

Talley 2015 - 5k

<u>No.</u>	<u>Position</u>	<u>Name</u>	<u>Club</u>	<u>Age</u>	<u>Class</u>	<u>Time</u>	
26	1	Christian Lovatt	Swansea Harrier	18	m	16.15	
144	2	Jack Tremlett	Trots	34	m	17.08	
35	3	Ken Caulkett	Aberystwyth Ac	34	m	17.23	
44	4	Gareth Payne	Sarn Helen	42	m40	17.39	
118	5	Matthew Tippins	Amman Valley	22	m	18.12	
71	6	Sion Price	Sarn Helen	20	m	18.13	
69	7	Carwyn Davies	Sarn Helen	38	m	18.16	
9	8	Daniel Hooper	Sarn Helen	42	m40	18.30	*
141	9	Peter Osborne	Llanelli Aac	54	m40	18.37	
135	10	Kevin Griffiths	Trots	51	m40	18.42	
18	11	Kevin Regan	Sarn Helen	33	m	18.44	
52	12	Michael Davies	Sarn Helen	46	m40	18.45	
79	13	Archi Morgan	Carmarthen Harriers	12	m18	18.49	
151	14	Owain Schiavone		35	m	18.52	
157	15	Sheldon		26	m	18.55	
40	16	Nick Griffiths	AVH	45	m40	18.58	
51	17	Simon Hall	Sarn Helen	35	m	18.59	
90	18	Steven Holmes	Sarn Helen	41	m40	19.06	
62	19	Teilo Stone	Ysgol Bro Dinefwr	16	m18	19.07	
27	20	Callum Lovatt	Carmarthen Harriers	13	m18	19.14	
117	21	Richard Marks	Sarn Helen	65	m40	19.22	
73	22	Alex Williams	Port Talbot	47	m40	19.57	
85	23	Nigel Davies	Sarn Helen	43	m40	20.01	
91	24	Matt Thorne	Ysgol Dyffryn Amman	17	m18	20.05	
145	25	Elizabeth Tremlett	Trots	36	f35	20.10	
54	26	Richard Jones	Swansea Harrier	57	m40	20.11	
95	27	Rhys Davies	Neath Harriers	15	m18	20.15	
129	28	Dean Thomas		45	m40	20.17	
115	29	Simon Scurrrell	Trots	34	m	20.18	
70	30	Sian Trace	Amman Valley	25	f	20.19	
66	31	Andrew Waugh		29	m	20.24	
87	32	Huw Price	Sarn Helen	52	m40	20.31	
88	33	Glyn Price	Sarn Helen	48	m40	20.32	
110	34	Matthew Page	A cycling	30	m	20.36	
30	35	Laurence Worth	Pembs Harriers	52	m40	20.38	

125	36	John Marson	Oregow Project	41	m40	20.42	
59	37	Nick Carter		48	m40	20.44	
24	38	Phoebe Davis	Carmarthen Harriers	11	f18	20.49	
94	39	Aron Jones	3m's Gorseinon	30	m	20.50	
16	40	Sam Benger	Amman Valley	14	m18	20.59	
37	41	Gwion Griffiths Payne	Sarn Helen	11	m18	21.05	
121	42	Mark Terry	Trots	58	m40	21.12	
76	43	Christopher Evans	Bro Myrddin	14	m18	21.23	
133	44	Andrew Rees	Amman Valley	41	m40	21.24	
116	45	Melissa Watson	Trots	50	f35	21.28	
146	46	Mike Worlock	Port Talbot	51	m40	21.34	
7	47	Charlie Bell	Bro Dinefwr	14	m18	21.36	*
109	48	Rachael Allcock	Amman Valley	42	f35	21.43	
152	49	Brian Evans		37	m	21.44	
22	50	Caryl Davies	Sarn Helen	27	f	21.48	
154	51	Aled Williams		24	m	21.51	
100	52	Chris Jones		27	m	21.53	
113	53	Richard Phillisps	Trots	38	m	21.57	
78	54	Harri Morgan	Bro Myrddin	15	m18	22.00	
150	55	Aled Thomas		45	m40	22.01	
1	56	Zok Dary	Carmarthen Harriers	14	m18	22.16	
108	57	Rhys Owain Evans	Trots	15	m18	22.24	
105	58	Murray Kisbee	Sarn Helen	65	m40	22.26	
14	59	Tomos Morgans	Y Preseli	14	m18	22.28	
21	60	Gary Jones		40	m40	22.32	
77	61	Nicholas Evans	Carmarthen Harriers	12	m18	22.37	
43	62	Sian Robert Jones	Sarn Helen	35	f35	22.40	
132	63	Alex Worth		33	m	22.44	
112	64	Catherine Bleasdale	Trots	46	f35	22.51	
122	65	Haydn Lloyd	Sarn Helen	43	m40	22.55	
39	66	Eleri Rivers	Sarn Helen	41	f35	23.01	
53	67	Caroline Jones	Trots	55	f35	23.04	
137	68	Jason Wilkins	Cardigan Rc	45	m40	23.08	
46	69	Jason Jones		26	m	23.19	
107	70	Nigel Evans	Trots	44	m40	23.23	
127	71	Eric Davey	Llanelli Strollers	65	m40	23.30	
138	72	Jane Wilkins	Cardigan Rc	52	f35	23.41	

