

Llanelli Waterside 10k Results 2007

Race No	Firstname	Surname	Gen	Gun Pos	Gun Time	Chip Pos	Chip Time	Cat	Cat Pos	Club Name
503	Mathew	Ashton	Male	1	00:30:51	1	00:30:51	MS	1	ALDERSHOT FARNSHAM & DISTRICT
689	Mark	Hobbs	Male	2	00:31:44	2	00:31:44	MS	2	Swansea Harriers
690	Lewys	Hobbs	Male	3	00:32:04	3	00:32:04	MS	3	Swansea Harriers
63	Martin	Rees	Male	4	00:32:04	4	00:32:04	M50	1	Neath Harriers
691	Steve	Davies	Male	5	00:32:39	5	00:32:39	MS	4	Swansea Harriers
484	Paul	Richards	Male	6	00:33:07	6	00:33:05	M40	1	Neath Harriers
68	Phill	Kibble	Male	7	00:33:08	7	00:33:08	M40	2	WILTSHIRE POLICE
377	Peter	Coles	Male	8	00:33:17	8	00:33:17	M40	3	Pontypridd Roadents
607	Paul	Griffiths	Male	9	00:33:58	9	00:33:57	MS	5	Neath Harriers
160	Stephen	Paterson	Male	10	00:34:09	10	00:34:08	MS	6	SAN DOMENICO
307	Matt	Kinane	Male	11	00:34:15	11	00:34:14	MS	7	Swansea Harriers
399	Stuart	Crees	Male	12	00:34:22	12	00:34:21	MS	8	Les Croupiers
408	David	Kehoe	Male	13	00:35:05	14	00:35:05	MS	9	
629	Phillip	George	Male	14	00:35:06	13	00:35:04	MS	10	Les Croupiers
613	Glyn	Price	Male	15	00:35:13	15	00:35:13	M40	4	Sarn Helen
416	Jason	Scanlon	Male	16	00:35:22	16	00:35:19	MS	11	Pontypridd Roadents
487	Edward	Takota	Male	17	00:35:26	17	00:35:25	MS	12	CARDIFF AAC
457	Barrie	Griffiths	Male	18	00:35:29	18	00:35:28	M40	5	Pembrokeshire Harriers
114	Mike	Evans	Male	19	00:35:42	19	00:35:41	MS	13	CARDIFF AAC
357	Nick	Frost	Male	20	00:35:52	20	00:35:49	M40	6	Pontypridd Roadents
51	Chris	Parker	Male	21	00:36:03	21	00:36:02	M40	7	Swansea Harriers
298	Paul	Reynolds	Male	22	00:36:05	22	00:36:03	MS	14	3M'S
663	Nicki	Nealon	Female	23	00:36:06	23	00:36:05	F35	1	Huncote Harriers
597	Huw	Jenkins	Male	24	00:36:29	24	00:36:28	MS	15	celtic tri
354	Scott	Evans	Male	25	00:36:37	25	00:36:35	MS	16	SOSPAN ROAD RUNNERS
72	Owain	Jones	Male	26	00:37:18	26	00:37:17	MS	17	Swansea Harriers
370	Jan	Lenczowski	Male	27	00:37:25	27	00:37:25	MS	18	
448	Steve	Coupe	Male	28	00:37:29	28	00:37:25	M50	2	SOSPAN ROAD RUNNERS
622	Steve	Speirs	Male	29	00:37:32	29	00:37:30	M40	8	Les Croupiers
300	Stephen	Thomas	Male	30	00:37:44	30	00:37:39	M40	9	

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Race No	Firstname	Surname	Gen	Gun Pos	Gun Time	Chip Pos	Chip Time	Cat	Cat Pos	Club Name
322	Haydn	Hartnell	Male	31	00:37:53	31	00:37:50	M40	10	Islwyn RC
259	James	O'Callaghan	Male	32	00:37:56	32	00:37:55	MS	19	
595	Stephen	Williams	Male	33	00:37:58	33	00:37:56	M40	11	
645	Martin	George	Male	34	00:38:10	34	00:38:06	MS	20	
602	Richard	Marks	Male	35	00:38:13	35	00:38:11	M50	3	Sarn Helen
477	Barry	Wilson	Male	36	00:38:25	36	00:38:22	M50	4	LUDLOW HARRIERS
421	Ronald	Morris	Male	37	00:38:36	37	00:38:35	M50	5	
65	Phillip	Meyler	Male	38	00:38:39	38	00:38:39	M50	6	Pontypridd Roadents
670	Ann	Thomas	Female	39	00:38:51	39	00:38:50	F35	2	Trots
451	Stuart	Ballinger	Male	40	00:39:02	40	00:39:00	MS	21	
680	Tomos	Knight	Male	41	00:39:06	41	00:39:04	MS	22	
38	Gavin	Morris	Male	42	00:39:11	42	00:39:07	MS	23	
621	David	Proud	Male	43	00:39:12	43	00:39:08	MS	24	Les Croupiers
5	Mike	Murphy	Male	44	00:39:26	44	00:39:24	M50	7	Les Croupiers
705	Graham	Moore	Male	45	00:39:30	45	00:39:27	MS	25	
668	David	Bembo	Male	46	00:39:34	46	00:39:30	M40	12	
186	Clare	Phillips	Female	47	00:39:37	47	00:39:33	F35	3	Swansea Harriers
319	Andy	Davies	Male	48	00:39:39	49	00:39:36	M40	13	Pontypridd Roadents
456	Richard	Humphries	Male	49	00:39:40	48	00:39:36	MS	26	
411	John	Diffey	Male	50	00:39:46	50	00:39:41	M40	14	Les Croupiers
309	Philip	Bamsey	Male	51	00:39:48	51	00:39:43	M50	8	Neath Harriers
630	Anni	Vanhatalo	Female	52	00:39:55	52	00:39:48	FS	1	UWA Harriers
496	Paul	Price	Male	53	00:39:56	53	00:39:52	M40	15	
528	Mark	Jones	Male	54	00:40:08	54	00:40:07	MS	27	
611	Huw	Price	Male	55	00:40:13	55	00:40:11	M40	16	Sarn Helen
449	Eric	Davey	Male	56	00:40:27	56	00:40:23	M50	9	LLANELLI AC
20	Shelly	Childs	Male	57	00:40:31	57	00:40:28	MS	28	Aberystwyth AC
49	Marcus	Coles	Male	58	00:40:34	58	00:40:28	MS	29	Les Croupiers
501	Gareth	Richards	Male	59	00:40:36	59	00:40:30	MS	30	
669	Mark	Terry	Male	60	00:40:43	60	00:40:40	M50	10	

