

Ian Anderson						1
Swansea Bay parkrun	5k	24/12/2016	170	00:26:50		
Julie Archer						3
JCP Swansea Half Marathon	Half Marathon	24/06/2018	1475	01:55:35	FV45	
Paul Popham Running Club Swansea Bay Summer 5k Series	5k	09/05/2017	42	00:25:16		
Llanelli Half Marathon 2017	Half Marathon	12/03/2017	423	01:48:50	FV45	
Andrew Arran						16
Welsh Castles Relay Stage 13	10.6 miles	10/06/2018	48	01:21:28	M	
Swansea Bay parkrun	5k	14/04/2018	57	00:22:44		
Brooks Snowdonia Marathon	Marathon	30/10/2017	1687	05:07:32	Mopen	
Cardiff Half Marathon	Half Marathon	01/10/2017	2819	01:46:09	MSEN	
Admiral Swansea Bay 10k	10k	24/09/2017	362	00:44:59	SenM	
2017 Tydfilians Roman Run	16 miles	02/09/2017	83	02:31:19	Senior Men	
JCP Swansea Half Marathon	Half Marathon	25/06/2017	570	01:40:13	SenM	
Swansea Bay parkrun	5k	20/05/2017	193	00:29:36		
Swansea Bay parkrun	5k	13/05/2017	26	00:21:10		
Swansea Bay parkrun	5k	06/05/2017	31	00:20:52		
Swansea Bay parkrun	5k	15/04/2017	34	00:20:49		
Llyn Llech Owain parkrun	5k	08/04/2017	14	00:21:57		
Lliswerry 8	8 miles	29/01/2017	237	00:59:41	MS	
Swansea Bay parkrun	5k	07/01/2017	46	00:22:57		

Swansea Bay parkrun	5k	31/12/2016	52	00:22:13	
Glynneath Boxing Day 5 Mile Road Race	5 miles	26/12/2016	166	00:38:34	M
Cayo Arran		27			
Brooks Snowdonia Marathon	Marathon	30/10/2017	1051	04:28:02	Mopen
Cardiff Half Marathon	Half Marathon	01/10/2017	2063	01:42:23	MSEN
JCP Swansea Half Marathon	Half Marathon	25/06/2017	244	01:31:48	SenM
Llanelli Coast parkrun	5k	17/06/2017	5	00:19:25	
Swansea Bay parkrun	5k	10/06/2017	24	00:21:55	
Swansea Bay parkrun	5k	03/06/2017	19	00:20:00	
Swansea Bay parkrun	5k	27/05/2017	20	00:20:06	
Simplyhealth Great Bristol 10K	10k	07/05/2017	811	00:43:20	M
Swansea Bay parkrun	5k	06/05/2017	30	00:20:50	
NN Rotterdam Marathon	Marathon	09/04/2017	2092	03:28:59	MSR
Cardiff and Vale College Cardiff Bay Run	10k	02/04/2017	85	00:38:43	MSEN
Swansea Bay parkrun	5k	25/03/2017	10	00:19:11	
Swansea Trotters 360 Marina 5K	5k	18/03/2017	27	00:19:23	
Llanelli Half Marathon 2017	Half Marathon	12/03/2017	68	01:29:29	SenM
Llanelli Coast parkrun	5k	25/02/2017	5	00:19:04	
HOKA One One Trail Half Marathon	Half Marathon	19/02/2017	25	01:43:45	SENM
Lliswerry 8	8 miles	29/01/2017	49	00:50:09	MS
Llanelli Coast parkrun	5k	21/01/2017	17	00:21:44	
Llanelli Coast parkrun	5k	14/01/2017	7	00:18:50	
Tata Steel Round the Reservoir Race - Men	5.6 miles	08/01/2017	12	00:35:06	SM
Swansea Bay parkrun	5k	07/01/2017	9	00:18:30	
Llanelli Coast parkrun	5k	31/12/2016	4	00:18:34	
Glynneath Boxing Day 5 Mile Road Race	5 miles	26/12/2016	44	00:30:54	M

Llyn Llech Owain parkrun	5k	25/12/2016	4	00:19:43	
Swansea Bay parkrun	5k	24/12/2016	31	00:20:01	
18th Welsh Inter-Regional Cross Country Championships	9,440m	10/12/2016	76	00:36:40	SENM
Sospan MT10	10 miles	20/11/2016	38	01:09:27	M
Ian Bamford			13		
Swansea Bay parkrun	5k	20/10/2018	33	00:20:09	
Admiral Swansea Bay 10k	10k	16/09/2018	763	00:49:55	M40 Pacer
JCP Swansea Half Marathon	Half Marathon	24/06/2018	1935	01:58:47	PACER
St illtyds Ultra 50k	Ultra	06/05/2018	17	06:54:00	
Virgin London Marathon 2018	Marathon	22/04/2018	7112	03:47:38	M40-44
Tokyo Marathon	Marathon	25/02/2018	5548	03:39:01	M40-44
SRR M10	10 miles	19/11/2017	156	01:24:44	M3544
Swansea Bay parkrun	5k	18/11/2017	60	00:23:51	
Cardiff Half Marathon	Half Marathon	01/10/2017	5325	01:56:18	M40-44
BMW Berlin Marathon	Marathon	24/09/2017	12770	03:55:28	M40
Virgin London Marathon 2017	Marathon	23/04/2017	16773	04:14:56	40-44
Llanelli Half Marathon 2017	Half Marathon	12/03/2017	352	01:45:42	MV40
New York Marathon	Marathon	06/11/2016		03:43:51	MO
Kelly Bamford			1		
Tata Steel Richard Burton 10k	10k	04/11/2018	1159	01:06:07	Female Open
Mark Bamford			22		
Bank of America Chicago Marathon	Marathon	07/10/2018	21779	04:25:53	M40-44
Llanelli Coast parkrun	5k	29/09/2018	21	00:22:36	
Tenby 10k	10k	29/07/2018	72	00:47:22	M40
Ironman UK	Triathlon	15/07/2018	937	12:34:45	M40
Welsh Castles Relay Stage 1	9.1 miles	09/06/2018	40	01:14:20	MV

Swansea Triathlon	Triathlon	20/05/2018	197	01:19:50	MV
Ironman 70.3 Marbella	Triathlon	29/04/2018	1156	06:17:51	
Great Welsh Half Marathon	Half Marathon	15/04/2018	93	01:46:55	MV40
TCS New York City Marathon	Marathon	05/11/2017	9931	03:49:54	M43
Swansea Bay parkrun	5k	14/10/2017	105	00:25:30	
Cardiff Half Marathon	Half Marathon	01/10/2017	3040	01:47:11	M40-44
Admiral Swansea Bay 10k	10k	24/09/2017	598	00:48:37	M40+
Gower Sprint Triathlon	Triathlon	12/08/2017	168	01:55:56	MV
Tenby 10k	10k	30/07/2017	95	00:49:06	M40
Swansea Bay parkrun	5k	03/06/2017	21	00:20:42	
Swansea Triathlon	Triathlon	28/05/2017	319	01:19:35	MV
Swansea Bay parkrun	5k	20/05/2017	186	00:29:30	
Whitford Point Multi-Terrain Race	5.6 miles	17/05/2017	85	00:47:24	VM40
Virgin London Marathon 2017	Marathon	23/04/2017	5719	03:27:17	40-44
Llanelli Half Marathon 2017	Half Marathon	12/03/2017	142	01:36:01	MV40
Fan Dance	15 miles	14/01/2017	43	05:00:00	MC
Endurancelife Gower Marathon	Marathon	12/11/2016	115	06:19:30	M
David Barham		45			
Tata Steel Richard Burton 10k	10k	04/11/2018	1009	01:02:28	Male 50+
Run Northumberland Hexham 10k	10k	28/10/2018	318	00:59:35	MV50
Prudhoe Riverside parkrun	5k	27/10/2018	73	00:29:28	
Swansea Bay parkrun	5k	20/10/2018	196	00:28:57	
Gnoll parkrun	5k	06/10/2018	57	00:30:59	
Warrington parkrun	5k	01/09/2018	264	00:30:25	
Rogiet parkrun	5k	21/07/2018	82	00:30:53	
Lanhydrock parkrun	5k	07/07/2018	140	00:35:26	

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

Gnoll parkrun	5k	04/03/2017	50	00:29:15	
Dolgellau parkrun	5k	25/02/2017	18	00:27:43	
Swansea Bay parkrun	5k	18/02/2017	167	00:28:34	
Swansea Bay parkrun	5k	28/01/2017	110	00:26:59	
Plymvalley parkrun	5k	21/01/2017	189	00:37:23	
Tata Steel Round the Reservoir Race - Men	5.6 miles	08/01/2017	75	01:03:55	V50
Llanelli Coast parkrun	5k	07/01/2017	116	00:34:18	
Swansea Bay parkrun	5k	01/01/2017	84	00:27:23	
Glynneath Boxing Day 5 Mile Road Race	5 miles	26/12/2016	377	00:59:38	M
Swansea Bay parkrun	5k	24/12/2016	222	00:29:41	
Richmond Old Deer Park	10k	20/11/2016	282	01:05:22	M50
Sarah Barham		79			
Tata Steel Richard Burton 10k	10k	04/11/2018	458	00:51:41	Female 50+
Llanelli Coast parkrun	5k	03/11/2018	48	00:23:27	
Run Northumberland Hexham 10k	10k	28/10/2018	168	00:49:48	FV55
Prudhoe Riverside parkrun	5k	27/10/2018	30	00:25:21	
Swansea Bay parkrun	5k	20/10/2018	136	00:25:48	
Gnoll parkrun	5k	06/10/2018	34	00:25:47	
Tamar Trails parkrun	5k	29/09/2018	40	00:26:19	
Warrington parkrun	5k	01/09/2018	89	00:24:04	
Swansea Bay parkrun	5k	25/08/2018	310	00:33:59	
Swansea Bay parkrun	5k	18/08/2018	112	00:24:58	
Swansea Bay parkrun	5k	11/08/2018	144	00:26:49	
Rogiet parkrun	5k	21/07/2018	37	00:25:20	
Lanhydrock parkrun	5k	07/07/2018	61	00:28:12	
JCP Swansea Half Marathon	Half Marathon	24/06/2018	1655	01:58:00	FV50

Swansea Bay parkrun	5k	23/06/2018	110	00:25:56	
Plymvalley parkrun	5k	16/06/2018	72	00:26:40	
Swansea Bay parkrun	5k	09/06/2018	131	00:25:51	
Llanelli Sprint Triathlon	Triathlon	13/05/2018	337	01:59:16	
Saltash Half Marathon	Half Marathon	06/05/2018	117	02:16:13	F50-54
Plymvalley parkrun	5k	05/05/2018	104	00:29:22	
Swansea Bay parkrun	5k	28/04/2018	135	00:26:04	
Great Welsh Marathon	Marathon	15/04/2018	233	04:34:53	FV50
Swansea Bay parkrun	5k	10/03/2018	183	00:30:26	
Swansea Bay parkrun	5k	24/02/2018	192	00:29:31	
Hampton Court Half Marathon	Half Marathon	18/02/2018	2053	01:54:22	F45-54
Bushy parkrun	5k	17/02/2018	417	00:25:10	
Swansea Bay parkrun	5k	10/02/2018	118	00:28:31	
Swansea Bay parkrun	5k	03/02/2018	99	00:24:51	
Plymvalley parkrun	5k	27/01/2018	140	00:35:16	
Swansea Bay parkrun	5k	20/01/2018	178	00:28:37	
International Lanzarote Duathlon	Duathlon	13/01/2018	30	01:35:50	F55-59
Swansea Bay parkrun	5k	06/01/2018	166	00:28:25	
Swansea Bay parkrun	5k	01/01/2018	168	00:29:47	
Llandeilo New Years Eve 10 miler	10 miles	31/12/2017	163	01:38:26	
Swansea Bay parkrun	5k	30/12/2017	90	00:25:43	
Plymvalley parkrun	5k	25/12/2017	82	00:29:36	
Plymvalley parkrun	5k	23/12/2017	113	00:28:58	
Plymvalley parkrun	5k	16/12/2017	111	00:34:11	
Swindon parkrun	5k	09/12/2017	117	00:25:00	
Colby parkrun	5k	04/11/2017	39	00:25:50	

Swansea Bay parkrun	5k	28/10/2017	111	00:25:26	
Chichester parkrun	5k	21/10/2017	59	00:26:03	
Swansea Bay parkrun	5k	14/10/2017	95	00:24:38	
Mumbles Sprint Distance Triathlon	Triathlon	07/10/2017	224	02:31:23	FVintageVet
Admiral Swansea Bay 10k	10k	24/09/2017	842	00:50:32	F45+
Llyn Llech Owain parkrun	5k	23/09/2017	33	00:26:06	
West Glamorgan XC League - Llanmadoc - Women	4.5 miles	17/09/2017	53	00:41:26	
Swansea Bay parkrun	5k	16/09/2017	96	00:24:49	
Grangemoor parkrun	5k	09/09/2017	74	00:24:38	
Swansea Bay parkrun	5k	02/09/2017	105	00:25:30	
Severn Bridge 10k	10k	27/08/2017	75	00:53:21	F50+
Llanelli Coast parkrun	5k	26/08/2017	73	00:25:54	
Swansea Bay parkrun	5k	19/08/2017	115	00:25:11	
Swansea Bay parkrun	5k	05/08/2017	105	00:25:13	
Cambridge parkrun	5k	24/06/2017	249	00:26:45	
Pomphrey Hill parkrun	5k	17/06/2017	115	00:26:35	
Polkerris Biathlon	Biathlon	03/06/2017	64	01:49:02	F46-55
Llanelli Coast parkrun	5k	27/05/2017	45	00:24:31	
Royal Welsh Trail Festival Half Marathon	Half Marathon	21/05/2017	258	02:20:26	MW45
Whitford Point Multi-Terrain Race	5.6 miles	17/05/2017	136	00:58:17	VF45
Gnoll parkrun	5k	29/04/2017	36	00:25:29	
Cardiff and Vale College Cardiff Bay Run	10k	02/04/2017	958	00:50:20	F45+
Llanelli Coast parkrun	5k	01/04/2017	40	00:23:59	
Llyn Llech Owain parkrun	5k	25/03/2017	31	00:25:07	
Tamar Trails parkrun	5k	18/03/2017	15	00:26:04	
Admiral City of Newport Half Marathon	Half Marathon	05/03/2017	743	01:55:28	F50-59

Gnoll parkrun	5k	04/03/2017	30	00:26:10	
Dolgellau parkrun	5k	25/02/2017	9	00:25:19	
Swansea Bay parkrun	5k	18/02/2017	84	00:24:29	
Swansea Bay parkrun	5k	28/01/2017	65	00:24:09	
Plymvalley parkrun	5k	21/01/2017	79	00:27:32	
Tata Steel Round the Reservoir Race - Women	5.6 miles	08/01/2017	14	00:46:31	V50
Llanelli Coast parkrun	5k	07/01/2017	31	00:24:27	
Swansea Bay parkrun	5k	01/01/2017	54	00:24:48	
Swansea Bay parkrun	5k	31/12/2016	132	00:26:20	
Glynneath Boxing Day 5 Mile Road Race	5 miles	26/12/2016	288	00:46:36	F
Swansea Bay parkrun	5k	24/12/2016	220	00:29:40	
Richmond Old Deer Park	10k	20/11/2016	158	00:54:45	W50
Richard Burton 10k	10k	06/11/2016	388	00:50:43	FV50
Hayley Beharrell			1		
Swansea Bay parkrun	5k	24/03/2018	138	00:28:25	
Martin Bennett			1		
Cardiff Half Marathon	Half Marathon	07/10/2018	676	01:29:40	M35+
Nina Brocklebank			7		
Gnoll parkrun	5k	25/03/2017	22	00:24:21	
Swansea Bay parkrun	5k	18/03/2017	54	00:23:38	
Swansea Bay parkrun	5k	11/03/2017	257	00:49:56	
Grangemoor parkrun	5k	04/03/2017	26	00:23:29	
Swansea Bay parkrun	5k	25/02/2017	72	00:24:24	
Ellenbrook Fields parkrun	5k	18/02/2017	43	00:24:53	
Merthyr Mawr Christmas Pudding Run 2016	6 miles	11/12/2016	406	01:07:08	FV35
Steve Burton			124		

Swansea Bay parkrun	5k	10/11/2018	26	00:22:31	
Tata Steel Richard Burton 10k	10k	04/11/2018	479	00:52:39	Male 50+
Swansea Bay parkrun	5k	03/11/2018	74	00:23:57	
Swansea Bay parkrun	5k	27/10/2018	254	00:30:01	
Swansea Bay parkrun	5k	20/10/2018	99	00:24:30	
Llanelli Coast parkrun	5k	06/10/2018	43	00:25:59	
Swansea Bay parkrun	5k	29/09/2018	148	00:26:03	
Cwmbran parkrun	5k	22/09/2018	23	00:23:14	
Admiral Swansea Bay 10k	10k	16/09/2018	1887	00:59:59	M40 Pacer
Llyn Llech Owain parkrun	5k	15/09/2018	34	00:26:38	
Swansea Bay parkrun	5k	08/09/2018	32	00:21:42	
Random Act of Kindness	Ultra	01/09/2018	23	05:42:16	
Swansea Bay parkrun	5k	25/08/2018	158	00:25:57	
Swansea Bay parkrun	5k	18/08/2018	107	00:24:33	
Port Talbot Half Marathon	Half Marathon	12/08/2018	117	01:48:22	M
Swansea Bay parkrun	5k	11/08/2018	132	00:26:34	
Forest of Dean Marathon	Marathon	05/08/2018	137	04:32:59	MV40
Swansea Bay parkrun	5k	28/07/2018	67	00:26:10	
Swansea Bay parkrun	5k	21/07/2018	159	00:27:17	
Swansea Bay parkrun	5k	14/07/2018	38	00:21:36	
PPRC Swansea Bay Summer 5k Series	5k	12/07/2018	56	00:21:40	M
Swansea Bay parkrun	5k	07/07/2018	112	00:26:54	
Llanelli Coast parkrun	5k	30/06/2018	46	00:24:09	
JCP Swansea Half Marathon	Half Marathon	24/06/2018	2722	02:09:30	PACER
Swansea Bay parkrun	5k	23/06/2018	91	00:25:03	
Llyn Llech Owain parkrun	5k	16/06/2018	19	00:24:04	

PPRC Swansea Bay Summer 5k Series - Race 2	5k	14/06/2018	36	00:22:29	M
Swansea Bay parkrun	5k	09/06/2018	80	00:23:42	
Swansea Bay parkrun	5k	02/06/2018	151	00:25:40	
Llandeilo 3 Parks Challenge	10k	01/06/2018	100	00:55:31	MV40
Pontypridd parkrun	5k	19/05/2018	55	00:23:18	
Llanelli Coast parkrun	5k	12/05/2018	43	00:24:42	
PPRC Swansea Bay Summer 5k Series	5k	10/05/2018	54	00:22:33	M
St illtyds Ultra 50k	Ultra	06/05/2018	88	08:23:00	
Swansea Bay parkrun	5k	05/05/2018	226	00:28:41	
Swansea Bay parkrun	5k	28/04/2018	234	00:30:00	
Virgin London Marathon 2018	Marathon	22/04/2018	19461	04:45:12	M40-44
Bushy parkrun	5k	21/04/2018	715	00:27:36	
Swansea Bay parkrun	5k	14/04/2018	304	00:33:47	
Swansea Bay parkrun	5k	07/04/2018	135	00:30:26	
Swansea Bay parkrun	5k	31/03/2018	160	00:25:58	
Maesteg parkrun	5k	24/03/2018	10	00:23:54	
Swansea Bay parkrun	5k	17/03/2018	103	00:27:24	
Porthcawl parkrun	5k	10/03/2018	230	00:30:24	
Swansea Bay parkrun	5k	24/02/2018	194	00:29:43	
Llanelli Half Marathon	Half Marathon	18/02/2018	601	01:51:16	SenM
Swansea Bay parkrun	5k	17/02/2018	137	00:28:28	
Llyn Llech Owain parkrun	5k	03/02/2018	21	00:23:19	
Swansea Bay parkrun	5k	27/01/2018	94	00:26:10	
Swansea Bay parkrun	5k	13/01/2018	60	00:23:33	
Llanelli Coast parkrun	5k	06/01/2018	89	00:29:52	
Swansea Bay parkrun	5k	01/01/2018	122	00:26:56	

Swansea Bay parkrun	5k	30/12/2017	78	00:25:12	
Swansea Bay parkrun	5k	23/12/2017	91	00:23:38	
Porthcawl parkrun	5k	16/12/2017	120	00:27:04	
Swansea Bay parkrun	5k	09/12/2017	70	00:24:12	
Llanelli Coast parkrun	5k	02/12/2017	10	00:21:34	
West Glamorgan XC League - Kenfig Nature Reserve - Men	TBC	26/11/2017	147	00:34:54	
Swansea Bay parkrun	5k	25/11/2017	41	00:21:49	
SRR M10	10 miles	19/11/2017	248	01:31:35	M3544
Llanelli Coast parkrun	5k	18/11/2017	17	00:22:05	
Swansea Bay parkrun	5k	11/11/2017	115	00:27:11	
Blackpool parkrun	5k	04/11/2017	31	00:24:00	
Swansea Bay parkrun	5k	28/10/2017	37	00:21:44	
West Glamorgan XC League - Gnoll - Men	5.6 miles	22/10/2017	152	00:48:00	
Swansea Bay parkrun	5k	21/10/2017	163	00:29:53	
Swansea Bay parkrun	5k	14/10/2017	56	00:22:40	
Swansea Bay parkrun	5k	07/10/2017	54	00:22:20	
Cardiff Half Marathon	Half Marathon	01/10/2017	5318	01:56:15	M40-44
Swansea Bay parkrun	5k	30/09/2017	80	00:25:33	
Admiral Swansea Bay 10k	10k	24/09/2017	622	00:48:39	M40+
Porthcawl parkrun	5k	23/09/2017	91	00:24:37	
Mic Morris Torfaen 10k	10k	17/09/2017	199	00:44:54	VetM
Swansea Bay parkrun	5k	16/09/2017	163	00:28:35	
Swansea Bay parkrun	5k	09/09/2017	83	00:22:53	
Swansea Bay parkrun	5k	02/09/2017	66	00:23:05	
Severn Bridge Half Marathon	Half Marathon	27/08/2017	705	02:02:23	M40+
Gnoll parkrun	5k	19/08/2017	32	00:24:03	

Port Talbot Half Marathon	Half Marathon	13/08/2017	139	01:54:44	MV40
Swansea Bay parkrun	5k	12/08/2017	73	00:24:02	
Barry Island parkrun	5k	05/08/2017	25	00:25:02	
Tenby 10k	10k	30/07/2017	211	00:55:14	M40
Scorcher Run Festival	Half Marathon	25/07/2017	2	01:56:27	V40
Swansea Bay parkrun	5k	22/07/2017	53	00:23:25	
The Great Celtic Half Marathon	Half Marathon	15/07/2017	138	02:12:29	M40-49
Ammanford Lions 10k	10k	09/07/2017	120	01:00:26	M40
Swansea Bay parkrun	5k	08/07/2017	52	00:24:44	
JCP Swansea Half Marathon	Half Marathon	25/06/2017	2077	02:01:33	MV40
Swansea Bay parkrun	5k	24/06/2017	163	00:35:18	
Llanelli Coast parkrun	5k	17/06/2017	58	00:28:15	
Swansea Bay parkrun	5k	10/06/2017	106	00:29:00	
Merthyr parkrun	5k	03/06/2017	28	00:24:53	
Swansea Bay parkrun	5k	27/05/2017	82	00:24:55	
PPRC Wear Wally Fun Run	10 miles	21/05/2017	19	01:29:33	M
Swansea Bay parkrun	5k	20/05/2017	183	00:29:28	
Cwm Ogwr 5 miler	5 miles	14/05/2017	177	00:44:44	Mvet
Swansea Bay parkrun	5k	13/05/2017	186	00:28:26	
Simplyhealth Great Bristol 10K	10k	07/05/2017	2655	00:49:53	
Swansea Bay parkrun	5k	06/05/2017	210	00:29:55	
Swansea Bay parkrun	5k	29/04/2017	116	00:25:53	
Swansea Bay parkrun	5k	22/04/2017	128	00:27:35	
Teifi 10	10 miles	16/04/2017	85	01:25:01	M40
Swansea Bay parkrun	5k	15/04/2017	62	00:21:56	
Swansea Bay parkrun	5k	08/04/2017	59	00:22:18	

Cardiff and Vale College Cardiff Bay Run	10k	02/04/2017	930	00:50:09	M35+
Swansea Bay parkrun	5k	01/04/2017	81	00:25:07	
Swansea Bay parkrun	5k	25/03/2017	62	00:23:16	
Swansea Bay parkrun	5k	18/03/2017	57	00:23:52	
Llanelli Half Marathon 2017	Half Marathon	12/03/2017	437	01:49:20	MV40
Swansea Bay parkrun	5k	11/03/2017	85	00:24:32	
Swansea Bay parkrun	5k	04/03/2017	44	00:22:18	
Ras Dewi Sant Coast Path Half Marathon	Half Marathon	25/02/2017	66	02:13:54	
Llyn Llech Owain parkrun	5k	18/02/2017	28	00:23:42	
Swansea Bay parkrun	5k	11/02/2017	88	00:25:03	
Swansea Bay parkrun	5k	04/02/2017	39	00:22:26	
Swansea Bay parkrun	5k	28/01/2017	50	00:23:09	
Llanelli Coast parkrun	5k	21/01/2017	28	00:22:57	
Tata Steel Round the Reservoir Race - Men	5.6 miles	08/01/2017	58	00:45:15	V40
Swansea Bay parkrun	5k	07/01/2017	81	00:24:42	
Swansea Bay parkrun	5k	01/01/2017	60	00:25:04	
Llanelli Coast parkrun	5k	31/12/2016	45	00:24:09	
Swansea Bay parkrun	5k	24/12/2016	228	00:29:56	
Run4All Neath Santa 5K	5k	03/12/2016	103	00:28:29	MV40
Richard Burton 10k	10k	06/11/2016	361	00:50:13	MV40
Stephen David Cable		15			
Swansea Bay parkrun	5k	08/09/2018	28	00:21:26	
Swansea Bay parkrun	5k	25/08/2018	108	00:23:54	
Welsh Castles Relay Stage 6	10.7 miles	09/06/2018	51	01:29:25	MV
Great Welsh Marathon	Marathon	15/04/2018	217	04:28:20	Pacer
West Glamorgan XC League - Margam Park - Men	TBC	28/01/2018	101	00:41:20	

Swansea Bay parkrun	5k	27/01/2018	27	00:21:10	
Swansea Bay parkrun	5k	01/01/2018	106	00:25:45	
Swansea Bay parkrun	5k	02/12/2017	20	00:20:58	
Swansea Bay parkrun	5k	09/09/2017	172	00:27:38	
Swansea Bay parkrun	5k	25/03/2017	28	00:21:05	
Swansea Bay parkrun	5k	11/03/2017	23	00:20:56	
Swansea Bay parkrun	5k	25/02/2017	30	00:21:15	
Swansea Bay parkrun	5k	18/02/2017	34	00:22:12	
Swansea Bay parkrun	5k	21/01/2017	41	00:22:42	
Swansea Bay parkrun	5k	07/01/2017	28	00:21:05	

Peter Clement

8

Tata Steel Richard Burton 10k	10k	04/11/2018	926	01:00:15	Male 50+
Snowdonia Marathon Eryri	Marathon	27/10/2018	1775	05:16:30	M50-54
Admiral Swansea Bay 10k	10k	16/09/2018	2075	01:03:08	M50
Port Talbot Half Marathon	Half Marathon	12/08/2018	359	02:20:09	M
Merthyr Mawr Rabbit Run	10k	16/06/2018	313	01:29:12	MM45-54
St illtyds Ultra 50k	Ultra	06/05/2018	109	08:57:00	
Great Welsh Half Marathon	Half Marathon	15/04/2018	281	02:14:42	MV50
Richard Burton 10k	10k	05/11/2017	875	00:59:12	M50+

Robert Coffey

5

Great North Run	Half Marathon	09/09/2018	5563	01:53:26	
Tokyo Marathon	Marathon	25/02/2018	7292	03:49:33	M45-49
Cardiff Half Marathon	Half Marathon	01/10/2017	2028	01:42:09	M45-49
Virgin London Marathon 2017	Marathon	23/04/2017	9233	03:44:32	45-49
New York Marathon	Marathon	06/11/2016		03:38:08	MO

