

Llanelli Waterside Half Marathon - Results 2008

RN	Forename	Surname	Gen Pos	Cat	Cat Pos	Pos	Chip Time	Club
1071	Richie	Gardiner	1	MSEN	1	1	01:09:15	CARDIFF AC
1077	LEE	AHERNE	2	M40	1	2	01:13:36	LES CROUPIERS
343	LEWYS	WINFIELD YOUNG	3	MSEN	2	3	01:16:09	
385	PAUL	REYNOLDS	4	MSEN	3	4	01:17:15	SERPENTINE
917	CHRIS	PARKER	5	M40	2	5	01:17:28	SWANSEA HARRIERS
380	MIKE	EVANS	6	MSEN	4	6	01:17:39	CARDIFF AC
308	DAVID	KEHOE	7	MSEN	5	7	01:18:53	
371	MARK	REYNOLDS	8	MSEN	6	8	01:19:48	NEATH HARRIERS
647	THOMAS	GRIFFITHS	9	MSEN	7	9	01:19:55	THE DANCING BEARS
790	EMYR	ROBERTS	10	MSEN	8	10	01:20:09	
1007	MICHAEL	DAVIES	11	MSEN	9	11	01:20:15	SARN HELEN
337	ANDREW	REYNOLDS	12	MSEN	10	12	01:20:25	NEATH HARRIERS
161	STEPHEN	THOMAS	13	M40	3	13	01:21:33	
1021	HAYDN	HARTNELL	14	M40	4	14	01:21:57	ISLWYN RUNNING CLUB
81	RICHARD	DANDO	15	MSEN	11	15	01:21:42	BROMSGROVE AND REDDITCH AC
944	MARTIN	WILLIAMS	16	M40	5	16	01:22:18	
408	STUART	KEEN	17	MSEN	12	17	01:22:37	
874	ROBERT	FALCONER	18	M40	6	18	01:22:57	
514	ADRIAN	WEAVER	19	MSEN	13	19	01:22:57	PORT TALBOT HARRIERS
627	MARTIN	GEORGE	20	MSEN	14	20	01:23:05	SOSPAN ROAD RUNNERS
30	PAUL	HARRIES	21	M40	7	21	01:23:03	
92	CHRIS	FULCHER	22	M40	8	22	01:23:30	PORT TALBOT HARRIERS
743	OLIVER	ILES	23	MSEN	15	23	01:23:30	
107	NIGEL	BARNES	24	M40	9	24	01:23:47	PORT TALBOT HARRIERS
946	BARRY	WILSON	25	M50	1	25	01:23:48	LUDLOW RC
515	PETER	HARRIS	26	M40	10	26	01:24:01	
986	DAMIAN	WILLIAMS	27	M40	11	27	01:24:06	CLUB 69 TREDEGAR
529	SIOBHAN	EVANS	1	FSEN	1	28	01:23:54	
560	JAMIE	REES	28	MSEN	16	29	01:24:08	
704	JOS	JONES	29	MSEN	17	30	01:24:15	ABERYSTWYTH AC
398	CLARE	PHILLIPS	2	F35	1	31	01:25:09	SWANSEA HARRIERS
466	DINAH	CHEVERTON	3	F35	2	32	01:25:14	TORBAY AC

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60	ROBERT JAMES	MORGAN	30	MSEN	18	33	01:25:19	BIGGLESWADE AC
952	CHARLES THOMAS	WALSH	31	MSEN	19	34	01:24:45	PORT TALBOT HARRIERS
649	STEPHANIE	JAMES	4	FSEN	2	35	01:25:33	MAIDENHEAD AC
698	MARTIN	DAVIES	32	MSEN	20	36	01:25:30	TROTS
897	KELVIN	JONES	33	M40	12	37	01:25:20	
876	DANIEL	GREENWELL	34	MSEN	21	38	01:25:57	3M's
453	RICHARD	HAYES	35	MSEN	22	39	01:26:01	TAFF ELY TRI
279	RICHARD	SELF	36	M40	13	40	01:26:15	LES CROUPIERS
36	DAVID	BARBER	37	MSEN	23	41	01:26:24	
731	CLEM	CLEMENT	38	M40	14	42	01:26:42	PENARTH & DINAS RUNNERS
997	JOSEPH	BEECH	39	MSEN	24	43	01:27:02	BRACKLA HARRIERS
737	MATT	TURNER	40	MSEN	25	44	01:26:53	
511	RHYDIAN	RESTON	41	MSEN	26	45	01:27:00	
1031	DAVID	LEWIS	42	MSEN	27	46	01:27:00	
714	IAN	JOSLIN	43	MSEN	28	47	01:26:50	
708	NICK	COUSINS	44	MSEN	29	48	01:27:00	GLOUCESTER A.C.
614	DAVID	ASTINS	45	MSEN	30	49	01:27:21	PEMBROKESHIRE TRIATHLON CLUB
834	RICHARD	LEWIS	46	MSEN	31	50	01:27:25	
73	ROBERT	KING	47	M40	15	51	01:27:36	
885	GARY	HOWE	48	M50	2	52	01:27:40	3M's
808	TASHA	SEXTON	5	FSEN	3	53	01:27:40	INGLI RUNNERS
726	EVANS	JOHN	49	M40	16	54	01:27:46	
654	RICHARD	LAYDON	50	M40	17	55	01:27:22	
582	JEROME	EDWARDS	51	MSEN	32	56	01:27:42	
187	ALEX	WILLIAMS	52	M40	18	57	01:28:21	
642	CHRIS	ALLTON	53	M40	19	58	01:28:26	SWANSEA HARRIERS
504	ANDY	EVANS	54	M50	3	59	01:28:24	
549	STEVEN	FORCE	55	M40	20	60	01:28:35	
710	DAVID	PROUD	56	M40	21	61	01:28:31	LES CROUPIERS
29	STEVE	WALSH	57	MSEN	33	62	01:28:54	3M's
828	GARETH	REES	58	MSEN	34	63	01:28:53	
151	AMY	REYNOLDS	6	FSEN	4	64	01:28:57	

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147	NIGEL	FRANCISCO	59	M40	22	65	01:28:50	TEAM WECORI
637	Ian	Weighell	60	MSEN	35	66	01:28:53	
1080	JON	EAST	61	MSEN	36	67	01:29:14	
653	BRIAN	PHILLIPS	62	M40	23	68	01:29:19	CLUB 69
88	ROBERT	LEWIS	63	MSEN	37	69	01:29:15	
872	PHILIP	EVANS	64	M40	24	70	01:29:23	
432	DARREN	HALL	65	MSEN	38	71	01:29:26	
640	MARK	PERRY	66	MSEN	39	72	01:29:22	GRIFFITHSTOWN HARRIERS
392	DAVID	THOMAS	67	M40	25	73	01:29:33	SARN HELEN
951	GARETH	GRIFFITHS	68	MSEN	40	74	01:29:27	
1067	James	Williams	69	MSEN	41	75	01:29:54	CARDIGAN RC
937	MICHAEL	THOMAS	70	M40	26	76	01:29:57	
418	STEVE	THOMAS	71	MSEN	42	77	01:29:54	3M's
378	DEAN	WEBSTER	72	MSEN	43	78	01:30:02	3M's
856	ROBERT	CHADWICK	73	MSEN	44	79	01:30:16	
268	DAVID	BENNETT	74	M40	27	80	01:30:14	
788	RUSSELL	DOBBS	75	MSEN	45	81	01:30:21	ISLWYN RUNNING CLUB
82	MICHELLE	COLE	7	FSEN	5	82	01:30:24	
852	ANDREW	BROWN	76	M40	28	83	01:30:34	SWANSEA HARRIERS
636	ANDY	HARRIS	77	MSEN	46	84	01:30:42	
186	LEE	WATTS	78	MSEN	47	85	01:30:22	SOSPAN ROAD RUNNERS
895	ALAN	JONES	79	M40	29	86	01:30:34	
1060	OWEN	SHADICK	80	MSEN	48	87	01:30:52	
688	KEVIN	DAVIES	81	MSEN	49	88	01:30:37	
532	DUMA	BRICKHILL	82	MSEN	50	89	01:30:49	
779	PAUL	CHICK	83	MSEN	51	90	01:30:36	NEWT
865	ANDREW	DAWE	84	M40	30	91	01:31:10	
943	GARETH	WILLIAMS	85	MSEN	52	92	01:31:01	
106	JOHN	WRIGLEY	86	M50	4	93	01:31:20	GREAT WESTERN RUNNERS
921	SIMON	PRICE	87	MSEN	53	94	01:31:23	WNPS
619	PETER	CURRAN	88	M40	31	95	01:31:26	
823	LEIGH	SEARLE	89	MSEN	54	96	01:31:19	

