

March 2020

Llyn Llech Owain parkrun

5k

14/03/2020

Aron Jones	00:22:41	13
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Swansea Bay parkrun

5k

14/03/2020

Gavin Davies	00:20:13	21
Alex Heron	00:22:58	67
Andy Rees	00:23:20	76
Haley Lawton	00:23:34	83
Elfed Joseph	00:23:55	93
Edward Davies	00:24:34	118
Steve Burton	00:25:13	138
Francesca Newman	00:25:47	156
Diane Ridgeway	00:25:51	157
Peter Roberts	00:26:15	163
Emma Doolan	00:26:46	172
Ian Bamford	00:26:47	173
Christopher Simons	00:26:53	175
Katie Williams	00:26:59	176
Gwen Smith	00:27:00	178
Sarah Barham	00:27:25	191
Gary Gregor	00:28:41	224

Gina Southam	00:28:42	226
Debbie Harris	00:29:49	242
Manisha Rickards	00:30:04	247
Llanelli Coast parkrun	5k	07/03/2020
Leighton Jones	00:27:27	40
Nerys Jones	00:27:59	43
Bath Skyline parkrun	5k	07/03/2020
Sarah Barham	00:26:33	107
David Barham	00:32:46	268
Swansea Bay parkrun	5k	07/03/2020
Ian Llewellyn	00:19:56	25
Gavin Davies	00:20:25	38
James Roberts	00:22:21	64
Haley Lawton	00:22:26	67
Alex Heron	00:22:50	77
Antony Andrus	00:23:06	84
Cameron Hopkins	00:23:11	86
Andy Rees	00:23:16	90
Steve Mclelland	00:23:34	94
James Davies	00:24:07	108
Christopher Simons	00:24:26	121
Edward Davies	00:24:31	125
Francesca Newman	00:24:34	129
Elfed Joseph	00:24:39	130
Gwen Smith	00:26:24	188

Diane Ridgeway	00:26:33	196	
Katie Williams	00:27:11	219	
Gary Gregor	00:27:29	226	
Peter Roberts	00:28:11	255	
Johanne Hughes-dowdle	00:30:00	290	
Manisha Rickards	00:30:07	291	
Ian Bamford	00:30:08	293	
Steve Burton	00:35:22	390	
Terry Hershey parkrun		5k	07/03/2020
Mike Prasad	00:24:46	12	

February 2020

Llanerchaeron parkrun

5k

29/02/2020

Sarah Barham	00:25:04	21
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Swansea Bay parkrun

5k

29/02/2020

Antony Andrus	00:20:28	27
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Gavin Davies	00:20:35	28
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Ian Llewellyn	00:20:37	30
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Steve Burton	00:21:59	53
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Cameron Hopkins	00:22:19	59
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Alex Heron	00:23:33	92
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Andy Rees	00:23:43	98
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James Davies	00:23:44	99
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Philip Jones	00:23:46	100
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Caroline Jones	00:24:05	107
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Ian Bamford	00:24:08	110
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Edward Davies	00:24:34	120
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Francesca Newman	00:24:55	133
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Mike Prasad	00:25:24	143
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Diane Ridgeway	00:25:56	152
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Emma Doolan	00:26:20	164
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Leighton Jones	00:26:35	169
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Anthony Jones	00:26:46	176
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Katie Williams	00:27:37	201
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David Barham	00:30:37	256
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Mark Bamford	00:31:39	275
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Christopher Simons	00:31:49	279
Saran Lewis	00:32:28	288
Louise Steer	00:33:07	301
Alice Sullivan	00:33:52	309
Peter Roberts	00:33:54	310
Delia Pudney	00:34:42	317
Manisha Rickards	00:34:57	321

Hoka Half Marathon (Afan Forest)

Half Marathon

22/02/2020

Ashley Pascoe	01:37:36	40	M45-49
Haley Lawton	02:23:07	631	FOpen

Llyn Llech Owain parkrun

5k

22/02/2020

Linda Waller	00:33:05	62
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Swansea Bay parkrun

5k

22/02/2020

Antony Andrus	00:19:12	9
Christopher Simons	00:20:53	36
Martin Bennett	00:21:41	46
Isobel Dawson	00:22:01	55
Haley Lawton	00:22:32	66
Cameron Hopkins	00:22:50	80
Alex Heron	00:23:17	98
James Davies	00:23:18	99
Andy Rees	00:23:19	100
Mike Prasad	00:23:39	110
Edward Davies	00:24:42	129
Katie Williams	00:25:56	164

Peter Roberts	00:26:13	172
Emma Doolan	00:26:22	176
Steve Burton	00:26:23	177
Alan Pritchard	00:26:26	181
Nerys Jones	00:26:30	186
Gina Southam	00:27:54	225
Leighton Jones	00:28:30	249
Delia Pudney	00:29:07	261
Paula Stockley	00:58:52	478

Swansea Bay parkrun

5k

15/02/2020

Antony Andrus	00:19:52	19
Gavin Davies	00:21:16	34
James Roberts	00:22:00	47
Steve Burton	00:22:41	60
Haley Lawton	00:22:49	64
Alex Heron	00:23:46	86
Andy Rees	00:24:18	91
Edward Davies	00:25:35	111
Peter Roberts	00:26:14	128
Christopher Simons	00:26:48	143
Diane Ridgeway	00:27:09	151
Katie Williams	00:27:27	157
Emma Doolan	00:27:40	161
Manisha Rickards	00:29:51	197
Johanne Hughes-dowdle	00:30:19	209

Tamar Trails parkrun	5k	15/02/2020
Sarah Barham	00:28:06	40
David Barham	00:33:10	79
Teignmouth Promenade parkrun	5k	15/02/2020
Mike Prasad	00:25:38	64
The Wammy parkrun	5k	15/02/2020
Ian Bamford	00:21:05	33
Llanelli Coast parkrun	5k	08/02/2020
Antony Andrus	00:21:02	11
Bethan Jones	00:24:39	44
Hannah Jones	00:26:16	65
Lynn Holmes	00:30:01	111
Victoria Holmes	00:31:38	131
Poolbeg parkrun	5k	08/02/2020
Tim Macdermott	00:32:00	226
Porthcawl parkrun	5k	08/02/2020
Leighton Jones	00:27:34	218
StratforduponAvon parkrun	5k	08/02/2020
Karen Dusgate	00:30:30	271
Swansea Bay parkrun	5k	08/02/2020
Rhys Doyle	00:18:55	16
Martin Bennett	00:19:11	22
Craig Tindal	00:19:49	32
Gavin Davies	00:20:39	43
Christopher Simons	00:20:48	45

James Roberts	00:21:57	73
Christopher Montenegro	00:22:16	82
Haley Lawton	00:22:22	86
Andy Rees	00:23:24	109
Alex Heron	00:23:28	111
Mike Prasad	00:23:33	113
Philip Jones	00:23:37	117
James Davies	00:24:15	136
Peter Roberts	00:26:07	203
Diane Ridgeway	00:26:42	221
Delia Pudney	00:29:09	299
Katie Williams	00:29:24	310
Gwen Smith	00:29:55	328
Francesca Newman	00:31:05	358
Nathan Williams	00:31:14	364
Gina Southam	00:34:52	420
Paula Stockley	00:52:10	488

The Wormshead 10K

10k

02/02/2020

Rhys Doyle	00:45:33	5	MSen
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Gnoll parkrun

5k

01/02/2020

Sarah Barham	00:26:16	39
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David Barham	00:31:51	86
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Haverfordwest parkrun

5k

01/02/2020

Christopher Simons	00:23:14	9
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Haley Lawton	00:24:23	13
Llanelli Coast parkrun	5k	01/02/2020
Rob Appleby	00:21:09	11
Antony Andrus	00:22:08	19
Diane Ridgeway	00:25:00	40
Cameron Hopkins	00:25:20	42
Francesca Newman	00:25:43	46
Peter Roberts	00:25:58	52
Katie Williams	00:26:49	65
Emma Doolan	00:27:01	68
Nerys Jones	00:27:13	75
Debbie Harris	00:29:20	95
Leighton Jones	00:30:20	106
Swansea Bay parkrun	5k	01/02/2020
Ian Bamford	00:20:47	35
Christopher Montenegro	00:21:16	45
Caroline Jones	00:24:02	94
Alex Heron	00:24:34	103
Steve Burton	00:25:27	129
Alan Pritchard	00:26:02	146
Alice Sullivan	00:26:33	160

January 2020

Brueton parkrun

5k

25/01/2020

Ian Bamford	00:21:00	48
Katie Williams	00:27:32	293
Nathan Williams	00:28:25	334

Gnoll parkrun

5k

25/01/2020

Antony Andrus	00:20:34	6
Cameron Hopkins	00:23:25	18
Tom Morgan	00:24:25	27

Llanelli Coast parkrun

5k

25/01/2020

Hannah Jones	00:28:22	81
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Llyn Llech Owain parkrun

5k

25/01/2020

Linda Waller	00:30:26	66
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Porthcawl parkrun

5k

25/01/2020

Leighton Jones	00:27:16	240
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Swansea Bay parkrun

5k

25/01/2020

Gavin Davies	00:20:44	32
James Roberts	00:22:27	66
Martin Bennett	00:23:08	88
Haley Lawton	00:23:28	96
Christopher Simons	00:23:40	110
Andy Rees	00:23:52	117
Alex Heron	00:24:06	124
Edward Davies	00:24:31	140
Mike Prasad	00:24:52	153

Francesca Newman	00:25:14	167
Sarah Barham	00:25:32	174
Peter Roberts	00:25:47	178
Sharon Trotman	00:26:41	212
Gwen Smith	00:26:42	213
Emma Doolan	00:27:00	222
Diane Ridgeway	00:28:04	257
Delia Pudney	00:29:51	318
Johanne Hughes-dowdle	00:32:04	388
David Barham	00:32:34	400
Louise Steer	00:34:11	437
Manisha Rickards	00:35:13	449
Allan Smith	00:37:37	482

King George V Playing Field parkrun

5k

18/01/2020

Gavin Davies	00:21:28	6
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Llanelli Coast parkrun

5k

18/01/2020

Craig Tindal	00:19:59	15
Fay Sharpe	00:37:13	166
Victoria Holmes	00:37:14	167
Julie Davies	00:37:15	169

Swansea Bay parkrun

5k

18/01/2020

Dean Webster	00:21:19	50
Antony Andrus	00:21:35	62
Alex Heron	00:24:02	122
Steve Mcllelland	00:24:36	143

Ian Bamford	00:24:37	144
Edward Davies	00:25:26	170
Martin Bennett	00:25:37	173
Steve Burton	00:25:41	177
James Roberts	00:25:44	178
Francesca Newman	00:27:07	218
Nathan Williams	00:27:12	222
Mike Prasad	00:27:15	224
Peter Roberts	00:27:52	246
Alice Sullivan	00:27:59	252
Delia Pudney	00:30:13	328
Sharon Trotman	00:31:46	367
Diane Ridgeway	00:31:52	370
Manisha Rickards	00:33:02	399
Allan Smith	00:38:24	474
Paula Stockley	01:00:05	521

Tata Steel Round the Reservoir

5.6 miles

12/01/2020

Michelle Cole	00:37:24	3	FV40
Isobel Dawson	00:40:30	15	FV35
Natalie Holborow	00:42:27	36	FSEN
Ashley Pascoe	00:34:12	40	MV45
Rhys Doyle	00:34:16	41	MSEN
Louise Miskell	00:43:01	42	FV45
Gareth Parry	00:35:58	62	MV40
Caroline Sandles	00:44:58	62	FV50

Martin Bennett	00:36:24	67	MV35
Simon Vaughan	00:36:59	78	MV45
Francesca Newman	00:47:27	85	V55
Antony Andrus	00:37:38	90	MSEN
Shereen Lisk	00:47:42	91	FV45
Mark Gosney	00:37:47	92	MV40
Ceri Webber	00:47:51	94	FSEN
Diane Ridgeway	00:47:52	95	FV50
Katie Williams	00:48:20	101	FV40
Gwen Smith	00:48:23	102	FV50
Rob Sandles	00:38:26	104	MV50
Emma Doolan	00:48:43	108	FV40
Stephen Lisk	00:38:50	110	MV45
Kim Holohan	00:51:25	133	FV60
Fay Sharpe	00:53:17	146	FV55
Linda Waller	00:56:28	172	FV60
Victoria Holmes	00:57:23	181	FSEN
Christine Hurdidge	00:57:55	187	FV65
Linda Owens	01:03:10	206	FV65
James Davies	00:45:28	214	MV50
Julie Davies	01:04:56	215	FV65
Leighton Jones	00:52:08	257	MV70
Paul Rees	00:53:01	261	MV55
David Doherty	00:53:38	265	MV65
Richard Donne	00:59:12	278	MV55

Aberdare parkrun		5k		11/01/2020
Christopher Simons	00:23:51		15	
Buff Wales 10K		10k		11/01/2020
Lee Morris	00:48:40		57	Senior Male
Peter Clement	01:10:15		585	Vintage Vet Male
Fulham Palace parkrun		5k		11/01/2020
Nigel Evans	00:20:48		73	
Alexandra Iwanczyk	00:27:40		414	
Grangemoor parkrun		5k		11/01/2020
Karen Dusgate	00:29:14		114	
Irchester Country parkrun		5k		11/01/2020
Alex Heron	00:25:00		74	
Llanelli Coast parkrun		5k		11/01/2020
Craig Tindal	00:20:24		7	
Antony Andrus	00:21:23		16	
Cameron Hopkins	00:24:03		36	
Leighton Jones	00:26:37		50	
Bethan Jones	00:28:44		66	
Hannah Jones	00:28:57		69	
Swansea Bay parkrun		5k		11/01/2020
Ian Bamford	00:23:37		73	
Edward Davies	00:24:20		88	
Martin Bennett	00:25:18		120	
Francesca Newman	00:25:46		139	
Katie Williams	00:26:07		148	
Mike Prasad	00:26:09		150	

Steve Burton	00:26:53	169	
Peter Roberts	00:27:10	178	
Diane Ridgeway	00:27:51	201	
Emma Doolan	00:28:03	208	
Delia Pudney	00:30:08	268	
Nathan Williams	00:32:27	321	
Paula Stockley	00:53:49	408	
Windsor Winter Half Marathon		Half Marathon	11/01/2020
Ons Simpson	02:10:56	234	MV40
Brynaman parkrun		5k	04/01/2020
Leighton Jones	00:27:22	12	
Gnoll parkrun		5k	04/01/2020
Martin Bennett	00:20:16	9	
Gavin Davies	00:21:00	13	
James Roberts	00:23:10	32	
Peter Roberts	00:24:03	43	
Steve Burton	00:24:07	44	
James Davies	00:24:56	50	
Sharon Trotman	00:25:49	63	
Francesca Newman	00:26:15	69	
Diane Ridgeway	00:26:22	71	
Katie Williams	00:26:51	81	
Christopher Simons	00:26:54	83	
Nathan Williams	00:26:55	84	
Ian Bamford	00:26:56	85	

Emma Doolan	00:28:34	116	
Llanelli Coast parkrun		5k	04/01/2020
Antony Andrus	00:20:32	7	
Bethan Jones	00:22:48	29	
Hannah Jones	00:26:03	51	
Julie Jones	00:27:19	64	
Swansea Bay parkrun		5k	04/01/2020
Andy Rees	00:23:45	114	
Mike Prasad	00:23:57	123	
Alex Heron	00:24:14	127	
Edward Davies	00:24:35	134	
Sarah Barham	00:26:30	188	
Alice Sullivan	00:26:51	196	
Manisha Rickards	00:29:06	261	
David Barham	00:29:35	272	
Paula Stockley	00:47:09	409	
Haverfordwest parkrun		5k	01/01/2020
Sarah Barham	00:25:49	64	
David Barham	00:30:29	126	
Maesteg parkrun		5k	01/01/2020
Ian Bamford	00:22:42	21	
James Roberts	00:23:55	32	
Peter Roberts	00:24:09	35	
Steve Burton	00:25:01	39	
Milford Waterfront parkrun		5k	01/01/2020

Sarah Barham	00:25:48	60	
David Barham	00:31:38	146	
Prince of Wales Kenfig New Year's Day 4	4 miles		01/01/2020
Martin Bennett	00:24:24	20	MV35
Gwen Smith	00:33:02	125	FV50
Swansea Bay parkrun	5k		01/01/2020
Gareth Parry	00:19:32	21	
Gavin Davies	00:20:31	35	
Antony Andrus	00:21:35	57	
Ian Bamford	00:23:00	106	
Steve Mcllelland	00:23:12	118	
Christopher Simons	00:23:24	123	
James Roberts	00:23:49	132	
Alex Heron	00:24:07	141	
Cameron Hopkins	00:24:08	143	
Edward Davies	00:24:17	151	
Mike Prasad	00:24:21	154	
Steve Burton	00:25:06	178	
Peter Roberts	00:25:13	182	
James Davies	00:25:14	183	
Stephen Lisk	00:25:18	184	
Francesca Newman	00:25:23	188	
Keith Johns	00:25:33	197	
Diane Ridgeway	00:25:37	199	
Katie Williams	00:25:56	216	
Sharon Trotman	00:26:11	221	

Nathan Williams	00:26:30	232
Emma Doolan	00:27:09	256
Leighton Jones	00:27:25	268
Shereen Lisk	00:27:27	269
Alice Sullivan	00:28:49	320
Manisha Rickards	00:30:40	393
Delia Pudney	00:31:23	419
Louise Steer	00:32:29	452
Paula Stockley	00:49:02	574

December 2019

Nos Galan Races

5k

31/12/2019

Caroline Morgan	00:27:29	241	F45
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Old Trecastle Run

6 miles

31/12/2019

Ashley Pascoe	00:38:15	3
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Isobel Dawson	00:46:46	20
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Dewi West	00:51:15	40
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Brynaman parkrun

