

Human Being Active

GREAT WELSH MARATHON 2015 ... RESULTS

| POS | FIRST NAME | SURNAME | CAT | CLUB | GUN TIME | CHIP TIME |
|-----|------------|------------|-----|------------------------|----------|-----------|
| 1 | Oliver | Williams | MS | Les Croupiers | 02:43:14 | 02:43:14 |
| 2 | Oliver | Simon | MS | Team Nbcc | 02:47:42 | 02:47:42 |
| 3 | Steven | Conaty | MS | | 02:53:11 | 02:52:55 |
| 4 | Mike | Evans | MS | Llanelli Aac | 02:56:47 | 02:56:47 |
| 5 | Tom | Garrod | M40 | Wrekin Road Runners | 02:56:57 | 02:56:56 |
| 6 | Andrew | Hodgson | M40 | Bridgend Ac | 02:57:38 | 02:57:38 |
| 7 | Steven | Williams | M40 | Sospan Road Runners | 02:58:04 | 02:58:04 |
| 8 | Simon | Lewis | M40 | Parc Bryn Bach | 02:59:05 | 02:59:03 |
| 9 | James | Bruce | M40 | Les Croupiers | 02:59:18 | 02:59:18 |
| 10 | Lee | Watts | M40 | | 03:00:59 | 03:00:57 |
| 11 | Roc | Breathnach | MS | | 03:02:18 | 03:02:10 |
| 12 | Geraint | Lewis | MS | Porthcawl Runners | 03:02:24 | 03:02:24 |
| 13 | Anthony | Cullinane | M40 | | 03:03:12 | 03:03:10 |
| 14 | Joedy | Batchelor | MS | | 03:03:30 | 03:03:30 |
| 15 | Malcolm | Barbour | M40 | Barbour | 03:04:31 | 03:04:28 |
| 16 | Billy | Harriss | MS | | 03:08:17 | 03:08:17 |
| 17 | John | Llewellyn | MS | | 03:08:40 | 03:08:34 |
| 18 | Daman | Jukes | M40 | Parc Bryn Bach | 03:09:23 | 03:09:21 |
| 19 | Adrian | Kearns | M40 | Exmouth Harriers | 03:09:59 | 03:09:56 |
| 20 | Sanna | Duthie | FS | | 03:10:06 | 03:09:54 |
| 21 | Nicola | Gething | F45 | Parc Bryn Bach | 03:10:19 | 03:10:17 |
| 22 | Andy | Chadburn | M40 | Weston Ac | 03:11:11 | 03:11:05 |
| 23 | Toby | Laver | MS | | 03:11:40 | 03:11:40 |
| 24 | Steve | Hooper | M40 | Pontypridd Roadents Ac | 03:12:43 | 03:12:41 |
| 25 | Tasos | Papaloucas | M40 | | 03:14:02 | 03:13:59 |
| 26 | Sean | Rice | M40 | | 03:14:48 | 03:14:45 |
| 27 | Gareth | Rice | MS | Tri Training Harder | 03:15:36 | 03:15:36 |
| 28 | Marcus | Meyrick | M40 | Les Croupiers | 03:16:28 | 03:16:25 |
| 29 | Pete | Clark | M40 | Bitton Road Runners | 03:16:32 | 03:16:29 |
| 30 | Richard | Segust | M40 | | 03:16:33 | 03:16:33 |
| 31 | Henry | Hart | MS | | 03:17:13 | 03:17:10 |
| 32 | Neil | Dyce | M50 | | 03:17:47 | 03:17:43 |
| 33 | Hugh | Pinner | MS | | 03:18:09 | 03:18:06 |
| 34 | Jonathan | Carter | M40 | Chepstow Harriers | 03:18:48 | 03:18:47 |
| 35 | Kevin | Raymond | M50 | Cwm Ogwr Running Club | 03:18:51 | 03:18:46 |
| 36 | William | Ferguson | M50 | | 03:20:22 | 03:20:18 |
| 37 | Martin | Jones | MS | Islwyn Rc | 03:21:12 | 03:21:08 |
| 38 | Nigel | Davies | M40 | Sarn Helen | 03:22:08 | 03:22:08 |
| 39 | Laura | Gush | FS | Clc Striders | 03:22:13 | 03:22:13 |
| 40 | Nick | Heard | M60 | | 03:22:46 | 03:22:21 |
| 41 | Jon | Carson | M40 | 100 Marathon Club | 03:22:51 | 03:22:49 |
| 42 | Dave | Rennick | MS | | 03:23:25 | 03:23:20 |
| 43 | Craig | Ford | MS | | 03:23:56 | 03:23:51 |
| 44 | James | Baker | MS | | 03:24:49 | 03:24:36 |
| 45 | Jarrad | Morgan | M40 | | 03:25:44 | 03:25:38 |

