

## Llanelli Waterside 10k - Results 2010

GUN POS	BIB No	NAME	CLUB / TEAM	Gun Time	Chip Time	Chip Pos	Cat	Cat Pos
1	3022	LEE LADD	CARMARTHEN HARRIERS	00:32:48	00:32:48	1	MS	1
2	3818	MATTHEW HARVEY	NEATH HARRIERS	00:33:04	00:33:04	2	MS	2
3	3339	STEVEN REES		00:34:22	00:34:22	3	MS	3
4	3331	JASON SCANLON		00:35:48	00:35:27	4	MS	4
5	3362	DANIEL THOMAS		00:36:10	00:36:09	5	MS	5
6	3794	LEE MORRIS		00:36:16	00:36:10	6	MS	6
7	3876	DANIEL BODMAN	PONTYPRIDD ROADENTS	00:36:21	00:36:21	7	MS	7
8	3781	CHRIS MORGAN	FAIRWATER RUNNERS	00:36:25	00:36:25	8	M40	1
9	3043	SAMUEL WEBSTER	CARDIFF TRIATHLTES	00:36:38	00:36:38	9	MS	8
10	3312	MATT HURFORD		00:36:54	00:36:53	10	MS	9
11	3380	JEFFREY GIANSIRACUSA		00:37:04	00:37:02	12	MS	10
12	3445	RICHARD MULVANY		00:37:04	00:37:01	11	MS	11
13	3881	EDWARD BALL	RHONDDA VALLEY RUNNERS	00:37:14	00:37:10	13	M40	2
14	3607	NIGEL PHILLIPS		00:37:16	00:37:15	14	MS	12
15	3359	STEPHEN SHIELDS		00:37:19	00:37:18	15	MS	13
16	3741	ROYSTON WHITEHOUSE		00:37:28	00:37:27	16	M40	3
17	3341	CHRIS FULCHER		00:37:36	00:37:35	17	M40	4
18	3112	STUART WADLOW		00:38:13	00:38:11	18	MS	14
19	3621	RHODRI DAVIES	SOUTHWALES POLICE RC	00:38:17	00:38:15	19	MS	15
20	3753	STUART GRIFFITHS	3M'S GORSEINON ROAD RUNNERS	00:38:23	00:38:23	20	MS	16
21	3368	MICKEY HAVARD		00:38:34	00:38:32	21	M40	5
22	3218	ADRIAN WEAVER	NEATH	00:38:53	00:38:52	22	MS	17
23	3356	ANDREW DAWE		00:38:58	00:38:56	23	M40	6
24	3859	ANN THOMAS	TROTS	00:39:00	00:38:57	24	F35	1
25	3830	IAN PHILLIPS	3M'S GORSEINON ROAD RUNNERS	00:39:11	00:39:11	25	MS	18
26	3894	JACK TREMLETT		00:39:17	00:39:13	26	MS	19
27	3682	NOEL DAVIES	CORNELLY STRIDERS	00:39:22	00:39:21	27	M50	1
28	3808	RONALD MORRIS	SAN DOMENICO	00:39:26	00:39:25	28	M60	1
29	3182	ALEX WILLIAMS	PORT TALBOT HARRIERS	00:39:28	00:39:25	29	M40	7
30	3722	GARY BROWN	PENARTH DINAS RUNNERS	00:39:32	00:39:27	30	MS	20
31	3357	SCOTT HEMMENS		00:39:32	00:39:31	31	MS	21
32	3345	SIMON HALL		00:39:33	00:39:31	32	MS	22
33	3705	JAMES POTTS	SAN DOMENICO	00:39:45	00:39:40	33	M40	8
34	3482	ADAM BRUCE-SMITH		00:39:50	00:39:47	34	MS	23
35	3792	STEVE THOMAS	3M GORSEINON ROAD RUNNERS	00:39:52	00:39:51	37	MS	24
36	3774	RHODRI EVANS	PONTYPRIDD ROADENTS	00:39:56	00:39:50	36	MS	25
37	3654	STEVE GLYN	CARMARTHEN HARRIERS	00:39:57	00:39:52	38	MS	26
38	3375	SEAN TRELOAR		00:39:58	00:39:48	35	M40	9

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GUN POS	BIB No	NAME	CLUB / TEAM	Gun Time	Chip Time	Chip Pos	Cat	Cat Pos
39	3257	RHYDIAN RESTON		00:40:02	00:39:55	40	MS	27
40	3364	PHILIP MEYLER		00:40:04	00:40:02	41	M50	2
41	3855	RAUL REISSMANN	LC CORBRAS	00:40:08	00:39:52	39	M40	10
42	3641	JOANNE JOHNSON	ROYAL AIR FORCE AA	00:40:09	00:40:07	42	FS	1
43	3349	TONY HALL		00:40:15	00:40:13	43	M50	3
44	3363	JASON DICKINSON		00:40:18	00:40:15	44	M40	11
45	3151	PAUL REES	PORT TALBOT HARRIERS	00:40:19	00:40:17	46	M40	12
46	3890	GLYN SANSOM	SAN DOMENICO	00:40:26	00:40:25	48	M40	13
47	3372	JONATHAN JONES		00:40:27	00:40:21	47	M40	14
48	3515	BENJAMIN HUBBARD		00:40:30	00:40:15	45	MS	28
49	3647	STEVE WALSH	PORT TALBOT HARRIERS	00:40:30	00:40:28	49	M40	15
50	3247	MICHAEL MURPHY	LES CROUPIERS	00:40:32	00:40:31	50	M50	4
51	3207	TIM JOHN		00:40:35	00:40:32	51	MS	29
52	3640	JOHN JOHNSON	ROYAL AIR FORCE AA	00:41:01	00:40:59	52	MS	30
53	3038	DEAN WEBSTER	3M'S GORSEINON ROAD RUNNERS	00:41:02	00:41:01	53	MS	31
54	3197	CLARE PHILLIPS	PORT TALBOT HARRIERS	00:41:09	00:41:06	54	F35	2
55	3366	JONATHAN HANCOCK		00:41:19	00:41:15	55	M40	16
56	3324	PETER WALTERS		00:41:23	00:41:17	56	M40	17
57	3619	MARCUS COLES	LES CROUPIERS	00:41:32	00:41:25	57	MS	32
58	3700	STEVE BROWN	PEMBROKESHIRE HARRIERS	00:41:42	00:41:37	59	M40	18
59	3310	STEPHEN MORATH		00:41:49	00:41:44	60	MS	33
60	3796	PARI THOMAS		00:41:58	00:41:45	61	MS	34
61	3354	ROBERT DAVIES		00:41:59	00:41:57	62	MS	35
62	3185	ANDREW HURLEY	PENARTH AND DINAS RUNNERS	00:42:00	00:41:57	63	MS	36
63	3832	PAUL MORRIS		00:42:03	00:41:36	58	M50	5
64	3533	LEE MILLER		00:42:05	00:41:59	64	MS	37
65	3606	STEPHEN MASON		00:42:09	00:42:01	65	MS	38
66	3718	MICHELLE COLES	3M'S GORSEINON ROAD RUNNERS	00:42:11	00:42:11	68	FS	2
67	3116	ANDREW MILES		00:42:12	00:42:10	67	M50	6
68	3337	CHRISTOPHER NELLINS		00:42:17	00:42:01	66	M50	7
69	3562	ALUN EVANS		00:42:21	00:42:19	70	M40	19
70	3639	DAVID GARLICK	BRECON AC	00:42:22	00:42:17	69	M50	8
71	3382	MARK TERRY		00:42:29	00:42:25	72	M50	9
72	3891	MIKE TATE	MULTISPORT RACING CLUB	00:42:30	00:42:22	71	M40	20
73	3256	ROBERT REES		00:42:40	00:42:34	74	MS	39
74	3523	CHRIS DENYER		00:42:46	00:42:30	73	M40	21
75	3602	DARREN STEVENS		00:42:51	00:42:47	76	MS	40
76	3459	DAVID HUGHES		00:42:53	00:42:51	78	MS	41