5k

28/12/2019

Fay Sharpe	00:29:06	31
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Llanelli Coast parkrun

5k

28/12/2019

Sarah Barham	00:24:02	56
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Sharon Trotman	00:25:45	73
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Leighton Jones	00:27:37	98
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David Barham	00:28:49	114
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Nerys Jones	00:29:09	119
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Swansea Bay parkrun

5k

28/12/2019

Gavin Davies	00:20:28	25
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Isobel Dawson	00:21:57	51
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Ian Bamford	00:22:43	73
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Christopher Simons	00:23:02	81
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Alex Heron	00:23:49	96
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Andy Rees	00:23:52	99
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Mike Prasad	00:24:02	106
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Peter Roberts	00:24:28	118
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James Davies	00:24:57	134
Edward Davies	00:25:12	138
Diane Ridgeway	00:26:03	162
Steve Burton	00:26:03	163
Katie Williams	00:26:08	166
Nathan Williams	00:27:14	199
Gwen Smith	00:27:17	202
Debbie Harris	00:27:24	209
Emma Doolan	00:28:44	243
Manisha Rickards	00:34:58	355
Allan Smith	00:36:09	358

Glynneath 5	5 miles	26/12/2019
Michelle Cole	00:34:15	75 FV40
Ian Bamford	00:34:24	80 MV45
Stephen Lisk	00:34:51	82 MV45
Dave Williams	00:38:33	136 MV45
James Davies	00:41:21	177 MV50
Tim Macdermott	00:43:34	203 MV55
Caroline Morgan	00:45:40	233 FV45
Karen Dusgate	00:48:35	265 FV50
Linda Owens	00:52:32	265 FV65
Christine Hurdidge	00:52:33	307 FV65
Richard Donne	00:54:32	320 MV55
Joy Williams	00:54:34	321 FV45
Julie Davies	00:57:10	333 FV65

Allan Smith	01:03:10	344	MV80
Llyn Llech Owain parkrun		5k	25/12/2019
Christopher Simons	00:25:04	59	
Katie Williams	00:26:37	77	
Nathan Williams	00:28:01	93	
Plymvalley parkrun		5k	25/12/2019
Sarah Barham	00:27:33	118	
David Barham	00:34:04	271	
Celtic Christmas Trail		Half Marathon	21/12/2019
Elfed Joseph	04:05:03	188	V50
Llanelli Coast parkrun		5k	21/12/2019
Antony Andrus	00:20:52	18	
Bethan Jones	00:28:25	85	
Fay Sharpe	00:36:43	134	
Christine Hurdidge	00:36:43	135	
Julie Davies	00:36:44	136	
Swansea Bay parkrun		5k	21/12/2019
Gavin Davies	00:20:49	39	
Ian Bamford	00:21:47	53	
James Roberts	00:23:26	90	
Alex Heron	00:23:56	100	
Christopher Simons	00:24:19	106	
James Davies	00:24:22	108	
Caroline Jones	00:24:22	109	

Mike Prasad	00:24:28	111
Edward Davies	00:25:13	124
Steve Burton	00:25:25	129
Anthony Jones	00:26:01	139
Sarah Barham	00:26:06	140
Peter Roberts	00:26:19	142
Francesca Newman	00:26:21	144
Gwen Smith	00:26:39	148
Emma Doolan	00:28:02	174
Katie Williams	00:28:04	175
Diane Ridgeway	00:28:07	176
Manisha Rickards	00:29:22	196
David Barham	00:30:11	209
Allan Smith	00:36:22	258

Cottrell Park Christmas Cracker

10k

15/12/2019

Gavin Davies	00:50:22	32	MM55-64
James Roberts	00:54:26	54	MSen
Peter Roberts	01:00:18	82	MM45-54
Francesca Newman	01:01:21	91	LM55-64
Steve Burton	01:04:26	111	MM35-44
Peter Clement	01:30:11	219	MM55-64

Colby parkrun

5k

14/12/2019

Caroline Morgan	00:30:09	34
Karen Dugate	00:31:57	39

Gnoll parkrun		5k		14/12/2019
Isobel Dawson	00:23:14		12	
Dewi West	00:23:15		13	
Llanelli Coast parkrun		5k		14/12/2019
Antony Andrus	00:21:21		5	
Leighton Jones	00:28:24		46	
Llyn Llech Owain parkrun		5k		14/12/2019
James Roberts	00:23:30		13	
Peter Roberts	00:25:35		19	
Race the Light		8.5 miles		14/12/2019
Sarah Barham	01:29:55		104	FV50
David Barham	01:54:41		208	MV50
Run4All Santa Run		5k		14/12/2019
Christopher Montenegro	00:25:54		27	MSen
Christopher Simons	00:25:57		28	MSen
Swansea Bay parkrun		5k		14/12/2019
Martin Bennett	00:20:14		11	
Gavin Davies	00:20:57		13	
Alex Heron	00:25:06		64	
Francesca Newman	00:26:02		76	
Diane Ridgeway	00:26:21		83	
Emma Doolan	00:26:36		88	
Ian Bamford	00:26:37		90	
Gwen Smith	00:26:53		92	
Katie Williams	00:29:53		118	
Nathan Williams	00:29:59		121	

Merthyr Mawr Christmas Pudding Race**10k****08/12/2019**

Ashley Pascoe	00:50:37	14	MV
Rhys Doyle	00:52:26	27	MSen
Antony Andrus	00:57:24	63	MSen
Rob Sandles	00:57:41	64	MV
Gavin Davies	00:58:53	77	MV
Christopher Montenegro	01:01:55	111	MSen
Anthony Jones	01:19:26	113	MV
Michelle Cole	01:02:34	115	FV
Gwen Smith	01:19:47	116	FV
David Doherty	01:22:27	133	MV
Vivienne Kavanagh	01:26:22	157	FV
Bethan Jones	01:26:22	158	FSen
Diane Ridgeway	01:26:30	159	FV
Katie Williams	01:26:31	160	FV
Emma Doolan	01:26:31	162	FV
Caroline Sandles	01:08:54	175	FV
James Davies	01:12:16	211	MV
Sarah Barham	01:13:01	217	FV
Cameron Hopkins	01:16:02	236	MSen
Tom Morgan	01:16:16	238	MSen
Peter Clement	01:34:29	275	MV

RNLI Great Christmas Fun Run 10k - Mumbles**10k****08/12/2019**

Christopher Simons	00:49:10	18	MSen
Debbie Harris	00:56:51	39	F50-59

Manisha Rickards	00:59:06	43	F50-59
Richard Donne	01:01:28	50	M50-59
RNLI Great Christmas Fun Run 5k - Mumbles	5k		08/12/2019
Olivia Andrews	00:29:46	53	F40-49
Aberystwyth parkrun	5k		07/12/2019
Bernd Kulesa	00:21:48	11	
Sally Reid	00:28:05	56	
Colby parkrun	5k		07/12/2019
Martin Bennett	00:20:26	1	
King George V Playing Field parkrun	5k		07/12/2019
Gavin Davies	00:21:34	4	
Llanelli Coast parkrun	5k		07/12/2019
Fay Sharpe	00:39:29	121	
Neckarau parkrun	5k		07/12/2019
Caroline Jones	00:25:21	19	
Swansea Bay parkrun	5k		07/12/2019
Ian Bamford	00:21:59	56	
Peter Roberts	00:24:00	91	
Francesca Newman	00:24:54	105	
Leighton Jones	00:26:12	135	
Anthony Jones	00:26:19	136	
Manisha Rickards	00:31:04	219	

November 2019

Broadhaven Pudding Run 10k

10k

30/11/2019

Sarah Barham	00:51:39	91	FSV
David Barham	01:03:12	183	MSV

Chippenham parkrun

5k

30/11/2019

Francesca Newman	00:26:27	71	
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Llanelli Coast parkrun

5k

30/11/2019

Martin Bennett	00:19:49	9	
Craig Tindal	00:20:31	12	
James Davies	00:23:51	38	
Leighton Jones	00:26:05	65	
Fay Sharpe	00:36:00	137	

Llyn Llech Owain parkrun

5k

30/11/2019

Bernd Kulesa	00:21:50	10	
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Swansea Bay parkrun

5k

30/11/2019

Gavin Davies	00:20:59	37	
Peter Roberts	00:24:11	85	
Mike Prasad	00:24:51	108	
Edward Davies	00:25:00	112	
Bethan Jones	00:25:08	116	
Steve Burton	00:25:48	128	
Alex Heron	00:26:03	133	
Julie Jones	00:26:55	149	
Emma Doolan	00:26:58	151	
Diane Ridgeway	00:27:58	165	

Katie Williams	00:30:00	207
Manisha Rickards	00:34:53	275
Debbie Harris	00:37:24	291

Brynaman parkrun	5k	23/11/2019
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Bernd Kulesa	00:21:22	6
Sally Reid	00:28:43	32

Chippenham parkrun	5k	23/11/2019
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Francesca Newman	00:27:25	79
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Llanelli Coast parkrun	5k	23/11/2019
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Sharon Trotman	00:25:45	39
Lynn Holmes	00:29:46	70
Victoria Holmes	00:33:24	94

Llyn Llech Owain parkrun	5k	23/11/2019
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Rhys Doyle	00:18:40	1
Martin Bennett	00:20:36	7
Fay Sharpe	00:30:21	53
Linda Waller	00:31:26	60

Porthcawl parkrun	5k	23/11/2019
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Leighton Jones	00:26:09	125
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Swansea Bay parkrun	5k	23/11/2019
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Gavin Davies	00:20:23	25
Christopher Simons	00:22:38	69
Julie Archer	00:24:00	88
Philip Jones	00:24:25	98
Steve Burton	00:24:32	101

James Roberts	00:25:04	111	
Peter Roberts	00:25:05	112	
Emma Doolan	00:26:14	142	
Diane Ridgeway	00:26:31	144	
Katie Williams	00:26:44	147	
Nathan Williams	00:31:15	219	
Wormwood Scrubs parkrun		5k	23/11/2019
Nigel Evans	00:22:31	16	
Sospan MT10		10 miles	17/11/2019
Antony Andrus	01:14:29	41	MSen
Rob Sandles	01:14:54	46	M45-54
Ian Bamford	01:15:56	51	M45-54
Rob Appleby	01:20:45	81	M35-44
James Roberts	01:23:57	102	MSen
Bethan Jones	01:28:25	159	FSen
Caroline Sandles	01:28:31	160	F45-54
Julie Archer	01:28:40	161	F45-54
Peter Roberts	01:30:56	183	M45-54
Sarah Barham	01:32:08	194	F55+
Christina Smith	01:33:52	212	F55+
Sharon Trotman	01:34:17	221	F45-54
Steve Burton	01:35:07	224	M35-44
Diane Ridgeway	01:35:19	225	F45-54
Emma Doolan	01:36:26	239	F35-44
Jessica Wesley	01:38:08	261	FSen

Katie Williams	01:39:29	284	F354-44
Caroline Morgan	01:40:39	299	F45-54
Julie Jones	01:41:05	300	F45-54
Helen Jenkins	01:41:30	301	F45-54
Anthony Jones	01:43:03	317	M45-54
Karen Dusgate	01:45:26	339	F45-54
Fay Sharpe	01:48:46	364	F55+
David Barham	01:50:36	378	M45-54
Linda Waller	01:51:18	385	F55+
Nathan Williams	01:53:41	399	M35-44
Peter Clement	01:54:52	405	M55+
Meinir Jones	01:55:38	409	F55+
Ons Simpson	01:56:50	413	M45-54
Linda Owens	02:04:18	443	F55+

Inter-regional cross country (West Wales)

6090m

16/11/2019

Sarah Barham	00:31:07	3	Master Women 55
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Llanelli Coast parkrun

5k

16/11/2019

Antony Andrus	00:20:28	6	
James Roberts	00:21:22	14	
Tom Morgan	00:22:48	30	
Peter Roberts	00:24:32	42	
Cameron Hopkins	00:24:47	46	
Diane Ridgeway	00:25:33	58	
Mark Bamford	00:25:36	59	
Emma Doolan	00:26:06	70	

Katie Williams	00:26:15	72	
Debbie Harris	00:27:25	94	
Lynn Holmes	00:29:44	115	
Porthcawl parkrun		5k	16/11/2019
Leighton Jones	00:27:46	168	
Swansea Bay parkrun		5k	16/11/2019
Bernd Kulesa	00:23:59	90	
Julie Archer	00:24:09	93	
Edward Davies	00:25:02	113	
Gwen Smith	00:27:21	167	
Anthony Jones	00:27:28	170	
Sally Reid	00:27:48	185	
Allan Smith	00:37:16	303	
Steve Burton	00:52:35	321	
Mo-run Swansea		5k	10/11/2019
Mike Prasad	00:27:07	9	MV50
New Forest Trail Half Marathon		Half Marathon	10/11/2019
Sarah Barham	02:06:32	37	
David Barham	02:25:43	62	
Brockenhurst parkrun		5k	09/11/2019
Sarah Barham	00:25:34	66	
David Barham	00:29:45	128	
Bryn Bach parkrun		5k	09/11/2019
Katie Williams	00:25:46	20	

Llanelli Coast parkrun		5k		09/11/2019
Leighton Jones	00:27:45		38	
Swansea Bay parkrun		5k		09/11/2019
Rhys Doyle	00:18:31		1	
Martin Bennett	00:20:08		13	
Ian Bamford	00:22:02		30	
James Roberts	00:23:26		46	
Steve Burton	00:24:09		55	
Peter Roberts	00:25:09		63	
Gina Southam	00:28:28		104	
Bernd Kulesa	00:29:34		116	
Sally Reid	00:29:53		123	
Gnoll parkrun		5k		02/11/2019
Isobel Dawson	00:23:01		4	
Llanelli Coast parkrun		5k		02/11/2019
Leighton Jones	00:30:39		89	
Porthcawl parkrun		5k		02/11/2019
Martin Bennett	00:20:12		7	
Christopher Montenegro	00:22:03		21	
Dewi West	00:23:24		32	
Kevin Watson	00:24:38		53	
Steve Burton	00:26:12		84	
Diane Ridgeway	00:26:52		97	
Katie Williams	00:27:23		105	
Emma Doolan	00:27:35		111	

Swansea Bay parkrun	5k	02/11/2019
Ian Bamford	00:20:24	16
Gavin Davies	00:22:52	40
James Roberts	00:23:34	46
Peter Roberts	00:24:53	75
Edward Davies	00:25:25	80
Francesca Newman	00:25:30	81
Sharon Trotman	00:25:53	84
Johanne Hughes-dowdle	00:30:21	145
Allan Smith	00:37:59	196

October 2019

Culloden 1746

17.46 km

27/10/2019

Sarah Barham	01:36:15	80	Sup Vet
David Barham	01:44:21	113	Sup Vet

Llanelli Coast parkrun

5k

26/10/2019

Sharon Trotman	00:25:32	29
Kim Holohan	00:27:33	34
John Holohan	00:28:35	40

Swansea Bay parkrun

5k

26/10/2019

Gavin Davies	00:20:30	18
Martin Bennett	00:21:02	28
Alex Heron	00:23:04	49
Nathan Williams	00:27:04	114
Christopher Simons	00:27:07	116
Gary Gregor	00:27:47	130
Diane Ridgeway	00:27:59	134
Katie Williams	00:28:54	144
Debbie Harris	00:32:16	173
Manisha Rickards	00:32:40	179
Allan Smith	00:37:15	200

Leamington parkrun

5k

19/10/2019

Karen Dusgate	00:29:04	195
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Llanelli Coast parkrun

5k

19/10/2019

Paul Harris	00:21:54	18	
Peter Roberts	00:24:26	44	
Sharon Trotman	00:25:49	64	
Nathan Williams	00:26:04	70	
Katie Williams	00:26:32	75	
Emma Doolan	00:27:21	82	
Christine Hurdidge	00:31:06	111	
Julie Davies	00:33:29	129	
Swansea Bay parkrun		5k	19/10/2019
Ian Llewellyn	00:20:16	33	
Gavin Davies	00:20:47	42	
Antony Andrus	00:20:53	44	
Christopher Simons	00:22:47	85	
Alex Heron	00:23:35	107	
Mike Prasad	00:24:47	141	
Leighton Jones	00:25:59	165	
John Sanderson	00:26:16	171	
Anthony Jones	00:26:23	174	
Manisha Rickards	00:27:47	216	
Allan Smith	00:37:07	350	
Aberystwyth Twins Peaks		7 miles	13/10/2019
Vivienne Kavanagh	01:15:34	68	FV55
Sarah Barham	01:15:34	69	FV55
David Barham	01:23:48	84	MV50

Colby parkrun		5k	12/10/2019
Sharon Trotman	00:26:58	57	
Llanelli Coast parkrun		5k	12/10/2019
Leighton Jones	00:26:39	69	
Llyn Llech Owain parkrun		5k	12/10/2019
Isobel Dawson	00:23:34	20	
Swansea Bay parkrun		5k	12/10/2019
Martin Bennett	00:19:16	18	
Rhys Doyle	00:19:17	19	
Gavin Davies	00:20:32	30	
Christopher Montenegro	00:22:12	52	
James Roberts	00:22:20	57	
James Davies	00:23:07	74	
Edward Davies	00:24:22	99	
Haley Lawton	00:24:53	116	
Emma Doolan	00:25:34	131	
Katie Williams	00:25:41	133	
Peter Roberts	00:26:02	143	
Diane Ridgeway	00:26:38	158	
Anthony Jones	00:27:11	178	
Nathan Williams	00:27:13	180	
Gary Gregor	00:27:46	196	
John Holohan	00:27:47	197	
Allan Smith	00:37:53	359	
Cardiff Half Marathon		Half Marathon	06/10/2019