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| POS | FIRST NAME | SURNAME | CAT | CLUB | GUN TIME | CHIP TIME |
|-----|------------|---------------|-----|------------------------------|----------|-----------|
| 46 | Mark | Jenkins | M40 | | 03:25:48 | 03:25:36 |
| 47 | Jakub | Wlodarczak | MS | | 03:25:56 | 03:25:17 |
| 48 | Garry | Merrell | MS | | 03:26:01 | 03:24:35 |
| 49 | Cameron | Cumming | M40 | Pontypridd Roadents Ac | 03:26:35 | 03:26:28 |
| 50 | Leon | Murnieks | MS | | 03:26:57 | 03:26:39 |
| 51 | Peter | Hopes | M50 | Bitton Road Runners | 03:27:03 | 03:26:55 |
| 52 | Andrew | Bowen | MS | | 03:27:12 | 03:27:08 |
| 53 | Carlos | Constantino | M40 | | 03:27:44 | 03:27:25 |
| 54 | Paul | Evans | M50 | | 03:27:45 | 03:27:29 |
| 55 | John | Gardener | M60 | Pembrokeshire Harriers | 03:28:06 | 03:28:06 |
| 56 | Rob | Bickel | M40 | | 03:29:13 | 03:29:03 |
| 57 | Phillip | Turner | M40 | Sospan Road Runners | 03:30:16 | 03:30:16 |
| 58 | Meurig | Owen | MS | | 03:30:54 | 03:30:51 |
| 59 | Ricci | Watts | MS | Pontypool Runners | 03:31:05 | 03:30:31 |
| 60 | Rosie | Sweetman | F35 | | 03:31:43 | 03:31:38 |
| 61 | John | Ross | M40 | San Domenico Rc | 03:31:55 | 03:31:52 |
| 62 | Peter | Rodger | M50 | Caerleon Running Club | 03:32:23 | 03:31:58 |
| 63 | Adam | Cooke | M40 | | 03:34:29 | 03:34:20 |
| 64 | Anthony | Thomas | MS | | 03:34:41 | 03:34:27 |
| 65 | Phil | Adams | M50 | 100Km Association | 03:35:06 | 03:35:00 |
| 66 | Ingrid | Harris | F45 | Almost Athletes | 03:35:47 | 03:35:26 |
| 67 | Peter | Cucz | MS | | 03:37:22 | 03:37:00 |
| 68 | Laurie | Hughes | M50 | | 03:38:13 | 03:38:06 |
| 69 | Seth | Davies | MS | Cardiff Met | 03:39:31 | 03:39:21 |
| 70 | Aron | Jones | MS | 3M Gorseinon Road Runners | 03:39:38 | 03:39:08 |
| 71 | Lewis | Bertorelli | MS | | 03:40:35 | 03:40:10 |
| 72 | Mike | Slack | MS | | 03:42:38 | 03:42:17 |
| 73 | Chris | Smith | MS | | 03:43:16 | 03:43:02 |
| 74 | Antonio | Antoniazzi | M40 | | 03:43:21 | 03:43:11 |
| 75 | Rick | Wilson | M50 | | 03:43:26 | 03:43:09 |
| 76 | Nia | Davies | F35 | Weston Ac | 03:43:44 | 03:43:32 |
| 77 | Andrew | White | M40 | | 03:43:47 | 03:43:40 |
| 78 | Marie | Hawke | FS | | 03:43:51 | 03:43:45 |
| 79 | Tim | Fry | MS | Cardiff Aac | 03:44:03 | 03:43:57 |
| 80 | Chris | O'Brien | M40 | Pontypool & District Runners | 03:44:20 | 03:44:10 |
| 81 | Mark | Thompson | M40 | Slinn Allstars | 03:45:02 | 03:44:40 |
| 82 | Rhian | Sommers | F35 | | 03:45:15 | 03:45:12 |
| 83 | Danielle | Sapsford | F35 | Chepstow Harriers | 03:45:18 | 03:45:10 |
| 84 | Tomos | Dugmore | MS | | 03:45:23 | 03:45:03 |
| 85 | Matt | Collins | MS | | 03:45:25 | 03:45:25 |
| 86 | Alan | Porter | M40 | | 03:45:38 | 03:45:26 |
| 87 | Ken | Knights | M40 | | 03:45:53 | 03:45:34 |
| 88 | Brad | Courtney-Pinn | MS | | 03:46:31 | 03:46:28 |
| 89 | Craig | Harris | MS | | 03:46:45 | 03:46:29 |
| 90 | James | Davies | MS | | 03:47:23 | 03:46:50 |

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GREAT WELSH MARATHON 2015 ... RESULTS

