

## Llanelli Waterside Half Marathon - Results - 2010 ....(provisional until fully ratified)

Pos	Full Name	Club	Time	Cat	Chip Time	Chip Pos	Bib No
1	LEE LADD	CARMARTHEN HARRIERS	01:12:05	MS	01:12:05	1	840
2	STEPHEN PATERSON	SAN DOMENICO	01:12:12	MS	01:12:11	2	1395
3	STEVE REES	PORT TALBOT HARRIERS	01:12:53	MS	01:12:52	3	932
4	STEPHEN THOMAS	ISLWYN RC	01:16:35	M40	01:16:35	4	1204
5	STACEY MORGAN	CROFT AMBREY	01:17:05	MS	01:17:04	5	1105
6	DAVID KEHOE		01:17:22	MS	01:17:21	6	1773
7	ROBERT DYDE	PEMBROKESHIRE HARRIERS	01:17:52	MS	01:17:51	7	1392
8	GLYN PRICE	SARN HELEN	01:17:55	M40	01:17:54	8	1252
9	MICHAEL DAVIES	SARN HELEN	01:18:41	M40	01:18:41	9	1461
10	TIM IVESON	BUILTH & DISTRICT RUNNING CLUB	01:19:05	MS	01:19:04	10	689
11	CHRIS PARKER	SWANSEA HARRIERS	01:19:09	M40	01:19:08	11	816
12	JONATHAN BARNES	WYE VALLEY RUNNERS	01:19:29	MS	01:19:27	12	3
13	LYNDON TUDOR-MAISEY	LES CROUPIERS	01:19:47	MS	01:19:45	13	1103
14	RICHARD LEWIS	CELTIC TRI	01:19:48	MS	01:19:48	14	1318
15	EDWARD BALL	RHONDDA VALLEY RUNNERS	01:19:54	MS	01:19:51	15	1817
16	MATT JACKLIN	PENYDRE HIGH SCHOOL	01:20:00	MS	01:19:56	16	116
17	SCOTT EVANS	SOSPAN ROAD RUNNERS	01:20:04	MS	01:20:02	17	1739
18	RICHARD DANDO	BROMSGROVE & REDDITCH	01:20:19	MS	01:20:19	18	1148
19	ANDREW CLEVERLY	SWANSEA HARRIERS	01:20:43	MS	01:20:42	19	1033
20	JOHN MORRIS	AMMAN VALLEY HARRIERS	01:20:57	MS	01:20:56	20	657
21	PETER MORTON	ESPORTA	01:21:00	MS	01:20:56	21	1076
22	IAN WEBB		01:21:29	M50	01:21:26	22	1905
23	RICHARD HAYES	TAFF ELY TRI CLUB	01:21:31	MS	01:21:27	23	1386
24	DANIEL DAVIES	ABERYSTWYTH AC	01:21:42	MS	01:21:42	24	1337
25	RICHARD GORDON		01:21:56	MS	01:21:54	25	316
26	LIAN DAVIES		01:22:25	MS	01:22:24	26	1403
27	HUGH PASCOE		01:22:28	MS	01:22:25	27	1114
28	STEFFEN SCHOLZ	LES CROUPIERS	01:22:29	M40	01:22:26	28	1441
29	MIKE EVANS	TROTS	01:22:33	MS	01:22:28	29	804
30	OLIVER WILLIAMS		01:23:02	MS	01:23:00	32	1730
31	PETER DAVIES	BRIDGEND AC	01:23:02	M50	01:22:59	31	1303
32	GARETH AYRES	PORT TALBOT HARRIERS	01:23:19	MS	01:23:17	33	1137
33	DAN PEACE	WHITE HORSE HARRIERS	01:23:22	MS	01:23:20	34	901
34	DAVE POWELL	ABERYSTWYTH AC	01:23:30	M40	01:23:27	35	1002
35	PHOEBE WEBSTER	ABERYSTWYTH AC	01:23:32	FS	01:23:29	36	1003
36	ANN THOMAS	TROTS	01:23:45	F35	01:23:41	37	1723
37	HAYDN HARTNELL	ISLWYN RC	01:24:04	M40	01:22:36	30	1099
38	KEVIN GRIFFITHS	TROTS	01:24:12	M40	01:24:08	38	1682

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Pos	Full Name	Club	Time	Cat	Chip Time	Chip Pos	Bib No
39	DAVID KEENAN		01:24:19	MS	01:24:13	39	1847
40	BRIAN YATES	WESHAM ROAD RUNNERS	01:24:23	MS	01:24:22	41	1890
41	LEE WATTS		01:24:27	MS	01:24:14	40	744
42	DEAN WEBSTER	3MS GORSEINON ROAD RUNNERS	01:24:31	MS	01:24:27	42	692
43	JOHN HIDDLESTONE		01:24:34	MS	01:24:30	43	360
44	MARTIN WEBBORN	SWANSEA HARRIERS	01:24:35	M40	01:24:35	44	1051
45	RHODRI DAVIES	SOUTH WALES POLICE	01:24:37	MS	01:24:37	46	44
46	NIGEL PHILLIPS		01:24:44	MS	01:24:36	45	173
47	ROYSTON WHITEHOUSE		01:24:46	M40	01:24:45	47	231
48	NEIL SCHOLES	WESTBURY HARRIERS	01:24:53	M40	01:24:51	48	200
49	PETER OSBORNE	SWANSEA HARRIERS	01:24:56	M40	01:24:52	49	1538
50	RICHARD BAKER	SOUTH CHESHIRE HARRIERS	01:24:57	MS	01:24:55	50	1910
51	RICHARD JONES		01:25:01	M50	01:25:00	53	1420
52	MARTIN DAVIES	TROTS	01:25:01	MS	01:24:57	52	1022
53	JOHN LITTLEWOOD	CELTIC TRI	01:25:03	MS	01:24:55	51	368
54	ADRIAN WEAVER	NEATH HARRIERS	01:25:04	MS	01:25:02	54	1280
55	STEVEN JAMES	CLEVEDON AC	01:25:14	MS	01:25:12	55	613
56	LEE SANDHAM	NEATH HARRIERS	01:25:19	MS	01:25:17	57	1819
57	MARK DUNSCOMBE	SARN HELEN	01:25:21	M40	01:25:18	58	1152
58	ROBERT ROTHERHAM		01:25:25	MS	01:25:13	56	688
59	ANDREW DAWE	PEMBROKESHIRE HARRIERS	01:25:37	M40	01:25:36	59	1389
60	DEAN JOHN	TROTS	01:26:12	M40	01:26:08	60	1021
61	SCOT DAVIES	CELTIC TRI	01:26:15	MS	01:26:08	61	522
62	LEIGH JAMES	WINDSOR SLOUGH ETON & HOUNSLOW	01:26:17	FS	01:26:13	63	609
63	PETER HARRIS		01:26:23	M40	01:26:17	64	1127
64	LUKE PAUL DAVIES		01:26:27	MS	01:26:10	62	542
65	CHRIS DAVIES	ISLWYN RC	01:26:30	MS	01:26:25	65	885
66	IAN PHILLIPS	3MS GORSEINON ROAD RUNNERS	01:26:32	MS	01:26:28	66	505
67	DAVID PROUD	LES CROUPIERS	01:26:35	M40	01:26:32	67	969
68	JON GOODALL		01:26:37	MS	01:26:36	69	733
69	SALLY HASELHURST	SAN DOMENICO	01:26:37	FS	01:26:36	70	1235
70	LEE MORRIS		01:26:42	MS	01:26:40	71	311
71	STEPHANIE JAMES	MAIDENHEAD AC	01:26:45	FS	01:26:43	72	1884
72	RICHARD SEGUST		01:26:48	M40	01:26:34	68	818
73	RHODRI EVANS	PONTYPRIDD ROADENTS	01:26:56	MS	01:26:52	74	989
74	WARREN TILKE	PONTYPRIDD ROADENTS	01:26:57	M40	01:26:53	75	813
75	NICK COUSINS	GLOUCESTER ATHLETICS CLUB	01:26:59	MS	01:26:49	73	598
76	ANDREW FAIRCLOUGH		01:27:02	MS	01:26:57	76	1661

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Pos	Full Name	Club	Time	Cat	Chip Time	Chip Pos	Bib No
77	STEVE THOMAS	3MS GORSEINON ROAD RUNNERS	01:27:07	MS	01:27:03	77	910
78	MATT CROCKER	PORTISHEAD RUNNING CLUB	01:27:11	MS	01:27:09	78	724
79	EMYR MORGAN	TEAM SOUTHAMPTON	01:27:20	MS	01:27:09	79	341
80	ANDREW MURPHY		01:27:21	MS	01:27:14	80	1106
81	STUART WADLOW		01:27:37	MS	01:27:32	84	861
82	JAMES BROMFIELD		01:27:39	MS	01:27:27	82	1425
83	STUART GRIFFITHS	3MS GORSEINON ROAD RUNNERS	01:27:40	MS	01:27:38	85	92
84	JOE NEWTON	PSOF	01:27:47	MS	01:27:28	83	1361
85	DEAN TREBILCOCK		01:27:47	MS	01:27:41	86	527
86	ROBERT DAVIES	ISLWYN RC	01:27:49	MS	01:27:23	81	1110
87	TIM MOSS	PENARTH & DINAS RUNNERS	01:28:05	MS	01:27:52	87	1728
88	MERVYN WILLIAMS	GREAT WESTERN RUNNERS	01:28:07	MS	01:28:05	90	1391
89	BARRY WILSON	LUDLOW RUNNERS	01:28:10	M50	01:28:04	89	239
90	SIMON WILLIAMS		01:28:12	M40	01:28:02	88	1693
91	GARY BROWN	PENARTH & DINAS RUNNERS	01:28:25	MS	01:28:16	91	18
92	GARETH HICKMAN		01:28:26	MS	01:28:18	92	1684
93	DANIEL HOOPER		01:28:31	MS	01:28:25	93	884
94	JULIAN HOARE		01:28:34	MS	01:28:27	95	892
95	JONATHAN CROCOMBE		01:28:43	MS	01:28:39	96	1335
96	ENFYS JONES	CARMARTHEN HARRIERS	01:28:48	FS	01:28:48	99	321
97	PAUL BUTCHER		01:28:51	M40	01:28:25	94	1220
98	BERNARD HENDERSON	PORT TALBOT HARRIERS	01:28:53	M50	01:28:47	98	1850
99	HUW NICHOLAS PRICE	SARN HELEN	01:28:57	M40	01:28:54	103	1253
100	JON BELCHER		01:29:00	MS	01:28:53	102	1288
101	PAUL HAIG THOMAS		01:29:01	MS	01:28:45	97	215
102	NATHAN LEE ALLEN		01:29:03	MS	01:29:00	105	1216
103	ADAM BRUCE-SMITH		01:29:03	MS	01:28:52	101	1014
104	PAUL REES	PORT TALBOT HARRIERS	01:29:07	M40	01:29:00	106	933
105	JOHN RICHARDS	CANTERBURY HARRIERS	01:29:14	MS	01:29:00	107	810
106	LENNY HUGHES	MALDWYN HARRIERS NEWTOWN POWYS	01:29:15	M50	01:29:07	108	577
107	KEVIN HUGHES	SARN HELEN	01:29:21	MS	01:28:58	104	1475
108	LOUISE BARKER	ABERYSTWYTH AC	01:29:29	FS	01:29:23	109	1016
109	LEE WATTS		01:29:29	MS	01:28:49	100	252
110	NEIL JONES		01:29:34	MS	01:29:31	111	134
111	MICHAEL PARFITT		01:29:37	M40	01:29:28	110	442
112	DAVID O'NEILL	PEMBROKESHIRE HARRIERS	01:29:46	M40	01:29:33	112	1632
113	JASON PETER DAVID EDWARDS		01:29:52	MS	01:29:35	113	1482
114	TONY HALL	SARN HELEN	01:29:55	M50	01:29:50	114	1354

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115	PHILIP PROBERT		01:29:59	M40	01:29:55	116	1313
116	NATHAN EDWARDS		01:30:03	MS	01:30:00	118	651
117	SIMON HALL	SARN HELEN	01:30:03	MS	01:29:58	117	1352
118	DANIEL EVANS		01:30:08	MS	01:29:50	115	1718
119	EMMA HATHERALL		01:30:08	FS	01:30:02	119	1834
120	DAVID ROBERTSON	UKNETRUNNER.CO.UK	01:30:15	M40	01:30:06	120	453
121	ANDREW BRASINGTON	BRECON AC	01:30:25	M40	01:30:15	123	1319
122	ADRIAN CARTLIDGE		01:30:35	MS	01:30:35	126	966
123	RHYDIAN RESTON		01:30:36	MS	01:30:12	122	1282
124	DAVID COLE		01:30:37	MS	01:30:37	128	1716
125	ANTHONY DAVIES	BRACKLA HARRIERS	01:30:38	MS	01:30:35	127	1305
126	ANDREW BLAIR	LES CROUPIERS	01:30:41	M40	01:30:38	129	852
127	EDWARD GALE		01:30:43	MS	01:30:26	124	1591
128	ED TUCKER	BRIDGEND AC	01:30:52	M40	01:30:50	130	1314
129	KATRIN STEED	PEMBROKESHIRE HARRIERS	01:30:59	MS	01:30:55	132	1725
130	IAN OWEN		01:30:59	MS	01:30:53	131	1092
131	STEVE GLYNN		01:31:03	MS	01:30:09	121	82
132	JASON DICKINSON	TROTS	01:31:09	M40	01:31:02	133	1018
133	LLOYD MORGAN	SAN DOMENICO	01:31:15	MS	01:31:10	134	1072
134	RUSSELL DOBBS	ISLWYN RC	01:31:21	MS	01:31:19	138	1544
135	ANDREW THATCHER	BITTON ROAD RUNNERS	01:31:33	M40	01:31:12	136	907
136	PATRICK HOARE		01:31:34	M40	01:31:11	135	627
137	MICHELLE COLE	3MS GORSEINON ROAD RUNNERS	01:31:37	FS	01:31:36	143	36
138	HENRY WALKER		01:31:38	MS	01:31:33	142	902
139	GRAHAM FORREST		01:31:40	MS	01:31:31	141	461
140	DAVID BARBER		01:31:41	MS	01:31:25	140	1118
141	RHYDIAN COLEMAN		01:31:43	MS	01:31:16	137	1712
142	PHIL MEYLER	PONTYPRIDD ROADENTS	01:31:50	M50	01:31:46	145	794
143	LEE MILLER		01:31:53	MS	01:31:43	144	1089
144	AMANDA EVANS	3MS GORSEINON ROAD RUNNERS	01:32:02	F35	01:31:58	147	1520
145	MARK DAVIES		01:32:02	MS	01:31:51	146	1094
146	MICHAEL ROBINSON	PORTSMOUTH JOGGERS	01:32:04	M60	01:32:02	149	193
147	LEE DRAPER		01:32:09	MS	01:32:00	148	1535
148	STEPHEN DAVID CABLE	3MS GORSEINON ROAD RUNNERS	01:32:12	MS	01:32:07	150	29
149	CHRISTOPHER NELLINS	PENARTH & DINAS RUNNERS	01:32:25	M50	01:32:13	151	859
150	DAVID REES		01:32:31	MS	01:32:30	152	1339
151	LAURA CROKER	PORTISHEAD RUNNING CLUB	01:32:36	F35	01:32:34	154	612
152	PAUL DAVIES	PORT TALBOT HARRIERS	01:32:40	M40	01:32:33	153	883

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153	PATRICK MARTIN	PEMBS TRI CLUB	01:32:42	MS	01:32:34	155	1701
154	ROBERT WARLOW		01:32:45	MS	01:32:39	156	275
155	CLAIRE CLEATHERO	TROTS	01:32:50	F35	01:32:45	158	1222
156	PHILIP TUCKER		01:32:55	MS	01:32:49	161	318
157	STEVEN WILLIAMS		01:32:59	MS	01:32:50	162	1264
158	DAVID THOMAS	SARN HELEN	01:33:00	M40	01:32:45	159	803
159	MATTHEW MOSS		01:33:02	MS	01:32:47	160	960
160	ANA LYNCH	PEMBROKESHIRE HARRIERS	01:33:04	F35	01:32:52	164	1631
161	MARK TERRY	TROTS	01:33:04	M50	01:32:58	165	1296
162	MICHAEL WEST		01:33:07	MS	01:32:44	157	747
163	VANESSA HAWKINS	BITTON ROAD RUNNERS	01:33:12	F45	01:32:50	163	1098
164	KEVIN BARNES	HEREFORD COURIERS	01:33:15	M40	01:32:59	166	28
165	ALED BLAKE		01:33:21	MS	01:33:05	167	1044
166	PAUL MORRIS		01:33:24	M40	01:33:15	168	1778
167	JOHN COOK	SOSPAN ROAD RUNNERS	01:33:24	M60	01:33:20	170	828
168	GREG TILSTON		01:33:26	MS	01:33:18	169	1656
169	HUGH HUGHES		01:33:36	MS	01:33:28	172	1169
170	DARREN EDWARDS	CELTIC TRI	01:33:40	MS	01:33:36	174	1087
171	JONATHAN HANCOCK	TROTS	01:33:40	M40	01:33:30	173	1823
172	STUART DAVIES		01:33:41	MS	01:33:27	171	762
173	IAN EVANS	ABERYSTWYTH AC	01:33:56	MS	01:33:49	177	1350
174	ADRIAN JONES		01:34:05	M40	01:33:56	179	1365
175	IAN HOSKINS		01:34:09	MS	01:33:50	178	1036
176	CHRIS CARTER		01:34:11	M40	01:34:06	181	32
177	ROBERT GALPIN	WYE VALLEY RUNNERS	01:34:11	M50	01:34:11	183	1256
178	PAUL DAVIES		01:34:12	MS	01:33:42	175	1084
179	ARWEL WYN JONES		01:34:13	MS	01:34:00	180	127
180	JEREMY ALFORD	PENARTH & DINAS RUNNERS	01:34:14	M40	01:31:20	139	1822
181	ABYD QUINN AZIZ	PENARTH & DINAS RUNNERS	01:34:14	M50	01:33:42	176	1450
182	NEIL WILLIAMS		01:34:21	M40	01:34:11	184	1531
183	MATTHEW LEWIS		01:34:25	MS	01:34:17	186	1586
184	PAUL JELLEY	PORT TALBOT HARRIERS	01:34:26	M40	01:34:20	187	1688
185	LEIGHTON GARDNER	SWANSEA HARRIERS	01:34:28	M40	01:34:22	189	1779
186	TOM JEFFERY		01:34:29	MS	01:34:20	188	680
187	ROB DRAPER		01:34:34	MS	01:34:24	190	1625
188	BRIAN RUSSELL	CARDIGAN RC	01:34:45	M50	01:34:33	191	1483
189	ROBERT HOOK	CHEPSTOW HARRIERS	01:34:47	M40	01:34:42	193	1500
190	STUART ANDERSON		01:34:48	M40	01:34:38	192	588