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824	GARETH	RICHARDS	90	MSEN	55	97	01:30:33	
136	JULIE	DAVIES	8	F35	3	98	01:31:29	GRIFFITHSTOWN RUNNERS
336	GARY	DAVIES	91	MSEN	56	99	01:30:48	
1004	WENDY	BOON	9	F45	1	100	01:31:27	LES CROUPIERS
596	COLIN	THOMASON	92	M40	32	101	01:31:30	
262	LEE	ELWELL	93	MSEN	57	102	01:31:42	
633	GARETH	JEHU	94	MSEN	58	103	01:31:49	TAFF ELY TRI
435	AMANDA	EVANS	10	F35	4	104	01:32:01	3M's
342	RICHARD	WEBSTER	95	M50	5	105	01:32:02	3M's
738	RICHARD	THOMPSON	96	M40	33	106	01:32:12	PEMBROKESHIRE TRIATHLON CLUB
143	SIMON	THOMAS	97	MSEN	59	107	01:32:05	
684	ADRIAN	BRAUN	98	MSEN	60	108	01:32:26	
55	GINA	HARDMAN	11	F35	5	109	01:32:30	BRIDGEND AC
464	KENT	WATSON	99	M40	34	110	01:32:36	TORBAY AC
496	MARK	TERRY	100	M50	6	111	01:32:44	TROTS
66	COLIN	REES	101	M40	35	112	01:32:50	
969	ALISTAIR	GERAGHTY	102	MSEN	61	113	01:32:11	
49	IAN	DAVIES	103	M50	7	114	01:32:56	BUILTH & DISTRICT RC
736	GWION	LLWYD	104	MSEN	62	115	01:32:40	
840	STEVE	OUSELEY	105	MSEN	63	116	01:33:01	INGLI RUNNERS
832	SCOTT	PARTRIDGE	106	M40	36	117	01:32:54	BOURNVILLE HARRIERS
1043	DEREK	HANCOCK	107	M50	8	118	01:32:41	
864	ERYL	DAVIES	12	FSEN	6	119	01:33:02	TEAM WECORI
657	JOHN	HONEY	108	MSEN	64	120	01:33:10	
807	C H	SEXTON	109	M40	37	121	01:33:21	INGLI RUNNERS
359	ROBERT	POWELL	110	MSEN	65	122	01:32:54	
968	DARREN	CHEESMAN	111	MSEN	66	123	01:33:27	
135	LYN	RICHARDS	112	M40	38	124	01:33:37	
607	PAUL	EDWARDS	113	M40	39	125	01:33:36	PEMBROKESHIRE HARRIERS
291	GERAINT	EVANS	114	M40	40	126	01:33:40	
1045	PAUL	JELLEY	115	M40	41	127	01:33:35	
825	ROWENA	MELBOURNE	13	FSEN	7	128	01:33:32	INSTINCTIVE SPORTS

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621	JOHN	COOK	116	M60	1	129	01:34:03	SOSPAN ROAD RUNNERS
325	NEIL	PHILLIPS	117	M40	42	130	01:33:49	
425	PHILIP	BAMSEY	118	M50	9	131	01:34:10	NEATH HARRIERS
773	DORIAN	JONES	119	MSEN	67	132	01:33:26	
678	ANDREW	PROCTER	120	MSEN	68	133	01:34:14	
683	DOMINIC	SHIELDS	121	M40	43	134	01:34:04	SAN DOMENICO
905	STEPHEN	LEWIS	122	M40	44	135	01:33:47	
583	RICHARD	MULVANY	123	MSEN	69	136	01:34:11	ABINGDON AMBLERS
58	MARK	WHITTLE	124	MSEN	70	137	01:34:40	RAF TRIATHLON
456	ROBERT	REES	125	MSEN	71	138	01:34:10	
883	PHILIP	HOSKINS	126	M40	45	139	01:34:29	
638	PHILIP	PROBERT	127	M40	46	140	01:34:44	
564	ALUN	REES	128	MSEN	72	141	01:34:46	
674	CHRISTOPHER	MORGAN	129	M40	47	142	01:34:44	
849	DANIEL	BOLTON	130	MSEN	73	143	01:34:48	
1012	RHYS	HARRIES	131	MSEN	74	144	01:34:42	
129	CAROLYN	SMITH	14	FSEN	8	145	01:34:59	
327	DAVE	ROBERTS	132	MSEN	75	146	01:35:02	INGLI RUNNERS
259	OWAIN	ROBINSON	133	MSEN	76	147	01:34:50	
261	PAUL	WALLIS	134	MSEN	77	148	01:34:51	
703	IAN	MORGAN	135	MSEN	78	149	01:35:05	
990	MARTIN	PAUL	136	MSEN	79	150	01:34:24	
1016	CHRISTINA	SMITH	15	F45	2	151	01:35:11	3M's
843	JEREMY	ALFORD	137	M40	48	152	01:35:09	
666	MATTHEW	WILLIAMS	138	MSEN	80	153	01:35:00	
594	IWAN	WALTERS	139	MSEN	81	154	01:35:18	
565	RICHARD	OTTEN	140	M40	49	155	01:35:23	
697	STEVEN	OTTEN	141	MSEN	82	156	01:35:24	
19	STEVE	BROWN	142	M40	50	157	01:35:26	PEMBROKESHIRE HARRIERS
207	ABYD	QUINN AZIZ	143	M50	10	158	01:35:18	PENARTH & DINAS RUNNERS
15	PAUL	COLMAN	144	M40	51	159	01:35:17	PEMBROKESHIRE HARRIERS
846	JAYNE	ARNOLD	16	F35	6	160	01:34:46	3M's

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1054	ANDY	SHANAHAN	145	MSEN	83	161	01:35:30	
751	DAVID	HOPKINS	146	M50	11	162	01:35:17	
955	DAVID	ROWLANDS	147	MSEN	84	163	01:34:48	
581	PAUL	DAVIES	148	M40	52	164	01:35:44	SWANSEA HARRIERS
288	NIGEL	MORSE	149	MSEN	85	165	01:35:50	CELTIC TRI
35	PAUL	BENNETT	150	M50	12	166	01:35:53	
512	RAYMOND PEDRICK	THOMAS	151	M40	53	167	01:35:43	
732	JOHNNY	LAM	152	MSEN	86	168	01:35:28	
1035	HUW	LEWIS	153	M50	13	169	01:36:10	PEMBROKESHIRE TRIATHLON CLUB
32	DEAN	PACKER	154	M40	54	170	01:36:04	SWANSEA HARRIERS
124	PETER	O'KANE	17	F35	7	171	01:36:04	
500	LISA	THOMAS	18	FSEN	9	172	01:36:14	AMMAN VALLEY HARRIERS
728	TRINITY	BOOTH	19	F35	8	173	01:36:02	HOGWEED TROTTERS
1010	JOHN	FREEMAN	155	M40	55	174	01:36:21	AMMAN VALLEY HARRIERS
478	BRYAN	O'LEARY	156	MSEN	87	175	01:36:22	AMMAN VALLEY HARRIERS
584	NEIL	JONES	157	MSEN	88	176	01:36:34	
485	DELYTH	DAVIES	20	FSEN	10	177	01:36:30	
634	COLIN	REES	158	M40	56	178	01:36:03	
479	GOKUL	PATEL	159	M50	14	179	01:36:47	
988	KIM	WEHDEN	160	M40	57	180	01:36:43	ISLWYN RUNNING CLUB
829	ROGER	BELL	161	MSEN	89	181	01:36:46	3M's
635	GARETH	HILL	162	MSEN	90	182	01:36:52	
489	QUENTIN	SOMERSET	163	MSEN	91	183	01:36:20	
745	LLOYD	MORGAN	164	MSEN	92	184	01:37:11	SAN DOMENICO
679	BRIAN	CONERITY	165	MSEN	93	185	01:37:12	
786	DAVID	HATTO	166	M40	58	186	01:37:10	SOSPAN ROAD RUNNERS
345	HELEN	JONES	21	F35	9	187	01:37:16	
344	STEVEN	JONES	167	MSEN	94	188	01:37:16	
996	HYWEL	JAMES	168	MSEN	95	189	01:36:36	
718	GARETH	EDWARDS	169	MSEN	96	190	01:37:37	
108	MICHAEL	JONES	170	MSEN	97	191	01:36:26	
243	PAUL	REES	171	M40	59	192	01:36:52	

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443	CHRISTOPHER	FRANCIS	172	MSEN	98	193	01:37:26	
499	JAMES	LEWINDON	173	MSEN	99	194	01:37:09	
987	JOHN	REES	174	M40	60	195	01:37:15	
332	DEAN	LLEWELLYN	175	MSEN	100	196	01:37:28	SOUTH WALES POLICE
540	NICK	BLUNDELL	176	MSEN	101	197	01:37:09	
1014	ROBERT	JONES	177	MSEN	102	198	01:38:04	
866	RICHARD	DAY	178	M40	61	199	01:37:42	
797	CHRISTOPHER	HERDMAN	179	MSEN	103	200	01:37:55	
502	JULIAN	HOARE	180	MSEN	104	201	01:38:08	
644	STEVE	HOLE	181	M40	62	202	01:38:05	
59	NATALIE	DARLOW	22	FSEN	11	203	01:37:49	BIGGLESWADE AC
818	GARETH	SHERRINGTON	182	MSEN	105	204	01:37:47	CAERLEON RUNNING CLUB
1062	DARREN	STEVENS	183	MSEN	106	205	01:38:16	
756	STEPHEN	BASSETT	184	M40	63	206	01:38:29	
938	JULIAN	VANCE	185	M50	15	207	01:38:18	
163	JEREMY	LEWIS	186	M40	64	208	01:38:32	
79	JAMES	RODAWAY	187	MSEN	107	209	01:38:31	
78	PHINEAS	BROOK	188	MSEN	108	210	01:38:30	
358	JAMES	JENKINS	189	MSEN	109	211	01:38:23	
234	GERWYN	WADE	190	MSEN	110	212	01:37:27	FAT BOYS
171	AMANDA	JOHN	23	F35	10	213	01:38:30	AMMAN VALLEY HARRIERS
973	PHILLIP	THOMAS	191	M40	65	214	01:38:19	BRACKLA HARRIERS
568	MARTIN	HINES	192	MSEN	111	215	01:37:37	
994	RICHARD	PUGSLEY	193	MSEN	112	216	01:38:26	BBC RUNNERS
131	ANDREW	RUSSELL	194	MSEN	113	217	01:38:00	LES CROUPIERS
858	MARK	CONWAY	195	MSEN	114	218	01:37:48	
127	JULIA	FERGUSON	24	F35	11	219	01:38:43	PONTYPRIDD RODENTS
993	ANDREA	WILLIAMS	25	F35	12	220	01:37:55	ROAD RUNNERS CLUB
859	RUSSELL	CROCKER	196	MSEN	115	221	01:38:14	
960	G H	JENKINS	197	M40	66	222	01:38:54	AMMAN VALLEY HARRIERS
1030	PENELOPE	REES	26	FSEN	12	223	01:38:59	TROTS
80	GEORGIE	FLEMING	27	FSEN	13	224	01:38:37	BROMSGROVE AND REDDITCH AC

