

Talley 2009 - 5k

<u>No.</u>	<u>Position</u>	<u>Name</u>	<u>Club</u>	<u>Age</u>	<u>Class</u>	<u>Time</u>	
513	1	Gareth Jones	3m Gorseinon	32	M	16.41	
576	2	Glyn Price	Sarn Helen	42	M40	17.17	
579	3	Michael Davies	Sarn Helen	40	M40	17.23	
562	4	Stanley Harrison	Highgate Harriers	13	M18	18.52	
592	5	Richard Marks	Sarn Helen	59	M40	18.58	
582	6	Gareth Elliott	Pembs Harriers	26	M	19.08	
566	7	Mark Dunscombe	Sarn Helen	47	M40	19.11	
600	8	Alex Williams	Port Talbot Harriers	41	M40	19.27	
575	9	Huw Price	Sarn Helen	46	M40	19.30	
504	10	Richard Simpson		36	M	19.38	
593	11	Carys Davies	Sarn Helen	19	F	19.51	
577	12	Mathew Dorn		37	M	19.56	
506	13	Mathew Bonnaud		21	M	20.02	
518	14	Phillip England		47	M40	20.04	
589	15	Simon Hall	Sarn Helen	29	M	20.07	
530	16	Kevin Taylor	Amman Valley Harries	48	M40	20.15	
570	17	Mark Terry	Trots	52	M40	20.26	
588	18	Tony Hall	Sarn Helen	54	M40	20.30	
516	19	Rachel Allcock	Amman Valley Harries	36	F35	20.38	
584	20	Gethin Jenkins	Sarn Helen	18	M	20.57	
597	21	Kirsty Murray	Trots	36	F35	21.11	
571	22	Calvin Williams	Sarn Helen	47	M40	21.16	
545	23	Chris Sexton	Ingli Runners	45	M40	21.19.11	
551	24	Tim John		36	M	21.19.78	
586	25	Gareth Phillips		29	M	21.33	
554	26	Brian Mogford	Amman Valley Harries	49	M40	21.41	
565	27	Murray Kisbee	Sarn Helen	60	M40	21.43	
572	28	Sue Davies		48	F35	21.48	
591	29	Dee Jolly	Sarn Helen	22	F	21.57	
493	30	Lyn Rees	Sarn Helen	59	M40	22.26	
524	31	Carwyn Davies		32	M	22.32	
498	32	Dewi West	3m Gorseinon	46	M40	22.37	
542	33	Kari O'Neill	Carmarthen	13	F18	22.40	

509	34	Mike Nash	3m Gorseinon	48	M40	22.42	
537	35	Daniel Hooper		36	M	22.43	I
496	36	Les Chapman	Amman Valley Harries	60	M40	22.50	
494	37	Andrew Edgell	Sarn Helen	32	M	22.54	
508	38	Louise Miskell	3m Gorseinon	38	F35	22.56	
585	39	David Thomas		30	M	22.57	
573	40	Tony Holling	Port Talbot Harriers	53	M40	23.03	
557	41	Kelvin Evans		36	M	23.57	
550	42	Rebecca Morgan		23	F	24.09	
581	43	D. Thomas	Pembs Harriers	37	M	24.20	
583	44	Guy Davies	Celtic Tri	34	M	24.23	
549	45	Natalie Jones	Amman Valley Harries	23	F	24.25	
560	46	Paul Colman	Pembs Harriers	48	M40	24.37	
519	47	Geraint Jenkins	Amman Valley Harries	41	M40	24.39	
556	48	Sue Lloyd	Pembs Harriers	45	F35	24.40	
538	49	Lee Thornley		28	M	24.42	
503	50	Mark Robin	Carmarthen	42	M40	24.44	
499	51	Nina Brocklebank	3m Gorseinon	38	F35	24.46	
547	52	Caryl Davies	Sarn Helen	21	F	24.59	
552	53	Laurence Worth	Pembs Harriers	46	M40	25.07	
526	54	Kevin Walter		22	M	25.11.28	I
500	55	Lynne Parry	3m Gorseinon	33	F	25.11.66	
598	56	David Thomas	Sarn Helen	Very old	M100	25.17	I
590	57	Dewi Price		55	M40	25.22	
495	58	Andrew Abbott	Sarn Helen	38	M	25.36	
540	59	Jan Jones	Sarn Helen	44	F35	25.46	
501	60	Michelle Phillips	Amman Valley Harries	36	F	26.15	
522	61	Fabian Davies		39	M	26.21	
574	62	John Sinnett	Pembs Harriers	52	M40	26.32	
596	63	Damien Johnson		17	M18	26.35	
531	64	Daniel Roberts		20	M	26.38	I
561	65	Jill Coleman	Pembs Harriers	44	F35	26.50	
502	66	Nigel Best		51	M40	27.16	
534	67	Mr Phipps		15	M18	27.18	
578	68	Samantha Dorn		38	F35	27.32	

594	69	Nigel Leighton Jones	Llanelli Strollers	54	M40	27.33	
558	70	Alison Griffiths	Pembs Harriers	39	F35	27.38	
548	71	Kevin Hughes		20	M	27.49	
517	72	Peter Hrding	Trots	69	M40	27.55	
528	73	Rhodri Stone		44	M40	28.01	
543	74	Louise Evans		39	F35	28.12	
563	75	Madeleine Bland	Pembs Harriers	57	F35	28.25	
527	76	Nigel Walter		49	M40	28.33	
525	77	Kevin Roberts		52	M40	28.36	
523	78	Tracy Cleverly		44	F35	28.44	
507	79	Llinos Davies		32	F	28.47	
515	80	Daniel Quick		14	M18	29.04	
514	81	John Haines		15	M18	29.07	
541	82	Lottie Donnelly-Williams	Carmarthen	13	F18	29.17	
553	83	Ann Mogford	Amman Valley Harries	44	F35	29.31	
559	84	Pauline Charlett	Pembs Harriers	47	F35	29.52	
599	85	Catherine Thomas		25	F	30.10	
564	86	Richard Hughes		57	M40	30.36	
587	87	Simon Hudd		42	M40	30.44	
555	88	Barbara Thomas	Pembs Harriers	64	F35	30.46	
492	89	Eirian Davies		58	M40	30.49	
536	90	Selby Le Roux		42	M40	31.00	
529	91	Mike Murray		43	M40	31.01	
580	92	Daniel Thomas		15	M18	31.05	
546	93	Natalie Jones	Sarn Helen	15	F18	31.23	
569	94	Joy Thomas	Amman Valley Harries	40	F35	31.35	
533	95	Tom Phipps		16	M18	31.53	
539	96	Mark Power		37	M	32.18	
544	97	Danna Webster		11	F18	33.16	
568	98	Rose Fitzgerald	Amman Valley Harries	61	F35	33.23	
567	99	Mary Jones	Amman Valley Harries	58	F35	34.20	
520	100	Susannah Jenkins	Amman Valley Harries	41	F35	34.43	
511	101	Carwen George		13	F18	36.50	
595	102	Ruth Morgan		17	F18	37.10	
497	102	Ffion Thomas		16	F18	37.10	

505	104	Sara Roberts		11	F18	40.41	
510	104	Laura George		13	F18	40.41	
512	106	Allen Watts	Sarn Helen	80	M40	44.01	
535	107	Ellie Phipps		13	F18	47.19	
532	108	Dan Phipps		40	M40	47.22	
521		Jessica Davies		13	F18	DNF	