Rhys Doyle	01:21:48	201	MOPEN
Gareth Parry	01:25:44	339	M40+
Martin Bennett	01:29:08	566	M35+
Craig Tindal	01:34:57	1503	M35+
Christopher Simons	01:43:50	1992	MOPEN
Rob Appleby	01:45:30	2778	M40+
Isobel Dawson	01:44:37	2782	F35+
John Sanderson	01:46:47	2961	M60+
James Roberts	01:47:47	3188	MOPEN
Christopher Montenegro	02:05:50	5655	M35+
Bethan Jones	01:56:32	5906	FOPEN
Ian Bamford	01:56:37	5918	M45+
Hannah Jones	01:56:37	5920	FOPEN
Diane Ridgeway	01:57:52	6484	F50+
Sandra Rees	02:00:18	6709	F55+
Shereen Lisk	02:06:31	6997	F45+
Stephen Lisk	02:06:31	6999	M45+
Jason Taylor	02:09:36	7344	M40+
Gwen Smith	02:03:17	7599	F50+
Katie Williams	02:02:36	7639	F40+
Helen Jenkins	02:03:58	7737	F50+
Julie Jones	02:03:59	7742	F50+
Mike Prasad	02:11:34	7840	M50+
Emma Doolan	02:04:02	7916	F40+
Peter Roberts	02:13:32	8116	M50+
Gina Southam	02:12:41	9498	F40+

Mark Bamford	02:11:32	9668	M45+
Francesca Newman	02:02:32	9831	F55+
Anna Wake	02:14:58	9982	F45+
Nathan Williams	02:19:06	10794	M40+
Tim Macdermott	02:05:59	11290	M55+
Caroline Morgan	02:07:59	11691	F45+
Louise Steer	02:25:44	12303	F35+
Anthony Jones	02:11:44	12809	M45+
Kelly Bamford	02:28:56	12866	F40+
Peter Clement	02:33:45	13375	M55+
Nicola Davies	02:41:17	15046	F40+

Llanelli Coast parkrun

5k

05/10/2019

Ian Llewellyn	00:20:31	9
Tom Morgan	00:22:53	23

Llyn Llech Owain parkrun

5k

05/10/2019

Christopher Montenegro	00:22:28	11
Kevin Watson	00:25:00	25

Swansea Bay parkrun

5k

05/10/2019

Christopher Simons	00:23:15	68
Alex Heron	00:23:19	70
James Davies	00:23:26	73
Bernd Kulesa	00:24:04	93
James Roberts	00:24:09	97
Edward Davies	00:24:47	105
Gary Gregor	00:27:14	162

Peter Roberts	00:27:43	171
Emma Doolan	00:28:04	179
John Holohan	00:28:05	180
Katie Williams	00:28:25	185
Sally Reid	00:28:36	187
Nathan Williams	00:29:05	202
Diane Ridgeway	00:30:31	225

September 2019

BMW Berlin Marathon

Marathon

29/09/2019

Ian Bamford	03:27:52	7286	M45
Steve Mcllelland	03:53:43	14339	M65

Evesham parkrun

5k

28/09/2019

Leighton Jones	00:27:55	58
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Futakotamagawa parkrun

5k

28/09/2019

Karen Dusgate	00:30:51	90
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Swansea Bay parkrun

5k

28/09/2019

Craig Tindal	00:19:14	11
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Gavin Davies	00:20:13	22
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Ian Llewellyn	00:20:26	27
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Christopher Montenegro	00:22:49	61
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Alex Heron	00:23:16	69
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Philip Jones	00:23:31	75
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James Davies	00:23:34	77
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Christopher Simons	00:24:00	84
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James Roberts	00:24:06	86
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Francesca Newman	00:24:47	104
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Diane Ridgeway	00:25:01	113
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Emma Doolan	00:26:26	137
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Dewi West	00:26:55	147
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Gary Gregor	00:27:05	150
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Peter Roberts	00:27:17	154
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Manisha Rickards	00:27:56	164
Nathan Williams	00:27:58	165
Katie Williams	00:30:59	203

Mumbles Triathlon Sprint Distance

Triathlon

27/09/2019

Antony Andrus	01:54:35	73	SenM
Tom Morgan	02:18:56	222	SenM

Admiral Swansea Bay 10k

10k

22/09/2019

Gareth Parry	00:38:58
Martin Bennett	00:40:51
Michelle Cole	00:41:59
Simon Vaughan	00:42:08
Gavin Davies	00:42:28
Ian Llewellyn	00:44:50
Philip Jones	00:48:12
James Roberts	00:48:40
Adrian Bytheway	00:49:26
Kevin Watson	00:49:37
Julie Archer	00:50:01
Alyson Page	00:50:28
Steve Mcllland	00:50:51
Bethan Jones	00:51:14
Francesca Newman	00:52:06
Hannah Jones	00:52:08
Emma Doolan	00:52:24

Keith Johns	00:52:43
Elfed Joseph	00:53:06
Tim Macdermott	00:53:13
Katie Williams	00:53:16
Edward Davies	00:53:20
Diane Ridgeway	00:53:27
Alice Sullivan	00:53:45
Caroline Morgan	00:54:29
Jessica Wesley	00:55:00
Ross Gribble	00:55:25
Charlie James	00:55:26
Gwen Smith	00:56:47
Mike Prasad	00:57:15
Nathan Williams	00:57:18
David Doherty	00:57:47
Manisha Rickards	00:58:06
Sandra Rees	00:58:46
Richard Donne	00:59:33
Karen Dugate	01:00:06
Paul Harris	01:00:10
Anthony Jones	01:02:31
Christine Hurdidge	01:05:23
Julie Davies	01:09:51
Alfryn Easter	01:10:13

Llanelli Coast parkrun

5k

21/09/2019

Antony Andrus	00:20:42	10	
Christopher Simons	00:22:03	22	
Christopher Montenegro	00:22:45	27	
Ian Bamford	00:22:51	28	
Stephen Lisk	00:23:29	32	
Tom Morgan	00:23:32	34	
Haley Lawton	00:23:33	35	
James Roberts	00:26:01	62	
Francesca Newman	00:26:03	63	
Diane Ridgeway	00:26:11	65	
Katie Williams	00:26:37	73	
Emma Doolan	00:26:40	74	
Nathan Williams	00:27:12	79	
Peter Roberts	00:28:53	93	
Manisha Rickards	00:29:15	100	
Nerys Jones	00:29:18	102	
Leighton Jones	00:29:23	103	
Allan Smith	00:36:43	156	
Penrose parkrun		5k	21/09/2019
Alex Heron	00:23:36	55	
Ironman Wales		Triathlon	15/09/2019
Paul Harris	14:24:49	1241	M50-54
Christina Smith	16:00:53	1744	F55-59
Simplyhealth Great Bristol Half Marathon 2019		Half Marathon	15/09/2019
Tom Morgan	01:53:08	2301	

Cameron Hopkins	02:07:18	3978	
Welsh Athletics Road Relay Championships		5400m	15/09/2019
Rhys Doyle	00:20:18		SM
Gareth Parry	00:21:52		MM35
Ashley Pascoe	00:22:00		MM35
Craig Tindal	00:22:27		SM
Lee Morris	00:22:55		SM
Martin Bennett	00:22:56		SM
Nigel Evans	00:23:19		MM45
Michelle Cole	00:23:58		MW35
Gavin Davies	00:24:20		MM45
Dean Webster	00:25:16		MM35
Isobel Dawson	00:26:13		MW35
Julie Archer	00:28:04		MW35
Mike Prasad	00:28:08		MM45
Sarah Barham	00:28:11		MW55
Francesca Newman	00:28:49		MW55
Sharon Trotman	00:28:50		MW45
Diane Ridgeway	00:29:45		MW45
Alexandra Iwanczyk	00:30:08		MW45
Manisha Rickards	00:31:38		MW55
Llanelli Coast parkrun		5k	14/09/2019
Antony Andrus	00:19:53	7	
Tom Morgan	00:33:33	131	
Swansea Bay parkrun		5k	14/09/2019

Gavin Davies	00:20:28	35
Alex Heron	00:22:36	76
James Roberts	00:24:26	123
Nathan Williams	00:25:54	169
Anthony Jones	00:26:13	174
Katie Williams	00:26:15	176
Emma Doolan	00:26:19	180
Mike Prasad	00:26:39	193
Gary Gregor	00:27:07	209
Gwen Smith	00:27:13	214
Diane Ridgeway	00:27:16	216
Francesca Newman	00:27:21	217
John Holohan	00:28:11	248
Leighton Jones	00:28:13	249
Peter Roberts	00:28:27	258
Manisha Rickards	00:31:44	336
Allan Smith	00:35:29	397
Paula Stockley	00:45:40	433

Craft 10K Series Race 1

10k

08/09/2019

Gavin Davies	00:44:22	4	M55
Alex Heron	00:50:21	10	M60

Beckton parkrun

5k

07/09/2019

Bernd Kulesa	00:24:32	32
Sally Reid	00:28:31	48

Dare 12		Ultra		07/09/2019
Christopher Simons	10:55:47		24	Solo
Eastbourne parkrun		5k		07/09/2019
John Sanderson	00:24:37		110	
Gnoll parkrun		5k		07/09/2019
Caroline Jones	00:26:10		37	
Haldon Forest parkrun		5k		07/09/2019
Sarah Barham	00:26:00		33	
David Barham	00:28:52		50	
Llanelli Coast parkrun		5k		07/09/2019
Dewi West	00:21:41		18	
Hannah Jones	00:25:10		61	
Sharon Trotman	00:25:34		67	
StratforduponAvon parkrun		5k		07/09/2019
Mike Prasad	00:23:39		68	
Swansea Bay parkrun		5k		07/09/2019
Rhys Doyle	00:17:39		4	
Martin Bennett	00:19:56		25	
Antony Andrus	00:20:21		30	
Alex Heron	00:22:33		76	
Tom Morgan	00:23:33		98	
Julie Archer	00:23:34		99	
James Roberts	00:24:41		132	
Haley Lawton	00:24:49		136	
Francesca Newman	00:25:02		148	
Diane Ridgeway	00:25:25		158	

Emma Doolan	00:25:44	168
Gary Gregor	00:26:56	204
Caroline Morgan	00:27:12	213
Manisha Rickards	00:28:35	259
Peter Roberts	00:28:52	271

Cardiff Metropolitan University Cardiff 10K

10k

01/09/2019

James Roberts	00:48:49	1155
Alyson Page	00:50:29	1374
Peter Roberts	00:51:37	1458
Francesca Newman	00:52:36	1719
Manisha Rickards	00:56:34	2340

August 2019

Gnoll parkrun	5k	31/08/2019
Caroline Jones	00:25:02	38
Llanelli Coast parkrun	5k	31/08/2019
Mark Bamford	00:22:49	19
Swansea Bay parkrun	5k	31/08/2019
Gavin Davies	00:20:45	23
Alex Heron	00:22:51	60
Christopher Simons	00:23:03	68
Antony Andrus	00:23:17	74
Mike Prasad	00:23:35	81
Edward Davies	00:24:45	106
Dewi West	00:25:00	117
James Roberts	00:25:16	123
Katie Williams	00:25:25	127
Hannah Jones	00:25:26	128
Peter Roberts	00:25:26	129
Nathan Williams	00:25:34	132
Alice Sullivan	00:25:51	139
Francesca Newman	00:26:04	143
Emma Doolan	00:26:18	147
Mark Jenkins	00:27:13	164
Bethan Jones	00:28:55	198
Diane Ridgeway	00:28:56	199
John Holohan	00:30:32	230

Leighton Jones	00:33:19	277	
Manisha Rickards	00:36:51	303	
Severn Bridge 10k			
		10k	25/08/2019
Lynn Holmes	01:11:26	632	F55
Nicola Julian	01:14:57	749	F50
Victoria Holmes	01:24:05	946	FS
severn Bridge Half Marathon			
		Half Marathon	25/08/2019
Peter Roberts	02:03:46	550	M50
Bath Skyline parkrun			
		5k	24/08/2019
Paula Stockley	00:54:48	315	
Conwy parkrun			
		5k	24/08/2019
Edward Davies	00:26:06	127	
Llanelli Coast parkrun			
		5k	24/08/2019
Paul Harris	00:23:00	26	
Sharon Trotman	00:25:29	62	
Gary Gregor	00:28:21	93	
Shereen Lisk	00:28:36	103	
Jane Wallace	00:31:52	132	
Fay Sharpe	00:34:50	153	
Llantwit Major 10k			
		10k	24/08/2019
Gavin Davies	00:46:48	33	M45+
Rogiet parkrun			
		5k	24/08/2019
Manisha Rickards	00:27:56	34	
Swansea Bay parkrun			
		5k	24/08/2019

Rhys Doyle	00:17:55	5
Martin Bennett	00:19:51	30
Bernd Kulesa	00:20:06	36
Ian Bamford	00:20:18	38
Christopher Simons	00:22:10	75
Haley Lawton	00:23:03	97
Alex Heron	00:23:15	103
James Davies	00:23:29	109
Julie Archer	00:24:17	132
James Roberts	00:25:25	169
Leighton Jones	00:25:56	183
Francesca Newman	00:25:59	184
Peter Roberts	00:26:01	185
Nathan Williams	00:26:41	200
Katie Williams	00:26:45	204
Ons Simpson	00:27:20	216
Nerys Jones	00:27:25	219
Diane Ridgeway	00:27:53	239
Sally Reid	00:28:42	253
Allan Smith	00:35:18	379

Brechfa Trail Half Marathon 2019

Half Marathon

18/08/2019

Martin Bennett	01:48:41	15	M30-39
Craig Tindal	01:51:22	23	M30-39
Christopher Montenegro	02:06:46	65	M30-39

Gnoll parkrun		5k		17/08/2019
Edward Davies	00:25:47		39	
Gunnersbury parkrun		5k		17/08/2019
Bethan Jones	00:25:54		253	
Hannah Jones	00:25:55		254	
Haverfordwest parkrun		5k		17/08/2019
Haley Lawton	00:25:44		41	
Rogiet parkrun		5k		17/08/2019
Manisha Rickards	00:28:45		18	
Swansea Bay parkrun		5k		17/08/2019
Gavin Davies	00:20:28		36	
Philip Jones	00:23:21		86	
Mike Prasad	00:23:51		105	
Julie Archer	00:24:30		123	
James Roberts	00:24:37		129	
Francesca Newman	00:24:40		132	
Peter Roberts	00:24:48		135	
Katie Williams	00:26:36		186	
Gwen Smith	00:26:43		189	
Nathan Williams	00:26:47		191	
Sharon Trotman	00:28:01		230	
Diane Ridgeway	00:28:37		243	
John Holohan	00:28:56		255	
Allan Smith	00:35:34		361	
Woods And Water Clatworthy Reservoir 10 miles		10 miles		17/08/2019
Sarah Barham	01:42:05		36	FV50

Woods And Water Clatworthy Reservoir 5 miles**5 miles****17/08/2019**

David Barham	00:55:16	43	MV50
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TROTS St Clears 10k**10k****14/08/2019**

Isobel Dawson	00:48:34	57	F35
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Richard Donne	01:02:08	130	M50
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Fort William parkrun**5k****10/08/2019**

Caroline Jones	00:27:33	33	
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Grangemoor parkrun**5k****10/08/2019**

Bernd Kulesa	00:22:34	44	
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Sally Reid	00:28:12	131	
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Swansea Bay parkrun**5k****10/08/2019**

Gavin Davies	00:21:01	25	
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Edward Davies	00:24:14	59	
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James Roberts	00:24:56	72	
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Francesca Newman	00:25:04	75	
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Peter Roberts	00:25:47	86	
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Nathan Williams	00:26:02	90	
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Katie Williams	00:27:49	114	
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Manisha Rickards	00:32:19	164	
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Saran Lewis	00:32:20	165	
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Allan Smith	00:35:17	181	
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Paula Stockley	00:56:24	209	
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Tamar Trails parkrun**5k****10/08/2019**

Gwen Smith	00:29:15	76	
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ABP Barry 10k	10k	04/08/2019
Rhys Doyle	00:38:43	57 MOPEN
Michelle Cole	00:42:03	129 F40+
Martin Bennett	00:43:00	167 M35+
Gavin Davies	00:44:17	206 M55+
James Roberts	00:49:47	513 MOPEN
Peter Roberts	00:51:18	611 M50+
Sarah Barham	00:52:50	751 F40+
Edward Davies	00:54:37	849 M50+
Emma Doolan	00:54:15	933 F40+
Francesca Newman	00:54:24	944 F55+
Katie Williams	00:55:52	1052 F40+
Diane Ridgeway	00:56:40	1111 F50+
Nathan Williams	00:58:19	1247 M40+
Fay Sharpe	00:58:30	1277 F55+
Linda Waller	01:03:53	1671 F60+
Christine Hurdidge	01:05:08	1877 F65+
Saran Lewis	01:08:22	1950 F40+
Jane Wallace	01:10:01	2117 F50+
Nicola Julian	01:10:05	2122 F50+
Julie Davies	01:14:27	2407 F65+
Colby parkrun	5k	03/08/2019
Peter Roberts	00:25:32	74
Fell Foot parkrun Newby Bridge	5k	03/08/2019

Caroline Morgan	00:28:45	179
Gnoll parkrun	5k	03/08/2019
Craig Tindal	00:20:05	5
Christopher Simons	00:22:03	21
James Roberts	00:26:08	56
Francesca Newman	00:27:17	61
Diane Ridgeway	00:27:44	68
Katie Williams	00:27:44	69
Nathan Williams	00:28:03	75
Llanelli Coast parkrun	5k	03/08/2019
Paul Harris	00:21:10	11
Kim Holohan	00:28:11	85
Leighton Jones	00:28:20	86
John Holohan	00:28:41	91
Swansea Bay parkrun	5k	03/08/2019
Ian Bamford	00:20:19	33
Gavin Davies	00:22:57	78
Alex Heron	00:23:01	80
Mike Prasad	00:23:53	103
Steve Mclelland	00:23:59	107
Edward Davies	00:24:50	128
Rhys Doyle	00:25:43	155
Anthony Jones	00:26:13	162
Sharon Trotman	00:26:28	169
Manisha Rickards	00:27:15	185
Allan Smith	00:35:01	336

