

Mens Welsh 5k 2013

Pos	Time	Family	First	Num	Gen	Age	Cat	Club	W
1	0:15:08	Hobbs	Marc	323	M	31	OM	Swansea Harriers	
2	0:15:15	Griffiths	Joshua	304	M	19	M20	Swansea Harriers	
3	0:15:23	Griffiths	Dewi	329	M	22	M23	Swansea Harriers	
4	0:15:48	Evans	Matthew	340	M	23	OM	Swansea Harriers	
5	0:15:52	Kallenberg	Michael	322	M	22	M23	Cardiff AAC	
6	0:16:02	Lane	Nathaniel	351	M	37	M35	Cardiff AAC	
7	0:16:07	Jones	Gwynant	327	M	18	M20	Cardiff AAC	
8	0:16:10	Lovatt	Christian	321	M	16	M17	Carmarthen Harriers	
9	0:16:11	Harvey	Matthew	337	M	33	OM	Neath Harriers	
10	0:16:15	Wells	Matthew	316	M	29	OM	Bridgend AC	
11	0:16:17	Rees	Martin	314	M	60	M60	Les Croupiers	
12	0:16:24	Williams	Oliver	306	M	27	OM	Les Croupiers	
13	0:16:38	Collier	John	152	M	25	OM	Westbury Harriers OD	
14	0:16:47	Cook	Phil	311	M	44	M40	Les Croupiers	
15	0:16:53	Griffiths	Paul	326	M	45	M45	Neath Harriers	
16	0:16:56	Wilder	Richard	318	M	40	M40	San Domenico	
17	0:16:58	Aherne	Lee	313	M	47	M45	Parc Bryn Bach RC	
18	0:17:00	Harris	Ian	134	M	29	OM	3Ms Gorseinon RR OD	
19	0:17:06	Davies	Alan	125	M	60	M60		
20	0:17:08	Morris	John	302	M	32	OM	Amman Valley Harriers	
21	0:17:09	Coles	Peter	330	M	51	M50	Pontypridd Roadents	
22	0:17:11	Cirillo	Antonio	324	M	22	M23		
23	0:17:13	Hurford	Matt	307	M	40	M40	Les Croupiers	
24	0:17:15	Kendrick	Philip	319	M	51	M50		
25	0:17:26	Talbot	Paul	348	M	46	M45	Neath Harriers	
26	0:17:29	Davies	Gary	155	M	27	OM	Aberystwyth University OD	
27	0:17:30	Whitehouse	Neath Harriers	308	M	50	M50	Neath Harriers	
28	0:17:57	Williams	Alex	341	M	45	M45	Port Talbot Harriers	
29	0:18:04	Lewis	Zak	126	M	17	OM	Llanelli AC OD	
30	0:18:05	Dickinson	Jason	343	M	45	M45	TROTS	
31	0:18:06	Hartnell	Haydn	390	M	51	M50	Islwyn RC	
32	0:18:15	Jones	Mark	339	M	45	M45		
33	0:18:23	Sansom	Glyn	338	M	51	M50	San Domenico	
34	0:18:23	Jackson-Hookins	Richard	335	M	31	OM	Penarth and Dinas Runners	
35	0:18:35	Osborne	Peter	312	M	53	M50	Llanelli A.A.C	
36	0:18:42	Philippart	Kneath	334	M	54	M50	Swansea Harriers	
37	0:18:48	Lewis	Llyr	154	M	27	OM	Aberystwyth University OD	
38	0:18:53	Webb	Ian	153	M	56	M50		

