

## Llanelli Waterside 10k - Results 2010

| GUN POS | BIB No | NAME                 | CLUB / TEAM                 | Gun Time | Chip Time | Chip Pos | Cat | Cat Pos |
|---------|--------|----------------------|-----------------------------|----------|-----------|----------|-----|---------|
| 1       | 3022   | LEE LADD             | CARMARTHEN HARRIERS         | 00:32:48 | 00:32:48  | 1        | MS  | 1       |
| 2       | 3818   | MATTHEW HARVEY       | NEATH HARRIERS              | 00:33:04 | 00:33:04  | 2        | MS  | 2       |
| 3       | 3339   | STEVEN REES          |                             | 00:34:22 | 00:34:22  | 3        | MS  | 3       |
| 4       | 3331   | JASON SCANLON        |                             | 00:35:48 | 00:35:27  | 4        | MS  | 4       |
| 5       | 3362   | DANIEL THOMAS        |                             | 00:36:10 | 00:36:09  | 5        | MS  | 5       |
| 6       | 3794   | LEE MORRIS           |                             | 00:36:16 | 00:36:10  | 6        | MS  | 6       |
| 7       | 3876   | DANIEL BODMAN        | PONTYPRIDD ROADENTS         | 00:36:21 | 00:36:21  | 7        | MS  | 7       |
| 8       | 3781   | CHRIS MORGAN         | FAIRWATER RUNNERS           | 00:36:25 | 00:36:25  | 8        | M40 | 1       |
| 9       | 3043   | SAMUEL WEBSTER       | CARDIFF TRIATHLTES          | 00:36:38 | 00:36:38  | 9        | MS  | 8       |
| 10      | 3312   | MATT HURFORD         |                             | 00:36:54 | 00:36:53  | 10       | MS  | 9       |
| 11      | 3380   | JEFFREY GIANSIRACUSA |                             | 00:37:04 | 00:37:02  | 12       | MS  | 10      |
| 12      | 3445   | RICHARD MULVANY      |                             | 00:37:04 | 00:37:01  | 11       | MS  | 11      |
| 13      | 3881   | EDWARD BALL          | RHONDDA VALLEY RUNNERS      | 00:37:14 | 00:37:10  | 13       | M40 | 2       |
| 14      | 3607   | NIGEL PHILLIPS       |                             | 00:37:16 | 00:37:15  | 14       | MS  | 12      |
| 15      | 3359   | STEPHEN SHIELDS      |                             | 00:37:19 | 00:37:18  | 15       | MS  | 13      |
| 16      | 3741   | ROYSTON WHITEHOUSE   |                             | 00:37:28 | 00:37:27  | 16       | M40 | 3       |
| 17      | 3341   | CHRIS FULCHER        |                             | 00:37:36 | 00:37:35  | 17       | M40 | 4       |
| 18      | 3112   | STUART WADLOW        |                             | 00:38:13 | 00:38:11  | 18       | MS  | 14      |
| 19      | 3621   | RHODRI DAVIES        | SOUTHWALES POLICE RC        | 00:38:17 | 00:38:15  | 19       | MS  | 15      |
| 20      | 3753   | STUART GRIFFITHS     | 3M'S GORSEINON ROAD RUNNERS | 00:38:23 | 00:38:23  | 20       | MS  | 16      |
| 21      | 3368   | MICKEY HAVARD        |                             | 00:38:34 | 00:38:32  | 21       | M40 | 5       |
| 22      | 3218   | ADRIAN WEAVER        | NEATH                       | 00:38:53 | 00:38:52  | 22       | MS  | 17      |
| 23      | 3356   | ANDREW DAWE          |                             | 00:38:58 | 00:38:56  | 23       | M40 | 6       |
| 24      | 3859   | ANN THOMAS           | TROTS                       | 00:39:00 | 00:38:57  | 24       | F35 | 1       |
| 25      | 3830   | IAN PHILLIPS         | 3M'S GORSEINON ROAD RUNNERS | 00:39:11 | 00:39:11  | 25       | MS  | 18      |
| 26      | 3894   | JACK TREMLETT        |                             | 00:39:17 | 00:39:13  | 26       | MS  | 19      |
| 27      | 3682   | NOEL DAVIES          | CORNELLY STRIDERS           | 00:39:22 | 00:39:21  | 27       | M50 | 1       |
| 28      | 3808   | RONALD MORRIS        | SAN DOMENICO                | 00:39:26 | 00:39:25  | 28       | M60 | 1       |
| 29      | 3182   | ALEX WILLIAMS        | PORT TALBOT HARRIERS        | 00:39:28 | 00:39:25  | 29       | M40 | 7       |
| 30      | 3722   | GARY BROWN           | PENARTH DINAS RUNNERS       | 00:39:32 | 00:39:27  | 30       | MS  | 20      |
| 31      | 3357   | SCOTT HEMMENS        |                             | 00:39:32 | 00:39:31  | 31       | MS  | 21      |
| 32      | 3345   | SIMON HALL           |                             | 00:39:33 | 00:39:31  | 32       | MS  | 22      |
| 33      | 3705   | JAMES POTTS          | SAN DOMENICO                | 00:39:45 | 00:39:40  | 33       | M40 | 8       |
| 34      | 3482   | ADAM BRUCE-SMITH     |                             | 00:39:50 | 00:39:47  | 34       | MS  | 23      |
| 35      | 3792   | STEVE THOMAS         | 3M GORSEINON ROAD RUNNERS   | 00:39:52 | 00:39:51  | 37       | MS  | 24      |
| 36      | 3774   | RHODRI EVANS         | PONTYPRIDD ROADENTS         | 00:39:56 | 00:39:50  | 36       | MS  | 25      |
| 37      | 3654   | STEVE GLYN           | CARMARTHEN HARRIERS         | 00:39:57 | 00:39:52  | 38       | MS  | 26      |
| 38      | 3375   | SEAN TRELOAR         |                             | 00:39:58 | 00:39:48  | 35       | M40 | 9       |

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|---------|--------|---------------------|-----------------------------|----------|-----------|----------|-----|---------|
| 39      | 3257   | RHYDIAN RESTON      |                             | 00:40:02 | 00:39:55  | 40       | MS  | 27      |
| 40      | 3364   | PHILIP MEYLER       |                             | 00:40:04 | 00:40:02  | 41       | M50 | 2       |
| 41      | 3855   | RAUL REISSMANN      | LC CORBRAS                  | 00:40:08 | 00:39:52  | 39       | M40 | 10      |
| 42      | 3641   | JOANNE JOHNSON      | ROYAL AIR FORCE AA          | 00:40:09 | 00:40:07  | 42       | FS  | 1       |
| 43      | 3349   | TONY HALL           |                             | 00:40:15 | 00:40:13  | 43       | M50 | 3       |
| 44      | 3363   | JASON DICKINSON     |                             | 00:40:18 | 00:40:15  | 44       | M40 | 11      |
| 45      | 3151   | PAUL REES           | PORT TALBOT HARRIERS        | 00:40:19 | 00:40:17  | 46       | M40 | 12      |
| 46      | 3890   | GLYN SANSOM         | SAN DOMENICO                | 00:40:26 | 00:40:25  | 48       | M40 | 13      |
| 47      | 3372   | JONATHAN JONES      |                             | 00:40:27 | 00:40:21  | 47       | M40 | 14      |
| 48      | 3515   | BENJAMIN HUBBARD    |                             | 00:40:30 | 00:40:15  | 45       | MS  | 28      |
| 49      | 3647   | STEVE WALSH         | PORT TALBOT HARRIERS        | 00:40:30 | 00:40:28  | 49       | M40 | 15      |
| 50      | 3247   | MICHAEL MURPHY      | LES CROUPIERS               | 00:40:32 | 00:40:31  | 50       | M50 | 4       |
| 51      | 3207   | TIM JOHN            |                             | 00:40:35 | 00:40:32  | 51       | MS  | 29      |
| 52      | 3640   | JOHN JOHNSON        | ROYAL AIR FORCE AA          | 00:41:01 | 00:40:59  | 52       | MS  | 30      |
| 53      | 3038   | DEAN WEBSTER        | 3M'S GORSEINON ROAD RUNNERS | 00:41:02 | 00:41:01  | 53       | MS  | 31      |
| 54      | 3197   | CLARE PHILLIPS      | PORT TALBOT HARRIERS        | 00:41:09 | 00:41:06  | 54       | F35 | 2       |
| 55      | 3366   | JONATHAN HANCOCK    |                             | 00:41:19 | 00:41:15  | 55       | M40 | 16      |
| 56      | 3324   | PETER WALTERS       |                             | 00:41:23 | 00:41:17  | 56       | M40 | 17      |
| 57      | 3619   | MARCUS COLES        | LES CROUPIERS               | 00:41:32 | 00:41:25  | 57       | MS  | 32      |
| 58      | 3700   | STEVE BROWN         | PEMBROKESHIRE HARRIERS      | 00:41:42 | 00:41:37  | 59       | M40 | 18      |
| 59      | 3310   | STEPHEN MORATH      |                             | 00:41:49 | 00:41:44  | 60       | MS  | 33      |
| 60      | 3796   | PARI THOMAS         |                             | 00:41:58 | 00:41:45  | 61       | MS  | 34      |
| 61      | 3354   | ROBERT DAVIES       |                             | 00:41:59 | 00:41:57  | 62       | MS  | 35      |
| 62      | 3185   | ANDREW HURLEY       | PENARTH AND DINAS RUNNERS   | 00:42:00 | 00:41:57  | 63       | MS  | 36      |
| 63      | 3832   | PAUL MORRIS         |                             | 00:42:03 | 00:41:36  | 58       | M50 | 5       |
| 64      | 3533   | LEE MILLER          |                             | 00:42:05 | 00:41:59  | 64       | MS  | 37      |
| 65      | 3606   | STEPHEN MASON       |                             | 00:42:09 | 00:42:01  | 65       | MS  | 38      |
| 66      | 3718   | MICHELLE COLES      | 3M'S GORSEINON ROAD RUNNERS | 00:42:11 | 00:42:11  | 68       | FS  | 2       |
| 67      | 3116   | ANDREW MILES        |                             | 00:42:12 | 00:42:10  | 67       | M50 | 6       |
| 68      | 3337   | CHRISTOPHER NELLINS |                             | 00:42:17 | 00:42:01  | 66       | M50 | 7       |
| 69      | 3562   | ALUN EVANS          |                             | 00:42:21 | 00:42:19  | 70       | M40 | 19      |
| 70      | 3639   | DAVID GARLICK       | BRECON AC                   | 00:42:22 | 00:42:17  | 69       | M50 | 8       |
| 71      | 3382   | MARK TERRY          |                             | 00:42:29 | 00:42:25  | 72       | M50 | 9       |
| 72      | 3891   | MIKE TATE           | MULTISPORT RACING CLUB      | 00:42:30 | 00:42:22  | 71       | M40 | 20      |
| 73      | 3256   | ROBERT REES         |                             | 00:42:40 | 00:42:34  | 74       | MS  | 39      |
| 74      | 3523   | CHRIS DENYER        |                             | 00:42:46 | 00:42:30  | 73       | M40 | 21      |
| 75      | 3602   | DARREN STEVENS      |                             | 00:42:51 | 00:42:47  | 76       | MS  | 40      |
| 76      | 3459   | DAVID HUGHES        |                             | 00:42:53 | 00:42:51  | 78       | MS  | 41      |

