

Event - 3k

Bib	Name	Surname	Club	Team	Gender	Category	Event	Finish Gun	Finish Chip	Rank Gun	Rank Gend	Rank chip
3176	Lucas	Salvage	Newport Harriers		Male	Boys	3k	0:09:27	0:09:27	1	1	1
3091	Amelia	Williams			Female	Girls	3k	0:10:06	0:10:06	2	1	2
3189	Tomos Cai	Davies	Carmarthen & District Harriers		Male	Boys	3k	0:10:14	0:10:13	3	2	3
3070	Chloe	Hartley-green	Swansea Harriers		Female	Girls	3k	0:10:17	0:10:17	4	2	4
3033	Jack	Sullivan	Swansea Harriers	Kids Cancer Charity	Male	Boys	3k	0:10:30	0:10:30	5	3	5
3125	Toby	Anthony	Carmarthen & District Harriers		Male	Boys	3k	0:10:32	0:10:32	6	4	6
3120	Iestyn	Williams			Male	Boys	3k	0:10:49	0:10:49	7	5	7
3124	Millie	Pierce	Swansea Harriers		Female	Girls	3k	0:10:51	0:10:51	8	3	8
3192	Isaac	Mcadie	Swansea Harriers		Male	Boys	3k	0:10:52	0:10:52	9	6	9
3115	Finley	Rees			Male	Boys	3k	0:10:54	0:10:54	10	7	10
3036	Manon	Phillips	Trots		Female	Girls	3k	0:11:17	0:11:17	11	4	11
3131	Noah	Howells	Aberdare Valley AAC		Male	Boys	3k	0:11:40	0:11:40	12	8	12
3013	Harry	Wells			Male	Boys	3k	0:11:47	0:11:44	13	9	13
3087	Lyla	Jonsson	Swansea Harriers		Female	Girls	3k	0:11:52	0:11:52	14	5	14
3105	Lily	Jacklin	Aberdare Valley AAC		Female	Girls	3k	0:12:05	0:12:03	15	6	15
3169	Bo	Cuthbertson	Swansea Harriers		Male	Boys	3k	0:12:05	0:12:04	16	10	16
3004	Ben	Boyce			Male	Boys	3k	0:12:06	0:12:06	17	11	17
3016	Alexander	Reece	Team Bath Athletic Club		Male	Boys	3k	0:12:18	0:12:18	18	12	18
3109	Jacob	Morgan-green			Male	Boys	3k	0:12:28	0:12:25	19	13	19
3032	Hannah Grace	Sullivan	Swansea Harriers	Kids Cancer Charity	Female	Girls	3k	0:12:32	0:12:32	20	7	21
3188	Macsen Noa	Davies	Carmarthen & District Harriers		Male	Boys	3k	0:12:33	0:12:30	21	14	20
3113	Harry	Miles			Male	Boys	3k	0:12:37	0:12:36	22	15	22
3067	Jack	Griffiths	Swansea Harriers		Male	Boys	3k	0:12:42	0:12:42	23	16	23
3086	Riley	Nealon	Cardiff Athletics		Male	Boys	3k	0:12:45	0:12:44	24	17	24
3187	Evan	Neal			Male	Boys	3k	0:12:49	0:12:48	25	18	25
3078	Benoit	Davies			Male	Boys	3k	0:12:57	0:12:56	26	19	26
3053	Daniel	Anderson			Male	Boys	3k	0:12:57	0:12:57	27	20	28
3184	Emily	Matthews	Aberdare Valley AAC		Female	Girls	3k	0:12:58	0:12:57	28	8	27
3194	Tomos	Gruffydd			Male	Boys	3k	0:13:00	0:13:00	29	21	29
3152	Dylan	Tudor			Male	Boys	3k	0:13:02	0:13:02	30	22	30
3011	Arthur	Hunt			Male	Boys	3k	0:13:05	0:13:05	31	23	32
3183	Gwenna	Rees			Female	Girls	3k	0:13:06	0:13:04	32	9	31
3139	Aaron	Evans	Trots		Male	Boys	3k	0:13:07	0:13:06	33	24	33
3112	Rhys	Roberts			Male	Boys	3k	0:13:18	0:13:14	34	25	34
