

Human Being Active

Llanelli Star - Great Welsh Half Marathon ... RESULTS

GUN POS	FIRST NAME	SURNAME	CAT	CLUB	GUN TIME	CHIP POS	CHIP TIME
1	Jonathan	Jones	M40	TROTS	01:22:17	1	01:22:14
2	Mark	Beveridge	M40		01:24:57	2	01:24:53
3	Mathew	Pritchard	MS		01:24:59	3	01:24:57
4	Tyrone	Fowler	MS	Newport Harriers	01:26:08	4	01:26:07
5	Derek	Scarborough	M50	Bridgend AC	01:27:05	5	01:27:04
6	Mark	Jones	M40		01:27:30	6	01:27:26
7	Jonathan	Thomas	MS		01:29:17	7	01:29:00
8	Kieran	Roberts	MS		01:30:55	10	01:30:53
9	John	Burrige	MS	Cwm Ogwr Running Club	01:30:56	8	01:30:34
10	Elinor	East	FS	London Heathside	01:30:57	9	01:30:52
11	Ian	Evans	MS		01:31:24	11	01:31:18
12	Gina	Hardman	F35	Bridgend AC	01:32:11	12	01:32:08
13	Alun	Bonello	MS		01:32:21	13	01:32:16
14	Clem	Clement	M50	Penarth & Dinas Runners	01:32:37	14	01:32:18
15	Steven	Dequinney	MS		01:32:39	15	01:32:22
16	Darren	Stevens	M40		01:34:50	16	01:34:47
17	Paul	Forde	M40	Bassaleg Runners	01:36:27	17	01:36:19
18	Nigel	Davies	M40	Sam Helen	01:36:42	19	01:36:39
19	Andrew	Van Heiningen	M40	Serpentine Running Club	01:36:53	18	01:36:36
20	Jo	Hawkins	F45		01:36:57	20	01:36:46
21	Simon	Thomas	M40		01:37:28	21	01:37:20
22	James	Measham	MS		01:38:14	22	01:38:02
23	Rosie	Thomas	FS		01:38:46	23	01:38:36
24	Gareth	Jenkins	FS	Cwm Ogwr Running Club	01:39:20	24	01:38:58
25	Nick	Denny	MS	Pontypridd Roadents	01:39:49	25	01:39:31
26	Bill	Leslie	M40		01:39:53	26	01:39:32
27	Ceri	Jones	F35		01:40:04	27	01:40:00
28	Michael	Pritchard	M50		01:41:05	28	01:41:00
29	John	Marson	MS	Sospan Road Runners	01:42:07	29	01:41:48
30	Daniel	Cloke	MS		01:43:41	30	01:43:12
31	Andy	Hawkins	M40		01:44:45	32	01:44:34
32	Phil	Smith	M40		01:44:48	31	01:44:22
33	Jason	Lewis	M40		01:45:21	33	01:44:54
34	Gareth	Field	MS		01:45:34	34	01:45:09
35	Philip	Slee	M40		01:46:04	36	01:45:49
36	Luke	Sullivan	MS		01:46:10	35	01:45:46
37	Mark	Westcott	M40		01:46:18	38	01:46:08