106	73	Donna Morgan	Amman Valley	43	f35	23.42	
17	74	Nathan Penrose	Amman Valley	16	m18	23.58	
111	75	Mark Bleasdale	Trots	47	m40	24.01	
101	76	Michael Terry	Trots	64	m40	24.04	
92	77	Rebecca Thorne	Amman Valley	15	f18	24.07	
42	78	Katie Mc Dermott	Sarn Helen	25	f	24.08	
31	79	Harry Worth	Pembs Harriers	12	m18	24.25	
124	80	Cyril Walter	Trots	67	m40	24.29	
147	81	Geraint Jenkins	Amman Valley	47	m40	24.36	
32	82	Joshua Keogh	Ysgol Bro Dinefwr	13	m18	24.44	
63	83	Rhodri Stone		50	m40	24.54	
15	84	Jac Benger	Amman Valley	16	m18	25.05	
6	85	Carys Davies	Sarn Helen	39	f35	25.13	
55	86	Nigel Watts		58	m40	25.27	
3	87	Bryn Bennett	Tregib	14	m18	25.33	
2	88	Leon Lanford	Queen Elizabeth	13	m18	25.34	
4	89	Martin Croshaw		43	m40	25.36	
99	90	Tina Morris	Llandovery Fit Club	37	f35	25.45	*
98	91	Dai Watkins	Llandovery Fit Club	37	m	25.46	*
38	92	Oliver Cleverly	Ysgol Bro Dinefwr	14	m18	25.48	
134	93	Oona Crawford	Trots	61	f35	25.49	
75	94	Owen Le Roux	Ysgol Bro Dinefwr	14	m18	25.50	
34	95	Fiona Jones	Sarn Helen	34	f	25.51	
96	96	Dewi Price		61	m40	26.02	
139	97	Lindsay Buck	Cumberland Fell Runner	54	f35	26.03	
28	98	Mark Roblin		48	m40	26.07	
136	99	Eric Evans		67	m40	26.12	
128	100	Bruce Morgan	Llanelli Aac	59	m40	26.49	
153	101	Non Edwards		32	f	26.58	
103	102	Sam Povey	Ysgol Bro Dinefwr	12	m18	27.00	
149	103	Lisa Jenkins		31	f	27.19	
142	104	Nicola Hicks		28	f	27.31	
93	105	Eiri Evans Jones	3m's Gorseinon	36	f35	27.36	
102	106	Nicola Williams Tesho	Amman Valley	40	f35	27.41	
74	107	Heather Hughes	Sarn Helen	36	f35	28.00	
83	108	William Speke	Ysgol Bro Dinefwr	14	m18	28.05	
82	109	Hayley Mc Clelland		21	f	28.06	

131	110	Dai Harris		44	m40	28.08	
120	111	Alison Terry	Trots	55	f35	28.20	
58	112	Robert Le Roux	Ysgol Bro Dinefwr	16	m18	28.26	
60	113	Rosie Davies	Ysgol Bro Dinefwr	13	f18	28.29	
72	114	Naomi Howell	Sarn Helen	13	f18	28.37	
57	115	Wendy Readwin	Sarn Helen	30	f	28.39	
126	116	Nigel Leighton Jones	Llanelli Strollers	60	m40	28.50	
47	117	Helen Davies		31	f	28.56	
36	118	Isabella Caulkett	Sarn Helen	12	f18	29.05	
64	119	Tesni Stones	Ysgol Bro Dinefwr	15	f18	29.10	
50	120	Megan Jones	Ysgol Bro Dinefwr	15	f18	29.13	
49	121	Non Roberts	Ysgol Bro Dinefwr	14	f18	29.14	
155	122	Laura Makin	Cardigan Rc	35	f35	29.17	
156	123	Jez Broughton		43	m40	30.07	
45	124	Maisy Johns	Ysgol Bro Dinefwr	12	f18	30.08	
104	125	Steve Povey		46	m40	30.09	
86	126	Ivy Denham		40	f35	30.43	
29	127	Colin Thomas		32	m	31.17	
114	128	Catrin Hopkins	Aberystwyth Ac	33	f	31.37	
143	129	Emma Gray	Sarn Helen	38	f35	31.38	
48	130	Maharnie Langford	Ysgol Bro Dinefwr	12	f18	31.39	
89	131	Jane Holmes	Sarn Helen	44	f35	32.28	
140	132	Clara Clay		37	f35	32.32	
56	133	Christine Watts		56	f35	32.41	
148	134	Eirian Davies		64	m40	32.47	
23	135	Gwen Thomas	Sarn Helen	14	f18	32.50	
19	136	Rebecca Talsma James		27	f	33.07	
11	137	Linda Winning		68	f35	33.38	
97	138	Richard Hughes		63	m40	33.47	*
67	139	Catty Elaine Griffiths		36	f35	33.52	
123	140	Callum Taylor	Ysgol Bro Dinefwr	12	m18	33.54	
68	141	Emma Davies		35	f35	33.55	
119	142	Sarah Brown		37	f35	34.36	
12	143	Robert Winning		74	m40	34.45	
61	144	Jazmin Young	Ysgol Bro Dinefwr	13	f18	34.57	
65	145	Millie Bateman	Tregib	11	f18	35.01	
80	146	Steelte Jonathon		18	m	35.05	

84	147	Beth Speke	Ysgol Bro Dinefwr	16	f18	36.02	
81	148	Alun Howard		27	m	36.03	
25	149	Ffion Moses Loynton	Ysgol Bro Dinefwr	13	f18	36.06	
130	150	Radha Harrison		12	f18	37.12	*
8	151	Caitlin Moir	Ysgol Bro Dinefwr	12	f18	38.26	*
20	152	Jennifer Cowin		26	f	38.27	
41	153	Sarah Webster	Ysgol Bro Dinefwr	12	f18	39.01	
5	154	Lisa Asher	Ysgol Bro Dinefwr	13	f18	42.18	
33	155	Joseph Keogh	Ysgol Bro Dinefwr	14	m18	42.53	
10	156	Ash Shimmin	Ysgol Bro Dinefwr	11	m18	43.07	