
	5k		02/09/2017
Christopher Simons	00:20:21	22	
Mike Prasad	00:21:38	36	
James Davies	00:22:57	62	
Steve Burton	00:23:05	66	
Ceri Isaac	00:24:24	89	
Sarah Barham	00:25:30	105	
Simon Hurford	00:27:19	141	

August 2017

Narberth Nobbler

Marathon

27/08/2017

Ian Hoskins	05:26:14	22	M
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Severn Bridge 10k

10k

27/08/2017

Sarah Barham	00:53:21	75	F50+
David Barham	01:01:18	218	M50+
Johanne Hughes-Dowdle	01:02:00	231	F45+
Nicola Julian	01:10:04	364	F50+
Julie Davies	01:12:35	394	F65+

Severn Bridge Half Marathon

Half Marathon

27/08/2017

Chris Francis	01:27:48	29	Msen
Gareth Parry	01:35:09	103	Msen
Christopher Simons	01:36:50	125	Msen
Stephen Lisk	01:44:36	261	M45+
Mike Prasad	01:46:42	312	M50+
Christopher Jones	01:51:23	407	M45+
Sharon Trotman	01:57:57	588	F45+
Steve Burton	02:02:23	705	M40+
James Davies	02:04:24	749	M45+
Simon Hurford	02:07:06	823	Msen
Shereen Lisk	02:09:44	901	F40+
John Holohan	02:10:00	923	M65+
Fay Sharpe	02:16:04	1066	F55+
Kim Holohan	02:22:59	1183	F60+
Susan Davies	02:22:59	1184	F55+

Christine Hurdidge	02:26:25	1230	F65+
Victoria Holmes	02:30:09	1282	Fsen
Lynn Holmes	02:31:55	1296	F55+
Linda Waller	02:32:39	1307	F60+
Llanelli Coast parkrun			
		5k	26/08/2017
Andrew Thomas	00:21:36	32	
Sarah Barham	00:25:54	73	
Leighton Jones	00:27:38	90	
Nerys Jones	00:28:42	98	
Swansea Bay parkrun			
		5k	26/08/2017
Edward Davies	00:24:25	89	
Sally Reid	00:26:21	134	
Alice Sullivan	00:33:00	285	
Swindon parkrun			
		5k	26/08/2017
Christopher Simons	00:21:15	36	
Christopher Jones	00:23:20	88	
Simon Hurford	00:24:33	115	
TROT's St Clear's 10k			
		10k	20/08/2017
Chris Francis	00:39:13	7	OM
Simon Vaughan	00:41:58	12	M40
Lee Morris	00:44:04	17	OM
Richard Webster	00:44:44	19	M60
Andrew Thomas	00:48:43	35	M50
Ross Poiner	00:58:35	58	M40

Dolgellau parkrun		5k		19/08/2017
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Christopher Jones	00:24:15		30	
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Gedling parkrun		5k		19/08/2017
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Simon Hurford	00:25:57		38	
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Gnoll parkrun		5k		19/08/2017
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Christopher Simons	00:21:45		8	
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Steve Burton	00:24:03		32	
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David Doherty	00:25:32		37	
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Swansea Bay parkrun		5k		19/08/2017
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Mike Prasad	00:21:20		40	
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Sarah Barham	00:25:11		115	
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Sally Reid	00:25:47		126	
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Gwen Smith	00:25:52		127	
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Dewi West	00:29:30		205	
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Port Talbot Half Marathon		Half Marathon		13/08/2017
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Gareth Parry	01:34:51		43	MSen
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Richard Webster	01:35:56		47	MV60
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Christopher Simons	01:39:22		62	Msen
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Christopher Jones	01:50:39		118	MV45
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Steve Burton	01:54:44		139	MV40
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Gnoll parkrun		5k		12/08/2017
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David Doherty	00:25:19		27	
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Gower Sprint Triathlon		Triathlon		12/08/2017
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Dean Webster	01:31:53	64	MO
Mark Bamford	01:55:56	168	MV
Linda Waller	02:10:16	189	FV
Llanelli Coast parkrun	5k		12/08/2017
Ross Poiner	00:23:38	29	
Llyn Llech Owain parkrun	5k		12/08/2017
Ian Hoskins	00:22:39	12	
Christopher Jones	00:29:04	53	
Pomphrey Hill parkrun	5k		12/08/2017
Laura Sharpe	00:28:12	178	
Porthcawl parkrun	5k		12/08/2017
Leighton Jones	00:25:24	103	
Swansea Bay parkrun	5k		12/08/2017
Steve Burton	00:24:02	73	
Edward Davies	00:24:36	87	
Simon Hurford	00:24:41	90	
Sally Reid	00:26:42	112	
Weymouth parkrun	5k		12/08/2017
Mike Prasad	00:36:04	348	
Cardigan Running Club Poppit Sands Race Series	5k		08/08/2017
Gina Southam	00:31:21	78	F35
Brecon 10	10 miles		06/08/2017
Chris Francis	01:05:41	19	MO
Richard Donne	01:59:22	249	M55

Gloucester City Marathon		Marathon	06/08/2017
Christopher Simons	03:34:27	83	M30-34
Christopher Jones	04:04:48	196	M45-49
Barry Island parkrun		5k	05/08/2017
Steve Burton	00:25:02	25	
Simon Hurford	00:26:01	30	
Christopher Jones	00:29:29	64	
Llanelli Coast parkrun		5k	05/08/2017
Ross Poiner	00:23:18	30	
Ian Hoskins	00:24:46	42	
David Doherty	00:25:00	44	
Llyn Llech Owain parkrun		5k	05/08/2017
Aron Jones	00:21:23	10	
Porthcawl parkrun		5k	05/08/2017
Leighton Jones	00:26:18	105	
Swansea Bay parkrun		5k	05/08/2017
Simon Vaughan	00:19:34	11	
Gareth Parry	00:19:35	12	
Dewi West	00:21:20	37	
Mike Prasad	00:22:24	57	
Christopher Simons	00:23:26	74	
Sarah Barham	00:25:13	105	
Edward Davies	00:26:15	129	
David Barham	00:26:16	130	
Sally Reid	00:26:47	146	

July 2017

Tenby 10k	10k	30/07/2017	
Chris Francis	00:39:35	15	OM
Gareth Parry	00:42:45	43	OM
Mark Eakins	00:45:57	65	M40
Dewi West	00:49:00	94	M50
Mark Bamford	00:49:06	95	M40
Mike Prasad	00:50:05	114	M50
Claire Reynolds	00:52:20	147	F35
Simon Hurford	00:52:46	160	OM
Christopher Jones	00:54:10	180	M40
Sharon Trotman	00:54:28	201	F45
John Sanderson	00:54:40	202	M60
Steve Burton	00:55:14	211	M40
Geoff White	00:55:50	219	M60
John Holohan	00:57:10	255	M60
Kim Holohan	00:58:11	275	F55
Sandra Rees	00:58:16	276	F45
Louise Eakins	00:58:25	279	F45
Helen Jenkins	00:58:39	286	F45
Linda Rees	00:58:44	288	F55
Fay Sharpe	00:58:50	289	F55
Gina Southam	00:58:51	290	F35
Paul Rees	00:58:47	291	M50
Caroline Jones	01:01:12	331	F45

Victoria Holmes	01:01:46	345	OF
Meinir Jones	01:02:32	357	F55
Linda Waller	01:02:34	360	F55
Laura Hall	01:03:34	360	F45
Christine Hurdidge	01:03:26	367	F55
Lynn Holmes	01:05:35	393	F55
Julie Davies	01:11:20	454	F55
Nicola Julian	01:16:49	490	F45

Gnoll parkrun

5k

29/07/2017

Aron Jones	00:21:20	5
David Doherty	00:25:10	23
Leighton Jones	00:25:14	24

Hackney Marshes parkrun

5k

29/07/2017

Sally Reid	00:26:23	146
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Llyn Llech Owain parkrun

5k

29/07/2017

Ian Hoskins	00:21:10	7
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Magor 10k

10k

29/07/2017

Gwen Smith	00:53:34	132	FV50
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Swansea Bay parkrun

