

Ras Hwyl Tywi Afon 5k 2010



Pos	Time	Family	First	No	Gen	Cat	Club	Split
1	0:18:13	Morris	Lee	41	M	OM		0:05:58
2	0:18:54	Chrystie	Rob	57	M	OM	Hailsham Harriers	0:06:12
3	0:19:10	Thomas	Steve	2	M	OM	Gorseinon 3M RR	0:06:17
4	0:19:14	Johnson	John	7	M	OM	Royal Air Force AA	0:06:18
5	0:19:28	Hancock	Jonathan	37	M	M40	TROTS	0:06:23
6	0:19:29	Lewis	Paul	51	M	M40	Gorseinon 3M RR	0:06:23
7	0:19:38	Johnson	Joanne	8	F	OF	Royal Air Force AA	0:06:26
8	0:19:51	Jones	Jonathan	33	M	M40	Carmarthen Harriers	0:06:30
9	0:19:54	Crumplin	Adam	61	M	OM		0:06:31
10	0:20:29	Terry	Mark	36	M	M50	TROTS	0:06:43
11	0:20:31	Lewis	Alex	46	M	OM		0:06:44
12	0:20:52	Reed	Deborah	52	F	F35	Gorseinon 3mRR	0:06:50
13	0:22:19	Redfern	Ryan	54	M	OM		0:07:19
14	0:22:20	Worth	Laurence	1	M	M40	Pembrokeshire Harriers	0:07:19
15	0:23:30	Crayford	David	53	M	OM		0:07:42
16	0:24:04	Sherwood	Roland	10	M	M60		0:07:53
17	0:24:26	Johnston	Damien	59	M	OM		0:08:01
18	0:24:35	Terry	Michael	31	M	M50	TROTS	0:08:04
19	0:26:57	Thomas	Iwan	3	M	OM		0:08:50
20	0:27:53	Smith	Allan	4	M	M60	Gorseinon 3M RR	0:09:09
21	0:28:03	Jones	Nigel	60	M	M50		0:09:12
22	0:28:10	Ellis	Verona	38	F	F55	Amman Valley Harriers	0:09:14
23	0:29:16	Mann	Ricky	14	M	OM		0:09:36

24	0:28:31	Johnston	Helen	58	F	OF		0:09:21
25	0:28:32	Howell	Michael	5	M	M40		0:09:21
26	0:28:40	Jenkins	Susannah	45	F	F35	Amman Valley Harriers	0:09:24
27	0:28:43	Tancock	Melanie	22	F	F35	Amman Valley Harriers	0:09:25
28	0:32:58	Williams	Sam	55	F	F55	WRN	0:10:49
29	0:34:30	Davis	Katy	49	F	F35		0:11:19
30	0:43:48	Watts	Alan	21	M	M60	Sarn Helen	0:14:22