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77	3790	LUCY WILLIAMS		00:42:57	00:42:46	75	FS	3
78	3376	MICHAEL HALSALL		00:42:58	00:42:57	79	MS	42
79	3342	GARETH REES		00:43:02	00:43:00	82	MS	43
80	3032	STEVAN JONES		00:43:04	00:42:47	77	MS	44
81	3242	JULIAN HOARE		00:43:05	00:43:03	84	MS	45
82	3721	DAVE GRIFFITHS	NEWPORT HARRIERS	00:43:07	00:43:02	83	M40	22
83	3352	CLIVE OSMOND		00:43:11	00:43:07	85	M50	10
84	3346	DEE JOLLY		00:43:11	00:42:59	81	FS	4
85	3236	GARETH JEHU	ABERDARE VALLEY AAC	00:43:11	00:43:07	86	M40	23
86	3858	TIMOTHY MOSS	PENARTH & DINAS	00:43:15	00:42:58	80	MS	46
87	3899	MARY BOWEN REES	TROTS	00:43:19	00:43:16	87	F45	1
88	3732	ANDREW HERBERT		00:43:21	00:43:16	88	M40	24
89	3240	DOMINIC SHIELDS	SAN DOMENICO	00:43:25	00:43:23	90	M40	25
90	3377	ROGER BERRY		00:43:32	00:43:28	91	M60	2
91	3719	MERION DANIELS		00:43:34	00:43:21	89	M50	11
92	3353	PAUL EDWARDS		00:43:35	00:43:29	93	M50	12
93	3275	DAVID LLOYD	LES CROUPIERS	00:43:37	00:43:29	94	M40	26
94	3681	MEIRAN EVANS		00:43:38	00:43:28	92	MS	47
95	3202	PHILIP TUCKER		00:43:39	00:43:29	95	MS	48
96	3821	KNILL BAIRD-MURRAY	PENARTH & DINAS RUNNERS	00:43:44	00:43:38	97	M40	27
97	3577	DREW JACKSON		00:43:49	00:43:40	98	MS	49
98	3164	JONATHAN HARVEY		00:43:51	00:43:40	99	MS	50
99	3720	ADAM CRUMPLIN		00:43:53	00:43:29	96	MS	51
100	3784	IAN SPEED		00:43:54	00:43:51	103	M40	28
101	3528	MICHAEL FLYNN		00:43:56	00:43:45	100	M60	3
102	3430	GARETH REES		00:43:58	00:43:53	104	MS	52
103	3822	STEVEN WARREN DINHAM		00:44:04	00:44:01	106	MS	53
104	3205	IAN HOSKINS		00:44:08	00:44:03	107	MS	54
105	3122	NINA BROCKLEBANK	3M'S GORSEINON ROAD RUNNERS	00:44:12	00:44:07	108	F35	3
106	3479	HUW GRIFFITHS		00:44:14	00:44:08	110	MS	55
107	3311	RICHARD THOMAS		00:44:16	00:43:58	105	MS	56
108	3872	DEAN THOMAS		00:44:17	00:44:07	109	M40	29
109	3574	MATTHEW MULCAHY		00:44:18	00:44:13	111	MS	57
110	3446	JONATHAN OWEN		00:44:20	00:43:50	102	M40	30
111	3478	KEVIN BRYAN		00:44:28	00:44:22	112	M40	31
112	3624	ANDREW BEATON		00:44:31	00:44:26	115	MS	58
113	3572	RAYMOND THOMAS		00:44:31	00:44:24	113	M40	32
114	3847	DEAN BIRT	PONTYPRIDD ROADENTS	00:44:35	00:43:48	101	MS	59

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115	3286	COLIN FISH		00:44:39	00:44:29	117	M40	33
116	3701	STEPHEN JONES		00:44:41	00:44:26	116	M40	34
117	3895	ELIZABETH GOODWIN-JONES		00:44:42	00:44:39	122	FS	5
118	3751	COLIN HORROCKS		00:44:42	00:44:34	118	MS	60
119	3484	LOUISE FLYNN		00:44:46	00:44:34	119	FS	6
120	3761	DAVID JAMES		00:44:46	00:44:38	121	MS	61
121	3757	JOHN SMEWING	SWANSEA HARRIERS	00:44:47	00:44:40	123	M60	4
122	3633	JULIE SCHOLEY	LES CROUPIERS	00:44:47	00:44:44	126	F45	2
123	3622	JOHN MAGEE	LES CROUPIERS	00:44:49	00:44:41	124	MS	62
124	3426	NATASHA DOYLE		00:44:58	00:44:54	128	FS	7
125	3770	ADRIAN LUCKMAN		00:45:01	00:44:55	129	M40	35
126	3834	PATRICK O BRIEN		00:45:01	00:44:35	120	M40	36
127	3745	MATHEW NANKIVELL		00:45:02	00:44:46	127	MS	63
128	3853	CARWYN DAVIES		00:45:10	00:44:25	114	MS	64
129	3148	ROBERT TYPE		00:45:12	00:44:42	125	MS	65
130	3196	MARIA RICHARDS	ISLWYN RC	00:45:14	00:45:10	132	F35	4
131	3291	HELEN JONES		00:45:16	00:45:07	131	F35	5
132	3833	ANTHONY THOMAS		00:45:22	00:44:56	130	MS	66
133	3875	LINDY EYNON	TROTS	00:45:28	00:45:19	134	F45	3
134	3248	ANTHONY DOUGLAS		00:45:31	00:45:17	133	MS	67
135	3232	RUSSELL BOWN	PONTYPRIDD ROADENTS A.C.	00:45:33	00:45:24	137	M50	13
136	3588	ALED EVANS		00:45:36	00:45:21	136	MS	68
137	3282	ANDREW PHILLIPS		00:45:36	00:45:26	138	M40	37
138	3301	BRIAN JOHN GOUGH	PONTYPRIDD ROADENTS A.C.	00:45:38	00:45:35	142	M60	5
139	3561	ELIZABETH DAVIES		00:45:39	00:45:34	141	FS	8
140	3379	JEFFREY ASTON		00:45:43	00:45:31	139	M60	6
141	3268	IAN VICKERS	BACSW KEEP FIT CLUB	00:45:51	00:45:20	135	MS	69
142	3190	JOHN NORGROVE		00:45:51	00:45:35	143	MS	70
143	3270	RAY MAJER	SOSPAN ROAD RUNNERS	00:45:55	00:45:52	148	M50	14
144	3667	SARAH GIBBY	EMLYN RUNNERS	00:45:56	00:45:50	145	FS	9
145	3110	ROBERT CONNERS		00:45:57	00:45:53	149	M40	38
146	3495	ELIZABETH WILLIAMS		00:45:59	00:45:53	150	F35	6
147	3191	REBECCA REVELL	EMLYN RUNNERS	00:45:59	00:45:33	140	F35	7
148	3629	AMY EDWARDS	RHONDDA VALLEY RUNNERS	00:46:01	00:45:51	147	FS	10
149	3540	PHILIP STONEMAN		00:46:06	00:45:59	152	M40	39
150	3131	STEPHEN CRAY	PENARTH AND DINAS RUNNERS	00:46:16	00:46:07	153	M50	15
151	3771	STACEY FARNELL		00:46:19	00:45:50	146	MS	71
152	3457	ANTHONY JAMES		00:46:37	00:45:55	151	MS	72

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153	3463	ANDREW WYN ROBERTS		00:46:37	00:45:46	144	MS	73
154	3773	STEPHEN MATTHEWS		00:46:43	00:46:26	154	MS	74
155	3290	STEVEN JONES		00:46:43	00:46:34	158	MS	75
156	3251	ALUN MORRIS		00:46:49	00:46:27	155	MS	76
157	3772	MARK EDWARDS		00:46:49	00:46:42	162	MS	77
158	3760	WAYNE CROSS		00:46:57	00:46:36	159	M40	40
159	3898	DANIEL HUBBALL		00:47:03	00:46:41	161	MS	78
160	3358	KEITH DAKIN		00:47:10	00:46:55	165	M50	16
161	3152	PETER HILL		00:47:10	00:46:57	167	M50	17
162	3462	MENNA EVANS		00:47:11	00:47:08	173	FS	11
163	3693	ASHLEY LEWIS	LLANELLI LEISURE CENTRE	00:47:13	00:46:46	164	MS	79
164	3077	ANDREW WILLIAMS		00:47:13	00:47:07	170	MS	80
165	3350	SALLY WILSON		00:47:17	00:47:07	171	FS	12
166	3271	MARTYN GINGELL		00:47:18	00:47:03	169	MS	81
167	3215	ALWYN WILLIAMS		00:47:19	00:46:55	166	M40	41
168	3177	DARREN VAUGHAN	PORT TALBOT HARRIERS	00:47:20	00:47:20	181	MS	82
169	3575	SIMON REES		00:47:24	00:46:28	156	MS	83
170	3684	LIAM DANIES	FERC 134	00:47:25	00:47:17	175	M50	18
171	3758	CHRISTOPHER CRAY	KIDWELLY RFC	00:47:25	00:46:43	163	MS	84
172	3798	BRYN THOMAS		00:47:26	00:46:28	157	MS	85
173	3126	JAMES HOBBS		00:47:26	00:47:17	176	M40	42
174	3370	CHRIS BIRCH		00:47:27	00:47:18	178	M50	19
175	3856	PETER CUCUZ		00:47:28	00:47:24	183	MS	86
176	3142	ERYL JONES		00:47:29	00:47:26	186	M40	43
177	3219	MARTYN DULAKE		00:47:29	00:47:18	179	M40	44
178	3844	ROBERT FORD	PONTYPRIDD ROADENTS	00:47:31	00:47:24	184	M50	20
179	3783	CYRIL WALTERS	TROT	00:47:38	00:47:15	174	M60	7
180	3292	SIMON FORD		00:47:40	00:47:22	182	MS	87
181	3837	ADAM PREECE	PRO PT ACADEMY	00:47:41	00:46:59	168	MS	88
182	3365	LISA CLEARY		00:47:43	00:47:34	189	F45	4
183	3070	KEVIN JONES		00:47:46	00:47:19	180	M40	45
184	3733	GARETH BEYNON		00:47:51	00:47:40	191	MS	89
185	3155	ANTHONY HARRIS		00:47:52	00:47:07	172	MS	90
186	3237	ZOE WELCH	LEICESTER	00:47:54	00:46:39	160	F35	8
187	3313	JUDI RHYS		00:47:57	00:47:51	193	F45	5
188	3817	ROB WOOD		00:47:58	00:47:25	185	MS	91
189	3360	MATT ROGERSON		00:47:59	00:47:55	195	MS	92
190	3229	NICOLA QUINN	EMLYN RUNNERS	00:48:00	00:47:54	194	F35	9