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Race No	Firstname	Surname	Gen	Gun Pos	Gun Time	Chip Pos	Chip Time	Cat	Cat Pos	Club Name
413	Alun Wyn	Evans	Male	61	00:40:47	61	00:40:46	M40	17	
22	Adrian Mark	Weaver	Male	62	00:40:57	62	00:40:53	MS	31	PORT TALBOT HARRIERS
454	Huw	Rowcliffe	Male	63	00:41:01	63	00:40:58	MS	32	Sarn Helen
706	Care	Price	Male	64	00:41:05	64	00:40:58	MS	33	
404	Keith	Paul	Male	65	00:41:06	65	00:40:59	M40	18	Taunton AC
64	Eurof	Davies	Male	66	00:41:15	66	00:41:09	M40	19	Les Croupiers
396	Jon	Belcher	Male	67	00:41:22	68	00:41:18	MS	34	
475	Michael	Evans	Male	68	00:41:23	69	00:41:20	M40	20	Neath Harriers
490	Leon	Murnieks	Male	69	00:41:24	67	00:41:13	MS	35	ROYAL NAVY RESERVE
297	Uku	Kumari	Male	70	00:41:24	71	00:41:22	M50	11	Swansea Harriers
312	Jason	Williams	Male	71	00:41:31	72	00:41:28	MS	36	
462	David	Garrick	Male	72	00:41:42	70	00:41:22	M50	12	
422	Roger	Berry	Male	73	00:41:46	76	00:41:41	M60	1	Walthamstow AC
624	Darren	Morgan	Male	74	00:41:47	77	00:41:43	MS	37	
409	Alex	Jenkins	Male	75	00:41:48	73	00:41:29	MS	38	
181	Dorian	Hughes	Male	76	00:41:48	74	00:41:34	M40	21	Club 69
318	Simon	Partridge	Male	77	00:41:48	78	00:41:45	M50	13	Neath Harriers
248	Lee	Morris	Male	78	00:41:51	79	00:41:46	MS	39	
26	Richard	Webster	Male	79	00:41:55	81	00:41:49	M50	14	3M'S
497	Nigel	Francisco	Male	80	00:41:57	80	00:41:47	M40	22	WECORI
182	Gareth	Jehu	Male	81	00:41:58	83	00:41:53	MS	40	
361	Peter	Curran	Male	82	00:42:00	84	00:41:58	M40	23	
619	Steven	Carpenter	Male	83	00:42:00	82	00:41:52	MS	41	
515	Michael	Halsall	Male	84	00:42:07	85	00:42:04	MS	42	
73	Alex	Williams	Male	85	00:42:09	86	00:42:07	MS	43	Road Runners Club
712	Francis	Truss	Male	86	00:42:14	75	00:41:37	MS	44	
11	Dave	Thomas	Male	87	00:42:17	87	00:42:07	M50	15	Aberystwyth AC
349	Grant	Thomas	Male	88	00:42:22	88	00:42:12	MS	45	
599	Dawn	Kenwright	Female	89	00:42:27	93	00:42:24	F45	1	Sarn Helen
508	Tom	Pearson	Male	90	00:42:28	90	00:42:18	MS	46	

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Race No	Firstname	Surname	Gen	Gun Pos	Gun Time	Chip Pos	Chip Time	Cat	Cat Pos	Club Name
170	Steve	Press	Male	91	00:42:30	89	00:42:15	MS	47	
350	Alan	Jones	Male	92	00:42:31	91	00:42:19	M40	24	
161	David	Bennett	Male	93	00:42:35	94	00:42:32	M40	25	
313	Mervyn	Davies	Male	94	00:42:37	92	00:42:23	MS	48	
109	Edward	Price	Male	95	00:42:44	97	00:42:41	MS	49	
24	Mark	Bryant	Male	96	00:42:45	95	00:42:37	M40	26	
365	Brian	Jones	Male	97	00:42:48	99	00:42:45	M40	27	
391	Kelly	Morgan	Female	98	00:42:52	100	00:42:49	FS	2	Pontypridd Roadents
417	Michelle	Cole	Female	99	00:42:54	102	00:42:54	FS	3	
466	Daniel	Thomas	Male	100	00:43:03	106	00:43:02	MS	50	LLANELLI AC
246	Jamie	Seekings	Male	101	00:43:05	104	00:42:57	MS	51	PENARTH & DINAS RC
506	John	Ashton	Male	102	00:43:05	105	00:42:59	M50	16	WHITNEY ROAD RUNNERS
41	Daniel	Rogers	Male	103	00:43:08	103	00:42:54	MS	52	
339	Donald	Prosser	Male	104	00:43:09	98	00:42:41	M40	28	
383	Mike	James	Male	105	00:43:12	96	00:42:39	M40	29	
460	William	Edwards	Male	106	00:43:18	108	00:43:12	MS	53	
625	Robert	Rees	Male	107	00:43:19	109	00:43:14	MS	54	
217	Lewis	Stevens	Male	108	00:43:20	101	00:42:53	MS	55	
678	Lyn	Richards	Female	109	00:43:22	107	00:43:11	F35	4	
304	Phillip	Thomas	Male	110	00:43:31	110	00:43:21	M40	30	Brackla Harriers
470	Sian	Phillips	Female	111	00:43:37	113	00:43:32	F45	2	Swansea Harriers
500	Heath	Jones	Male	112	00:43:41	118	00:43:37	MS	56	
1	Clive	Davies	Male	113	00:43:42	112	00:43:31	M40	31	SOSPAN ROAD RUNNERS
420	Paul	Edwards	Male	114	00:43:43	114	00:43:32	M40	32	Pembrokeshire Harriers
447	Carolyn	Eynon	Female	115	00:43:44	117	00:43:36	F45	3	
693	Ian	Henry	Male	116	00:43:45	115	00:43:34	MS	57	
647	Dan	Budge	Male	117	00:43:46	111	00:43:24	MS	58	
489	Graham	Vyner	Male	118	00:44:01	119	00:43:54	MS	59	3M'S
157	Adrian	Mathias	Male	119	00:44:05	121	00:44:01	M40	33	
36	Geraint	Evans	Male	120	00:44:06	120	00:43:59	M40	34	

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387	Lisa	Thomas	Female	121	00:44:09	123	00:44:07	FS	4	AMMAN VALLEY HARRIERS
185	Christina	Smith	Female	122	00:44:09	122	00:44:03	F45	4	3M'S
347	Tom	Marston	Male	123	00:44:12	116	00:43:35	MS	60	
66	Chris	Birch	Male	124	00:44:20	124	00:44:12	M40	35	
521	Caroline	John	Female	125	00:44:31	127	00:44:23	F35	5	Sarn Helen
632	Simon	Mansfield	Male	126	00:44:33	126	00:44:22	M40	36	CARMARTHEN HARRIERS
696	Philip	Turner	Male	127	00:44:36	132	00:44:35	MS	61	
194	Richard	Otten	Male	128	00:44:37	128	00:44:26	M40	37	
233	Lee	Williams	Male	129	00:44:42	130	00:44:31	M40	38	
272	Clive	Denton	Male	130	00:44:43	131	00:44:33	MS	62	Rhondda Valley Runners
352	Mark	Bevan	Male	131	00:44:45	134	00:44:41	MS	63	
402	Mark	Wyatt	Male	132	00:44:47	125	00:44:20	MS	64	
651	Paul	Davies	Male	133	00:44:51	135	00:44:47	M40	39	
644	Stephen	Cray	Male	134	00:44:53	133	00:44:41	M40	40	
390	Vaughan	Evans	Male	135	00:45:01	129	00:44:29	MS	65	
523	Michelle	Thomas-Luisi	Female	136	00:45:11	136	00:45:04	F35	6	3M'S
204	Helen	Jones	Female	137	00:45:25	141	00:45:20	F35	7	
27	Nigel	Thomas	Male	138	00:45:25	140	00:45:18	M40	41	
13	Ben	Seabourne	Male	139	00:45:30	139	00:45:16	MS	66	
253	Russell	Crocker	Male	140	00:45:35	138	00:45:13	MS	67	
285	Gary	Davidson	Male	141	00:45:36	143	00:45:23	M40	42	
384	Steve	Brown	Male	142	00:45:37	144	00:45:28	M40	43	Pembrokeshire Harriers
52	Phil	Protheroe	Male	143	00:45:37	142	00:45:21	MS	68	BRAKLA HARRIERS
438	Gareth	Williams	Male	144	00:45:40	145	00:45:28	MS	69	
154	Philippa	Williams	Female	145	00:45:44	147	00:45:33	F35	8	
343	Nick	Barrand	Male	146	00:45:48	137	00:45:11	MS	70	
55	Debbie	Garner	Female	147	00:45:51	152	00:45:50	FS	5	
293	Keith	Verheyden	Male	148	00:45:57	150	00:45:44	M40	44	
71	Jason	Woodruff	Male	149	00:45:58	153	00:45:54	MS	71	
386	Rhys	Floyd	Male	150	00:46:00	154	00:45:56	MS	72	Road Runners Club