| POS | FIRST NAME | SURNAME | CAT | CLUB | GUN TIME | CHIP TIME |
|-----|------------|-------------|-----|---------------------------|----------|-----------|
| 91 | Geraint | Flye | MS | | 03:47:34 | 03:47:22 |
| 92 | Adrian | Norsworthy | M40 | | 03:47:57 | 03:47:51 |
| 93 | Dave | Webster | M50 | | 03:48:07 | 03:47:41 |
| 94 | Alex | Davidson | MS | | 03:48:14 | 03:48:05 |
| 95 | Gareth | Morgan | M40 | | 03:48:47 | 03:48:16 |
| 96 | Dan | Micola | M40 | | 03:49:08 | 03:49:05 |
| 97 | Ed | Dimmock | MS | | 03:49:10 | 03:49:02 |
| 98 | Robin | Bell | MS | | 03:49:22 | 03:49:08 |
| 99 | Jason | Dixon | M40 | Islwyn Rc | 03:49:27 | 03:49:23 |
| 100 | Barry | Phillips | MS | | 03:49:54 | 03:49:37 |
| 101 | Mandy | Draper | F45 | Valero | 03:50:30 | 03:50:30 |
| 102 | Gary | Webber | M40 | Rhondda Valley Runners | 03:52:06 | 03:51:54 |
| 103 | Lee | Edwards | MS | | 03:52:16 | 03:52:13 |
| 104 | Abi | Jones | FS | | 03:52:17 | 03:52:09 |
| 105 | Sharon | Austin | F35 | | 03:52:54 | 03:52:50 |
| 106 | Stephen | Jones | MS | | 03:53:02 | 03:52:38 |
| 107 | Lisa | Jeffrey | F35 | Chepstow Harriers | 03:53:42 | 03:53:34 |
| 108 | Kelly | Felstead | F35 | Islwyn Rc | 03:53:44 | 03:53:39 |
| 109 | Abigail | Reynolds | F35 | | 03:54:12 | 03:54:02 |
| 110 | Thomas | Huw | M40 | | 03:54:35 | 03:54:01 |
| 111 | Simon | Rex | MS | | 03:54:50 | 03:54:37 |
| 112 | David | Palmer | M50 | | 03:55:44 | 03:55:34 |
| 113 | Derek | Miles | M50 | Quarhouse | 03:55:48 | 03:55:32 |
| 114 | Jon | Turtle | MS | Kent Police Ac | 03:56:17 | 03:55:57 |
| 115 | Alan | Littlejohns | M60 | Launceston Road Runners | 03:56:21 | 03:55:59 |
| 116 | Bleddyn | Thomas | MS | | 03:56:22 | 03:56:02 |
| 117 | Daffydd | Weetman | M40 | Islwyn Rc | 03:56:26 | 03:56:20 |
| 118 | Jonathan | Davies | M40 | Islwyn Rc | 03:56:26 | 03:56:20 |
| 119 | Stephen | Nicholas | MS | Dragons Running Club | 03:57:12 | 03:56:55 |
| 120 | Kevin | Sherry | M40 | | 03:57:28 | 03:57:21 |
| 121 | Toni | Matthew | F35 | Kent Police Ac | 03:57:36 | 03:57:16 |
| 122 | Adam | Rymill | MS | | 03:58:21 | 03:57:53 |
| 123 | Dave | Johnson | M50 | Kings Heath Running Club | 03:58:24 | 03:58:19 |
| 124 | Glenn | Powell | MS | Penarth & Dinas Runners | 03:58:37 | 03:58:37 |
| 125 | Clive | Evans | M40 | Cardigan | 03:58:42 | 03:58:30 |
| 126 | Paul | Mason | MS | Griffithstown Harriers | 03:59:01 | 03:58:41 |
| 127 | David | Wilson | MS | | 03:59:05 | 03:58:52 |
| 128 | Stephen | Andrews | MS | | 03:59:21 | 03:59:08 |
| 129 | Ken | Knights | M40 | | 03:59:44 | 03:59:26 |
| 130 | Nerina | Gill | F45 | Clayton-Le-Moors Harriers | 04:01:04 | 04:00:50 |
| 131 | Cheryl | Morgan | F35 | Pontypridd Roadents Ac | 04:01:29 | 04:01:27 |
| 132 | Nigel | Williams | M40 | | 04:01:57 | 04:01:43 |
| 133 | Rhodri | Rowlands | MS | | 04:02:24 | 04:02:08 |
| 134 | Peter | Britton | M50 | | 04:02:26 | 04:02:06 |
| 135 | Sally | Grant | F35 | Chepstow Harriers | 04:02:39 | 04:02:30 |