5k

29/07/2017

Mike Prasad	00:22:44	31
Simon Hurford	00:24:08	52
Gareth Parry	00:24:10	54

Scorcher Run Festival

Half Marathon

25/07/2017

Steve Burton	01:56:27	2	V40
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Aberavon Aquathlon Series		Aquathlon	24/07/2017
Dean Webster	00:43:09	47	M2039
Linda Waller	01:05:37	157	F6069
2017 Scott Snowdonia Trail Marathon		Marathon	23/07/2017
Christopher Simons	06:20:55	255	MOPEN
Paul Harris	07:42:33	535	M45-49
Christopher Jones	07:48:56	554	M45-49
Outlaw Triathlon		Triathlon	23/07/2017
James Davies	11:22:08	241	M45-49
Christina Smith	13:33:01	741	F55-59
Conwy parkrun		5k	22/07/2017
Christopher Simons	00:24:16	79	
Christopher Jones	00:24:20	81	
Gnoll parkrun		5k	22/07/2017
Aron Jones	00:21:18	8	
Llanelli Coast parkrun		5k	22/07/2017
Leighton Jones	00:24:24	34	
Nerys Jones	00:27:47	65	
Llyn Llech Owain parkrun		5k	22/07/2017
Ian Hoskins	00:21:29	11	
Maesteg parkrun		5k	22/07/2017
David Doherty	00:24:52	43	
Swansea Bay parkrun		5k	22/07/2017

Steve Burton	00:23:25	53	
Gareth Parry	00:23:51	62	
Simon Hurford	00:23:52	63	
Sally Reid	00:26:56	112	
Essex 50		Ultra	15/07/2017
Nathan Flear	06:42:33	1	M
Llanelli Coast parkrun		5k	15/07/2017
Simon Vaughan	00:19:49	7	
Llyn Llech Owain parkrun		5k	15/07/2017
David Doherty	00:25:29	34	
Porthcawl parkrun		5k	15/07/2017
Gwen Smith	00:26:19	113	
Swansea Bay parkrun		5k	15/07/2017
Simon Hurford	00:24:21	55	
Leighton Jones	00:25:33	84	
Nerys Jones	00:27:40	114	
The Great Celtic Half Marathon		Half Marathon	15/07/2017
Chris Francis	01:34:51	8	M30-39
Gareth Parry	01:44:33	29	M30-39
Aron Jones	01:51:30	50	M30-39
Carwyn Jenkins	02:01:50	84	M40-49
Steve Burton	02:12:29	138	M40-49
The Great Celtic Marathon		Marathon	15/07/2017
Christopher Simons	04:11:20	32	M30-39
Paul Harris	04:47:57	67	M40-49

Christopher Jones	05:29:21	89	M40-49
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Paul Popham Running Club Swansea Bay Summer 5k Series	5k	11/07/2017
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Christopher Simons	00:22:12	25	M
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Christopher Jones	00:23:50	33	M
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Ammanford Lions 10k	10k	09/07/2017
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Simon Vaughan	00:43:41	27	M40
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Richard Webster	00:45:00	32	M60
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Mark Eakins	00:45:17	36	M40
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Andrew Thomas	00:48:41	59	M50
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Mike Prasad	00:50:45	71	M50
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Kim Holohan	00:57:33	107	F55
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John Holohan	00:58:13	111	M60
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Louise Eakins	00:58:45	112	F45
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Sandra Rees	01:00:19	118	F45
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Steve Burton	01:00:26	120	M40
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Fay Sharpe	01:00:56	122	F55
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Victoria Holmes	01:04:11	127	FO
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Christine Hurdidge	01:04:21	129	F55
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Laura Hall	01:05:06	130	F45
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Lynn Holmes	01:07:08	133	F55
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Julie Davies	01:12:37	137	F55
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Jill Walters	01:19:57	145	F45
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Nicola Julian	01:19:57	146	F45
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Long Course Wales - Half Marathon	Half Marathon	09/07/2017
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Sharon Trotman	02:05:39	244	FV45
Charlie James	02:12:32	329	Fsen
Long Course Wales - Marathon		Marathon	09/07/2017
Ross Gribble	04:13:34	301	Msen
Christopher Jones	04:24:36	384	MV45
Simon Hurford	04:53:00	611	Msen
Colby parkrun		5k	08/07/2017
Nathan Flear	00:18:47	3	
Christopher Jones	00:24:44	43	
Llanelli Coast parkrun		5k	08/07/2017
Chris Francis	00:18:19	2	
Llyn Llech Owain parkrun		5k	08/07/2017
Ian Hoskins	00:21:22	5	
David Doherty	00:25:11	14	
Swansea Bay parkrun		5k	08/07/2017
Gareth Parry	00:19:57	9	
Mike Prasad	00:23:22	36	
Steve Burton	00:24:44	52	
Edward Davies	00:25:13	60	
Simon Hurford	00:28:30	102	
Johanne Hughes-Dowdle	00:28:41	103	
Run4All Neath 5k Series - Race 3		5k	05/07/2017
Christopher Jones	00:22:48	67	MVET
Mike Prasad	00:22:57	69	MVET

Aberystwyth parkrun				5k	01/07/2017
Christopher Jones	00:22:57		25		
Simon Hurford	00:24:12		32		
Belfast World 24 Championships				Ultra	01/07/2017
Nathan Flear			13		188.328km
Llanelli Coast parkrun				5k	01/07/2017
Christopher Simons	00:20:51		8		
Andrew Thomas	00:21:54		12		
Ian Hoskins	00:26:05		42		
Johanne Hughes-Dowdle	00:28:29		58		
Llyn Llech Owain parkrun				5k	01/07/2017
Mike Prasad	00:24:14		21		
Mount Edgcumbe parkrun				5k	01/07/2017
David Barham	00:34:02		32		

June 2017

JCP Swansea Half Marathon

Half Marathon

25/06/2017

Nathan Flear	01:23:31	73	SenM
Chris Francis	01:25:19	91	SenM
Mark Gosney	01:30:36	217	SenM
Cayo Arran	01:31:48	244	SenM
Gareth Parry	01:34:04	290	SenM
Aron Jones	01:34:12	299	SenM
Ceri Isaac	01:35:01	342	SenM
Richard Webster	01:36:22	376	MV60+
Simon Vaughan	01:36:10	408	MV40
Christopher Simons	01:37:15	476	SenM
Mark Eakins	01:38:24	480	MV40
Andrew Arran	01:40:13	570	SenM
Stephen Lisk	01:44:33	784	MV40
Carwyn Jenkins	01:45:00	821	MV40
Mike Prasad	01:46:02	882	MV50
Christopher Jones	01:46:10	891	MV40
Steve Mcllelland	01:46:22	904	MV60+
Jacque Eagan	01:46:29	941	FV35
Lisa Williams	01:49:48	1111	FV35
Dan Gilbert	01:49:06	1116	SenM
Ross Gribble	01:49:07	1117	SenM
Charlie James	01:49:07	1118	SenF
Chris Timmins	01:49:24	1154	MV40

Claire Reynolds	01:52:01	1353	FV35
Simon Hurford	01:54:01	1433	SenM
Elfed Joseph	01:55:07	1482	MV50
Laura Sharpe	01:56:12	1642	SenF
John Sanderson	01:59:45	1968	MV60
Steve Burton	02:01:33	2077	MV40
Louise Eakins	02:02:21	2117	FV45
Gina Southam	02:04:39	2222	FV35
Shereen Lisk	02:03:29	2273	FV35
John Holohan	02:07:19	2468	MV60+
Victoria Holmes	02:11:00	2821	SenF
Sandra Rees	02:20:19	3367	FV45
Lynn Holmes	02:24:01	3589	FV55+
Nicola Julian	02:36:05	4113	FV45

Cambridge parkrun

5k

24/06/2017

Sarah Barham	00:26:45	249
David Barham	00:29:49	365

Swansea Bay parkrun

5k

24/06/2017

Christopher Simons	00:20:37	20
David Doherty	00:24:08	58
Christopher Jones	00:24:36	67
Simon Hurford	00:25:19	78
Steve Burton	00:35:18	163