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665	James	Lewindon	Male	151	00:46:00	146	00:45:31	MS	73	
351	Liz	Ashton	Female	152	00:46:01	148	00:45:33	FS	6	Les Croupiers
474	Stephen	Lewis	Male	153	00:46:03	149	00:45:43	M40	45	
32	Robert	Ford	Male	154	00:46:07	156	00:46:04	M50	17	Pontypridd Roadents
605	Adrian	Powell	Male	155	00:46:11	155	00:45:56	MS	74	
376	Kev	Joyce	Male	156	00:46:21	151	00:45:47	M40	46	
546	Vicky	Coopey	Female	157	00:46:21	161	00:46:17	FS	7	Pontypridd Roadents
405	Adam	Edwards	Male	158	00:46:22	160	00:46:16	MS	75	
372	Mark	Jenkins	Male	159	00:46:24	158	00:46:07	MS	76	
104	James	Horner	Male	160	00:46:28	162	00:46:21	MS	77	
271	Christopher	Griffiths	Male	161	00:46:31	164	00:46:21	MS	78	
120	Marc	Jones	Male	162	00:46:41	166	00:46:26	M40	47	
167	Julian	Hoare	Male	163	00:46:42	159	00:46:11	MS	79	
147	Elaine	Ferguson	Female	164	00:46:45	167	00:46:36	FS	8	Cardiff Triathletes
392	Ian	Evans	Male	165	00:46:47	172	00:46:45	MS	80	
498	Allen	Geddes	Male	166	00:46:51	165	00:46:24	M50	18	
348	Ian	Hopwood	Male	167	00:46:52	169	00:46:38	MS	81	
223	Ian	Morris	Male	168	00:46:54	157	00:46:06	MS	82	
631	Andrew	Phillips	Male	169	00:46:55	163	00:46:21	M40	48	
362	Jon	Henderson	Male	170	00:46:58	173	00:46:48	MS	83	
709	Rob	Hughes	Male	171	00:46:59	174	00:46:53	MS	84	
118	Matthew	Kavanagh	Male	172	00:47:08	171	00:46:42	MS	85	
165	John	Ivins	Male	173	00:47:10	176	00:47:00	M40	49	
144	Rhian	Rogers	Female	174	00:47:12	175	00:46:53	FS	9	
295	Sara	Griffiths	Female	175	00:47:14	182	00:47:14	FS	10	Neath Harriers
99	Russell	Bailey	Male	176	00:47:19	168	00:46:37	MS	86	
9	Nigel	Morse	Male	177	00:47:22	180	00:47:11	MS	87	celtic tri
90	Simon	Jenkins	Male	178	00:47:31	187	00:47:22	M40	50	
394	Hugh	Morgan	Male	179	00:47:34	170	00:46:40	MS	88	
505	Jeanette	Ashton	Female	180	00:47:35	185	00:47:18	F45	5	WHITNEY ROAD RUNNERS

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381	Peter	Abbott	Male	181	00:47:36	188	00:47:30	MS	89	
320	Samuel	Lucitt-Rees	Male	182	00:47:42	178	00:47:03	MS	90	
321	Stewart	Lucitt	Male	183	00:47:42	179	00:47:04	MS	91	
660	Robert	Mainwaring	Male	184	00:47:45	177	00:47:03	MS	92	
75	Matthew	Wilton	Male	185	00:47:45	184	00:47:17	MS	93	
19	Gavin	Watts	Male	186	00:47:51	181	00:47:11	MS	94	
14	Arfon John	Rees	Male	187	00:47:53	192	00:47:38	MS	95	WECORI
332	Mark	Mcnelis	Male	188	00:47:55	194	00:47:45	MS	96	
197	Simon	Williams	Male	189	00:47:55	195	00:47:46	MS	97	
710	Carl	Jones	Male	190	00:47:56	183	00:47:17	MS	98	
359	Kate	Dale	Female	191	00:47:56	191	00:47:36	FS	11	
472	Andrew	Rothwell	Male	192	00:47:56	193	00:47:41	M40	51	
245	Peter	Chowdhury	Male	193	00:47:57	190	00:47:36	MS	99	
96	Andrew	Oram	Male	194	00:48:00	196	00:47:50	MS	100	
21	Ian	Shield	Male	195	00:48:01	198	00:47:53	MS	101	Anster Haddies
17	Ray	Majer	Male	196	00:48:04	189	00:47:35	M50	19	
266	John	Martin	Male	197	00:48:05	186	00:47:19	M40	52	
537	Lynn	Goward	Female	198	00:48:05	200	00:47:57	F35	9	Village Vipers
608	Ann	Rowell	Female	199	00:48:11	201	00:47:58	F45	6	Trots
193	Lorraine	Coopey	Female	200	00:48:13	202	00:47:58	F35	10	
286	Rob	Vale	Male	201	00:48:13	210	00:48:09	MS	102	
442	Steve	Walsh	Male	202	00:48:14	199	00:47:54	MS	103	
335	Michael	Rossiter	Male	203	00:48:15	208	00:48:05	M40	53	Les Croupiers
139	Emma	Griffiths	Female	204	00:48:19	209	00:48:05	FS	12	
388	Mike	Allen	Male	205	00:48:24	197	00:47:52	MS	104	
479	Peter	Young	Male	206	00:48:25	204	00:48:03	M50	20	
675	Dave	Walker	Male	207	00:48:26	206	00:48:04	M50	21	
39	Richard	Davies	Male	208	00:48:30	203	00:48:03	MS	105	
48	Samantha	Carter	Female	209	00:48:30	214	00:48:18	FS	13	
229	Alex	Okeefe	Male	210	00:48:32	216	00:48:24	MS	106	Westbury Harriers