July 2019

Tenby 10k	10k	28/07/2019
Gareth Parry	00:41:08	26
Michelle Cole	00:42:54	33
Ian Bamford	00:43:05	37
Martin Bennett	00:43:38	46
Gavin Davies	00:44:06	50
Christopher Simons	00:45:06	55
Christopher Montenegro	00:46:38	75
Haley Lawton	00:48:56	104
Dewi West	00:48:53	105
Rob Appleby	00:48:53	107
John Sanderson	00:52:10	150
Peter Roberts	00:52:57	154
Linda Rees	00:53:44	165
Louise Steer	00:53:59	168
Keith Johns	00:54:46	181
Francesca Newman	00:55:25	196
Kevin Watson	00:56:15	212
Katie Williams	00:56:15	213
Diane Ridgeway	00:56:36	221
Gwen Smith	00:56:58	229
Mike Prasad	00:57:13	233
Alice Sullivan	00:57:57	244
Emma Doolan	00:58:41	258

Sandra Rees	00:59:06	265
Nathan Williams	00:59:10	268
Fay Sharpe	00:59:38	273
Helen Jenkins	00:59:42	278
Manisha Rickards	01:01:29	308
John Holohan	01:02:02	317
Laura Hall	01:04:07	351
Linda Waller	01:04:16	357
Anna Wake	01:05:01	364
Meinir Jones	01:05:04	365
Kim Holohan	01:06:20	376
Paul Rees	01:06:20	377
Christine Hurdidge	01:06:54	384
Victoria Holmes	01:10:44	413
Linda Owens	01:10:48	414
Nicola Julian	01:11:52	425
Kelly Bamford	01:12:38	429
Mark Bamford	01:12:39	430
Alfryn Easter	01:13:25	439
Julie Davies	01:16:43	473

Llyn Llech Owain parkrun

5k

27/07/2019

Isobel Dawson	00:23:20	23
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Penrose parkrun

5k

27/07/2019

Caroline Jones	00:25:03	107
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Richmond Olympic parkrun

5k

27/07/2019

Bernd Kulesa	00:20:57	4	
Sally Reid	00:29:20	35	
Swansea Bay parkrun		5k	27/07/2019
Craig Tindal	00:19:29	24	
Gavin Davies	00:20:56	46	
Christopher Simons	00:22:28	84	
Ian Bamford	00:23:31	113	
Edward Davies	00:24:05	126	
James Roberts	00:25:12	164	
Francesca Newman	00:25:50	182	
Peter Roberts	00:26:15	201	
Haley Lawton	00:27:23	225	
Leighton Jones	00:28:36	262	
Alice Sullivan	00:29:46	290	
Diane Ridgeway	00:31:00	316	
Louise Steer	00:33:03	345	
Katie Williams	00:35:22	369	
Allan Smith	00:35:38	371	
Nathan Williams	00:36:12	380	
Chippenham parkrun		5k	20/07/2019
Francesca Newman	00:26:27	93	
Exeter Riverside parkrun		5k	20/07/2019
Mike Prasad	00:24:11	105	
Llanelli Coast parkrun		5k	20/07/2019
Craig Tindal	00:19:57	13	

Isobel Dawson	00:22:50	43	
Sharon Trotman	00:24:38	64	
Llanerchaeron parkrun		5k	20/07/2019
Leighton Jones	00:28:49	58	
Richmond Olympic parkrun		5k	20/07/2019
Bernd Kulesa	00:21:23	16	
Sally Reid	00:29:22	60	
Swansea Bay parkrun		5k	20/07/2019
Gavin Davies	00:20:49	38	
Alex Heron	00:22:48	77	
Peter Roberts	00:24:29	101	
Edward Davies	00:24:34	105	
James Roberts	00:25:30	133	
Nathan Williams	00:25:44	139	
Katie Williams	00:26:30	172	
Gwen Smith	00:26:40	175	
Anthony Jones	00:26:42	176	
Diane Ridgeway	00:27:06	189	
Delia Pudney	00:28:03	208	
Manisha Rickards	00:28:06	209	
Allan Smith	00:34:37	309	
Cardinham Woods Trail 10k		10k	19/07/2019
Sarah Barham	01:04:09	40	FV50
David Barham	01:17:29	72	MV50

Mic Morris Torfaen 10k**10k****14/07/2019**

James Roberts	00:45:58	179	SM
Peter Roberts	00:47:44	229	MGM
Katie Williams	00:49:32	279	FM
Nathan Williams	00:53:39	411	MM

Llanelli Coast parkrun**5k****13/07/2019**

Isobel Dawson	00:22:22	20
Sharon Trotman	00:25:40	57

Llyn Llech Owain parkrun**5k****13/07/2019**

Fay Sharpe	00:29:16	68
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Swansea Bay parkrun**5k****13/07/2019**

Gavin Davies	00:20:40	38
Alex Heron	00:22:49	78
Philip Jones	00:23:22	98
Mike Prasad	00:23:28	100
Edward Davies	00:24:16	121
Bethan Jones	00:24:48	140
James Roberts	00:25:18	155
Francesca Newman	00:25:59	178
Haley Lawton	00:26:27	192
Nathan Williams	00:26:44	201
Katie Williams	00:26:44	202
Peter Roberts	00:26:48	205
Hannah Jones	00:26:57	210
Diane Ridgeway	00:26:58	211

Julie Jones	00:26:58	212
Manisha Rickards	00:27:16	222
Louise Steer	00:28:25	249
Delia Pudney	00:28:33	252
Christopher Montenegro	00:30:38	305
Karen Bennett-wilson	00:31:29	320
Allan Smith	00:34:35	368

Porthcawl 10k

10k

07/07/2019

Rhys Doyle	00:37:32	36	MOPEN
Simon Vaughan	00:41:33	127	M45+
Martin Bennett	00:42:21	160	MOPEN
Christopher Simons	00:44:46	281	MOPEN
Gavin Davies	00:45:47	340	M55+
Mike Prasad	00:51:25	776	M50+
Keith Johns	00:52:09	836	M55+
Alice Sullivan	00:54:10	1024	F40+
Nerys Jones	00:54:22	1042	F40+
Leighton Jones	00:54:27	1053	M70+
Emma Doolan	00:54:55	1111	F40+
Katie Williams	00:54:55	1113	F40+
Diane Ridgeway	00:57:07	1326	F50+
Nathan Williams	00:59:33	1658	M40+
Fay Sharpe	01:01:52	1904	F55+
Linda Waller	01:03:13	2034	F60+
Christine Hurdidge	01:04:52	2180	F65+

Nicola Julian	01:08:29	2452	F50+
Julie Davies	01:14:48	2871	F65+
Bushy parkrun			
		5k	06/07/2019
Allan Smith	00:37:25	1177	
Gnoll parkrun			
		5k	06/07/2019
Craig Tindal	00:21:45	17	
Llanelli Coast parkrun			
		5k	06/07/2019
Ian Bamford	00:19:38	10	
Gavin Davies	00:20:26	14	
Christopher Simons	00:20:58	22	
James Davies	00:22:34	46	
Steve Mcllelland	00:24:14	71	
Hannah Jones	00:26:18	115	
Julie Jones	00:26:18	116	
Sharon Trotman	00:27:10	131	
Llyn Llech Owain parkrun			
		5k	06/07/2019
Francesca Newman	00:26:46	42	
James Roberts	00:26:57	48	
Peter Roberts	00:26:58	49	
Diane Ridgeway	00:27:03	53	
Katie Williams	00:27:16	54	
Nathan Williams	00:27:34	55	
Emma Doolan	00:28:06	59	
Manisha Rickards	00:28:09	60	
Pont y Bala parkrun			
		5k	06/07/2019

June 2019

Spud 10k		10k		30/06/2019
Sharon Trotman	01:15:49		92	F50-59
Blandford parkrun		5k		29/06/2019
Caroline Jones	00:24:56		47	
Cambridge parkrun		5k		29/06/2019
Nigel Evans	00:21:00		37	
Llanelli Coast parkrun		5k		29/06/2019
Christopher Simons	00:27:56		62	
Allan Smith	00:35:38		125	
Long Eaton parkrun		5k		29/06/2019
Alex Heron	00:23:12		93	
Midnight Mountain Marathon		Marathon		29/06/2019
Christopher Simons	06:18:13		79	MS
Mount Edgcumbe parkrun		5k		29/06/2019
Sarah Barham	00:29:32		36	
David Barham	00:33:07		48	
Porthcawl parkrun		5k		29/06/2019
Sally Reid	00:29:03		230	
Sospan Road Runners 10K		10k		29/06/2019
Christopher Simons	00:54:18		113	SM
Swansea Bay parkrun		5k		29/06/2019
Craig Tindal	00:19:56		20	

Rhys Doyle	00:19:57	21
Gavin Davies	00:21:32	44
Keith Johns	00:24:23	101
Haley Lawton	00:24:35	107
Nerys Jones	00:24:54	121
Ian Bamford	00:25:01	126
Francesca Newman	00:25:04	129
Peter Roberts	00:27:10	188
Nathan Williams	00:27:45	197
Diane Ridgeway	00:28:00	205
Emma Doolan	00:29:15	239
James Roberts	00:29:31	245
Katie Williams	00:30:05	256
Manisha Rickards	00:35:01	323
Louise Steer	00:36:01	330
Leighton Jones	00:36:43	333
Delia Pudney	00:37:37	339
Paula Stockley	00:51:22	364

JCP Swansea Half Marathon

Half Marathon

23/06/2019

Rhys Doyle	01:27:31	135	MSEN
Gareth Parry	01:29:54	190	M40
Michelle Cole	01:31:28	232	F40
Ian Bamford	01:31:16	234	M45
Nigel Evans	01:35:33	372	M50
Martin Bennett	01:37:46	426	MSEN

Simon Vaughan	01:38:09	439	M45
Christopher Simons	01:37:36	466	MSEN
Craig Tindal	01:39:03	497	MSEN
Stephen Lisk	01:46:09	857	M45
Paul Mcneill	01:50:56	1140	M40
Steve Mcllland	01:51:31	1186	M65
Alex Heron	01:53:30	1360	M70
Kevin Watson	01:53:33	1375	M45
Keith Johns	01:53:33	1376	M55
Julie Archer	01:54:40	1493	F50
James Roberts	01:55:40	1524	MSEN
Peter Roberts	01:58:00	1697	M50
Linda Rees	01:57:57	1700	F55
Nerys Jones	01:59:31	1892	F40
Emma Doolan	02:01:47	2005	F40
Tim Macdermott	02:03:32	2318	M55
Diane Ridgeway	02:06:59	2323	F50
Katie Williams	02:09:36	2493	F40
Hannah Jones	02:10:13	2651	FSEN
Julie Jones	02:10:12	2652	F50
Manisha Rickards	02:10:41	2718	F55
Francesca Newman	02:10:42	2719	F55
Anthony Jones	02:13:06	2862	M45
Caroline Morgan	02:11:10	2870	F45
Nicola Davies	02:16:25	3080	F40
Nathan Williams	02:19:10	3132	M40

Peter Clement	02:21:32	3342	M50
Lynn Holmes	02:23:23	3445	F55
Porthcawl parkrun		5k	22/06/2019
Leighton Jones	00:27:26	218	
Swansea Bay parkrun		5k	22/06/2019
Bernd Kulesa	00:19:41	17	
Gavin Davies	00:20:23	24	
Dean Webster	00:20:47	31	
Haley Lawton	00:21:52	52	
Christopher Simons	00:21:52	53	
James Davies	00:23:00	70	
Philip Jones	00:23:20	74	
Edward Davies	00:24:03	83	
Peter Roberts	00:25:16	119	
Anthony Jones	00:27:21	169	
Delia Pudney	00:27:52	184	
Alice Sullivan	00:28:29	196	
Nathan Williams	00:28:44	201	
Diane Ridgeway	00:28:55	205	
Katie Williams	00:28:55	206	
Sally Reid	00:29:10	212	
Manisha Rickards	00:30:29	231	
Allan Smith	00:35:38	298	
Paula Stockley	00:45:20	341	

Suzuki Midnight Sun Run, Reykjavik, Iceland**Half Marathon****20/06/2019**

Mike Prasad	02:00:57	327	M50-59
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Bushy parkrun**5k****15/06/2019**

Sally Reid	00:29:08	898	
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Offah's Dyke 15**15 miles****15/06/2019**

Christopher Simons	02:29:52	98	MSen
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Vivienne Kavanagh	03:11:30	211	FV55
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Sarah Barham	03:22:28	226	FV55
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Rabbit Run**7.6 miles****15/06/2019**

Gwen Smith	01:25:37	279	F50-54
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Anthony Jones	01:29:56	331	M45-49
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Reading parkrun**5k****15/06/2019**

Louise Miskell	00:23:16	70	
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Swansea Bay parkrun**5k****15/06/2019**

Rhys Doyle	00:18:05	7	
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Gavin Davies	00:20:59	48	
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James Davies	00:23:27	101	
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Edward Davies	00:23:48	108	
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Steve Mcllland	00:24:15	118	
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Ian Bamford	00:24:15	119	
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Mike Prasad	00:25:26	153	
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Diane Ridgeway	00:26:47	187	
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Emma Doolan	00:26:55	196	
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Katie Williams	00:27:53	213	
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Nathan Williams	00:27:59	218	
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Allan Smith	00:34:56	344
Louise Steer	00:40:26	376
Paula Stockley	00:46:47	385

PPRC 5k Summer Series Race 2

5k

13/06/2019

Martin Bennett	00:19:54	MS
Michelle Cole	00:20:27	F35
Christopher Montenegro	00:21:29	MS
Gavin Davies	00:22:09	M50
Alice Sullivan	00:25:53	F35
Richard Donne	00:28:13	M50

Welsh Castles Relay Stage 11 - Newtown to Llanbadarn Fynydd

10.8 miles

09/06/2019

Rhys Doyle	01:11:09	24	Mopen
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Welsh Castles Relay Stage 12 - Llanbadarn Fynydd to Crossgates

11.2 miles

09/06/2019

Dewi West	01:22:07	47	MV
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Welsh Castles Relay Stage 13 - Crossgates to Builth Wells

10.6 miles

09/06/2019

Ross Gribble	01:16:52	37	Mopen
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Welsh Castles Relay Stage 14 - Builth Wells to Drovers Arms

10.8 miles

09/06/2019

Simon Vaughan	01:23:34	49	MV
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Welsh Castles Relay Stage 15 - Epynt Visitor Centre to Brecon

12.8 miles

09/06/2019

Paul Mcneill	01:36:02	50	MV
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Welsh Castles Relay Stage 16 - Brecon Canal Basin to Torpantau

12.5 miles

09/06/2019

Lee Morris	01:41:42	55	Mopen
Welsh Castles Relay Stage 17 - Taf Fechan Railway Station, Torpantau to Cyfarthfa Castle	8.7 miles		09/06/2019
Dean Webster	00:59:29	30	MV
Welsh Castles Relay Stage 18 - Rhyd-y-Car Centre to Navigation Park	9.1 miles		09/06/2019
John Sanderson	01:15:51	54	MV
Welsh Castles Relay Stage 19 - Navigation Park to Nantgarw	7.7 miles		09/06/2019
Charlie James	01:10:34	61	Fopen
Welsh Castles Relay Stage 20 - Caerphilly Castle to Cardiff Castle	10.1 miles		09/06/2019
Linda Rees	01:20:47	59	FV
Haverfordwest parkrun	5k		08/06/2019
Haley Lawton	00:23:49	11	
Kingsbury Water parkrun	5k		08/06/2019
Gavin Davies	00:20:28	18	
Llanelli Coast parkrun	5k		08/06/2019
Stephen Lisk	00:21:31	18	
Leighton Jones	00:26:27	71	
Swansea Bay parkrun	5k		08/06/2019
Alex Heron	00:22:33	67	
James Roberts	00:23:03	84	
Philip Jones	00:23:35	93	
Francesca Newman	00:25:46	138	
Emma Doolan	00:26:09	153	

Katie Williams	00:26:10	155	
Anthony Jones	00:26:47	170	
Gwen Smith	00:27:46	197	
Manisha Rickards	00:27:52	201	
Nathan Williams	00:28:30	218	
Peter Roberts	00:29:49	251	
Allan Smith	00:36:00	357	
Paula Stockley	00:47:50	434	
Welsh Castles Relay Stage 1 - Caernarfon Castle to Penygroes	9.1 miles		08/06/2019
Eleanor Wood	01:13:35	49	Fopen
Welsh Castles Relay Stage 10 - Llanfair Caereinion to Newtown	Half Marathon		08/06/2019
Nigel Evans	01:40:00	50	MV
Welsh Castles Relay Stage 2 - Penygroes to Criccieth Castle	10.7 miles		08/06/2019
Craig Tindal	01:12:52	34	Mopen
Welsh Castles Relay Stage 3 - Criccieth Castle to Maentwrog	12.3 miles		08/06/2019
Christopher Simons	01:29:33	50	Mopen
Welsh Castles Relay Stage 4 - Maentwrog to Harlech Castle	9.5 miles		08/06/2019
Alice Sullivan	01:16:43	54	FV
Welsh Castles Relay Stage 5 - Harlech Castle to Barmouth	9.6 miles		08/06/2019
Christopher Montenegro	01:06:39	24	MOPen
Welsh Castles Relay Stage 6 - Barmouth to Dolgellau	9.1 miles		08/06/2019
Mike Prasad	01:18:24	59	MV
Welsh Castles Relay Stage 7 - Dolgellau to Dinas Mawddwy	10.1 miles		08/06/2019
Martin Bennett	01:15:55	45	Mopen
Welsh Castles Relay Stage 8 - Dinas Mawddwy to Foel	10.8 miles		08/06/2019