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191	DAVID LLOYD	LES CROUPIERS	01:34:52	M40	01:34:12	185	1685
192	LAURENCE WORTH	PEMBROKESHIRE HARRIERS	01:34:58	M40	01:34:45	195	301
193	GARETH HILL		01:34:58	MS	01:34:45	196	328
194	JONATHAN OWEN		01:35:13	M40	01:34:43	194	1384
195	DAVID GREEN		01:35:23	MS	01:34:06	182	977
196	RICHARD THOMAS		01:35:27	MS	01:35:16	202	1297
197	HUW GRIFFITHS		01:35:29	MS	01:35:11	199	1048
198	ANDREW JAMES HURLEY	PENARTH & DINAS RUNNERS	01:35:32	MS	01:35:20	204	941
199	LISA THOMAS	AMMAN VALLEY HARRIERS	01:35:38	FS	01:35:21	205	1348
200	PHILLIP THOMAS	BRACKLA HARRIERS	01:35:40	M40	01:35:15	201	1412
201	NICK ELLIOTT		01:35:42	M40	01:35:14	200	1519
202	MARTIN DAVIES		01:35:43	MS	01:35:31	206	472
203	SIMON WILLIAMS		01:35:46	MS	01:35:16	203	1872
204	SARAH ARMSTRONG		01:35:49	F35	01:35:44	211	26
205	JAMES DIXON		01:35:51	MS	01:35:34	208	47
206	PAUL EDWARDS	PEMBROKESHIRE HARRIERS	01:35:53	M50	01:35:34	209	1622
207	JONATHAN WATTS	SERPENTINE	01:35:57	MS	01:35:57	213	411
208	OLIVER NAZER		01:35:59	MS	01:35:31	207	1897
209	CAROLINE JONES	TROTS	01:36:01	F45	01:35:55	212	128
210	IAN COPLEY	BARNSLEY A.C.	01:36:08	MS	01:35:08	198	1146
211	SIMON PETER GILLETT		01:36:10	MS	01:36:02	214	1233
212	MATTHEW PEARCE		01:36:23	MS	01:34:47	197	1879
213	MARK TREGILGAS		01:36:25	MS	01:36:02	215	1342
214	JAMES DELANEY		01:36:27	M60	01:36:22	220	1916
215	MATTHEW MULCAHY		01:36:28	MS	01:36:22	221	251
216	ALAN FLEAR	LEG-IT	01:36:33	MS	01:36:17	218	996
217	GARETH REES	SOSPAN ROAD RUNNERS	01:36:36	MS	01:36:29	225	463
218	LEIGHTON WILLIAMS		01:36:43	MS	01:36:22	222	235
219	ANDREW ROBERTS		01:36:43	MS	01:36:23	223	1428
220	STEPHEN DAVIES		01:36:53	MS	01:36:33	226	1891
221	JONATHAN JONES	CARMARTHEN HARRIERS	01:36:53	MS	01:35:37	210	1009
222	STUART TYRRELL		01:36:56	MS	01:36:41	231	1119
223	ANTHONY WILLIAMS		01:36:58	MS	01:36:45	232	1844
224	KEITH ANDREW BURT		01:36:59	M40	01:36:02	216	1517
225	LYN RICHARDS		01:37:01	M40	01:36:35	228	187
226	HAILES ROGER		01:37:04	MS	01:36:11	217	107
227	NIGEL JOHN CLARKE	HEREFORD COURIERS	01:37:07	M40	01:36:46	233	33
228	MIKE GIBBS	BITTON ROAD RUNNERS	01:37:10	M40	01:30:32	125	81

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229	PAUL SHEPPARD		01:37:10	MS	01:36:38	229	963
230	AMY WILLIAMS		01:37:12	FS	01:37:03	235	1290
231	MIKE ERSKINE		01:37:15	MS	01:36:27	224	54
232	DAVID BOWN		01:37:16	MS	01:37:07	236	1643
233	PAUL WHITMARSH	PENARTH & DINAS	01:37:24	MS	01:36:52	234	1444
234	JASON WOODRUFF		01:37:27	M40	01:37:16	238	1101
235	MARTIN JONES		01:37:33	MS	01:37:14	237	655
236	CHRIS WELSH		01:37:39	M40	01:37:28	243	1326
237	MARK WHITBY		01:37:43	MS	01:37:21	240	1262
238	NEIL JONES		01:37:43	MS	01:37:30	245	756
239	MARK WHITEHEAD		01:37:47	MS	01:36:33	227	1400
240	LEANN GIBBS		01:37:49	F35	01:37:28	244	1630
241	RICHARD SMITH		01:37:51	MS	01:36:39	230	836
242	KEV JOYCE	PEMBROKESHIRE HARRIERS	01:37:52	M40	01:37:23	241	1669
243	JASON THOMAS EVANS		01:37:56	MS	01:37:17	239	917
244	CHRISTOPHER BROWN	BITTON ROAD RUNNERS	01:38:02	MS	01:37:41	247	593
245	DION DAFYDD		01:38:03	MS	01:37:23	242	1373
246	RICKY WELLS		01:38:04	MS	01:37:32	246	1805
247	JOHN MAGEE	LES CROUPIERS	01:38:04	MS	01:37:56	250	1246
248	MICHAEL JONES		01:38:08	M40	01:37:52	249	851
249	DAVID WILLIAMS	LES CROUPIERS	01:38:13	M40	01:38:06	252	594
250	ANDREW HERBERT		01:38:16	MS	01:36:17	219	103
251	TONY WENLOCK	ABERYSTWYTH AC	01:38:19	M50	01:38:19	255	410
252	ANDREW EVANS		01:38:23	M50	01:38:12	254	1112
253	ROBERT REES		01:38:24	MS	01:38:09	253	1416
254	ALEX MARK LORD		01:38:26	MS	01:37:51	248	145
255	ANITA WORTHING	ABERYSTWYTH AC	01:38:27	F45	01:37:58	251	928
256	CHRISTOPHER PRICE	CELTIC TRI	01:38:37	MS	01:38:29	261	177
257	STEVE BROWN	PEMBROKESHIRE HARRIERS	01:38:40	M40	01:38:27	260	1724
258	PAUL ROWLAND		01:38:40	MS	01:38:25	259	1047
259	ANDY HUNTER		01:38:53	MS	01:38:29	262	1006
260	MARTIN GEORGE	SOSPAN ROAD RUNNERS	01:39:00	MS	01:38:53	272	940
261	RAY MAJER	SOSPAN ROAD RUNNERS	01:39:02	M50	01:38:50	269	1247
262	SARAH GIBBY	EMLYN RUNNERS	01:39:02	FS	01:38:52	271	1387
263	JONATHAN HARVEY		01:39:03	MS	01:38:57	279	674
264	RICHARD JAMES	EMLYN RUNNERS	01:39:04	M40	01:38:54	275	119
265	LOUISE FLYNN		01:39:08	FS	01:38:51	270	67
266	LUKE JONES		01:39:08	MS	01:38:49	268	882

**DON'T FORGET ... The Llanelli Waterside 10k - 20th June 2010**

## Llanelli Waterside Half Marathon - Results - 2010 ....(provisional until fully ratified)

Pos	Full Name	Club	Time	Cat	Chip Time	Chip Pos	Bib No
267	LEE ELWELL		01:39:09	MS	01:38:22	257	50
268	MICHAEL FLYNN		01:39:09	M60	01:38:53	273	1156
269	ANTHONY CUSACK		01:39:09	MS	01:38:47	266	1697
270	DORIAN JONES	BTA	01:39:11	MS	01:38:54	276	1812
271	STEPHEN JONES		01:39:13	M40	01:38:48	267	1243
272	JAYNE ARNOLD	CELTIC TRI	01:39:18	F35	01:38:55	277	1134
273	MARC BATCUP	SWANSEA HARRIERS	01:39:19	MS	01:39:01	281	1518
274	MICHAEL WARNER		01:39:20	M60	01:39:02	282	706
275	LEE DEAN		01:39:21	M40	01:38:20	256	513
276	TIM MYALL		01:39:24	MS	01:39:09	287	578
277	NIALL FOSTER		01:39:26	MS	01:38:56	278	70
278	IAN DAVIES	BUILTH & DISTRICT RUNNING CLUB	01:39:28	M50	01:39:19	295	1505
279	KEVIN BRYAN		01:39:28	M40	01:39:10	288	1049
280	PHILLIP RICHARD TURNER	LLANELLI TRI-CLUB	01:39:30	M40	01:39:13	289	222
281	GERAINT JENKINS	AMMAN VALLEY HARRIERS	01:39:30	M40	01:39:13	290	1100
282	DAVID LEWIS FOWLER		01:39:33	MS	01:38:34	263	1158
283	DONALD MATHESON		01:39:36	MS	01:39:04	283	831
284	ALLEN BUNNEY	ABERDARE V.A.A.C	01:39:38	M40	01:39:17	292	894
285	JONATHAN WRIGHT	PENARTH & DINAS RUNNERS	01:39:39	M40	01:39:18	294	1340
286	PAUL WRIGHT		01:39:39	MS	01:39:17	293	1330
287	JOHNNY LAM		01:39:39	MS	01:38:39	265	1429
288	ZOE WELCH	WEST END	01:39:41	F35	01:39:22	296	1366
289	JANET BROWN	BITTON ROAD RUNNERS	01:39:45	F45	01:39:23	297	583
290	SIMON O'BRIEN		01:39:48	M40	01:38:36	264	1674
291	NICKY EDWARDS	HEREFORD COURIERS	01:39:48	F35	01:39:31	299	976
292	PHILIP JONES	PRESTEIGNE PACERS	01:39:48	M50	01:39:41	301	1481
293	ALVIN PHILLIPS	RWPY WARRIORS	01:39:56	MS	01:39:04	284	1835
294	IOAN DAVIES	RWPY WARRIORS	01:39:57	MS	01:39:05	285	1738
295	DAVID MCKECHAN		01:39:59	MS	01:39:44	302	1875
296	CHARLIE WHITE	CANTERBURY HARRIERS	01:40:02	M50	01:39:31	300	792
297	OLIVER DUBBERT		01:40:05	MS	01:38:53	274	488
298	PAUL BENJAMIN		01:40:06	M40	01:38:22	258	1388
299	IAN SPEED		01:40:12	M40	01:39:30	298	1125
300	MEILYR HUGHES		01:40:17	MS	01:40:06	307	1740
301	GREG ROWLANDS		01:40:19	MS	01:39:16	291	1273
302	YVONNE REES		01:40:20	F35	01:40:01	305	1198
303	UKU KUMARI	SWANSEA HARRIERS VET	01:40:20	M50	01:40:11	309	1244
304	KEVIN PLANK		01:40:21	MS	01:39:48	303	1308

**DON'T FORGET ... The Llanelli Waterside 10k - 20th June 2010**



## Llanelli Waterside Half Marathon - Results - 2010 ....(provisional until fully ratified)

Pos	Full Name	Club	Time	Cat	Chip Time	Chip Pos	Bib No
305	STACEY FARNELL		01:40:22	MS	01:40:02	306	1452
306	MICK GRANT	ROAD RUNNERS CLUB	01:40:31	M50	01:39:07	286	693
307	CEDRIC DAVID	VEGAN RUNNERS UK	01:40:32	MS	01:40:17	311	1068
308	DAVID GRIFFITHS		01:40:37	MS	01:40:17	312	1111
309	DARREN FLOYD		01:40:40	MS	01:40:36	318	1231
310	CLIVE DENTON	RHONDDA VALLEY RUNNERS	01:40:41	M40	01:40:20	314	1623
311	ALEX JENKINS		01:40:47	MS	01:39:00	280	1363
312	PAUL CARMAN		01:40:50	M50	01:40:35	317	842
313	CLEMENT HUW LLEWELLYN		01:40:55	M60	01:40:12	310	1181
314	NATASHA DOYLE		01:41:00	FS	01:40:33	315	1004
315	DAVID PARFITT	PORT TALBOT HARRIERS	01:41:03	M40	01:40:57	330	165
316	RABAB RABAB		01:41:04	MS	01:40:36	319	514
317	ANTHONY DOUGLAS		01:41:05	MS	01:40:52	325	698
318	STEPHEN BENDLE	SWANSEA HARRIERS	01:41:05	M40	01:40:52	326	1705
319	MATTHEW BEAMISH		01:41:08	MS	01:39:48	304	1331
320	BETHAN OUSELEY	INGLI RUNNERS	01:41:10	FS	01:40:58	332	727
321	MARCUS BOSKEY		01:41:11	MS	01:40:46	323	12
322	JONATHAN ALFORD		01:41:15	M50	01:40:55	327	373
323	PATRICK O'BRIEN		01:41:17	M40	01:40:36	320	1378
324	PHILLIP THOMAS		01:41:17	MS	01:40:36	321	1376
325	LOTTIE CHANT		01:41:20	FS	01:40:56	328	791
326	MATTHEW HOLLIFIELD		01:41:22	MS	01:40:42	322	427
327	JAMES HEYWOOD-ONSDALE		01:41:25	MS	01:41:06	335	1885
328	STUART MOYSE	MLC	01:41:25	M40	01:40:56	329	1381
329	STEPHEN RICHARDS		01:41:28	MS	01:40:33	316	925
330	GEOFF SMITH		01:41:30	MS	01:40:50	324	481
331	BRIAN SIMPSON		01:41:33	M40	01:41:18	342	1054
332	CERITH GRIFFITHS		01:41:35	M40	01:40:59	333	1449
333	JUSTIN SHOWELL	PURPLE PATCH RUNNERS	01:41:38	M40	01:41:26	344	432
334	MATTHEW JONES		01:41:41	MS	01:41:10	337	630
335	ANDREW SEDGMOND	LES CROUPIERS	01:41:44	M50	01:41:17	340	823
336	PETER CUCUZ		01:41:46	MS	01:40:19	313	1670
337	RICHARD JAMES	DIK AND FULLER'S BARMY ARMY	01:41:47	MS	01:41:24	343	1362
338	NICK FRANCIS		01:41:52	MS	01:40:10	308	1356
339	GETHIN JONES		01:41:53	MS	01:41:39	349	1743
340	GERWYN MALPAS		01:41:56	MS	01:41:34	346	1491
341	DOMINIC NORCROSS		01:41:57	MS	01:41:44	351	1462
342	PAUL ARNOLD	CELTIC TRI	01:41:59	M40	01:41:34	347	1135

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## Llanelli Waterside Half Marathon - Results - 2010 ....(provisional until fully ratified)

Pos	Full Name	Club	Time	Cat	Chip Time	Chip Pos	Bib No
343	PETER DONNISON		01:41:59	MS	01:41:15	338	1478
344	DANIEL DUNCAN		01:42:00	MS	01:41:17	341	1479
345	ROY BOARD		01:42:05	M40	01:41:46	353	638
346	ANDY CARPENTER		01:42:06	M40	01:41:58	360	964
347	IAN MORGAN		01:42:09	MS	01:40:57	331	701
348	ALWYN WILLIAMS		01:42:13	M40	01:41:01	334	990
349	STUART LYNCH		01:42:17	MS	01:41:42	350	1627
350	ALAIN THOMAS		01:42:17	M50	01:41:54	356	1306
351	SALLY WILSON	INGLI RUNNERS	01:42:18	FS	01:42:05	362	749
352	CHRISTINA SMITH	3MS GORSEINON ROAD RUNNERS	01:42:19	F45	01:41:55	357	1576
353	SIMON LA MONICA		01:42:19	MS	01:42:10	365	822
354	BEN CURTIS	ISLWYN RC	01:42:23	MS	01:41:57	358	1225
355	OWEN LEWIS		01:42:36	MS	01:41:27	345	1401
356	SANDIP THAKALI		01:42:39	MS	01:42:11	366	1355
357	NATALIE TAYLOR		01:42:42	FS	01:42:15	368	1899
358	IRINA DALE		01:42:43	FS	01:41:35	348	812
359	HELEN WALKER	INGLI RUNNERS	01:42:44	F45	01:42:31	373	642
360	CHRIS HERDMAN		01:42:45	MS	01:41:15	339	1783
361	LLOYD THOMAS		01:42:47	MS	01:41:07	336	783
362	C WALTERS	TROTS	01:42:47	M60	01:42:13	367	1272
363	CARWYN DAVIES		01:42:53	MS	01:42:09	364	1149
364	SIMON SCURRELL		01:42:56	MS	01:41:45	352	1052
365	AMY EDWARDS	RHONDDA VALLEY RUNNERS	01:42:57	FS	01:42:36	374	1641
366	DEAN THOMAS		01:42:57	MS	01:42:42	377	1841
367	ELLIE PIERCY		01:42:57	MS	01:42:22	369	1766
368	RICHARD PRICE		01:43:00	M40	01:42:27	371	1393
369	RICHARD PHILLIPS		01:43:01	MS	01:41:50	354	1029
370	DAFYDD TRYSTAN DAVIES		01:43:02	MS	01:42:36	375	1088
371	CLARE HUGHES	BRIDGEND AC	01:43:04	F35	01:42:43	379	938
372	DEAN BIRT	PONTYPRIDD ROADENTS	01:43:08	MS	01:42:00	361	1675
373	DAMION SMITH		01:43:10	MS	01:41:57	359	1710
374	JUDI RHYS	LES CROUPIERS	01:43:12	F45	01:43:03	389	349
375	KEITH HAWKINS		01:43:12	MS	01:42:48	381	1369
376	KATHRYN JAMES		01:43:20	FS	01:42:06	363	502
377	LYNN GOWARD	VILLAGE VIPERS	01:43:20	F45	01:42:58	386	1721
378	SARAH MORRIS	VILLAGE VIPERS	01:43:21	F35	01:42:59	387	1731
379	MARK WESTCOTT		01:43:21	M40	01:43:04	390	229
380	LIBBY LAVIS	BRACKLA HARRIERS	01:43:26	F45	01:43:01	388	672