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| POS | FIRST NAME | SURNAME | CAT | CLUB | GUN TIME | CHIP TIME |
|-----|-------------|----------------|-----|------------------------|----------|-----------|
| 136 | Sarah | Draper | F35 | Merthyr Running Club | 04:03:02 | 04:02:57 |
| 137 | Ian | Tarr | M50 | | 04:04:50 | 04:04:20 |
| 138 | Katherine | Lewis | F35 | | 04:05:22 | 04:05:17 |
| 139 | Matthew Lee | Rogerson | M40 | | 04:05:34 | 04:05:22 |
| 140 | Alex | Kindred | MS | | 04:06:24 | 04:06:15 |
| 141 | Sally | Strong | F35 | | 04:06:48 | 04:06:20 |
| 142 | Jason | Gray | M40 | | 04:07:59 | 04:07:46 |
| 143 | Andrew | Davies | MS | | 04:08:21 | 04:08:09 |
| 144 | Ian-Keith | Taylor | M50 | 100 Marathon Club | 04:08:41 | 04:08:22 |
| 145 | Tim | Williams | M40 | | 04:09:01 | 04:08:44 |
| 146 | Brian | Watson | MS | | 04:09:20 | 04:09:12 |
| 147 | Tracy | Davies | FS | | 04:10:03 | 04:09:36 |
| 148 | Paul | Guest | M40 | | 04:10:07 | 04:09:45 |
| 149 | Martin | Stark | M40 | | 04:10:25 | 04:09:47 |
| 150 | Rachael | Ellard | F35 | | 04:10:47 | 04:10:34 |
| 151 | Andy | Elias | M40 | | 04:11:00 | 04:10:43 |
| 152 | Laura | Boothman | F35 | London Heathside | 04:11:31 | 04:11:30 |
| 153 | Antony | Lewis | M40 | | 04:11:44 | 04:11:12 |
| 154 | Matthew | Griffiths | MS | Griffithstown Harriers | 04:12:07 | 04:11:47 |
| 155 | Allan | Green | M60 | 100 Marathon Club | 04:15:14 | 04:14:44 |
| 156 | Leon | Williams | MS | | 04:15:31 | 04:15:20 |
| 157 | Steven | Slovan | M40 | | 04:15:34 | 04:15:10 |
| 158 | Jane | Stephens | F45 | London Heathside | 04:16:16 | 04:16:16 |
| 159 | Christian | Davies | MS | | 04:16:34 | 04:16:12 |
| 160 | Michael | Slee | M50 | | 04:17:03 | 04:16:50 |
| 161 | Tommy | Morgan | MS | | 04:17:55 | 04:17:45 |
| 162 | Danothy | Bennett | MS | Team Am | 04:20:28 | 04:20:08 |
| 163 | Marc | King | M40 | | 04:20:30 | 04:20:01 |
| 164 | Matthew | Hearne | MS | | 04:20:53 | 04:20:28 |
| 165 | Tina | Fecci | F45 | | 04:22:28 | 04:22:15 |
| 166 | Scott | Mclachlan | M40 | | 04:22:42 | 04:22:15 |
| 167 | Katie | Meredith | FS | Sparkhill Harriers | 04:22:58 | 04:22:48 |
| 168 | Angela | Evans | F45 | | 04:25:05 | 04:25:04 |
| 169 | Sam | Jones | FS | Wrekin Road Runners | 04:25:05 | 04:24:50 |
| 170 | Matthew | Gilbert | MS | | 04:25:06 | 04:24:47 |
| 171 | Neil | Cook | M40 | | 04:25:06 | 04:24:48 |
| 172 | Paul | Bigmore | M50 | Celtic Tri | 04:25:48 | 04:25:20 |
| 173 | M | D | M50 | 100 Marathon Club | 04:26:40 | 04:26:28 |
| 174 | Paul | Cummins | M40 | | 04:27:18 | 04:27:15 |
| 175 | Mark | Wotton | M50 | Teignbridge Trotters | 04:27:59 | 04:27:53 |
| 176 | Juliette | Hathway | F45 | | 04:29:04 | 04:28:45 |
| 177 | Paul | Gander | M40 | | 04:29:11 | 04:28:32 |
| 178 | Amanda | Gilbert | F45 | Run 4 All | 04:29:17 | 04:28:43 |
| 179 | Tracy | Govier | F35 | Celtic Tri | 04:29:34 | 04:29:09 |
| 180 | Simon | Grigg-Williams | M40 | Celtic Tri | 04:29:34 | 04:29:09 |

