

**AMMANFORD 10K SUNDAY 12<sup>TH</sup> JULY 2015**

<b>Pos</b>	<b>Run No</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Club</b>
1	438	Ian Harris	OM	36.11	3Ms Road Runners
2	156	Alan Davies	M60	37.17	3Ms Road Runners
3	180	Christopher Jenkins	OM	37.27	Neath Harriers
4	141	Paul Reismann	M40	37.27	Swansea Harriers
5	189	Carwyn Davies	OM	38.22	Sarn Helen
6	137	Lucy Marland	OF	38.43	Cardiff AAC
7	145	Wayne Bowen	M40	38.47	Swansea Harriers
8	182	Geraint Lewis	OM	38.59	Porthcawl
9	162	Martin George	OM	39.02	Llanelli AC
10	160	Chris Lewis	OM	39.29	Unattached
11	163	Steven Williams	M40	39.48	Unattached
12	133	Geraint Jones	OM	40.06	Amman Valley Harriers
13	123	Matt Yelland	OM	30.21	Unattached
14	148	Andrew Brain	M40	40.30	Run44AllNeath
15	196	Hugh Janney	N40	41.09	Amman Valley Harriers
16	270	Alex Williams	M40	41.11	Port Talbot Harriers
17	425	Mike Gleeson	M40	41.15	Swansea Harriers
18	426	Simon Rees	OM	41.17	Llanelli AC
19	126	Sian Trace	OF	41.47	Amman Valley Harriers
20	157	Charles Walsh	M40	41.57	Port Talbot Harriers
21	181	Chris Lewis	OM	42.22	Run4All
22	135	Ryan Cullen	OM	42.32	Unattached
23	199	Bran Pearce	M60	42.37	Unattached
24	188	David Thomas	M50	43.09	Sarn Helen
25	431	Alun Evans	M50	43.47	Unattached
26	183	Lee Morris	OM	43.58	3Ms Road Runners
27	418	Rhys Jones	OM	44.05	Llanelli Strollers
28	136	Berwyn Davies	OM	44.19	Unattached
29	439	Mike Jones	OM	44.25	Unattached
30	400	Andrew Rees	M40	44.30	Amman Valley Harriers
31	154	Bill Leslie	M40	44.35	Amman Valley Harriers
32	122	Lawrence Jones	OM	44.41	Unattached
33	179	John Marson	M40	45.00	Llanelli AC
34	197	Philip Pearce	OM	45.13	Unattached
35	129	Wayne Lewis	M40	45.24	Unattached
36	185	Mark Terry	M50	45.32	TROTS
37	178	Matt Thorne	OM	45.42	Unattached
38	132	Mandy Morris	F35	45.46	Port Talbot Harriers
39	436	John Field	M40	46.38	Unattached
40	445	Paul Watts	M50	46.40	Unattached
41	200	Stephen Bendle	M50	46.41	Swansea Harriers
42	172	Sian Phillips	F45	46.57	Swansea Harriers
43	139	Nick Venables	OM	47.15	Unattached
44	128	MarioRabaiotti	M50	47.17	Port Talbot Harriers
45	127	Mick Grant	M50	47.43	Unattached
46	174	Dave Cornish	M40	48.00	Port Talbot Harriers

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<b>Pos</b>	<b>Run No</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Club</b>
47	164	Daniel Morgan	OM	48.21	Unattached
48	419	Rhiannydd Edwards	F35	48.24	Rhedeg Pontardawe
49	155	Alan Perkins	M60	48.40	Port Talbot Harriers
50	138	Simon Vaughan	M60	49.05	Port Talbot Harriers
51	428	Julian Williams	OM	49.07	Unattached
52	173	Eric Davey	M60	49.12	Llanelli AC
53	130	Anna Parsons	F45	49.28	Port Talbot Harriers
54	190	Keith Powell	M50	49.32	TROTS
55	165	Ross Poiner	M40	49.42	3Ms Road Runners
56	131	Stephen Williams	M40	49.46	Port Talbot Harriers
57	427	Brian Foxx	M60	49.51	Swansea Harriers
58	158	Simon Shepherd	M40	50.42	Birmingham
59	170	Clive James	M60	51.07	Neyland
60	147	Ray James	M50	51.11	Port Talbot Harriers
61	446	Alistair Hoare	OM	51.22	Unattached
62	159	Tony Holling	M50	51.29	Port Talbot Harriers
63	176	Robert Fowler	M60	51.49	Amman Valley Harriers
64	451	Anwen Jones	OF	52.01	TROTS
65	177	Rebecca Thorne	OF	52.10	Unattached
66	125	Chris Morton	M40	52.13	Unattached
67	421	Cyril Walters	M60	52.17	TROTS
68	417	Natalie Jones	OF	52.19	Llanelli Strollers
69	195	Helen Janney	F45	52.26	Amman Valley Harriers
70	447	Luticia Thomas	OF	52.48	Unattached
71	429	Pamela Carter	OF	52.55	Unattached
72	198	Dora Pearce	F55	53.11	Unattached
73	442	Nigel Watts	M50	53.19	Unattached
74	424	Brian Mogford	M50	54.15	Amman Valley Harriers
75	422	Samantha Mogford	OF	54.19	Amman Valley Harriers
76	192	Angharad Thomas	OF	54.42	Sospan Road Runners
77	450	Joshua Powell	OM	55.009	Unattached
78	124	Martin Croshaw	M40	55.18	Unattached
79	169	Alex Ward	OM	55.20	Unattached
80	437	Gareth Thomas	OM	55.38	Unattached
81	448	Helen Phillips	F55	55.45	Amman Valley Harriers
82	144	Dan Hawke	OM	55.49	Unattached
83	143	Andrew Jones	M40	56.31	Unattached
84	452	Daniel Morris	M40	56.33	Unattached
85	167	Kim Holohan	F55	56.45	3Ms Road Runners
86	186	Tina Morris	F35	57.08	Unattached
87	423	Joanna Etheridge	OF	57.15	Amman Valley Harriers
88	444	Melanie Tancock	F45	57.30	Amman Valley Harriers
89	433	Hilary Vaughan	F55	57.33	Unattached
90	134	Kayleigh Wilding	OF	57.57	Unattached
91	166	John Holohan	M60	58.15	3Ms Road Runners
92	187	Jackie Martin	F45	58.25	Sospan Road Runners