**DON'T FORGET ... The Llanelli Waterside 10k - 20th June 2010**

## Llanelli Waterside Half Marathon - Results - 2010 ....(provisional until fully ratified)

Pos	Full Name	Club	Time	Cat	Chip Time	Chip Pos	Bib No
381	MARI GRIFFITHS		01:43:29	FS	01:43:08	393	1404
382	RYAN JONES		01:43:29	MS	01:41:53	355	1880
383	CHRISTIAN JULIAN FRANCIS MEARS		01:43:32	M40	01:43:14	395	152
384	MATT HEIRENE		01:43:34	MS	01:42:54	383	1349
385	JEFF ROBINSON		01:43:35	M40	01:42:42	378	520
386	DAVID WAY		01:43:35	MS	01:42:27	372	336
387	KIERON JONES		01:43:36	MS	01:43:26	399	1545
388	ALEXIS PRINCE		01:43:37	FS	01:42:41	376	952
389	JACK O'SULLIVAN		01:43:39	MS	01:42:56	384	737
390	DANIEL HUMPHREYS		01:43:40	MS	01:43:04	391	319
391	MARC RAWLE		01:43:41	MS	01:43:29	402	356
392	GERAINT SMITH		01:43:42	MS	01:43:07	392	575
393	LYNNETTE PECK		01:43:42	FS	01:42:57	385	1506
394	ANTONY FURLONG	PENARTH & DINAS RUNNERS	01:43:47	MS	01:43:19	396	78
395	MICHAEL THOMAS		01:43:49	M40	01:43:12	394	1436
396	SOPHIE KEATES		01:43:50	FS	01:43:25	398	731
397	JOHN FULLER		01:43:57	MS	01:43:34	405	1359
398	MATTHEW ORCHARD		01:44:00	MS	01:42:26	370	1548
399	MICHAEL PETERS		01:44:08	MS	01:43:40	407	496
400	ROBERT WILSON	PENARTH & DINAS RUNNERS	01:44:11	M50	01:43:23	397	241
401	DARRAN MAINWARING		01:44:17	MS	01:43:52	411	658
402	CHRIS ROGERS	TEAM AMERICA!	01:44:17	MS	01:43:52	412	650
403	MATTHEW OSBORN		01:44:20	M40	01:43:57	414	1543
404	MARK SULLIVAN		01:44:22	MS	01:43:27	400	501
405	MIKE ROSE	CELTIC TRI	01:44:24	M40	01:43:33	404	1511
406	GILL ALDWORTH	BRECON AC	01:44:25	F35	01:43:31	403	1760
407	MARK ROOKE		01:44:26	MS	01:43:58	415	468
408	CRAIG DE-VULGT		01:44:35	MS	01:44:02	417	1588
409	ROBERT DARROCK		01:44:35	MS	01:42:46	380	1616
410	CHRISTOPHER EVANS		01:44:36	MS	01:44:06	420	1597
411	SIMON MARKS	NEWT (NEWPORT EAST WALES TRIAT	01:44:37	MS	01:43:51	409	820
412	SIMON BIGGS		01:44:42	MS	01:44:23	429	1565
413	ALEX BROWN		01:44:42	MS	01:44:30	430	647
414	JONATHAN MILES		01:44:42	MS	01:42:52	382	1677
415	DONNA DANIELLE DAVIES		01:44:43	FS	01:44:13	424	1228
416	DEREK FENTON		01:44:43	M40	01:44:14	425	1113
417	ANDREA ROSS		01:44:43	FS	01:44:10	423	873
418	ROBERT SHORNEY		01:44:46	MS	01:44:06	421	686

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## Llanelli Waterside Half Marathon - Results - 2010 ....(provisional until fully ratified)

Pos	Full Name	Club	Time	Cat	Chip Time	Chip Pos	Bib No
419	JAMES RHYS DOYLE		01:44:46	MS	01:43:36	406	1510
420	BRETT GILLETT		01:44:47	MS	01:43:58	416	1680
421	NEIL WILLIAMS	WILLIAMS RUNS AGAIN	01:44:51	MS	01:44:19	426	562
422	BENJAMIN JONES		01:44:54	MS	01:44:42	433	908
423	CARWYN THOMAS		01:45:01	M40	01:43:51	410	682
424	CHRISTIAN BURGE		01:45:02	MS	01:43:28	401	1547
425	MATTHEW COOK		01:45:04	MS	01:44:50	435	1458
426	NEIL HANHAM		01:45:07	MS	01:44:37	431	1435
427	CLIVE GREAVES	3MS GORSEINON ROAD RUNNERS	01:45:13	M40	01:44:50	436	85
428	CARYL DAVIES	SARN HELEN	01:45:15	FS	01:44:48	434	39
429	NICHOLAS RICHARD THOMAS		01:45:17	MS	01:44:22	428	1260
430	JILL WILCOX	INGLI RUNNERS	01:45:19	F35	01:45:05	440	1207
431	DANIEL ALDOUS		01:45:19	MS	01:43:53	413	949
432	STEPHEN EDWARD TARLING		01:45:36	M40	01:44:03	418	525
433	DARREN BEDDOWS		01:45:38	MS	01:45:06	441	857
434	MATT HUSSAIN		01:45:38	MS	01:44:05	419	1761
435	RICHARD BOLDERO		01:45:40	MS	01:44:06	422	1488
436	PAUL REES		01:45:42	MS	01:45:32	450	1683
437	ROB WOOD		01:45:43	MS	01:45:33	451	1041
438	BRIAN DRYSDALE	CARDIFF UNIVERSITY ATHLETICS C	01:45:51	M40	01:45:18	442	871
439	JONATHAN HILL		01:45:51	MS	01:44:19	427	677
440	PAUL BIGMORE	BRACKLA HARRIERS	01:45:51	M50	01:45:25	447	1304
441	JON BALDWIN		01:45:55	M40	01:45:21	445	959
442	MARGARET POBJOY		01:45:55	FS	01:45:24	446	497
443	LAURA GUSH		01:45:57	FS	01:45:48	457	666
444	JOHN FAIRCLOUGH		01:45:59	M50	01:45:18	443	1530
445	DAVID ROBSON		01:46:03	MS	01:45:29	449	797
446	BARRY NICHOLS		01:46:06	MS	01:45:26	448	1648
447	RICHARD PEARL		01:46:06	MS	01:45:18	444	1679
448	CERI STEPHENS		01:46:07	MS	01:44:57	438	543
449	RICHARD LEWIS	CELTIC TRI	01:46:10	MS	01:45:36	452	447
450	PAUL JONES	MUMBLES MILERS	01:46:15	MS	01:45:49	458	1848
451	KEVIN ANTHONY JONES		01:46:21	M40	01:45:45	455	1242
452	IAN VIVEASH		01:46:24	M40	01:44:38	432	1484
453	HYWEL JONES		01:46:24	MS	01:44:59	439	1703
454	ANDREW DAVIDSON		01:46:27	MS	01:46:00	462	1720
455	RICHARD MORGAN		01:46:35	M40	01:46:20	470	1028
456	TASMIN THOMAS		01:46:35	FS	01:45:59	461	1116

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## Llanelli Waterside Half Marathon - Results - 2010 ....(provisional until fully ratified)

Pos	Full Name	Club	Time	Cat	Chip Time	Chip Pos	Bib No
457	NICOLA COLE	PEMBROKESHIRE HARRIERS	01:46:37	F35	01:45:56	460	1433
458	GARETH WELSH		01:46:39	M50	01:46:02	463	1732
459	THOMAS NINNIS		01:46:40	MS	01:46:31	478	1249
460	MICHAEL TERRY	TROTS	01:46:43	M50	01:46:19	469	1527
461	RAYMOND THOMAS		01:46:44	M40	01:46:09	464	947
462	RHIANYDD EDWARDS		01:46:45	F35	01:46:10	465	946
463	BENJAMIN HANKS		01:46:45	MS	01:46:30	477	607
464	LEE STONE		01:46:48	MS	01:46:10	466	206
465	BETH SCHOLES	WESTBURY HARRIERS	01:46:49	F35	01:46:31	479	199
466	STEFFAN HUGHES	CARMARTHEN HARRIERS	01:46:49	MS	01:46:49	492	1889
467	ANDY MORTON		01:46:51	M50	01:46:34	483	784
468	KEIR LEWIS		01:46:55	MS	01:46:24	473	1419
469	WYN JAMES		01:46:56	MS	01:46:32	480	1800
470	DANIEL HOWELL		01:46:58	MS	01:46:11	467	745
471	CHRIS WARMAN		01:46:58	MS	01:46:32	481	1598
472	BEN SEABOURNE		01:47:02	MS	01:46:26	475	602
473	SIMON CARTLIDGE		01:47:03	MS	01:46:39	488	366
474	MARK BYFORD		01:47:04	MS	01:44:56	437	1074
475	JULIAN FORSTER		01:47:05	M50	01:46:36	486	1504
476	JONATHAN LEWIS		01:47:07	MS	01:45:55	459	955
477	GRANT MAUNDER		01:47:08	M40	01:45:36	453	1126
478	MARTIN RADFORD	DAIHARDS	01:47:09	M40	01:45:37	454	911
479	ANDREW VAN HEININGEN	SERPENTINE RUNNING CLUB	01:47:12	M40	01:46:49	493	387
480	GARETH REES		01:47:15	MS	01:45:46	456	1199
481	KIRSTY JOPSON	SERPENTINE	01:47:15	FS	01:47:00	498	1529
482	STEPHEN HEATH		01:47:20	M40	01:46:34	484	1357
483	STEVEN DAVIES		01:47:24	MS	01:46:17	468	944
484	NEIL MILVAIN		01:47:24	MS	01:47:06	502	1460
485	ANTHONY PHILLIPS		01:47:29	M50	01:46:49	494	973
486	RHIAN WILLIAMS	BRACKLA HARRIERS	01:47:31	FS	01:46:48	491	637
487	ANDREW MARTIN		01:47:34	MS	01:46:45	490	1567
488	DAN CLUROE		01:47:34	MS	01:47:05	500	1281
489	SAM CORFIELD		01:47:34	MS	01:47:06	503	1418
490	STEPHEN DANTER		01:47:36	M40	01:46:29	476	945
491	DARREN MORGAN		01:47:36	MS	01:46:33	482	1426
492	PAUL FURLONG		01:47:37	M60	01:47:09	504	79
493	MARK HANFORD		01:47:44	MS	01:46:35	485	1734
494	GARETH EVANS		01:47:47	M40	01:47:13	505	53

**DON'T FORGET ... The Llanelli Waterside 10k - 20th June 2010**

## Llanelli Waterside Half Marathon - Results - 2010 ....(provisional until fully ratified)

Pos	Full Name	Club	Time	Cat	Chip Time	Chip Pos	Bib No
495	MATT ROGERSON	3MS GORSEINON ROAD RUNNERS	01:47:48	MS	01:47:18	506	1027
496	DAVID WILLIAMS		01:47:50	MS	01:47:34	513	997
497	BURKHARD MARKHOFF	SWANSEA HARRIERS	01:47:50	M40	01:47:44	519	547
498	HYWEL WYNN TOMOS		01:47:52	M40	01:46:42	489	219
499	DALE LORD		01:47:54	MS	01:46:22	472	1440
500	DEBBIE DRAKE	TORBAY AAC	01:47:57	F45	01:47:30	510	435
501	DAVID CHRISTOPHER		01:48:02	MS	01:46:55	497	1751
502	MARK BAMFORD		01:48:03	MS	01:47:43	518	1414
503	KEN KNIGHTS		01:48:03	M40	01:46:37	487	1532
504	SIMON COX		01:48:05	M40	01:47:02	499	1839
505	JULIE ARCHER		01:48:10	F35	01:47:24	507	397
506	PAUL DUGGAN		01:48:10	MS	01:47:54	522	1652
507	NEIL GABRIEL	TRAMS PACEMAKERS	01:48:11	MS	01:47:59	524	1634
508	LOWRI JONES		01:48:13	F35	01:47:27	508	937
509	NICKY JOHN		01:48:14	F45	01:47:05	501	1830
510	DANIEL MURTAGH		01:50:17	MS	01:46:50	495	1115
511	JUSTIN TAMLIN		01:48:17	MS	01:48:17	529	1694
512	JENNY BARBER		01:48:18	FS	01:47:32	512	1117
513	STEVEN WARREN DINHAM		01:48:20	MS	01:46:53	496	1402
514	HUW WELLS		01:48:21	M40	01:47:38	514	1206
515	TIMOTHY BRICE		01:48:21	MS	01:47:40	516	675
516	MARK LAVIS		01:48:22	M40	01:47:31	511	466
517	LLOYD MORRIS		01:48:22	MS	01:47:29	509	841
518	BECKY CRAWFORD		01:48:27	FS	01:47:53	521	1687
519	ROSIE LEWIS		01:48:30	FS	01:48:00	525	1334
520	CLAIRE JOHNSTON		01:48:30	FS	01:46:24	474	1600
521	ANDREA HURMAN	PENARTH & DINAS RUNNERS	01:48:30	F35	01:47:50	520	1064
522	GLYN JONES		01:48:32	M50	01:47:39	515	1073
523	ZOE RADFORD	PINKY AND THE BRAIN	01:48:43	FS	01:48:22	531	860
524	MARTIN BENNETT		01:48:46	MS	01:47:41	517	1138
525	DAVID REES	TEAM IMPULSE	01:48:54	MS	01:47:54	523	1368
526	PAUL EVANS		01:48:55	MS	01:48:27	535	439
527	SIMON REES	ZANUSSI 'S HARRIERS	01:48:56	MS	01:48:07	527	900
528	STEPHEN COCKWELL		01:49:00	MS	01:48:24	533	1612
529	ALUN PARRY		01:49:00	MS	01:48:06	526	1293
530	SHERYL EVANS	HEREFORD & COUNTY AC	01:49:07	F35	01:48:41	540	61
531	SHANE WATKINS		01:49:13	MS	01:48:28	536	710
532	ANTHONY DEW		01:49:20	MS	01:48:23	532	477

**DON'T FORGET ... The Llanelli Waterside 10k - 20th June 2010**

## Llanelli Waterside Half Marathon - Results - 2010 ....(provisional until fully ratified)

Pos	Full Name	Club	Time	Cat	Chip Time	Chip Pos	Bib No
533	PETER LEWIS		01:49:23	M40	01:48:33	537	1454
534	JULIA RIDGE		01:49:23	F35	01:48:45	543	189
535	WILLIAM CHANT		01:49:31	MS	01:49:08	551	790
536	LEE ARTHURS		01:49:34	MS	01:48:45	544	1802
537	PAUL REYNOLDS		01:49:35	MS	01:48:47	546	1781
538	ARON JONES		01:49:40	MS	01:48:26	534	558
539	KRISTIE HARPER		01:49:41	FS	01:49:17	555	1336
540	STEPHEN WILLIAMS	LES GROUPIERS	01:49:45	M50	01:48:15	528	1746
541	SIMON DOUGLAS		01:49:46	MS	01:49:33	564	494
542	KEITH COXON		01:49:47	M40	01:49:27	560	1456
543	PAUL JENKINS		01:49:47	M40	01:49:28	562	1560
544	LEE SAMUEL		01:49:48	MS	01:49:03	548	1397
545	PHILIP HAWKINS		01:49:48	M40	01:49:09	552	101
546	PETER LYNN ROBINSON		01:49:51	M40	01:48:38	539	1197
547	SILKE LUEHRMANN		01:49:55	F35	01:49:27	561	440
548	CLAIRE DAVIES		01:49:56	FS	01:49:03	549	1876
549	IAN FIDDES		01:49:58	M40	01:49:32	563	508
550	NICOLE HUBERT		01:50:02	FS	01:49:39	571	112
551	DAFYDD HARRIES		01:50:04	MS	01:49:16	554	755
552	JENNIE CONTI	BUILTH & DISTRICT RUNNING CLUB	01:50:05	F55	01:49:19	556	893
553	DAVID WHITEHILL		01:50:10	M40	01:49:46	580	1871
554	STEVE ALCOCK		01:50:10	MS	01:48:34	538	1370
555	LEE KWOK	GLAMORGAN HEALTH & RAQUET	01:50:11	MS	01:49:36	568	1799
556	TONIA LEWIS		01:50:12	F35	01:49:33	565	396
557	RAY DAVIES		01:50:13	M50	01:48:41	541	1151
558	TOM DUDLEY		01:50:14	MS	01:48:19	530	1438
559	OWEN MCNAMARA		01:50:19	MS	01:49:33	566	697
560	JOHN GOODBY		01:50:20	M50	01:49:35	567	83
561	GARY ZOLA JONES	WINDOS	01:50:20	MS	01:50:05	586	1129
562	CERI JONES		01:50:20	M40	01:48:41	542	1341
563	JAIME PHILLIPS		01:50:21	MS	01:48:54	547	422
564	BOB GARDINER	TEAM WECORI	01:50:21	M50	01:49:04	550	1473
565	WILLIAM DAVID LLEWELLYN		01:50:24	M60	01:49:41	573	1180
566	LORRAINE COOPEY		01:50:25	F45	01:49:49	581	1108
567	CARL SEAMAN	RHONDDA VALLEY RUNNERS	01:50:28	M40	01:49:44	576	1926
568	IAIN BURNS		01:50:30	MS	01:49:56	584	20
569	ANDREW WILLIAMS		01:50:34	M40	01:49:25	559	413
570	RICHARD THOMAS		01:50:34	MS	01:49:44	577	1046

