

# First Llanelli Star - Great Welsh Marathon - 18th April 2010

No	NAME	CLUB / TEAM	CAT	TIME	POS	Cat Pos
2412	DAVID KEHOE		MS	2:42:55	1	1
2390	SHAUN MILFORD	NEWQUAY ROADRUNNERS	M40	2:51:34	2	1
2370	GLYN PRICE	SARN HELEN	M40	2:52:36	3	2
2111	ANTHONY POWELL	NEATH HARRIERS	M40	2:53:33	4	3
2284	JAMES MULVANY	BLACKPOOL, WYRE & FYLDE AC	MS	2:55:05	5	2
2103	JOHN MORRIS	AMMAN VALLEY HARRIERS	MS	2:56:05	6	3
2382	ROBERT PATERNOSTER		MS	2:56:39	7	4
2468	TOM STRICKLAND		MS	2:57:31	8	5
2215	ALAN PITT	STROUD & DISTRICT A/C	M40	3:00:25	9	4
2291	CLIVE DUFFY		M40	3:01:55	10	5
2204	CHRIS BENGER		MS	3:02:56	11	6
2152	LEE MORRIS		MS	3:03:08	12	7
2321	VAL SWINGLER	SHROPSHIRE SHUFFLERS	F35	3:03:17	13	1
2394	ROYSTON WHITEHOUSE		M40	3:03:33	14	6
2250	DAVID WINTLE	HOGWEED TROTTERS	M40	3:05:46	15	7
2157	LEIGHTON WILLIAMS	CELTIC TRI	MS	3:06:52	16	8
2380	SAM PICTOR	ONE MAN AND NO DOG	MS	3:08:42	17	9
2395	STEVEN BRIDGES	BA CYMRU	M40	3:09:30	18	8
2071	DAVID BEMBO		M40	3:09:49	19	9
2286	PETER OSBORNE	SWANSEA HARRIERS	M40	3:10:58	20	10
2320	STAFFORD REES	RHAYADER RUNNING CLUB	M40	3:11:05	21	11
2014	PETER METCALF	BBC RUNNING CLUB	M40	3:12:02	22	12
2169	TERRY CAENEY	LES CROUPIERS	M50	3:13:10	23	1
2151	KEITH HILL	WESTBURY HARRIERS	M50	3:14:01	24	2
2325	ALAN HAYES	GRANTHAM AC	M40	3:14:14	25	13
2086	JASON DICKINSON	TROT	M40	3:14:17	26	14
2201	ROBERT OLLIVER	VALE ROYAL ATHLETIC CLUB	MS	3:15:33	27	10
2490	ALAN WALTON		M40	3:16:16	28	15
2334	PAUL TERLESKI		MS	3:16:23	29	11
2406	MURRAY KISBEE	SARN HELEN	M60	3:16:46	30	1
2034	STEPHEN RIVERS		MS	3:17:01	31	12
2296	STEVE THOMAS	3M'S GORSEINON ROAD RUNNERS	MS	3:17:41	32	13
2075	DAVID THOMAS	SARN HELEN	M40	3:19:15	33	16
2149	IAN OGILVIE	BRACKLA HARRIERS	M40	3:19:40	34	17
2021	DEAN TREBILCOCK		MS	3:21:30	35	14
2262	LLOYD MORGAN	SAN DOMENICO	MS	3:21:45	36	15
2305	HERBERT GLOVER		MS	3:22:00	37	16
2308	CIARAN GOSWELL		MS	3:22:21	38	17
2115	PHILIP PROBERT		M40	3:23:35	39	18
2024	JON BELCHER		MS	3:24:27	40	18
2261	PATRICIA CHALMERS		F35	3:24:46	41	2
2017	SIMON ILLINGWORTH	100 MARATHON CLUB	M40	3:25:16	42	19
2197	NICK COUSINS	GLOUCESTER ATHLETICS CLUB	MS	3:25:29	43	19
2418	TRINITY BOOTH	THORNBURY RC	F45	3:25:32	44	1
2231	DAVID HUGHES		MS	3:26:26	45	20
2048	NICK DAVIES		M50	3:26:41	46	3
2233	MICHAEL BRIGHT	CHIPPENHAM HARRIERS	MS	3:26:51	47	21
2155	JOSEPH HUSSEY	GREAT WESTERN RUNNERS	MS	3:27:23	48	22
2019	BARRI EDWARDS		M40	3:28:03	49	20
2203	MIKE GIBBS	BITTON ROAD RUNNERS	M40	3:28:09	50	21
2143	JOHN COOK	SOSPAN ROAD RUNNERS	M60	3:28:18	51	2
2049	AMANDA EVANS	3M'S GORSEINON ROAD RUNNERS	F35	3:28:27	52	3
2131	HUGH PINNER		MS	3:28:27	53	23
2343	SAM WUERMLI		M50	3:28:29	54	4