Michelle Cole

2

Port Talbot Half Marathon	Half Marathon	12/08/2018	35	01:31:54	F
Tenby 10k	10k	29/07/2018	17	00:41:27	Top
Byron DAVIES		1			
Melin Sospan Sizzler Middle Distance Triathlon (swim replaced with 2nd run)	Triathlon	11/06/2017	38	05:27:56	M40
Edward Davies		52			
Swansea Bay parkrun	5k	27/10/2018	110	00:24:17	
Swansea Bay parkrun	5k	20/10/2018	93	00:24:14	
Colby parkrun	5k	06/10/2018	76	00:30:41	
Admiral Swansea Bay 10k	10k	16/09/2018	1029	00:53:33	M50
Swansea Bay parkrun	5k	08/09/2018	65	00:23:35	
Swansea Bay parkrun	5k	01/09/2018	101	00:23:44	
Swansea Bay parkrun	5k	25/08/2018	100	00:23:27	
Swansea Bay parkrun	5k	18/08/2018	99	00:24:04	
Swansea Bay parkrun	5k	11/08/2018	86	00:24:43	
Swansea Bay parkrun	5k	04/08/2018	96	00:23:49	
Swansea Bay parkrun	5k	28/07/2018	45	00:23:56	
Swansea Bay parkrun	5k	21/07/2018	96	00:24:06	
Swansea Bay parkrun	5k	14/07/2018	97	00:24:43	
Swansea Bay parkrun	5k	23/06/2018	72	00:23:54	
Swansea Bay parkrun	5k	16/06/2018	68	00:23:42	
Swansea Bay parkrun	5k	02/06/2018	106	00:23:45	
Llanelli Coast parkrun	5k	26/05/2018	45	00:23:21	
Swansea Bay parkrun	5k	28/04/2018	61	00:22:46	
Swansea Bay parkrun	5k	14/04/2018	51	00:22:29	
Swansea Bay parkrun	5k	31/03/2018	85	00:22:52	

Swansea Bay parkrun	5k	24/03/2018	48	00:22:47	
Swansea Bay parkrun	5k	10/03/2018	58	00:23:20	
Hove Promenade parkrun	5k	24/02/2018	66	00:24:23	
Swansea Bay parkrun	5k	17/02/2018	44	00:23:40	
Swansea Bay parkrun	5k	10/02/2018	53	00:23:24	
Swansea Bay parkrun	5k	03/02/2018	170	00:28:40	
Swansea Bay parkrun	5k	20/01/2018	214	00:30:23	
Swansea Bay parkrun	5k	13/01/2018	235	00:32:33	
Swansea Bay parkrun	5k	06/01/2018	165	00:28:23	
Swansea Bay parkrun	5k	01/01/2018	70	00:23:50	
Swansea Bay parkrun	5k	30/12/2017	100	00:26:19	
Swansea Bay parkrun	5k	23/12/2017	114	00:25:24	
Swansea Bay parkrun	5k	09/12/2017	62	00:23:30	
Swansea Bay parkrun	5k	25/11/2017	74	00:23:17	
Cardiff Half Marathon	Half Marathon	01/10/2017	12019	02:19:41	M50-54
Admiral Swansea Bay 10k	10k	24/09/2017	829	00:51:01	
Swansea Bay parkrun	5k	16/09/2017	88	00:24:29	
Swansea Bay parkrun	5k	26/08/2017	89	00:24:25	
Swansea Bay parkrun	5k	12/08/2017	87	00:24:36	
Swansea Bay parkrun	5k	05/08/2017	129	00:26:15	
Swansea Bay parkrun	5k	08/07/2017	60	00:25:13	
Swansea Bay parkrun	5k	17/06/2017	150	00:29:56	
Swansea Bay parkrun	5k	10/06/2017	80	00:26:16	
Gnoll parkrun	5k	03/06/2017	47	00:28:42	
Swansea Bay parkrun	5k	20/05/2017	195	00:29:37	
Swansea Bay parkrun	5k	13/05/2017	116	00:26:19	

Cardiff and Vale College Cardiff Bay Run	10k	02/04/2017	1185	00:52:10	M45+
Swansea Bay parkrun	5k	18/03/2017	63	00:24:35	
Swansea Bay parkrun	5k	04/03/2017	82	00:24:37	
Swansea Bay parkrun	5k	21/01/2017	48	00:23:15	
Swansea Bay parkrun	5k	31/12/2016	81	00:24:16	
Swansea Bay parkrun	5k	24/12/2016	108	00:24:25	
Gavin Davies		40			
Brueton parkrun	5k	17/11/2018	43	00:21:39	
Tata Steel Richard Burton 10k	10k	04/11/2018	250	00:47:05	Male 50+
Swansea Bay parkrun	5k	03/11/2018	33	00:21:53	
Swansea Bay parkrun	5k	20/10/2018	34	00:20:13	
Swansea Bay parkrun	5k	06/10/2018	15	00:20:46	
Porthcawl parkrun	5k	29/09/2018	18	00:20:22	
Worcester parkrun	5k	22/09/2018	26	00:20:46	
Admiral Swansea Bay 10k	10k	16/09/2018	228	00:42:35	M50
Porthcawl parkrun	5k	15/09/2018	27	00:21:41	
Wyre Forest parkrun	5k	08/09/2018	10	00:21:23	
Swansea Bay parkrun	5k	01/09/2018	59	00:22:12	
Swansea Bay parkrun	5k	25/08/2018	40	00:20:35	
Dudley parkrun	5k	11/08/2018	21	00:21:45	
Andy Holden Memorial 5	5 miles	08/08/2018	37	00:32:20	MV50
Worcester parkrun	5k	04/08/2018	25	00:20:47	
Tenby 10k	10k	29/07/2018	36	00:43:45	M50
Swansea Bay parkrun	5k	28/07/2018	17	00:21:23	
Kingsbury Water parkrun	5k	21/07/2018	10	00:20:27	
Swansea Bay parkrun	5k	14/07/2018	21	00:20:11	

PPRC Swansea Bay Summer 5k Series	5k	12/07/2018	39	00:20:17	M
Ammanford 10k	10k	08/07/2018	50	00:43:16	MV50
Swansea Bay parkrun	5k	07/07/2018	21	00:20:26	
Llyn Llech Owain parkrun	5k	30/06/2018	10	00:21:16	
Swansea Bay parkrun	5k	23/06/2018	18	00:19:59	
Swansea Bay parkrun	5k	16/06/2018	19	00:20:03	
PPRC Swansea Bay Summer 5k Series - Race 2	5k	14/06/2018	26	00:20:36	M
Gnoll parkrun	5k	09/06/2018	4	00:20:27	
Run4All Neath 5k Series - Race 2	5k	06/06/2018	40	00:20:42	MV40
Swansea Bay parkrun	5k	02/06/2018	30	00:20:06	
Swansea Bay parkrun	5k	12/05/2018	22	00:20:01	
PPRC Swansea Bay Summer 5k Series	5k	10/05/2018	32	00:20:19	M
Llanelli Coast parkrun	5k	05/05/2018	10	00:19:45	
Run4All Neath 5k Series - Race 1	5k	02/05/2018	34	00:21:11	MV40
ABP Newport Wales 10k	10k	29/04/2018	96	00:41:05	M50+
Swansea Bay parkrun	5k	28/04/2018	27	00:20:34	
Swansea Bay parkrun	5k	21/04/2018	18	00:19:52	
Swansea Bay parkrun	5k	14/04/2018	14	00:20:06	
Swansea Bay parkrun	5k	07/04/2018	13	00:20:10	
Swansea Bay parkrun	5k	31/03/2018	30	00:20:05	
Swansea Bay parkrun	5k	24/03/2018	14	00:20:07	
James Davies			38		
Carmarthen Senior Tri	Triathlon	07/10/2018	25	01:16:58	M50
Llanelli Coast parkrun	5k	29/09/2018	31	00:23:58	
Llanelli Coast parkrun	5k	01/09/2018	35	00:24:18	
Porthcawl parkrun	5k	11/08/2018	98	00:23:51	

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

Whitford Point Multi-Terrain Race	5.6 miles	17/05/2017	94	00:49:06	VM45
Llanelli Sprint Triathlon	Triathlon	14/05/2017	108	01:31:50	MS
Virgin London Marathon 2017	Marathon	23/04/2017	12751	03:58:08	45-49
Llanelli Half Marathon 2017	Half Marathon	12/03/2017	376	01:46:46	MV40
Swansea Bay parkrun	5k	31/12/2016	80	00:24:12	
Swansea Bay parkrun	5k	24/12/2016	124	00:25:08	
Sospan MT10	10 miles	20/11/2016	242	01:29:33	M45+
Endurancelife Gower Half	Half Marathon	12/11/2016	232	02:38:34	MV45
Richard Burton 10k	10k	06/11/2016	352	00:49:53	MV40
Julie Davies		17			
Llanelli Coast parkrun	5k	27/10/2018	133	00:36:07	
Tenby 10k	10k	29/07/2018	445	01:11:22	F55
Llanelli Coast parkrun	5k	16/06/2018	99	00:32:56	
Llyn Llech Owain parkrun	5k	24/03/2018	92	00:34:30	
Llanelli Coast parkrun	5k	17/03/2018	90	00:34:10	
West Glamorgan XC League - Margam Park - Women	TBC	28/01/2018	118	01:05:45	
West Glamorgan XC League - Margam Reservoir - Women	5.6 miles	14/01/2018	142	01:01:56	
Glynneath 5	5 miles	26/12/2017	471	00:56:35	
Colby parkrun	5k	04/11/2017	102	00:35:23	
West Glamorgan XC League - Gnoll - Women	5k	25/10/2017	146	00:34:24	
Admiral Swansea Bay 10k	10k	24/09/2017	2606	01:08:37	F55+
Severn Bridge 10k	10k	27/08/2017	394	01:12:35	F65+
Tenby 10k	10k	30/07/2017	454	01:11:20	F55
Ammanford Lions 10k	10k	09/07/2017	137	01:12:37	F55
Royal Welsh Trail Festival 10k	10k	21/05/2017	449	01:29:02	MW55
Tata Steel Round the Reservoir Race - Women	5.6 miles	08/01/2017	51	01:03:05	V65

Glynneath Boxing Day 5 Mile Road Race	5 miles	26/12/2016	356	00:54:39	F
Emma Davies Maiden		2			
Swansea Bay parkrun	5k	07/01/2017	281	00:44:55	
Swansea Bay parkrun	5k	01/01/2017	113	00:29:56	
Mark Davies		5			
Tata Steel Richard Burton 10k	10k	04/11/2018	448	00:51:57	Male 40+
Cardiff Half Marathon	Half Marathon	07/10/2018	7135	02:06:57	M40+
Admiral Swansea Bay 10k	10k	16/09/2018	799	00:50:24	M40
JCP Swansea Half Marathon	Half Marathon	24/06/2018	1886	01:58:10	MV40
West Glamorgan XC League - Margam Reservoir - Men	5.6 miles	14/01/2018	180	00:44:24	
Susan Davies		1			
Severn Bridge Half Marathon	Half Marathon	27/08/2017	1184	02:22:59	F55+
David Doherty		46			
West Glamorgan XC League - Margam Reservoir - Men	5.6 miles	14/01/2018	192	00:45:40	
Llanelli Coast parkrun	5k	06/01/2018	73	00:29:03	
Newport parkrun	5k	01/01/2018	193	00:26:10	
Cardiff parkrun	5k	01/01/2018	235	00:24:57	
Gnoll parkrun	5k	23/12/2017	34	00:25:57	
Gnoll parkrun	5k	16/12/2017	18	00:24:55	
Llanelli Coast parkrun	5k	02/12/2017	98	00:34:03	
Gnoll parkrun	5k	18/11/2017	17	00:25:40	
Swansea Bay parkrun	5k	04/11/2017	71	00:23:39	
Llanelli Coast parkrun	5k	28/10/2017	24	00:23:50	
Burnham Highbridge parkrun	5k	21/10/2017	76	00:24:46	
Gnoll parkrun	5k	14/10/2017	151	00:54:22	
Llanelli Coast parkrun	5k	07/10/2017	93	00:29:59	

Gnoll parkrun	5k	30/09/2017	27	00:26:56	
Admiral Swansea Bay 10k	10k	24/09/2017	1006	00:52:40	M60+
Llyn Llech Owain parkrun	5k	23/09/2017	40	00:27:03	
West Glamorgan XC League - Llanmadoc - Men	4.5 miles	17/09/2017	114	00:39:28	
Gnoll parkrun	5k	16/09/2017	30	00:26:12	
Gnoll parkrun	5k	19/08/2017	37	00:25:32	
Gnoll parkrun	5k	12/08/2017	27	00:25:19	
Llanelli Coast parkrun	5k	05/08/2017	44	00:25:00	
Gnoll parkrun	5k	29/07/2017	23	00:25:10	
Maesteg parkrun	5k	22/07/2017	43	00:24:52	
Llyn Llech Owain parkrun	5k	15/07/2017	34	00:25:29	
Llyn Llech Owain parkrun	5k	08/07/2017	14	00:25:11	
Swansea Bay parkrun	5k	24/06/2017	58	00:24:08	
Gnoll parkrun	5k	17/06/2017	22	00:24:47	
Gnoll parkrun	5k	10/06/2017	17	00:25:33	
Llanelli Coast parkrun	5k	03/06/2017	32	00:24:14	
Gnoll parkrun	5k	27/05/2017	25	00:25:48	
Gnoll parkrun	5k	13/05/2017	33	00:25:25	
Swansea Bay parkrun	5k	06/05/2017	289	00:35:18	
Gnoll parkrun	5k	29/04/2017	35	00:25:22	
Gnoll parkrun	5k	15/04/2017	37	00:25:02	
Preston parkrun	5k	08/04/2017	124	00:25:55	
Preston parkrun	5k	01/04/2017	117	00:26:20	
Gnoll parkrun	5k	25/03/2017	30	00:25:50	
Gnoll parkrun	5k	18/03/2017	31	00:26:40	
Gnoll parkrun	5k	11/03/2017	29	00:26:18	

Gnoll parkrun	5k	25/02/2017	25	00:26:56	
Llyn Llech Owain parkrun	5k	11/02/2017	26	00:25:38	
Gnoll parkrun	5k	28/01/2017	26	00:26:17	
Llanelli Coast parkrun	5k	21/01/2017	44	00:25:07	
Newport parkrun	5k	01/01/2017	134	00:26:22	
Cardiff parkrun	5k	01/01/2017	202	00:25:56	
Llanelli Coast parkrun	5k	19/11/2016	74	00:24:51	
Richard Donne			9		
West Glamorgan XC League - Margam Park - Men	TBC	28/01/2018	185	01:01:39	
Glynneath 5	5 miles	26/12/2017	224	00:39:28	
West Glamorgan XC League - Kenfig Nature Reserve - Men	TBC	26/11/2017	202	00:44:06	
Richard Burton 10k	10k	05/11/2017	829	01:00:24	M50+
West Glamorgan XC League - Gnoll - Men	5.6 miles	22/10/2017	186	00:56:15	
Brecon 10	10 miles	06/08/2017	249	01:59:22	M55
Tata Steel Round the Reservoir Race - Men	5.6 miles	08/01/2017	68	00:50:49	V55
Glynneath Boxing Day 5 Mile Road Race	5 miles	26/12/2016	276	00:45:32	M
RNLI Mumbles Great Christmas Fun Run	10k	11/12/2016	55	00:55:12	MV
Emma Doolan			46		
Llanelli Coast parkrun	5k	17/11/2018	74	00:27:30	
Swansea Bay parkrun	5k	27/10/2018	222	00:28:58	
Swansea Bay parkrun	5k	20/10/2018	180	00:27:56	
Llanelli Coast parkrun	5k	06/10/2018	96	00:31:04	
Swansea Bay parkrun	5k	29/09/2018	175	00:27:12	
Swansea Bay parkrun	5k	22/09/2018	132	00:27:58	
Llyn Llech Owain parkrun	5k	15/09/2018	59	00:29:12	
Swansea Bay parkrun	5k	08/09/2018	141	00:28:25	

Llanelli Coast parkrun	5k	01/09/2018	151	00:33:59	
Swansea Bay parkrun	5k	25/08/2018	222	00:29:07	
Swansea Bay parkrun	5k	18/08/2018	215	00:29:15	
Swansea Bay parkrun	5k	11/08/2018	343	00:51:23	
Swansea Bay parkrun	5k	07/07/2018	165	00:30:38	
Llyn Llech Owain parkrun	5k	30/06/2018	89	00:32:32	
Swansea Bay parkrun	5k	16/06/2018	272	00:49:08	
Swansea Bay parkrun	5k	19/05/2018	223	00:29:58	
Swansea Bay parkrun	5k	05/05/2018	276	00:30:32	
ABP Newport Wales 10k	10k	29/04/2018	1452	01:01:05	F40+
Great Welsh Half Marathon	Half Marathon	15/04/2018	307	02:19:42	FV40
Llanelli Coast parkrun	5k	07/04/2018	55	00:27:20	
Swansea Bay parkrun	5k	31/03/2018	197	00:27:18	
Cardiff Bay 10k	10k	25/03/2018	2191	00:58:10	F40
Swansea Bay parkrun	5k	24/03/2018	131	00:27:58	
Swansea Bay parkrun	5k	24/02/2018	151	00:27:08	
Llanelli Half Marathon	Half Marathon	18/02/2018	928	02:05:10	FV35
Swansea Bay parkrun	5k	17/02/2018	150	00:28:56	
Swansea Bay parkrun	5k	10/02/2018	113	00:27:56	
Swansea Bay parkrun	5k	03/02/2018	152	00:27:53	
West Glamorgan XC League - Margam Park - Women	TBC	28/01/2018	86	00:56:34	
Swansea Bay parkrun	5k	27/01/2018	138	00:29:53	
Swansea Bay parkrun	5k	20/01/2018	188	00:29:10	
West Glamorgan XC League - Margam Reservoir - Women	5.6 miles	14/01/2018	109	00:54:08	
Swansea Bay parkrun	5k	13/01/2018	172	00:29:43	
Swansea Bay parkrun	5k	06/01/2018	207	00:31:20	

Swansea Bay parkrun	5k	01/01/2018	216	00:32:14	
Swansea Bay parkrun	5k	30/12/2017	155	00:30:08	
Swansea Bay parkrun	5k	23/12/2017	193	00:29:35	
RNLI Mumbles Great Christmas Fun Run	10k	10/12/2017	105	01:01:18	FV
Swansea Bay parkrun	5k	09/12/2017	132	00:30:18	
Swansea Bay parkrun	5k	02/12/2017	182	00:33:19	
Swansea Bay parkrun	5k	25/11/2017	256	00:35:15	
Richard Burton 10k	10k	05/11/2017	1080	01:04:54	F40+
Swansea Bay parkrun	5k	04/11/2017	204	00:30:12	
Swansea Bay parkrun	5k	28/10/2017	263	00:31:52	
Swansea Bay parkrun	5k	14/10/2017	219	00:30:19	
Admiral Swansea Bay 10k	10k	24/09/2017	1931	01:00:27	F35+
Ciara Dowling			1		
Swansea Bay parkrun	5k	04/08/2018	154	00:26:34	
Karen Dugate			3		
Leamington parkrun	5k	07/07/2018	483	00:30:52	
Swansea Bay parkrun	5k	05/05/2018	389	00:39:14	
Swansea Bay parkrun	5k	17/02/2018	159	00:29:43	
Louise Eakins			6		
Tenby 10k	10k	29/07/2018	252	00:57:06	F45
Llanelli Coast parkrun	5k	25/11/2017	34	00:26:58	
Tenby 10k	10k	30/07/2017	279	00:58:25	F45
Ammanford Lions 10k	10k	09/07/2017	112	00:58:45	F45
JCP Swansea Half Marathon	Half Marathon	25/06/2017	2117	02:02:21	FV45
Richard Burton 10k	10k	06/11/2016	494	00:54:15	FV40
Mark Eakins			6		

Tenby 10k	10k	29/07/2018	64	00:46:43	M40
Admiral Swansea Bay 10k	10k	24/09/2017	294	00:43:48	M40+
Tenby 10k	10k	30/07/2017	65	00:45:57	M40
Ammanford Lions 10k	10k	09/07/2017	36	00:45:17	M40
JCP Swansea Half Marathon	Half Marathon	25/06/2017	480	01:38:24	MV40
Richard Burton 10k	10k	06/11/2016	131	00:42:41	MV40
Alfryn Easter		2			
Admiral Swansea Bay 10k	10k	16/09/2018	2379	01:05:06	M60
Admiral Swansea Bay 10k	10k	24/09/2017	2432	01:04:46	M60+
Lee Edwards		4			
Vitality Reading Half Marathon	Half Marathon	19/03/2017	2135	01:44:53	MSEN
HOKA One One Trail Half Marathon	Half Marathon	19/02/2017	101	02:00:07	SENM
Ballincollig parkrun	5k	31/12/2016	53	00:22:46	
Ballincollig parkrun	5k	24/12/2016	50	00:22:43	
Abbie Evans		1			
West Glamorgan XC League - Margam Park - Women	TBC	28/01/2018	41	00:46:35	
Eiri Evans-jones		17			
Colby parkrun	5k	27/10/2018	131	00:34:31	
Cirencester parkrun	5k	25/08/2018	96	00:28:56	
Llyn Llech Owain parkrun	5k	11/08/2018	43	00:28:54	
Llanelli Coast parkrun	5k	02/06/2018	68	00:28:07	
Llyn Llech Owain parkrun	5k	19/05/2018	39	00:27:58	
Llyn Llech Owain parkrun	5k	12/05/2018	34	00:27:25	
Llyn Llech Owain parkrun	5k	05/05/2018	49	00:28:06	
Llanelli Coast parkrun	5k	21/04/2018	53	00:26:57	
Llyn Llech Owain parkrun	5k	10/03/2018	36	00:29:04	

Llyn Llech Owain parkrun	5k	24/02/2018	42	00:29:34	
Llyn Llech Owain parkrun	5k	27/01/2018	94	00:41:56	
Llyn Llech Owain parkrun	5k	13/01/2018	90	00:37:42	
Llyn Llech Owain parkrun	5k	30/12/2017	74	00:31:29	
Llanelli Coast parkrun	5k	28/10/2017	48	00:26:38	
Admiral Swansea Bay 10k	10k	24/09/2017	1516	00:58:10	F35+
Glynneath Boxing Day 5 Mile Road Race	5 miles	26/12/2016	252	00:44:09	F
Llyn Llech Owain parkrun	5k	24/12/2016	69	00:27:49	
Nigel Evans		4			
Snowdonia Marathon Eryri	Marathon	27/10/2018	486	03:55:52	M50-54
Welsh Castles Relay Stage 3	12.3 miles	09/06/2018	57	01:37:58	MV
Swansea Bay parkrun	5k	02/06/2018	26	00:19:55	
Cambridge parkrun	5k	04/11/2017	31	00:21:14	
Del Eyre		1			
Sospan MT10	10 miles	20/11/2016	349	01:37:55	F45+
Jacquie Egan		2			
JCP Swansea Half Marathon	Half Marathon	25/06/2017	941	01:46:29	FV35
Whitford Point Multi-Terrain Race	5.6 miles	17/05/2017	98	00:49:39	VF45
Jonah Fage		20			
Eastville parkrun	5k	20/10/2018	5	00:18:42	
Eastville parkrun	5k	29/09/2018	9	00:19:17	
Swansea Bay parkrun	5k	21/07/2018	5	00:18:24	
JCP Swansea Half Marathon	Half Marathon	24/06/2018	155	01:28:35	SenM
Swansea Bay parkrun	5k	16/06/2018	7	00:18:49	
Swansea Bay parkrun	5k	02/06/2018	6	00:18:09	
Swansea Bay parkrun	5k	05/05/2018	4	00:17:50	

Swansea Bay parkrun	5k	28/04/2018	9	00:19:07	
Swansea Bay parkrun	5k	21/04/2018	9	00:18:15	
Swansea Bay parkrun	5k	14/04/2018	5	00:17:53	
Swansea Bay parkrun	5k	07/04/2018	8	00:18:33	
Swansea Bay parkrun	5k	31/03/2018	8	00:18:05	
Swansea Bay parkrun	5k	17/03/2018	1	00:18:08	
Swansea Bay parkrun	5k	10/03/2018	6	00:18:27	
Swansea Bay parkrun	5k	17/02/2018	6	00:18:38	
Swansea Bay parkrun	5k	10/02/2018	9	00:19:18	
Swansea Bay parkrun	5k	27/01/2018	2	00:18:13	
Swansea Bay parkrun	5k	20/01/2018	6	00:18:46	
Swansea Bay parkrun	5k	06/01/2018	13	00:19:38	
Swansea Bay parkrun	5k	23/12/2017	24	00:18:58	

Nathan Flear			75		
Porthcawl parkrun	5k	17/11/2018	321	00:40:01	
Tata Steel Richard Burton 10k	10k	04/11/2018	66	00:39:22	Male Open
Snowdonia Marathon Eryri	Marathon	27/10/2018	85	03:18:45	MOPEN
Energia 24 (Belast)	Ultra	23/06/2018	3	00:00:03	M35
Welsh Castles Relay Stage 19	7.7 miles	10/06/2018	5	00:47:44	M
Pleven Friendship Marathon	Marathon	20/05/2018	3	02:58:29	
ABP Newport Wales Marathon	Marathon	29/04/2018	175	03:06:09	M35+
Virgin London Marathon 2018	Marathon	22/04/2018	732	02:55:56	M18-39
Great Welsh Marathon	Marathon	15/04/2018	11	03:09:50	Msen
32nd Annual Barry 40 Mile Track Race	Ultra	11/03/2018	2	04:41:26	M34
Llanelli Coast parkrun	5k	10/03/2018	94	00:41:39	
Marathon Day Marathon	Marathon	26/02/2018	1	03:12:57	

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

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

Prince of Wales New Year's Day Run	4 miles	01/01/2017	11	00:22:37	SENM
2016 Nos Galan Elites	5k	31/12/2016	63	00:17:31	M
Glynneath Boxing Day 5 Mile Road Race	5 miles	26/12/2016	21	00:28:51	M
Swansea Bay parkrun	5k	24/12/2016	6	00:17:51	
Portsmouth Coastal Waterside Marathon	Marathon	18/12/2016	9	02:54:58	M30-39
Cottrell Park Christmas Cracker	10k	17/12/2016	4	00:38:51	Senior Men
18th Welsh Inter-Regional Cross Country Championships	9,440m	10/12/2016	44	00:34:30	SENM
Run4All Neath Santa 5K	5k	03/12/2016	3	00:17:58	MSEN
Hell of a Hill Marathon Day 3	Marathon	11/11/2016	4	04:11:56	M
Hell of a Hill Marathon Day 2	Marathon	10/11/2016	2	03:59:29	M
Hell of a Hill Marathon Day 1	Marathon	09/11/2016	2	03:45:58	M
Richard Burton 10k	10k	06/11/2016	20	00:36:30	MO
Anthony Fox			7		
Swansea Bay parkrun	5k	01/09/2018	57	00:22:05	
Swansea Bay parkrun	5k	03/02/2018	43	00:21:31	
Llyn Llech Owain parkrun	5k	06/01/2018	23	00:25:36	
Swansea Bay parkrun	5k	23/12/2017	164	00:27:53	
West Glamorgan XC League - Kenfig Nature Reserve - Men	TBC	26/11/2017	100	00:31:46	
Swansea Bay parkrun	5k	07/10/2017	35	00:21:35	
Swansea Bay parkrun	5k	25/03/2017	25	00:20:48	
Chris Francis			44		
Llanelli Coast parkrun	5k	17/11/2018	3	00:18:33	
Tata Steel Richard Burton 10k	10k	04/11/2018	60	00:39:16	Male Open
Bank of America Chicago Marathon	Marathon	07/10/2018	1687	03:04:11	M30-34
Ammanford 10k	10k	08/07/2018	24	00:39:26	SENM
Llanelli Coast parkrun	5k	30/06/2018	4	00:18:45	

JCP Swansea Half Marathon	Half Marathon	24/06/2018	108	01:26:15	SenM
Welsh Castles Relay Stage 16	12.5 miles	10/06/2018	28	01:33:30	M
2018 Royal Welsh Trail Half Marathon	Half Marathon	19/05/2018	33	01:46:33	MOPEN
Ras Barcud Coed Half Marathon 2018	Half Marathon	05/05/2018	16	01:59:05	MSEN
Virgin London Marathon 2018	Marathon	22/04/2018	3446	03:23:54	M18-39
Zurich Marato Barcelona	Marathon	11/03/2018	1303	03:15:52	SenM
Llanelli Half Marathon	Half Marathon	18/02/2018	72	01:27:05	SenM
West Glamorgan XC League - Margam Park - Men	TBC	28/01/2018	43	00:36:06	
West Glamorgan XC League - Margam Reservoir - Men	5.6 miles	14/01/2018	40	00:35:02	
Prince of Wales NYD Run	3.6 miles	01/01/2018	9	00:24:12	SENM
Swansea Bay parkrun	5k	23/12/2017	19	00:18:33	
Swansea Bay parkrun	5k	09/12/2017	9	00:18:37	
Llanelli Coast parkrun	5k	18/11/2017	2	00:18:37	
Conwy parkrun	5k	11/11/2017	5	00:18:45	
Richard Burton 10k	10k	05/11/2017	41	00:38:38	SenM
Brooks Snowdonia Marathon	Marathon	30/10/2017	143	03:29:09	Mopen
Cardiff Half Marathon	Half Marathon	01/10/2017	189	01:22:52	MSEN
Admiral Swansea Bay 10k	10k	24/09/2017	61	00:37:44	SenM
Conwy parkrun	5k	16/09/2017	4	00:18:52	
2017 Tydfilians Roman Run	16 miles	02/09/2017	12	02:04:03	Senior Men
Severn Bridge Half Marathon	Half Marathon	27/08/2017	29	01:27:48	Msen
TROT's St Clear's 10k	10k	20/08/2017	7	00:39:13	OM
Brecon 10	10 miles	06/08/2017	19	01:05:41	MO
Tenby 10k	10k	30/07/2017	15	00:39:35	OM
The Great Celtic Half Marathon	Half Marathon	15/07/2017	8	01:34:51	M30-39
Llanelli Coast parkrun	5k	08/07/2017	2	00:18:19	