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## Llanelli Waterside Half Marathon - Results - 2010 ....(provisional until fully ratified)

Pos	Full Name	Club	Time	Cat	Chip Time	Chip Pos	Bib No
571	JAMES BEN TURNER		01:50:35	MS	01:48:45	545	221
572	CARL BROOKES		01:50:35	MS	01:49:37	569	614
573	MICHAEL REED		01:50:39	M40	01:49:44	578	1109
574	GRAHAME VINER		01:50:41	M50	01:49:15	553	1657
575	KEVIN PHELPS		01:50:42	M40	01:49:43	574	172
576	LEIGH MORGAN TOMLINS		01:50:43	MS	01:49:44	579	1467
577	PHILLIP WORTH		01:50:48	MS	01:49:24	558	942
578	MATTHEW THOMAS		01:50:48	MS	01:50:03	585	868
579	ROGER SPITH	BIRKENHEAD	01:50:48	M60	01:50:16	591	1692
580	KATHRYN HUGHES		01:50:52	FS	01:50:48	604	1528
581	CHERYL GRIFFITHS		01:50:55	F35	01:49:51	582	571
582	GERWYN WADE		01:50:56	M40	01:49:40	572	1542
583	HELEN RODDICK		01:50:59	FS	01:50:26	594	957
584	ANDREW WILLIAMS		01:51:02	MS	01:50:28	595	915
585	RACHEL WILLIAMS		01:51:02	FS	01:50:16	592	1786
586	JAMES RICHARD WATKINS	WILLMOTT DIXON TEAM ON BEHALF	01:51:03	MS	01:49:38	570	1210
587	TRACY EDWARDS	RHONDDA VALLEY RUNNERS	01:51:05	F35	01:49:43	575	1722
588	MICHELLE TOWNSEND		01:51:06	F35	01:50:31	596	289
589	TIMOTHY LAURENCE WARNER		01:51:06	M40	01:50:14	589	1208
590	IRENE HEWINGS	TORBAY AAC	01:51:07	F45	01:50:41	598	351
591	CRESSY MORGAN		01:51:09	F35	01:50:15	590	154
592	ALISON LEWIS		01:51:10	F45	01:50:49	605	262
593	RICHARD WEBSTER	3MS GORSEINON ROAD RUNNERS	01:51:20	M50	01:50:58	614	708
594	JANETTE MORGAN		01:51:20	FS	01:50:45	601	1509
595	SASHA MACKEN	LES CROUPIERS	01:51:21	F35	01:50:32	597	1686
596	IAN JONES		01:51:23	MS	01:49:20	557	1173
597	JULIE JONES		01:51:26	F35	01:51:19	626	1057
598	MATTHEW WILLIAMS		01:51:27	MS	01:50:13	588	704
599	SUSAN LLOYD	PEMBROKESHIRE HARRIERS	01:51:29	F45	01:50:47	602	419
600	MATTHEW HULMES		01:51:32	MS	01:50:56	612	343
601	JAMES STUART		01:51:33	M40	01:49:54	583	1259
602	MATHEW MARZANO		01:51:38	M40	01:50:54	608	1908
603	GLYN WILLIAMS	3MS GORSEINON ROAD RUNNERS	01:51:40	M60	01:51:16	624	640
604	RYAN FLETCHER	FLETCHER	01:51:43	MS	01:51:22	628	1831
605	BEN BULLARD	WIOC	01:51:45	MS	01:50:20	593	610
606	DARREN ROBINSON		01:51:46	MS	01:50:53	607	830
607	JO DALE	TEAM BARROW	01:51:48	FS	01:50:10	587	487
608	CRAIG MILLS		01:51:49	MS	01:50:59	615	668

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## Llanelli Waterside Half Marathon - Results - 2010 ....(provisional until fully ratified)

Pos	Full Name	Club	Time	Cat	Chip Time	Chip Pos	Bib No
609	MICHAEL GARDEN		01:51:52	M50	01:51:06	619	1487
610	ROBERT SANDERS		01:51:56	M50	01:51:01	616	921
611	COLIN HARMAN		01:51:59	MS	01:50:57	613	982
612	SAMANTHA PRICE		01:52:00	FS	01:51:59	645	1549
613	NEIL LEWIS	MUMBLES MILERS	01:52:02	MS	01:51:35	634	1676
614	RAYMOND HASLER		01:52:04	M50	01:51:12	621	1806
615	IAIN MORING		01:52:04	M40	01:51:50	640	623
616	LISA COLLINS		01:52:04	F35	01:51:18	625	1001
617	THOMAS DAVIES		01:52:05	MS	01:51:30	631	930
618	CHRIS B MORGAN	LES CROUPIERS	01:52:05	M40	01:51:04	618	153
619	LEIGH WILLIAMS		01:52:06	MS	01:50:52	606	771
620	LUKE DAVIES		01:52:06	MS	01:51:31	632	846
621	PAUL CLARKE	MUMBLES MILERS	01:52:08	MS	01:51:41	635	1287
622	GARRETH DAVIES		01:52:09	MS	01:51:24	629	922
623	SAMUEL RICHARDS		01:52:11	MS	01:51:01	617	1396
624	ANTHONY RICHARD WORMAN		01:52:13	MS	01:50:44	599	244
625	FRANCESCA CAPEL	CARDIFF AAC	01:52:14	FS	01:51:45	638	31
626	GABRIEL JONES		01:52:16	MS	01:51:20	627	596
627	ARFON EDWARDS		01:52:18	MS	01:50:44	600	663
628	DERYCK HUTCHINSON	KESWICK AC	01:52:23	M50	01:52:18	654	1170
629	KAREN DAVIES	ACTIVA	01:52:24	F35	01:51:44	637	1226
630	DAVE SAUNDERS		01:52:28	M50	01:51:52	642	282
631	RAMON BORRELL		01:52:29	MS	01:50:54	609	1471
632	MATTHEW WILLIAM BURGESS		01:52:30	MS	01:50:55	611	1472
633	HELEN WATKINSON	VEGAN RUNNERS UK	01:52:31	FS	01:51:13	622	1069
634	TIM PADFIELD		01:52:32	M40	01:51:25	630	164
635	BRYAN REES	RHEDWYR EMLYN RUNNERS	01:52:32	M60	01:51:49	639	985
636	ELSPETH JARMAN	ABERGAVENNY STRIDERS	01:52:36	F45	01:52:14	650	1171
637	JAMES JEWELL		01:52:37	M40	01:50:47	603	648
638	RICHARD SPRINGETT		01:52:40	M40	01:51:13	623	203
639	HOLLY LEWIS		01:52:42	FS	01:52:12	648	1411
640	MIKE WADE		01:52:46	M40	01:50:54	610	246
641	DAN GREGORY		01:52:49	MS	01:52:21	655	1671
642	BEVERLEY WARBURTON		01:52:55	F45	01:51:31	633	1209
643	MARTIN DONOVAN		01:52:58	M40	01:52:35	661	919
644	LEE HAPGOOD		01:53:03	M40	01:51:41	636	431
645	LINDA HIRD		01:53:05	F45	01:52:43	667	109
646	ALED PHILLIPS		01:53:07	MS	01:51:54	643	528

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## Llanelli Waterside Half Marathon - Results - 2010 ....(provisional until fully ratified)

Pos	Full Name	Club	Time	Cat	Chip Time	Chip Pos	Bib No
647	JONATHAN LEWIS WISBEY		01:53:09	MS	01:52:14	651	242
648	MICHAEL JAMES		01:53:10	MS	01:52:15	652	1810
649	GEMMA BUFTON		01:53:12	FS	01:52:22	658	950
650	CRAIG GAMBELL		01:53:14	MS	01:52:12	649	1700
651	HUW THOMAS		01:53:15	MS	01:52:03	646	605
652	SIMON SLINN		01:53:20	MS	01:52:53	673	711
653	CATRIN WILLIAMS		01:53:20	FS	01:52:54	675	712
654	MARTIN ALLEN WILLIAMS		01:53:22	M40	01:51:50	641	536
655	PATRICIA EAST		01:53:23	F45	01:52:26	659	1617
656	GARETH JONES		01:53:25	MS	01:52:17	653	1061
657	RICHARD HUMPHREYS		01:53:26	MS	01:51:56	644	1635
658	KIRSTEN TUCKER	SWANSEA HARRIERS	01:53:26	FS	01:53:16	684	220
659	EMMA CONTI	BUILTH & DISTRICT RUNNING CLUB	01:53:27	F35	01:52:40	664	1223
660	THOMAS WILLIAMS		01:53:29	MS	01:52:37	662	1265
661	NIGEL EVANS		01:53:30	MS	01:52:57	677	560
662	BILLY STORRS		01:53:30	MS	01:53:02	678	1043
663	DAVID ROZIER		01:53:32	MS	01:52:41	665	1257
664	HANNAH GARDNER		01:53:37	FS	01:51:11	620	1278
665	STACEY EVANS		01:53:38	FS	01:52:52	671	782
666	TONY CHI WAH CHAN		01:53:39	MS	01:52:39	663	1499
667	RICHARD WILLIAMS		01:53:40	M40	01:52:11	647	526
668	CLARE PARKINSON	DULWICH PARK RUNNERS	01:53:40	F55	01:52:42	666	329
669	JAMES HALE		01:53:40	MS	01:53:06	681	691
670	RHIAN JINNY-JONES		01:53:44	FS	01:46:21	471	1765
671	JENNY HUGHES	LES CROUPIERS	01:53:47	FS	01:53:20	687	1660
672	OWAIN HANMER		01:53:49	MS	01:53:17	686	1611
673	JONATHAN PRITCHARD		01:53:50	MS	01:52:21	656	1196
674	RONY SEAMONS		01:53:51	MS	01:52:43	668	929
675	NEIL BALL		01:53:57	MS	01:53:05	679	1706
676	ANTONIO PANICOLA		01:54:00	M40	01:52:43	669	168
677	HANNAH JENKINS		01:54:00	FS	01:52:43	670	123
678	RHIAN CLAYTON	ISLWYN RC	01:54:02	FS	01:53:13	682	1604
679	SALLY HARTNELL		01:54:03	FS	01:53:31	692	1121
680	ANTHONY PAUL JONES		01:54:07	MS	01:52:52	672	126
681	MIKE HODGES	TROTS	01:54:08	M50	01:53:55	707	1039
682	ADAM THOMAS YOUNG		01:54:11	MS	01:52:29	660	1496
683	PAUL SEDDON		01:54:14	M50	01:53:05	680	1490
684	CHRIS MAHER		01:54:14	M50	01:53:24	690	769

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## Llanelli Waterside Half Marathon - Results - 2010 ....(provisional until fully ratified)

Pos	Full Name	Club	Time	Cat	Chip Time	Chip Pos	Bib No
685	DAVID ELVY		01:54:15	M40	01:53:38	699	1501
686	DEREK EDMONDS		01:54:18	M60	01:53:32	693	1788
687	NEALE DAVIES	TRAMS RUNNING CLUB	01:54:20	M40	01:54:07	716	1489
688	PHILL PERKINS		01:54:22	M40	01:53:48	705	1911
689	CHRIS KUMARAN		01:54:23	MS	01:52:55	676	1821
690	SAMANTHA JAYNE SMITH		01:54:23	FS	01:53:34	694	878
691	DAVID PLACE		01:54:25	M40	01:52:21	657	531
692	ALLAN SMITH	3MS GORSEINON ROAD RUNNERS	01:54:26	M60	01:53:59	712	742
693	OWAIN GRIFFITHS	TAFF ELY TRI CLUB	01:54:28	MS	01:52:53	674	1451
694	JAMIE FLEIG		01:54:30	MS	01:53:14	683	66
695	RICHARD BAKER		01:54:32	M60	01:53:37	698	574
696	JAMES DAVIES	3MS GORSEINON ROAD RUNNERS	01:54:36	M40	01:53:47	704	1480
697	CAROLINE DANCYGER		01:54:36	FS	01:53:57	711	535
698	SHAREEN GEERS		01:54:36	F35	01:53:41	703	1633
699	SHONA DOUGLAS	ISLWYN RC	01:54:37	FS	01:54:11	719	1291
700	MICHAEL HENRY		01:54:37	M40	01:53:22	689	105
701	TONY EUSTACE	BRIDGEND FORDS	01:54:38	M40	01:54:11	720	1737
702	OWAIN BROWN	OWTABCLANG	01:54:38	MS	01:53:51	706	1829
703	STEPHEN GARVEY		01:54:38	M50	01:53:36	695	1653
704	MARK FARRAR	LES CROUPIERS	01:54:44	MS	01:54:17	722	63
705	ANNE FOLLANE	PONTYPRIDD ROADENTS	01:54:46	F35	01:54:26	731	934
706	BECKY HORSFALL		01:54:50	FS	01:54:05	714	702
707	ANDREW WILLIAMS		01:54:50	MS	01:53:36	696	1372
708	STEPHEN PHILLIPS		01:54:53	MS	01:53:59	713	641
709	WYN JOHN HARRIES		01:54:55	MS	01:53:21	688	780
710	EMILY LUKE	PENARTH & DINAS RUNNERS	01:54:55	FS	01:54:13	721	147
711	JASON THOMAS		01:54:59	MS	01:54:05	715	212
712	RHYS HARPER		01:55:00	MS	01:53:36	697	1776
713	DAVID FAIRCLOUGH		01:55:00	M40	01:54:19	723	1618
714	JENNIFER SLEATH		01:55:08	F35	01:53:56	709	202
715	CHARLOTTE GOODWIN		01:55:09	FS	01:54:22	726	320
716	KELLY GIPSON	TEAM DEVIANT	01:55:14	F35	01:53:56	710	1097
717	EVA COOK	SOSPAN ROAD RUNNERS	01:55:17	F55	01:54:53	743	829
718	NIGEL TAYLOR		01:55:25	M40	01:53:26	691	1601
719	HUW KEENAN		01:55:28	MS	01:53:38	700	529
720	EDWIN GREEN	CHEPSTOW HARRIERS	01:55:28	M40	01:54:56	747	1833
721	RICHARD LONG		01:55:28	M40	01:54:58	750	144
722	JENNIFER FRYER		01:55:29	FS	01:54:08	717	707

**DON'T FORGET ... The Llanelli Waterside 10k - 20th June 2010**

## Llanelli Waterside Half Marathon - Results - 2010 ....(provisional until fully ratified)

Pos	Full Name	Club	Time	Cat	Chip Time	Chip Pos	Bib No
723	IAN SHAW		01:55:31	M40	01:54:26	732	1592
724	NICK THORNE		01:55:33	MS	01:54:20	724	1904
725	JOHN REDMOND		01:55:37	MS	01:53:16	685	295
726	PETER DREW		01:55:38	M40	01:54:40	737	879
727	GARETH JONES		01:55:42	MS	01:53:55	708	1241
728	DELLA GRIFFITHS	PEMBROKESHIRE HARRIERS	01:55:43	F45	01:55:01	753	1443
729	LYN EVANS		01:55:44	M50	01:54:23	727	55
730	KEN MILLIGAN		01:55:45	M50	01:55:21	763	1442
731	BURNADETTE DAVIES		01:55:46	F35	01:55:27	767	376
732	RAY ELLINGHAM	SAN DOMENICO	01:55:46	M40	01:54:56	748	1886
733	MALCOLM BOOY		01:55:48	MS	01:54:09	718	739
734	LEE JENKINS		01:55:48	MS	01:54:29	733	395
735	CHRISTOPHER WILLIAMS		01:55:50	M40	01:54:24	728	233
736	ANTHONY BARKER	SOUTH WALES FIRE SERVICE	01:55:51	M60	01:54:24	729	732
737	ANDREW GALLIVAN		01:55:51	M40	01:54:25	730	1469
738	MATHEW JAMES		01:55:52	MS	01:54:20	725	684
739	ANNA PARKINSON		01:55:54	FS	01:54:55	746	1689
740	SYLVIA ELIZABETH DAVIES-MORRIS		01:55:55	F35	01:55:02	754	46
741	AMANDA MORGAN	TROTS	01:55:56	FS	01:55:18	762	1344
742	ADAM THOMAS JONES		01:55:58	MS	01:53:40	701	1172
743	JAMIE FRANCIS		01:55:58	MS	01:53:40	702	1159
744	RICHARD HARRIES		01:55:58	M40	01:54:45	739	1579
745	JAMES ASHTON		01:56:00	MS	01:55:00	752	615
746	KEVIN MORGAN		01:56:03	MS	01:55:02	755	1638
747	GERAINT EDWARDS		01:56:05	M40	01:55:07	758	1607
748	PAUL EVANS		01:56:08	MS	01:54:56	749	482
749	DON BURROWS		01:56:10	M40	01:55:26	766	924
750	GARTH EDWARD GIESBRECHT		01:56:12	M50	01:54:59	751	1477
751	JASON DONOVAN		01:56:12	MS	01:54:54	745	1321
752	ALASDAIR HIGGINS		01:56:13	MS	01:54:42	738	270
753	ARWYN WILLIAMS		01:56:16	MS	01:54:50	741	471
754	LLION AP DYLAN		01:56:16	MS	01:55:43	773	1217
755	HELEN DONNA JONES		01:56:19	F35	01:55:48	775	132
756	NIGEL IMPEY		01:56:20	MS	01:55:27	768	1015
757	JOANNE HALE		01:56:24	FS	01:55:17	761	671
758	DAMIEN LLOYD-JONES		01:56:24	MS	01:55:16	760	1266
759	ARFON JAMES		01:56:27	MS	01:54:39	736	1025
760	ALICE TRAVERS		01:56:27	FS	01:54:49	740	1345