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| POS | FIRST NAME | SURNAME | CAT | CLUB | GUN TIME | CHIP TIME |
|-----|------------|----------------|-----|------------------------|----------|-----------|
| 181 | Ian | Merrick | M50 | | 04:30:21 | 04:30:02 |
| 182 | Christine | Moore | F55 | Bath Amphibians | 04:30:45 | 04:30:40 |
| 183 | Claire | Lawler | F35 | Old Parish Maesteg | 04:31:10 | 04:30:59 |
| 184 | Wayne | Preece | M60 | Yr Hen Blwyf | 04:31:10 | 04:30:59 |
| 185 | Nicola | Davies | F35 | | 04:31:24 | 04:30:53 |
| 186 | Celyn | Jenkins | FS | Sospan Road Runners | 04:31:41 | 04:31:29 |
| 187 | Steven | Jones | M40 | | 04:31:54 | 04:31:46 |
| 188 | Mark | Jeynes | M40 | | 04:32:09 | 04:31:53 |
| 189 | Jamie | Jenkins | MS | | 04:32:10 | 04:31:53 |
| 190 | Allen | Stark | MS | Mumbles Milers | 04:32:51 | 04:32:20 |
| 191 | Kim | Provis | M50 | | 04:33:23 | 04:32:54 |
| 192 | Kate | Quick | F35 | | 04:33:34 | 04:33:07 |
| 193 | James | Owen | MS | | 04:33:49 | 04:33:15 |
| 194 | Jill | Gundry | F55 | London Heathside | 04:33:59 | 04:33:59 |
| 195 | Ruth | Dorrell | F35 | | 04:34:51 | 04:34:33 |
| 196 | Clare | Fear | F35 | Frenchay Runners | 04:34:57 | 04:34:39 |
| 197 | Craig | Walton | M40 | | 04:36:19 | 04:35:58 |
| 198 | Elaine | Dean | F45 | | 04:37:02 | 04:36:36 |
| 199 | Philippa | Morgan | F35 | Celtic Tri | 04:39:32 | 04:39:06 |
| 200 | Mark | Painter | M50 | | 04:45:41 | 04:45:09 |
| 201 | Kirsty | Holtham-Morgan | F35 | Islwyn Rc | 04:46:52 | 04:46:27 |
| 202 | Kay | Dixon | F35 | Islwyn Rc | 04:46:52 | 04:46:27 |
| 203 | Suzanne | Davidson | F35 | Islwyn Rc | 04:46:53 | 04:46:28 |
| 204 | Miriam | Kempson | F45 | | 04:47:09 | 04:46:37 |
| 205 | Owen | Williams | MS | | 04:49:38 | 04:49:15 |
| 206 | Kate | Spencer Ellis | F35 | | 04:50:15 | 04:50:00 |
| 207 | Jenna | Powell | F45 | | 04:50:22 | 04:49:49 |
| 208 | Sarah | Stevens | F35 | | 04:50:51 | 04:50:27 |
| 209 | Richard | Wellburn | M40 | 100 Marathon Club | 04:51:13 | 04:50:45 |
| 210 | Carl | Lewis | MS | Caerphilly Runners | 04:51:14 | 04:51:05 |
| 211 | Selina | Da Silva | F55 | Marathon Club Ireland | 04:51:39 | 04:51:13 |
| 212 | Robert | Smith | M50 | | 04:52:29 | 04:52:02 |
| 213 | James | Wilcockson | MS | | 04:52:46 | 04:52:16 |
| 214 | Anna | Rymill | FS | | 04:54:17 | 04:53:49 |
| 215 | Anna | Jurska | FS | | 04:58:34 | 04:58:08 |
| 216 | Ryan | Smith | MS | | 04:58:58 | 04:58:37 |
| 217 | Jayne | Jones | F45 | Pontypridd Roadents Ac | 05:03:06 | 05:02:57 |
| 218 | Anton | Duffy | MS | | 05:04:23 | 05:03:44 |
| 219 | Sharon | Chambers | F35 | | 05:06:25 | 05:05:56 |
| 220 | Nia | Morgan | F35 | | 05:06:28 | 05:05:58 |
| 221 | Chris | Woodman | M40 | Yeovil Town Rrc | 05:08:58 | 05:08:24 |
| 222 | Ruth | Cochran | F45 | Pontypridd Roadents Ac | 05:10:01 | 05:09:50 |
| 223 | Amy | Butlin | FS | | 05:13:23 | 05:13:05 |
| 224 | Gareth | Cavill | M40 | | 05:17:07 | 05:16:27 |
| 225 | Nick | Venables | MS | Sospan Road Runners | 05:22:29 | 05:22:16 |

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|-----|------------|------------|-----|------------------------|----------|-----------|
| 226 | Mike | Ridout | M60 | | 05:26:38 | 05:26:27 |
| 227 | James | Thomas | M50 | Old Parish Maesteg | 05:26:39 | 05:26:28 |
| 228 | James | Roach-John | M40 | Pembrokeshire Harriers | 05:28:19 | 05:27:55 |
| 229 | David | Moles | M60 | 100 Marathon Club | 05:29:31 | 05:28:34 |
| 230 | Mark | Williams | M40 | | 05:34:49 | 05:34:17 |
| 231 | Louise | Jennings | FS | | 05:35:17 | 05:34:47 |
| 232 | Stuart | Howe | MS | Runners Of Westeros | 05:35:50 | 05:35:18 |
| 233 | Mary-Ellen | Parry | FS | | 05:37:46 | 05:37:24 |

UPCOMING HUMAN BEING ACTIVE EVENTS

FUSION 5K - SUMMER SERIES

... JUN-JUL-AUG 2015

PEMBREY BEACH 10K FUN RUN

... SEPTEMBER 2015

incorporating the HBA Family Adventure Challenge

HBA - LLANELLI TO CARDIFF WALKATHON

... SEPTEMBER 2015

HBA SANTA DASH - LLANELLI CARNIVAL

... NOVEMBER 2015

HBA OFF-ROAD DUATHLON

... 2015

LLANELLI WATERSIDE HALF MARATHON

... 13th MARCH 2016

HBA-5-10-20 MILES

... 3rd APRIL 2016

GREAT WELSH MARATHON

... 24th APRIL 2016 - Provisional

incorporating the Great Welsh Half Marathon

..... and many others to be announced soon

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

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GREAT WELSH HALF MARATHON 2015 ... RESULTS