Please remember the ... Llanelli Waterside 10k - 20th June 2010

# First Llanelli Star - Great Welsh Marathon - 18th April 2010

No	NAME	CLUB / TEAM	CAT	TIME	POS	Cat Pos
2293	KIERAN MACKINTOSH	PORT TALBOT HARRIERS	MS	3:28:45	55	24
2005	ANDREW PROCTER		MS	3:28:45	56	25
2274	CHRISTOPHER NELLINS	PENARTH & DINAS RUNNERS	M50	3:28:47	57	5
2309	BRIAN LOVETT	SAN DOMENICO	M40	3:28:50	58	22
2353	MARK THOMPSON	SLINN ALLSTARS	M40	3:28:57	59	23
2415	SIMON WILLIAMS		MS	3:28:57	60	26
2267	MATT BUTCHER		MS	3:29:52	61	27
2076	GAVIN MORRIS		MS	3:29:57	62	28
2098	SARAH GIBBY	SAN DOMENICO	FS	3:30:30	63	1
2260	RALPH TILT		MS	3:30:50	64	29
2008	STEPHEN CABLE	3M'S GORSEINON ROAD RUNNERS	MS	3:31:08	65	30
2298	JOHN TOWNSEND		MS	3:31:40	66	31
2350	MARY TAVENER	VALE ROYAL	F45	3:32:09	67	2
2332	RICHARD DAY	PONTYPRIDD ROADENTS	M40	3:32:51	68	24
2393	WAYNE HOLMES		M40	3:33:59	69	25
2013	MANDY JONES	ISLWYN RUNNING CLUB	F45	3:34:39	70	3
2187	DAVID MEREDITH		MS	3:35:25	71	32
2236	CLAIRE LOUISE WILLIAMS		FS	3:35:30	72	2
2065	PETER ASH	SEVENOAKS AC	M40	3:35:45	73	26
2043	GARETH EVANS	VILLAGE VIPERS	MS	3:36:31	74	33
2001	DAVID PARFITT	PORT TALBOT HARRIERS	M40	3:37:07	75	27
2420	JAMES THOMAS	BRACKLA HARRIERS	M40	3:39:15	76	28
2032	REBECCA REVELL		F35	3:39:40	77	4
2377	DEAN GOODWIN		MS	3:39:55	78	34
2070	TIM MYALL		MS	3:39:57	79	35
2480	ALEX SMITH		MS	3:40:03	80	36
2416	GARFIELD JONES	ISLWYN RUNNING CLUB	M50	3:40:23	81	7
2257	PAUL BENJAMIN		M40	3:40:26	82	29
2144	JAMES DELANEY	SAN DOMENICO	M50	3:40:41	83	8
2339	COLIN HORROCKS		MS	3:40:56	84	37
2063	STEPHEN LEWIS		M40	3:41:28	85	30
2399	JOHN REES	PEMBROKESHIRE HARRIERS	M40	3:41:28	86	31
2471	ROB BUTTLER	BITTON ROAD RUNNERS	M40	3:42:18	87	32
2472	DAWN DRAKE	BITTON ROAD RUNNERS	F35	3:42:18	88	5
2307	KYLIE MANSFIELD	WYE VALLEY RUNNERS	FS	3:44:24	89	3
2224	DAVID RASMUSSEN		MS	3:44:51	90	38
2194	CHRISTIAN MEARS		M40	3:44:53	91	33
2003	GARETH HILL	UNAFFILAIED	MS	3:45:01	92	39
2228	MARTIN EVANS	AMMAN VALLEY HARRIERS	MS	3:45:32	93	40
2410	JOHN HARGREAVES	GREAT WESTERN RUNNERS	M50	3:45:45	94	9
2388	NATASHA DOYLE		FS	3:46:03	95	4
2361	JOHN KANE		M40	3:46:54	96	34
2046	SARAH MORRIS	VILLAGE VIPERS	F35	3:46:57	97	6
2285	NICK BARK		M40	3:47:08	98	35
2084	GARETH REES		MS	3:47:45	99	41
2059	JEFF DAVIES		M40	3:47:49	100	36
2300	JONATHAN HARVEY		MS	3:47:49	101	42
2108	MATTHEW FRANCIS		MS	3:47:52	102	43
2385	IAN WILLIAMS		MS	3:48:07	103	44
2023	DANIEL HUMPHREYS		MS	3:48:36	104	45
2216	STEPHEN PRICE	LIVERPOOL R.C	M50	3:48:48	105	10
2091	STEVE HAMMOND		MS	3:48:49	106	46
2011	ANDREA HURMAN	PENARTH & DINAS RUNNERS	F35	3:49:05	107	7
2462	RUSSELL BAILY		MS	3:49:14	108	47