Gareth Parry	01:10:09	19	MV
Welsh Castles Relay Stage 9 - Foel to Llanfair Caereinion	8.5 miles		08/06/2019
Diane Ridgeway	01:08:57	56	FV
Run4All Neath 5k Summer Series Race 2	5k		05/06/2019
Gavin Davies	00:21:21	47	MV40+
Llanelli Coast parkrun	5k		01/06/2019
Craig Tindal	00:21:01	9	
Sharon Trotman	00:25:13	63	
Swansea Bay parkrun	5k		01/06/2019
Gareth Parry	00:18:37	10	
Christopher Simons	00:21:48	54	
Haley Lawton	00:21:53	60	
Andy Rees	00:22:53	87	
Edward Davies	00:23:34	112	
James Roberts	00:23:57	127	
Peter Roberts	00:24:43	151	
Francesca Newman	00:25:12	167	
Diane Ridgeway	00:26:35	218	
Emma Doolan	00:26:36	220	
Manisha Rickards	00:28:01	251	
Allan Smith	00:36:24	419	

May 2019

Rock'n'roll Liverpool Marathon

Marathon

26/05/2019

Peter Clement	05:34:12	2898	M50-54
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Tonmawr Hilly 5

5 miles

26/05/2019

Gavin Davies	00:37:29	42	MV55
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Christopher Simons	00:40:13	69	M Sen
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Diane Ridgeway	00:49:21	171	FV50
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Treforest 10k

10k

26/05/2019

John Sanderson	00:50:07	98	MV60
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Bellerive parkrun

5k

25/05/2019

Bernd Kulesa	00:20:52	5	
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Sally Reid	00:29:40	73	
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Colby parkrun

5k

25/05/2019

Emma Doolan	00:27:55	82	
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Hereford parkrun

5k

25/05/2019

Sarah Barham	00:25:35	75	
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David Barham	00:28:42	128	
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Rock'n'roll Liverpool 5k

5k

25/05/2019

Peter Clement	00:30:28	1447	M50-54
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Southampton parkrun

5k

25/05/2019

Mike Prasad	00:25:47	378	
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Swansea Bay parkrun

5k

25/05/2019

Martin Bennett	00:20:09	30	
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Gavin Davies	00:20:14	33	
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Christopher Simons	00:21:12	52
Andy Rees	00:22:39	93
James Davies	00:22:41	95
Keith Johns	00:23:55	137
Ian Bamford	00:24:11	147
Nerys Jones	00:25:14	188
Katie Williams	00:27:00	254
Peter Roberts	00:27:01	255
Diane Ridgeway	00:29:02	312
Nathan Williams	00:30:49	369
Louise Steer	00:32:01	394

Hanley parkrun **5k** **18/05/2019**

Ian Bamford	00:20:36	13
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Launceston parkrun **5k** **18/05/2019**

Bernd Kulesa	00:20:17	21
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Sally Reid	00:29:30	129
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Llanelli Coast parkrun **5k** **18/05/2019**

Dean Webster	00:20:40	17
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Richard Webster	00:26:05	95
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Swansea Bay parkrun **5k** **18/05/2019**

Gareth Parry	00:19:26	24
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Martin Bennett	00:19:28	25
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Gavin Davies	00:20:50	45
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Craig Tindal	00:20:54	47
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Christopher Simons	00:22:31	96
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Andy Rees	00:22:41	100
Alex Heron	00:22:42	101
James Roberts	00:23:12	111
James Davies	00:23:35	123
Mike Prasad	00:24:43	165
Leighton Jones	00:25:05	179
Diane Ridgeway	00:25:15	188
Francesca Newman	00:25:21	189
Nerys Jones	00:25:46	202
Emma Doolan	00:25:48	204
Katie Williams	00:26:15	218
Alice Sullivan	00:26:28	225
Anthony Jones	00:27:26	253
Nathan Williams	00:28:04	275
Manisha Rickards	00:28:15	281
Peter Roberts	00:28:23	287
Paula Stockley	00:45:10	432

Whitford Point Multi Terrain Race	5.8 miles	15/05/2019
Rhys Doyle	00:39:45	7 M
Ashley Pascoe	00:39:57	9 VM45
Christopher Montenegro	00:45:02	40 M
Paul Mcneill	00:45:51	43 VM40
Christopher Simons	00:46:57	51 M
Craig Tindal	00:47:17	54 M
Ross Gribble	00:47:45	57 M

Alex Heron	00:51:36	86	VM55
John Sanderson	00:54:33	104	VM55
Sarah Barham	00:55:02	106	VF50
Vivienne Kavanagh	00:56:12	109	VF50
Kevin Watson	00:56:22	111	VM45
Jason Taylor	00:58:06	114	VM40
Alice Sullivan	01:01:11	118	VF40
Charlie James	01:01:49	119	F
David Barham	01:05:51	126	VM50

Swansea Epic Trail 10k

10k

12/05/2019

Michelle Cole	00:44:53	21	FV40
Nathan Williams	00:54:12	159	MV40
Diane Ridgeway	00:58:45	239	FV50
Emma Doolan	01:01:54	306	FV40
Katie Williams	01:02:14	318	FV40
Francesca Newman	01:02:22	321	FV55
Anthony Jones	01:06:23	397	MV45
Manisha Rickards	01:06:01	400	FV55
Nicola Davies	01:08:20	446	FV40
Carl Vonk	01:08:39	461	MV50
Paula Stockley	01:51:24	730	FV35

Clermont Waterfront parkrun

5k

11/05/2019

Gavin Davies	00:22:03	5	
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Hobart parkrun

5k

11/05/2019

Bernd Kulesa	00:21:45	5	
Sally Reid	00:31:03	19	
Llanelli Coast parkrun		5k	11/05/2019
Aron Jones	00:21:06	12	
Richard Webster	00:25:31	64	
Pomphrey Hill parkrun		5k	11/05/2019
Fay Sharpe	00:29:31	209	
Preseli Beast Bach		11 miles	11/05/2019
Sarah Barham	02:08:04	97	F50
Sharon Trotman	02:09:39	103	F40
Linda Rees	02:12:47	116	F50
Paul Rees	02:12:51	117	M50
Swansea Bay parkrun		5k	11/05/2019
Ian Bamford	00:19:55	27	
Christopher Simons	00:21:53	57	
Edward Davies	00:23:34	97	
Dewi West	00:23:35	99	
Mike Prasad	00:24:13	119	
Philip Jones	00:24:19	122	
Gwen Smith	00:26:05	173	
Leighton Jones	00:26:12	175	
Diane Ridgeway	00:27:24	198	
Francesca Newman	00:27:26	200	
Emma Doolan	00:27:29	201	
Karen Bennett-wilson	00:31:37	302	

St Illtyds Ultra 50k Race**Ultra****05/05/2019**

Gareth Parry	05:57:25	30
Lee Morris	05:57:25	31
Peter Roberts	08:04:33	136
Peter Clement	08:04:33	137

Llanelli Coast parkrun**5k****04/05/2019**

Aron Jones	00:21:16	13
Richard Webster	00:26:14	66
Leighton Jones	00:28:01	88

Newport parkrun**5k****04/05/2019**

Manisha Rickards	00:27:30	162
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Swansea Bay parkrun**5k****04/05/2019**

Ian Bamford	00:21:07	54
Dewi West	00:21:26	58
Andy Rees	00:22:46	89
Alex Heron	00:23:00	94
John Sanderson	00:23:29	106
Edward Davies	00:24:33	139
Mike Prasad	00:26:37	189
Peter Roberts	00:26:43	191
Diane Ridgeway	00:26:47	194
Gwen Smith	00:27:14	207
Katie Williams	00:27:32	219
Louise Steer	00:29:48	286
Christopher Montenegro	00:31:17	318

April 2019

Beyond Jurassic Trail 2019 Half Marathon

Half Marathon

28/04/2019

Sarah Barham	02:37:44	69
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Beyond Jurassic Trail 2019 10k

10k

28/04/2019

David Barham	01:17:07	85
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Virgin Money London Marathon

Marathon

28/04/2019

Martin Bennett	03:23:12	5282	M18-39
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Gareth Parry	03:26:03	5818	M40-44
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Ian Bamford	03:30:31	6867	M45-49
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Steve Mcllelland	03:59:23	14589	M65-69
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Mike Prasad	04:53:32	28703	M50-54
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Keith Johns	05:03:31	30946	M55-59
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Paula Stockley	07:31:02	42225	F18-39
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Bushy parkrun

5k

27/04/2019

Katie Williams	00:27:21	634
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Nathan Williams	00:27:22	635
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Seaton parkrun

5k

27/04/2019

Sarah Barham	00:25:02	42
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David Barham	00:30:08	99
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Swansea Bay parkrun

5k

27/04/2019

Gavin Davies	00:20:46	8
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Christopher Simons	00:21:56	23
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James Roberts	00:22:36	36
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Eleanor Wood	00:24:00	60
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Edward Davies	00:24:54	71
Peter Roberts	00:26:08	91
Diane Ridgeway	00:27:11	110
Alice Sullivan	00:27:42	116
Louise Steer	00:32:05	161
Manisha Rickards	00:34:55	185
Allan Smith	00:35:43	186
Brueton parkrun	5k	20/04/2019
Gavin Davies	00:20:18	34
Lanhydrock parkrun	5k	20/04/2019
Sarah Barham	00:29:52	134
David Barham	00:34:45	240
Llanelli Coast parkrun	5k	20/04/2019
Aron Jones	00:21:07	17
Richard Webster	00:25:44	69
Llyn Llech Owain parkrun	5k	20/04/2019
Rob Appleby	00:21:10	22
Porthcawl parkrun	5k	20/04/2019
Leighton Jones	00:26:45	237
Swansea Bay parkrun	5k	20/04/2019
Christopher Montenegro	00:20:41	30
Martin Bennett	00:21:27	50
James Roberts	00:21:59	65
Alex Heron	00:22:52	84
Andy Rees	00:22:56	88

Edward Davies	00:23:53	109	
Paul Mcneill	00:25:23	151	
Diane Ridgeway	00:26:21	186	
Emma Doolan	00:26:24	189	
Katie Williams	00:27:02	208	
Manisha Rickards	00:27:24	218	
Nathan Williams	00:27:49	231	
Delia Pudney	00:28:24	251	
Peter Roberts	00:31:34	336	
Laura Hall	00:32:06	349	
Allan Smith	00:36:15	412	

City Runs Fast Friday 10k - Exeter

10k

19/04/2019

Sarah Barham	00:54:40	156	F55+
David Barham	01:02:36	214	M50+

Boston Marathon

Marathon

15/04/2019

Ian Bamford	03:45:40	13347	
Steve Mcllelland	04:01:31	17105	

Fishguard Sea Cadets 10k

10k

14/04/2019

Richard Donne	01:01:11	50	M50
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Great Welsh Half Marathon

Half Marathon

14/04/2019

Gareth Parry	01:34:41	44	M40
Dean Webster	01:36:09	47	MSEN
Sharon Trotman	01:58:11	252	F45

Nathan Williams	01:58:08	254	M40
Diane Ridgeway	02:01:08	300	F50
Emma Doolan	02:01:08	301	F40
Helen Jenkins	02:02:25	314	F50
Gina Southam	02:04:15	323	F40
Sandra Rees	02:07:46	362	F55
Manisha Rickards	02:18:23	468	F55
Paula Stockley	03:34:48	632	F5EN
Great Welsh Marathon		Marathon	14/04/2019
Anthony Jones	05:04:19	462	M45
Orlen Wasaw Marathon		Marathon	14/04/2019
Christopher Simons	03:35:05	1211	M30
Peter Clement	05:11:30	3815	M50
Gnoll parkrun		5k	13/04/2019
Allan Smith	00:37:51	126	
Llanelli Coast parkrun		5k	13/04/2019
Linda Waller	00:28:36	99	
Victoria Holmes	00:30:06	120	
Fay Sharpe	00:30:33	126	
Christine Hurdidge	00:31:27	133	
Nicola Julian	00:32:53	148	
Parkrun Warszawapraga		5k	13/04/2019
Craig Tindal	00:35:01	69	
Christopher Simons	00:35:02	73	
Porthcawl parkrun		5k	13/04/2019

Leighton Jones	00:27:49	232
Swansea Bay parkrun	5k	13/04/2019
Gavin Davies	00:20:57	39
Andy Rees	00:22:51	81
Philip Jones	00:23:48	104
Edward Davies	00:24:28	122
Francesca Newman	00:26:02	158
Katie Williams	00:28:18	213
Emma Doolan	00:28:29	219
Nathan Williams	00:28:30	220
Louise Steer	00:30:30	266
Diane Ridgeway	00:30:31	267
Manisha Rickards	00:48:17	380

Asics Greater Manchester Marathon

Marathon

07/04/2019

John Sanderson	03:51:59	4956
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MV60

Llanelli Coast parkrun

5k

06/04/2019

Gavin Davies	00:20:32	13
Aron Jones	00:21:08	17
Christopher Simons	00:21:53	26
Hannah Jones	00:27:43	101
Leighton Jones	00:29:07	125
Julie Jones	00:29:09	126

Newport parkrun

5k

06/04/2019

Sarah Barham	00:24:47	89
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David Barham	00:27:49	152
Swansea Bay parkrun	5k	06/04/2019
Eleanor Wood	00:21:46	46
Andy Rees	00:22:38	61
Edward Davies	00:23:32	78
Philip Jones	00:23:43	85
Francesca Newman	00:25:32	117
Dewi West	00:26:45	145
Manisha Rickards	00:29:04	205
Allan Smith	00:36:07	300

March 2019

Brecon Carreg Cardiff Bay Run 10k

10k

31/03/2019

Christopher Montenegro	00:44:31	767	MSEN
Mike Prasad	00:51:16	1348	M50+
Diane Ridgeway	00:52:43	1878	F50+
Nathan Williams	00:53:30	2014	M40+
Emma Doolan	00:54:30	2208	F40+
Mark Bamford	00:57:48	2322	M45+
Katie Williams	00:56:54	2617	F40+
Kelly Bamford	01:03:53	3159	F35+
Saran Lewis	01:05:13	3459	F40+
Manisha Rickards	01:02:22	3961	F55+

Llanelli Coast parkrun

5k

30/03/2019

James Roberts	00:22:34	17
Richard Webster	00:26:10	46
Diane Ridgeway	00:26:41	49
Emma Doolan	00:26:55	51
Peter Roberts	00:27:23	55

Llanerchaeron parkrun

5k

30/03/2019

Sarah Barham	00:24:37	15
David Barham	00:27:51	28

Porthcawl parkrun

5k

30/03/2019

Leighton Jones	00:25:24	125
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Swansea Bay parkrun

5k

30/03/2019

Gavin Davies	00:20:14	20
Andy Rees	00:22:52	73
Edward Davies	00:23:49	94
Christopher Simons	00:24:34	111
Francesca Newman	00:25:24	133
Gwen Smith	00:25:57	140
Simon Hurford	00:26:07	146
Manisha Rickards	00:27:49	192
Nathan Williams	00:28:05	199
Ceri Isaac	00:31:48	275
Karen Bennett-wilson	00:31:59	281
Caroline Morgan	00:35:27	319

Griffin Mill Merthyr Half Marathon

Half Marathon

24/03/2019

Christopher Simons	01:38:46	84	Mopen
Craig Tindal	01:57:37	327	M35-39
Christopher Jones	02:52:57	631	M45-49

Weston Super Half

Half Marathon

24/03/2019

Sarah Barham	01:58:09	662	FV55
Richard Nugent	02:00:49	755	MV50
David Barham	02:20:30	1217	MV50
Peter Clement	02:24:45	1271	MV50

Llanelli Coast parkrun

5k

23/03/2019

Leighton Jones	00:25:08	51
Nerys Jones	00:25:39	58

Llyn Llech Owain parkrun		5k	23/03/2019	
Steve Burton	00:24:27		23	
Mumbles Duathlon		Duathlon	23/03/2019	
Chris Francis	01:53:42		94	MSen
Stephen Lisk	01:59:59		136	MV
Paul Harris	02:07:13		189	MVV
Swansea Bay parkrun		5k	23/03/2019	
Gavin Davies	00:21:01		35	
Simon Hurford	00:21:56		49	
Paul Mcneill	00:22:05		53	
James Roberts	00:22:41		64	
Edward Davies	00:23:45		94	
Francesca Newman	00:25:19		128	
John Sanderson	00:25:24		129	
Nathan Williams	00:26:18		152	
Katie Williams	00:27:07		175	
Diane Ridgeway	00:27:52		194	
Emma Doolan	00:27:58		199	
Gareth Parry	00:28:15		205	
Manisha Rickards	00:29:05		230	
Saran Lewis	00:31:47		285	
Allan Smith	00:35:04		330	
Bath Half Marathon		Half Marathon	17/03/2019	
Keith Johns	02:04:10		6354	
Delia Pudney	02:27:12		9642	

Hampton Court Palace Half Marathon		Half Marathon	17/03/2019
Mark Eakins	01:43:16	470	MV45
John Holohan	02:12:15	2180	MV65
Sage Reading Half Marathon		Half Marathon	17/03/2019
Caroline Morgan	02:10:45	5718	
Paula Stockley	03:38:45	8872	
San Domenico 20 Mile		20 miles	17/03/2019
John Sanderson	02:54:11	98	M55-64
Swansea Bay parkrun		5k	16/03/2019
Gavin Davies	00:20:29	26	
Christopher Simons	00:20:55	32	
Christopher Jones	00:22:04	50	
Craig Tindal	00:22:24	59	
James Davies	00:23:56	90	
Simon Hurford	00:24:24	97	
Peter Roberts	00:25:18	115	
Francesca Newman	00:26:02	124	
Diane Ridgeway	00:27:28	159	
Emma Doolan	00:27:51	171	
Steve Burton	00:29:22	196	
Manisha Rickards	00:29:26	198	
Barry 40		Ultra	10/03/2019
Nathan Flear	04:44:59	3	M35
Wildflower Duathlon		Duathlon	10/03/2019