**DON'T FORGET ... The Llanelli Waterside 10k - 20th June 2010**

## Llanelli Waterside Half Marathon - Results - 2010 ....(provisional until fully ratified)

Pos	Full Name	Club	Time	Cat	Chip Time	Chip Pos	Bib No
761	PAULA ACE		01:56:28	F35	01:55:37	771	1215
762	OWEN GILSON		01:56:28	MS	01:55:32	769	80
763	ELIZABETH RUBIN		01:56:28	FS	01:55:46	774	1448
764	HILARY DAVIS		01:56:29	F35	01:55:08	759	673
765	STEVE YOUNG		01:56:30	MS	01:55:33	770	248
766	STEVE DUFFILL		01:56:33	MS	01:56:00	781	584
767	MARK DAVIES		01:56:39	M40	01:55:24	764	41
768	CHARLES COWAN		01:56:41	M50	01:55:24	765	750
769	IRENE COOPER		01:56:44	F55	01:54:34	735	358
770	EIROS DAVIES		01:56:46	M40	01:54:53	744	1150
771	ANNA E STICKLAND		01:56:51	F35	01:54:52	742	205
772	VICTORIA LIDDIARD-REES	ESPORTA	01:56:52	F35	01:56:52	803	889
773	KATE RUSSELL	PARC BRYN BACH	01:56:55	FS	01:56:17	788	196
774	IAN STARK		01:57:00	MS	01:55:39	772	420
775	HUGH CHRISTOPHER		01:57:00	MS	01:55:54	778	1752
776	SARAH GOULD-DAVIES		01:57:01	FS	01:56:39	798	1385
777	SHAHID AFZAL		01:57:03	MS	01:55:48	776	833
778	VICKY LANGSTON		01:57:04	FS	01:56:14	785	1283
779	RICHARD MYERS		01:57:07	MS	01:56:26	793	869
780	ADRIAN BINNEY		01:57:08	M40	01:55:03	756	8
781	HELEN MANN		01:57:13	FS	01:55:53	777	1468
782	EIRI EVANS	3MS GORSEINON ROAD RUNNERS	01:57:15	FS	01:56:38	796	1107
783	MIKE SMITH		01:57:16	M50	01:57:16	812	1711
784	IEUAN BENNETT		01:57:17	M40	01:56:49	802	414
785	JONATHAN KESTIN		01:57:21	MS	01:55:03	757	757
786	CATH ROOKE		01:57:24	F35	01:56:56	804	469
787	JOSIE HUNSDON		01:57:26	F35	01:57:15	811	741
788	STEFFAN LLYR PHILLIPS		01:57:27	MS	01:56:11	784	175
789	AMY HILLIER		01:57:30	FS	01:56:14	786	1167
790	CRAIG JONES	BRITISH AIRWAYS CYMRU	01:57:33	MS	01:56:07	783	1512
791	BEN GIESBRECHT	RUNNING SOMEWHERE ELSE	01:57:33	MS	01:56:20	789	1463
792	SIAN WIGLEY	RHONDDA VALLEY RUNNERS	01:57:36	F45	01:56:14	787	1807
793	ANDREW HILL		01:57:46	MS	01:56:00	782	1236
794	LUKAS GAMBLE		01:57:49	MS	01:57:33	819	465
795	ROBERT GREEN		01:57:52	MS	01:55:54	779	778
796	RHIANNON KINGSLEY		01:57:56	FS	01:57:19	813	1754
797	PAUL WHITTAKER		01:57:56	M40	01:57:19	814	1755
798	WILLIAM BEW G	CHEPSTOW HARRIERS	01:57:56	M60	01:57:00	805	1139

**DON'T FORGET ... The Llanelli Waterside 10k - 20th June 2010**

## Llanelli Waterside Half Marathon - Results - 2010 ....(provisional until fully ratified)

Pos	Full Name	Club	Time	Cat	Chip Time	Chip Pos	Bib No
799	HOWARD JONES	BRACKLA HARRIERS	01:57:57	M50	01:56:24	792	935
800	HANNAH VICTORIA O'CONNELL		01:58:00	FS	01:56:20	790	1250
801	ADRIAN DANIEL BLAIR		01:58:00	MS	01:56:20	791	1218
802	BRIAN COLEMAN		01:58:02	M60	01:55:57	780	37
803	STUART BARNES		01:58:03	M50	01:56:42	800	1394
804	KIM LAWSON		01:58:03	F45	01:56:38	797	1791
805	PHILIP WATKINS		01:58:03	M50	01:57:19	815	709
806	ANTONIA LAMONT		01:58:03	F35	01:56:33	794	1803
807	IAN EVANS		01:58:05	MS	01:54:33	734	1832
808	JONATHAN DAVIES		01:58:07	MS	01:56:37	795	1045
809	BRIAN DIAS	CARDIFF AAC	01:58:08	MS	01:43:49	408	962
810	GREG KING		01:58:08	M40	01:57:07	809	1870
811	MARK JENKINS		01:58:08	M40	01:57:07	810	124
812	RHIANNON JONES		01:58:08	FS	01:57:00	806	1063
813	DAVID ANDREW PHILLIPS		01:58:11	M40	01:56:40	799	1299
814	RACHEL EVANS		01:58:11	F35	01:57:31	818	299
815	YVONNE WILLIAMS	PENARTH & DINAS RUNNERS	01:58:13	F55	01:57:33	820	1417
816	STEVEN GARDINER		01:58:23	MS	01:57:40	823	984
817	RACHEL BEVAN		01:58:25	FS	01:57:43	825	805
818	CAMERON HUDSON		01:58:26	MS	01:57:43	826	806
819	MARK ROWLANDSON		01:58:28	MS	01:57:48	830	920
820	SIMON ELIAS		01:58:30	M50	01:57:01	807	895
821	IAN WALKER		01:58:33	MS	01:57:35	821	1409
822	JASON MURPHY		01:58:37	MS	01:57:20	816	158
823	ANTHONY EVANS		01:58:40	MS	01:58:19	841	1013
824	SARAH PHILLIPS		01:58:40	FS	01:58:05	838	970
825	HEULWEN JAMES	EMLYN RUNNERS	01:58:40	F35	01:58:30	844	118
826	NICHOLAS MICHAEL COLWELL		01:58:42	M40	01:57:45	827	1143
827	IAN DAVID THOMAS		01:58:46	M40	01:57:52	833	211
828	ROBIN PARKER		01:58:47	MS	01:57:47	828	619
829	GARETH SHAW		01:58:50	MS	01:56:48	801	1202
830	CHRISTOPHER LANE		01:58:51	M50	01:57:49	832	1578
831	DARREN POWIS		01:58:51	MS	01:57:41	824	748
832	DAN WOOD		01:58:52	MS	01:57:06	808	243
833	STEVEN ROBERTS	SOMER AC	01:58:52	MS	01:57:48	831	721
834	SIAN JONES		01:59:00	FS	01:58:45	850	1742
835	VICTORIA WOODSFORD		01:59:02	FS	01:57:25	817	403
836	KAREN ANN HEWITT		01:59:02	FS	01:57:35	822	106

**DON'T FORGET ... The Llanelli Waterside 10k - 20th June 2010**

## Llanelli Waterside Half Marathon - Results - 2010 ....(provisional until fully ratified)

Pos	Full Name	Club	Time	Cat	Chip Time	Chip Pos	Bib No
837	LEE LLEWELLYN		01:59:03	MS	01:58:22	842	730
838	LESLEY MAINWARING		01:59:08	F35	01:58:06	839	1185
839	NIGEL LEIGHTON JONES		01:59:11	M50	01:57:54	834	1174
840	BETHAN SUZANNA CHICHOLOWSKA		01:59:12	FS	01:58:04	837	954
841	RICHARD NICHOLAS		01:59:13	M40	01:57:47	829	1896
842	ANWEN JONES		01:59:18	FS	01:58:03	836	1346
843	CRISPIN JOHN CAMPBELL-CROSS		01:59:25	M40	01:58:43	849	30
844	RHIAN BREESE		01:59:25	FS	01:58:38	847	1816
845	MATT WILLIAMSON		01:59:28	MS	01:58:38	848	723
846	PAUL ANTHONY DAVIES		01:59:29	MS	01:58:47	853	42
847	FRANK CALDER		02:01:33	MS	01:58:23	843	1131
848	EMYR REES		01:59:36	MS	01:58:32	845	184
849	ALUN NELSON		01:59:41	MS	01:58:46	851	1901
850	SARAH DRAPER		01:59:43	FS	01:58:11	840	1717
851	PAUL DAVIES		01:59:45	MS	01:57:57	835	1024
852	RICHARD MCCARTHY		01:59:47	MS	01:58:32	846	480
853	STEPHEN JOB		01:59:48	M40	01:58:46	852	740
854	ROBERT HARRIS	ASICS AMATEURS	01:59:48	MS	01:59:16	867	1589
855	LON MORGAN	TROT'S	01:59:52	F45	01:59:14	865	1508
856	CHRISTOPHER BURKE		01:59:53	MS	01:59:03	860	1774
857	SIAN HARTSTILL		01:59:54	FS	01:59:33	875	1521
858	DAMIAN MACKEY		02:00:03	M40	01:58:52	854	1065
859	REBECCA GUNSTONE	MUMBLES MILERS	02:00:07	FS	01:59:40	883	1649
860	RICHARD JOHN NICHOLAS JEFFERIES		02:00:09	MS	01:59:04	861	120
861	WAYNE TALBOT		02:00:15	M40	01:59:07	863	772
862	JIM HALSEY		02:00:15	M40	01:59:43	885	1827
863	CARL HANNEY		02:00:15	MS	01:59:36	880	1311
864	GARETH MORGAN		02:00:15	MS	01:59:36	881	1309
865	KELLY WAITE	ISLWYN RC	02:00:16	FS	01:59:27	871	1332
866	CHRIS HAINES		02:00:18	MS	01:58:53	855	1000
867	NEIL GREENAWAY		02:00:18	MS	01:58:56	857	1699
868	PHILLIP STONEMAN		02:00:19	M40	01:59:48	886	207
869	RICHARD ELLISON		02:00:20	M40	01:58:59	858	1120
870	MATTHEW THOMAS		02:00:20	M40	01:59:00	859	1615
871	CHRISTOPHER WRIGHT		02:00:20	MS	01:59:35	879	1609
872	ORMOND WILLIAMS		02:00:23	M40	02:00:10	902	1808
873	AIDAN DAVIES		02:00:26	MS	01:59:20	869	669
874	STEVEN WILLIAMS	MLC	02:00:32	M40	02:00:02	894	1382

**DON'T FORGET ... The Llanelli Waterside 10k - 20th June 2010**

## Llanelli Waterside Half Marathon - Results - 2010 ....(provisional until fully ratified)

Pos	Full Name	Club	Time	Cat	Chip Time	Chip Pos	Bib No
875	STEVEN JEFFERIES		02:00:35	FS	01:59:34	876	617
876	EWEN MCLAUGHLIN		02:00:42	M40	01:58:53	856	498
877	PHIL DAWBER		02:00:42	MS	02:00:29	918	284
878	OWEN HATHWAY	ABER BAA BAAS	02:00:44	MS	01:59:57	892	389
879	EMMA BOWEN		02:00:45	FS	01:59:55	889	489
880	PETER SHANLEY		02:00:48	M40	01:59:04	862	459
881	PHILIP HYATT		02:00:48	M40	01:59:23	870	1655
882	EMMA EVANS		02:00:48	F35	01:59:18	868	1470
883	NEIL HUGGINS		02:00:53	MS	01:59:13	864	1398
884	HELEN ELIZABETH COATES		02:00:53	FS	01:59:41	884	34
885	MARTIN WELLS	SILVER SURFER	02:00:54	MS	02:00:17	909	1842
886	MICHAEL CLAYDEN		02:00:55	MS	01:59:31	874	1777
887	JOANNA CLAIRE ROTHWELL		02:01:02	FS	01:59:27	872	195
888	ANNETTE DAVIES	BUILTH & DISTRICT RUNNING CLUB	02:01:05	F35	02:00:17	910	1594
889	RHIAN EDWARDS		02:01:07	FS	02:00:10	903	1642
890	RACHAEL KENNARD		02:01:07	F35	02:00:10	904	1640
891	MARY-ANNE MILLS		02:01:09	FS	02:00:19	912	1286
892	GLYN JOHNSTON		02:01:09	MS	02:00:03	895	1239
893	MATTHEW JENKINS		02:01:10	MS	02:00:17	911	1497
894	ROB JONES		02:01:10	M40	02:00:19	913	814
895	RACHEL REES		02:01:13	F35	01:59:34	877	258
896	JASON TURNBULL		02:01:13	M40	01:59:34	878	1431
897	ERYL POWELL	PENARTH & DINAS	02:01:14	F35	01:59:39	882	1327
898	CARL MORRIS		02:01:15	MS	01:59:57	893	1298
899	MARTIN JOHN HARRIS		02:01:16	M40	02:00:07	899	97
900	ALAN WOODS		02:01:17	MS	02:00:14	908	1020
901	RICHARD DONNE	3MS GORSEINON ROAD RUNNERS	02:01:20	M40	02:00:08	900	1644
902	RHYS MURPHY		02:01:25	MS	02:01:08	927	1814
903	HUW DAVIES		02:01:26	MS	01:59:55	890	1010
904	JUSTIN LLOYD	SCARLETS	02:01:27	MS	01:59:56	891	1562
905	TERESA PRIDMORE	ELODIE WILTON APPEAL	02:01:29	F35	02:00:38	922	1590
906	HEATHER DENNIS		02:01:29	F35	02:00:39	923	452
907	SAMANTHA STRONACH		02:01:29	FS	02:00:10	905	426
908	NICOLA DONOVAN		02:01:29	F35	02:00:11	907	1322
909	JAMES REED		02:01:32	MS	01:59:28	873	180
910	CARYS ROBERTS		02:01:33	FS	02:00:31	920	967
911	ROBERT TOD		02:01:36	MS	01:59:51	887	1818
912	ANITA TUCKNUTT		02:01:37	F35	02:00:24	917	548

**DON'T FORGET ... The Llanelli Waterside 10k - 20th June 2010**



## Llanelli Waterside Half Marathon - Results - 2010 ....(provisional until fully ratified)

Pos	Full Name	Club	Time	Cat	Chip Time	Chip Pos	Bib No
913	MARK THOMAS		02:01:39	MS	02:00:29	919	214
914	JONATHAN WALTERS		02:01:42	MS	02:00:42	924	770
915	DELYTH MURRAY-LINES		02:01:44	FS	02:00:19	914	157
916	RICHARD RIMMER		02:01:44	M40	02:00:08	901	190
917	DYLAN JONES		02:01:52	M40	01:59:52	888	130
918	BERNARD JAMES CARROLL		02:01:54	M50	02:00:34	921	1486
919	JONATHON TALBOT		02:01:56	MS	02:00:48	925	774
920	DANIELLE LOUISA HARDCASTLE		02:01:56	FS	02:00:10	906	96
921	LISA THOMAS		02:01:58	F35	02:01:08	928	795
922	GRANT DUNCAN		02:01:58	M50	02:01:19	931	809
923	GEMMA DAVIES		02:02:01	FS	02:00:22	915	1096
924	DONNA THATCHER		02:02:05	F35	02:01:43	944	753
925	MICHAEL WILLIAMS		02:02:11	MS	02:01:00	926	1584
926	DEBBIE ONEIL		02:02:15	FS	02:00:04	896	1793
927	HUW DAKIN		02:02:15	MS	02:00:04	897	1794
928	DAVE WALKER		02:02:26	M40	02:01:28	937	1410
929	GARETH PARRY		02:02:32	MS	02:00:23	916	1351
930	SIMON CLEMENT		02:02:34	MS	02:01:26	935	534
931	JASON JONES		02:02:37	M40	02:01:59	949	718
932	KATE QUICK		02:02:42	F35	02:01:25	933	760
933	DAVID ROBINSON		02:02:44	MS	02:01:56	948	1895
934	ALAN EVANS		02:02:47	M50	02:01:15	929	1749
935	RICHARD COUSINS		02:02:50	MS	02:01:26	936	788
936	SARAH BARKER		02:02:50	FS	02:01:48	947	864
937	TONY DICKINSON	BRAT CLUB	02:02:58	MS	02:01:21	932	374
938	DORIAN WHITE		02:02:59	MS	02:01:33	940	450
939	SARA MORGAN		02:03:06	FS	02:02:04	951	1058
940	KEVIN DAVIS	THORNBURY RUNNING CLUB	02:03:06	M50	02:01:37	941	337
941	FRAN PARKINSON		02:03:08	FS	02:02:09	953	838
942	STEPHEN LEWIS		02:03:10	MS	02:01:30	938	436
943	KATHRYN ZEHETMAYR	MINNE MOUSE	02:03:12	FS	02:01:47	946	751
944	MARTIN SYMONDS		02:03:12	M50	02:01:44	945	1539
945	REBECCA HUDSON	CLUB DERIANT	02:03:14	FS	02:01:41	942	114
946	CARON HANDS	FERC	02:03:14	F45	02:01:15	930	1744
947	STUART PEARSON		02:03:23	MS	02:03:11	974	1828
948	JENNY WILLIAMS	GOOCH	02:03:31	FS	02:01:25	934	1647
949	KEVIN GRIFFITHS		02:03:31	MS	02:02:11	954	1459
950	JIM SULLIVAN		02:03:31	M40	02:02:16	956	862