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| 77      | 3790   | LUCY WILLIAMS        |                             | 00:42:57 | 00:42:46  | 75       | FS  | 3       |
| 78      | 3376   | MICHAEL HALSALL      |                             | 00:42:58 | 00:42:57  | 79       | MS  | 42      |
| 79      | 3342   | GARETH REES          |                             | 00:43:02 | 00:43:00  | 82       | MS  | 43      |
| 80      | 3032   | STEVAN JONES         |                             | 00:43:04 | 00:42:47  | 77       | MS  | 44      |
| 81      | 3242   | JULIAN HOARE         |                             | 00:43:05 | 00:43:03  | 84       | MS  | 45      |
| 82      | 3721   | DAVE GRIFFITHS       | NEWPORT HARRIERS            | 00:43:07 | 00:43:02  | 83       | M40 | 22      |
| 83      | 3352   | CLIVE OSMOND         |                             | 00:43:11 | 00:43:07  | 85       | M50 | 10      |
| 84      | 3346   | DEE JOLLY            |                             | 00:43:11 | 00:42:59  | 81       | FS  | 4       |
| 85      | 3236   | GARETH JEHU          | ABERDARE VALLEY AAC         | 00:43:11 | 00:43:07  | 86       | M40 | 23      |
| 86      | 3858   | TIMOTHY MOSS         | PENARTH & DINAS             | 00:43:15 | 00:42:58  | 80       | MS  | 46      |
| 87      | 3899   | MARY BOWEN REES      | TROTS                       | 00:43:19 | 00:43:16  | 87       | F45 | 1       |
| 88      | 3732   | ANDREW HERBERT       |                             | 00:43:21 | 00:43:16  | 88       | M40 | 24      |
| 89      | 3240   | DOMINIC SHIELDS      | SAN DOMENICO                | 00:43:25 | 00:43:23  | 90       | M40 | 25      |
| 90      | 3377   | ROGER BERRY          |                             | 00:43:32 | 00:43:28  | 91       | M60 | 2       |
| 91      | 3719   | MERION DANIELS       |                             | 00:43:34 | 00:43:21  | 89       | M50 | 11      |
| 92      | 3353   | PAUL EDWARDS         |                             | 00:43:35 | 00:43:29  | 93       | M50 | 12      |
| 93      | 3275   | DAVID LLOYD          | LES CROUPIERS               | 00:43:37 | 00:43:29  | 94       | M40 | 26      |
| 94      | 3681   | MEIRAN EVANS         |                             | 00:43:38 | 00:43:28  | 92       | MS  | 47      |
| 95      | 3202   | PHILIP TUCKER        |                             | 00:43:39 | 00:43:29  | 95       | MS  | 48      |
| 96      | 3821   | KNILL BAIRD-MURRAY   | PENARTH & DINAS RUNNERS     | 00:43:44 | 00:43:38  | 97       | M40 | 27      |
| 97      | 3577   | DREW JACKSON         |                             | 00:43:49 | 00:43:40  | 98       | MS  | 49      |
| 98      | 3164   | JONATHAN HARVEY      |                             | 00:43:51 | 00:43:40  | 99       | MS  | 50      |
| 99      | 3720   | ADAM CRUMLIN         |                             | 00:43:53 | 00:43:29  | 96       | MS  | 51      |
| 100     | 3784   | IAN SPEED            |                             | 00:43:54 | 00:43:51  | 103      | M40 | 28      |
| 101     | 3528   | MICHAEL FLYNN        |                             | 00:43:56 | 00:43:45  | 100      | M60 | 3       |
| 102     | 3430   | GARETH REES          |                             | 00:43:58 | 00:43:53  | 104      | MS  | 52      |
| 103     | 3822   | STEVEN WARREN DINHAM |                             | 00:44:04 | 00:44:01  | 106      | MS  | 53      |
| 104     | 3205   | IAN HOSKINS          |                             | 00:44:08 | 00:44:03  | 107      | MS  | 54      |
| 105     | 3122   | NINA BROCKLEBANK     | 3M'S GORSEINON ROAD RUNNERS | 00:44:12 | 00:44:07  | 108      | F35 | 3       |
| 106     | 3479   | HUW GRIFFITHS        |                             | 00:44:14 | 00:44:08  | 110      | MS  | 55      |
| 107     | 3311   | RICHARD THOMAS       |                             | 00:44:16 | 00:43:58  | 105      | MS  | 56      |
| 108     | 3872   | DEAN THOMAS          |                             | 00:44:17 | 00:44:07  | 109      | M40 | 29      |
| 109     | 3574   | MATTHEW MULCAHY      |                             | 00:44:18 | 00:44:13  | 111      | MS  | 57      |
| 110     | 3446   | JONATHAN OWEN        |                             | 00:44:20 | 00:43:50  | 102      | M40 | 30      |
| 111     | 3478   | KEVIN BRYAN          |                             | 00:44:28 | 00:44:22  | 112      | M40 | 31      |
| 112     | 3624   | ANDREW BEATON        |                             | 00:44:31 | 00:44:26  | 115      | MS  | 58      |
| 113     | 3572   | RAYMOND THOMAS       |                             | 00:44:31 | 00:44:24  | 113      | M40 | 32      |
| 114     | 3847   | DEAN BIRT            | PONTYPRIDD ROADENTS         | 00:44:35 | 00:43:48  | 101      | MS  | 59      |

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| 115     | 3286   | COLIN FISH              |                           | 00:44:39 | 00:44:29  | 117      | M40 | 33      |
| 116     | 3701   | STEPHEN JONES           |                           | 00:44:41 | 00:44:26  | 116      | M40 | 34      |
| 117     | 3895   | ELIZABETH GOODWIN-JONES |                           | 00:44:42 | 00:44:39  | 122      | FS  | 5       |
| 118     | 3751   | COLIN HORROCKS          |                           | 00:44:42 | 00:44:34  | 118      | MS  | 60      |
| 119     | 3484   | LOUISE FLYNN            |                           | 00:44:46 | 00:44:34  | 119      | FS  | 6       |
| 120     | 3761   | DAVID JAMES             |                           | 00:44:46 | 00:44:38  | 121      | MS  | 61      |
| 121     | 3757   | JOHN SMEWING            | SWANSEA HARRIERS          | 00:44:47 | 00:44:40  | 123      | M60 | 4       |
| 122     | 3633   | JULIE SCHOLEY           | LES CROUPIERS             | 00:44:47 | 00:44:44  | 126      | F45 | 2       |
| 123     | 3622   | JOHN MAGEE              | LES CROUPIERS             | 00:44:49 | 00:44:41  | 124      | MS  | 62      |
| 124     | 3426   | NATASHA DOYLE           |                           | 00:44:58 | 00:44:54  | 128      | FS  | 7       |
| 125     | 3770   | ADRIAN LUCKMAN          |                           | 00:45:01 | 00:44:55  | 129      | M40 | 35      |
| 126     | 3834   | PATRICK O BRIEN         |                           | 00:45:01 | 00:44:35  | 120      | M40 | 36      |
| 127     | 3745   | MATHEW NANKIVELL        |                           | 00:45:02 | 00:44:46  | 127      | MS  | 63      |
| 128     | 3853   | CARWYN DAVIES           |                           | 00:45:10 | 00:44:25  | 114      | MS  | 64      |
| 129     | 3148   | ROBERT TYPE             |                           | 00:45:12 | 00:44:42  | 125      | MS  | 65      |
| 130     | 3196   | MARIA RICHARDS          | ISLWYN RC                 | 00:45:14 | 00:45:10  | 132      | F35 | 4       |
| 131     | 3291   | HELEN JONES             |                           | 00:45:16 | 00:45:07  | 131      | F35 | 5       |
| 132     | 3833   | ANTHONY THOMAS          |                           | 00:45:22 | 00:44:56  | 130      | MS  | 66      |
| 133     | 3875   | LINDY EYNON             | TROTS                     | 00:45:28 | 00:45:19  | 134      | F45 | 3       |
| 134     | 3248   | ANTHONY DOUGLAS         |                           | 00:45:31 | 00:45:17  | 133      | MS  | 67      |
| 135     | 3232   | RUSSELL BOWN            | PONTYPRIDD ROADENTS A.C.  | 00:45:33 | 00:45:24  | 137      | M50 | 13      |
| 136     | 3588   | ALED EVANS              |                           | 00:45:36 | 00:45:21  | 136      | MS  | 68      |
| 137     | 3282   | ANDREW PHILLIPS         |                           | 00:45:36 | 00:45:26  | 138      | M40 | 37      |
| 138     | 3301   | BRIAN JOHN GOUGH        | PONTYPRIDD ROADENTS A.C.  | 00:45:38 | 00:45:35  | 142      | M60 | 5       |
| 139     | 3561   | ELIZABETH DAVIES        |                           | 00:45:39 | 00:45:34  | 141      | FS  | 8       |
| 140     | 3379   | JEFFREY ASTON           |                           | 00:45:43 | 00:45:31  | 139      | M60 | 6       |
| 141     | 3268   | IAN VICKERS             | BACSW KEEP FIT CLUB       | 00:45:51 | 00:45:20  | 135      | MS  | 69      |
| 142     | 3190   | JOHN NORGROVE           |                           | 00:45:51 | 00:45:35  | 143      | MS  | 70      |
| 143     | 3270   | RAY MAJER               | SOSPAN ROAD RUNNERS       | 00:45:55 | 00:45:52  | 148      | M50 | 14      |
| 144     | 3667   | SARAH GIBBY             | EMLYN RUNNERS             | 00:45:56 | 00:45:50  | 145      | FS  | 9       |
| 145     | 3110   | ROBERT CONNERS          |                           | 00:45:57 | 00:45:53  | 149      | M40 | 38      |
| 146     | 3495   | ELIZABETH WILLIAMS      |                           | 00:45:59 | 00:45:53  | 150      | F35 | 6       |
| 147     | 3191   | REBECCA REVELL          | EMLYN RUNNERS             | 00:45:59 | 00:45:33  | 140      | F35 | 7       |
| 148     | 3629   | AMY EDWARDS             | RHONDDA VALLEY RUNNERS    | 00:46:01 | 00:45:51  | 147      | FS  | 10      |
| 149     | 3540   | PHILIP STONEMAN         |                           | 00:46:06 | 00:45:59  | 152      | M40 | 39      |
| 150     | 3131   | STEPHEN CRAY            | PENARTH AND DINAS RUNNERS | 00:46:16 | 00:46:07  | 153      | M50 | 15      |
| 151     | 3771   | STACEY FARNELL          |                           | 00:46:19 | 00:45:50  | 146      | MS  | 71      |
| 152     | 3457   | ANTHONY JAMES           |                           | 00:46:37 | 00:45:55  | 151      | MS  | 72      |

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|---------|--------|--------------------|-------------------------|----------|-----------|----------|-----|---------|
| 153     | 3463   | ANDREW WYN ROBERTS |                         | 00:46:37 | 00:45:46  | 144      | MS  | 73      |
| 154     | 3773   | STEPHEN MATTHEWS   |                         | 00:46:43 | 00:46:26  | 154      | MS  | 74      |
| 155     | 3290   | STEVEN JONES       |                         | 00:46:43 | 00:46:34  | 158      | MS  | 75      |
| 156     | 3251   | ALUN MORRIS        |                         | 00:46:49 | 00:46:27  | 155      | MS  | 76      |
| 157     | 3772   | MARK EDWARDS       |                         | 00:46:49 | 00:46:42  | 162      | MS  | 77      |
| 158     | 3760   | WAYNE CROSS        |                         | 00:46:57 | 00:46:36  | 159      | M40 | 40      |
| 159     | 3898   | DANIEL HUBBALL     |                         | 00:47:03 | 00:46:41  | 161      | MS  | 78      |
| 160     | 3358   | KEITH DAKIN        |                         | 00:47:10 | 00:46:55  | 165      | M50 | 16      |
| 161     | 3152   | PETER HILL         |                         | 00:47:10 | 00:46:57  | 167      | M50 | 17      |
| 162     | 3462   | MENNA EVANS        |                         | 00:47:11 | 00:47:08  | 173      | FS  | 11      |
| 163     | 3693   | ASHLEY LEWIS       | LLANELLI LEISURE CENTRE | 00:47:13 | 00:46:46  | 164      | MS  | 79      |
| 164     | 3077   | ANDREW WILLIAMS    |                         | 00:47:13 | 00:47:07  | 170      | MS  | 80      |
| 165     | 3350   | SALLY WILSON       |                         | 00:47:17 | 00:47:07  | 171      | FS  | 12      |
| 166     | 3271   | MARTYN GINGELL     |                         | 00:47:18 | 00:47:03  | 169      | MS  | 81      |
| 167     | 3215   | ALWYN WILLIAMS     |                         | 00:47:19 | 00:46:55  | 166      | M40 | 41      |
| 168     | 3177   | DARREN VAUGHAN     | PORT TALBOT HARRIERS    | 00:47:20 | 00:47:20  | 181      | MS  | 82      |
| 169     | 3575   | SIMON REES         |                         | 00:47:24 | 00:46:28  | 156      | MS  | 83      |
| 170     | 3684   | LIAM DANIES        | FERC 134                | 00:47:25 | 00:47:17  | 175      | M50 | 18      |
| 171     | 3758   | CHRISTOPHER CRAY   | KIDWELLY RFC            | 00:47:25 | 00:46:43  | 163      | MS  | 84      |
| 172     | 3798   | BRYN THOMAS        |                         | 00:47:26 | 00:46:28  | 157      | MS  | 85      |
| 173     | 3126   | JAMES HOBBS        |                         | 00:47:26 | 00:47:17  | 176      | M40 | 42      |
| 174     | 3370   | CHRIS BIRCH        |                         | 00:47:27 | 00:47:18  | 178      | M50 | 19      |
| 175     | 3856   | PETER CUCUZ        |                         | 00:47:28 | 00:47:24  | 183      | MS  | 86      |
| 176     | 3142   | ERYL JONES         |                         | 00:47:29 | 00:47:26  | 186      | M40 | 43      |
| 177     | 3219   | MARTYN DULAKE      |                         | 00:47:29 | 00:47:18  | 179      | M40 | 44      |
| 178     | 3844   | ROBERT FORD        | PONTYPRIDD ROADENTS     | 00:47:31 | 00:47:24  | 184      | M50 | 20      |
| 179     | 3783   | CYRIL WALTERS      | TROT                    | 00:47:38 | 00:47:15  | 174      | M60 | 7       |
| 180     | 3292   | SIMON FORD         |                         | 00:47:40 | 00:47:22  | 182      | MS  | 87      |
| 181     | 3837   | ADAM PREECE        | PRO PT ACADEMY          | 00:47:41 | 00:46:59  | 168      | MS  | 88      |
| 182     | 3365   | LISA CLEARY        |                         | 00:47:43 | 00:47:34  | 189      | F45 | 4       |
| 183     | 3070   | KEVIN JONES        |                         | 00:47:46 | 00:47:19  | 180      | M40 | 45      |
| 184     | 3733   | GARETH BEYNON      |                         | 00:47:51 | 00:47:40  | 191      | MS  | 89      |
| 185     | 3155   | ANTHONY HARRIS     |                         | 00:47:52 | 00:47:07  | 172      | MS  | 90      |
| 186     | 3237   | ZOE WELCH          | LEICESTER               | 00:47:54 | 00:46:39  | 160      | F35 | 8       |
| 187     | 3313   | JUDI RHYS          |                         | 00:47:57 | 00:47:51  | 193      | F45 | 5       |
| 188     | 3817   | ROB WOOD           |                         | 00:47:58 | 00:47:25  | 185      | MS  | 91      |
| 189     | 3360   | MATT ROGERSON      |                         | 00:47:59 | 00:47:55  | 195      | MS  | 92      |
| 190     | 3229   | NICOLA QUINN       | EMLYN RUNNERS           | 00:48:00 | 00:47:54  | 194      | F35 | 9       |