39	0:18:55	Murphy	Michael	357	M	59	M55	Les Croupiers
40	0:18:56	Lord	Alex	333	M	34	OM	
41	0:19:36	Lai	Michael	156	M	16	OM	Aberystwyth University OD
42	0:19:37	Jones	Kevin	377	M	47	M40	
43	0:19:43	Dunscombe	Mark	353	M	51	M50	Sarn Helen
44	0:19:45	Roberts	Huw	315	M	56	M55	Bridgend AC
45	0:19:49	Kallenberg	Mark	325	M	52	M50	Carmarthen Harriers
46	0:19:52	Jones	Mike	379	M	32	OM	
47	0:19:58	Worth	Laurence	328	M	50	M50	Pembrokeshire Harriers
48	0:20:06	Evans	Phillip	130	M	26	OM	
49	0:20:09	Davies	Aled	344	M	25	OM	Cardigan RC
50	0:20:15	Terry	Mark	342	M	56	M55	TROTS
51	0:20:19	Marson	John	376	M	40	M40	
52	0:20:20	Warburton	Ian	149	M	48	M40	Penarth & Dinas Runners OD
53	0:20:24	Seal	Chris	336	M	27	OM	Penarth and Dinas Runners
54	0:20:26	Wootton	Martin	147	M	39	OM	
55	0:20:41	Webster	Richard	309	M	58	M55	Gorseinon 3M's
56	0:20:42	Orme	Gordon	140	M	70	m60	Carmarthen Harriers OD
57	0:20:46	Langan	Derek	139	M	35	OM	
58	0:20:47	Hoskins	Ian	395	M	40	M40	3M's Gorseinon
59	0:20:51	Jones	Nick	356	M	26	OM	Penarth And Dinas Runners
60	0:20:54	Elvy	Lyndon	133	M	26	OM	
61	0:20:57	Bradley	Malcolm	389	M	63	M60	Penarth And Dinas
62	0:21:07	Gardener	John	346	M	72	M70	Pembrokeshire Harriers
63	0:21:12	Durkin	Marc	355	M	27	OM	Penarth And Dinas Runners
64	0:21:27	Lewis	Tristram	400	M	34	OM	
65	0:21:31	Allen	Paul	317	M	66	M65	Halesowen A&CC
66	0:22:14	Rees	Kevin	378	M	31	OM	
67	0:22:18	Stedman	Jamie	399	M	23	OM	
68	0:22:22	Thorne	Ifan	392	M	33	OM	
69	0:22:29	Williams	Glenn	381	M	30	OM	
70	0:22:33	Walters	Cyril	320	M	65	M65	TROTS
71	0:22:40	Nichols-Grey	Barry	398	M	28	OM	
72	0:22:52	Thomspson	Mark	374	M	36	OM	
73	0:22:56	Robson	Paul	150	M	47	M40	
74	0:23:00	Phillips	Simon	141	M	34	OM	
75	0:23:02	Evans	Rhodri	394	M	49	M40	Penarth And Dinas
76	0:23:19	Davies	Jonathan	145	M	23	OM	
77	0:23:33	Good	Robert	396	M	30	OM	
78	0:23:49	Williams	Nigel	305	M	34	OM	
79	0:23:51	Evans	Hugh	360	M	54	M50	
80	0:23:55	Williams	Dean	385	M	24	OM	The Monkey Boys
81	0:23:56	Olivant	Mick	391	M	61	M60	Brecon AC
82	0:25:37	Poiner	Ross	128	M	38	OM	3Ms Gorseinon OD

83	0:25:42	Howells	Stuart	375	M	46	M40	Human Being Active
84	0:27:17	Donne	Richard	143	F	51	f45	3Ms Gorseinon RR OD
85	0:27:19	Smith	Allan	352	M	80	M75	Gorseinon 3M's
86	0:27:31	Jones	Nigel	380	M	58	M50	
87	0:27:32	Davies	Stuart	397	M	36	OM	
88	0:28:14	Davies	O	144	M	24	OM	
89	0:28:37	Jones	Andrew	384	M	26	OM	The Monkey Boys
90	0:28:38	Harries	Andrew Leigh	383	M	26	OM	The Monkey Boys
91	0:30:29	Andrews	Robert	387	M	34	OM	
92	0:31:30	Sherwood	Roland	358	M	68	M65	Carmarthen Harriers
93	0:36:51	Szajda	Stanley	393	M	69	M60	
94	0:38:02	Watts	Allen	359	M	84	M60	Sarn Helen OD