JCP Swansea Half Marathon	Half Marathon	25/06/2017	91	01:25:19	SenM
Llanelli Coast parkrun	5k	17/06/2017	2	00:18:47	
Llandeilo 3 Parks Challenge	10k	02/06/2017	12	00:41:31	OM
Swansea Bay parkrun	5k	27/05/2017	4	00:18:55	
Worcester Marathon	Marathon	21/05/2017	20	03:21:26	MSEN
Swansea Bay parkrun	5k	06/05/2017	6	00:19:01	
Llanelli Half Marathon 2017	Half Marathon	12/03/2017	26	01:23:58	SenM
George Crump MBE Memorial 113th Welsh Cross Country Championships	10k	25/02/2017	65	00:44:27	SENM
Village Bakery Wrexham Half Marathon	Half Marathon	19/02/2017	113	01:23:46	SM
Llanelli Coast parkrun	5k	21/01/2017	3	00:18:59	
Llanelli Coast parkrun	5k	31/12/2016	6	00:18:44	
18th Welsh Inter-Regional Cross Country Championships	9,440m	10/12/2016	78	00:36:42	SENM
Richard Burton 10k	10k	06/11/2016	52	00:38:37	MO
Dan Gilbert			6		
JCP Swansea Half Marathon	Half Marathon	25/06/2017	1116	01:49:06	SenM
Royal Welsh Trail Festival Half Marathon	Half Marathon	21/05/2017	77	01:45:12	SENM
Whitford Point Multi-Terrain Race	5.6 miles	17/05/2017	50	00:44:02	M
Pembrey Twilight Trail Run Male Senior 15k	15k	30/03/2017	8	01:18:31	MSEN
Llanelli Half Marathon 2017	Half Marathon	12/03/2017	150	01:36:44	SenM
Sospan MT10	10 miles	20/11/2016	164	01:22:10	M
Alana Glabe			1		
Buff Trail 10k	10k	22/01/2017	56	00:50:30	F
Mark Gosney			5		
West Glamorgan XC League - Gnoll - Men	5.6 miles	22/10/2017	59	00:39:16	
Admiral Swansea Bay 10k	10k	24/09/2017	160	00:40:52	SenM

West Glamorgan XC League - Llanmadoc - Men	4.5 miles	17/09/2017	49	00:32:01	
JCP Swansea Half Marathon	Half Marathon	25/06/2017	217	01:30:36	SenM
Llanelli Coast parkrun	5k	18/02/2017	8	00:19:26	
Ross Gribble		15			
Tata Steel Richard Burton 10k	10k	04/11/2018	269	00:47:33	Male Open
Cardiff Bay 10k	10k	25/03/2018	792	00:49:11	MSEN
West Glamorgan XC League - Kenfig Nature Reserve - Men	TBC	26/11/2017	94	00:31:25	
Richard Burton 10k	10k	05/11/2017	223	00:45:12	SenM
West Glamorgan XC League - Gnoll - Men	5.6 miles	22/10/2017	114	00:43:26	
Cardiff Half Marathon	Half Marathon	01/10/2017	3433	01:48:52	MSEN
Admiral Swansea Bay 10k	10k	24/09/2017	843	00:51:01	SenM
Long Course Wales - Marathon	Marathon	09/07/2017	301	04:13:34	Msen
JCP Swansea Half Marathon	Half Marathon	25/06/2017	1117	01:49:07	SenM
Whitford Point Multi-Terrain Race	5.6 miles	17/05/2017	62	00:45:21	M
Cardiff and Vale College Cardiff Bay Run	10k	02/04/2017	311	00:44:13	MSEN
Llanelli Half Marathon 2017	Half Marathon	12/03/2017	202	01:39:29	SenM
Llanelli Coast parkrun	5k	14/01/2017	23	00:21:36	
Llanelli Coast parkrun	5k	07/01/2017	19	00:22:00	
Richard Burton 10k	10k	06/11/2016	163	00:43:50	MO
Brian Griffiths		6			
Llanelli Coast parkrun	5k	14/07/2018	46	00:26:49	
Cardiff Bay 10k	10k	25/03/2018	1861	00:56:12	M70
Llanelli Coast parkrun	5k	02/12/2017	119	00:54:43	
Naas parkrun	5k	14/10/2017	53	00:26:32	
Llanelli Coast parkrun	5k	02/09/2017	158	00:51:38	
Llanelli Coast parkrun	5k	08/04/2017	62	00:26:39	

Laura Hall			13		
Great Welsh Half Marathon	Half Marathon	15/04/2018	276	02:13:57	FV50
West Glamorgan XC League - Margam Reservoir - Women	5.6 miles	14/01/2018	106	00:53:55	
Glynneath 5	5 miles	26/12/2017	386	00:48:42	
West Glamorgan XC League - Kenfig Nature Reserve - Women	TBC	26/11/2017	107	00:44:01	
Swansea Bay parkrun	5k	18/11/2017	124	00:28:47	
Colby parkrun	5k	04/11/2017	81	00:30:57	
Swansea Bay parkrun	5k	28/10/2017	248	00:30:45	
Tenby 10k	10k	30/07/2017	360	01:03:34	F45
Ammanford Lions 10k	10k	09/07/2017	130	01:05:06	F45
Royal Welsh Trail Festival 10k	10k	21/05/2017	397	01:21:54	MW45
Glynneath Boxing Day 5 Mile Road Race	5 miles	26/12/2016	299	00:47:11	F
Swansea Bay parkrun	5k	24/12/2016	209	00:29:13	
Richard Burton 10k	10k	06/11/2016	699	01:00:07	FV50
Dean Hardie			1		
Llanelli Coast parkrun	5k	04/03/2017	6	00:20:01	
Paul Harris			29		
Llanelli Coast parkrun	5k	17/11/2018	18	00:21:51	
Swansea Bay parkrun	5k	27/10/2018	100	00:23:46	
Snowdonia Marathon Eryri	Marathon	27/10/2018	1908	05:31:19	M50-54
Llanelli Coast parkrun	5k	29/09/2018	122	00:38:42	
Swansea Bay parkrun	5k	22/09/2018	235	00:36:41	
Zurich Marato Barcelona	Marathon	11/03/2018	10023	04:27:33	VetBM
Swansea Bay parkrun	5k	24/02/2018	130	00:25:55	
Llanelli Half Marathon	Half Marathon	18/02/2018	361	01:44:39	MV40
Llanelli Coast parkrun	5k	17/02/2018	10	00:22:48	

Llanelli Coast parkrun	5k	06/01/2018	45	00:25:00	
Llyn Llech Owain parkrun	5k	25/12/2017	32	00:24:25	
Swansea Bay parkrun	5k	25/11/2017	104	00:25:09	
SRR M10	10 miles	19/11/2017	144	01:24:08	M4554
Richard Burton 10k	10k	05/11/2017	411	00:51:19	M40+
Brooks Snowdonia Marathon	Marathon	30/10/2017	1464	04:51:50	MV45
Admiral Swansea Bay 10k	10k	24/09/2017	1943	01:00:13	M40+
Simplyhealth Great North Run 2017	Half Marathon	10/09/2017	15060	02:04:32	
Newcastle parkrun	5k	09/09/2017	158	00:24:13	
2017 Scott Snowdonia Trail Marathon	Marathon	23/07/2017	535	07:42:33	M45-49
The Great Celtic Marathon	Marathon	15/07/2017	67	04:47:57	M40-49
Dorney Lakes	Ultra	15/06/2017	68	02:26:17	13.1 miles
Swansea Bay parkrun	5k	20/05/2017	191	00:29:34	
Swansea Bay parkrun	5k	06/05/2017	115	00:25:26	
Go Events Wales St Illtyds Ultra Marathon - 50k	Ultra	30/04/2017	37	07:24:00	M
Fan Dance	15 miles	14/01/2017	20	05:00:00	MCM
Swansea Bay parkrun	5k	24/12/2016	139	00:25:59	
Might Contain Nuts Round 4 - Ultra - 43 miles - Brecon Beacons	Ultra	03/12/2016	53	12:31:10	MV
Sospan MT10	10 miles	20/11/2016	260	01:30:49	M45+
Richard Burton 10k	10k	06/11/2016	297	00:47:49	MV40
Alyson Heard		6			
Swansea Bay parkrun	5k	27/10/2018	62	00:22:33	
Swansea Bay parkrun	5k	18/08/2018	76	00:23:02	
Swansea Bay parkrun	5k	09/06/2018	90	00:24:02	
West Glamorgan XC League - Kenfig Nature Reserve - Women	TBC	26/11/2017	55	00:37:03	
Colby parkrun	5k	04/11/2017	34	00:25:06	

West Glamorgan XC League - Gnoll - Women	5k	25/10/2017	52	00:25:27	
Lynn Holmes		20			
Tata Steel Richard Burton 10k	10k	04/11/2018	1080	01:04:37	Female 50+
Admiral Swansea Bay 10k	10k	16/09/2018	1711	00:59:44	F55
Tenby 10k	10k	29/07/2018	329	01:01:42	F55
Ammanford 10k	10k	08/07/2018	226	01:08:21	FV55
JCP Swansea Half Marathon	Half Marathon	24/06/2018	3366	02:19:17	FV55+
Llanelli Coast parkrun	5k	17/03/2018	59	00:29:30	
Llanelli Coast parkrun	5k	27/01/2018	42	00:29:33	
West Glamorgan XC League - Margam Reservoir - Women	5.6 miles	14/01/2018	115	00:55:42	
Colby parkrun	5k	04/11/2017	92	00:32:16	
Swansea Bay parkrun	5k	28/10/2017	235	00:30:13	
Cardiff Half Marathon	Half Marathon	01/10/2017	17891	02:55:45	F55-59
Severn Bridge Half Marathon	Half Marathon	27/08/2017	1296	02:31:55	F55+
Tenby 10k	10k	30/07/2017	393	01:05:35	F55
Ammanford Lions 10k	10k	09/07/2017	133	01:07:08	F55
JCP Swansea Half Marathon	Half Marathon	25/06/2017	3589	02:24:01	FV55+
Llanelli Coast parkrun	5k	17/06/2017	73	00:30:27	
Royal Welsh Trail Festival 10k	10k	21/05/2017	438	01:27:35	MW55
Llanelli Coast parkrun	5k	11/02/2017	85	00:31:15	
Tata Steel Round the Reservoir Race - Women	5.6 miles	08/01/2017	48	01:01:15	V50
Richard Burton 10k	10k	06/11/2016	837	01:06:06	FV50
Victoria Holmes		21			
Tata Steel Richard Burton 10k	10k	04/11/2018	831	00:59:31	Female Open
Admiral Swansea Bay 10k	10k	16/09/2018	1659	00:59:15	FSEN
Tenby 10k	10k	29/07/2018	352	01:03:48	OF

Ammanford 10k	10k	08/07/2018	249	01:13:58	FU23
Swansea Bay parkrun	5k	14/04/2018	310	00:33:52	
Llanelli Coast parkrun	5k	17/03/2018	65	00:30:07	
West Glamorgan XC League - Margam Park - Women	TBC	28/01/2018	83	00:55:53	
West Glamorgan XC League - Margam Reservoir - Women	5.6 miles	14/01/2018	118	00:55:56	
Swansea Bay parkrun	5k	18/11/2017	152	00:31:17	
Colby parkrun	5k	04/11/2017	71	00:30:01	
Cardiff Half Marathon	Half Marathon	01/10/2017	15989	02:39:13	FSEN
Severn Bridge Half Marathon	Half Marathon	27/08/2017	1282	02:30:09	Fsen
Tenby 10k	10k	30/07/2017	345	01:01:46	OF
Ammanford Lions 10k	10k	09/07/2017	127	01:04:11	FO
JCP Swansea Half Marathon	Half Marathon	25/06/2017	2821	02:11:00	SenF
Llanelli Coast parkrun	5k	17/06/2017	72	00:30:20	
Royal Welsh Trail Festival 10k	10k	21/05/2017	377	01:19:23	SENW
Llanelli Coast parkrun	5k	11/02/2017	61	00:28:11	
Tata Steel Round the Reservoir Race - Women	5.6 miles	08/01/2017	33	00:54:17	SW
Glynneath Boxing Day 5 Mile Road Race	5 miles	26/12/2016	327	00:49:52	F
Richard Burton 10k	10k	06/11/2016	581	00:57:17	FO
John Holohan		10			
Tata Steel Richard Burton 10k	10k	04/11/2018	880	00:58:55	Male 60+
Tenby 10k	10k	29/07/2018	287	00:58:59	M60
West Glamorgan XC League - Margam Reservoir - Men	5.6 miles	14/01/2018	233	00:52:42	
Richard Burton 10k	10k	05/11/2017	809	00:58:26	M60+
Cardiff Half Marathon	Half Marathon	01/10/2017	9229	02:09:27	M65-69
Severn Bridge Half Marathon	Half Marathon	27/08/2017	923	02:10:00	M65+
Tenby 10k	10k	30/07/2017	255	00:57:10	M60

Ammanford Lions 10k	10k	09/07/2017	111	00:58:13	M60
JCP Swansea Half Marathon	Half Marathon	25/06/2017	2468	02:07:19	MV60+
Richard Burton 10k	10k	06/11/2016	506	00:54:30	MV50
Kim Holohan		10			
Tata Steel Richard Burton 10k	10k	04/11/2018	844	00:58:23	Female 60+
Tenby 10k	10k	29/07/2018	251	00:57:04	F55
West Glamorgan XC League - Margam Reservoir - Women	5.6 miles	14/01/2018	89	00:51:26	
Llanelli Coast parkrun	5k	25/11/2017	33	00:26:57	
Richard Burton 10k	10k	05/11/2017	776	00:57:59	F60+
West Glamorgan XC League - Gnoll - Women	5k	25/10/2017	94	00:28:14	
Severn Bridge Half Marathon	Half Marathon	27/08/2017	1183	02:22:59	F60+
Tenby 10k	10k	30/07/2017	275	00:58:11	F55
Ammanford Lions 10k	10k	09/07/2017	107	00:57:33	F55
Richard Burton 10k	10k	06/11/2016	523	00:55:08	FV50
Lara Hooper		1			
HOKA One One Winter Trail Half Marathon	Half Marathon	17/02/2018	307	02:15:41	FJ
Ian Hoskins		53			
Llanelli Coast parkrun	5k	17/11/2018	12	00:21:07	
Llanelli Coast parkrun	5k	10/11/2018	12	00:21:23	
Llanelli Coast parkrun	5k	03/11/2018	42	00:22:48	
Llanelli Coast parkrun	5k	27/10/2018	23	00:21:48	
Llanelli Coast parkrun	5k	06/10/2018	24	00:24:01	
Llyn Llech Owain parkrun	5k	18/08/2018	10	00:21:53	
Llanelli Coast parkrun	5k	11/08/2018	10	00:21:07	
Llanelli Coast parkrun	5k	04/08/2018	17	00:21:50	
Llyn Llech Owain parkrun	5k	28/07/2018	19	00:22:44	

Llyn Llech Owain parkrun	5k	21/07/2018	18	00:22:47	
Llyn Llech Owain parkrun	5k	07/07/2018	12	00:23:11	
Llyn Llech Owain parkrun	5k	30/06/2018	12	00:22:16	
Llanelli Coast parkrun	5k	23/06/2018	15	00:22:45	
Llyn Llech Owain parkrun	5k	09/06/2018	20	00:24:19	
Llyn Llech Owain parkrun	5k	26/05/2018	18	00:23:07	
Llanelli Coast parkrun	5k	19/05/2018	11	00:20:47	
St illtyds Ultra 50k	Ultra	06/05/2018	18	06:54:00	
Llanelli Coast parkrun	5k	05/05/2018	57	00:24:58	
Llyn Llech Owain parkrun	5k	28/04/2018	9	00:21:46	
Llanelli Coast parkrun	5k	07/04/2018	14	00:21:54	
Llanelli Coast parkrun	5k	24/03/2018	9	00:20:49	
Llanelli Coast parkrun	5k	10/03/2018	12	00:22:04	
Llanelli Coast parkrun	5k	17/02/2018	3	00:20:09	
Llanelli Coast parkrun	5k	03/02/2018	9	00:20:11	
Llanelli Coast parkrun	5k	20/01/2018	19	00:20:18	
Llanelli Coast parkrun	5k	06/01/2018	18	00:22:00	
Llanelli Coast parkrun	5k	30/12/2017	16	00:21:28	
Llyn Llech Owain parkrun	5k	25/12/2017	19	00:22:41	
Llanelli Coast parkrun	5k	23/12/2017	19	00:21:16	
Endurancelife CTS Gower Marathon (28 miles)	Marathon	11/11/2017	56	05:37:12	MV45
Llanelli Coast parkrun	5k	04/11/2017	74	00:27:58	
Ron Skilton 1/2 Marathon	Half Marathon	22/10/2017	28	02:04:49	M40
Pumsaint Half Marathon	Half Marathon	17/09/2017	36	01:53:08	MV40
Narberth Nobbler	Marathon	27/08/2017	22	05:26:14	M
Llyn Llech Owain parkrun	5k	12/08/2017	12	00:22:39	

Llanelli Coast parkrun	5k	05/08/2017	42	00:24:46	
Llyn Llech Owain parkrun	5k	29/07/2017	7	00:21:10	
Llyn Llech Owain parkrun	5k	22/07/2017	11	00:21:29	
Llyn Llech Owain parkrun	5k	08/07/2017	5	00:21:22	
Llanelli Coast parkrun	5k	01/07/2017	42	00:26:05	
Llyn Llech Owain parkrun	5k	17/06/2017	13	00:22:07	
Llyn Llech Owain parkrun	5k	10/06/2017	9	00:21:47	
Llandeilo 3 Parks Challenge	10k	02/06/2017	41	00:46:22	M40
Royal Welsh Trail Festival 10k	10k	21/05/2017	53	00:54:42	MM40
Llyn Llech Owain parkrun	5k	29/04/2017	9	00:20:59	
Llanelli Coast parkrun	5k	08/04/2017	10	00:20:21	
Llanelli Coast parkrun	5k	01/04/2017	10	00:20:10	
Llanelli Coast parkrun	5k	18/02/2017	13	00:19:55	
The Beast	10k	05/02/2017	30	00:49:22	M
Buff Trail 10k	10k	22/01/2017	27	00:46:57	M
Llanelli Coast parkrun	5k	07/01/2017	5	00:19:55	
Swansea Bay parkrun	5k	01/01/2017	9	00:19:56	
Llyn Llech Owain parkrun	5k	25/12/2016	7	00:21:05	
Johanne Hughes-Dowdle		29			
Llyn Llech Owain parkrun	5k	03/11/2018	64	00:29:43	
Admiral Swansea Bay 10k	10k	16/09/2018	1905	01:00:59	F45
Swansea Bay parkrun	5k	01/09/2018	220	00:28:35	
Whitby parkrun	5k	28/07/2018	17	00:29:59	
Swansea Bay parkrun	5k	02/06/2018	223	00:28:23	
Swansea Bay parkrun	5k	12/05/2018	172	00:28:27	
Llanelli Coast parkrun	5k	05/05/2018	88	00:27:59	

Swansea Bay parkrun	5k	28/04/2018	206	00:28:46	
Swansea Bay parkrun	5k	14/04/2018	311	00:33:53	
Swansea Bay parkrun	5k	07/04/2018	113	00:29:11	
Swansea Bay parkrun	5k	03/02/2018	196	00:30:06	
West Glamorgan XC League - Margam Park - Women	TBC	28/01/2018	97	00:58:24	
Llanelli Coast parkrun	5k	20/01/2018	98	00:29:32	
West Glamorgan XC League - Margam Reservoir - Women	5.6 miles	14/01/2018	123	00:57:01	
West Glamorgan XC League - Kenfig Nature Reserve - Women	TBC	26/11/2017	113	00:45:17	
Cardiff Half Marathon	Half Marathon	01/10/2017	12302	02:20:45	F45-49
West Glamorgan XC League - Llanmadoc - Women	4.5 miles	17/09/2017	79	00:47:31	
Severn Bridge 10k	10k	27/08/2017	231	01:02:00	F45+
Swansea Bay parkrun	5k	08/07/2017	103	00:28:41	
Llanelli Coast parkrun	5k	01/07/2017	58	00:28:29	
Swansea Bay parkrun	5k	17/06/2017	132	00:29:18	
Swansea Bay parkrun	5k	03/06/2017	201	00:29:01	
Swansea Bay parkrun	5k	27/05/2017	179	00:29:56	
Llyn Llech Owain parkrun	5k	11/03/2017	66	00:30:25	
Swansea Bay parkrun	5k	25/02/2017	138	00:29:21	
Swansea Bay parkrun	5k	18/02/2017	181	00:29:02	
Gnoll parkrun	5k	11/02/2017	53	00:30:09	
Llanelli Coast parkrun	5k	04/02/2017	64	00:29:45	
Richard Burton 10k	10k	06/11/2016	687	01:00:28	FV40
Laura Hughes-Dowdle		18			
Llyn Llech Owain parkrun	5k	03/11/2018	35	00:24:44	
Admiral Swansea Bay 10k	10k	16/09/2018	594	00:48:27	FJ
Swansea Bay parkrun	5k	25/08/2018	89	00:23:01	

Whitby parkrun	5k	28/07/2018	10	00:25:18	
Merthyr Mawr Rabbit Run	10k	16/06/2018	211	01:18:16	U20W
Swansea Bay parkrun	5k	12/05/2018	83	00:24:01	
Llanelli Coast parkrun	5k	05/05/2018	50	00:24:11	
Swansea Bay parkrun	5k	28/04/2018	98	00:24:08	
Llyn Llech Owain parkrun	5k	21/04/2018	30	00:25:11	
Swansea Bay parkrun	5k	14/04/2018	99	00:24:41	
Swansea Bay parkrun	5k	07/04/2018	67	00:25:08	
Llyn Llech Owain parkrun	5k	24/03/2018	43	00:26:04	
Gnoll parkrun	5k	10/03/2018	22	00:26:51	
Swansea Bay parkrun	5k	03/02/2018	136	00:26:52	
West Glamorgan XC League - Margam Park - Women	TBC	28/01/2018	79	00:54:28	
West Glamorgan XC League - Margam Reservoir - Women	5.6 miles	14/01/2018	103	00:53:05	
Llyn Llech Owain parkrun	5k	02/12/2017	39	00:28:44	
West Glamorgan XC League - Kenfig Nature Reserve - Women	TBC	26/11/2017	98	00:42:22	
Christine Hurdidge			18		
Tenby 10k	10k	29/07/2018	355	01:04:10	F55
Ammanford 10k	10k	08/07/2018	236	01:09:11	FV65
Llanelli Coast parkrun	5k	16/06/2018	73	00:30:03	
Llyn Llech Owain parkrun	5k	24/03/2018	82	00:31:21	
Llanelli Coast parkrun	5k	17/03/2018	76	00:31:13	
West Glamorgan XC League - Margam Park - Women	TBC	28/01/2018	90	00:57:29	
West Glamorgan XC League - Margam Reservoir - Women	5.6 miles	14/01/2018	117	00:55:52	
Glynneath 5	5 miles	26/12/2017	401	00:49:20	
Colby parkrun	5k	04/11/2017	85	00:31:19	
West Glamorgan XC League - Gnoll - Women	5k	25/10/2017	130	00:31:38	

Cardiff Half Marathon	Half Marathon	01/10/2017	17897	02:55:46	F65-69
Admiral Swansea Bay 10k	10k	24/09/2017	2124	01:03:08	F55+
Severn Bridge Half Marathon	Half Marathon	27/08/2017	1230	02:26:25	F65+
Tenby 10k	10k	30/07/2017	367	01:03:26	F55
Ammanford Lions 10k	10k	09/07/2017	129	01:04:21	F55
Royal Welsh Trail Festival 10k	10k	21/05/2017	387	01:20:51	MW55
Tata Steel Round the Reservoir Race - Women	5.6 miles	08/01/2017	37	00:56:11	V65
Glynneath Boxing Day 5 Mile Road Race	5 miles	26/12/2016	322	00:49:20	F
Simon Hurford		105			
Gnoll parkrun	5k	17/11/2018	40	00:26:14	
Swansea Bay parkrun	5k	10/11/2018	74	00:25:41	
Swansea Bay parkrun	5k	03/11/2018	94	00:24:48	
Swansea Bay parkrun	5k	27/10/2018	203	00:28:06	
Grangemoor parkrun	5k	13/10/2018	85	00:26:27	
Llanelli Coast parkrun	5k	06/10/2018	73	00:28:43	
Porthcawl parkrun	5k	29/09/2018	146	00:26:29	
Cwmbran parkrun	5k	22/09/2018	81	00:28:46	
Llyn Llech Owain parkrun	5k	15/09/2018	46	00:27:17	
Cardiff parkrun	5k	08/09/2018	224	00:27:14	
Llanelli Coast parkrun	5k	01/09/2018	100	00:28:58	
Bestwood Village parkrun	5k	25/08/2018	29	00:28:09	
Swansea Bay parkrun	5k	18/08/2018	156	00:26:37	
Swansea Bay parkrun	5k	11/08/2018	114	00:25:53	
Haverfordwest parkrun	5k	04/08/2018	52	00:27:05	
Swansea Bay parkrun	5k	28/07/2018	86	00:28:02	
Swansea Bay parkrun	5k	14/07/2018	134	00:26:35	

Llanelli Coast parkrun	5k	30/06/2018	70	00:26:31	
Swansea Bay parkrun	5k	23/06/2018	148	00:27:21	
Swansea Bay parkrun	5k	09/06/2018	128	00:25:47	
Swansea Bay parkrun	5k	02/06/2018	127	00:24:37	
Pontypridd parkrun	5k	19/05/2018	79	00:24:59	
PPRC Swansea Bay Summer 5k Series	5k	10/05/2018	74	00:25:00	M
St illtyds Ultra 50k	Ultra	06/05/2018	100	08:33:00	
Swansea Bay parkrun	5k	28/04/2018	142	00:26:12	
Swansea Bay parkrun	5k	21/04/2018	100	00:24:58	
Swansea Bay parkrun	5k	14/04/2018	318	00:34:00	
Swansea Bay parkrun	5k	07/04/2018	56	00:24:23	
Swansea Bay parkrun	5k	31/03/2018	222	00:28:05	
Maesteg parkrun	5k	24/03/2018	12	00:24:09	
Swansea Bay parkrun	5k	17/03/2018	69	00:25:12	
Zurich Marato Barcelona	Marathon	11/03/2018	10072	04:28:03	VetAM
Swansea Bay parkrun	5k	24/02/2018	172	00:28:19	
Swansea Bay parkrun	5k	17/02/2018	166	00:30:19	
Swansea Bay parkrun	5k	10/02/2018	94	00:26:22	
Llyn Llech Owain parkrun	5k	03/02/2018	24	00:24:07	
Gedling parkrun	5k	27/01/2018	52	00:25:22	
Merthyr Mawr Christmas Pudding Run	10k	21/01/2018	204	01:14:55	SenM
Swansea Bay parkrun	5k	20/01/2018	160	00:27:37	
Swansea Bay parkrun	5k	13/01/2018	65	00:23:56	
Llanelli Coast parkrun	5k	06/01/2018	60	00:26:58	
Swansea Bay parkrun	5k	01/01/2018	183	00:30:22	
Gnoll parkrun	5k	30/12/2017	29	00:25:53	