Caerphilly 10k

10k

18/06/2017

Christopher Simons	00:44:31	173	MO
Lee Morris	00:49:17	317	MO
Offah's Dyke 15	15 miles		18/06/2017
Christopher Jones	03:19:42	119	MV45
Eastleigh parkrun	5k		17/06/2017
Laura Sharpe	00:26:51	167	
Gnoll parkrun	5k		17/06/2017
David Doherty	00:24:47	22	
Llanelli Coast parkrun	5k		17/06/2017
Chris Francis	00:18:47	2	
Cayo Arran	00:19:25	5	
Christopher Simons	00:21:09	9	
Christopher Jones	00:24:09	26	
Simon Hurford	00:25:04	36	
Leighton Jones	00:25:19	39	
Steve Burton	00:28:15	58	
Nerys Jones	00:28:47	64	
Victoria Holmes	00:30:20	72	
Lynn Holmes	00:30:27	73	
Llyn Llech Owain parkrun	5k		17/06/2017
Ian Hoskins	00:22:07	13	
Nathan Flear	00:41:20	78	
Pomphrey Hill parkrun	5k		17/06/2017
Sarah Barham	00:26:35	115	
David Barham	00:32:57	215	

Sospan 10K		10k	17/06/2017	
Simon Vaughan	00:41:47		21	M3544
Christopher Simons	00:44:10		31	SM
Stephen Lisk	00:46:28		50	M4555
Christopher Jones	00:49:47		74	M3544
Shereen Lisk	00:56:00		134	F3544
Claire Reynolds	00:56:23		138	F3544
Ceri Isaac	01:16:50		335	SM
Swansea Bay parkrun		5k	17/06/2017	
Mike Prasad	00:23:05		50	
Sally Reid	00:25:53		84	
Chris Timmins	00:27:51		109	
Johanne Hughes-Dowdle	00:29:18		132	
Edward Davies	00:29:56		150	
Dorney Lakes		Ultra	15/06/2017	
Nathan Flear	04:46:48		1	36.7 miles
Christopher Jones	04:46:48		34	26.2 miles
Paul Harris	02:26:17		68	13.1 miles
Paul Popham Running Club Swansea Bay Summer 5k Series		5k	13/06/2017	
Lee Morris	00:20:28		18	M
Christopher Jones	00:22:04		31	M
Mike Prasad	00:22:21		36	M
2017 Endure 24 Reading		Ultra	11/06/2017	

Nathan Flear			1	Pro Direct Team - Time: 24:30:
Melin Sospan Sizzler Middle Distance Triathlon (swim replaced with 2nd run)		Triathlon		11/06/2017
Byron DAVIES	05:27:56		38	M40
James Davies	05:42:50		56	M40
Dean Webster	06:03:51		81	MS
Rob Sandles	06:18:22		103	M50
Caroline Sandles	06:21:10		109	F50
Christina Smith	06:29:42		119	F50
Richard Webster	06:34:47		124	M60
Gnoll parkrun		5k		10/06/2017
David Doherty	00:25:33		17	
Llanelli Coast parkrun		5k		10/06/2017
Ross Poiner	00:25:50		36	
Leighton Jones	00:27:50		49	
Nerys Jones	00:29:04		56	
Llyn Llech Owain parkrun		5k		10/06/2017
Ian Hoskins	00:21:47		9	
Swansea Bay parkrun		5k		10/06/2017
Christopher Simons	00:20:51		14	
Christopher Jones	00:21:54		23	
Cayo Arran	00:21:55		24	
Mike Prasad	00:22:43		33	
Simon Hurford	00:24:59		65	
Edward Davies	00:26:16		80	

David Barham	00:26:42	86	
Steve Burton	00:29:00	106	
Gnoll parkrun		5k	03/06/2017
Edward Davies	00:28:42	47	
Llanelli Coast parkrun		5k	03/06/2017
Dean Webster	00:19:41	6	
Simon Vaughan	00:19:43	7	
Ross Poiner	00:23:40	24	
David Doherty	00:24:14	32	
Leighton Jones	00:26:37	52	
Merthyr parkrun		5k	03/06/2017
Christopher Simons	00:20:39	10	
Christopher Jones	00:23:02	20	
Steve Burton	00:24:53	28	
Simon Hurford	00:24:54	29	
Polkerris Biathlon		Biathlon	03/06/2017
Sarah Barham	01:49:02	64	F46-55
Swansea Bay parkrun		5k	03/06/2017
Gareth Parry	00:19:24	13	
Cayo Arran	00:20:00	19	
Mark Bamford	00:20:42	21	
Chris Timmins	00:22:39	58	
Mike Prasad	00:22:54	66	
Gwen Smith	00:25:26	116	
Johanne Hughes-Dowdle	00:29:01	201	

Nathan Flear	00:39:27	304	
Llandeilo 3 Parks Challenge		10k	02/06/2017
Chris Francis	00:41:31	12	OM
Ian Hoskins	00:46:22	41	M40
Christopher Simons	00:47:34	48	OM
Christopher Jones	00:50:22	65	M40
Andrew Thomas	00:51:22	78	M50
Sharon Trotman	00:55:52	107	F45

May 2017

Azores trail ilha azul 70k

Ultra

28/05/2017

Christopher Jones 11:33:21 44

Liverpool Rock'n'Roll Half Marathon

Half Marathon

28/05/2017

Lee Morris 01:35:44 398

Liverpool Rock'n'Roll Marathon

Marathon

28/05/2017

Christopher Simons 03:29:25 383

Mike Prasad 04:01:44 1153

MV50

Swansea Triathlon

Triathlon

28/05/2017

James Davies 01:14:30 168

MV

Mark Bamford 01:19:35 319

MV

Louise Miskell 01:20:54 357

FV

Mike Nash 01:24:15 478

MVintageVet

Richard Nugent 01:35:24 742

MVintageVet

Gnoll parkrun

5k

27/05/2017

David Doherty 00:25:48 25

Liverpool Rock'n'Roll 5k (400m short)

5k

27/05/2017

Mike Prasad 00:21:04 169

MV50

Llanelli Coast parkrun

5k

27/05/2017

Aron Jones 00:20:25 8

Ross Poiner 00:22:08 24

Sharon Trotman 00:24:19 41

Sarah Barham 00:24:31 45

David Barham 00:25:56 62

Llyn Llech Owain parkrun		5k		27/05/2017
Ceri Isaac	00:19:45		1	
Swansea Bay parkrun		5k		27/05/2017
Chris Francis	00:18:55		4	
Gareth Parry	00:19:29		8	
Cayo Arran	00:20:06		20	
Elfed Joseph	00:23:47		64	
Simon Hurford	00:24:52		80	
Steve Burton	00:24:55		82	
Leighton Jones	00:27:36		131	
Nerys Jones	00:27:41		132	
Chris Timmins	00:27:43		134	
Johanne Hughes-Dowdle	00:29:56		179	
Meridian Ultra 100k		Ultra		21/05/2017
Nathan Flear	07:45:49		8	SENM
PPRC Wear Wally Fun Run		10 miles		21/05/2017
Steve Burton	01:29:33		19	M
Royal Welsh Trail Festival 10k		10k		21/05/2017
Ian Hoskins	00:54:42		53	MM40
Laura Sharpe	01:06:38		188	SENW
David Barham	01:12:05		262	MM50
Linda Waller	01:16:39		338	MW55
Meinir Jones	01:17:39		354	MW55
Victoria Holmes	01:19:23		377	SENW
Fay Sharpe	01:19:37		379	MW55

Christine Hurdidge	01:20:51	387	MW55
Laura Hall	01:21:54	397	MW45
Lynn Holmes	01:27:35	438	MW55
Julie Davies	01:29:02	449	MW55
Nicola Julian	01:29:03	450	MW45
Royal Welsh Trail Festival Half Marathon	Half Marathon		21/05/2017
Dan Gilbert	01:45:12	77	SENM
Vivienne Kavanagh	02:05:31	187	MW45
Gwen Smith	02:05:42	188	MW45
Sharon Trotman	02:13:51	223	F
Sarah Barham	02:20:26	258	MW45
Helen Jenkins	02:25:17	273	MW45
Gina Southam	02:30:31	288	MW35
Worcester Marathon	Marathon		21/05/2017
Chris Francis	03:21:26	20	MSEN
Christopher Jones	04:11:01	122	MV45
Llanelli Coast parkrun	5k		20/05/2017
Aron Jones	00:20:15	11	
Andrew Thomas	00:21:24	17	
Swansea Bay parkrun	5k		20/05/2017
Ceri Isaac	00:19:14	9	
Dewi West	00:20:44	18	
Nerys Jones	00:28:26	158	
Allan Smith	00:29:26	179	
Christopher Simons	00:29:27	180	