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158	Mark	Williamson	Male	211	00:48:34	207	00:48:04	M40	54	Road Runners Club
279	Andrew	Williamson	Male	212	00:48:34	205	00:48:04	MS	107	
620	Michelle	Hughes	Female	213	00:48:35	215	00:48:22	FS	14	
86	Tim	Jones	Male	214	00:48:37	212	00:48:15	MS	108	
507	Richard	Springett	Male	215	00:48:42	218	00:48:26	M40	55	
679	Stephen	Knight	Male	216	00:48:43	211	00:48:09	M60	2	
610	Ray	Fisher	Male	217	00:48:43	221	00:48:32	M50	22	
529	Elizabeth	Rowlands	Female	218	00:48:45	224	00:48:37	F35	11	
303	Abyd	Quinn Aziz	Male	219	00:48:47	213	00:48:17	M50	23	PENARTH & DINAS RC
382	Mitch	Evans	Male	220	00:48:47	226	00:48:42	M40	56	
282	James	Storrar	Male	221	00:48:48	220	00:48:30	M40	57	
273	Sheila	James	Female	222	00:48:53	232	00:48:53	F35	12	
262	Adrian	Luckman	Male	223	00:48:56	217	00:48:25	M40	58	
525	Andrew	Daniel	Male	224	00:48:58	219	00:48:29	MS	109	
333	David	Hopkins	Male	225	00:48:59	225	00:48:38	M50	24	
326	Andy	Jones	Male	226	00:49:01	228	00:48:45	MS	110	
499	Stephen	Davies	Male	227	00:49:01	234	00:48:55	M40	59	
189	Aaron	Goldsmith	Male	228	00:49:04	230	00:48:46	MS	111	Cardiff Tri
42	Andrew	Russell	Male	229	00:49:05	231	00:48:50	MS	112	
539	Bruce	Morgan	Male	230	00:49:06	227	00:48:43	M50	25	LLANELLI AC
330	Bob	Gardiner	Male	231	00:49:09	233	00:48:54	M40	60	
37	Lee	Kwok	Male	232	00:49:11	235	00:49:03	MS	113	GLAMORGAN HEALTH & RACQUET CLU
482	Leighton	Davies	Male	233	00:49:12	229	00:48:45	MS	114	
522	Robert	Pryce	Male	234	00:49:14	237	00:49:07	MS	115	
50	David	Sweetman	Male	235	00:49:18	223	00:48:35	MS	116	
184	Philip	Tucker	Male	236	00:49:18	222	00:48:33	MS	117	
342	Antonio	Rodriguez	Male	237	00:49:24	238	00:49:10	MS	118	
403	Sharron	Kington	Female	238	00:49:26	244	00:49:19	F45	7	Taunton AC
512	Amy	Edwards	Female	239	00:49:26	243	00:49:17	FS	15	Rhondda Valley Runners
378	Dennis	Blunt	Male	240	00:49:26	240	00:49:10	M50	26	

Llanelli Waterside 10k Results 2007

Race No	Firstname	Surname	Gen	Gun Pos	Gun Time	Chip Pos	Chip Time	Cat	Cat Pos	Club Name
627	Melonie	Galvin	Female	241	00:49:29	242	00:49:15	F35	13	
231	Kate	Croall	Female	242	00:49:37	247	00:49:28	F35	14	
623	Paul	Searle	Male	243	00:49:38	236	00:49:07	M40	61	
95	Suzanne	Bevan	Female	244	00:49:39	241	00:49:11	F35	15	
317	Lloyd	Morgan	Male	245	00:49:39	245	00:49:23	MS	119	SAN DOMENICO
344	Jonathan	Bennett	Male	246	00:49:40	246	00:49:25	M40	62	
268	Edward	Fish	Male	247	00:49:41	249	00:49:31	M50	27	
494	Janice	Harvey	Female	248	00:49:50	253	00:49:43	F45	8	
600	Eurig	Jenkins	Male	249	00:49:55	251	00:49:37	M40	63	
483	David	Mccarthy	Male	250	00:49:55	239	00:49:10	MS	120	
283	Ian	Storrar	Male	251	00:50:03	255	00:49:47	M40	64	
519	Rob	Taylor	Male	252	00:50:04	258	00:49:57	M40	65	
28	Mark	Lloyd	Male	253	00:50:05	259	00:50:00	M40	66	
397	David	Morgan	Male	254	00:50:05	250	00:49:32	M40	67	
502	Keith	Morgan	Male	255	00:50:09	256	00:49:52	M50	28	WHITNEY ROAD RUNNERS
127	Richard	Payne	Male	256	00:50:09	254	00:49:43	M40	68	GLAMORGAN HEALTH & RACQUET CLU
374	Kathleen	Bradbury	Female	257	00:50:10	248	00:49:30	F45	9	AMMAN VALLEY HARRIERS
603	Dave	Griffin	Male	258	00:50:16	261	00:50:04	MS	121	
308	Jon	Lear	Male	259	00:50:16	264	00:50:08	M40	69	
533	Mike	Griffiths	Male	260	00:50:18	263	00:50:08	MS	122	TEAM DEVIANT
398	James	Davies	Male	261	00:50:18	262	00:50:07	MS	123	3M'S
543	Ian	Harvey	Male	262	00:50:20	252	00:49:38	MS	124	DAVID LLOYDS
488	John	Morgan	Male	263	00:50:24	260	00:50:03	M40	70	Brackla Harriers
173	Darren	Watkins	Male	264	00:50:26	257	00:49:56	MS	125	
504	Helen	Ashton	Female	265	00:50:30	265	00:50:08	FS	16	WHITNEY ROAD RUNNERS
124	Alison	Donald	Female	266	00:50:31	269	00:50:25	FS	17	
296	Catrin	Daniels	Female	267	00:50:43	268	00:50:22	FS	18	BARNET AND DISTRICT
15	Kwang Soo	Ko	Male	268	00:50:44	274	00:50:42	MS	126	
465	Mel	Bailey	Male	269	00:50:48	270	00:50:32	M50	29	
544	Virginia	Harvey	Female	270	00:50:55	266	00:50:13	FS	19	

Llanelli Waterside 10k Results 2007

Race No	Firstname	Surname	Gen	Gun Pos	Gun Time	Chip Pos	Chip Time	Cat	Cat Pos	Club Name
375	James	Bradbury	Male	271	00:50:55	267	00:50:17	M40	71	
228	Brian	Cotton	Male	272	00:50:56	273	00:50:42	MS	127	
89	Robert	Evans	Male	273	00:50:59	272	00:50:41	MS	128	
704	John	Griffiths	Male	274	00:51:01	280	00:50:55	M60	3	
190	Adrian	Kay	Male	275	00:51:03	275	00:50:45	MS	129	
334	Christina	Rossiter	Female	276	00:51:07	282	00:50:57	F45	10	Les Croupiers
243	Bethan	Hughes	Female	277	00:51:08	276	00:50:46	FS	20	
171	David	Walters	Male	278	00:51:15	278	00:50:53	M40	72	
192	Geraint	Williams	Male	279	00:51:16	285	00:51:13	MS	130	Pontypridd Roadents
83	Christopher	Lane	Male	280	00:51:17	277	00:50:50	M40	73	
367	Gareth	Morgan	Male	281	00:51:18	284	00:51:10	MS	131	
385	Ruth	Newman	Female	282	00:51:18	271	00:50:34	F35	16	VEGANRUNNERS
452	David	Breeze	Male	283	00:51:21	283	00:51:07	M40	74	TAF ROAD RUNNERS CLUB
510	Nick	Speller	Male	284	00:51:31	281	00:50:56	M40	75	
306	Cathy	Thomas	Female	285	00:51:36	279	00:50:54	F35	17	WOMEN'S RUNNING NETWORK
212	Martin	Jones	Male	286	00:51:42	289	00:51:28	M40	76	
316	Simon	Davies	Male	287	00:51:44	286	00:51:21	MS	132	
401	Mark	Barrell	Male	288	00:51:48	287	00:51:24	MS	133	
277	Paul	Rowley	Male	289	00:52:08	290	00:51:31	M50	30	
478	Craig	Jones	Male	290	00:52:10	296	00:52:00	MS	134	
269	Kevin	O'Leary	Male	291	00:52:15	288	00:51:28	M40	77	
251	Craig	Hedges	Male	292	00:52:16	297	00:52:03	MS	135	
430	Janice	Clement	Female	293	00:52:20	292	00:51:47	F45	11	PENARTH & DINAS RC
198	Nigel Leighton	Jones	Male	294	00:52:21	301	00:52:12	M50	31	
25	Ian	Price	Male	295	00:52:22	294	00:51:57	M40	78	
360	Kevin	Richardson	Male	296	00:52:23	291	00:51:36	MS	136	
688	Captain	Beany	Male	297	00:52:30	293	00:51:52	M50	32	
85	Martin	Ford	Male	298	00:52:33	295	00:51:58	M40	79	
364	Philip	Bosley	Male	299	00:52:39	299	00:52:09	M40	80	
527	Greg	Sandles	Male	300	00:52:40	300	00:52:09	MS	137	

