

Talley 2016 - 5k							
<u>No.</u>	<u>Position</u>	<u>Name</u>	<u>Club</u>	<u>Age</u>	<u>Class</u>	<u>Time</u>	<u>Local</u>
303	1	Jack Tremlett	Trots	36	M	17.10	
233	2	Ken Caulkett	Sarn Helen	35	M	17.13	
356	3	Gareth Payne	Sarn Helen	43	M40	17.44	
333	4	Gruffudd Jenkins	Cardiff Ac	20	M	17.57	
352	5	Tom Barl	Swansea Harriers	25	M	18.00	
208	6	Archi Morgan	Carmarthen Harriers	13	u18m	18.04	
262	7	Glyn Price	Sarn Helen	49	M40	18.15	
287	8	Simon Hall	Sarn Helen	36	M	18.31	
292	9	Matt Yelland	Amman Valley	36	M	18.40	
290	10	Carwyn Davies	Sarn Helen	39	M	18.43	
242	11	Teilo Stone	Ysgol Bro Dinefwr	17	u18m	18.50	
265	12	Callum Lovatt	Carmarthen Harriers	14	u18m	18.56	
244	13	Simon Rees	Llanelli Ac	36	M	18.58	
251	14	Wayne Lewis	Amman Valley	42	M40	19.25	
358	15	Philip Thomas	Roadents	35	M	19.27	
350	16	Huw Janney	Amman Valley	45	M40	19.30.04	
318	17	Richard Marks	Sarn Helen	66	M40	19.30.95	
249	18	Sam Benger	Amman Valley	15	u18m	19.39	
261	19	Mike Davies	Sarn Helen	47	M40	19.48	
213	20	Alex Williams	Port Talbot	48	M40	19.56	
224	21	Julian Jones		25	M	20.06	
230	22	William Thompson	Carmarthen Harriers	14	u18m	20.07	
229	23	Nigel Davies	Sarn Helen	44	M40	20.11	
267	24	Richard Phillips	Trots	39	M	20.12.08	
302	25	Huw Thomas		38	M	20.12.67	
260	26	Mark Terry	Trots	59	M40	20.27	
270	27	Ieuan Williams	Builth District	39	M	20.28	
272	28	Simon Scurrrell	Trots	35	M	20.30	
222	29	Phoebe Davis	Carmarthen Harriers	12	u18f	20.34	
312	30	Paul Watts	Llanelli Ac	54	M40	20.37	
203	31	Tomos Morgans	Sarn Helen	15	u18b	20.43	
338	32	Matthew Page	Tywi Valley	31	M	20.44	
215	33	Jason Morris	Llandovery	39	M	20.47	
359	34	Huw Davies	Carmarthen Harriers	47	M40	20.48	
355	35	Gwion Payne	Sarn Helen	13	u18m	20.49	