3140	Tabitha	Ventress-brett	Swansea Harriers		Female	Girls	3k	0:13:18	0:13:17	35	10	35
3195	Gwennan	Gruffydd	Swansea Harriers	Swansea Harriers	Female	Girls	3k	0:13:21	0:13:20	36	11	36
3072	Isabella	Phillips	Llanelli AC		Female	Girls	3k	0:13:22	0:13:22	37	12	37
3023	Teddy	Reece			Male	Boys	3k	0:13:29	0:13:29	38	26	38
3179	Gethin	Bright			Male	Boys	3k	0:13:34	0:13:33	39	27	39
3089	Paige	Williams	Swansea Harriers		Female	Girls	3k	0:13:36	0:13:35	40	13	40
3123	Teaghan	Williams	Carmarthen & District Harriers		Female	Girls	3k	0:13:38	0:13:37	41	14	42
3096	Elin	Matthews			Female	Girls	3k	0:13:39	0:13:36	42	15	41
3161	Brandon	Jermin			Male	Boys	3k	0:13:39	0:13:38	43	28	44

3170	Matthew	Jones			Male	Boys	3k	0:13:40	0:13:37	44	29	43
3007	Ramzi	Shehadeh		Swansea Surveys	Male	Boys	3k	0:13:43	0:13:43	45	30	45
3075	Joely	Griffiths			Female	Girls	3k	0:13:47	0:13:47	46	16	47
3054	Marelie	Mey			Male	Boys	3k	0:13:48	0:13:45	47	31	46
3154	Kian	Mainwaring			Male	Boys	3k	0:13:54	0:13:54	48	32	49
3138	James	Mathias			Male	Boys	3k	0:13:57	0:13:52	49	33	48
3071	Sammy	Hedges			Male	Boys	3k	0:13:58	0:13:58	50	34	51
3059	Noah	Ferguson			Male	Boys	3k	0:14:00	0:13:59	51	35	52
3006	Oliver	Phillips	Llanelli AC		Male	Boys	3k	0:14:00	0:14:00	52	36	53
3064	Ralph	Bowen			Male	Boys	3k	0:14:00	0:13:58	53	37	50
3149	Leo	Doughty			Male	Boys	3k	0:14:02	0:14:01	54	38	54
3022	Stanley	Reece			Male	Boys	3k	0:14:08	0:14:05	55	39	55
3157	Mason	Lloyd			Male	Boys	3k	0:14:11	0:14:11	56	40	56
3074	Sienna	Woolliscroft			Female	Girls	3k	0:14:16	0:14:16	57	17	57
3042	Samuel	Thomas			Male	Boys	3k	0:14:26	0:14:22	58	41	58
3069	Rosie	Jones			Female	Girls	3k	0:14:31	0:14:28	59	18	59
3172	Larry	Davies			Male	Boys	3k	0:14:33	0:14:32	60	42	60
3039	Mia	Rabaiotti	Swansea Harriers	Kids Cancer Charity	Female	Girls	3k	0:14:34	0:14:33	61	19	61
3031	Steffan Wyn	Morgan			Male	Boys	3k	0:14:43	0:14:38	62	43	62
3137	Lara	Elias			Female	Girls	3k	0:14:48	0:14:45	63	20	63
3111	Bethany	Roberts			Female	Girls	3k	0:14:50	0:14:48	64	21	64
3126	Meaghan	Jenkins			Female	Girls	3k	0:14:55	0:14:52	65	22	65
3055	Robert	Mey-smith			Male	Boys	3k	0:14:59	0:14:57	66	44	67
3014	Grace	Bowers			Female	Girls	3k	0:14:59	0:14:56	67	23	66
3068	Meghan	Clift			Female	Girls	3k	0:15:00	0:14:59	68	24	68
3129	Gwennan	Humphreys			Female	Girls	3k	0:15:04	0:15:00	69	25	69
3162	Harvey	Hughes			Male	Boys	3k	0:15:04	0:15:04	70	45	71
3158	Kenzie	Kiley			Male	Boys	3k	0:15:05	0:15:03	71	46	70
