

## GNOLL 5K 2010

POSITION	TIME	SEX	NAME	CLUB	
1	18:32	M	ALAN DAVIES		1st MALE
2	18:49	M	DEE BUCHANNAN	SAN DOMENICO	
3	18:50	M	ADRIAN WEAVER	NEATH HARRIERS	
4	19:07	M	ALEX WILLIAMS	PORT TALBOT HARRIERS	1st MALE VET
5	19:17	M	DANIEL LEWIS	NEATH HARRIERS	1st JUNIOR
6	20:21	M	KEVIN LEWIS	NEATH HARRIERS	
7	20:30	M	ALEX LEWIS		
8	20:51	M	PAUL WILLIAMS		
9	21:20	M	PAUL JELLEY	PORT TALBOT HARRIERS	
10	21:26	F	SANDRA PINKHAM	PORT TALBOT HARRIERS	1st FEMALE
11	22:15	M	GRAHAM VYNER	CELTIC TRI	
12	23:12	M	DAVE POWER		
13	23:17	F	LEANN GIBBS		
14	23:26	M	STEVE HARRIES	NEATH HARRIERS	
15	23:49	M	DAVID OAK	PORT TALBOT HARRIERS	
16	24:03:00	M	COLIN ANTHONY	PORT TALBOT HARRIERS	
17	24:42:00	F	PAULINE WILLIAMS	PORT TALBOT HARRIERS	1st FEMALE VET
18	24:49:00	M	PAUL WILLIAMS		
19	25:18:00	M	DARREN CHAPPLE		
20	25:33:00	M	SIMON WALKER		
21	25:45:00	M	DAVID JOSEPH		
22	25:51:00	M	PAUL MOORE		
23	26:15:00	M	LEE TREGONNIG		
24	26:29:00	M	PHOENIX WILLIAMS	NEATH HARRIERS	
25	26:56:00	M	JON WILLIAMS		
26	27:20:00	M			
27	27:25:00	M	TUDOR JONES		
28	27:55:00	F	LAURA CHAPPLE		
29	28:34:00	F	WILLIAM JONES		
30	28:51:00	F	SARAH RHEWALD		
31	29:04:00	M	RHYS JONES		

32	29:09:00 M	IAN SWANSON	PORT TALBOT HARRIERS	
33	30:00:00 F	JOANNE PHILLIPS		
34	30:00:00 F	CATHERINE BOWEN		
35	32:44:00 F	SIAN ELEN JONES		
36	33:10:00 F	CATHERINE HOILE-DAVIES		
37	33:15:00 F	RHIAN WILLIAMS		
38	33:17:00 F	COLLEEN BENNETT		
39	33:44:00 M	MICHAEL SHAW		
40	33:44:00 M	C P JAMES		
41	34:05:00 F	KATE BEVAN		
42	34:05:00 M	DAVID HOWELLS		
43	34:32:00 F	STEPHANIE THOMAS		
44	35:52:00 M	STEFFAN MORGAN		
45	36:32:00 M	THOMAS LLEWELLYN		
46	36:43:00 F	NICOLA JONES		
47	36:55:00 F	RHIAN LUPTON		
48	37:22:00 F	RENEE DUMBLE		
49	37:22:00 F	KATIE REES		
50	45:54:00 M	ALLEN WATTS	SARN HELEN	OVER 70 VET