Gareth Parry	00:29:27	182
Steve Burton	00:29:28	183
Christopher Jones	00:29:29	185
Mark Bamford	00:29:30	186
Simon Hurford	00:29:30	187
Alice Sullivan	00:29:32	189
Mike Prasad	00:29:33	190
Paul Harris	00:29:34	191
Chris Timmins	00:29:35	192
Andrew Arran	00:29:36	193
Lisa Williams	00:29:37	194
Edward Davies	00:29:37	195
Ross Poiner	00:29:39	197
David Barham	00:29:50	203

Whitford Point Multi-Terrain Race

5.6 miles

17/05/2017

Simon Vaughan	00:41:19	28	VM40
Carwyn Jenkins	00:41:49	37	VM40
Dan Gilbert	00:44:02	50	M
Nigel Morse	00:45:18	60	VM45
Ross Gribble	00:45:21	62	M
Christopher Simons	00:45:51	67	M
Andrew Thomas	00:46:38	78	VM50
Dewi West	00:46:49	80	VM50
Ross Poiner	00:46:55	81	VM40
Mark Bamford	00:47:24	85	VM40

Christopher Jones	00:47:47	87	VM45
James Davies	00:49:06	94	VM45
Jacque Egan	00:49:39	98	VF45
Charlie James	00:51:46	109	F
John Sanderson	00:53:00	115	VM50
Leighton Jones	00:56:21	126	VM50
Sarah Barham	00:58:17	136	VF45
Alice Sullivan	01:00:56	139	VF35
David Barham	01:01:19	140	VM50
Delia Pudney	01:01:30	141	VF40

Cwm Ogwr 5 miler	5 miles	14/05/2017
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Nathan Flear	00:29:02	2	Msen
Christopher Jones	00:40:30	129	Mvet
Gwen Smith	00:44:09	172	Fvet
Steve Burton	00:44:44	177	Mvet

Exe Valley Triathlon 2017 Sprint	Triathlon	14/05/2017
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David Barham	01:45:57	277	M50-59
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Llanelli Sprint Triathlon	Triathlon	14/05/2017
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James Davies	01:31:50	108	MS
Dean Webster	01:33:22	123	MS
Christopher Simons	01:56:59	321	MS

Trap Show Charity Fun Run 2017 MV40	4.7 miles	14/05/2017
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Simon Vaughan	00:31:31	3	MV40
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Trap Show Charity Fun Run 2017 MV50	4.7 miles	14/05/2017
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Andrew Thomas	00:34:05	3	MV50
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Gnoll parkrun		5k		13/05/2017
David Doherty	00:25:25		33	
Llanelli Coast parkrun		5k		13/05/2017
Ross Poiner	00:22:32		20	
Allan Smith	00:30:35		91	
Llyn Llech Owain parkrun		5k		13/05/2017
Mark Probert	00:23:34		15	
Leighton Jones	00:26:20		34	
Plymvalley parkrun		5k		13/05/2017
David Barham	00:27:28		99	
Porthcawl parkrun		5k		13/05/2017
Christopher Simons	00:21:02		27	
Christopher Jones	00:22:12		50	
Swansea Bay parkrun		5k		13/05/2017
Gareth Parry	00:20:15		17	
Andrew Arran	00:21:10		26	
Dewi West	00:21:17		28	
Mike Prasad	00:22:13		40	
Lisa Williams	00:23:05		53	
Sally Reid	00:25:45		110	
Edward Davies	00:26:19		116	
Steve Burton	00:28:26		186	
Paul Popham Running Club Swansea Bay Summer 5k Series		5k		09/05/2017
Nathan Flear	00:18:08		3	

Lee Morris	00:20:50	18
Mike Prasad	00:22:48	31
Christopher Jones	00:23:43	34
Julie Archer	00:25:16	42
Alice Sullivan	00:26:22	45
Caroline Jones	00:29:00	68

Great Welsh Half Marathon

Half Marathon

07/05/2017

Nathan Flear	01:18:22	3	MSEN
Richard Webster	01:34:54	18	MV60+
Ceri Isaac	01:37:17	22	MSEN

Simplyhealth Great Bristol 10K

10k

07/05/2017

Gareth Parry	00:42:59	747	
Cayo Arran	00:43:20	811	M
Christopher Jones	00:49:46	2620	
Steve Burton	00:49:53	2655	
Simon Hurford	00:50:25	2825	

Llanelli Coast parkrun

5k

06/05/2017

Ross Poiner	00:22:23	12
John Sanderson	00:23:55	16

Llyn Llech Owain parkrun

5k

06/05/2017

Aron Jones	00:20:52	3
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Swansea Bay parkrun

5k

06/05/2017

Nathan Flear	00:17:31	2
Chris Francis	00:19:01	6

Richard Webster	00:20:39	27	
Christopher Simons	00:20:50	29	
Cayo Arran	00:20:50	30	
Andrew Arran	00:20:52	31	
Mike Prasad	00:22:08	52	
Stephen Lisk	00:22:33	57	
Christopher Jones	00:22:35	58	
Lisa Williams	00:22:52	64	
Paul Harris	00:25:26	115	
Gareth Parry	00:29:54	209	
Steve Burton	00:29:55	210	
Allan Smith	00:30:30	223	
David Doherty	00:35:18	289	
The Uni-Lite Night Trail 10k Wales	10k		06/05/2017
Christopher Jones	00:51:39	45	M

April 2017

Go Events Wales St Illtyds Ultra Marathon - 50k

Ultra

30/04/2017

Christopher Simons	07:24:00	36	M
Paul Harris	07:24:00	37	M
Christopher Jones	07:28:00	38	M

Gnoll parkrun

5k

29/04/2017

David Doherty	00:25:22	35
Sarah Barham	00:25:29	36
David Barham	00:29:46	63

Llanelli Coast parkrun

5k

29/04/2017

Nathan Flear	00:17:20	1
Aron Jones	00:20:07	8
Ross Poiner	00:22:03	15
Fay Sharpe	00:30:09	85

Llyn Llech Owain parkrun

5k

29/04/2017

Ian Hoskins	00:20:59	9
Christopher Jones	00:22:45	18

Porthcawl parkrun

5k

29/04/2017

Leighton Jones	00:25:49	115
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Swansea Bay parkrun

5k

29/04/2017

Gareth Parry	00:20:01	14
Mike Prasad	00:21:46	38
Chris Timmins	00:21:57	43
Simon Hurford	00:24:01	76

John Sanderson	00:24:19	83
Steve Burton	00:25:53	116
Allan Smith	00:30:14	196

Virgin London Marathon 2017

Marathon

23/04/2017

Nathan Flear	02:49:59	835	18-39
Ashley Pascoe	03:24:24	5231	45-49
Mark Bamford	03:27:17	5719	40-44
Robert Coffey	03:44:32	9233	45-49
Carwyn Jenkins	03:48:47	10190	40-44
Steve Mcllelland	03:52:29	11072	60-64
James Davies	03:58:08	12751	45-49
Ian Bamford	04:14:56	16773	40-44
Dewi West	04:14:56	16776	50-54

Llanelli Coast parkrun

5k

22/04/2017

Andrew Thomas	00:21:12	13
Ross Poiner	00:22:19	16
Mark Probert	00:23:00	23
Leighton Jones	00:29:39	80
Nerys Jones	00:29:51	83

Llyn Llech Owain parkrun

5k

22/04/2017

Christopher Simons	00:21:18	7
Christopher Jones	00:23:00	18
Lisa Williams	00:24:26	30
Linda Waller	00:30:08	61

Swansea Bay parkrun**5k****22/04/2017**

Ceri Isaac	00:19:28	11
Gareth Parry	00:19:56	18
Mike Prasad	00:21:34	38
Simon Hurford	00:23:53	68
Steve Burton	00:27:35	128
Allan Smith	00:30:26	180

Light Up Mumbles - UNOFFICIAL TIMINGS ONLY. UNTIMED RACE. NO POSITIONS.**10k****19/04/2017**

Christopher Simons	00:43:21	M
Christopher Jones	00:46:38	M
Simon Hurford	00:49:29	M

