

EMLYN RUNNERS 10K



Pos	Time	Family	First	No	Gen	Age	Cat	Club
1	0:37:27	Ladd	Lee	24	M	21	OM	Carmarthen Harriers
2	0:39:08	Price	Glyn	22	M	43	M40	Sarn Helen
3	0:40:46	Davies	Mike	18	M	41	M40	Sarn Helen
4	0:45:14	Elliott	Gareth	19	M	27	OM	Pembs Harriers
5	0:46:03	Owen	Barry	9	M	35	OM	Emlyn Runners
6	0:46:41	Blackwood	Phil	40	M	28	OM	
7	0:46:46	Joyce	Kev	17	M	45	M40	Pembs Harriers
8	0:47:14	Davey	Eric	2	M	60	M50	Llanelli AAC
9	0:47:25	Sinnett	John	21	M	53	M50	Pembs Harriers
10	0:47:34	Crumplin	Adam	43	M	31	OM	
11	0:48:31	Orme	Gordon	23	M	67	M50	Cardigan RC
12	0:49:44	Phillips	Michael	47	M	33	OM	
13	0:50:05	Griffiths	Dave	20	M	47	M40	TROTS
14	0:51:01	Thomas	Gari	35	M	43	M40	Emlyn Runners
15	0:51:12	Gibby	Sarah	6	F	24	OF	Emlyn Runners
16	0:51:53	Morris	Neal	38	M	40	M40	
17	0:54:48	Sherwood	Roland	1	M	64	M50	
18	0:56:25	Williams	Aled	5	M	43	M40	
19	0:56:37	Ifan	C	39	M	34	OM	
20	0:56:42	Worth	Laurence	45	M	47	M40	Pembs Harriers
21	0:56:56	James	Ray	30	M	49	M40	Port Talbot Harriers
22	0:57:40	Jones	Will	33	M	27	OM	
23	0:58:45	Bentinck-Hinton	Abi	28	F	35	F35	Emlyn Runners
24	0:59:10	Williams	Gwydion	16	M	16	OM	
25	0:59:31	Phillips	Dora	41	F	28	OF	
26	0:59:40	Jones	Elen	26	F	22	OF	
27	0:59:41	Williams	Ormond	15	M	49	M40	

28	0:59:48	Gould-Davies	Sarah	29 F	34 OF	
29	0:59:52	Griffiths	Alison	10 F	40 F35	Pembs Harriers
30	1:01:54	Hodges	Mike	44 M	57 M50	TROTS
31	1:02:22	Jones	Anwen	25 F	24 OF	
32	1:02:41	Anthony	Victoria	31 F	31 OF	
33	1:02:49	Smith	Allan	7 M	77 M50	3m's Gorseinon RRC
34	1:04:58	Davies	Hazel	37 F	57 F45	Cardigan RC
35	1:04:58	Davies	Cara	36 F	32 OF	
36	1:06:41	Howells	Nerys	42 F	23 OF	
37	1:07:25	Dyde	Martin	12 M	51 M50	Pembs Harriers
38	1:07:25	Dyde	Lorraine	13 F	52 F45	Pembs Harriers
39	1:08:50	Lewis	Lucy	32 F	34 OF	
40	1:11:31	Bell	Jan	11 F	65 F45	Pembs Harriers
41	1:14:31	Charlett	Pauline	14 F	48 F45	Pembs Harriers
42	1:16:56	Morris	Max	8 M	71 M50	
43	1:22:05	Chambers	Sharon	34 F	37 F35	
44	1:23:13	Ashman	Jonathan	46 M	39 OM	
45	1:39:51	Bryant	Joan	27 F	61 F45	
46	1:39:51	Watts	Allen	4 M	81 M50	Sarn Helen