

# Human Being Active

## HBA-5-10-20 ... 2016 ... 5 MILE ... RESULTS

POS	First Name	SURNAME	CAT	CLUB	TIME	AVE M/SPLIT
1	Daniel	Desta	MS		00:24:33	04:55
2	Christian	Lovatt	MS	Swansea Harriers	00:24:44	04:57
3	Guy	Smith	MS		00:24:45	04:57
4	Marc	Hobbs	MS		00:25:58	05:12
5	Matthew	Rees	MS	Swansea Harriers	00:26:04	05:13
6	Matthew	Harvey	MS	Swansea Harriers	00:26:29	05:18
7	Richard	Copp	MS		00:26:46	05:21
8	Matthew	Richards	MS	Swansea Harriers	00:27:42	05:32
9	Alaw	Beynon-Thomas	FS		00:29:07	05:49
10	Stephen	Hughes	MS	Llanelli Ac	00:33:14	06:39
11	David	Kembery	M40	Cwm Ogwr Running Club	00:34:55	06:59
12	Nick	Venables	MS	Sospan Road Runners	00:35:17	07:03
13	Simon	Vaughan	M40	3Ms Gorseinon Road Runners	00:35:22	07:04
14	Jon	Walters	MS		00:37:40	07:32
15	Sarah	Mc Carthy	F35		00:37:45	07:33
16	Maciej	Fortuniak	MS		00:39:33	07:55
17	Dean	David	MS		00:39:59	08:00
18	Jonathan	Mead	M50	Pontyclun Road Runners	00:41:03	08:13
19	Kenneth Wayne	Oliver	M50	Islwyn R/C	00:41:59	08:24
20	Eva	Frisk Cook	F55		00:42:36	08:31
21	Andy	Nowak	MS		00:43:30	08:42
22	Rob	Cox	M50		00:43:52	08:46
23	Hugh	Evans	M50		00:44:14	08:51
24	Matthew	Harris	M50		00:44:47	08:57
25	Bruce	Morgan	M60	Llanelli Ac	00:45:00	09:00
26	Vicky	Mead	F45		00:45:23	09:05
27	Hywel	Protheroe-Jones	MS		00:45:24	09:05
28	Lisa	Thomas	F45		00:46:45	09:21
29	Nick	Roe	M50		00:47:09	09:26
30	Emily	Dwyer	F45		00:47:17	09:27
31	Mark	Thompson	MS		00:47:48	09:34
32	Hannah	Griffiths	FS		00:47:57	09:35
33	Andrew	Dunne	MS		00:48:03	09:37
34	Lydia	Smith	F45		00:48:10	09:38
35	Richard	Donne	M50	3Ms Gorseinon Road Runners	00:48:20	09:40
36	Joanne	Kendall	F35	Cwm Ogwr Running Club	00:48:34	09:43
37	Michelle	Rivett	F35	Les Croupiers	00:48:49	09:46
38	Coral	Putman	F35		00:49:36	09:55
39	Jane	Roe	F55		00:49:39	09:56
40	Chris	Osipowicz	MS		00:49:57	09:59
41	Garey	Davies	M40		00:50:03	10:01
42	Sarah	Lemon	F35		00:50:03	10:01
43	Jayne	Kembery	F35	Cwm Ogwr Running Club	00:51:13	10:15
44	Keith	Richardson	M60		00:51:24	10:17
45	Marianne	Spratt	FS		00:51:36	10:19
46	Sioned	Gibby	F35		00:52:41	10:32
47	Kathryn	Morris	FS		00:52:41	10:32
48	Kate	Walters	FS		00:53:10	10:38
49	Barbara	Thomas	F55	Pembrokeshire Harriers	00:53:41	10:44
50	Nicola	Haxton	F35	Cwm Ogwr Running Club	00:53:52	10:46
51	Owen	Gent	MS		00:55:12	11:02
52	Debbie	Kiley	F35		00:55:46	11:09
53	Catherine	Owen	FS		00:55:46	11:09
54	James	Roach John	M40	Pembrokeshire Harriers	00:56:07	11:13
55	Karen	Morgan	F35	Sospan Road Runners	00:56:47	11:21
56	Sion	Morgan	MS		00:56:47	11:21
57	Meinir	Morgan	F35		00:57:25	11:29
58	David-Gwynfor	Edwards	MS		01:01:33	12:19
59	Rhiannon	Buckley	FS	Cwm Ogwr Running Club	01:06:57	13:23
60	Elisa	Conti	FS		01:08:09	13:38
61	Jeanette	Conti	F45		01:08:10	13:38