Chris Francis	01:25:44	38	M
Linda Waller	02:09:11	265	F
Chippenham parkrun		5k	09/03/2019
Francesca Newman	00:27:39	89	
Leamington parkrun		5k	09/03/2019
Karen Dusgate	00:30:21	319	
Llanelli Coast parkrun		5k	09/03/2019
Dean Webster	00:20:30	15	
Richard Webster	00:27:51	74	
Llyn Llech Owain parkrun		5k	09/03/2019
Aron Jones	00:22:12	15	
Chris Francis	00:24:52	36	
Porthcawl parkrun		5k	09/03/2019
Leighton Jones	00:27:54	187	
Swansea Bay parkrun		5k	09/03/2019
Gavin Davies	00:20:44	31	
Christopher Simons	00:20:59	35	
Christopher Jones	00:21:32	41	
Eleanor Wood	00:22:21	60	
James Roberts	00:22:22	61	
Ian Bamford	00:22:52	72	
Philip Jones	00:24:01	93	
Peter Roberts	00:24:38	111	
Diane Ridgeway	00:25:29	128	
Steve Burton	00:25:30	130	

Simon Hurford	00:25:32	133
Katie Williams	00:25:44	141
Nathan Williams	00:26:12	148
Caroline Morgan	00:27:17	177
Emma Doolan	00:27:32	185
Louise Steer	00:29:18	226
Manisha Rickards	00:29:25	230
Anthony Jones	00:29:37	236
Alice Sullivan	00:30:37	253
Allan Smith	00:34:59	317
Ceri Isaac	00:38:18	326
Paula Stockley	00:49:14	350

The Admiral City Of Newport Half Marathon

Half Marathon

03/03/2019

Peter Roberts	01:51:58	679	MV50
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Cannon Hill Parkrun Birmingham

5k

02/03/2019

Laura Hughes-dowdle	00:23:08	193
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Kingsbury Water parkrun

5k

02/03/2019

Gavin Davies	00:20:58	21
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Llanelli Coast parkrun

5k

02/03/2019

Victoria Holmes	00:25:59	41
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Phillip Wallace	00:27:36	61
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Fay Sharpe	00:28:36	74
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Lynn Holmes	00:28:57	76
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Christine Hurdidge	00:30:31	93
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Leighton Jones	00:30:54	97	
Jane Wallace	00:32:16	110	
Julie Davies	00:34:43	129	
Porthcawl parkrun	5k		02/03/2019
Christopher Montenegro	00:23:15	54	
Ras Dewi Sant 10k	10k		02/03/2019
Richard Nugent	01:04:50	31	M50-59
Ras Dewi Sant Marathon	Marathon		02/03/2019
Christopher Jones	06:06:37	50	M40-49
Simon Hurford	06:06:38	51	M40-49
Christopher Simons	06:06:39	52	OM
Rhayader Round The Lakes	30k		02/03/2019
Vivienne Kavanagh	03:11:59	371	FV55
Sarah Barham	03:12:00	372	FV55
Swansea Bay parkrun	5k		02/03/2019
Dewi West	00:21:33	45	
James Roberts	00:22:53	78	
Andy Rees	00:22:59	80	
Edward Davies	00:23:22	88	
Steve Mcllland	00:23:25	90	
Katie Williams	00:24:57	130	
Nathan Williams	00:25:33	145	
Peter Roberts	00:26:08	158	
Francesca Newman	00:26:14	161	
Karen Dusgate	00:26:34	171	
Diane Ridgeway	00:26:35	172	

Gwen Smith	00:26:54	180
Emma Doolan	00:27:21	193
Allan Smith	00:34:08	330
Steve Burton	00:34:14	331

February 2019

Colby parkrun

5k

23/02/2019

Christopher Simons	00:20:43	5
Craig Tindal	00:23:07	16
Christopher Jones	00:23:10	17
Simon Hurford	00:23:57	30

Swansea Bay parkrun

5k

23/02/2019

Gavin Davies	00:20:40	16
Eleanor Wood	00:22:06	38
Steve Mcllelland	00:24:02	82
Peter Roberts	00:24:28	95
Dean Webster	00:25:31	123
Anthony Jones	00:25:44	130
Richard Webster	00:27:05	171
Katie Williams	00:27:31	186
Nathan Williams	00:27:31	187
Francesca Newman	00:27:49	198
Diane Ridgeway	00:27:50	199
Manisha Rickards	00:33:22	327

Village Bakery Wrexham Half 2019

Half Marathon

17/02/2019

Nathan Flear	01:16:23	39	MSen
Chris Francis	01:24:37	174	MSen
Christopher Jones	01:41:08	642	MV40
Jason Taylor	01:58:59	1443	MV40

Peter Clement	02:14:31	1914	MV50
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Llanelli Coast parkrun**5k****16/02/2019**

Lee Morris	00:19:57	12
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Leighton Jones	00:26:13	87
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Julie Jones	00:28:10	116
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Hannah Jones	00:28:10	117
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Linda Waller	00:29:02	126
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Llyn Llech Owain parkrun**5k****16/02/2019**

Sarah Barham	00:25:47	53
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David Barham	00:29:13	90
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Swansea Bay parkrun**5k****16/02/2019**

Dean Webster	00:19:39	28
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Christopher Simons	00:19:50	31
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Gavin Davies	00:21:06	49
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Ross Gribble	00:21:32	58
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Andy Rees	00:22:16	79
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Eleanor Wood	00:22:32	82
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Steve Mcllelland	00:24:01	111
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Mike Prasad	00:24:40	126
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John Sanderson	00:24:42	127
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Katie Williams	00:25:29	150
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Christopher Jones	00:25:29	151
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Simon Hurford	00:25:30	152
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Steve Burton	00:25:58	165
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Francesca Newman	00:26:19	177
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Richard Webster	00:27:02	204
Caroline Morgan	00:28:49	252
Diane Ridgeway	00:29:42	278
Saran Lewis	00:31:46	324
Karen Bennett-wilson	00:32:59	353
Allan Smith	00:35:01	381
Paula Stockley	00:49:42	422
Peter Roberts	00:55:18	425

Llanelli Half Marathon

Half Marathon

10/02/2019

Gareth Parry	01:26:20	70	M5N
Martin Bennett	01:35:18	199	M5N
Rob Appleby	01:38:46	300	M40
Christopher Jones	01:43:42	395	M45
John Sanderson	01:46:14	491	M60
Steve Mclelland	01:47:08	523	M60
Simon Hurford	01:47:10	526	
Andy Rees	01:47:14	527	M55
Julie Archer	01:48:37	587	F50
Diane Ridgeway	01:57:04	859	F50
James Davies	01:57:11	861	M50
Craig Tindal	01:54:55	902	
Nathan Williams	01:58:41	932	M40
Ian Bamford	01:58:49	933	M45
Gina Southam	02:01:05	1043	F40
Steve Burton	02:01:00	1056	PACER

Sarah Barham	02:06:02	1217	F55
Richard Nugent	02:10:13	1382	M50
Anthony Jones	02:11:15	1417	M45
Davinder Hayer	02:11:13	1425	MSEN
Mark Bamford	02:11:31	1436	M45
Darren Hall	02:19:02	1605	M40
Caroline Jones	02:18:02	1660	F45
Manisha Rickards	02:20:47	1705	F55
Mike Prasad	02:26:17	1865	PACER
Peter Clement	02:48:27	2091	M50

Leamington parkrun

5k

09/02/2019

Keith Johns	00:28:23	205
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Llanelli Coast parkrun

5k

09/02/2019

Leighton Jones	00:33:39	104
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Llyn Llech Owain parkrun

5k

09/02/2019

Sally Reid	00:29:15	37
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Swansea Bay parkrun

5k

09/02/2019

Steve Mcllelland	00:23:47	69
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Edward Davies	00:23:50	71
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Steve Burton	00:24:55	88
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Ian Bamford	00:26:43	114
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Gwen Smith	00:26:49	116
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Paul Mcneill	00:27:21	127
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Karen Dusgate	00:27:44	141
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Katie Williams	00:27:49	146
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Nathan Williams	00:28:20	165
Saran Lewis	00:32:02	217
Diane Ridgeway	00:32:03	218
Manisha Rickards	00:32:52	235
Emma Doolan	00:43:59	291
Richard Nugent	00:49:39	297

Worms Head 10k

10k

03/02/2019

Gareth Morgan	00:53:01	30	MSen
Sarah Barham	01:05:44	152	FVet55
Kevin Watson	01:08:04	183	MVet40
Christopher Jones	00:55:09	236	MVet40
Richard Nugent	01:15:04	250	MVet50
Sharon Trotman	01:16:24	255	FVet45

Swansea Bay parkrun

5k

02/02/2019

Gavin Davies	00:20:37	21
Christopher Simons	00:21:05	28
Christopher Jones	00:21:42	40
Peter Roberts	00:22:12	49
Andy Rees	00:22:44	59
Simon Hurford	00:22:51	60
Steve Burton	00:22:52	61
James Davies	00:23:32	69
Craig Tindal	00:24:00	80
Diane Ridgeway	00:26:11	122

Nathan Williams	00:26:15	124
Katie Williams	00:26:22	127
Karen Dugate	00:27:39	149
Emma Doolan	00:28:28	167
Paul Harris	00:28:42	172
Edward Davies	00:33:40	253

January 2019

Bushy parkrun

5k

26/01/2019

James Davies	00:23:13	272
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Kingsbury Water parkrun

5k

26/01/2019

Gavin Davies	00:21:11	17
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Swansea Bay parkrun

5k

26/01/2019

Christopher Simons	00:20:55	29
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Paul Mcneill	00:21:34	42
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Peter Roberts	00:22:15	53
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Andy Rees	00:22:36	63
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Philip Jones	00:23:06	75
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Ian Bamford	00:23:24	83
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Edward Davies	00:23:56	99
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Christopher Jones	00:23:56	100
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Paul Harris	00:25:01	123
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Francesca Newman	00:25:24	133
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Anthony Jones	00:26:04	157
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Steve Burton	00:26:07	160
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Caroline Morgan	00:26:35	170
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Diane Ridgeway	00:26:50	177
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Emma Doolan	00:27:54	196
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Nathan Williams	00:30:04	257
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Katie Williams	00:32:13	310
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Saran Lewis	00:33:37	333
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Richard Nugent	00:33:42	336
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Allan Smith	00:35:34	345
Paula Stockley	00:48:42	396
Dulwich parkrun		
	5k	19/01/2019
Caroline Morgan	00:27:11	301
Llanelli Coast parkrun		
	5k	19/01/2019
Ian Hoskins	00:21:14	19
Swansea Bay parkrun		
	5k	19/01/2019
Martin Bennett	00:19:55	12
Dean Webster	00:20:23	21
Gavin Davies	00:22:25	57
Andy Rees	00:22:38	62
Peter Roberts	00:22:56	71
Steve Burton	00:24:03	91
Steve Mcllelland	00:24:20	98
Ian Bamford	00:24:21	99
Simon Hurford	00:24:33	106
Diane Ridgeway	00:25:01	118
Dewi West	00:25:03	120
Nathan Williams	00:25:30	129
Francesca Newman	00:26:46	150
James Roberts	00:27:04	156
Richard Webster	00:28:05	178
Manisha Rickards	00:28:06	180
Emma Doolan	00:28:07	181
Paul Mcneill	00:35:51	283

Allan Smith	00:36:14	289
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Llanelli Coast parkrun

5k

12/01/2019

Ian Hoskins	00:21:27	12
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Porthcawl parkrun

5k

12/01/2019

Leighton Jones	00:27:48	213
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Severn Bridge parkrun

5k

12/01/2019

Christopher Simons	00:20:59	23
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Christopher Jones	00:22:39	36
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Simon Hurford	00:28:15	130
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Swansea Bay parkrun

5k

12/01/2019

Dean Webster	00:20:21	13
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Gavin Davies	00:20:48	23
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Ian Bamford	00:20:51	24
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Andy Rees	00:22:44	50
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Edward Davies	00:23:48	75
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Peter Roberts	00:24:08	81
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Caroline Jones	00:24:24	86
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Paul Harris	00:24:41	90
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Francesca Newman	00:26:06	128
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James Roberts	00:26:07	129
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Nathan Williams	00:26:37	141
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Caroline Morgan	00:26:58	152
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Steve Burton	00:26:59	153
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Diane Ridgeway	00:27:29	170
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Emma Doolan	00:27:35	173
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Allan Smith	00:35:17	309	
Anthony Jones	00:40:25	337	
Paula Stockley	00:50:54	353	
Cambridge parkrun		5k	05/01/2019
Nigel Evans	00:20:28	33	
Alexandra Iwanczyk	00:27:09	197	
Gnoll parkrun		5k	05/01/2019
Christopher Simons	00:23:51	28	
Llanelli Coast parkrun		5k	05/01/2019
Christopher Jones	00:21:41	21	
Ian Hoskins	00:21:59	25	
Mike Prasad	00:24:50	61	
Steve Burton	00:25:52	79	
Newport parkrun		5k	05/01/2019
Manisha Rickards	00:28:32	170	
Porthcawl parkrun		5k	05/01/2019
Gavin Davies	00:20:23	19	
Swansea Bay parkrun		5k	05/01/2019
Gareth Parry	00:19:45	15	
Martin Bennett	00:20:31	26	
Dean Webster	00:20:41	28	
Ian Bamford	00:21:31	42	
Stephen Lisk	00:21:40	44	
Peter Roberts	00:23:40	84	
James Davies	00:24:05	92	

Katie Williams	00:25:18	119	
Francesca Newman	00:25:28	124	
Diane Ridgeway	00:25:47	135	
Nathan Williams	00:26:01	138	
James Roberts	00:26:09	145	
Gwen Smith	00:26:36	153	
Emma Doolan	00:26:49	161	
Anthony Jones	00:26:57	163	
Caroline Morgan	00:27:48	186	
Karen Dusgate	00:29:20	232	
Cardiff parkrun		5k	01/01/2019
Christopher Jones	00:22:58	185	
Peter Roberts	00:23:48	223	
Hockley Woods parkrun		5k	01/01/2019
Nicola Julian	00:37:32	392	
Newport parkrun		5k	01/01/2019
Ian Hoskins	00:21:33	41	
Penallta parkrun		5k	01/01/2019
Christopher Jones	00:22:47	45	
Peter Roberts	00:24:41	91	
Riverfront parkrun		5k	01/01/2019
Ian Hoskins	00:21:38	63	
Swansea Bay parkrun		5k	01/01/2019
Gavin Davies	00:20:42	45	
Dean Webster	00:20:51	50	

Anthony Fox	00:21:36	64
Christopher Simons	00:21:43	67
Dewi West	00:22:02	79
Andy Rees	00:22:57	115
Edward Davies	00:23:36	133
Caroline Jones	00:23:44	137
John Sanderson	00:24:22	149
James Davies	00:24:23	150
Diane Ridgeway	00:24:58	175
Steve Burton	00:24:59	177
Katie Williams	00:25:11	184
Sharon Trotman	00:25:14	188
Emma Doolan	00:25:56	210
Nathan Williams	00:26:12	216
Francesca Newman	00:26:22	219
Simon Hurford	00:26:47	230
Leighton Jones	00:27:30	250
Delia Pudney	00:30:26	345
Louise Steer	00:34:44	434
Manisha Rickards	00:37:58	473

December 2018

Erddig parkrun

5k

29/12/2018

Delia Pudney 00:32:03 199

Llanelli Coast parkrun

5k

29/12/2018

Ian Hoskins 00:20:56 12

Porthcawl parkrun

5k

29/12/2018

Nerys Jones 00:28:58 291

Leighton Jones 00:28:59 292

Swansea Bay parkrun

5k

29/12/2018

Gavin Davies 00:20:35 44

Christopher Simons 00:20:56 52

Stephen Lisk 00:21:58 78

Andy Rees 00:23:09 104

Peter Roberts 00:23:33 116

James Davies 00:23:54 127

Christopher Jones 00:24:03 132

Edward Davies 00:24:35 140

Mike Prasad 00:25:09 154

Alyson Heard 00:25:28 160

Nathan Williams 00:26:03 174

James Roberts 00:26:25 185

Diane Ridgeway 00:26:54 195

Gwen Smith 00:26:57 198

Simon Hurford 00:28:06 238

Emma Doolan 00:29:08 256

Steve Burton	00:30:48	290	
Katie Williams	00:32:01	314	
Saran Lewis	00:32:22	319	
Natalie John	00:33:22	332	
Shereen Lisk	00:34:48	347	
Allan Smith	00:35:03	349	
Francesca Newman	00:36:35	358	
Manisha Rickards	00:37:15	364	
Louise Steer	00:41:46	383	
Witney parkrun		5k	29/12/2018
Dean Webster	00:23:34	19	
Glynneath Boxing Day 5 Mile Race			
		5 miles	26/12/2018
Christopher Simons	00:34:34	86	MSen
Simon Vaughan	00:34:40	88	MV45
Ian Bamford	00:34:46	92	MV40
Christopher Jones	00:38:49	180	MV45
John Sanderson	00:39:26	188	MV60
James Davies	00:39:59	213	MV50
Peter Roberts	00:40:51	233	MV50
Peter Clement	00:43:44	291	MV50
Richard Donne	00:46:15	318	MV55
Linda Waller	00:47:00	331	FV60
Richard Nugent	00:47:25	332	MSen
Caroline Morgan	00:47:25	341	FV45
Christine Hurdidge	00:50:38	376	FV65