| POS | FIRST NAME | SURNAME | CAT | CLUB | GUN TIME | CHIP TIME |
|-----|--------------|---------------|-----|------------------------------|----------|-----------|
| 1 | Raul | Reismann | M40 | Swansea Harriers | 01:21:05 | 01:21:05 |
| 2 | Simon | Bagguley | MS | | 01:22:59 | 01:22:59 |
| 3 | Alex | Scott | MS | | 01:26:29 | 01:26:28 |
| 4 | Dameon | Windsor | MS | | 01:27:08 | 01:27:05 |
| 5 | Damian | Capps | M40 | Team Cemais | 01:27:23 | 01:27:18 |
| 6 | Sean | Birch | M40 | Islwyn Rc | 01:27:36 | 01:27:32 |
| 7 | James | Tucker | MS | Chepstow Harriers | 01:27:58 | 01:27:58 |
| 8 | Peter | Paprcka | MS | Massey Ferguson Rc | 01:28:46 | 01:28:42 |
| 9 | Geoffrey | Robinson | M40 | | 01:30:17 | 01:30:13 |
| 10 | Janet | Holmes | FS | Les Croupiers | 01:31:33 | 01:31:30 |
| 11 | Llyr | Roberts | MS | | 01:31:38 | 01:31:31 |
| 12 | David | Hawkins | MS | Pembrokeshire Harriers | 01:31:47 | 01:31:45 |
| 13 | Huw | Tillman | MS | | 01:31:57 | 01:31:51 |
| 14 | Daniel | Luffman | M40 | Les Croupiers | 01:32:30 | 01:32:28 |
| 15 | Andrew | Mathias | MS | | 01:32:56 | 01:32:42 |
| 16 | Hywel | Jones | M50 | Amman Valley Harriers | 01:34:13 | 01:34:11 |
| 17 | Nick | Stocker | M40 | Bridgend Ac | 01:34:25 | 01:34:21 |
| 18 | Mark | Bryant | MS | | 01:34:32 | 01:34:32 |
| 19 | Craig | Flannery | MS | Celtic Tri | 01:34:52 | 01:34:30 |
| 20 | Richard | Webster | M60 | 3M Gorseinon Road Runners | 01:34:59 | 01:34:56 |
| 21 | Dean | Thomas | M40 | | 01:36:12 | 01:36:07 |
| 22 | Richard | Passmore | MS | | 01:38:44 | 01:38:39 |
| 23 | Stuart | Cranfield | M50 | | 01:39:20 | 01:39:13 |
| 24 | Laurence | Jones | MS | | 01:40:39 | 01:40:25 |
| 25 | Roy | Silver | M50 | Les Croupiers | 01:41:06 | 01:40:55 |
| 26 | Katie | Moris | FS | Sospan Road Runners | 01:41:12 | 01:41:04 |
| 27 | Caryl | Williams-Ford | F35 | Sospan Road Runners | 01:41:31 | 01:41:23 |
| 28 | David | Lamb | MS | | 01:41:46 | 01:41:37 |
| 29 | Steve | Brown | M50 | Pembrokeshire Harriers | 01:42:46 | 01:42:25 |
| 30 | Christian | Jones | MS | Run 4 All | 01:42:47 | 01:42:36 |
| 31 | Sian | Williams | F35 | Pembrokeshire Triathlon Club | 01:44:09 | 01:44:06 |
| 32 | Debbie | Cockram | F45 | Fairwater Runners Cwmbran | 01:44:26 | 01:44:13 |
| 33 | Lee | Morgan | M40 | | 01:44:42 | 01:44:34 |
| 34 | Mark | Passmore | MS | | 01:44:59 | 01:44:54 |
| 35 | Jeff | Jones | M50 | Rhondda Tri Club | 01:45:56 | 01:45:48 |
| 36 | Heidi Louise | Thomas | FS | | 01:46:32 | 01:46:23 |
| 37 | Stuart | Howells | M40 | Human Being Active | 01:46:46 | 01:46:28 |
| 38 | Rhys | Brothers | MS | | 01:47:05 | 01:46:49 |
| 39 | Ian | Fiddes | M40 | Vegan Runners | 01:47:21 | 01:47:16 |
| 40 | Bryan | Welsh | M50 | | 01:49:03 | 01:48:57 |
| 41 | Mark | Day | M40 | | 01:49:21 | 01:49:12 |
| 42 | Arwyn | Wilson | FS | | 01:50:32 | 01:50:14 |
| 43 | Dean | David | MS | Celtic Tri | 01:50:36 | 01:50:18 |
| 44 | Damion | Evans | MS | | 01:50:39 | 01:50:27 |
| 45 | Steve | Jones | M40 | | 01:50:45 | 01:50:29 |
| 46 | Gemma | Thomas | FS | | 01:50:45 | 01:50:31 |
| 47 | Lynn | Davies | M40 | | 01:51:02 | 01:50:25 |
| 48 | Darren | Conway | MS | | 01:51:10 | 01:51:02 |