Please remember the ... Llanelli Waterside 10k - 20th June 2010

# First Llanelli Star - Great Welsh Marathon - 18th April 2010

No	NAME	CLUB / TEAM	CAT	TIME	POS	Cat Pos
2407	CHRIS THOMAS		MS	3:49:36	109	48
2322	MATT FRANKLIN		MS	3:49:39	110	49
2106	PAUL POWELL		M40	3:49:51	111	37
2247	IAN BRANNIGHAN		MS	3:50:22	112	50
2007	DAVID BUSH		M40	3:50:58	113	38
2453	SUSAN TAGG		F35	3:51:08	114	8
2056	ANITA WORTHING	ABERYSTWYTH A C	F45	3:51:18	115	4
2185	JILL WILLCOX	INGLI RUNNERS	F35	3:51:43	116	9
2099	PAUL SOUTHERN		M40	3:51:45	117	39
2358	CATHY WILLIAMSON		F35	3:51:46	118	10
2205	MATT TOOZE		M40	3:52:38	119	40
2362	CALVIN HOLD		MS	3:53:36	120	51
2243	RICHARD JAMES	2 LEGS, 1 MAN	MS	3:53:40	121	52
2255	JOHN FULLER	2 LEGS, 1 MAN	MS	3:53:43	122	53
2419	ALAN LITTLEJOHNS	LAUCESTON ROAD RUNNERS	M60	3:53:58	123	3
2379	DAVID REES	TEAM IMPULSE	MS	3:54:40	124	54
2117	PAUL BIGMORE	BRACKLA HARRIERS	M50	3:55:32	125	11
2177	RABAB RABAB		MS	3:55:39	126	55
2396	ROB FALCON		MS	3:56:03	127	56
2392	JOSEPH SELBY		MS	3:56:05	128	57
2319	DAVID GRIFFITHS		MS	3:56:32	129	58
2282	LUKE JONES		MS	3:56:32	130	59
2422	NEIL HIBBERT		M40	3:57:15	131	41
2062	BARRY BURROWS	SPHINX AC	MS	3:57:17	132	60
2318	LEONIE THOMAS		FS	3:57:25	133	5
2101	RHIANYDD EDWARDS		F35	3:57:26	134	11
2424	HYWELWYN JONES	AMMAN VALLEY HARRIERS	M40	3:57:39	135	42
2232	CARYL DAVIES	SARN HELEN	FS	3:57:57	136	6
2386	ANDREW WILLIAMS		M40	3:58:07	137	43
2324	NICK HARRIS		MS	3:58:28	138	61
2423	BOB GARDINER	TEAM WECORI	M50	3:58:33	139	12
2114	ALWYN WILLIAMS		M40	3:59:13	140	44
2182	DORIAN OLDFIELD		MS	3:59:15	141	62
2035	TRACY EDWARDS	RHONDDA VALLEY RUNNERS	F35	3:59:33	142	12
2454	LUKE TAGG		MS	3:59:42	143	63
2376	BENJAMIN TROTH		MS	3:59:50	144	64
2290	ANDREW MORGAN	LES CROUPIERS	MS	4:00:00	145	65
2323	CATHY WILLIAMS		FS	4:00:09	146	7
2256	JONATHAN MILES		MS	4:00:16	147	66
2209	JOANNE PEACOCK	CAERLEON RUNNING CLUB	F35	4:00:21	148	13
2022	ALEX HACKETT		MS	4:00:25	149	67
2312	JULIAN FORSTER		M50	4:00:43	150	13
2183	DERWYN THOMAS		MS	4:00:53	151	68
2411	JANET RICHARDS	GRIFFITHSTOWN HARRIERS	F45	4:01:38	152	5
2171	JOHANNE EDWARDS		FS	4:02:18	153	8
2047	JULIE THOMAS	3M'S GORSEINON ROAD RUNNERS	F45	4:02:40	154	6
2036	MALCOLM BARBOUR		MS	4:02:46	155	69
2469	PHILLIP ANTHONY TURNER		M40	4:03:10	156	45
2352	RICHARD OTTEN		M40	4:03:15	157	46
2202	HUW THOMAS		MS	4:03:20	158	70
2398	SIMON MARKS		MS	4:03:54	159	71
2015	DEB DRAKE	TORBAY AAC	F45	4:04:54	160	7
2207	THOMAS MCAREE		MS	4:06:00	161	72
2038	JAMES BARNES	UK NET RUNNER	M50	4:06:16	162	14