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38	Nicholas	Thornton	MS		01:46:26	37	01:45:57
39	Nick	Williams	M40		01:46:34	39	01:46:08
40	Mark	Passmore	MS		01:46:34	40	01:46:10
41	David	Proffitt	M50	Newport Harriers	01:46:38	42	01:46:20
42	James	Meek	MS		01:46:42	41	01:46:15
43	Roger	Capper	M40		01:46:57	43	01:46:33
44	Douglas	Bowen	MS	Walden Tri	01:47:10	44	01:46:55
45	Greg	King	M40		01:47:37	46	01:47:27
46	Jenna	Gow	FS		01:47:41	45	01:47:11
47	Caroline	Hall	FS	Bitton Road Runners	01:47:46	48	01:47:30
48	Jeff	Jones	M50	Rhondda Tri Club	01:47:52	47	01:47:27
49	Colin	Blackwell	M50		01:48:13	49	01:47:49
50	Hannah	Jones	FS		01:48:15	50	01:47:51
51	Rich	Mansell	MS		01:48:33	51	01:48:06
52	Scott	Dummett	MS		01:48:37	53	01:48:23
53	Garey	Davies	M40		01:48:38	52	01:48:21
54	Jackie Denise	Martin	F45		01:49:28	54	01:48:54
55	Amber	Courtney	FS		01:49:55	55	01:49:49
56	Clayton	Wehrle	F35		01:50:06	57	01:50:02
57	Craig	Hopkins	MS		01:50:09	58	01:50:06
58	Michael	Hodges	M50		01:50:23	56	01:49:59
59	Julie	Dutton	F45	Wreake Runners	01:50:24	59	01:50:13
60	Andy	Evans	M40		01:51:42	60	01:51:31
61	Sam	Courtney	MS		01:51:43	61	01:51:37
62	Cliff	Thomas	M60	Aberystwyth A.C	01:52:03	63	01:52:00
63	Ken	Milligan	M50	Celtic Tri	01:52:24	62	01:51:55
64	Frances	Symington	F45		01:52:53	64	01:52:41
65	Paul	Searle	M50		01:53:13	65	01:52:48
66	Lianne	Knott	FS		01:53:14	68	01:53:09
67	Bradley	Toms	MS		01:53:17	67	01:53:04
68	Ian	Standen	M50		01:53:17	66	01:52:58
69	Rhianydd	Edwards	F35		01:53:41	69	01:53:19
70	Dafydd Trystan	Davies	MS	Outdoor Fitness RC	01:53:55	72	01:53:37
71	David	Lloyd	M50	Les Croupiers	01:53:55	70	01:53:37
72	Lucy	Hammond	F35		01:53:55	71	01:53:37
73	Sophie	Hedges	FS	Pontypridd Roadents	01:54:10	73	01:53:43
74	Sam	Holley	FS		01:55:02	74	01:54:40

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75	Celyn	Evans	FS	Sospan Road Runners	01:55:20	75	01:54:55
76	John	Shuttleworth	M50	Tenby Aces	01:55:52	76	01:55:36
77	Michael	Smith	M60		01:56:15	77	01:55:55
78	Caryl	Williams-Ford	F35		01:56:29	78	01:56:10
79	Chris	Jones	M40		01:56:31	80	01:56:30
80	Ian	Nash	M40	Bitton Road Runners	01:56:42	79	01:56:26
81	Craig	Hillard	MS		01:57:10	81	01:56:39
82	Stephen	Jenkins	M40		01:57:50	82	01:57:27
83	Janice	Clement	F55	Penarth & Dinas Runners	01:58:25	83	01:57:53
84	Lynda	Civil	F45		01:58:32	84	01:58:02
85	Alun	Thomas	M40		01:58:38	85	01:58:15
86	John	Davies	MS		01:58:55	86	01:58:39
87	Bridget	Ingle	F45		01:58:55	87	01:58:42
88	Andrew	Lustig	MS		01:59:07	89	01:58:55
89	Mark	Blake	MS		01:59:19	88	01:58:46
90	Steve	Grant	M40		01:59:31	90	01:59:08
91	Annie	Ginwalla	F35		01:59:32	91	01:59:18
92	Glynn	Salter	M40		02:00:50	92	02:00:30
93	Chris	Mellor	M50		02:01:44	96	02:01:22
94	Emma	Vaux	F35		02:01:47	97	02:01:35
95	Gary	Howells	MS		02:01:49	93	02:01:11
96	Katie	Morris	FS		02:01:49	94	02:01:11
97	Keith	Richardson	M60	Road Runners Club	02:01:53	95	02:01:18
98	Alyson	Morgan	FS		02:02:08	99	02:01:53
99	Mike	Knight	MS		02:02:09	98	02:01:38
100	Amanda	Gilbert	F45	Celtic Tri	02:03:09	100	02:02:40
101	Michael	Williams	M40		02:03:45	101	02:03:08
102	Julia	Roworth	F45	Emlyn Runners	02:04:10	102	02:03:36
103	Betsan	Cooper	FS		02:05:07	103	02:04:35
104	Stuart	Howells	M40	Human Being Active	02:05:33	104	02:04:59
105	Wayne	Thomas	M50		02:05:34	105	02:04:59
106	Emma	Turner	FS		02:07:10	106	02:06:49
107	Heather	Thomas	FS		02:07:11	107	02:06:50
108	Steve	Twigg	M40		02:07:14	110	02:07:01
109	Richard	Street	M50	Pegasus RC	02:07:26	108	02:06:54
110	Melanie	Allen	F35		02:07:35	109	02:06:59
111	Andrew	Wheeler	MS		02:07:47	111	02:07:09