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## Llanelli Waterside Half Marathon - Results - 2010 ....(provisional until fully ratified)

Pos	Full Name	Club	Time	Cat	Chip Time	Chip Pos	Bib No
951	STEVE THOMAS		02:03:35	M40	02:02:19	957	416
952	ALAN CHESTERS		02:03:38	M50	02:01:41	943	1221
953	KAREN DUSGATE		02:03:40	F45	02:02:31	959	384
954	JOHN DAVID WILKINS		02:03:43	M50	02:02:05	952	232
955	HUW RICHARDS		02:03:43	MS	02:02:41	963	890
956	RACHEL WOOLLEY	VILLAGE VIPERS	02:03:47	FS	02:01:59	950	1667
957	STEPHEN DONNELLY		02:03:47	MS	02:01:31	939	1918
958	CHRISTINE O'SHEA		02:03:53	FS	02:02:15	955	1323
959	MURRAY HICKEY		02:03:59	MS	02:02:36	961	765
960	RICHARD THORPE		02:04:02	M40	02:02:50	967	956
961	BRIAN SLATE		02:04:03	M60	02:02:32	960	659
962	AMANDA BARRINGTON	WOMENS RUNNING NETWORK	02:04:05	F35	02:03:07	972	980
963	ANDREA PACE		02:04:05	F35	02:03:08	973	524
964	JASON MERRIFIELD		02:04:16	MS	02:02:25	958	958
965	ANDREW LIGHT		02:04:22	M40	02:03:24	977	1315
966	OLIVER MINERS		02:04:23	MS	02:02:40	962	1651
967	STUART REES		02:04:24	MS	02:04:02	987	775
968	JAMES SAUNDERS		02:04:29	MS	02:03:19	976	1536
969	COLIN JOHNS		02:04:30	M40	02:02:56	969	1067
970	GARETH JONES		02:04:36	M40	02:02:45	965	865
971	DONNA JONES		02:04:36	F35	02:02:45	966	866
972	KATH HUDD		02:04:36	FS	02:02:44	964	113
973	STEVEN THOMAS		02:04:42	MS	02:03:40	980	1406
974	JAMIE PROBERT		02:04:42	MS	02:03:40	981	1405
975	IAIN LEIGHTON		02:04:53	MS	02:02:57	970	1178
976	ALUN EVANS		02:05:01	MS	02:03:58	986	1624
977	GARY BIRD		02:05:02	M40	02:04:04	990	9
978	RICHARD ADAMS		02:05:06	M40	02:03:01	971	1526
979	NIC NORTH		02:05:07	M40	02:05:00	1001	888
980	ALLISON JONES	WECORI	02:05:13	F35	02:03:14	975	687
981	AMANDA LYNCH		02:05:18	F35	02:04:12	993	1312
982	GARY JONES		02:05:30	M50	02:03:56	983	736
983	SADIE JONES		02:05:30	FS	02:03:57	985	735
984	MICHAEL WILLIAMS		02:05:31	MS	01:59:15	866	635
985	ALUN NEALE		02:05:33	MS	02:03:32	978	1193
986	SIAN LOUISE TOMOS		02:05:35	F35	02:03:45	982	218
987	DAVE THOMAS	BRITISH AIRWAYS AC	02:05:38	M40	02:04:45	997	518
988	SIMON PETER WILLIAMS		02:05:39	M40	02:03:38	979	1214

**DON'T FORGET ... The Llanelli Waterside 10k - 20th June 2010**

## Llanelli Waterside Half Marathon - Results - 2010 ....(provisional until fully ratified)

Pos	Full Name	Club	Time	Cat	Chip Time	Chip Pos	Bib No
989	JIM HOLLAND		02:05:44	MS	02:04:11	991	1421
990	JUDE ROBERTS		02:05:53	F35	02:04:02	988	1789
991	JOHN PALMER		02:05:54	M50	02:04:39	995	167
992	DUNCAN THROP		02:05:57	MS	02:03:56	984	592
993	CLAIRE JENKINS		02:05:58	F35	02:05:14	1005	122
994	BETH COLLINS		02:06:00	FS	02:04:34	994	462
995	ANDREW WILLIAMS		02:06:01	MS	02:05:24	1012	1023
996	ROBAT RUSSELL		02:06:02	FS	02:05:19	1008	1546
997	PAUL GANDER		02:06:03	MS	02:04:41	996	478
998	MATTHEW PRICE		02:06:09	MS	02:04:11	992	1599
999	CHRISTOPHER THOMAS HALL		02:06:09	M40	02:04:02	989	1270
1000	HELEN WALSH		02:06:10	F55	02:05:02	1002	225
1001	LYNDA THOMAS		02:06:11	FS	02:05:21	1010	310
1002	HELEN UZZELL		02:06:16	F35	02:05:46	1020	1550
1003	JAMIE PAWSEY		02:06:17	MS	02:05:24	1013	839
1004	PHILLIP KYTE		02:06:18	MS	02:05:15	1006	140
1005	ANDREA GRIFFITHS	CELTIC TRI	02:06:27	F35	02:05:23	1011	1413
1006	PETER JONES		02:06:28	M50	02:04:50	998	1005
1007	HYWEL LLOYD HUGHES		02:06:30	M50	02:05:07	1004	1493
1008	MARTIN CARROLL		02:06:39	M50	02:05:19	1009	1485
1009	SIAN SPENCER-JONES		02:06:44	FS	02:05:40	1019	1678
1010	LEA FOGARAS		02:06:45	FS	02:04:57	999	1537
1011	BEN RAICHONDHURY		02:06:45	M60	02:04:58	1000	1868
1012	NICOLA POOLE		02:06:47	F35	02:05:05	1003	1367
1013	HELEN GRIFFITHS		02:06:52	F35	02:06:32	1039	1464
1014	ANDRE MCPHERSON	SOSPAN ROAD RUNNERS	02:06:56	MS	02:05:53	1023	380
1015	RUMIKO KING		02:07:03	FS	02:06:07	1029	595
1016	DYLAN JONES		02:07:06	MS	02:05:15	1007	1603
1017	JOHN AYRES	PORT TALBOT HARRIERS	02:07:07	M50	02:05:58	1026	1320
1018	ANDREW PARK	TORQUAY ATHLETIC CLUB	02:07:08	M60	02:06:14	1030	1563
1019	LINDA KEELAN		02:07:10	F45	02:05:47	1021	764
1020	JOHN JOSEPH KING		02:07:15	M60	02:06:54	1048	1525
1021	JULIE ANN LEWIS		02:07:16	F35	02:06:25	1037	1177
1022	OWEN DUGGAN		02:07:18	MS	02:05:53	1024	1772
1023	JOHN RYAN BEVAN		02:07:20	MS	02:05:50	1022	265
1024	RHIANWEN PETRUSE		02:07:20	F35	02:06:14	1031	844
1025	EIRIAN MARC DAVIES		02:07:23	MS	02:06:49	1044	1295
1026	JOSEPHINE ROSS		02:07:29	F45	02:00:05	898	1907

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## Llanelli Waterside Half Marathon - Results - 2010 ....(provisional until fully ratified)

Pos	Full Name	Club	Time	Cat	Chip Time	Chip Pos	Bib No
1027	ROBERT WEEKS		02:07:30	M40	02:05:53	1025	227
1028	NICHOLAS COLE		02:07:30	MS	02:05:33	1015	1840
1029	FIONA OWEN		02:07:30	F45	02:05:30	1014	1430
1030	ZOE EMERY		02:07:32	F35	02:06:35	1040	52
1031	JO WATSON		02:07:33	FS	02:05:39	1018	1797
1032	ALISON PALMER		02:07:34	F45	02:06:18	1034	166
1033	KIM WILLIAMS		02:07:40	F45	02:06:31	1038	1729
1034	DARREN HANCOCK		02:07:42	MS	02:06:38	1041	1165
1035	ERIKA FITZGIBBON	WOMENS RUNNING NETWORK	02:07:50	F55	02:06:53	1046	363
1036	DANIELLE CASE	WRL	02:07:50	FS	02:06:52	1045	1893
1037	MARK THOMAS		02:07:50	M40	02:06:40	1042	1122
1038	CATRIN ELLIS		02:07:50	FS	02:05:58	1027	1587
1039	LEIGH MOSES		02:07:52	MS	02:07:05	1050	1867
1040	SARAH POPE	WOMEN'S RUNNING NETWORK	02:07:55	F45	02:06:57	1049	545
1041	PAUL CARPANINI		02:07:58	MS	02:07:12	1051	1271
1042	SHIRLEY DAVIES		02:08:00	F35	02:06:40	1043	877
1043	DAVID LOCKE	SPIRIT OF MONMOUTH RUNNING CLU	02:08:07	M40	02:06:00	1028	825
1044	WENDY WALKER		02:08:07	FS	02:06:17	1033	905
1045	CAROLINE COLE		02:08:32	FS	02:06:53	1047	1771
1046	GAVIN EVANS		02:08:32	M40	02:06:20	1035	1422
1047	HELEN GRIFFITHS		02:08:33	FS	02:06:16	1032	371
1048	JULIAN SANDERS		02:08:33	MS	02:06:21	1036	1423
1049	MANDY BEER	WOMENS RUNNING NETWORK	02:08:50	F45	02:07:12	1052	493
1050	FINOLA WILSON	WOMENS RUNNING NETWORK	02:08:52	F35	02:07:14	1053	240
1051	CLIVE POUND		02:08:57	MS	02:07:46	1059	1476
1052	STEVEN FORD		02:08:59	MS	02:07:24	1055	69
1053	JAMES HARVEY	WIOC	02:09:00	MS	02:07:34	1056	601
1054	JOHN GEESON		02:09:04	MS	02:05:34	1016	1408
1055	JOHN PAYNE		02:09:06	M40	02:08:35	1072	1268
1056	AISHA HUSSEIN		02:09:06	FS	02:05:36	1017	1407
1057	STEVEN NADEN		02:09:17	M40	02:07:16	1054	1881
1058	HAYLEY REVELL		02:09:18	F35	02:08:33	1071	1727
1059	HELEN WILLIAMS	ISLWYN RC	02:09:19	FS	02:08:30	1070	1606
1060	PETER DAVID MARTIN TOWNSEND		02:09:21	MS	02:08:17	1067	1203
1061	NICK STAVRAKIS		02:09:26	M40	02:07:57	1062	507
1062	CATHERINE LLEWELLYN		02:09:30	F45	02:09:21	1088	1780
1063	NIGEL WILLIAM BRYANT		02:09:32	M50	02:02:54	968	22
1064	DARRYL SLEATH		02:09:33	M40	02:07:58	1063	201

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## Llanelli Waterside Half Marathon - Results - 2010 ....(provisional until fully ratified)

Pos	Full Name	Club	Time	Cat	Chip Time	Chip Pos	Bib No
1065	VIVIENNE KAVANAGH	3MS GORSEINON ROAD RUNNERS	02:09:35	F45	02:07:47	1060	1514
1066	JOANNE DERRICK		02:09:35	F35	02:07:47	1061	1513
1067	MATHEW JOJES		02:09:43	MS	02:08:39	1073	1759
1068	RHIAN JONES		02:09:46	FS	02:07:38	1058	1035
1069	GRAHAM TUCKWOOD		02:09:49	M40	02:09:08	1085	1279
1070	CLARE JEWELL		02:09:49	F45	02:07:58	1064	646
1071	NIGEL WILLIAMS		02:09:51	MS	02:09:15	1086	891
1072	EMMA JOHNSTON		02:09:55	FS	02:08:48	1077	1240
1073	KEITH LEWIS		02:09:57	M40	02:08:41	1075	832
1074	JOANA LINDLEY		02:10:02	FS	02:08:16	1066	974
1075	SARA SANCHEZ		02:10:03	F35	02:08:17	1068	975
1076	CALUM LAWSON		02:10:03	MS	02:08:07	1065	1654
1077	ANGHARAD HULL	SARN HELEN	02:10:07	FS	02:09:25	1091	1353
1078	JUSTINE PHILLIPS		02:10:09	FS	02:08:48	1078	1285
1079	LOUISE NICHOLLS		02:10:19	FS	02:08:49	1079	1541
1080	CAROLINE YOUNG		02:10:19	FS	02:07:35	1057	1123
1081	SIMON DAVIS		02:10:22	M40	02:09:01	1082	683
1082	ANTHONY HENEBERY	MUMBLES MILERS	02:10:23	M40	02:09:23	1089	931
1083	CERIS LLEWELLYN		02:10:27	F45	02:09:43	1096	1775
1084	RICHARD KYTE		02:10:27	M40	02:09:24	1090	781
1085	CHERYL STANSFIELD		02:10:32	F45	02:08:40	1074	1696
1086	LOUISE PIPER-JONES		02:10:34	FS	02:09:15	1087	133
1087	LOUISE PARRY	3MS GORSEINON ROAD RUNNERS	02:10:35	FS	02:09:58	1100	1646
1088	EMMALINE HARDY-REES		02:10:37	FS	02:08:49	1080	271
1089	CLAIRE THOMAS	TROTS	02:10:40	FS	02:10:02	1104	1610
1090	NIAMH GILL		02:10:41	FS	02:08:42	1076	1702
1091	MICHAEL HOWELL		02:10:43	M40	02:08:25	1069	1284
1092	BECKY STACKHOUSE		02:10:48	FS	02:09:04	1083	768
1093	TONY GRANDON		02:10:52	M60	02:09:31	1092	1162
1094	GARETH EDWARDS		02:10:58	M40	02:10:12	1108	1811
1095	SHIRLEY DAVIES	MULTISPORT RACING CLUB	02:10:58	F45	02:10:14	1109	1446
1096	GEMMA WILLIAMS		02:11:01	FS	02:09:56	1099	367
1097	STEVEN BIRCHENOUGH		02:11:08	MS	02:09:06	1084	1140
1098	JOSEPH SULLIVAN		02:11:15	MS	02:10:01	1102	863
1099	DAVID GUINEE		02:11:16	MS	02:10:02	1105	867
1100	MATT COLTON		02:11:20	MS	02:08:54	1081	1277
1101	CATHERINE RICHARDS	MULTISPORT RACING CLUB	02:11:25	F45	02:10:41	1116	1445
1102	PETER LACEY		02:11:26	M40	02:09:41	1094	332

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## Llanelli Waterside Half Marathon - Results - 2010 ....(provisional until fully ratified)

Pos	Full Name	Club	Time	Cat	Chip Time	Chip Pos	Bib No
1103	JENNY PARKER		02:11:27	FS	02:09:42	1095	333
1104	IAN STRATTON	BRACKLA HARRIERS	02:11:31	M40	02:10:07	1106	1424
1105	RACHAEL SHAW		02:11:32	FS	02:10:39	1115	1302
1106	JOHN SHEEHAN		02:11:36	MS	02:10:23	1111	1040
1107	CHARLES IAN ALLEN		02:11:38	M40	02:09:59	1101	24
1108	HELEN WYN HALL		02:11:40	F45	02:09:33	1093	1269
1109	KATE BROOKS		02:11:42	F35	02:10:01	1103	785
1110	PETER THOMAS		02:11:42	MS	02:10:23	1112	357
1111	JONATHAN DAVIES		02:11:42	MS	02:10:23	1113	1629
1112	FIONA EVANS		02:11:44	F35	02:10:45	1118	269
1113	RACHEL NEWTON		02:11:44	FS	02:10:44	1117	1613
1114	CHLOE WHITTALL		02:11:45	FS	02:09:47	1097	992
1115	FRAN EDWARDS		02:11:47	FS	02:09:55	1098	1380
1116	LANA REES	QUEST	02:11:49	FS	02:10:17	1110	1056
1117	ANDREW KEITH STALEY		02:11:52	M40	02:11:52	1150	204
1118	TINA JONES		02:11:52	F45	02:10:07	1107	136
1119	LAURA PRITCHARD		02:11:54	FS	02:10:29	1114	1453
1120	SARA THOMAS		02:11:56	FS	02:10:56	1123	217
1121	PETER WIDDRINGTON		02:12:01	M60	02:11:13	1127	1645
1122	ANDREA BRABROOK	EMLYN RUNNERS	02:12:02	F35	02:11:19	1129	1042
1123	DAVID REES		02:12:09	M40	02:10:45	1119	183
1124	ERIC FREW		02:12:18	M40	02:12:06	1156	1846
1125	KAREL BALCAEN	SWANSEA UNIVERSITY	02:12:22	MS	02:10:45	1120	1767
1126	KAROLINA KAPETANAKI	SWANSEA UNIVERSITY ATHLETIC UN	02:12:23	FS	02:10:47	1121	1762
1127	NIGEL BEST		02:12:26	M50	02:11:03	1126	1081
1128	CERI FRANCIS		02:12:31	FS	02:11:13	1128	1628
1129	MICHELLE CAMPBELL-DAVIES		02:12:37	FS	02:11:44	1145	667
1130	RUNA BAKSHI		02:12:38	FS	02:11:45	1147	654
1131	DYLAN DAVIES		02:12:39	MS	02:11:28	1132	1605
1132	EIFION JONES		02:12:39	MS	02:11:28	1133	1375
1133	HAYLEY WALDER		02:12:40	F35	02:11:33	1138	223
1134	ELIZABETH CLAIRE WILLIAMS		02:12:41	FS	02:11:36	1139	1498
1135	JAMES HEALEY		02:12:44	M40	02:11:59	1155	1909
1136	TIMOTHY CUNDY		02:12:45	MS	02:11:02	1124	378
1137	JON CUNDY		02:12:45	MS	02:11:02	1125	379
1138	DAVID CLARK		02:12:56	M50	02:11:57	1153	1913
1139	REBECCA GREENAWAY		02:12:58	F35	02:11:37	1141	1698
1140	JEREMIE RICHARD		02:12:58	MS	02:10:50	1122	272