Human Being Active

GREAT WELSH HALF MARATHON 2015 ... RESULTS

| POS | FIRST NAME | SURNAME | CAT | CLUB | GUN TIME | CHIP TIME |
|-----|---------------|-----------|-----|------------------------|----------|-----------|
| 49 | David | Thomas | M40 | Pembrokeshire Harriers | 01:51:26 | 01:51:06 |
| 50 | Jack | Thomas | M40 | Uknetrunner.Co.Uk | 01:51:31 | 01:51:22 |
| 51 | Gemma | Griffiths | FS | | 01:51:31 | 01:51:11 |
| 52 | Tina | Bevan | F35 | Pembrokeshire Harriers | 01:51:35 | 01:51:34 |
| 53 | Andrew | Morgan | M40 | South Wales Police | 01:51:37 | 01:51:22 |
| 54 | Laura | Edmonds | F35 | | 01:51:37 | 01:51:23 |
| 55 | Dave | Loveless | M40 | Cr@P Tri | 01:51:37 | 01:51:21 |
| 56 | Pamela | Carter | FS | | 01:51:57 | 01:51:28 |
| 57 | Helen | Hughes | FS | | 01:52:06 | 01:51:59 |
| 58 | Peter | Garrod | M40 | | 01:52:33 | 01:52:03 |
| 59 | Rachel | Biggar | FS | | 01:52:37 | 01:52:26 |
| 60 | James | Gregory | MS | Pembrokeshire Harriers | 01:52:41 | 01:52:21 |
| 61 | Chris | Bluck | M40 | Swp Triathlon | 01:52:42 | 01:52:26 |
| 62 | Torrey | Stillman | MS | | 01:52:51 | 01:52:25 |
| 63 | Phillip | Heaton | M50 | | 01:53:02 | 01:52:47 |
| 64 | Sue | Lloyd | F45 | Pembrokeshire Harriers | 01:53:12 | 01:52:49 |
| 65 | Jamie | Dougherty | MS | | 01:53:24 | 01:53:10 |
| 66 | Alison | Thomas | F35 | Sanshirokwai | 01:53:26 | 01:53:11 |
| 67 | Joanne | Ryan | F35 | Rhondda Valley Runners | 01:53:45 | 01:53:39 |
| 68 | Brian | Lewis | M50 | | 01:53:47 | 01:53:30 |
| 69 | Gwen | Smith | F45 | | 01:54:24 | 01:54:10 |
| 70 | Martin | Oliver | M40 | | 01:55:04 | 01:54:37 |
| 71 | Coleen | Birch | F35 | Islwyn Rc | 01:55:10 | 01:54:58 |
| 72 | Andrew | Purser | MS | | 01:55:16 | 01:55:00 |
| 73 | Nicki | Bowen | F35 | | 01:55:50 | 01:55:43 |
| 74 | Barry | James | M60 | Porthcawl Runners | 01:56:07 | 01:55:35 |
| 75 | Chris | Edmonds | M60 | | 01:56:58 | 01:56:44 |
| 76 | Kenneth Wayne | Oliver | M50 | Islwyn Rc | 01:58:08 | 01:57:53 |
| 77 | John | Williams | M40 | | 01:58:14 | 01:57:34 |
| 78 | Matthew | Doyle | F35 | | 01:58:19 | 01:58:12 |
| 79 | Cheryl | Parkhouse | F35 | Royal Navy Reserve | 01:58:22 | 01:58:04 |
| 80 | Catrin | Simon | F35 | Vegan Runners | 01:58:24 | 01:57:55 |
| 81 | Vivienne | Gush | F45 | Clc Striders | 01:58:56 | 01:58:35 |
| 82 | Lyn | Evans | F55 | London Heathside | 01:59:41 | 01:59:41 |
| 83 | Gareth | Sullivan | MS | | 02:00:00 | 01:59:45 |
| 84 | Anne | Philpott | F55 | Ranelagh Harriers | 02:00:01 | 01:59:31 |
| 85 | Nicholas | Drage | M40 | | 02:00:11 | 02:00:00 |
| 86 | Tudur | Davies | M50 | | 02:01:52 | 02:01:32 |
| 87 | Emma | Vaux | F35 | | 02:02:22 | 02:01:54 |
| 88 | Martin | Croshaw | M40 | | 02:02:53 | 02:02:32 |
| 89 | Martin | Jones | M50 | | 02:03:06 | 02:02:40 |
| 90 | Janet | Heaton | F45 | | 02:03:41 | 02:03:27 |
| 91 | Kate | Thomas | FS | | 02:03:58 | 02:03:48 |
| 92 | Daniel | Hawke | MS | | 02:04:41 | 02:04:21 |
| 93 | Andrew | Evans | MS | Sospan Road Runners | 02:04:45 | 02:04:36 |
| 94 | Gillian | Cross | FS | | 02:06:14 | 02:05:54 |
| 95 | Andrew | Lustig | MS | Celtic Tri | 02:06:50 | 02:06:24 |
| 96 | Sue | Phillips | F45 | | 02:07:11 | 02:07:04 |