Rogue Runs Gilwern Grunt**8 miles****17/04/2017**

Christopher Jones	01:17:23	87	MV40
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Pendine Sands 32.6 mile ultra**Ultra****16/04/2017**

Christopher Simons	05:18:00	6	M
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Pendine Sands Half Marathon**Half Marathon****16/04/2017**

Ceri Isaac	01:58:00	17	M
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Teifi 10**10 miles****16/04/2017**

Nathan Flear	00:59:03	7	M
Christopher Jones	01:17:50	68	M40
Steve Burton	01:25:01	85	M40

Gnoll parkrun**5k****15/04/2017**

Ceri Isaac 00:23:00 20

David Doherty 00:25:02 37

Llanelli Coast parkrun**5k****15/04/2017**

Simon Vaughan 00:19:55 8

Richard Webster 00:20:52 15

Andrew Thomas 00:21:00 16

Ross Poiner 00:23:08 34

Sharon Trotman 00:25:15 55

Porthcawl parkrun**5k****15/04/2017**

Leighton Jones 00:25:14 138

Swansea Bay parkrun**5k****15/04/2017**

Gareth Parry 00:20:32 28

Andrew Arran 00:20:49 34

Mike Prasad 00:21:40 51

Christopher Jones 00:21:44 53

Steve Burton 00:21:56 62

Lisa Williams 00:22:48 84

Chris Timmins 00:22:50 86

Simon Hurford 00:24:31 124

Sally Reid 00:26:01 153

Gwen Smith 00:26:09 155

Allan Smith 00:29:55 218

Nathan Flear 00:39:50 311

NN Rotterdam Marathon**Marathon****09/04/2017**

Gareth Morgan	03:24:21	1717	M35
Cayo Arran	03:28:59	2092	MSR
Christopher Jones	03:58:51	5374	M45
Simon Hurford	04:25:33	8599	M35
Beckton parkrun		5k	08/04/2017
Mike Prasad	00:22:13	19	
Gnoll parkrun		5k	08/04/2017
Christopher Simons	00:21:30	14	
Llanelli Coast parkrun		5k	08/04/2017
Ian Hoskins	00:20:21	10	
Dewi West	00:21:04	14	
Andrew Thomas	00:21:13	16	
Ross Poiner	00:22:55	32	
Leighton Jones	00:24:44	43	
Sharon Trotman	00:25:50	49	
Brian Griffiths	00:26:39	62	
Llyn Llech Owain parkrun		5k	08/04/2017
Aron Jones	00:20:50	8	
Andrew Arran	00:21:57	14	
Preston parkrun		5k	08/04/2017
David Doherty	00:25:55	124	
Swansea Bay parkrun		5k	08/04/2017
Chris Timmins	00:22:17	58	
Steve Burton	00:22:18	59	
Laura Sharpe	00:23:42	85	

Allan Smith	00:29:59	220	
Asics Greater Manchester Marathon		Marathon	02/04/2017
Nathan Flear	03:03:32	491	SENM
John Sanderson	04:11:31	4924	V60M
Cardiff and Vale College Cardiff Bay Run		10k	02/04/2017
Cayo Arran	00:38:43	85	MSEN
Lee Morris	00:42:39	219	M35+
Ross Gribble	00:44:13	311	MSEN
Charlie James	00:49:48	879	FSEN
Steve Burton	00:50:09	930	M35+
Sarah Barham	00:50:20	958	F45+
Edward Davies	00:52:10	1185	M45+
David Barham	00:58:46	2399	M45+
TENOVUS Botanic Garden 10k		10k	02/04/2017
Simon Vaughan	00:43:45	18	M40
Aron Jones	00:44:02	19	MO
Andrew Thomas	00:46:52	29	M50
Sharon Trotman	00:53:31	61	F45
Gwen Smith	00:53:54	64	F45
Llanelli Coast parkrun		5k	01/04/2017
Ian Hoskins	00:20:10	10	
Sarah Barham	00:23:59	40	
Sharon Trotman	00:25:36	54	
David Barham	00:27:47	69	

Preston parkrun	5k	01/04/2017
David Doherty	00:26:20	117
Swansea Bay parkrun	5k	01/04/2017
Mike Prasad	00:22:47	43
Simon Hurford	00:22:50	45
Steve Burton	00:25:07	81
Sally Reid	00:26:39	98
Leighton Jones	00:29:30	132
Nerys Jones	00:29:31	133
Allan Smith	00:30:53	151
Walsall Arboretum parkrun	5k	01/04/2017
Christopher Jones	00:24:00	97

March 2017

Pembrey Twilight Trail Run Female Senior 15k

15k

30/03/2017

Laura Sharpe	01:31:22	2	FSEN
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Pembrey Twilight Trail Run Female Veteran 15k

15k

30/03/2017

Gwen Smith	01:35:32	3	FV
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Pembrey Twilight Trail Run Male Senior 15k

15k

30/03/2017

Nathan Flear	01:02:35	1	MSEN
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Dan Gilbert	01:18:31	8	MSEN
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Christopher Simons	01:18:51	9	MSEN
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Merthyr Tydfil Half Marathon

Half Marathon

26/03/2017

Louise Miskell	01:45:22	104	(F) 45-49
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Gnoll parkrun

5k

25/03/2017

Nina Brocklebank	00:24:21	22	
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David Doherty	00:25:50	30	
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Llanelli Coast parkrun

5k

25/03/2017

Aron Jones	00:19:43	5	
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Andrew Thomas	00:21:13	9	
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Stephen Lisk	00:21:58	12	
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Llyn Llech Owain parkrun

5k

25/03/2017

Sarah Barham	00:25:07	31	
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David Barham	00:28:19	48	
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Mumbles Duathlon

Duathlon

25/03/2017

Mike Nash	02:03:34	131	MV
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Christopher Simons	02:04:14	137	MO
Porthcawl parkrun	5k		25/03/2017
Leighton Jones	00:26:23	148	
Swansea Bay parkrun	5k		25/03/2017
Cayo Arran	00:19:11	10	
Gareth Meardon	00:20:08	19	
Anthony Fox	00:20:48	25	
Stephen David Cable	00:21:05	28	
Mike Prasad	00:21:53	36	
Steve Burton	00:23:16	62	
Simon Hurford	00:23:34	67	
Christopher Jones	00:23:36	70	
Allan Smith	00:30:34	213	
2017 San Domenico 20 Miler	20 miles		19/03/2017
Gareth Meardon	03:13:49	178	Senior Men
Ceri Isaac	03:31:35	223	Senior Men
Forest of Dean Spring Trails Half Marathon	Half Marathon		19/03/2017
Christopher Simons	01:45:11	494	MSNR
Vitality Reading Half Marathon	Half Marathon		19/03/2017
Lee Edwards	01:44:53	2135	MSEN
Gnoll parkrun	5k		18/03/2017
Mike Nash	00:24:25	22	
David Doherty	00:26:40	31	
Llanelli Coast parkrun	5k		18/03/2017

Andrew Thomas	00:21:14	10	
Sharon Trotman	00:25:20	29	
Shereen Lisk	00:25:59	35	
Llyn Llech Owain parkrun		5k	18/03/2017
Nathan Flear	00:39:31	59	
New Forest Running Festival - Half		Half Marathon	18/03/2017
Dewi West	01:52:02	26	
Poole parkrun		5k	18/03/2017
Mike Prasad	00:22:20	128	
Swansea Trotters 360 Marina 5K		5k	18/03/2017
Cayo Arran	00:19:23	27	
Christopher Simons	00:21:16	51	
Christopher Jones	00:23:10	75	
Allan Smith	00:31:46	148	
Swansea Bay parkrun		5k	18/03/2017
Simon Vaughan	00:20:41	13	
Christopher Simons	00:20:49	15	
Christopher Jones	00:22:45	34	
Simon Hurford	00:23:16	47	
Nina Brocklebank	00:23:38	54	
Steve Burton	00:23:52	57	
Edward Davies	00:24:35	63	
Gwen Smith	00:25:57	81	
Nerys Jones	00:29:31	133	
Leighton Jones	00:29:32	134	
Tamar Trails parkrun		5k	18/03/2017

