

# *EMLYN RUNNERS 10K*

## *2012*



Pos	Time	Family	First	Num	Gen	Age	Catg	Club
1	0:39:27	Wood	James	18	M	35	OM	Staffordshire Moorlands
2	0:40:32	Evans	Mike	16	M	37	OM	TROT's
3	0:41:42	Thomas	Carwyn	32	M	24	OM	Sarn Helen
4	0:42:19	Jones	Jonathan	28	M	42	M40	Carmarthen Harriers
5	0:42:57	Elliott	Gareth	26	M	29	OM	Pembrokeshire Harriers
6	0:44:16	Duncombe	Mark	24	M	50	M50	Sarn Helen
7	0:45:22	Easton	David	10	M	33	OM	Emlyn Runners
8	0:45:42	Owen	Barry	25	M	37	OM	Emlyn Runners
9	0:46:13	Williams	Dylan	29	M	28	OM	
10	0:47:22	Jones	Hywel	21	M	50	M50	Amman Valley Harriers
11	0:47:55	Orme	Gordon	20	M	69	M50	Carmarthen Harriers
12	0:48:29	Gardener	John	1	M	71	M50	Pembrokeshire Harriers
13	0:48:35	North	Nic	22	M	49	M40	Cardigan Running Club
14	0:48:51	Green	Lynn	17	F	54	F45	Cardigan Running Club
15	0:49:10	James	Richard	6	M	49	M40	Emlyn Runners
16	0:50:11	Griffiths	Dave	27	M	49	M40	Pembrokeshire Harriers
17	0:52:11	Revell	Rebecca	30	F	48	F45	Emlyn Runners
18	0:52:45	Jones	Steffan	31	M	22	OM	Sarn Helen
19	0:52:55	Willoughby	Helen	8	F	47	F45	Sarn Helen
20	0:53:12	James	Aneurin	13	M	44	M40	Sarn Helen
21	0:53:28	Halsall	Michael	12	M	12	OM	Llanelli AC

22	0:54:53	Jamieson	Aled	15	M	21	OM	
23	0:55:26	Davey	Eric	11	M	62	M50	Llanelli AC
24	0:55:36	Thomas	Sue	4	F	44	F35	Emlyn Runners
25	0:55:45	Terry	Michael	9	M	61	M50	TROTs
26	0:58:05	Rowell	Ann	7	F	56	F45	TROTs
27	0:59:50	Thomas	Claire	19	F	30	OF	TROTs
28	1:00:05	Springett	Richard	33	M	48	M40	
29	1:00:50	Lutley	Helen	3	F	63	F45	Emlyn Runners
30	1:04:06	Lee	Sue	23	F	41	F35	
31	1:05:20	Davies	Charlotte	14	F	49	F45	
32	1:11:26	Pritchard	Alex	5	F	28	OF	Emlyn Runners
33	1:58:00	Watts	Allen	2	M	83	M50	Sarn Helen