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201	TOM	PEARSON	198	MSEN	116	225	01:39:16	
70	DAVID HAYDN	JONES	199	MSEN	117	226	01:39:22	BUILTH & DISTRICT RC
518	MARK	OVERTON	200	MSEN	118	227	01:39:20	
2	ALED	REES	201	MSEN	119	228	01:38:39	
716	ABI	GERSTLE	28	FSEN	14	229	01:39:16	
623	STEVE	PRESS	202	MSEN	120	230	01:39:27	
789	JIM	DOBBS	203	M50	16	231	01:39:45	ISLWYN RUNNING CLUB
1056	JOHN	PARKINSON	204	M60	2	232	01:39:45	MUMBLES MILERS
517	STEPHEN	WRIGHT	205	M40	67	233	01:38:54	
675	MARKHOFF	BURKHARD	206	M40	68	234	01:39:52	SWANSEA HARRIERS
17	Noel Rees	Owen	207	M40	69	235	01:38:38	
169	TIM	JONES	208	MSEN	121	236	01:39:36	
906	SIMON	LISTER	209	MSEN	122	237	01:39:29	
972	DAVID	HARRIES	210	M50	17	238	01:39:45	
655	GARETH	MULA	211	MSEN	123	239	01:39:58	
750	JAMES	HORNER	212	MSEN	124	240	01:39:35	LES CROUPIERS
995	ANNABEL	CROUCHER	29	FSEN	15	241	01:39:30	
419	JUSTIN	LLOYD	213	MSEN	125	242	01:39:03	
550	STEVE	BOOL	214	M50	18	243	01:40:27	
671	JUDI	RHYS	30	F45	3	244	01:40:20	LES CROUPIERS
412	ARWYN	WILLIAMS	215	MSEN	126	245	01:40:30	
1069	CHRIS	HALL	216	M40	70	246	01:40:14	DORKING AND MOLE VALLEY AC
912	LLOYD	MORGAN	217	MSEN	127	247	01:40:39	
809	MICHAEL	THOMAS	218	M40	71	248	01:40:33	
624	DEAN	BIRT	219	MSEN	128	249	01:40:30	PONTYPRIDD RODENTS
724	RAY	MAJER	220	M50	19	250	01:40:42	SOSPAN ROAD RUNNERS
787	KEV	JOYCE	221	M40	72	251	01:40:03	
117	MARTIN FRANCIS	RADFORD	222	M40	73	252	01:40:42	
1041	ANGHARAD	MCFADYEN	31	FSEN	16	253	01:40:56	
643	PAUL	BROWN	223	MSEN	129	254	01:39:25	
545	RICHARD	PHILLIPS	224	MSEN	130	255	01:40:39	
575	PAUL	BIGMORE	225	M50	20	256	01:40:48	BRACKLA HARRIERS

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RN	Forename	Surname	Gen Pos	Cat	Cat Pos	Pos	Chip Time	Club
879	DAVID	HAMERSLEY	226	MSEN	131	257	01:40:09	
896	ALLAN	JONES	227	M50	21	258	01:40:42	BRACKLA HARRIERS
971	DESMOND	DAVIES	228	M50	22	259	01:40:40	LES CROUPIERS
1065	PAUL	WHITE	229	M40	74	260	01:41:33	
1081	JOHN	FAIRCLOUGH	230	M50	23	261	01:40:40	
50	GRAHAM	BIRD	231	MSEN	132	262	01:41:26	
461	BRIDGET	PARKINSON	32	FSEN	17	263	01:41:40	ABERYSTWYTH AC
118	SIAN ELISABETH	PHILLIPS	33	F45	4	264	01:41:35	SWANSEA HARRIERS
381	DAWNE	RANDELL	34	FSEN	18	265	01:41:40	
965	CHRISTIAN	LETESSIER	232	MSEN	133	266	01:41:16	
203	PHILIP	TUCKER	233	MSEN	134	267	01:41:21	
947	MATHEW	WILSON	234	MSEN	135	268	01:41:48	
446	JON	LEAR	235	M40	75	269	01:41:56	
9	CAPTAIN	BEANY	236	M50	24	270	01:41:44	
441	DAVID	BLOWER	237	M50	25	271	01:42:06	LEAMINGTON C & AC
166	JONNY	HAWKINS	238	MSEN	136	272	01:41:51	
631	DAFYDD	JONES	239	MSEN	137	273	01:41:50	
1019	BERNARD	HENDERSON	240	M50	26	274	01:40:59	
113	RICHARD	SPRINGETT	241	M40	76	275	01:41:39	
991	EMMA	DUPAIN	35	FSEN	19	276	01:42:00	EXMOUTH HARRIERS
796	KEITH	STARR	242	M50	27	277	01:42:01	
321	ANDREW	DAVIES	243	MSEN	138	278	01:42:19	
847	PAULA	ARNOLD	244	MSEN	139	279	01:41:44	3M's
887	DYLLAN	HUGHES	245	MSEN	140	280	01:42:05	
748	JASON	WOODRUFF	246	MSEN	141	281	01:42:34	
998	MANDY	PEACE	36	F35	13	282	01:42:33	SOSPAN ROAD RUNNERS
95	JULIE	THOMAS	37	F45	5	283	01:42:29	3M's
922	SUZIE	PUGH	38	F35	14	284	01:42:33	
861	SIMON	COX	247	M40	77	285	01:42:19	
950	PAUL	BEARD	248	MSEN	142	286	01:41:55	
1076	Lee	Bowen	249	MSEN	143	287	01:41:35	
68	RACHEL JANE	TOD	39	F35	15	288	01:42:35	ABERYSTWYTH AC

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Llanelli Waterside Half Marathon - Results 2008

RN	Forename	Surname	Gen Pos	Cat	Cat Pos	Pos	Chip Time	Club
84	GARETH	BUNSTON	250	MSEN	144	289	01:42:08	
815	RYAN	JONES	251	MSEN	145	290	01:42:23	
119	ANDREW JOHN	ROTHMELL	252	M40	78	291	01:42:40	
427	CELIA	SPEAKE	40	F35	16	292	01:42:43	BUILTH & DISTRICT RC
914	ALAN	MORRIS	253	M40	79	293	01:42:57	
542	JAMES	MCEWAN	254	MSEN	146	294	01:42:28	
541	OWEN	PRICE	255	MSEN	147	295	01:42:24	
390	PETER	MARSHALL	256	MSEN	148	296	01:43:22	
87	CARL	PARKER	257	MSEN	149	297	01:43:25	
389	BARRY	COWELL	258	MSEN	150	298	01:43:22	
729	RICHARD	KENINGTON	259	M50	28	299	01:43:13	HOGWEED TROTTERS
74	NEIL	HENDRY	260	M50	29	300	01:42:58	PENARTH & DINAS RUNNERS
319	CRISPIN	MASTERMAN	261	M60	3	301	01:42:37	
54	MARK	DAVIES	262	MSEN	151	302	01:43:22	
720	KATE	EVANS	41	FSEN	20	303	01:43:26	
682	DEWI	WAGSTAFF	263	MSEN	152	304	01:42:41	
690	MICHAEL	HODGES	264	M50	30	305	01:43:40	RHAYADER AC WAA AFFILIATED RU
772	NIGEL	COWAN	265	M60	4	306	01:43:47	
91	MICHAEL JOHN	LAWRENCE	266	M50	31	307	01:43:51	PEMBROKESHIRE HARRIERS
806	SARAH	STEVENSON	42	FSEN	21	308	01:43:34	
366	PETER	HAWKINS	267	M40	80	309	01:43:48	
709	CLARA	HATFIELD	43	FSEN	22	310	01:43:48	WOMENS RUNNING NETWORK
341	MICK	GRANT	268	M50	32	311	01:42:45	ROAD RUNNERS CLUB
436	MARC	GRAY	269	MSEN	153	312	01:43:23	
1059	STEPHEN	RODERICK	270	MSEN	154	313	01:43:30	
501	JAMES	WALKERDINE	271	MSEN	155	314	01:43:11	
977	JULIE	WEBSTER	44	F35	17	315	01:44:07	BRACKLA HARRIERS
595	ALAN	REES	272	M50	33	316	01:44:00	
134	NIGEL	ANDREWS	273	M50	34	317	01:44:01	GREAT WESTERN RUNNERS
700	DEAN	BROWN	274	MSEN	156	318	01:44:03	
761	RICHARD	BOLDERO	275	MSEN	157	319	01:43:44	
455	TOM	SUNG	276	MSEN	158	320	01:43:34	