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## Llanelli Waterside Half Marathon - Results - 2010 ....(provisional until fully ratified)

Pos	Full Name	Club	Time	Cat	Chip Time	Chip Pos	Bib No
1141	IAN MORRIS		02:13:01	MS	02:11:28	1134	653
1142	RHIANNON MORRIS		02:13:01	F35	02:11:28	1135	652
1143	CHARLOTTE MONNIOT		02:13:05	FS	02:11:22	1131	377
1144	KIM STOUT		02:13:06	F45	02:11:36	1140	1032
1145	CAROLINE MORGAN		02:13:06	F35	02:11:57	1154	903
1146	HUW JAKEWAY		02:13:09	M40	02:11:43	1144	483
1147	LLOYD WILLIAMS		02:13:09	M40	02:11:44	1146	237
1148	KEVIN GREEN		02:13:15	M40	02:12:22	1157	1102
1149	MATTHEW BRIANT		02:13:19	M40	02:11:30	1136	608
1150	LES TAYLOR		02:13:21	M50	02:12:47	1166	1070
1151	EMMA JOHN		02:13:24	F35	02:11:19	1130	125
1152	VICTORIA ANDERSON	SCARLETS	02:13:25	FS	02:11:55	1151	1561
1153	MARTIN CORRALL		02:13:27	M50	02:11:55	1152	1224
1154	ALUN SAMUEL		02:13:29	M40	02:11:40	1142	1316
1155	MAUREEN FOLEY		02:13:30	F45	02:11:51	1149	1555
1156	ANDREW DAVID MILES		02:13:33	M40	02:11:30	1137	1189
1157	TOM STEVENS		02:13:40	MS	02:11:46	1148	1798
1158	MARK ELLIS		02:13:45	MS	02:12:46	1165	1465
1159	GARY GREY		02:13:49	MS	02:11:40	1143	1079
1160	MARIO PICOTTOW	WINDOS	02:13:49	MS	02:13:34	1181	1128
1161	ANTHONY RICHARDS		02:13:51	M40	02:12:31	1159	926
1162	LIAM ROBERTS	1ST BATTALION WELSH GUARDS	02:13:59	MS	02:13:42	1186	1851
1163	STEVEN JONES	1ST BATTALION WELSH GUARDS	02:13:59	MS	02:13:40	1183	1852
1164	BEN FLYNN	1ST BATTALION WELSH GUARDS	02:13:59	MS	02:13:43	1189	1862
1165	CARL TAYLOR	1ST BATTALION WELSH GUARDS	02:13:59	MS	02:13:44	1191	1856
1166	SCOTT HAYWARD	1ST BATTALION WELSH GUARDS	02:13:59	MS	02:13:41	1185	1854
1167	STEVEN PETERS	1ST BATTALION WELSH GUARDS	02:14:00	MS	02:13:45	1192	1861
1168	STUART MAY	1ST BATTALION WELSH GUARDS	02:14:00	MS	02:13:42	1187	1855
1169	EDWARD MANSEL LEWIS		02:14:00	MS	02:13:42	1188	1620
1170	BEN DAVIES	1ST BATTALION WELSH GUARDS	02:14:00	MS	02:13:43	1190	1859
1171	LIZ LEWIS		02:14:06	F35	02:12:42	1163	334
1172	CORRINE WILLIAMS		02:14:08	FS	02:12:51	1168	848
1173	BEN WILLIAMSON		02:14:25	MS	02:13:15	1175	1012
1174	MARY HARRIS		02:14:32	F45	02:13:09	1170	570
1175	BRENDAN SWEENEY		02:14:34	M40	02:12:23	1158	362
1176	HELEN WELCH		02:14:34	F35	02:12:37	1162	1571
1177	ALUN CLEVERLEY		02:14:35	M40	02:12:31	1160	1666
1178	CERI CLEVERLEY		02:14:36	F35	02:12:32	1161	1668

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## Llanelli Waterside Half Marathon - Results - 2010 ....(provisional until fully ratified)

Pos	Full Name	Club	Time	Cat	Chip Time	Chip Pos	Bib No
1179	JUDY TAYLOR		02:14:36	F45	02:13:54	1197	1434
1180	ROBERT FENWICK		02:14:37	M40	02:13:27	1179	499
1181	NAYLOR CHARLOTTE		02:14:38	FS	02:13:01	1169	1637
1182	SANDRA RADFORD		02:14:40	F35	02:13:12	1173	1593
1183	STEVEN DELANEY		02:14:43	MS	02:12:44	1164	991
1184	GIANCARLO LODWIG		02:14:58	MS	02:12:49	1167	1179
1185	ALLYSON LIPP		02:15:05	F45	02:13:21	1177	143
1186	SARAH DAVIES		02:15:06	FS	02:13:28	1180	45
1187	WING WONG		02:15:11	MS	02:13:10	1172	1212
1188	CALUM JONES		02:15:14	MS	02:13:37	1182	1307
1189	SARAH MAJOR		02:15:15	FS	02:13:09	1171	1522
1190	ROBERT CLARKE	ROBERT CLARKE FITNESS CENTRE	02:15:17	M40	02:13:40	1184	1374
1191	COLETTE CONROY		02:15:34	F35	02:13:14	1174	798
1192	PETER JONES		02:15:35	M40	02:13:52	1195	1602
1193	RACHEL ROBERTS		02:15:36	FS	02:15:11	1215	720
1194	ANDREW JONES		02:15:37	MS	02:13:49	1194	567
1195	CHRISTOPHER O'SHEA		02:15:40	MS	02:14:20	1203	1343
1196	EDWARD MORRIS		02:15:40	MS	02:14:17	1201	1733
1197	LUCY NEVITT		02:15:43	F35	02:13:23	1178	799
1198	SARAH GILLET		02:15:44	FS	02:14:54	1206	1681
1199	RUTH BUTTERFIELD		02:15:46	FS	02:14:54	1207	1614
1200	NATHAN ANNAND		02:15:48	MS	02:15:27	1218	1338
1201	EIRA ROWE	WOMENS RUNNING NETWORK	02:15:49	F35	02:13:56	1198	1427
1202	MICHAEL JAMES	LES CROUPIERS	02:15:53	M60	02:15:01	1210	738
1203	MANDY CAVILL		02:15:57	F45	02:13:53	1196	491
1204	LOWRI WILLIAMS		02:15:57	FS	02:13:46	1193	238
1205	ALICE PIERCY		02:15:58	FS	02:15:23	1217	1658
1206	SARAH EDWARDS		02:15:59	FS	02:14:17	1202	286
1207	SUSAN BUCKLEY	FETCH EVERYONE RC	02:16:11	FS	02:14:10	1199	625
1208	GEORGE VENABLES		02:16:14	M50	02:14:16	1200	1062
1209	PAULA EVELEIGH-WILLIAMS		02:16:26	F35	02:14:44	1204	961
1210	LISA WOOD		02:16:32	FS	02:15:05	1213	449
1211	NEIL JONES		02:16:36	MS	02:15:48	1222	1782
1212	CHRISTOPHER FRAZER		02:16:46	M40	02:15:09	1214	74
1213	TRACY DRUMMOND-GOVIER	CELTIC TRI	02:16:53	F35	02:14:55	1208	516
1214	ROBERT GOVIER	CELTIC TRI	02:16:53	MS	02:14:57	1209	515
1215	VIVIENNE JONES	SOSPAN ROAD RUNNERS	02:16:58	F35	02:15:02	1211	870
1216	LINDA GREENFIELD		02:17:00	F45	02:14:51	1205	87

**DON'T FORGET ... The Llanelli Waterside 10k - 20th June 2010**



## Llanelli Waterside Half Marathon - Results - 2010 ....(provisional until fully ratified)

Pos	Full Name	Club	Time	Cat	Chip Time	Chip Pos	Bib No
1217	GERAINT DAVIES		02:17:03	MS	02:15:32	1219	1874
1218	DYLAN HUGHES		02:17:03	MS	02:15:32	1220	1900
1219	MARTIN NICHOLLS	3MS GORSEINON ROAD RUNNERS	02:17:03	M40	02:15:03	1212	159
1220	KELLY GAFFNEY	LLISWERRY RUNNERS	02:17:10	FS	02:15:47	1221	624
1221	CLARE BIRCH	QUEST FITNESS	02:17:11	F35	02:15:19	1216	936
1222	MIKE RICHARDS		02:17:17	MS	02:15:57	1223	927
1223	JULIE ELIZABETH NOBLE	CELTIC TRI	02:17:34	F35	02:16:00	1224	1191
1224	ELINOR CORDINER		02:17:37	F35	02:16:29	1229	257
1225	EIRLYS EVANS		02:17:50	F45	02:17:16	1238	897
1226	SEANNE SANDFORD		02:17:58	FS	02:16:13	1225	696
1227	ELIZABETH WAITES		02:18:02	F45	02:16:33	1231	896
1228	JODY DAVIES	WOMENS RUNNING NETWORK	02:18:09	FS	02:17:20	1239	40
1229	RACHAEL PARKINSON		02:18:10	FS	02:17:21	1240	307
1230	CAROLYN JAY		02:18:14	F35	02:16:29	1230	117
1231	NEAL DOUGLAS STEPHENS		02:18:18	M40	02:16:17	1227	1201
1232	PAUL LANE		02:18:18	M40	02:16:16	1226	1183
1233	SUSAN KATHRYN FELSTEAD	CELTIC TRI	02:18:21	F35	02:16:48	1233	1157
1234	BILL KENT		02:18:26	M50	02:16:24	1228	1175
1235	SARAH STEVENS	PENARTH & DINAS RUNNERS	02:18:40	FS	02:16:40	1232	1770
1236	GEOFF BURROWS		02:18:44	M50	02:18:09	1255	587
1237	PAUL GIBBY		02:18:49	M60	02:17:12	1235	1503
1238	ROGER O'BRIEN		02:18:54	M40	02:18:54	1269	1595
1239	MICHAEL PRITCHARD		02:19:08	M50	02:17:41	1243	876
1240	ELLENA TALBOT		02:19:12	FS	02:18:16	1258	1813
1241	CATHRYN MCLEAN		02:19:15	F35	02:18:24	1261	151
1242	MARK DAVIES		02:19:19	MS	02:17:13	1237	622
1243	MARTYN RUCK		02:19:23	MS	02:18:08	1254	1690
1244	JENNY FIFIELD		02:19:26	F45	02:17:33	1242	685
1245	PETER DALE		02:19:26	M50	02:17:07	1234	1083
1246	MARK EMMS		02:19:27	MS	02:18:05	1253	1155
1247	ANGELA LEWIS		02:19:30	F45	02:17:53	1247	1726
1248	ANNE MASTERS	CHEPSTOW HARRIERS	02:19:31	F55	02:17:47	1246	149
1249	JACKIE MILLER		02:19:33	F45	02:17:58	1249	1301
1250	NIGEL JONES		02:19:35	M50	02:17:30	1241	135
1251	JENNIFER FRIGGENS		02:19:41	FS	02:17:42	1244	1843
1252	DARREN XIBERRAS		02:19:41	MS	02:18:46	1267	1078
1253	CLIVE THOMPSON		02:19:42	M50	02:17:43	1245	1566
1254	ALICE ANDREWS		02:19:47	FS	02:17:12	1236	23

**DON'T FORGET ... The Llanelli Waterside 10k - 20th June 2010**

## Llanelli Waterside Half Marathon - Results - 2010 ....(provisional until fully ratified)

Pos	Full Name	Club	Time	Cat	Chip Time	Chip Pos	Bib No
1255	ALEXANDRA MASON		02:19:49	FS	02:17:58	1250	1379
1256	CARLOS HERNANDEZ		02:19:49	MS	02:17:58	1251	743
1257	KEVIN DAVIES		02:19:51	MS	02:18:33	1263	509
1258	STEPHEN MERCHANT		02:19:54	M40	02:17:55	1248	296
1259	ADELLE GRIFFITHS		02:19:56	FS	02:18:29	1262	370
1260	ALFIE GUAVARA		02:20:01	MS	02:18:18	1259	802
1261	CAROLINE FREEMAN	RIVERSIDE RUNNERS	02:20:01	FS	02:18:18	1260	801
1262	WAYNE MALIPHANT		02:20:06	MS	02:18:38	1266	409
1263	SHAN BREESE	ABERYSTWYTH AC	02:20:14	F45	02:19:26	1275	1815
1264	SELINA PHILPIN		02:20:20	FS	02:18:37	1265	923
1265	HELEN JONES		02:20:20	FS	02:18:11	1256	131
1266	LEE-JOHN BAKER		02:20:21	MS	02:18:49	1268	2
1267	ANNA GRIFFITHS		02:20:22	FS	02:18:54	1270	369
1268	HELEN ASHCROFT		02:20:23	FS	02:18:15	1257	909
1269	ROBERT NICHOLAS COLWELL	NEATH HARRIERS	02:20:29	MS	02:19:32	1277	1144
1270	TOM MILLARD		02:20:38	MS	02:18:35	1264	1188
1271	MARK ANDREWS		02:20:38	M40	02:18:03	1252	25
1272	EMMA WHITTICK	ABERYSTWYTH AC	02:20:45	FS	02:18:59	1271	1533
1273	JULIE SPENCER	POTTERS TROTTERS	02:20:57	F35	02:19:03	1272	1034
1274	JONATHAN THOMAS		02:21:15	MS	02:19:13	1273	1205
1275	LISA MOFFAT		02:21:15	FS	02:19:14	1274	1187
1276	MICHAEL GREEN		02:21:30	M50	02:19:39	1279	1747
1277	KRISTIAN MCCALLUM		02:21:31	MS	02:19:59	1286	421
1278	ROBERT WILLIAMS		02:21:32	MS	02:19:50	1283	1792
1279	WILL HYNDMAN		02:21:32	MS	02:19:51	1284	1795
1280	KAREN O'BRIEN		02:21:34	F45	02:19:39	1280	1673
1281	ELIZABETH BEGLEY	DULWICH PARK RUNNERS	02:21:34	F45	02:19:29	1276	385
1282	DAVE HOWELLS		02:21:37	M40	02:19:51	1285	407
1283	SIMON GRIGG-WILLIAMS	TEAM G-W	02:21:43	MS	02:19:35	1278	1090
1284	CHRISTINA MILLAR	CLAPHAM CLASSICS	02:21:44	FS	02:20:38	1290	872
1285	ALISON BRETTELL		02:21:45	FS	02:19:44	1282	1659
1286	JANET DILYS REED		02:21:50	F35	02:19:43	1281	181
1287	GRAHAM SINGER		02:21:56	M50	02:20:31	1289	1745
1288	ANNEMARIE ROGERS		02:22:16	F35	02:20:22	1287	626
1289	CATHERINE NEWTON		02:22:16	F35	02:20:23	1288	606
1290	DAVID KINSELLA		02:22:19	MS	02:20:44	1293	886
1291	KEVIN TOPPING		02:22:25	M40	02:21:48	1302	530
1292	LYNDA CIVIL		02:22:43	F35	02:21:46	1301	1358

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## Llanelli Waterside Half Marathon - Results - 2010 ....(provisional until fully ratified)