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191	3298	GEOFF HALL		00:48:05	00:47:49	192	M50	21
192	3635	RHYS PHILLIPS		00:48:10	00:47:17	177	MS	93
193	3762	WAYNE DAVIES		00:48:16	00:47:59	196	MS	94
194	3429	DAVID BOUCHER		00:48:16	00:48:02	198	M50	22
195	3800	SOPHIE PLACE		00:48:17	00:48:12	203	FS	13
196	3776	THOM STEPHANAKIS		00:48:17	00:48:01	197	MS	95
197	3323	STEVE HILL		00:48:26	00:48:16	204	M40	46
198	3699	IAN JENKINS		00:48:27	00:48:18	205	M40	47
199	3902	ANDREW MARZANO		00:48:27	00:47:33	188	MS	96
200	3534	MATTHEW BEAMISH		00:48:28	00:47:29	187	MS	97
201	3304	LAURENCE POLE		00:48:28	00:48:07	199	MS	98
202	3461	DAVID EVANS		00:48:29	00:48:10	201	MS	99
203	3180	ANDREW GEORGE		00:48:30	00:47:36	190	MS	100
204	3371	RICHARD PHILLIPS		00:48:32	00:48:08	200	MS	101
205	3740	TIM MORGAN		00:48:34	00:48:10	202	MS	102
206	3276	SASHA MACKEN	LES CROUPIERS	00:48:34	00:48:26	207	F35	10
207	3803	TRACY EDWARDS	RHONDDA VALLEY RUNNERS	00:48:36	00:48:25	206	F35	11
208	3819	THOMAS ROGERS	HM TREASURY RC	00:48:37	00:48:26	208	MS	103
209	3812	IAN OWEN WILLIAMS	PORT TALBOT HARRIERS	00:48:49	00:48:45	214	M40	48
210	3107	RHODRI THOMAS		00:48:52	00:48:39	213	MS	104
211	3245	DAVID WILLIAMS		00:48:55	00:48:48	216	M40	49
212	3829	PHILIP HUGHES	SAN DOMENICO	00:49:01	00:48:54	218	MS	105
213	3295	GARETH EVANS		00:49:14	00:49:06	224	M40	50
214	3417	WAYNE THOMAS		00:49:18	00:48:37	212	MS	106
215	3766	LUCIANO TAMILIA		00:49:19	00:49:14	229	M40	51
216	3546	AARON STEPHENS		00:49:20	00:48:55	219	MS	107
217	3869	JOANNE HALE		00:49:22	00:49:06	225	FS	14
218	3475	PAUL READ		00:49:23	00:48:55	220	MS	108
219	3101	RHIDIAN GRIFFITHS		00:49:24	00:48:32	210	MS	109
220	3580	AARON PHILLIPS		00:49:28	00:48:45	215	MS	110
221	3436	PHILIP MACKIE		00:49:29	00:48:29	209	M40	52
222	3293	MARK DAVIES		00:49:29	00:49:25	236	M40	53
223	3892	JONATHAN EVANS		00:49:34	00:49:14	230	MS	111
224	3266	PETER SLEE		00:49:37	00:49:06	226	M40	54
225	3578	ROD MACKAY		00:49:39	00:48:55	221	M50	23
226	3083	MATHEW WILLIAMS		00:49:39	00:49:04	223	MS	112
227	3217	BILL LESLIE		00:49:42	00:49:18	232	MS	113
228	3261	NEALE DAVIES	TRAMS RUNNING CLUB	00:49:43	00:49:27	239	M40	55

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GUN POS	BIB No	NAME	CLUB / TEAM	Gun Time	Chip Time	Chip Pos	Cat	Cat Pos
229	3102	DANIEL GRIFFITHS		00:49:43	00:48:52	217	MS	114
230	3782	ROBERT PHILLIPS	PONTYPRIDD ROADENTS	00:49:44	00:48:57	222	M40	56
231	3441	OWEN HATHWAY		00:49:44	00:49:08	227	MS	115
232	3638	JASON PROTHEROE		00:49:47	00:49:22	234	M40	57
233	3208	SUZANNE BEVAN		00:49:47	00:49:30	240	F45	6
234	3024	MICHAEL PRITCHARD		00:49:50	00:49:25	237	M50	24
235	3378	PAUL JONES		00:49:50	00:49:41	242	MS	116
236	3646	DAVID WALKER		00:49:51	00:49:22	235	M50	25
237	3255	MARY HAWKING		00:49:52	00:49:40	241	FS	15
238	3887	MARTYN PENNELL		00:49:52	00:49:13	228	MS	117
239	3080	JONATHAN KINNEAR		00:49:53	00:49:20	233	M40	58
240	3854	JONATHAN BEYNON	LC CORBRAS	00:49:58	00:49:41	243	MS	118
241	3852	PIERRE-MICHAEL DELAMOTTE		00:50:02	00:49:46	247	MS	119
242	3846	MARK WESTCOTT		00:50:04	00:48:36	211	M40	59
243	3159	DAVID WILLIAMS		00:50:05	00:49:44	245	MS	120
244	3160	FFION DAVIES		00:50:06	00:49:44	246	FS	16
245	3549	ALED EYNON		00:50:06	00:49:17	231	MS	121
246	3703	STEPHEN WILLIAMS	LES CROUPIERS	00:50:06	00:49:53	251	M50	26
247	3724	ROGER SMITH	BIRKENHEAD AC	00:50:08	00:49:43	244	M60	8
248	3260	RICHARD HOUSE		00:50:08	00:49:46	248	MS	122
249	3565	GARETH MORRIS		00:50:11	00:49:49	249	MS	123
250	3554	KIM LAWSON		00:50:12	00:50:04	254	F45	7
251	3176	SIMON CARTER	BRACKLA HARRIERS	00:50:20	00:49:26	238	MS	124
252	3556	JANETTE MORGAN		00:50:21	00:50:09	256	FS	17
253	3448	ALED WILLIAMS		00:50:23	00:50:06	255	MS	125
254	3230	RICHARD DAVIES		00:50:25	00:50:00	252	MS	126
255	3788	PAUL JENKINS		00:50:26	00:50:22	263	M40	60
256	3542	ANDREW JONES		00:50:27	00:50:16	260	MS	127
257	3835	ALUN PARRY		00:50:28	00:49:51	250	MS	128
258	3309	RACHEL HARRIS		00:50:29	00:50:09	257	FS	18
259	3717	BEVERLEY WARBURTON		00:50:32	00:50:20	262	F45	8
260	3873	ANDREW STAPHNIL		00:50:40	00:50:12	258	MS	129
261	3521	EWAN MACPHERSON		00:50:42	00:50:14	259	MS	130
262	3570	STEWART LUCITT		00:50:46	00:50:00	253	MS	131
263	3454	MARTYN BIDWELL		00:50:49	00:50:16	261	M40	61
264	3764	KATE TAMILIA		00:50:50	00:50:45	271	F35	12
265	3087	TONIA LEWIS		00:50:53	00:50:43	270	FS	19
266	3019	ANDRE MCPHERSON	SOSPAN ROAD RUNNERS	00:51:11	00:50:38	267	MS	132