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| GUN POS | BIB No | NAME              | CLUB / TEAM            | Gun Time | Chip Time | Chip Pos | Cat | Cat Pos |
|---------|--------|-------------------|------------------------|----------|-----------|----------|-----|---------|
| 191     | 3298   | GEOFF HALL        |                        | 00:48:05 | 00:47:49  | 192      | M50 | 21      |
| 192     | 3635   | RHYS PHILLIPS     |                        | 00:48:10 | 00:47:17  | 177      | MS  | 93      |
| 193     | 3762   | WAYNE DAVIES      |                        | 00:48:16 | 00:47:59  | 196      | MS  | 94      |
| 194     | 3429   | DAVID BOUCHER     |                        | 00:48:16 | 00:48:02  | 198      | M50 | 22      |
| 195     | 3800   | SOPHIE PLACE      |                        | 00:48:17 | 00:48:12  | 203      | FS  | 13      |
| 196     | 3776   | THOM STEPHANAKIS  |                        | 00:48:17 | 00:48:01  | 197      | MS  | 95      |
| 197     | 3323   | STEVE HILL        |                        | 00:48:26 | 00:48:16  | 204      | M40 | 46      |
| 198     | 3699   | IAN JENKINS       |                        | 00:48:27 | 00:48:18  | 205      | M40 | 47      |
| 199     | 3902   | ANDREW MARZANO    |                        | 00:48:27 | 00:47:33  | 188      | MS  | 96      |
| 200     | 3534   | MATTHEW BEAMISH   |                        | 00:48:28 | 00:47:29  | 187      | MS  | 97      |
| 201     | 3304   | LAURENCE POLE     |                        | 00:48:28 | 00:48:07  | 199      | MS  | 98      |
| 202     | 3461   | DAVID EVANS       |                        | 00:48:29 | 00:48:10  | 201      | MS  | 99      |
| 203     | 3180   | ANDREW GEORGE     |                        | 00:48:30 | 00:47:36  | 190      | MS  | 100     |
| 204     | 3371   | RICHARD PHILLIPS  |                        | 00:48:32 | 00:48:08  | 200      | MS  | 101     |
| 205     | 3740   | TIM MORGAN        |                        | 00:48:34 | 00:48:10  | 202      | MS  | 102     |
| 206     | 3276   | SASHA MACKEN      | LES CROUPIERS          | 00:48:34 | 00:48:26  | 207      | F35 | 10      |
| 207     | 3803   | TRACY EDWARDS     | RHONDDA VALLEY RUNNERS | 00:48:36 | 00:48:25  | 206      | F35 | 11      |
| 208     | 3819   | THOMAS ROGERS     | HM TREASURY RC         | 00:48:37 | 00:48:26  | 208      | MS  | 103     |
| 209     | 3812   | IAN OWEN WILLIAMS | PORT TALBOT HARRIERS   | 00:48:49 | 00:48:45  | 214      | M40 | 48      |
| 210     | 3107   | RHODRI THOMAS     |                        | 00:48:52 | 00:48:39  | 213      | MS  | 104     |
| 211     | 3245   | DAVID WILLIAMS    |                        | 00:48:55 | 00:48:48  | 216      | M40 | 49      |
| 212     | 3829   | PHILIP HUGHES     | SAN DOMENICO           | 00:49:01 | 00:48:54  | 218      | MS  | 105     |
| 213     | 3295   | GARETH EVANS      |                        | 00:49:14 | 00:49:06  | 224      | M40 | 50      |
| 214     | 3417   | WAYNE THOMAS      |                        | 00:49:18 | 00:48:37  | 212      | MS  | 106     |
| 215     | 3766   | LUCIANO TAMILIA   |                        | 00:49:19 | 00:49:14  | 229      | M40 | 51      |
| 216     | 3546   | AARON STEPHENS    |                        | 00:49:20 | 00:48:55  | 219      | MS  | 107     |
| 217     | 3869   | JOANNE HALE       |                        | 00:49:22 | 00:49:06  | 225      | FS  | 14      |
| 218     | 3475   | PAUL READ         |                        | 00:49:23 | 00:48:55  | 220      | MS  | 108     |
| 219     | 3101   | RHIDIAN GRIFFITHS |                        | 00:49:24 | 00:48:32  | 210      | MS  | 109     |
| 220     | 3580   | AARON PHILLIPS    |                        | 00:49:28 | 00:48:45  | 215      | MS  | 110     |
| 221     | 3436   | PHILIP MACKIE     |                        | 00:49:29 | 00:48:29  | 209      | M40 | 52      |
| 222     | 3293   | MARK DAVIES       |                        | 00:49:29 | 00:49:25  | 236      | M40 | 53      |
| 223     | 3892   | JONATHAN EVANS    |                        | 00:49:34 | 00:49:14  | 230      | MS  | 111     |
| 224     | 3266   | PETER SLEE        |                        | 00:49:37 | 00:49:06  | 226      | M40 | 54      |
| 225     | 3578   | ROD MACKAY        |                        | 00:49:39 | 00:48:55  | 221      | M50 | 23      |
| 226     | 3083   | MATHEW WILLIAMS   |                        | 00:49:39 | 00:49:04  | 223      | MS  | 112     |
| 227     | 3217   | BILL LESLIE       |                        | 00:49:42 | 00:49:18  | 232      | MS  | 113     |
| 228     | 3261   | NEALE DAVIES      | TRAMS RUNNING CLUB     | 00:49:43 | 00:49:27  | 239      | M40 | 55      |

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|---------|--------|--------------------------|---------------------|----------|-----------|----------|-----|---------|
| 229     | 3102   | DANIEL GRIFFITHS         |                     | 00:49:43 | 00:48:52  | 217      | MS  | 114     |
| 230     | 3782   | ROBERT PHILLIPS          | PONTYPRIDD ROADENTS | 00:49:44 | 00:48:57  | 222      | M40 | 56      |
| 231     | 3441   | OWEN HATHWAY             |                     | 00:49:44 | 00:49:08  | 227      | MS  | 115     |
| 232     | 3638   | JASON PROTHEROE          |                     | 00:49:47 | 00:49:22  | 234      | M40 | 57      |
| 233     | 3208   | SUZANNE BEVAN            |                     | 00:49:47 | 00:49:30  | 240      | F45 | 6       |
| 234     | 3024   | MICHAEL PRITCHARD        |                     | 00:49:50 | 00:49:25  | 237      | M50 | 24      |
| 235     | 3378   | PAUL JONES               |                     | 00:49:50 | 00:49:41  | 242      | MS  | 116     |
| 236     | 3646   | DAVID WALKER             |                     | 00:49:51 | 00:49:22  | 235      | M50 | 25      |
| 237     | 3255   | MARY HAWKING             |                     | 00:49:52 | 00:49:40  | 241      | FS  | 15      |
| 238     | 3887   | MARTYN PENNELL           |                     | 00:49:52 | 00:49:13  | 228      | MS  | 117     |
| 239     | 3080   | JONATHAN KINNEAR         |                     | 00:49:53 | 00:49:20  | 233      | M40 | 58      |
| 240     | 3854   | JONATHAN BEYNON          | LC CORBRAS          | 00:49:58 | 00:49:41  | 243      | MS  | 118     |
| 241     | 3852   | PIERRE-MICHAEL DELAMOTTE |                     | 00:50:02 | 00:49:46  | 247      | MS  | 119     |
| 242     | 3846   | MARK WESTCOTT            |                     | 00:50:04 | 00:48:36  | 211      | M40 | 59      |
| 243     | 3159   | DAVID WILLIAMS           |                     | 00:50:05 | 00:49:44  | 245      | MS  | 120     |
| 244     | 3160   | FFION DAVIES             |                     | 00:50:06 | 00:49:44  | 246      | FS  | 16      |
| 245     | 3549   | ALED EYNON               |                     | 00:50:06 | 00:49:17  | 231      | MS  | 121     |
| 246     | 3703   | STEPHEN WILLIAMS         | LES CROUPIERS       | 00:50:06 | 00:49:53  | 251      | M50 | 26      |
| 247     | 3724   | ROGER SMITH              | BIRKENHEAD AC       | 00:50:08 | 00:49:43  | 244      | M60 | 8       |
| 248     | 3260   | RICHARD HOUSE            |                     | 00:50:08 | 00:49:46  | 248      | MS  | 122     |
| 249     | 3565   | GARETH MORRIS            |                     | 00:50:11 | 00:49:49  | 249      | MS  | 123     |
| 250     | 3554   | KIM LAWSON               |                     | 00:50:12 | 00:50:04  | 254      | F45 | 7       |
| 251     | 3176   | SIMON CARTER             | BRACKLA HARRIERS    | 00:50:20 | 00:49:26  | 238      | MS  | 124     |
| 252     | 3556   | JANETTE MORGAN           |                     | 00:50:21 | 00:50:09  | 256      | FS  | 17      |
| 253     | 3448   | ALED WILLIAMS            |                     | 00:50:23 | 00:50:06  | 255      | MS  | 125     |
| 254     | 3230   | RICHARD DAVIES           |                     | 00:50:25 | 00:50:00  | 252      | MS  | 126     |
| 255     | 3788   | PAUL JENKINS             |                     | 00:50:26 | 00:50:22  | 263      | M40 | 60      |
| 256     | 3542   | ANDREW JONES             |                     | 00:50:27 | 00:50:16  | 260      | MS  | 127     |
| 257     | 3835   | ALUN PARRY               |                     | 00:50:28 | 00:49:51  | 250      | MS  | 128     |
| 258     | 3309   | RACHEL HARRIS            |                     | 00:50:29 | 00:50:09  | 257      | FS  | 18      |
| 259     | 3717   | BEVERLEY WARBURTON       |                     | 00:50:32 | 00:50:20  | 262      | F45 | 8       |
| 260     | 3873   | ANDREW STAPHNIL          |                     | 00:50:40 | 00:50:12  | 258      | MS  | 129     |
| 261     | 3521   | EWAN MACPHERSON          |                     | 00:50:42 | 00:50:14  | 259      | MS  | 130     |
| 262     | 3570   | STEWART LUCITT           |                     | 00:50:46 | 00:50:00  | 253      | MS  | 131     |
| 263     | 3454   | MARTYN BIDWELL           |                     | 00:50:49 | 00:50:16  | 261      | M40 | 61      |
| 264     | 3764   | KATE TAMILIA             |                     | 00:50:50 | 00:50:45  | 271      | F35 | 12      |
| 265     | 3087   | TONIA LEWIS              |                     | 00:50:53 | 00:50:43  | 270      | FS  | 19      |
| 266     | 3019   | ANDRE MCPHERSON          | SOSPAN ROAD RUNNERS | 00:51:11 | 00:50:38  | 267      | MS  | 132     |