Swansea Bay parkrun	5k	23/12/2017	99	00:24:14	
Porthcawl parkrun	5k	16/12/2017	99	00:26:28	
Swansea Bay parkrun	5k	09/12/2017	73	00:24:21	
Llanelli Coast parkrun	5k	02/12/2017	57	00:27:01	
Gnoll parkrun	5k	25/11/2017	17	00:24:32	
SRR M10	10 miles	19/11/2017	221	01:29:14	M3544
Llanelli Coast parkrun	5k	18/11/2017	33	00:23:39	
Swansea Bay parkrun	5k	11/11/2017	65	00:23:40	
Swansea Bay parkrun	5k	04/11/2017	78	00:24:05	
Swansea Bay parkrun	5k	28/10/2017	92	00:24:32	
Swansea Bay parkrun	5k	21/10/2017	132	00:27:58	
Swansea Bay parkrun	5k	14/10/2017	106	00:25:30	
Run Walk Crawl Gower Ultra 50	Ultra	07/10/2017	132	16:03:49	M
Cardiff Half Marathon	Half Marathon	01/10/2017	6293	01:59:17	M35-39
Swansea Bay parkrun	5k	30/09/2017	96	00:26:33	
Admiral Swansea Bay 10k	10k	24/09/2017	982	00:53:14	SenM
Porthcawl parkrun	5k	23/09/2017	114	00:25:51	
Mic Morris Torfaen 10k	10k	17/09/2017	308	00:48:14	SenM
Swansea Bay parkrun	5k	16/09/2017	102	00:25:30	
Swansea Bay parkrun	5k	09/09/2017	132	00:25:45	
Swansea Bay parkrun	5k	02/09/2017	141	00:27:19	
Severn Bridge Half Marathon	Half Marathon	27/08/2017	823	02:07:06	Msen
Swindon parkrun	5k	26/08/2017	115	00:24:33	
Gedling parkrun	5k	19/08/2017	38	00:25:57	
Swansea Bay parkrun	5k	12/08/2017	90	00:24:41	
Barry Island parkrun	5k	05/08/2017	30	00:26:01	

Tenby 10k	10k	30/07/2017	160	00:52:46	OM
Swansea Bay parkrun	5k	29/07/2017	52	00:24:08	
Swansea Bay parkrun	5k	22/07/2017	63	00:23:52	
Swansea Bay parkrun	5k	15/07/2017	55	00:24:21	
Long Course Wales - Marathon	Marathon	09/07/2017	611	04:53:00	Msen
Swansea Bay parkrun	5k	08/07/2017	102	00:28:30	
Aberystwyth parkrun	5k	01/07/2017	32	00:24:12	
JCP Swansea Half Marathon	Half Marathon	25/06/2017	1433	01:54:01	SenM
Swansea Bay parkrun	5k	24/06/2017	78	00:25:19	
Llanelli Coast parkrun	5k	17/06/2017	36	00:25:04	
Swansea Bay parkrun	5k	10/06/2017	65	00:24:59	
Merthyr parkrun	5k	03/06/2017	29	00:24:54	
Swansea Bay parkrun	5k	27/05/2017	80	00:24:52	
Swansea Bay parkrun	5k	20/05/2017	187	00:29:30	
Simplyhealth Great Bristol 10K	10k	07/05/2017	2825	00:50:25	
Swansea Bay parkrun	5k	29/04/2017	76	00:24:01	
Swansea Bay parkrun	5k	22/04/2017	68	00:23:53	
Light Up Mumbles - UNOFFICIAL TIMINGS ONLY. UNTIMED RACE. NO POSITIONS.	10k	19/04/2017		00:49:29	M
Swansea Bay parkrun	5k	15/04/2017	124	00:24:31	
NN Rotterdam Marathon	Marathon	09/04/2017	8599	04:25:33	M35
Swansea Bay parkrun	5k	01/04/2017	45	00:22:50	
Swansea Bay parkrun	5k	25/03/2017	67	00:23:34	
Swansea Bay parkrun	5k	18/03/2017	47	00:23:16	
Llanelli Half Marathon 2017	Half Marathon	12/03/2017	453	01:50:04	SenM
Swansea Bay parkrun	5k	04/03/2017	74	00:24:10	

Swansea Bay parkrun	5k	25/02/2017	71	00:24:23	
Swansea Bay parkrun	5k	18/02/2017	82	00:24:25	
Bath Skyline 10k	10k	12/02/2017	182	01:05:58	M20-39
Swansea Bay parkrun	5k	11/02/2017	67	00:23:46	
The Beast	10k	05/02/2017	109	01:02:47	M
Swansea Bay parkrun	5k	04/02/2017	71	00:24:19	
Gnoll parkrun	5k	28/01/2017	25	00:26:13	
Llanelli Coast parkrun	5k	21/01/2017	52	00:26:23	
Swansea Bay parkrun	5k	07/01/2017	105	00:25:28	
Swansea Bay parkrun	5k	01/01/2017	64	00:25:46	
Swansea Bay parkrun	5k	24/12/2016	186	00:28:02	
Ceri Isaac		28			
Admiral Swansea Bay 10k	10k	16/09/2018	243	00:42:55	MSEN
JCP Swansea Half Marathon	Half Marathon	24/06/2018	214	01:30:58	SenM
Welsh Castles Relay Stage 17	8.7 miles	10/06/2018	18	00:56:11	M
West Glamorgan XC League - Margam Park - Men	TBC	28/01/2018	51	00:37:10	
West Glamorgan XC League - Margam Reservoir - Men	5.6 miles	14/01/2018	53	00:36:14	
Swansea Bay parkrun	5k	23/12/2017	23	00:18:56	
Portsmouth Coastal Waterside Marathon	Marathon	17/12/2017	189	03:53:17	M30-39
Swansea Bay parkrun	5k	09/12/2017	11	00:18:56	
Swansea Bay parkrun	5k	02/12/2017	8	00:19:00	
West Glamorgan XC League - Gnoll - Men	5.6 miles	22/10/2017	70	00:39:53	
Cardiff Half Marathon	Half Marathon	01/10/2017	16916	02:46:11	MSEN
Swansea Bay parkrun	5k	02/09/2017	89	00:24:24	
JCP Swansea Half Marathon	Half Marathon	25/06/2017	342	01:35:01	SenM
Sospan 10K	10k	17/06/2017	335	01:16:50	SM

Llyn Llech Owain parkrun	5k	27/05/2017	1	00:19:45	
Swansea Bay parkrun	5k	20/05/2017	9	00:19:14	
Great Welsh Half Marathon	Half Marathon	07/05/2017	22	01:37:17	MSEN
Swansea Bay parkrun	5k	22/04/2017	11	00:19:28	
Pendine Sands Half Marathon	Half Marathon	16/04/2017	17	01:58:00	M
Gnoll parkrun	5k	15/04/2017	20	00:23:00	
2017 San Domenico 20 Miler	20 miles	19/03/2017	223	03:31:35	Senior Men
Swansea Bay parkrun	5k	11/03/2017	12	00:19:38	
Mile End parkrun	5k	04/03/2017	112	00:23:47	
George Crump MBE Memorial 113th Welsh Cross Country Championships	10k	25/02/2017	84	00:48:35	SENM
Swansea Bay parkrun	5k	18/02/2017	16	00:20:19	
Gnoll parkrun	5k	21/01/2017	48	00:30:20	
Swansea Bay parkrun	5k	07/01/2017	22	00:20:41	
Swansea Bay parkrun	5k	01/01/2017	130	00:32:24	
Charlie James			16		
Tata Steel Richard Burton 10k	10k	04/11/2018	1008	01:02:25	Female Open
Admiral Swansea Bay 10k	10k	16/09/2018	1311	00:55:23	FSEN
Cardiff Bay 10k	10k	25/03/2018	2549	00:59:56	FSEN
Richard Burton 10k	10k	05/11/2017	542	00:53:53	SenF
West Glamorgan XC League - Gnoll - Women	5k	25/10/2017	59	00:26:15	
Cardiff Half Marathon	Half Marathon	01/10/2017	5341	01:56:19	FSEN
Admiral Swansea Bay 10k	10k	24/09/2017	844	00:51:02	SenF
West Glamorgan XC League - Llanmadoc - Women	4.5 miles	17/09/2017	47	00:40:44	
Long Course Wales - Half Marathon	Half Marathon	09/07/2017	329	02:12:32	Fsen
JCP Swansea Half Marathon	Half Marathon	25/06/2017	1118	01:49:07	SenF

Whitford Point Multi-Terrain Race	5.6 miles	17/05/2017	109	00:51:46	F
Cardiff and Vale College Cardiff Bay Run	10k	02/04/2017	879	00:49:48	FSEN
Llanelli Half Marathon 2017	Half Marathon	12/03/2017	414	01:48:34	SenF
Llanelli Coast parkrun	5k	14/01/2017	47	00:24:49	
Llanelli Coast parkrun	5k	07/01/2017	37	00:25:15	
Richard Burton 10k	10k	06/11/2016	370	00:50:53	FO
Carwyn Jenkins		8			
Snowdonia Marathon Eryri	Marathon	27/10/2018	1069	04:29:56	M45-49
Admiral Swansea Bay 10k	10k	16/09/2018	297	00:43:34	M40
Market Harborough parkrun	5k	14/07/2018	33	00:21:17	
JCP Swansea Half Marathon	Half Marathon	24/06/2018	691	01:43:46	MV40
The Great Celtic Half Marathon	Half Marathon	15/07/2017	84	02:01:50	M40-49
JCP Swansea Half Marathon	Half Marathon	25/06/2017	821	01:45:00	MV40
Whitford Point Multi-Terrain Race	5.6 miles	17/05/2017	37	00:41:49	VM40
Virgin London Marathon 2017	Marathon	23/04/2017	10190	03:48:47	40-44
Helen Jenkins		8			
Cardiff Half Marathon	Half Marathon	07/10/2018	8158	02:04:20	F50+
Tenby 10k	10k	29/07/2018	242	00:56:51	F45
Colby parkrun	5k	04/11/2017	64	00:29:23	
West Glamorgan XC League - Gnoll - Women	5k	25/10/2017	115	00:29:46	
Cardiff Half Marathon	Half Marathon	01/10/2017	8225	02:05:56	F45-49
Tenby 10k	10k	30/07/2017	286	00:58:39	F45
Royal Welsh Trail Festival Half Marathon	Half Marathon	21/05/2017	273	02:25:17	MW45
Llanelli Half Marathon 2017	Half Marathon	12/03/2017	766	02:03:16	FV45
Natalie John		9			
Cardiff Half Marathon	Half Marathon	07/10/2018	14487	02:27:43	FSEN

JCP Swansea Half Marathon	Half Marathon	24/06/2018	3993	02:29:18	PACER
PPRC Swansea Bay Summer 5k Series	5k	10/05/2018	154	00:32:32	F
St illtyds Ultra 50k	Ultra	06/05/2018	117	09:29:00	
Llanelli Coast parkrun	5k	10/02/2018	49	00:28:15	
West Glamorgan XC League - Margam Reservoir - Women	5.6 miles	14/01/2018	86	00:51:18	
Llanelli Coast parkrun	5k	06/01/2018	66	00:27:53	
Swansea Bay parkrun	5k	23/12/2017	124	00:26:06	
West Glamorgan XC League - Kenfig Nature Reserve - Women	TBC	26/11/2017	88	00:40:12	
Keith Johns		2			
Simplyhealth Great Bristol Half Marathon	Half Marathon	23/09/2018	3281	01:56:05	
Admiral Swansea Bay 10k	10k	16/09/2018	1058	00:52:57	M50
Anthony Jones		14			
Swansea Bay parkrun	5k	10/11/2018	195	00:33:08	
Tata Steel Richard Burton 10k	10k	04/11/2018	906	00:59:45	Male 40+
Swansea Bay parkrun	5k	03/11/2018	122	00:26:39	
Swansea Bay parkrun	5k	27/10/2018	181	00:27:04	
Swansea Bay parkrun	5k	20/10/2018	305	00:44:37	
Cardiff Half Marathon	Half Marathon	07/10/2018	10120	02:12:24	M45+
Swansea Bay parkrun	5k	06/10/2018	212	00:43:55	
Swansea Bay parkrun	5k	29/09/2018	170	00:27:01	
Swansea Bay parkrun	5k	22/09/2018	155	00:28:48	
Admiral Swansea Bay 10k	10k	16/09/2018	1596	00:58:11	M40
Swansea Bay parkrun	5k	01/09/2018	200	00:27:40	
Swansea Bay parkrun	5k	18/08/2018	181	00:28:02	
Swansea Bay parkrun	5k	11/08/2018	261	00:31:51	
Swansea Bay parkrun	5k	04/08/2018	209	00:28:28	

Aron Jones					55
Llyn Llech Owain parkrun	5k	10/11/2018	6	00:21:43	
Colby parkrun	5k	27/10/2018	15	00:21:50	
Llanelli Coast parkrun	5k	20/10/2018	9	00:20:11	
Llyn Llech Owain parkrun	5k	06/10/2018	10	00:22:23	
Llanelli Coast parkrun	5k	29/09/2018	10	00:20:13	
Llanelli Coast parkrun	5k	22/09/2018	9	00:20:42	
Admiral Swansea Bay 10k	10k	16/09/2018	275	00:43:27	MSEN
Cirencester parkrun	5k	25/08/2018	10	00:21:20	
Llyn Llech Owain parkrun	5k	11/08/2018	5	00:20:40	
Gnoll parkrun	5k	04/08/2018	11	00:20:39	
Gnoll parkrun	5k	28/07/2018	9	00:21:00	
Llanelli Coast parkrun	5k	07/07/2018	3	00:20:05	
Llyn Llech Owain parkrun	5k	30/06/2018	8	00:20:21	
Llanelli Coast parkrun	5k	02/06/2018	7	00:19:46	
Llyn Llech Owain parkrun	5k	19/05/2018	3	00:20:22	
Llyn Llech Owain parkrun	5k	12/05/2018	3	00:20:35	
Carmarthen Mayors 5k Race & Fun Run 2018	5k	07/05/2018	21	00:20:46	MS
Llyn Llech Owain parkrun	5k	05/05/2018	6	00:20:48	
Tenovus Botanic Garden 10k 2018	10k	29/04/2018	12	00:43:25	OM
Llanelli Coast parkrun	5k	21/04/2018	5	00:19:50	
Great Welsh Half Marathon	Half Marathon	15/04/2018	29	01:37:34	Msen
Llanelli Coast parkrun	5k	24/03/2018	6	00:19:50	
Llyn Llech Owain parkrun	5k	10/03/2018	3	00:20:39	
Llyn Llech Owain parkrun	5k	24/02/2018	10	00:21:18	
Llanelli Half Marathon	Half Marathon	18/02/2018	169	01:36:49	SenM

Llyn Llech Owain parkrun	5k	27/01/2018	8	00:21:41	
Llyn Llech Owain parkrun	5k	13/01/2018	5	00:21:25	
Llyn Llech Owain parkrun	5k	30/12/2017	8	00:22:00	
Llyn Llech Owain parkrun	5k	23/12/2017	9	00:21:24	
Swansea Bay parkrun	5k	25/11/2017	16	00:19:51	
Llanelli Coast parkrun	5k	18/11/2017	8	00:19:44	
Gnoll parkrun	5k	11/11/2017	6	00:21:18	
Richard Burton 10k	10k	05/11/2017	130	00:42:50	SenM
Llanelli Coast parkrun	5k	28/10/2017	10	00:19:54	
West Glamorgan XC League - Gnoll - Men	5.6 miles	22/10/2017	90	00:41:46	
Swansea Bay parkrun	5k	21/10/2017	12	00:20:00	
Llyn Llech Owain parkrun	5k	14/10/2017	4	00:21:20	
Admiral Swansea Bay 10k	10k	24/09/2017	1514	00:58:10	SenM
Llyn Llech Owain parkrun	5k	05/08/2017	10	00:21:23	
Gnoll parkrun	5k	29/07/2017	5	00:21:20	
Gnoll parkrun	5k	22/07/2017	8	00:21:18	
The Great Celtic Half Marathon	Half Marathon	15/07/2017	50	01:51:30	M30-39
JCP Swansea Half Marathon	Half Marathon	25/06/2017	299	01:34:12	SenM
Llanelli Coast parkrun	5k	27/05/2017	8	00:20:25	
Llanelli Coast parkrun	5k	20/05/2017	11	00:20:15	
Llyn Llech Owain parkrun	5k	06/05/2017	3	00:20:52	
Llanelli Coast parkrun	5k	29/04/2017	8	00:20:07	
Llyn Llech Owain parkrun	5k	08/04/2017	8	00:20:50	
TENOVUS Botanic Garden 10k	10k	02/04/2017	19	00:44:02	MO
Llanelli Coast parkrun	5k	25/03/2017	5	00:19:43	
Llanelli Coast parkrun	5k	04/03/2017	7	00:20:14	

Llanelli Coast parkrun	5k	25/02/2017	8	00:20:19	
Llyn Llech Owain parkrun	5k	18/02/2017	10	00:20:54	
Glynneath Boxing Day 5 Mile Road Race	5 miles	26/12/2016	95	00:34:17	M
Llyn Llech Owain parkrun	5k	24/12/2016	16	00:21:23	
Caroline Jones			3		
Tenby 10k	10k	30/07/2017	331	01:01:12	F45
Paul Popham Running Club Swansea Bay Summer 5k Series	5k	09/05/2017	68	00:29:00	
Llanelli Half Marathon 2017	Half Marathon	12/03/2017	928	02:12:04	FV45
Christopher Jones			154		
Gnoll parkrun	5k	17/11/2018	17	00:22:16	
Swansea Bay parkrun	5k	10/11/2018	27	00:22:33	
Tata Steel Richard Burton 10k	10k	04/11/2018	251	00:47:00	Male 40+
Swansea Bay parkrun	5k	03/11/2018	54	00:22:54	
Snowdonia Marathon Eryri	Marathon	27/10/2018	422	03:52:43	M45-49
Swansea Bay parkrun	5k	20/10/2018	134	00:25:47	
Grangemoor parkrun	5k	13/10/2018	67	00:25:05	
Cardiff Half Marathon	Half Marathon	07/10/2018	10064	02:08:28	M45+
Porthcawl parkrun	5k	29/09/2018	149	00:26:31	
Cwmbran parkrun	5k	22/09/2018	53	00:25:51	
Llyn Llech Owain parkrun	5k	15/09/2018	36	00:26:44	
Ironman Wales	Triathlon	09/09/2018	2012	16:39:57	M45
Newborough Forest parkrun	5k	18/08/2018	154	00:43:03	
Port Talbot Half Marathon	Half Marathon	12/08/2018	243	02:04:20	M
Swansea Bay parkrun	5k	11/08/2018	93	00:24:59	
Haverfordwest parkrun	5k	04/08/2018	65	00:29:12	
Tenby 10k	10k	29/07/2018	176	00:53:45	M40

Swansea Bay parkrun	5k	21/07/2018	127	00:25:34	
Llyn Llech Owain parkrun	5k	16/06/2018	26	00:25:13	
Welsh Castles Relay Stage 5	9.6 miles	09/06/2018	61	01:31:00	MV
Llanelli Coast parkrun	5k	26/05/2018	52	00:24:14	
Liverpool Rock n Roll Marathon	Marathon	20/05/2018	2105	04:49:24	M45-49
Princes parkrun Liverpool	5k	19/05/2018	190	00:27:04	
Llanelli Coast parkrun	5k	12/05/2018	51	00:25:25	
PPRC Swansea Bay Summer 5k Series	5k	10/05/2018	83	00:26:29	M
St illtyds Ultra 50k	Ultra	06/05/2018	53	07:32:00	
Llanelli Coast parkrun	5k	05/05/2018	97	00:29:08	
ABP Newport Wales Marathon	Marathon	29/04/2018	1631	04:08:02	M45+
Swansea Bay parkrun	5k	28/04/2018	194	00:28:10	
Virgin London Marathon 2018	Marathon	22/04/2018	18197	04:39:58	M45-49
Great Welsh Marathon	Marathon	15/04/2018	160	04:12:42	MV40
Swansea Bay parkrun	5k	14/04/2018	319	00:34:02	
Asics Greater Manchester Marathon	Marathon	08/04/2018	5781	04:19:39	V45
Oldham parkrun	5k	07/04/2018	51	00:25:27	
Swansea Bay parkrun	5k	31/03/2018	150	00:25:37	
Zurich Marato Barcelona	Marathon	11/03/2018	8311	04:11:53	VetBM
Swansea Bay parkrun	5k	24/02/2018	80	00:24:10	
Llanelli Half Marathon	Half Marathon	18/02/2018	626	01:54:36	MV40
Swansea Bay parkrun	5k	17/02/2018	136	00:28:25	
Swansea Bay parkrun	5k	10/02/2018	135	00:29:18	
Llyn Llech Owain parkrun	5k	03/02/2018	25	00:24:39	
Gnoll parkrun	5k	27/01/2018	32	00:24:49	
Merthyr Mawr Christmas Pudding Run	10k	21/01/2018	130	01:08:40	

Kingsbury Water parkrun	5k	20/01/2018	92	00:25:16	
West Glamorgan XC League - Margam Reservoir - Men	5.6 miles	14/01/2018	199	00:46:14	
Swansea Bay parkrun	5k	13/01/2018	83	00:24:33	
Swansea Bay parkrun	5k	01/01/2018	184	00:30:23	
Gnoll parkrun	5k	30/12/2017	20	00:24:02	
Glynneath 5	5 miles	26/12/2017	190	00:38:12	
Llyn Llech Owain parkrun	5k	25/12/2017	41	00:25:55	
Cottrell Park Christmas Cracker	10k	17/12/2017	89	00:54:17	Mens Masters 45-54
Porthcawl parkrun	5k	16/12/2017	51	00:23:33	
Swansea Bay parkrun	5k	09/12/2017	54	00:23:09	
Llanelli Coast parkrun	5k	02/12/2017	27	00:24:02	
West Glamorgan XC League - Kenfig Nature Reserve - Men	TBC	26/11/2017	134	00:33:46	
Gnoll parkrun	5k	25/11/2017	13	00:23:15	
SRR M10	10 miles	19/11/2017	159	01:25:02	M4554
Llanelli Coast parkrun	5k	18/11/2017	16	00:22:02	
Swansea Bay parkrun	5k	11/11/2017	174	00:30:25	
Richard Burton 10k	10k	05/11/2017	275	00:47:37	M40+
Llanelli Coast parkrun	5k	04/11/2017	25	00:22:25	
Brooks Snowdonia Marathon	Marathon	30/10/2017	580	04:02:56	MV45
West Glamorgan XC League - Gnoll - Men	5.6 miles	22/10/2017	127	00:45:02	
Swansea Bay parkrun	5k	21/10/2017	67	00:24:02	
Swansea Bay parkrun	5k	14/10/2017	53	00:22:34	
Run Walk Crawl Gower Ultra 50	Ultra	07/10/2017	129	16:03:20	M
Cardiff Half Marathon	Half Marathon	01/10/2017	4519	01:53:23	M45-49
Swansea Bay parkrun	5k	30/09/2017	63	00:24:43	
Admiral Swansea Bay 10k	10k	24/09/2017	462	00:46:39	M40+

Porthcawl parkrun	5k	23/09/2017	93	00:24:38	
Mic Morris Torfaen 10k	10k	17/09/2017	198	00:44:59	VetM
Swansea Bay parkrun	5k	16/09/2017	56	00:22:44	
Simplyhealth Great North Run 2017	Half Marathon	10/09/2017	6440	01:49:41	
Newcastle parkrun	5k	09/09/2017	133	00:23:33	
2017 Cardiff Kidney Wales 10K	10k	03/09/2017	1410	00:51:31	M45+
Merthyr parkrun	5k	02/09/2017	5	00:24:24	
2017 Tydfilians Roman Run	16 miles	02/09/2017	181	03:00:06	Men's Masters 40+
Severn Bridge Half Marathon	Half Marathon	27/08/2017	407	01:51:23	M45+
Swindon parkrun	5k	26/08/2017	88	00:23:20	
Dolgellau parkrun	5k	19/08/2017	30	00:24:15	
Port Talbot Half Marathon	Half Marathon	13/08/2017	118	01:50:39	MV45
Llyn Llech Owain parkrun	5k	12/08/2017	53	00:29:04	
Gloucester City Marathon	Marathon	06/08/2017	196	04:04:48	M45-49
Barry Island parkrun	5k	05/08/2017	64	00:29:29	
Tenby 10k	10k	30/07/2017	180	00:54:10	M40
2017 Scott Snowdonia Trail Marathon	Marathon	23/07/2017	554	07:48:56	M45-49
Conwy parkrun	5k	22/07/2017	81	00:24:20	
The Great Celtic Marathon	Marathon	15/07/2017	89	05:29:21	M40-49
Paul Popham Running Club Swansea Bay Summer 5k Series	5k	11/07/2017	33	00:23:50	M
Long Course Wales - Marathon	Marathon	09/07/2017	384	04:24:36	MV45
Colby parkrun	5k	08/07/2017	43	00:24:44	
Run4All Neath 5k Series - Race 3	5k	05/07/2017	67	00:22:48	MVET
Aberystwyth parkrun	5k	01/07/2017	25	00:22:57	
JCP Swansea Half Marathon	Half Marathon	25/06/2017	891	01:46:10	MV40
Swansea Bay parkrun	5k	24/06/2017	67	00:24:36	

Offah's Dyke 15	15 miles	18/06/2017	119	03:19:42	MV45
Llanelli Coast parkrun	5k	17/06/2017	26	00:24:09	
Sospan 10K	10k	17/06/2017	74	00:49:47	M3544
Dorney Lakes	Ultra	15/06/2017	34	04:46:48	26.2 miles
Paul Popham Running Club Swansea Bay Summer 5k Series	5k	13/06/2017	31	00:22:04	M
Swansea Bay parkrun	5k	10/06/2017	23	00:21:54	
Merthyr parkrun	5k	03/06/2017	20	00:23:02	
Llandeilo 3 Parks Challenge	10k	02/06/2017	65	00:50:22	M40
Azores trail ilha azul 70k	Ultra	28/05/2017	44	11:33:21	
Worcester Marathon	Marathon	21/05/2017	122	04:11:01	MV45
Swansea Bay parkrun	5k	20/05/2017	185	00:29:29	
Whitford Point Multi-Terrain Race	5.6 miles	17/05/2017	87	00:47:47	VM45
Cwm Ogwr 5 miler	5 miles	14/05/2017	129	00:40:30	Mvet
Porthcawl parkrun	5k	13/05/2017	50	00:22:12	
Paul Popham Running Club Swansea Bay Summer 5k Series	5k	09/05/2017	34	00:23:43	
Simplyhealth Great Bristol 10K	10k	07/05/2017	2620	00:49:46	
The Uni-Lite Night Trail 10k Wales	10k	06/05/2017	45	00:51:39	M
Swansea Bay parkrun	5k	06/05/2017	58	00:22:35	
Go Events Wales St Illtyds Ultra Marathon - 50k	Ultra	30/04/2017	38	07:28:00	M
Llyn Llech Owain parkrun	5k	29/04/2017	18	00:22:45	
Llyn Llech Owain parkrun	5k	22/04/2017	18	00:23:00	
Light Up Mumbles - UNOFFICIAL TIMINGS ONLY. UNTIMED RACE. NO POSITIONS.	10k	19/04/2017		00:46:38	M
Rogue Runs Gilwern Grunt	8 miles	17/04/2017	87	01:17:23	MV40
Teifi 10	10 miles	16/04/2017	68	01:17:50	M40
Swansea Bay parkrun	5k	15/04/2017	53	00:21:44	

NN Rotterdam Marathon	Marathon	09/04/2017	5374	03:58:51	M45
Walsall Arboretum parkrun	5k	01/04/2017	97	00:24:00	
Swansea Bay parkrun	5k	25/03/2017	70	00:23:36	
Swansea Bay parkrun	5k	18/03/2017	34	00:22:45	
Swansea Trotters 360 Marina 5K	5k	18/03/2017	75	00:23:10	
Llanelli Half Marathon 2017	Half Marathon	12/03/2017	431	01:49:13	MV40
Llanelli Coast parkrun	5k	11/03/2017	26	00:24:22	
St David's Day 10K - Cardiff	10k	05/03/2017	351	00:56:05	Male Masters 45+
Swansea Bay parkrun	5k	04/03/2017	46	00:22:30	
Pontypool 10k	10k	26/02/2017	277	00:57:35	M40
Ras Dewi Sant Coast Path Marathon	Marathon	25/02/2017	27	05:54:11	
HOKA One One Trail Half Marathon	Half Marathon	19/02/2017	139	02:06:13	M45
Bath Skyline 10k	10k	12/02/2017	62	00:56:07	M40-49
Swansea Bay parkrun	5k	11/02/2017	37	00:22:09	
Swansea Bay parkrun	5k	04/02/2017	286	00:42:06	
Lliswerry 8	8 miles	29/01/2017	355	01:04:43	M45
Gnoll parkrun	5k	28/01/2017	14	00:24:06	
Buff Trail 10k	10k	22/01/2017	113	00:55:57	M
Llanelli Coast parkrun	5k	21/01/2017	16	00:21:43	
Fan Dance	15 miles	14/01/2017	19	04:59:00	MCM
Tata Steel Round the Reservoir Race - Men	5.6 miles	08/01/2017	42	00:41:54	V45
Swansea Bay parkrun	5k	07/01/2017	38	00:22:29	
Prince of Wales New Year's Day Run	4 miles	01/01/2017	119	00:30:59	MM40
Llanelli Coast parkrun	5k	31/12/2016	32	00:22:23	
2016 Nos Galan Seniors	5k	31/12/2016	130	00:24:18	M45
Glynneath Boxing Day 5 Mile Road Race	5 miles	26/12/2016	180	00:39:26	M