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267	3273	STEPHEN NEWBURY		00:51:13	00:50:56	277	M50	27
268	3791	COLIN WEBB		00:51:14	00:51:02	278	MS	133
269	3388	JOHN WILLIAMS		00:51:15	00:50:27	264	MS	134
270	3683	STUART HOWELLS		00:51:18	00:50:52	274	M40	62
271	3104	MIKE HILL		00:51:18	00:51:05	279	M40	63
272	3889	CORY RICHARDS		00:51:20	00:50:31	265	MS	135
273	3613	RHIAN JONES		00:51:23	00:50:51	273	F35	13
274	3512	PAUL SEARLE		00:51:25	00:50:40	269	M50	28
275	3824	WAYNE EVANS		00:51:28	00:50:38	268	MS	136
276	3091	SAMANTHA SMITH		00:51:29	00:50:33	266	FS	20
277	3897	HOWARD GRIFFITHS		00:51:29	00:51:23	285	M50	29
278	3702	DAVID ELVY		00:51:32	00:51:08	281	M40	64
279	3706	JANICE HARVEY		00:51:33	00:51:14	284	F55	1
280	3201	CHRISTOPHER WILLIAMS		00:51:34	00:51:09	282	M40	65
281	3239	CLAIRE HOUSE	SAN DOMENICO	00:51:35	00:51:24	287	F35	14
282	3779	MICHAEL GRIFFITHS	EMLYN RUNNERS	00:51:36	00:50:50	272	M60	9
283	3244	TASMIN THOMAS		00:51:47	00:51:26	289	FS	21
284	3877	PETER ABRAHAM		00:51:48	00:50:55	275	MS	137
285	3502	NICHOLAS SHEARS		00:51:48	00:51:06	280	MS	138
286	3810	DAN READ	TEAM LIND	00:51:53	00:51:26	290	MS	139
287	3272	NICK PORTSMOUTH	WHITE HORSE HARRIERS	00:51:53	00:51:12	283	M40	66
288	3634	ZOE WOODRUFF		00:51:54	00:51:25	288	F35	15
289	3662	HUW THOMAS		00:51:54	00:51:31	291	MS	140
290	3395	RICHARD THOMAS		00:51:57	00:51:36	292	M40	67
291	3437	ARFON EDWARDS		00:51:59	00:51:23	286	MS	141
292	3322	EMILY LUKE		00:52:00	00:51:51	298	FS	22
293	3335	STEVE TREVENNA		00:52:04	00:51:51	299	M50	30
294	3850	RUTH NEWMAN	VEGAN RUNNERS	00:52:06	00:50:55	276	F35	16
295	3697	MATHEW STOKES	LLANELLI LEISURE CENTRE	00:52:07	00:51:41	293	MS	142
296	3849	NICHOLAS NORTH	NONE	00:52:10	00:51:42	294	M40	68
297	3601	STUART ROWLANDS		00:52:13	00:51:48	295	M50	31
298	3010	PAUL HENDERSON		00:52:20	00:52:09	310	MS	143
299	3487	DARREN CHAPPLE		00:52:24	00:51:56	304	MS	144
300	3328	LEE SUTHERLAND		00:52:24	00:52:06	305	MS	145
301	3046	PHILIP RYAN		00:52:26	00:51:49	296	M40	69
302	3494	MARK ELLIS		00:52:28	00:51:55	301	MS	146
303	3813	OONA CRAWFORD	TROTS, ST.CLEARs	00:52:29	00:52:06	306	F55	2
304	3253	MARK EVANS		00:52:29	00:51:55	302	M40	70

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305	3862	LYN EVANS	PENARTH DINAS RUNNERS	00:52:30	00:52:07	307	M50	32
306	3571	HUW EVANS		00:52:33	00:51:50	297	M40	71
307	3584	STEPHEN HUGHES		00:52:35	00:52:14	313	M40	72
308	3258	ALLAN SMITH	3M'S GORSEINON ROAD RUNNERS	00:52:36	00:52:29	320	M60	10
309	3716	EUAN PRATT		00:52:37	00:52:12	311	MS	147
310	3893	PENELOPE GRAEPEL		00:52:39	00:51:54	300	F45	9
311	3449	PAUL CONNERS		00:52:41	00:51:55	303	M40	73
312	3299	TIM JAMES		00:52:41	00:52:08	309	M40	74
313	3496	CRAIG CAMPBELL		00:52:41	00:52:20	316	MS	148
314	3374	STEPHEN LEWIS		00:52:43	00:52:26	319	MS	149
315	3220	RICHARD DONNE	3M'S GORSEINON ROAD RUNNERS	00:52:46	00:52:21	317	M40	75
316	3559	CHRIS LUTLEY		00:52:50	00:52:14	314	MS	150
317	3763	RHIAN DURHAM	PONTYPRIDD ROADENTS	00:52:50	00:52:07	308	FS	23
318	3585	KEN MILLIGAN		00:52:50	00:52:12	312	M50	33
319	3052	BERIAN JAMES DAVIES		00:52:52	00:52:14	315	M50	34
320	3840	GILL EDWARDS		00:53:00	00:52:36	322	FS	24
321	3610	PAUL FACKRELL		00:53:01	00:52:48	327	M40	76
322	3285	SARAH FISH		00:53:06	00:52:55	332	F35	17
323	3786	SAMANTHA SINGH		00:53:06	00:52:55	333	F35	18
324	3460	LEE PARKER		00:53:08	00:52:40	325	FS	25
325	3604	LEE KWOK	GLAMORGAN HEALTH AND RAQUET CLUB	00:53:09	00:52:50	329	MS	151
326	3668	LESLEY MAINWARING		00:53:11	00:52:48	328	F35	19
327	3823	BARRY RICHARDS	VELO TEIFI	00:53:13	00:52:25	318	MS	152
328	3839	LEIGH JOHN	PRO PT ACADEMY	00:53:17	00:52:36	323	MS	153
329	3845	RHYS HARRIES		00:53:20	00:52:34	321	MS	154
330	3452	SARAH GOULD-DAVIES		00:53:20	00:52:53	330	FS	26
331	3254	JAMES ASHWIN		00:53:21	00:52:59	334	MS	155
332	3838	DAVID BLEWETT	PRO PT ACADEMY	00:53:25	00:53:23	344	MS	156
333	3827	THOMAS DAVIES		00:53:27	00:52:47	326	M50	35
334	3536	CHRISTOPHER JENKINS		00:53:28	00:52:53	331	MS	157
335	3685	ANNETTE DANIES	FERC 135	00:53:32	00:53:21	343	F45	10
336	3385	EMMA TUCKER		00:53:35	00:52:36	324	FS	27
337	3035	WYNN BURKE		00:53:37	00:53:13	341	F45	11
338	3623	ANTHONY ROLLEY		00:53:38	00:53:16	342	M50	36
339	3597	EMYR WYN WALTERS		00:53:38	00:53:09	337	MS	158
340	3183	ANDY SILK	CHEPSTOW HARRIERS	00:53:42	00:53:10	339	M50	37
341	3737	PETER BROWN		00:53:45	00:53:09	338	M40	77
342	3568	ANDREW LANE		00:53:45	00:53:06	336	M50	38