Please remember the ... Llanelli Waterside 10k - 20th June 2010

# First Llanelli Star - Great Welsh Marathon - 18th April 2010

No	NAME	CLUB / TEAM	CAT	TIME	POS	Cat Pos
2245	ALEXANDRA LEWIS		F35	4:06:29	163	14
2409	MATHEW SEDDON		MS	4:07:00	164	73
2080	DAVE MOORE	MAIDSTONE HARRIERS	M40	4:07:20	165	47
2104	ANNETTE DAVIES		F45	4:08:10	166	8
2142	EVA COOK	SOSPAN ROAD RUNNERS	F55	4:08:27	167	1
2217	COLIN LONGWORTH	100 MARATHON CLUB	M50	4:08:52	168	15
2088	JUSTIN SHOWELL	PURPLE PATCH RUNNERS	M40	4:09:03	169	48
2368	CARL SEAMAN	RHONDDA VALLEY RUNNERS	M40	4:09:12	170	49
2315	ANDREW KOSINSKI		MS	4:10:25	171	74
2113	WAYNE TAYLOR		MS	4:10:27	172	75
2355	OWAIN GRIFFITHS	SCOOP CLUB	MS	4:11:32	173	76
2045	CHRIS MOLES	VILLAGE VIPERS	M40	4:11:54	174	50
2426	DENZIL MARTIN	WREKIN ROAD RUNNERS	MS	4:12:04	175	77
2210	MARK DAVIES		M40	4:12:20	176	51
2266	PAUL HILES	DENMEAD STRIDERS	MS	4:12:30	177	78
2150	MICHELLE SHORNEY	BRACKLA HARRIERS	F45	4:13:02	178	9
2333	MICHAEL O'BRIEN		M40	4:14:10	179	52
2254	ALUN PARRY		MS	4:15:03	180	79
2340	PETER SLEE		MS	4:15:38	181	80
2068	HELEN GRIFFITHS		FS	4:16:47	182	9
2190	PAUL JENKINS		M40	4:18:44	183	53
2173	NICK BEZUIDENHOUT		M40	4:19:01	184	54
2083	ANDREW SMITH		MS	4:19:28	185	81
2295	LOUISE UDIAWAR		FS	4:19:34	186	10
2135	CORDELIA JONES	3M'S GORSEINON ROAD RUNNERS	FS	4:19:38	187	11
2360	NEIL WHARFE	DREAMFLIGHT	MS	4:19:52	188	82
2402	LIDIA JIMINEZ	EMLYN RUNNERS	FS	4:20:14	189	12
2025	ANGELA CHAMPION	VILLAGE VIPERS	FS	4:20:33	190	13
2118	LOUISE EAKINS	3M'S GORSEINON ROAD RUNNERS	F35	4:20:45	191	15
2054	MICHELLE WITHAM	SWANSEA HARRIERS	FS	4:21:32	192	14
2122	PAULINE THORNHILL	3M'S GORSEINON ROAD RUNNERS	F35	4:21:52	193	16
2271	LUKE HART	ST ALBANS STRIDERS	MS	4:23:16	194	83
2148	JANE OGILVIE	BRACKLA HARRIERS	F45	4:23:20	195	10
2124	CHRISTINE HURDIDGE	3M'S GORSEINON ROAD RUNNERS	F55	4:24:21	196	2
2033	JULIE LEWIS	ISLWYN RUNNING CLUB	F35	4:25:28	197	17
2094	JONATHAN HAMMOND	ST ALBANS STRIDERS	M40	4:26:08	198	55
2028	IRENE HEWINGS	TORBAY ATHLETICS	F45	4:26:32	199	11
2338	DARREN LEE		MS	4:27:53	200	84
2121	NICOLA POWELL	CELTIC TRI	FS	4:28:24	201	15
2128	SIMON ELIAS		M50	4:29:46	202	16
2372	CRAIG STILWELL		MS	4:30:23	203	85
2112	ADRIAN MULREADY		M50	4:30:24	204	17
2176	BURKHARD MARKHOFF	SWANSEA HARRIERS	M40	4:30:34	205	56
2448	ROB DICKSON		M50	4:30:43	206	18
2039	ANGELA HARRIS	WRN	F35	4:30:45	207	18
2281	CHRIS EDMONDS		M50	4:30:48	208	19
2447	SARAH SWEETING		F35	4:31:17	209	19
2252	CLARE MURPHY		FS	4:31:52	210	16
2153	SARA BIRKETT	BRACKLA HARRIERS	F35	4:32:41	211	20
2364	IAN BROSCHE		MS	4:33:13	212	86
2275	ADAM HICKS		MS	4:33:38	213	87
2096	JUNE WONG	TUNBRIDGE WELLS HARRIERS	F45	4:33:48	214	12
2073	FAY SHARPE	3M'S GORSEINON ROAD RUNNERS	F45	4:34:06	215	13
2212	JOHN SANDERSON	3M'S GORSEINON ROAD RUNNERS	M50	4:34:57	216	20