Llyn Llech Owain parkrun	5k	25/12/2016	29	00:25:45	
Swansea Bay parkrun	5k	24/12/2016	117	00:24:46	
Cottrell Park Christmas Cracker	10k	17/12/2016	114	00:56:26	Mens Masters 45-54
Merthyr Mawr Christmas Pudding Run 2016	6 miles	11/12/2016	152	00:52:29	MV40
Run4All Neath Santa 5K	5k	03/12/2016	68	00:26:20	MV45
Sospan MT10	10 miles	20/11/2016	226	01:28:19	M45+
Endurancelife Gower Half	Half Marathon	12/11/2016	217	02:36:38	MV45
Richard Burton 10k	10k	06/11/2016	309	00:48:13	MV40
Leighton Jones		70			
Porthcawl parkrun	5k	10/11/2018	178	00:28:58	
Tata Steel Richard Burton 10k	10k	04/11/2018	839	00:58:13	Male 60+
Porthcawl parkrun	5k	27/10/2018	223	00:28:27	
Llanelli Coast parkrun	5k	20/10/2018	63	00:25:34	
Porthcawl parkrun	5k	29/09/2018	192	00:28:36	
Llanelli Coast parkrun	5k	15/09/2018	48	00:24:50	
Llanelli Coast parkrun	5k	08/09/2018	37	00:25:06	
Porthcawl parkrun	5k	01/09/2018	143	00:26:17	
Llanelli Coast parkrun	5k	25/08/2018	43	00:25:38	
Porthcawl parkrun	5k	18/08/2018	167	00:26:49	
Llanerchaeron parkrun	5k	04/08/2018	37	00:27:00	
Porthcawl parkrun	5k	21/07/2018	138	00:26:24	
Llanelli Coast parkrun	5k	07/07/2018	41	00:26:21	
Llanelli Coast parkrun	5k	30/06/2018	68	00:26:20	
Llanelli Coast parkrun	5k	23/06/2018	38	00:25:51	
Porthcawl parkrun	5k	16/06/2018	130	00:25:58	
Llanelli Coast parkrun	5k	09/06/2018	49	00:25:54	

Swansea Bay parkrun	5k	02/06/2018	165	00:26:14
Llanelli Coast parkrun	5k	26/05/2018	60	00:25:12
Llanelli Coast parkrun	5k	19/05/2018	58	00:26:16
Porthcawl parkrun	5k	05/05/2018	170	00:26:49
Llanelli Coast parkrun	5k	21/04/2018	51	00:26:22
Swansea Bay parkrun	5k	14/04/2018	185	00:28:18
Swansea Bay parkrun	5k	31/03/2018	467	00:46:12
Llyn Llech Owain parkrun	5k	24/03/2018	54	00:27:31
Llanelli Coast parkrun	5k	10/03/2018	36	00:25:41
Porthcawl parkrun	5k	24/02/2018	125	00:26:59
Llanelli Coast parkrun	5k	17/02/2018	29	00:26:31
Llanelli Coast parkrun	5k	03/02/2018	58	00:27:32
Swansea Bay parkrun	5k	06/01/2018	113	00:26:23
Porthcawl parkrun	5k	30/12/2017	181	00:28:54
Llanelli Coast parkrun	5k	02/12/2017	32	00:24:42
Swansea Bay parkrun	5k	25/11/2017	105	00:25:11
Llanelli Coast parkrun	5k	18/11/2017	48	00:25:12
Porthcawl parkrun	5k	11/11/2017	132	00:28:08
Llanelli Coast parkrun	5k	04/11/2017	146	00:45:41
Llanelli Coast parkrun	5k	28/10/2017	37	00:25:19
Llanelli Coast parkrun	5k	14/10/2017	40	00:25:26
Swansea Bay parkrun	5k	07/10/2017	103	00:25:36
Llanelli Coast parkrun	5k	30/09/2017	47	00:26:34
Llanelli Coast parkrun	5k	02/09/2017	37	00:24:54
Llanelli Coast parkrun	5k	26/08/2017	90	00:27:38
Porthcawl parkrun	5k	12/08/2017	103	00:25:24

Porthcawl parkrun	5k	05/08/2017	105	00:26:18	
Gnoll parkrun	5k	29/07/2017	24	00:25:14	
Llanelli Coast parkrun	5k	22/07/2017	34	00:24:24	
Swansea Bay parkrun	5k	15/07/2017	84	00:25:33	
Llanelli Coast parkrun	5k	17/06/2017	39	00:25:19	
Llanelli Coast parkrun	5k	10/06/2017	49	00:27:50	
Llanelli Coast parkrun	5k	03/06/2017	52	00:26:37	
Swansea Bay parkrun	5k	27/05/2017	131	00:27:36	
Whitford Point Multi-Terrain Race	5.6 miles	17/05/2017	126	00:56:21	VM50
Llyn Llech Owain parkrun	5k	13/05/2017	34	00:26:20	
Porthcawl parkrun	5k	29/04/2017	115	00:25:49	
Llanelli Coast parkrun	5k	22/04/2017	80	00:29:39	
Porthcawl parkrun	5k	15/04/2017	138	00:25:14	
Llanelli Coast parkrun	5k	08/04/2017	43	00:24:44	
Swansea Bay parkrun	5k	01/04/2017	132	00:29:30	
Porthcawl parkrun	5k	25/03/2017	148	00:26:23	
Swansea Bay parkrun	5k	18/03/2017	134	00:29:32	
Swansea Bay parkrun	5k	11/03/2017	165	00:29:11	
Llanelli Coast parkrun	5k	04/03/2017	75	00:30:28	
Swansea Bay parkrun	5k	25/02/2017	160	00:31:10	
Swansea Bay parkrun	5k	18/02/2017	162	00:28:21	
Swansea Bay parkrun	5k	28/01/2017	97	00:26:16	
Porthcawl parkrun	5k	21/01/2017	206	00:28:04	
Porthcawl parkrun	5k	14/01/2017	171	00:28:37	
Porthcawl parkrun	5k	07/01/2017	182	00:28:19	
Porthcawl parkrun	5k	31/12/2016	180	00:26:05	

Llanelli Coast parkrun	5k	24/12/2016	41	00:24:59	
Meinir Jones		8			
Tenby 10k	10k	29/07/2018	318	01:00:58	F55
West Glamorgan XC League - Kenfig Nature Reserve - Women	TBC	26/11/2017	109	00:44:18	
West Glamorgan XC League - Gnoll - Women	5k	25/10/2017	124	00:30:27	
Cardiff Half Marathon	Half Marathon	01/10/2017	17893	02:55:45	F60-64
West Glamorgan XC League - Llanmadoc - Women	4.5 miles	17/09/2017	80	00:47:39	
Tenby 10k	10k	30/07/2017	357	01:02:32	F55
Royal Welsh Trail Festival 10k	10k	21/05/2017	354	01:17:39	MW55
Run4All Neath Santa 5K	5k	03/12/2016	111	00:29:17	FV60
Nerys Jones		23			
Llanelli Coast parkrun	5k	25/08/2018	77	00:28:17	
Llanelli Coast parkrun	5k	09/06/2018	74	00:28:21	
Swansea Bay parkrun	5k	02/06/2018	217	00:28:03	
Llanelli Coast parkrun	5k	26/05/2018	86	00:28:16	
Swansea Bay parkrun	5k	14/04/2018	204	00:29:26	
Llanelli Coast parkrun	5k	28/10/2017	54	00:26:56	
Llanelli Coast parkrun	5k	14/10/2017	69	00:28:16	
Swansea Bay parkrun	5k	07/10/2017	158	00:29:13	
Llanelli Coast parkrun	5k	30/09/2017	55	00:27:32	
Llanelli Coast parkrun	5k	26/08/2017	98	00:28:42	
Llanelli Coast parkrun	5k	22/07/2017	65	00:27:47	
Swansea Bay parkrun	5k	15/07/2017	114	00:27:40	
Llanelli Coast parkrun	5k	17/06/2017	64	00:28:47	
Llanelli Coast parkrun	5k	10/06/2017	56	00:29:04	
Swansea Bay parkrun	5k	27/05/2017	132	00:27:41	

Swansea Bay parkrun	5k	20/05/2017	158	00:28:26	
Llanelli Coast parkrun	5k	22/04/2017	83	00:29:51	
Swansea Bay parkrun	5k	01/04/2017	133	00:29:31	
Swansea Bay parkrun	5k	18/03/2017	133	00:29:31	
Swansea Bay parkrun	5k	11/03/2017	163	00:29:09	
Llanelli Coast parkrun	5k	04/03/2017	73	00:30:26	
Swansea Bay parkrun	5k	25/02/2017	158	00:31:07	
Swansea Bay parkrun	5k	18/02/2017	224	00:31:27	
Elfed Joseph			18		
Swansea Bay parkrun	5k	22/09/2018	71	00:23:28	
Swansea Bay parkrun	5k	25/08/2018	345	00:40:24	
Port Talbot Half Marathon	Half Marathon	12/08/2018	197	01:58:43	M
Sospan 10k	10k	23/06/2018	47	00:49:17	M55+
Dymock Half Marathon	Half Marathon	27/05/2018	69	01:53:31	VM
Vale Coastal Ultra (32 miles)	Ultra	07/04/2018	205	09:10:55	M
HOKA One One Winter Trail Half Marathon	Half Marathon	17/02/2018	395	02:29:20	MV55
West Glamorgan XC League - Margam Park - Men	TBC	28/01/2018	157	00:48:02	
West Glamorgan XC League - Margam Reservoir - Men	5.6 miles	14/01/2018	196	00:46:03	
Llandeilo New Years Eve 10 miler	10 miles	31/12/2017	182	01:44:02	
Cottrell Park Christmas Cracker	10k	17/12/2017	146	01:01:52	Mens Masters 55-64
West Glamorgan XC League - Kenfig Nature Reserve - Men	TBC	26/11/2017	191	00:39:26	
JCP Swansea Half Marathon	Half Marathon	25/06/2017	1482	01:55:07	MV50
Swansea Bay parkrun	5k	27/05/2017	64	00:23:47	
Llanelli Half Marathon 2017	Half Marathon	12/03/2017	371	01:46:32	MV50
HOKA One One Trail Half Marathon	Half Marathon	19/02/2017	307	02:32:19	M55
Buff Trail 10k	10k	22/01/2017	145	00:58:44	M

Cottrell Park Christmas Cracker	10k	17/12/2016	104	00:55:38	Mens Masters 55-64
Nicola Julian		15			
Tata Steel Richard Burton 10k	10k	04/11/2018	1348	01:11:44	Female 50+
Admiral Swansea Bay 10k	10k	16/09/2018	2219	01:05:30	F45
JCP Swansea Half Marathon	Half Marathon	24/06/2018	4031	02:30:21	FV45
Llanelli Coast parkrun	5k	17/03/2018	89	00:34:00	
West Glamorgan XC League - Margam Reservoir - Women	5.6 miles	14/01/2018	153	01:07:01	
Swansea Bay parkrun	5k	18/11/2017	180	00:33:40	
Cardiff Half Marathon	Half Marathon	01/10/2017	17894	02:55:45	F50-54
Severn Bridge 10k	10k	27/08/2017	364	01:10:04	F50+
Tenby 10k	10k	30/07/2017	490	01:16:49	F45
Ammanford Lions 10k	10k	09/07/2017	146	01:19:57	F45
JCP Swansea Half Marathon	Half Marathon	25/06/2017	4113	02:36:05	FV45
Royal Welsh Trail Festival 10k	10k	21/05/2017	450	01:29:03	MW45
Llanelli Coast parkrun	5k	11/02/2017	89	00:32:14	
Tata Steel Round the Reservoir Race - Women	5.6 miles	08/01/2017	50	01:02:05	V50
Richard Burton 10k	10k	06/11/2016	905	01:11:13	FV50
Vivienne Kavanagh		8			
Merthyr Mawr Rabbit Run	10k	16/06/2018	207	01:17:57	MW55-64
Glynneath 5	5 miles	26/12/2017	382	00:48:31	
Cardiff Half Marathon	Half Marathon	01/10/2017	3189	01:47:52	F50-54
2017 Tydfilians Roman Run	16 miles	02/09/2017	132	02:42:30	Ladies Masters 35+
Royal Welsh Trail Festival Half Marathon	Half Marathon	21/05/2017	187	02:05:31	MW45
Glynneath Boxing Day 5 Mile Road Race	5 miles	26/12/2016	186	00:39:34	F
Sospan MT10	10 miles	20/11/2016	253	01:29:59	F45+
Richard Burton 10k	10k	06/11/2016	305	00:48:34	FV50

Saran Lewis			10		
Swansea Bay parkrun	5k	06/10/2018	160	00:31:36	
Admiral Swansea Bay 10k	10k	16/09/2018	2325	01:06:01	F35
Swansea Bay parkrun	5k	07/07/2018	213	00:32:45	
Swansea Bay parkrun	5k	23/06/2018	248	00:32:23	
Swansea Bay parkrun	5k	09/06/2018	329	00:35:43	
Swansea Bay parkrun	5k	02/06/2018	334	00:32:53	
Cardiff Bay 10k	10k	25/03/2018	3616	01:07:22	F40
Swansea Bay parkrun	5k	17/02/2018	203	00:32:31	
Swansea Bay parkrun	5k	30/12/2017	195	00:32:14	
Swansea Bay parkrun	5k	23/12/2017	218	00:30:43	
Shereen Lisk			19		
TCS New York Marathon	Marathon	04/11/2018	35672	04:57:54	F45
Cardiff Half Marathon	Half Marathon	07/10/2018	5491	01:53:10	F45+
JCP Swansea Half Marathon	Half Marathon	24/06/2018	3246	02:20:36	FV40
Llanelli Coast parkrun	5k	16/06/2018	33	00:25:10	
Llyn Llech Owain parkrun	5k	24/03/2018	47	00:26:47	
Zurich Marato Barcelona	Marathon	11/03/2018	11162	04:39:54	VetAF
Llanelli Half Marathon	Half Marathon	18/02/2018	757	01:57:38	FV35
Llanelli Coast parkrun	5k	11/11/2017	32	00:25:25	
Colby parkrun	5k	04/11/2017	52	00:27:42	
Cardiff Half Marathon	Half Marathon	01/10/2017	5764	01:57:41	F40-44
Admiral Swansea Bay 10k	10k	24/09/2017	1089	00:52:34	F35+
West Glamorgan XC League - Llanmadoc - Women	4.5 miles	17/09/2017	59	00:42:48	
Severn Bridge Half Marathon	Half Marathon	27/08/2017	901	02:09:44	F40+
JCP Swansea Half Marathon	Half Marathon	25/06/2017	2273	02:03:29	FV35

Sospan 10K	10k	17/06/2017	134	00:56:00	F3544
Llanelli Coast parkrun	5k	18/03/2017	35	00:25:59	
Llanelli Half Marathon 2017	Half Marathon	12/03/2017	742	02:01:42	FV35
St David's Day 10K - Cardiff	10k	05/03/2017	281	00:54:16	Female Masters 40+
Llanelli Coast parkrun	5k	07/01/2017	41	00:25:36	
Stephen Lisk		23			
TCS New York Marathon	Marathon	04/11/2018	13247	03:57:20	M47
Cardiff Half Marathon	Half Marathon	07/10/2018	974	01:33:53	M45+
Swansea Bay parkrun	5k	18/08/2018	55	00:21:43	
Ammanford 10k	10k	08/07/2018	83	00:46:58	MV45
JCP Swansea Half Marathon	Half Marathon	24/06/2018	545	01:40:55	MV40
Welsh Castles Relay Stage 11	12.3 miles	10/06/2018	55	01:37:04	MV
Llanelli Coast parkrun	5k	05/05/2018	47	00:24:02	
Swansea Bay parkrun	5k	14/04/2018	308	00:33:50	
Swansea Bay parkrun	5k	17/03/2018	70	00:25:13	
Zurich Marato Barcelona	Marathon	11/03/2018	4316	03:44:00	VetBM
Llanelli Half Marathon	Half Marathon	18/02/2018	151	01:35:05	MV40
Llanelli Coast parkrun	5k	02/12/2017	11	00:21:47	
Llanelli Coast parkrun	5k	11/11/2017	8	00:21:27	
Cardiff Half Marathon	Half Marathon	01/10/2017	1248	01:37:15	M45-49
Admiral Swansea Bay 10k	10k	24/09/2017	271	00:43:26	M40+
West Glamorgan XC League - Llanmadoc - Men	4.5 miles	17/09/2017	71	00:33:49	
Severn Bridge Half Marathon	Half Marathon	27/08/2017	261	01:44:36	M45+
JCP Swansea Half Marathon	Half Marathon	25/06/2017	784	01:44:33	MV40
Sospan 10K	10k	17/06/2017	50	00:46:28	M4555
Swansea Bay parkrun	5k	06/05/2017	57	00:22:33	

Llanelli Coast parkrun	5k	25/03/2017	12	00:21:58	
Llanelli Half Marathon 2017	Half Marathon	12/03/2017	743	02:01:42	MV40
St David's Day 10K - Cardiff	10k	05/03/2017	280	00:54:16	Masters Male 40+
Brian Macbride			1		
Tata Steel Richard Burton 10k	10k	04/11/2018	533	00:52:25	Male 60+
Tim Macdermott			2		
Admiral Swansea Bay 10k	10k	16/09/2018	1669	00:59:05	M50
JCP Swansea Half Marathon	Half Marathon	24/06/2018	3674	02:26:50	MV50
Steve Mclelland			10		
Bank of America Chicago Marathon	Marathon	07/10/2018	13391	03:57:28	M60-64
JCP Swansea Half Marathon	Half Marathon	24/06/2018	993	01:48:15	MV60+
Virgin London Marathon 2018	Marathon	22/04/2018	9468	03:58:59	M60-64
Llanelli Half Marathon	Half Marathon	18/02/2018	365	01:44:48	MV60+
MBNA Chester Marathon	Marathon	08/10/2017	934	03:47:28	MV60
Admiral Swansea Bay 10k	10k	24/09/2017	510	00:47:16	M60+
JCP Swansea Half Marathon	Half Marathon	25/06/2017	904	01:46:22	MV60+
Virgin London Marathon 2017	Marathon	23/04/2017	11072	03:52:29	60-64
Llanelli Half Marathon 2017	Half Marathon	12/03/2017	271	01:42:36	MV60+
Swansea Bay parkrun	5k	11/03/2017	63	00:23:29	
Paul Mcneill			5		
Llyn Llech Owain parkrun	5k	03/11/2018	26	00:23:37	
West Glamorgan XC League - Margam Park - Men	TBC	28/01/2018	109	00:42:10	
Llanelli Coast parkrun	5k	20/01/2018	37	00:22:26	
Llyn Llech Owain parkrun	5k	13/01/2018	11	00:23:33	
Llyn Llech Owain parkrun	5k	11/11/2017	17	00:23:32	
Gareth Meardon			5		

Swansea Bay parkrun	5k	25/03/2017	19	00:20:08	
2017 San Domenico 20 Miler	20 miles	19/03/2017	178	03:13:49	Senior Men
The Beast	10k	05/02/2017	49	00:52:28	M
Swansea Bay parkrun	5k	28/01/2017	21	00:19:52	
Llanelli Coast parkrun	5k	21/01/2017	8	00:20:19	
Louise Miskell		7			
West Glamorgan XC League - Margam Reservoir - Women	5.6 miles	14/01/2018	20	00:43:19	
Richard Burton 10k	10k	05/11/2017	319	00:48:18	F40+
West Glamorgan XC League - Llanmadoc - Women	4.5 miles	17/09/2017	26	00:37:50	
Gower Olympic & Fancy Dress Tri	Triathlon	16/09/2017	60	03:00:37	FV
Swansea Triathlon	Triathlon	28/05/2017	357	01:20:54	FV
Merthyr Tydfil Half Marathon	Half Marathon	26/03/2017	104	01:45:22	(F) 45-49
Richard Burton 10k	10k	06/11/2016	238	00:46:41	FV40
Chris Montenegro		6			
Cardiff Half Marathon	Half Marathon	07/10/2018	1043	01:34:22	MSEN
Llanerchaeron parkrun	5k	29/09/2018	11	00:22:09	
Admiral Swansea Bay 10k	10k	16/09/2018	273	00:43:37	MSEN
Tenby 10k	10k	29/07/2018	43	00:44:25	OM
JCP Swansea Half Marathon	Half Marathon	24/06/2018	320	01:35:00	SenM
Run4All Neath 5k Series - Race 2	5k	06/06/2018	37	00:20:32	MSen
Caroline Morgan		8			
Cardiff Half Marathon	Half Marathon	07/10/2018	10556	02:14:15	F45+
Admiral Swansea Bay 10k	10k	16/09/2018	1484	00:57:21	F45
Yeovil Montacute parkrun	5k	11/08/2018	165	00:29:51	
Johnstown parkrun Wexford	5k	28/07/2018	43	00:29:45	
JCP Swansea Half Marathon	Half Marathon	24/06/2018	3414	02:19:52	FV45

Crystal Palace parkrun	5k	12/05/2018	232	00:29:35	
Swansea Bay parkrun	5k	05/05/2018	229	00:28:43	
Swansea Bay parkrun	5k	07/04/2018	114	00:29:12	
Gareth Morgan			1		
NN Rotterdam Marathon	Marathon	09/04/2017	1717	03:24:21	M35
Lee Morris			24		
Ammanford 10k	10k	08/07/2018	47	00:43:06	MV35
Welsh Castles Relay Stage 20	10.7 miles	10/06/2018	15	01:03:04	MV
ABP Newport Wales Marathon	Marathon	29/04/2018	436	03:33:17	M35+
Zurich Marato Barcelona	Marathon	11/03/2018	2672	03:30:02	VetAM
HOKA One One Winter Trail Half Marathon	Half Marathon	17/02/2018	68	01:48:04	
West Glamorgan XC League - Margam Reservoir - Men	5.6 miles	14/01/2018	81	00:37:46	
West Glamorgan XC League - Kenfig Nature Reserve - Men	TBC	26/11/2017	82	00:30:57	
West Glamorgan XC League - Gnoll - Men	5.6 miles	22/10/2017	86	00:41:27	
Meridian Windsor Half Marathon	Half Marathon	24/09/2017	101	01:33:22	SenM
West Glamorgan XC League - Llanmadoc - Men	4.5 miles	17/09/2017	41	00:31:18	
Thames path 100k Challenge	Ultra	09/09/2017	85	14:19:32	
TROT's St Clear's 10k	10k	20/08/2017	17	00:44:04	OM
Caerphilly 10k	10k	18/06/2017	317	00:49:17	MO
Paul Popham Running Club Swansea Bay Summer 5k Series	5k	13/06/2017	18	00:20:28	M
Liverpool Rock'n'Roll Half Marathon	Half Marathon	28/05/2017	398	01:35:44	
Paul Popham Running Club Swansea Bay Summer 5k Series	5k	09/05/2017	18	00:20:50	
Cardiff and Vale College Cardiff Bay Run	10k	02/04/2017	219	00:42:39	M35+
Llanelli Half Marathon 2017	Half Marathon	12/03/2017	59	01:28:54	SenM
Brecon to Cardiff Ultra	Ultra	19/02/2017	58	07:55:15	M
Llanelli Coast parkrun	5k	28/01/2017	9	00:20:09	

Llanelli Coast parkrun	5k	31/12/2016	14	00:20:02	
Glynneath Boxing Day 5 Mile Road Race	5 miles	26/12/2016	65	00:32:54	M
Llanelli Coast parkrun	5k	24/12/2016	10	00:19:54	
Richard Burton 10k	10k	06/11/2016	139	00:43:00	MO
Nigel Morse		4			
Llanelli Coast parkrun	5k	20/10/2018	17	00:20:31	
Llanelli Coast parkrun	5k	29/09/2018	14	00:20:35	
ABP Newport Wales Marathon	Marathon	29/04/2018	179	03:33:18	M50+
Whitford Point Multi-Terrain Race	5.6 miles	17/05/2017	60	00:45:18	VM45
Claire Mullin		1			
Llanelli Half Marathon 2017	Half Marathon	12/03/2017	330	01:44:55	FV35
Mike Nash		5			
West Glamorgan XC League - Llanmadoc - Men	4.5 miles	17/09/2017	99	00:37:41	
Swansea Triathlon	Triathlon	28/05/2017	478	01:24:15	MVintageVet
Mumbles Duathlon	Duathlon	25/03/2017	131	02:03:34	MV
Gnoll parkrun	5k	18/03/2017	22	00:24:25	
Richard Burton 10k	10k	06/11/2016	259	00:47:23	MV50
Martin Nicholls		6			
Admiral Swansea Bay 10k	10k	16/09/2018	2376	01:05:31	M50
Swansea Bay parkrun	5k	09/06/2018	316	00:34:45	
Swansea Bay parkrun	5k	05/05/2018	294	00:31:06	
Swansea Bay parkrun	5k	17/03/2018	143	00:30:15	
Swansea Bay parkrun	5k	10/03/2018	211	00:32:38	
Swansea Bay parkrun	5k	17/02/2018	200	00:32:19	
Jamie Nobbs		3			
JCP Swansea Half Marathon	Half Marathon	24/06/2018	94	01:25:10	SenM

Cardiff Half Marathon	Half Marathon	01/10/2017	15118	02:34:05	MSEN
Admiral Swansea Bay 10k	10k	24/09/2017	73	00:38:06	SenM
Richard Nugent		25			
Llanelli Coast parkrun	5k	17/11/2018	59	00:26:07	
Snowdonia Marathon Eryri	Marathon	27/10/2018	2135	06:20:14	M50-54
Cardiff Half Marathon	Half Marathon	07/10/2018	6747	01:58:06	M50+
Llyn Llech Owain parkrun	5k	15/09/2018	67	00:29:52	
Llanelli Coast parkrun	5k	01/09/2018	133	00:32:05	
Llyn Llech Owain parkrun	5k	18/08/2018	69	00:29:58	
Swansea Bay parkrun	5k	11/08/2018	258	00:31:36	
Welsh Castles Relay Stage 18	7.6 miles	10/06/2018	63	01:12:00	MV
Swansea Triathlon	Triathlon	20/05/2018	425	01:29:27	MVV
Llanelli Sprint Tralathlon	Triathlon	13/05/2018	290	01:50:35	
PPRC Swansea Bay Summer 5k Series	5k	10/05/2018	112	00:28:03	M
St illtyds Ultra 50k	Ultra	06/05/2018	110	08:57:00	
Llanelli Coast parkrun	5k	05/05/2018	142	00:34:09	
Swansea Bay parkrun	5k	28/04/2018	310	00:34:18	
Swansea Bay parkrun	5k	14/04/2018	315	00:33:56	
Asics Greater Manchester Marathon	Marathon	08/04/2018	8224	05:08:03	
Oldham parkrun	5k	07/04/2018	107	00:29:14	
Swansea Bay parkrun	5k	17/03/2018	101	00:27:21	
Porthcawl parkrun	5k	10/03/2018	229	00:30:23	
Swansea Bay parkrun	5k	24/02/2018	258	00:33:54	
Gnoll parkrun	5k	27/01/2018	66	00:29:25	
Kingsbury Water parkrun	5k	20/01/2018	210	00:30:14	
Richard Burton 10k	10k	05/11/2017	662	00:57:21	M50+

West Glamorgan XC League - Gnoll - Men	5.6 miles	22/10/2017	187	00:57:04	
Swansea Triathlon	Triathlon	28/05/2017	742	01:35:24	MVintageVet
Linda Owens		10			
Admiral Swansea Bay 10k	10k	16/09/2018	2146	01:04:27	F55
Tenby 10k	10k	29/07/2018	437	01:11:01	F55
West Glamorgan XC League - Margam Park - Women	TBC	28/01/2018	119	01:05:45	
West Glamorgan XC League - Margam Reservoir - Women	5.6 miles	14/01/2018	137	01:00:02	
Glynneath 5	5 miles	26/12/2017	442	00:52:30	
Colby parkrun	5k	04/11/2017	101	00:35:22	
Admiral Swansea Bay 10k	10k	24/09/2017	2820	01:10:33	F55+
Llanelli Coast parkrun	5k	11/02/2017	82	00:31:03	
Glynneath Boxing Day 5 Mile Road Race	5 miles	26/12/2016	313	00:49:00	F
Richard Burton 10k	10k	06/11/2016	726	01:01:32	FV50
Gareth Parry		42			
Tata Steel Richard Burton 10k	10k	04/11/2018	87	00:40:33	Male Open
Swansea Bay parkrun	5k	27/10/2018	49	00:21:59	
Cardiff Half Marathon	Half Marathon	07/10/2018	467	01:27:24	M35+
Admiral Swansea Bay 10k	10k	16/09/2018	133	00:39:53	MSEN
Swansea Bay parkrun	5k	28/07/2018	11	00:20:01	
PPRC Swansea Bay Summer 5k Series	5k	12/07/2018	20	00:19:19	M
JCP Swansea Half Marathon	Half Marathon	24/06/2018	164	01:28:54	SenM
PPRC Swansea Bay Summer 5k Series - Race 2	5k	14/06/2018	12	00:19:00	M
Welsh Castles Relay Stage 14	11 miles	10/06/2018	43	01:19:24	M
Swansea Bay parkrun	5k	02/06/2018	16	00:19:02	
Liverpool Rock n Roll Marathon	Marathon	20/05/2018	179	03:25:10	M35-39
Liverpool Rock n Roll 5k	5k	19/05/2018	686	00:26:29	M35-39