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Llanelli Waterside Half Marathon - Results 2008

RN	Forename	Surname	Gen Pos	Cat	Cat Pos	Pos	Chip Time	Club
939	GRAHAM	VYNER	277	MSEN	159	321	01:43:40	3M's
762	MATTHEW	HUSSAIN	278	MSEN	160	322	01:43:50	
881	STEVE	HILL	279	M40	81	323	01:44:04	PENARTH & DINAS RUNNERS
989	PAUL	RUNDLE	280	M40	82	324	01:43:55	
711	ANDY	COOK	281	MSEN	161	325	01:43:16	
510	GAVIN	JONES	282	MSEN	162	326	01:43:36	
399	REBECCA	MILNOR	45	FSEN	23	327	01:43:53	
978	SCOTT	JENKINS	283	MSEN	163	328	01:44:18	
625	RHYS	JENKINS	284	MSEN	164	329	01:44:18	
961	MICHAEL	CAULFIELD	285	MSEN	165	330	01:43:37	
821	NICK	HOLT	286	MSEN	166	331	01:44:04	CHEPSTOW HARRIERS
898	LAUREN	JONES	46	FSEN	24	332	01:44:30	SUTTON RUNNER
145	IAN	MOORE	287	MSEN	167	333	01:44:47	
175	EMMA	GRIFFITHS	47	FSEN	25	334	01:44:52	
526	MALCOLM	BOOY	288	MSEN	168	335	01:45:03	
454	LORRAINE	COOPEY	48	F35	18	336	01:45:12	
999	LISA	KEAR	49	F35	19	337	01:44:15	
760	DALE	LORD	289	MSEN	169	338	01:44:47	
224	JONATHAN	KINNEAR	290	M40	83	339	01:44:53	
618	JOSIE	EVANS	50	F35	20	340	01:45:04	BLACK SHEEP SPORTS
189	HAYLEY	GRIFFITHS	51	FSEN	26	341	01:45:22	
503	SEAN	GRANVILLE	291	MSEN	170	342	01:45:12	
588	BOB	GARDINER	292	M40	84	343	01:45:12	TEAM WECORI
46	PAUL	GILLARD	293	M40	85	344	01:45:08	
31	PETA	DANIELS	52	F35	21	345	01:45:00	LLISWERRY
747	PAUL	SEARLE	294	M40	86	346	01:45:21	
280	NERYS	JONES	53	FSEN	27	347	01:45:57	
335	DAWN	DAVIES	54	FSEN	28	348	01:45:01	
240	ALUN	DAVIES	295	MSEN	171	349	01:45:52	
839	OWAIN	GRIFFITHS	296	MSEN	172	350	01:45:49	SCOOP CLUB
296	CATRIN	DANIELS	55	FSEN	29	351	01:45:35	BARNET AND DISTRICT
853	MARTYN	BROWN	297	M40	87	352	01:45:56	

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Llanelli Waterside Half Marathon - Results 2008

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556	BARRY	TOLMAN	298	MSEN	173	353	01:45:11	
734	PETER	GRIFFITHS	299	M40	88	354	01:45:24	
263	ANNELIESE	GILBERT	56	F35	22	355	01:46:09	
423	BETTINA	HAMMER	57	FSEN	30	356	01:46:06	LONDON HEATHSIDE
498	ANTONIA	KANCZULA	58	FSEN	31	357	01:46:07	HEATHSIDE
579	WILLIAM	DENNY	300	MSEN	174	358	01:46:24	
870	KEVIN	DRAPER	301	MSEN	175	359	01:46:08	
1023	SARA	GRIFFITHS	59	FSEN	32	360	01:46:50	NEATH HARRIERS
497	JOHANNA	TUCKER	60	F35	23	361	01:46:28	
1032	CHRIS	HUMPHREYS	302	MSEN	176	362	01:46:59	
992	MATTHEW	HUMPHREYS	303	MSEN	177	363	01:47:02	
552	HAYLEY	SWAINE	61	FSEN	33	364	01:47:07	
964	IOAN	EVANS	304	MSEN	178	365	01:46:48	
577	ANDREW	MUNDY	305	MSEN	179	366	01:46:25	
563	MICHAEL	PURSEY	306	MSEN	180	367	01:47:05	
1011	TERRY	GOVER	307	M50	35	368	01:47:06	PEMBROKESHIRE TRIATHLON CLUB
352	CHRISTINE	LLOYD	62	F45	6	369	01:47:21	SWANSEA HARRIERS
1037	STEWART	LUCITT	308	MSEN	181	370	01:46:39	
620	MATTHEW	HEIRENE	309	MSEN	182	371	01:47:33	
665	EMYR	THOMAS	310	MSEN	183	372	01:47:34	
159	LEE JAMES	HOMEYARD	311	MSEN	184	373	01:47:59	
400	DAN	MILNOR	312	MSEN	185	374	01:47:16	ARMY
652	MARTYN	EVANS	313	MSEN	186	375	01:48:02	
1066	CLIVE	WILLIAMS	314	M40	89	376	01:47:35	
1053	NEIL	LEWIS	315	M40	90	377	01:48:16	MUMBLES MILERS
940	PETER	WARMSLEY	316	MSEN	187	378	01:48:05	
707	MARK	WHITBY	317	MSEN	188	379	01:47:55	
701	JACQUELYN	SHELDON	63	F35	24	380	01:48:22	
901	PAUL	JONES	318	MSEN	189	381	01:48:37	
913	PAUL	MORGAN	319	M50	36	382	01:48:47	
1013	MALCOLM	JONES	320	M50	37	383	01:48:56	BRACKLA HARRIERS
606	TOM	COPE	321	MSEN	190	384	01:48:07	

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Llanelli Waterside Half Marathon - Results 2008

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835	GREG	BELL	322	M50	38	385	01:48:51	LONDON HEATHSIDE
915	DOMINIC	NORCROSS	323	MSEN	191	386	01:48:55	
416	IAN	TUCKER	324	M40	91	387	01:48:40	
1026	MANIE	TANG	325	MSEN	192	388	01:48:25	ESPORTA GLAMORGAN
370	VICTORIA	JACKSON	64	FSEN	34	389	01:49:09	
1024	ANNWEN	JAMES	65	F35	25	390	01:49:09	ABERYSTWYTH AC
899	NIGEL	JONES	326	M40	92	391	01:48:15	
695	MIKE	ALLEN	327	MSEN	193	392	01:49:11	
927	RICHARD	SAMUEL	328	MSEN	194	393	01:48:29	
97	PHILLIP ANDREW	WILLIAMS	329	M40	93	394	01:49:19	
379	RACHEL	LEWIS	66	FSEN	35	395	01:49:02	
475	KASSI	WOLF	330	MSEN	195	396	01:49:14	
507	DAVID	OWEN	331	MSEN	196	397	01:49:12	
908	ALLAN	MAGUIRE	332	MSEN	197	398	01:48:31	CARDIGAN RC
819	GEMMA	MORGAN	67	FSEN	36	399	01:49:45	
934	DERWYN	THOMAS	333	MSEN	198	400	01:49:16	
712	PETER	BALL	334	MSEN	199	401	01:48:47	CHEPSTOW HARRIERS
782	DAVID	MATHIAS	335	MSEN	200	402	01:49:17	
725	ANDREW	WHITE	336	MSEN	201	403	01:49:02	
360	JON	WILKS	337	M40	94	404	01:49:27	
194	SARAH	LEWIS	68	F35	26	405	01:49:36	
247	RHODRI	WILLIAMS	338	MSEN	202	406	01:49:31	
176	RUSSELL	VANSTONE	69	F35	27	407	01:50:01	
622	EVA	COOK	70	F55	1	408	01:50:03	SOSPAN ROAD RUNNERS
749	SARAH	EVANS	71	FSEN	37	409	01:49:41	BUILTH & DISTRICT RC
324	JAMES	DAVIES	339	MSEN	203	410	01:49:58	3M's
255	ALEX	OKEEFE	340	MSEN	204	411	01:50:07	WESTBURY HARRIERS
813	KEVIN	MCINTOSH	341	M40	95	412	01:50:26	
645	RICHARD	SKINNER	342	MSEN	205	413	01:50:09	
277	PHIL	BAILEY	343	MSEN	206	414	01:49:47	
521	RUTH	NEWMAN	72	F35	28	415	01:49:18	VEGANRUNNERS
300	MICHAEL	REED	344	M40	96	416	01:50:32	

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Llanelli Waterside Half Marathon - Results 2008