Sarah Barham	00:26:04	15	
David Barham	00:30:24	40	
31st Annual Barry 40 Mile Track Race		Ultra	12/03/2017
Nathan Flear	04:36:01	2	
Duathlon Cymru 2017		Duathlon	12/03/2017
Christopher Simons	02:40:53	62	MO
Llanelli Half Marathon 2017		Half Marathon	12/03/2017
Chris Francis	01:23:58	26	SenM
Lee Morris	01:28:54	59	SenM
Cayo Arran	01:29:29	68	SenM
Dean Webster	01:30:26	84	SenM
Richard Webster	01:35:23	137	MV60+
Mark Bamford	01:36:01	142	MV40
Dan Gilbert	01:36:44	150	SenM
Ross Gribble	01:39:29	202	SenM
Mike Prasad	01:41:49	248	MV40
Steve Mcllelland	01:42:36	271	MV60+
Claire Mullin	01:44:55	330	FV35
Ian Bamford	01:45:42	352	MV40
Elfed Joseph	01:46:32	371	MV50
James Davies	01:46:46	376	MV40
Charlie James	01:48:34	414	SenF
Julie Archer	01:48:50	423	FV45
Christopher Jones	01:49:13	431	MV40
Laura Sharpe	01:49:15	433	SenF

Steve Burton	01:49:20	437	MV40
Chris Timmins	01:49:42	445	MV40
Simon Hurford	01:50:04	453	SenM
John Sanderson	01:51:33	494	MV50
Alice Sullivan	01:52:02	501	FV35
Claire Reynolds	01:52:19	506	FV35
Sharon Trotman	01:55:31	579	FV45
Shereen Lisk	02:01:42	742	FV35
Stephen Lisk	02:01:42	743	MV40
Gina Southam	02:02:37	758	FV35
Helen Jenkins	02:03:16	766	FV45
Fay Sharpe	02:09:05	873	FV55+
Caroline Jones	02:12:04	928	FV45
Craig Tindal	02:19:38	1027	SenM

Gnoll parkrun

5k

11/03/2017

David Doherty	00:26:18	29
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Llanelli Coast parkrun

5k

11/03/2017

Andrew Thomas	00:21:23	10
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Christopher Jones	00:24:22	26
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Lauren Piercy	00:36:56	93
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Llyn Llech Owain parkrun

5k

11/03/2017

Johanne Hughes-Dowdle	00:30:25	66
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Swansea Bay parkrun

5k

11/03/2017

Ceri Isaac	00:19:38	12
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Stephen David Cable	00:20:56	23
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Mike Prasad	00:22:08	37
Steve Mcllelland	00:23:29	63
Steve Burton	00:24:32	85
Nerys Jones	00:29:09	163
Leighton Jones	00:29:11	165
Allan Smith	00:30:37	185
Nina Brocklebank	00:49:56	257

Admiral City of Newport Half Marathon

Half Marathon

05/03/2017

Christopher Simons	01:39:21	270	Male Open
Sarah Barham	01:55:28	743	F50-59

Jones Crisps Anglesey Half Marathon

Half Marathon

05/03/2017

Nathan Flear	01:20:38	11	MOPEN
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St David's Day 10K - Cardiff

10k

05/03/2017

Stephen Lisk	00:54:16	280	Masters Male 40+
Shereen Lisk	00:54:16	281	Female Masters 40+
Christopher Jones	00:56:05	351	Male Masters 45+

Gnoll parkrun

5k

04/03/2017

Sarah Barham	00:26:10	30
David Barham	00:29:15	50

Grangemoor parkrun

5k

04/03/2017

Nina Brocklebank	00:23:29	26
Sally Reid	00:27:09	71

Llanelli Coast parkrun

5k

04/03/2017

Dean Hardie	00:20:01	6
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Aron Jones	00:20:14	7	
Andrew Thomas	00:21:40	15	
Nerys Jones	00:30:26	73	
Leighton Jones	00:30:28	75	
Llyn Llech Owain parkrun	5k		04/03/2017
Linda Waller	00:32:57	53	
Mile End parkrun	5k		04/03/2017
Ceri Isaac	00:23:47	112	
Swansea Bay parkrun	5k		04/03/2017
Christopher Simons	00:21:04	23	
Steve Burton	00:22:18	44	
Christopher Jones	00:22:30	46	
Mike Prasad	00:22:36	47	
Simon Hurford	00:24:10	74	
Edward Davies	00:24:37	82	
Allan Smith	00:30:49	182	

February 2017

Pontypool 10k		10k		26/02/2017
Christopher Jones	00:57:35		277	M40

Dolgellau parkrun		5k		25/02/2017
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Sarah Barham	00:25:19		9	
David Barham	00:27:43		18	

George Crump MBE Memorial 113th Welsh Cross Country Championships		10k		25/02/2017
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Chris Francis	00:44:27		65	SENM
Ashley Pascoe	00:45:27		69	MM40
Ceri Isaac	00:48:35		84	SENM

Gnoll parkrun		5k		25/02/2017
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David Doherty	00:26:56		25	
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Llanelli Coast parkrun		5k		25/02/2017
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Cayo Arran	00:19:04		5	
Aron Jones	00:20:19		8	
Richard Webster	00:21:07		11	
Andrew Thomas	00:21:34		15	

Ras Dewi Sant Coast Path Half Marathon		Half Marathon		25/02/2017
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Steve Burton	02:13:54		66	
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Ras Dewi Sant Coast Path Marathon		Marathon		25/02/2017
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Christopher Simons	05:02:00			
Nathan Flear	03:51:16		2	
Christopher Jones	05:54:11		27	

Swansea Bay parkrun**5k****25/02/2017**

Stephen David Cable	00:21:15	30
Simon Hurford	00:24:23	71
Nina Brocklebank	00:24:24	72
Mark Probert	00:25:27	80
Johanne Hughes-Dowdle	00:29:21	138
Chris Timmins	00:29:43	143
Nerys Jones	00:31:07	158
Leighton Jones	00:31:10	160

Brecon to Cardiff Ultra**Ultra****19/02/2017**

Lee Morris	07:55:15	58	M
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HOKA One One Trail Half Marathon**Half Marathon****19/02/2017**

Cayo Arran	01:43:45	25	SENM
Christopher Simons	01:57:08	85	SENM
Lee Edwards	02:00:07	101	SENM
Christopher Jones	02:06:13	139	M45
Gwen Smith	02:21:42	252	F50
Elfed Joseph	02:32:19	307	M55

Village Bakery Wrexham Half Marathon**Half Marathon****19/02/2017**

Chris Francis	01:23:46	113	SM
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Ellenbrook Fields parkrun**5k****18/02/2017**

Nina Brocklebank	00:24:53	43
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Llanelli Coast parkrun**5k****18/02/2017**

Mark Gosney	00:19:26	8
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Ian Hoskins	00:19:55	13	
Simon Vaughan	00:20:29	15	
Richard Webster	00:21:14	23	
Andrew Thomas	00:21:28	24	
Sharon Trotman	00:25:06	52	
Llyn Llech Owain parkrun		5k	18/02/2017
Aron Jones	00:20:54	10	
Steve Burton	00:23:42	28	
Porthcawl parkrun		5k	18/02/2017
Nathan Flear	00:18:05	2	
Swansea Bay parkrun		5k	18/02/2017
Ceri Isaac	00:20:19	16	
Stephen David Cable	00:22:12	34	
Simon Hurford	00:24:25	82	
Sarah Barham	00:24:29	84	
Sally Reid	00:26:37	124	
Leighton Jones	00:28:21	162	
David Barham	00:28:34	167	
Johanne Hughes-Dowdle	00:29:02	181	
Allan Smith	00:30:23	212	
Nerys Jones	00:31:27	224	
Bath Skyline 10k		10k	12/02/2017
Christopher Jones	00:56:07	62	M40-49
Christopher Simons	01:00:02	108	M20-39
Simon Hurford	01:05:58	182	M20-39