Julie Davies	00:58:26	436	FV65
Paul Harris	00:58:56	438	MV50
Allan Smith	00:59:48	440	MV80+

Llyn Llech Owain parkrun

5k

25/12/2018

Ian Hoskins	00:22:32	22
Ian Bamford	00:23:36	32
Christopher Jones	00:24:17	37
Paul Harris	00:25:13	48
Nathan Williams	00:28:00	82
Katie Williams	00:28:02	84

Plymvalley parkrun

5k

25/12/2018

Sarah Barham	00:26:26	100
David Barham	00:32:15	215

Llanelli Coast parkrun

5k

22/12/2018

Ian Hoskins	00:21:43	30
Sally Reid	00:26:47	91

Porthcawl parkrun

5k

22/12/2018

Leighton Jones	00:27:25	183
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Swansea Bay parkrun

5k

22/12/2018

Gavin Davies	00:20:33	28
Stephen Lisk	00:20:56	37
Christopher Simons	00:22:06	59
Andy Rees	00:22:35	71
James Davies	00:22:51	74

Ian Bamford	00:22:59	79
Philip Jones	00:24:05	91
John Sanderson	00:24:28	96
Alyson Heard	00:24:48	102
Simon Hurford	00:24:53	104
Katie Williams	00:25:58	128
Francesca Newman	00:26:24	137
Gwen Smith	00:26:28	139
Delia Pudney	00:26:39	143
Anthony Jones	00:26:58	148
Nathan Williams	00:27:34	164
Emma Doolan	00:28:11	175
Peter Roberts	00:28:17	176
Manisha Rickards	00:30:43	208
Allan Smith	00:34:14	252
Caroline Morgan	00:44:05	284

Kingsbury Water parkrun

5k

15/12/2018

Gavin Davies	00:20:25	11
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Llanelli Coast parkrun

5k

15/12/2018

Fay Sharpe	00:31:15	33
Shereen Lisk	00:31:15	34
Christine Hurdidge	00:32:03	42
Nicola Julian	00:33:40	45
Julie Davies	00:35:24	48

Llyn Llech Owain parkrun

5k

15/12/2018

Ian Hoskins	00:22:47	19
Swansea Bay parkrun	5k	15/12/2018
Andy Rees	00:23:34	35
Caroline Jones	00:24:36	43
Philip Jones	00:24:44	46
James Davies	00:24:57	50
Allan Smith	00:38:36	102
Karen Dugate	00:46:02	105
Aberystwyth parkrun	5k	08/12/2018
Sally Reid	00:28:24	45
Cardiff parkrun	5k	08/12/2018
Eleanor Wood	00:22:31	113
Llanelli Coast parkrun	5k	08/12/2018
Ian Hoskins	00:21:41	11
Swansea Bay parkrun	5k	08/12/2018
Gavin Davies	00:20:43	14
Andy Rees	00:22:41	39
James Davies	00:22:58	42
Steve Mcllland	00:23:50	62
Ian Bamford	00:23:51	63
Diane Ridgeway	00:25:48	91
Katie Williams	00:25:49	92
Nathan Williams	00:26:05	96
Emma Doolan	00:26:35	100
Gwen Smith	00:26:39	101

Caroline Morgan	00:27:08	109
James Roberts	00:27:21	114
Peter Roberts	00:27:22	115
Louise Steer	00:28:14	127
Simon Hurford	00:29:40	146
Allan Smith	00:34:56	185

Llanelli Coast parkrun

5k

01/12/2018

Ian Hoskins	00:22:02	21
Nerys Jones	00:26:02	59
Leighton Jones	00:26:04	60

Minehead parkrun

5k

01/12/2018

Gina Southam	00:28:01	44
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Swansea Bay parkrun

5k

01/12/2018

Martin Bennett	00:20:22	17
Christopher Jones	00:21:28	27
Andy Rees	00:22:36	36
James Davies	00:23:10	45
Peter Roberts	00:24:32	69
Simon Hurford	00:25:12	79
Ian Bamford	00:25:38	84
Paul Harris	00:25:40	86
Sarah Barham	00:26:23	93
Francesca Newman	00:26:26	94
Emma Doolan	00:26:30	95
Katie Williams	00:26:33	96

David Barham	00:29:14	121	
Karen Dusgate	00:30:48	141	
Manisha Rickards	00:31:52	161	
Saran Lewis	00:33:21	172	
Allan Smith	00:35:51	182	
Track Shack Lake Eola Orlando 5k	5k		01/12/2018
Mike Prasad	00:25:11	66	M50-54

November 2018

Eastville parkrun		5k		24/11/2018
Jonah Fage	00:19:06		17	
Llanelli Coast parkrun		5k		24/11/2018
Ian Hoskins	00:21:02		15	
Swansea Bay parkrun		5k		24/11/2018
Gareth Parry	00:18:38		7	
Martin Bennett	00:19:39		23	
Nigel Evans	00:19:57		30	
Chris Francis	00:20:03		33	
Dean Webster	00:20:14		36	
Gavin Davies	00:20:38		38	
Christopher Simons	00:21:05		47	
Christopher Jones	00:21:58		64	
Andy Rees	00:22:34		81	
John Sanderson	00:23:05		90	
Alice Sullivan	00:23:19		94	
Edward Davies	00:23:29		99	
Stephen Lisk	00:23:53		109	
Christina Smith	00:23:59		111	
Elfed Joseph	00:24:01		112	
Alexandra Iwanczyk	00:24:09		114	
Alyson Heard	00:24:15		117	
Peter Roberts	00:24:17		118	
James Davies	00:24:21		122	

Sharon Trotman	00:24:26	123
Shereen Lisk	00:24:54	128
Eleanor Wood	00:25:17	132
Diane Ridgeway	00:25:50	145
Francesca Newman	00:25:57	151
Anthony Jones	00:26:07	154
Nathan Williams	00:26:08	155
Gwen Smith	00:26:18	162
Gina Southam	00:26:26	163
Leighton Jones	00:26:28	165
Mark Bamford	00:27:07	186
Delia Pudney	00:27:46	204
James Roberts	00:27:53	208
Simon Hurford	00:28:09	216
Laura Hall	00:28:21	220
Emma Doolan	00:29:17	248
Linda Owens	00:31:19	284
Katie Williams	00:31:36	290
Allan Smith	00:33:29	308
Ian Bamford	00:34:24	314
Karen Dugate	00:38:01	327
Manisha Rickards	00:38:25	330

Sospan RR MT10

10 miles

18/11/2018

Gareth Parry	01:09:53	29	M3544
Stephen Lisk	01:17:58	91	M3544

Steve Burton	01:18:52	95	M3544
Aron Jones	01:20:24	115	SM
Christopher Simons	01:24:07	157	SM
Caroline Sandles	01:24:35	172	F4554
Rob Sandles	01:26:17	189	M4554
Dennis Nelder	01:27:29	206	M3544
Lisa Williams	01:29:20	221	F3544
James Davies	01:30:48	233	M4554
Peter Roberts	01:31:40	245	M4554
Sharon Trotman	01:32:47	260	F4554
Gwen Smith	01:35:42	284	F4554
Diane Ridgeway	01:37:47	315	F4554
Nathan Williams	01:38:18	323	M3544
Alice Sullivan	01:40:16	332	F3544
Emma Doolan	01:40:36	335	F3544
Richard Nugent	01:43:15	362	M4554
Anthony Jones	01:44:28	370	M4554
Manisha Rickards	01:55:04	437	F3544
Christine Hurdidge	01:55:15	438	F55+
Linda Owens	02:01:41	453	F55+
Julie Davies	02:17:08	484	F55+

Brueton parkrun

5k

17/11/2018

Gavin Davies	00:21:39	43	
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Gnoll parkrun

5k

17/11/2018

Christopher Simons	00:21:58	16	
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Christopher Jones	00:22:16	17	
Simon Hurford	00:26:14	40	
Grangemoor parkrun		5k	17/11/2018
Sally Reid	00:27:49	105	
Llanelli Coast parkrun		5k	17/11/2018
Chris Francis	00:18:33	3	
Ian Hoskins	00:21:07	12	
Paul Harris	00:21:51	18	
Peter Roberts	00:24:55	47	
Richard Nugent	00:26:07	59	
Diane Ridgeway	00:26:15	61	
Katie Williams	00:26:20	63	
Nathan Williams	00:26:26	64	
Emma Doolan	00:27:30	74	
Porthcawl parkrun		5k	17/11/2018
Nathan Flear	00:40:01	321	
Swansea Bay parkrun		5k	17/11/2018
Andy Rees	00:22:38	50	
Alice Sullivan	00:25:20	111	
Craig Tindal	00:26:42	141	
Paula Stockley	00:47:00	256	
Llanelli Coast parkrun		5k	10/11/2018
Ian Hoskins	00:21:23	12	
Dewi West	00:32:40	116	
Llyn Llech Owain parkrun		5k	10/11/2018

Aron Jones	00:21:43	6	
Porthcawl parkrun		5k	10/11/2018
Leighton Jones	00:28:58	178	
Swansea Bay parkrun		5k	10/11/2018
Steve Burton	00:22:31	26	
Christopher Jones	00:22:33	27	
Andy Rees	00:22:49	34	
Simon Hurford	00:25:41	74	
Peter Roberts	00:26:08	80	
Anthony Jones	00:33:08	195	
Allan Smith	00:36:27	224	
Tata Steel Richard Burton 10k		10k	04/11/2018
Chris Francis	00:39:16	60	Male Open
Nathan Flear	00:39:22	66	Male Open
Gareth Parry	00:40:33	87	Male Open
Gavin Davies	00:47:05	250	Male 50+
Christopher Jones	00:47:00	251	Male 40+
Ross Gribble	00:47:33	269	Male Open
Mark Davies	00:51:57	448	Male 40+
Sarah Barham	00:51:41	458	Female 50+
Steve Burton	00:52:39	479	Male 50+
John Sanderson	00:51:36	493	Male 60+
Brian Macbride	00:52:25	533	Male 60+
Sandra Rees	00:58:49	797	Female 50+
Victoria Holmes	00:59:31	831	Female Open

Leighton Jones	00:58:13	839	Male 60+
Kim Holohan	00:58:23	844	Female 60+
Katie Williams	00:58:47	849	Female 40+
Peter Roberts	00:59:47	872	Male 50+
John Holohan	00:58:55	880	Male 60+
Anthony Jones	00:59:45	906	Male 40+
Peter Clement	01:00:15	926	Male 50+
Charlie James	01:02:25	1008	Female Open
David Barham	01:02:28	1009	Male 50+
Lynn Holmes	01:04:37	1080	Female 50+
Kelly Bamford	01:06:07	1159	Female Open
Manisha Rickards	01:06:25	1218	F50+
Nicola Julian	01:11:44	1348	Female 50+
Tcs New York Marathon	Marathon		04/11/2018
Stephen Lisk	03:57:20	13247	M47
Shereen Lisk	04:57:54	35672	F45
Fetch Everyone Big Fetch Mile	1 mile		03/11/2018
Mike Prasad	00:07:07	15	
Llanelli Coast parkrun	5k		03/11/2018
Ian Hoskins	00:22:48	42	
Sarah Barham	00:23:27	48	
Llyn Llech Owain parkrun	5k		03/11/2018
Paul Mcneill	00:23:37	26	
Laura Hughes-dowdle	00:24:44	35	
Johanne Hughes-dowdle	00:29:43	64	

Swansea Bay parkrun	5k	03/11/2018
Gavin Davies	00:21:53	33
Andy Rees	00:22:23	45
Christopher Jones	00:22:54	54
Steve Burton	00:23:57	74
Simon Hurford	00:24:48	94
Nathan Williams	00:25:32	109
Anthony Jones	00:26:39	122

October 2018

Run Northumberland Hexham 10k

10k

28/10/2018

Sarah Barham	00:49:48	168	FV55
David Barham	00:59:35	318	MV50

Colby parkrun

5k

27/10/2018

Aron Jones	00:21:50	15	
Eiri Evans-jones	00:34:31	131	

Gorleston Cliffs parkrun

5k

27/10/2018

Allan Smith	00:35:11	282	
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Llanelli Coast parkrun

5k

27/10/2018

Ian Hoskins	00:21:48	23	
Julie Davies	00:36:07	133	

Porthcawl parkrun

5k

27/10/2018

Leighton Jones	00:28:27	223	
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Prudhoe Riverside parkrun

5k

27/10/2018

Sarah Barham	00:25:21	30	
David Barham	00:29:28	73	

Snowdonia Marathon Eryri

Marathon

27/10/2018

Nathan Flear	03:18:45	85	MOPEN
Christopher Jones	03:52:43	422	M45-49
Nigel Evans	03:55:52	486	M50-54
Rob Sandles	03:59:16	523	M50-54
Caroline Sandles	04:12:08	731	F50-54
Christopher Simons	04:26:25	981	MOPEN

Carwyn Jenkins	04:29:56	1069	M45-49
Peter Clement	05:16:30	1775	M50-54
Paul Harris	05:31:19	1908	M50-54
Richard Nugent	06:20:14	2135	M50-54
Swansea Bay parkrun		5k	27/10/2018
Dewi West	00:21:07	36	
Gareth Parry	00:21:59	49	
Alyson Heard	00:22:33	62	
Andy Rees	00:22:57	70	
Paul Harris	00:23:46	100	
Edward Davies	00:24:17	110	
Katie Williams	00:25:41	150	
Mike Prasad	00:26:42	175	
Nathan Williams	00:26:43	177	
Anthony Jones	00:27:04	181	
Gwen Smith	00:27:27	185	
Simon Hurford	00:28:06	203	
Emma Doolan	00:28:58	222	
Alice Sullivan	00:29:33	241	
Steve Burton	00:30:01	254	
Claire Reynolds	00:31:19	278	
Diane Ridgeway	00:32:09	289	
Eastville parkrun		5k	20/10/2018
Jonah Fage	00:18:42	5	
Llanelli Coast parkrun		5k	20/10/2018

Aron Jones	00:20:11	9
Nigel Morse	00:20:31	17
Byron Davies	00:21:08	22
Leighton Jones	00:25:34	63

Swansea Bay parkrun

5k

20/10/2018

Dean Webster	00:20:06	30
Ian Bamford	00:20:09	33
Gavin Davies	00:20:13	34
Andy Rees	00:22:36	70
Edward Davies	00:24:14	93
Steve Burton	00:24:30	99
Nathan Williams	00:25:11	112
Mike Prasad	00:25:23	118
Diane Ridgeway	00:25:36	125
Christopher Jones	00:25:47	134
Sarah Barham	00:25:48	136
Louise Steer	00:27:53	178
Emma Doolan	00:27:56	180
David Barham	00:28:57	196
Allan Smith	00:35:02	280
Peter Roberts	00:42:07	301
Anthony Jones	00:44:37	305

Grangemoor parkrun

5k

13/10/2018

Christopher Jones	00:25:05	67
Simon Hurford	00:26:27	85

Bank Of America Chicago Marathon		Marathon	07/10/2018
Chris Francis	03:04:11	1687	M30-34
John Sanderson	03:50:47	11188	M60-64
Steve Mcllelland	03:57:28	13391	M60-64
Mark Bamford	04:25:53	21779	M40-44
Cardiff Half Marathon		Half Marathon	07/10/2018
Ashley Pascoe	01:24:26	328	M45+
Gareth Parry	01:27:24	467	M35+
Martin Bennett	01:29:40	676	M35+
Stephen Lisk	01:33:53	974	M45+
Christopher Montenegro	01:34:22	1043	MSEN
Dewi West	01:41:49	1957	M55+
Alice Sullivan	01:46:57	3266	F40+
Steve Burton	01:48:39	3554	M40+
Shereen Lisk	01:53:10	5491	F45+
Gwen Smith	02:00:02	6163	F50+
Richard Nugent	01:58:06	6747	M50+
Diane Ridgeway	01:57:55	6819	F50+
Mark Davies	02:06:57	7135	M40+
Helen Jenkins	02:04:20	8158	F50+
Louise Steer	02:04:49	8190	F35+
Gina Southam	02:07:11	8460	F40+
Emma Doolan	02:07:03	8640	F40+
Christopher Jones	02:08:28	10064	M45+
Anthony Jones	02:12:24	10120	M45+

Caroline Morgan	02:14:15	10556	F45+
Natalie John	02:27:43	14487	FSEN
Carl Vonk	02:36:11	15494	M50+
Carmarthen Senior Tri		Triathlon	07/10/2018
James Davies	01:16:58	25	M50
Joy Williams	01:57:58	147	FS
Mbna Chester Marathon		Marathon	07/10/2018
Dean Webster	03:25:09	616	MV35
Sharon Trotman	04:03:30	1591	FV45
Colby parkrun		5k	06/10/2018
Edward Davies	00:30:41	76	
Gnoll parkrun		5k	06/10/2018
Sarah Barham	00:25:47	34	
David Barham	00:30:59	57	
Llanelli Coast parkrun		5k	06/10/2018
Ian Hoskins	00:24:01	24	
Steve Burton	00:25:59	43	
Simon Hurford	00:28:43	73	
Diane Ridgeway	00:29:41	85	
Emma Doolan	00:31:04	96	
Katie Williams	00:32:03	106	
Nathan Williams	00:32:51	111	
Peter Roberts	00:34:03	120	
Llyn Llech Owain parkrun		5k	06/10/2018
Aron Jones	00:22:23	10	

Linda Waller	00:30:36	48	
Swansea Bay parkrun	5k		06/10/2018
Gavin Davies	00:20:46	15	
Saran Lewis	00:31:36	160	
Anthony Jones	00:43:55	212	