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630	ALISON	NICHOLLS	73	F45	7	417	01:50:08	BRECON ATHLETIC
880	GERAINT	HARDY	345	MSEN	207	418	01:50:24	
413	DAVE	WEBSTER	346	M40	97	419	01:49:49	
800	DAVID	PROFFITT	347	M50	39	420	01:50:21	NEWPORT HARRIERS AC
754	CHRISTOPHER	HOWARTH	348	M40	98	421	01:50:52	
1055	DANIEL	PALMER	349	MSEN	208	422	01:51:07	
34	NICOLA	ROBERTS	74	F35	29	423	01:50:52	
18	LEE	HODGSON	350	MSEN	209	424	01:51:15	
424	JUSTIN	WOOLEN	351	MSEN	210	425	01:50:38	
386	CAROL	BLOWER	75	F45	8	426	01:51:16	LEAMINGTON C & AC
626	SARAH	JAMES	76	F35	30	427	01:51:00	BUILTH & DISTRICT RC
857	ANGELA	CLEMENTS	77	FSEN	38	428	01:50:37	
558	CRAIG	PEARCE	352	MSEN	211	429	01:50:54	
727	CLARE	WILLIAMS	78	F35	31	430	01:51:22	
948	JODI	BATEMAN	79	FSEN	39	431	01:51:14	
1070	Ian	Evans	353	MSEN	212	432	01:50:56	
900	PATRICIA	JONES	80	F45	9	433	01:50:59	BRACKLA HARRIERS
801	JEFF	EVANS	354	M40	99	434	01:51:20	LLANELLI AAC
875	MATHEW	FINCHER	355	MSEN	213	435	01:51:39	SOSPAN ROAD RUNNERS
447	ROBERT	COLLINGS	356	MSEN	214	436	01:50:25	
967	LUKE	ROWDEN	357	MSEN	215	437	01:51:17	
110	STEVEN	WILLIAMS	358	MSEN	216	438	01:50:38	
94	KIM	TARGETT-ADAMS	81	FSEN	40	439	01:50:55	
350	ANDY	SILK	359	M50	40	440	01:51:31	CHEPSTOW HARRIERS
316	MARK	DAVIES	360	M40	100	441	01:52:02	
155	ALUN	JOB	361	MSEN	217	442	01:51:37	
252	COLIN	BLACKWELL	362	M40	101	443	01:51:37	
270	MEIRION	EVANS	363	MSEN	218	444	01:51:36	
406	CHRIS	LEACH	364	MSEN	219	445	01:51:13	
851	JOANNE	BREWSTER	82	F35	32	446	01:52:11	SOSPAN ROAD RUNNERS
132	GEMMA LOUISE	BAILEY	83	FSEN	41	447	01:51:49	
966	JULIE	SHIELDS	84	FSEN	42	448	01:52:20	

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Llanelli Waterside Half Marathon - Results 2008

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884	KATE	HOVERS	85	F45	10	449	01:52:28	
156	BRYAN	REES	365	M50	41	450	01:51:52	
1075	HEULWEN	JAMES	86	F35	33	451	01:52:18	
1074	RICHARD	JAMES	366	M40	102	452	01:52:19	
598	JO	LORD	87	F45	11	453	01:52:35	HAY HOTFOOTERS
780	SEAN	SANDERS	367	M40	103	454	01:52:40	
254	AMANDA-JANE	MORGAN	88	FSEN	43	455	01:53:03	TROTS
721	CATHERINE	HEERY	89	FSEN	44	456	01:53:06	
715	ADAM	BERE	368	MSEN	220	457	01:52:21	MUMBLES MILERS RRC
795	ANNA	HILL	90	F35	34	458	01:52:50	
275	MARK	CARTER	369	M40	104	459	01:52:51	
101	ALED	WILLIAMS	370	M40	105	460	01:52:49	
886	JOSSIE	HUNSDON	91	F35	35	461	01:53:29	
260	BEN	SEABOURNE	371	MSEN	221	462	01:52:58	
317	DAVID	EVANS	372	MSEN	222	463	01:52:52	
212	JANICE	CLEMENT	92	F45	12	464	01:52:50	PENARTH & DINAS RUNNERS
615	BRYAN	MATHIAS	373	MSEN	223	465	01:53:16	LIMERICK TRIATHLON CLUB
40	LEE	WOOLLES	374	MSEN	224	466	01:52:48	
692	NIGEL	WILLIAMS	375	M40	106	467	01:53:39	
452	KARL	STEVENS	376	M40	107	468	01:53:09	
673	KELLINU	PORTELLI	377	M40	108	469	01:53:51	LES CROUPIERS
648	DAVID	MCDONALD	378	MSEN	225	470	01:53:51	
1015	SIAN	JONES	93	FSEN	45	471	01:53:27	
404	SION	EDWARDS	379	MSEN	226	472	01:53:58	
759	WARREN	POLE	380	MSEN	227	473	01:53:31	
133	PAUL DAVID	GOODRIDGE	381	MSEN	228	474	01:54:07	
791	DEAN	PERRY	382	MSEN	229	475	01:53:45	
646	ANDREW	ABRONS	383	M40	109	476	01:53:39	
429	SIMONE	EADE	94	FSEN	46	477	01:54:09	
803	STEPHEN	HISCOCKS	384	MSEN	230	478	01:53:58	
139	ROBIN	MILLMAN	385	M40	110	479	01:54:05	DAWLISH COASTERS
668	JOHN	PHILLIPS	386	M60	5	480	01:54:07	CHEPSTOW HARRIERS

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Llanelli Waterside Half Marathon - Results 2008

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1079	DAVID	ELVY	387	M40	111	481	01:53:58	
1061	BERNARD	STEVENS	388	M60	6	482	01:54:22	
299	JOHN	FRY	389	M60	7	483	01:54:38	FAIRWATER RUNNERS
873	BRYAN	EVANS	390	M40	112	484	01:54:40	
799	MIKE	HODGES	391	M50	42	485	01:54:35	TROT
505	HANNAH	NOTTLE	95	FSEN	47	486	01:54:54	BUILTH & DISTRICT RC
543	PHILIP	STRAW	392	M40	113	487	01:54:30	
459	HELEN	MURRAY	96	FSEN	48	488	01:54:55	
374	CLARE	JONES	97	FSEN	49	489	01:54:56	
249	AMANDA	JENKINS	98	F35	36	490	01:55:07	
962	GILLIAN	MASON	99	F45	13	491	01:54:52	GLAMORGAN HEALTH & RACQUETS
527	ANDREW	GEORGE	393	M40	114	492	01:54:43	CHEPSTOW HARRIERS
426	DUDLEY	ASHFORD	394	MSEN	231	493	01:55:25	
72	JACQUELINE	KING	100	F35	37	494	01:54:52	
741	NICHOLAS	JOHN	395	M40	115	495	01:54:28	
777	ELSPETH	JARMAN	101	F45	14	496	01:54:39	
770	TOM	FURNESS	396	M60	8	497	01:55:03	TROTS
397	RUTH	GRONIMUS	102	F35	38	498	01:54:59	
384	NOEL	BUTLER	397	M50	43	499	01:55:48	LEAMINGTON C & AC
888	STEPHEN	HUNT	398	M60	9	500	01:54:52	
841	PAULA	ACE	103	F35	39	501	01:55:05	
519	AMY	JONES	104	FSEN	50	502	01:55:22	
1050	SIMON	PARFITT	399	MSEN	232	503	01:55:23	
918	LYNNE	PARRY	105	FSEN	51	504	01:55:26	
942	JOHN	WILKINS	400	M40	116	505	01:55:17	
179	STEVE	MILLARD	401	M40	117	506	01:55:19	
929	LINDA	STAVES	106	F45	15	507	01:55:01	LUDLOW RC
904	CHRISTINA	LAVELLE	107	F45	16	508	01:55:37	HAY FOOTERS
506	GARTH	GIESBRECHT	402	M50	44	509	01:54:57	
548	KIM	HOWELL	108	F45	17	510	01:55:35	CAERLEON RUNNING CLUB
976	ELIZABETH	PEARCE	109	F35	40	511	01:56:28	BRACKLA HARRIERS
980	OWEN	MORGAN	403	M40	118	512	01:56:02	

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Llanelli Waterside Half Marathon - Results 2008

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587	MELANIE	EVANS	110	F35	41	513	01:56:33	
959	ARWEL	JONES	404	MSEN	233	514	01:56:07	
481	NICK	THORNE	405	MSEN	234	515	01:56:03	
764	ROBERT	MONTICELLI	406	M50	45	516	01:56:28	
848	MARTIN	BENNETT	407	MSEN	235	517	01:55:57	
1047	BEVERLY	ROGERS	111	F35	42	518	01:56:39	
111	SHARON PATRICIA	HENTON	112	F35	43	519	01:56:11	
112	PAUL RHYS	HENTON	408	MSEN	236	520	01:56:11	
154	JULIE	ARCHER	113	F35	44	521	01:56:24	WOMENS RUNNING NETWORK
204	BERIAN	DAVIES	409	M50	46	522	01:56:31	
837	CHRISTINE	ADAMS	114	FSEN	52	523	01:56:48	
586	HANNAH	DARLING	115	FSEN	53	524	01:56:23	
102	LIDIA	DE OLRE JEMENEZ	116	FSEN	54	525	01:56:34	
52	DEREK WILLIAMS	ROBERTS	410	MSEN	237	526	01:57:01	
329	JANE	LAVELLE	117	F45	18	527	01:56:40	LLISWERRY
330	HOWARD	ATWOOD	411	M50	47	528	01:56:40	LLISWERRY
926	KATE	ROWLANDS	118	FSEN	55	529	01:56:46	ISLWYN RUNNING CLUB
601	NINA	BROCKLEBANK	119	F35	45	530	01:57:14	WOMENS RUNNING NETWORK
763	RICHARD	DONNE	412	M40	119	531	01:56:42	3M's
1085	NEIL	JENKINS	413	M40	120	532	01:57:17	
494	STEPHEN	EVANS	414	MSEN	238	533	01:56:53	
457	GRAHAM	TUCKWOOD	415	M40	121	534	01:56:56	
1082	Peter	Hart	416	MSEN	239	535	01:56:21	
528	PHILIP	SCRIVEN	417	M40	122	536	01:56:58	CHEPSTOW HARRIERS
537	JOANNA	OWEN	120	F35	46	537	01:57:13	
911	JOANNE	MORGAN	121	F35	47	538	01:57:20	BUILTH & DISTRICT RC
982	SAMYA	OBAJI	122	FSEN	56	539	01:56:31	
116	RHIAN	JONES	123	FSEN	57	540	01:56:57	
667	ANDREA	GRIFFITHS	124	F35	48	541	01:57:27	
696	KEITH	COLEMAN	418	MSEN	240	542	01:57:21	
69	CAROLINE	JONES	125	F35	49	543	01:57:28	BUILTH & DISTRICT RC
395	TERRY	SHORE	419	M50	48	544	01:57:01	