282	36	Tony Hall	Sarn Helen	61	M40	20.52	
363	37	David Thomas	Sarn Helen	53	M40	20.59	I
278	38	Melaine Davies		26	F	21.00	
361	39	Aled Morgan		33	M	21.05	
281	40	Charlie Bell	Ysgol Bro Dinefwr	15	u18b	21.08	
226	41	John Marson	Llanelli Ac	43	M40	21.14	
227	42	George Eadon	Sarn Helen	30	M	21.23	
276	43	Iaon Davies		37	M	21.34	
202	44	Sioned Wallwork	Ysgol Penweddig	14	u18f	21.38	
271	45	John Camani	Trots	30	M	21.42	
220	46	Chris Jones		28	M	21.46	
344	47	Danny Jones		25	M	21.46	
323	48	Jason Wilkins	Cardigan RR	46	M40	21.49	
266	49	Howard Thomas	Cardigan RR	42	M40	21.51	
228	50	Helen Willoughby	Sarn Helen	51	F35	21.52	
273	51	Rhys Davies	Neath	16	u18m	21.55	
341	52	Murray Kisbee	Sarn Helen	66	M40	21.56	
296	53	Jake Gartland	Sarn Helen	16	u18m	21.57	
248	54	Alwyn Williams		48	M40	22.04	
288	55	Brian Evans		38	M	22.09	
307	56	Richard Purnell	Cwm Ogwr	41	M40	22.11	
308	57	Geraint Jenkins	Amman Valley	48	M40	22.12	
295	58	Aled Thomas		46	M40	22.13	
212	59	Eleri Rivers	Sarn Helen	42	F35	22.17	
351	60	Joseph Thomas	Sarn Helen	17	u18m	22.25	
297	61	Carl Denham		40	M40	22.35	
342	62	Fred Gullel		38	M	22.37	
325	63	Catharine Bleasdale	Trots	47	F35	22.40	
291	64	Gareth Davies	Myddfai Milers	28	M	22.53	
201	65	Laurence Jones	Sospan road runners	22	M	23.02	
245	66	Jake Smith	Ysgol Bro Dinefwr	16	u18m	23.05	
346	67	Terry Jones	Sarn Helen	39	M	23.06	
326	68	Mark Bleasdale	Trots	48	M40	23.09	
319	69	Martin Berry	Warrington RR	41	M40	23.10	
235	70	Jack Caulkett	Sarn Helen	12	u18m	23.18	
232	71	Dawn Kenwright	Sarn Helen	60	F35	23.27	
253	72	Caitlin Page	Sarn Helen	17	u18f	23.39.03	

317	73	Clara Davies		34	F	23.39.98	
360	74	Cerys Davies	Carmarthen Harriers	15	u18f	23.40	
209	75	Martin Croshaw		44	M40	23.41	
330	76	Rhydian Jones		28	M	23.42	
349	77	Helen Janney	Amman Valley	44	F35	24.03	
255	78	Wyn Davies		20	M	24.05	
357	79	Owen Jones		25	M	24.06	
293	80	Keith Powell	Trots	59	M40	24.07	
310	81	Nigel Watts	Llanelli Ac	59	M40	24.08	
339	82	Haydn Lloyd	Sarn Helen	44	M40	24.13	
254	83	Grace Page	Sarn Helen	14	u18f	24.16	
240	84	Kate Lynock		41	F35	24.20	
275	85	Eric Davey	Llanelli Ac	66	M40	24.23	
324	86	Jane Wilkins	Cardigan RR	53	F35	24.27	
286	87	Heather Hughes	Sarn Helen	37	F35	24.34	
211	88	Aneurin James	Sarn Helen	48	M40	24.36	
225	89	Mitchell Readwin	Sarn Helen	33	M	24.46	
269	90	William Patterson		28	M	24.47	
354	91	Sajaan Biant	Ysgol Bro Dinefwr	17	U18m	24.56	
214	92	Tina Morris	Llandovery	38	F35	24.57	
321	93	Aled Jones		29	M	25.05	
340	94	Dafydd Lloyd	Sarn Helen	12	u18m	25.08	
301	95	Elin Neal		20	F	25.11	
239	96	Rhodri Stones		51	M40	25.13	
313	97	Oona Crawford	Trots	62	F35	25.24	
256	98	Justin Quinn		55	M40	25.27	
280	99	Catrin Price		12	u18f	25.28	
231	100	Pamela Carter		35	F35	25.31	
334	101	Ceri Morgan	Myddfai Milers	28	M	25.32	
283	102	Carys Davies	Sarn Helen	40	F35	25.42	
221	103	Rosie Davies	Ysgol Bro Dinefwr	14	u18f	25.51	
234	104	Jenny Caulkett	Sarn Helen	39	F35	25.53	
304	105	Tomos Ayscough	Ysgol Bro Dinefwr	11	u18m	26.27	
336	106	Jordan Tweedale		28	M	26.38	
206	107	Lowri Daniels	Ysgol Bro Dinefwr	14	u18f	26.40	
268	108	Cyril Walter	Trots	68	M40	26.50	
289	109	Helen Davies	Sarn Helen	32	F	26.55	