Human Being Active

GREAT WELSH HALF MARATHON 2015 ... RESULTS

| POS | FIRST NAME | SURNAME | CAT | CLUB | GUN TIME | CHIP TIME |
|-----|--------------|-------------|-----|------------------------|----------|-----------|
| 97 | Eryl | Jones | M40 | | 02:07:36 | 02:07:17 |
| 98 | Eloise | Heap | FS | | 02:07:48 | 02:07:39 |
| 99 | Robin | Geller | F45 | | 02:08:24 | 02:07:54 |
| 100 | Christopher | Hyom | M50 | | 02:08:25 | 02:07:45 |
| 101 | Elinor | Thomas | FS | Celtic Tri | 02:08:27 | 02:08:08 |
| 102 | Simon | Thomas | MS | | 02:08:28 | 02:08:28 |
| 103 | Karla | Evans | FS | | 02:08:28 | 02:08:28 |
| 104 | Tania Louise | Evans | F45 | | 02:10:36 | 02:10:25 |
| 105 | Tim | Colebrook | MS | | 02:10:40 | 02:09:59 |
| 106 | Joanne | Churchill | F35 | | 02:11:01 | 02:10:50 |
| 107 | Deb | Garner | F45 | Pembrokeshire Harriers | 02:11:14 | 02:10:50 |
| 108 | Helen | Jenkins | FS | | 02:11:39 | 02:11:15 |
| 109 | Debbie | Cleary | F35 | | 02:11:41 | 02:11:10 |
| 110 | Jack | Sewter | MS | | 02:12:36 | 02:12:22 |
| 111 | Sarah | Hawker | F35 | | 02:13:07 | 02:12:43 |
| 112 | Penny | Walton | F45 | | 02:13:13 | 02:12:59 |
| 113 | Vince | Oak | M50 | | 02:13:14 | 02:13:14 |
| 114 | Tracy | Evans | F35 | | 02:13:14 | 02:13:14 |
| 115 | Louis | Morgan | MS | Islwyn Rc | 02:14:30 | 02:14:17 |
| 116 | Kate | Ennis | F35 | | 02:15:26 | 02:15:04 |
| 117 | Callum | Price | MS | | 02:16:08 | 02:15:45 |
| 118 | Nigel | Jones | M60 | | 02:16:35 | 02:16:05 |
| 119 | Julie | Haigh | F55 | | 02:18:25 | 02:17:52 |
| 120 | Dawn | French | F45 | Rhondda Runners | 02:20:13 | 02:20:07 |
| 121 | Karen | Smith Marks | F45 | | 02:20:47 | 02:20:19 |
| 122 | Neil | Gladwin | M40 | | 02:20:57 | 02:20:39 |
| 123 | Stephen | Glynn | M50 | Pembrokeshire Harriers | 02:21:15 | 02:20:51 |
| 124 | Carrie | Grant | FS | | 02:21:17 | 02:21:10 |
| 125 | Lynnette | Sewter | F45 | | 02:21:30 | 02:21:15 |
| 126 | Benjamin | Biggs | M40 | | 02:23:04 | 02:22:38 |
| 127 | Sally | Barber | F35 | | 02:23:52 | 02:23:28 |
| 128 | James | Thomas | M40 | | 02:24:01 | 02:23:34 |
| 129 | Pauline | Charlett | F45 | Pembrokeshire Harriers | 02:24:14 | 02:23:51 |
| 130 | Ria | Jones | FS | Pembrokeshire Harriers | 02:25:05 | 02:24:42 |
| 131 | Chris | Kehoe | MS | | 02:25:08 | 02:24:49 |
| 132 | Stacey | Kehoe | FS | | 02:25:08 | 02:24:49 |
| 133 | Alice | Bagley | FS | | 02:26:39 | 02:26:23 |
| 134 | Huw | Jones | M60 | | 02:27:23 | 02:26:42 |
| 135 | Elizabeth | Lockwood | FS | Vegan Runners | 02:28:20 | 02:27:52 |
| 136 | Corrine | Williams | FS | | 02:30:21 | 02:29:49 |
| 137 | Tash | Smith | FS | | 02:30:21 | 02:30:02 |
| 138 | Grace | Powell | F35 | | 02:31:12 | 02:31:01 |
| 139 | Dan | Jervis | MS | | 02:32:35 | 02:32:07 |
| 140 | Emily | Williams | FS | | 02:32:36 | 02:32:07 |
| 141 | Emma | Campbell | FS | | 02:36:10 | 02:35:47 |
| 142 | Sarah | Rees | FS | | 02:37:50 | 02:37:25 |
| 143 | Jaime | Evans | MS | | 02:38:06 | 02:38:04 |
| 144 | Lucy | Allen | FS | | 02:39:11 | 02:38:48 |

Human Being Active

GREAT WELSH HALF MARATHON 2015 ... RESULTS

| POS | FIRST NAME | SURNAME | CAT | CLUB | GUN TIME | CHIP TIME |
|-----|------------|-----------|-----|-----------------|----------|-----------|
| 145 | Kate | Harris | F45 | Yeovil Town Rrc | 02:41:19 | 02:40:46 |
| 146 | Lesley | Bigmore | F55 | | 02:49:48 | 02:49:05 |
| 147 | Claire | Ainsworth | FS | | 02:52:48 | 02:52:17 |
| 148 | Emma | Beenham | FS | | 02:53:30 | 02:53:08 |

UPCOMING HUMAN BEING ACTIVE EVENTS

FUSION 5K - SUMMER SERIES

... JUN-JUL-AUG 2015

PEMBREY BEACH 10K FUN RUN

... SEPTEMBER 2015

incorporating the HBA Family Adventure Challenge

HBA - LLANELLI TO CARDIFF WALKATHON

... SEPTEMBER 2015

HBA SANTA DASH - LLANELLI CARNIVAL

... NOVEMBER 2015

HBA OFF-ROAD DUATHLON

... 2015

LLANELLI WATERSIDE HALF MARATHON

... 13th MARCH 2016

HBA-5-10-20 MILES

... 3rd APRIL 2016

GREAT WELSH MARATHON

... 24th APRIL 2016 - Provisional

incorporating the Great Welsh Half Marathon

..... and many others to be announced soon

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 ...

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