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Llanelli Waterside Half Marathon - Results 2008

RN	Forename	Surname	Gen Pos	Cat	Cat Pos	Pos	Chip Time	Club
148	AMANDA	BUTLER	126	F35	50	545	01:57:07	
421	GLENDA	ROBERTS	127	F45	19	546	01:57:08	ABERYSTWYTH AC
590	RIAH	JONES	128	FSEN	58	547	01:57:42	
676	NOEL	POWELL	420	M40	123	548	01:57:46	SOSPAN ROAD RUNNERS
602	NIGEL	DAVIES	421	M40	124	549	01:58:11	
1068	Michelle	Meredith	129	F35	51	550	01:58:01	
1027	KATALINA	PLUNKETT-REED	130	FSEN	59	551	01:57:21	
974	JASON	CURTIS	422	MSEN	241	552	01:57:49	
871	GILLIAN	WILLIAMS	131	F35	52	553	01:58:09	
890	MIKE	JAMES	423	M60	10	554	01:57:57	LES CROUPIERS
811	BARRY	JAMES	424	M50	49	555	01:57:57	
328	TRACEY	SHARRATT	132	FSEN	60	556	01:58:37	TROTS
554	GARETH	HOLYFIELD	425	M40	125	557	01:57:50	
407	SARAH	WILLIAMS	133	FSEN	61	558	01:57:56	
746	PAULINE	REES	134	F45	20	559	01:58:42	
561	HUSSAIN	RUBBAN	426	MSEN	242	560	01:58:54	
401	LAURA	JENKINS	135	FSEN	62	561	01:58:58	
348	OONA	CRAWFORD	136	F45	21	562	01:59:01	TROTS
105	HELEN MARY	ABBOTT	137	F45	22	563	01:58:42	
458	KATE	ICETON	138	F35	53	564	01:58:29	
604	GARETH	JENKINS	427	M40	126	565	01:58:34	CHEPSTOW HARRIERS
463	MARK	WILLIAMSON	428	M40	127	566	01:58:20	ROAD RUNNERS CLUB
465	ANDREW	BOOTH	429	M50	50	567	01:58:20	ROAD RUNNERS CLUB
656	STEPHEN	PALMER	430	M40	128	568	01:58:52	
42	SIMON	CLARKE	431	MSEN	243	569	01:59:00	
445	HUGH	MORGAN	432	MSEN	244	570	01:58:09	
235	RUSSELL	SEARLE	433	M40	129	571	01:59:36	
313	STUART	BARNES	434	M40	130	572	01:59:55	
391	HUW	DAVIES	435	MSEN	245	573	01:59:51	
608	CAROLINE	JONES	139	F35	54	574	01:59:29	WOMENS RUNNING NETWORK
778	ALUN	PARRY	436	MSEN	246	575	01:59:11	
493	LEE	JENKINS	437	MSEN	247	576	01:59:09	

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Llanelli Waterside Half Marathon - Results 2008

RN	Forename	Surname	Gen Pos	Cat	Cat Pos	Pos	Chip Time	Club
492	MATTHEW	JONES	438	MSEN	248	577	01:59:10	
742	ANDREW	LIGHT	439	M40	131	578	01:59:39	
193	ALISON	FOREMAN	140	FSEN	63	579	01:59:52	
860	RICHARD	COUSINS	440	MSEN	249	580	01:59:07	
755	SIAN	WIGLEY	141	F45	23	581	02:00:22	
639	RACHEL	BOWEN	142	FSEN	64	582	02:00:31	
37	JENNY	BARBER	143	FSEN	65	583	01:59:56	
22	RHIAN	EVANS	144	F35	55	584	02:00:18	
930	PETER	STAVES	441	M50	51	585	01:59:51	
1051	RICHARD	PENNELL	442	MSEN	250	586	02:00:20	
1003	MIKE	AHNTHONY	443	M40	132	587	01:59:58	
1022	STEVE	LAWRENCE	444	MSEN	251	588	02:00:31	
153	STEVEN	CARD	445	MSEN	252	589	02:00:41	
854	MICHAEL	BROWN	446	M50	52	590	02:00:33	
376	LEE	RANCE	447	MSEN	253	591	02:00:43	
167	STEPHEN	JOB	448	M40	133	592	02:00:33	
393	SIMON	ELIAS	449	M50	53	593	02:01:29	
776	RACHEL	NEWTON	145	FSEN	66	594	02:01:07	WOMENS RUNNING NETWORK
178	ALAN	LEGG	450	MSEN	254	595	02:00:31	
221	CHRISTOPHER	SIMONSON	451	M50	54	596	02:01:13	
617	NIGEL LEIGHTON	JONES	452	M50	55	597	02:01:52	
768	CELIA	WELLS	146	F55	2	598	02:01:15	ABERGAVENNY STRIDERS
769	DAVID	THOMAS	453	M50	56	599	02:01:17	ABERGAVENNY STRIDERS
792	HELEN WYN	WILLIAMS	147	F35	56	600	02:01:45	
576	DAVID	LEWIS	454	M50	57	601	02:01:39	
662	C	JONES	148	FSEN	67	602	02:01:49	
75	JOANNA ZOE	HENDRY	149	F35	57	603	02:01:42	PENARTH & DINAS RUNNERS
810	CHRIS	COGSWELL	455	MSEN	255	604	02:02:28	
1034	MICHELLE	SHORNEY	150	F45	24	605	02:02:03	BRACKLA HARRIERS
591	LEAH	WILLIAMS	151	FSEN	68	606	02:02:21	
555	PAUL	ROBINSON	456	MSEN	256	607	02:01:45	
842	RICHARD	ADAMS	457	M40	134	608	02:01:43	

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Llanelli Waterside Half Marathon - Results 2008

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89	FIONA	GWYTHER	152	F35	58	609	02:02:15	PEMBROKESHIRE HARRIERS
451	DAVID	MARSHALSAY	458	M40	135	610	02:3:00	
562	MARK	ROWLANDS	459	MSEN	257	611	02:03:12	
753	SIMONE	PINNINGTON	153	F45	25	612	02:03:29	
484	TRACY	EDWARDS	154	F35	59	613	02:02:49	
297	HEATHER	PAYTON	155	F55	3	614	02:03:18	TRENT PARK RC
632	MOIRA	EDWARDS	156	F35	60	615	02:03:24	
722	SABINA	MEEHAN	157	F35	61	616	02:02:52	
278	WILLIAM	MARKS	460	M40	136	617	02:03:47	
149	SHARON	DAVIES	158	F35	62	618	02:03:28	
157	CAROL ANN	PHILLIPS	159	F55	4	619	02:03:23	
569	KATE	BROOKS	160	F35	63	620	02:03:30	
104	MARTIN	BROWNE	461	MSEN	258	621	02:03:55	BRECON MULTISPORT
1072	LEANNE	JOSHUA	161	FSEN	69	622	02:03:55	
109	SUZIE	SHEPHERD	162	F35	64	623	02:03:59	CHEPSTOW HARRIERS
1083	GILL	ELLIS	163	F45	26	624	02:04:02	CHEPSTOW HARRIERS
216	SUE	HARRIS	164	F35	65	625	02:03:49	
369	MANDY	BEER	165	F45	27	626	02:04:41	WOMENS RUNNING NETWORK
798	BETHAN	HEMPSTEAD	166	FSEN	70	627	02:04:20	
757	NEIL	HEMPSTEAD	462	M50	58	628	02:04:20	
273	ADRIAN	DAVIES	463	MSEN	259	629	02:04:06	CITY OF LONDON POLICE A/C
693	DEBORAH	MORGAN	167	F35	66	630	02:5:00	
433	STEVEN	WYNDHAM	464	MSEN	260	631	02:04:18	
923	ANDREW	REES	465	M40	137	632	02:05:19	
963	JAMES	MASON	466	MSEN	261	633	02:04:54	GLAMORGAN HEALTH & RACQUESTS C
651	ROBERT	MCFARLANE	467	MSEN	262	634	02:04:33	
970	STEVEN	WALSH	468	MSEN	263	635	02:05:03	
471	PAULINE	THOMAS	168	F55	5	636	02:05:41	TROTS
553	DOLORES	DONNELLY	169	F45	28	637	02:05:34	WOMENS RUNNING NETWORK
525	FINOLA	WILSON	170	F35	67	638	02:04:58	WOMENS RUNNING NETWORK
538	LIZ	LOVELL	171	F35	68	639	02:04:57	WOMENS RUNNING NETWORK
585	POLLY	GROOM	172	FSEN	71	640	02:05:07	WOMENS RUNNING NETWORK