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343	3332	HEATHER DENNIS		00:53:49	00:53:31	349	F35	20
344	3525	CHRIS JOHN		00:53:56	00:53:24	346	M40	78
345	3780	CALUM LAWSON		00:53:56	00:53:41	354	MS	159
346	3609	MICHAEL HENRY		00:53:57	00:52:59	335	M40	79
347	3226	CARL SEAMAN	RHONDDA VALLEY RUNNERS	00:53:58	00:53:50	361	M40	80
348	3137	PHILIP WIGMORE		00:53:59	00:53:25	347	MS	160
349	3841	CERI EVANS		00:54:00	00:53:37	352	FS	28
350	3867	OWEN MORGAN		00:54:01	00:53:33	351	M40	81
351	3474	CHRISTOPHER AYRES		00:54:02	00:53:46	360	M40	82
352	3666	STELLA SYMONS	FAIRWATER RUNNERS	00:54:02	00:53:50	362	F45	12
353	3367	PAUL DAVIES		00:54:05	00:53:51	363	M60	11
354	3195	ANDREW GIBBS		00:54:08	00:53:44	358	MS	161
355	3728	HEFIN LLOYD		00:54:08	00:53:38	353	MS	162
356	3689	JOHN PRICE		00:54:11	00:53:44	359	F55	3
357	3529	SARAH PHILLIPS		00:54:12	00:53:29	348	FS	29
358	3491	LISA FLETCHER		00:54:13	00:53:54	364	FS	30
359	3133	STEPHEN JOB		00:54:13	00:53:43	355	M40	83
360	3520	LAURI COWDELL		00:54:13	00:53:12	340	FS	31
361	3467	GRAHAM ADAMS		00:54:16	00:53:32	350	MS	163
362	3410	AMANDA PARRY		00:54:17	00:53:43	356	F35	21
363	3343	LISA THOMAS		00:54:20	00:54:02	365	F35	22
364	3594	DAMIEN JOHNSON		00:54:21	00:53:23	345	MS	164
365	3593	ANDREW OWEN		00:54:25	00:53:43	357	MS	165
366	3501	NIGEL WILLIAMS		00:54:33	00:54:04	366	MS	166
367	3481	HAYLEY SWAINE		00:54:38	00:54:04	367	FS	32
368	3397	DYLAN JONES		00:54:41	00:54:33	375	MS	167
369	3048	RACHEL EVANS		00:54:43	00:54:24	371	F35	23
370	3690	DEBORAH PRICE		00:54:45	00:54:07	368	F45	13
371	3785	DARREN CORNEILLE		00:54:54	00:54:50	382	MS	168
372	3560	RHIAN EDWARDS		00:54:56	00:54:15	369	FS	33
373	3807	RACHAEL KENNARD		00:54:56	00:54:15	370	F35	24
374	3227	PHILIP MORRIS		00:55:07	00:54:44	377	M50	39
375	3231	GARETH GIDDINGS		00:55:09	00:55:05	389	MS	169
376	3746	JAMES BARKER		00:55:12	00:54:48	379	MS	170
377	3088	DORIAN WHITE		00:55:13	00:54:25	372	MS	171
378	3089	LISA WOOD		00:55:14	00:54:26	373	FS	34
379	3209	ELIZABETH KEMPSTER	BMF	00:55:15	00:54:50	383	FS	35
380	3473	RACHEL AYRES		00:55:16	00:55:00	386	F35	25

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381	3664	VICTORIA ANTHONY		00:55:17	00:54:48	380	FS	36
382	3663	MIKE COLES		00:55:18	00:54:48	381	MS	172
383	3569	ROBERT HICKS		00:55:22	00:55:03	388	M40	84
384	3442	TERRY DANTER		00:55:25	00:54:31	374	M40	85
385	3425	TOM TRIPPETT		00:55:25	00:54:35	376	MS	173
386	3787	JASON WATKINS		00:55:27	00:54:46	378	MS	174
387	3748	CLAIRE WILLIAMS		00:55:30	00:55:15	392	FS	37
388	3842	JASON DONOVAN		00:55:34	00:55:10	390	MS	175
389	3802	IWAN THOMAS		00:55:35	00:54:53	384	MS	176
390	3573	LIZ JONES		00:55:36	00:55:32	401	FS	38
391	3752	DONNA GRIFFITHS	3M'S GORSEINON ROAD RUNNERS	00:55:40	00:55:22	393	FS	39
392	3657	GARTH GIESBRECHT		00:55:46	00:55:25	394	M50	40
393	3193	BEN GIESBRECHT	RUNNING SOMEWHERE ELSE	00:55:46	00:55:25	395	M50	41
394	3879	CHRIS OSBOURNE		00:55:46	00:55:31	400	M50	42
395	3422	PAUL WESSON		00:55:51	00:54:58	385	M40	86
396	3173	SCOTT ELLIS	ELLIS	00:55:53	00:55:41	403	MS	177
397	3660	STEPHEN ACKROYD		00:55:59	00:55:10	391	M60	12
398	3616	NIGEL JONES		00:55:59	00:55:00	387	M50	43
399	3369	LIDIA DE ORTE JIMENEZ		00:55:59	00:55:30	398	FS	40
400	3775	SARAH DODD		00:56:04	00:55:40	402	FS	41
401	3805	REBECCA OWEN		00:56:04	00:55:50	407	FS	42
402	3669	REBECCA BATER		00:56:05	00:55:43	405	FS	43
403	3143	STEPHEN HILL		00:56:10	00:55:41	404	M50	44
404	3306	NEIL MANSELL		00:56:13	00:55:25	396	M50	45
405	3233	DIRK BIEBER		00:56:14	00:55:30	399	M40	87
406	3169	SARAH MILES GRIFFITHS		00:56:15	00:55:26	397	F45	14
407	3351	JACKY JONES		00:56:21	00:55:46	406	F35	26
408	3744	BARRIE EVENS		00:56:21	00:56:06	414	MS	178
409	3715	JASON BEYNON		00:56:25	00:55:58	409	M40	88
410	3153	WILLIAM RIGDEN		00:56:27	00:55:59	410	M50	46
411	3489	STEPHEN JONES		00:56:30	00:56:11	416	M40	89
412	3617	LINDA KEELAN		00:56:31	00:56:11	417	F45	15
413	3527	ANDREW JOHNSON		00:56:32	00:56:18	420	M40	90
414	3759	CHRIS MORRIS	KIDWELLY RFC	00:56:33	00:55:52	408	MS	179
415	3600	GAVIN HARDING		00:56:33	00:56:03	412	M40	91
416	3620	JODY DAVIES	WOMENS RUNNING NETWORK	00:56:36	00:56:17	419	FS	44
417	3551	ANDREW RICHARDS		00:56:42	00:56:10	415	M40	92
418	3334	SARA EL-KHATIB		00:56:43	00:56:22	422	FS	45

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419	3665	HELEN ELWARD		00:56:46	00:55:59	411	F35	27
420	3605	ELERI RIVERS		00:56:48	00:56:15	418	F35	28
421	3086	SARA MORGAN		00:56:48	00:56:39	426	FS	46
422	3490	RACHEL WILLIAMS		00:56:54	00:56:21	421	FS	47
423	3055	PETER JONES		00:56:59	00:56:03	413	M50	47
424	3465	KATE WATTS		00:57:17	00:57:06	435	FS	48
425	3826	CELYN KENNY		00:57:19	00:56:40	427	MS	180
426	3325	JIM MCCULLOCH		00:57:21	00:56:58	429	M50	48
427	3383	HELEN STRETCH		00:57:22	00:57:10	437	F55	4
428	3545	MERRILEE PHILLIPS		00:57:23	00:56:59	430	F35	29
429	3246	GILLIAN MURPHY	LES CROUPIERS	00:57:25	00:57:11	438	F55	5
430	3415	KEITH JORDAN		00:57:25	00:57:01	431	M60	13
431	3725	MIKE PUGH	RED ROSE ROAD RUNNERS	00:57:28	00:56:36	425	M50	49
432	3550	ANDREW RUSSELL		00:57:31	00:57:07	436	MS	181
433	3355	VIVIENNE JONES		00:57:33	00:57:04	433	F35	30
434	3386	STEVE TUCKER		00:57:34	00:56:35	424	MS	182
435	3532	CHRIS MILLARD		00:57:34	00:56:34	423	M40	93
436	3443	KEVIN FUSSELL		00:57:37	00:57:05	434	MS	183
437	3189	ANDREW COFFEY	TEAM HYDRAQUIP	00:57:38	00:57:02	432	MS	184
438	3874	SANDRA JOY	WOMENS RUNNING NETWORK	00:57:47	00:57:28	444	F45	16
439	3673	CRISTOPHER TEAGUE	PRO PT ACADEMY	00:57:49	00:57:43	449	M40	94
440	3814	KEVIN GRIFFITHS		00:57:50	00:56:51	428	MS	185
441	3511	JOANNE WILLIAMS		00:57:57	00:57:11	439	F35	31
442	3650	EMYR WYN DANIEL		00:57:58	00:57:40	448	FS	49
443	3179	KELLY MORGAN	FAREHAM CRUSADERS	00:58:00	00:57:38	447	FS	50
444	3389	NEAL MATTHEWS		00:58:02	00:57:24	442	M40	95
445	3896	ANDREW BOOTH	ROAD RUNNERS CLUB	00:58:04	00:57:14	440	M50	50
446	3652	CHARLOTTE DAVIES		00:58:04	00:57:48	450	F45	17
447	3539	CHRIS BISHOP		00:58:08	00:57:53	453	MS	186
448	3848	PETER THOMAS		00:58:13	00:57:53	454	M40	96
449	3140	AMANDA BARRINGTON	WOMENS RUNNING NETWORK	00:58:13	00:57:22	441	F45	18
450	3687	STUART PRINGLE		00:58:15	00:57:49	451	M50	51
451	3421	ANNE WESSON		00:58:19	00:57:26	443	F35	32
452	3671	CHRISTOPHER HOCKLEY		00:58:24	00:58:09	460	M40	97
453	3165	RUTH REES		00:58:27	00:57:28	445	F35	33
454	3391	KERRY TEMPLETON		00:58:27	00:57:29	446	F35	34
455	3754	DAWN DAVIES		00:58:30	00:58:16	462	F35	35
456	3688	HELEN MITCHELL		00:58:34	00:58:08	458	F35	36

