

EMLYN RUNNERS 10K

2011



Pos	Time	Family	First	Num	Gen	Age	Cat	Club	K/Split
1	0:41:12	Jones	Jonathan	35	M	41	M40	Carmarthen Harriers	0:04:0
2	0:41:41	Webster	Dean	18	M	32	OM	Gorseinon 3ms	0:04:1
3	0:42:05	Gosney	Mark	6	M	31	OM	Gorseinon 3ms	0:04:1
4	0:43:23	Ouseley	Steve	9	M	37	OM	Ingli Runner	0:04:2
5	0:43:38	Elliott	Gareth	32	M	28	OM	Pembrokeshire Harriers	0:04:2
6	0:44:05	Rees	Eric	42	M	39	OM	Sarn Helen	0:04:2
7	0:44:11	Owen	Barry	36	M	36	OM	Emlyn Runners	0:04:2
8	0:44:25	Davies	Teifion	43	M	16	OM	Sarn Helen	0:04:2
9	0:44:38	O'Neil	Ana	20	F	38	F35	Pembrokeshire Harriers	0:04:2
10	0:44:39	O'Neil	David	21	M	41	M40	Pembrokeshire Harriers	0:04:2
11	0:44:41	Roberts	Eifion	16	M	48	M40		0:04:2
12	0:45:27	Davies	Martin	40	M	29	OM	TROT's	0:04:3
13	0:45:45	Terry	Mark	13	M	54	M50	TROT's	0:04:3
14	0:46:31	Davey	Gareth	19	M	35	OM		0:04:3
15	0:46:38	Joyce	Kev	15	M	46	M40		0:04:4
16	0:46:44	Lewis	Jonny	37	M	36	OM		0:04:4
17	0:46:55	Davey	Eric	14	M	61	M50	Llanelli AC	0:04:4
18	0:47:31	Sinnett	John	30	M	54	M50	Pembrokeshire Harriers	0:04:4
19	0:49:00	James	Richard	17	M	48	M40	Emlyn Runners	0:04:5
20	0:49:17	Griffiths	Dave	31	M	48	M40	TROT's	0:04:5
21	0:50:00	Ouseley	Bethan	8	F	34	OF	Ingli Runner	0:05:0
22	0:50:42	Padget	Paul	25	M	55	M50	Ingli Runner	0:05:0
23	0:51:31	North	Nick	10	M	48	M40		0:05:0
24	0:51:49	Terry	Michael	12	M	60	M50	TROT's	0:05:1

25	0:52:19	Wilkins	Jason	27	M	41	M40	Cardigan Running Club	0:05:1
26	0:52:22	Jones	Gareth	39	M	45	M40	Sarn Helen	0:05:1
27	0:52:31	Jones	Arwel	4	M	28	OM		0:05:1
28	0:52:36	Kirkham	Kyra	26	F	35	F35	Emlyn Runners	0:05:1
29	0:53:04	Springett	Richard	47	M	47	M40		0:05:1
30	0:53:51	Thomas	Owen	38	M	38	M40		0:05:2
31	0:54:45	Rees	Lyn	41	M	61	M50	Sarn Helen	0:05:2
32	0:54:51	Willcox	Jill	34	F	39	F35	Ingli Runner	0:05:2
33	0:54:55	Wilkins	Jane	28	F	48	F45	Cardigan Running Club	0:05:3
34	0:56:59	Thomas	Sue	46	F	43	F35	Emlyn Runners	0:05:4
35	0:57:32	Davies	Caryl	24	F	23	OF	Sarn Helen	0:05:4
36	0:58:23	Morgan	Lon	7	F	53	F45	Emlyn Runners	0:05:5
37	0:58:55	Hodges	Mike	29	M	58	M50	TROTts	0:05:5
38	0:59:12	McCarthy	Hilary	44	F	44	F35	Cardigan Running Club	0:05:5
39	1:00:00	Jones	Anwen	33	F	25	OF	TROTts	0:06:0
40	1:01:38	Lutley	Helen	5	F	62	F45	Emlyn Runners	0:06:1
41	1:03:37	Coulson	Amanda	22	F	62	F45		0:06:2
42	1:04:22	Thomas	Andrew	45	M	46	M40		0:06:2
43	1:06:10	Thomas	Pauline	23	F	67	F45	TROTts	0:06:3
44	1:08:15	Strauch	Jenny	2	F	23	OF		0:06:4
45	1:11:20	North	Vicky	11	F	37	F35		0:07:0
46	1:39:22	Watts	Allen	1	M	82	M50	Sarn Helen	0:09:5