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GUN POS	FIRST NAME	SURNAME	CAT	CLUB	GUN TIME	CHIP POS	CHIP TIME
112	Emma	Coates	FS		02:08:13	112	02:07:58
113	Clare	Castle	F35		02:09:51	113	02:09:15
114	Nigel	Jones	M50		02:09:53	114	02:09:26
115	Roy	Meredith	M60	Somer A.C	02:10:19	115	02:09:48
116	Dean	Chapman	M40		02:10:25	116	02:09:50
117	Meghan	Tiplady	FS		02:10:31	117	02:10:12
118	Catherine	Llewellyn	F45		02:10:54	119	02:10:41
119	Nicola	Murphy	F35		02:10:56	118	02:10:37
120	Helen	Lutley	F55	Emlyn Runners	02:11:26	120	02:11:14
121	Brendan	Rowan	MS		02:11:48	121	02:11:16
122	Ben	Giesbrecht	M50	Running Somewhere Else	02:12:07	122	02:11:33
123	Amanda	Secker	F35	Sneyd Striders	02:12:10	123	02:11:45
124	Jonathan	Rubery	M40		02:12:31	124	02:11:58
125	Joanne	Rubery	F35		02:12:31	125	02:11:59
126	Bec	Lees	F35		02:13:43	126	02:13:08
127	Peter	Evans	MS		02:14:35	127	02:14:00
128	Alexandra	Millington	FS		02:15:25	128	02:14:50
129	David	Evans	M60		02:15:49	129	02:15:13
130	Dean	Hancock	MS		02:22:00	131	02:21:35
131	Diane	Phillips	F35	Sospan Road Runners	02:22:03	130	02:21:25
132	Karen	O'Brien	F45	Sospan Road Runners	02:22:03	134	02:21:46
133	Chris	Morgans	MS		02:22:15	132	02:21:39
134	Chris	Weirman	MS		02:22:16	133	02:21:41
135	Arwel	Davies	M40	Sospan Road Runners	02:22:43	135	02:22:26
136	Heather	Thomas	F45		02:23:10	136	02:22:55
137	Karla	Evans	FS		02:23:48	137	02:23:36
138	Simon	Thomas	MS		02:23:48	138	02:23:36
139	Clare	Fencott	FS		02:24:02	139	02:23:40
140	Tracy	Nixon	FS		02:24:14	140	02:23:42
141	Christopher	Lloyd	M40		02:26:03	142	02:25:54
142	Robert	Harries	M40		02:26:04	141	02:25:51
143	David	Glover	M50		02:26:42	143	02:26:28
144	Aeron	Rees	M60		02:28:10	144	02:27:49
145	Gemma	Esmond	FS		02:38:32	145	02:37:59
146	Sally	Simms	F55		02:39:14	148	02:38:56
147	Terrence	Clarke	M60		02:39:14	146	02:38:55
148	Colin	Duncan	M60		02:39:14	147	02:38:56

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GUN POS	FIRST NAME	SURNAME	CAT	CLUB	GUN TIME	CHIP POS	CHIP TIME
149	James	Gregory	MS		02:41:57	149	02:41:20
150	Tina	Smith	F35	Capital Roasters Ltd	02:42:08	150	02:41:30
151	Christopher	Baldwin	MS		02:50:15	151	02:49:38
152	Michael	Jones	M50	Celtic Tri	02:53:41	152	02:53:13
153	Bethan	Jones	FS		03:02:22	153	03:01:49
154	Sophia	Mathews	FS		03:02:33	154	03:01:59
155	David	Parkhouse	MS		03:13:42	155	03:13:04
156	Jean	Meredith	F55	Somer A.C	03:31:56	156	03:31:22
157	Steve	Melton	MS		04:53:28	157	04:53:19

UPCOMING HUMAN BEING ACTIVE & PARTNER EVENTS

FUSION 5K - SUMMER SERIES ... 6th JUN - 4th JUL - 11th AUG 2013

incorporating the Welsh 5k Championships

SCARLETS FESTIVAL OF SPORT ... JUNE - JULY 2013

HBA - 24HR WALKATHON ... 27th - 28th JULY 2013

PEMBREY BEACH 10K FUN RUN ... 4th AUGUST 2013

incorporating the HBA Family Adventure Challenge

HBA SANTA DASH - LLANELLI CARNIVAL ... 22nd NOVEMBER 2012

LLANELLI WATERSIDE HALF MARATHON ... 2nd MARCH 2014

HBA-5-10-20 MILES ... 23rd MARCH 2014

GREAT WELSH MARATHON ... 13th APRIL 2014

incorporating the Great Welsh Half Marathon

HBA-XC HALF MARATHON CHALLENGE ... AUGUST 2014

HBA-XC TRIATHLON CHALLENGE ... SEPTEMBER 2014

..... 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

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