Great Welsh Half Marathon	Half Marathon	15/04/2018	10	01:27:51	Msen
Swansea Bay parkrun	5k	31/03/2018	25	00:19:49	
Swansea Bay parkrun	5k	24/02/2018	17	00:19:59	
Llanelli Half Marathon	Half Marathon	18/02/2018	85	01:28:12	SenM
West Glamorgan XC League - Margam Reservoir - Men	5.6 miles	14/01/2018	87	00:38:21	
Glynneath 5	5 miles	26/12/2017	81	00:33:06	
West Glamorgan XC League - Kenfig Nature Reserve - Men	TBC	26/11/2017	44	00:28:24	
West Glamorgan XC League - Gnoll - Men	5.6 miles	22/10/2017	45	00:37:53	
Swansea Bay parkrun	5k	21/10/2017	36	00:22:00	
Cardiff Half Marathon	Half Marathon	01/10/2017	611	01:31:13	M35-39
Admiral Swansea Bay 10k	10k	24/09/2017	135	00:40:01	SenM
West Glamorgan XC League - Llanmadoc - Men	4.5 miles	17/09/2017	40	00:31:18	
Severn Bridge Half Marathon	Half Marathon	27/08/2017	103	01:35:09	Msen
Port Talbot Half Marathon	Half Marathon	13/08/2017	43	01:34:51	MSen
Swansea Bay parkrun	5k	05/08/2017	12	00:19:35	
Tenby 10k	10k	30/07/2017	43	00:42:45	OM
Swansea Bay parkrun	5k	29/07/2017	54	00:24:10	
Swansea Bay parkrun	5k	22/07/2017	62	00:23:51	
The Great Celtic Half Marathon	Half Marathon	15/07/2017	29	01:44:33	M30-39
Swansea Bay parkrun	5k	08/07/2017	9	00:19:57	
JCP Swansea Half Marathon	Half Marathon	25/06/2017	290	01:34:04	SenM
Swansea Bay parkrun	5k	03/06/2017	13	00:19:24	
Swansea Bay parkrun	5k	27/05/2017	8	00:19:29	
Swansea Bay parkrun	5k	20/05/2017	182	00:29:27	
Swansea Bay parkrun	5k	13/05/2017	17	00:20:15	
Simplyhealth Great Bristol 10K	10k	07/05/2017	747	00:42:59	

Swansea Bay parkrun	5k	06/05/2017	209	00:29:54	
Swansea Bay parkrun	5k	29/04/2017	14	00:20:01	
Swansea Bay parkrun	5k	22/04/2017	18	00:19:56	
Swansea Bay parkrun	5k	15/04/2017	28	00:20:32	
Ashley Pascoe		15			
Cardiff Half Marathon	Half Marathon	07/10/2018	328	01:24:26	M45+
Admiral Swansea Bay 10k	10k	16/09/2018	126	00:39:46	M40 Pacer
West Glamorgan XC League - Margam Park - Men	TBC	28/01/2018	53	00:37:16	
West Glamorgan XC League - Margam Reservoir - Men	5.6 miles	14/01/2018	56	00:36:21	
West Glamorgan XC League - Kenfig Nature Reserve - Men	TBC	26/11/2017	40	00:28:15	
Richard Burton 10k	10k	05/11/2017	100	00:41:32	M40+
West Glamorgan XC League - Gnoll - Men	5.6 miles	22/10/2017	31	00:37:04	
Mumbles Middle Distance Triathlon	Triathlon	07/10/2017	36	05:51:11	Mvet
Cardiff Half Marathon	Half Marathon	01/10/2017	312	01:27:10	M45-49
Admiral Swansea Bay 10k	10k	24/09/2017	112	00:39:39	M40+
West Glamorgan XC League - Llanmadoc - Men	4.5 miles	17/09/2017	28	00:29:25	
Virgin London Marathon 2017	Marathon	23/04/2017	5231	03:24:24	45-49
George Crump MBE Memorial 113th Welsh Cross Country Championships	10k	25/02/2017	69	00:45:27	MM40
18th Welsh Inter-Regional Cross Country Championships	9,440m	10/12/2016	65	00:35:55	MM35
Richard Burton 10k	10k	06/11/2016	70	00:39:31	MV40
Lauren Piercy		6			
Llanelli Coast parkrun	5k	11/03/2017	93	00:36:56	
Llanelli Coast parkrun	5k	28/01/2017	77	00:29:38	
Buff Trail 10k	10k	22/01/2017	178	01:00:17	F
Wanstead Flats parkrun	5k	14/01/2017	158	00:33:36	

Swansea Bay parkrun	5k	31/12/2016	231	00:33:04	
Llyn Llech Owain parkrun	5k	25/12/2016	74	00:39:03	
Ross Poiner		18			
Glynneath 5	5 miles	26/12/2017	271	00:41:34	
Swansea Bay parkrun	5k	23/12/2017	105	00:24:32	
Swansea Bay parkrun	5k	11/11/2017	110	00:26:44	
West Glamorgan XC League - Llanmadoc - Men	4.5 miles	17/09/2017	125	00:41:03	
TROT's St Clear's 10k	10k	20/08/2017	58	00:58:35	M40
Llanelli Coast parkrun	5k	12/08/2017	29	00:23:38	
Llanelli Coast parkrun	5k	05/08/2017	30	00:23:18	
Llanelli Coast parkrun	5k	10/06/2017	36	00:25:50	
Llanelli Coast parkrun	5k	03/06/2017	24	00:23:40	
Llanelli Coast parkrun	5k	27/05/2017	24	00:22:08	
Swansea Bay parkrun	5k	20/05/2017	197	00:29:39	
Whitford Point Multi-Terrain Race	5.6 miles	17/05/2017	81	00:46:55	VM40
Llanelli Coast parkrun	5k	13/05/2017	20	00:22:32	
Llanelli Coast parkrun	5k	06/05/2017	12	00:22:23	
Llanelli Coast parkrun	5k	29/04/2017	15	00:22:03	
Llanelli Coast parkrun	5k	22/04/2017	16	00:22:19	
Llanelli Coast parkrun	5k	15/04/2017	34	00:23:08	
Llanelli Coast parkrun	5k	08/04/2017	32	00:22:55	
Mike Prasad		89			
Fetch Everyone Big Fetch Mile	1 mile	03/11/2018	15	00:07:07	
Swansea Bay parkrun	5k	27/10/2018	175	00:26:42	
Swansea Bay parkrun	5k	20/10/2018	118	00:25:23	
BMW Berlin Marathon	Marathon	16/09/2018	25067	05:11:54	M50

Swansea Bay parkrun	5k	08/09/2018	92	00:25:37	
Swansea Bay parkrun	5k	01/09/2018	156	00:26:02	
Port Talbot Half Marathon	Half Marathon	12/08/2018	269	02:07:36	M
Tenby 10k	10k	29/07/2018	198	00:54:35	M50
Swansea Bay parkrun	5k	28/07/2018	54	00:25:03	
Swansea Bay parkrun	5k	21/07/2018	104	00:24:24	
Swansea Bay parkrun	5k	07/07/2018	70	00:24:00	
JCP Swansea Half Marathon	Half Marathon	24/06/2018	1410	01:55:13	MV50
Swansea Bay parkrun	5k	16/06/2018	63	00:23:22	
Welsh Castles Relay Stage 4	9.5 miles	09/06/2018	56	01:20:11	MV
Swansea Bay parkrun	5k	02/06/2018	110	00:23:51	
Exeter Riverside parkrun	5k	19/05/2018	110	00:25:22	
Swansea Bay parkrun	5k	28/04/2018	95	00:24:02	
Swansea Bay parkrun	5k	21/04/2018	110	00:25:43	
Swansea Bay parkrun	5k	14/04/2018	309	00:33:51	
Swansea Bay parkrun	5k	07/04/2018	49	00:23:12	
Swansea Bay parkrun	5k	24/03/2018	36	00:22:31	
Swansea Bay parkrun	5k	17/03/2018	29	00:22:25	
Swansea Bay parkrun	5k	10/03/2018	33	00:22:05	
Swansea Bay parkrun	5k	24/02/2018	79	00:24:08	
Llanelli Half Marathon	Half Marathon	18/02/2018	323	01:43:53	MV50
Swansea Bay parkrun	5k	10/02/2018	46	00:23:05	
Swansea Bay parkrun	5k	03/02/2018	70	00:23:22	
Swansea Bay parkrun	5k	27/01/2018	60	00:24:03	
Swansea Bay parkrun	5k	20/01/2018	48	00:22:36	
West Glamorgan XC League - Margam Reservoir - Men	5.6 miles	14/01/2018	152	00:42:19	

Swansea Bay parkrun	5k	13/01/2018	37	00:22:17	
Swansea Bay parkrun	5k	06/01/2018	53	00:23:11	
Old Deer Park parkrun	5k	30/12/2017	15	00:23:47	
Glynneath 5	5 miles	26/12/2017	145	00:36:18	
Swansea Bay parkrun	5k	23/12/2017	62	00:21:54	
RNLI Mumbles Great Christmas Fun Run	10k	10/12/2017	17	00:46:03	MV
Swansea Bay parkrun	5k	09/12/2017	47	00:22:45	
Swansea Bay parkrun	5k	25/11/2017	68	00:23:07	
Swansea Bay parkrun	5k	18/11/2017	39	00:22:30	
Swansea Bay parkrun	5k	11/11/2017	42	00:21:56	
Swansea Bay parkrun	5k	28/10/2017	54	00:22:40	
Swansea Bay parkrun	5k	21/10/2017	103	00:26:04	
Swansea Bay parkrun	5k	14/10/2017	36	00:21:29	
Swansea Bay parkrun	5k	07/10/2017	53	00:22:16	
Cardiff Half Marathon	Half Marathon	01/10/2017	2596	01:45:06	M50-54
Swansea Bay parkrun	5k	30/09/2017	46	00:23:47	
Admiral Swansea Bay 10k	10k	24/09/2017	366	00:44:57	M50+
Mic Morris Torfaen 10k	10k	17/09/2017	140	00:42:39	MasterM
Swansea Bay parkrun	5k	09/09/2017	47	00:21:38	
Swansea Bay parkrun	5k	02/09/2017	36	00:21:38	
Severn Bridge Half Marathon	Half Marathon	27/08/2017	312	01:46:42	M50+
Swansea Bay parkrun	5k	19/08/2017	40	00:21:20	
Weymouth parkrun	5k	12/08/2017	348	00:36:04	
Swansea Bay parkrun	5k	05/08/2017	57	00:22:24	
Tenby 10k	10k	30/07/2017	114	00:50:05	M50
Swansea Bay parkrun	5k	29/07/2017	31	00:22:44	

Ammanford Lions 10k	10k	09/07/2017	71	00:50:45	M50
Swansea Bay parkrun	5k	08/07/2017	36	00:23:22	
Run4All Neath 5k Series - Race 3	5k	05/07/2017	69	00:22:57	MVET
Llyn Llech Owain parkrun	5k	01/07/2017	21	00:24:14	
JCP Swansea Half Marathon	Half Marathon	25/06/2017	882	01:46:02	MV50
Swansea Bay parkrun	5k	17/06/2017	50	00:23:05	
Paul Popham Running Club Swansea Bay Summer 5k Series	5k	13/06/2017	36	00:22:21	M
Swansea Bay parkrun	5k	10/06/2017	33	00:22:43	
Swansea Bay parkrun	5k	03/06/2017	66	00:22:54	
Liverpool Rock'n'Roll Marathon	Marathon	28/05/2017	1153	04:01:44	MV50
Liverpool Rock'n'Roll 5k (400m short)	5k	27/05/2017	169	00:21:04	MV50
Swansea Bay parkrun	5k	20/05/2017	190	00:29:33	
Swansea Bay parkrun	5k	13/05/2017	40	00:22:13	
Paul Popham Running Club Swansea Bay Summer 5k Series	5k	09/05/2017	31	00:22:48	
Swansea Bay parkrun	5k	06/05/2017	52	00:22:08	
Swansea Bay parkrun	5k	29/04/2017	38	00:21:46	
Swansea Bay parkrun	5k	22/04/2017	38	00:21:34	
Swansea Bay parkrun	5k	15/04/2017	51	00:21:40	
Beckton parkrun	5k	08/04/2017	19	00:22:13	
Swansea Bay parkrun	5k	01/04/2017	43	00:22:47	
Swansea Bay parkrun	5k	25/03/2017	36	00:21:53	
Poole parkrun	5k	18/03/2017	128	00:22:20	
Llanelli Half Marathon 2017	Half Marathon	12/03/2017	248	01:41:49	MV40
Swansea Bay parkrun	5k	11/03/2017	37	00:22:08	
Swansea Bay parkrun	5k	04/03/2017	47	00:22:36	
Swansea Bay parkrun	5k	04/02/2017	54	00:23:23	

Lliswerry 8	8 miles	29/01/2017	258	01:00:35	M45
Swansea Bay parkrun	5k	21/01/2017	36	00:22:05	
Tata Steel Round the Reservoir Race - Men	5.6 miles	08/01/2017	45	00:42:22	V45
Swansea Bay parkrun	5k	01/01/2017	35	00:23:02	
Swansea Bay parkrun	5k	31/12/2016	51	00:21:57	
Swansea Bay parkrun	5k	24/12/2016	74	00:22:17	
RNLI Mumbles Great Christmas Fun Run	10k	11/12/2016	17	00:45:35	MV
Mark Probert		4			
Llanelli Coast parkrun	5k	30/09/2017	24	00:24:14	
Llyn Llech Owain parkrun	5k	13/05/2017	15	00:23:34	
Llanelli Coast parkrun	5k	22/04/2017	23	00:23:00	
Swansea Bay parkrun	5k	25/02/2017	80	00:25:27	
Delia Pudney		15			
Admiral Swansea Bay 10k	10k	16/09/2018	1837	00:59:53	F35
Swansea Bay parkrun	5k	25/08/2018	204	00:28:15	
Swansea Bay parkrun	5k	21/07/2018	193	00:28:35	
JCP Swansea Half Marathon	Half Marathon	24/06/2018	3876	02:27:49	FV35
Swansea Bay parkrun	5k	19/05/2018	231	00:30:16	
Swansea Bay parkrun	5k	12/05/2018	217	00:30:15	
Swansea Bay parkrun	5k	05/05/2018	266	00:29:55	
Swansea Bay parkrun	5k	21/04/2018	195	00:30:05	
Swansea Bay parkrun	5k	14/04/2018	277	00:32:32	
Swansea Bay parkrun	5k	31/03/2018	304	00:30:43	
West Glamorgan XC League - Margam Park - Women	TBC	28/01/2018	88	00:57:11	
West Glamorgan XC League - Margam Reservoir - Women	5.6 miles	14/01/2018	108	00:54:05	
Cardiff Half Marathon	Half Marathon	01/10/2017	13860	02:27:35	F40-49

Admiral Swansea Bay 10k	10k	24/09/2017	2204	01:02:14	F35+
Whitford Point Multi-Terrain Race	5.6 miles	17/05/2017	141	01:01:30	VF40
Andy Rees		33			
Swansea Bay parkrun	5k	17/11/2018	50	00:22:38	
Swansea Bay parkrun	5k	10/11/2018	34	00:22:49	
Swansea Bay parkrun	5k	03/11/2018	45	00:22:23	
Swansea Bay parkrun	5k	27/10/2018	70	00:22:57	
Swansea Bay parkrun	5k	20/10/2018	70	00:22:36	
Swansea Bay parkrun	5k	29/09/2018	66	00:22:35	
Swansea Bay parkrun	5k	22/09/2018	53	00:22:32	
Admiral Swansea Bay 10k	10k	16/09/2018	506	00:46:56	M50
Swansea Bay parkrun	5k	08/09/2018	45	00:22:36	
Swansea Bay parkrun	5k	01/09/2018	82	00:23:06	
Swansea Bay parkrun	5k	25/08/2018	87	00:22:58	
Swansea Bay parkrun	5k	14/07/2018	51	00:22:30	
PPRC Swansea Bay Summer 5k Series	5k	12/07/2018	68	00:22:31	M
Swansea Bay parkrun	5k	07/07/2018	47	00:22:26	
Llanelli Coast parkrun	5k	30/06/2018	28	00:22:37	
JCP Swansea Half Marathon	Half Marathon	24/06/2018	894	01:46:48	MV50
Swansea Bay parkrun	5k	16/06/2018	51	00:22:27	
PPRC Swansea Bay Summer 5k Series - Race 2	5k	14/06/2018	40	00:22:53	M
Swansea Bay parkrun	5k	09/06/2018	52	00:22:41	
Swansea Bay parkrun	5k	02/06/2018	76	00:22:39	
Llanelli Coast parkrun	5k	26/05/2018	38	00:22:44	
Swansea Bay parkrun	5k	19/05/2018	55	00:22:37	
PPRC Swansea Bay Summer 5k Series	5k	10/05/2018	58	00:23:05	M

Swansea Bay parkrun	5k	05/05/2018	69	00:22:42	
Swansea Bay parkrun	5k	28/04/2018	62	00:22:47	
Swansea Bay parkrun	5k	21/04/2018	55	00:22:37	
Swansea Bay parkrun	5k	14/04/2018	59	00:22:50	
Swansea Bay parkrun	5k	07/04/2018	47	00:23:10	
Swansea Bay parkrun	5k	24/03/2018	44	00:22:43	
Swansea Bay parkrun	5k	17/03/2018	48	00:23:26	
Swansea Bay parkrun	5k	10/03/2018	56	00:23:07	
Swansea Bay parkrun	5k	24/02/2018	63	00:23:22	
Swansea Bay parkrun	5k	17/02/2018	36	00:22:53	
Linda Rees			2		
Tenby 10k	10k	29/07/2018	232	00:56:24	F55
Tenby 10k	10k	30/07/2017	288	00:58:44	F55
Paul Rees			4		
Swansea Bay parkrun	5k	22/09/2018	94	00:25:00	
Swansea Bay parkrun	5k	08/09/2018	101	00:26:09	
Tenby 10k	10k	29/07/2018	233	00:56:26	M50
Tenby 10k	10k	30/07/2017	291	00:58:47	M50
Sandra Rees			13		
Tata Steel Richard Burton 10k	10k	04/11/2018	797	00:58:49	Female 50+
Admiral Swansea Bay 10k	10k	16/09/2018	1335	00:56:08	F55
JCP Swansea Half Marathon	Half Marathon	24/06/2018	3261	02:17:42	FV45
West Glamorgan XC League - Margam Reservoir - Women	5.6 miles	14/01/2018	97	00:52:18	
Colby parkrun	5k	04/11/2017	67	00:29:48	
West Glamorgan XC League - Gnoll - Women	5k	25/10/2017	116	00:29:48	
Cardiff Half Marathon	Half Marathon	01/10/2017	10895	02:15:18	F50--54

Admiral Swansea Bay 10k	10k	24/09/2017	1398	00:56:14	F45+
Tenby 10k	10k	30/07/2017	276	00:58:16	F45
Ammanford Lions 10k	10k	09/07/2017	118	01:00:19	F45
JCP Swansea Half Marathon	Half Marathon	25/06/2017	3367	02:20:19	FV45
Tata Steel Round the Reservoir Race - Women	5.6 miles	08/01/2017	34	00:54:20	V50
Richard Burton 10k	10k	06/11/2016	580	00:57:16	FV50
Sally Reid		31			
Grangemoor parkrun	5k	17/11/2018	105	00:27:49	
Swansea Bay parkrun	5k	25/08/2018	177	00:27:29	
Swansea Bay parkrun	5k	18/08/2018	160	00:26:44	
Hasenheide parkrun	5k	11/08/2018	147	00:27:37	
Hasenheide parkrun	5k	04/08/2018	47	00:28:12	
Swansea Bay parkrun	5k	28/07/2018	85	00:27:50	
JCP Swansea Half Marathon	Half Marathon	24/06/2018	2027	02:02:27	FV45
Aberystwyth parkrun	5k	26/05/2018	64	00:26:58	
PPRC Swansea Bay Summer 5k Series	5k	10/05/2018	91	00:26:51	F
Run4All Neath 5k Series - Race 1	5k	02/05/2018	77	00:27:24	FV40
Swansea Bay parkrun	5k	28/04/2018	144	00:26:13	
Swansea Bay parkrun	5k	21/04/2018	133	00:26:41	
Swansea Bay parkrun	5k	07/04/2018	92	00:27:10	
Swansea Bay parkrun	5k	31/03/2018	230	00:28:36	
Swansea Bay parkrun	5k	10/03/2018	142	00:28:21	
Swansea Bay parkrun	5k	13/01/2018	150	00:27:57	
Swansea Bay parkrun	5k	06/01/2018	158	00:28:10	
Swansea Bay parkrun	5k	26/08/2017	134	00:26:21	
Swansea Bay parkrun	5k	19/08/2017	126	00:25:47	

Swansea Bay parkrun	5k	12/08/2017	112	00:26:42	
Swansea Bay parkrun	5k	05/08/2017	146	00:26:47	
Hackney Marshes parkrun	5k	29/07/2017	146	00:26:23	
Swansea Bay parkrun	5k	22/07/2017	112	00:26:56	
Swansea Bay parkrun	5k	17/06/2017	84	00:25:53	
Swansea Bay parkrun	5k	13/05/2017	110	00:25:45	
Swansea Bay parkrun	5k	15/04/2017	153	00:26:01	
Swansea Bay parkrun	5k	01/04/2017	98	00:26:39	
Grangemoor parkrun	5k	04/03/2017	71	00:27:09	
Swansea Bay parkrun	5k	18/02/2017	124	00:26:37	
Swansea Bay parkrun	5k	11/02/2017	115	00:26:50	
Swansea Bay parkrun	5k	24/12/2016	149	00:26:17	
Claire Reynolds		7			
Llanelli Half Marathon	Half Marathon	18/02/2018	522	01:50:19	FV35
Swansea Bay parkrun	5k	25/11/2017	66	00:23:02	
Brooks Snowdonia Marathon	Marathon	30/10/2017	1519	04:54:48	FV40
Tenby 10k	10k	30/07/2017	147	00:52:20	F35
JCP Swansea Half Marathon	Half Marathon	25/06/2017	1353	01:52:01	FV35
Sospan 10K	10k	17/06/2017	138	00:56:23	F3544
Llanelli Half Marathon 2017	Half Marathon	12/03/2017	506	01:52:19	FV35
Diane Ridgeway		57			
Llanelli Coast parkrun	5k	17/11/2018	61	00:26:15	
Swansea Bay parkrun	5k	27/10/2018	289	00:32:09	
Swansea Bay parkrun	5k	20/10/2018	125	00:25:36	
Llanelli Coast parkrun	5k	06/10/2018	85	00:29:41	
Swansea Bay parkrun	5k	29/09/2018	131	00:25:26	

Swansea Bay parkrun	5k	22/09/2018	198	00:31:32	
Admiral Swansea Bay 10k	10k	16/09/2018	1225	00:54:39	F45
Llyn Llech Owain parkrun	5k	15/09/2018	66	00:29:51	
Swansea Bay parkrun	5k	08/09/2018	97	00:26:01	
Llanelli Coast parkrun	5k	01/09/2018	144	00:33:13	
Swansea Bay parkrun	5k	25/08/2018	278	00:31:37	
Swansea Bay parkrun	5k	18/08/2018	163	00:26:49	
Swansea Bay parkrun	5k	11/08/2018	131	00:26:33	
Swansea Bay parkrun	5k	04/08/2018	162	00:26:49	
Swansea Bay parkrun	5k	28/07/2018	134	00:33:32	
Swansea Bay parkrun	5k	21/07/2018	239	00:31:03	
Swansea Bay parkrun	5k	14/07/2018	200	00:29:54	
PPRC Swansea Bay Summer 5k Series	5k	12/07/2018	104	00:26:54	F
Swansea Bay parkrun	5k	07/07/2018	111	00:26:53	
Llyn Llech Owain parkrun	5k	30/06/2018	53	00:28:10	
JCP Swansea Half Marathon	Half Marathon	24/06/2018	2476	02:06:59	FV45
Swansea Bay parkrun	5k	23/06/2018	183	00:29:11	
Swansea Bay parkrun	5k	16/06/2018	124	00:27:09	
PPRC Swansea Bay Summer 5k Series - Race 2	5k	14/06/2018	26	00:27:29	F
Swansea Bay parkrun	5k	09/06/2018	180	00:27:48	
Swansea Bay parkrun	5k	02/06/2018	292	00:31:03	
Llyn Llech Owain parkrun	5k	26/05/2018	48	00:28:07	
Swansea Bay parkrun	5k	19/05/2018	212	00:29:29	
Swansea Bay parkrun	5k	12/05/2018	152	00:27:35	
PPRC Swansea Bay Summer 5k Series	5k	10/05/2018	107	00:27:44	F
Swansea Bay parkrun	5k	05/05/2018	191	00:27:03	

Swansea Bay parkrun	5k	28/04/2018	169	00:27:19	
Swansea Bay parkrun	5k	21/04/2018	202	00:30:22	
Great Welsh Half Marathon	Half Marathon	15/04/2018	231	02:05:49	FV50
Swansea Bay parkrun	5k	14/04/2018	314	00:33:55	
Llanelli Coast parkrun	5k	07/04/2018	53	00:26:58	
Swansea Bay parkrun	5k	31/03/2018	336	00:31:49	
Swansea Bay parkrun	5k	24/03/2018	119	00:27:19	
Swansea Bay parkrun	5k	17/03/2018	111	00:27:54	
Swansea Bay parkrun	5k	10/03/2018	193	00:30:52	
Swansea Bay parkrun	5k	24/02/2018	272	00:35:50	
Llanelli Half Marathon	Half Marathon	18/02/2018	1005	02:07:19	FV45
Swansea Bay parkrun	5k	17/02/2018	144	00:28:45	
Swansea Bay parkrun	5k	10/02/2018	171	00:32:09	
Swansea Bay parkrun	5k	03/02/2018	189	00:29:43	
Swansea Bay parkrun	5k	27/01/2018	112	00:27:49	
Swansea Bay parkrun	5k	13/01/2018	169	00:29:40	
Llanelli Coast parkrun	5k	06/01/2018	123	00:33:10	
Swansea Bay parkrun	5k	01/01/2018	181	00:30:17	
Swansea Bay parkrun	5k	30/12/2017	166	00:30:33	
Swansea Bay parkrun	5k	23/12/2017	191	00:29:26	
Swansea Bay parkrun	5k	02/12/2017	123	00:28:35	
Swansea Bay parkrun	5k	25/11/2017	151	00:27:43	
SRR M10	10 miles	19/11/2017	380	01:46:25	F4554
Swansea Bay parkrun	5k	18/11/2017	156	00:31:24	
Swansea Bay parkrun	5k	11/11/2017	114	00:27:09	
Swansea Bay parkrun	5k	28/10/2017	194	00:28:42	

Peter Roberts			14		
Llanelli Coast parkrun	5k	17/11/2018	47	00:24:55	
Swansea Bay parkrun	5k	10/11/2018	80	00:26:08	
Tata Steel Richard Burton 10k	10k	04/11/2018	872	00:59:47	Male 50+
Swansea Bay parkrun	5k	20/10/2018	301	00:42:07	
Llanelli Coast parkrun	5k	06/10/2018	120	00:34:03	
Swansea Bay parkrun	5k	29/09/2018	112	00:24:59	
Swansea Bay parkrun	5k	22/09/2018	75	00:23:42	
Llyn Llech Owain parkrun	5k	15/09/2018	40	00:27:03	
Swansea Bay parkrun	5k	08/09/2018	132	00:27:42	
Llanelli Coast parkrun	5k	01/09/2018	185	00:52:53	
Swansea Bay parkrun	5k	25/08/2018	85	00:22:49	
Colby parkrun	5k	18/08/2018	40	00:24:02	
Swansea Bay parkrun	5k	11/08/2018	54	00:23:19	
Swansea Bay parkrun	5k	04/08/2018	80	00:23:04	
John Sanderson			27		
Tata Steel Richard Burton 10k	10k	04/11/2018	493	00:51:36	Male 60+
Bank of America Chicago Marathon	Marathon	07/10/2018	11188	03:50:47	M60-64
Admiral Swansea Bay 10k	10k	16/09/2018	518	00:47:15	M60
Swansea Bay parkrun	5k	01/09/2018	79	00:23:02	
Swansea Bay parkrun	5k	25/08/2018	91	00:23:07	
Tenby 10k	10k	29/07/2018	127	00:50:59	M60
JCP Swansea Half Marathon	Half Marathon	24/06/2018	2427	02:06:34	MV60+
Welsh Castles Relay Stage 15	12.8 miles	10/06/2018	62	02:02:00	MV
Zurich Maratón Sevilla	Marathon	25/02/2018	7880	04:23:47	Veterano M 60
Lliswerry 8	8 miles	25/01/2018	333	01:04:41	M60