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<b>Pos</b>	<b>Run No</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Club</b>
93	420	Kath Treharne	F45	58.26	Amman Valley Harriers
94	184	Alison Terry	F55	58.34	TROTS
95	430	Eryl Jones	M40	59.06	Unattached
96	153	Christine Hurdidge	F55	60.17	3Ms Road Runners
97	441	Tom Wheeler	OM	61.37	Unattached
98	440	Emma Wheeler	F45	61.45	Unattached
99	142	Kirsty McDowell	OF	61.10	Amman Valley Harriers
100	434	Ruth Southby	F35	61.17	Unattached
101	151	James Davies	M40	62.16	Unattached
102	204	Nigel Jones	M60	62.39	Llanelli Strollers
103	193	Jonathan Davies	OM	62.47	Unattached
104	194	Matthew Wallace	OM	62.59	Unattached
105	121	Nigel Best	M50	63.55	Unattached
106	432	Richard Donne	M50	64.59	3Ms Road Runners
107	171	Henri Cousins	OM	65.12	Unattached
108	150	Vancye Briggs	F35	65.35	Unattached
109	149	Fay Sharpe	F55	65.44	3Ms Road Runners
110	161	Tash Smith	OF	68.15	Unattached
111	168	Ellen Parker-Jones	F35	68.15	Unattached
112	152	Jeshe? Davies	F55	70.00	3Ms Road Runners
113	146	Kelly Ann – no surname	F35	70.17	Port Talbot Harriers
114	175	Pauline Thomas	F55	70.43	TROTS
115	191	Margaret Powell	F55	71.40	TROTS
116	435	Ryan Cullen	OM	75.44	Unattached
117	140	Dewi Davies	M40	78.20	Unattached
118	443	Carolann Healey	F35	78.29	Amman Valley Harriers
119	449			DNF	

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OVERALL WINNERS

Pos	Run No	Name	Cat	Time	Club
1 <sup>st</sup>	432	Ian Harris	OM	36.11	3Ms Road Runners
2 <sup>nd</sup>	180	Christopher Jenkins	OM	37.21	Neath Harriers
3 <sup>rd</sup>	189	Carwyn Davies	OM	38.22	Sarn Helen
1 <sup>st</sup>	137	Lucy Marland	OF	38.43	Cardiff AC
2 <sup>nd</sup>	126	Sian Trace	OF	41.47	Amman Valley Harriers
3 <sup>rd</sup>	451	Anwen Jones	OF	52.01	TROTS
1 <sup>st</sup>	141	Paul Reismann	M40	37.27	Swansea Harriers
2 <sup>nd</sup>	145	Wayne Bowen	M40	38.47	Swansea Harriers
3 <sup>rd</sup>	163	Steve Williams	M40	39.48	Unattached
1 <sup>st</sup>	132	Mandy Morris	F35	45.46	Port Talbot Harriers
2 <sup>nd</sup>	419	Rhiannydd Edwards	F35	48.24	Rhedeg Pontardawe
3 <sup>rd</sup>	195	Helen Janney	F35	52.26	Amman Valley Harriers
1 <sup>st</sup>	188	David Thomas	M50	46.41	Sarn Helen
1 <sup>st</sup>	172	Sian Phillips	F45	46.57	Swansea Harriers
1 <sup>st</sup>	156	Alan Davies	M60	37.17	3Ms Road Runners
1 <sup>st</sup>	198	Dora Pearce	F55	52.55	Unattached

**Athletic Team Trophy – Male – Swansea Harriers**

1 <sup>st</sup>	141	Paul Reismann	37.27
2 <sup>nd</sup>	145	Wayne Bowen	38.47
3 <sup>rd</sup>	425	Mike Gleeson	41.15

**Athletic Team Trophy – Female – Amman Valley Harriers**

1 <sup>st</sup>	126	Sian Trace	41.47
2 <sup>nd</sup>	195	Helen Janney	52.26
3 <sup>rd</sup>	422	Samantha Mogford	54.19