3082	Isla	Gibbs			Female	Girls	3k	0:15:08	0:15:07	72	26	72
3038	Luisa	Rabaiotti	Swansea Harriers	Kids Cancer Charity	Female	Girls	3k	0:15:11	0:15:11	73	27	73
3159	Jacob	Speakman			Male	Boys	3k	0:15:13	0:15:13	74	47	74
3009	James	Evans			Male	Boys	3k	0:15:18	0:15:17	75	48	75
3005	Benjamin	Penquet			Male	Boys	3k	0:15:21	0:15:21	76	49	76
3106	Osian	Roberts	Swansea Harriers		Male	Boys	3k	0:15:23	0:15:21	77	50	77
3181	Ffion	Thomas			Female	Girls	3k	0:15:27	0:15:24	78	28	79
3104	Leo	Hall			Male	Boys	3k	0:15:28	0:15:23	79	51	78
3097	Isaac	Longar			Male	Boys	3k	0:15:30	0:15:26	80	52	80
3101	Aiden	Vink			Male	Boys	3k	0:15:41	0:15:40	81	53	83
3100	Darcy	Morgan			Male	Boys	3k	0:15:41	0:15:38	82	54	82
3166	Emelia - Grace	Griffiths	Neath Harriers		Female	Girls	3k	0:15:42	0:15:41	83	29	84
3026	Thomas	Matthews			Male	Boys	3k	0:15:42	0:15:38	84	55	81
3182	Ellie	Brewer			Female	Girls	3k	0:15:44	0:15:41	85	30	85
3163	Kaya	Williams		Dream team	Female	Girls	3k	0:15:50	0:15:45	86	31	86
3049	Callum	St John			Male	Boys	3k	0:15:56	0:15:54	87	56	87
3040	Michael	Powell			Male	Boys	3k	0:15:59	0:15:57	88	57	89
3095	Catrin	Matthews			Female	Girls	3k	0:15:59	0:15:55	89	32	88
3035	Robin	Meakins			Male	Boys	3k	0:15:59	0:15:57	90	58	90

3079	Michele	Davies			Female	Girls	3k	0:16:01	0:16:00	91	33	92
3085	Freddie	Bailey			Male	Boys	3k	0:16:04	0:15:59	92	59	91
3135	Benjamin	Samuel	Aberdare Valley AAC		Male	Boys	3k	0:16:06	0:16:04	93	60	93
3024	Callum	Knight			Male	Boys	3k	0:16:13	0:16:11	94	61	94
3121	A-jay	Abraham			Male	Boys	3k	0:16:15	0:16:14	95	62	95
3168	Rhys	James			Male	Boys	3k	0:16:20	0:16:19	96	63	97
3144	Bryn	Thomas			Male	Boys	3k	0:16:20	0:16:18	97	64	96
3180	Naomi	Brown			Female	Girls	3k	0:16:22	0:16:22	98	34	98
3094	Steffan	Thomas			Male	Boys	3k	0:16:27	0:16:25	99	65	99
3037	Ellie	Mattu		Kids Cancer Charity	Female	Girls	3k	0:16:30	0:16:26	100	35	100
3116	Elsa	Pearl			Female	Girls	3k	0:16:31	0:16:28	101	36	101
3077	Jersey	Davies			Female	Girls	3k	0:16:34	0:16:31	102	37	103
3076	Dakota Rose	Davies			Female	Girls	3k	0:16:34	0:16:30	103	38	102
3122	Alfie	McIlelland			Male	Boys	3k	0:16:38	0:16:36	104	66	104
3171	Ula	Padfield			Female	Girls	3k	0:16:39	0:16:37	105	39	106
3001	Jac	Pinnington			Male	Boys	3k	0:16:39	0:16:39	106	67	107
3058	Max	Williams			Male	Boys	3k	0:16:42	0:16:36	107	68	105
3117	Tommy	Doyle			Male	Boys	3k	0:16:46	0:16:46	108	69	108
3153	Niall	Williams			Male	Boys	3k	0:16:58	0:16:58	109	70	109
3186	Hannah	Davies			Female	Girls	3k	0:17:00	0:17:00	110	40	110