Llanelli Waterside 10k Results 2007

Race No	Firstname	Surname	Gen	Gun Pos	Gun Time	Chip Pos	Chip Time	Cat	Cat Pos	Club Name
67	Alun	Griffiths	Male	301	00:52:40	303	00:52:20	M40	81	
260	Sandra	Beynon	Female	302	00:52:43	304	00:52:24	F35	18	
643	Alice	Hurd	Female	303	00:52:43	311	00:52:39	FS	21	
642	Ian	Hurd	Male	304	00:52:43	310	00:52:38	M40	82	
213	Felicity	Jones	Female	305	00:52:46	308	00:52:31	FS	22	
676	Heather	Smith	Female	306	00:52:46	309	00:52:37	FS	23	
168	Wendy	Owen	Female	307	00:52:47	312	00:52:40	F35	19	
433	Joanna	Hendry	Female	308	00:52:51	302	00:52:19	F35	20	PENARTH & DINAS RC
3	Simon	Anderson	Male	309	00:53:03	307	00:52:30	MS	138	ROBERT CLARKE GYM
62	Stephen	New	Male	310	00:53:06	305	00:52:25	M40	83	
29	Peter	Lawlor	Male	311	00:53:10	316	00:53:04	M40	84	
514	Jaqueline	King	Female	312	00:53:11	313	00:52:42	F35	21	
128	Joanne	Powell	Female	313	00:53:17	306	00:52:28	F35	22	
418	Stephen	Ash	Male	314	00:53:23	315	00:52:59	M40	85	
310	Richard	Donne	Male	315	00:53:25	314	00:52:52	M40	86	3M'S
636	Andrew	Biston	Male	316	00:53:35	321	00:53:19	M40	87	
102	Paula	James	Female	317	00:53:37	318	00:53:13	F35	23	Pontypridd Roadents
110	Nicola	Mccarthy	Female	318	00:53:40	317	00:53:07	FS	24	
545	Jeff	Evans	Male	319	00:53:47	325	00:53:35	M40	88	LLANELLI AC
23	Louise	Rees	Female	320	00:53:47	322	00:53:23	FS	25	
520	Theresa	Taylor	Female	321	00:53:48	327	00:53:42	F35	24	
713	Robert	Thomas	Male	322	00:53:53	323	00:53:32	F45	12	
156	Stuart	Charles	Male	323	00:53:56	324	00:53:32	MS	139	
618	Vic	Carpenter	Male	324	00:53:57	331	00:53:46	M50	33	
626	Tony	Grandon	Male	325	00:53:58	320	00:53:19	M50	34	
471	Joanna	Rothwell	Female	326	00:54:05	319	00:53:15	FS	26	
677	Clare	Hinott	Female	327	00:54:09	336	00:53:58	FS	27	
159	Andy	Booth	Male	328	00:54:13	328	00:53:43	M50	35	
10	Ms	Archer	Female	329	00:54:18	337	00:54:02	FS	28	
302	Tracey	Ford	Female	330	00:54:22	332	00:53:55	F45	13	

Llanelli Waterside 10k Results 2007

Race No	Firstname	Surname	Gen	Gun Pos	Gun Time	Chip Pos	Chip Time	Cat	Cat Pos	Club Name
604	Laura	Griffin	Female	331	00:54:23	341	00:54:13	FS	29	
112	Sarah	Stevens	Female	332	00:54:24	333	00:53:57	FS	30	
258	John	Phillips	Male	333	00:54:25	338	00:54:02	M50	36	Chepstow Harriers
155	Dave	Williams	Male	334	00:54:25	344	00:54:17	MS	140	
263	Berian	Davies	Male	335	00:54:25	326	00:53:40	M50	37	
59	Paul	Henton	Male	336	00:54:25	335	00:53:58	MS	141	
446	Steve	Thomas	Male	337	00:54:25	343	00:54:14	M40	89	
60	Sharon	Henton	Female	338	00:54:26	334	00:53:58	F35	25	
97	Paula	Kennedy	Female	339	00:54:32	329	00:53:44	F35	26	
547	Steffan	Griffiths	Male	340	00:54:33	345	00:54:20	MS	142	
445	Becky	Thomas	Female	341	00:54:33	346	00:54:21	F35	27	
12	Robert	Hicks	Male	342	00:54:33	330	00:53:45	M40	90	
427	Mark	Kemp	Male	343	00:54:43	348	00:54:25	MS	143	
255	Lyndsey	Thomas	Female	344	00:54:51	349	00:54:31	FS	31	
439	Alan	Williams	Male	345	00:54:55	339	00:54:11	M40	91	
440	Celyn	Williams	Female	346	00:54:55	340	00:54:11	FS	32	
424	Lindi	Lloyd	Female	347	00:54:59	342	00:54:13	F35	28	
250	Anna	Hill	Female	348	00:55:00	347	00:54:22	F35	29	
616	Debra	Davidson	Female	349	00:55:06	352	00:54:45	F35	30	GRANGE
146	Hywel	Morgan	Male	350	00:55:06	350	00:54:37	MS	144	
355	David	Thomas	Male	351	00:55:08	298	00:52:05	MS	145	Pembrokeshire Harriers
345	Janet	Davies	Female	352	00:55:09	353	00:54:48	F45	14	
315	Mark	Smith	Male	353	00:55:14	351	00:54:42	MS	146	
703	Gareth	Daniel	Male	354	00:55:36	354	00:54:49	MS	147	
98	Emma	Humphreys	Female	355	00:55:41	358	00:55:17	FS	33	
410	Ian	Evans	Male	356	00:55:48	357	00:55:14	MS	148	
281	Catherine	Isaac	Female	357	00:55:52	356	00:55:09	FS	34	
492	Catherine	Jones	Female	358	00:55:53	364	00:55:45	F35	31	
491	Susan	Clark	Female	359	00:55:53	363	00:55:45	F45	15	
395	Robert	Collings	Male	360	00:55:56	355	00:55:02	MS	149	

