

# LLANELLI AMATEUR ATHLETIC CLUB



Secretary : A. GRIFFITHS, 35 Prospect Place, Llanelli, Dyfed. (0554) 750788  
Treasurer : P. JOHN, 76 Danlan Road, Pembrey, Dyfed.

## 1995 LLANELLI 10K

1	118	Steve Knight	30.56
2	145	Gareth Davies	31.00
3	146	Darren Hiscok	31.03
4	549	Martin Rees	31.07
5	114	Paul Richards	31.09
6	102	Andres Jones	31.19
7	159	Steve Brace	31.57
8	135	Greg Newhams	32.03
9	155	Andrew Doyle	32.16
10	117	Rob Jay	32.29
11	516	Alun Roper	32.39
12	522	Alan Davies	33.28
13	151	Patrick Kirk	33.43
14	521	Dewi Jones	34.03
15	116	Ian Webb	34.42
16	111	Tobben Tymmons	34.59
17	147	David James	35.01
18	138	Paul Rose	35.07
19	103	Euros Davies	35.16
20	149	Steve Smith	35.43
21	534	Ian Kirkpatrick	35.52
22	264	Hayley Nash	35.54
23	130	Kevin Taylor	35.56
24	514	David Anthony	35.59
25	270	Bronwen Cardy-Wise	36.01
26	120	Des Astley	36.07
27	513	Philip Meyler	36.15
28	153	Mark Davies	36.23
29	525	Roland Hedges	36.28
30	544	Ian Sharp	36.35
31	142	Nicholas Gwynne	36.36
32	511	Robert Fowler	36.41
33	539	Richard Morris	36.56
34	123	Rob Edwards	37.00
35	144	Richard Phillips	37.32
36	515	Richard Webster	37.50
37	150	Steven Evans	37.51
38	286	Emma Evans	37.52
39	1324	John Picton	38.03
40	524	Alun Thomas	38.03
41	530	Robert Rees	38.07
42	1348	Paul Dyson	38.13
43	504	Roland Sherwood	38.15
44	121	Nigel Davies	38.21
45	132	Christopher Dixon	38.46
46	152	David Owen	38.46
47	518	John Kersting	38.46
48	136	Barry Evans	38.54
49	267	Jackie Brace	38.57
50	148	Paul Lewis	39.01
51	125	Timothy Porter	39.03
52	540	David Oak	39.06
53	157	Jeffrey O Keefe	39.08
54	531	John Farmer	39.16
55	510	John James	39.20
56	140	Clive Stephenson	39.27

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57	126	Richard Downs	39.31
58	158	Darren Stevens	39.32
59	519	Jeffrey White	39.33
60	509	Euros Davies	39.34
61	105	Donald Thomas	39.44
62	139	Peter Deacon	39.45
63	124	Aaron Davies	39.52
64	1307	David Astris	39.55
65	122	Michael Jenvey	39.59
66	548	Jeffrey Adlam	40.00
67	508	Mick Fenney	40.02
68	265	Jo Clarkson	40.05
69	1351	Alex Reid	40.16
70	134	Terry Dobson	40.21
71	536	Malcolm Howells	40.26
72	1315	Neil Whitehouse	40.42
73	119	Ross Poiner	41.09
74	269	Sara Johnson	41.12
75	502	Brian Preston	41.16
76	154	Nigel Pitt	41.28
77	109	Michael Howells	41.33
78	261	Kay Davies	41.33
79	520	Dave Hughes	41.53
80	533	Eric Evans	41.55
81	127	Roy Beardsmore	41.59
82	1349	Richard Kadum	42.03
83	1331	Noel Wyn Daniel	42.10
84	546	John Walsh	42.13
85	545	Hywel Mainwaring	42.26
86	506	Paul Brain	42.43
87	106	Paul Abrams	42.54
88	550	Philip Austen	43.00
89	1328	Stuart Davies	43.04
90	131	Matt Lilley	43.12
91	537	David Rosser	43.31
92	528	Frank Harvey	43.42
93	542	Glyn Williams	43.48
94	1330	Gary Davies	43.56
95	1329	Floyd James	44.05
96	1347	Paul Kingdon	44.10
97	115	Dylan Jones	44.13
98	526	Ray Mellor	44.20
99	1336	Alwyn Williams	44.25
100	1308	John Wilkins	44.27
101	129	Robert Northcott	44.33
102	1338	Vyvyan Smith	44.36
103	543	Thomas Barnett	44.40
104	276	Claire Davies	44.41
105	1345	Paul Davies	44.44
106	1327	Steven Thomas	45.12
107	527	Gareth Davies	45.20
108	505	Alfryn Easter	45.21
109	1325	Colin Wooldridge	45.28
110	266	Jane Buck	45.35
111	529	Bill Bainbridge	45.36
112	535	Colin Stracey	45.46
113	141	Nick Roe	45.58
114	1314	Steve Lovell	46.00