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|---------|--------|----------------------|-------------------------|----------|-----------|----------|-----|---------|
| 267     | 3273   | STEPHEN NEWBURY      |                         | 00:51:13 | 00:50:56  | 277      | M50 | 27      |
| 268     | 3791   | COLIN WEBB           |                         | 00:51:14 | 00:51:02  | 278      | MS  | 133     |
| 269     | 3388   | JOHN WILLIAMS        |                         | 00:51:15 | 00:50:27  | 264      | MS  | 134     |
| 270     | 3683   | STUART HOWELLS       |                         | 00:51:18 | 00:50:52  | 274      | M40 | 62      |
| 271     | 3104   | MIKE HILL            |                         | 00:51:18 | 00:51:05  | 279      | M40 | 63      |
| 272     | 3889   | CORY RICHARDS        |                         | 00:51:20 | 00:50:31  | 265      | MS  | 135     |
| 273     | 3613   | RHIAN JONES          |                         | 00:51:23 | 00:50:51  | 273      | F35 | 13      |
| 274     | 3512   | PAUL SEARLE          |                         | 00:51:25 | 00:50:40  | 269      | M50 | 28      |
| 275     | 3824   | WAYNE EVANS          |                         | 00:51:28 | 00:50:38  | 268      | MS  | 136     |
| 276     | 3091   | SAMANTHA SMITH       |                         | 00:51:29 | 00:50:33  | 266      | FS  | 20      |
| 277     | 3897   | HOWARD GRIFFITHS     |                         | 00:51:29 | 00:51:23  | 285      | M50 | 29      |
| 278     | 3702   | DAVID ELVY           |                         | 00:51:32 | 00:51:08  | 281      | M40 | 64      |
| 279     | 3706   | JANICE HARVEY        |                         | 00:51:33 | 00:51:14  | 284      | F55 | 1       |
| 280     | 3201   | CHRISTOPHER WILLIAMS |                         | 00:51:34 | 00:51:09  | 282      | M40 | 65      |
| 281     | 3239   | CLAIRE HOUSE         | SAN DOMENICO            | 00:51:35 | 00:51:24  | 287      | F35 | 14      |
| 282     | 3779   | MICHAEL GRIFFITHS    | EMLYN RUNNERS           | 00:51:36 | 00:50:50  | 272      | M60 | 9       |
| 283     | 3244   | TASMIN THOMAS        |                         | 00:51:47 | 00:51:26  | 289      | FS  | 21      |
| 284     | 3877   | PETER ABRAHAM        |                         | 00:51:48 | 00:50:55  | 275      | MS  | 137     |
| 285     | 3502   | NICHOLAS SHEARS      |                         | 00:51:48 | 00:51:06  | 280      | MS  | 138     |
| 286     | 3810   | DAN READ             | TEAM LIND               | 00:51:53 | 00:51:26  | 290      | MS  | 139     |
| 287     | 3272   | NICK PORTSMOUTH      | WHITE HORSE HARRIERS    | 00:51:53 | 00:51:12  | 283      | M40 | 66      |
| 288     | 3634   | ZOE WOODRUFF         |                         | 00:51:54 | 00:51:25  | 288      | F35 | 15      |
| 289     | 3662   | HUW THOMAS           |                         | 00:51:54 | 00:51:31  | 291      | MS  | 140     |
| 290     | 3395   | RICHARD THOMAS       |                         | 00:51:57 | 00:51:36  | 292      | M40 | 67      |
| 291     | 3437   | ARFON EDWARDS        |                         | 00:51:59 | 00:51:23  | 286      | MS  | 141     |
| 292     | 3322   | EMILY LUKE           |                         | 00:52:00 | 00:51:51  | 298      | FS  | 22      |
| 293     | 3335   | STEVE TREVENNA       |                         | 00:52:04 | 00:51:51  | 299      | M50 | 30      |
| 294     | 3850   | RUTH NEWMAN          | VEGAN RUNNERS           | 00:52:06 | 00:50:55  | 276      | F35 | 16      |
| 295     | 3697   | MATHEW STOKES        | LLANELLI LEISURE CENTRE | 00:52:07 | 00:51:41  | 293      | MS  | 142     |
| 296     | 3849   | NICHOLAS NORTH       | NONE                    | 00:52:10 | 00:51:42  | 294      | M40 | 68      |
| 297     | 3601   | STUART ROWLANDS      |                         | 00:52:13 | 00:51:48  | 295      | M50 | 31      |
| 298     | 3010   | PAUL HENDERSON       |                         | 00:52:20 | 00:52:09  | 310      | MS  | 143     |
| 299     | 3487   | DARREN CHAPPLE       |                         | 00:52:24 | 00:51:56  | 304      | MS  | 144     |
| 300     | 3328   | LEE SUTHERLAND       |                         | 00:52:24 | 00:52:06  | 305      | MS  | 145     |
| 301     | 3046   | PHILIP RYAN          |                         | 00:52:26 | 00:51:49  | 296      | M40 | 69      |
| 302     | 3494   | MARK ELLIS           |                         | 00:52:28 | 00:51:55  | 301      | MS  | 146     |
| 303     | 3813   | OONA CRAWFORD        | TROTS, ST.CLEARs        | 00:52:29 | 00:52:06  | 306      | F55 | 2       |
| 304     | 3253   | MARK EVANS           |                         | 00:52:29 | 00:51:55  | 302      | M40 | 70      |

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|---------|--------|---------------------|----------------------------------|----------|-----------|----------|-----|---------|
| 305     | 3862   | LYN EVANS           | PENARTH DINAS RUNNERS            | 00:52:30 | 00:52:07  | 307      | M50 | 32      |
| 306     | 3571   | HUW EVANS           |                                  | 00:52:33 | 00:51:50  | 297      | M40 | 71      |
| 307     | 3584   | STEPHEN HUGHES      |                                  | 00:52:35 | 00:52:14  | 313      | M40 | 72      |
| 308     | 3258   | ALLAN SMITH         | 3M'S GORSEINON ROAD RUNNERS      | 00:52:36 | 00:52:29  | 320      | M60 | 10      |
| 309     | 3716   | EUAN PRATT          |                                  | 00:52:37 | 00:52:12  | 311      | MS  | 147     |
| 310     | 3893   | PENELOPE GRAEPEL    |                                  | 00:52:39 | 00:51:54  | 300      | F45 | 9       |
| 311     | 3449   | PAUL CONNERS        |                                  | 00:52:41 | 00:51:55  | 303      | M40 | 73      |
| 312     | 3299   | TIM JAMES           |                                  | 00:52:41 | 00:52:08  | 309      | M40 | 74      |
| 313     | 3496   | CRAIG CAMPBELL      |                                  | 00:52:41 | 00:52:20  | 316      | MS  | 148     |
| 314     | 3374   | STEPHEN LEWIS       |                                  | 00:52:43 | 00:52:26  | 319      | MS  | 149     |
| 315     | 3220   | RICHARD DONNE       | 3M'S GORSEINON ROAD RUNNERS      | 00:52:46 | 00:52:21  | 317      | M40 | 75      |
| 316     | 3559   | CHRIS LUTLEY        |                                  | 00:52:50 | 00:52:14  | 314      | MS  | 150     |
| 317     | 3763   | RHIAN DURHAM        | PONTYPRIDD ROADENTS              | 00:52:50 | 00:52:07  | 308      | FS  | 23      |
| 318     | 3585   | KEN MILLIGAN        |                                  | 00:52:50 | 00:52:12  | 312      | M50 | 33      |
| 319     | 3052   | BERIAN JAMES DAVIES |                                  | 00:52:52 | 00:52:14  | 315      | M50 | 34      |
| 320     | 3840   | GILL EDWARDS        |                                  | 00:53:00 | 00:52:36  | 322      | FS  | 24      |
| 321     | 3610   | PAUL FACKRELL       |                                  | 00:53:01 | 00:52:48  | 327      | M40 | 76      |
| 322     | 3285   | SARAH FISH          |                                  | 00:53:06 | 00:52:55  | 332      | F35 | 17      |
| 323     | 3786   | SAMANTHA SINGH      |                                  | 00:53:06 | 00:52:55  | 333      | F35 | 18      |
| 324     | 3460   | LEE PARKER          |                                  | 00:53:08 | 00:52:40  | 325      | FS  | 25      |
| 325     | 3604   | LEE KWOK            | GLAMORGAN HEALTH AND RAQUET CLUB | 00:53:09 | 00:52:50  | 329      | MS  | 151     |
| 326     | 3668   | LESLEY MAINWARING   |                                  | 00:53:11 | 00:52:48  | 328      | F35 | 19      |
| 327     | 3823   | BARRY RICHARDS      | VELO TEIFI                       | 00:53:13 | 00:52:25  | 318      | MS  | 152     |
| 328     | 3839   | LEIGH JOHN          | PRO PT ACADEMY                   | 00:53:17 | 00:52:36  | 323      | MS  | 153     |
| 329     | 3845   | RHYS HARRIES        |                                  | 00:53:20 | 00:52:34  | 321      | MS  | 154     |
| 330     | 3452   | SARAH GOULD-DAVIES  |                                  | 00:53:20 | 00:52:53  | 330      | FS  | 26      |
| 331     | 3254   | JAMES ASHWIN        |                                  | 00:53:21 | 00:52:59  | 334      | MS  | 155     |
| 332     | 3838   | DAVID BLEWETT       | PRO PT ACADEMY                   | 00:53:25 | 00:53:23  | 344      | MS  | 156     |
| 333     | 3827   | THOMAS DAVIES       |                                  | 00:53:27 | 00:52:47  | 326      | M50 | 35      |
| 334     | 3536   | CHRISTOPHER JENKINS |                                  | 00:53:28 | 00:52:53  | 331      | MS  | 157     |
| 335     | 3685   | ANNETTE DANIES      | FERC 135                         | 00:53:32 | 00:53:21  | 343      | F45 | 10      |
| 336     | 3385   | EMMA TUCKER         |                                  | 00:53:35 | 00:52:36  | 324      | FS  | 27      |
| 337     | 3035   | WYNN BURKE          |                                  | 00:53:37 | 00:53:13  | 341      | F45 | 11      |
| 338     | 3623   | ANTHONY ROLLEY      |                                  | 00:53:38 | 00:53:16  | 342      | M50 | 36      |
| 339     | 3597   | EMYR WYN WALTERS    |                                  | 00:53:38 | 00:53:09  | 337      | MS  | 158     |
| 340     | 3183   | ANDY SILK           | CHEPSTOW HARRIERS                | 00:53:42 | 00:53:10  | 339      | M50 | 37      |
| 341     | 3737   | PETER BROWN         |                                  | 00:53:45 | 00:53:09  | 338      | M40 | 77      |
| 342     | 3568   | ANDREW LANE         |                                  | 00:53:45 | 00:53:06  | 336      | M50 | 38      |