Llanelli Waterside 10k Results 2007

Race No	Firstname	Surname	Gen	Gun Pos	Gun Time	Chip Pos	Chip Time	Cat	Cat Pos	Club Name
278	Andre	Mcperson	Male	361	00:55:57	359	00:55:31	MS	150	
201	Hayley	Jeans	Female	362	00:56:00	361	00:55:33	FS	35	
261	Bill	Beynon	Male	363	00:56:02	360	00:55:32	M40	92	
542	Stephen	Job	Male	364	00:56:21	367	00:55:54	MS	151	
701	Alfryn	Easter	Male	365	00:56:22	362	00:55:40	M50	38	
461	Nick	Davies	Male	366	00:56:24	365	00:55:53	M40	93	
481	Aranka	Pratt	Female	367	00:56:27	366	00:55:53	F55	1	
565	Rosemary	Phillips	Female	368	00:56:29	375	00:56:24	FS	36	ROBERT CLARKE GYM
538	Noel	Powell	Male	369	00:56:35	368	00:56:00	MS	152	
393	Katherine	Schanda	Female	370	00:56:37	371	00:56:07	FS	37	
84	Maggie	Lane	Female	371	00:56:38	374	00:56:18	F45	16	
249	Stewart	Williams	Male	372	00:56:39	370	00:56:05	M40	94	
526	Shiona	Oldham	Female	373	00:56:44	372	00:56:14	FS	38	
16	Roger	Howell	Male	374	00:56:50	373	00:56:16	M60	4	PENARTH & DINAS RC
221	Simon	Davis	Male	375	00:56:52	369	00:56:02	M40	95	
407	Carys	Roderick	Female	376	00:56:56	376	00:56:25	FS	39	WOMEN'S RUNNING NETWORK
81	Colin	Fish	Male	377	00:57:04	377	00:56:29	MS	153	
80	Carolyn	Best	Female	378	00:57:04	378	00:56:29	F35	32	
106	Justin	John	Male	379	00:57:16	380	00:56:43	MS	154	
686	Luke	Bessant	Male	380	00:57:17	379	00:56:37	MS	155	
531	Lynette	Newington	Female	381	00:57:18	385	00:57:04	F45	17	
252	Sazia	Samad	Female	382	00:57:20	384	00:57:04	FS	40	
658	Georgina	Govier	Female	383	00:57:25	387	00:57:10	FS	41	
589	Gary	Maunder	Male	384	00:57:26	382	00:56:57	M40	96	ROBERT CLARKE GYM
336	Elizabeth	Hopkins	Female	385	00:57:33	389	00:57:15	F35	33	
495	Christopher	Vaughan	Male	386	00:57:33	386	00:57:05	MS	156	
437	Regina	Evans	Female	387	00:57:33	381	00:56:50	F35	34	
654	Sian	Jones	Female	388	00:57:41	383	00:57:01	FS	42	
137	Adele	Evans	Female	389	00:57:45	388	00:57:12	FS	43	
687	Alan	Roberts	Male	390	00:57:53	390	00:57:16	M50	39	

Llanelli Waterside 10k Results 2007

Race No	Firstname	Surname	Gen	Gun Pos	Gun Time	Chip Pos	Chip Time	Cat	Cat Pos	Club Name
254	Tina	Seward	Female	391	00:57:56	393	00:57:35	FS	44	
284	Melanie	Stone	Female	392	00:58:01	397	00:57:56	FS	45	
441	Caron	Hands	Female	393	00:58:06	391	00:57:17	F35	35	
453	Christopher	Hockley	Male	394	00:58:07	396	00:57:54	MS	157	
674	Elliot	Jones	Male	395	00:58:16	394	00:57:36	MS	158	
637	Andrew	Richards	Male	396	00:58:17	392	00:57:30	MS	159	
469	Justin	Knox	Male	397	00:58:18	395	00:57:41	MS	160	
641	Paddy	Howells	Female	398	00:58:20	398	00:57:57	F35	36	
61	Martin	Corral	Male	399	00:58:22	401	00:58:01	M50	40	
535	Julia	Williams	Female	400	00:58:30	405	00:58:13	F35	37	
31	Frankie David	Dettori	Male	401	00:58:33	402	00:58:04	M50	41	
337	Katherine	Duerdoth	Female	402	00:58:37	404	00:58:12	FS	46	
485	Richard	Jones	Male	403	00:58:39	400	00:58:01	M40	97	
493	Stuart	Rowlands	Male	404	00:58:48	399	00:58:00	M40	98	
412	Andrea	Bowen	Female	405	00:58:51	407	00:58:19	F45	18	WOMEN'S RUNNING NETWORK
415	Jaime	Moya	Male	406	00:58:52	403	00:58:04	MS	161	
434	Maxwell	Phillips	Male	407	00:58:53	412	00:58:40	M50	42	
69	Meinir	Llwyd	Female	408	00:58:54	406	00:58:15	F35	38	
579	Helen	Roberts	Female	409	00:58:56	414	00:58:41	F35	39	ROBERT CLARKE GYM
257	June	Phillips	Female	410	00:59:00	411	00:58:37	F45	19	
244	Carl	Rose	Male	411	00:59:01	410	00:58:34	MS	162	
219	Lidia	De Orte Jimenez	Female	412	00:59:01	415	00:58:42	FS	47	
274	Dylan	Morris	Male	413	00:59:01	408	00:58:29	MS	163	
270	Nia	Dickie	Female	414	00:59:02	418	00:58:48	F35	40	
617	Fiona	Cumming	Female	415	00:59:03	416	00:58:44	F35	41	WOMEN'S RUNNING NETWORK
534	Sue	Harris	Female	416	00:59:16	413	00:58:40	F35	42	TEAM DEVIANT
216	Shaun	Stevens	Male	417	00:59:16	419	00:58:49	M40	99	
628	Andrew	Burns	Male	418	00:59:17	409	00:58:33	MS	164	
91	Clive	Rowe	Male	419	00:59:19	420	00:59:00	MS	165	
368	Huw	Griffiths	Male	420	00:59:25	417	00:58:44	M40	100	

Llanelli Waterside 10k Results 2007

Race No	Firstname	Surname	Gen	Gun Pos	Gun Time	Chip Pos	Chip Time	Cat	Cat Pos	Club Name
328	John	Parker	Male	421	00:59:28	425	00:59:12	M60	5	
606	David	Ravenhall	Male	422	00:59:31	422	00:59:07	MS	166	
6	Christine	Jones	Female	423	00:59:36	424	00:59:10	F45	20	
646	Jane	Chappelle	Female	424	00:59:42	427	00:59:22	F35	43	
480	Linda	Smith	Female	425	00:59:42	423	00:59:08	F45	21	
222	Simon	Gillings	Male	426	00:59:48	428	00:59:23	M40	101	
2	Gary	Richards	Male	427	00:59:49	426	00:59:17	MS	167	
175	Nia	Godsmark	Female	428	00:59:54	421	00:59:05	FS	48	
299	Kathryn	Davies	Female	429	00:59:56	435	00:59:50	FS	49	
459	Peter	Hopping	Male	430	00:59:57	431	00:59:41	MS	168	
8	Simon	Andrew	Male	431	01:00:01	430	00:59:39	MS	169	
225	Katie	Lardner	Female	432	01:00:02	432	00:59:43	FS	50	
640	Eleanor	Williams	Female	433	01:00:07	434	00:59:46	F35	44	
183	Keith	Harries	Male	434	01:00:12	436	00:59:51	M40	102	
380	Sally	Martin	Female	435	01:00:23	429	00:59:38	FS	51	
363	Mia	Tolvanen	Female	436	01:00:31	437	00:59:55	FS	52	
458	Peter	Burrage	Male	437	01:00:34	433	00:59:46	M50	43	
389	Gareth	Gordon	Male	438	01:00:44	438	01:00:17	MS	170	
151	Rosemary	Bell	Female	439	01:00:45	439	01:00:18	FS	53	
275	Hywel	Bowden	Male	440	01:00:58	440	01:00:27	MS	171	
553	Jessica	Rees	Female	441	01:01:03	445	01:00:50	FS	54	ROBERT CLARKE GYM
419	Dean	Israel	Male	442	01:01:07	444	01:00:47	M40	103	
180	Kirsty	Morgan	Female	443	01:01:09	443	01:00:46	FS	55	
208	Ann	Jones	Female	444	01:01:12	441	01:00:43	F55	2	
143	Richard	Juchniewicz	Male	445	01:01:14	446	01:00:50	M40	104	
346	Lynne	Jones	Female	446	01:01:14	447	01:00:51	FS	56	
82	Stephen	Ware	Male	447	01:01:15	448	01:00:52	MS	172	
639	Martyn	Williams	Male	448	01:01:19	449	01:00:59	M40	105	
162	Mark	Davies	Male	449	01:01:27	442	01:00:44	MS	173	
119	Yasmin	Gregory	Female	450	01:01:27	451	01:01:03	FS	57	