Gloucester Half Marathon	Half Marathon	14/01/2018	177	01:53:51	MV60
Glynneath 5	5 miles	26/12/2017	239	00:40:15	
Endurancelife CTS Gower Half Marathon (13.6 miles)	Half Marathon	11/11/2017	317	02:57:30	MV60
Brooks Snowdonia Marathon	Marathon	30/10/2017	1429	04:49:11	MV60
Cardiff Half Marathon	Half Marathon	01/10/2017	4120	01:51:49	M60-64
Neath Valley Tri	Triathlon	17/09/2017	114	01:29:36	M6069
2017 Tydfilians Roman Run	16 miles	02/09/2017	148	02:47:54	Men's Masters 40+
Tenby 10k	10k	30/07/2017	202	00:54:40	M60
JCP Swansea Half Marathon	Half Marathon	25/06/2017	1968	01:59:45	MV60
Whitford Point Multi-Terrain Race	5.6 miles	17/05/2017	115	00:53:00	VM50
Llanelli Coast parkrun	5k	06/05/2017	16	00:23:55	
Swansea Bay parkrun	5k	29/04/2017	83	00:24:19	
Asics Greater Manchester Marathon	Marathon	02/04/2017	4924	04:11:31	V60M
Llanelli Half Marathon 2017	Half Marathon	12/03/2017	494	01:51:33	MV50
Southwark parkrun	5k	11/02/2017	104	00:24:22	
Glynneath Boxing Day 5 Mile Road Race	5 miles	26/12/2016	215	00:41:53	M
Swansea Bay parkrun	5k	24/12/2016	125	00:25:17	
Caroline Sandles		10			
Snowdonia Marathon Eryri	Marathon	27/10/2018	731	04:12:08	F50-54
Welsh Castles Relay Stage 8	10.8 miles	09/06/2018	54	01:30:27	FV
West Glamorgan XC League - Margam Park - Women	TBC	28/01/2018	42	00:46:42	
West Glamorgan XC League - Kenfig Nature Reserve - Women	TBC	26/11/2017	39	00:35:50	
Brooks Snowdonia Marathon	Marathon	30/10/2017	715	04:11:18	FV50
Dale Half Marathon	Half Marathon	24/09/2017	48	01:54:44	SVF
West Glamorgan XC League - Llanmadoc - Women	4.5 miles	17/09/2017	44	00:40:20	
2017 Tydfilians Roman Run	16 miles	02/09/2017	100	02:35:21	Ladies Masters 35+

Melin Sospan Sizzler Middle Distance Triathlon (swim replaced with 2nd run)	Triathlon	11/06/2017	109	06:21:10	F50
Sospan MT10	10 miles	20/11/2016	214	01:26:48	F45+
Rob Sandles		10			
Snowdonia Marathon Eryri	Marathon	27/10/2018	523	03:59:16	M50-54
Welsh Castles Relay Stage 10	13.3 miles	09/06/2018	51	01:38:35	MV
West Glamorgan XC League - Margam Park - Men	TBC	28/01/2018	83	00:39:44	
West Glamorgan XC League - Kenfig Nature Reserve - Men	TBC	26/11/2017	77	00:30:40	
Brooks Snowdonia Marathon	Marathon	30/10/2017	315	03:45:51	MV50
Dale Half Marathon	Half Marathon	24/09/2017	14	01:38:18	SVM
West Glamorgan XC League - Llanmadoc - Men	4.5 miles	17/09/2017	60	00:32:44	
2017 Tydfilians Roman Run	16 miles	02/09/2017	33	02:15:17	Men's Masters 40+
Melin Sospan Sizzler Middle Distance Triathlon (swim replaced with 2nd run)	Triathlon	11/06/2017	103	06:18:22	M50
Sospan MT10	10 miles	20/11/2016	215	01:27:09	M45+
Fay Sharpe		20			
Tenby 10k	10k	29/07/2018	301	01:00:01	F55
Ammanford 10k	10k	08/07/2018	198	01:03:45	FV55
Llanelli Coast parkrun	5k	05/05/2018	82	00:27:35	
Llyn Llech Owain parkrun	5k	28/04/2018	40	00:29:54	
Grangemoor parkrun	5k	21/04/2018	117	00:29:36	
Swansea Bay parkrun	5k	14/04/2018	322	00:34:09	
Llyn Llech Owain parkrun	5k	24/03/2018	73	00:29:47	
Llanelli Coast parkrun	5k	17/03/2018	79	00:31:42	
SRR M10	10 miles	19/11/2017	367	01:43:30	F55+
Brooks Snowdonia Marathon	Marathon	30/10/2017	1706	05:09:41	FV55
West Glamorgan XC League - Gnoll - Women	5k	25/10/2017	119	00:29:56	

Cardiff Half Marathon	Half Marathon	01/10/2017	17896	02:55:46	F55-59
Severn Bridge Half Marathon	Half Marathon	27/08/2017	1066	02:16:04	F55+
Tenby 10k	10k	30/07/2017	289	00:58:50	F55
Ammanford Lions 10k	10k	09/07/2017	122	01:00:56	F55
Royal Welsh Trail Festival 10k	10k	21/05/2017	379	01:19:37	MW55
Llanelli Coast parkrun	5k	29/04/2017	85	00:30:09	
Llanelli Half Marathon 2017	Half Marathon	12/03/2017	873	02:09:05	FV55+
Sospan MT10	10 miles	20/11/2016	409	01:46:24	F55+
Richard Burton 10k	10k	06/11/2016	610	00:58:11	FV50
Laura Sharpe		13			
Dursley Dozen Multi-Terrain	12 miles	11/02/2018	230	02:10:34	F5en
Weston Christmas Cracker	10k	17/12/2017	343	00:52:59	SenF
SRR M10	10 miles	19/11/2017	254	01:32:28	SF
West Glamorgan XC League - Llanmadoc - Women	4.5 miles	17/09/2017	50	00:41:10	
Pomphrey Hill parkrun	5k	12/08/2017	178	00:28:12	
JCP Swansea Half Marathon	Half Marathon	25/06/2017	1642	01:56:12	SenF
Eastleigh parkrun	5k	17/06/2017	167	00:26:51	
Royal Welsh Trail Festival 10k	10k	21/05/2017	188	01:06:38	SENW
Swansea Bay parkrun	5k	08/04/2017	85	00:23:42	
Pembrey Twilight Trail Run Female Senior 15k	15k	30/03/2017	2	01:31:22	F5EN
Llanelli Half Marathon 2017	Half Marathon	12/03/2017	433	01:49:15	SenF
Llanelli Coast parkrun	5k	11/02/2017	25	00:23:41	
Sospan MT10	10 miles	20/11/2016	269	01:31:15	SF
Christopher Simons		129			
Gnoll parkrun	5k	17/11/2018	16	00:21:58	
Snowdonia Marathon Eryri	Marathon	27/10/2018	981	04:26:25	MOPEN

Porthcawl parkrun	5k	29/09/2018	30	00:21:21	
Cwmbran parkrun	5k	22/09/2018	9	00:20:51	
Admiral Swansea Bay 10k	10k	16/09/2018	398	00:45:05	MSEN - Pacer
Llyn Llech Owain parkrun	5k	15/09/2018	8	00:21:42	
Random Act of Kindness	Ultra	01/09/2018	9	04:53:55	
Swansea Bay parkrun	5k	25/08/2018	109	00:23:55	
Swansea Bay parkrun	5k	18/08/2018	37	00:20:44	
Port Talbot Half Marathon	Half Marathon	12/08/2018	63	01:38:47	M
Swansea Bay parkrun	5k	11/08/2018	27	00:21:21	
Barry 10k	10k	05/08/2018	142	00:44:08	MSEN
Haverfordwest parkrun	5k	04/08/2018	14	00:21:55	
Tenby 10k	10k	29/07/2018	45	00:44:39	OM
Swansea Bay parkrun	5k	28/07/2018	24	00:21:59	
Ammanford 10k	10k	08/07/2018	63	00:44:46	MSEN
Llanelli Coast parkrun	5k	07/07/2018	8	00:21:45	
Llanelli Coast parkrun	5k	30/06/2018	16	00:21:02	
JCP Swansea Half Marathon	Half Marathon	24/06/2018	1858	01:57:51	PACER
Llanelli Coast parkrun	5k	23/06/2018	14	00:22:45	
Sospan 10k	10k	23/06/2018	42	00:48:01	SM
Llyn Llech Owain parkrun	5k	16/06/2018	16	00:22:41	
Welsh Castles Relay Stage 7	10.1 miles	09/06/2018	44	01:20:22	M
Swansea Bay parkrun	5k	02/06/2018	36	00:20:45	
Llandeilo 3 Parks Challenge	10k	01/06/2018	50	00:48:32	OM
Llanelli Coast parkrun	5k	26/05/2018	28	00:21:52	
Liverpool Rock n Roll Marathon	Marathon	20/05/2018	762	03:58:17	M30-34
Princes parkrun Liverpool	5k	19/05/2018	96	00:23:36	

Llanelli Coast parkrun	5k	12/05/2018	9	00:21:11	
Llanelli Coast parkrun	5k	05/05/2018	135	00:33:09	
Swansea Bay parkrun	5k	28/04/2018	52	00:22:15	
Llyn Llech Owain parkrun	5k	21/04/2018	8	00:21:40	
Great Welsh Marathon	Marathon	15/04/2018	164	04:13:36	Pacer
Swansea Bay parkrun	5k	14/04/2018	305	00:33:48	
Griffin Mill Merthyr Half Marathon	Half Marathon	25/03/2018	83	01:39:54	Mopen
Maesteg parkrun	5k	24/03/2018	7	00:22:04	
Zurich Marato Barcelona	Marathon	11/03/2018	2868	03:31:36	SenM
Llanelli Half Marathon	Half Marathon	18/02/2018	138	01:33:55	SenM
Swansea Bay parkrun	5k	17/02/2018	23	00:22:12	
HOKA One One Winter Trail Half Marathon	Half Marathon	17/02/2018	165	01:57:40	MJ
Swansea Bay parkrun	5k	10/02/2018	28	00:21:20	
Llyn Llech Owain parkrun	5k	03/02/2018	8	00:21:36	
West Glamorgan XC League - Margam Park - Men	TBC	28/01/2018	86	00:39:54	
Kingsbury Water parkrun	5k	20/01/2018	29	00:22:11	
West Glamorgan XC League - Margam Reservoir - Men	5.6 miles	14/01/2018	91	00:38:36	
Swansea Bay parkrun	5k	13/01/2018	18	00:20:45	
Llanelli Coast parkrun	5k	06/01/2018	10	00:21:13	
Llandeilo New Years Eve 10 miler	10 miles	31/12/2017	164	01:38:26	
Gnoll parkrun	5k	30/12/2017	7	00:21:20	
Glynneath 5	5 miles	26/12/2017	101	00:34:23	
Swansea Bay parkrun	5k	23/12/2017	52	00:21:28	
Cottrell Park Christmas Cracker	10k	17/12/2017	48	00:48:23	Senior Men
Porthcawl parkrun	5k	16/12/2017	13	00:20:25	
RNLI Mumbles Great Christmas Fun Run	10k	10/12/2017	15	00:45:17	MO

Swansea Bay parkrun	5k	09/12/2017	21	00:20:19	
Llanelli Coast parkrun	5k	02/12/2017	6	00:20:47	
West Glamorgan XC League - Kenfig Nature Reserve - Men	TBC	26/11/2017	92	00:31:20	
SRR M10	10 miles	19/11/2017	66	01:16:13	SM
Llanelli Coast parkrun	5k	18/11/2017	10	00:20:17	
Endurancelife CTS Gower Marathon (28 miles)	Marathon	11/11/2017	55	05:35:08	M
Richard Burton 10k	10k	05/11/2017	127	00:42:48	SenM
Llanelli Coast parkrun	5k	04/11/2017	24	00:22:18	
Brooks Snowdonia Marathon	Marathon	30/10/2017	171	03:32:10	Mopen
West Glamorgan XC League - Gnoll - Men	5.6 miles	22/10/2017	108	00:42:51	
Swansea Bay parkrun	5k	21/10/2017	38	00:22:02	
Leicester Marathon	Marathon	15/10/2017	59	03:29:52	MSEN
Mumbles Middle Distance Triathlon	Triathlon	07/10/2017	129	07:11:04	MSen
Cardiff Half Marathon	Half Marathon	01/10/2017	1391	01:38:07	MSEN
Admiral Swansea Bay 10k	10k	24/09/2017	360	00:44:52	JunM
Porthcawl parkrun	5k	23/09/2017	24	00:20:55	
Mic Morris Torfaen 10k	10k	17/09/2017	103	00:40:57	SenM
Gower Olympic & Fancy Dress Tri	Triathlon	16/09/2017	128	03:27:03	MO
Simplyhealth Great North Run 2017	Half Marathon	10/09/2017	2006	01:36:49	
Newcastle parkrun	5k	09/09/2017	67	00:21:37	
2017 Cardiff Kidney Wales 10K	10k	03/09/2017	371	00:43:03	MSEN
Swansea Bay parkrun	5k	02/09/2017	22	00:20:21	
Severn Bridge Half Marathon	Half Marathon	27/08/2017	125	01:36:50	Msen
Swindon parkrun	5k	26/08/2017	36	00:21:15	
Gnoll parkrun	5k	19/08/2017	8	00:21:45	
Port Talbot Half Marathon	Half Marathon	13/08/2017	62	01:39:22	Msen

Gloucester City Marathon	Marathon	06/08/2017	83	03:34:27	M30-34
Swansea Bay parkrun	5k	05/08/2017	74	00:23:26	
2017 Scott Snowdonia Trail Marathon	Marathon	23/07/2017	255	06:20:55	MOPEN
Conwy parkrun	5k	22/07/2017	79	00:24:16	
The Great Celtic Marathon	Marathon	15/07/2017	32	04:11:20	M30-39
Paul Popham Running Club Swansea Bay Summer 5k Series	5k	11/07/2017	25	00:22:12	M
Llanelli Coast parkrun	5k	01/07/2017	8	00:20:51	
JCP Swansea Half Marathon	Half Marathon	25/06/2017	476	01:37:15	SenM
Swansea Bay parkrun	5k	24/06/2017	20	00:20:37	
Caerphilly 10k	10k	18/06/2017	173	00:44:31	MO
Llanelli Coast parkrun	5k	17/06/2017	9	00:21:09	
Sospan 10K	10k	17/06/2017	31	00:44:10	SM
Swansea Bay parkrun	5k	10/06/2017	14	00:20:51	
Merthyr parkrun	5k	03/06/2017	10	00:20:39	
Llandeilo 3 Parks Challenge	10k	02/06/2017	48	00:47:34	OM
Liverpool Rock'n'Roll Marathon	Marathon	28/05/2017	383	03:29:25	
Swansea Bay parkrun	5k	20/05/2017	180	00:29:27	
Whitford Point Multi-Terrain Race	5.6 miles	17/05/2017	67	00:45:51	M
Llanelli Sprint Triathlon	Triathlon	14/05/2017	321	01:56:59	MS
Porthcawl parkrun	5k	13/05/2017	27	00:21:02	
Swansea Bay parkrun	5k	06/05/2017	29	00:20:50	
Go Events Wales St Illtyds Ultra Marathon - 50k	Ultra	30/04/2017	36	07:24:00	M
Llyn Llech Owain parkrun	5k	22/04/2017	7	00:21:18	
Light Up Mumbles - UNOFFICIAL TIMINGS ONLY. UNTIMED RACE. NO POSITIONS.	10k	19/04/2017		00:43:21	M
Pendine Sands 32.6 mile ultra	Ultra	16/04/2017	6	05:18:00	M

Gnoll parkrun	5k	08/04/2017	14	00:21:30	
Pembrey Twilight Trail Run Male Senior 15k	15k	30/03/2017	9	01:18:51	MSEN
Mumbles Duathlon	Duathlon	25/03/2017	137	02:04:14	MO
Forest of Dean Spring Trails Half Marathon	Half Marathon	19/03/2017	494	01:45:11	MSNR
Swansea Bay parkrun	5k	18/03/2017	15	00:20:49	
Swansea Trotters 360 Marina 5K	5k	18/03/2017	51	00:21:16	
Duathlon Cymru 2017	Duathlon	12/03/2017	62	02:40:53	MO
Admiral City of Newport Half Marathon	Half Marathon	05/03/2017	270	01:39:21	Male Open
Swansea Bay parkrun	5k	04/03/2017	23	00:21:04	
Ras Dewi Sant Coast Path Marathon	Marathon	25/02/2017		05:02:00	
HOKA One One Trail Half Marathon	Half Marathon	19/02/2017	85	01:57:08	SENM
Bath Skyline 10k	10k	12/02/2017	108	01:00:02	M20-39
Lliswerry 8	8 miles	29/01/2017	177	00:57:23	MS
Gnoll parkrun	5k	28/01/2017	6	00:21:51	
Buff Trail 10k	10k	22/01/2017	63	00:51:35	M
Llanelli Coast parkrun	5k	21/01/2017	14	00:21:11	
Llanelli Coast parkrun	5k	14/01/2017	22	00:21:25	
Swansea Bay parkrun	5k	07/01/2017	31	00:21:28	
Llanelli Coast parkrun	5k	31/12/2016	27	00:22:03	
Swansea Bay parkrun	5k	24/12/2016	80	00:22:59	
Cottrell Park Christmas Cracker	10k	17/12/2016	74	00:52:49	Senior Men
Run4All Neath Santa 5K	5k	03/12/2016	36	00:23:02	MSEN
Margam Tough 10	10k	20/11/2016	87	00:59:54	M
Richard Burton 10k	10k	06/11/2016	341	00:49:31	MO
Allan Smith		63			
Swansea Bay parkrun	5k	10/11/2018	224	00:36:27	

Gorleston Cliffs parkrun	5k	27/10/2018	282	00:35:11
Swansea Bay parkrun	5k	20/10/2018	280	00:35:02
Swansea Bay parkrun	5k	22/09/2018	221	00:33:36
Gnoll parkrun	5k	15/09/2018	101	00:36:42
Swansea Bay parkrun	5k	08/09/2018	206	00:34:34
Swansea Bay parkrun	5k	01/09/2018	318	00:33:40
Llanelli Coast parkrun	5k	25/08/2018	126	00:34:07
Swansea Bay parkrun	5k	11/08/2018	295	00:33:49
Swansea Bay parkrun	5k	04/08/2018	309	00:33:41
Swansea Bay parkrun	5k	28/07/2018	139	00:34:45
Swansea Bay parkrun	5k	21/07/2018	278	00:33:54
Swansea Bay parkrun	5k	14/07/2018	263	00:33:16
Bushy parkrun	5k	07/07/2018	881	00:35:01
Gnoll parkrun	5k	30/06/2018	94	00:35:27
Swansea Bay parkrun	5k	23/06/2018	271	00:34:25
Swansea Bay parkrun	5k	16/06/2018	239	00:33:52
Swansea Bay parkrun	5k	02/06/2018	342	00:33:29
Llanelli Coast parkrun	5k	26/05/2018	131	00:33:27
Llanelli Coast parkrun	5k	19/05/2018	121	00:34:28
Swansea Bay parkrun	5k	12/05/2018	289	00:33:38
Merthyr parkrun	5k	05/05/2018	50	00:37:21
Maesteg parkrun	5k	28/04/2018	62	00:36:11
Gnoll parkrun	5k	21/04/2018	78	00:35:40
Swansea Bay parkrun	5k	14/04/2018	303	00:33:47
Swansea Bay parkrun	5k	07/04/2018	187	00:37:03
Swansea Bay parkrun	5k	31/03/2018	409	00:35:28

Swansea Bay parkrun	5k	24/03/2018	224	00:36:16
Swansea Bay parkrun	5k	01/01/2018	241	00:34:44
Swansea Bay parkrun	5k	30/12/2017	210	00:33:45
Glynneath 5	5 miles	26/12/2017	463	00:55:31
Swansea Bay parkrun	5k	23/12/2017	251	00:33:13
Swansea Bay parkrun	5k	09/12/2017	151	00:34:05
Swansea Bay parkrun	5k	02/12/2017	184	00:34:02
Swansea Bay parkrun	5k	25/11/2017	249	00:34:15
Swansea Bay parkrun	5k	18/11/2017	181	00:33:47
Swansea Bay parkrun	5k	11/11/2017	223	00:34:02
Swansea Bay parkrun	5k	04/11/2017	257	00:34:29
Swansea Bay parkrun	5k	28/10/2017	282	00:33:29
Swansea Bay parkrun	5k	21/10/2017	210	00:34:51
Swansea Bay parkrun	5k	14/10/2017	283	00:36:07
Swansea Bay parkrun	5k	30/09/2017	212	00:41:46
Swansea Bay parkrun	5k	20/05/2017	179	00:29:26
Llanelli Coast parkrun	5k	13/05/2017	91	00:30:35
Swansea Bay parkrun	5k	06/05/2017	223	00:30:30
Swansea Bay parkrun	5k	29/04/2017	196	00:30:14
Swansea Bay parkrun	5k	22/04/2017	180	00:30:26
Swansea Bay parkrun	5k	15/04/2017	218	00:29:55
Swansea Bay parkrun	5k	08/04/2017	220	00:29:59
Swansea Bay parkrun	5k	01/04/2017	151	00:30:53
Swansea Bay parkrun	5k	25/03/2017	213	00:30:34
Swansea Trotters 360 Marina 5K	5k	18/03/2017	148	00:31:46
Swansea Bay parkrun	5k	11/03/2017	185	00:30:37

Swansea Bay parkrun	5k	04/03/2017	182	00:30:49	
Swansea Bay parkrun	5k	18/02/2017	212	00:30:23	
Swansea Bay parkrun	5k	11/02/2017	186	00:29:53	
Swansea Bay parkrun	5k	04/02/2017	182	00:29:51	
Swansea Bay parkrun	5k	28/01/2017	157	00:30:02	
Swansea Bay parkrun	5k	21/01/2017	143	00:29:42	
Swansea Bay parkrun	5k	07/01/2017	173	00:29:47	
Swansea Bay parkrun	5k	31/12/2016	194	00:29:56	
Glynneath Boxing Day 5 Mile Road Race	5 miles	26/12/2016	320	00:49:18	M
Merthyr Mawr Christmas Pudding Run 2016	6 miles	11/12/2016	534	01:18:58	MV40
Christina Smith		7			
Llanelli Sprint Trlathlon	Triathlon	13/05/2018	306	01:52:29	
Llanelli Coast parkrun	5k	12/05/2018	26	00:22:56	
Brooks Snowdonia Marathon	Marathon	30/10/2017	716	04:11:18	FV55
Outlaw Triathlon	Triathlon	23/07/2017	741	13:33:01	F55-59
Melin Sospan Sizzler Middle Distance Triathlon (swim replaced with 2nd run)	Triathlon	11/06/2017	119	06:29:42	F50
Llanelli Coast parkrun	5k	31/12/2016	43	00:23:47	
Richard Burton 10k	10k	06/11/2016	372	00:51:01	FV50
Gwen Smith		45			
Swansea Bay parkrun	5k	27/10/2018	185	00:27:27	
Cardiff Half Marathon	Half Marathon	07/10/2018	6163	02:00:02	F50+
Swansea Bay parkrun	5k	29/09/2018	176	00:27:13	
Swansea Bay parkrun	5k	08/09/2018	124	00:27:07	
Swansea Bay parkrun	5k	25/08/2018	153	00:25:49	
Swansea Bay parkrun	5k	18/08/2018	161	00:26:45	

Tamar Lakes parkrun	5k	04/08/2018	89	00:27:24	
Tenby 10k	10k	29/07/2018	344	01:02:46	F45
Swansea Bay parkrun	5k	21/07/2018	146	00:26:34	
Swansea Bay parkrun	5k	14/07/2018	135	00:26:36	
Llanelli Coast parkrun	5k	30/06/2018	78	00:26:54	
Swansea Bay parkrun	5k	23/06/2018	146	00:27:19	
Merthyr Mawr Rabbit Run	10k	16/06/2018	227	01:19:43	MW45-54
Swansea Bay parkrun	5k	19/05/2018	128	00:26:03	
PPRC Swansea Bay Summer 5k Series	5k	10/05/2018	84	00:26:31	F
Swansea Bay parkrun	5k	28/04/2018	126	00:25:48	
Surfers Paradise parkrun	5k	14/04/2018	36	00:28:16	
Surfers Paradise parkrun	5k	07/04/2018	25	00:28:37	
Swansea Bay parkrun	5k	24/03/2018	105	00:26:30	
Swansea Bay parkrun	5k	17/03/2018	98	00:27:14	
West Glamorgan XC League - Margam Park - Women	TBC	28/01/2018	63	00:51:05	
Swansea Bay parkrun	5k	23/12/2017	158	00:27:42	
West Glamorgan XC League - Kenfig Nature Reserve - Women	TBC	26/11/2017	84	00:39:48	
Swansea Bay parkrun	5k	28/10/2017	123	00:25:46	
West Glamorgan XC League - Gnoll - Women	5k	25/10/2017	73	00:27:10	
West Glamorgan XC League - Llanmadoc - Women	4.5 miles	17/09/2017	61	00:43:21	
2017 Cardiff Kidney Wales 10K	10k	03/09/2017	2129	00:55:21	F45+
Swansea Bay parkrun	5k	19/08/2017	127	00:25:52	
Magor 10k	10k	29/07/2017	132	00:53:34	FV50
Porthcawl parkrun	5k	15/07/2017	113	00:26:19	
Swansea Bay parkrun	5k	03/06/2017	116	00:25:26	
Royal Welsh Trail Festival Half Marathon	Half Marathon	21/05/2017	188	02:05:42	MW45

Cwm Ogwr 5 miler	5 miles	14/05/2017	172	00:44:09	Fvet
Swansea Bay parkrun	5k	15/04/2017	155	00:26:09	
TENOVUS Botanic Garden 10k	10k	02/04/2017	64	00:53:54	F45
Pembrey Twilight Trail Run Female Veteran 15k	15k	30/03/2017	3	01:35:32	FV
Swansea Bay parkrun	5k	18/03/2017	81	00:25:57	
HOKA One One Trail Half Marathon	Half Marathon	19/02/2017	252	02:21:42	F50
Gnoll parkrun	5k	11/02/2017	54	00:30:11	
Buff Trail 10k	10k	22/01/2017	143	00:58:35	F
Llyn Llech Owain parkrun	5k	07/01/2017	42	00:26:06	
Swansea Bay parkrun	5k	31/12/2016	91	00:24:46	
Swansea Bay parkrun	5k	24/12/2016	128	00:25:38	
Sospan MT10	10 miles	20/11/2016	313	01:34:40	F45+
Richard Burton 10k	10k	06/11/2016	373	00:51:00	FV50
Gina Southam		27			
Cardiff Half Marathon	Half Marathon	07/10/2018	8460	02:07:11	F40+
Swansea Bay parkrun	5k	18/08/2018	208	00:28:57	
Swansea Bay parkrun	5k	04/08/2018	268	00:31:09	
Tenby 10k	10k	29/07/2018	325	01:01:25	F35
Swansea Bay parkrun	5k	28/07/2018	137	00:34:17	
Swansea Bay parkrun	5k	21/07/2018	195	00:28:40	
Swansea Bay parkrun	5k	07/07/2018	129	00:28:25	
Swansea Bay parkrun	5k	23/06/2018	167	00:28:00	
Swansea Bay parkrun	5k	16/06/2018	203	00:31:03	
Swansea Bay parkrun	5k	19/05/2018	241	00:30:25	
Porthcawl parkrun	5k	21/04/2018	229	00:30:41	
Swansea Bay parkrun	5k	14/04/2018	316	00:33:57	