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| GUN POS | BIB No | NAME               | CLUB / TEAM            | Gun Time | Chip Time | Chip Pos | Cat | Cat Pos |
|---------|--------|--------------------|------------------------|----------|-----------|----------|-----|---------|
| 343     | 3332   | HEATHER DENNIS     |                        | 00:53:49 | 00:53:31  | 349      | F35 | 20      |
| 344     | 3525   | CHRIS JOHN         |                        | 00:53:56 | 00:53:24  | 346      | M40 | 78      |
| 345     | 3780   | CALUM LAWSON       |                        | 00:53:56 | 00:53:41  | 354      | MS  | 159     |
| 346     | 3609   | MICHAEL HENRY      |                        | 00:53:57 | 00:52:59  | 335      | M40 | 79      |
| 347     | 3226   | CARL SEAMAN        | RHONDDA VALLEY RUNNERS | 00:53:58 | 00:53:50  | 361      | M40 | 80      |
| 348     | 3137   | PHILIP WIGMORE     |                        | 00:53:59 | 00:53:25  | 347      | MS  | 160     |
| 349     | 3841   | CERI EVANS         |                        | 00:54:00 | 00:53:37  | 352      | FS  | 28      |
| 350     | 3867   | OWEN MORGAN        |                        | 00:54:01 | 00:53:33  | 351      | M40 | 81      |
| 351     | 3474   | CHRISTOPHER AYRES  |                        | 00:54:02 | 00:53:46  | 360      | M40 | 82      |
| 352     | 3666   | STELLA SYMONS      | FAIRWATER RUNNERS      | 00:54:02 | 00:53:50  | 362      | F45 | 12      |
| 353     | 3367   | PAUL DAVIES        |                        | 00:54:05 | 00:53:51  | 363      | M60 | 11      |
| 354     | 3195   | ANDREW GIBBS       |                        | 00:54:08 | 00:53:44  | 358      | MS  | 161     |
| 355     | 3728   | HEFIN LLOYD        |                        | 00:54:08 | 00:53:38  | 353      | MS  | 162     |
| 356     | 3689   | JOHN PRICE         |                        | 00:54:11 | 00:53:44  | 359      | F55 | 3       |
| 357     | 3529   | SARAH PHILLIPS     |                        | 00:54:12 | 00:53:29  | 348      | FS  | 29      |
| 358     | 3491   | LISA FLETCHER      |                        | 00:54:13 | 00:53:54  | 364      | FS  | 30      |
| 359     | 3133   | STEPHEN JOB        |                        | 00:54:13 | 00:53:43  | 355      | M40 | 83      |
| 360     | 3520   | LAURI COWDELL      |                        | 00:54:13 | 00:53:12  | 340      | FS  | 31      |
| 361     | 3467   | GRAHAM ADAMS       |                        | 00:54:16 | 00:53:32  | 350      | MS  | 163     |
| 362     | 3410   | AMANDA PARRY       |                        | 00:54:17 | 00:53:43  | 356      | F35 | 21      |
| 363     | 3343   | LISA THOMAS        |                        | 00:54:20 | 00:54:02  | 365      | F35 | 22      |
| 364     | 3594   | DAMIEN JOHNSON     |                        | 00:54:21 | 00:53:23  | 345      | MS  | 164     |
| 365     | 3593   | ANDREW OWEN        |                        | 00:54:25 | 00:53:43  | 357      | MS  | 165     |
| 366     | 3501   | NIGEL WILLIAMS     |                        | 00:54:33 | 00:54:04  | 366      | MS  | 166     |
| 367     | 3481   | HAYLEY SWAINE      |                        | 00:54:38 | 00:54:04  | 367      | FS  | 32      |
| 368     | 3397   | DYLAN JONES        |                        | 00:54:41 | 00:54:33  | 375      | MS  | 167     |
| 369     | 3048   | RACHEL EVANS       |                        | 00:54:43 | 00:54:24  | 371      | F35 | 23      |
| 370     | 3690   | DEBORAH PRICE      |                        | 00:54:45 | 00:54:07  | 368      | F45 | 13      |
| 371     | 3785   | DARREN CORNEILLE   |                        | 00:54:54 | 00:54:50  | 382      | MS  | 168     |
| 372     | 3560   | RHIAN EDWARDS      |                        | 00:54:56 | 00:54:15  | 369      | FS  | 33      |
| 373     | 3807   | RACHAEL KENNARD    |                        | 00:54:56 | 00:54:15  | 370      | F35 | 24      |
| 374     | 3227   | PHILIP MORRIS      |                        | 00:55:07 | 00:54:44  | 377      | M50 | 39      |
| 375     | 3231   | GARETH GIDDINGS    |                        | 00:55:09 | 00:55:05  | 389      | MS  | 169     |
| 376     | 3746   | JAMES BARKER       |                        | 00:55:12 | 00:54:48  | 379      | MS  | 170     |
| 377     | 3088   | DORIAN WHITE       |                        | 00:55:13 | 00:54:25  | 372      | MS  | 171     |
| 378     | 3089   | LISA WOOD          |                        | 00:55:14 | 00:54:26  | 373      | FS  | 34      |
| 379     | 3209   | ELIZABETH KEMPSTER | BMF                    | 00:55:15 | 00:54:50  | 383      | FS  | 35      |
| 380     | 3473   | RACHEL AYRES       |                        | 00:55:16 | 00:55:00  | 386      | F35 | 25      |

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|---------|--------|-----------------------|-----------------------------|----------|-----------|----------|-----|---------|
| 381     | 3664   | VICTORIA ANTHONY      |                             | 00:55:17 | 00:54:48  | 380      | FS  | 36      |
| 382     | 3663   | MIKE COLES            |                             | 00:55:18 | 00:54:48  | 381      | MS  | 172     |
| 383     | 3569   | ROBERT HICKS          |                             | 00:55:22 | 00:55:03  | 388      | M40 | 84      |
| 384     | 3442   | TERRY DANTER          |                             | 00:55:25 | 00:54:31  | 374      | M40 | 85      |
| 385     | 3425   | TOM TRIPPETT          |                             | 00:55:25 | 00:54:35  | 376      | MS  | 173     |
| 386     | 3787   | JASON WATKINS         |                             | 00:55:27 | 00:54:46  | 378      | MS  | 174     |
| 387     | 3748   | CLAIRE WILLIAMS       |                             | 00:55:30 | 00:55:15  | 392      | FS  | 37      |
| 388     | 3842   | JASON DONOVAN         |                             | 00:55:34 | 00:55:10  | 390      | MS  | 175     |
| 389     | 3802   | IWAN THOMAS           |                             | 00:55:35 | 00:54:53  | 384      | MS  | 176     |
| 390     | 3573   | LIZ JONES             |                             | 00:55:36 | 00:55:32  | 401      | FS  | 38      |
| 391     | 3752   | DONNA GRIFFITHS       | 3M'S GORSEINON ROAD RUNNERS | 00:55:40 | 00:55:22  | 393      | FS  | 39      |
| 392     | 3657   | GARTH GIESBRECHT      |                             | 00:55:46 | 00:55:25  | 394      | M50 | 40      |
| 393     | 3193   | BEN GIESBRECHT        | RUNNING SOMEWHERE ELSE      | 00:55:46 | 00:55:25  | 395      | M50 | 41      |
| 394     | 3879   | CHRIS OSBOURNE        |                             | 00:55:46 | 00:55:31  | 400      | M50 | 42      |
| 395     | 3422   | PAUL WESSON           |                             | 00:55:51 | 00:54:58  | 385      | M40 | 86      |
| 396     | 3173   | SCOTT ELLIS           | ELLIS                       | 00:55:53 | 00:55:41  | 403      | MS  | 177     |
| 397     | 3660   | STEPHEN ACKROYD       |                             | 00:55:59 | 00:55:10  | 391      | M60 | 12      |
| 398     | 3616   | NIGEL JONES           |                             | 00:55:59 | 00:55:00  | 387      | M50 | 43      |
| 399     | 3369   | LIDIA DE ORTE JIMENEZ |                             | 00:55:59 | 00:55:30  | 398      | FS  | 40      |
| 400     | 3775   | SARAH DODD            |                             | 00:56:04 | 00:55:40  | 402      | FS  | 41      |
| 401     | 3805   | REBECCA OWEN          |                             | 00:56:04 | 00:55:50  | 407      | FS  | 42      |
| 402     | 3669   | REBECCA BATER         |                             | 00:56:05 | 00:55:43  | 405      | FS  | 43      |
| 403     | 3143   | STEPHEN HILL          |                             | 00:56:10 | 00:55:41  | 404      | M50 | 44      |
| 404     | 3306   | NEIL MANSELL          |                             | 00:56:13 | 00:55:25  | 396      | M50 | 45      |
| 405     | 3233   | DIRK BIEBER           |                             | 00:56:14 | 00:55:30  | 399      | M40 | 87      |
| 406     | 3169   | SARAH MILES GRIFFITHS |                             | 00:56:15 | 00:55:26  | 397      | F45 | 14      |
| 407     | 3351   | JACKY JONES           |                             | 00:56:21 | 00:55:46  | 406      | F35 | 26      |
| 408     | 3744   | BARRIE EVENS          |                             | 00:56:21 | 00:56:06  | 414      | MS  | 178     |
| 409     | 3715   | JASON BEYNON          |                             | 00:56:25 | 00:55:58  | 409      | M40 | 88      |
| 410     | 3153   | WILLIAM RIGDEN        |                             | 00:56:27 | 00:55:59  | 410      | M50 | 46      |
| 411     | 3489   | STEPHEN JONES         |                             | 00:56:30 | 00:56:11  | 416      | M40 | 89      |
| 412     | 3617   | LINDA KEELAN          |                             | 00:56:31 | 00:56:11  | 417      | F45 | 15      |
| 413     | 3527   | ANDREW JOHNSON        |                             | 00:56:32 | 00:56:18  | 420      | M40 | 90      |
| 414     | 3759   | CHRIS MORRIS          | KIDWELLY RFC                | 00:56:33 | 00:55:52  | 408      | MS  | 179     |
| 415     | 3600   | GAVIN HARDING         |                             | 00:56:33 | 00:56:03  | 412      | M40 | 91      |
| 416     | 3620   | JODY DAVIES           | WOMENS RUNNING NETWORK      | 00:56:36 | 00:56:17  | 419      | FS  | 44      |
| 417     | 3551   | ANDREW RICHARDS       |                             | 00:56:42 | 00:56:10  | 415      | M40 | 92      |
| 418     | 3334   | SARA EL-KHATIB        |                             | 00:56:43 | 00:56:22  | 422      | FS  | 45      |

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|---------|--------|---------------------|------------------------|----------|-----------|----------|-----|---------|
| 419     | 3665   | HELEN ELWARD        |                        | 00:56:46 | 00:55:59  | 411      | F35 | 27      |
| 420     | 3605   | ELERI RIVERS        |                        | 00:56:48 | 00:56:15  | 418      | F35 | 28      |
| 421     | 3086   | SARA MORGAN         |                        | 00:56:48 | 00:56:39  | 426      | FS  | 46      |
| 422     | 3490   | RACHEL WILLIAMS     |                        | 00:56:54 | 00:56:21  | 421      | FS  | 47      |
| 423     | 3055   | PETER JONES         |                        | 00:56:59 | 00:56:03  | 413      | M50 | 47      |
| 424     | 3465   | KATE WATTS          |                        | 00:57:17 | 00:57:06  | 435      | FS  | 48      |
| 425     | 3826   | CELYN KENNY         |                        | 00:57:19 | 00:56:40  | 427      | MS  | 180     |
| 426     | 3325   | JIM MCCULLOCH       |                        | 00:57:21 | 00:56:58  | 429      | M50 | 48      |
| 427     | 3383   | HELEN STRETCH       |                        | 00:57:22 | 00:57:10  | 437      | F55 | 4       |
| 428     | 3545   | MERRILEE PHILLIPS   |                        | 00:57:23 | 00:56:59  | 430      | F35 | 29      |
| 429     | 3246   | GILLIAN MURPHY      | LES CROUPIERS          | 00:57:25 | 00:57:11  | 438      | F55 | 5       |
| 430     | 3415   | KEITH JORDAN        |                        | 00:57:25 | 00:57:01  | 431      | M60 | 13      |
| 431     | 3725   | MIKE PUGH           | RED ROSE ROAD RUNNERS  | 00:57:28 | 00:56:36  | 425      | M50 | 49      |
| 432     | 3550   | ANDREW RUSSELL      |                        | 00:57:31 | 00:57:07  | 436      | MS  | 181     |
| 433     | 3355   | VIVIENNE JONES      |                        | 00:57:33 | 00:57:04  | 433      | F35 | 30      |
| 434     | 3386   | STEVE TUCKER        |                        | 00:57:34 | 00:56:35  | 424      | MS  | 182     |
| 435     | 3532   | CHRIS MILLARD       |                        | 00:57:34 | 00:56:34  | 423      | M40 | 93      |
| 436     | 3443   | KEVIN FUSSELL       |                        | 00:57:37 | 00:57:05  | 434      | MS  | 183     |
| 437     | 3189   | ANDREW COFFEY       | TEAM HYDRAQUIP         | 00:57:38 | 00:57:02  | 432      | MS  | 184     |
| 438     | 3874   | SANDRA JOY          | WOMENS RUNNING NETWORK | 00:57:47 | 00:57:28  | 444      | F45 | 16      |
| 439     | 3673   | CRISTOPHER TEAGUE   | PRO PT ACADEMY         | 00:57:49 | 00:57:43  | 449      | M40 | 94      |
| 440     | 3814   | KEVIN GRIFFITHS     |                        | 00:57:50 | 00:56:51  | 428      | MS  | 185     |
| 441     | 3511   | JOANNE WILLIAMS     |                        | 00:57:57 | 00:57:11  | 439      | F35 | 31      |
| 442     | 3650   | EMYR WYN DANIEL     |                        | 00:57:58 | 00:57:40  | 448      | FS  | 49      |
| 443     | 3179   | KELLY MORGAN        | FAREHAM CRUSADERS      | 00:58:00 | 00:57:38  | 447      | FS  | 50      |
| 444     | 3389   | NEAL MATTHEWS       |                        | 00:58:02 | 00:57:24  | 442      | M40 | 95      |
| 445     | 3896   | ANDREW BOOTH        | ROAD RUNNERS CLUB      | 00:58:04 | 00:57:14  | 440      | M50 | 50      |
| 446     | 3652   | CHARLOTTE DAVIES    |                        | 00:58:04 | 00:57:48  | 450      | F45 | 17      |
| 447     | 3539   | CHRIS BISHOP        |                        | 00:58:08 | 00:57:53  | 453      | MS  | 186     |
| 448     | 3848   | PETER THOMAS        |                        | 00:58:13 | 00:57:53  | 454      | M40 | 96      |
| 449     | 3140   | AMANDA BARRINGTON   | WOMENS RUNNING NETWORK | 00:58:13 | 00:57:22  | 441      | F45 | 18      |
| 450     | 3687   | STUART PRINGLE      |                        | 00:58:15 | 00:57:49  | 451      | M50 | 51      |
| 451     | 3421   | ANNE WESSON         |                        | 00:58:19 | 00:57:26  | 443      | F35 | 32      |
| 452     | 3671   | CHRISTOPHER HOCKLEY |                        | 00:58:24 | 00:58:09  | 460      | M40 | 97      |
| 453     | 3165   | RUTH REES           |                        | 00:58:27 | 00:57:28  | 445      | F35 | 33      |
| 454     | 3391   | KERRY TEMPLETON     |                        | 00:58:27 | 00:57:29  | 446      | F35 | 34      |
| 455     | 3754   | DAWN DAVIES         |                        | 00:58:30 | 00:58:16  | 462      | F35 | 35      |
| 456     | 3688   | HELEN MITCHELL      |                        | 00:58:34 | 00:58:08  | 458      | F35 | 36      |