Llanelli Waterside 10k Results 2007

Race No	Firstname	Surname	Gen	Gun Pos	Gun Time	Chip Pos	Chip Time	Cat	Cat Pos	Club Name
530	Elizabeth	Morgan	Female	451	01:01:30	450	01:01:02	FS	58	SAN DOMENICO
140	Rebecca	Griffiths	Female	452	01:01:34	452	01:01:14	FS	59	
400	David	Phelps	Male	453	01:01:40	453	01:01:15	M40	106	
596	Victoria	Anderson	Female	454	01:01:48	454	01:01:15	FS	60	
100	Mark	Kavanagh	Male	455	01:01:55	457	01:01:36	MS	174	
648	Lis	Walters	Female	456	01:01:58	455	01:01:22	FS	61	
135	Beth	Morgan	Female	457	01:02:11	456	01:01:30	FS	62	
134	Julie	Morgan	Female	458	01:02:23	458	01:01:40	F45	22	
125	S J	Jenkins	Female	459	01:02:37	461	01:02:19	F35	45	
138	Anne	Coleman	Female	460	01:02:45	466	01:02:32	F45	23	
653	Rebecca	Davies	Female	461	01:02:48	459	01:02:08	FS	63	
652	Rhian	Jones	Female	462	01:02:48	460	01:02:10	FS	64	
353	Teleri	Jenkins	Female	463	01:02:52	462	01:02:25	F35	46	
178	Lynwen	Williams	Female	464	01:03:05	465	01:02:31	FS	65	
179	Sharon	O'Connell	Female	465	01:03:05	464	01:02:28	FS	66	
671	Simon	Jones	Male	466	01:03:14	463	01:02:25	M40	107	
4	Gillian	Murphy	Female	467	01:03:17	472	01:03:04	F45	24	Les Croupiers
569	Stephen	Davies	Male	468	01:03:23	470	01:02:51	MS	175	ROBERT CLARKE GYM
685	Ricky	Bessant	Male	469	01:03:27	468	01:02:47	M40	108	
536	Priscilla	Mctague	Female	470	01:03:31	471	01:02:54	F35	47	
214	Charlotte	Gregory	Female	471	01:03:34	473	01:03:10	FS	67	
148	Joanne	O'Brien	Female	472	01:03:36	469	01:02:49	F35	48	
220	Jane	Morris	Female	473	01:03:37	475	01:03:17	F35	49	
672	Angela	Jones	Female	474	01:03:37	467	01:02:46	F35	50	
153	Jessica	Aston	Female	475	01:03:46	474	01:03:12	FS	68	
126	Tina	Morris	Female	476	01:03:48	481	01:03:31	FS	69	
428	Tracy	Brydon	Female	477	01:03:52	476	01:03:18	F35	51	
601	Heather	James	Female	478	01:04:00	483	01:03:38	F35	52	GRANGE
199	Karen	Pearman	Female	479	01:04:00	484	01:03:39	F45	25	
532	Sarah	Dawes-Clark	Female	480	01:04:03	477	01:03:26	FS	70	Les Croupiers

Llanelli Waterside 10k Results 2007

Race No	Firstname	Surname	Gen	Gun Pos	Gun Time	Chip Pos	Chip Time	Cat	Cat Pos	Club Name
540	Karen	Mingay	Female	481	01:04:03	478	01:03:26	F35	53	Les Croupiers
655	Bethan	Jones	Female	482	01:04:10	480	01:03:29	FS	71	
656	Philip	Jones	Male	483	01:04:10	479	01:03:29	M50	44	
265	Ruth	Martin	Female	484	01:04:34	482	01:03:38	F45	26	CHELTENHAM ALMOST ATHLETES
436	Delyth	Jones	Female	485	01:04:43	486	01:04:29	FS	72	
70	Alison	Atkins	Female	486	01:04:46	485	01:04:28	F35	54	WOMEN'S RUNNING NETWORK
145	Conny	Carnuth	Female	487	01:04:53	488	01:04:45	F35	55	
176	Adam	Richards	Male	488	01:05:03	487	01:04:44	MS	176	
327	Andrew	Vipond	Male	489	01:05:30	490	01:05:13	M40	109	
681	Tina	Lloyd	Female	490	01:05:41	489	01:05:07	F35	56	
169	Victoria	Morgan	Female	491	01:05:42	493	01:05:33	FS	73	
443	David	Watkins	Male	492	01:05:48	492	01:05:24	MS	177	
467	Elin	Davies	Female	493	01:05:49	491	01:05:17	F35	57	
524	Ryan	Morley	Male	494	01:06:32	495	01:06:23	MS	178	
667	Robert	Guy	Male	495	01:06:55	494	01:06:15	MS	179	
435	Paula	Spring	Female	496	01:07:30	496	01:07:05	F35	58	Islwyn RC
44	Claire	Lloyd	Female	497	01:07:54	500	01:07:38	FS	74	
45	Claire	Rogers	Female	498	01:07:55	501	01:07:38	FS	75	
609	Wendy	Fisher	Female	499	01:07:59	502	01:07:41	F45	27	
323	Matthew	Fowler	Male	500	01:08:06	497	01:07:31	MS	180	
633	Phil	Abbott	Male	501	01:08:07	498	01:07:37	M40	110	
570	Christopher	Roberts	Male	502	01:08:10	503	01:07:42	M40	111	ROBERT CLARKE GYM
555	Richard	Clarke	Male	503	01:08:23	499	01:07:37	MS	181	ROBERT CLARKE GYM
276	Kryisia	Groves	Female	504	01:08:33	505	01:08:14	F45	28	
177	Sian	Jones	Female	505	01:08:35	507	01:08:16	F35	59	
406	Gillian	Palmer	Female	506	01:08:43	509	01:08:30	F35	60	WOMEN'S RUNNING NETWORK
40	Mark	Evans	Male	507	01:08:44	504	01:08:02	MS	182	
256	Rebecca	Shaughnessy	Female	508	01:08:56	508	01:08:17	FS	76	
132	Linzi	Soper	Female	509	01:08:57	506	01:08:16	FS	77	
163	Selina	Jones	Female	510	01:09:20	510	01:08:41	FS	78	