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457	3801	SUE THOMAS		00:58:38	00:57:50	452	F35	37
458	3204	SHARON ROGERS		00:58:39	00:58:05	456	F45	19
459	3464	KATHRYN JONES		00:58:40	00:58:08	459	F35	38
460	3327	ELAINE DIOSI		00:58:44	00:58:26	467	FS	51
461	3068	DAVE HOWELLS		00:58:44	00:58:14	461	M40	98
462	3427	HELEN HARRIS		00:58:45	00:58:06	457	F45	20
463	3809	DEE LAWRENCE	TEAM LIND	00:58:53	00:58:26	468	M40	99
464	3603	CATHERINE LLEWELLYN		00:58:55	00:58:33	470	F45	21
465	3113	PAUL HARRIES		00:58:58	00:58:04	455	M40	100
466	3094	STEPHEN EDWARDS		00:58:58	00:58:21	465	MS	187
467	3815	PAULINE THOMAS	TROTS, ST.CLEARs	00:58:58	00:58:34	471	F55	6
468	3672	HELEN WILLIAMS	PRO PT ACADEMY	00:59:01	00:58:50	476	F35	39
469	3883	RHIAN GRUNDY		00:59:07	00:59:03	479	FS	52
470	3608	HELEN COATES		00:59:08	00:58:50	477	FS	53
471	3081	PAUL ROBERTS		00:59:13	00:58:16	463	MS	188
472	3090	NICHOLAS SMITH		00:59:13	00:58:16	464	MS	189
473	3344	SARAH STEVENS		00:59:16	00:58:25	466	FS	54
474	3071	MICHELLE RIVETT		00:59:17	00:58:29	469	F35	40
475	3262	CLIFFORD ASHWIN		00:59:19	00:58:41	473	M50	52
476	3816	ANDREW CLARK		00:59:21	00:59:11	483	M40	101
477	3188	JASON MCGARRIGLE	TEAM HYDRAQUIP	00:59:25	00:58:48	475	MS	190
478	3308	SARAH POPE		00:59:30	00:58:39	472	F45	22
479	3531	KAREN AITCHISON		00:59:31	00:59:08	482	F35	41
480	3680	SARAH DAVIES-CLARK	LES CROUPIERS	00:59:34	00:59:24	489	F35	42
481	3799	SUSANNAH JENKINS	AMMAN VALLEY HARRIERS	00:59:35	00:59:15	485	F35	43
482	3444	ANTONIA CROWTHER		00:59:37	00:59:06	481	F35	44
483	3513	HANNAH JOHNSON		00:59:39	00:59:23	488	FS	55
484	3015	NOEL POWELL		00:59:43	00:58:43	474	M40	102
485	3777	BETH JONES		00:59:47	00:59:32	490	FS	56
486	3300	RACHEL NELSON		00:59:48	00:59:15	486	F35	45
487	3503	MATTHEW BRIANT		00:59:49	00:59:00	478	M40	103
488	3767	SARAH WILLIAMS		00:59:52	00:59:03	480	F35	46
489	3203	IAN THOMAS		00:59:53	00:59:15	487	MS	191
490	3085	SAM OSBORN	WOMENS RUNNING NETWORK	00:59:55	00:59:35	493	F35	47
491	3711	ALEX LEVER	WOMENS RUNNING NETWORK	00:59:56	00:59:36	494	F35	48
492	3222	MARI HOBBS		01:00:02	00:59:42	495	F45	23
493	3044	KERRY MILLS		01:00:08	00:59:14	484	F35	49
494	3012	JOHN MORGAN		01:00:13	00:59:33	491	M40	104

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495	3186	TINA MORRIS		01:00:13	00:59:51	496	FS	57
496	3611	DEREK HOPKINS		01:00:16	00:59:34	492	MS	192
497	3708	LEE JONES		01:00:37	01:00:18	502	F35	50
498	3707	DAVID JONES		01:00:37	01:00:18	503	M40	105
499	3886	DELE ABODERIN		01:00:40	01:00:25	505	F45	24
500	3535	REBECCA JENKINS		01:00:40	01:00:06	498	FS	58
501	3145	HEFIN JOHN		01:00:44	01:00:15	501	MS	193
502	3870	CHARLOTTE EVANS		01:00:45	00:59:55	497	F35	51
503	3508	TIM COLEBROOK		01:00:48	01:00:12	499	MS	194
504	3305	JENNY FIFIELD	PROPTACADEMY	01:00:56	01:00:45	511	F45	25
505	3522	GEORGINA PLUMB		01:00:58	01:00:48	512	FS	59
506	3192	JASMINE REVELL	EMLYN RUNNERS	01:01:00	01:00:33	507	FS	60
507	3413	KATH DUGGAN		01:01:00	01:00:42	510	FS	61
508	3579	TINA JONES		01:01:02	01:00:14	500	F45	26
509	3730	JASON WINDSOR		01:01:04	01:00:23	504	MS	195
510	3900	WAYNE JONES		01:01:04	01:00:32	506	M40	106
511	3394	HELEN LUTLEY		01:01:11	01:00:35	508	F55	7
512	3051	FRANCES KEOGH-DAVIES	WOMENS RUNNING NETWORK	01:01:12	01:00:52	515	F45	27
513	3734	LUCY DYER		01:01:18	01:01:04	518	FS	62
514	3411	KEVIN BENNETT		01:01:20	01:01:07	519	M40	107
515	3514	TONY MARSHALL		01:01:22	01:00:38	509	M50	53
516	3755	DANIELLE LLEWELLYN		01:01:24	01:00:49	513	FS	63
517	3583	MARK HAY		01:01:29	01:01:03	517	MS	196
518	3225	STEVEN SIMMONDS		01:01:34	01:00:50	514	MS	197
519	3555	AMANDA BEBB		01:01:39	01:00:56	516	F45	28
520	3566	JAN KEELAN		01:01:51	01:01:31	525	F35	52
521	3439	SIAN EBDEN		01:02:00	01:01:14	521	FS	64
522	3811	MERIEL EAST		01:02:00	01:01:30	524	FS	65
523	3175	ANDREA BRABROOK	EMLYN RUNNERS	01:02:06	01:01:37	527	F35	53
524	3863	SAVORA STEVENS		01:02:10	01:01:11	520	M60	14
525	3418	CLAIRE BUSBY		01:02:11	01:01:27	522	FS	66
526	3419	JULIA THOMAS		01:02:12	01:01:27	523	FS	67
527	3793	RHIAN PRICE		01:02:16	01:01:49	529	FS	68
528	3695	JASON PRICE	LLANELLI LEISURE CENTRE	01:02:20	01:01:40	528	MS	198
529	3408	LEE CADREMAN		01:02:29	01:01:35	526	MS	199
530	3614	BECA HANDS		01:02:31	01:01:58	530	FS	69
531	3882	CORINNA COLLINS		01:02:45	01:02:33	542	M40	108
532	3631	BEVERLEY MORRIS		01:02:50	01:02:02	533	F35	54