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|---------|--------|---------------------|------------------------|----------|-----------|----------|-----|---------|
| 457     | 3801   | SUE THOMAS          |                        | 00:58:38 | 00:57:50  | 452      | F35 | 37      |
| 458     | 3204   | SHARON ROGERS       |                        | 00:58:39 | 00:58:05  | 456      | F45 | 19      |
| 459     | 3464   | KATHRYN JONES       |                        | 00:58:40 | 00:58:08  | 459      | F35 | 38      |
| 460     | 3327   | ELAINE DIOSI        |                        | 00:58:44 | 00:58:26  | 467      | FS  | 51      |
| 461     | 3068   | DAVE HOWELLS        |                        | 00:58:44 | 00:58:14  | 461      | M40 | 98      |
| 462     | 3427   | HELEN HARRIS        |                        | 00:58:45 | 00:58:06  | 457      | F45 | 20      |
| 463     | 3809   | DEE LAWRENCE        | TEAM LIND              | 00:58:53 | 00:58:26  | 468      | M40 | 99      |
| 464     | 3603   | CATHERINE LLEWELLYN |                        | 00:58:55 | 00:58:33  | 470      | F45 | 21      |
| 465     | 3113   | PAUL HARRIES        |                        | 00:58:58 | 00:58:04  | 455      | M40 | 100     |
| 466     | 3094   | STEPHEN EDWARDS     |                        | 00:58:58 | 00:58:21  | 465      | MS  | 187     |
| 467     | 3815   | PAULINE THOMAS      | TROTS, ST.CLEARs       | 00:58:58 | 00:58:34  | 471      | F55 | 6       |
| 468     | 3672   | HELEN WILLIAMS      | PRO PT ACADEMY         | 00:59:01 | 00:58:50  | 476      | F35 | 39      |
| 469     | 3883   | RHIAN GRUNDY        |                        | 00:59:07 | 00:59:03  | 479      | FS  | 52      |
| 470     | 3608   | HELEN COATES        |                        | 00:59:08 | 00:58:50  | 477      | FS  | 53      |
| 471     | 3081   | PAUL ROBERTS        |                        | 00:59:13 | 00:58:16  | 463      | MS  | 188     |
| 472     | 3090   | NICHOLAS SMITH      |                        | 00:59:13 | 00:58:16  | 464      | MS  | 189     |
| 473     | 3344   | SARAH STEVENS       |                        | 00:59:16 | 00:58:25  | 466      | FS  | 54      |
| 474     | 3071   | MICHELLE RIVETT     |                        | 00:59:17 | 00:58:29  | 469      | F35 | 40      |
| 475     | 3262   | CLIFFORD ASHWIN     |                        | 00:59:19 | 00:58:41  | 473      | M50 | 52      |
| 476     | 3816   | ANDREW CLARK        |                        | 00:59:21 | 00:59:11  | 483      | M40 | 101     |
| 477     | 3188   | JASON MCGARRIGLE    | TEAM HYDRAQUIP         | 00:59:25 | 00:58:48  | 475      | MS  | 190     |
| 478     | 3308   | SARAH POPE          |                        | 00:59:30 | 00:58:39  | 472      | F45 | 22      |
| 479     | 3531   | KAREN AITCHISON     |                        | 00:59:31 | 00:59:08  | 482      | F35 | 41      |
| 480     | 3680   | SARAH DAVIES-CLARK  | LES CROUPIERS          | 00:59:34 | 00:59:24  | 489      | F35 | 42      |
| 481     | 3799   | SUSANNAH JENKINS    | AMMAN VALLEY HARRIERS  | 00:59:35 | 00:59:15  | 485      | F35 | 43      |
| 482     | 3444   | ANTONIA CROWTHER    |                        | 00:59:37 | 00:59:06  | 481      | F35 | 44      |
| 483     | 3513   | HANNAH JOHNSON      |                        | 00:59:39 | 00:59:23  | 488      | FS  | 55      |
| 484     | 3015   | NOEL POWELL         |                        | 00:59:43 | 00:58:43  | 474      | M40 | 102     |
| 485     | 3777   | BETH JONES          |                        | 00:59:47 | 00:59:32  | 490      | FS  | 56      |
| 486     | 3300   | RACHEL NELSON       |                        | 00:59:48 | 00:59:15  | 486      | F35 | 45      |
| 487     | 3503   | MATTHEW BRIANT      |                        | 00:59:49 | 00:59:00  | 478      | M40 | 103     |
| 488     | 3767   | SARAH WILLIAMS      |                        | 00:59:52 | 00:59:03  | 480      | F35 | 46      |
| 489     | 3203   | IAN THOMAS          |                        | 00:59:53 | 00:59:15  | 487      | MS  | 191     |
| 490     | 3085   | SAM OSBORN          | WOMENS RUNNING NETWORK | 00:59:55 | 00:59:35  | 493      | F35 | 47      |
| 491     | 3711   | ALEX LEVER          | WOMENS RUNNING NETWORK | 00:59:56 | 00:59:36  | 494      | F35 | 48      |
| 492     | 3222   | MARI HOBBS          |                        | 01:00:02 | 00:59:42  | 495      | F45 | 23      |
| 493     | 3044   | KERRY MILLS         |                        | 01:00:08 | 00:59:14  | 484      | F35 | 49      |
| 494     | 3012   | JOHN MORGAN         |                        | 01:00:13 | 00:59:33  | 491      | M40 | 104     |

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|---------|--------|----------------------|-------------------------|----------|-----------|----------|-----|---------|
| 495     | 3186   | TINA MORRIS          |                         | 01:00:13 | 00:59:51  | 496      | FS  | 57      |
| 496     | 3611   | DEREK HOPKINS        |                         | 01:00:16 | 00:59:34  | 492      | MS  | 192     |
| 497     | 3708   | LEE JONES            |                         | 01:00:37 | 01:00:18  | 502      | F35 | 50      |
| 498     | 3707   | DAVID JONES          |                         | 01:00:37 | 01:00:18  | 503      | M40 | 105     |
| 499     | 3886   | DELE ABODERIN        |                         | 01:00:40 | 01:00:25  | 505      | F45 | 24      |
| 500     | 3535   | REBECCA JENKINS      |                         | 01:00:40 | 01:00:06  | 498      | FS  | 58      |
| 501     | 3145   | HEFIN JOHN           |                         | 01:00:44 | 01:00:15  | 501      | MS  | 193     |
| 502     | 3870   | CHARLOTTE EVANS      |                         | 01:00:45 | 00:59:55  | 497      | F35 | 51      |
| 503     | 3508   | TIM COLEBROOK        |                         | 01:00:48 | 01:00:12  | 499      | MS  | 194     |
| 504     | 3305   | JENNY FIFIELD        | PROPTACADEMY            | 01:00:56 | 01:00:45  | 511      | F45 | 25      |
| 505     | 3522   | GEORGINA PLUMB       |                         | 01:00:58 | 01:00:48  | 512      | FS  | 59      |
| 506     | 3192   | JASMINE REVELL       | EMLYN RUNNERS           | 01:01:00 | 01:00:33  | 507      | FS  | 60      |
| 507     | 3413   | KATH DUGGAN          |                         | 01:01:00 | 01:00:42  | 510      | FS  | 61      |
| 508     | 3579   | TINA JONES           |                         | 01:01:02 | 01:00:14  | 500      | F45 | 26      |
| 509     | 3730   | JASON WINDSOR        |                         | 01:01:04 | 01:00:23  | 504      | MS  | 195     |
| 510     | 3900   | WAYNE JONES          |                         | 01:01:04 | 01:00:32  | 506      | M40 | 106     |
| 511     | 3394   | HELEN LUTLEY         |                         | 01:01:11 | 01:00:35  | 508      | F55 | 7       |
| 512     | 3051   | FRANCES KEOGH-DAVIES | WOMENS RUNNING NETWORK  | 01:01:12 | 01:00:52  | 515      | F45 | 27      |
| 513     | 3734   | LUCY DYER            |                         | 01:01:18 | 01:01:04  | 518      | FS  | 62      |
| 514     | 3411   | KEVIN BENNETT        |                         | 01:01:20 | 01:01:07  | 519      | M40 | 107     |
| 515     | 3514   | TONY MARSHALL        |                         | 01:01:22 | 01:00:38  | 509      | M50 | 53      |
| 516     | 3755   | DANIELLE LLEWELLYN   |                         | 01:01:24 | 01:00:49  | 513      | FS  | 63      |
| 517     | 3583   | MARK HAY             |                         | 01:01:29 | 01:01:03  | 517      | MS  | 196     |
| 518     | 3225   | STEVEN SIMMONDS      |                         | 01:01:34 | 01:00:50  | 514      | MS  | 197     |
| 519     | 3555   | AMANDA BEBB          |                         | 01:01:39 | 01:00:56  | 516      | F45 | 28      |
| 520     | 3566   | JAN KEELAN           |                         | 01:01:51 | 01:01:31  | 525      | F35 | 52      |
| 521     | 3439   | SIAN EBDEN           |                         | 01:02:00 | 01:01:14  | 521      | FS  | 64      |
| 522     | 3811   | MERIEL EAST          |                         | 01:02:00 | 01:01:30  | 524      | FS  | 65      |
| 523     | 3175   | ANDREA BRABROOK      | EMLYN RUNNERS           | 01:02:06 | 01:01:37  | 527      | F35 | 53      |
| 524     | 3863   | SAVORA STEVENS       |                         | 01:02:10 | 01:01:11  | 520      | M60 | 14      |
| 525     | 3418   | CLAIRE BUSBY         |                         | 01:02:11 | 01:01:27  | 522      | FS  | 66      |
| 526     | 3419   | JULIA THOMAS         |                         | 01:02:12 | 01:01:27  | 523      | FS  | 67      |
| 527     | 3793   | RHIAN PRICE          |                         | 01:02:16 | 01:01:49  | 529      | FS  | 68      |
| 528     | 3695   | JASON PRICE          | LLANELLI LEISURE CENTRE | 01:02:20 | 01:01:40  | 528      | MS  | 198     |
| 529     | 3408   | LEE CADREMAN         |                         | 01:02:29 | 01:01:35  | 526      | MS  | 199     |
| 530     | 3614   | BECA HANDS           |                         | 01:02:31 | 01:01:58  | 530      | FS  | 69      |
| 531     | 3882   | CORINNA COLLINS      |                         | 01:02:45 | 01:02:33  | 542      | M40 | 108     |
| 532     | 3631   | BEVERLEY MORRIS      |                         | 01:02:50 | 01:02:02  | 533      | F35 | 54      |