Please remember the ... Llanelli Waterside 10k - 20th June 2010

# First Llanelli Star - Great Welsh Marathon - 18th April 2010

No	NAME	CLUB / TEAM	CAT	TIME	POS	Cat Pos
2414	WILLIAM HOWES		M60	4:35:17	217	4
2413	PAULINE HOWES	100 MARATHON CLUB	F55	4:35:17	218	3
2483	TIMOTHY BEDINGFIELD		MS	4:35:28	219	88
2331	LIZ TUNNA		FS	4:36:30	220	17
2133	LIAM J DAVIES		M50	4:37:58	221	21
2401	HEULWEN JAMES	EMLYN RUNNERS	F35	4:38:15	222	21
2242	JOHN DAWSON	100 MARATHON CLUB	M60	4:38:53	223	5
2181	CHARLOTTE REVELL		FS	4:39:08	224	18
2199	BRIAN DRYSDALE		M40	4:39:54	225	57
2154	SALI DAVIES	3M'S GORSEINON ROAD RUNNERS	F35	4:39:59	226	22
2188	DEBBIE VECK	3M'S GORSEINON ROAD RUNNERS	F35	4:40:09	227	23
2270	KATE QUICK		F35	4:42:22	228	24
2067	SIMONE ALEXANDER		FS	4:42:22	229	19
2391	PAUL CASSON		MS	4:43:14	230	89
2365	ANDREW RAVENSCROFT		M40	4:43:15	231	58
2341	CHRIS MOORE	FOREST OF DEAN AC	M50	4:43:16	232	22
2425	PENNY CLAPHAM	TEIGN VALLEY RC	F55	4:44:32	233	4
2141	ALEX WEAL		MS	4:45:26	234	90
2040	CLARE JEWELL		F45	4:46:19	235	14
2041	JAMES JEWELL		M40	4:46:20	236	59
2110	DANIEL ROBERTS		MS	4:47:21	237	91
2427	DAVID FORDHAM	FREAKS	M50	4:48:52	238	23
2367	GILBERT JOHN	LES CROUPIERS	M50	4:50:39	239	24
2482	JOHN KEW	100 MARATHON CLUB	M50	4:51:44	240	25
2120	SUSAN DAVIES	CELTIC TRI	F45	4:52:52	241	15
2053	NICK MAYDEW		MS	4:53:46	242	92
2218	MICHAEL WILLIAMS		MS	4:54:02	243	93
2241	MICHAEL JAMES	LES CROUPIERS	M60	4:56:39	244	6
2246	RICHARD COUSINS		MS	4:56:47	245	94
2136	WILLIAM PITT		MS	4:59:15	246	95
2012	STEPHEN JONES	ISLWYN RUNNING CLUB	M50	4:59:27	247	26
2369	BRIAN MILLS	100 MARATHON CLUB	M50	5:00:35	248	27
2344	CAROL WOODFORD	LLISWERRY RUNNERS	F45	5:04:37	249	16
2159	PHILIP SHARPE	CHESAPEAKE	M50	5:11:00	250	28
2225	ALLAN MAGUIRE		MS	5:21:32	251	96
2357	CHRISTIAN BRADWICK		MS	5:21:53	252	97
2229	SAFFIA HATEM		FS	5:22:56	253	20
2237	SHAUN COREY		MS	5:24:00	254	98
2375	JOHN CHELSOM		M40	5:26:26	255	60
2302	RHYS VANSTONE	VANOTHON	MS	5:30:45	256	99
2052	ANDRE MCPHERSON	SOSPAN ROAD RUNNERS	MS	5:33:59	257	100
2303	GARETH VANSTONE	VANOTHON	FS	5:45:41	258	21

Please remember the ... Llanelli Waterside 10k - 20th June 2010