September 2018

Eastville parkrun	5k	29/09/2018
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Jonah Fage	00:19:17	9
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Llanelli Coast parkrun	5k	29/09/2018
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Aron Jones	00:20:13	10
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Nigel Morse	00:20:35	14
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Byron Davies	00:20:38	15
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Mark Bamford	00:22:36	21
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James Davies	00:23:58	31
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Sharon Trotman	00:24:26	33
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Paul Harris	00:38:42	122
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Llanerchaeron parkrun	5k	29/09/2018
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Christopher Montenegro	00:22:09	11
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Porthcawl parkrun	5k	29/09/2018
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Gavin Davies	00:20:22	18
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Christopher Simons	00:21:21	30
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Simon Hurford	00:26:29	146
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Christopher Jones	00:26:31	149
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Leighton Jones	00:28:36	192
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Swansea Bay parkrun	5k	29/09/2018
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Andy Rees	00:22:35	66
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Peter Roberts	00:24:59	112
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Diane Ridgeway	00:25:26	131
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Nathan Williams	00:25:31	135
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Steve Burton	00:26:03	148
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Louise Steer	00:26:23	158	
Katie Williams	00:26:29	162	
Anthony Jones	00:27:01	170	
Emma Doolan	00:27:12	175	
Gwen Smith	00:27:13	176	
Tamar Trails parkrun	5k		29/09/2018
Sarah Barham	00:26:19	40	
Simplyhealth Great Bristol Half Marathon	Half Marathon		23/09/2018
Keith Johns	01:56:05	3281	
Cwmbran parkrun	5k		22/09/2018
Christopher Simons	00:20:51	9	
Steve Burton	00:23:14	23	
Christopher Jones	00:25:51	53	
Simon Hurford	00:28:46	81	
Llanelli Coast parkrun	5k		22/09/2018
Aron Jones	00:20:42	9	
Swansea Bay parkrun	5k		22/09/2018
Andy Rees	00:22:32	53	
Elfed Joseph	00:23:28	71	
Peter Roberts	00:23:42	75	
Paul Rees	00:25:00	94	
Nathan Williams	00:26:31	121	
Emma Doolan	00:27:58	132	
Katie Williams	00:28:21	137	

Anthony Jones	00:28:48	155	
Diane Ridgeway	00:31:32	198	
Allan Smith	00:33:36	221	
Paul Harris	00:36:41	235	
Worcester parkrun	5k		22/09/2018
Gavin Davies	00:20:46	26	
Admiral Swansea Bay 10k	10k		16/09/2018
Ashley Pascoe	00:39:46	126	M40 Pacer
Gareth Parry	00:39:53	133	M50N
Gavin Davies	00:42:35	228	M50
Ceri Isaac	00:42:55	243	M50N
Christopher Montenegro	00:43:37	273	M50N
Aron Jones	00:43:27	275	M50N
Carwyn Jenkins	00:43:34	297	M40
Christopher Simons	00:45:05	398	M50N - Pacer
Andy Rees	00:46:56	506	M50
John Sanderson	00:47:15	518	M60
Laura Hughes-dowdle	00:48:27	594	FJ
Ian Bamford	00:49:55	763	M40 Pacer
Mark Davies	00:50:24	799	M40
Edward Davies	00:53:33	1029	M50
Keith Johns	00:52:57	1058	M50
Diane Ridgeway	00:54:39	1225	F45
Dewi West	00:54:47	1239	M50 Pacer
Charlie James	00:55:23	1311	F50N

Sandra Rees	00:56:08	1335	F55
Caroline Morgan	00:57:21	1484	F45
Anthony Jones	00:58:11	1596	M40
Victoria Holmes	00:59:15	1659	F55
Tim Macdermott	00:59:05	1669	M50
Lynn Holmes	00:59:44	1711	F55
Delia Pudney	00:59:53	1837	F35
Steve Burton	00:59:59	1887	M40 Pacer
Johanne Hughes-dowdle	01:00:59	1905	F45
Peter Clement	01:03:08	2075	M50
Linda Owens	01:04:27	2146	F55
Nicola Julian	01:05:30	2219	F45
Saran Lewis	01:06:01	2325	F35
Carl Vonk	01:05:29	2375	M50
Martin Nicholls	01:05:31	2376	M50
Alfryn Easter	01:05:06	2379	M60
Paula Stockley	01:39:34	3379	F35
Bmw Berlin Marathon	Marathon		16/09/2018
Mike Prasad	05:11:54	25067	M50
Gnoll parkrun	5k		15/09/2018
Allan Smith	00:36:42	101	
Llanelli Coast parkrun	5k		15/09/2018
Leighton Jones	00:24:50	48	
Llyn Llech Owain parkrun	5k		15/09/2018
Christopher Simons	00:21:42	8	

Steve Burton	00:26:38	34	
Christopher Jones	00:26:44	36	
Peter Roberts	00:27:03	40	
Simon Hurford	00:27:17	46	
Nathan Williams	00:27:47	49	
Emma Doolan	00:29:12	59	
Katie Williams	00:29:30	65	
Diane Ridgeway	00:29:51	66	
Richard Nugent	00:29:52	67	
Linda Waller	00:31:23	73	
Porthcawl parkrun		5k	15/09/2018
Gavin Davies	00:21:41	27	
Great North Run		Half Marathon	09/09/2018
Robert Coffey	01:53:26	5563	
Paula Stockley	04:07:26	43352	
Ironman Wales		Triathlon	09/09/2018
Christopher Jones	16:39:57	2012	M45
2018 Run Mag 10k Chicago		10k	08/09/2018
Nathan Williams	01:00:26	996	M40-44
Katie Williams	01:00:26	998	F40-44
Cardiff parkrun		5k	08/09/2018
Simon Hurford	00:27:14	224	
Llanelli Coast parkrun		5k	08/09/2018
Leighton Jones	00:25:06	37	

Llyn Llech Owain parkrun	5k	08/09/2018
Linda Waller	00:31:49	58
Swansea Bay parkrun	5k	08/09/2018
Stephen David Cable	00:21:26	28
Craig Tindal	00:21:34	30
Steve Burton	00:21:42	32
Andy Rees	00:22:36	45
Edward Davies	00:23:35	65
Mike Prasad	00:25:37	92
Diane Ridgeway	00:26:01	97
Paul Rees	00:26:09	101
Gwen Smith	00:27:07	124
Peter Roberts	00:27:42	132
Emma Doolan	00:28:25	141
Allan Smith	00:34:34	206
Wyre Forest parkrun	5k	08/09/2018
Gavin Davies	00:21:23	10
Llanelli Coast parkrun	5k	01/09/2018
Craig Tindal	00:22:20	13
James Davies	00:24:18	35
Simon Hurford	00:28:58	100
Richard Nugent	00:32:05	133
Diane Ridgeway	00:33:13	144
Emma Doolan	00:33:59	151
Peter Roberts	00:52:53	185

Porthcawl parkrun		5k		01/09/2018
Leighton Jones	00:26:17		143	
Random Act Of Kindness		Ultra		01/09/2018
Christopher Simons	04:53:55		9	
Steve Burton	05:42:16		23	
Swansea Bay parkrun		5k		01/09/2018
Anthony Fox	00:22:05		57	
Gavin Davies	00:22:12		59	
John Sanderson	00:23:02		79	
Andy Rees	00:23:06		82	
Edward Davies	00:23:44		101	
Mike Prasad	00:26:02		156	
Anthony Jones	00:27:40		200	
Johanne Hughes-dowdle	00:28:35		220	
Allan Smith	00:33:40		318	
Warrington parkrun		5k		01/09/2018
Sarah Barham	00:24:04		89	
David Barham	00:30:25		264	

August 2018

Bestwood Village parkrun

5k

25/08/2018

Simon Hurford 00:28:09 29

Cirencester parkrun

5k

25/08/2018

Aron Jones 00:21:20 10

Eiri Evans-jones 00:28:56 96

Llanelli Coast parkrun

5k

25/08/2018

Leighton Jones 00:25:38 43

Nerys Jones 00:28:17 77

Allan Smith 00:34:07 126

Swansea Bay parkrun

5k

25/08/2018

Gavin Davies 00:20:35 40

Craig Tindal 00:21:37 55

Peter Roberts 00:22:49 85

Andy Rees 00:22:58 87

Laura Hughes-dowdle 00:23:01 89

John Sanderson 00:23:07 91

Edward Davies 00:23:27 100

Stephen David Cable 00:23:54 108

Christopher Simons 00:23:55 109

Gwen Smith 00:25:49 153

Steve Burton 00:25:57 158

Nathan Williams 00:26:10 160

Sally Reid 00:27:29 177

Delia Pudney 00:28:15 204

Emma Doolan	00:29:07	222
Diane Ridgeway	00:31:37	278
Sarah Barham	00:33:59	310
Elfed Joseph	00:40:24	345
Paula Stockley	00:45:40	354

Colby parkrun	5k	18/08/2018
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Peter Roberts	00:24:02	40
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Llyn Llech Owain parkrun	5k	18/08/2018
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Ian Hoskins	00:21:53	10
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Richard Nugent	00:29:58	69
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Newborough Forest parkrun	5k	18/08/2018
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Christopher Jones	00:43:03	154
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Porthcawl parkrun	5k	18/08/2018
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Leighton Jones	00:26:49	167
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Swansea Bay parkrun	5k	18/08/2018
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Christopher Simons	00:20:44	37
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Stephen Lisk	00:21:43	55
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Alyson Heard	00:23:02	76
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Craig Tindal	00:23:10	77
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Edward Davies	00:24:04	99
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Steve Burton	00:24:33	107
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Sarah Barham	00:24:58	112
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Louise Steer	00:26:04	145
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Simon Hurford	00:26:37	156
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Nathan Williams	00:26:41	158
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Sally Reid	00:26:44	160
Gwen Smith	00:26:45	161
Diane Ridgeway	00:26:49	163
Anthony Jones	00:28:02	181
Gina Southam	00:28:57	208
Emma Doolan	00:29:15	215

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
Eiri Evans-jones	00:28:54	43

Porthcawl parkrun	5k	11/08/2018
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James Davies	00:23:51	98
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Swansea Bay parkrun	5k	11/08/2018
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Christopher Simons	00:21:21	27
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Peter Roberts	00:23:19	54
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Edward Davies	00:24:43	86
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Christopher Jones	00:24:59	93
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Simon Hurford	00:25:53	114
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Diane Ridgeway	00:26:33	131
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Steve Burton	00:26:34	132
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Sarah Barham	00:26:49	144
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Nathan Williams	00:29:09	204
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Richard Nugent	00:31:36	258
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Anthony Jones	00:31:51	261
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Allan Smith	00:33:49	295
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Paula Stockley	00:50:49	341
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Emma Doolan	00:51:23	343
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Yeovil Montacute parkrun	5k	11/08/2018
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Caroline Morgan	00:29:51	165
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Andy Holden Memorial 5	5 miles	08/08/2018
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Gavin Davies	00:32:20	37	MV50
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Barry 10k	10k	05/08/2018
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Christopher Simons	00:44:08	142	MSEN
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Forest Of Dean Marathon	Marathon	05/08/2018
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Steve Burton	04:32:59	137	MV40
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Gnoll parkrun	5k		04/08/2018
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Aron Jones	00:20:39	11	
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Hasenheide parkrun	5k		04/08/2018
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Sally Reid	00:28:12	47	
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Haverfordwest parkrun	5k		04/08/2018
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Christopher Simons	00:21:55	14	
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Simon Hurford	00:27:05	52	
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Christopher Jones	00:29:12	65	
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Llanelli Coast parkrun	5k		04/08/2018
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Ian Hoskins	00:21:50	17	
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Llanerchaeron parkrun	5k		04/08/2018
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Leighton Jones	00:27:00	37	
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Swansea Bay parkrun	5k		04/08/2018
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Peter Roberts	00:23:04	80	
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James Davies	00:23:48	95	
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Edward Davies	00:23:49	96	
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Ciara Dowling	00:26:34	154	
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Diane Ridgeway	00:26:49	162	
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Katie Williams	00:26:56	165	
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Anthony Jones	00:28:28	209	
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Nathan Williams	00:28:28	210	
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Gina Southam	00:31:09	268	
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Allan Smith	00:33:41	309	
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Tamar Lakes parkrun	5k		04/08/2018
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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
Christopher 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	
Simon Hurford	00:28:02	86	
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
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Llyn Llech Owain parkrun **5k** **21/07/2018**

Ian Hoskins	00:22:47	18
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Porthcawl parkrun **5k** **21/07/2018**

Leighton Jones	00:26:24	138
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Rogiet parkrun **5k** **21/07/2018**

Sarah Barham	00:25:20	37
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David Barham	00:30:53	82
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Swansea Bay parkrun **5k** **21/07/2018**

Jonah Fage	00:18:24	5
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Dewi West	00:21:00	39
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Edward Davies	00:24:06	96
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Mike Prasad	00:24:24	104
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Christopher Jones	00:25:34	127
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Gwen Smith	00:26:34	146
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Steve Burton	00:27:17	159
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Nathan Williams	00:27:59	179
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Delia Pudney	00:28:35	193
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Gina Southam	00:28:40	195
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Diane Ridgeway	00:31:03	239
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Allan Smith	00:33:54	278
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Ironman Uk		Triathlon		15/07/2018
Mark Bamford	12:34:45		937	M40
Llanelli Coast parkrun		5k		14/07/2018
Brian Griffiths	00:26:49		46	
Market Harborough parkrun		5k		14/07/2018
Carwyn Jenkins	00:21:17		33	
Swansea Bay parkrun		5k		14/07/2018
Gavin Davies	00:20:11		21	
Steve Burton	00:21:36		38	
Andy Rees	00:22:30		51	
Edward Davies	00:24:43		97	
Simon Hurford	00:26:35		134	
Gwen Smith	00:26:36		135	
Nathan Williams	00:28:30		175	
Diane Ridgeway	00:29:54		200	
Allan Smith	00:33:16		263	
Pprc Swansea Bay Summer 5k Series		5k		12/07/2018
Gareth Parry	00:19:19		20	M
Gavin Davies	00:20:17		39	M
Steve Burton	00:21:40		56	M
Andy Rees	00:22:31		68	M
Alice Sullivan	00:23:53		85	F
Diane Ridgeway	00:26:54		104	F
Louise Steer	00:27:43		109	F

Ammanford 10k	10k	08/07/2018
Chris Francis	00:39:26	24 SENM
Lee Morris	00:43:06	47 MV35
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

Leamington parkrun	5k	07/07/2018
Karen Dusgate	00:30:52	483

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
Paula Stockley	00:51:50	251

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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Byron Davies	00:21:22	19
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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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Simon Hurford	00:26:31	70
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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
Ceri Isaac	01:30:58	214	SenM
Dean Webster	01:33:08	262	SenM
Christopher Montenegro	01:35:00	320	SenM
Stephen Lisk	01:40:55	545	MV40
Carwyn Jenkins	01:43:46	691	MV40
Andy Rees	01:46:48	894	MV50
Steve Mcllelland	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
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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
Simon Hurford	00:27:21	148
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
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Welsh Castles Relay Stage 11

12.3 miles

10/06/2018

Stephen Lisk	01:37:04	55	MV
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Welsh Castles Relay Stage 12

11.2 miles

10/06/2018

Lisa Williams	01:27:18	54	FV
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Welsh Castles Relay Stage 13

10.6 miles

10/06/2018

Andrew Arran	01:21:28	48	M
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Welsh Castles Relay Stage 14

11 miles

10/06/2018

Gareth Parry	01:19:24	43	M
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Welsh Castles Relay Stage 15

12.8 miles

10/06/2018

John Sanderson	02:02:00	62	MV
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Welsh Castles Relay Stage 16

12.5 miles

10/06/2018

Chris Francis	01:33:30	28	M
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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	
Simon Hurford	00:25:47		128	
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
Christopher 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

Simon Hurford 00:24:37 127

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	
Simon Hurford	00:24:59		79	
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
Simon Hurford	00:25:00	74	M
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
Ian Hoskins	06:54:00	18
Christopher Jones	07:32:00	53
Steve Burton	08:23:00	88
Simon Hurford	08:33:00	100
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
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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	
Karen Dusgate	00:39:14		389	
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
Simon Hurford	00:26:12	142
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 Mcllelland	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	
Simon Hurford	00:24:58		100	
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
Simon Hurford	00:34:00	318
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

Simon Hurford 00:24:23 56

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
Louise Eakins	02:11:00	2144	FV45

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 Mcllland	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 Gilbert	02:10:34	230	FSen
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Llanelli Coast parkrun **5k** **10/02/2018**

Richard Webster	00:22:50	23	
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Natalie John	00:28:15	49	
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Swansea Bay parkrun **5k** **10/02/2018**

Jonah Fage	00:19:18	9	
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Christopher Simons	00:21:20	28	
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Mike Prasad	00:23:05	46	
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Dewi West	00:23:22	52	
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Edward Davies	00:23:24	53	
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Simon Hurford	00:26:22	94	
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Emma Doolan	00:27:56	113	
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Sarah Barham	00:28:31	118	
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Christopher Jones	00:29:18	135	
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Diane Ridgeway	00:32:09	171	
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Llanelli Coast parkrun **5k** **03/02/2018**

Ian Hoskins	00:20:11	9	
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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 Gilbert	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 Gilbert	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
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Simon Vaughan	00:19:28	6
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Aron Jones	00:19:44	8
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Christopher Simons	00:20:17	10
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Richard Webster	00:21:11	12
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Christopher Jones	00:22:02	16
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Steve Burton	00:22:05	17
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James Davies	00:23:05	24
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Simon Hurford	00:23:39	33
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Leighton Jones	00:25:12	48
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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	MSen
Mumbles Sprint Distrance 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 Gilbert	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 Gilbert	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 Gilbert	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 Gilbert	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 Gilbert	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
Jacquie 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 Gilbert	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 Gilbert	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 Gilbert	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 Gilbert 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 Gilbert	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