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| GUN POS | BIB No | NAME                  | CLUB / TEAM            | Gun Time | Chip Time | Chip Pos | Cat | Cat Pos |
|---------|--------|-----------------------|------------------------|----------|-----------|----------|-----|---------|
| 533     | 3477   | DELYTH MAINWARING     |                        | 01:02:56 | 01:01:59  | 531      | FS  | 70      |
| 534     | 3492   | RHIAN JONES           |                        | 01:02:56 | 01:01:59  | 532      | FS  | 71      |
| 535     | 3147   | MIKE FOOTMAN          |                        | 01:02:58 | 01:02:10  | 534      | M40 | 109     |
| 536     | 3642   | ROBERT JOHNSTON       |                        | 01:02:58 | 01:02:19  | 536      | M50 | 54      |
| 537     | 3483   | ALAN ROSE             |                        | 01:02:58 | 01:02:37  | 543      | M50 | 55      |
| 538     | 3472   | DAVID WILLIAMS        |                        | 01:02:59 | 01:02:19  | 537      | M40 | 110     |
| 539     | 3042   | RHYS MORGAN           |                        | 01:03:02 | 01:02:16  | 535      | MS  | 200     |
| 540     | 3431   | RICHARD EVANS         |                        | 01:03:02 | 01:02:39  | 544      | MS  | 201     |
| 541     | 3132   | DEBBIE HATHERELL      |                        | 01:03:03 | 01:02:22  | 539      | FS  | 72      |
| 542     | 3228   | HILARY WALKER         |                        | 01:03:03 | 01:02:22  | 540      | F45 | 29      |
| 543     | 3866   | HELEN WOLSEY          | WOMENS RUNNING NETWORK | 01:03:10 | 01:02:21  | 538      | F45 | 30      |
| 544     | 3021   | CAROLINE GRIFFITHS    |                        | 01:03:12 | 01:02:45  | 547      | FS  | 73      |
| 545     | 3121   | CLARE FENCOTT         |                        | 01:03:17 | 01:02:30  | 541      | FS  | 74      |
| 546     | 3598   | LEANNE DOUGLAS        |                        | 01:03:24 | 01:02:58  | 553      | FS  | 75      |
| 547     | 3073   | LIAM BENNETT          |                        | 01:03:32 | 01:02:41  | 545      | MS  | 202     |
| 548     | 3486   | LAURA CHAPPLE         |                        | 01:03:37 | 01:03:09  | 555      | FS  | 76      |
| 549     | 3440   | RHIAN JAMES           |                        | 01:03:37 | 01:03:17  | 560      | FS  | 77      |
| 550     | 3084   | KELLY HUGGINS         |                        | 01:03:38 | 01:03:09  | 556      | FS  | 78      |
| 551     | 3028   | ALED WYNNE            |                        | 01:03:40 | 01:02:44  | 546      | MS  | 203     |
| 552     | 3263   | KEVIN FISHER          |                        | 01:03:42 | 01:02:55  | 549      | M50 | 56      |
| 553     | 3118   | SIAN OWEN             |                        | 01:03:43 | 01:02:56  | 550      | F35 | 55      |
| 554     | 3704   | MEL THOMAS            |                        | 01:03:46 | 01:02:56  | 551      | F35 | 56      |
| 555     | 3709   | CARON MCKEE-HANDS     | FERC                   | 01:03:48 | 01:02:57  | 552      | F45 | 31      |
| 556     | 3861   | KIM PHELPS            |                        | 01:03:49 | 01:02:52  | 548      | FS  | 79      |
| 557     | 3645   | JOEL WILLIAMS         |                        | 01:03:51 | 01:03:29  | 562      | M40 | 111     |
| 558     | 3516   | HUW FREEMAN           |                        | 01:03:58 | 01:03:07  | 554      | MS  | 204     |
| 559     | 3828   | LISA JONES            |                        | 01:03:58 | 01:03:14  | 558      | FS  | 80      |
| 560     | 3067   | RACHAEL PARKINSON     |                        | 01:04:01 | 01:03:35  | 564      | FS  | 81      |
| 561     | 3581   | JOANNE PALING         |                        | 01:04:04 | 01:03:21  | 561      | FS  | 82      |
| 562     | 3381   | CRAIG MORGAN          |                        | 01:04:12 | 01:03:13  | 557      | MS  | 205     |
| 563     | 3499   | STEVE COATES          |                        | 01:04:12 | 01:03:14  | 559      | M60 | 15      |
| 564     | 3587   | ANITA JAMES           |                        | 01:04:14 | 01:04:02  | 573      | F45 | 32      |
| 565     | 3053   | GAYNOR WAITE          |                        | 01:04:16 | 01:03:55  | 569      | F35 | 57      |
| 566     | 3047   | CATHERINE SWAIN       | WOMENS RUNNING NETWORK | 01:04:16 | 01:03:55  | 570      | F45 | 33      |
| 567     | 3338   | JOHANNE HUGHES-DOWDLE |                        | 01:04:22 | 01:03:53  | 566      | F35 | 58      |
| 568     | 3373   | SHAN BREESE           |                        | 01:04:23 | 01:04:12  | 577      | F45 | 34      |
| 569     | 3064   | BENJAMIN TUCKER       |                        | 01:04:23 | 01:03:42  | 565      | MS  | 206     |
| 570     | 3214   | GERARD PITT           |                        | 01:04:28 | 01:03:57  | 571      | MS  | 207     |

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|---------|--------|------------------|-----------------------------|----------|-----------|----------|-----|---------|
| 571     | 3178   | LLEUCU COOKE     |                             | 01:04:29 | 01:03:34  | 563      | FS  | 83      |
| 572     | 3041   | PAUL STACEY      | KYLE'S GOAL                 | 01:04:37 | 01:04:06  | 575      | MS  | 208     |
| 573     | 3884   | LYNNE PARRY      | 3M GORSEINON ROAD RUNNERS   | 01:04:43 | 01:03:53  | 567      | F35 | 59      |
| 574     | 3277   | FINOLA WILSON    | WOMENS RUNNING NETWORK      | 01:04:43 | 01:03:53  | 568      | F35 | 60      |
| 575     | 3765   | DAVID THOMAS     |                             | 01:04:43 | 01:04:23  | 581      | MS  | 209     |
| 576     | 3768   | MELANIE THOMAS   |                             | 01:04:43 | 01:04:24  | 583      | FS  | 84      |
| 577     | 3636   | RHIAN PROTHEROE  |                             | 01:04:46 | 01:04:21  | 580      | F35 | 61      |
| 578     | 3530   | JONATHAN FRANCIS |                             | 01:04:48 | 01:04:05  | 574      | MS  | 210     |
| 579     | 3504   | SIAN JONES       |                             | 01:04:49 | 01:04:07  | 576      | FS  | 85      |
| 580     | 3582   | GAIL SMITH       |                             | 01:04:50 | 01:04:37  | 588      | F35 | 62      |
| 581     | 3141   | ALISON ATKINS    | WOMENS RUNNING NETWORK      | 01:04:52 | 01:04:33  | 585      | F35 | 63      |
| 582     | 3045   | KATE RYAN        |                             | 01:04:53 | 01:03:59  | 572      | F45 | 35      |
| 583     | 3644   | GRAHAM SINGER    |                             | 01:04:54 | 01:04:32  | 584      | M50 | 57      |
| 584     | 3194   | HELEN WELCH      | PONTYPRIDD ROADENTS A.C.    | 01:04:56 | 01:04:38  | 590      | F35 | 64      |
| 585     | 3686   | MARIE CRECI      |                             | 01:05:04 | 01:04:20  | 579      | F35 | 65      |
| 586     | 3860   | SIONED JONES     |                             | 01:05:07 | 01:04:23  | 582      | FS  | 86      |
| 587     | 3250   | GARY BODMAN      | LES CROUPIERS               | 01:05:13 | 01:05:05  | 596      | M40 | 112     |
| 588     | 3547   | ESTHER HUGHES    |                             | 01:05:15 | 01:04:37  | 589      | F35 | 66      |
| 589     | 3871   | PHIL WESTON      |                             | 01:05:16 | 01:04:35  | 586      | M40 | 113     |
| 590     | 3303   | NEIL PARKE       |                             | 01:05:16 | 01:04:35  | 587      | M50 | 58      |
| 591     | 3756   | LINDA WALLER     | 3M'S GORSEINON ROAD RUNNERS | 01:05:22 | 01:05:00  | 595      | F45 | 36      |
| 592     | 3172   | ALISON HOLTON    |                             | 01:05:33 | 01:04:48  | 593      | F35 | 67      |
| 593     | 3129   | JONATHAN EDWARDS |                             | 01:05:36 | 01:04:39  | 591      | MS  | 211     |
| 594     | 3317   | JOANNA WILTSHIRE |                             | 01:05:36 | 01:05:10  | 598      | F35 | 68      |
| 595     | 3679   | JANICE CORNELL   | PRO PT ACADEMY              | 01:05:37 | 01:05:05  | 597      | F45 | 37      |
| 596     | 3128   | AMY EDWARDS      |                             | 01:05:39 | 01:04:43  | 592      | FS  | 87      |
| 597     | 3221   | ANGELA MORGAN    |                             | 01:05:40 | 01:05:20  | 602      | F45 | 38      |
| 598     | 3235   | CATHERINE HOLDEN |                             | 01:05:42 | 01:04:49  | 594      | F35 | 69      |
| 599     | 3213   | HOLLY JENKINS    | KYLE'S GOAL                 | 01:05:43 | 01:05:12  | 599      | FS  | 88      |
| 600     | 3281   | LOUISE DAVIES    |                             | 01:05:45 | 01:05:31  | 604      | FS  | 89      |
| 601     | 3136   | SHARON WIGMORE   |                             | 01:05:47 | 01:05:13  | 600      | FS  | 90      |
| 602     | 3769   | SAIRA LUCKMAN    |                             | 01:05:58 | 01:05:24  | 603      | F35 | 70      |
| 603     | 3056   | GRAHAM OCONNOR   |                             | 01:05:59 | 01:05:15  | 601      | MS  | 212     |
| 604     | 3074   | JULIE MILFORD    |                             | 01:06:07 | 01:05:57  | 609      | F35 | 71      |
| 605     | 3615   | ELERI QUAN       |                             | 01:06:08 | 01:05:36  | 605      | F35 | 72      |
| 606     | 3564   | JENNIFER HOWELLS |                             | 01:06:32 | 01:05:41  | 607      | FS  | 91      |
| 607     | 3563   | MARK WILLIAMS    |                             | 01:06:32 | 01:05:41  | 608      | M40 | 114     |
| 608     | 3287   | CLAIRE EVANS     |                             | 01:06:32 | 01:06:00  | 611      | F35 | 73      |

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|---------|--------|----------------------|-------------------------|----------|-----------|----------|-----|---------|
| 609     | 3384   | JACQUELINE CONSTANCE |                         | 01:06:33 | 01:06:12  | 617      | F45 | 39      |
| 610     | 3567   | KEVIN JAMES TOPPING  |                         | 01:06:36 | 01:06:06  | 614      | M40 | 115     |
| 611     | 3612   | ELERI THOMAS         |                         | 01:06:39 | 01:05:57  | 610      | FS  | 92      |
| 612     | 3288   | IAN EVANS            |                         | 01:06:42 | 01:06:10  | 616      | MS  | 213     |
| 613     | 3280   | CINDY COOMBES        |                         | 01:06:43 | 01:06:31  | 622      | F45 | 40      |
| 614     | 3878   | NIA DICKIE           |                         | 01:06:46 | 01:06:05  | 612      | F35 | 74      |
| 615     | 3450   | LEANNE GEDDES        |                         | 01:06:54 | 01:06:05  | 613      | FS  | 93      |
| 616     | 3451   | KATH JOHN            |                         | 01:06:55 | 01:06:06  | 615      | F45 | 41      |
| 617     | 3031   | MARCO DIULIO         |                         | 01:07:01 | 01:06:16  | 618      | MS  | 214     |
| 618     | 3505   | BETHAN COOPER        |                         | 01:07:02 | 01:06:19  | 620      | FS  | 94      |
| 619     | 3506   | GARETH COOPER        |                         | 01:07:02 | 01:06:19  | 621      | MS  | 215     |
| 620     | 3401   | JONATHAN BOURNE      |                         | 01:07:04 | 01:06:17  | 619      | MS  | 216     |
| 621     | 3103   | RICHARD PAYNE        | ESPORTA - GLAM H&R CLUB | 01:07:19 | 01:04:13  | 578      | M40 | 116     |
| 622     | 3586   | VICKY NORTH          |                         | 01:07:27 | 01:07:00  | 628      | F35 | 75      |
| 623     | 3626   | MELINDA BEATON       |                         | 01:07:28 | 01:06:35  | 623      | FS  | 95      |
| 624     | 3625   | EMILY BEATON         |                         | 01:07:27 | 01:06:35  | 624      | FS  | 96      |
| 625     | 3729   | KEVIN JAMES          |                         | 01:07:31 | 01:06:50  | 626      | MS  | 217     |
| 626     | 3493   | BRIAN HOOPER         |                         | 01:07:38 | 01:06:45  | 625      | M40 | 117     |
| 627     | 3658   | MYFANWY LOUDON       | NEWPORT HARRIERS        | 01:07:53 | 01:06:53  | 627      | F55 | 8       |
| 628     | 3017   | RYAN GILLETTE        |                         | 01:08:01 | 01:07:34  | 631      | MS  | 218     |
| 629     | 3134   | MELANIE JEHU         |                         | 01:08:07 | 01:07:33  | 630      | F35 | 76      |
| 630     | 3595   | CEINWE REES          |                         | 01:08:08 | 01:07:54  | 635      | F35 | 77      |
| 631     | 3120   | AIMEE EVANS          |                         | 01:08:14 | 01:07:17  | 629      | FS  | 97      |
| 632     | 3187   | NEIL LANE            | TEAM HYDRAQUIP          | 01:08:32 | 01:07:54  | 636      | MS  | 219     |
| 633     | 3596   | JENNA MORGAN         |                         | 01:08:41 | 01:07:43  | 632      | FS  | 98      |
| 634     | 3119   | KAREN REES           |                         | 01:08:46 | 01:07:50  | 633      | F35 | 78      |
| 635     | 3851   | LUCINNE BENNET       |                         | 01:08:46 | 01:07:50  | 634      | F45 | 42      |
| 636     | 3279   | SIONED EDWARDS       |                         | 01:09:00 | 01:08:48  | 644      | FS  | 99      |
| 637     | 3278   | RHIANYDD EDWARDS     |                         | 01:09:01 | 01:08:48  | 645      | F35 | 79      |
| 638     | 3265   | MICHELLE SLEE        |                         | 01:09:01 | 01:08:30  | 640      | F35 | 80      |
| 639     | 3526   | PAULA JOHN           |                         | 01:09:02 | 01:08:08  | 637      | F45 | 43      |
| 640     | 3524   | JUDITH DENYER        |                         | 01:09:02 | 01:08:08  | 638      | F35 | 81      |
| 641     | 3223   | HAZEL MORGAN         |                         | 01:09:06 | 01:08:46  | 643      | F45 | 44      |
| 642     | 3723   | DOROTHY SMITH        |                         | 01:09:10 | 01:08:42  | 642      | F55 | 9       |
| 643     | 3510   | NIA GODSMARK         |                         | 01:09:17 | 01:08:29  | 639      | FS  | 100     |
| 644     | 3428   | SUZANNE RICHARDS     |                         | 01:09:28 | 01:08:49  | 646      | F45 | 45      |
| 645     | 3093   | HELEN EDWARDS        |                         | 01:09:31 | 01:08:55  | 647      | FS  | 101     |
| 646     | 3738   | WENDY WOOD           |                         | 01:09:37 | 01:08:41  | 641      | F55 | 10      |