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Llanelli Waterside Half Marathon - Results 2008

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431	SIAN	BROWN	173	F45	29	641	02:05:45	
434	ANNETTE	WYNDHAM	174	F35	69	642	02:05:08	
47	ARANKA	PRATT	175	F55	6	643	02:05:19	
422	JENNY	CONWAY	176	F50	72	644	02:05:31	
490	LIZ	WILLEY	177	F50	73	645	02:05:34	
536	ANDREW	JOB	469	M40	138	646	02:05:32	
830	BILLIE	HOUSTON	178	F45	30	647	02:05:24	
162	JANE	ALLELY	179	F35	70	648	02:05:43	
603	LLINOS	ROBERTS	180	F50	74	649	02:05:58	
956	GEORGE	VENABLES	470	M50	59	650	02:05:50	SOUTH WALES CONSTABULARY A C
1036	CATHERINE	LLEWELLYN	181	F35	71	651	02:06:56	
1042	TOMAS	FORSEY	471	M50	264	652	02:06:37	
1020	KATHLEEN	EVANS	182	F55	7	653	02:06:34	BRIDGENC ATHLETIC
931	YVONNE	STRODE	183	F50	75	654	02:07:14	
168	DELLA	GRIFFITHS	184	F35	72	655	02:06:55	PEMBROKESHIRE HARRIERS
957	PHILIP	JONES	472	M40	139	656	02:07:45	PRESTEIGNE PACERS
83	CATRIN MAI	EVANS	185	F35	73	657	02:06:48	
909	SARAH	MAGUIRE	186	F50	76	658	02:06:46	CARDIGAN RC
98	RACHEL-MARY	HARWOOD	187	F50	77	659	02:07:14	
372	CHARLOTTE	SHEPHERD	188	F50	78	660	02:07:15	DORSET DODDLERS
1058	CARYS	RODERICK	189	F50	79	661	02:07:53	WOMENS RUNNING NETWORK
382	SHAUN	EMMS	473	M60	11	662	02:07:55	HAY HOTFOOTERS
574	STEPHEN	VALE	474	M50	265	663	02:08:08	
361	STEVE	MADDEN	475	M40	140	664	02:07:51	
889	HELEN	HUNT	190	F55	8	665	02:07:36	
975	BERNARD	MCCARTHY	476	M60	12	666	02:07:32	
804	BETHAN	HISCOCKS	191	F35	74	667	02:07:56	
932	MICHAEL	TERRY	477	M50	60	668	02:08:50	
90	FIONA	NEILL	192	F35	75	669	02:8:00	MUMBLES MILERS RRC
733	KEVIN	CHIDWICK	478	M40	141	670	02:07:56	CARDIFF TRIATHLETES
1006	MARY	DAVIES	193	F45	31	671	02:08:37	
184	EMMA	HUMPHREYS	194	F50	80	672	02:08:11	

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Llanelli Waterside Half Marathon - Results 2008

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767	HANNAH	HARRIES	195	FSEN	81	673	02:08:46	
546	LISA	GRIFFITHS	196	FSEN	82	674	02:08:25	
592	BARBARA	THOMAS	197	F55	9	675	02:08:24	PEMBROKESHIRE HARRIERS
844	LEIGH	ALFORD	479	M40	142	676	02:09:18	
1029	DARRYL	GRIFFITHS	480	MSEN	266	677	02:09:17	
301	ANGELA	REED	198	F35	76	678	02:09:30	
306	SOPHIE	REES	199	F35	77	679	02:09:31	
198	TINA	THOMAS	200	F35	78	680	02:09:16	
144	PAULINE	CHARLETT	201	F45	32	681	02:08:53	PEMBROKESHIRE HARRIERS
85	MATTHEW	COWELL	481	MSEN	267	682	02:09:11	
612	RHIAN WYN	BURNE	202	F35	79	683	02:08:53	
730	ELENA	LEWIS	203	F35	80	684	02:08:53	
200	ALLISON	JONES	204	FSEN	83	685	02:09:45	
326	MATT	BASSETT	482	MSEN	268	686	02:09:19	
274	DAVID	REES	483	M40	143	687	02:09:13	FAT BOYS
907	CLARE	LLOYD	205	FSEN	84	688	02:09:57	
63	SANDRA JANE	RADFORD	206	F35	81	689	02:09:55	
705	NATASHA	FRY	207	FSEN	85	690	02:09:25	
271	KATHRYN	DAVIES	208	F35	82	691	02:10:12	
706	K	CHADWELL	209	F35	83	692	02:09:33	WOMENS RUNNING NETWORK
589	KATE	QUICK	210	FSEN	86	693	02:09:51	
613	THOMAS	FRICKE	484	MSEN	269	694	02:10:04	
45	ANGELA	HARRIS	211	FSEN	87	695	02:09:59	
855	MARIANNE	BURRIDGE	212	F45	33	696	02:09:59	FAIRWATER RUNNERS
20	SHEILA	CURRAN	213	F45	34	697	02:10:54	WOMENS RUNNING NETWORK
16	JILL	COLMAN	214	F35	84	698	02:10:26	PEMBROKESHIRE HARRIERS
10	ALAN J	ROBERTS	485	M50	61	699	02:11:14	
954	HELEN	ROBERTS	215	F35	85	700	02:10:34	
472	GARETH	MORGAN	486	MSEN	270	701	02:10:47	
409	DIANE	KEEN	216	F35	86	702	02:11:25	
533	DELYTH	MCFARLANE	217	F35	87	703	02:11:15	
524	BETHAN	GRIFFITH	218	F35	88	704	02:11:39	

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Llanelli Waterside Half Marathon - Results 2008

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420	CLAIRE	MILNER	219	F55	10	705	02:11:29	HAY HOTFOOTERS
410	DARRYLL	HOWELLS	487	M40	144	706	02:11:08	
292	DARREN	EVANS	488	MSEN	271	707	02:11:18	
213	KIRSTY	HARRIS	220	FSEN	88	708	02:11:48	
56	MARTIN CHARLES	DYDE	489	M40	145	709	02:11:44	PEMBROKESHIRE HARRIERS
27	ALISON	GRIFFITHS	221	F35	89	710	02:11:44	PEMBROKESHIRE HARRIERS
836	MARK	WAUGH	490	MSEN	272	711	02:11:42	
919	SUSAN	PENDLETON	222	F35	90	712	02:12:05	WOMENS RUNNING NETWORK
941	HELEN	WELCH	223	F45	35	713	02:12:22	WOMENS RUNNING NETWORK
237	PETER	ORPHAN	491	MSEN	273	714	02:12:15	
817	DEIRDRE	O' ROURKE	224	FSEN	89	715	02:12:57	
64	RAYMOND PAUL	GREENWOOD	492	M50	62	716	02:12:45	
775	RICHARD	PAYNE	493	M40	146	717	02:12:55	GLAMORGAN HEALTH & RACQUET
868	NIA	DICKIE	225	F35	91	718	02:12:53	
831	RACHEL	PARTRIDGE	226	F35	92	719	02:13:12	BOURNVILLE HARRIERS
48	LINDA	SMITH	227	F45	36	720	02:12:33	
1000	GREG	HARVEY	494	M50	63	721	02:12:38	
1084	JULIE	KITCHING	228	FSEN	90	722	02:13:11	
289	CHRIS	GIBBONS	495	M50	64	723	02:12:44	
523	CAROL	OWEN	229	F45	37	724	02:13:28	
287	VICTORIA	WOODSFORD	230	FSEN	91	725	02:13:09	
285	DAI	WOODSFORD	496	MSEN	274	726	02:13:09	
61	JANET A	BELL	231	F55	11	727	02:12:58	PEMBROKESHIRE HARRIERS
146	MADELEINE	BLAND	232	F55	12	728	02:12:58	PEMBROKESHIRE HARRIERS
334	CAROL	GUNN	233	F45	38	729	02:13:13	
333	GRAHAM	GUNN	497	M50	65	730	02:13:13	
1001	DAVID	WRIGHT	498	MSEN	275	731	02:13:41	
428	KAREN	DUSGATE	234	F35	93	732	02:13:18	
605	AMIT	BENJAMIN	499	MSEN	276	733	02:13:17	
122	ANDREA IRENE	JONES	235	F35	94	734	02:13:45	
394	LIZ	WAITES	236	F45	39	735	02:13:48	
1005	ELIN	DAVIES	237	F35	95	736	02:13:45	

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Llanelli Waterside Half Marathon - Results 2008