Pos	Full Name	Club	Time	Cat	Chip Time	Chip Pos	Bib No
1293	JANICE BERNI		02:22:45	F45	02:20:41	1291	1873
1294	DEBBIE SHUFFLEBOTHAM		02:22:45	F35	02:20:42	1292	1086
1295	PEGGY SMITH	SPIRIT OF MONMOUTH	02:22:49	F45	02:20:57	1295	1523
1296	LIZ THORNE		02:22:57	FS	02:21:10	1296	1719
1297	STUART VICTOR HOWELLS		02:22:58	M40	02:20:46	1294	111
1298	RUTH BEER		02:23:09	FS	02:22:18	1309	402
1299	IAN MCCARTHY		02:23:14	MS	02:22:13	1307	850
1300	ALAN HOWELLS	SOSPAN ROAD RUNNERS	02:23:23	M40	02:21:29	1297	1825
1301	DONNA GRIFFITHS	3MS GORSEINON ROAD RUNNERS	02:23:27	FS	02:22:36	1314	89
1302	JODY DOVE-DIXON		02:23:30	F45	02:21:33	1298	49
1303	TRUDI KAYE		02:23:30	F45	02:21:33	1299	138
1304	STEFFANI DAVIES		02:23:36	FS	02:22:02	1306	843
1305	SARAH JOHNSON		02:23:42	F35	02:22:39	1315	137
1306	HUW THOMAS NEALE		02:23:42	MS	02:21:40	1300	1192
1307	PARTRIDGE SARAH		02:23:44	F35	02:21:50	1303	1447
1308	SARA THOMAS		02:23:44	F35	02:21:50	1304	1639
1309	JOHANNE HUGHES-DOWDLER		02:23:44	F35	02:22:40	1316	115
1310	GARETH JOHN		02:23:47	M40	02:21:52	1305	425
1311	VICTORIA WALL		02:24:03	FS	02:22:24	1310	1636
1312	PATRICK SMITH	SPIRIT OF MONMOUTH	02:24:07	M50	02:22:16	1308	1524
1313	JAYNIE RANCE		02:24:11	F35	02:22:49	1317	1
1314	JACKIE EVANS	SOSPAN ROAD RUNNERS	02:24:25	F35	02:22:29	1311	699
1315	PHIL ANDREWS		02:24:37	M40	02:22:33	1312	1133
1316	DAVID EDWARDS		02:24:37	M40	02:22:33	1313	1153
1317	LAILA BEYNON		02:24:48	FS	02:22:51	1318	7
1318	REBEKAH LANE	CHEPSTOW HARRIERS	02:25:16	F35	02:23:33	1319	141
1319	NICOLA JONES		02:25:17	FS	02:24:38	1324	383
1320	PAULINE THOMAS	TROTS	02:25:20	F55	02:24:41	1326	216
1321	MARK LYNCH		02:25:30	M40	02:23:49	1320	1626
1322	TOM PRICE		02:25:37	MS	02:24:51	1329	178
1323	LEE GRIFFITHS		02:25:54	MS	02:24:00	1322	1849
1324	SUZANNE ROBERTS		02:25:58	F35	02:23:49	1321	438
1325	KATHRYN DUGGAN	TEAM BEAR	02:26:03	FS	02:24:16	1323	717
1326	GERAINT JAMES WRIGHT		02:26:07	MS	02:24:46	1327	245
1327	EDWARD KEMP	1ST BATTALION WELSH GUARDS	02:26:22	MS	02:26:06	1340	1863
1328	LUKE HAMMOND	1ST BATTALION WELSH GUARDS	02:26:22	MS	02:26:04	1339	1860
1329	JARROD WILSON		02:26:40	M40	02:24:38	1325	1213
1330	WAYNE JONES		02:27:00	M40	02:25:06	1330	281

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## Llanelli Waterside Half Marathon - Results - 2010 ....(provisional until fully ratified)

Pos	Full Name	Club	Time	Cat	Chip Time	Chip Pos	Bib No
1331	ALED ANTHONY		02:27:02	MS	02:26:40	1344	1275
1332	JENNY WYATT	WOMENS RUNNING NETWORK	02:27:06	F45	02:25:50	1337	247
1333	CASSIE BRAY		02:27:07	FS	02:25:21	1332	15
1334	LUCY BARBER		02:27:07	FS	02:25:29	1333	734
1335	JUDY COOKE	REIGATE PRIORY	02:27:12	F45	02:24:49	1328	1145
1336	TIM MCCARTHY	F.D.A.C	02:27:20	M50	02:25:11	1331	150
1337	MATTHEW WILLIAM FRYER		02:27:20	MS	02:26:20	1342	1232
1338	KATH EVANS		02:27:38	F35	02:25:42	1335	344
1339	MIKE EVANS		02:27:38	F45	02:25:42	1336	345
1340	ROBERT STONE		02:27:45	M50	02:25:36	1334	1824
1341	STEPHEN ROBINSON		02:27:57	MS	02:25:53	1338	912
1342	SAMUEL WILLIAMS	1ST BATTALION WELSH GUARDS	02:27:57	MS	02:27:39	1352	1865
1343	CERY S GWYNNE		02:28:23	FS	02:27:21	1347	555
1344	KERRY GILBERT		02:28:23	FS	02:27:21	1348	554
1345	LOUISA GILPIN		02:28:30	FS	02:26:12	1341	1466
1346	CERI ANNE SAUNDERS		02:28:36	F35	02:27:31	1350	198
1347	DAVID SPENCER		02:28:36	M40	02:27:31	1351	1621
1348	LOUISE FLEET		02:28:39	F55	02:26:24	1343	65
1349	JULIE MILFORD		02:28:47	F35	02:28:08	1366	382
1350	PETER DAVIES	NAILSEA RUNNING CLUB	02:28:52	M60	02:27:24	1349	331
1351	SARAH STANSFIELD		02:28:59	F45	02:26:54	1345	386
1352	CLARE FENCOTT		02:29:04	FS	02:28:20	1368	256
1353	RACHEL MORTELL		02:29:06	FS	02:13:18	1176	845
1354	LOUISE EVANS		02:29:07	FS	02:27:11	1346	580
1355	MARK HALL		02:29:11	MS	02:27:49	1358	1845
1356	LEONA SHANLEY	RHONDDA VALLEY RUNNERS	02:29:24	F35	02:27:41	1354	458
1357	KEVIN MORRIS		02:29:26	M40	02:28:02	1363	1184
1358	KELLY HUGGINS		02:29:28	FS	02:27:48	1357	400
1359	CATE LANGLEY	BCTTT	02:29:40	F35	02:27:41	1355	568
1360	CHAN-JU-ANGEL WANG		02:29:41	FS	02:27:44	1356	1869
1361	HANNAH LEACH		02:29:54	FS	02:28:02	1364	914
1362	JENNA SPINK		02:29:56	FS	02:27:50	1360	603
1363	CLAIRE WHITNEY		02:29:56	FS	02:27:50	1361	294
1364	ALISON PENDLE		02:29:56	F55	02:27:49	1359	170
1365	RUTH CHAPPELL		02:29:58	F55	02:27:40	1353	918
1366	STEVE AUSTINS		02:30:06	MS	02:29:02	1372	1903
1367	CATHERINE SIAN THOMAS		02:30:09	FS	02:27:59	1362	208
1368	EIRIAN WILLIAMS		02:30:13	M40	02:28:02	1365	787

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## Llanelli Waterside Half Marathon - Results - 2010 ....(provisional until fully ratified)

Pos	Full Name	Club	Time	Cat	Chip Time	Chip Pos	Bib No
1369	STACEY EVANS		02:30:14	FS	02:28:12	1367	1820
1370	LLOYD GRIFFITHS		02:30:28	MS	02:29:41	1381	91
1371	PETER GEOFFREY DAVIES		02:30:30	M60	02:29:42	1382	43
1372	BRIAN FORD		02:30:31	M60	02:28:57	1371	68
1373	JOANNA BURKINSHAW		02:30:32	FS	02:28:33	1369	338
1374	PHIL PHILLIPS		02:30:51	M40	02:28:49	1370	670
1375	HANNAH STONE		02:31:14	FS	02:29:06	1373	430
1376	KAREN PERRY		02:31:16	F35	02:29:33	1379	761
1377	ROCHELLE HILL		02:31:30	F35	02:29:09	1374	108
1378	CLAIRE JAMES	WOMENS RUNNING NETWORK	02:31:30	F35	02:29:10	1375	1619
1379	BENJAMIN TUCKER		02:31:34	MS	02:29:36	1380	406
1380	PAUL ANTHONY EMANUEL		02:31:38	MS	02:29:23	1376	51
1381	GERARD PITT		02:31:44	MS	02:30:02	1384	1768
1382	DAVID WATKINS		02:31:44	M40	02:29:58	1383	1515
1383	ALED WILLIAMS		02:31:47	MS	02:29:25	1377	773
1384	IWAN JONES		02:31:48	MS	02:29:25	1378	287
1385	PATRICK TEAGUE		02:32:19	MS	02:30:06	1385	1877
1386	ALEX BREMNER		02:32:32	M40	02:31:38	1389	599
1387	JOHN SELBY		02:32:47	M40	02:30:54	1386	1258
1388	KIM EVANS		02:32:56	F45	02:31:09	1387	460
1389	GILLIAN WESTLAKE-TOMS		02:33:16	F35	02:32:24	1392	1492
1390	JAMES MORGAN		02:33:17	MS	02:31:31	1388	906
1391	DARREN ROBERTS		02:33:49	MS	02:32:02	1390	1095
1392	VICKY NORTH		02:34:15	F35	02:33:44	1397	887
1393	GARY RICHARDS		02:34:24	M40	02:32:12	1391	1474
1394	LISA WILLIAMS		02:34:30	FS	02:32:41	1395	1455
1395	CLARE GEORGE		02:34:39	FS	02:33:00	1396	1161
1396	GERAINT JOHN		02:34:39	MS	02:32:28	1393	899
1397	JOYCE HEMMINGS		02:34:52	F55	02:32:34	1394	881
1398	ELIZABETH ANN RICHARDS	TROTS	02:35:01	FS	02:34:22	1403	1329
1399	CARL JONES		02:35:31	MS	02:33:53	1400	1011
1400	HELEN LUTLEY		02:36:02	F55	02:33:49	1398	263
1401	DAWN GOULBOURNE		02:36:02	F35	02:33:49	1399	268
1402	CHRIS REDGERS		02:36:17	MS	02:36:14	1412	972
1403	CAROLINE SARGEANT	SHROPSHIRE SHUFFLERS	02:36:24	F35	02:34:16	1402	335
1404	SANDRA MITCHELL		02:36:32	FS	02:34:12	1401	979
1405	JESSICA NESBITT		02:37:04	FS	02:35:24	1404	776
1406	SARA DAVIES		02:37:56	FS	02:35:36	1405	999

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## Llanelli Waterside Half Marathon - Results - 2010 ....(provisional until fully ratified)

Pos	Full Name	Club	Time	Cat	Chip Time	Chip Pos	Bib No
1407	ROBERT WOOLCOCK		02:38:03	MS	02:36:00	1409	1211
1408	SARAH BRAIN		02:38:06	F35	02:35:49	1406	327
1409	MARIA KOSTROMIN		02:38:06	F35	02:35:49	1407	326
1410	CAROL BUDGE		02:38:15	F35	02:35:55	1408	995
1411	WENDY JONES	PEMBROKESHIRE HARRIERS	02:38:17	F35	02:36:08	1410	1756
1412	WENDY PREECE	PEMBROKESHIRE HARRIERS	02:38:17	F35	02:36:08	1411	1757
1413	MATTHEW SMITH		02:38:49	MS	02:36:33	1413	404
1414	PAUL FAULKNER		02:38:59	MS	02:37:10	1414	1229
1415	JATINDER PARMAR		02:39:06	MS	02:37:23	1415	1495
1416	FAYE POLSON		02:39:14	FS	02:37:30	1417	176
1417	MARK HAY		02:39:18	MS	02:37:49	1419	1804
1418	RACHEL FRYER		02:39:23	FS	02:38:21	1421	77
1419	LYNNE HODGETTS	WOMENS RUNNING NETWORK	02:39:24	F55	02:37:28	1416	953
1420	SIMON KNOYLE		02:39:37	MS	02:37:34	1418	1176
1421	SCOTT MORGAN		02:40:15	MS	02:38:24	1422	1709
1422	DEBBIE MORGAN		02:40:18	F45	02:38:11	1420	1457
1423	DANIEL BAKER		02:40:18	MS	02:38:27	1423	1894
1424	RUSSELL HOOPER		02:41:16	M40	02:39:09	1424	486
1425	PAUL MARRIOTT		02:41:59	M50	02:40:00	1425	826
1426	MICHAEL WHELAN		02:42:00	MS	02:40:01	1426	827
1427	JULIE DAVIES	3MS GORSEINON ROAD RUNNERS	02:42:11	F55	02:40:59	1428	1227
1428	NADINE HALL	3MS GORSEINON ROAD RUNNERS	02:42:15	F35	02:41:02	1430	1164
1429	CHERIE HUNTER		02:42:21	F35	02:40:04	1427	476
1430	DALE LLEWELLYN		02:42:36	MS	02:41:04	1431	777
1431	MICHAEL BEACHAM		02:42:36	MS	02:41:04	1432	779
1432	KIRSTY BRICE		02:43:19	FS	02:41:13	1433	1753
1433	WENDY YATES		02:43:24	F55	02:41:01	1429	559
1434	CLAIRE FIDLER		02:43:39	F45	02:41:25	1434	506
1435	ADRIENNE JOYCE		02:43:57	F35	02:41:35	1435	350
1436	HELEN EDWARDS		02:44:28	FS	02:42:46	1438	485
1437	JAYNE EDWARDS-MATTHEWS		02:44:28	FS	02:42:47	1439	484
1438	BETHAN SIOUX HODGKINSON		02:44:29	FS	02:42:19	1437	110
1439	MANN CARL ROBERT		02:44:29	M50	02:42:15	1436	148
1440	SCOTT BURTON		02:45:21	MS	02:43:44	1440	1892
1441	STEVE HAMMOND		02:47:19	M50	02:45:33	1443	1796
1442	CONNIE EVANS		02:47:19	F55	02:44:57	1441	398
1443	NIA GODSMARK		02:47:30	FS	02:45:11	1442	1919
1444	HANNAH BROOKE		02:47:54	FS	02:45:57	1444	17

**DON'T FORGET ... The Llanelli Waterside 10k - 20th June 2010**

## Llanelli Waterside Half Marathon - Results - 2010 ....(provisional until fully ratified)

Pos	Full Name	Club	Time	Cat	Chip Time	Chip Pos	Bib No
1445	LAURA SIMPSON		02:48:25	F35	02:46:02	1445	951
1446	BEVERLEY MORGAN		02:48:33	FS	02:46:27	1446	1053
1447	NICOLA O'SULLIVAN		02:48:36	F35	02:46:37	1447	322
1448	ALLEN WATTS	SARN HELEN	02:48:47	M60	02:48:21	1451	1801
1449	GARY MORRIS		02:49:02	MS	02:49:02	1456	156
1450	ELIZABETH STEWART		02:49:56	F45	02:48:00	1448	1665
1451	ANDREA WHITTON		02:49:56	FS	02:48:01	1449	1764
1452	YVONNE LILES		02:49:57	F35	02:48:01	1450	1784
1453	CLAUDINE GERRARD		02:50:58	FS	02:49:11	1458	1292
1454	ALYSON SMITH	DRAIGAU DERWYDD	02:51:04	F35	02:48:40	1452	339
1455	ALUN NEWSOME		02:51:06	MS	02:48:50	1453	1248
1456	ZOE LOUISE ASHTON		02:51:08	F35	02:48:51	1454	27
1457	ZOE ANNE ROBERTS		02:51:08	FS	02:48:51	1455	191
1458	TOBY GARRUD		02:51:27	MS	02:49:08	1457	565
1459	MARTYN FIDLER		02:51:33	M50	02:49:19	1459	1912
1460	DAPHNE AUSTERBERRY		02:51:41	F55	02:49:44	1460	298
1461	CRAIG STURGESS		02:51:48	MS	02:50:47	1462	1325
1462	KEVIN COLLINS		02:52:09	MS	02:50:05	1461	1142
1463	CATRIN REES		02:53:37	FS	02:52:09	1463	581
1464	SIAN MORGAN		02:54:26	F35	02:52:35	1464	1914
1465	NEIL GRIFFITHS		02:55:01	MS	02:52:50	1465	628
1466	SALLY JOSEPHINE AMOS		02:55:04	FS	02:54:12	1466	1132
1467	NIA GRIFFITHS		02:56:47	FS	02:54:55	1467	1650
1468	STEPHEN CLARKE		02:58:03	M50	02:55:58	1468	1141
1469	NISHANTHA PERINPARAJAH		02:58:12	FS	02:56:04	1469	171
1470	HELEN WILLIAMS		02:58:57	FS	02:56:36	1470	315
1471	MIKE RICHARDSON		02:59:35	MS	02:57:25	1471	188
1472	PETER AUSTIN		03:00:32	MS	02:58:31	1472	1136
1473	LIZ BOWEN		03:01:17	F45	02:59:00	1473	1219
1474	CYNTHIA BERESFORD		03:01:17	F55	02:59:00	1474	1507
1475	LYNN CHAMBERS		03:01:31	F55	02:59:22	1475	1091
1476	CARL PHILLIPS		03:03:54	MS	03:02:23	1479	1917
1477	SINEAD CASEY		03:04:06	FS	03:02:22	1478	1672
1478	SARAH PHILLIPS		03:04:09	F35	03:01:46	1476	1066
1479	ZENTA SZPYT		03:04:10	FS	03:01:56	1477	1540
1480	GARETH HYW JOHN		03:04:50	M40	03:03:32	1480	1906
1481	SUSAN EDWARDS		03:05:40	F35	03:03:58	1481	455
1482	HANNAH JOHNSON		03:07:29	FS	03:05:13	1482	323

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## Llanelli Waterside Half Marathon - Results - 2010 ....(provisional until fully ratified)

Pos	Full Name	Club	Time	Cat	Chip Time	Chip Pos	Bib No
1483	DAVID LLOYD		03:09:41	M60	03:07:19	1483	1866
1484	LINDA SUSAN WILLIAMS		03:12:14	F55	03:10:07	1484	236
1485	CHRIS BEESTON		03:15:28	M40	03:13:14	1485	5
1486	MARIA BEESTON		03:15:28	F35	03:13:14	1486	6
1487	CHRISTINE BURROWS	ELLE & BEAU GREASE	03:44:10	M60	03:41:48	1487	585

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