3151	Tiegan	Parry			Female	Girls	3k	0:17:08	0:17:06	111	41	111
3185	Isabelle	Rees			Female	Girls	3k	0:17:10	0:17:09	112	42	112
3050	Jacob	St John			Male	Boys	3k	0:17:21	0:17:18	113	71	113
3073	Sofia	Dafydd			Female	Girls	3k	0:17:22	0:17:21	114	43	114
3155	Rocco	Desmond			Male	Boys	3k	0:17:29	0:17:28	115	72	116
3160	Jack	Gray			Male	Boys	3k	0:17:29	0:17:28	116	73	115
3132	Dewi	Jones			Male	Boys	3k	0:17:38	0:17:38	117	74	118
3083	Betty	Champion			Female	Girls	3k	0:17:39	0:17:35	118	44	117
3029	Olivia	Kenna	Swansea Harriers		Female	Girls	3k	0:17:44	0:17:42	119	45	119
3008	Megan	Pyke	Swansea Harriers		Female	Girls	3k	0:17:47	0:17:45	120	46	120
3081	Harri	Yendle			Male	Boys	3k	0:17:52	0:17:50	121	75	121
3057	Maisie	Bunford			Female	Girls	3k	0:18:01	0:18:01	122	47	123
3028	Alexandra	Kenna			Female	Girls	3k	0:18:03	0:18:00	123	48	122
3030	Gethin Rhys	Morgan			Male	Boys	3k	0:18:09	0:18:05	124	76	124
3043	Eve	Maher			Female	Girls	3k	0:18:10	0:18:06	125	49	125
3045	Daniel	Williams			Male	Boys	3k	0:18:13	0:18:11	126	77	128
3020	James	Maddock			Male	Boys	3k	0:18:13	0:18:11	127	78	129
3088	Ethan	Brown			Male	Boys	3k	0:18:13	0:18:12	128	79	130
3025	Jacob	Knight			Male	Boys	3k	0:18:14	0:18:13	129	80	132
3119	Hope	Lancaster			Female	Girls	3k	0:18:15	0:18:09	130	50	126
3190	Ffion	Ley			Female	Girls	3k	0:18:15	0:18:10	131	51	127
3063	Ellie	Evans			Female	Girls	3k	0:18:19	0:18:14	132	52	133
3178	Trudy	Jones			Female	Girls	3k	0:18:20	0:18:13	133	53	131
3175	Shea	Mcmanus			Male	Boys	3k	0:18:23	0:18:20	134	81	134
3062	Erin	Hughes			Female	Girls	3k	0:18:33	0:18:29	135	54	135
3145	Adam	Poole			Female	Girls	3k	0:18:40	0:18:36	136	55	136
3136	Libby	Elias			Female	Girls	3k	0:18:50	0:18:47	137	56	137

3164	Ayana	Williams		Dream team	Female	Girls	3k	0:19:00	0:18:55	138	57	138
3065	Caerwyn	Jenkins		Jenks	Male	Boys	3k	0:19:05	0:19:02	139	82	139
3066	Arwel	Mead			Male	Boys	3k	0:19:06	0:19:04	140	83	140
3146	Jack	Mabbett			Male	Boys	3k	0:19:09	0:19:05	141	84	141
3012	Elizabeth	Boardman			Female	Girls	3k	0:19:10	0:19:07	142	58	142
3118	Jacob	Howell			Male	Boys	3k	0:19:12	0:19:07	143	85	143
3092	Lois	Coker			Female	Girls	3k	0:19:12	0:19:10	144	59	144
3093	Violet	Coker			Female	Girls	3k	0:19:13	0:19:10	145	60	145
3027	Dwen	Hoshman			Male	Boys	3k	0:19:19	0:19:19	146	86	146
3147	Maisie	Madden			Female	Girls	3k	0:19:26	0:19:20	147	61	147
3102	Betsan	Tagg			Female	Girls	3k	0:19:35	0:19:34	148	62	148
3134	Eva	Tucker			Female	Girls	3k	0:19:45	0:19:41	149	63	149