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115	137	Ralph Thomas	46.42
116	1326	Nigel Jones	46.04
117	1305	Michael Davies	46.07
118	503	Lloyd Barwick	46.08
119	547	Gwyn Jones	46.10
120	1304	Paul Goss	46.13
121	1311	John Lee	46.18
122	1332	Clive Williams	46.22
123	1339	John Allchurch	46.25
124	541	Arthur Yarranton	46.29
125	1320	Michael Halsall	46.36
126	1344	John Preston	46.38
127	287	Allison Bater	46.40
128	101	Phil Westcott	47.00
129	156	Mark Hampson	47.10
130	1312	Chris Rowlands	47.11
131	143	Gavin Oak	47.12
132	104	Steve Duggan	47.15
133	283	Carole Kuhlman	47.17
134	289	Julie Jones	47.19
135	1302	Alun Duckstein	47.24
136	1350	Paul Toomey	47.27
137	1343	Carwyn Jenkins	47.47
138	1337	Bob Rees	47.50
139	1306	Andy Hall	47.56
140	532	Colin Henson	47.57
141	133	Mark Price	48.10
142	1354	David Jones	48.15
143	1352	Ian Williams	48.15
144	1346	Stephen Bray	48.27
145	280	Elizabeth Jones	48.28
146	1321	Bryan King	48.29
147	288	Janet Lovey	48.32
148	1323	Alec Jones	49.00
149	1353	Rhys Williams	49.00
150	517	Colin Davies	49.09
151	507	Peter Thomas	49.59
152	281	Ann Thomas	50.00
153	512	Allen Watts	50.18
154	275	Carol Anne Howard	50.32
155	273	Carol Morgan	50.39
156	1342	Alan Kelly	50.49
157	1318	Phil Worsley	50.52
158	1319	Wayne Jones	50.54
159	279	Becky Greaves	51.04
160	260	Denise James	51.09
161	272	Deanne Rebane	51.33
162	1340	Paul James	51.48
163	1334	Michael Adams	52.10
164	1322	Gareth Miles	52.36
165	1301	Christopher Brine	52.49
166	268	Michelle Griffiths	53.11
167	107	Martin Collins	53.14
168	257	Janet Preston	53.39
169	538	Eweh Lee	53.46
170	128	Mark Smith	54.27
171	262	Louise Scadden	54.29
172	284	Rosemary Fitzgerald	54.59

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173	277	Joan Monaghan	55.10
174	285	Wendy Yarranton	55.38
175	1335	Darrell Pugh	55.52
176	274	Maureen Worcester	56.45
177	271	Ruth Davies	57.07
178	1341	Martin Davies	58.05
179	259	Patricia Sherwood	58.59
180	278	Sarah Lewis	59.29
181	1333	Steve Nessman	60.29
182	282	Carol Howells	61.31
183	263	Iris Hughes	61.31