Swansea Bay parkrun	5k	31/03/2018	219	00:27:58	
Llanelli Half Marathon	Half Marathon	18/02/2018	1244	02:17:43	FV35
Minehead parkrun	5k	18/11/2017	37	00:28:09	
Colby parkrun	5k	04/11/2017	82	00:31:00	
Swansea Bay parkrun	5k	28/10/2017	242	00:30:35	
West Glamorgan XC League - Gnoll - Women	5k	25/10/2017	127	00:31:30	
Cardiff Half Marathon	Half Marathon	01/10/2017	9523	02:10:27	F40-44
Admiral Swansea Bay 10k	10k	24/09/2017	1542	00:57:43	F35+
Cardigan Running Club Poppit Sands Race Series	5k	08/08/2017	78	00:31:21	F35
Tenby 10k	10k	30/07/2017	290	00:58:51	F35
JCP Swansea Half Marathon	Half Marathon	25/06/2017	2222	02:04:39	FV35
Royal Welsh Trail Festival Half Marathon	Half Marathon	21/05/2017	288	02:30:31	MW35
Llanelli Half Marathon 2017	Half Marathon	12/03/2017	758	02:02:37	FV35
RNLI Mumbles Great Christmas Fun Run	10k	11/12/2016	68	00:56:56	FV
Run4All Neath Santa 5K	5k	03/12/2016	107	00:28:59	FV40
Louise Steer		14			
Swansea Bay parkrun	5k	20/10/2018	178	00:27:53	
Cardiff Half Marathon	Half Marathon	07/10/2018	8190	02:04:49	F35+
Swansea Bay parkrun	5k	29/09/2018	158	00:26:23	
Swansea Bay parkrun	5k	18/08/2018	145	00:26:04	
Tenby 10k	10k	29/07/2018	216	00:55:23	F35
PPRC Swansea Bay Summer 5k Series	5k	12/07/2018	109	00:27:43	F
Swansea Bay parkrun	5k	07/07/2018	109	00:26:41	
JCP Swansea Half Marathon	Half Marathon	24/06/2018	2780	02:10:46	FV35
Swansea Bay parkrun	5k	12/05/2018	137	00:26:40	
PPRC Swansea Bay Summer 5k Series	5k	10/05/2018	103	00:27:24	F

Llanelli Coast parkrun	5k	05/05/2018	187	00:45:42	
Swansea Bay parkrun	5k	21/04/2018	139	00:26:53	
Swansea Bay parkrun	5k	14/04/2018	366	00:42:09	
Llanelli Coast parkrun	5k	07/04/2018	65	00:28:32	
Paula Stockley		6			
Swansea Bay parkrun	5k	17/11/2018	256	00:47:00	
Admiral Swansea Bay 10k	10k	16/09/2018	3379	01:39:34	F35
Great North Run	Half Marathon	09/09/2018	43352	04:07:26	
Swansea Bay parkrun	5k	25/08/2018	354	00:45:40	
Swansea Bay parkrun	5k	11/08/2018	341	00:50:49	
Swansea Bay parkrun	5k	07/07/2018	251	00:51:50	
Alice Sullivan		36			
Swansea Bay parkrun	5k	17/11/2018	111	00:25:20	
Swansea Bay parkrun	5k	27/10/2018	241	00:29:33	
Cardiff Half Marathon	Half Marathon	07/10/2018	3266	01:46:57	F40+
Swansea Bay parkrun	5k	28/07/2018	35	00:23:15	
PPRC Swansea Bay Summer 5k Series	5k	12/07/2018	85	00:23:53	F
Ammanford 10k	10k	08/07/2018	161	00:57:05	FV40
JCP Swansea Half Marathon	Half Marathon	24/06/2018	1090	01:49:13	FV35
Welsh Castles Relay Stage 9	8.6 miles	09/06/2018	44	01:06:29	FV
PPRC Swansea Bay Summer 5k Series	5k	10/05/2018	69	00:24:41	F
Great Welsh Half Marathon	Half Marathon	15/04/2018	184	02:00:13	FV40
Swansea Bay parkrun	5k	14/04/2018	306	00:33:49	
Swansea Bay parkrun	5k	07/04/2018	60	00:24:40	
Llanelli Half Marathon	Half Marathon	18/02/2018	501	01:49:58	FV35
Llyn Llech Owain parkrun	5k	03/02/2018	33	00:25:44	

West Glamorgan XC League - Margam Park - Women	TBC	28/01/2018	53	00:49:08	
West Glamorgan XC League - Margam Reservoir - Women	5.6 miles	14/01/2018	45	00:45:40	
Swansea Bay parkrun	5k	01/01/2018	97	00:25:20	
Swansea Bay parkrun	5k	30/12/2017	196	00:32:14	
Ipswich parkrun	5k	23/12/2017	97	00:25:36	
Swansea Bay parkrun	5k	02/12/2017	164	00:31:00	
West Glamorgan XC League - Kenfig Nature Reserve - Women	TBC	26/11/2017	81	00:39:21	
Swansea Bay parkrun	5k	25/11/2017	158	00:27:59	
Colby parkrun	5k	04/11/2017	55	00:28:09	
Swansea Bay parkrun	5k	28/10/2017	127	00:25:57	
West Glamorgan XC League - Gnoll - Women	5k	25/10/2017	54	00:25:52	
Swansea Bay parkrun	5k	21/10/2017	92	00:25:21	
Swansea Bay parkrun	5k	07/10/2017	147	00:28:33	
Cardiff Half Marathon	Half Marathon	01/10/2017	17885	02:55:43	F35-39
Admiral Swansea Bay 10k	10k	24/09/2017	1037	00:52:23	F35+
Swansea Bay parkrun	5k	26/08/2017	285	00:33:00	
Swansea Bay parkrun	5k	20/05/2017	189	00:29:32	
Whitford Point Multi-Terrain Race	5.6 miles	17/05/2017	139	01:00:56	VF35
Paul Popham Running Club Swansea Bay Summer 5k Series	5k	09/05/2017	45	00:26:22	
Llanelli Half Marathon 2017	Half Marathon	12/03/2017	501	01:52:02	FV35
Swansea Bay parkrun	5k	31/12/2016	124	00:26:07	
Swansea Bay parkrun	5k	24/12/2016	145	00:26:08	
Andrew Thomas		23			
Llanelli Coast parkrun	5k	26/08/2017	32	00:21:36	
TROT's St Clear's 10k	10k	20/08/2017	35	00:48:43	M50
Ammanford Lions 10k	10k	09/07/2017	59	00:48:41	M50

Llanelli Coast parkrun	5k	01/07/2017	12	00:21:54	
Llandeilo 3 Parks Challenge	10k	02/06/2017	78	00:51:22	M50
Llanelli Coast parkrun	5k	20/05/2017	17	00:21:24	
Whitford Point Multi-Terrain Race	5.6 miles	17/05/2017	78	00:46:38	VM50
Trap Show Charity Fun Run 2017 MV50	4.7 miles	14/05/2017	3	00:34:05	MV50
Llanelli Coast parkrun	5k	22/04/2017	13	00:21:12	
Llanelli Coast parkrun	5k	15/04/2017	16	00:21:00	
Llanelli Coast parkrun	5k	08/04/2017	16	00:21:13	
TENOVUS Botanic Garden 10k	10k	02/04/2017	29	00:46:52	M50
Llanelli Coast parkrun	5k	25/03/2017	9	00:21:13	
Llanelli Coast parkrun	5k	18/03/2017	10	00:21:14	
Llanelli Coast parkrun	5k	11/03/2017	10	00:21:23	
Llanelli Coast parkrun	5k	04/03/2017	15	00:21:40	
Llanelli Coast parkrun	5k	25/02/2017	15	00:21:34	
Llanelli Coast parkrun	5k	18/02/2017	24	00:21:28	
Llanelli Coast parkrun	5k	11/02/2017	11	00:21:36	
Prince of Wales New Year's Day Run	4 miles	01/01/2017	62	00:27:17	MM50
2016 Nos Galan Seniors	5k	31/12/2016	154	00:24:47	M45
Merthyr Mawr Christmas Pudding Run 2016	6 miles	11/12/2016	184	00:54:27	MV40
Richard Burton 10k	10k	06/11/2016	291	00:47:46	MV50
Chris Timmins		21			
Swansea Bay parkrun	5k	27/01/2018	124	00:28:30	
Swansea Bay parkrun	5k	23/12/2017	95	00:23:49	
Swansea Bay parkrun	5k	02/12/2017	25	00:21:51	
Swansea Bay parkrun	5k	25/11/2017	153	00:27:46	
Swansea Bay parkrun	5k	11/11/2017	46	00:22:08	

Swansea Bay parkrun	5k	04/11/2017	48	00:22:30	
Swansea Bay parkrun	5k	28/10/2017	45	00:21:59	
Swansea Bay parkrun	5k	07/10/2017	56	00:22:26	
Hull Marathon	Marathon	24/09/2017	508	04:27:42	M40-44
JCP Swansea Half Marathon	Half Marathon	25/06/2017	1154	01:49:24	MV40
Swansea Bay parkrun	5k	17/06/2017	109	00:27:51	
Swansea Bay parkrun	5k	03/06/2017	58	00:22:39	
Swansea Bay parkrun	5k	27/05/2017	134	00:27:43	
Swansea Bay parkrun	5k	20/05/2017	192	00:29:35	
Swansea Bay parkrun	5k	29/04/2017	43	00:21:57	
Swansea Bay parkrun	5k	15/04/2017	86	00:22:50	
Swansea Bay parkrun	5k	08/04/2017	58	00:22:17	
Llanelli Half Marathon 2017	Half Marathon	12/03/2017	445	01:49:42	MV40
Swansea Bay parkrun	5k	25/02/2017	143	00:29:43	
Swansea Bay parkrun	5k	28/01/2017	46	00:22:48	
Swansea Bay parkrun	5k	21/01/2017	49	00:23:20	
Craig Tindal			2		
Llanelli Half Marathon 2017	Half Marathon	12/03/2017	1027	02:19:38	SenM
Cottrell Park Christmas Cracker	10k	17/12/2016	28	00:46:41	Senior Men
Sharon Trotman			32		
MBNA Chester Marathon	Marathon	07/10/2018	1591	04:03:30	FV45
Llanelli Coast parkrun	5k	29/09/2018	33	00:24:26	
Port Talbot Half Marathon	Half Marathon	12/08/2018	195	01:58:42	F
JCP Swansea Half Marathon	Half Marathon	24/06/2018	1518	01:53:55	FV45
Llanelli Coast parkrun	5k	26/05/2018	65	00:25:37	
Ormeau parkrun	5k	21/04/2018	208	00:27:23	

Llanelli Half Marathon	Half Marathon	18/02/2018	629	01:54:01	FV45
West Glamorgan XC League - Margam Park - Women	TBC	28/01/2018	65	00:51:12	
Llanelli Coast parkrun	5k	06/01/2018	62	00:27:13	
Swansea Bay parkrun	5k	01/01/2018	113	00:26:08	
Glynneath 5	5 miles	26/12/2017	273	00:41:38	
Swansea Bay parkrun	5k	18/11/2017	84	00:25:55	
Colby parkrun	5k	04/11/2017	72	00:30:12	
Brooks Snowdonia Marathon	Marathon	30/10/2017	1256	04:38:51	FV45
Cardiff Half Marathon	Half Marathon	01/10/2017	5248	01:55:59	F45-49
West Glamorgan XC League - Llanmadoc - Women	4.5 miles	17/09/2017	51	00:41:20	
Severn Bridge Half Marathon	Half Marathon	27/08/2017	588	01:57:57	F45+
Tenby 10k	10k	30/07/2017	201	00:54:28	F45
Long Course Wales - Half Marathon	Half Marathon	09/07/2017	244	02:05:39	FV45
Llandeilo 3 Parks Challenge	10k	02/06/2017	107	00:55:52	F45
Llanelli Coast parkrun	5k	27/05/2017	41	00:24:19	
Royal Welsh Trail Festival Half Marathon	Half Marathon	21/05/2017	223	02:13:51	F
Llanelli Coast parkrun	5k	15/04/2017	55	00:25:15	
Llanelli Coast parkrun	5k	08/04/2017	49	00:25:50	
TENOVUS Botanic Garden 10k	10k	02/04/2017	61	00:53:31	F45
Llanelli Coast parkrun	5k	01/04/2017	54	00:25:36	
Llanelli Coast parkrun	5k	18/03/2017	29	00:25:20	
Llanelli Half Marathon 2017	Half Marathon	12/03/2017	579	01:55:31	FV45
Llanelli Coast parkrun	5k	18/02/2017	52	00:25:06	
Glynneath Boxing Day 5 Mile Road Race	5 miles	26/12/2016	225	00:42:36	F
Sospan MT10	10 miles	20/11/2016	312	01:33:57	F45+
Richard Burton 10k	10k	06/11/2016	392	00:51:32	FV40

Simon Vaughan

29

Tenovus Botanic Garden 10k 2018	10k	29/04/2018	17	00:43:25	M40
Llanelli Half Marathon	Half Marathon	18/02/2018	123	01:32:30	MV40
West Glamorgan XC League - Margam Park - Men	TBC	28/01/2018	66	00:38:15	
West Glamorgan XC League - Margam Reservoir - Men	5.6 miles	14/01/2018	68	00:37:01	
Glynneath 5	5 miles	26/12/2017	69	00:32:24	
West Glamorgan XC League - Kenfig Nature Reserve - Men	TBC	26/11/2017	53	00:28:51	
Llanelli Coast parkrun	5k	18/11/2017	6	00:19:28	
Richard Burton 10k	10k	05/11/2017	90	00:41:24	M40+
West Glamorgan XC League - Gnoll - Men	5.6 miles	22/10/2017	54	00:38:41	
Admiral Swansea Bay 10k	10k	24/09/2017	165	00:41:02	M40+
West Glamorgan XC League - Llanmadoc - Men	4.5 miles	17/09/2017	45	00:31:44	
TROT's St Clear's 10k	10k	20/08/2017	12	00:41:58	M40
Swansea Bay parkrun	5k	05/08/2017	11	00:19:34	
Llanelli Coast parkrun	5k	15/07/2017	7	00:19:49	
Ammanford Lions 10k	10k	09/07/2017	27	00:43:41	M40
JCP Swansea Half Marathon	Half Marathon	25/06/2017	408	01:36:10	MV40
Sospan 10K	10k	17/06/2017	21	00:41:47	M3544
Llanelli Coast parkrun	5k	03/06/2017	7	00:19:43	
Whitford Point Multi-Terrain Race	5.6 miles	17/05/2017	28	00:41:19	VM40
Trap Show Charity Fun Run 2017 MV40	4.7 miles	14/05/2017	3	00:31:31	MV40
Llanelli Coast parkrun	5k	15/04/2017	8	00:19:55	
TENOVUS Botanic Garden 10k	10k	02/04/2017	18	00:43:45	M40
Swansea Bay parkrun	5k	18/03/2017	13	00:20:41	
Llanelli Coast parkrun	5k	18/02/2017	15	00:20:29	
Llanelli Coast parkrun	5k	07/01/2017	15	00:21:10	

Prince of Wales New Year's Day Run	4 miles	01/01/2017	70	00:27:43	MM40
Swansea Bay parkrun	5k	31/12/2016	105	00:25:33	
Llanelli Coast parkrun	5k	24/12/2016	17	00:20:45	
Richard Burton 10k	10k	06/11/2016	126	00:42:30	MV40
Carl Vonk			3		
Cardiff Half Marathon	Half Marathon	07/10/2018	15494	02:36:11	M50+
Admiral Swansea Bay 10k	10k	16/09/2018	2375	01:05:29	M50
Liverpool Half Marathon (400m short)	Half Marathon	25/03/2018	3198	02:13:54	M45
Jane Wallace			2		
Llanelli Coast parkrun	5k	17/03/2018	91	00:34:15	
Colby parkrun	5k	04/11/2017	99	00:34:27	
Linda Waller			23		
Llyn Llech Owain parkrun	5k	06/10/2018	48	00:30:36	
Llyn Llech Owain parkrun	5k	15/09/2018	73	00:31:23	
Llyn Llech Owain parkrun	5k	08/09/2018	58	00:31:49	
Llyn Llech Owain parkrun	5k	28/04/2018	49	00:31:17	
Llyn Llech Owain parkrun	5k	24/03/2018	75	00:30:21	
West Glamorgan XC League - Margam Park - Women	TBC	28/01/2018	94	00:58:03	
Llyn Llech Owain parkrun	5k	27/01/2018	65	00:30:49	
West Glamorgan XC League - Margam Reservoir - Women	5.6 miles	14/01/2018	113	00:55:14	
Glynneath 5	5 miles	26/12/2017	394	00:48:57	
West Glamorgan XC League - Kenfig Nature Reserve - Women	TBC	26/11/2017	97	00:42:18	
Colby parkrun	5k	04/11/2017	77	00:30:37	
Brooks Snowdonia Marathon	Marathon	30/10/2017	1601	04:59:07	FV60
West Glamorgan XC League - Gnoll - Women	5k	25/10/2017	117	00:29:49	
Severn Bridge Half Marathon	Half Marathon	27/08/2017	1307	02:32:39	F60+

Gower Sprint Triathlon	Triathlon	12/08/2017	189	02:10:16	FV
Tenby 10k	10k	30/07/2017	360	01:02:34	F55
Aberavon Aquathlon Series	Aquathlon	24/07/2017	157	01:05:37	F6069
Royal Welsh Trail Festival 10k	10k	21/05/2017	338	01:16:39	MW55
Llyn Llech Owain parkrun	5k	22/04/2017	61	00:30:08	
Llyn Llech Owain parkrun	5k	04/03/2017	53	00:32:57	
Llyn Llech Owain parkrun	5k	28/01/2017	72	00:31:58	
Tata Steel Round the Reservoir Race - Women	5.6 miles	08/01/2017	41	00:57:06	V60
Llyn Llech Owain parkrun	5k	24/12/2016	98	00:34:34	
Jill Walters		1			
Ammanford Lions 10k	10k	09/07/2017	145	01:19:57	F45
Dean Webster		23			
Swansea Bay parkrun	5k	20/10/2018	30	00:20:06	
MBNA Chester Marathon	Marathon	07/10/2018	616	03:25:09	MV35
Swansea Bay parkrun	5k	07/07/2018	18	00:20:10	
JCP Swansea Half Marathon	Half Marathon	24/06/2018	262	01:33:08	SenM
Cotswold 113	Triathlon	10/06/2018	440	05:44:57	M18-49
Llyn Llech Owain parkrun	5k	21/04/2018	6	00:21:30	
Llyn Llech Owain parkrun	5k	14/04/2018	14	00:21:57	
Llanelli Coast parkrun	5k	07/04/2018	10	00:21:23	
Oxford parkrun	5k	03/02/2018	40	00:21:59	
Llanelli Coast parkrun	5k	06/01/2018	14	00:21:44	
Glynneath 5	5 miles	26/12/2017	118	00:34:59	
Llyn Llech Owain parkrun	5k	14/10/2017	6	00:21:51	
Mumbles Middle Distance Triathlon	Triathlon	07/10/2017	33	05:47:34	MSen
Gower Sprint Triathlon	Triathlon	12/08/2017	64	01:31:53	MO

Aberavon Aquathlon Series	Aquathlon	24/07/2017	47	00:43:09	M2039
Melin Sospan Sizzler Middle Distance Triathlon (swim replaced with 2nd run)	Triathlon	11/06/2017	81	06:03:51	MS
Llanelli Coast parkrun	5k	03/06/2017	6	00:19:41	
Llanelli Sprint Triathlon	Triathlon	14/05/2017	123	01:33:22	MS
Llanelli Half Marathon 2017	Half Marathon	12/03/2017	84	01:30:26	SenM
Llanelli Coast parkrun	5k	21/01/2017	9	00:20:24	
Swansea Bay parkrun	5k	31/12/2016	27	00:20:41	
Glynneath Boxing Day 5 Mile Road Race	5 miles	26/12/2016	100	00:34:32	M
Llanelli Coast parkrun	5k	24/12/2016	19	00:20:55	
Richard Webster		33			
Llanelli Coast parkrun	5k	12/05/2018	23	00:22:28	
Simplyhealth Great Birmingham 10k	10k	06/05/2018	750	00:48:47	
Swansea Bay parkrun	5k	28/04/2018	58	00:22:38	
Swansea Bay parkrun	5k	14/04/2018	70	00:23:29	
Llanelli Coast parkrun	5k	07/04/2018	28	00:24:11	
Llanelli Coast parkrun	5k	10/02/2018	23	00:22:50	
Llyn Llech Owain parkrun	5k	03/02/2018	15	00:22:26	
Llanelli Coast parkrun	5k	06/01/2018	16	00:21:51	
Glynneath 5	5 miles	26/12/2017	114	00:34:49	
West Glamorgan XC League - Kenfig Nature Reserve - Men	TBC	26/11/2017	103	00:32:04	
Llanelli Coast parkrun	5k	18/11/2017	12	00:21:11	
Llanelli Coast parkrun	5k	04/11/2017	14	00:21:08	
Swansea Bay parkrun	5k	28/10/2017	30	00:21:07	
Cardiff Half Marathon	Half Marathon	01/10/2017	1050	01:35:46	M60-64
Admiral Swansea Bay 10k	10k	24/09/2017	770	00:49:53	M60+

West Glamorgan XC League - Llanmadoc - Men	4.5 miles	17/09/2017	74	00:34:17	
TROT's St Clear's 10k	10k	20/08/2017	19	00:44:44	M60
Port Talbot Half Marathon	Half Marathon	13/08/2017	47	01:35:56	MV60
Ammanford Lions 10k	10k	09/07/2017	32	00:45:00	M60
JCP Swansea Half Marathon	Half Marathon	25/06/2017	376	01:36:22	MV60+
Melin Sospan Sizzler Middle Distance Triathlon (swim replaced with 2nd run)	Triathlon	11/06/2017	124	06:34:47	M60
Great Welsh Half Marathon	Half Marathon	07/05/2017	18	01:34:54	MV60+
Swansea Bay parkrun	5k	06/05/2017	27	00:20:39	
Llanelli Coast parkrun	5k	15/04/2017	15	00:20:52	
Llanelli Half Marathon 2017	Half Marathon	12/03/2017	137	01:35:23	MV60+
Llanelli Coast parkrun	5k	25/02/2017	11	00:21:07	
Llanelli Coast parkrun	5k	18/02/2017	23	00:21:14	
Llanelli Coast parkrun	5k	21/01/2017	13	00:21:09	
Llanelli Coast parkrun	5k	14/01/2017	21	00:21:25	
Prince of Wales New Year's Day Run	4 miles	01/01/2017	55	00:26:42	MM60
Swansea Bay parkrun	5k	31/12/2016	36	00:21:01	
Glynneath Boxing Day 5 Mile Road Race	5 miles	26/12/2016	104	00:34:49	M
Llanelli Coast parkrun	5k	24/12/2016	22	00:21:25	
Dewi West			32		
Llanelli Coast parkrun	5k	10/11/2018	116	00:32:40	
Swansea Bay parkrun	5k	27/10/2018	36	00:21:07	
Cardiff Half Marathon	Half Marathon	07/10/2018	1957	01:41:49	M55+
Admiral Swansea Bay 10k	10k	16/09/2018	1239	00:54:47	M50 Pacer
Tenby 10k	10k	29/07/2018	95	00:48:42	M50
Swansea Bay parkrun	5k	28/07/2018	32	00:22:56	

Swansea Bay parkrun	5k	21/07/2018	39	00:21:00	
Swansea Bay parkrun	5k	07/07/2018	33	00:21:26	
Swansea Bay parkrun	5k	05/05/2018	328	00:33:11	
Ironman 70.3 Marbella	Triathlon	29/04/2018	1689	07:22:42	
Swansea Bay parkrun	5k	14/04/2018	324	00:34:13	
Swansea Bay parkrun	5k	07/04/2018	93	00:27:11	
Swansea Bay parkrun	5k	31/03/2018	62	00:21:40	
Swansea Bay parkrun	5k	10/02/2018	52	00:23:22	
West Glamorgan XC League - Margam Park - Men	TBC	28/01/2018	139	00:44:50	
Swansea Bay parkrun	5k	30/12/2017	45	00:23:01	
RNLI Mumbles Great Christmas Fun Run	10k	10/12/2017	51	00:54:17	MV
West Glamorgan XC League - Kenfig Nature Reserve - Men	TBC	26/11/2017	138	00:34:06	
Swansea Bay parkrun	5k	25/11/2017	148	00:27:25	
Swansea Bay parkrun	5k	04/11/2017	123	00:26:14	
Swansea Bay parkrun	5k	28/10/2017	40	00:21:49	
Swansea Bay parkrun	5k	14/10/2017	24	00:20:48	
Llanelli Coast parkrun	5k	23/09/2017	15	00:21:18	
Swansea Bay parkrun	5k	19/08/2017	205	00:29:30	
Swansea Bay parkrun	5k	05/08/2017	37	00:21:20	
Tenby 10k	10k	30/07/2017	94	00:49:00	M50
Swansea Bay parkrun	5k	20/05/2017	18	00:20:44	
Whitford Point Multi-Terrain Race	5.6 miles	17/05/2017	80	00:46:49	VM50
Swansea Bay parkrun	5k	13/05/2017	28	00:21:17	
Virgin London Marathon 2017	Marathon	23/04/2017	16776	04:14:56	50-54
Llanelli Coast parkrun	5k	08/04/2017	14	00:21:04	
New Forest Running Festival - Half	Half Marathon	18/03/2017	26	01:52:02	

Geoff White			1			
Tenby 10k	10k	30/07/2017	219	00:55:50	M60	
Joy Williams			1			
Carmarthen Senior Tri	Triathlon	07/10/2018	147	01:57:58	FS	
Katie Williams			9			
Llanelli Coast parkrun	5k	17/11/2018	63	00:26:20		
Tata Steel Richard Burton 10k	10k	04/11/2018	849	00:58:47	Female 40+	
Swansea Bay parkrun	5k	27/10/2018	150	00:25:41		
Llanelli Coast parkrun	5k	06/10/2018	106	00:32:03		
Swansea Bay parkrun	5k	29/09/2018	162	00:26:29		
Swansea Bay parkrun	5k	22/09/2018	137	00:28:21		
Llyn Llech Owain parkrun	5k	15/09/2018	65	00:29:30		
2018 Run Mag 10k Chicago	10k	08/09/2018	998	01:00:26	F40-44	
Swansea Bay parkrun	5k	04/08/2018	165	00:26:56		
Lisa Williams			19			
JCP Swansea Half Marathon	Half Marathon	24/06/2018	1362	01:51:52	FV35	
Welsh Castles Relay Stage 12	11.2 miles	10/06/2018	54	01:27:18	FV	
Swansea Bay parkrun	5k	14/04/2018	257	00:31:14		
Forest of Dean Spring Trails Half Marathon	Half Marathon	07/04/2018	290	01:51:43	FV35	
Glynneath 5	5 miles	26/12/2017	263	00:41:15		
SRR M10	10 miles	19/11/2017	228	01:29:55	F3544	
Brooks Snowdonia Marathon	Marathon	30/10/2017	1093	04:29:52	FV40	
Cardiff Half Marathon	Half Marathon	01/10/2017	4690	01:53:58	F40-49	
Admiral Swansea Bay 10k	10k	24/09/2017	531	00:47:34		
2017 Tydfilians Roman Run	16 miles	02/09/2017	119	02:40:34	Ladies Masters 35+	
JCP Swansea Half Marathon	Half Marathon	25/06/2017	1111	01:49:48	FV35	

Swansea Bay parkrun	5k	20/05/2017	194	00:29:37	
Swansea Bay parkrun	5k	13/05/2017	53	00:23:05	
Swansea Bay parkrun	5k	06/05/2017	64	00:22:52	
Llyn Llech Owain parkrun	5k	22/04/2017	30	00:24:26	
Swansea Bay parkrun	5k	15/04/2017	84	00:22:48	
Lliswerry 8	8 miles	29/01/2017	287	01:01:41	F40
Swansea Bay parkrun	5k	07/01/2017	52	00:23:24	
Glynneath Boxing Day 5 Mile Road Race	5 miles	26/12/2016	174	00:38:58	F
Nathan Williams		20			
Llanelli Coast parkrun	5k	17/11/2018	64	00:26:26	
Swansea Bay parkrun	5k	03/11/2018	109	00:25:32	
Swansea Bay parkrun	5k	27/10/2018	177	00:26:43	
Swansea Bay parkrun	5k	20/10/2018	112	00:25:11	
Llanelli Coast parkrun	5k	06/10/2018	111	00:32:51	
Swansea Bay parkrun	5k	29/09/2018	135	00:25:31	
Swansea Bay parkrun	5k	22/09/2018	121	00:26:31	
Llyn Llech Owain parkrun	5k	15/09/2018	49	00:27:47	
2018 Run Mag 10k Chicago	10k	08/09/2018	996	01:00:26	M40-44
Swansea Bay parkrun	5k	25/08/2018	160	00:26:10	
Swansea Bay parkrun	5k	18/08/2018	158	00:26:41	
Swansea Bay parkrun	5k	11/08/2018	204	00:29:09	
Swansea Bay parkrun	5k	04/08/2018	210	00:28:28	
Swansea Bay parkrun	5k	28/07/2018	77	00:27:25	
Swansea Bay parkrun	5k	21/07/2018	179	00:27:59	
Swansea Bay parkrun	5k	14/07/2018	175	00:28:30	
Llyn Llech Owain parkrun	5k	30/06/2018	52	00:28:09	

Swansea Bay parkrun	5k	23/06/2018	172	00:28:13
Swansea Bay parkrun	5k	16/06/2018	156	00:28:47
Swansea Bay parkrun	5k	09/06/2018	244	00:30:32
Eleanor Wood		1		
Swansea Bay parkrun	5k	07/07/2018	64	00:23:50