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533	3477	DELYTH MAINWARING		01:02:56	01:01:59	531	FS	70
534	3492	RHIAN JONES		01:02:56	01:01:59	532	FS	71
535	3147	MIKE FOOTMAN		01:02:58	01:02:10	534	M40	109
536	3642	ROBERT JOHNSTON		01:02:58	01:02:19	536	M50	54
537	3483	ALAN ROSE		01:02:58	01:02:37	543	M50	55
538	3472	DAVID WILLIAMS		01:02:59	01:02:19	537	M40	110
539	3042	RHYS MORGAN		01:03:02	01:02:16	535	MS	200
540	3431	RICHARD EVANS		01:03:02	01:02:39	544	MS	201
541	3132	DEBBIE HATHERELL		01:03:03	01:02:22	539	FS	72
542	3228	HILARY WALKER		01:03:03	01:02:22	540	F45	29
543	3866	HELEN WOLSEY	WOMENS RUNNING NETWORK	01:03:10	01:02:21	538	F45	30
544	3021	CAROLINE GRIFFITHS		01:03:12	01:02:45	547	FS	73
545	3121	CLARE FENCOTT		01:03:17	01:02:30	541	FS	74
546	3598	LEANNE DOUGLAS		01:03:24	01:02:58	553	FS	75
547	3073	LIAM BENNETT		01:03:32	01:02:41	545	MS	202
548	3486	LAURA CHAPPLE		01:03:37	01:03:09	555	FS	76
549	3440	RHIAN JAMES		01:03:37	01:03:17	560	FS	77
550	3084	KELLY HUGGINS		01:03:38	01:03:09	556	FS	78
551	3028	ALED WYNNE		01:03:40	01:02:44	546	MS	203
552	3263	KEVIN FISHER		01:03:42	01:02:55	549	M50	56
553	3118	SIAN OWEN		01:03:43	01:02:56	550	F35	55
554	3704	MEL THOMAS		01:03:46	01:02:56	551	F35	56
555	3709	CARON MCKEE-HANDS	FERC	01:03:48	01:02:57	552	F45	31
556	3861	KIM PHELPS		01:03:49	01:02:52	548	FS	79
557	3645	JOEL WILLIAMS		01:03:51	01:03:29	562	M40	111
558	3516	HUW FREEMAN		01:03:58	01:03:07	554	MS	204
559	3828	LISA JONES		01:03:58	01:03:14	558	FS	80
560	3067	RACHAEL PARKINSON		01:04:01	01:03:35	564	FS	81
561	3581	JOANNE PALING		01:04:04	01:03:21	561	FS	82
562	3381	CRAIG MORGAN		01:04:12	01:03:13	557	MS	205
563	3499	STEVE COATES		01:04:12	01:03:14	559	M60	15
564	3587	ANITA JAMES		01:04:14	01:04:02	573	F45	32
565	3053	GAYNOR WAITE		01:04:16	01:03:55	569	F35	57
566	3047	CATHERINE SWAIN	WOMENS RUNNING NETWORK	01:04:16	01:03:55	570	F45	33
567	3338	JOHANNE HUGHES-DOWDLE		01:04:22	01:03:53	566	F35	58
568	3373	SHAN BREESE		01:04:23	01:04:12	577	F45	34
569	3064	BENJAMIN TUCKER		01:04:23	01:03:42	565	MS	206
570	3214	GERARD PITT		01:04:28	01:03:57	571	MS	207

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571	3178	LLEUCU COOKE		01:04:29	01:03:34	563	FS	83
572	3041	PAUL STACEY	KYLE'S GOAL	01:04:37	01:04:06	575	MS	208
573	3884	LYNNE PARRY	3M GORSEINON ROAD RUNNERS	01:04:43	01:03:53	567	F35	59
574	3277	FINOLA WILSON	WOMENS RUNNING NETWORK	01:04:43	01:03:53	568	F35	60
575	3765	DAVID THOMAS		01:04:43	01:04:23	581	MS	209
576	3768	MELANIE THOMAS		01:04:43	01:04:24	583	FS	84
577	3636	RHIAN PROTHEROE		01:04:46	01:04:21	580	F35	61
578	3530	JONATHAN FRANCIS		01:04:48	01:04:05	574	MS	210
579	3504	SIAN JONES		01:04:49	01:04:07	576	FS	85
580	3582	GAIL SMITH		01:04:50	01:04:37	588	F35	62
581	3141	ALISON ATKINS	WOMENS RUNNING NETWORK	01:04:52	01:04:33	585	F35	63
582	3045	KATE RYAN		01:04:53	01:03:59	572	F45	35
583	3644	GRAHAM SINGER		01:04:54	01:04:32	584	M50	57
584	3194	HELEN WELCH	PONTYPRIDD ROADENTS A.C.	01:04:56	01:04:38	590	F35	64
585	3686	MARIE CRECI		01:05:04	01:04:20	579	F35	65
586	3860	SIONED JONES		01:05:07	01:04:23	582	FS	86
587	3250	GARY BODMAN	LES CROUPIERS	01:05:13	01:05:05	596	M40	112
588	3547	ESTHER HUGHES		01:05:15	01:04:37	589	F35	66
589	3871	PHIL WESTON		01:05:16	01:04:35	586	M40	113
590	3303	NEIL PARKE		01:05:16	01:04:35	587	M50	58
591	3756	LINDA WALLER	3M'S GORSEINON ROAD RUNNERS	01:05:22	01:05:00	595	F45	36
592	3172	ALISON HOLTON		01:05:33	01:04:48	593	F35	67
593	3129	JONATHAN EDWARDS		01:05:36	01:04:39	591	MS	211
594	3317	JOANNA WILTSHIRE		01:05:36	01:05:10	598	F35	68
595	3679	JANICE CORNELL	PRO PT ACADEMY	01:05:37	01:05:05	597	F45	37
596	3128	AMY EDWARDS		01:05:39	01:04:43	592	FS	87
597	3221	ANGELA MORGAN		01:05:40	01:05:20	602	F45	38
598	3235	CATHERINE HOLDEN		01:05:42	01:04:49	594	F35	69
599	3213	HOLLY JENKINS	KYLE'S GOAL	01:05:43	01:05:12	599	FS	88
600	3281	LOUISE DAVIES		01:05:45	01:05:31	604	FS	89
601	3136	SHARON WIGMORE		01:05:47	01:05:13	600	FS	90
602	3769	SAIRA LUCKMAN		01:05:58	01:05:24	603	F35	70
603	3056	GRAHAM OCONNOR		01:05:59	01:05:15	601	MS	212
604	3074	JULIE MILFORD		01:06:07	01:05:57	609	F35	71
605	3615	ELERI QUAN		01:06:08	01:05:36	605	F35	72
606	3564	JENNIFER HOWELLS		01:06:32	01:05:41	607	FS	91
607	3563	MARK WILLIAMS		01:06:32	01:05:41	608	M40	114
608	3287	CLAIRE EVANS		01:06:32	01:06:00	611	F35	73

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609	3384	JACQUELINE CONSTANCE		01:06:33	01:06:12	617	F45	39
610	3567	KEVIN JAMES TOPPING		01:06:36	01:06:06	614	M40	115
611	3612	ELERI THOMAS		01:06:39	01:05:57	610	FS	92
612	3288	IAN EVANS		01:06:42	01:06:10	616	MS	213
613	3280	CINDY COOMBES		01:06:43	01:06:31	622	F45	40
614	3878	NIA DICKIE		01:06:46	01:06:05	612	F35	74
615	3450	LEANNE GEDDES		01:06:54	01:06:05	613	FS	93
616	3451	KATH JOHN		01:06:55	01:06:06	615	F45	41
617	3031	MARCO DIIULIO		01:07:01	01:06:16	618	MS	214
618	3505	BETHAN COOPER		01:07:02	01:06:19	620	FS	94
619	3506	GARETH COOPER		01:07:02	01:06:19	621	MS	215
620	3401	JONATHAN BOURNE		01:07:04	01:06:17	619	MS	216
621	3103	RICHARD PAYNE	ESPORTA - GLAM H&R CLUB	01:07:19	01:04:13	578	M40	116
622	3586	VICKY NORTH		01:07:27	01:07:00	628	F35	75
623	3626	MELINDA BEATON		01:07:28	01:06:35	623	FS	95
624	3625	EMILY BEATON		01:07:27	01:06:35	624	FS	96
625	3729	KEVIN JAMES		01:07:31	01:06:50	626	MS	217
626	3493	BRIAN HOOPER		01:07:38	01:06:45	625	M40	117
627	3658	MYFANWY LOUDON	NEWPORT HARRIERS	01:07:53	01:06:53	627	F55	8
628	3017	RYAN GILLETTE		01:08:01	01:07:34	631	MS	218
629	3134	MELANIE JEHU		01:08:07	01:07:33	630	F35	76
630	3595	CEINWE REES		01:08:08	01:07:54	635	F35	77
631	3120	AIMEE EVANS		01:08:14	01:07:17	629	FS	97
632	3187	NEIL LANE	TEAM HYDRAQUIP	01:08:32	01:07:54	636	MS	219
633	3596	JENNA MORGAN		01:08:41	01:07:43	632	FS	98
634	3119	KAREN REES		01:08:46	01:07:50	633	F35	78
635	3851	LUCINNE BENNET		01:08:46	01:07:50	634	F45	42
636	3279	SIONED EDWARDS		01:09:00	01:08:48	644	FS	99
637	3278	RHIANYDD EDWARDS		01:09:01	01:08:48	645	F35	79
638	3265	MICHELLE SLEE		01:09:01	01:08:30	640	F35	80
639	3526	PAULA JOHN		01:09:02	01:08:08	637	F45	43
640	3524	JUDITH DENYER		01:09:02	01:08:08	638	F35	81
641	3223	HAZEL MORGAN		01:09:06	01:08:46	643	F45	44
642	3723	DOROTHY SMITH		01:09:10	01:08:42	642	F55	9
643	3510	NIA GODSMARK		01:09:17	01:08:29	639	FS	100
644	3428	SUZANNE RICHARDS		01:09:28	01:08:49	646	F45	45
645	3093	HELEN EDWARDS		01:09:31	01:08:55	647	FS	101
646	3738	WENDY WOOD		01:09:37	01:08:41	641	F55	10