3133	Libby	Evans			Female	Girls	3k	0:19:46	0:19:41	150	64	150
3019	Tommy	Yandle			Male	Boys	3k	0:19:50	0:19:44	151	87	151
3090	Martha	Traynor			Female	Girls	3k	0:19:55	0:19:48	152	65	152
3015	Gregory	Bowers			Male	Boys	3k	0:19:55	0:19:51	153	88	153
3044	Ava	Taylor-shamsaee			Female	Girls	3k	0:20:03	0:19:58	154	66	154
3142	Emrys	Mullen			Male	Boys	3k	0:20:47	0:20:40	155	89	155
3099	Evan	Brake-cottam			Male	Boys	3k	0:20:58	0:20:53	156	90	156
3143	Lily	Mullen			Female	Girls	3k	0:21:37	0:21:31	157	67	157
3114	Rylee	Bedford			Male	Boys	3k	0:21:40	0:21:35	158	91	158
3018	Lewis	Yandle			Male	Boys	3k	0:22:25	0:22:20	159	92	159
3034	Ryan	Williams			Male	Boys	3k	0:22:26	0:22:23	160	93	160
3128	Daniel	Kavanagh-jones			Male	Boys	3k	0:23:01	0:22:59	161	94	161
3174	Iolo	Machin-smith			Female	Girls	3k	0:23:04	0:23:00	162	68	162
3127	Joseph	Kavanagh-jones			Male	Boys	3k	0:25:19	0:25:16	163	95	163
3002	Joshua	Murphy			Male	Boys	3k					
3003	Bryony	Boyce	Cardiff Athletics		Female	Girls	3k					
3010	Eden	Williams	Swansea Harriers		Female	Girls	3k					
3017	Rhydian	Lloyd-francis	Cardiff Athletics		Male	Boys	3k					
3021	Lilly	Maddock	Swansea Harriers		Female	Girls	3k					
3041	Eva	Martin	Cardiff Athletics		Female	Girls	3k					
3046	Lewys	Poole	Celtic Tri		Male	Boys	3k					
3047	Sioned	John	Cardiff Athletics		Female	Girls	3k					
3048	Esme	Lynock	Carmarthen & District Harriers		Female	Girls	3k					
3051	Finley	Marshallsay			Male	Boys	3k					
3052	Jacka Ray	Ocallaghan			Male	Boys	3k					
3056	Sienna	Halpin	Pont-Y-Pwl & District Runners		Female	Girls	3k					
3060	Caitlin	Triscott			Female	Girls	3k					
3061	William	Davies			Male	Boys	3k					
3080	Nathan	Cox			Male	Boys	3k					
3084	James	Champion			Male	Boys	3k					
3098	Aeronwy	Morgan-fisher	Carmarthen & District Harriers		Female	Girls	3k					
3103	Gwilym	Tagg			Male	Boys	3k					
3107	Kaya	Williams		Dream team	Female	Girls	3k					
3108	Kellie	Williams		Dream team	Female	Girls	3k					
3110	Libby	Hale	Swansea Harriers		Female	Girls	3k					

3130	Hannah	Thomas			Female	Girls	3k					
3141	Jacob	Fletcher			Male	Boys	3k					
3148	Carys	Grant			Female	Girls	3k					
3150	Rhys	Perks-coulter			Male	Boys	3k					
3156	Zac	Thomas			Male	Boys	3k					
3165	Thomas	Rhodes			Male	Boys	3k					
3167	Oliver	Hale	Swansea Harriers		Male	Boys	3k					
3173	Nathan	Ndlovu			Male	Boys	3k					
3177	Jude	Jenkins	Neath Harriers		Male	Boys	3k					
3191	Imogen	Mcadie	Swansea Harriers		Female	Girls	3k					
3193	Trystan	Evans	Aberystwyth AC		Male	Boys	3k					