314	110	Eric Evans		68	M40	27.25	
277	111	Nicola Higgs	Sarn Helen	29	F	27.48	
216	112	Joanne Morris	Llandovery	39	F35	28.00	
241	113	Tesni Stone	Ysgol Bro Dinefwr	16	u18f	28.03	
205	114	Caitlin Forrester	Ysgol Bro Dinefwr	13	u18f	28.05	
218	115	Anita Price	Llandovery	42	F35	28.13	
219	116	Hywel Jones	Llandovery	55	M40	28.14	
299	117	Gareth Jones	Sarn Helen	50	M40	28.22	
250	118	Bruce Morgan	Llanelli Ac	60	M40	28.33	
337	119	Nan Edwards		33	F	28.37	
320	120	Lisa Jones		32	F	28.38	
246	121	Michael Halsall	Llanelli Ac	43	M40	28.43	
322	122	Linsay Buck	Cumberland Fell	55	F35	29.03	
366	123	Nanette John		56	F35	29.11	
332	124	Carwyn Edwards		34	M	29.13	
331	125	Rhys Richards		33	M	29.14	
335	126	Janine Terglane		25	F	29.26	
343	127	Samantha Slimings		44	F35	29.27	
353	128	Nick Weed		54	M40	29.48	
259	129	Elen Morgan	Sarn Helen	13	u18f	29.49	
365	130	Kate Thomas	run 4 all Neath	24	F	29.55	
329	131	Jenny Tanner		30	F	29.58	
327	132	Allana Angus		38	F35	30.04	
328	133	Michelle Tommason	Amman Valley	45	F35	30.09	
274	134	Nigel Jones	Llanelli Strollers	61	M40	30.29	
305	135	Harri Ayscough	Ysgol Bro Dinefwr	16	u18m	30.3	
237	136	Kevin Walters		29	M	30.33	
315	137	Nigel Walters		56	M40	30.34	
284	138	Carlos Longueira		48	M40	30.38	
236	139	Isabella Caulkett	Sarn Helen	13	u18f	30.42	
316	140	Alan Payne		57	M40	30.49	
294	141	Margaret Powell	Trots	52	F35	30.50	
247	142	Robert Le Roux	Ysgol Bro Dinefwr	17	u18m	31.05	
300	143	Jan Jones	Sarn Helen	51	F35	31.16	
285	144	Caludine Longueira		45	F35	31.21	
217	145	Jenny Robbins	Llandovery	22	F	31.43	
311	146	Christine Watts		57	F35	31.47	

348	147	Adee Boty		31	F	31.49	
243	148	Owen Skilton	Ysgol Bro Dinefwr	17	u18m	31.59	
345	149	Wendy Davies		24	F	32.02	
364	150	Jeanette Mackerill		31	F	32.08	
309	151	Arthur Carter	Teilo Sant	9		32.10.44	
306	152	Nick Carter		49	M40	32.10.81	
258	153	Dr Tracey Morgan		50	F35	32.18	
257	154	Alison Terry	Trots	56	F35	32.19	
264	155	Sarah Williams		29	F	32.50	
263	156	Kevin Roberts		59	M40	32.51	
210	157	Gwen Thomas	Sarn Helen	15	u18f	32.58	
298	158	Clara Clay		37	F35	33.08	
279	159	Emma Gray	Sarn Helen	39	F35	34.16	
367	160	Eirian Davies		65	M40	34.23	
347	161	Jane Jones		34	F	34.38	
362	162	Rowena Greasley	Couch to 5k	35	F35	34.39	
207	163	Caitlin Moir	Ysgol Bro Dinefwr	13	u18f	35.08	
204	164	Ffion Loynton	Ysgol Bro Dinefwr	14	u18f	35.20.20	
252	165	Sarah Webster	Ysgol Bro Dinefwr	13	u18f	35.20.61	
238	166	Malati Harrison	Ysgol Bro Dinefwr	11	u18f	46.14	
223	167	Zoe Grumber	Ysgol Bro Dinefwr	12	u18f	46.15	