Llanelli Waterside 10k Results 2007

Race No	Firstname	Surname	Gen	Gun Pos	Gun Time	Chip Pos	Chip Time	Cat	Cat Pos	Club Name
142	Lisa	Mathias	Female	511	01:09:34	512	01:09:11	FS	79	
683	Janice	Francis	Female	512	01:09:41	513	01:09:27	F45	29	
105	Rachel	Thomas	Female	513	01:09:42	511	01:08:55	FS	80	WOMEN'S RUNNING NETWORK
117	Jayne	Caparros	Female	514	01:09:43	514	01:09:31	F35	61	WOMEN'S RUNNING NETWORK
236	Lynn	Jones	Female	515	01:09:43	515	01:09:31	F35	62	
329	Keith	Saddington	Male	516	01:10:20	516	01:10:01	M50	45	
425	Keith	Powel	Male	517	01:10:54	517	01:10:28	M50	46	
426	Sioned	Powel	Female	518	01:10:55	518	01:10:29	FS	81	
47	Philippa	Morgan	Female	519	01:11:11	522	01:10:54	FS	82	
46	Felicitty	Curtis	Female	520	01:11:11	523	01:10:55	FS	83	
164	Justin	Williams	Male	521	01:11:15	519	01:10:36	MS	183	
206	Connie	Evans	Female	522	01:11:27	520	01:10:45	F55	3	
205	Carey	Jones	Female	523	01:11:27	521	01:10:46	F45	30	
53	Mererid	James	Female	524	01:11:34	524	01:11:09	FS	84	
700	Spare	Entry	Male	525	01:11:36	525	01:11:11	TBC	1	
133	David	Williams	Male	526	01:11:54	526	01:11:14	MS	184	
200	Matthew	Hawksworth	Male	527	01:12:30	527	01:11:41	MS	185	
373	Alice	Roythorne	Female	528	01:12:39	529	01:11:59	FS	85	
486	David	Harris	Male	529	01:12:44	528	01:11:55	M50	47	
541	Martin	Gossage	Male	530	01:12:44	530	01:11:59	M40	112	
666	Wendy	Jones	Female	531	01:12:56	531	01:12:16	F35	63	
682	Denise	Bessant	Female	532	01:13:12	532	01:12:31	F35	64	
450	Allen	Watts	Male	533	01:13:20	533	01:13:11	M60	6	Sarn Helen
92	Lynn	Chambers	Female	534	01:13:34	535	01:13:16	F45	31	
79	Janine	Jenkins	Female	535	01:13:38	534	01:13:15	FS	86	
78	Arwel	Davies	Male	536	01:13:55	536	01:13:32	M40	113	
583	Richard	Tyzack	Male	537	01:14:15	538	01:14:03	MS	186	ROBERT CLARKE GYM
224	Gill	Morris	Female	538	01:14:47	537	01:13:55	F35	65	WOMEN'S RUNNING NETWORK
341	Daryl	Watkins	Male	539	01:16:03	540	01:15:19	MS	187	
340	Sarah	Watkins	Female	540	01:16:03	539	01:15:18	FS	87	

Llanelli Waterside 10k Results 2007

Race No	Firstname	Surname	Gen	Gun Pos	Gun Time	Chip Pos	Chip Time	Cat	Cat Pos	Club Name
239	Holly	Pembridge	Female	541	01:16:18	541	01:15:48	FS	88	
455	Kevin	Rowcliffe	Male	542	01:18:59	542	01:18:34	M50	48	
518	Lee	Davies	Male	543	01:20:02	543	01:19:16	MS	188	
558	David	Watkins	Male	544	01:20:29	545	01:20:02	M40	114	ROBERT CLARKE GYM
559	Catherine	Watkins	Female	545	01:20:29	544	01:20:01	F35	66	ROBERT CLARKE GYM
698	Spare	Entry	Male	546	01:20:43	546	01:20:43	TBC	2	
594	Lesley	Jones	Female	547	01:21:23	547	01:20:45	F45	32	ROBERT CLARKE GYM
577	Kathryn	Holley	Female	548	01:22:30	548	01:21:42	FS	89	ROBERT CLARKE GYM
35	James	Donovan	Male	549	01:25:08	549	01:24:43	M50	49	
34	Jason	Howard	Male	550	01:25:08	550	01:24:43	MS	189	
572	Paula	Tanner	Female	551	01:26:24	551	01:25:37	FS	90	ROBERT CLARKE GYM
587	Kevin	Johns	Male	552	01:27:52	552	01:27:17	M40	115	ROBERT CLARKE GYM
612	Wendy	James	Female	553	01:28:12	553	01:28:07	F45	33	
614	Fiona	Roberts	Female	554	01:28:12	554	01:28:07	FS	91	
580	Joe	Payne	Female	555	01:30:08	555	01:29:24	FS	92	ROBERT CLARKE GYM
431	Gill	Coleman	Female	556	01:30:11	557	01:29:26	F45	34	
432	Charlene	Payne	Female	557	01:30:11	556	01:29:26	FS	93	
550	Neil	Gwilliam	Male	558	01:32:15	558	01:31:32	MS	190	ROBERT CLARKE GYM
586	Clare	Richards	Female	559	01:32:15	559	01:31:33	FS	94	ROBERT CLARKE GYM
76	Julian	Atkins	Male	560	01:33:18	560	01:32:28	M40	116	
684	Julie	Davies	Female	561	01:33:49	561	01:33:15	F35	67	
43	Angela	Hunt	Female	562	01:33:50	562	01:33:15	F35	68	ROBERT CLARKE GYM
564	Amanda	Price	Female	563	01:36:11	563	01:35:32	F35	69	ROBERT CLARKE GYM
568	Sarah	Davies	Female	564	01:36:12	564	01:35:36	F35	70	ROBERT CLARKE GYM
576	Anwen	Davies	Female	565	01:36:52	565	01:36:10	F45	35	ROBERT CLARKE GYM
566	Lesley	Coslett	Female	566	01:36:54	566	01:36:21	F35	71	ROBERT CLARKE GYM
551	Neil	Grant	Male	567	01:39:49	567	01:38:59	M60	7	ROBERT CLARKE GYM
552	Maria	Grant	Female	568	01:39:50	568	01:39:03	F55	4	ROBERT CLARKE GYM
567	Phillipa	Hawkins	Female	569	01:41:32	569	01:40:56	F55	5	ROBERT CLARKE GYM
560	Carol	Phillips	Female	570	01:42:50	570	01:42:05	F45	36	ROBERT CLARKE GYM

Llanelli Waterside 10k Results 2007

Race No	Firstname	Surname	Gen	Gun Pos	Gun Time	Chip Pos	Chip Time	Cat	Cat Pos	Club Name
556	Phillipa	Carter	Female	571	01:45:05	572	01:44:15	F45	37	ROBERT CLARKE GYM
549	Beverly	Clarke	Female	572	01:45:05	571	01:44:11	F45	38	ROBERT CLARKE GYM
574	Deborah	Trew	Female	573	01:45:19	573	01:44:38	F45	39	ROBERT CLARKE GYM
575	Lucy	Aubrey	Female	574	01:45:23	574	01:44:42	FS	95	ROBERT CLARKE GYM
590	Elizabeth	Harry	Female	575	01:45:44	578	01:45:00	F45	40	ROBERT CLARKE GYM
591	John	Harry	Male	576	01:45:44	577	01:45:00	M50	50	ROBERT CLARKE GYM
563	Ann	Smith	Female	577	01:45:44	575	01:44:57	F45	41	ROBERT CLARKE GYM
585	Richard	Harry	Male	578	01:45:45	576	01:44:57	MS	191	ROBERT CLARKE GYM
588	Rosemary	Johns	Female	579	01:46:04	582	01:45:28	F45	42	ROBERT CLARKE GYM
573	Hugh	Phillips	Male	580	01:46:04	580	01:45:19	M50	51	ROBERT CLARKE GYM
571	Howard	Griffiths	Male	581	01:46:04	581	01:45:21	M60	8	ROBERT CLARKE GYM
557	Nikki	Woods	Female	582	01:46:05	583	01:45:33	F35	72	ROBERT CLARKE GYM
697	Robert	Clarke	Male	583	01:46:06	579	01:45:16	M40	117	ROBERT CLARKE GYM