Gnoll parkrun **5k** **11/02/2017**

Johanne Hughes-Dowdle 00:30:09 53

Gwen Smith 00:30:11 54

Llanelli Coast parkrun **5k** **11/02/2017**

Andrew Thomas 00:21:36 11

Laura Sharpe 00:23:41 25

Victoria Holmes 00:28:11 61

Linda Owens 00:31:03 82

Lynn Holmes 00:31:15 85

Nicola Julian 00:32:14 89

Llyn Llech Owain parkrun **5k** **11/02/2017**

David Doherty 00:25:38 26

Southwark parkrun **5k** **11/02/2017**

John Sanderson 00:24:22 104

Swansea Bay parkrun **5k** **11/02/2017**

Christopher Jones 00:22:09 37

Simon Hurford 00:23:46 67

Steve Burton 00:25:03 88

Sally Reid 00:26:50 115

Allan Smith 00:29:53 186

Nathan Flear 00:38:27 239

The Beast **10k** **05/02/2017**

Ian Hoskins 00:49:22 30 M

Gareth Meardon 00:52:28 49 M

Simon Hurford	01:02:47	109	M
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Llanelli Coast parkrun

5k

04/02/2017

Johanne Hughes-Dowdle	00:29:45	64
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Llyn Llech Owain parkrun

5k

04/02/2017

Nathan Flear	00:40:40	96
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Swansea Bay parkrun

5k

04/02/2017

Steve Burton	00:22:26	39
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Mike Prasad	00:23:23	54
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Simon Hurford	00:24:19	71
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Allan Smith	00:29:51	182
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Christopher Jones	00:42:06	286
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January 2017

Flich Way 100k		Ultra		29/01/2017
Nathan Flear	07:50:56		1	M
Lliswerry 8		8 miles		29/01/2017
Cayo Arran	00:50:09		49	MS
Christopher Simons	00:57:23		177	MS
Andrew Arran	00:59:41		237	MS
Mike Prasad	01:00:35		258	M45
Lisa Williams	01:01:41		287	F40
Christopher Jones	01:04:43		355	M45
Gnoll parkrun		5k		28/01/2017
Christopher Simons	00:21:51		6	
Christopher Jones	00:24:06		14	
Simon Hurford	00:26:13		25	
David Doherty	00:26:17		26	
Llanelli Coast parkrun		5k		28/01/2017
Lee Morris	00:20:09		9	
Lauren Piercy	00:29:38		77	
Nathan Flear	00:44:18		151	
Llyn Llech Owain parkrun		5k		28/01/2017
Linda Waller	00:31:58		72	
Swansea Bay parkrun		5k		28/01/2017
Gareth Meardon	00:19:52		21	
Chris Timmins	00:22:48		46	

Steve Burton	00:23:09	50
Sarah Barham	00:24:09	65
Leighton Jones	00:26:16	97
David Barham	00:26:59	110
Allan Smith	00:30:02	157

Buff Trail 10k

10k

22/01/2017

Ian Hoskins	00:46:57	27	M
Alana Glabe	00:50:30	56	F
Christopher Simons	00:51:35	63	M
Christopher Jones	00:55:57	113	M
Gwen Smith	00:58:35	143	F
Elfed Joseph	00:58:44	145	M
Lauren Piercy	01:00:17	178	F

Gnoll parkrun

5k

21/01/2017

Ceri Isaac	00:30:20	48
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Llanelli Coast parkrun

5k

21/01/2017

Chris Francis	00:18:59	3
Gareth Meardon	00:20:19	8
Dean Webster	00:20:24	9
Richard Webster	00:21:09	13
Christopher Simons	00:21:11	14
Christopher Jones	00:21:43	16
Cayo Arran	00:21:44	17
Steve Burton	00:22:57	28

David Doherty	00:25:07	44	
Simon Hurford	00:26:23	52	
Plymvalley parkrun		5k	21/01/2017
Sarah Barham	00:27:32	79	
David Barham	00:37:23	189	
Porthcawl parkrun		5k	21/01/2017
Leighton Jones	00:28:04	206	
Swansea Bay parkrun		5k	21/01/2017
Nathan Flear	00:17:19	5	
Mike Prasad	00:22:05	36	
Stephen David Cable	00:22:42	41	
Edward Davies	00:23:15	48	
Chris Timmins	00:23:20	49	
Allan Smith	00:29:42	143	
Fan Dance		15 miles	14/01/2017
Christopher Jones	04:59:00	19	MCM
Paul Harris	05:00:00	20	MCM
Mark Bamford	05:00:00	43	MC
Llanelli Coast parkrun		5k	14/01/2017
Cayo Arran	00:18:50	7	
Richard Webster	00:21:25	21	
Christopher Simons	00:21:25	22	
Ross Gribble	00:21:36	23	
Charlie James	00:24:49	47	
Porthcawl parkrun		5k	14/01/2017

Leighton Jones	00:28:37	171	
Wanstead Flats parkrun	5k		14/01/2017
Lauren Piercy	00:33:36	158	
Tata Steel Round the Reservoir Race - Men	5.6 miles		08/01/2017
Cayo Arran	00:35:06	12	SM
Christopher Jones	00:41:54	42	V45
Mike Prasad	00:42:22	45	V45
Steve Burton	00:45:15	58	V40
Richard Donne	00:50:49	68	V55
David Barham	01:03:55	75	V50
Tata Steel Round the Reservoir Race - Women	5.6 miles		08/01/2017
Sarah Barham	00:46:31	14	V50
Victoria Holmes	00:54:17	33	SW
Sandra Rees	00:54:20	34	V50
Christine Hurdidge	00:56:11	37	V65
Linda Waller	00:57:06	41	V60
Lynn Holmes	01:01:15	48	V50
Nicola Julian	01:02:05	50	V50
Julie Davies	01:03:05	51	V65
Llanelli Coast parkrun	5k		07/01/2017
Ian Hoskins	00:19:55	5	
Simon Vaughan	00:21:10	15	
Ross Gribble	00:22:00	19	
Sarah Barham	00:24:27	31	

Charlie James	00:25:15	37	
Shereen Lisk	00:25:36	41	
David Barham	00:34:18	116	
Llyn Llech Owain parkrun		5k	07/01/2017
Gwen Smith	00:26:06	42	
Porthcawl parkrun		5k	07/01/2017
Leighton Jones	00:28:19	182	
Swansea Bay parkrun		5k	07/01/2017
Nathan Flear	00:17:38	4	
Cayo Arran	00:18:30	9	
Ceri Isaac	00:20:41	22	
Stephen David Cable	00:21:05	28	
Christopher Simons	00:21:28	31	
Christopher Jones	00:22:29	38	
Andrew Arran	00:22:57	46	
Lisa Williams	00:23:24	52	
Steve Burton	00:24:42	81	
Simon Hurford	00:25:28	105	
Allan Smith	00:29:47	173	
Emma Davies Maiden	00:44:55	281	
Cardiff parkrun		5k	01/01/2017
David Doherty	00:25:56	202	
Newport parkrun		5k	01/01/2017
David Doherty	00:26:22	134	
Prince of Wales New Year's Day Run		4 miles	01/01/2017

Nathan Flear	00:22:37	11	SENM
Richard Webster	00:26:42	55	MM60
Andrew Thomas	00:27:17	62	MM50
Simon Vaughan	00:27:43	70	MM40
Christopher Jones	00:30:59	119	MM40
Swansea Bay parkrun	5k		01/01/2017
Ian Hoskins	00:19:56	9	
Mike Prasad	00:23:02	35	
Sarah Barham	00:24:48	54	
Steve Burton	00:25:04	60	
Simon Hurford	00:25:46	64	
David Barham	00:27:23	84	
Emma Davies Maiden	00:29:56	113	
Ceri Isaac	00:32:24	130	

December 2016

2016 Nos Galan Elites

5k

31/12/2016

Nathan Flear	00:17:31	63	M
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2016 Nos Galan Seniors

5k

31/12/2016

Christopher Jones	00:24:18	130	M45
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Andrew Thomas	00:24:47	154	M45
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Ballincollig parkrun

5k

31/12/2016

Lee Edwards	00:22:46	53	
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Llanelli Coast parkrun

5k

31/12/2016

Cayo Arran	00:18:34	4	
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Chris Francis	00:18:44	6	
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Lee Morris	00:20:02	14	
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Christopher Simons	00:22:03	27	
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Christopher Jones	00:22:23	32	
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Christina Smith	00:23:47	43	
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Steve Burton	00:24:09	45	
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Porthcawl parkrun

5k

31/12/2016

Leighton Jones	00:26:05	180	
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Swansea Bay parkrun