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|---------|--------|------------------------|-----------------|----------|-----------|----------|-----|---------|
| 647     | 3387   | ALISON TRUMPER         |                 | 01:09:43 | 01:09:06  | 648      | F45 | 46      |
| 648     | 3416   | MICHELLE BERRY         |                 | 01:09:44 | 01:09:07  | 649      | F35 | 82      |
| 649     | 3139   | SARAH PENGELLY         |                 | 01:09:44 | 01:09:07  | 650      | F35 | 83      |
| 650     | 3857   | EMMA BEAMES            |                 | 01:09:58 | 01:09:45  | 656      | FS  | 102     |
| 651     | 3552   | KATHRYN THYER          |                 | 01:10:14 | 01:09:45  | 657      | FS  | 103     |
| 652     | 3174   | LYNNE ELLIS            | ELLIS           | 01:10:13 | 01:10:01  | 661      | F45 | 47      |
| 653     | 3424   | GREGORY MORGAN         |                 | 01:10:22 | 01:09:36  | 652      | MS  | 220     |
| 654     | 3423   | ADELE MORGAN           |                 | 01:10:22 | 01:09:37  | 653      | FS  | 104     |
| 655     | 3497   | NICOLA MUNRO           |                 | 01:10:29 | 01:09:34  | 651      | F35 | 84      |
| 656     | 3742   | JONATHAN EVANS         |                 | 01:10:31 | 01:09:54  | 659      | M40 | 118     |
| 657     | 3589   | SANDRA HAMMERTON       |                 | 01:10:37 | 01:09:39  | 654      | FS  | 105     |
| 658     | 3591   | RACHAEL TUTTON         |                 | 01:10:38 | 01:09:40  | 655      | FS  | 106     |
| 659     | 3058   | PIPPA SABINE           |                 | 01:10:40 | 01:09:49  | 658      | F35 | 85      |
| 660     | 3468   | RACHEL SMITH           |                 | 01:10:43 | 01:09:59  | 660      | FS  | 107     |
| 661     | 3438   | RHIAN JONES            |                 | 01:10:43 | 01:10:13  | 662      | F35 | 86      |
| 662     | 3901   | JANINE LEWIS           |                 | 01:10:59 | 01:10:22  | 665      | F35 | 87      |
| 663     | 3412   | SARAH GOULD            |                 | 01:10:59 | 01:10:22  | 666      | F35 | 88      |
| 664     | 3163   | DANIEL PETERS          |                 | 01:11:08 | 01:10:13  | 663      | MS  | 221     |
| 665     | 3162   | ALAN PETERS            |                 | 01:11:08 | 01:10:13  | 664      | M60 | 16      |
| 666     | 3557   | JAYNE EDWARDS-MATTHEWS |                 | 01:11:10 | 01:10:32  | 669      | FS  | 108     |
| 667     | 3778   | KAREN GRUNHUT          |                 | 01:11:10 | 01:10:33  | 670      | F35 | 89      |
| 668     | 3144   | RHIAN JOHN             |                 | 01:11:12 | 01:10:43  | 672      | F35 | 90      |
| 669     | 3066   | HANNAH LEACH           |                 | 01:11:20 | 01:11:03  | 673      | FS  | 109     |
| 670     | 3098   | SARAH BRAIN            |                 | 01:11:21 | 01:10:25  | 667      | F35 | 91      |
| 671     | 3097   | MARIA KOSTROMIN        |                 | 01:11:21 | 01:10:25  | 668      | F35 | 92      |
| 672     | 3170   | LISA WORTON            | MAINDY HARRIERS | 01:11:31 | 01:11:08  | 676      | F35 | 93      |
| 673     | 3544   | OLIVER MALLON          |                 | 01:11:32 | 01:10:35  | 671      | MS  | 222     |
| 674     | 3307   | RACHEL EVANS           |                 | 01:11:55 | 01:11:04  | 674      | FS  | 110     |
| 675     | 3329   | MARTIN DAVIES          |                 | 01:11:55 | 01:11:05  | 675      | MS  | 223     |
| 676     | 3714   | JOHN SELBY             |                 | 01:12:06 | 01:11:26  | 677      | M40 | 119     |
| 677     | 3509   | SANDRA MITCHELL        |                 | 01:12:14 | 01:11:27  | 678      | FS  | 111     |
| 678     | 3040   | LAUREN CLARK           | KYLE'S GOAL     | 01:12:42 | 01:12:10  | 681      | FS  | 112     |
| 679     | 3321   | DAVE THOMAS            |                 | 01:12:42 | 01:05:36  | 606      | M40 | 120     |
| 680     | 3548   | DANIELLE HILL          |                 | 01:12:54 | 01:12:16  | 682      | FS  | 113     |
| 681     | 3736   | ALLYSON BROWN          |                 | 01:12:55 | 01:12:19  | 683      | F35 | 94      |
| 682     | 3543   | SONIA PRITCHARD        |                 | 01:13:03 | 01:12:06  | 679      | FS  | 114     |
| 683     | 3485   | PAUL IAN PRITCHARD     |                 | 01:13:03 | 01:12:06  | 680      | M50 | 59      |
| 684     | 3558   | GARY MATTHEWS          |                 | 01:13:25 | 01:12:48  | 685      | MS  | 224     |

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|---------|--------|-------------------|-------------------------|----------|-----------|----------|-----|---------|
| 685     | 3125   | LOUISE EVANS      |                         | 01:13:27 | 01:12:46  | 684      | FS  | 115     |
| 686     | 3469   | SIAN LEWIS        |                         | 01:14:27 | 01:13:34  | 686      | FS  | 116     |
| 687     | 3069   | CLAIRE THOMAS     |                         | 01:14:27 | 01:13:34  | 687      | FS  | 117     |
| 688     | 3224   | SARAH EDWARDS     |                         | 01:14:27 | 01:13:44  | 689      | FS  | 118     |
| 689     | 3095   | SHARON RICHARDS   |                         | 01:14:29 | 01:13:34  | 688      | F35 | 95      |
| 690     | 3694   | GARETH PRYOR      | LLANELLI LEISURE CENTRE | 01:14:51 | 01:14:19  | 692      | M40 | 121     |
| 691     | 3498   | KATE JENKINS      |                         | 01:14:52 | 01:14:00  | 690      | FS  | 119     |
| 692     | 3843   | MIKE CARTER       |                         | 01:14:53 | 01:14:06  | 691      | MS  | 225     |
| 693     | 3092   | ANTHONY PITMAN    |                         | 01:15:17 | 01:15:02  | 696      | MS  | 226     |
| 694     | 3057   | DARREN HARDY      |                         | 01:15:17 | 01:15:03  | 698      | MS  | 227     |
| 695     | 3210   | ANDREW DAVIES     |                         | 01:15:17 | 01:15:02  | 697      | MS  | 228     |
| 696     | 3637   | REBECCA MCCLIVE   |                         | 01:15:20 | 01:14:22  | 693      | FS  | 120     |
| 697     | 3653   | JAMES DIXON       |                         | 01:15:20 | 01:14:22  | 694      | MS  | 229     |
| 698     | 3114   | DEBORAH HARRIES   |                         | 01:15:38 | 01:14:44  | 695      | F35 | 96      |
| 699     | 3156   | AMANDA RICE       |                         | 01:16:59 | 01:16:03  | 699      | FS  | 121     |
| 700     | 3691   | DARRYL OWEN       | LLANELLI LEISURE CENTRE | 01:17:03 | 01:16:23  | 701      | MS  | 230     |
| 701     | 3696   | CARYS LONG        | LLANELLI LEISURE CENTRE | 01:17:03 | 01:16:24  | 702      | FS  | 122     |
| 702     | 3747   | JOANNE MORGAN     |                         | 01:17:17 | 01:16:21  | 700      | F35 | 97      |
| 703     | 3739   | JILL LOWRI        |                         | 01:17:41 | 01:16:45  | 703      | F35 | 98      |
| 704     | 3627   | CATHERINE WATKINS |                         | 01:17:46 | 01:16:56  | 706      | F45 | 48      |
| 705     | 3518   | JULIA JAMES       |                         | 01:17:56 | 01:16:54  | 705      | F35 | 99      |
| 706     | 3519   | ALYSON SMITH      |                         | 01:17:55 | 01:16:52  | 704      | F35 | 100     |
| 707     | 3576   | NICOLA THOMAS     |                         | 01:18:04 | 01:17:49  | 707      | FS  | 123     |
| 708     | 3865   | KATIE PHILLIPS    |                         | 01:18:58 | 01:18:12  | 709      | FS  | 124     |
| 709     | 3538   | ELIN MCCALLUM     |                         | 01:19:04 | 01:18:04  | 708      | F35 | 101     |
| 710     | 3109   | JEMMA CONNERS     |                         | 01:19:09 | 01:18:22  | 710      | FS  | 125     |
| 711     | 3678   | LINDA BAKER       |                         | 01:19:46 | 01:19:14  | 712      | F45 | 49      |
| 712     | 3864   | AMBER WILLIAMS    |                         | 01:19:59 | 01:19:06  | 711      | FS  | 126     |
| 713     | 3009   | ANGELA HENDERSON  |                         | 01:20:05 | 01:19:53  | 713      | F45 | 50      |
| 714     | 3836   | SIAN RADNIDGE     |                         | 01:21:02 | 01:20:28  | 714      | FS  | 127     |
| 715     | 3130   | SIAN MORGANS      |                         | 01:21:03 | 01:20:28  | 715      | F45 | 51      |
| 716     | 3050   | LESLEY COLLIER    |                         | 01:21:45 | 01:20:48  | 716      | F45 | 52      |
| 717     | 3674   | CATHERINE DAVIES  | PRO PT ACADEMY          | 01:23:09 | 01:22:14  | 717      | F45 | 53      |
| 718     | 3675   | ESTELLE BELLEW    | PRO PT ACADEMY          | 01:23:09 | 01:22:14  | 718      | F55 | 11      |
| 719     | 3157   | EMMA BLOOMFIELD   |                         | 01:23:42 | 01:22:46  | 720      | FS  | 128     |
| 720     | 3039   | SUSAN JONES       |                         | 01:23:42 | 01:22:44  | 719      | F45 | 54      |
| 721     | 3825   | ALLEN WATTS       | SARN HELEN              | 01:24:26 | 01:24:10  | 723      | M60 | 17      |
| 722     | 3319   | GWENLLIAN DAVIES  |                         | 01:24:30 | 01:23:54  | 721      | FS  | 129     |

Please remember the Fusion 5k Fun Run ... 15th July and 12th August; and the TAYO 5k Multi-terrain Fun Run ... 18th July

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## Llanelli Waterside 10k - Results 2010

| GUN POS | BIB No | NAME             | CLUB / TEAM | Gun Time | Chip Time | Chip Pos | Cat | Cat Pos |
|---------|--------|------------------|-------------|----------|-----------|----------|-----|---------|
| 723     | 3320   | DOROTHY BERE     |             | 01:24:30 | 01:23:54  | 722      | FS  | 130     |
| 724     | 3082   | LEE SULLIVAN     |             | 01:28:42 | 01:27:55  | 724      | MS  | 231     |
| 725     | 3661   | RICHARD BOLGIANI |             | 01:41:12 | 01:40:18  | 725      | MS  | 232     |
| 726     | 3655   | GARETH THOMAS    |             | 01:51:46 | 01:50:38  | 726      | MS  | 233     |
| 727     | 3820   | PAUL WICKERS     | SWMILFIT    | 02:01:45 | 02:00:37  | 727      | M50 | 60      |
| 728     | 3656   | DARYL OBRIEN     |             | 02:03:13 | 02:02:06  | 728      | MS  | 234     |

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