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534	GWYNNE	TUTHILL	500	M40	147	737	02:13:36	
920	LYNNE	PERROT	238	F55	13	738	02:13:47	WOMENS RUNNING NETWORK
165	LOUISE	KEMBLE-DAVIES	239	FSEN	92	739	02:14:00	WOMENS RUNNING NETWORK
735	SIAN	MILLAN	240	FSEN	93	740	02:14:17	BRACKLA HARRIERS
23	GARY	TAYLOR	501	MSEN	277	741	02:14:43	MUMBLES MILERS RRC
802	EMMA	SMITH	241	FSEN	94	742	02:14:41	
805	MICHAEL	PYNN	502	MSEN	278	743	02:14:41	
599	MATTHEW	WALKERDINE	503	MSEN	279	744	02:14:30	
713	GARY	RICHARDS	504	M40	148	745	02:14:56	
77	GISA	MATTHIES	242	F35	96	746	02:15:13	
928	PAVLA	SAMUEL	243	FSEN	95	747	02:14:55	
1046	JUSTINA	WALSH	244	FSEN	96	748	02:15:28	
208	CLIVE	ROWE	505	M40	149	749	02:16:00	PENALLTA
170	JAYNIE	RANCE	245	F35	97	750	02:16:17	RUNNING 4 WOMEN
314	KEITH	ELLINGHAM	506	MSEN	280	751	02:15:44	
302	CHRISTOPHER	JONES	507	M40	150	752	02:16:11	
303	CAROL	TOWERS	246	F35	98	753	02:16:10	
298	MIKE	MATTHEWS	508	M60	13	754	02:16:34	
845	CHRISTINE	ALLESON	247	F35	99	755	02:16:04	
935	DYLAN	THOMAS	509	MSEN	281	756	02:16:04	
477	CHANTAL	PATEL	248	F45	40	757	02:17:05	
311	YVONNE	FORSEY	249	F45	41	758	02:17:00	LLISWERRY
771	ANDRE	MCPHERSON	510	MSEN	282	759	02:17:13	
141	PATRICIA	CLATWORTHY	250	F55	14	760	02:16:40	
1038	SUSAN	MORGAN	251	F35	100	761	02:17:07	
1057	GARETH	PIPER	511	MSEN	283	762	02:17:08	
862	PATRICIA	DAVIDSON	252	F45	42	763	02:18:34	BRACKLA HARRIERS
863	STUART	DAVIDSON	512	M50	66	764	02:18:35	BRIDGEND AC
38	JOSEPH	OWENS	513	MSEN	284	765	02:17:59	
833	DAVID	WATKINS	514	M40	151	766	02:19:03	
251	BRONWEN	WILLIAMS	253	FSEN	97	767	02:19:17	
245	SARAH	POPE	254	F35	101	768	02:19:13	WOMENS RUNNING NETWORK

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Llanelli Waterside Half Marathon - Results 2008

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114	JAYNE	JEFFERY	255	F35	102	769	02:20:06	HOGWEED TROTTERS
945	RICHARD	WILLIAMS	515	M40	152	770	02:19:48	
677	JOANNA	BURKINSHAW	256	FSEN	98	771	02:20:15	
239	HEIDI	MORRIS	257	F35	103	772	02:20:51	
557	DAVE	GIBBY	516	M40	153	773	02:20:54	INFIDEL BEARS
983	REBECCA	FARR	258	FSEN	99	774	02:20:42	
513	CHARLOTTE	GOODWIN	259	FSEN	100	775	02:20:47	
794	MARCIA	EYNON	260	F35	104	776	02:20:59	
691	VICTORIA	RODERICK	261	FSEN	101	777	02:21:36	
765	SUZANNE	COWLES	262	FSEN	102	778	02:21:50	
681	PERI	THOMAS	263	FSEN	103	779	02:22:39	
539	LYNNE	HODGETTS	264	F45	43	780	02:23:19	WOMENS RUNNING NETWORK
812	VAUGHAN	DARREN	517	MSEN	285	781	02:23:53	
826	MATTHEW	PHILLIPS	518	MSEN	286	782	02:23:50	
1028	LAURENCE	WORTH	519	M40	154	783	02:23:19	PEMBROKESHIRE HARRIERS
894	SARAH	JOHNSON	265	FSEN	104	784	02:23:45	3M's
580	RHYS	DAVIES	520	MSEN	287	785	02:24:15	
276	JODY	ADAMS	266	FSEN	105	786	02:24:21	
850	BEATRIX	BOWN	267	F45	44	787	02:24:44	
1073	LOWRI	PHILLIPS	268	FSEN	106	788	02:24:18	
752	MARION	WILLETTS	269	F55	15	789	02:24:08	DUDLEY LADIES RUNNING CLUB
739	JACKY	FELLOWS	270	F45	45	790	02:24:08	DUDLEY LADIES RUNNING CLUB
338	KAREN	HARRIS	271	F45	46	791	02:24:45	
340	SALLY	EVANS	272	F35	105	792	02:24:45	
357	ELLEN	COLES	273	FSEN	107	793	02:24:49	
415	SUE	WEBSTER	274	F35	106	794	02:25:05	
355	SUE	DOBSON	275	FSEN	108	795	02:26:06	
356	EIRIAN	WILLIAMS	521	MSEN	288	796	02:26:06	
573	WENDY	COTTRELL	276	F35	107	797	02:25:32	
444	FRAN	CLARKE	277	F35	108	798	02:26:04	
1078	JANE	DENMAN	278	F35	109	799	02:26:10	
354	PING CHIU	AU YEUNG	522	M50	67	800	02:24:12	

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Llanelli Waterside Half Marathon - Results 2008

RN	Forename	Surname	Gen Pos	Cat	Cat Pos	Pos	Chip Time	Club
140	SUE SHANNON	JONES	279	F35	110	801	02:26:29	WOMENS RUNNING NETWORK
100	SUE	EDWARDS	280	F35	111	802	02:26:22	
244	KATIE	JONES	281	FSEN	109	803	02:27:32	WOMENS RUNNING NETWORK
1002	FREYA	DAVIES	282	FSEN	110	804	02:27:38	
877	PHILIP	GRIFFITHS	523	M50	68	805	02:27:50	
473	KIM	EVANS	283	F45	47	806	02:27:45	
933	ALEXA	THOMAS	284	F35	112	807	02:27:58	
723	DIANE	DAVENPORT	285	F35	113	808	02:28:33	
377	PHILLIP	HARRISON	524	MSEN	289	809	02:29:31	
229	RHIAN	WILLIAMS	286	FSEN	111	810	02:29:30	
470	DAVE	THOMAS	525	M40	155	811	02:32:17	TEAM DEVIANT
158	JANE	CORNOCK	287	F45	48	812	02:31:55	
822	KAY	SHOTTON	288	FSEN	112	813	02:31:53	DUDLEY LADIES RUNNING CLUB
205	JULIE	HARMER	289	F35	114	814	02:31:58	
181	GEOFF	PEMBERTON	526	M50	69	815	02:32:24	
215	JEANETTE	EVANS	290	F35	115	816	02:33:14	BILLY MURCH TRUST FUND
266	HELEN	HUTSON	291	F35	116	817	02:33:29	
150	VIKRAM	PARANNA	527	MSEN	290	818	02:33:54	
766	STEVE	LEWIS	528	MSEN	291	819	02:33:40	
1048	HANNAH	DAVIES	292	FSEN	113	820	02:35:12	
530	HYWEL	BOWDEN	529	MSEN	292	821	02:36:07	
793	EMMA	DAVIES	293	FSEN	114	822	02:36:36	
669	MICHELLE	REES	294	FSEN	115	823	02:36:36	
283	LYNN	CHAMBERS	295	F45	49	824	02:36:57	
173	MICHAEL	EVANS	530	M40	156	825	02:37:59	
174	KATHRYN	EVANS	296	F35	117	826	02:37:59	
196	ROBERT	CLARKE	531	M40	157	827	02:38:27	
953	CHRISTOPHER	ROBERTS	532	M40	158	828	02:38:28	
402	MAXINE	GRIMSHAW	297	F45	50	829	02:40:10	WALKB4URUN
661	GILL	MORRIS	298	F35	118	830	02:40:52	WOMENS RUNNING NETWORK
916	ANDREW	OWEN	533	M40	159	831	02:41:41	
936	LOWRI	THOMAS	299	F35	119	832	02:42:07	

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RN	Forename	Surname	Gen Pos	Cat	Cat Pos	Pos	Chip Time	Club
717	LYNNE	JURCZYK	300	F45	51	833	02:43:25	SWANSEA POWER WALKERS
246	TRACEY	MORRIS	301	F35	120	834	02:44:25	
282	JONATHAN	WILLEY	534	M40	160	835	02:43:53	
281	JENNY	WILLEY	302	F35	121	836	02:43:54	
403	ELIZABETH	THOMAS	303	FSEN	116	837	02:45:09	
1033	RHIAN	ANDERSON	304	FSEN	117	838	02:44:54	
882	KATHRYN	HOLLEY	305	FSEN	118	839	02:45:25	
39	ANGHARAD	OWENS	306	FSEN	119	840	02:46:26	
41	RHIANNON	OWENS	307	FSEN	120	841	02:50:36	
405	DIANE	CLAYTON	308	F45	52	842	02:55:06	WALKB4URUN
628	JOHN	GRIFFITHS	535	M60	14	843	02:57:35	
1063	ALLEN	WATTS	536	M60	15	844	03:00:54	SARN HELEN
535	ANDREA	DAVIES-TUTHILL	309	F35	122	845	03:09:11	

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