5k

31/12/2016

Dean Webster	00:20:41	27	
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Richard Webster	00:21:01	36	
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Mike Prasad	00:21:57	51	
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Andrew Arran	00:22:13	52	
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James Davies	00:24:12	80	
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Edward Davies	00:24:16	81	
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Gwen Smith	00:24:46	91
Simon Vaughan	00:25:33	105
Alice Sullivan	00:26:07	124
Sarah Barham	00:26:20	132
Allan Smith	00:29:56	194
Lauren Piercy	00:33:04	231

Glynneath Boxing Day 5 Mile Road Race

5 miles

26/12/2016

Nathan Flear	00:28:51	21	M
Cayo Arran	00:30:54	44	M
Lee Morris	00:32:54	65	M
Aron Jones	00:34:17	95	M
Dean Webster	00:34:32	100	M
Richard Webster	00:34:49	104	M
Andrew Arran	00:38:34	166	M
Lisa Williams	00:38:58	174	F
Christopher Jones	00:39:26	180	M
Vivienne Kavanagh	00:39:34	186	F
John Sanderson	00:41:53	215	M
Sharon Trotman	00:42:36	225	F
Eiri Evans-jones	00:44:09	252	F
Richard Donne	00:45:32	276	M
Sarah Barham	00:46:36	288	F
Laura Hall	00:47:11	299	F
Linda Owens	00:49:00	313	F
Allan Smith	00:49:18	320	M

Christine Hurdidge	00:49:20	322	F
Victoria Holmes	00:49:52	327	F
Julie Davies	00:54:39	356	F
David Barham	00:59:38	377	M

Llyn Llech Owain parkrun

5k

25/12/2016

Cayo Arran	00:19:43	4
Ian Hoskins	00:21:05	7
Christopher Jones	00:25:45	29
Lauren Piercy	00:39:03	74

Ballincollig parkrun

5k

24/12/2016

Lee Edwards	00:22:43	50
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Llanelli Coast parkrun

5k

24/12/2016

Lee Morris	00:19:54	10
Simon Vaughan	00:20:45	17
Dean Webster	00:20:55	19
Richard Webster	00:21:25	22
Leighton Jones	00:24:59	41

Llyn Llech Owain parkrun

5k

24/12/2016

Aron Jones	00:21:23	16
Eiri Evans-jones	00:27:49	69
Linda Waller	00:34:34	98

Swansea Bay parkrun

5k

24/12/2016

Nathan Flear	00:17:51	6
Cayo Arran	00:20:01	31

Mike Prasad	00:22:17	74
Christopher Simons	00:22:59	80
Edward Davies	00:24:25	108
Christopher Jones	00:24:46	117
James Davies	00:25:08	124
John Sanderson	00:25:17	125
Gwen Smith	00:25:38	128
Paul Harris	00:25:59	139
Alice Sullivan	00:26:08	145
Sally Reid	00:26:17	149
Ian Anderson	00:26:50	170
Simon Hurford	00:28:02	186
Laura Hall	00:29:13	209
Sarah Barham	00:29:40	220
David Barham	00:29:41	222
Steve Burton	00:29:56	228

Portsmouth Coastal Waterside Marathon

Marathon

18/12/2016

Nathan Flear	02:54:58	9	M30-39
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Cottrell Park Christmas Cracker

10k

17/12/2016

Nathan Flear	00:38:51	4	Senior Men
Craig Tindal	00:46:41	28	Senior Men
Christopher Simons	00:52:49	74	Senior Men
Elfed Joseph	00:55:38	104	Mens Masters 55-64
Christopher Jones	00:56:26	114	Mens Masters 45-54

Merthyr Mawr Christmas Pudding Run 2016				6 miles	11/12/2016
Christopher Jones	00:52:29	152	MV40		
Andrew Thomas	00:54:27	184	MV40		
Nina Brocklebank	01:07:08	406	FV35		
Allan Smith	01:18:58	534	MV40		
RNLI Mumbles Great Christmas Fun Run				10k	11/12/2016
Mike Prasad	00:45:35	17	MV		
Richard Donne	00:55:12	55	MV		
Gina Southam	00:56:56	68	FV		
18th Welsh Inter-Regional Cross Country Championships				9,440m	10/12/2016
Nathan Flear	00:34:30	44	SENM		
Ashley Pascoe	00:35:55	65	MM35		
Cayo Arran	00:36:40	76	SENM		
Chris Francis	00:36:42	78	SENM		
Might Contain Nuts Round 4 - Ultra - 43 miles - Brecon Beacons				Ultra	03/12/2016
Paul Harris	12:31:10	53	MV		
Run4All Neath Santa 5K				5k	03/12/2016
Nathan Flear	00:17:58	3	MSEN		
Christopher Simons	00:23:02	36	MSEN		
Christopher Jones	00:26:20	68	MV45		
Steve Burton	00:28:29	103	MV40		
Gina Southam	00:28:59	107	FV40		

November 2016

Margam Tough 10

10k

20/11/2016

Christopher Simons	00:59:54	87	M
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Richmond Old Deer Park

10k

20/11/2016

Sarah Barham	00:54:45	158	W50
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David Barham	01:05:22	282	M50
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Sospan MT10

10 miles

20/11/2016

Cayo Arran	01:09:27	38	M
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Dan Gilbert	01:22:10	164	M
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Caroline Sandles	01:26:48	214	F45+
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Rob Sandles	01:27:09	215	M45+
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Christopher Jones	01:28:19	226	M45+
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James Davies	01:29:33	242	M45+
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Vivienne Kavanagh	01:29:59	253	F45+
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Paul Harris	01:30:49	260	M45+
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Laura Sharpe	01:31:15	269	SF
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Sharon Trotman	01:33:57	312	F45+
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Gwen Smith	01:34:40	313	F45+
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Del Eyre	01:37:55	349	F45+
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Fay Sharpe	01:46:24	409	F55+
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Llanelli Coast parkrun

5k

19/11/2016

David Doherty	00:24:51	74	
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Endurancelife Gower Half

Half Marathon

12/11/2016

Christopher Jones	02:36:38	217	MV45
James Davies	02:38:34	232	MV45
Endurancelife Gower Marathon		Marathon	12/11/2016
Mark Bamford	06:19:30	115	M
Hell of a Hill Marathon Day 3		Marathon	11/11/2016
Nathan Flear	04:11:56	4	M
Hell of a Hill Marathon Day 2		Marathon	10/11/2016
Nathan Flear	03:59:29	2	M
Hell of a Hill Marathon Day 1		Marathon	09/11/2016
Nathan Flear	03:45:58	2	M
New York Marathon		Marathon	06/11/2016
Robert Coffey	03:38:08		MO
Ian Bamford	03:43:51		MO
Richard Burton 10k		10k	06/11/2016
Nathan Flear	00:36:30	20	MO
Chris Francis	00:38:37	52	MO
Ashley Pascoe	00:39:31	70	MV40
Simon Vaughan	00:42:30	126	MV40
Mark Eakins	00:42:41	131	MV40
Lee Morris	00:43:00	139	MO
Ross Gribble	00:43:50	163	MO
Louise Miskell	00:46:41	238	FV40

Mike Nash	00:47:23	259	MV50
Andrew Thomas	00:47:46	291	MV50
Paul Harris	00:47:49	297	MV40
Vivienne Kavanagh	00:48:34	305	FV50
Christopher Jones	00:48:13	309	MV40
Christopher Simons	00:49:31	341	MO
James Davies	00:49:53	352	MV40
Steve Burton	00:50:13	361	MV40
Charlie James	00:50:53	370	FO
Christina Smith	00:51:01	372	FV50
Gwen Smith	00:51:00	373	FV50
Sarah Barham	00:50:43	388	FV50
Sharon Trotman	00:51:32	392	FV40
Louise Eakins	00:54:15	494	FV40
John Holohan	00:54:30	506	MV50
Kim Holohan	00:55:08	523	FV50
Sandra Rees	00:57:16	580	FV50
Victoria Holmes	00:57:17	581	FO
Fay Sharpe	00:58:11	610	FV50
Johanne Hughes-Dowdle	01:00:28	687	FV40
Laura Hall	01:00:07	699	FV50
Linda Owens	01:01:32	726	FV50
Lynn Holmes	01:06:06	837	FV50
Nicola Julian	01:11:13	905	FV50