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647	3387	ALISON TRUMPER		01:09:43	01:09:06	648	F45	46
648	3416	MICHELLE BERRY		01:09:44	01:09:07	649	F35	82
649	3139	SARAH PENGELLY		01:09:44	01:09:07	650	F35	83
650	3857	EMMA BEAMES		01:09:58	01:09:45	656	FS	102
651	3552	KATHRYN THYER		01:10:14	01:09:45	657	FS	103
652	3174	LYNNE ELLIS	ELLIS	01:10:13	01:10:01	661	F45	47
653	3424	GREGORY MORGAN		01:10:22	01:09:36	652	MS	220
654	3423	ADELE MORGAN		01:10:22	01:09:37	653	FS	104
655	3497	NICOLA MUNRO		01:10:29	01:09:34	651	F35	84
656	3742	JONATHAN EVANS		01:10:31	01:09:54	659	M40	118
657	3589	SANDRA HAMMERTON		01:10:37	01:09:39	654	FS	105
658	3591	RACHAEL TUTTON		01:10:38	01:09:40	655	FS	106
659	3058	PIPPA SABINE		01:10:40	01:09:49	658	F35	85
660	3468	RACHEL SMITH		01:10:43	01:09:59	660	FS	107
661	3438	RHIAN JONES		01:10:43	01:10:13	662	F35	86
662	3901	JANINE LEWIS		01:10:59	01:10:22	665	F35	87
663	3412	SARAH GOULD		01:10:59	01:10:22	666	F35	88
664	3163	DANIEL PETERS		01:11:08	01:10:13	663	MS	221
665	3162	ALAN PETERS		01:11:08	01:10:13	664	M60	16
666	3557	JAYNE EDWARDS-MATTHEWS		01:11:10	01:10:32	669	FS	108
667	3778	KAREN GRUNHUT		01:11:10	01:10:33	670	F35	89
668	3144	RHIAN JOHN		01:11:12	01:10:43	672	F35	90
669	3066	HANNAH LEACH		01:11:20	01:11:03	673	FS	109
670	3098	SARAH BRAIN		01:11:21	01:10:25	667	F35	91
671	3097	MARIA KOSTROMIN		01:11:21	01:10:25	668	F35	92
672	3170	LISA WORTON	MAINDY HARRIERS	01:11:31	01:11:08	676	F35	93
673	3544	OLIVER MALLON		01:11:32	01:10:35	671	MS	222
674	3307	RACHEL EVANS		01:11:55	01:11:04	674	FS	110
675	3329	MARTIN DAVIES		01:11:55	01:11:05	675	MS	223
676	3714	JOHN SELBY		01:12:06	01:11:26	677	M40	119
677	3509	SANDRA MITCHELL		01:12:14	01:11:27	678	FS	111
678	3040	LAUREN CLARK	KYLE'S GOAL	01:12:42	01:12:10	681	FS	112
679	3321	DAVE THOMAS		01:12:42	01:05:36	606	M40	120
680	3548	DANIELLE HILL		01:12:54	01:12:16	682	FS	113
681	3736	ALLYSON BROWN		01:12:55	01:12:19	683	F35	94
682	3543	SONIA PRITCHARD		01:13:03	01:12:06	679	FS	114
683	3485	PAUL IAN PRITCHARD		01:13:03	01:12:06	680	M50	59
684	3558	GARY MATTHEWS		01:13:25	01:12:48	685	MS	224

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## Llanelli Waterside 10k - Results 2010

GUN POS	BIB No	NAME	CLUB / TEAM	Gun Time	Chip Time	Chip Pos	Cat	Cat Pos
685	3125	LOUISE EVANS		01:13:27	01:12:46	684	FS	115
686	3469	SIAN LEWIS		01:14:27	01:13:34	686	FS	116
687	3069	CLAIRE THOMAS		01:14:27	01:13:34	687	FS	117
688	3224	SARAH EDWARDS		01:14:27	01:13:44	689	FS	118
689	3095	SHARON RICHARDS		01:14:29	01:13:34	688	F35	95
690	3694	GARETH PRYOR	LLANELLI LEISURE CENTRE	01:14:51	01:14:19	692	M40	121
691	3498	KATE JENKINS		01:14:52	01:14:00	690	FS	119
692	3843	MIKE CARTER		01:14:53	01:14:06	691	MS	225
693	3092	ANTHONY PITMAN		01:15:17	01:15:02	696	MS	226
694	3057	DARREN HARDY		01:15:17	01:15:03	698	MS	227
695	3210	ANDREW DAVIES		01:15:17	01:15:02	697	MS	228
696	3637	REBECCA MCCLIVE		01:15:20	01:14:22	693	FS	120
697	3653	JAMES DIXON		01:15:20	01:14:22	694	MS	229
698	3114	DEBORAH HARRIES		01:15:38	01:14:44	695	F35	96
699	3156	AMANDA RICE		01:16:59	01:16:03	699	FS	121
700	3691	DARRYL OWEN	LLANELLI LEISURE CENTRE	01:17:03	01:16:23	701	MS	230
701	3696	CARYS LONG	LLANELLI LEISURE CENTRE	01:17:03	01:16:24	702	FS	122
702	3747	JOANNE MORGAN		01:17:17	01:16:21	700	F35	97
703	3739	JILL LOWRI		01:17:41	01:16:45	703	F35	98
704	3627	CATHERINE WATKINS		01:17:46	01:16:56	706	F45	48
705	3518	JULIA JAMES		01:17:56	01:16:54	705	F35	99
706	3519	ALYSON SMITH		01:17:55	01:16:52	704	F35	100
707	3576	NICOLA THOMAS		01:18:04	01:17:49	707	FS	123
708	3865	KATIE PHILLIPS		01:18:58	01:18:12	709	FS	124
709	3538	ELIN MCCALLUM		01:19:04	01:18:04	708	F35	101
710	3109	JEMMA CONNERS		01:19:09	01:18:22	710	FS	125
711	3678	LINDA BAKER		01:19:46	01:19:14	712	F45	49
712	3864	AMBER WILLIAMS		01:19:59	01:19:06	711	FS	126
713	3009	ANGELA HENDERSON		01:20:05	01:19:53	713	F45	50
714	3836	SIAN RADNIDGE		01:21:02	01:20:28	714	FS	127
715	3130	SIAN MORGANS		01:21:03	01:20:28	715	F45	51
716	3050	LESLEY COLLIER		01:21:45	01:20:48	716	F45	52
717	3674	CATHERINE DAVIES	PRO PT ACADEMY	01:23:09	01:22:14	717	F45	53
718	3675	ESTELLE BELLEW	PRO PT ACADEMY	01:23:09	01:22:14	718	F55	11
719	3157	EMMA BLOOMFIELD		01:23:42	01:22:46	720	FS	128
720	3039	SUSAN JONES		01:23:42	01:22:44	719	F45	54
721	3825	ALLEN WATTS	SARN HELEN	01:24:26	01:24:10	723	M60	17
722	3319	GWENLLIAN DAVIES		01:24:30	01:23:54	721	FS	129

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723	3320	DOROTHY BERE		01:24:30	01:23:54	722	FS	130
724	3082	LEE SULLIVAN		01:28:42	01:27:55	724	MS	231
725	3661	RICHARD BOLGIANI		01:41:12	01:40:18	725	MS	232
726	3655	GARETH THOMAS		01:51:46	01:50:38	726	MS	233
727	3820	PAUL WICKERS	SWMILFIT	02:01:45	02:00:37	727	M50	60
728	3656	DARYL OBRIEN		02:03:13	02:02:06	728	MS	234

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