

Human Being Active

HBA-5K ... RACE 1 ... 2015 ... RESULTS

POS	FIRST NAME	SURNAME	CAT	CLUB	TIME	AVE M/SPLIT
1	Harris	Ian	MS	Gorseinon 3ms	00:16:35	03:19
2	Rees	Matthew	MS	Swansea Harriers	00:17:18	03:28
3	Williams	Steve	M40		00:17:44	03:33
4	Morris	John	MS	TROT's	00:17:52	03:34
5	Osborne	Peter	M50	Llanelli AC	00:18:16	03:39
6	Sheehan	Nicholas	MS	Llanelli AC	00:18:33	03:43
7	Thomas	Dean	M40		00:19:20	03:52
8	Williams	Alex	M40	Port Talbot Harriers A. C.	00:19:27	03:53
9	Marson	John	M40	Llanelli AC	00:19:56	03:59
10	Dickinson	Jason	M40	TROT's	00:20:12	04:02
11	Jones	Kevin	M40	Les Croupiers	00:20:15	04:03
12	Lewis	Tristram	MS	Brace Fitness	00:20:41	04:08
13	Lewis	Ashley	MS		00:20:55	04:11
14	Jones	Laurence	MS		00:20:56	04:11
15	Thomas	Jason	MS		00:21:04	04:13
16	Morgan	Daniel	MS		00:21:06	04:13
17	Dainton	Elie	FS	Llanelli AC	00:21:08	04:14
18	Phillips	Jenny	F45	Llanelli AC	00:21:09	04:14
19	Davies	Helen-Marie	F35		00:21:14	04:15
20	Jones	Rhys	MS		00:21:37	04:19
21	Thorne	Ifan	MS		00:21:44	04:21
22	Turner	Jason	M40	Swansea Harriers	00:21:49	04:22
23	Venables	Nick	MS	Sospan RR	00:21:53	04:23
24	Lucas	Stuart	M40	SRR	00:22:05	04:25
25	Webb	Chris	F35	Swansea Harriers	00:22:51	04:34
26	Ward	Alex	MS		00:23:55	04:47
27	Francis	Gethin	MS	Sospan RR	00:23:56	04:47
28	Jones	Natalie	FS		00:25:01	05:00
29	Bowles	Danny	M40		00:25:03	05:01
30	Sheehan	Daniel	MS		00:25:05	05:01
31	Morgan	David	MS		00:25:10	05:02
32	Halsall	Michael	M40	Llanelli AC	00:25:18	05:04
33	Greenhill	John	M40		00:25:28	05:06
34	Morgan	Bruce	M50	Llanelli AC	00:25:29	05:06
35	Thomas	Nigel	M50	Sospan RR	00:25:37	05:07
36	Lewis	Rebecca	F35		00:16:19	03:16
37	Evans	Hugh	M50	Llanelli AC	00:26:25	05:17
38	Lewis	Sarah	F35		00:26:44	05:21
39	Handscombe	Gillian	F35		00:27:18	05:28
40	Rees	Sarah	FS		00:27:29	05:30
41	Jones	Llinos	FS	Amman Valley Harriers	00:27:39	05:32
42	Owens	Suzanne	F35		00:27:47	05:33
43	King	Joanne	FS		00:27:52	05:34
44	Jones	Nigel Leighton	M60	Llanelli Strollers	00:28:23	05:41
45	Davies	Matthew	MS		00:28:32	05:42
46	Welch	Rob	M40		00:29:42	05:56
47	Gwynn	Non	FS		00:30:26	06:05
48	Ballantire	Alison	F45		00:31:10	06:14
49	Rivett	Michelle	F35	Les Croupiers	00:31:54	06:23
50	Davies	Tracy	FS		00:39:16	07:51
51	Davies	Dewi	M40		00:39:16	07:51

UPCOMING HUMAN BEING ACTIVE EVENTS

FUSION 5K - SUMMER SERIES	... JUN-JUL-AUG 2015
PEMBREY BEACH 10K FUN RUN <i>incorporating the HBA Family Adventure Challenge</i>	... SEPTEMBER 2015
HBA - LLANELLI TO CARDIFF WALKATHON	... SEPTEMBER 2015
HBA SANTA DASH - LLANELLI CARNIVAL	... NOVEMBER 2015
LLANELLI WATERSIDE HALF MARATHON	... 13th MARCH 2016
HBA-5-10-20 MILES	... 3rd APRIL 2016
GREAT WELSH MARATHON <i>incorporating the Great Welsh Half Marathon</i>	... 17th APR 2016
<i>..... and many others to be announced soon</i>	

Our thanks to all from the community that continue to support this and other Human Being Active Events. We look forward to seeing you at the next one ...

www.humanbeingactive.org

Total event management and info services for sports events and active lifestyles